

Common recycling standards coming to Ontario

A province-wide recycling system is set to roll out in Ontario starting this year. Previously, municipalities and First Nation Communities have designed their waste management programs, creating confusion for residents who move between municipalities for work or recreation. Now, all areas will follow the same recycling standards, and more materials are expected to be accepted, including everyday single-use products.



The new system results from the Blue Box regulation under the Resource Recovery and Circular Economy Act, 2016. The program will follow an extended producer responsibility, which means the costs of the program shift from municipal taxpayers to the producers of products and packaging. The previous program's costs were split between producers and municipalities. The program will be implemented over two years, from 2023 to 2025.

To learn more and access the transition schedule for communities, visit:
rpra.ca/programs/blue-box/regulation

Tips to avoid investment scams

Investment scams are one type of fraud that you can protect against. You may get invited to an investment seminar or be introduced to a so-called *opportunity* through an existing group you're part of. These situations can be enticing—often, presenters are skilled motivational speakers and will use high-pressure tactics. Here are some general tips to help you avoid investment scams:

- Before you invest, get a second opinion from a registered, qualified advisor, a lawyer or an accountant.
- Generally, anyone selling securities or offering investment advice must be registered with their provincial securities regulator. You can check through the Ontario Securities Commission or Canadian Securities Administrators.
- Be suspicious of time-limited offers and high-pressure salespeople. You should not have to invest on the spot if the investment is legitimate.
- Before investing, understand how it works, the risks and any fees. Make sure it fits with your financial goals and your other investments. Working with a qualified advisor can help.

These tips are adapted from **GetSmarterAboutMoney.ca** by the Ontario Securities Commission.

You can report fraud to local law enforcement and contact the Anti-Fraud Centre at **antifraudcentre-centreantifraude.ca** or call toll-free at 1-888-495-8501.

Self-care: What is it and how to do it

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 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.



Signs you may need more self-care:

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

How to do self-care:

- **Accept that self-care is an investment and indulge in it daily.** Look for micro-moments to give yourself care. Considering the small things that give you a feeling of joy, comfort, soothing or support may help you make a list.
- **Try something new or return to an old interest.** Trying new activities is a great way to form new connections and find activities to get lost in. Schedule time for activities you enjoy.
- **Explore and practice.** As you try new activities, recognize that you need to do them more than once to start to see benefits.
- **Remind yourself why you're doing self-care.** It supports your overall longevity and helps you enjoy life. It also enables you to show up better for others.

Read the full article: rtoero.ca/self-care-for-retiring-education-workers

Time to retire from driving? Tips to prepare

Driving is tied to independence. Plus, Canada is one of the most car-dependent countries in the world, so it's no surprise that driving is the top transit choice for many of us. Despite our attachments to automobiles, there may come a time when it's wiser to give up driving.

Thinking about giving up driving in advance could save you from added stress should the time come for you. Here are some reasons to consider giving up driving:



- Retiring from driving could save you money
- Less driving is better for the environment
- Health conditions can impact your ability to drive safely

Ideally, you'll have the opportunity to prepare to stop driving on your terms. You can scale back your driving and build your comfort with alternatives to driving. Here are some tips to help:

- ***Talk to family or friends about your plan to stop driving.*** They may be willing to support your transition by offering to drive you to appointments or a regular activity.
- ***Make a list of alternatives to driving.*** Investigate what exists in your community and ask others what they do. Options can include public transit (look for discounts or free programs based on age), taxis, ride-share companies, private driving services and community shuttles to popular locations.
- ***Consider if living closer to transit may be helpful.*** If you're already considering your housing as part of your healthy aging goals, then it's worth evaluating transit and walkability.
- ***Gradually change your driving habits.*** Start trying out alternatives to driving. You'll become more comfortable the more you do it, and you may even find you like it better!
- ***Set up a bank account for your transit costs.*** Once you no longer have a car, you could divert some of the car costs to this bank account. You can use it to pay for taxis or rideshares or to cover your transit pass.

Read the full article: rtoero.ca/time-to-retire-from-driving-considerations-and-steps

Tell a friend: In-person retirement planning workshops are back!

RTOERO has scheduled many in-person retirement planning workshops this spring, in addition to continuing to offer virtual sessions. If you know someone planning to retire in the next three years, suggest they join one! All retirement planning workshops are free, and participants consistently give the sessions glowing reviews. To see all upcoming workshops, go to **rtoero.ca/events**.

5 benefits of having friends of different ages

A perk of our RTOERO community is the chance to meet new people—including people of different ages. There's value in maintaining intergenerational relationships. Here are some benefits:

- ***Perspective and mentorship.*** Your life experiences can remind younger people that they can survive and thrive after challenging situations. Interacting with younger people can help you keep perspective on the challenges of various life phases.
- ***Your support system expands.*** Having friends of diverse ages is a great way to broaden your support system and to be there for others.
- ***Your health may improve.*** Evidence has linked intergenerational friendships with improved overall health.
- ***You may discover new activities and purpose.*** New friends can introduce you to different activities and hobbies.
- ***You can help reduce ageism.*** Having friends of various ages has been shown to impact ageist beliefs and attitudes about older adults.

How do you broaden your friend group? Volunteering, joining classes or activities not specifically targeted to your age group, joining interest-based clubs and getting to know your neighbours can help.

Read the full article: rtoero.ca/the-value-of-intergenerational-friendships

Terms to know: whiteness

The term whiteness is used to describe a system of beliefs, assumptions, and practices that prioritize the interests and perspectives of white people as the norm. Whiteness does not refer to white individuals but rather to the social construction of power and privilege that places them at the centre of society. The centring of white perspectives in society results in the marginalization of other ways of being and knowing.

Calls to decentre whiteness aren't referring to white people specifically but to decentre the dominant power structures and perspectives of whiteness. It requires humility, critical reflection and examining systems and structures, and actively centring different perspectives and ways of knowing and being.

To read more about whiteness, see [**aclrc.com/whiteness**](https://aclrc.com/whiteness).

May 5 is known as ‘Red Dress Day’ across Canada: what is it and what does it mean?

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

Red Dress Day is a national day of awareness highlighting the issue of Missing and Murdered Indigenous Women and 2 Spirit individuals across Turtle Island, also known as MMIW2S+. The day began as a project called REDress, created by Indigenous artist Jaime Black. The goal was to focus on the issues of missing and murdered Indigenous women across Canada and the United States in 2010.

Red was chosen for its cultural significance in Indigenous communities—it’s said to be the only colour that spirits can see. It also signifies our lifeblood and connection to one another as living beings. On Red Dress Day, people hang red dresses outside. Having the red dresses hanging out is a symbolic gesture of calling back the women’s spirits while showcasing the empty dress that those missing people should wear.

This national day of awareness is important to all Canadians because it helps bring awareness to some of the issues still being faced by Indigenous populations in Canada. It allows us to see the reality of the lived experience for many Indigenous women and 2 Spirit individuals today. It gives us an opportunity to learn, grow and unite to combat these atrocities. *Red Dress Day* is an excellent time to reignite your allyship to Indigenous communities and use your platforms to elevate Indigenous voices about their lived experiences. It’s an important time to reflect and listen to the stories being shared.

Now is an excellent time to read *Soeurs volées: Enquête sur un féminicide au Canada/ Stolen Sisters: The Story of Two Missing Girls, Their Families, and How Canada Has Failed Indigenous Women* Par/By: Emmanuelle Walter, Widia Larivière or any other book about MMIW2S+. It’s also a great time to read books by Indigenous women that offer a unique glimpse into the Indigenous experience in North America.

RTOERO Foundation announces funding for six new projects

The RTOERO Foundation is thrilled to announce we are awarding grants to six new projects, for a total funding amount of \$213,000. These projects, which were reviewed and scored by our Peer Review Panel, cover a range of important priority issues including geriatrics research, social engagement and seniors' health and wellbeing.

Funding of these projects is made possible through the generosity of the RTOERO Foundation's donors, most of whom are RTOERO members. Thank you for your continued support.

Here is a list of the projects made possible through funding from the RTOERO Foundation in 2023:

Ageism, intergenerational learning, and age-conscious student development

- Organization: Trent University
- Funding amount: \$50,000

Community connectors: Seniors helping seniors

- Organization: Compassionate Communities Kingston Canada
- Funding amount: \$43,000

Stronger together: Making Canada dementia inclusive

- Organization: The Dementia Society of Ottawa and Renfrew County
- Funding amount: \$50,000

Using visual arts to address social isolation in older adults

- Organization: Sheridan College
- Funding amount: \$50,000

Planting the roots of wellness

- Organization: Canadian Organic Growers-Senior Organic Gardeners
- Funding amount: \$15,000

Friendship circle

- Organization: Société Alzheimer Society Sudbury-Manitoulin North Bay
- Funding amount: \$5,000

RTOERO Foundation supports creation of a community conversation guide for seniors' engagement

Would you know how to help someone who is socially isolated? Do you know what resources and supports are available in your community to help someone who may be feeling disconnected?

For many, the answer would be “no” to both questions. The Research Institute for Aging (RIA) set out to address both questions through a \$25,000 donor-funded grant from the RTOERO Foundation. The goal of their project, *Supporting your Neighbours; Recognizing the signs of social isolation*, was to train frontline workers and community members to recognize isolated caregivers and isolated seniors, and to provide practical assistance and intervention strategies.



The main output of this important project was the creation of a community conversation guide. The guide was designed to be used as a comprehensive resource for anyone who works with, socializes or spends time with older adults. We encourage you to download a copy for yourself and share it with anyone you know who might benefit from this important information.

The *Supporting your Neighbours* guide includes valuable information about:

- Social isolation and its impacts
- How to identify potential isolation among friends, family and neighbours
- How to start a conversation with someone who may be experiencing social isolation
- Barriers to participation and ways to support
- A worksheet to record community resources

The RTOERO Foundation provided additional support to translate and reformat the guide to create a French language version. Visit the RTOERO Foundation's website – **rtoerofoundation.ca** – to read the full guide.

To further promote social engagement and address social isolation, the RTOERO Foundation hosts a weekly, open conversation hour called *Chime In* every Wednesday. If you, or someone you know, would like to connect and engage with fellow RTOERO members, you can learn more and register on the Foundation's website.