



Chit Chat



President's Message Bert Phillips

First, I wish to bring you greetings on behalf of your local executive. Because of these unusual times, we were not able to hold our annual Spring Dinner in June. Our annual Christmas Dinner will also have to be postponed as well as our First Friday Brunch in September. I know that many of you share in the disappointment that your executive feels in not having these social events. The goodwill that we experienced at these events was certainly missed. We must remember that this too will pass, and we will be together soon enjoying each other's company. So, let us get ready for that day by wearing those masks, keeping our distance and staying safe! We on the executive, are hoping that things will improve so that we can hold our Spring dinner in June 2021. Let us keep our fingers crossed!

Although, we are experiencing a pandemic, the work of your local executive has continued. We have learned to use Zoom and our monthly executive meetings have continued virtually. Each of your local committees continued in their roles as you will see by the reports of the committees. You must remember that we are still here to serve you. You are not alone.

If you know of any of our members who are having a particularly difficult time coping, contact any member on the executive. Let us know so that we can reach out to them. You can find the list of the current executive at the end of this newsletter.

Provincially, the work of RTOERO has been on going. You can still contact them as you did before the pandemic. Th provincial office has been in frequent contact with the local districts keeping us updated on the latest news provincially and nationally.

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Elections 2020-2021

Because the annual meeting was not held last June, we were not able to hold our annual elections for our executive. The offices affected are President, First Vice-President, Second Vice-President, Secretary and Treasurer. If you wish to stand for any of these positions, please forward your name to Bill Davidson. His contact information can be found on the last page of this newsletter.



Birthday Wishes to Our Members

Changing privacy laws no longer allow us to publish the names of our members as we have done in the past. We would need the written permission of each member before putting a name in the newsletter. However, it doesn't stop us from wishing you a Happy Birthday.

So, to all those members who had a birthday since the last newsletter.....**Happy Birthday!!**

We hope you enjoyed your special day!

Pension and Retirement Concerns Rosanne Orcutt

You may be wondering why your pension payment increased slightly in the July 2020 payment. The federal government introduced changes to your basic personal amount (BPA) for federal income tax. Under the new amounts, all pensioners will see less tax deducted at source. If your net income from all sources is equal to or less than \$150,473, your BPA increased to \$13,229 from \$12,298. If your net income is more than \$150,473, a sliding scale has been introduced to determine the federal BPA. This explanation was found on the OTPP web site.

If you are not receiving RTO Lambton e-bulletins, please send your e-mail address to petelayc@cogeco.ca

Contact information for the Retired Teachers of Ontario (Provincial Office)

18 Spadina Road, Suite 300
Toronto ON M5R 2S7
1 416 962 9463 or 1800 361 9888
membership@rto.ero.org

Please contact the provincial office with changes of name, address, telephone number or email. All those folks who eliminated their home phones are asked to contact the above address with their cellphone numbers. Many email addresses of members were eliminated by provincial office on January 1st if their emails were undeliverable. Please check that your email address is current.

Parkinson's Disease: Up Close and Personal - Carolyn Young

When I was very young, I recall visiting my great grandpa in a nursing home in Essex County. At that time, I noticed that he shook constantly. We were told he had "Shaking Palsy", a condition which we came to know as Parkinson's Disease. Little did I know that 50 years later, a local neurologist would utter the term Parkinson's Disease once again, only this time in giving a diagnosis to me. I was stunned as I knew nothing about this disease other than one shook (or so I thought) and a Canadian actor, Michael J Fox, was afflicted with it.

As an educator, I have always felt that knowledge is power, so I immediately began to research reliable websites, Parkinson's Canada, Parkinson's Society and our local Parkinson's support group. I needed to understand what this diagnosis meant for my family and myself.

First, I met most of the risk factors. Living and working on a farm, I had been exposed to fertilizers and chemicals; as a frequent camper and visitor to Point Pelee, I also was in the presence of frequent pesticide spraying. After my initial diagnosis, a maternal aunt and paternal uncle (both elderly and in nursing homes) had received the same diagnosis, lending credibility to the likelihood of hereditary influences. Some resources suggest trauma, particularly concussion, might play a part. A few years before, I suffered a mild concussion following a bad fall. However, I must say that many individuals with PD experience none of these, so why are 10,000 people living with PD in southwestern Ontario today? That is 1/10th of the nation's total recorded to date. More sobering than these figures is the knowledge that these numbers are expected to double by 2031, along with the health care costs associated with treating the disease.

Let me share with you something about this disease. It is a complex, progressive, neurological disease which is currently incurable. It is comprised of motor and non-motor symptoms. Four hallmark motor symptoms of this disease are tremors, rigidity, postural instability and bradykinesia (slow movement) or akinesia (lack of movement). Parkinson is so much more than a tremor or stiffness.

It affects all aspects of one's life, and that of one's care partner. There could be difficulty sleeping, loss of smell, difficulty swallowing and speaking, bladder and bowel dysfunction, mood changes, cognitive and memory changes and overwhelming fatigue. In Parkinson's Disease, there is a loss of dopamine which is a neurotransmitter used by the brain to relay signals. With the loss of this chemical, the brain cannot generate or transmit the proper messages to control movement. Usually, people over the age of 60 fall victim to this disease.

I was diagnosed in 2012. There is no specific scan or bloodwork to determine the presence of Parkinson's disease. A CAT scan was ordered just to rule out a brain tumor or something else that might account for the uncontrollable muscle spasms that were creeping up my leg, torso and arm. All clear! Thirteen months later, I had an appointment in London to see a movement disorder specialist (neurologist) for a second opinion, only to be disappointed as he concurred with the original diagnosis. I waited about three years before beginning Levodopa, the Parkinson medication of choice. The other suggested treatment to slow the progression of the disease was a strong exercise regime. I added Tai Chi, yoga, dance, low impact aerobics and Rock Steady Boxing to my weekly schedule. At the encouragement of my movement disorder specialist I have become involved in six clinical trials.

My husband, Ron, and I are volunteer facilitators of the Sarnia/Lambton Parkinson's support group. **Parkinson Society Southwestern Ontario** does an excellent job of educating, advocating, funding research and offering supportive services to the people of our community. Parkinson's Disease presents daily new struggles. Everyone needs a sense of humour and positive attitude. Gratitude and appreciation is extended to the care providers who are essential for people living with Parkinson in helping to meet these challenges with dignity, confidence and **HOPE!**

Goodwill Committee Report Audrey Hendrickson

As with most other activities, the activities of the District 38 Goodwill Committee have changed during the pandemic. In person visits are not allowed according to a provincial RTO directive. During April and May committee members phoned RTO members aged eighty and over who celebrated birthdays. At the time shopping for cards was not an option. RTO member Peg Kivi upon hearing this offered "porch pick up" purchasing of her beautiful cards that are works of her own art. Since then, the mailing of birthday cards has resumed. About thirty cards are mailed each month. We thank Pat Gleason for taking over that job from Pat Poland who has continued to help with other tasks on the committee. We thank Pat Poland for the many years that she faithfully mailed birthday cards.

The summer visits and gift delivery normally done jointly by RTO and RWTO were cancelled. Instead the Goodwill Committee phoned twice and sent cards to members who live in care facilities and to members ninety and over. For the committee members hearing a human voice on the phone in this time of COVID was a rewarding experience!

At the end of August flowers were delivered to the doors of members who celebrated ninety and ninety-fifth birthdays during the pandemic. Since in person visits were still not allowed these members had to be visited by phone. Certificates marking their special birthdays were sent by mail.

Gail Gilroy sends sympathy cards and thinking of you cards to members who are ill or hospitalized, or whenever appropriate. She also sends out "good news" cards, too.

Please contact Gail or another committee member if a card should be sent.

Goodwill Committee Members

Cochairs Gail Gilroy (519 869 8694 or gmgilroy@cogeco.ca) and Audrey Hendrickson (519 541 1747) or rtoaudrey40@gmail.com). **NOTE: NEW EMAIL ADDRESSES for Gail and Audrey**

Kathy Bandla (519- 337-8682 kbandla@cogeco.ca)

Pat Poland (519-869-4909 ppoland1@gmail.com)

Pat Gleason (519 336 2948 patgleason9@sympatico.ca)

Joan McPhedran (519-336-4913 joanmcphedran@gmail.com)

Check our District website www.rtolambton.on.ca for pictures and interviews.



EXCLUSIVELY FOR:

Retired Teachers of Ontario - District 38 (Lambton)

PRODUCT IS MARKED WITH COLUMBIA EMPLOYEE PRICING

COLUMBIA IS DEDICATED TO THE SAFETY OF OUR EMPLOYEES AND SHOPPERS
CUSTOMERS ARE ENCOURAGED TO BRING THEIR OWN FACE COVERINGS TO WEAR WHILE SHOPPING

VALID DATES

10/16/20 - 11/8/20

VALID FOR YOU + 4 GUESTS

WHAT TO BRING

- THIS INVITATION
- PHOTO ID
- PROOF OF AFFILIATION
badge, business card, membership card, company email signature, pay stub, uniform piece or other form of affiliation

COVID-19 RESPONSE

- Sanitization of Checkouts
- Sanitization of Fitting Rooms
- Hand Sanitizer Stations
- 6' Marked Checkout Lines
- Limited In-Store Customers
- Employee Face Coverings

LOCATION & HOURS

1425 MAX BROSE DRIVE
LONDON, ON N6N 0A2
MON - FRI: 10A - 9P
SAT: 9:30A - 6P
SUN: 10A - 5P



Questions? Please email: londonemployeestore@columbia.com



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LAMBTON COUNTY CONNECTS

Lambton County Connects (LCC) is a free telephone based program offered to older adults who reside in Lambton County. All programs are provided over the telephone allowing participants to interact from the comfort of their own home!

LCC provides opportunities to socialize, learn new skills and stay connected to others. Typical programs will include:

- Trivia & Word Games
- Coffee Socials
- Health & Wellness Topics
- Book Clubs
- Music Programs
- Sports Recap
- Holiday Socials
- What's In The News
- Travelogues
- History Channel

www.LambtonCares.ca

Membership Report

Sandra Marshall, Linda Quinn-Kennefick, Kathy Bandla, Alan Campbell

The District 38 Executive and members would like to welcome all newly retired education staff to the new redirection in their life: retirement!

Due to Covid-19 restrictions, our annual No Bell Breakfast/First Friday Brunch has had to be cancelled. When the situation permits, we hope to welcome new retirees, new members and all RTO members to a brunch. The brunch would be FREE for new retirees. So you won't miss receiving an invitation, please send your name and email address to sandramembership1@gmail.com.

Our wish is that everyone stays safe and healthy.



In Memoriam

We mourn the loss of several of our members and we offer our sincerest sympathy to family and friends. We know that treasured memories will help to ease the pain in time.

Paul West
Bill Dobbin
Pauline Bourassa
John Gormley
Jack Lewis
Peter Cassel
George Allan
Joanne Newman
Major Phillips
Ken Eyre
Patrick Sheridan
Lynda Maaten
Eva Dalrymple

Marjorie Harris
Georgina Jones
Ada Thomas Shaw
Tom Kelly
Mary Wade
Roma Forgues
Carolyn Arnold
John Kirby
Gerald Bernardo
David Warren
Evelyn Ball
Roland Volland

This fall, again, RTO/ERO District 38 Memorial Awards will be given out to students graduating from high school. Because we have extra funds this year there will be five awards of \$1000 each.

For next year's awards young people should inquire in Student Services in their high schools. These awards are given in memory of our deceased RTO members.

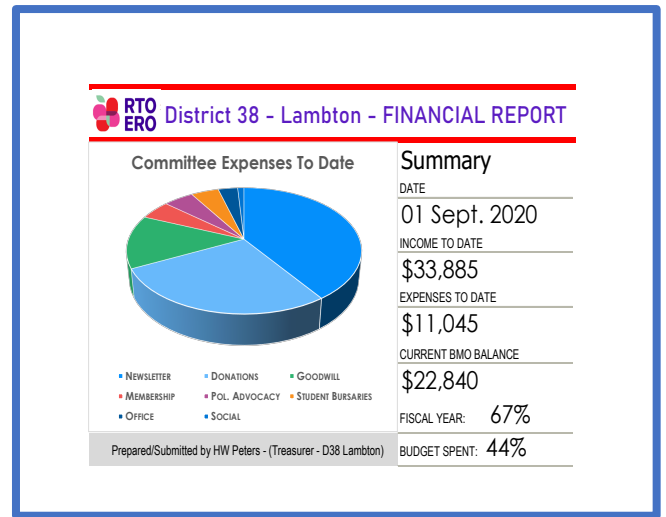


Stay Safe!



We are pleased to inform the membership that Micheline Falla was selected as a recipient of a \$1500 RTOERO Provincial Scholarship this year.

We join her mother, Mary Louise Falla, in congratulating her on receiving this award!

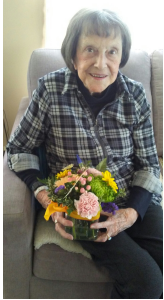


Engaging with RTOERO on social media during COVID-19

Now more than ever we are relying on social media to stay connected. Don't forget to visit RTOERO on Facebook to engage with us and fellow members. You'll also find RTOERO on Twitter, LinkedIn, and YouTube. See you online!

Connect with RTOERO to discover:

- Healthy aging tips, information and resource
- Fun member stories, photos and contents
- RTOERO news
- Connections with like-minded RTOERO members
- Retirement ideas and inspiration



Fran McLean was born in Blenheim. She grew up in a family of two girls and three boys. Her father was a local merchant. She received her BA from Western and her MA from Windsor. She describes teacher education at the time as creating "eight-week wonders."

young teachers would attend summer school for two summers.

Fran's first teaching job was at the Ontario Ladies College, in Whitby. Teachers lived in the same hall as the students and were required to chaperone the girls wherever they wished to go out. She taught grade twelve and thirteen and was glad that all her students were able to pass the provincial departmental examinations.

After teaching in Whitby, Fran taught in Windsor and Glencoe until 1965 when she moved to Sarnia. She taught math for eleven years at Central. In 1976, she was assigned to the Lambton board office where she worked as Stan Pate's assistant for three years. After that she was happy to be back in the schools where she spent three years in each of three schools. She was a vice principal at Northern and at St. Clair then ended her career in 1988 as principal at Watford.

Fran's is proud of her two daughters who both have PhDs. She teases that she told them she wanted two doctors but was thinking of another kind. One daughter lives in Ottawa and has a consulting business. The other daughter lives in Connecticut. She is a professor at a university there. Fran also has two grandsons, two great granddaughters and one great grandson.

In the early days of her retirement Fran had many opportunities to travel. Those travels included Venezuela, New Zealand, Norway and Spain. She travelled often to a Spanish villa and spent parts of five winters there. Today, she has a beautiful suite that overlooks the St. Clair.

Best Wishes, Fran!

Q & A about Travelling During the Pandemic

Q. Am I covered for travel within Canada?

- A. Travel within Canada is covered. Please follow the COVID-19 restrictions issued by the provincial and municipal public health officials for the area(s) you plan to visit.

Q. Am I covered for *trip cancellation/interruption* if I'm travelling in Canada?

- A. Yes. When travelling in Canada, you remain covered for trip cancellation or interruption as described in pages 72 to 76 in the [RTOERO Insurance Plans Booklet](#).

Q. If I become ill with COVID-19 while travelling within Canada, am I covered?

- A. Yes. Emergency Medical coverage is available as long as you have not experienced any symptoms prior to leaving.

Q. If I choose to travel outside of Canada despite the government travel advisory, am I covered for medical emergencies?

- A. You are covered for medical emergencies, except for claims related to COVID-19, while the government travel advisory is in effect. This is a new enhancement to your travel coverage. You will receive additional communication regarding this change shortly.

Q. Once the travel advisory is lifted, am I covered if I become ill with COVID-19 while travelling?

- A. Yes. Emergency Medical coverage is available as long as you have not experienced any symptoms prior to leaving.

Q. Am I covered for cancellation of international trips?

- A. You are not covered for trip cancellation related to COVID-19 for trips booked during the government travel advisory.
- For trips booked after the travel advisory is lifted, you will be covered.
 - If you receive a voucher instead of a refund, you can submit a claim for any unused portion if it expires.

Your 2020 - 2021 Local Executive		
President	Bert Phills	bert.phills@sympatico.ca
Benefits/Foundation Newsletter		
1 st Vice-President	Holger Peters	hpeters@cogeco.ca
Treasurer		
2 nd Vice-President	Bill Yates	yatesb@cogeco.ca
FaceBook		
Past President	Bill Davidson	w davidson10@cogeco.ca
Public Relations Chair		
Secretary	Michele Vilcsak	vilcsak.m@gmail.com
Committee Chairs		
Membership	Sandra Marshall Linda Quinn-Kennefick	sandramembership1@gmail.com kennefick@sympatico.ca
Goodwill	Audrey Hendrickson Gail Gilroy	staddonlea@mnsi.net cgilroy@sympatico.ca
Pension Retirement	Roseanne Orcutt	rosieo@cogeco.ca
Personal Development	vacant	
Webmaster	Peter Laychak	petelayc@cogeco.ca
STO	vacant	
Social	Ann Hines	ahines3@cogeco.ca
Political Advocacy	Rick Victor	rvictorconsulting@gmail.com
Archivist	Alan Campbell	alan.acsresearch.campbell@gmail.com
Other Executive Members		
Anne Pearce - Joan McPhedran - Kathy Bandla - Pat Poland - Scott Brennan - Pat Gleason		

**Political Advocacy Report
Rick Victor**

Covid-19 has certainly changed the way we lobby but RTO has been active lobbying politicians about concerns effecting seniors. It has also created a District recognition award to recognize extraordinary services by a District member. I will also be chairing a provincial Webinar on September 21st as well as regional Zoom meetings in November. Summer is ending and it is time to once again look at how we can influence government to do what is needed to provide services to seniors. Keep safe.