



# The Island Connection

## District 47 Vancouver Island

Summer 2018

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### Editor's Notes

RTO/ERO celebrates 50 years of service to its members in 2018. It may be time for some changes in the organization. One such change has already taken place in the form of a new Governance Model, headed by a Board of Directors.

The first Board of Directors under the provisions of the Canada Not-For-Profit Corporations Act (CNAC) has been elected at the recent May Senate. Congratulations to Bill Huzar, President District 47, for his election to a two-year term. For other members of the new Board of Directors see the Report from Senate by Bill on page 6 .

At the district level it may also be time for changes. Tell us how you would make our district or units more responsive to the needs of you—our members.

Send us your ideas. Contact any executive member listed on page 3 or contact me directly at J. Ross, 5812 Ralston Dr., Nanaimo, B.C., V9T6C5, tel. 250-756-4794, email [wjross2001@shaw.ca](mailto:wjross2001@shaw.ca). Tell us how your organization can best serve you 'now and in the future.'

### Upcoming Events

**1. Last Monday, monthly,** Hava Java, Nanaimo

**2. Tues. Sept. 4,** THWTB Lunch, Qualicum Beach

**3. Wed. Sept. 5,** THWTB Lunch, Victoria

**4. Tues. Sept. 18,** HAVA JAVA, Initial Meeting, Parksville

**5. Thurs. Oct. 18,** MUIU Out-to-Lunch, Parksville

**6. Wed. Dec. 5,** Christmas Luncheon, Victoria

**7. Wed. Dec. 5,** Christmas Party, Nanaimo

All members and their guests are welcome at our events

### **Benefits of Belonging to RTO/ERO**

- ☐ **Access to comprehensive group insurance**
- ☐ **Guaranteed travel insurance at no additional cost**
- ☐ **Customized travel adventures**
- ☐ **Our award-winning Renaissance magazine**
- ☐ **Adventure, Intrepid Travel and Exodus discounts**
- ☐ **Pension support and advocacy**
- ☐ **Hearing aid discounts**
- ☐ **Social activities and a local network of peers**
- ☐ **Bilingual services**
- ☐ **Lifestyle Information**
- ☐ **Tax Tips**
- ☐ **Affinity program and discounts**
- ☐ **Liaison newsletter**
- ☐ **Pocket Planner calendar**
- ☐ **Volunteer and job opportunities**

### **President's Message**

#### **The New World of RTO-ERO**

As you read in the last newsletter, RTO-ERO has undergone a significant change. At the May AGM, attended by me, Debbie Walker and Ken Lee, the "corporate members" (as the districts are legally called) elected a nine member Board of Directors which replaces the former Provincial Executive. At this first AGM, we elected 3 directors for each of a three-year, 2-year and 1-year terms. Martha Foster, Rich Prophet and Martin Higgs were elected for 3 years, Louise Guerin, Jackie Aird and me for 2 years and Gayle Manley, Richard Goodbrand and David Kendall for 1 year.

I was encouraged by members of our district executive to put my name forward and with the support of my wife I did.

I will continue as District President until our AGM in May where you will elect a new Executive.

There are several positions on the Executive Council that you might consider filling. I currently am webmaster and membership chair. I will need to find members to do this since I will have Board responsibilities that will consume a lot of time. Please consider taking on a role in the District. Talk to your Unit Executive about taking on a role.

**Bill Huzar**, District 47 President

**District Executive  
2017-2019**

President:  
Bill Huzar (250-995-3154)

Past President:  
Gloria Humphrey

Vice-President:  
Debbie Walker (250-729-0604)

Secretary:  
June Farmer (250-756-0660)

Treasurer:  
Rex Sharman (250-294-6304)

Victoria Unit President:  
Ron Hall (250-538-0046)

Mid/Upper Island Unit President:  
Penny Stowell/Smith (250-760-0095)

Mid/Upper Island Unit Representative:  
Phil Little (250-245-7245)

Victoria Unit Representative:  
Barbara Strachan (250-383-3195)

Members at Large:  
Ruth Beninger  
([ruthbeninger@gmail.com](mailto:ruthbeninger@gmail.com))  
Jim Ross ([wjross2001@shaw.ca](mailto:wjross2001@shaw.ca))

Executive Member Emeritus:  
Irene McDonald

**PENNY'S THOUGHTS**

RTO/ERO works well because of the members who are willing to donate their time.

We try very hard to plan activities that our members enjoy and find interesting and sometimes stimulating. The Executive are always looking for ideas and suggestions of activities that would be enjoyed by our group.

I would like to thank all of the Executive for the work they do to keep our Unit running smoothly. We are always looking for new people to join the Executive and bring some new ideas.

In this newsletter you will find a list of Social Events planned by Bonnie McGlynn. Bonnie puts a lot of time and effort into planning our Social Events. Please attend as often as you can, as their success is dependent on attendance.

I hope that all of you enjoy the rest of the summer and travel safely to summer destinations.

I look forward to seeing all of you in the Fall. Our first Social Event will be our usually well attended "To Hell with the Bell" on September 4<sup>th</sup>.

**Penny Stowell- Smith, President,  
Mid/Upper Island Unit**

**LEXOPHILE** submitted by Gerry Yellowlees

Lexophile describes those that have a love for words, such as "you can tune a piano, but you can't tuna fish," or "to write with a broken pencil is pointless". An annual competition is held by the New York Times to see who can create the best original lexophile.

Here are some of the submissions.

No matter how much you push the envelope it'll still be stationery.

When you get a bladder infection, urine trouble.

England has no kidney bank, but it does have a Liverpool.

I know a guy who's addicted to drinking brake fluid, but he says he can stop at any time.

## **The Foundation**

In recognition of 50 years of the Retired Teachers of Ontario/Les enseignantes et enseignants retraités de l'Ontario (RTO/ERO) serving its education community in retirement, the RTO/ERO Foundation announced a \$50,000 grant to be awarded to Sunnybrook Health Sciences' Regional Geriatric Program (RGP) of Toronto. The grant project will focus on developing a "Senior Friendly 7" Practice Toolkit for Personal Support Workers (PSW SF7). These tools will guide personal support workers (PSWs) and care coordinators—both of whom are on the frontline of home and community care for frail seniors—working in community settings.

"Evidence suggests that routine monitoring and intervention in these seven areas are most likely to improve the health and quality of life of frail seniors or those at risk of frailty," says Dr. Barbara Liu, principal investigator and executive director, RGP of Toronto. "The RGP envisions the creation and deployment of SF7 tools adapted for use across the sectors of care."

The concept of the Senior Friendly 7 (SF7), a foundational element of RGP's Senior Friendly Care strategy, promotes excellence in key areas of importance to the care and quality of life of frail seniors:

- Mobility
- Cognition, including Delirium
- Nutrition
- Pain management
- Polypharmacy
- Continence
- Social engagement

"We are thrilled to receive this grant and look forward to working with the RTO/ERO Foundation on developing resources that would be helpful to RTO/ERO members and all seniors," says Dr. Liu.

"The 'RTO/ERO 50<sup>th</sup> Anniversary Award' is a wonderful way of honouring the tradition of lifelong learning and teaching that the RTO/ERO members embody," says Jo-Anne Sobie, executive director of the RTO/ERO Foundation. "We are pleased to award this 'special edition' grant to the SF7 project, which will lead to better approaches to the training of PSWs and care providers who care for frail seniors in their homes and in the community."

**Submitted by Ruth Beninger, Foundation Representative**

## **RTO/ERO CHAIR IN GERIATRIC MEDICINE UPDATE**

### **Trainees share geriatric research, shine across Canada**

Research trainees under Dr. Paula Rochon, vice-president of research at Women's College Hospital and inaugural RTO/ERO Chair in Geriatric Medicine, are taking their research across Canada.

"Our team is working to re-envision the aging process and shape a health system where the needs of older adults are top of mind. By sharing the findings of our research at national conferences, our trainees are working to improve the quality of clinical care older adults receive. As a result, the RTO/ERO Chair in Geriatric Medicine is helping to foster Canada's next generation of health researchers," said Dr. Rochon.

Trainees, their areas of research and conferences at which they are presenting include:

- Nishila Mehta, MD candidate at University of Toronto Medical School – Data mining Twitter to detect prescribing cascades, E-Health 2018 Conference in Vancouver, BC
- Dr. Katrina Piggott – Utilizing process mapping as a tool to aid physicians in identifying prescribing cascades, Canadian Conference on Medical Education in Halifax, NS
- Dr. Paula Pop – Management of first-presentation sleep disorders among older adults, Canadian Geriatrics Society Conference in Montreal, QC
- Dr. Nathan Stall – Caregiver distress and its impact on people living with dementia, Canadian Geriatrics Society Conference in Montreal, QC

In the coming weeks, videos on RTO/ERO and Foundation social media channels will feature these trainees as they talk about their areas of focus and how they became interested in geriatric research.

The RTO/ERO Chair in Geriatric Medicine is supported through the RTO/ERO Foundation, which invests in its bold vision—to enhance the quality of life for older Canadians—by funding:

- Research and training vital to the knowledge base of Canada's aging sector
- Innovative initiatives that promote social connection and engagement among older adults

Learn more about how you can support the work of the Foundation at [www.embrace-aging.ca](http://www.embrace-aging.ca).

**Learn more about the RTO/ERO Foundation at [www.embrace-aging.ca](http://www.embrace-aging.ca)**

**Contact us at 1-800-361-9888 or 416-962-9463 [foundation@rto-ero.org](mailto:foundation@rto-ero.org)**

## Report from Senate

Debbie and I attended Senate as District Senators. Ken Lee was our Observer.

On Monday night, we enjoyed a Toronto Harbour Cruise with open bar and buffet sponsored by Johnson Ins. in celebration of RTO's 50th Anniversary.

On Tuesday, we elected the first Board of Directors in three rounds of voting. First for a 3-year term: Martha Foster, Rich Prophet, and Martin Higgs. Second for a 2-year term; Jacquie Aird, Louise Guerin and Bill Huzar. Third for a 1-year term: Richard Goodbrand, Gayle Manley and David Kendall.

Martha was elected Chair and Rich Prophet Vice-Chair by the new Board at a Board meeting following the election.

We adjourned the AGM and began the Senate meeting which ended on Wednesday at noon.

At the Banquet on Tuesday night, Debbie and I sat with June Farmer and her son-Beric. June was invited to the banquet as a former Distinguished Award recipient.

**Bill Huzar: District President**

## PENSION AND RETIREMENT CONCERNS

This coming year, the PRC Committee is focusing on the topic of senior isolation. It will be reviewing publications and producing materials for Districts to create awareness and suggestions on how to prevent or break down social isolation of seniors.

The redesigned website of Resource Materials will result in some retained Fact Sheets and will include information obtained through URL internet links. I have asked the Committee, through my liaison contact, to investigate resources available in BC for inclusion in the Fact Sheets/URL internet links. Some of these resources may be useful not just for BC residents, but also for Ontario residents.

If you have suggestions of BC sources that would be useful for RTO Resource Materials, please email me ( <i>dwa@primus.ca</i> ) the names of the organizations, the	URL internet links, and the reason for inclusion. I will forward all suggestions to RTO PRC Committee.
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Both OMERS and the OTPP have excellent returns for 2017. OMERS net rate of return is 11.5%; the OTPP net rate of return is 9.7%. OMERS active to retired ratio is 2:1; OTPP active to retired ratio is 1.3:1.

To keep up with pension changes and issues, the PRCC attends the Ontario Teachers' Federation Forum. This year, OTPP stressed that our pension plan was "Sustainable" and based on long-term thinking and investing. In choosing their investments, OTPP is considering a wide variety of factors such as Disruptive Technology, demographic changes, changing energy use and changing transportation economy. OTPP has a Climate Change department which tracks the carbon footprint of the corporations in which they invest. For further details on OTPP news go to: <https://www.otpp.com/corporate/ontario-teachers-reporting>

Bill C-27, the federal bill dealing with Pension Plans, will likely be brought back for second reading. This bill could be detrimental to some pensioners of Defined Benefit Plans. Nova Scotia and Manitoba are studying the possibility of opening the door to Target Benefit Plans for their public function workers.

submitted by **Debbie Walker**

## Talking about Things we would Rather Not Talk About

A few years ago an elderly couple without relatives in Canada asked my wife and I if we would be their "power of attorney" for both financial and health decisions. They were friends that we knew through a community association, but otherwise we were not close. Still, we admired them and their community spirit and after some consideration we accepted. They were a feisty old couple and seemingly doing quite well. They had no family and they came to us for whatever reason. We thought that perhaps they might just keep on going like the "Ever Ready bunny".

This year they crashed! Both in their 90's now, they ended up in the hospital for different reasons at the same time. Both had serious medical complications and as we later discovered, their affairs were not in order. He will not be coming home! After 3 months in the hospital he has been placed in a care facility but she is struggling to stay at home at great cost and with a lot of support. A group of friends including ourselves formed a small support circle to respond to needs and concerns.

For us this has been a journey of discovery and frustration. While we have ourselves named power of attorney and executors for ourselves, we have learned that we are nowhere near being prepared to let someone else do the job if need be. Simply having named someone as "Power of Attorney" is not enough and really not a good enough beginning if that person does not have access to the information that is needed to act on our behalf.

If someone needs to begin to exercise the awesome power of attorney role, that person needs to know where the documentation is kept. Who are the people that must be informed? Attorneys, doctors, clinics,

banks: all those who are part of the normal grind of life. Without a copy of the Power of Attorney document the Shaw bill can't be paid, medications cannot be renewed, and the many small decisions of normal life end up being put on hold. Where are the spare set of keys kept for the house, the car, the boat if one is so lucky? Are there pets in the house to maintain? So many small and a few big decisions almost immediately need to be made when the need arises.

In our steep learning curve we had the need to visit the cemetery where some arrangements had been made so long ago that no one remembered what had been planned. There were a few surprises, but a lot of good information was shared without the "high pressure" routine which grieving family sometimes experience after a death. Perhaps being unrelated "Power of Attorney" put us in the chair of "objective" participants with little room for sentimentalities. We were given a planning booklet, and on one page it listed the "87" things that had to be done by the executor. It is not a simple task of a few afternoons. Again, most important is having at hand all the "information" needed. The executor is given a huge responsibility that becomes cumbersome and at times almost impossible without the relevant information being available. We were reminded that even now, there are many people who die without leaving a properly documented "last will and testament".

Let's "bite the bullet", see the "handwriting on the wall", "cross the Rubicon (or Englishman River)", whatever: it is time to do ourselves a favour and those we have chosen to be our "power of attorney" and "executor" by getting things in order and having the information at hand in a place that is known and accessible.

One good start is with a document available online from RTO:

<https://www.rto-ero.org/sites/default/files/fact-sheets/Important-Documents-H3-English.pdf>

**Phil Little:** PAC representative District 47

**VICTORIA UNIT " TO HELL WITH THE BELL " LUNCHEON and AGM**

Date **Wednesday 5 September, 2018**

Place Royal Victoria Yacht Club 3475 Ripon Road Victoria

Time 11:00 a.m. registration + coffee + muffins + socializing  
11:30 a.m. meeting  
12:30 p.m. hot buffet luncheon to be served

Cost \$ 25 per person — subsidized by RTO Unit for the cost beyond this

Features A cash bar will be available

Guest Speaker Ken Lee RTO Vice President, Victoria Unit

Topic Understanding Your Brain : an Informative and Entertaining look at  
the Evolution and Architecture of the Human Brain

\*\*\* Please complete the form below and mail it with your cheque made payable to RTO  
Victoria Unit . Fill in the name(s) of those who will attend ( so that we can make up name  
tags ahead of the event and have them ready for you when you arrive). Include your  
phone number and/or email address.

Please be sure to mail your completed form by **23 August 2018** to our  
Registrar, Margot Lods phone # 250-920-3893  
email mlods@shaw.ca  
mailing address is below on form

tear here and mail form below

\*\*\*\*\*

"TO HELL WITH THE BELL " AGM and Buffet Luncheon Wednesday 5 September

Name (s) \_\_\_\_\_ ( for name tags )

Phone number \_\_\_\_\_

Email address ( optional ) \_\_\_\_\_

Cost : \$ 25 per person Total = \$ \_\_\_\_\_ Make cheque payable to  
"RTO Victoria Unit "

\*\*\* MAIL TO Margot Lods  
608 — 105 Gorge Road East  
Victoria B.C. V9A 6Z3

**Mid/Upper Island Unit Social "To Hell With the Bell" & AGM**

Place: Qualicum Beach Inn  
Private room  
2690 Island Highway West  
Qualicum Beach  
Wheelchair accessible, easy parking

Date: **Tuesday, September 4, 2018**  
Time: 11:00-11:45 -AGM & Social time  
11:45 - Plated service and door prizes

Price: **\$15.00** per person (all inclusive)

Thanks to our unit for a generous subsidy of \$19 per person.

Choice of entree: chicken with sauce, mashed potatoes, seasonal vegetables  
or wild salmon, rice, seasonal vegetables

Choice of dessert: creme brûlée or mixed nut pie or mixed fruit

Unlimited coffee (regular and decaf) and teas are available in our room.

\*Alcoholic drinks/soft drinks are available at your cost. Servers will take orders and deliver drinks to you in our private room.

N.B. We have an optional collection of money for the breakfast programme at Courtenay Public School and Vanier Secondary School, Courtenay.

Please complete the form below and send to Bonnie McGlynn by **Aug. 24**.

For information: 250-751-0235 or bonnseam@shaw.ca

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"To Hell With the Bell" Lunch on Sept. 4, 2018

Deadline: **August 24, 2018**

**PRINT Your Name(s) and indicate each person's choice of entree:**  
chicken or salmon **and dessert:** creme brûlée or mixed nut pie or fruit.

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Your Phone or Email: \_\_\_\_\_

Cheque payable to: RTO District 47, Mid/Upper Island Unit

Cost: \$15.00 pp x \_\_\_\_\_ = \_\_\_\_\_

Send to: Bonnie McGlynn,  
2554 Doctors Road,  
Nanaimo, B.C.  
V9S5M9

### **Hava Java Comes to Parksville**

You are invited to join us at Serious Coffee in Parksville— 1209 East Island Hwy. (in the Heritage Centre Mall) at 2 p.m. on Tues. Sept. 18. Come for coffee, conversation and fellowship. This is a chance for members outside of Nanaimo to meet other members from your area. For more information contact Vic Shayer at 250-951-3109.

P.S. the regular Hava Java that is held in Nanaimo at Haz Beans will meet on Mon. Sept. 24 at 2 p.m.

### **Victoria Unit Christmas Luncheon**

This coming December we will hold our annual luncheon at The Beach House Restaurant at 5109 Cordoba Bay Road.

The date will be **Wednesday 5 December 2018.**

Social Hour will begin at 11:00 a.m. and a hot buffet lunch will be served at 12:15 p.m.

The cost will be \$ 25 per person. Victoria Unit of RTO will pick up the additional cost beyond this amount.

There will be door prizes of wine and poinsettias. A cash bar will be available.

**NOTE :** Please mark your calendar for this event and look for the registration mail-in form which we will mail to you in the envelope with your RTO Christmas card which will be sent to you in mid November. There will be details on how to register in that mailing and we ask that you wait until then to return your reply. The date we will want your response to the invitation will be **Wednesday 23 November**.

### **Mid Upper Island Unit Out-to-Lunch**

Join your friends for lunch and (maybe) a walk in nearby Rathtrevor Beach. Partners, spouses, and friends are welcome.

Place: Black Goose Inn  
1051 Resort Drive  
Parksville

Date: **Thursday, October 18**

Time: Noon

\*\*Please phone or email Bonnie McGlynn by Monday, October 15.

Phone: 250-751-0235

Email: [bonnseam@shaw.ca](mailto:bonnseam@shaw.ca)

## **RTO District 47 Mid/Upper Island Christmas Party**

Place: Departure Bay Lounge, Nanaimo Golf Club,  
2800 Highland Boulevard, (directly off Island Hwy.), Nanaimo, B.C.

Date: **Wednesday, December 5, 2018**

Time: Open at 11:00 a.m. Buffet served at 11:45 a.m. Door Prizes

Price: \$20.00 (all inclusive) per person

\*Thanks to our unit for subsidizing \$15 per person for this event.

Christmas lunch includes:

Various Breads/Rolls and Butter, Heritage Salad, Assorted Roasted Vegetables, Golden Yukon Mashed Potatoes, Pan Gravy, Roast Turkey, Baked Honey Ham, Dressing and Cranberry Sauce, Holiday Desserts with Gourmet West Coast Coffee and Paisley Teas

\*A cash bar is located in our room.

\*An optional cash donation would be appreciated for the breakfast programme at Courtenay Public School and Vanier Secondary.

Please send information/payment to Bonnie McGlynn by **November 29**.

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Christmas at Nanaimo Golf Club: Wednesday, December 5, 2018.

Name(s) \_\_\_\_\_

\_\_\_\_\_

Phone: or email: \_\_\_\_\_

Cheque payable to: RTO District 47, Mid/Upper Island Unit

Cost: \$20.00 X \_\_\_\_\_ = \_\_\_\_\_

Send to: Bonnie McGlynn  
2554 Doctors Road  
Nanaimo, B.C.  
V9S 5M9

### **RTO/ERO Governance Changes**

The first Board of Directors under the provisions of the Canada Not-For-Profit Corporations Act (CNAC) has been elected at the recent May Senate. Congratulations to Bill Huzar, President District 47, for his election to a two-year term. For other members of the new Board of Directors see the Report from Senate by Bill on page 6 or 2.

This publication is distributed to members of RTO/ERO District 47 British Columbia.  
Editor: Jim Ross

Articles of interest are most welcome. You might send a letter to the editor on any topic that concerns you. Or you might write an article on any topic that may interest your retired colleagues. Or you could share a funny story or photos with our members.

Send your submissions to the editor by email: [wjross2001@shaw.ca](mailto:wjross2001@shaw.ca) or by mail to J. Ross, 5812 Ralston Dr., Nanaimo, BC, V9T6C5.

Insertion of articles will be at the discretion of the Editor and /or District Executive.

### **Moving?**

Be sure to update your mailing and email address with the membership department at [membership@rto/-ero.org](mailto:membership@rto/-ero.org) or by calling 1-800-361-9888 Ext. 223.