

LIAISON

April 2024

Is it time to book a medication review?



Our bodies undergo various changes as we age, and managing our health becomes increasingly crucial. Medications, both prescribed and over-the-counter medications (like NSAIDs including Advil and Aleve, used for pain relief), often play a vital role in maintaining and improving the well-being of older adults. Many older adults take a combination of medications to treat specific conditions.

Why are medication reviews important?

While it is likely that they were prescribed for good reason, they may no longer be helpful and could potentially even cause harm. Similarly, the over-the-counter NSAIDs that you may be taking to help with things like joint pain may pose challenges, like an increased risk of heart attack, depending on the dose you take and the length of time used.

A comprehensive review of your medications can help identify potential interactions or adverse effects that may arise from the combination of different drugs, allow for prescriptions to be adjusted if necessary, and assess or address any challenges related to medication adherence.

Talking to your health team about a review

If you've ever wondered if you'd be better off with fewer pills, it may be time to ask your healthcare team about a medication review. These reviews are an important part of care and can help optimize health outcomes for older adults. Together, you can work on a plan that meets your health and wellness goals while safely reducing any medications you no longer need.

Article provided by [McMaster Optimal Aging](#).

RTOERO's Future of Aging Summit brings together thought leaders, changemakers



RTOERO is hosting its first Future of Aging Summit from May 15 to 17, 2024, in Toronto. This international conference will bring together experts and thinkers from various sectors, all with a common focus: improving later life.

The three-day event features a diverse [lineup of international speakers](#), including a screening of the documentary *Your 100-year life* and Q&A with director Theo Kocken, plus keynote talks from:

- Ritu Sadana, head of ageing and health with the World Health Organization
- Tomson Highway, award-winning Cree playwright, author and musician
- DY Suharya, the regional director of Alzheimer's Disease International for the Asia Pacific region who was recently recognized by the UN Decade of Healthy Ageing as a Healthy Ageing 50 leader

Attendees have access to [breakout sessions](#) covering a range of topics, including:

- Redesigning communities for a highly aged society
- Finding solutions through age-tech
- Ageism and discrimination
- Rethinking retirement policies
- The silver workforce
- Climate change, emergency and older adults

Attendance options for RTOERO members

All RTOERO members will receive a link to watch the three keynote presentations live at no cost.

Members are welcome to [register](#) for the event at the non-profit rate if interested in attending in person.

Visit the [Future of Aging Summit site](#) for more information.

Questions? Contact Danielle Norris, Director, Marketing & Communications and Member Services, at dnorris@rtoero.ca.



RTOERO Foundation focus on outputs and knowledge mobilization

One of the most unique and important features of the RTOERO Foundation's granting program is the emphasis on outputs. Outputs refer to the tangible, immediate results of a project - the "things" that the project creates.

Primary outputs from geriatric research projects include academic papers and reports, which are published in peer-reviewed academic journals.




These sorts of results are incredibly valuable for their contribution to the base of knowledge that can inform medical care and public policy as it relates to aging adults. But these outputs are typically only accessed by academics, medical professionals and researchers.

The RTOERO Foundation is unique because they not only fund the research and outputs, but also take it one step further. They transform project outputs into tools that can be accessed and used by everyone; a process called knowledge mobilization.

Two recent examples of knowledge mobilization shared with RTOERO members include:

- The Schlegel-UW Research Institute for Aging's booklet, [*Supporting your neighbours, a community conversation guide*](#)
- University of Alberta's recipe book, [*Cooking up calm*](#)

Moving forward, the foundation will focus even more on sharing the results of the research projects we fund and creating outputs that can be utilized by all RTOERO members.



How to make tax season more manageable



It's that time of year. Days are getting longer and warmer, which means it's spring season. And tax season.

Income tax rules frequently change, primarily as a result of new government budgets. So, we need to continually monitor our tax situation to ensure we're taking advantage of the available credits and deductions that the tax system offers.

It can feel hard to keep track! But RTOERO is here to help.

Each year, we work with financial experts to prepare a [tax tips publication](#) for our members.

While the resource isn't a replacement for personalized advice from your accountant or tax advisor, it provides:

- background information on different tax topics
- points to consider for the current tax year
- ideas for future planning

Brand new this year, we've added province-specific information for those living in Ontario, British Columbia, Alberta and Quebec, in addition to the guide with federal tax information that applies to all Canadians.

We also have a great article on our website with more tips about how to [make tax season more manageable](#).



RTOERO celebrates our dedicated volunteers



April 14 to April 20 is [National Volunteer Week](#), a time to recognize the 24 million Canadians who generously give their time and effort to various causes.

Each volunteer and every contribution works toward fostering connections, bringing projects to fruition and strengthening communities.

At RTOERO, we take great pride in noting that two-thirds of our members actively volunteer either for RTOERO or other community initiatives.

“We understand the profound impact of volunteering, and I want to express my heartfelt appreciation to our volunteers. They are the ones who make everything possible at the district level; they are our soul and heart.” Martha Foster, chair of the board.

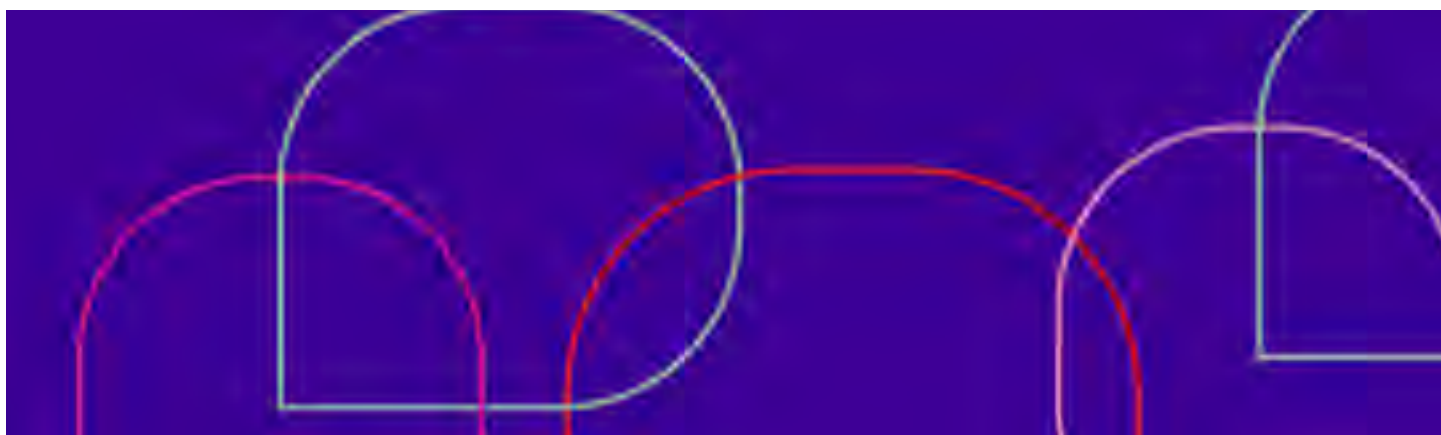
Our 84,000+ members across Canada have a longstanding commitment to helping others, choosing to work in education during their careers.

“Each year, RTOERO [board](#) and [committee](#) members champion our vision of a healthy, active future for every member and provide us with the means to achieve our goals. I would like to thank them for their unwavering dedication and the countless hours they devote to RTOERO.” Jim Grieve, CEO of RTOERO.

Throughout National Volunteer Week, let’s pause to express gratitude for people around us who dedicate their time and talents to serving others. It’s also a fitting moment to [consider lending a hand](#) to a cause that resonates with you.



If RTOERO were a multiple choice quiz



In late 2023, as part of the initiative to develop a new name for RTOERO, we launched an online survey, asking members to think a bit differently about what makes us unique.

The 10 multiple-choice questions invited members to think metaphorically about what makes our organization unique.

Many of the questions were designed to be a bit unexpected — and, we hoped, fun. This seemed to hit the mark. So far, we’ve received an amazing response that gives us a confidence level of 99 per cent. In other words, we can have strong confidence that the responses reflect the views of RTOERO members overall.

About one-third of participants also took the opportunity to tell us why they made their selections.

For instance, those who felt RTOERO is most like a bridge went on to explain that we “facilitate the transition from work to retirement...” or “connect retired teachers with those who are currently working, as well as students...” or provide “a bridge to new places (travel insurance), to new knowledge and perspectives (education, webinars, etc.), and to the unknown next chapter of your life.”

Responses like these underline the survey’s real purpose – to get everyone thinking more broadly about what RTOERO stands for, beyond those six capital letters.

[View the summary of member responses.](#)

Environmental initiatives we can all take part in



Constantly hearing about climate change, plastic pollution, biodiversity loss and CO2 emissions can feel daunting and make a person wonder how they can make an impact. But what if every small action mattered? If each of us contributed, could we not make a difference? Whether as individuals, families, communities or institutions, everyone should be part of the solution. As Earth Day approaches on April 22, here are some simple environmental initiatives to consider implementing in your own life:

- **Energy-savings:** turn off the lights as you leave a room, turn off computers and unplug electronics when they are not in use.
- **Driving:** increase fuel economy when driving by adhering to speed limits and avoiding rapid acceleration and excessive braking; or carpool!
- **In the home:** when possible, lower the temperature and insulate your pipes.
- **Community:** partner with organizations for earth-friendly projects in your community.
- **Elected officials:** study and question “green” policies and plans. Encourage action and conversation.

Looking for more ideas? Visit:

- [RTOERO webinar: Our Earth, our responsibility](#)
- [Tips from World Wild Life](#)
- [Tips from the Government of Canada](#)

Save the date for the upcoming webinar: Intersectional ageism June 12 at 1p.m. ET



RTOERO's Vibrant Voices webinar series continues with its third webinar for 2024. On June 12, Dr. Karen D. Lincoln will join us for a thought-provoking session that will challenge the traditional narratives of ageism and uncover the ways in which attitudes, behaviours, and social dynamics can either accelerate or support healthy aging outcomes for all individuals.

Dr. Karen D. Lincoln is a professor, social worker and sociologist with expertise in social determinants of health disparities. Dr. Lincoln was ranked third among the most influential African American social work scholars in the United States and was named among the Top 2% of Scientists Worldwide by Elsevier and Stanford University in 2022.

This webinar is open to all RTOERO members and community friends. Please save the date for this upcoming session; information and the registration link will be sent to all members in the coming week.

Future of Aging Summit presenter

Dr. Lincoln is also a speaker at RTOERO's Future of Aging Summit in Toronto, Ontario from May 15 - 17, 2024. If RTOERO members wish to attend the Future of Aging Summit in person, [registration](#) is open until April 19.

A recruitment banner for Torah Day School. The banner has a dark blue background with white and light blue text. On the left, it says "You can collect your pension while teaching at Torah Day School". In the center, it asks "Do you miss the energy and excitement of the classroom?" and "Do you want to stay involved in education without the stress of a fulltime teaching job?". Below that, it says "Look no further than Torah Day.". On the right, it lists "Benefits of working at Torah Day School" with bullet points: "Flexible schedule or part-time", "Small class size", "Competitive pay", and "Warm Environment". At the bottom right, there is the Torah Day School logo and the text "For more information, please email; hr@torahday.ca".

5 ways to save on your car insurance



Think there's no way to save on your car insurance premium?

Nothing could be further from the truth.

Here are five quick tips that will help you spend less on the insurance you need.

1. Your car can help you save

The model of car you're looking to insure factors into the calculation of the cost of the premium. If you own a rare sports car that's at higher risk of being stolen, your insurance is certainly likely to cost you more.

2. Think anti-theft

Whatever the vehicle, insurers will usually apply a reduction to your premium if you install an approved anti-theft, anti-starter or tracking system.

3. Weigh your options

Shop around for insurers in order to find out who offers the best premium. This process will also allow you to get to know the insurance on offer in your market. Sometimes, it's as simple as contacting your insurer and asking for a reduction on your premium.

4. Get a tailor-made policy

Before buying, evaluate which protections best correspond to your needs. If a certain protection seems superfluous, ask your insurer to remove it from your policy.

5. Drive safely

More and more insurers offer rebates for "good drivers", rewarding those who haven't made a single claim over a number of years. Certain companies also give you the opportunity to use a program that analyzes your driving data.

To read the full belairdirect article, [click here](#).

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