



# Horizons 27

**RTO/ERO DISTRICT 27 OTTAWA-CARLETON  
SUMMER & FALL 2017**



First Vice-President Terry Craig entertains guests at the Board of Directors June BBQ

## EDITORIAL

Greetings to all of you, Friends, Colleagues and Members of RTO/ERO!

Here we are past the middle of summer. And what a summer! One Big Birthday party: our country is 150 years young, “some rain”, elections, East, West and South! The World is on the move and changing! And so it should be, even if we don’t always know in which direction! We, the Retired teachers of Ontario are also moving, trying to keep track and control of events and new bills proposed. And like Einstein said: “the World is like riding a bicycle, if you stop pedaling, you fall!” Luckily, we have members who pedal on our behalf: members of Board, of the Executive, members of committees at the district and provincial levels. Other organizations, like the ACER-CART (Association canadienne des enseignantes et des enseignants retraités / Canadian Association of Retired Teachers) are advocating the Seniors’ causes, tackling issues, keeping pace with the various governments trying to introduce new or amend old legislations, at the national level. RTO/ERO an active member of ACER-CART, is well represented on its committees, and our treasurer, Roger Régimbal is its Executive Director. They meet M.P.’s, M.P.P.’s and other officials from around the country, working in cooperation with like-minded organizations sharing our concerns and objectives. It takes time, but they’re doing what they believe in: advocating for seniors’ right to a dignified, secure and healthy retirement. I’m pretty sure there are some people among our membership who believe in those ideals, who are able to help and who would like to offer some of their time and share ideas. So, please do come forward and contact a member of the Board or the Executive. Our newsletter, *Horizons 27*, will need a new editor by the end of this year.

I’d like to thank all the contributors to this issue of your bulletin, *Horizons 27* and particularly Roger Lalonde, Roger Régimbal and Norbert Boudeau for their help and good advice. Thanks also to all the members who wrote or called to give us their comments and suggestions.

Wishing you a wonderful end of Summer and Fall, in good health! Let’s keep on moving!

**Samir G. Khordoc** , Chief editor (interim)

### **A NEWSLETTER EDITOR IS NEEDED FOR HORIZONS 27**

If interested, please contact Roger Lalonde at 613 749-6267 OR Samir Khordoc at 613 421-7348 or [sgk8306@rogers.com](mailto:sgk8306@rogers.com)

### **ADDRESS CHANGES MUST BE MADE THROUGH THE RTO/ERO PROVINCIAL OFFICE**

To change your postal address or add an email address to your member profile, RTO/ERO Provincial requests that members contact the provincial office at: [membership@rto-ero.org](mailto:membership@rto-ero.org)

### **CALL FOR NOMINATIONS**

The Nominating Committee is looking for new members to serve on the District Executive or on the Board of Directors. If you are interested or if you know of district members who might be interested, please contact: Norbert Boudreau, Chair of the Nominating Committee at 613 724-9194 or send an email to: [norboudreau@gmail.com](mailto:norboudreau@gmail.com)

**MESSAGE FROM THE PRESIDENT**  
**Roger Lalonde**

At the risk of repeating myself I would like to reiterate several elements of my last message. Leadership in our Ottawa-Carleton district is always difficult to find and that remains a priority. We need young retirees at the helm of the district. I therefore challenge young retirees to get involved in our organization to serve and care for their well-being and that of all retirees.

As the saying goes: "*You are never better served than by yourself*". We must remain vigilant to ensure that our defined benefit pension plan remains in place. Federal Bill C-27, which will open the door to a new type of pension, called target benefits pension plan, which is a threat to our own defined benefits pension plan. The implementation of the priorities we have put forward this year is well under way.

- In 2018, RTO/ERO will celebrate its 50th anniversary. A special committee has already started to work and has begun to develop projects to mark this important milestone for our organization.
- If you provided your email address to the provincial office, you may have noticed a more frequent use of electronic communications: the electronic transmission of HORIZONS 27, an invitation to visit our Website, <http://www.rto-ero-ottawa-carleton.org/> and an incentive to submit your claims online to Johnson Inc.
- The printed version of HORIZONS 27 remains a key element of communication with members. Nevertheless, to continue to produce a printed newsletter like HORIZONS 27 which is much more demanding we must absolutely find a newsletter editor for 2018. If you would like to help, please contact us as soon as possible.
- Several members are unaware that RTO/ERO offers much more than its health insurance plans administered by Johnson Inc. Health insurance is only one part of the organization. That being said, you should know that the RTO/ERO health plan is the envy of many retirees. What makes our insurance plan unique and advantageous in that in addition to costing less than competing plans for comparable benefits? The plan is entirely owned and managed by members and in the best interest of the members.
- We will continue to promote all other services, such as the Provincial Scholarship Program, the Service to Others Program, the district College and University Scholarships. We will also support the Entre-Nous Choir, <http://en.choraleentre-nouschoir.ca/> , the Bridge Club and all other social activities in the District.

**Visit our website for the latest information**  
<http://www.rto-ero-ottawa-carleton.org/>

### **COULD WE? by Dawn Paxton, 2<sup>nd</sup> VP**

Our local district of Retired Teachers of Ontario supports retirees in many ways. We know that many of you also volunteer on a regular basis. For our 50th anniversary it would be interesting to know how many hours we give to our community. I am willing to track these volunteer hours. It doesn't need to be to the minute but a general idea.

If you volunteer regularly, then send me an idea of how many hours per week or month. Volunteering takes many forms so if you sit on a board, visit a school or visit an elderly person, serve in any way, just let me know. [dawn.pax@gmail.com](mailto:dawn.pax@gmail.com)

For this year we are also drawing attention to issues facing retirees and elderly persons. One concern is the 28,000 elderly person in Ontario on the waiting list for long term care. In this area, there are 3,500 persons waiting for long term care. This is unacceptable and for many waiting is not an option.

Another concern is the lack of infrastructure for retirees and older person to remain in their homes as they are being urged to do. With better supports such as house cleaning, yard work, help with forms, help navigating systems, many elderly people could remain in their homes.

Do you think that you might have time to write a letter, send an email, make a phone call, send a text to the paper, or a politician highlighting one of the many issues facing seniors? Everything we do to help some else in their golden years will help us also in the journey ahead. - For all you do, thank you!

### **PROJECT SERVICE TO OTHERS, by Dawn Paxton, Committee Chair**

Our members are very active in the community, both locally, nationally, and internationally. We may be retired from our professional lives but we are very busy giving back to our communities.

The Project Service to Others committee has met and selected an application to forward on behalf of members of District 27. Once the provincial committee has met and decided on funding, we will share our feedback with RTO /ERO members.

Thank you to everyone who submitted an application. Members do amazing work in their volunteer roles and our communities benefit greatly.

### **RTO/ERO DISTRICT 27- 2017-18 UNIVERSITY SCHOLARSHIP PROGRAM.**

This new scholarship program is being initiated by our district. If you have a family member enrolled in the last year/semester of a program that is recognized at a Canadian Publicly Funded or Not-for-Profit University you may want to sponsor him or her. Deadline for application is October 31 2017. The application form can also be found on the district website.

<http://www.rto-ero-ottawa-carleton.org/home/Home/>

### **Health Insurance after Age 65, more than Just Good Health Insurance, by Doug Carter**

Are you a member of the RTO/ERO Extended Health Care Plan? Have you read your 2017 insurance booklet? It contains information on additional services available to you: Best Doctors, Eldercare Select and Venngo member perks are all programs that are available to you. Details are included in the booklet or online at <https://www.rto-ero.org/>

I recently met with a retired teacher who told me that she was going to cancel her RTO/ERO Extended Health Coverage because she had just become 65 years old and would now be covered by the Ontario Drug Benefit (ODB) in addition to her OHIP coverage. I advised her of the following information and she changed her mind.

The ODB Formulary (list of approved drugs) covers about 35% of all prescription drugs approved for prescription use by Health Canada. The RTO/ERO Extended Health Plan pays 80% of the drug cost, but not the dispensing fee, for prescription drugs. To contain costs the reimbursement is 80% of the cost of generic drugs unless your doctor recommends and the insurance company approves your need for the brand name drug.

If the member had cancelled her health insurance she would have lost coverage for the following:

- Paramedical practitioners such as physiotherapists, chiropractors, dieticians, eye glasses, etc....
- Aids such as hearing aids, CPAP machines, support stockings, etc.
- Travel insurance when out of the country or province for emergency medical care that does not cost more as you get older and covers trips of up to 93 days duration with no limit on the number of trips, trip cancellation and trip interruption insurance.
- If a person has medical needs while travelling outside the province OHIP limits payment to the amounts that would have been paid in Ontario. OHIP pays \$45 for an ambulance. Other provinces charge from \$240 to \$700. Air ambulances can cost from \$6 000 to over \$25 000. OHIP does not pay for ambulance or air ambulance costs outside of Ontario. OHIP will only pay \$400 per night if a person is hospitalized outside of the country/province.

Complete details of the coverage provided by our RTO/ERO plan is contained in the insurance booklet that every member received last winter.

## **Political Advocacy Committee (PAC), by Denis Monnin**

### **What the provincial PAC is doing on your behalf:**

**a- Elder Abuse Ontario:** We, RTO/ERO, have established a partnership and made a donation to the provincial organization.

**b- Bill C-27:** Work has begun on refuting Bill C27, an Act to amend the long-standing Pension Benefits Standards Act, 1985. For more info contact: [regimbal.roger@sympatico.ca](mailto:regimbal.roger@sympatico.ca)

**c- Checklist for Age-Friendly Communities:** An Age-Friendly checklist generated by Alberta Health is now available; it incorporates the original *Checklist of Essential Features of Age-Friendly Cities* developed by the World Health Organization (WHO) and *Age-Friendly Rural and Remote Communities: A Guide* developed by the Federal/Provincial/Territorial Ministers Responsible for Seniors. The checklist is available at: <http://www.seniors-housing.alberta.ca/documents/AgeFriendly-Checklist-2012.pdf>



**d- Levels of Care - Personal Support Workers:** The Committee received information that there are no regulations for staffing in long-term care in Ontario, regarding the level of care in long-term facilities. The Committee will keep a watch on this issue, as it fits with the Patients First focus.

**e- Others Issues:** Members of (PAC) continue to research and monitor a variety of issues which could impact upon RTO/ERO members and their families. The primary issues are: a) Elder Abuse Ontario; b) Canadian Medical Association; c) CCAC; d) Auto Insurance.

**f- Hydro rates:** This will be a key issue in the upcoming 2018 provincial elections and will be continuously monitored. Other issues, including the right to die and personal support worker to patient levels of care, in long term care facilities, have been brought forward to the Committee by RTO/ERO member. On the issue of Pharmacare. A meeting was held with the Parliamentary Assistant to the Minister of Health, John Fraser. To be followed! Any question or to share information, please contact Denis Monnin at [monnindenis@gmail.com](mailto:monnindenis@gmail.com) or 613 402-5193

### **Calling upon all our Members. by Dawn Paxton 2<sup>nd</sup> Vice-President**

We have a very active Retired Teachers of Ontario district. Each year we provide social events for our members. These include the 80+ lunch, Christmas Lunch, Spring Luncheon, and a welcome wine and cheese for new members. The District provides workshops for new retirees, and or those planning to retire, and workshops on a variety of issues. Also, the District sends Christmas cards and Birthday cards to members over 80. We have a choir and a bridge club. The local District sends out a quarterly newsletters, invitations and information. The District is represented on several provincial committees and works on issues on behalf of members. Locally, we offer scholarships, assist other organizations who work on behalf of seniors. We do all this and so much more! **And we need you to help us continue this work.** If you can contribute a couple of hours each month to assist with these worthwhile causes, it would make our work much easier. As the saying goes, "*many hands make light work*". Plus, we have fun! We are looking for your help, especially in the area of Board members, newsletter, secretary. Please contact Norbert Boudreau, Chair of the Nominating Committee at 613 724-9194 or send an email to: [norboudreau@gmail.com](mailto:norboudreau@gmail.com)

### **Navigating the Retirement Community**

A bilingual presentation by Christine Forget from Solva Senior Living, a unique free consulting services.

<b>Location:</b>	Heron Road Community Centre, 1480 Heron Road, Ottawa
<b>Date:</b>	Friday, October 20, 2017
<b>Time</b>	1:30 p.m. – 3:00 p.m.
<b>Cost:</b>	None
<b>Registration deadline:</b>	Friday, October 13, 2017;
<b>Please call or send an email to:</b>	<b>Ray Ball: 613 297-1382; email: <a href="mailto:loranball@rogers.com">loranball@rogers.com</a></b>

### **Solva Senior Living: Local Independent Senior Living Navigator**

Solva is a local, free program that will help you navigate senior living here in Ottawa and Eastern Ontario. Solva's mission is to work with you in three key areas. The Advisors will inform you on all the local offerings, public and private and how the senior living sector works from an unbiased standpoint. They will discuss with you to help you decide on a plan for your

individual needs, preferences and budget. The Solva team has direct insider knowledge and experience that can assist you in making informed decisions. They will meet with you in person, understand your unique needs and then recommend the best communities that meet your needs. For more details, visit [www.solvaseniorliving.ca](http://www.solvaseniorliving.ca) or call 613 421-6073 counselling program.

**Ottawa children and youth need your help.** The Children's Aid Society of Ottawa (CASO) is looking to add to their community of foster parents in order to best match children and youth based on their cultural needs, their language, their school and their religion. Foster parents are the dedicated individuals who temporarily care for the children who cannot remain at home while their parents receive support from CASO. Does this sound like something you are interested in? Contact our foster care intake line at 613 742-1620 ext. 1

**OBE Reunion 2017 - September 23 at Algonquin College.  
(Ottawa Citizen, 5 June 2017)**

Keeping social connections and contributing to meaningful causes are important for aging well. All former employees and friends are encouraged to attend. Tickets are \$42; from 4:30 p.m., with a buffet dinner at 6:15 p.m., a silent auction and fun entertainment with an OBE theme. The reunion planning committee is also honouring a former OBE trustee, Marjorie Loughery, by donating the profits from this event to the Marjorie Loughrey Fund, which promotes the Artists in the Schools program. Marjorie Loughrey (1928-2005) was a dedicated trustee and former chair at the Ottawa Board of Education. She was often called the Guardian Angel for the Arts. As an OBE trustee, she spearheaded the development of the Arts Canterbury program and was the driving force behind the creation of the Advisory Committee on the Arts in 1987. Over \$10,000 has been donated to the Education Foundation of Ottawa, which administers and oversees the Marjorie Loughrey Fund. Students benefit from enrichment in various arts projects. Since 2006, 11 awards have been granted with over 2,275 students actively involved. To purchase tickets, or for more information, visit [www.obereunion.ca](http://www.obereunion.ca) or call **Ross Maxwell at 613 271-8405.**

**Let's Play Bridge - by Wendy Old  
Heron Road Community Centre, 3<sup>rd</sup> floor**

Mondays at 12:30 (except summer months). All levels welcome. No partner needed. Info: Louise Duvernet 613 738-8021

Wednesdays at 12:30 all year round. Duplicate bridge requires a partner. Info: Murray Kitts 613 830-9827

Thursdays at 12:30 all year round. All levels welcome. No partner needed. Info: Wendy Old 613 224-6806.

On Friday, June 2nd, another successful "Bridge Extravaganza" was held. A fabulous lunch was provided, along with many door prizes. The first place prize went to Marjorie Walker, second to Derek Cane, and third to Anna Yates. A very big "thank you" to the many people who helped organize the event



Wendy Old and Rob Thornton



Bridge Extravaganza winners

## **CALENDAR OF EVENTS / CALENDRIER DES ÉVÉNEMENTS**

### **Fall Luncheon and AGM / Dîner d'automne et l'AGA**

**Location / endroit:** Le Centre Guigues, 159 Murray, Ottawa  
**Date:** Tuesday, November 14, 2017 - le mardi 14 novembre 2017  
**Time / heure:** 11:00 a.m. – 2:00 p.m. / 11 h – 14 h  
**Cost / coût:** AGM business followed by a light lunch courtesy of District 27.  
 AGA suivi d'un repas léger, gracieuseté du District 27.  
**Registration Deadline:** November 1, 2017  
**Date limite d'inscription :** le 1<sup>er</sup> novembre 2017  
 Please call or send an email to / veuillez téléphoner ou envoyer un courriel à:  
**Roger Lalonde (613) 749-6267 [rtl@rogers.com](mailto:rtl@rogers.com)**

### **Christmas Luncheon / Dîner de Noël**

**Location / endroit:** RA Centre, 2451 Riverside Drive, Ottawa  
**Date:** Thursday, December 14, 2017 - le jeudi 14 décembre, 2017  
**Time / heure:** 11:30 a.m. – 2:00 p.m. / 11 h 30 – 14 h  
**Cost / coût:** \$25 per person / 25 \$ par personne  
**Registration Deadline:** Friday, December 1, 2017  
**Date limite d'inscription:** le vendredi 1er décembre 2017  
 Send the registration coupon with a cheque payable to the Treasurer, RTO/ERO District 27  
 Envoyer le coupon et le chèque libellé à l'ordre du Trésorier du district 27 d'ERO/RTO à  
**Norbert Boudreau, 93-21 Midland Crescent, Nepean ON K2H 8P6, Tel: 613 724-9194**  
[norboudreau@gmail.com](mailto:norboudreau@gmail.com)



## REGISTRATION COUPON for the Christmas Luncheon

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

Address: \_\_\_\_\_

Telephone \_\_\_\_\_ Email: \_\_\_\_\_

Food Allergies \_\_\_\_\_

### **Know Your Health Plan /Connaître son Régime d'assurance-santé**

**Location / endroit:** Heron Road Community Centre, 1480 Heron Road, Ottawa

**Date:** Friday, February 23, 2018 / le vendredi 23février 2018

**Time / heure:** 1:30 p.m. – 3:30 p.m. / 13h30 – 15h30

**Cost / coût:** None / Aucun

**Registration deadline:** Wednesday, February 21, 2018

**Inscription avant:** le mercredi 21 février 2018

**Please call or send an email to / Veuillez téléphoner ou envoyer un courriel à:**  
**Doug Carter 613 596-3838 [delcarter@gmail.com](mailto:delcarter@gmail.com)**

### **Retirement Planning Workshop (RPW)**

This activity is for active teachers, college and university professors and support staff in education planning to retire in the next five years. Please share this information with anyone you know who is approaching retirement.

**Location:** Centurion Conference Centre, 170 Colonnade Road South, Ottawa

**Date:** Saturday, February 24, 2018

**Time:** Registration 8:30 a.m. Workshop: 9:15 a.m. – 2:45 p.m.

**More information will be available on our website:** <http://www.rto-ero-ottawa-carleton.org/>

### **New Choir Director for Entre-Nous Choir**

For the last four years the Entre-Nous Choir has been fortunate to work with Hélène Boudreau. Her expertise and enthusiasm have brought the choir to a new musical level. The members showed their appreciation at a luncheon held on June 8.

In September 2017, the choir will have a new director. Leslie Bricker ,who holds a Bachelor of Music Education and many other courses related to choir conducting, will be embracing this

new challenge. It is both a privilege and an honour to start the new musical season with such a dedicated and enthusiastic director. Welcome Leslie

### **Words of wisdom**

**Once all villagers decided to pray for rain.  
On the day of prayer all the people gathered,  
but only one boy came with an umbrella.**

**That's FAITH.**

**When you throw babies in the air,  
they laugh because they know you will catch them.**

**That's TRUST.**

**Every night we go to bed  
without any assurance of being alive the next morning,  
but still we set the alarms to wake up.**

**That's HOPE.**

**We plan big things for tomorrow  
in spite of zero knowledge of the future.**

**That's CONFIDENCE.**

**We see the world suffering,  
but still we get married and have children.**

**That's LOVE.**

**On an old man's shirt was written a sentence  
'I am not 80 years old;**

**I am sweet 16 with 64 years of experience.'**

**That's ATTITUDE.**



Entre-Nous choir at Résidence St-Louis