

## Everyday ageism: Examples of ageism in our day-to-day lives

Ageism, like other forms of oppression, plays out on different levels. Ageism exists within institutions and communities, within interpersonal relationships, and can be self-directed. It's possible to be both a victim of ageism and be perpetuating it—likely without even realizing it. Here are some examples of everyday ageism to reflect on:

**Expressing surprise at a person's age** - You may believe expressing surprise is a compliment. Pause and consider that the implication is there's something wrong with looking "old."

**Expressing surprise at someone's skills/hobbies** - We might think that as we get older, we're supposed to slow down or be physically or mentally unable to do certain things—like this is some universal truth. It's not.

**Staying 39 forever** - Why would you want to stay 39 forever unless you thought getting older was negative? Please don't feel bad if you've said this. You're not alone.

**"Can't teach an old dog new tricks"** implies that older people can't change or learn new things. It reflects the ageism in workplaces where training or advancement opportunities may not be offered to older workers. We don't lose our ability to learn and change as we age.

**Elderspeak** - Elderspeak describes the tendency to speak louder and slower and sometimes change the words used when talking to an older adult. This relates to infantilizing, which is treating someone as a child.

**"you're so old" or "I'm so old"** - The phrases are so common that most don't pause to consider what we're saying. The word 'old' is often used to mean something negative. When people say, "you're so old," they don't usually mean, "you're so wise, valuable, strong and adaptable".

These examples are from an article on the RTOERO website. Read the full article at [rtoero.ca/everyday-ageism-examples-of-ageism-in-our-day-to-day-lives](https://rtoero.ca/everyday-ageism-examples-of-ageism-in-our-day-to-day-lives).

## Tips to help you stay mindful of waste reduction this holiday season

Celebrating the holidays without throwing out your environmental stewardship goals is possible. Here are some tips to help:

- When giving gifts, consider the impact of the item you're purchasing. Is it made from plastic? Does it contain a lot of packaging? Is it something that the receiver is likely to move on from quickly? If you're gift giving to children, check out this RTOERO post about going beyond plastic toys: [\*\*rtoero.ca/gift-giving-to-grandkids-go-beyond-plastic-toys\*\*](https://rtoero.ca/gift-giving-to-grandkids-go-beyond-plastic-toys)
- Consider making reusable gift wrap. There are many tutorials online.
- If hosting an event, avoid using disposable cutlery and plates, or make better choices, like the new wood/bamboo cutlery options and paper plates.
- If planning a meal, try to avoid food waste and also look to purchase as local as possible—that may mean many root vegetables on your menu, but they're oh-so-yummy.

# Knowledge sharing: How technology is supporting Indigenous reclamation

*Written by Shaneeka Forrester for RTOERO, Cree artist, mother and advocate from Brunswick House First Nation, planting roots in Simcoe County, Ontario.*

The idea that we share knowledge is as old as humankind. What was once stories told orally and drawings etched on the sides of walls has evolved into social media platforms that give creators access to endless viewers. We are constantly entwined in a reciprocal relationship with information. What does this mean for Indigenous communities across Turtle Island? How can we use a traditional concept in the modern world?



*Deanne Hupfield teaches dance on Youtube @HowToPowwowDance.*

The act of knowledge sharing is a significant piece in the puzzle of passing on cultural practices and traditions. Indigenous Potlatch were outlawed from 1885 to 1951 in Canada. The last residential school in Canada closed in 1996. These two significant restrictions on Indigenous culture deeply impacted the practice of knowledge sharing, making it nearly impossible to pass on oral traditions. However, with the fast development of technology, we are seeing information being reclaimed by groups across Canada. Individuals are seeking out knowledge keepers and receiving information that has been lost in communities. People are bringing these teachings and traditional ways of living back to their communities and building a pathway toward a culturally connected future.

Many Indigenous influencers have taken to social media platforms, creating content that raises awareness around issues in their communities. They are sharing knowledge they have about cultural practices, encouraging other Indigenous people to reclaim these practices. Some examples of this are beading circles offering lessons about traditional beading techniques and hide harvesters sharing traditional knowledge on harvesting and preparing hides. Indigenous dancers offer lessons, teachings and even workouts involving traditional dance. There are tutorials on how to cook bannock and corn soup and how to make drums and rattles. The information is endless, but there are still barriers that exist.

Some individuals still do not have access to the information or resources to implement traditional knowledge into their daily lives. Across Canada, various initiatives exist to help support the reclamation of Indigenous knowledge in communities. Knowledge

sharing is a practice that cannot exist within Indigenous communities without knowledge keepers. We must continue to foster the restoration of Indigenous knowledge for future generations.

## **Ways to support Indigenous reclamation efforts**

- Donate to your local Native Friendship Centre. Friendship centres provide a range of culturally based programs, services and teachings. You can also attend public events hosted by friendship centres.
- Learn more about the impact of colonialism on knowledge sharing and Indigenous cultures and languages to understand the importance of the reclamation and restoration efforts.
- Follow Indigenous content creators and support and amplify their content. Here are some accounts to check out:
  - James Jones - Instagram and Tiktok: NotoriousCree
  - Deanne Hupfield - Youtube: @HowToPowwowDance  
Instagram and Tiktok: @deannehupfield
  - Inuk - Instagram and Tiktok: @Inuk360
  - Sage Paul - Instagram: @sagepaul
  - Kanina Terry - Instagram: @criesovermoosehides
  - Shina Nova - Instagram and Tiktok: @shinanova
  - Sarain Fox - Instagram @sarainfox

## 4 ways to think about retirement planning... and money isn't one of them

About 5000 Canadians will retire this week alone. We all want people to have their best life in retirement. But what defines a meaningful retirement? Here are four ways to think about retirement.

- 1) **There's no one size fits all retirement.** Try not to be swayed by what you see around you. Do some reflection about what you want.
- 2) **Value emotional preparedness.** There's no way to know what the transition to retirement will be like emotionally until you go through it. You can take steps to support your mental health. Read [rtoero.ca/how-to-prepare-for-retirement-emotionally/](http://rtoero.ca/how-to-prepare-for-retirement-emotionally/) for tips.
- 3) **Retirement life comes in stages.** Retirement changes as you do. However you define retirement, it's a journey – yours to plot.
- 4) **A successful retirement hinges on a strong sense of purpose and belonging.** It's easy to fill hours in retirement. The question is whether these activities are aligned with the person you are and how you want to spend your time. Fulfilment is all about relationships, community and meaning.

These ideas come from the RTOERO retirement planning whitepaper titled *Five ways to think about retirement planning...and money isn't one of them*. Find it online here: [rtoero.ca/5-ways-to-think-about-retirement-planning](http://rtoero.ca/5-ways-to-think-about-retirement-planning).

## RTOERO Foundation: A new year of giving

Give the gift of high-quality support and care for seniors by joining the RTOERO Foundation's monthly giving program, *The Honour Roll*. Beginning your monthly gift in January helps the Foundation count on your consistent support throughout the year. It will also maximize the annual donation that you can claim on your tax return.



Here's how it benefits you:

- **It's easier to budget:** Spread your giving over a longer period of time and decide on a manageable monthly amount.
- **Tax time is simplified:** Once per year you will be sent a cumulative tax receipt. No need to keep track of multiple receipts for donations made throughout the year.
- **Your money goes further:** A monthly gift has a much bigger impact than a single gift.

Why monthly gifts work for the Foundation:

- **Easier planning:** With a more predictable cash flow, less time is required for fundraising activities and more time can be focused on fulfilling the Foundation's mandate and planning future projects.
- **It saves money:** There are less administrative requirements with monthly giving. More monthly donors help keep the Foundation's operating costs down.

To become a monthly donor, please visit: [rtoero.ca/rtoero-foundation/ways-to-give/#way-to-give1](https://rtoero.ca/rtoero-foundation/ways-to-give/#way-to-give1).

The RTOERO Foundation is a registered Canadian charity and the Charitable Registration Number is 848662110RR0001. All monthly donors receive one consolidated tax receipt in January for all gifts made in the previous calendar year.