

# VISION 20/20

 **RTOERO** A better future, together  
Ensemble pour un avenir meilleur  
District 20  
**Frontenac, Lennox & Addington**  
district20.rtoero.ca  
Volume XIV Issue i  
Spring 2024

*District 20 acknowledges that we are on the traditional homeland of the Anishinaabe, Haudenosaunee and the Huron-Wendat, and thank these nations for their care and stewardship over this shared land.*

**Thursday, May 23, 2024**

**FREE Buffet Lunch @ 12PM**

**AGM Meeting @ 12:30PM**



## District 20 Annual General Meeting

**Italo-Canadian Club**  
1174 Italia Ln, Kingston  
(via McAdoos Lane)  
Lots of free parking!

Come for the meal and  
stay for the  
connections!

Lunch is on us at 12 PM!  
Choose Your Pasta Buffet  
**NOTE! Lunch reservations  
required by May 8th, 2024!**

Email your lunch order to  
[rtoero20@gmail.com](mailto:rtoero20@gmail.com)

or call

**613-900-8147**

Please identify any special  
dietary restrictions.

**Speakers and Door Prizes!**

Lucky draw for 2 Playhouse  
tickets to Mamma Mia!

July 17, 2024

**Pg 9: Retirement Planning Workshop**  
at Quality Inn Kingston Central  
33 Benson St. at Division St,  
Sat. April 6, 2024 9AM  
Courtesy Breakfast!  
Register online [rtoero.ca/rpw](http://rtoero.ca/rpw)

**Pg 10: THE FUTURE OF AGING SUMMIT**  
Wednesday, May 15 - Friday, May 17, 2024  
Marriott Eaton Centre Hotel, Toronto, ON.  
<https://agingsummit.rtoero.ca/>

**Our Facebook is Renewed!**  
[www.facebook.com/  
RTOERODistrict20FrontenacLennoxandAddington](http://www.facebook.com/RTOERODistrict20FrontenacLennoxandAddington)

Are you Facebook savvy? Consider sharing your  
talents to help build up our profile!

**Pg 11: BUS TOUR TO  
1000 ISLANDS PLAYHOUSE!  
TO MATINEE OF MAMMA MIA!**  
Wed. July 17, 2024  
**Register by June 17!**





## Hello District 20 Members!

What keeps you young? I recently watched a Netflix series hosted by Dan Buettner which highlighted lessons in long life from seniors living in "Blue Zones". Blue Zones are longevity hotspots around the world where there are 10x more centenarians per capita than in the U.S.A. I know we all say it, "Getting old sucks!" We say it particularly when we ache and creak, when we lose the capacity to do favourite activities, when we lose loved ones and friends and when we need help. But, a positive attitude, regular physical activity and proper nutrition can propel us beyond those feelings.

A recent RTOERO Vibrant Voices webinar on **Healthy aging: The great disruptor\*** by Colin Milner, also emphasized these same points. His message underscored the importance of purposeful living on a daily basis. Making goals daily should be part of our practice towards a more fulfilling life. This idea was brought home to me over the past year as two neighbours with a love of golf made regular forays from Napanee to Kingston to visit Golf Town. One neighbour would drive as the other was dealing with a cancer diagnosis and treatment. Many of us thought, including myself, "What was the point?" as the prognosis didn't look good. Yet, two years on, they have golfed a full summer season and made weekly practice trips to an indoor dome in preparation for the upcoming season. This lovely man had purpose, activity and the right tribe as illustrated on the right.

What's your purpose? If you know someone making a difference through a purposeful life, let us know as we would love to highlight them in Vision 20/20.

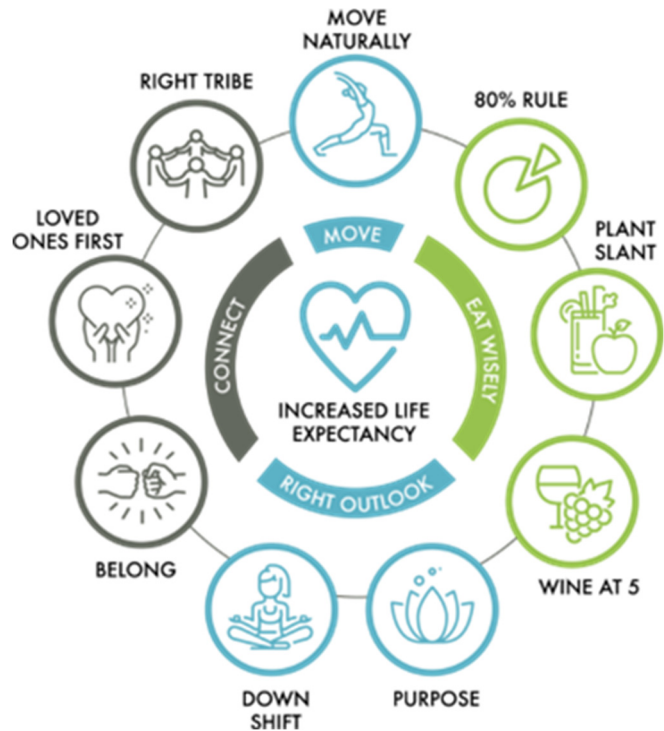
This edition sends a note of congratulations to RTOERO member **Ted Carson\*\*** who was recently inducted into the Kingston Sports Hall of Fame for his long time coaching and organizational commitment to the young people of our district. Our executive is very grateful to have had Ted serve as our District 20 webmaster for several years. Bravo Ted!!

Mark your calendars for our District 20 Annual General Meeting on Thursday, May 23rd, at the Italo-Canadian Club for a pasta lunch buffet, speakers, a bit of business and some good old social fun! See the cover page for details. Looking forward to being together with our District members! Consider joining our team where your talents, skills and purpose are most welcomed!

Enjoy your Spring season!

*Juanita Everett*

**President**  
**RTOERO District 20**  
**613.900.8147**  
**president20@districts.rtoero.ca**



\*The session was recorded and will be available to RTOERO members in <https://rtolarning.rtoero.ca/> until late 2024. Follow the "Diversity..." link.

\*\* Read the whole story on Ted Carson at <https://www.thewhig.com/sports/five-to-be-immortalized-in-kingston-district-sports-hall-of-fame>

**Your 2023/2024 RTOERO District 20 Executive**

**PRESIDENT:** Juanita Everett  
 president20@districts.rtoero.ca 613.900.8147

**FIRST VICE-PRESIDENT:** Dennis Quinn

**SECOND VICE-PRESIDENT:** Lorraine Kenney

**SECRETARY:** Ted Whiteland

**TREASURER:** Doug Helliwell

**MEMBERSHIP SECRETARY:** Liz Carson

**COUNCILLORS**

Patricia Bland

David Kendall

Lorraine Tank

Environmental Steward: **VACANT**

**CHAIRS OF STANDING COMMITTEES**

**AWARDS:** Lorraine Kenney

**BENEFITS:** Lorraine Tank

**COMMUNICATIONS (VISION 20/20):** Patricia Bland  
 rtoero20@gmail.com

**GOVERNANCE COMMITTEE:** Dennis Quinn

**GOODWILL AND MEMBERSHIP SERVICES:** Lorraine Kenney

**POLITICAL ADVOCACY:** David Kendall

**RTOERO FOUNDATION:** Ted Whiteland

**TRAVEL:** Francine Leblanc

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**DISTRICT 20 VACANCY: ENVIRONMENTAL STEWARDSHIP POSITION**



Our District 20 Executive has a vacancy for the Councillor position of Environmental Stewardship. As an Executive member this individual would focus attention on keeping the Executive and membership apprised on environmental issues and possible actions that can be implemented to address environmental concerns. Members who have an interest in filling this important position are encouraged to contact District President, Juanita Everett, by email at president20@districts.rtoero.ca or call 613.900.8147. For more information visit:

[https://rtoero.ca/wp-content/uploads/2020/09/Environmental\\_Stewardship\\_WP-Web\\_EN.pdf](https://rtoero.ca/wp-content/uploads/2020/09/Environmental_Stewardship_WP-Web_EN.pdf)

**WANTED! District 20 Executive Needs Your Participation**

**YOUR TALENTS WOULD BE GREATLY APPRECIATED IN THE FOLLOWING AREAS: AWARDS AND GRANTS, ENVIRONMENTAL STEWARDSHIP, SOCIAL MEDIA SUPPORT, NEWSLETTER PROOFING, POLITICAL ADVOCACY, AND JUST PITCHING IN WHEN POSSIBLE! RAISE YOUR HAND AND JOIN US AT THE AGM ON MAY 23, 2024!**

EMAIL [president20@districts.rtoero.ca](mailto:president20@districts.rtoero.ca)  
 OR [RTOERO20@GMAIL.COM](mailto:RTOERO20@GMAIL.COM) OR CALL 613.900.8147

**"MANY HANDS MAKE LIGHT WORK!"**

**Instructors Wanted**

Share your skills and help keep the Seniors Association thriving!



*Various Locations*

- Main Location: 56 Francis Street
- Loyalist Township
- East End
- West End
- North End

Contact [Programs@SeniorsKingston.ca](mailto:Programs@SeniorsKingston.ca)

**[www.SeniorsKingston.ca](http://www.SeniorsKingston.ca)**



14 Davey Crescent  
 Amherstview, Ontario K7N 1X6

Remember to update your personal info with RTOERO.



# 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. Our list is current as of March 1, 2024.



- Gail Barz
- Ruth Brown
- Mary Lou Carroll
- Stephen Crafts
- Phyllis Deyo
- Mary Dorland
- Allan Glenn
- Ann W Hutka
- Guy Leger\*
- Robert Morrison

- Wayne Rice
- Jean Robinson
- Ivan Lorne Rogers
- Gwendolyn Scott
- Donald Tim Seitz
- Kenneth Topping
- David Vrooman
- Sheila Way
- Catharine Workman



\* District 20 extends its heartfelt condolences to the family of Guy Leger, the first newsletter editor of Vision 20/20 in 2011/2012. He was a talented and kind soul and a great baker! He will be dearly missed. /pb

# Welcome New Members!

District 20 welcomes our new members! As of March 1, 2024 District 20 is comprised of 1383 registered members in Frontenac, Lennox and Addington. There are currently 57 Actively Employed members who have not fully retired, but are receiving RTOERO information in preparation for their retirement plans.



- Linda Adams
- Louise Allard
- Shelley Bannon
- Shannon Brooks
- Jody DiRocco
- Stephen Garrison
- Marie Gavan-Knox
- Kelly Goddard
- Adria Hayes
- Angela Lowry

- Nabil Mailloux
- Tracy Mckenna-Selkirk
- Christine McParland
- Paul Melim
- Sylvain Morel
- Leslie Myles
- Susan Noble
- Sonja O'Meara
- Janet Sanderson

Remember to update your personal information with <https://rtoero.ca/membership/>.



**Political Advocacy Report (PAC)**  
**David Kendall**  
**Committee Chair and Councillor**

**TIME MOVES ON AND CHANGE IS INEVITABLE**

In 1968 the five teacher affiliates in Ontario established a new organization,

The Superannuated Teachers of Ontario (STO), which was designed to defend and make pensions more normalized. By 1986 STO entered into a relationship with Johnson Inc. to administer its group health benefits plan which has carried on until the present.

In 1998 the Superannuation Commission of Ontario renamed itself as the Ontario Teachers' Pension Plan (OTPP) followed by STO renaming itself as the Retired Teachers of Ontario (RTOERO). By 2002 RTOERO opened its doors to include associate members in its portfolio which over time expanded to include surviving spouses and, more recently, active membership.

The year 2018 was a significant one as RTOERO undertook to change from being organized under Ontario legislation to being structured under the Canada Not-For-Profit Corporations Act (CNCA). At that time it made sense to identify as a "national" organization as we already had members in every province and territory in the country with 2 of our 48 Districts located in British Columbia. Three years later RTOERO created three new official Districts: The Prairies (Alberta, Saskatchewan, Manitoba), Atlantic and Quebec.

RTOERO offers membership to anyone working in the education system including colleges and universities...

territories. Other areas were interested in our plan but resisted that it was named RTOERO and from Ontario. The new name "Entente" was widely endorsed and we now have the Entente group health insurance plan.

We also undertook to explore a name change to reflect that we offered membership to anyone working in the education system including colleges and universities. After much deliberation, the proposed new name "Vive" was resoundingly turned down by the Corporate Members.

During 2022 and 2023 RTOERO explored changing the name of our group health insurance plan as we were considering expanding our coverage to include those in education in other provinces and

During this same time period Intact Insurance purchased Johnson Inc. More recently, another subsidiary of Intact, Bellaire Select, has assumed responsibility for administering Johnson's home and auto policies to which many of our members belong. We have been advised that in 2025 Bellaire Select will also take over the administration of our Entente group health insurance plan.

Last year RTOERO once again began reviewing its name and will propose a new name to its Corporate Members at the May 2024 Annual Meeting. It is believed that a more inclusive name will remind applicants that RTOERO supports all employees in the education sector.



**SALT: DISTRICT 20's NEW PARTNERSHIP**

Every year District 20 provides support to community groups in terms of grants. Many of these organizations tend to be in the more developed areas of our District - Kingston and Napanee. During this past year District 20 established a relationship with the **SALT** group - **Seniors and Law Enforcement Together** - which is centred in Sharbot Lake and has serviced seniors in Central and North Frontenac since 2019. The law enforcement partner with SALT works out of the Hartington OPP detachment.

The SALT motto identifies its purpose as Building Trust, Safety and Awareness. Its Mission is "To respect, educate and communicate with seniors in Central and North Frontenac Townships in partnership with the Frontenac OPP."

The SALT team will act as a communication link between seniors and service providers and increase awareness of services for seniors. Through its workshop program SALT pursues the following objectives:

- Increase awareness of services available for seniors
- Improve communication networks between seniors, local service agencies and the Frontenac OPP
- Develop and implement local information services to

seniors including:

- Crime prevention and safety ie. fraud and scams
- Writing wills and power of attorney
- Financial information
- Fire Prevention
- Care and support for dementia and Alzheimer's
- Care and compassion
- Seniors and Driving

Last year District 20 provided financial assistance to this group when their financial support was diminishing for their programming. Now the District is working with SALT representatives to prepare an application to RTOERO for a Community Grant which will again support programming in 2024-25.

District 20 members are encouraged to attend the informative SALT programs. Watch for emails from Communication Councillor, Patricia Bland, when programs are planned in the northern territory of our District. To register for an advertised program, members only need to contact the SALT partner organization - Rural Frontenac Community Services at 613-279-3151 Ext.100.

Members can also follow SALT on Facebook at Facebook @ SALT CNF.



### Dementia

Dementia is a chronic condition that grows more severe over time. Each person experiences dementia in a different way and it is a worry to us all. Dementia can be characterized as a decline in memory and cognitive function and an impaired use of language, judgement, and planning. Dementia can cause changes in mood and behaviour with a lack of interest to complete tasks. Some physical changes may include loss of co-ordination, weak and stiff muscles, trouble sitting and standing, and loss of bladder control.

There is no cure for dementia to date. However, there are some treatments that may help to ease the symptoms and improve the quality of life.

#### What can we do?

There are risk factors that are associated with dementia. They include:

- smoking
- inactivity (physical)
- sleep apnea (or a lack of oxygen to the brain)
- lack of cognitive stimulus
- ApoE Status (which is a gene that a doctor can test.)
- lack of sleep
- diabetes and blood sugar levels
- family history (only 1 %)

It is crucial to think of our brain as an organ. For our brain to function optimally, it requires oxygen, energy, fuel (from our diet) and fluid (from our blood). Therefore, it may be necessary to make changes to our lifestyle to ensure our brain continues to function affectively. Even small changes can help! For more info go to [www.canada.ca/dementia](http://www.canada.ca/dementia).

*Lorraine Tank*  
*Benefits Councillor*  
*RTOERO District 20*



### **Surviving Spouse Benefits**

There are few life situations as challenging as the death of a spouse or, for dependent children, the death of their parents/caregivers. If the primary member of the RTOERO Entente Group Insurance Plan dies, surviving spouses or dependent(s) can become members and enjoy the same benefits.

What to expect:

Johnson Insurance needs to receive the death certificate. Call 416-920-7248 or 1-877-406-9007, or use email at [healthbenefits@johnson.ca](mailto:healthbenefits@johnson.ca).

Johnson Insurance sends the surviving spouse or dependent a continuation of benefits form and postage-paid envelope. The form needs to be completed and sent back.

The surviving spouse or dependent will then become an RTOERO member if they aren't already. They will be enrolled in the Entente benefits.

All historical file notes and claims history will transfer to the surviving spouse's record. They'll receive a new benefits package, card, and a welcome package from RTOERO.



### **Tips to Avoid Romance Scams**

The idea of being scammed through an online romance is heartbreaking – you think you're building a relationship with someone, only to find out it was all part of a plan. You may be scammed into covering travel costs to meet in person, or they might tell you about a family emergency and that they need financial help to deal with it.



This type of scam is sadly common – it cost Canadians more than \$50.3 million in losses in 2023, according to the Canadian Anti-Fraud Centre.

**Elder Abuse Prevention Ontario** offers guidance to avoid romance scams. You can read about the warning signs and the full article on their site here: [eapon.ca/avoid-romance-scam/](http://eapon.ca/avoid-romance-scam/)

If you think you may be a victim but aren't sure, speak to a trusted friend or family member and you can contact police.



Ted Whiteland Chair RTOERO Foundation  
<https://rtoero.ca/rtoero-foundation/>



## RTOERO FOUNDATION UPDATES

"The RTOERO Foundation vision is a society in which all seniors live with dignity and respect".

We are indeed proud to note that the **H'art Centre (Inclusive Arts for All Abilities) of Kingston** was one of the successful grant applicants. Congratulations to H'art Centre! Stay tuned for more information. For additional foundation grant reports visit <https://rtoero.ca/rtoero-foundation/our-work/projects-we-fund/>

### District 20 National RTOERO Leadership

District 20 is proudly represented on the national stage with the RTOERO. We have several District 20 leaders who participate on a variety of RTOERO bodies: **Patricia Bland** is a member of the Marketing and Communications Committee; **David Kendall** serves on the RTOERO Board of Directors, Audit Committee and Political Advocacy Committee; **Dennis Quinn** is a member of the Member Services Committee; and yours truly, **Ted Whiteland**, serves as the Chair of the RTOERO Foundation. District 20 RTOERO is grateful for all who provide their time and talents at all levels of the RTOERO.

**H'art Centre (Inclusive Arts for All Abilities) of Kingston** was one of the successful grant applicants.

### 50/50 Raffle Update

The Foundation has just finished the first of five successful 50/50 Raffles with the winner taking home their share of over \$31,250.00.

We are so pleased to note that 34,760 tickets were sold to over 1,736 purchasers. We hope that you will decide to participate in the four upcoming sales as the RTOERO Foundation share of the proceeds are used to support our annual grant projects.

On behalf of the RTOERO Foundation Board of Directors, I would like to thank you for your ongoing support.

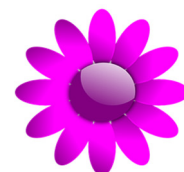
Sincerely,

*Ted Whiteland*

Chair of the Board  
RTOERO Foundation  
<https://rtoero.ca/rtoero-foundation/>

### Recent Granting News

As noted in the fall edition of Vision 20/20, the RTOERO Foundation Peer Review Committee was undertaking their review/adjudication process. Following a discussion at the December 2023 meeting of the RTOERO Foundation Board of Directors, the decision made was to approve the expenditure of \$127,103 in support of four unique projects as recommended by the committee.



## Get social with the RTOERO Foundation

Did you know the RTOERO Foundation has a Facebook page and X account? The foundation posts information, news and resources that highlight seniors' issues with a special focus on geriatrics research and social connection, as well as providing updates on the work of the foundation, including the latest news on its granting program. The foundation's social media accounts are open to all, so feel free to share the links below with family and friends. You can easily connect with the Foundation on either platform by clicking on the links below.

**Facebook:** <https://www.facebook.com/FoundationRTOERO/>

**X:** [https://twitter.com/RTO\\_Foundation](https://twitter.com/RTO_Foundation)

For additional information about the foundation's social media accounts, please contact **Deanna Byrtus**, Manager of Donor Relations, at [dbyrtus@rtoero.ca](mailto:dbyrtus@rtoero.ca).



**Call for Applications**  
Due by April 1 and October 1

**RTOERO DISTRICT 20  
SERVICE TO OTHERS  
COMMUNITY GRANTS**

Do you know a group or organization with a project that supports seniors or the wider educational sector?  
Each grant is worth up to \$1000 per successful applicant.

Find details and application forms at  
<https://district20.rtoero.ca/service-to-others-grants/>

A better future, together  
Ensemble pour un avenir meilleur

District 20  
**Frontenac, Lennox & Addington**

**THE RTOERO DISTRICT 20  
LES FORKES MEMORIAL  
INTERGENERATIONAL  
STUDENT LEADERSHIP SCHOLARSHIP**

*Call for Applications!*

**\*\*Due by June 1\*\***

Available for a graduating Secondary School student who

- Volunteered with Seniors
- Will continue his/her involvement into post-secondary studies
- Resides and studies in the RTOERO District 20 Frontenac, Lennox and Addington region of Ontario



**Up to 2 awards of \$1000 each available!**

Details and applications available by emailing [president20@districts.rtoero.ca](mailto:president20@districts.rtoero.ca)  
Or visit <https://district20.rtoero.ca/memorial-scholarship>

A better future, together  
Ensemble pour un avenir meilleur

District 20  
**Frontenac, Lennox & Addington**

Each year RTOERO District 20 proudly awards **Service-to-Others grants** to local organizations whose values align with those of RTOERO, including Diversity, Equity and Inclusion; Community Connection; Environmental Sustainability; Commitment to healthy living and Wellbeing; Service and Accountability.

Award/Grant	Deadline	Criteria
<b>District 20 Project Service-To-Others Grants</b>	April 1 and October 1 2024	Focused on local groups with an education related theme, connection, goal or component
<b>District 20 Irwin Ruttle Award District Award</b>	April 1, 2024	For outstanding voluntary contributions to our RTOERO District 20
<b>THE RTOERO DISTRICT 20 LES FORKES MEMORIAL INTERGENERATIONAL STUDENT LEADERSHIP SCHOLARSHIP</b>	June 1, 2024 Third Year!	Available for a graduating Secondary School student who volunteered with senior citizens in the District 20 area. Forms at secondary schools and through our website <a href="https://district20.rtoero.ca/rtoero-district-20-memorial-scholarship/">https://district20.rtoero.ca/rtoero-district-20-memorial-scholarship/</a>
RTOERO Community Grants (Previously Provincial Service-to-Others)	<a href="https://rtoero.ca/giving-back/grants/">https://rtoero.ca/giving-back/grants/</a> Spring 2024	Local, national or international programs often involving children, disadvantaged groups, culture and heritage
RTOERO Distinguished Member Award	February 2024	<a href="https://rtoero.ca/about/awards/">https://rtoero.ca/about/awards/</a> 3 per year
RTOERO Provincial Outstanding Leadership Award	February 2024	1 per year Nominations from Districts



# Thinking about retirement?

## Retirement planning workshop



### For anyone who

- Works in schools and school boards, early years, post-secondary
- Wishes to learn about retirement planning
- Wants a workshop tailored to the education community

### Learn about

- Financial planning
- Health benefits in retirement
- Retirement and lifestyle planning

### Attendees receive

- Retirement planning booklet
- Chance to win exciting prizes
- Free RTOERO membership until retirement

### REGISTER

[rtoero.ca/rpw](https://rtoero.ca/rpw)

### QUESTIONS

1-800-361-9888

### PRESENTED BY



### WHEN

Saturday, April 6, 2024  
Breakfast: 9:00am  
Workshop: 9:30 - 11:30am

### WHERE

Quality Inn & Conference  
Centre Kingston Central  
33 Benson St, Building 1  
Kingston ON K7K 5W2



**RTOERO Learning Hub for RTOERO Members** <https://rtolarning.rtoero.ca/>

Here is a one-stop virtual learning destination with webinars and a wide range of learning resources. Any member can access the site to improve their skills and abilities to participate locally and nationally.

The **Future of Aging Summit** will bring together experts and thinkers from various sectors around the globe. The intent of this gathering is to tap into the wisdom and ingenuity of attendees to uncover cross-sectoral solutions that embrace longevity and focus on life quality.

**RTOERO is hosting this summit to advocate for central policy improvements...**

**Wednesday, May 15 - Friday, May 17, 2024 Marriott Eaton Centre Hotel, 525 Bay Street, Toronto, ON.** The three-day international conference will attract policyholders, designers, planners, community organizers, advocates and those who focus on supporting healthy aging, ending agism and building age-friendly societies.

RTOERO is hosting this summit to advocate for central policy improvements to address urgent needs now and to create a more secure and compassionate future for everyone. Its goal is to continue to foster an international network of people across sectors who believe in a better future together and want to help create that future.

**OUTCOMES**

The summit is intended to accomplish the following:

- That participants will be provided with the opportunity to unpack the trends and opportunities affecting the future of aging in Canada and beyond.
- That participants will envision and map out cross-sectoral solutions that face challenges head on, embrace longevity and prioritize life quality.
- That participants will seek to discover how to harness their position and power to affect real change today and in the future.
- That participants will leave Toronto with new connections, knowledge and inspiration to advance shared goals.

**KEYNOTE SPEAKERS**

- Ritu Dadana.....World Health Organization
- Tomson Highway.....Cree playwright, author, musician
- Dy Suharya.....Regional Director of Alzheimer Disease International Asia Pacific Region

**SESSION PRESENTERS**

- Shruti Singh.....Organization For Economic Co-Operation and Development (OECD)
- Carole Osero-Ageng’o.....Africa Regional Representative, Human Rights Lawyer, HELP-AGE International
- Jordano Globberman..... Graphic Designer, Ottawa, Canada
- Terje P. Hagen.....Professor, Health Economics and Management, University of Oslo, Norway
- Theo Kocken.....Professor of Risk Management Vu University, Amsterdam
- Sabina Misoch.....Research Professor, Institute for Aging Research, University of Applied Sciences of Eastern Switzerland
- Don Ezra.....Former Global Co-Chair of Consulting For Russell Investments
- Hiroko Akiyama.....Gerontologist Institute of Gerontology and Future Initiatives, University of Tokyo

**PANELISTS**

- Susan Walsh.....Seniors Advocate, Newfoundland and Labrador
- Carolyn Cooper.....Aged Care Commissioner, New Zealand
- Karen D. Lincoln.....University of California



**JOIN US FOR THE 2024 RTOERO DISTRICT 20 BUS TOUR TO THE 1000 ISLANDS PLAYHOUSE PRODUCTION OF**

**Wednesday  
July 17, 2024  
2PM Matinee!**

**MAMMA  
MIA!**

**\$40/Person  
Bus, Lunch,  
Show & More!**

**Win two show and bus trip tickets as  
Door Prizes  
at the 2024 District 20 AGM  
on May 23rd at the  
Italo-Canadian Club, 12:00PM!!**

**A MOM, HER DAUGHTER & THREE POSSIBLE DADS  
TO WALK HER DOWN THE AISLE!**



On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago. The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship. This sparkly show is filled with non-stop laughs and explosive dance numbers fueled by your favourite hits from "Dancing Queen" to "Voulez-Vous" and so many more!



COST for District 20 members is \$40.00 and includes your return transportation to Gananoque from Napanee and Kingston, a "deck" lunch at the Playhouse, a "dock talk" with actors and group seating for the 2:00 PM performance. There are only 40 seats available. **There are four accessible floor seats available.**

Please fill in the registration form below on page 12 and send it with payment to arrive by **MONDAY, JUNE 17, 2024.**

Note: If you are mailing a late reservation, please confirm your attendance with Juanita Everett by phone at 613-900-8147 or email: [president20@districts.rtoero.ca](mailto:president20@districts.rtoero.ca).

**You must reserve your space to attend the performance of MAMMA MIA! by June 17, 2024. An RTOERO member may bring one additional person.**

Please complete this form and mail it with payment to:

**PLAYHOUSE TRIP**  
**c/o Juanita Everett**  
**78 Hambly Rd., Napanee, ON K7R 3K8**

*Please note any food allergies or dietary restrictions below:*

Member's Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

Main Contact Phone: \_\_\_\_\_

Main Email address: \_\_\_\_\_

Number of tickets: \_\_\_\_\_ at \$ **40.00** each Total: \$ \_\_\_\_\_



**PLEASE MAKE CHEQUES PAYABLE TO "RTOERO DISTRICT 20".**

Food allergy/dietary restriction: \_\_\_\_\_

Payment covers return bus transportation, deck lunch with beverage, dock talk with actors and group seating for the play performance of **MAMMA MIA!** at the 1000 Islands Playhouse in Gananoque on Wednesday, July 17, 2024 2:00PM. Transportation details will be announced at a later date.



**Thursday, May 23, 2024**  
**FREE Buffet Lunch @ 12PM**  
**AGM Meeting @ 12:30PM**

**Italo-Canadian Club**  
1174 Italia Ln, Kingston  
(via McAdoos Lane)  
Lots of free parking!

Come for the meal and stay for the connections!

**District 20 Annual General Meeting**

**Speakers and Door Prizes!**  
Lucky draw for 2 Playhouse tickets to Mamma Mia!  
July 17, 2024

Lunch is on us at 12 PM!  
Choose Your Pasta Buffet  
**NOTE! Lunch reservations required by May 8th, 2024!**

Email your lunch order to [rtoero20@gmail.com](mailto:rtoero20@gmail.com)  
or call **613-900-8147**

Please identify any special dietary restrictions.