

RTOERO

Beyond The Bell

Spring 2022 Edition



District 48, Leeds and Grenville

It's Been A While!

As the pandemic waxes and wanes your District 48 Executive has been taking care of business, Zooming in to keep up with the latest national initiatives and planning what we can for what might be a more normal District 48 year. In this edition of *Beyond the Bell* we will catch you up on our 2021 activities, look forward to the future and hopefully give you something to think about.

District 48 Service to Others Making an Impact in Leeds and Grenville

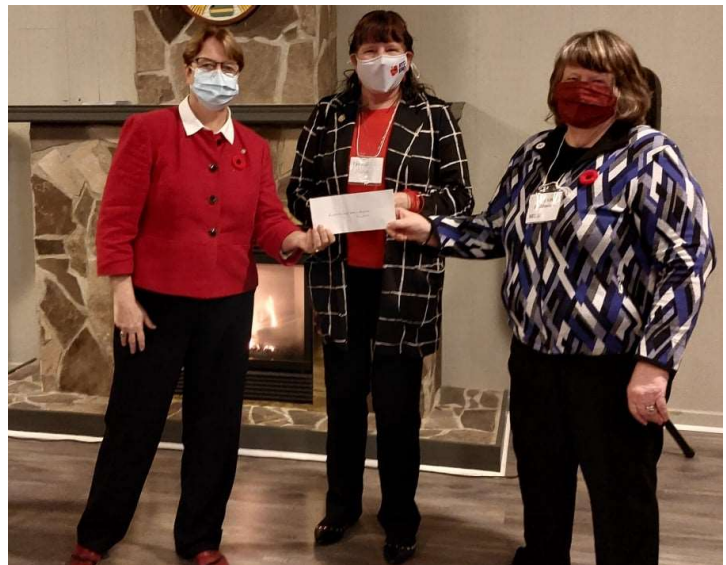
For many years, the smaller Districts of RTOERO who received the Minimum Annual Grant were short of money. When the grants were increased, we were pleased and hoped to expand our activities with more dollars. And then COVID. As you will see from our financial statement on page 3, we then had a healthy sum to spend. We supplemented the cost of the events we could run and decided to make donations to local organizations that were working so hard in difficult circumstances to help our communities thrive.

We supported 11 of our local food banks with the total amount of \$2,900.

Brockville, Gananoque, Kemptville: \$500 each;
Athens: \$200; South Grenville (3 sites) \$600;
Delta, Elgin, Portland, Merrickville, Seeley's Bay, Westport and Brockville's Loaves and Fishes, \$100 each.

As part of our annual golf tournament, we raise funds to support a local charitable organization. Although this event was not held in 2021, we used surplus funds to support our chosen charity, the Brockville General Hospital Foundation's Palliative Care program.

Brockville General Hospital Chosen to Receive RTOERO Community Grant



Marilies Rettig (left), chair of the Board of the BGH Foundation, receives the donation of \$2,500 on behalf the Cardiac Rehabilitation Program at the District 48 AGM. Presenting are RTOERO Director Martha Foster (centre) and Mary Lou Smitheram (right) District 48 Membership chair.

Keeping in touch

Our website: <https://district48.rto-ero.org>

Our Facebook page:

<https://www.facebook.com/RTOERODistrict48LeedsandGrenville>

Our Twitter Handle: @RtoEro48

Canada's Population is Ageing

The RTOERO Foundation fosters respect, better health, and social connections for older adults.



The Challenges:

The reliance on family and friend caregivers is increasing in Canada. An estimated 3.8 million Canadians aged 45 or older are providing unpaid care to an older adult with a short- or long-term health condition. Friend and family caregivers reduce demand on the health care system, but their care giving can take a toll on them and can have societal impacts. Friend and family caregivers experience economic, social and health-related consequences.

Not only is the thought of being forgotten in old age heartbreaking, but the impact of social isolation on our society is far-reaching and expensive. It's estimated that 30 percent of older adults are at risk of social isolation. We can do more to keep each other connected and active.

There's a shortage of geriatric specialists across the country— there are just over 300 in Canada. While it's essential to increase the number of medical students who pursue geriatrics as a specialty, it is also critical to make sure general practitioners and other health care professionals have training in how to support older populations.

Since 2011, the RTOERO Foundation has raised awareness and funds towards the ideas and actions that will build a better future for all of us as we age. That includes awarding project grants and supporting the RTOERO Chair in Geriatric Medicine at the University of Toronto. To find out more, or to donate, call 1-800-361-9888 or email <https://rtoero.ca/rtoero-foundation/>



CYCLING WITHOUT AGE - BROCKVILLE

Free Trishaw Rides

Come join Cycling Without Age - Brockville for a free Trishaw Ride around Blockhouse Island, through the Railway Tunnel, along the beautiful Brock Trails and along quiet city streets. You can arrange a ride along the Thousand Islands Parkway.

Call JoAnn Bell at 613-345-2385 or email brockvillecwa@gmail.com to arrange a ride. Give us a date and time and we will arrange for one of our volunteer pilots to take you out. We will confirm once arrangements are finalized.

Thanks so much, RTO District 48, for your continued support.

What you need to know from the AGM

RTOERO District 48 Leeds & Grenville

Budget vs. Actuals

January - December 2021



	TOTAL		
	ACTUAL	BUDGET	REMAINING
Income			
400 Grant - Annual	14,500.00	14,500.00	0.00
420 Community Grants	2,500.00		-2,500.00
450 Social Events	480.00	3,500.00	3,020.00
490 Miscellaneous Revenue	25.35		-25.35
Total Income	\$17,505.35	\$18,000.00	\$494.65
GROSS PROFIT	\$17,505.35	\$18,000.00	\$494.65
Expenses			
500 District Executive	150.00		-150.00
501 Meetings - Executive	142.39	300.00	157.61
502 Meetings - Annual Mtgs/Forum		2,000.00	2,000.00
504 Transportation	100.00	1,200.00	1,100.00
Total 500 District Executive	392.39	3,500.00	3,107.61
550 Communications/Social Media			
551 Newsletter	3,680.58	4,000.00	319.42
Total 550 Communications/Social Media	3,680.58	4,000.00	319.42
600 Member Services			
601 Goodwill	935.62	1,000.00	64.38
604 Meetings/luncheons	895.36	1,700.00	804.64
605 Social Events	360.01	2,800.00	2,439.99
Total 600 Member Services	2,190.99	5,500.00	3,309.01
650 Political Advocacy		1,000.00	1,000.00
700 Community Grants Expense	5,000.00	2,500.00	-2,500.00
800 Office expenses			
802 Shipping, Delivery	20.79		-20.79
804 Bank Fees	55.90	100.00	44.10
Total 800 Office expenses	76.69	100.00	23.31
860 Donations	5,500.00		-5,500.00
950 Miscellaneous expenses	383.92		-383.92
Total Expenses	\$17,224.57	\$16,600.00	\$ -624.57
NET OPERATING INCOME	\$280.78	\$1,400.00	\$1,119.22
NET INCOME	\$280.78	\$1,400.00	\$1,119.22

Your District Executive

President: Stephen Elliott

Past President: Gord Hough

Vice President: Bill Leroux

Secretary: Karen Kerr-Kennedy

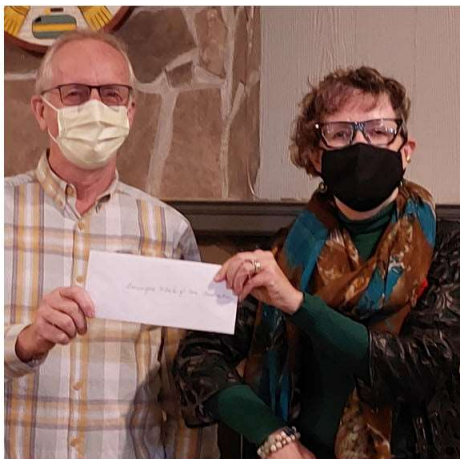
Treasurer: Anne Cooke-MacMillan

Councillors: Joanne Lancaster, Donna McMillan, Ian Stewart, Leonard Vincent.

District 48 Project Service to Others Recipient Organizations Grants total \$2,500

These local organizations were recognized for their community service in 2021.

- 1000 Islands River Heritage Society
- Cycling without Age, Brockville
- Gananoque Wheels of Care Association
- Our Kenyan Kids
- Thousand Islands Watershed Land Trust
- Wall St. United Church Sunday Suppers
- Youth Opportunities in the Arts.



Thank you to Your District 48 Executive Volunteers

Communications: Linda Weese (Webmaster), Mary Lou Smitheram (Social Media), Elaine Warner-Laxton (Newsletter)

Goodwill: Helen Earle

Insurance: Bill Leroux

Membership Services: Mary Lou Smitheram

Political Advocacy: Gordon Hough

Project Service to Others: Lisa Leroux

Environmental stewardship is one of RTOERO's advocacy issues. We're advocating all levels of government to address the environmental crisis from a policy perspective. But we can't deny our individual roles and the examples we set for future generations. We can't solve problems with the same thinking and behaviour that created them. It's time to change our habits.



OCEANA, a charity that exists to protect the world's oceans, reports that in Canada about 2.8 million tonnes of plastic waste ends up in landfills every year. And more than a third of the plastics used in Canada are created for single use. Consider too, that whatever plastic is recycled still uses many resources—including energy and materials for production, and the energy for transportation, pick up, sorting, cleaning and recycling.

Whether you've bagged it in plastic or not, chances are you're giving produce a good wash before consuming it. Why not bag it in a reusable cloth bag, or, in some cases, don't bag it at all. Cloth produce bags are available at many local shops or online. If you're crafty, you could make your own. You want to make sure the bags are very light, so choose your fabrics carefully.

Just because something is technically recyclable doesn't mean it will be. That's the case with the clear clamshell containers used to package things like pre-washed lettuce and berries. Sometimes they're not recycled, or they can be hard to sort at the sorting facility. So, if you buy leafy greens in these clear packages, consider if you could wash, chop and store your own. You could reuse the clamshell packages already in your fridge or use another container.

If you're out and about and plan to order take-out food, consider packing some cutlery to bring with you. Carrying your refillable water bottle is a great choice too. When getting takeout, make sure to mention that you don't want cutlery added to your order! And beware of restaurants that use the black plastic take-out containers—they aren't recycled! Look for restaurants using aluminum or cardboard containers, which is often allowed in municipal compost. If you end up with the black containers, try to reuse them or find someone making freezer meals for a loved one and pass them along to them.

Cost \$17.00
for full
Buffet Breakfast
Exact Change Appreciated

District 48 Breakfast Club is back
3rd Thursday of every month
8:30 am
Cedar Valley Golf Club,
County Rd 29 at Forthton.

To register, contact Doug
Grant (dmgrant@storm.ca) or
Helen Earle, 613-924-2052

Proof of Full Vaccination and masking before you are seated are requested.

There's an election coming up!

How to advocate for issues that matter to you

Let's face it; there's no shortage of issues to care about and advocate for. Environmental sustainability, racial equity and dignity for older adults are just a few that come to mind!

While we advocate as a group at RTOERO, there's a lot you can do as an individual too. An advocate is someone who is actively supporting a cause. Here are five things you can do to build your advocacy muscles:

Engage in ongoing learning on the issues you're passionate about - Staying knowledgeable will help you speak with confidence and make connections between issues when the opportunities arise. Follow (critically) thought leaders on social media and subscribe to email newsletters from organizations that address your issues of concern.

Get to know where your elected officials stand on the issue - Do some research to see if your elected officials have already made statements on the subject. If you don't know where they stand, ask. This is particularly important at election time.

Join an organization or community group already working on the issue - Many grassroots groups rely on volunteers to help keep their work going. Things like grant writing, letter writing, and other behind-the-scenes work are critical to sustaining these organizations.

Financially support organizations working on the issue - Like volunteering, donating to organizations working on issues that matter to you is another way to bolster your advocacy work.

Write letters and share your content - Lend your voice to issues by writing letters to elected officials. Share the text of your letter with your social network and invite others to repurpose it. Sometimes people need a little nudge to get going.

Learn more about RTOERO advocacy issues - rtoero.ca/advocacy



Keeping your Brain Young

- Staying connected socially appears to protect us against dementia. Pick up the phone. Join an exercise group. Walk your dog with a friend. The more engaged you are, the better.
- Fresh fruit is a part of a brain-healthy diet. Dark fruits like cherries and blueberries have antioxidants that help reduce inflammation, and oranges protect the nervous system.
- Sleep and sunshine are your brain's friends. Aim for about 7 hours of sleep a night - with no digital distractions. And when the sun shines, open the drapes, go for a walk, or sit and soak up that vital Vitamin D.
- Stimulate your brain with physical and mental activity. Movement that gets the heart pumping sends vital oxygen to the brain. Activities like playing music, meditating, or painting engage the brain in ways that keep it young.

From the Alzheimer Society

In Memoriam

We remember fondly these members who passed away over the winter.



Frances Adams, Inkerman; Edna Croskery, Portland; Bernard Currier, Prescott; Mary Gailey, Burlington; Jean Gordon, Lansdowne; Roney Hilbig, Brockville; Rachel Kinch, Smiths Falls. Peter Klukach, Burlington; Sandra Shouldice, Brockville; Elizabeth Tennant, Amherstview; Barbara Toshack, Prescott; Elwood Votary, Smiths Falls

Elderly Fraud “The Crime of the 21st Century”

According to the Canadian Department of Justice, approximately 10% of Canadian seniors are victims of consumer fraud each year. Seniors continue to be a rapidly increasing segment of the population targeted by con artists. In fact, financial scams targeting seniors have become so prevalent that they are now considered to be “the crime of the 21st century.”

This crime against seniors is not always one that is perpetrated by strangers. Over 90% of all reported abuse of seniors is committed by someone in their own family. Shockingly, financial abuse such as depleting joint checking accounts, promising but not delivering care in exchange for money or property, and even outright theft is most often committed by the senior’s own adult children, followed by grandchildren, nieces, nephews, and others. And it’s not just wealthy seniors who are at risk. Low income older adults are commonly targeted as well.

As a caregiver, how do you protect your senior loved one from falling victim to scams? Protecting your senior comes down to four key actions: being aware, being careful, doing your homework, and asking for help if you find that your senior has been the victim of a financial crisis.

5 Ways To Prevent Elderly Fraud

First and foremost, you can help protect your senior and reduce their risk of financial abuse by making him or her aware of the risk of elder financial abuse.

- Avoiding isolation by staying involved with friends, family, and community activities.
- Seniors should include safeguards in their durable powers of attorney to help prevent those being misused by their agent is another way to secure his or her assets.
- Refuse to engage with anyone who calls or comes to the door selling anything or looking for donations is another good practice.
- Use direct deposit for checks ensures that they go right into their accounts and are protected.
- Never give credit card, banking, or other personal information out over the phone unless your senior loved one initiates the call.

What To Do When Your Senior Loved One Falls Victim To Fraud

If your senior falls victim to fraud, immediately call his or her bank and/or credit company, cancel any debit or credit cards linked to the stolen account, and reset the personal identification number(s). There is help for suspected elder abuse as well. Every province operates an elder abuse program. The [Canadian Network for the Prevention of Elder Abuse](#) can help you find resources in your community.



The Return

A poem from Ukraine

we want back home, where we got our first grays
where the sky pours into window in blue rays
where we planted a tree and raised a son
where we built a home that grew moldy without us
Yet the road back home blossoms with mines.

Lyuba Yakimchuk

Newsletter prepared by Mary Lou Smitheram and printed at Renfrew Printing.

RTOERO District 48
301 Lily Bay Drive S
Elizabethtown, ON
K6V 7C4