



# Liaison

News and knowledge for RTO/ERO members



## Project-Service to Others spotlight – Desks for Buswelu project changes lives for whole community

by June Doan, District 8, London Middlesex

After retirement, I ventured into volunteer teaching at a school in Buswelu, Tanzania. Upon completion, I knew I needed to give back to the community that welcomed me into their daily lives. Providing desks for all students gives them the dignity they deserve (continued on page 3)



Desks for Buswelu PSTO display. Photo: courtesy of June Doan, District 8, London, Middlesex.

### RTO/ERO partners with McMaster Optimal Aging Portal

We are pleased to announce a new partnership with the McMaster Optimal Aging Portal that will promote healthy aging and help inform members and seniors' health concerns across the province.

While healthy aging is important throughout life, retirement can mark a renewed interest in achieving optimal health and finding better ways to manage the health conditions that come with age (continued on page 4)

## FEATURES

- RTO/ERO partners with McMaster Optimal Aging Portal
- Project - Service to Others spotlight – Desks for Buswelu project changes lives for the whole community
- Best Doctors Canada shares practical doctor appointment tips
- Provincial events and awards

### Best Doctors offer practical medical appointment tips

No one wants to walk away from a medical appointment with unanswered questions or unaddressed health concerns. To prevent this, here are five tips to help you get the most out of your doctor appointments.

1. **Speak up and ask questions**  
When it comes to your health, you're your own best advocate. (continued on page 2)

# Best Doctors offer practical doctor appointment tips

source: Best Doctors,  
[www.bestdoctorscanada.com](http://www.bestdoctorscanada.com)

(continued from page 1)

As a patient, you have the right to understand your symptoms and illness. Taking charge of your health means being actively involved in every facet of your health care.



This means:

- Thoroughly understanding your illnesses, treatment plan and any prescribed medications
- Voicing concerns
- Making sure you have all the information you need to make educated decisions about your health
- Making sure you understand any medical procedures or tests being administered

## 2. Bring all medications to your first visit

If visiting a new doctor, your first visit will be more productive if you come with your medications (a list with doses also works) and noting when and how you take them, which will help your doctor evaluate any potential interactions between various medications.

## 3. Bring copies of relevant investigations or tests

Be sure that your doctor has access to all your medical information, including test results, to prevent bogging down the process.

It's also a good idea to build your own medical file, so you have all the information your doctor needs – just ask for copies of your tests from your doctor and any specialists you have visited.

## 4. Bring a friend or family member

Bringing someone else to your appointment can be beneficial. In addition to reminding you of questions, the third party can ask the doctor to clarify any uncertainties or address any misunderstandings, particularly if you tend to feel nervous or overwhelmed. It's a good idea to hash out a plan so you can both agree on what the other person's role is during the visit.

## 5. Describe your symptoms, not your diagnosis

Resist the temptation to self-diagnose. Your doctor relies on you to accurately describe what you're experiencing and any concerns you have. You can rely on your doctor to determine any patterns and make an accurate diagnosis, employing accumulated years of knowledge, experience and medical training.

For any medical uncertainty, members who participate in RTO/ERO's extended health care insurance plan can contact **Best Doctors:**

1-877-419-2378

[customer.ca@bestdoctors.com](mailto:customer.ca@bestdoctors.com),  
[www.bestdoctorscanada.com](http://www.bestdoctorscanada.com)

# Project - Service to Others spotlight – Desks for Buswelu project changes lives for whole community

(continued from page 1)

## Project

Building desks for students in Buswelu, Tanzania

## Inspiration

After retirement, I ventured into volunteer teaching at a school in Buswelu, Tanzania. Upon completion, I knew I needed to give back to the community that welcomed me into their daily lives. Providing desks for all students gives them the dignity they deserve.

## Impact

When the desks arrived at the school, the whole community came together to celebrate. The quality of the craftsmanship in the making of the desks by the local carpenters, from lumber purchased from the local retailer will sustain students at the school for years to come. It gave children hope and belief that one person can make difference.

## Life-changing moment

I discovered our efforts can make a difference! It is our responsibility to take care of all the people of our world. Additionally, it opened my eyes and helped me appreciate all the gifts I have that otherwise might be taken for granted.

## Ripple effect

RTO/ERO members continue to serve after retirement. Our leadership, organization and fundraising skills don't stop after we leave the classroom. We care about communities both near and far and are willing to help others who need assistance. We can make a positive change in the lives of those who are less fortunate. When you give, you are rewarded tenfold!



June Doan and headmistress, Helen John.

**Photo:** courtesy of June Doan.

## What is PSTO?

Each year, RTO/ERO awards \$100,000 in grants to local, member-nominated community projects. Regardless of size, these projects are life-changing and have a profound impact on those involved.

## Are you involved in a PSTO-worthy project?

The deadline for submitting applications to the Provincial Office is 4:30 p.m. ET June 20, 2016.

For more information, contact Gail Knox, [gknox@rto-ero.org](mailto:gknox@rto-ero.org) or visit [www.rto-ero.org/project-service-others](http://www.rto-ero.org/project-service-others).

## Make new friends, learn new skills and give back to the 'awesome years' – Call for provincial volunteers

by Pauline Duquette-Newman



Photo: Vanessa Paxton for RTO/ERO.

RTO/ERO's Nominating Committee is looking for new members to serve on provincial committee, starting Nov. 1, 2016.

Most committees meet three to four times each year, on dates predetermined well in advance by the Provincial Executive. Participants' expenses (accommodation, meals, travel) are paid by the Provincial Office.

Benefits of committee membership include opportunities to travel, make new friends, learn new skills and improve the lives of members and seniors. Research shows that volunteering is one of the easiest ways to stay healthy in retirement.

This year, openings exist on the following committees: Audit, Communications, Health Services and Insurance, Member Services, Nominating, Pension and Retirement Concerns, Political Advocacy and Project – Service to Others.

Visit [www.rto-ero.org/members-centre/member-resources/nomination-forms](http://www.rto-ero.org/members-centre/member-resources/nomination-forms) for more information.

**Provincial committee application deadline**  
May 18, 2016.

**Provincial Executive nomination deadline**  
June 30, 2016.

**Questions? Contact Wilma Pereira, [wpereira@rto-ero.org](mailto:wpereira@rto-ero.org), 416-962-9463/1-800-361-9888 ext. 231.**

## RTO/ERO partners with McMaster Optimal Aging Portal

(continued from page 1)

For many retirees, access to high-quality health information can fuel this pursuit. That's where the McMaster Optimal Aging Portal becomes a valuable online information resource.

Developed by McMaster University, the free portal provides evidence-based information about prevalent seniors' conditions and health concerns. The content is presented in a consumer-friendly format and is based on the latest, systematically-reviewed research evidence.

### The portal:

- Provides information you can trust. There are many free online health resources, but it's hard to know which are worth a closer look - based on evidence and research. The portal's resource ratings offer expert evaluations of online health resources to help users assess the credibility of the information they're reading online.
- Makes sense of the science. Experts identify key messages from scientific research that's relevant and ready to be acted on in the portal's evidence summaries.
- Puts the research in context. Blog posts include commentary on what the scientific research on a topic actually means and why good science matters.

Stay up-to-date with the latest evidence on how to stay healthy, active and engaged

Visit [www.mcmasteroptimalaging.org](http://www.mcmasteroptimalaging.org)

Follow [@rto\\_ero](https://twitter.com/rto_ero) and [@Mac\\_AgingNews](https://twitter.com/Mac_AgingNews) on Twitter

Read *Liaison* and *Renaissance* for McMaster Optimal Aging Portal articles

Visit the RTO/ERO on Facebook [www.facebook.com/rto.ero/](http://www.facebook.com/rto.ero/) for healthy aging news

# Provincial events and awards recognize seniors

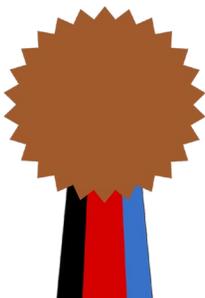
## Ontario Medal for Good Citizenship honours outstanding citizens

The Ontario government invites you to nominate a deserving citizen for the 2016 Ontario Medal for Good Citizenship. Established in 1973, the award honours Ontarians who have made outstanding contributions to their communities.

Recipients will be presented with their medal by the Lieutenant Governor of Ontario at a special ceremony at Queen's Park in the fall 2016. Please take this opportunity to nominate an outstanding citizen and thank them for their hard work.

**Nomination deadline**  
July 17, 2016

**Learn more**  
[www.citizenship.gov.on.ca/english/citizenship/honours/goodcitizenship.shtml](http://www.citizenship.gov.on.ca/english/citizenship/honours/goodcitizenship.shtml)



## Seniors' Month celebrates superhero seniors

In celebration of Seniors' Month, we want you to share with us on social media photos of members and seniors making a difference. Tweet your photo to [@rto\\_ero](https://twitter.com/rto_ero) using the hashtag #awesomeyears or post them on RTO/ERO's Facebook page [www.facebook.com/rto.ero/](http://www.facebook.com/rto.ero/).

As RTO/ERO members, you know that seniors are in a superhero class of their own. Let's celebrate what makes the 'awesome years' so amazing.

**Learn more**  
[www.seniors.gov.on.ca/en/seniorsmonth/](http://www.seniors.gov.on.ca/en/seniorsmonth/)

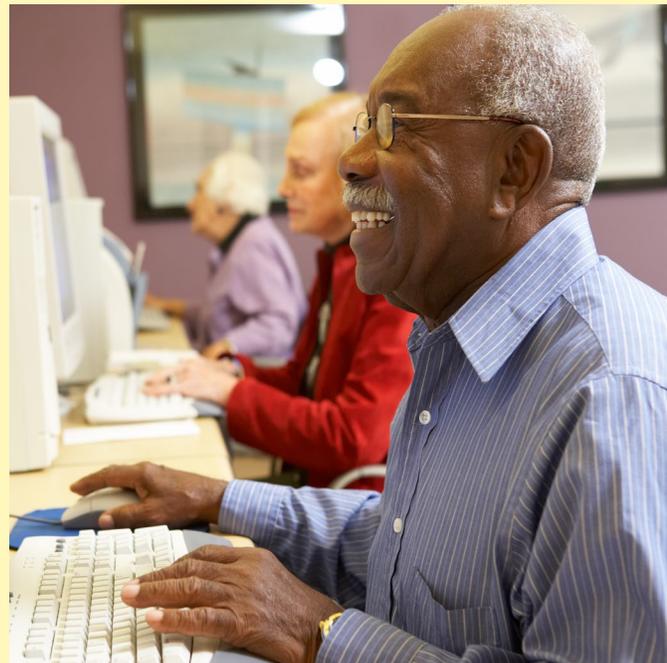


Photo: Hugh Wesley for RTO/ERO

## Seniors organizations offer free events and classes

The Ontario government and Ontario Society of Senior Citizens Organizations (OCSCO) offer free, year-round senior-specific events, classes and seminars throughout Ontario. From fire safety to fraud, cancer-screening awareness to computer classes there is a something for everyone.

**Learn more**  
Ontario Seniors' Secretariat, [www.seniors.gov.on.ca/en/srsorgs/seminars.php](http://www.seniors.gov.on.ca/en/srsorgs/seminars.php)  
Ontario Society of Senior Citizens Organizations, [www.ocSCO.ca](http://www.ocSCO.ca)



## RTO/ERO's #Leadershipshine tweet chat

A great way to connect with the  
early years community online



Follow



@JimAwesomeYears

@SylviaLink



@rto\_ero



## Join RTO/ERO's #Leadershipshine monthly tweet chat hosted by Jim Grieve

Every fourth Wednesday of each month between 7:30 and 8:30 pm ET executive director Jim Grieve hosts #Leadershipshine — the largest Twitter chat for active and retired professionals interested in the early years and the awesome years in Canada.

Each chat features a new topic and expert co-host to facilitate conversations.

Follow @rto\_ero on Twitter for details and reminders about each month's chat or email [slink@rto-ero.org](mailto:slink@rto-ero.org) to be added to our list.

## Let us know what you think about the redesigned *Liaison*

Do you enjoy *Liaison's* new and improved format or are there things that would make it even better? As we strive to make *Liaison* more relevant to our readers, your feedback is important to us.

Is there a topic or type of article you'd like to see featured (e.g. travel, how-to, member story)? Was it easy-to-read and navigate? Perhaps you or someone you know would like to contribute.

Send your comments, suggestions and article ideas to [liaison@rto-ero.org](mailto:liaison@rto-ero.org).

## Connect RTO/ERO on social media

Catch the latest healthy aging and retirement lifestyle news, resources and contests: connect with RTO/ERO on [Facebook](#), [Twitter](#), [LinkedIn](#) and [YouTube](#)!

We share member stories, host social-media-exclusive contests and post the latest RTO/ERO news. RTO/ERO's social networks are also great places to connect with RTO/ERO friends and partners.



# Provincial Office contact information

Not sure who to contact? Here is a list of main contacts based on topic. For the complete list, visit [www.rto-ero.org/provincial-office-staff](http://www.rto-ero.org/provincial-office-staff).

Topic	Name	Email
Membership	Kelly MacDonald, Dianne Vezeau	<a href="mailto:membership@rto-ero.org">membership@rto-ero.org</a>
Insurance plans	Clara Rodriguez* Eliza Ives*	<a href="mailto:crodriguez@rto-ero.org">crodriguez@rto-ero.org</a> <a href="mailto:eives@rto-ero.org">eives@rto-ero.org</a>
Senate	Kim Brathwaite, Pauline Duquette-Newman*	<a href="mailto:senate@rto-ero.org">senate@rto-ero.org</a>
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Affiliate/Association Annual General Meetings	Wilma Pereira	<a href="mailto:wpereira@rto-ero.org">wpereira@rto-ero.org</a>
Recruitment Tool Kit/ Resources	Wilma Pereira	<a href="mailto:wpereira@rto-ero.org">wpereira@rto-ero.org</a>
<i>Liaison</i>	Susannah Maxcy	<a href="mailto:liaison@rto-ero.org">liaison@rto-ero.org</a>
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\*bilingual

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