

LIAISON

June 2024

Dealing with pesky bugs in the summer



As we welcome warmer weather we also encounter pesky bugs. Here are some ways to deal with these pests and prevent them from ruining your summer fun.

Mosquitoes can cause painful inflammation, so it's best to ensure you remove or regularly refresh any standing water around your home (gutters, empty flower pots, bird baths). Another method of prevention is ensuring you have used repellent on yourself when adventuring outdoors, or when lounging on the balcony keep lit citronella candles around to deter them.

For other pests around the house such as wasps, bees and ants, be sure to secure all garbage bags and do not leave food unsealed. If you encounter a wasp's or bee's nest, contact local pest control professionals or get the necessary sprays to remove them from your property safely.

With many of us taking advantage of local trails and parks, be sure to avoid long grasses and wear long pants to avoid ticks. After a hike, check to see if you (or your four-legged-friend) have any ticks on your body. [Click here for more information](#) in dealing with ticks.

Honouring National Indigenous History Month



June is an anticipated month across Turtle Island for many Indigenous groups. In Ojibway, it's known as "Ode'imini-giizis," which means "Strawberry Moon". In Cree, it is "opâskâwehopîsim," which means "Egg Hatching Moon." June is a transitional time from spring to summer, marked by the Summer Solstice on June 21, the longest day of sunlight in the calendar year. Across Canada, June is National Indigenous History Month, and June 21 also marks National Indigenous Peoples Day.

Several celebrations take place for communities to come together, and there are unique ways we can contribute to honouring this month in a meaningful way that fosters a relationship of reciprocity.

Here are some suggestions:

- Review pow-wow protocol
- Learn about the Water Walkers
- Read about Indigenous perspectives on the land disputes in British Columbia
- Look into some of the things happening nationwide with Land Based Learning practices
- Listen to a podcast by Indigenous creators
- Celebrate Indigenous excellence

Lastly, participate in events happening around you. These events are a great opportunity to connect, learn and grow. If mobility is an obstacle for you, many of these gatherings are televised or made available to stream online.


Written by Shaneeka Forrester for RTOERO, Cree artist, mother, and advocate from Brunswick House First Nation, planting roots in Simcoe County, Ontario.

Monthly giving at the RTOERO Foundation is the most impactful way to support our seniors

Joining the RTOERO Foundations' Honour Roll and becoming a monthly donor is the most powerful way to build a better future for aging adults. It is a convenient way to spread your generosity throughout the year.

While donations are greatly appreciated at any time, a recurring monthly donation can have great benefits for both the donor and the RTOERO Foundation.

While donations are greatly appreciated at any time, a recurring monthly donation can have great benefits for both the donor and the organization. Monthly giving is the most powerful way to build a better future for aging adults and is a convenient way to spread your generosity throughout the year.



Your money goes further.



It's easier to budget.



It reduces unwanted mail.



It's flexible.



It helps the Foundation to plan ahead.



It helps the Foundation put more money into programming.

[Click here to view the full monthly giving program infographic.](#)

For more information on the benefits of monthly giving or how to join our Honour Roll and become a monthly donor, please contact Deanna at: dbyrtus@rtoero.ca or call 416-962-9463 ext 271 | 1-800-361-9888.

4 things you can do to support 2SLGBTQIA+ healthy aging in Canada



Seek to learn and be an ally

How we view the world is shaped by our own experiences and understanding. Actively educate yourself on the 2SLGBTQIA+ community and [participate in allyship](#). Get started by watching the RTOERO Foundation's webinar: [Supporting 2SLGBTQIA+ older adults in aging and old age](#).

Help to create safer spaces

Safer spaces are about more than rainbow stickers. If you are part of a group or organization, get humble and really examine inclusion. Is your program or group inclusive? How do you know? Have you ever heard things said that might create exclusion for members of the 2SLGBTQIA+ community (e.g. comments about pronoun use?) - if something doesn't sit well with you, will you speak up?

Advocate for training for health care workers

Don't be afraid to ask questions of your primary health care providers, or any eldercare services you're connected to. You can ask whether any training has taken place on providing affirming care to members of the 2SLGBTQIA+ community. Asking the question might get care providers thinking about their own approach and training—it's a simple thing you can do.

Connect with and support local Pride and 2SLGBTQIA+ organizations

You can connect formally as part of a volunteer role or partnership, support organizations financially, or attend events and training. Connections with organizations can help you broaden your network and your understanding.

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

RTOERO members have access to TELUS Exclusive Partner Program



The TELUS Exclusive Partner Program offers RTOERO members exclusive savings on cellphones, rate plans, high speed internet, SmartHome Security, health solutions and more.

RTOERO Member Services Specialist, Alyssa Buttarazzi, shares her recent customer experience joining the program:


“The representatives were very helpful when I switched to the Telus Exclusive Partner Program offered by RTOERO. The transition was seamless and I am very impressed with their service.”

“I especially like that they offer unlimited US data roaming, talk and text, which I used on my last trip to the US. I recommend our members check out this amazing deal, especially if you travel frequently to the States!”

To take advantage of this offer visit rtoero.ca/telus and complete the short form, ensuring you provide your registered full name and RTOERO member number. This one-time process validates you as an RTOERO member. You can look up your RTOERO membership number [here](#) – or contact our office at membership@rtoero.ca or 1-800-361-9888.

Once registered on the website, you'll receive an email from Telus allowing you to shop and view deals online.

Alternatively, you can sign up for RTOERO offers at your nearest Telus store. Please ensure you complete membership verification through the website before visiting the store. For further inquiries about the program, please contact amber.evans@telus.com.



Advocacy in Action workshop boosts confidence in PAC volunteers



This April, 52 volunteers from across Canada came together to participate in RTOERO's first [Advocacy in Action workshop](#) for Political Advocacy Coordinators. The event was a rich blend of expert keynotes, informative breakout sessions, and interactive Sunday Funday activities, providing opportunities for districts to connect and learn from each other.

The workshop kicked off strong with Dave Meslin's opening keynote, Advocate like a pro. Meslin, a renowned Canadian activist known for his effective approach to grassroots advocacy, shared insights on the positive impacts of community engagement and how participants can successfully advocate in their own districts. On day two, John Cappelletti, member of the RTOERO Board of Directors, shared the closing keynote, Pensions in brief, offering valuable insight on how to be pension-wise, including the differences between defined contribution and defined benefit plans.

Alongside the keynote speeches, volunteers especially valued taking part in practical mock advocacy meetings and unpacking RTOERO advocacy toolkits. After one breakout session, participants were asked to raise their hands if they now felt more comfortable advocating with confidence, and every hand went up! In fact, 96.5 per cent of attendees surveyed agreed that the resources and techniques provided during the workshop will help them to advocate more effectively in their roles.

By the end of the workshop, attendees had not only gained valuable knowledge but also became more interconnected, ready to assist each other to drive impactful change in their districts.

Tips to cultivate your green thumb



Gardening offers a wide variety of benefits, such as fostering physical health, enhancing mental well-being, reducing stress, improving strength and flexibility, and providing a sense of accomplishment. Here are some things to consider when cultivating your green thumb this gardening season:

- 1. Safety:** Take a moment to warm up and stretch. Take sun protection seriously and try to avoid gardening at the hottest times of day. Keep your gardening areas accessible and slip-resistant, and remember to stay hydrated!
- 2. Ergonomics:** Choose lightweight and ergonomic gardening tools to reduce strain on joints. A kneeling pad can help protect your knees and prevent joint inflammation. Try to rotate your tasks and take frequent breaks.
- 3. Keep it social:** Gardening doesn't have to be a solitary activity! Joining a local gardening club or community garden can foster friendships and community connections.
- 4. Environmental Stewardship:** Lead the way in sustainable gardening practices! Composting organic waste, harvesting rainwater, and choosing native plants that

require less water and care contribute significantly to environmental health.

- 5. Alternative gardening:** For those with limited space or mobility, alternatives such as tabletop gardens, vertical gardening or hydroponic systems can enable those without a traditional outdoor space to still reap the benefits of this activity.

RTOERO's post-secondary scholarships empower change for communities



They're aspiring rural physicians, nurse practitioners, health researchers, environmental scientists and advocates, therapists and more. Across Canada, 20 college and university students are getting a boost in their quests to make a positive difference after receiving an [RTOERO scholarship](#).

Since 1968, RTOERO has been a voice for education sector workers in their retirement. The organization's vision is a healthy, active future for every member of the education community in Canada.

The annual scholarships serve that objective and to date have awarded more than \$600,000. This year's scholarships total \$60,000.

Eligible students are enrolled in programs that lead to careers related to seniors health and well-being, education or environmental stewardship – or that reflect a strong commitment to diversity, equity and inclusion.

For nominations, RTOERO members are encouraged to recommend students in their lives, from their family or the community.

View the full list of the [2024 scholarship recipients](#), who received \$3,000 each.



Are you being proactive about your hearing health?



One in three adults over the age of 65 has some degree of hearing loss, so being proactive about your health should always include your hearing health, particularly as you age.

How can I reduce the risk of hearing loss and keep my ears healthy?

- Sounds are considered harmful when they exceed 85 decibels (dB). If you're going to be in a noisy environment like a concert or a workplace where you're near heavy machinery, always wear earplugs or noise cancelling headphones.
- When you're using earphones or earbuds to listen to music or podcasts, make sure you have the volume set at a safe level.
- Give your ears a break as often as you can. Try to avoid being in noisy places for more than an hour if possible.
- Keep your ears as dry as possible by wearing well-fitting earplugs and a swim cap when swimming.
- Be careful when you clean your ears. Don't insert a cotton swab into your ear canal, as this can cause damage to your ears and compact any wax.

In fact, one of the most important things you can do for your ears is to schedule an appointment with a hearing healthcare professional, especially if there any changes in your ability to hear.

Visit the RTOERO partner page for [HearingLife](#) to get more information.

Liaison is published by RTOERO. Copyright 2023.
Publication of an advertisement does not constitute an endorsement
by RTOERO of any product or service.

www.rtoero.ca