



Liaison

News and knowledge for RTO/ERO members



Photo: Chuck Hammill, District 39, Peel

Five diet changes supported by research evidence

Source: McMaster Optimal Aging Portal

Everywhere you turn, there are ads and articles telling you what you should and shouldn't eat. Unfortunately, the information is often unproven, contradictory and just downright sketchy.

A nutritious, well-balanced diet is important to health and well-being and helps us maintain strength, mobility and a good quality of life as we age. It's never too late to make better food choices, but some people try to do too much at once, which can lead to frustration and failure.

To help, try these five diet changes supported by research evidence.

1. Pass on the salt. You've always heard that too much salt is bad for you. Now research confirms the benefits of cutting back: reducing your sodium intake will help lower your blood pressure, which in turn decreases your risk of heart disease. The main culprit is processed foods.

2. Go fish. Another good way to promote heart health is to eat more salmon, mackerel, tuna and other fish high in omega-3 fatty acids. Don't like fish? Try fish oil supplements. Research shows that people with high blood pressure who took fish oil supplements saw a small drop in their blood pressure readings. (continued on page 2)

FEATURES

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- 2017 advertising information
- RTO/ERO welcomes new membership and reception staff

Five diet changes supported by research evidence

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3. **Cut the (saturated) fat.** When it comes to our diet, not all fat is created equal. Saturated fat – common in meat and dairy – is the one we need to be most concerned about. According to research, reducing the saturated fat in our daily diets and replacing some with healthier unsaturated fats – found in plant oils – can lower our risk of heart disease.

4. **Go Mediterranean.** Need the structure of a diet plan to stay on track? There are so many to choose from, ranging from the sensible to the bizarre. The Mediterranean diet is one of the former. It supports the other recommendations by encouraging people to eat more vegetables, fruit, fish, whole grains and unsaturated fats such as olive oil. A vegetarian diet is another option that emphasizes similar foods and plant-based fats and protein.

5. **Take care with your choice of tableware.** For people who are overweight or at risk of obesity, reducing portion sizes can help cut down on calories. Use a smaller plate and say no to ‘super-sized’ portions to help avoid the health risks associated with weight gain.*

The bottom line

- Include fish (or fish oil supplements) in your diet and cut down on salt and saturated fat.
- The structure of a Mediterranean diet plan can help you make healthy changes.
- Be aware that larger plates and portion sizes can cause you to eat more.
- Consult a doctor or dietician to develop a diet plan, particularly if you have a medical condition or take medication that can be affected by your diet.

Learn more:

- Visit www.mcmasteroptimalaging.org
- Follow [@rto_ero](https://twitter.com/rto_ero) and [@Mac_AgingNews](https://twitter.com/Mac_AgingNews) on Twitter
- Like RTO/ERO on Facebook www.facebook.com/rto.ero/ for healthy aging news

* This article has been edited for brevity. To read the full version, visit www.mcmasteroptimalaging.org/blog/detail/blog/2016/08/05/five-diet-changes-supported-by-research-evidence.



Three easy ways to go paperless with RTO/ERO

Simplify your life and save trees with these handy ways to go paperless.

1. Does your house have more than one member? Contact the **Membership department** and let them know you'd like to receive one copy of RTO/ERO publications: membership@rto-ero.org, 1-800-361-9888, 416-962-9463.
2. Sign up for *e-Renaissance* and read the issue from the comfort of your computer, mobile devices or e-reader. Send your name, membership number, district name and number and current email address to e-Renaissance@rto-ero.org.
3. Sign up for the e-version of your district newsletter (where available). Contact your district newsletter editor or president to find out how: www.rto-ero.org/multimedia/map.php.

2017 Advertising information

Get 20% off when you book a full-year classified ad

Back by popular demand, get 20% off the rate price when you make a full-year ad reservation for all four 2017 issues of *Renaissance*.

First-time advertisers, get 10% off your first ad

One of the most-read sections in *Renaissance*, classified ads are a proven way to get the word out to members. Book now to get 10% off your first ad.

2017 reservation deadlines*

Full-year: January 20

Per-issue ads: Spring: January 20, Summer: April 17, Fall: July 14, Winter: October 13.

Ad rates and guidelines

Member: \$3.25/word*

Non-member: \$3.75/word*

Word count: Minimum 20 words. Maximum 60 words. Name, email, and phone number are counted as one word each.

Reunions: Free. Maximum 60 words.

How to submit

Send your ad, name, membership number, phone number, and mailing address and section preference to advertising@rto-ero.org.

Display advertising:

Read our 2016 Media Kit at www.rto-ero.org/advertise-rtoero and stay tuned for the 2017 Media Kit available later this fall.

Advertising queries

Email advertising@rto-ero.org or call 416-962-9463, 1-800-361-9888 ext. 244.

**Plus HST. Ads received after the reservation deadline for a give issue are subject to a \$10 late fee. Ads must be paid in full upon approval prior to publication.*

Ontario 2-1-1 provides local resources for older adults

211 is an award-winning 3-digit phone and online service helping Ontarians connect to the complete range of government and community-based health and social services available in their communities. Calls are answered 24/7 by professional information specialists who are trained to assess caller needs and to refer them to the most appropriate resources.

211's human services database is the most comprehensive in the province and includes a wide range of information and resources specifically for older adults, including:

- Elder abuse
- Geriatric psychiatry
- Home support programs
- Income programs
- Long-term care homes
- Meals for seniors/people with disabilities
- Recreation
- Retirement homes and apartments
- Transportation
- Financial assistance and home support

Learn more: visit 211ontario.ca or call 2-1-1.



When you don't know
where to turn.

RTO/ERO welcomes new membership and reception staff

Featured job posting: Educational Assessment Coach

We're TutorBright and we are an education company that provides 1:1 tutoring and mentorship for our students. Our mentors, coaches and educators come from all walks of life and different backgrounds, the common thread is a desire to make a difference. At TutorBright, our educational assessment coaches care about making a positive impact in young students' lives.

As an Educational Assessment Coach you will meet with families in their homes (locally) and assess their students' academic strengths, weaknesses, learning styles and personality types with the help of our proven, but flexible process. After some interactive time working with students, your goal is to create a comprehensive learning and mentorship plan that is individualized for the students' needs to be used by their tutor-mentors to guide them to greater success. Learn more, www.rto-ero.org/ad/2016/8/4/educational-assessment-coach

To see more job and volunteer opportunities, visit www.rto-ero.org/programs-services/job-and-volunteer-opportunities

Disclaimer: publication of a featured job or volunteer opportunity does not constitute an endorsement by RTO/ERO of any product or service.

New membership and reception staff

We are happy to announce the following new staff to the RTO/ERO team.

Andrea Holz - Office Assistant/ Receptionist

In her new role, Andrea brings the same level of A+ service she brought to her most recent position — head hotel concierge for the Starwood and Marriott hotel chain. Passionate about the arts, Andrea has a diploma in comedy writing and performance from Humber College and a post-graduate certificate in comic scriptwriting. A recipient of the Eugene Levy Award for Writing, Andrea actively volunteers for TIFF, the Hot Docs Festival and the Canadian Comedy Awards.



Sam Gyesus – Acting Membership Assistant

With a diploma in medical administration from Seneca College, Sam has a strong background in project management and healthcare administration. Prior to RTO/ERO, Sam worked for three years in Saudi Arabia doing project management work. When she's not working, Sam enjoys writing, reading, charity advocacy and travelling.

Kelly MacDonald, Membership Assistant, welcomes baby girl

We are delighted to announce that Kelly MacDonald gave birth to Olivia, a healthy baby girl on July 11, 2016. Weighing 7 lb. 10 oz. Olivia has two older sisters Paige and Megan. Both Kelly and Olivia are doing great.



Call for Facebook reviews

Members, we have a small favour to ask you. If you have a couple of minutes to spare, we would really appreciate it if you could visit our Facebook page and write a review about RTO/ERO in the reviews section. Your comments are a valuable way for us to know how we're doing as an organization and what we can do to serve you better. More importantly, they let prospective members know about our services and programs from the people they trust most — you!



Thanks so much in advance. To write a review, visit www.facebook.com/rto.ero/.

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.

Published weekly, Jim’s vlogs have been viewed over 60,000 times.

Covering everything from membership to favourite movies, Jim brings a unique perspective to relevant issues and topics.



Photo: Paul Orenstein.

How to watch

Website: www.rto-ero.org/walkwithme

Facebook: www.facebook.com/rto.ero/videos

Twitter: [@JimAwesomeYears](https://twitter.com/JimAwesomeYears)

YouTube: <http://bit.ly/1TLDfvc>

Connect with RTO/ERO on social media

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

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

 www.facebook.com/rto.ero/

 www.twitter.com/rto_ero

 <http://bit.ly/1TLDfvc>

 www.linkedin.com/in/jimgrieve

Join RTO/ERO’s monthly #leadershipshine 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.

Follow [@rto_ero](https://twitter.com/rto_ero) on Twitter for details and reminders about each month’s chat or email smaxy@rto-ero.org to be added to our list.

Send us your World War stories

November 11th is Remembrance Day. Whether you or a loved one were in active service or in a supporting role at home or abroad, we would like to hear your stories.

Send your stories, letters and photos to smaxy@rto-ero.org.



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/provincial-office-staff.

Topic	Name	Email
Membership	Dianne Vezeau, Sam Gyesus	membership@rto-ero.org
Insurance plans	Clara Rodriguez* Eliza Ives*	crodriguez@rto-ero.org eives@rto-ero.org
Senate	Kim Brathwaite Pauline Duquette-Newman*	senate@rto-ero.org
Accounting	Elizabeth Timms Melanie Adriano*	ltimms@rto-ero.org madriano@rto-ero.org
Advertising	Susannah Maxcy	smaxcy@rto-ero.org
<i>Renaissance</i>	Kim Brathwaite	kbrathwaite@rto-ero.org
District information	Kelly MacDonald	kmacdonald@rto-ero.org
Members' Centre login	Kelly MacDonald, Dianne Vezeau Pauline Duquette-Newman*	membership@rto-ero.org pduquette-newman@rto-ero.org
Project – Service to Others	Gail Knox	gknox@rto-ero.org
Francophone services	Pauline Duquette-Newman*	pduquette-newman@rto-etro.org
Committee nominations	Wilma Pereira	wpereira@rto-ero.org
Affiliate/association annual general meetings	Wilma Pereira	wpereira@rto-ero.org
Recruitment tool kit/ resources	Wilma Pereira	wpereira@rto-ero.org
<i>Liaison</i>	Susannah Maxcy	liaison@rto-ero.org
Retirement planning preparation and posters	Gail Knox	gknox@rto-ero.org

*bilingual

1-800-361-9888 (toll-free) | 416-962-9463

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