

# Vision 20/20

 **RTOERO** District 20  
Frontenac, Lennox  
& Addington

Volume X Issue i, Summer 2020



Attention RTOERO District 20 Members

Due to the excessive cost of postage to mail out newsletters, the District 20 Executive has chosen to limit the mailing of paper copies to those without email contact information. The emailing process will be provided by the Provincial RTOERO Communications team through their sophisticated and secure technology.

The saved funds will be channeled towards the support of District 20 Service-to-Others Grants educationally based organizations that support the communities of Frontenac, Lenox and Addington Counties in Ontario.

The District 20 Executive apologizes for any inconvenience the change will cause and ask that you enjoy the environmentally friendly, cost efficient method of communication.

Please note that this Summer 2020 issue replaces our usual Spring edition.

Thank you everyone! Be safe!

Pat Bland, Editor, Vision 20/20

As part of RTOERO District 20 Frontenac Lennox & Addington's goal to improve the lives of members and seniors and to express our appreciation for all that these organizations are doing for their respective communities, especially during these unsettling times, a donation of \$500 each was made on behalf of RTOERO to:



Martha's Table (Kingston)  
North Frontenac Food Bank (Sharbot Lake)  
Southern Frontenac Food Bank (Sydenham)  
The Salvation Army Food Bank (Napanee)

Madeleine Wotherspoon, Treasurer, RTOERO District 20

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## **RTOERO District 20 Executive and Committees 2019-2020**

### **EXECUTIVE**

<b>PRESIDENT</b>	<b>Les Forkes</b> les.forkes@gmail.com 613.389.1015
<b>PAST PRESIDENT</b>	<b>Dennis Quinn</b> expos09@hotmail.com 613.384.6434
<b>FIRST VICE-PRESIDENT</b>	<b>Juanita Everett</b> everett.jl@gmail.com 613.900.8147
<b>SECOND VICE-PRESIDENT</b>	<b>Vacant</b>
<b>SECRETARY</b>	<b>Ted Whiteland</b> ted.whiteland@me.com 613.929-6363
<b>TREASURER</b>	<b>Madeleine Wotherspoon</b> madlyn1912@gmail.com 613.766.4887
<b>MEMBERSHIP SECRETARY</b>	<b>Liz Carson</b> carsonl@hotmail.com 613.389.5419

### **COUNCILLORS**

<b>Patricia Bland</b>	pattibland@gmail.com
<b>David Kendall</b>	davidckendall@yahoo.ca
<b>John Kitney</b>	kitneyj@kingston.net
<b>Lorraine Tank</b>	Lstank@cogeco.ca
<b>Ann Botros</b>	annbotros63@gmail.com

### **CHAIRS OF STANDING COMMITTEES**

<b>AWARDS</b>	<b>Juanita Everett</b>	everett.jl@gmail.com 613.900.8147
<b>BENEFITS</b>	<b>Lorraine Tank</b>	Lstank@cogeco.ca 613.384.6211
<b>COMMUNICATIONS (VISION 20/20)</b>	<b>Patricia Bland</b>	rtoero20@gmail.com
<b>GOVERNANCE COMMITTEE</b>	<b>Dennis Quinn</b>	expos09@hotmail.com 613.384.6434
<b>GOODWILL AND MEMBERSHIP SERVICES</b>	<b>Ann Botros</b>	annbotros63@gmail.com
<b>POLITICAL ADVOCACY</b>	<b>David Kendall</b>	davidckendall@yahoo.ca 905.758.7845
<b>RTOERO FOUNDATION</b>	<b>Ted Whiteland</b>	ted.whiteland@me.com 613.929-6363
<b>TRAVEL</b>	<b>Dennis Quinn</b>	expos09@hotmail.com 613.384.6434
<b>WEBSITE</b>	<b>Ted Carson</b>	ted.carson@gmail.com 613.389.5419

www.rtoero20.com is updated regularly with executive updates, travel news, grant applications, publications, luncheon details and more! Follow us on Twitter @RTODistrict20 Email: rtoero20@gmail.com

Vision 20/20 is published three times a year: Winter, Spring and Fall. This Summer 2020 edition replaces the Spring issue due to the closures related to the COVID-19 pandemic. The colour e-copy is emailed and available at RTOERO20.com. The printed copy is sent via Canada Post. All materials and editing are completed by District 20 volunteers and all printing is managed by

**RTOERO District 20  
14 Davey Crescent  
Amherstview, Ontario K7N 1X6  
Update Your Info RTO-ERO.org**



**PRESIDENT'S MESSAGE**  
**Les Forkes les.forkes@gmail.com**

Hello fellow RTOERO members. Hopefully you are managing your lives with COVID-19 restrictions and related safety measures.

Welcome to our full page format and summer edition of the Vision 20/20. We want to stay connected with our members, even if with much less to report.

As I am sure you are aware RTO has switched health care providers and we are now with **Global Excel Management Inc.** It is always best if we never find out how efficient this new team performs, however the time may come when you need to use their services as I did during a recent pre-pandemic vacation in Florida. I had mysteriously contracted a serious bacterial infection in my arm which resulted in one visit to urgent care and one to a hospital. I called the 877 number and was quickly connected to an agent. After a few questions to confirm my identity I relayed my symptoms and need to see a doctor. I was given a file number and told to proceed to the urgent care. Very easy. However, upon arrival I was told they did not accept any international health coverage so had to pay out of pocket. Global Excel quickly emailed me claim forms to recover my payment, which I hoped would go as smoothly.

Two days later my infection seemed to worsen so I called Global Excel again and referred to the same file number and was directed to go to the hospital without delay. This time the hospital accepted my insurance and I was seen quickly. All in all it seemed to be a positive experience with Global Excel. Ten days later my arm was almost back to normal.

During the past few months our District 20 Executive has met through Zoom and the help of our Provincial technical support team. Business is not "as usual", but we are all making the best of our conditions. There are no travel plans for now and no face-to-face meetings or luncheons or breakfasts. In the future you will be informed of news and potential gatherings. Our grant programs are still open for applications for your educationally connected volunteer activities. See page 9 for more details.

The District 20 executive extends its sincere thanks to **Joanne McCullough** for organizing all of the northern area luncheons that have been cancelled since she kindly booked them all. Also, many thanks to **Ted Whiteland** for being a generous host at the monthly breakfasts, which are on hold, as well. We also extend our thanks to **Ted Carson**, our faithful web-master, who has been rebuilding the District 20 website during these home-bound months. We shall all meet again when the "new normal" permits.

In closing, the local executive is very pleased to announce that **Ann Botros** recently joined our volunteer team. Recently retired, Ann will perform Goodwill responsibilities in her role with the board. If you have any interest in joining the District 20 executive there are immediate openings and we would be pleased to provide you with the information needed to help you make that decision. Feel free to contact any member of the executive about this opportunity.

**Les Forkes**

District 20 President

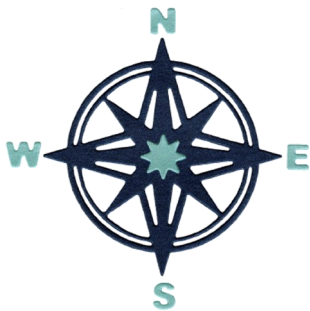


**District 20 Governance News**  
**Past President Dennis Quinn [expos09@hotmail.com](mailto:expos09@hotmail.com)**

Dear RTOERO District 20 Travelers,

Because of the COVID-19 pandemic we have had to cancel our 2020 travel plans including our annual trip to the Gananoque Playhouse in June and the tour of Historic Germany in September. Our future plans including a trip to Croatia in 2021 are currently on hold.

I know that you are as anxious to resume travel plans as the KARTTC, but I also know that we are together in acting responsibly so that we can emerge from this health crisis safely. When the current situation ends, we can travel again - but perhaps in significantly different ways.



TRAVEL INTERRUPTION INSURANCE:

For those who had to return to Canada before their vacations were completed due to instructions from the Federal Government and advice provided by RTOERO, please take advantage of the Travel Interruption Insurance that is available if you have the RTERO Extended Health Insurance package. I know of two such claims that were honoured, including that of yours truly. Both claims received back most, if not all 100% of their claims.

/dq

**Another successful Retirement Pension Workshop! By Liz Carson**

Before the COVID-19 pandemic changed our ability to gather, District 20 hosted a well attended RPW workshop at the Ramada Inn on Division Street, Kingston, on Leap Day, February 29, 2020. The speaker, Steven Wong, created a delightful atmosphere to learn about the value of retirement with RTOERO to guide you!

Visit <https://rtoero.ca/events/> for more information about RPW workshops and other RTOERO events being held online until further notice.





**MEMBERSHIP UPDATES**

Liz Carson, Membership Secretary carsonl@hotmail.com

# Welcome New Members!

**District 20 welcomes our new members!  
As of July 2020 we are comprised of 1408 registered members.**

**Jillian Baker**

**Eulalia Bolarinho**

**Catherine Anne Bradley**

**Pamela Brady**

**Lori Bryden**

**Patricia Byrne**

**Lynne Cumming Clark**

**Wendy Dossett**

**Gwenyth Duhn**

**Cindy Dunning**

**James Eastman**

**Debra Forrest**

**Michelle Gagne**

**Lori Kyle**

**Jan Le Clair**

**Lisa McDonald**

**Dave McLatchie**

**Mary Oliver**

**Karen Orgee**

**Karen Peperkorn**

**Boyce Peters**

**James Reilly**

**Christine Robertson**

**Joanne Steacy**

**Sonia Verabioff**

**Trina Voteary**

**Leonard Weir**

**Doris Wilson**

**Karen Wingrove**



## In Memoriam

On behalf of the members of District 20, the Executive expresses its sincere condolences to the families, friends and colleagues of those recently deceased. We share in the mourning of their loss and celebrate the services they rendered. During this time of COVID-19 and social distancing, we extend our thoughts to those who are affected by these additional difficulties. Our list is current as of July 2020.

**Iva Bellringer**

**Patricia Bowen**

**Marjorie Gagnon**

**Bessie Gibson**

**Richard Goodfellow**

**Marian Goulah**

**John How**

**Mary Kirkland**

**Marjorie Klinck**

**Helen Lafreniere**

**Yves Lalonde**

**Ann Lamb**

**Wayne Latimer**

**Miriam Mitchell**

**Catherine Montrose**

**Kathryn Nobes**

**Mary Peters**

**Neita Pike**

**Margaret Rice**

**Donald Saul**

**P. Evelyn Scott**

**Ilene Snider**

**Anne Tolley**

**Lorne Verabioff**

**Leif Wilson**







## Benefits Report

Lorraine Tank [lstank@cogeco.ca](mailto:lstank@cogeco.ca) 613-384-6211

On behalf of District 20, I hope all members and their families are weathering this global crisis. It can be a challenge during this time of social disruption, physical distancing and serious health concerns to keep our spirits up. We miss the company of family, friends and neighbours, yet it is essential that we all do our part to limit the spread of COVID-19. Remember to do something every day that makes you happy.

There is little news to share. The District Health Representatives Conference was cancelled in May, due to COVID-19. I am waiting to hear of its rescheduling.

I hope all members were able to return to Canada in March. Many trip cancellation/interruption and medical claims are being processed. Coverage remains in place. Members in countries that have imposed travel restrictions will be covered until they are allowed to return to Canada. Members outside of Canada should call Global Excel Management at 1-877-346-1467 for information or assistance. Call volumes have now returned to normal.

Because of the complexity of this unprecedented global pandemic and the nature of the rapidly changing situation, it is essential that all communication be managed through the RTOERO office. If you have any questions, please go to [www.rtoero.ca/prepared](http://www.rtoero.ca/prepared) . Members needing to open a claim for trip cancellation/interruption can start the process online. The "Notify Us of a Claim" section will guide you through the steps.

RTOERO is vigilantly following the advice and directives of federal, provincial and local public health officials. Members can learn the most up-to-date information by visiting our website at [www.johnson.ca/coronavirus](http://www.johnson.ca/coronavirus).

Please remember to wear a mask while out in public.

Physical distancing is important.

Wash your hands often.

Stay safe.

/lt





**Political Advocacy Report**  
Committee Chair and Councillor,  
**David Kendall**  
davidckendall@yahoo.ca



As a result of the devastating impact of COVID-19 on our seniors in Long-Term Care Homes, the RTOERO Provincial Board of Directors has embarked on a major challenge to develop a sustainable, meaningful, productive action plan that will continue well into the future. The Board has engaged the services of The National Institute on Aging and The International Longevity Centre of Canada to assist in preparing this response.

/dk



**RTOERO Foundation Rep**  
**Ted Whiteland**  
ted.whiteland@me.com



From the RTOERO Foundation Blog Posts from June 2020:

As the Ontario government updates its poverty reduction strategy, RTOERO urges the government to consider how its policies and programs will improve the quality of life for seniors.

The seniors' population will grow to over 3 million by 2023. As the government notes, the poverty rate for seniors is 12.1%. Seniors are among the six groups the province identifies as being at heightened risk of poverty, along with Indigenous people, single mothers, people with disabilities, recent immigrants, and racialized communities.

The RTOERO Foundation, which invests funds in efforts that benefits Canada's seniors, calls social isolation a barrier to healthy aging. Social isolation can lead to missed economic opportunities and poverty. Meanwhile, poverty means that seniors can't always access the resources that decrease isolation. Finding more ways to connect seniors – to family, friends and neighbours, to colleagues in volunteer roles and workplaces, and to our communities – is vital to their well-being in every way.

<https://rtoero.ca/rtoero-foundation/>





**Grants and Awards**  
**Juanita Everett, First Vice-President**  
 everett.jl@gmail.com



Award	Deadline	Criteria
Provincial Scholarship	Starts September 2020 Closed February 2021	Form on RTOERO web: <a href="http://www.rtoero.org/scholarship/">www.rtoero.org/scholarship/</a>
RTOERO Charitable Donation	February 1, 2021	Nominations from Districts
RTOERO Distinguished Member Award	Nominations by May 1, 2020 (closed)	3 per year Nominations from Districts
RTOERO Provincial Founding Member Award	Nominations by May 1, 2020 (closed)	1 per year Nominations from Districts
Provincial Service to Others	Nominations by May 1, 2020 (closed)	Local, national or international programs often involving children, disadvantaged groups, culture and heritage
Project Service to Others – <b>District Award</b> (minimum of \$2,000 annually)	<i>NEW!</i> April 1, 2020 (closed) AND October 15, 2020	As above - focused on local groups with an education related theme, connection, goal or component
Irwin Ruttle Award <b>District Award</b>	April 1, 2020 (closed)	For outstanding voluntary contribution to the work of RTOERO at the District level

**If a deadline has passed, please consider applying in 2021.**  
**Send Applications to the Service to Others Awards to**  
**Juanita Everett, Awards Chair, RTOERO District 20,**  
 78 Hambly Road, Napanee, ON K7R 3K8 613.900.8147  
 Grant applications are available at [www.rtoero20.com](http://www.rtoero20.com) or can be requested from:  
 everett.jl@gmail.com

Visit the **Government of Canada website for current information related to the Coronavirus disease (COVID-19)**



## Wear a face covering

Except for:

- Children under 2 years of age
- People who would have difficulty breathing or a medical reason
- Services that require you to temporarily remove the face covering (e.g., eating)



## Use hand sanitizer

1. Apply 1 to 2 pumps to palms
2. Rub palms, fingers and back of hands
3. Rub hands for 15 seconds until dry



## Please keep a distance of 2 metres (6 feet) from others

This helps to prevent the spread of COVID-19.

Graphic via KFL&A  
Public health.

Thank you for keeping our community safe.



Even in the water we must respect safety and maintain social distancing.