



34th STORY

District 34 - York Region

Vol. 33 No. 2 - April 2021

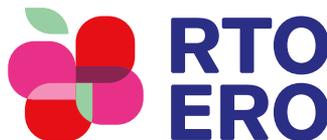


The Road Ahead

Photography by Rhonda Starr

Contents

District 34 York Region Executive and Committee Chair Persons 2020 - 2021	3
For Your Calendar	4
President's Message	4
Doctors For Justice in LTC	8
Hope For a Better Day	10
A Look at Education in King Township Over the Years	11
Salmon Cakes (Patties)	16
Travel Health Insurance Questions and Answers	17
Markham Garden and Horticultural Society	18
Zoom Yoga	19
District 34 Twenty Five Year Members	20
Preventing Theft From Vehicles	21
York Communities For Public Education	22
Toronto and Region Conservation Authority	23
Be Sure to Sign Up For Event Reminders	24
Senior Safety	24
Trivia Fun	25
Reflections	26
Why Did You Join RTOERO?	27
Women and Heart Disease	28
Things To Do In York Region	29
Do You Remember?	30
Rays of Hope	35
Welcome New Members	36
In Memoriam	37
Virtual Book Clubs	37
From The Desk of the Editor	38
A Bright New Day	39
Staying Healthy at Home	40
Find Us on The Web	42
Changing Your Name, Address or Phone	43



**District 34 York Region
Executive and
Committee Chair
Persons
2020 - 2021**

PRESIDENT

Jose Fernandes.....416-618-8869
president34@districts.rtoero.ca

PAST PRESIDENT

Susan Phillips.....905-859-4583
susancphillips@gmail.com

FIRST VICE-PRESIDENT

Bob Sandiford.....289-231-7300
bob.sandiford@sympatico.ca

**SECOND VICE-PRESIDENT AND
PROJECT SERVICE TO OTHERS REP.**

Regine Baker.....416-293-3514
reginebaker@rogers.com

SECRETARY AND

EMAIL COMMUNICATION REP.

Angela Stewart.....905-471-3706
34thstoryreminders@gmail.com

TREASURER

Dan Reynolds
treasurer34@districts.rtoero.ca

MEMBERSHIP COORDINATOR

Lori MacDonald-Blundon
District34Membership@outlook.com

EXECUTIVE MEMBER

Ann Evans.....905-830-0407
annlesleyevans1945@gmail.com

EXECUTIVE MEMBER

Craig Lee.....905-884-4957
c.m.lee@sympatico.ca

BENEFITS REP.

Susan Leppington905-235-4225
susanleppington@rogers.com

GOODWILL REP.

Betty Tobin.....905-884-8958
bettytobin75@hotmail.com

RECRUITMENT CO-CONVENOR

John Pickett.....647-273-0790
john.pickett@rogers.com

RECRUITMENT CO-CONVENOR

Cindy Ranieri.....905-889-7305
cindy_ranieri@hotmail.com

NEWSLETTER EDITOR

Chris Prefontaine.....905-471-4624
7chris.prefontaine@gmail.com

**FOUNDATION REP. AND POLITICAL
ADVOCACY CO-CONVENOR**

Elaine Adam.....905-898-6050
feats@rogers.com

POLITICAL ADVOCACY CO-CONVENOR

Dave Szollosy.....905-722-1088
daveszol@rogers.com

SOCIAL CONVENOR

Ernie Polsoni.....905-773-5814
ernpol@yahoo.ca

WEBMASTER

Grant Dale.....905-508-8164
gdale@sympatico.ca

For Your Calendar

Zoom Yoga

Tuesday, April 27, 2021 7 p.m.

Gardening For Birds, Butterflies and Beyond

Tuesday, May 4, 2021 2 p.m.

Women and Heart Disease

Wednesday, May 26, 2021 1 p.m.



Jose Fernandes, President

President's Message

As I write this message in early February, the pandemic continues to rage through our country and province. It is a humanitarian crisis of such a magnitude that most of us have never faced anything like it. This virus has affected many in our age group, especially those who live in long-term care homes, and importantly those who live in for-profit homes.

The death toll, as of this moment, is approaching 3,800 for those in long-term homes, with many more who were still living at home. This fatality rate in our age group is astounding.

RTOERO has started a campaign to ensure that this shall never happen again. As part of that effort, the leadership team at the national level developed a position paper which our District Political Advocacy Committee turned into a letter. In January, I sent that letter to every member of the provincial legislature who represents York Region and also to those in federal parliament.

A copy of this communication has been included following my message.

We have been told by head office, that no in-person meetings will take place this spring; nor, will there be an annual meeting this year. Many of us will miss this opportunity to meet and have a meal with friends in our district. But while we cannot meet face-to-face, our executive has purchased a Zoom account to facilitate our “gathering” in a virtual way.

Please take advantage of the opportunity to play a game, meet to discuss books or just chat with other members. Our newsletter editor, Chris Prefontaine will be

pleased to facilitate the meetings.

On another note, we will soon start the process of putting together a slate of District 34 officers for the 2021 through 2022 year. If you have an interest to serve, just contact me or the Past President by April 30th. Our executive is made up of dedicated volunteers who meet several times throughout the year (on Zoom at the moment).

In the meantime, please stay safe and take care of yourself and those close to you.



Francesco Sorbara, M.P.

8633 Weston Road, Suite 6A
Woodbridge, Ontario

Dear Francesco Sorbara,

RTOERO is a bilingual trusted voice for healthy, active living in retirement. With more than 81,000 members in districts across Canada, we are the largest national provider of non-profit group health benefits for education community retirees. We welcome members who work in or are approaching retirement from the early years, schools and school

boards, post-secondary and the broader education community. District 34 comprises 4,000 members throughout York Region.

For decades across Canada, long-term residential care has languished despite the calls for reform for help. The sector has been characterized by underfunding and lack not only the number of staff, but of appropriately skilled and compensated staff. Sadly, it is no surprise to anyone that around 50% of the deaths in Canada due to COVID-19 have occurred in long-term residential care facilities.

The rapidly evolving tragedy in long-term residential care across Canada requires immediate and long-term action.

Immediate actions needed to stop COVID-19 spread

Governments at all levels must work together to immediately apply all resources and efforts necessary to stop the spread of COVID-19 within our most vulnerable population. Evidence-based actions that must be taken in the short term include:

- Limiting staff to working in only one residential care home
- Increasing wages, job security and benefits for staff, especially sick leave
- Testing all those living in, working in or visiting residential care settings

Much information exists to guide governments and policy makers during this crisis, including the report *Re-imagining Long-term Residential Care in the COVID-19 Crisis*.

After the crisis, collaborate on pan-Canadian legislation, regulation and policy

Once the pandemic is under better control and the immediate emergency is over, there is an urgent need for all levels of government to work together on comprehensive, research-based policy, legislative

and regulatory changes to provide quality, publicly-resourced long-term residential care for the treasured elder members of Canada's society.

We cannot go back to "business as usual" when the current tragedy finally ends. Using the model of the *Canada Health Act*, governments must work together to develop a universal public long-term residential care plan that is adequately accessible and funded.

We know there are decades of provincial, national and international research into promising practices. This includes the ground breaking research *Re-Imaging Long-Term Residential Care: An International Study in Promising Practices* and findings of the *2002 Royal Commission on the Future of Health Care in Canada* related to long term residential care. We urge you and your colleagues to work with your counterparts in other levels of government across Canada to transform nursing homes and long term care.

RTOERO District 34 York Region leadership and members stand ready to assist. Our members regularly express their deep concern about care for seniors in our country. We are also connected with many other senior's organizations which are eager to support this vital work. There is much that the non-profit sector can do to support the policy and legislative work of government to improve long-term residential care.

We urge you to take action on identifying and implementing new strategies for long-term residential care throughout Canada.

Sincerely,

Jose Fernandes
President, District 34 - York Region

Doctors For Justice in LTC

By Elaine Adam

The corona virus pandemic has shed light on a serious and systemic problem: the situation in seniors' homes and long-term care facilities.

A group known as *Doctors for Justice in LTC* (Long-Term Care) came together in January 2021 to address the problems and to effect much needed change. As of their January 27 webinar, their membership was over one thousand physicians, medical students and researchers.

Palliative care Doctor Amit Ayra, who specializes in LTC, researchers Doctor Pat Armstrong of York University and Doctor Vivian Stamatopoulos of UOIT as well as a guest, Natasha Jose, were the panel's participants. Ms. Jose is a granddaughter of a LTC resident and a vocal advocate for change.

The webinar provided the following information: In the mid 1990's, regulations were loosened, allowing private for-profit corporations to invest in LTC homes. The number of

beds was increased in rooms. Services such as cleaning, food and laundry were contracted out. There was no provision made for the escalation of care.

Today, over 60% of Ontario homes are privately owned, and sadly, 80% percent of deaths in the first wave of the pandemic occurred in these facilities. Staffing has increasingly become part time and often come from agencies which means that staff must move around to different homes. There is no regulation stipulating that a registered nurse must be present. Proper duty of care may not be provided.

During the first wave of the pandemic, one home contacted 11 different agencies to find the staff needed. Taxpayer money goes to for-profit corporations to provide public care. A poorly run home should be put out of business, as with any business. But in the situation of these for-profit homes, there is no competition.

Restaurants in Ontario are inspected regularly. If a restaurant failed to provide clean surroundings and/or properly prepared food, that restaurant

would be forced to close. Homes in Ontario, however, do not have regular inspections, the system that is used is one that is complaint driven.

These homes are governed by guidelines which are not the same thing as regulations and there is no mandate to adopt them. When staff members get sick, there is no provision to replace them. There is poor communication with families, inadequate bathroom facilities, and the basic care, such as feeding or providing oxygen, is poor and needs are not met.

The researchers indicated that there are more than enough studies and the time to act is now. They looked at what other countries are doing and have answers to the problem.

A National Labour Force Strategy is needed to address any short comings that individual provinces allow under their individual health acts since 86% of Canadians want LTC to be part of our health system. Seventy percent of staff should be full time to cut the need for staff to have two or three part time jobs.

A minimum of six and a half hours of personal support per day is needed to provide proper care to each resident. Reliance on family members is not the answer as many seniors do not have family members upon whom to rely.

Regular inspections, early intervention and enforcement of regulations are necessary. For-profit corporations should be required to provide information on how they operate. A change in direction is needed that allows seniors to remain in their homes with the assistance that they need, to “age in place”. Other countries use this model with great success.

For more information on *Doctors for Justice in LTC*, go to their website, www.doc4ltcjustice.ca.

It is important that we are aware of the issues concerning Seniors Health and do what we can to ensure that the system is held accountable.



Hope For a Better Day

Photo By Rhonda Starr



A lovely day by the lake. Will there still be only one chair on the dock: or better, will there be two or more?

A Look at Education in King Township Over the Years

By Bill Foran

I was given a wide open license to share information from past eras and I would present my personal comments and reminiscences. I fully understand the education from the past and current teachers will have their own opinions and I welcome their comments or corrections.

Permit me to share a brief introduction. I have been a life-long resident of Schomberg and most of my information will be regarding the elementary schools and education in King Township from the mid-eighteen hundreds to today.

During the nineteenth century, there was a collaborative working relationship between the growing number of residents throughout York County and the elected municipal officials of the local townships.

Both groups soon realized there was a major need to develop an educational program and

choose locations to start building schools for their children. Close neighbours began to organize small groups of children and assemble them in a farm house to begin their instructions.

It soon became apparent that there was a need for neighbours to organize “bees” and construct a local one room school house.

Groups of rural residents and folks in growing villages and hamlets mapped the boundary lines for Public School Sections throughout the townships. Often a rural resident would generously donate a favourable site on a convenient road frontage for the school house.

As a recognition of the family’s generosity, the school would be commonly known by that family name and has usually retained that name today.

School Section #16 built in 1890 is still referred to as the “Crawford School”, on land donated by William Crawford. It is located on Concession 11 and King Sideroad 17.



Crawford School, Hammettsville, circa 1890

Another example is the Kinghorn Public School S.S. #23, built in 1867 and currently the location of the King Township Museum and Cultural Building.

It is interesting to note that adjacent municipalities would often build a shared school house with frontage on a boundary road. An example is the Union School #13 Albion Township and #20 King Township. This convenient location served students on the west side of King Township and the east side of Albion Township.

During the nineteenth century, agreements were made between the local townships and residents to finance the education of the students. Parents accepted the task of managing a local school and later, school trustees were elected during municipal elections to form a Township School Board. A school tax

was levied as part of the annual municipal taxation.

By 1903, a total of twenty four School Sections existed and there were various buildings ranging from log cabins, simple plank structures with later additions, and one and two room brick schools. In latter years, many of the school houses were sold and have been saved, refurbished into attractive and unique homes.

Advancing into the twentieth century, permit me to share with you some reminiscences and special occasions that some readers might remember. Wednesday, November 2, 1927 was a significant date for the village of Schomberg, the west side of King Township and the surrounding community.

This date at three o'clock in the afternoon was the official opening of the two storey four room Schomberg Continuation School, one of the first rural Grade B High Schools in Ontario. This new brick building accommodated two elementary rooms and two upper rooms for Grades 9 and 10, the secondary students.

Difficult to confirm as I have no program but I believe the students were in attendance for the full day.

Under his enterprising leadership, Reverend Father Francis McGoey helped establish the community of Sacred Heart, located on Concession 5 Jane Street and 16th Sideroad of King Township. In 1934, a small group of sixteen families opened the first elementary Catholic school in King Township and by 1946, the school was enlarged by adding a kindergarten class.



*Sacred Heart Elementary School,
1946*

In 1949, six students successfully completed their Junior Matriculation, Grade 12.



*Sacred Heart Elementary School,
1976*

I am sure some readers will well remember the dreaded and stressful experience of writing “dastardly 8’s” Senior Matriculation Grade XIII province wide examinations!

During the year the content of the subjects was taught, tests given and marked but the final examinations determined your success of passing or failure.

A big passing mark was needed to gain admission to a university program. Students anxiously waited all summer to receive the results. (Share this experience with your grandchildren.)

The most important book for classroom elementary teachers was the “blue” cover Attendance Book. The teacher had to record the pupil’s morning and afternoon attendance each school day and any lateness to class, calculate the monthly attendance and list reasons for a lengthy absentee period. The teacher’s calculations were checked and verified by the principal each month. These statistics were important and necessary for the school board to receive their provincial grant money.

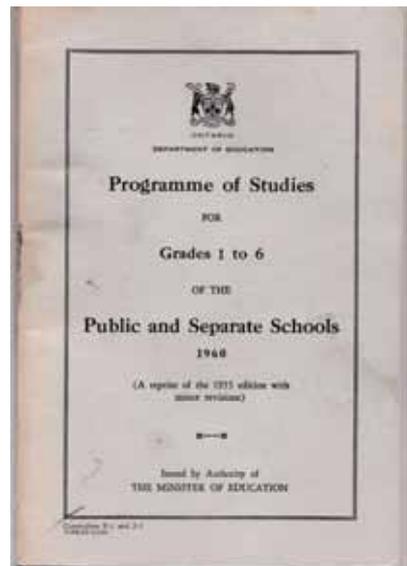
Often the visitor I mention next, gave personal perusal and signature for verification. The visitor was the provincial inspector who visited his district of schools. Teachers were usually informed for the scheduled visits and they carefully reminded their students to demonstrate their best behaviour and politeness. Little did students know, the inspector was visiting the class to make an appraisal of the teacher’s methods and rapport with students.

I had the privilege to work with a group of Catholic rate payers to form one of the last rural school boards. In 1966, they successfully gained provincial

approval to form the Combined Roman Catholic Separate School Board for three sections in King Township North, one in Tecumseth south and one in the south part of West Gwillimbury Township. The school officially opened in March 1967 as the era of the independent “school house” was drawing to a close.

As many educators know, commencing on January 1, 1970 marked the re-structuring of the Municipal Region of York and the York Region District School Board and York Catholic District School Board.

Good luck and much success to today’s students and teachers.



Do you remember?

83A Teachers
83A Teachers
83A Teachers
83A Teachers

Teaching Positions

Ryerson Polytechnical Institute

REQUIRES

INSTRUCTORS FOR ENGLISH DEPARTMENT HOME ECONOMICS DEPARTMENT

QUALIFICATIONS — Master's degree with a minimum of two years teaching or related experience.

SALARY — \$4,000 to \$7,000 depending on qualifications. All offers given for maximum service minimum.

APPLY TO — Director of Personnel, Ryerson Polytechnical Institute, 350 St. George Street, Toronto 5, Ontario. Please reply with resume to:

THE PRINCIPAL
RYERSON POLYTECHNICAL INSTITUTE
350 ST. GEORGE STREET, TORONTO 5, ONTARIO

Teachers Wanted

DARTMOUTH PUBLIC SCHOOLS

SEPTEMBER 1965

<p>SENIOR HIGH</p> <p>SCIENCE MATHEMATICS ENGLISH</p> <p>JUNIOR HIGH</p> <p>SCIENCE GRADE VII GRADE I.A FRENCH</p>	<p>PRIMARY GRADES 1-4-5-6-7-8</p> <p>SPECIAL</p> <p>INDUSTRIAL ARTS PHYSICAL EDUCATION MUSIC GARDENING AUXILIARY</p> <p>GRADE VII—MODIFIED</p>
--	---

P. 1 — \$4,000-5,000	T. 1 — \$10,000-12,000
P. 2 — \$4,000-5,000	T. 2 — \$10,000-12,000
P. 3 — \$5,000-6,000	T. 3 — \$12,000-14,000

APPLICATIONS, listing qualifications, experience, references and photo (black), should be addressed to:

Ian K. Forayth
Superintendent of Schools
Dartmouth, N.S.

METROPOLITAN SEPARATE SCHOOL BOARD

TORONTO

REQUIRES FOR SEPTEMBER, 1965

TEACHERS

April 10 1965

Kindergarten Primary to Grade X
SALARY SCHEDULE

Category I	\$3,500—\$6,200
Category II	\$3,800—\$6,800
Category III	\$4,200—\$7,200
Category IV	\$4,800—\$8,400
Category V	\$5,200—\$8,800
Category VI	\$5,600—\$9,200

ALLOWANCE FOR EXPERIENCE UP TO SIX YEARS ANNUAL INCREASES AS RATE PRESCRIBED BY CATEGORY P.L.I. ACCUMULATIVE SICK LEAVES

AUXILIARY CLASS TEACHERS SEE ABOVE SCHEDULE

Interviews at the Royal York Hotel
Mr. T. J. O'Grady
Monday, April 12 to Wednesday, April 14
(OR BY APPOINTMENT)

J. WHOLESALE-EXECUTIVE OFFICER
146 Laird Drive, Leaside
421-8930

JOHN MIDDLEBURN
SECRETARY

Toronto Board of Education

INVITES APPLICATIONS FOR THE FOLLOWING TEACHING POSITIONS

DUTIES TO COMMENCE SEPTEMBER 1, 1965

Bickford Park High School
Elementary, Machines & Typewriting
Key Punch & Transcribing
Apply to
MR. E. PALMER, PRINCIPAL
170 EGLINTON STREET—TORONTO
PRINCIPAL'S RESIDENCE—52 2909

Blair Collegiate Institute
Mathematics
Apply to
MR. J. S. DILLON, PRINCIPAL
16 JAMES STREET BLOOR ST. W.
PRINCIPAL'S RESIDENCE—41801

Central High School of Commerce
Secretarial
Apply to
MR. P. S. H. WATSON, PRINCIPAL
101-121 SHAW STREET
PRINCIPAL'S RESIDENCE—

Secondary Schools

Manorpark Secondary School

Apply to
MR. A. J. VALLEY, PRINCIPAL
1075-110 DENISON STREET
PRINCIPAL'S RESIDENCE—32194

North Toronto Collegiate Institute

Mathematics
Apply to
MR. R. H. PAGE, PRINCIPAL
82-101 BRIMLEY AVENUE
PRINCIPAL'S RESIDENCE—90 8100

Oakwood Collegiate Institute

Latin & English
Apply to
MR. A. S. MOORE, PRINCIPAL
117 CLAIR AVE. W. E. 4301
PRINCIPAL'S RESIDENCE—84 1301

Parkway

Hamilton Separate School Board

APPLICATIONS ARE INVITED FOR POSITIONS IN KINDERGARTEN TO GRADE 4 FOR SEPTEMBER 1965

SALARY SCHEDULE

LEVEL I	\$400 TO \$500	CAT. I	\$12,000-15,000
LEVEL 2	\$500 TO \$600	CAT. II	\$15,000-18,000
LEVEL 3	\$600 TO \$700	CAT. III	\$18,000-21,000
LEVEL 4	\$700 TO \$800	CAT. IV	\$21,000-24,000

ALLOWANCE FOR PREVIOUS EXPERIENCE Level 1—Maximum of 4 Years Level 2—Maximum of 8 Years

COMPLETE INSURANCE PROGRAM AVAILABLE

BOARD members representative of the staff at the cost of premiums for Health, Life and Credit Life Plan.

PLEASE attach application, including details of present position and proposed salary.

Mr. J. V. Sherlock
Assistant Business Administrator
SEPARATE SCHOOL BOARD,
50 BURLINGTON STREET EAST,
HAMILTON, ONTARIO

Catholic Teachers Needed in Northern Canada

FOR job vacancies check at Chapel Fort, Alberta, Canada and at St. Mary's Roman Catholic School, Calgary, Alberta, and at St. Joseph's Roman Catholic School, Edmonton, Alberta, and at St. Joseph's Roman Catholic School, Regina, Saskatchewan. For more information contact the Canadian Catholic Teachers' Association, 100 St. Joseph Street, Toronto, Ontario. For more information contact the Canadian Catholic Teachers' Association, 100 St. Joseph Street, Toronto, Ontario.

Town of Capreol Separate School Board

REQUIRES FOR SEPTEMBER 1

8 QUALIFIED ENGLISH TEACHERS FOR Grades I, II and III

Kindergarten Teacher

QUALIFIED in both English & French

SALARY SCALE

CAT. I	\$12,000-15,000	CAT. V	\$21,000-24,000
CAT. II	\$15,000-18,000	CAT. VI	\$24,000-27,000
CAT. III	\$18,000-21,000	CAT. VII	\$27,000-30,000
CAT. IV	\$21,000-24,000		

32nd Annual International Education Conference, September 15-18, 1965, at Capreol, Ontario.

MR. E. M. MARSHALL, SEC. TREAS.
BOX 50, CAPREOL, ONT.

Chippawa Separate School Board

14 Miles From Niagara Falls

INVITES Teachers' applications for SEP 1965

Grades 1 to 8

MODERN 12-ROOM SCHOOL
SALARY RANGE \$3,400 TO \$7,200

APPLY TO
MR. J. P. SCHNEIDER, SEC. TREAS.
100 FIRST ST. CHIPPAWA, ONT.

VICTORIA HARBOUR SEPARATE SCHOOL, GRADES 1-8
SALARY SCHEDULE \$3,400-7,200
WRITE MR. R. H. BULL, 220 CANTON ST., VICTORIA, BRITISH COLUMBIA, CANADA

Private Schools

St. Basil-The Great

HOUSEKEEPING MAIDS

TEMPORARY STAFFING VACANCIES

Apply to: 100 St. George Street, Toronto 5, Ontario

OFFICE CLERK PART TIME

HOURS 11:30 a.m. to 2:30 p.m.

Apply to: 100 St. George Street, Toronto 5, Ontario

HOLT RENFR

14 BLOOR ST. W.

Stenographer

SEE US IN 22

924-4141—LOC. 62

TYPIST

INTERVIEWING begins in 2 to 4 days

CATHOLIC CHILDREN'S ALLIANCE SOCIETY
50-50

TOBACCO DAY

Sat., April 10, 1965
84 Help Wanted

HENDERSON GENERAL HO

REQUIRES THE FOLLOWING POSITIONS: OPERATING & RECOVERY IN INTENSIVE CAR EMERGENCY & MEDICAL LIN SURGICAL (U) POSITIONS are available in all three areas and the applicant must be registered in the province of Ontario.

SUPERVISOR ASSISTANT
HEAD NURSE
GENERAL STAFF
REGISTERED NUR ASSISTANT

DIRECTIONS OF NURS HENDERSON GENERAL HOSPITAL, TORONTO

Salmon Cakes (Patties)

By Christina Iaboni, MHSc, RD

Salmon is a great source of omega-3 fatty acids which are good for your brain and heart health. Omega-3 is needed for normal brain development and function. Fish consumption has also been associated with better mood. Try to eat at least two servings of fish per week. Canned salmon is also an economical fish choice.

Ingredients:

1x 213g. can of salmon, with bones, drained
1 egg
1/4 cup breadcrumbs
1/4 cup finely diced celery
2 tablespoons finely diced red onion
2 teaspoons of lemon juice
1 teaspoon Dijon mustard
2 tablespoons chopped parsley
Salt and black pepper to taste

Directions:

1. Preheat oven to 400°F.
2. Place the salmon in a bowl and flake with a fork and mash bones.
3. Add the rest of the ingredients into the bowl and mix well.
4. Shape salmon mixture into patties – (use about 1/3 cup measure to make 5 patties or make them larger or smaller based on your preference).
3. Place patties on a parchment lined baking sheet and bake for 15 minutes, until golden brown, turning them over after about 7 minutes.
4. Serve on a bun or on its own with a side salad or your favourite cooked vegetables.



-Christina Iaboni has been a registered dietitian since 2011 and has worked in a mental health and addiction facility since 2012. She is the owner of Cucina di Christina, a nutrition communications company. She has a passion for helping people improve their health by eating nutritious food and empowering them to cook simple but delicious recipes. She is also the niece of RTOERO member Theresa Zavaglia and is a regular contributor to The 34th Story.

Travel Health Insurance Questions and Answers

By Susan Leppington

Many members are asking about the latest terms of our travel insurance. Here they are:

1. Am I covered for the cost of a COVID-19 test required prior to international travel?

No. RTOERO's emergency medical travel insurance covers sudden and unforeseen services required while travelling. The

requirement for an asymptomatic COVID-19 test prior to departure does not meet the definition of emergency services coverage.

2. Am I covered by my travel insurance for the cost of COVID-19 testing after I return to Canada from travelling?

No. RTOERO's emergency medical travel insurance covers sudden and unforeseen services required while travelling. The requirement for a COVID-19 test upon returning from your travels does not meet the definition of emergency services coverage.

3. Am I covered for the cost of COVID-19 vaccine while travelling internationally?

No.

4. If I contract COVID-19 while travelling, am I covered for indirect costs related to my illness?

If you are medically unfit to travel due to an emergency, your coverage is extended for up to five days following the date that you are deemed stable to return to your province by your physician

or the common carrier. The coverage provides up to \$250 per day, to a maximum of \$5,000 per trip, per insured person, for the reasonable additional expenses for meals and accommodation, when a trip is extended beyond the last day of the scheduled trip due to the sickness and/or injury suffered by an insured person or travelling companion.

Contact Global Excel Management using the applicable phone number on your benefits card before starting any medical treatment.

For further information please refer to rtoero.ca/rtoero-pandemic-preparedness or call 1-877-406-9007.

Markham Garden and Horticultural Society

By Barbara Evans

The Markham Garden and Horticultural Society provides an opportunity through speaker meetings and events, to bring fellow lovers of gardening together. Whether you have a home, community or balcony garden, all one needs is a

passion for plants and a desire to become ‘involved’.

We hold meetings on the fourth Monday of the month except for January, July, and December. Due to COVID-19 and Ontario restrictions however, all our upcoming meetings will be held via Zoom until further notice. We have planned a full program of speakers for 2021:

April 26
“Spring Designs”
with Celia Roberts

May 31
“Darling Dahlias”
with Murray Thompson
(the fifth Monday as May 24 is Victoria Day)

June 28
“Night Stalkers and Day Streakers”
with Suzanne Sacharczyk

August 23
“Plants you have never seen before” with Wing Hong Tse

September 27
“Rethinking Beauty: Inspiring Gardeners in a Challenging World” with Paul Zammit

October 25

“Sense of Place”

with John Shaw-Rimmington

November 22

“Christmas Flower Designs”

with Leonard Teengs

Perhaps you are looking for a few perennials to fill a corner of your garden? Whether it is a sun or shade loving variety, you will be sure to find something at our annual plant sale on Saturday, May 29 at 9:00 a.m. until sell-out.

Location is in the parking lot of the Markham Village Arena and Community Centre. Changes to this date and location might occur depending upon Covid-19 and Ontario restrictions.

If you would like to join any of our meetings or would like further information, please email markham@gardenontario.org to request the Zoom invitation.

You can find us at our homepage www.markhamgardenclub.ca

Facebook

www.facebook.com/

TheMarkhamGardenClub

Instagram

www.instagram.com/markhamgardenclub/

To find horticultural societies in other areas, visit the Ontario Horticultural Association website at gardenontario.org/society-listing.

Zoom Yoga

By Angela Stewart

Here's a chance for you to work on maintaining a healthy lifestyle that will focus on deep breathing, stretching, and creating a sense of calm. We are offering a chance for you to practice a gentle yoga class from the comfort of your home.

Zoom yoga classes are ideal because you don't have to travel to a studio, and you practice with your sound muted, so no one can hear your grunts and groans. Best of all – no masks required!

Our instructor will be Christina DeFranco. She is a 200-hour certified yoga instructor who enjoys teaching to us mature folk.

Christina has extensive training in anatomy and is skilled at

modifying moves to either a more gentle/accessible option or a more advanced option. Her class will be for all levels and all abilities, no yoga experience or equipment required. For more information, feel free to visit her website at www.christinadefrancoyoga.com.

The session will take place on Tuesday, April 27th at 7:00 p.m. Please login five to ten minutes early, so we can be ready to go on time.

If you are interested, please email me at 34thstoryreminders@gmail.com and I will get you set up. You will receive an initial email from the instructor, and a reminder email one hour prior to the class. Please register by Tuesday, April 20th.

After our class I will contact you to see if you would like to continue to have District 34 arrange for at-home yoga classes in the future. I look forward to “seeing” you in class.



District 34 Twenty Five Year Members

By Evelyn Lawrence

We are very pleased to recognize all the folks in the following list who have been members of RTOERO District 34 for the last 25 years. Ordinarily, the Executive would invite these members to attend our annual spring luncheon where certificates of recognition would be presented. Regrettably, like many other events, the luncheons are not being held at this time. The certificates will be mailed instead.

Angela Amanquah
 Janet Anderson
 Patricia Beal
 Janet Bell
 Theresa Blake
 Jean Bowman
 Claire Boyes
 Barbara Bristow
 Evelyn Cichelly
 Pamela Enfield
 Donald Fleming
 Eileen Fritz
 Albert Gravelle
 Carol Hartleib
 Gary Hicks
 Virginia Kelly
 David Kennett
 John Leeds

Joanne Leroux
James Lethbridge
Sylvia Lowry
Dale Lyons
Gordon Maunder
Grace-Ellen McCaig
Barbara McCannell
Donna Newell
John Nikifork
Russell Pawlin
Doreen Philip
Wendy Quance
David Rosevear

Roland Savage
John Francis Seeley
Emma Sherrer
Samuel Srigley
Elaine Stecyk
Jean Stewart
Donald Swanson
John Thompson
Lynda Thomson
Anna Turner
Joan Whittaker
Roy Wilson

Preventing Theft From Vehicles

Reprinted With Permission From YRP

- Always roll up all windows, lock the doors and take the key with you while your car is parked.
- **Never leave your vehicle unattended while it is running.**
- If you have the option, always park your car inside a garage, locking both the garage and car doors.
- **Never leave your keys in plain sight or in an easily-accessible area.**
- Keep your vehicle registration certificate and proof of insurance with you at all times.
- **Don't leave important documents in your glove compartment or on a seat.**
- If possible, park your vehicle in a well-lit area.
- **Never leave valuable objects or packages inside the vehicle - put them in the trunk or take them with you.**

York Communities For Public Education

By Elaine Adam

York Communities for Public Education was featured in our last issue.

It is a coalition of concerned parents, students and education workers from both English school boards in York Region. We have now welcomed two members from the Toronto Youth Council and we have also reached out to the Association des Enseignantes et des Enseignants Franco-Ontariens (AEFO) to join us.

The February meeting was held on the third and an important student initiative was presented. Four students have developed an online Mental Health questionnaire that students are encouraged to fill out. They want to broadcast it across the region to gather information that will enable them to present findings to both school boards.

Anonymous statements will be shared on social media. It is important for students to learn that they are not alone as many are experiencing the same

feelings and anxieties. They would like to set up a Town Hall where students are invited to connect with others. They would be able to share resources, promote other like-minded organizations and set up Wellness Wednesday posts. It would be run for students by student experts, with a theme for each month.

The students hope to create a toolkit to be shared with teacher associations and the boards. They want to be able to provide suggestions to aid the boards in dealing with this serious issue. The Toronto Youth Council members shared a resource that they used, School Mental Health Ontario.

YCFPE will be sharing the website by Junior Achievement students that will include posters, podcasts, a crisis line and other information at www.wegotucompany.org.

For more information on YCFPE, go to their website www.yorkcommunitiesfored.ca YCFPE is on facebook(@YORK4_PUBLIC_ED) and Instagram(@YORKCOMMUNITIESFORED)

Toronto and Region Conservation Authority

By Susan Phillips

Last year, District 34 made arrangements with the Toronto and Region Conservation Authority to deliver a gardening workshop to our members.

Of course with the arrival of Covid-19, everything got cancelled. But while face-to-face events are not happening, you can join TRCA for a series of free, interactive webinars (hosted on GoTo Webinar).

Learn how to add native plants to your existing garden or how to start a rain garden!



Stay tuned for April and May webinars. For more information and to register, visit trca.ca/get-involved/events.

To sign up for alerts, click the blue button at the top of the calendar:

SUBSCRIBE FOR EVENT UPDATES

At the right side of any webinar, you will see a yellow button for you to use to sign up for that event.



On May 4, the topic is *Gardening For Birds, Butterflies and Beyond*

Helping the environment starts in your own backyard. Learn how to attract and protect native pollinators, such as Monarch butterflies and Ruby-throated Hummingbirds with beautiful landscape features.

This presentation is intended for General Audiences:

- beginner level information;
- includes intermediate concepts; and
- content intended for older youth and adult audiences.

There is so much information on the Conservation Authority website, you are bound to find something of interest!



Be Sure to Sign Up For Event Reminders

By Angela Stewart

Once a month a reminder goes out to the members who are on our distribution list. Notices may include regular reminders from the latest newsletter, special event reminders, “save the date” notes, and sometimes a cancellation or change of venue.

Sign up for monthly reminders by emailing Angela at 34thstoryreminders@gmail.com.

Senior Safety

By Dave Szollosy

Recent reports in York Region have once again shown that elder abuse is a serious and growing problem. Although local statistics are not reliably available, North American studies indicate that between two and 10 per cent of older adults will experience some type of elder abuse or neglect each year.

Everyone deserves to live in safety, with dignity and respect. Below are some community agencies that offer resources which may be of interest to you.

Elder Abuse Prevention Ontario

Elder Abuse Prevention Ontario envisions an Ontario where seniors are free from abuse, have a strong voice and are safe and respected.

Visit the site to find a wealth of resources and sign up to their newsletters/mailings to stay informed.

www.eapon.ca.

Seniors Safety Line (SSL)

The SSL provides contact and referral information for local agencies across the province that can assist in cases of elder abuse.

Trained counsellors also provide safety planning and supportive counseling for older adults who are being abused or at-risk of abuse. Family members and service providers can also call for information about community services.

Seniors Safety Line:
1-866-299-1011

24 hour crisis and support line. If you would like to talk, they are there to listen.

- Anonymous, Confidential
24/7, 365 days of the year
- Live counsellors, over 200 languages
- awhl.org/online-chat
Monday to Friday
11 a.m. to 8 p.m.



Trivia Fun

By Elaine Adam

Our seventh annual trivia contest was held on Tuesday afternoon, February 16th. It was our first ever Zoom get-together, which was an adventure in itself.

People enjoyed “seeing” friends from the past. Our Quizmeister, Fred Stoneman, challenged everyone with questions ranging from Canadiana to current events and TV shows.

Eight teams vied for bragging rights as each group worked from their own “breakout room”. That is where the adventure was had as we navigated how to use these rooms. The participants were good sports as glitches were ironed out on the spot.

Congratulations go to Milton and Laura Gazen and Mira Giovanezzo, who beat out other brilliant minds. We hope to run another Trivia next winter, either in person or on Zoom again.

Thanks to Chris Prefontaine for her technical genius and to all participants.

Reflections

Photo By Rhonda Starr



Why Did You Join RTOERO?

By Chris Prefontaine

Once upon a time, RTOERO was an organization which mostly appealed to retired teachers. Other education workers would often join but were relegated to the status of associate member. Studies have shown however, that the insurance needs of the regular member and the associate were the same, so the organization removed the category of “associate”.

Recently retired member Dan Reynolds (September 2020) worked on the business side of education for over 30 years. He was the YRDSB Senior Manager of Finance and was very involved in co-chairing student conferences. Comparing notes with Dan who is now treasurer for District 34, we came up with numerous and varied reasons for joining RTO.

For Dan, he saw the opportunity for community involvement. Members of District 34 are welcome to be as active in the organization as being on our executive, to planning and

organizing events for other members, to just participating in those events. The District 34 community is almost 4,000 members strong and many of us also partake in other volunteer activities in the nine municipalities of York Region – from working with the homeless, to helping out at foodbanks to weaving milk bags for less fortunate people in Canada and abroad.

Dan notes that he had several friends who were already retired and part of RTO. He saw joining as a great occasion to meet up with them. For me, running into an already retired teacher in the neighbourhood while rollerblading afforded me the opportunity to learn about all the social activities that are organized in District 34. That was my draw. We offer theatre trips, museum visits, golf and trivia games as well as a yearly Open House and two luncheons (pre Covid-19).

And of course there is the insurance aspect which is the actual reason for joining – medications, glasses, massage, chiropractic etc. and optional dental. But you are probably

wondering why we are telling you, the reader, about this? Aren't we preaching to the choir?

Well, if it is not enough that during Covid-19 we are not able to have meetings, luncheons or even host face-to-face events, we are also not allowed to conduct membership drives. Normally in the spring, we hold information sessions for potential new members. But not again this spring!

So hopefully, our own District 34 members will share this information with any education worker who is going to retire soon. A former teaching colleague, CYW, caretaker or administrative staff – anyone who worked in the education, even at the college or university levels is welcome to join RTOERO.

So why did you join? Spread the word. There is strength in numbers!



Women and Heart Disease

By Susan Leppington

Webinar via Zoom

Date: May 26, 2021

Time: 1 p.m.

Presented by Olivia Goldspan,
BScN, ND Naturopathic Doctor



Dr. Greenspan is a graduate of the Canadian College of Naturopathic Medicine as well as a Registered Nurse, with 16 years of experience working in cardiovascular nursing. Olivia recognizes women's unique risk when it comes to heart disease and advocates a woman-specific approach by educating and empowering women, their community and other health care providers.

Some background information:

- heart disease kills more women than breast cancer;
- every 20 minutes a woman dies of heart disease;
- conditions in pregnancy such as hypertension and diabetes can increase your risk of heart disease later in life significantly;
- two thirds of heart disease research is done on men;
- early heart attack signs are missed in 78% of women; and
- heart disease is 80-90% preventable.

In this virtual session you will learn:

- how men and women are different when it comes to heart disease;
- women's unique risk factors for heart disease;
- myths and misconceptions about heart disease; and
- evidence based approaches to prevent heart disease.

Please register for this event by sending an email with your name and phone number to susanleppington@rogers.com by May 14, 2021. You will receive the invitation and link to join the webinar by email.

Things To Do In York Region

By Chris Prefontaine

District 34 has an enthusiastic hiking/walking group usually led by Ann Evans. Unfortunately because of Covid-19 all of the organized walks have had to be postponed.

But just because our executive cannot offer activities to our members, it does not mean that you can not take matters in your own hands and get your own group of friends moving. (Hopefully, by the time that you read this issue, the outdoor numbers for groups has improved).

Information about some of what York Region has to offer can be found at www.experiencenyorkregion.com Their banner states "Ready When You Are".

At www.experiencenyorkregion.com/york-region-trails-map you can view trails by municipality, download a PDF version of the York Region Forest, find cycling routes and even the Greenbelt Route.

At Experience York Region, you will also find things to do, information on events and festivals, places to stay and dining (depending on health regulations).

By clicking “Things To Do” you will find a treasure trove of information on:

- Art Galleries;
- Golf;
- Lake Simcoe;
- Forests, Trails and Parks;
- Farms, Breweries and Wineries;
- Attractions;
- Heritage;
- Shopping; and
- Theatre.

So don't let Covid-19 keep you down. Even if you still can't enjoy many events and activities, you can still continue your outdoor hikes. Call your friends, grab your mask and hit the trails!



Do You Remember?

By Craig Lee

Trying to organize events for our RTO members has been very difficult since Covid-19 hit last March. I've been looking at past editions of The 34th Story and have made a list of some of the events I organized and have listed them below.

Take a walk down memory lane with me. Do you remember going to:

Bye Bye Birdie by the Steppin' Out Musical Theatre Company at the Richmond Hill Centre for the Performing Arts (RHCPA) in November 2013.



Into the Woods by the Steppin' Out Musical Theatre Company at the RHCPA in March 2014

Shrek – the Musical by Marquee Theatrical Productions Theatrical Productions at the Newmarket Theatre in April 2014



Annie by the Steppin' Out Musical Theatre Company at the RHCPA in November 2014

Joseph and the Amazing Technicolor Dreamcoat by Marquee Theatrical Productions in November 2014



A Funny Thing Happened on the Way to the Forum by the Steppin' Out Musical Theatre Company at the RHCPA in March 2015

Taoist Tai-Chi Workshop with David Moore in Newmarket in April 2015

Les Miserables by Marquee Theatrical Productions at the Newmarket Theatre in April 2015



Historic Tour of Lloydtown with Bill Foran in May 2015

A Tribute to Motown by Steppin' Out in June 2015

Square Dance Workshop at McConachy Centre in Richmond Hill in June 2015

Mary Poppins by the Steppin' Out Musical Theatre Company at the RHCPA in November 2015

The Little Mermaid by Unionville Theatre Company at the Flato Markham Theatre in February 2016



Guys and Dolls by the Steppin' Out Musical Theatre Company at the RHCPA in March 2016

Steeles and Spires Tour of the Old Village of Richmond Hill in September 2016

Guys and Dolls by Steppin Out in March 2016

Nunsense by Marquee Theatrical Productions at the Newmarket Theatre in April 2016

Don't Dress for Dinner by the Curtain Club in Richmond Hill in October 2016



Joseph and the Amazing Technicolor Dreamcoat by Marquee Theatrical Productions at the Newmarket Theatre in November 2016

The Music Man by the Steppin' Out Musical Theatre Company at the RHCPA in November 2016

Chitty Chitty Bang Bang by Unionville Theatre Company at the Flato Markham Theatre in February 2017

13 – the Musical by the Steppin' Out Musical Theatre Company at the RHCPA in March 2017

The Little Mermaid by Marquee Theatrical Productions at the Newmarket Theatre in April 2017

Old Love by Theatre Aurora in April 2017



Running Wild by Famous People Players Toronto in May 2017

Credit Valley Train Trip – round trip from Orangeville in October 2017



Quartet by the Curtain Club in January 2018

The Wizard of Oz by Unionville Theatre Company at the Flato Markham Theatre in February 2018

Dressed in Love by the Richmond Hill Philharmonic Orchestra in April 2018

Showtime at the Movies by the York Symphony Orchestra in May 2018

Calendar Girls by the Curtain Club in June 2018

Best Brothers – A Clever Comedy by the Curtain Club in September 2018

We Will Rock You by Marquee Theatrical Productions at the Newmarket Theatre in November 2018

The Drowsy Chaperone by Theatre Aurora in December 2018

Les Miserables – School Edition by Alexander Mackenzie High School at the RHCPA in December 2018

The Mousetrap by Markham Little Theatre Company in February 2019



Beauty and the Beast by Unionville Theatre Company in February 2019

Kiss of the Spider Woman by Theatre Aurora in March 2019

The Gondoliers by The North Toronto Players in March 2019 sponsored by Jane Reynolds

Mending Fences by the Curtain Club in April 2019

Great Romantics by the York Symphony Orchestra at the RHCPA in April 2019



Mamma Mia by Marquee Theatrical Productions at the Newmarket Theatre in May 2019

David Dunlap Observatory Tour Richmond Hill in May 2019



The Odd Couple – Female Version by Newmarket Theatre Company at the Newmarket Legion in June 2019

Lucy Maud Montgomery Manse Tour, Leaskdale in June 2019



Thomas Foster Memorial Mausoleum Tour (1925)
Uxbridge in June 2019



A Weekend Comedy by the
Curtain Club in September 2019

McMichael Art Gallery Tour Kleinberg in October 2019,
organized by Norma Tenaglia

Blood Relations by Theatre
Aurora in October 2019

Matilda by Marquee Theatrical
Productions at the Newmarket
Theatre in November 2019

Elmer Iseler and Elora Singers Concert at the RHCPA in
November 2019

Wizard of Oz by Alexander
Mackenzie High School at the
RHCPA in December 2019

Les Liaisons Dangereuses by
Theatre Aurora in January 2020

Broadway by the Richmond
Hill Philharmonic Orchestra in
January 2020

Cinderella by Unionville
Theatrical Company in
February 2020

The Millionaire by The North
Toronto Players in March
2020 (forced to close after
one performance because of
Covid-19), sponsored by Jane
Reynolds

Thanks to all the organizers of the following (on hold) events: the monthly Hava Javas in Newmarket, Maple and Markham, regular walks throughout York Region, golf tournaments and horse races at Woodbine, professional theatre productions in and around the GTA, our annual Open House in September, our Fall Luncheon and our Spring Luncheon, health and wellness workshops and general interest outings.

In the meantime, we are awaiting permission from the Public Health Authority and the RTOERO head office to restart these events. Stay tuned!

In the meantime...

Do You Remember?

Rays of Hope

Photo By Rhonda Starr



Welcome New Members

By Lori MacDonald-Blundon

Since our last newsletter was printed, the provincial office has informed us that the following have become members of RTOERO and have indicated their wish to be affiliated with *District 34 – York Region*. Information which is received after we go to print will be included in the next newsletter.



On behalf of the Executive and all of the members of RTO ERO District 34, I extend a warm welcome to these new Members within our ranks:

Rose Abbatangelo
 Bruce Baynham
 Eileen Begg
 Norene Bergart
 Greig Black
 Vincenza Boaventura
 Maria Cardillo
 Cynthia Carr
 Douglas Case
 Connie Chim
 Paul de Sousa
 Mario Di Biase
 Jean Edwards
 Carmen Ellul
 Carolyn Filion
 Shawna Gate
 Nancy Glover

Fern Grenon
 Nicola Kagan
 Lillian Lahe
 Nan Mantle
 Peter McIntyre
 Jennifer Parker
 Cindy Pezzaniti
 Mary Popalis
 Marilyn Purdy
 Eric Ripp
 Cathy Romano
 Jeremy Smith
 Janine Stutt
 Rosanna Totino
 Gerry Vandenberg



In Memoriam

With sorrow we have learned of the passing of the following members of District 34. To their families we extend our heartfelt sympathy.

Anton Centa
 Sharon Cohen
 Ruth Herbert
 Catherine Kerr
 Jack Madden
 Patricia Marais
 Richard Miraglia
 Lorraine Muldoon
 Patricia Robinson
 Katherine Sametz
 Jeanne Seath
 Manfred Segall
 John Seymour
 Dorothy Slauenwhite
 Beverly Stewart
 Elizabeth Stiby
 Darshan Vohra
 Alexander Williams
 Isabelle Younes



Virtual Book Clubs

By Chris Prefontaine

If I were to guess, I would say that a large percent of our District 34 members have an affinity for reading. Throughout our years working in education, we either showed students how to use cueing systems to decode, taught them to understand what they read or picked up trade books to inform our practice in whatever capacity we served. Some of us love a novel or short story; others prefer non-fiction.

Whatever we chose to read, sometimes the best part of the literature was discussing it with a friend or colleague.

Before Covid-19, members would get together over a glass of wine or cups of tea and discuss whatever it was that they were reading. The termination of in-person gatherings kind of put an end to these adult literature circles. But wait! We don't have to sit face-to-face to discuss. We can do it through Zoom!

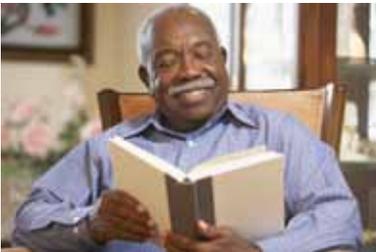
If you would like to get your little group reading and discussing again, survey your group to see who would be interested, decide

on whatever book everyone would like to read and when they would like to have the discussion. Next shoot me off an email and let me know. I will set your group up on Zoom and you will be all set to go. As easy as that!

Another idea that I read on Vogue.com is to organize a reading series. The suggestion is that you don't all have to be reading the same thing. Gather your group and ask each person to share something – a poem, a paragraph, whatever moves them.

Then select two or three members to read their choice each meeting leaving enough time for a discussion. "It's like a book club, without all the frantic page-turning an hour beforehand."

I would be glad to set that up for you as well. Send an email to 7chris.prefontaine@gmail.com and let's get that party started!



From The Desk of the Editor

By Chris Prefontaine



When I reflect on our current situation, I am reminded of all the things that I used to take for granted. Thinking back, I now have a deeper appreciation for a lovely potluck dinner, an evening at the theatre or a game of Maj or Euchre with friends; even something as simple as a hug.

I think that Covid-19 has caused many of us to become somewhat reminiscent. Thank you to Bill Foran and Craig Lee for helping with some of those memories.

Thank you also to Rhonda Starr for sharing her wonderful photographs with messages of hope to add some beauty to our somewhat abbreviated 34th Story. I just couldn't decide on only one for the cover!

A Bright New Day

Photo By Rhonda Starr



Staying Healthy at Home

By Chris Prefontaine

District 34's second Zoom event has met with success. Our workshop entitled "Staying Healthy at Home" was held on February 24th and I have received several emails of appreciation. Our presenters were Christina Iaboni and Leigh Merotto who are registered dietitians.

Members were able to leave their questions in the chat area which were addressed at the end of the presentation and share any information that they personally had with regard to the questions. Some of the topics that were discussed were, "how to support immune function", "immune system supporting foods" and "home exercise programs".

In a brief summary, Christina and Leigh recommended setting a schedule and following a morning routine; putting a focus on protein, fibre and hydration; practicing mindful eating and energizing with activity. A quote that Christina and Leigh shared: "Life is complicated, healthy

eating doesn't have to be".

What I found of particular interest were the links to virtual exercise programs specifically designed with the older audience in mind. I did a little digging and can provide more information about these programs.

The first it the Canadian Society for Exercise Physiology (www.csep.ca) which is a "national voluntary organization composed of professionals interested and involved in the scientific study of exercise physiology, exercise biochemistry, fitness, and health." Their goal is to integrate research into best practice.

On their home page under "resources" you will learn that "for health benefits, adults aged 65 years or older should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep." The CSEP provides a link to their Canadian 24-Hour Movement Guidelines for Adults 65 and older, as well as a preamble, rationale and a PDF of the guidelines that if followed may result in health benefits.

The next link is www.glo.com which is the link to “Glo Yoga”. This is an online yoga site where you pay a membership fee of \$18 per month. They are currently offering a free seven day trial.

Fitness with PJ

(www.fitnesswithpj.com/) is another paid site which offers a fitness program designed for women over 40. They are presently offering a free 21 day program.

The next three links will take you to YouTube.

If you type “go4life exercises playlist” in the search bar, you will find a range of video workouts for older adults. You will have to scroll down past the ads to find them.



Next try “eldergym fitness for seniors”. Scroll past those darn ads and you will find workouts by Doug Schrifft PT. I was particularly interested to see topics like “Arthritis Exercise for

Knee For Seniors”, “Quick Full Body Stretch for Seniors”, and “Low Back Pain Exercise”.



And finally our own Jean Stewart found a YouTube video that she really likes. She searched Weight Training for Seniors and found a 10 minute video that she and her 93 year old brother do three to four times per week. It is provided by MoreLifeHealth (Seniors). It is an introduction to weights for seniors. Jean likes it because it is short and easy. She has now graduated to #2 and #3 weights! (Thanks Jean for sharing!)

Now remember, you should always check with your doctor before beginning any new exercise program.

To learn more about our presenters visit Facebook and search [leighmerotto.rd](https://www.facebook.com/leighmerotto.rd) or [cucinadichristina](https://www.facebook.com/cucinadichristina).

Their websites are www.leighmerotto.com or www.cucinadichristina.com.

Find Us on The Web

Use the QR Code reader on your smart phone to find our website. Scan the code below to get to our website.



Advertising Events in *The 34th Story*

The only events that are advertised in *The 34th Story* or via email communications are those that have been authorized by the executive. From time to time, our Email Communications Representative receives a request from a member to advertise an event that has not been sent to the executive for approval. Please do not send these to Angela Stewart as it is not her job to alert the executive of these requests made by other members. Please contact the president or one of the vice-presidents, if you believe that you have an event that would be of general interest to members or would supply some benefit that would be in the best interest of our District 34 members.

PLANNING A TRIP

Before planning a trip out of the province or outside of Canada, it is wise to call Johnson Insurance to check on your RTO ERO health insurance coverage.

Changes in your health or in your prescriptions may alter your travel coverage. If an emergency should arise while you are away contact Global Excel Management Inc. within 48 hours of the emergency, or before medical attention is administered when the situation is non life-threatening. Contact with GEM will ensure that your care is top priority and that the medical expenses for this unforeseen health condition are effectively monitored.

Toll free in Canada/USA:
1-877-346-1467

Toll free in Mexico:
01-800-062-4728

Worldwide Collect Call:
819-780-0647

Johnson Inc.
RTO ERO Health Benefit
Plan Administrator

Service 1-877-406-9007
416-920-7248

Claims 1-800-638-4753
905-764-4888

Website
www.johnson.ca



34th Story Website

Check our website at

www.our34thstory.com

- For District 34 news,
- For additional photographs of events,
- For links to interesting websites,
- For information about your committees,
- For the District 34 constitution and policies

Changing Your Name, Address or Phone

The District 34 membership information comes from the Provincial Office. Please contact them about any changes.

RTO ERO PROVINCIAL OFFICE

416-962-9463
1-800-361-9888
FAX 416-962-1061
Office Hours
8:30 a.m. to 4:30 p.m.
Monday to Friday
www.rto-ero.org

DISTRICT 34 MEMBERSHIP COORDINATOR

Lori MacDonald-Blundon
District34Membership@outlook.com
Questions regarding membership and newsletter mailings may be directed to Lori as well.

DISTRICT 34 EMAIL COMMUNICATIONS COORDINATOR

34thstoryreminders@gmail.com
For change of email address only, NOT residence address changes.

Newsletter Submissions

Articles are required for consideration for inclusion in future issues. Please keep articles to 500 words or less. A picture is a nice touch. Do you have:

- A memorable teaching experience,
- Special memories of a colleague or student,
- A good book to recommend,
- An account of an unusual holiday,
- An important question,
- Suggestions for the editor,
- Suggestions for district trips or social activities,
- Information you would like to see in the newsletter or
- An issue you would like to raise?

Email the editor -
Chris Prefontaine
7chris.prefontaine@gmail.com

NEWSLETTER DEADLINES
November 10 for January
February 10 for April
July 10 for September

RETURN UNDELIVERABLE
CANADIAN ADDRESSES TO:
432 Cunningham Dr.
Maple, ON L6A 2G6

