

LIAISON

December 2023

Take the worry out of unexpected trip cancellations or interruptions



RTOERO is excited to announce two new options for members to protect you in the event of trip cancellations, interruptions and more.

Extended Health Care policyholders have a new option to top-up your existing trip cancellation and interruption coverage.

With the RTOERO travel insurance included with your EHC plan, you're covered for up to \$6,000 per person, per trip for of cancellation or interruption expenses. You can now add extra coverage.

- Buy the extra trip cancellation/interruption insurance for a specific trip to have coverage of up to **\$12,000 per insured for that specific trip.**
- Choose single, couple or family coverage.
- Read the Entente Insurance Program booklet for full details, as coverage is subject to the same terms and conditions as the trip cancellation/interruption in the RTOERO travel plan.

The RTOERO website has full details about this extra coverage option, including the [premiums and application form.](#)

Not a member of the Extended Health Care plan?

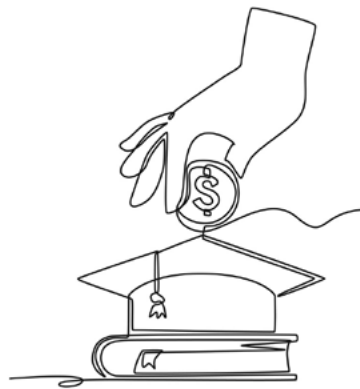
That's not a problem, because RTOERO has a new trip cancellation/interruption insurance option for you.

- This plan covers you for an unlimited number of trips **throughout the policy year.**
- Coverage includes trip cancellation, interruption or delay, up to \$12,000 per insured person, per trip.
- Coverage is available if you are unable to travel or have to interrupt your trip due to you or your travel companion contracting COVID-19.

Get full details, including the [premiums and application form.](#)

RTOERO post-secondary scholarships

RTOERO will award 20 scholarships valued at \$3,000 each to students recommended by RTOERO members who are enrolled in college or university programs that lead to careers either in seniors health and wellbeing, education, environmental stewardship, or that reflect a commitment to diversity, equity and/or inclusion.



The scholarship application deadline is **January 12, 2024**. For more information, visit rtoero.ca/giving-back/scholarships.

[Last year scholarships were awarded to students](#) in programs ranging from nursing, to neuroscience, to social work. Some standout recipients include: Grace Hiltz, MScOT – Occupational Therapy, Emma Gelinias, BA – Health Sciences, and Rebecca Zynomirski, BEd – Education. Grace is now in the final year of her program, preparing for an eight-week hospital placement in an acute care of the elderly unit. Emma is completing the second year of her program and is actively engaged in her campus community, serving as her University's Métis Nation of Ontario Infinite Reach Facilitator and as Director of Events for the Global Health Equity Collective. Rebecca completed her BEd in the spring and is now teaching part-time while pursuing a Master's of Art Education.

RTOERO is proud to support deserving students in their quest to improve the lives of seniors in Canada.

Generosity of RTOERO members helps support healthy, active aging

[The RTOERO Foundation](#) exists to fund grants which improve seniors' health care, end social isolation and combat ageism. The annual granting program is at the heart of the work that they do. The granting program relies on the [generous contributions](#) from individual donors and corporate partners. It is through the generosity of RTOERO members that the Foundation is able to invest in programs, research and training to support healthy active aging for all Canadians.



If you have considered donating this year and haven't yet done so, now is the time to think about your year-end giving plans. Consider these important facts about the RTOERO Foundation:

- RTOERO Foundation programs are sustained through fundraising
- RTOERO member fees are NOT allocated to the Foundation
- The RTOERO Foundation is a registered charity
- Donations are tax deductible

[Giving to the RTOERO Foundation](#) not only benefits aging Canadians, but it's also a great way to maximize your tax credits. If charitable giving is still on your 2023 to-do list, your gift must be postmarked by December 31, 2023, to qualify for a tax receipt.

Thank you in advance for your generous support.



Dry eyes: why you shouldn't suffer in silence



[Dry eye](#) syndrome or keratoconjunctivitis sicca has a full suite of unpleasant symptoms.

Itchy, tired and red eyes are the most obvious, but dry eyes can even reduce how well you see by disrupting the way light passes through the eye's surface.

Without intervention, the syndrome can lead to surface damage. Dry eye syndrome occurs when your natural tear production is disrupted. Good quality tears contain a specific formula that allows them to coat and hold to the eye's surface, preventing them from evaporating too quickly or being sticky.

Your environment, lifestyle, hormones, medications and age (50+) can all affect the tear production cycle. Over-the-counter drops to "wet" the eyes may provide short-term relief, but they can further frustrate the syndrome.

Five tips to prevent and heal dry eyes:

1. Incorporate more vitamin A and omega-3 fatty acids into your diet. Grab a handful of walnuts or add broccoli and carrots to your dinner plate.
2. Drink plenty of water throughout the day to stay hydrated.
3. Ensure the air in your home isn't too dry by using a humidifier.
4. Limit your screen time and take frequent breaks when using your phones, tablets, computers etc.
5. Do not smoke!

[Click here to read the full post](#) on the RTOERO Foundation blog.

2023 Focus webinar series coming to a close



As we approach the end of 2023, there is one Focus webinar remaining in the series.

Dementia starts in the body - Approaching dementia prevention using a systemic lens takes place on December 13 from 1:00pm to 2:15pm ET.

This webinar features presenter Dr. Romi Fung, Naturopathic Doctor. Dr. Fung is a passionate, driven and renowned clinician in integrative and functional medicine, focused on optimal cognitive well-being and health.

[Click here to register now.](#)

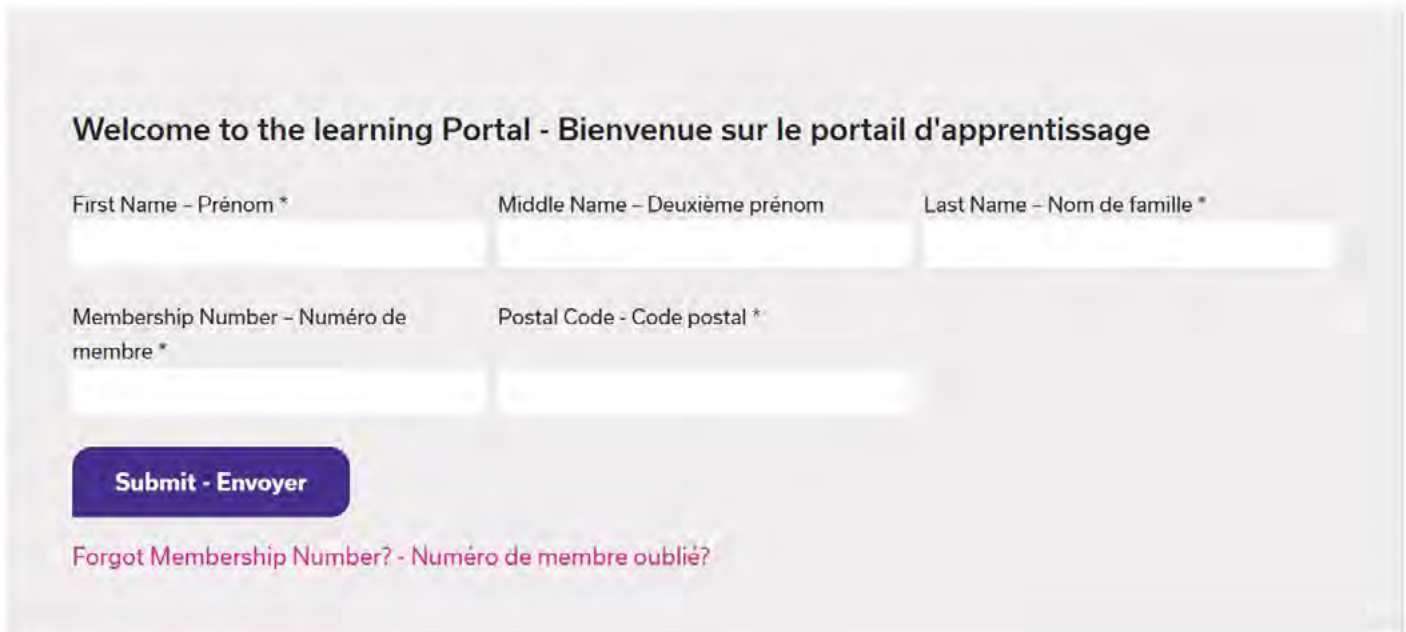
The recording of RTOERO's **Poverty, housing and social justice: The urgent need to correct health inequities** Focus webinar, held on November 2nd, is now available on the RTOERO learning site. Presenter Dr. Gary Bloch offered insights into health equity; what it is, why it matters, how it affects seniors and retirees, and what can be done from an advocacy perspective to get involved as an individual.

[Click here to login and view the webinar recording.](#)

Once you have logged in to the site, click the **webinars** category and then click **Focus**.



Have you logged on to learn?



>Welcome to the learning Portal - Bienvenue sur le portail d'apprentissage

First Name - Prénom * Middle Name - Deuxième prénom Last Name - Nom de famille *

Membership Number - Numéro de membre * Postal Code - Code postal *

Submit - Envoyer

[Forgot Membership Number? - Numéro de membre oublié?](#)

RTOERO continuously adds new resources and content to the [learning management site](#) (LMS) for members. This site is your one-stop virtual learning destination. Developed exclusively for RTOERO volunteer leaders and members, the site gives you access to courses, webinars and resources.

Some of the newer content uploads include:

- Vibrant Voices Advocay Training
- Vibrant Voices webinar recording: How to Be a Changemaker / Voix Vibrante : Comment être un agent de changement
- PDF Sticky Notes resource
- Capturing People in Pictures resource
- Newsletter Writing resource
- District Newsletter Training: Getting Started session and Intermediate Session recordings
- Webinar recordings:
 - Poverty, housing and social justice: The urgent need to correct health inequities
 - Travel Insurance 101
 - 7 Pillars for Living Your Best Retirement
 - Introduction to Cyber Security #2
 - Collaborative Care: Rethinking how we care for people living with Dementia
 - DEI with Dr. Avis Glaze

Login today at [rtoero.ca/learning!](https://rtoero.ca/learning/)



Travel checklist for people who wear hearing aids



If you're getting ready to escape the colder weather this winter, your pre-travel planning probably includes creating an itinerary, booking tickets and a whole lot of packing. But if you're someone who wears hearing aids, there are a few extra steps you should consider taking before you hit the road.

Use this handy checklist to make sure you're all set to see the sights and hear the sounds during your vacation!

Before you leave:

- **Put spare batteries in your carry-on.** Extra batteries are a must no matter where you're going or for how long.
- **Keep all your hearing aid accessories in your carry-on.** Keep your charging station, cleaning tools, filters, and case with you to be on safer side.
- **Check to see if you'll need an adaptor.** If you're travelling overseas, you may need to bring an adaptor for the local power socket.
- **Invest in a hearing aid dehumidifier.** If you're going somewhere humid or plan to be active while on vacation, a hearing aid dehumidifier will help remove moisture from your hearing aid and battery each night.

Click [here](#) to visit HearingLife's partner page for RTOERO members.

Article courtesy of HearingLife.

Farewell Simon!



RTOERO wishes Simon Leibovitz all the best as he embraces the awesome years and retires from his role as Chief Administrative Officer later this month. Simon has spent 22 years with RTOERO, working tirelessly on behalf of, and with our members. With a special focus on governance, policies, events and committee work, Simon was a key part of making RTOERO the exceptional organization it is today. Here are some words of gratitude and well-wishes from those who worked with him closely:

Dear Simon,

It has been such a pleasure working beside you to provide leadership and support to the Board, committees, staff and most of all, the members of RTOERO. You always took on every task with sincerity and integrity. The deep affection expressed to you by our members and business partners speaks of your commitment, throughout your 22 years at RTOERO, to the highest levels of service and communication. As you redirect (I prefer that to retire) your energies to family, travel and creative projects, please know that you have made a profoundly positive impact on this organization.

I join the members and staff of RTOERO in thanking you for all you have contributed to the growth and quality of our great organization.

Best wishes for a healthy and active re-direction. I am so glad that you will remain an interested and active member of RTOERO.

Jim Grieve
RTOERO CEO

Simon is such an amazing man to work with. An irreplaceable resource of history and all that keeps RTOERO ticking. I will miss our end of the day chats.

Martha Foster
RTOERO Board Chair

What can I say about Simon? He has been a great help to me whenever I needed clarity about issues. He always gave me the best advice and information available. But Simon has been much more than that. He has been a friend as well as a colleague, someone with whom it was easy to talk and share ideas. His Facebook quips are appreciated immensely. Simon, you will be missed by all who have known you and with whom you have worked.

Claudia Mang
RTOERO Board Vice Chair

Wishing you a very long, healthy and happy retirement. You have always worked hard to contribute your best to all the organizations you have served. I have known you for over 25 years and you are the best.

Margaret Coleman
District 11 Waterloo Region

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