



## Education retirees can switch and save with RTO/ERO insurance until April 30

From Feb. 1 to April 30, education retirees can join RTO/ERO's insurance plan without completing a medical questionnaire during this open enrolment period. Acceptance is guaranteed for all RTO/ERO members, who are insured with another company, and to other non-member education retirees, who are eligible.

*(Continued on page 5)*

### FEATURES

- Exercise plays an active role in treating depression
- Members save big with Venngo MemberPerks®
- 2018 Pocket Planner call for submissions

# Exercise plays an active role in treating depression

By McMaster Optimal Aging Portal

Early February marked the halfway point of our long Canadian winter season. If you're like many people, this time of year can bring about the winter blues. Even without Jack Frost's influence, depression is common in older adults and it's often difficult to treat successfully. But there's good news! Research outlined on the McMaster Optimal Aging Portal shows that exercise can help.

One of the important benefits of exercise is how it can enhance your mood and sense of well-being. Endorphins and other "feel good" chemicals in the brain are released when we're physically active and that can help to explain why exercise is prescribed – often in combination with other therapies – to help reduce the risk of depression. Depression can have serious consequences for healthy aging, and many people are reluctant to admit to a mental illness or don't respond well to treatment with medication. People who do not receive adequate treatment for depression are at increased risk of other health problems (such as heart disease), and can suffer from lowered quality of life.

## SO WHAT DOES THE RESEARCH SAY?

Searching for solutions, researchers conducted multiple studies to find out if exercise has depression-fighting benefits for older adults. According to the evidence from systematic reviews (available on the McMaster Optimal Aging Portal), exercise is shown to have a positive effect on helping to combat



depression. All types of exercise are beneficial but "alternative" programs, such as Tai Chi and Qi Gong, were found to be most effective. Review authors suggest this could be due to the emphasis on both the body and mind through slow, controlled movements, meditation, breathing and relaxation techniques.

## MOVEMENT IS MEDICINE

Tai Chi is a particularly good exercise for older adults as there is minimal risk and it is suitable for those with limited mobility and/or medical conditions that prevent them from engaging in more demanding physical activities. Research also supports the benefits of aquatic exercise for older adults as it's gentle on joints, bones and muscles.

Evidence shows that exercise is a key component to optimal aging, promoting both a healthy body and mind.

To learn more: visit <https://goo.gl/WFBhFq>

# TOP 31 MEMBERSHIP BENEFITS

## Group Insurance

- 1 LARGEST** group insurance plan in Canada for education retirees
- 2 GROUP INSURANCE** plans that are owned, designed and managed by your peers
- 3 GUARANTEED ACCEPTANCE** within 60 days
- 4 GROUP PLAN RATE = FOR EVERYONE**
- 5 GREAT COVERAGE** across Canada - live anywhere without changing your insurance

- 6 FREE 93-DAY TRAVEL COVERAGE** through our Extended Healthcare Plan

## Discounts

- 7 1200+** MemberPerks® via Venngo
- 8 HEARING AIDS**
- 9 TRAVEL**
- 10 HOME & AUTO INSURANCE**
- 11 COURTYARD MARRIOTT**

## Social Activities

- 12 LOCAL EVENTS** clubs and gatherings hosted by your peers
- 13 MERIT TRAVEL** exclusive group and solo tours and discounts
- 14 LEADERSHIP OPPORTUNITIES**

## Support & Advocacy

- 15 VOLUNTEER** and job opportunities
- 16 PENSION SUPPORT AND ADVOCACY**
- 17 \$100,000** Project-Service to Others grant program
- 18 \$37,500** annual scholarship program for family members
- 19 RTO/ERO FOUNDATION** supports healthy aging research and resources

- 20 DISTRICT GOODWILL SUPPORT**

## Programs & Services

- 21 BILINGUAL** services and Francophone districts
- 22 LIVE & FRIENDLY** one-on-one walk-in service
- 23 FAST RESPONSE TIME**
- 24 HOST RETIREMENT PLANNING WORKSHOPS AND ADVICE**

## Publications

- 25 RENAISSANCE** award winning lifestyle magazine
- 26 LIAISON** newsletter
- 27 TAX TIPS** annual comprehensive document to help members during tax season
- 28 POCKET PLANNER** calendar

## Online Community

- 29 ENGAGE WITH RTO/ERO** and other members via Facebook, Twitter, blogs, rto-ero.org and much more
- 30 JIM GRIEVE** blog and vlogs
- 31 #LEADERSHIPSHINE** monthly tweet chat



# Members save big with Venngo MemberPerks® for RTO/ERO



venngo  
memberperks® for



RTO/ERO members are starting to enjoy (reap the benefits) the savings and discounts through the new Venngo MemberPerks® program. MemberPerks® offers world-class group discount programs including health and wellness products, services and events through Venngo.

#### MEMBERPERKS® INCLUDES:

- Discounts on everything from entertainment and restaurants to shoes and travel
- Instant access to over 1,200 perks for RTO/ERO members and their families
- 350+ health and wellness perks
- Easy to use online or with the Venngo app for IOS, Android, Windows and BlackBerry devices
- Simple redemption options in-store, online and over the phone
- New and seasonal offers. Sign up for the e-newsletter, to stay up-to-date

#### WHAT YOU NEED TO KNOW:

- MemberPerks® is free for anyone with RTO/ERO's Extended Healthcare Plan
- RTO/ERO members and their families without RTO/ERO's Extended Healthcare Plan can join MemberPerks® for only \$24.99/year, plus HST.

Create your account and start saving.  
Please visit [rto-ero.venngo.com](http://rto-ero.venngo.com) today.

Questions? Contact Venngo customer service,  
[1-866-383-6646](tel:1-866-383-6646) or [membersupport@venngo.com](mailto:membersupport@venngo.com).

RTO/ERO offers 31 member benefits, including:

- 1200+ MemberPerk discounts
- Social activities
- Travel discounts
- Affinity programs
- Volunteer opportunities

And more (see page 3 for full list of benefits)

RTO/ERO welcomes members from the broader education community, including early years, school boards, post-secondary, private schools and related education organizations.

For more information about RTO/ERO's open enrolment, visit:

English: <https://www.rto-ero.org/here-for-your-future>

French: <https://www.rto-ero.org/fr/ici-pour-votre-avenir>



ARTWORK: CLAIRE CHARLETTE, DISTRICT 3, ALGOMA

## 2018 Pocket Planner – call for submissions

Since RTO/ERO members are so talented, we are looking to you for some creative assistance. We are asking members for original photographs or paintings, preferably with an abstract or nature theme, that we can use to update the cover of the 2018 *Pocket Planner*. If we choose your artwork, we will send you a gift set of RTO/ERO merchandise as a token of appreciation, in addition to receiving full artwork credit.

Please submit your artwork, full name, membership number, district name and number to us by April 17.

By email: send your digital artwork in addition to the above information to [renaissance@rto-ero.org](mailto:renaissance@rto-ero.org).

By mail: send your print artwork in addition to the above information to the Retired Teachers of Ontario, Attn: *Pocket Planner* cover, 18 Spadina Rd., Suite 300, Toronto, ON M5R 2S7. (Continued on page 7)



## Never miss a Jim Grieve vlog post

Since 2015 Executive Director Jim Grieve has been sharing his thoughts and experiences on his “Walk with me” vlog published through RTO/ERO’s website and social media channels. Covering everything from membership to favourite movies, Jim brings a unique perspective to relevant issues and topics.

### HOW TO WATCH

-  [www.rto-ero.org/walkwithme](http://www.rto-ero.org/walkwithme)
-  [www.facebook.com/rto.ero/videos](http://www.facebook.com/rto.ero/videos)
-  [@JimAwesomeYears](https://twitter.com/JimAwesomeYears)
-  <http://bit.ly/1TLDfcv>

## Join #Leadershipshine RTO/ERO’s monthly tweet chat for the early years and awesome years 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.

We’d love to have you join the fun! Follow @rto\_ero on Twitter for details and reminders.



## Share RTO/ERO’s retirement planning workshops with education colleagues

From now until November, RTO/ERO will be running retirement planning workshops for active education professionals throughout Ontario. Help your former colleagues get off to the right start by telling them to sign up for a workshop - [www.rto-ero.org/join-us/retirement-planning-workshops/rpw-schedule-list](http://www.rto-ero.org/join-us/retirement-planning-workshops/rpw-schedule-list).

## SIGN UP FOR e-Renaissance

Get your copy of Renaissance electronically and view the issue from the comfort of your computer or mobile devices.

Send your name, district number, district name, membership number and current email address to [e-Renaissance@rto-ero.org](mailto:e-Renaissance@rto-ero.org) and register to start receiving e-Renaissance.

## GUIDELINES FOR ORIGINAL OR DIGITAL ARTWORK:

**Size:** Vertical 4.125" w x 7" h

**Area:** 3.5" w x 2" h (leave space for RTO/ERO logo)

**Digital art formats:** JPG, EPS, AI or PDF (high resolution only)

**Digital art size:** Minimum of 300 DPI at final size (4.125" w x 7" H)

If artwork supplied does not meet the specifications requested, RTO/ERO reserves the right to make digital modifications without prior permission from the artist.

**Questions?** Call [416-962-9463](tel:416-962-9463) (Toronto area) or [1-800-361-9888](tel:1-800-361-9888) (toll-free) or email [renaissance@rto-ero.org](mailto:renaissance@rto-ero.org).

**Note:** RTO/ERO is not responsible for lost or damaged art and we will not be returning original artwork. If selected, the artist must sign a release, giving RTO/ERO permission to use the artwork on the *Pocket Planner* cover.



PHOTO: CHARLES HAMMILL, DISTRICT 31, WELLINGTON



## 5 questions to ask about your medications when you see your doctor, nurse, or pharmacist.

1. Changes? – Have any medications been added, stopped or changed, and why? (Have there been any changes to my medication?)
2. Continue? – What medications do I need to keep taking and why? (Should I continue with my all medication?)
3. Proper Use? – How do I take my medications and for how long? (Am I taking my medication correctly?)
4. Monitor? – How will I know if my medication is working, and what side effects do I watch for?
5. Follow-up? – Do I need any tests and when do I book my next visit?

Keep your medication record up to date.

Remember to include:

- Drug allergies
- Vitamins and minerals
- Herbal/natural products
- All medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.

Visit [safemedicationuse.ca](http://safemedicationuse.ca) for more information.

Source: Institute for Safe Medication Practices Canada

# Provincial Office Contact Information

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

TOPIC	NAME	EMAIL
<b>Membership</b>	Dianne Vezeau, Sam Gyesus	<a href="mailto:membership@rto-ero.org">membership@rto-ero.org</a>
<b>Insurance plans</b>	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>
<b>Senate</b>	Kim Brathwaite Pauline Duquette-Newman*	<a href="mailto:senate@rto-ero.org">senate@rto-ero.org</a>
<b>Accounting</b>	Elizabeth Timms Melanie Adriano*	<a href="mailto:ltimms@rto-ero.org">ltimms@rto-ero.org</a> <a href="mailto:madriano@rto-ero.org">madriano@rto-ero.org</a>
<b>Advertising</b>	Susannah Maxcy	<a href="mailto:smaxcy@rto-ero.org">smaxcy@rto-ero.org</a>
<b>Renaissance</b>	Kim Brathwaite	<a href="mailto:kbrathwaite@rto-ero.org">kbrathwaite@rto-ero.org</a>
<b>Project – Service to Others</b>	Gail Knox	<a href="mailto:gknox@rto-ero.org">gknox@rto-ero.org</a>
<b>Francophone services</b>	Pauline Duquette-Newman*	<a href="mailto:pduquette-newman@rto-etro.org">pduquette-newman@rto-etro.org</a>
<b>Committee nominations</b>	Wilma Pereira	<a href="mailto:wpereira@rto-ero.org">wpereira@rto-ero.org</a>
<b>Affiliate/association annual general meetings</b>	Wilma Pereira	<a href="mailto:wpereira@rto-ero.org">wpereira@rto-ero.org</a>
<b>Recruitment tool kit/ resources</b>	Wilma Pereira	<a href="mailto:wpereira@rto-ero.org">wpereira@rto-ero.org</a>
<b>Liaison</b>	Danielle Norris	<a href="mailto:liaison@rto-ero.org">liaison@rto-ero.org</a>
<b>Retirement planning preparation and posters</b>	Gail Knox	<a href="mailto:gknox@rto-ero.org">gknox@rto-ero.org</a>

\*bilingual



#### Contact

1-800-361-9888 (toll-free)  
416-962-9463  
[info@rto-ero.org](mailto:info@rto-ero.org)  
[www.rto-ero.org](http://www.rto-ero.org)

#### Address

300 – 18 Spadina Road,  
Toronto, ON M5R 2S7  
Canada

#### Social

[facebook.com/rto.ero](https://facebook.com/rto.ero)  
 [twitter.com/rto\\_ero](https://twitter.com/rto_ero)

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