

RTOERO News you can use – September 2022

Terms to know: Intersectionality

Intersectionality describes the interconnected nature of various categorizations, including race, age, class, and gender, and how they overlap and impact discrimination or privilege for individuals or groups. The term was originally coined in a 1989 paper by Kimberlé Crenshaw to help explain the oppression of Black women (the intersection of race and gender). Since then, the use of the term has expanded.

RTOERO often talks about intersectionality in relation to ageism. For example, gendered ageism, where older women are more likely to be discriminated against, is an example of intersectionality—the intersection of age and sex. Age and race, disability or sexuality are other intersections. When ageism intersects with other biases, disadvantages increase, worsening the impact on health and well-being.

Learn more about intersectionality in relation to age in RTOERO's white paper *The nuances of ageism: How intersectionality can impact the experience of aging*: rtoero.ca/nuances-of-ageism

Do you need more self-care?

Retirement is an ideal time to design and implement or update your self-care system—it's a time in life when your ultimate goal can be to take care of yourself.

What is self-care?

Self-care is taking ownership of your wellness and doing what you can to maintain and optimize your health and well-being. According to the World Health Organization, self-care is the *ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker*. It means different things to different people, and there's no single right way to do self-care.



Your self-care activities have a cumulative impact. As you develop and sustain a self-care practice, you will start to notice changes in how you feel. You will be more resilient and better able to cope with life's inevitable ups and downs.

How to tell you could use more self-care

Watch for these red flags to help you decide whether you'd benefit from more self-care in your life:

- Loss of pleasure and enjoyment
- Depression and anxiety
- Concentration problems
- Increased errors
- Loss of objectivity
- Isolation
- Emotional reactivity
- Relationship issues
- Insomnia
- Fatigue

For more on this topic, including tips about how to design a self-care practice, read the blog post on the RTOERO website: rtoero.ca/self-care-for-retiring-education-workers.

How often do you talk about climate change?

Is the climate crisis a taboo topic in your social circles, or is it something you openly discuss? Talking to people who don't believe in climate change can be tricky. You may revert to sharing the same facts we've shared for years. Canadian climate scientist Katharine Hayhoe says that's not the best approach. Instead, start from the heart. Begin with shared values like family, community and faith. And then you can help to connect the dots to the changing climate.

Talking about climate change is something we can all do more of, and it's something that could make a difference. Next time you get the chance, just remember not to talk about the science, and you might have a greater impact.

To hear Katharine's advice, go to Ted.com and search for *The most important thing you can do to fight climate change: talk about it*

To learn more about how RTOERO is advocating for environmental stewardship, go to rtoero.ca/giving-back/advocacy.

RTOERO Foundation kicks off Social Isolation Awareness Month on Oct. 1

Social isolation affects one in five Canadian seniors, and another 30% are at risk. Social isolation can contribute to anxiety and depression, poor physical health, higher rates of disease and dementia, and even suicide.

Over the past four years, RTOERO Foundation's Social Isolation Awareness Month campaign has raised \$315,000. This year, the Foundation is once again asking members to help us raise \$100,000 for research, education and community action programs to help socially isolated seniors.

RTOERO has the power to make a difference. Through voluntary support from more than 82,000 members, we can help Canadian seniors struggling with isolation and loneliness.

Here's how you can participate in Social Isolation Awareness Month:

- *Attend a free webinar.* Join the Foundation on Oct. 4 at 2 pm ET. This webinar will feature a panel of experts in the field of social isolation including Dr. Samir Sinha from the National Institute on Ageing, Dr. Raza Mirza from the National Initiative for the Care of the Elderly and Dr. Rachel Savage from Women's College Hospital. To register, go to rtoero.ca/events.
- *Support the Foundation by donating.*
 - Go to rtoero.ca/donate to give online
 - Call 1-800-361-9888 ext.271.
 - Mail a cheque to RTOERO Foundation, 18 Spadina Rd., Toronto ON M5R 2S7
- *Chime In.* If you'd like to connect with your fellow RTOERO members for weekly, online chats please visit our website to register. You may also know someone who is looking for more social connection. If so, please invite them to also register for *Chime In*. Visit rtoerofoundation.ca/chimein to learn more and to register.
- *Inquire.* Find out if your district is participating in Social Isolation Awareness Month and what they're doing to help the Foundation end social isolation.

RTOERO Foundation hosts 50/50 draw in October

The RTOERO Foundation is one of the only charitable foundations in Canada focused on the health and well-being of older adults. The Foundation focuses on building and supporting creative results-based initiatives to improve seniors' health care and promote social engagement.

For Social Isolation Month in October, the Foundation will host a 50/50 draw. Funds raised by this raffle will be invested in programs, research and training to support healthy active aging for all Canadians. The Foundation's activities aim to improve seniors' health care, end social isolation and combat ageism.

Tickets go on sale Oct. 1. The early bird draw is Oct. 14, and the grand prize draw will be held on Oct. 31.

This is your chance to support and win. Tickets available only online at rafflebox.ca/raffle/rtoerofoundation.



50/50

ONLINE RAFFLE!
Your chance to support the RTOERO Foundation & WIN!

TIRAGE EN LIGNE!
L'occasion d'appuyer la Fondation RTOERO et de GAGNER!

Lottery Licence / Licence de loterie
RAF1256385

Tickets available online starting October 1st!

Billets disponibles en ligne à compter de 1^{er} octobre!

rafflebox.ca/raffle/rtoerofoundation

 **RTOERO** Foundation
Fondation