

THIRTEENTH WORLD

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President’s Message

By Inta Aldridge

This November 1st, I was pleased and honoured to take on the role of President for RTO-ERO District 13. I am ready to work closely with the great team of Executive members and committees that are in place. We will be focused upon key areas as we move forward in this year to not only continue the work being done but also to see how we can improve for the benefit of all members.



I look forward to the year to come as we plan and present more events in the community. We have enjoyed Java Time at Pier 8 thanks to Gemma Monaco. Lee Hondronicols has arranged for a Christmas special at Theatre Aquarius. These are just a couple of examples of events that have been planned for you to attend and enjoy.

I would like to thank our Past President, Catherine MacIsaac, for her term as President. She brought to the position her skills, knowledge and expertise. I greatly appreciate her sage advice, reminders, information and ongoing support.

We are all team members in RTOERO District 13 and together we can be proud and enjoy the benefits of belonging. Please do not hesitate to reach out to any of us should you have a concern, information or an idea that you would like to share.

Need to Change Your Subscription?

Check out the back page for information on updating your address or changing your newsletter format.

Be Aware - Take Care: Safety Tips for our Members

By Rob Stringer & The Hamilton Police Service

- Revenue Canada calls saying you owe money. *What do you do?*
- A company calls to say you've won a prize, but need to pay money in advance. *What do you do?*
- You receive a text or email from your bank requesting you verify your account. *What do you do?*
- Your receive a late-night call from a relative claiming they need bail money. *What do you do?*

On October 13, 2022 at the Fall Luncheon AGM (Annual General Meeting), these questions and more were posed to attendees by Det/Cst. Phil Poirier of the Hamilton Police Service *Crimes Against Seniors Unit*. An informative and entertaining guest speaker, Det/Cst Poirier shared stories of people in our area who had been scammed out of thousands of dollars by unscrupulous scammers. Unfortunately, they are very good at what they do, and often quite convincing. But the message in each case was the same—be wary and take extra care:



Det/Cst. Phil Poirier from Hamilton Police Service

If you receive a call, message, or email saying that you owe money for taxes, call the Canada Revenue Agency at 1-800-959-8281 or check your CRA account online. **DON'T BE AFRAID TO HANG UP.**

Sweepstakes companies NEVER ask for money up front. Any unsolicited calls claiming you have won a foreign lottery are false. Never give out personal information over the phone no matter who they say they are.

Don't reply to any email requesting personal information. Look for grammar and spelling errors. Contact your financial institution using the phone number listed on your debit/credit card if you are in doubt. Most children will call a parent if they are in trouble. Confirm with family members before sending money.

Remember, never turn over large amounts of cash to anyone no matter how good the deal sounds or urgent the matter. Be suspicious of unexpected phone calls, text messages, or emails requesting information. For more information on how to prevent being a victim visit the Hamilton Police Service website at www.hamiltonpolice.on.ca or the Canadian Anti-Fraud Centre at www.antifraudcenter.ca.

Reasons seniors are targeted

- They often live alone and have more savings, assets, or disposable income
- A widowed senior living alone is most likely to be targeted
- Generally seniors are more trusting than younger generations
- Many do not report losing money because they are embarrassed for being deceived

How they deceive you

- For fraud to be successful, the scammer needs to gain your trust and lead you to believe that only YOUR best interests are at heart
- If you say "No," the scammer is likely to become aggressive and threaten you to scare you into being scammed. Scammers get information about potential victims from many sources: marketing companies, registration cards, subscriptions, obituaries, social media, and more

Local Events:

October 2022 Fall Luncheon AGM



Photos of attendees at the Fall Luncheon AGM

The event was held at The Waterfront Banquet & Conference Centre on Bay Street North in Hamilton.

The guest speaker was Det/Cst. Phil Poirier of the Hamilton Police Service *Crimes Against Seniors Unit*.

Thanks to everyone who was able to attend.
Special thanks to Jan Lukas for taking the photos.



Know Your Health Plan

Highlights from Stephen Wong's Health Plan Workshop

On October 6, 2022 Stephen Wong, Director of Health Benefits for RTOERO shared an informative presentation with members at St. Naum Church in Hamilton. Here are some of the highlights:

- **Does my travel insurance cover COVID19 related trip cancellation, interruption or delay?** • As of May 1, 2022, you are covered if you need to cancel, interrupt or delay a trip due to COVID-19. • Travel questions? Call 1-877-406-9007
- **Does extended health care cover all prescription drugs?** Covers ALL prescription drugs • Maximum includes: vaccines (Shingrix), diabetic supplies & lifestyle drugs • Covers generic & brand name (with physician authorization)
- **Can claims be submitted electronically?** Offices that offer electronic submission can submit your claim electronically. Payment for any eligible expenses may be made directly to the practitioner or remitted to you, depending on the practitioner's arrangement.
- **What other convenient services are offered?** • Direct deposit of claim payments \$ - send a void cheque along with a claim form • Income tax summary document
- **What are the advantages of the new digital member's portal?** Single sign-on to access both your health benefits and, if applicable, your car and home insurance • Easier submission of your online claims, with immediate reimbursement details for many claims • Automatic claims processing for many claims for quicker reimbursement
- **Save on prescriptions with Express Scripts service (ESS).** For information on this online pharmacy with 24/7 pharmacist access & free home delivery, visit <https://rtoero.ca/express-scripts-canada-pharmacy/>
- **What's new for 2023?** The Health Benefit Update newsletter, Communiqué, will be mailed in November • Benefit Plan Booklet • Plan changes will take effect Jan. 1, 2023 • 6 month claims submission timeline
- **QUESTIONS?** RTOERO: 1-800-361-9888 or insurance@rtoero.ca or Plan Administrator (Johnson): 1-877-406-9007 or healthbenefits@johnson.ca



Stephen Wong, Director of Health Benefits, RTOERO

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Local Events:

October 2022 Health Plan Presentation



Photos from the Health Plan Presentation

The event was held at St. Naum Church in Hamilton.

Thanks to everyone who was able to attend.
Special thanks to Jan Lukas for taking the photos.





RTO ERO

HAMILTON-WENTWORTH, HALDIMAND
DISTRICT 13



KNOW YOUR HEALTH PLAN WORKSHOP

MONDAY, OCTOBER 2, 2023

RTOERO District 13 plan members are invited to attend a Health Plan Workshop which will provide you with the information, resources and tools you need to navigate your health plan with ease.

WHERE: St. Naum Church
1150 Stone Church Rd. E.
HAMILTON, ON L8W 2C7

TIME: 9:30 a.m. – 2:00 p.m.

REFRESHMENTS & LUNCH PROVIDED

COST: \$10.00 per person

To register, send your cheque payable to: **RTOERO DISTRICT 13**. Please include the name(s) of who will be attending and if for medical reasons, specify dietary/allergy request to:

Jackie Aird
508 Fifty Road
STONEY CREEK, ON
L8E 5T4

Another option to pay is by credit card on-line. Go to our website: <https://district13.rtoero.ca>
Scroll down to the bottom of the page and click on: **Pay online for District 13 event/activity**
You will need to contact Jackie Aird by email or phone with your name(s) and proof of payment.

CONTACT: Jackie Aird, Chair
Benefits Committee

Email: rtojackieaird@cogeco.net
Phone: (905) 630-7132

REGISTRATION DEADLINE: SEPTEMBER 22, 2023

Keep Your Body and Brain Healthy with Exercise

Reprinted with permission from The McMaster Optimal Aging Portal

When we think about exercise, we often think about its physical benefits – stronger muscles, increased flexibility, better stability and more. But did you know that exercise can also positively affect your brain’s health? Keeping your body and brain healthy with exercise is essential to healthy aging.

Did you know that declining cognitive function—like memory, attention, awareness, reasoning, and judgment—is the leading cause of disability and death in older adults? The good news is that there are ways to improve it by taking advantage of the brain’s neuroplasticity, which is simply the brain’s ability to change and make new connections.

Research studies have found that physical activity, such as aerobic exercise and resistance training, can improve cognitive function in men and women over 50. The improvement may be seen regardless of whether the individual is already mildly cognitively impaired. In terms of duration and frequency, those who exercise at or above moderate intensity for 45-60 minutes may see the most benefit. These exercises can be done at home using videos to guide you. For resistance training, simple things you can find in your home, such as soup cans, can double as weights. It’s never too late to change and safely incorporate exercise into your weekly routine!

Exercising your brain can also involve cognitive-based training, such as learning therapies and computerized training, that can improve cognitive function in older adults. Research studies have found that the most significant benefit to executive function can occur when cognitive-based training is done three or more times per week for 24 sessions or more. In contrast, training for eight weeks or more can improve attention.

Combining physical and cognitive exercises can help keep your brain healthy as you age. To learn more about how you can combine the two to improve cognitive function, and many other resources, visit the McMaster Optimal Aging Portal at <https://www.mcmasteroptimalaging.org/>





District 13 Supports Cycling Without Aging

RTOERO Foundation Update

By Janet Kilgannon

Those members who attended the October 26th Java Time at Williams Coffee Pub had an additional treat along with their coffee and muffins. There was an opportunity to ride around the pier on a trishaw.

District 13 recently provided a \$4,000 Community Grant to Cycling Without Age, a non-profit volunteer program that provides individuals with the opportunity to connect with their community, nature, and the world around them. Both children and seniors with mobility difficulties are piloted in the trishaw safely through neighbourhoods and on cycling paths.

This program supports those at the Welcome Inn Community Centre, Good Shepherd, Shalom Village, and Gage Park to experience memory stimulation, active outdoor citizenship, build new relationships and connect to their communities.

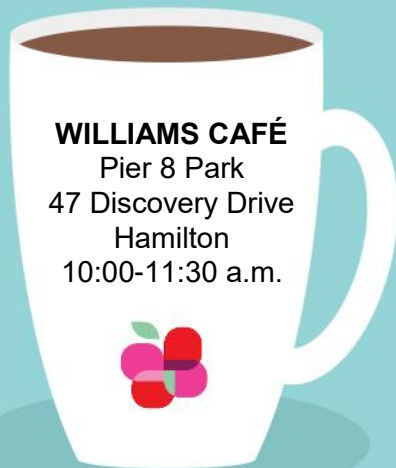
The donation from RTOERO will be put towards a specialized 'wheelchair trishaw' which allows for wheelchairs to be snapped right on, minimizing the need for physical transfers. The trishaws are stored at Gage Park during the winter, Pilot Heather Chernetts encourages our members to volunteer to become 'pilots'. There is indoor and outdoor training available, and the work is rewarding. "Your schedule would be flexible, and it keeps your body active". Pilot Sharon Gibbons says "this is the best volunteer gig going."

Contact them at cwahamilton@gmail.com or [cwahamilton.ca/fb](https://www.facebook.com/cwahamilton.ca/fb) (facebook).



COME AND JOIN US TO
SOCIALIZE WITH MEMBERS!

~ JAVA TIME ~



WILLIAMS CAFÉ
Pier 8 Park
47 Discovery Drive
Hamilton
10:00-11:30 a.m.

Last Wednesday of every month:
January 25, February 22,
March 29, April 26
(Hosted by Gemma Monaco)

District 13 Golf Tournament a Big "Hit"

By Janet Kilgannon

It was a beautiful September day for those who participated in the 2022 Golf Tournament at Oak Gables Golf Course. The successful and well-attended adventure was organized by Joan Millard and Erv Hildebrandt, RTO13 members. The entry fee included the use of a cart and a delicious chicken and salad lunch.

Tee off time was 8:30 am, and it was carefully planned so all golfers finished their rounds at the same time.

Every participant received a prize. As well, additional prizes were awarded for the longest drive (men and women) and for closest to the pin (men and women).

Thank you Joan and Erv for another wonderful outdoor event.



Special thanks to Danielle Chouinard for taking the photos.

District 13 Online Resources:

District 13 Website:

<https://district13.rtoero.ca/>

Check out upcoming events, access the newsletter, subscribe to receive email updates, find email addresses for the Executive and more.

District 13 Facebook Page:

<https://www.facebook.com/RTOERODistrict13>

Another way to access current event information, photos, articles, and share your thoughts.

District 13 Classifieds:

<https://district13.rtoero.ca/classified/>

See opportunities, services, and items for sale, or post your own (free).

COLLECTING STAMPS

One of our District 13 members, Wuchow Than, is collecting used stamps in order to work with students in Stamp Clubs at several schools in our area.

We would ask you to consider saving them and mailing them to Wuchow at the following address:

Wuchow Than
123 Watson's Lane
Dundas, Ontario
L9H 6K9



Caring, Compassion, Celebration!

Goodwill Committee Update

By Sharon Derkach & Toni Nanne-Little

Did you know that there are over 1000 District 13 members that are 80+ years young and our numbers increase over 10% annually.

The thirty-one members of the Goodwill committee send birthday cards throughout the year and holiday cards in December to let our members know that we are thinking of them. Milestone birthdays -- 85, 90, 95, 100 and beyond -- are also recognized in a special way with a card or a phone call or a visit or a little something special delivered to their door (now that Covid restrictions have been eased).

Goodwill members also provide a caring note of support when a member is seriously ill, as long as someone on the committee has been made aware. In recognition of a bereavement, a donation is made to the RTOERO Foundation and a sympathy card sent.

Our deepest gratitude goes out to all members of the Goodwill Committee who, as volunteers, truly show caring, compassion and celebration in the work that they do. Their commitment and enthusiasm are amazing. Thank you!

As a District, we try our best to reach out to our members experiencing serious health issues/medical challenges and depend on you to keep us informed. Please don't hesitate to reach out to Goodwill Committee Co-Chairs Sharon Derkach (sederkach@yahoo.com) or Toni Nanne-Little (toni.nannelittle@gmail.com) if you know of an RTOERO member facing such challenges. Information is always kept confidential.

McMaster University & Mohawk College Bursaries

Community Grants & Scholarships Update

By Joanne Weeks

In 1987, the RTOERO District 13 Executive initiated a Gerontology prize at McMaster University for the highest standing in Gerontology related courses. Such a forward thinking group.

The award started at \$200 per year but in 2017 on RTOERO's 50th Anniversary we increased that to \$250. At a recent District 13 Executive meeting we decided to increase the base amount by \$1000 and to increase the award to \$350. This is particularly fitting as this is District 13's 50th Anniversary.

In 2017, under Helen Szydowski's leadership, we established a Retired Teachers of Ontario District 13 bursary at McMaster University in the area of geriatrics with a starting amount of \$5000 to be awarded each year to a student in financial need. (\$1000 per year). That amount of \$5000 has all been awarded. At the same recent D13 Executive Meeting it was decided to renew the Retired Teachers of Ontario District 13 bursary with an additional \$5000. This will again to awarded at \$1000 per year utilizing the same criteria.

In 2017, we also established a bursary at Mohawk College for a student in Mental Health and Personal Support Worker programs. The total was \$2500 at \$500 per year. Four of the five awards have been given. It was decided to give an additional \$2500 toward the bursary at Mohawk College. This bursary is also given to a student in financial need.

We can be very proud of these young people who are benefiting from these awards and bursaries as they work toward careers that will assist all of us. We wish them well.

Establishing Relationships & Networks

Political Advocacy Committee Update

By Inta Aldridge

During the planning for the International Day of Older Persons held at the Hamilton City Hall on October 4, 2022 our committee established a network of contacts with local groups such as the Federal Retirees and the Ontario Health Coalition. Our display was visited by participants who were impressed with our publications called "Vibrant Voices" and let me know that they would share the resources. We continue to keep in touch and most recently discussed how we could support seniors in the area to keep them safe.

At the November meeting, we explored how we can best offer support for ongoing advocacy with local elected officials and provide guidelines for local events (e.g. an environmental cleanup of an area with other groups). We are continuing to establish relationships with local politicians, active teachers, labour unions, United Way, Council on Aging and other groups to support/advocate for senior's issues on Geriatric Health Care, the Environment and the Mental and Physical Health for Older Adults. We will be sending out letters to local politicians that have been provided by RTOERO to keep them informed and let them know that we can be the trusted voice for seniors. We want them to contact us when they want information, input and advice on senior issues.

What do YOU see as the "big" issue(s) in this District you'd like the committee to focus upon in this year? Please let us know and remember that our committee welcomes new members at any time!

In Memoriam

July 1 - November 30, 2022

By Joanne Weeks

RTOERO District 13 Hamilton-Wentworth, Haldimand wishes to honour and celebrate the lives of those members that we lost during the time period of July 1, 2022 and November 30, 2022. Our thoughts and sincere sympathy go out to family, friends and colleagues.



Gail Albanese	Marie Ballantine	Donald Barnes	Loretta Beacock
Mary Beech	Maureen Bergart	Frances Bodnar	Patrick Boudreau
Eileen Catton	Richard "Rick" Davis	Jack Diverty	Kathleen Dubecki
Larry Evans	Mary Jane Farrar	Deris Giavedoni	Peter Greenberg
Alfred Guidice	Georgina Hill	Dorothy Howard	Owen Jackson
David Jarden	Michael "Mike" Jefferson	Jane Kappeler	Koji "Kelly" Kawamoto
Gerald "Jerry" Kilby	Yuki Koike	Douglas "Doug" Laxton	Florence Lewis-Calvert
Henry Malon	Colleen Mazzocato	Peter McCarrol	John Merolli
Vivian McBay	Mary Middler	Robert "Bob" Moulton	Leo Murray
Valerie Pipe	Edna Louise Prouty	Lynda Pyett	John Ratkowski
Barbara Reeve	David Reeve	Bonnie Ringrose	Catherine Scoccia
Harriet Staples	Helena "Helen" Twiss	Johan Ubbens	Rosemary Walton

We also mourn the loss of other members of our educational community who may not have been members of RTOERO. Our thoughts and sincere condolences go out to family, friends and colleagues.

Remembrance Day Services

By Joanne Weeks

Thank you to our District 13 members who participated in Remembrance Day services by placing our RTOERO D13 wreaths.

Caledonia:	Karen Walton, Sandra Salerno and Louise Turner
Cayuga:	Anne Mageran: and Joanne Weeks
Dundas:	Inta Aldridge
Dunnville:	Tom Pettigrew and Linda Enns Pitts
Glanbrook:	Shirley Froman and Joanne Weeks
Stoney Creek:	Hilda and Robert D'Alessandro
Selkirk:	Ruth Schott
Hamilton Legion Branch 163:	Marg and Frank Laberto, Lee and Nat Hondronicols
Warplane Heritage Museum:	Jan Lukas

There may be other District 13 members who attended services; we thank them, as well. Thank you for honouring our veterans as well as current members of our Canadian armed services. Please plan on attending a service next year.

If you are interested in laying a wreath in Ancaster or Waterdown, please contact me (weeksj13jrw33@gmail.com) and wreaths will be created. As well, please let me know if you attended a service. Thank you.



A Tribute to Phyllis Doyle

By Jim Wilson

Phyllis Doyle passed away at the end of June 2021 she was 96 years young. Phyllis organized the most wonderful summer trips for District 13, RTOERO. This is a tribute to her work.

When Phyllis was Chair of the Tours Committee, she arranged for one tour each month. Twelve tours each year, six in Spring and six in the Fall. I believe this tough schedule was to meet the needs of all the “regular” RTOERO Tour travelers (aka “Friends of Phyllis”), living in retirement homes.

Many of you will have a happy memory or two of a magical play that you enjoyed. It might be *King Lear* or *The King and I* on stage at Stratford, or perhaps the wonderful ABBA musical or *Les Miserable* at the Princess of Wales Theatre in Toronto. Others may have a memory of an excellent meal they enjoyed, at *Benjamins’* in St Jacobs, or the fantastic roast beef served in the church hall at Drayton. For me, it was boat cruises—sailing through the Welland Canal on the “Empire Sandy”, a three masted sailing ship, was among my favourites. Two busloads of District 13, RTOERO members also enjoyed that cruise.

Some may remember a cruise from Port Carling to Lake Joseph where we disembarked for lunch at an old Muskoka hotel. Then after a lovely lunch, we re-embarked to the old boat, (the boat was older than the precious cargo it carried) and we cruised around the lake admiring the “parade” of cottages on the shoreline. Another of my favourites was the long sail from Kingsville to Pelee Island. Phyllis, cleverly arranged to put our tour bus on the ferry and take it with us to “explore” the island.

Most trips ran like clockwork but occasionally, we did run into an unforeseen problem. When a snag occurred, Phyllis became a tigress. She may have developed this mode during her many years in business before entering teaching. One establishment treated our group rather shabbily. They moved us from the main dining room to an outbuilding where our elderly members, with mobility issues, had to climb a long stair. Never had I seen Phyllis so angry, but she was a perfect lady. She never used foul language; she used clear English and a demeanor that demanded respect. RTOERO tours did not stop there again for several years and I vaguely recall a letter of apology being received asking RTOERO to come back!

One tour, organized in her usual, careful, detailed way, involved us riding the historic Roseneath Carousel located south of Rice Lake, on the Roseneath Fairgrounds. When we arrived at the carousel, housed in a circular wood-framed building, the building was locked and not a soul was in sight. Phyllis was on the phone talking firmly—telling someone we had arrived. After some time, a man arrived with the key (and experienced the wrath of Phyllis’ tongue for his inexcusable tardiness). We enjoyed several rides on the beautiful old carousel while listening to the music blaring from the military band organ. “Tardy man” stood silently on guard, sheepishly watching a busload of RTOERO seniors behaving like delighted children.

Phyllis arranged most of the trips herself. She sat by the phone to get the best seating for theatres. She arranged the bus rental and the driver; worked out the time schedule to meet boat departures; made the arrangements for lunch or dinner, and where she could, dictated the menu. It was the result of her hard work that we enjoy the sweet memories we hold from our RTOERO Tours.

Phyllis Doyle was keenly intelligent, a great lady, an outstanding human being, an amazing woman and a wonderful friend. She gifted us with many happy memories. She will be missed.



Photo supplied by Helen Szydowski

Local Events:

November Volunteer Appreciation Dinner



Photos of attendees at the Volunteer Appreciation Dinner.

The event was held at The Waterfront Banquet & Conference Centre on Bay Street North in Hamilton.

Thanks to everyone who was able to attend.
Special thanks to Jan Lukas for taking the photos.



Volunteer Opportunities:

THE **GOODWILL COMMITTEE** is currently seeking additional volunteers as our members 80+ years young increases. Please consider joining, it is truly rewarding. Contact Sharon Derkach (sederkach@yahoo.com) or Toni Nanne-Little (toni.nannelittle@gmail.com)

A **RECRUITMENT VOLUNTEER** is needed—a member to be the liaison with the Unions, private schools, and HR Departments to share info about RTOERO. Please contact Catherine MacIsaac or Inta Aldridge if interested at:

macisaccatherine1@gmail.com
or
president13@districts.rtoero.ca

**VOLUNTEERS
NEEDED!**

District Executive Committee

2022-2023

TABLE OFFICERS:

Past President	Catherine Maclsaac
President	Inta Aldridge
First Vice President	Graham Boyce
Secretary	Anna DiFazio
Treasurer	Liviana Sluga

COMMITTEE CHAIRS

Archives	Nancy Chiarot
Benefits	Jackie Aird
Citizenship Celebration	Danielle Chouinard
Community Grants & Scholarships	Lee Hondronicols
District Meetings & Social Events	Liviana Sluga
Goodwill	Sharon Derkach
Goodwill	Toni Nanne-Little
Java Time	Gemma Monaco
Membership	Joanne Weeks
Political Advocacy	Inta Aldridge
RTOERO Foundation	Janet Kilgannon
Tours	Lee Hondronicols

MARKETING & COMMUNICATIONS

Newsletter	Rob Stringer
Social Media / Facebook	Sue Crawford
Website	Toni Nanne-Little
Recruitment	Vacancy
Retirement Plan Workshop	Catherine Maclsaac

DISTRICT REPRESENTATIVES

Jackie Bajus	Ralph LeFevre
Linda Chittick	Leo Normandeau
Dave Curto	Linda Sargeant
Robert D'Alessandro	Karen Walton



Tips to Make 2023 Your BEST Year Yet!

Our mental and physical health impact each other. Here are some areas of focus to support your overall well-being.

Breathe deeply

Deep breathing involves breathing air in and down to your abdomen, so your belly expands. Try to create a habit of deep breathing during your day. A simple technique is to breathe in for a count of four. Hold for a count of four. Then breathe out slowly for a count of four.

Get outside

Spending time outside is linked to various benefits, including improved mental health, more focus and faster healing. Taking a walk outside can help you pair the benefits of fresh air and nature with physical exercise – a double-dose of goodness!

Keep moving

Improved balance, decreased risk of certain conditions, social engagement and improved mental health are some of the benefits of regular physical activity. Even if you're not active now, there are exercises you can start doing! Simple stretches, walking, or aquafit are good options.

Notice your thoughts

Pay attention to your thoughts and notice if they're persistently positive or negative. Not surprisingly, more positive thinking is good for your health.

For contact information, please visit the website at <https://district13.rtoero.ca/> or you may email questions, requests, etc. to president13@districts.rtoero.ca

Thirteenth World Newsletter

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Linda Sargeant
Rob Stringer
Sharon Derkach

Correction Notice (Fall 2022 Newsletter Vol. 38 — Page 6)

Apologies for the incorrect first name of Director of Education, Hamilton-Wentworth Catholic District School Board. Correction: David Hansen, Director of Education.

Subscription Information:

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Next Issue: Spring (April)

Issue Theme: "Hobbies"

*Do you have a hobby? Is it something others might enjoy?
Send in photos, articles, or descriptions. We'd love to spotlight you in the next issue!*

Submissions:

Please send all written and photographic submissions to:
rob.stringer.editor@gmail.com by February 28 for possible inclusion.
(Please ensure you have the permission of anyone photographed.)

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