



# Hamilton Wentworth Branch

## 2021 May Newsletter



Spring at last! Take time to savour the smell of rain, the bursting of leaves, the peeking of spring bulbs and the trills of birdsong. Try to live in the moment. This gives us a positive attitude to see us through these trying days. To learn more about techniques to help with mindfulness and self-care, join our free workshop with **Martian Karen Cumming**, on May 12th. Yes, I said Martian! Karen is one of the selected 100 willing to colonize Mars, and is a wonderful, humorous speaker. And yes, I did say May 12th. We have had to postpone our **Community Charity Drive Thru until June 23rd**, due to the provincial Stay-at-Home order.

We are so happy to introduce our new recruitment convenors, Beatrice Dabolins and Cindy Robinson. They are eager and full of fresh ideas. You will see posted other executive positions which need filling, including the Vice President role and an Insurance Convenor. Our executive meets five times a year and at this time we have been meeting virtually via zoom. An organization stays vibrant and viable with a regular infusion of new executive members. It has been 7 years since anyone came forward for a VP role. Due to this, we have no one to move into the President's role for this coming year. Linda Sargeant has graciously agreed to return to the President's role for the 2021-22 term. I will continue as Past President. We need to have a person or two step up to take on a VP role, or I am afraid our organization may have to fold. This has been an issue for many branches, and some have folded. It is not a huge commitment, and you have a full team of people to assist. Many hands make light work, but we do have to have a few hands at the helm to steer the ship. Please consider taking a voyage with our RWTO Executive. Good days and smoother sailing are coming!

Please note that our revised membership form for 2021-22 year will not be sent out until later in June. This is to accommodate our reduced renewal fee of \$40.00, which is just for the provincial portion. We have waived our local branch fee for the coming year. We are also awaiting finalization of an e banking option. I know many of you like to renew at our Spring AGM, but that is not feasible this year. Our new membership year begins on Sept. 1st. Our Program outline will also be delayed as we wait to see how the opening of the Province unfolds.

Consider registering for many of our Convention events this June 1st, 2nd and 3rd. This is a rare opportunity for many members to observe much of what goes on at convention. At the very least, register to enjoy the great entertainment on Tuesday and Wednesday evening. The Liverpool 4 sound amazing and the comedian will give us a good dose of laughter...the best medicine for the blues!

Speaking of the blues, if you are feeling down, in need of support, or do not know where to turn to assist a loved one, be sure to read over our info about an amazing new organization, Ontario Caregivers. They offer great, far reaching support for all.

It has been an honour and a privilege to serve as your President, both before and during these COVID times. I look forward to continuing to serve you, unmasked, as your Past President. Here's to seeing and greeting many of you again, soon.

Yours, in caring and sharing,  
Lynn Anderton

*PS There was no snow for me to paint shamrocks on this March 17th. When it showed up on April 20th there was too little! Maybe next year?*



## Manulife Insurance

I hope you have received your Manulife Health Plan card in the mail. If you go on line you can find the forms to submit or download. As well you can change your contact information.

Don't forget that to keep your policy current you must be an RWTO member in good standing. Stay safe and healthy!

Any questions contact: Branch Convenor, Phyllis Macdonald at 289 780 9220  
Insurance Convenor, Anne Wilde at 905 774 8330  
Broker, Terry Kennedy at 519 583 0098  
Manulife Financial at 1 800 268 3763



## Welcome

We welcome two new members to our Executive. Beatrice Dabolins and Cindy Robinson have agreed to share the Recruitment Officer Role.



I taught for 30 years, starting with the Wentworth County Board, hired by the wonderful Joanne Weeks. My career spanned Special Education, Library, Computers, Primary Math Lead, and Kindergarten. I enjoyed a variety of schools; Taplestown, Bellstone, Dundas Central, R. A. Riddell, along with a year overseas in New Zealand. I love animals and particularly puppies. I am an avid reader and enjoy cycling around our rail

trails. We are a traveling family and have passed that on to our daughter. We recently gave up our travel camping trailer and upgraded to a seasonal site in Sauble beach. Looking forward to a time when we can restart our RWTO interest groups in person.

Regards Beatrice Dabolins



Cindy Robinson enjoyed teaching with the Hamilton-Wentworth School Board for her whole career. She finished off with Grade 1, but has done stints in both JK and SK, as well as Grades 2 and 3. She lives in Hamilton, Ontario. While being cooped up in her home she enjoys advancing her creative skills either in the kitchen whipping up meals for her family, painting landscapes with both acrylics and watercolours, or writing stories. She has many tales to tell from her long teaching career and raising three wonderful

boys. She enjoys hiking and biking around the local area and in the Bruce Peninsula and travelling to beautiful beaches, when she can do so again.

## Attitude ...

*"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church ... a home. The remarkable thing is, you have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is attitude .... I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you ... we are in charge of our Attitudes."*

*Charles Swindoll*

*Jan. 4, 2011*

*Wise words. It is a positive attitude that will help us to live well during these times!*



How do you help an organization survive a Pandemic? ...

*You send them your best!*

Hamilton-Wentworth Branch did exactly that, when we nominated **Nancy Papiez** to become our Provincial President ... in the early days of the Pandemic ... when we thought it would be over by the summertime ... of 2020.

Nancy is the fifth Hamilton-Wentworth member to have an amazing impact on our organization as its Provincial President, and she may have faced the most challenges of recent times. Her positive, calm, and innovative attitude helped guide the Provincial Executive in making the right decisions, enabling the organization to create an impressive Virtual Convention, and helping us to look forward to an exciting and vibrant future!

Our sincere thanks, Nancy!

<https://rwto.org/convention/call-to-convention/>



Hamilton-Wentworth

# In Memoriam



~ **Jean Murray** ~

1935 - Feb. 21st, 2021

Jean was a recent member who enjoyed our luncheons!

~ **Pam Fisher** ~

1948 - April 30, 2021

Pam enjoyed careers in both nursing and teaching!



# Thank You Lynn!



**Lynn Anderton**

has done an incredible job serving as our President for the past two years! Running our organization during pandemic times has been quite a challenge, and we think Zoom was invented just to help her keep our group operational! She has been the life line of the Art Appreciation Group for several years, and the Chair of the Entertainment Committee, so adding Zoom workshops to her repertoire just seemed like a natural step! Lynn will continue to serve the Branch through her duties as Past President, as she switches roles with **Linda Sargeant**, who returns to be President for the coming year.

**Phyllis Macdonald**

served as our Health Insurance Chair for 5 years! Our thanks for a job wonderfully done!!



## Join us @ CONVENTION 2021 - JUNE 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup>!

Our delegates attending the business portions of the RWTO Provincial Convention this year are Lynn Anderton, Karen Kasik, Hope Leon, Linda Sargeant, and Ursula VanderPloeg!

### And YOU are welcome to attend the entertainment portions!

Advance registration is necessary – **register early**, as some events have a maximum number of participants - register for each event you would like to attend ... in the comfort of your home! You will be emailed a computer **ZOOM link** for each event as soon as you register – no program downloading is needed – just click the link when it is time to start. (Perhaps note in your calendar, the date the linking emails are sent to you, so they are easy to find at the beginning of June. You may use your computer, laptop, tablet, iPad, or smart phone.

**GO TO OUR PROVINCIAL WEBSITE ...** (click here) <https://rwto.org/>

- click on the main page tabs to see videos about the events
- click on the white and blue **CONVENTION** tab at the top of the page to register (then click on **Members Convention Details**)
- log in using the password **MCD500** (capital letters)
- scroll down the page and register for any events that are interesting to you (select only one for each time block)
  - click the blue **REGISTRATION** word for each event you wish to attend, and fill in your details
  - an email reply will be immediately sent for each event - click on the blue link it contains when it is time to start the event



June 1st	8:45 AM	30 min	Opening Virtual Song and Keynote Address - our own <a href="#">Nancy Papiez</a> President
June 1st	6:50 PM		<a href="#">Live with Comedian Joe Pillitteri</a>
June 2nd	1:30 PM	1 hour	Virtual Tour - Canada: Rocky Mountaineer
June 2nd	1:30 PM	1 hour	Virtual Tour - International: Northern Ireland
June 2nd	2:45 PM	1 hour	Virtual Tour - Canada: The Wild North
June 2nd	2:45 PM	1 hour	Virtual Tour - International: Egypt Yesterday and Today
June 2nd	4:00 PM	1 hour	Women, Wine and Fashion - Fashion show by Anne's on the Avenue
June 2nd	4:00 PM	1 hour	The Jerusalem Challenge - Group dance - like line dancing!
June 2nd	6:50 PM		<a href="#">The Liverpool 4 - Canada's Beatles Tribute</a>
June 3rd	12:50 PM	2 hours	Closing Events - In Memoriam, Awards, Call to the next Convention

# Openings on Executive for 2021-2022

We have openings coming up for some Executive Positions starting May 2021

Please note that any of the roles can be shared with a friend as a team of 2!

Come and join the team. Share your talents. Support your friends!

It takes a village!

Contact: Lynn Anderton via [rwto.lynn@gmail.com](mailto:rwto.lynn@gmail.com)  
or Linda Sargeant [rwto.linda@gmail.com](mailto:rwto.linda@gmail.com)

## Insurance Convenor

Role includes:

- \* attending annual information or training workshops
- \* informing members of current information regarding RWTO Insurance Plan
- \* providing updates for the newsletter
- \* serving as a contact person for members requiring information or assistance
- \* acting as a liaison with our Manulife Rep
- \* attending Executive meetings

## Second Vice President

A **one year** term, which includes:

- \* assisting the outreach convenor
- \* assisting with any special events and other duties of interest.
- \* attending Table Officer and Executive meetings

## First Vice President

A **one year** term, which includes:

- \* assisting the President and Executive
- \* attending Table Officer and Executive meetings
- \* chairing the Awards Committee and the Nominations Committee

## Membership Information for 2021-22 Year

Please be advised that our membership form for 2021-22 will be revised.

We are only charging for the provincial fee this coming year and waiving our local branch fee. Therefore, renewals will be \$40. We are awaiting some further information about the use of ebanking. This form will be sent out to you likely about mid-June. Please wait for this form before renewing for the 2021-22 year.



Are you a member of RTOERO, or would like to learn more about it? Check out the Facebook page for "Rtoero District 13 Hamilton-Wentworth, Haldimand" Enjoy!



## GERAS in Action

Each year, our Branch makes a donation to the GERAS Foundation in memory of those who have passed away during the previous year, knowing that we are helping to



improve the lives of our aging population. That includes our own Marilyn Blight. Dealing with advanced arthritis, both osteo and rheumatoid, and then breaking a leg, Marilyn's mobility was severely curtailed. Through GERAS and the rehab centre, a plan was set up in

which someone would come out to her house and develop an exercise regimen to help rebuild muscle strength and improve her mobility. Prior to COVID, a McMaster Kinesiology student came out to her home at least 5 times to monitor her progress and between visits phoned to see how things were going. Marilyn feels that the programme has definitely had an effect on her ability to get around her home and has nothing but good things to say about what GERAS is doing to make aging in place more attainable.

*In caring and sharing*

# THANK YOU!



30 King Street East  
Dundas, ON L9H 5G6  
905.627.9922  
info@hamiltonjfs.ca  
www.hamiltonjfs.ca

Dear Friends,

Re: **RWTO THANK YOU**

On behalf of Hamilton Jewish Family Services, I wanted to thank the Retired Women Teachers of Ontario's Hamilton-Wentworth Branch for their commitment and care to helping those in need.

Two HJFS families were selected to receive the Holiday Support Bursary from your association. Both families, who have been struggling even more so due to challenges from the pandemic, were over the moon when they got the news. One client expressed how this generosity made them feel seen and cared for, and that they would finally be able to afford a haircut for the first time in two years. Each family wanted me to let you know how grateful they are for your organization, and belief in helping others.

American philosopher, Allan Bloom, once said, "Education is the movement from darkness to light." I can tell that you have never stopped educating our community on the impact of caring.

Thank you for being part of the light.

Be Safe. Be Well. Be Kind.

A handwritten signature in black ink, appearing to read "A. Wenzowski".

Alexis Wenzowski, M. Ed  
Executive Director

This year, our Special Outreach donation was doubled, assisting two families in need of support with \$500 each.

**CLICK THE LINK!** <https://www.ymcahbb.ca/YMCA-Reopening-Strategy/Health,-Fitness-Aquatics/LiveWell-at-Home-Live>

... or search "YMCA LiveWell at Home Live"



**YMCA of  
Hamilton | Burlington | Brantford**

## Exercise Sessions

Registration is required, but is **free**. Sessions run for 6 weeks. Reminder emails are sent each week with the ZOOM links!

### GERAS DANCE

**Monday - May 3 - June 7**

**1:00 - 2:00 PM EST**

This fun, mind and body program emphasizes mobility, balance and strength for older adults (ages 60+) through a series of ballroom-type movements. This program provides a mixture of both seated and standing movements that help improve cognitive and mobility impairments. No background in dance is necessary to participate.

### BALANCE +

**Tuesday - May 4 - June 8**

**1:00 - 2:00PM EST**

This exercise program helps build strength, balance, flexibility and endurance and reduces the risk of falls. 15 minutes of education followed by 30 minutes of physical activity.

### GERAS DANCE - LEVEL 2 (NEW PROGRAM)

**Wednesday - May 5 - June 9**

**1:00 - 2:00 PM EST**

Get ready to take your skills to the next level! This program builds on both the seated and standing movements that were taught in the introductory GERAS Dance class. Prior completion of GEARS Dance is recommended.

### GENTLE FIT (WE BROUGHT BACK A PARTICIPANT FAVOURITE!)

**Thursday - May 6 - June 10**

**1:00 - 2:00 PM EST**

A chair fitness class designed for individuals suffering from chronic joint or bone issues and to optimize health pre/post joint replacement.

Our RWTO Hamilton-Wentworth Branch donations to the GERAS Foundation are hard at work! Each year, we make a donation in memory of our members who have passed away.

New GERAS programs, have partnered with the YMCA to provide exercise on-line fitness classes for seniors.

Whether you are an active person, or require a chair to participate in stretches and exercise, you may find these classes of interest.

Presented in blocks of 6 weeks at a time, you may register at any point. Have to miss a class? No problem – they send everyone a video by email after each class!



Socially Distanced - Drop Off 'n Go!

# RWTO - Community Outreach



Pick & Choose  
which charities  
you would like  
to support!

## CHARITY DRIVE THRU

Wednesday June 23rd 10am - 2pm

Sobey's Meadowlands Ancaster Parking Lot  
(area closest to Golf Links Road)



THANK YOU FOR  
YOUR HELP!

### Purses For Margaret

for women at risk in Hamilton-Wentworth  
filled purses, empty purses, items to put in them!

### City Kidz - Gifts for Kids

for birthdays and Christmas

### Shoes & Boots

for Soles4Souls Canada  
helping Canadians & the 3rd world

### Food, Personal & Household Products

Neighbour to Neighbour Food Bank

### School Supplies

for Wesley Urban Ministries

### Glasses, Sunglasses & Hearing Aids

Canadian Lions Eyeglass Recycling Centre

### Acrylic & Baby Yarn (for Charities)

by our Branch Knitting/Crochetting Group

Items & monetary donations welcome.  
Cheques to the charities please.



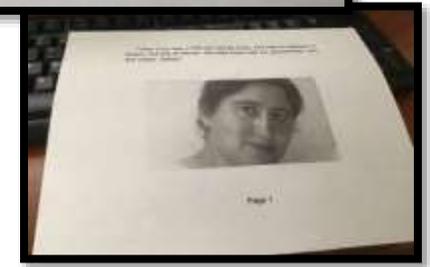
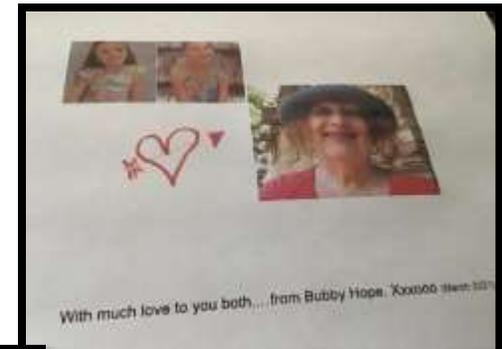
# COVID MEMORIES

## Hope Leon

For the past two months, I have been working on a surprise gift for my two wonderful granddaughters, Ellie and Maggie. I wrote a book! It's an autobiographical children's book about my life,.... my beloved grandmother who practically raised me, and my dream coming true of me becoming a grandmother too, and to these two amazing children.

The project started on the day the girls returned to regular school after months of virtual school. They made me a video to tell me about their first day back, and Ellie flung her arms out saying, "Bubby,....I love you to the moon and back!" Maggie contributed to the love fest, and it was at that point the decision was made,.... and my title,.... cover picture, and theme were decided.

"Bubby,....I Love You To The Moon And Back!" is dedicated to my beloved grandmother, known as 'Bubby' ...Dora Feldman,....an Angel to whom I owe everything. I hope Ellie and Maggie enjoy reading their special book, as much as I enjoyed writing it! 💕💕💕



## Angela Sirrs



Over the past several years I have participated in a number of art shows. Due to COVID, some of those shows are going online and I am participating in one of them, the **Pelham Art Festival**, May 1<sup>st</sup> – May 15<sup>th</sup>.

As Duncan Young has encouraged in his "Mindbusters" program, we should all be engaging in activities that are new and possibly difficult, to keep our minds active. Well, preparing for an online, virtual show has been quite mind-busting for my husband and me.

I have been working for many months on art to present at the show and recently my husband and I have attended several workshops for photography (no we don't have an SLR camera), social media (please save me) and how to upload work onto the website (I need more chocolate).

If you are looking for a distraction during our further lockdowns, you can find the information about the show in the attached poster or go to [www.pelhamartfestival.com](http://www.pelhamartfestival.com).

I will have my own gallery page with items listed under 3D, 2D and craft/design.

Enjoy your virtual art tour! Angela Sirrs

## Denise Warrick

Hello, I have 2 children who live out west, one in B.C. and one in Alberta. I also have 2 granddaughters living in Alberta. I can't tell you how much I have missed them. The last time I saw my granddaughters in person they were 8 months and 3 years old. Now they are 2 and 4 years old. The baby has changed so much!! The only way she knows me is as Grandma on the computer screen. Thank goodness for skype!! I have kept busy with my friends on the phone and with zoom meetings with my RWTO book club "Book Babes". I am also a quilter and without my sewing machine I think I would have lost my mind. I have a quilting friend in Wales and we message each other. I hope you like the pictures of my quilts.



R W T O



# Knitting & Crocheting



Many thanks to the members of our Knitting & Crocheting Interest Group, who recently donated 55 lap quilts and baby blankets to the Good Shepherd Centre, for use in Emmanuel House Hospice and a home for young mothers. Member donations of acrylic regular and baby wool are welcome!



## Free Zooming Workshop With a Martian! **The Mars 100**



My name is Karen Cumming. I'm a journalist who loves to tell a good story. Lately, my friends tell me I have an interesting story of my own to share. I'm one of "The Mars 100": one hundred people from around the world who have made it to the final round of astronaut selection in a legitimate mission to colonize Mars. Really.

I'm here to bring mindful living, meditation and self-care to the people on planet Earth.

The prospect of leaving Earth for good has given me the chance to take a fresh look at the way we live our lives here. Let's face it: **Earth is a stressed-out place.** We wrestle with traffic, financial pressures, family issues, concerns over politics and terrorism, and the list goes on. Here's the good news. Stress doesn't have to make us miserable. All we need are a few simple mindfulness tools to help us manage our state

of mind more effectively. And that's what **Self-care** is... treating ourselves with kindness in order to thrive.

I firmly believe that we are not just here to "make it through the day". We are here on planet Earth to feel **good**, to feel **joy**, and to make a contribution we can point to with pride.

"**The Martian's Guide to Self-care and Stress Relief**" is designed to help you do just that.

### **Imagine:**

- Developing a deep sense of well-being, calm and work-life balance
- Reducing feelings of worry and anxiety
- Enhancing your body's immune system
- Reducing your risk of heart disease

### **Now Imagine:**

- Increasing your ability to focus on the job
- Managing deadlines and pressure with greater ease
- Improving your relationships with clients, suppliers, patients, customers co-workers, family and friends
- Becoming a happier human being

I took stock of all the healing and transformational experiences I've had in life. Everything from becoming a yoga/meditation teacher and health

promoter to spending time at a Buddhist monastery (the home of Zen master, Thich Nhat Hanh), to living in the largest eco village in the UK. Add to these the coping strategies I've learned over the years from some of the world's great spiritual teachers, and you have what I call "**The Self-care 7**".

### **You will learn to:**

- Love yourself
- Make friends with "Now"
- Meditate in a simple way
- Appreciate life
- Focus on what's good
- Speak with positivity
- Let go of what no longer serves you.

The bottom line? You'll leave this workshop with a set of tools designed to help you and your company or organization **live long and prosper.**

Are you ready to "Blast Off" with our workshop? : "**The Martian's Guide to Self-care and Stress Relief**" at 1:30 on Wednesday, May 12th.

If so, register via [moe\\_richardson@hotmail.com](mailto:moe_richardson@hotmail.com) by **May 10th.**

You will receive your zoom link via email by the evening of May 11<sup>th</sup>.



For those of you who missed our March 12th Zoom workshop with Katie Muirhead from the Ontario Caregiver Organization, we want to share some highlights with you.

This relatively **new organization** just received recognition and initial government funding in 2018. It is truly amazing how much they were able to orchestrate and put in place in just one year, before COVID hit! They have continued to expand exponentially since then!



This organization is to support people who are **caregivers of any kind**, whether it be looking after special needs children, teens or adults, caring for anyone with developmental, physical, mental or health issues of any kind. Most of this is done virtually, or by phone.

They offer:

- a variety of blogs, courses and resources, publications, newest research and podcasts on their website
- virtual lessons and sessions on a variety of topics
- one to one counselling to determine your area of need and offer guidance
- caregivers support groups for shared areas of need
- assistance locating support, info and answers
- assistance with finding financial support and with tax implications
- assistance for you to negotiate the complexities of our medical care system
- assistance for our growing number of young caretakers, even in their teens!
- assistance with self-care ideas
- continuously growing bank of resources from around the world
- Host a **Caregiver Advisory Panel**, a province wide online discussion forum
- welcome caregiver ideas, questions and volunteers

**They are an amazing new and free resource!**

Check out their website: [ontariocaregiver.ca](https://ontariocaregiver.ca)

Check out some of the information we have shared about them in our Community News Section. **1-833-416-2273**

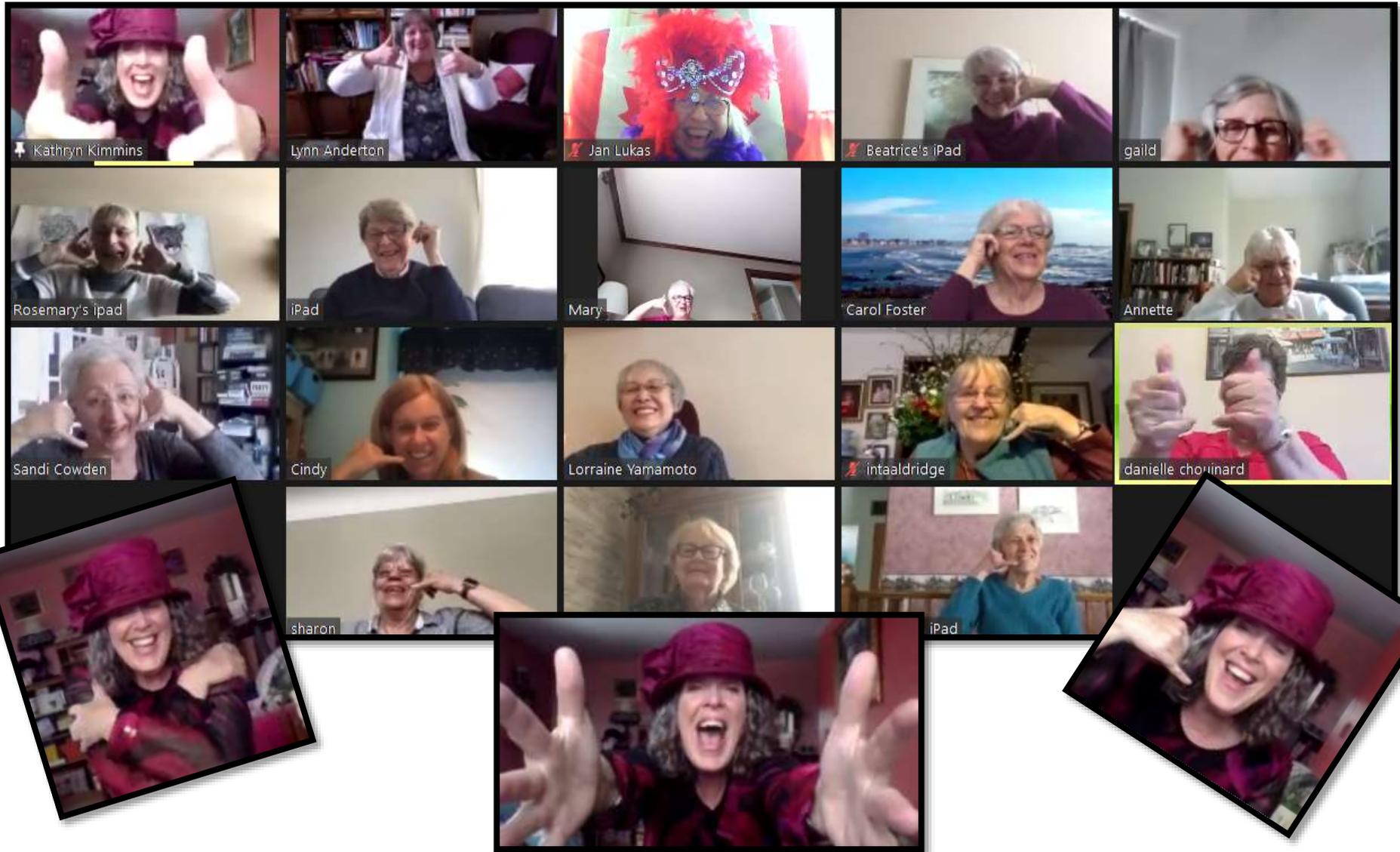
**Available, toll free 24/7**

## Between And Death – part two

- 11** – Never use the phrase “in my time”. Your time is now. As long as you’re alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.
- 12** – Some people embrace their “golden years”, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it’ll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.
- 13** – Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you’ve lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.
- 14** – Don’t abandon your hobbies. If you don’t have any, make new ones. You can travel, hike, cook, read, or dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, or golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.
- 15** – Even if you don’t feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven’t seen in a while, experience something new (or something old). But don’t get upset when you’re not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.
- 16** – Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That’s a great way of reducing their desire to speak with you. Listen first and answer questions, but don’t go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things and people have a low tolerance for hearing complaints. Always find some good things to say as well.
- 17** – Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we’re all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.
- 18** – If you’ve been offended by someone – forgive them. If you’ve offended someone – apologize. Don’t drag around resentment with you. It only serves to make you sad and bitter. It doesn’t matter who was right. Someone once said: “Holding a grudge is like taking poison and expecting the other person to die.” Don’t take that poison. Forgive, forget and move on with your life.
- 19** – If you have a strong belief, savor it. But don’t waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.
- 20** – Laugh “A Lot”. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what’s not to laugh about? Find the humor in your situation.
- 21** – Take no notice of what others say about you and even less notice of what they might be thinking. They’ll do it anyway and you should have pride in yourself and what you’ve achieved. Let them talk and don’t worry. They have no idea about your history, your memories and the life you’ve lived so far. There’s still much to be written, so get busy writing and don’t waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

**And, remember: Life is too short to drink bad wine !!!**

# Laugh Yourself Healthy zoom workshop



Many thanks to Kathryn Kimmons, Laugh Yoga instructor, for an excellent workshop!

## Member Tech Support

Remember, if you require technical help to walk you through downloading and learning how to work Zoom, Trickster, or Caribu Apps, contact one of our Tech Team members!

Mardie Panabaker [mardiepan@gmail.com](mailto:mardiepan@gmail.com) 905-527-6075  
Linda Sargeant [rwto.linda@gmail.com](mailto:rwto.linda@gmail.com) 905-575-3831  
Karen Kasik [rwto.karen@gmail.com](mailto:rwto.karen@gmail.com) 905-385-2100



## Communication Tips

- \* **Speaking:** Be aware that it might be a new "faux pas" to ask people about their vaccination status. Some people do not wish to, or cannot accept, a vaccine. Be sensitive to this new potential dividing line.
- \* **Emailing:** Please remember when you are emailing or forwarding to a group of people to **use BCC**, rather than CC in the recipient line. "Blind Copy Communication" means you respect and preserve the privacy of your friends' email info.
- \* **Zooming:** If your phone or doorbell rings during a zoom meeting or visit, please mute yourself, so the rest can carry on. Unmute on your return. If your zoom time runs out on your meeting, just go back to your invitation link. Click on it again and the meeting can resume for additional time!
- \* **Freedom of Information:** Please bear in mind that contacting members of our RWTO Branch is for RWTO information and purposes only. The Freedom of Information Act does not permit the Branch to freely give out member contact information to other members. If you require someone's address, phone number, or email address, please contact the President, Linda Sargeant. ([rwto.linda@gmail.com](mailto:rwto.linda@gmail.com) ; 905-575-3831) She will contact the member and provide your contact information, so they can reach out to you, if they wish.

# MESSAGE BOARD

## Art Appreciation Group



Our group continues to share and enjoy articles and videos about a wide range of art and architecture topics. If you wish to join our interest group to enjoy these m contact Lynn Anderton via [rwto.lynn@gmail.com](mailto:rwto.lynn@gmail.com).



## Cardmaking

We make cards for all occasions.  
Zoom meetings are held  
on the 4th Thursday  
of the month at 10:00 am.

Contact:

Theresa Linger

[talinger@yahoo.com](mailto:talinger@yahoo.com)

**Weekly**  
**WALKING**

## Bayfront Park Walking Group

The Bayfront walking group is postponed until after May 20th due to COVID restrictions. We have enjoyed the spring outing each Friday. Any questions, text or phone Ann Louise Gloyn at 289 921 0705 or email [alouisegl@gmail.com](mailto:alouisegl@gmail.com)



our **book clubs** are keeping in touch through Zoom.

**Book Club #1** On April 7th our group had a wonderful book club zoom with local author and good friend, **Ross Pennie**...medical mystery writer, and infectious disease specialist. His latest book, “**Bitter Paradise**” was a group hit, and surely my favorite! Coincidentally...there’s a pandemic involved...perfect reading material for now... with a twist.



## Virtual Euchre



Join us to engage in playing cards using an app called Trickster.

We play in the safety of our own home without handling cards.

By using your phone, tablet or computer camera you get to see the three others at your table and chat while you play!

If not sure how to use Trickster, contact one of our tech team members (check **Member Tech Support**, page 17).

They will get you set up and practice it with you!

# Euchre West

Hope you Are Staying Safe and Positive at home while enjoying a fun game of cards with the Euchre apps. Hope you are able to get outside to see "Spring's Beauty" unfold.

Happy, Healthy Spring!

Jeanette Potter and Donna Moore



## Scrapbooking

Scraps and creativity equals embellishments for our next projects.

We document our memories and preserve the past. Meetings are the 3rd Tuesday of the month at 10:00 am.

Theresa Linger [talinger@yahoo.com](mailto:talinger@yahoo.com)



# COMMUNITY



Good afternoon,

My name is Deborah Fernandes and I am a manager at St. Joseph's Villa, and soon to be Margaret's Place Hospice in Dundas. We are very excited that we are getting closer to building completion and look forward to starting our volunteer recruitment phase.

As we know, hospice care encompasses sensitive and compassionate care that helps individuals with a life-limiting illness live their final days as fully as possible. It provides relief from physical pain and other distressing symptoms while integrating the emotional, social and spiritual aspects of care.

Volunteers will play a critical role in this setting and will assist with various tasks such as: receptionist, cook, baker, housekeeping, friendly visitor, gardener, fundraising event support and much more.

All interested individuals will have the opportunity to participate in a full orientation consisting of nine modules. This training will prepare volunteers to understand the function of a hospice, what to expect when someone is actively dying, communication strategies to be employed with hospice residents and their families, as well as other aspects of their role in hospice care and much more.

Our hope is that the Retired Teacher's group would assist in spreading the word regarding this very important initiative. We can begin advertising to your registered retired teachers by sharing possible volunteer opportunities for either themselves or others that they may know. We are happy to share a short presentation to your group members via zoom and/or another platform, send pamphlets or share information in one of your newsletters. We are open to ideas in which you think would be the best methods to advertise to the Retired Teachers group. I thank you in advance for your consideration and look forward to hearing back from you.

**Deborah Fernandes**

Manager, Community Services, Volunteers and Therapeutic Recreation  
St. Joseph's Villa

For information, please call Deborah at 905-627-3541 x2240 or email [d\\_fernandes@sjv.on.ca](mailto:d_fernandes@sjv.on.ca).

**SOCKS**  
**CANADA**



Support  
Orphaned  
Children ~  
Kenyan  
Schools

**Physically Distanced**  
**Drive Thru - Pick Up 'n Go**



## LAKE ERIE PERCH DINNER

CATERED BY - **R.J.S EATERY FOOD TRUCK**

**Saturday, May 29th, 2021**

Book your 15 Minute Window for Pick-up  
between 4:30 – 6:30 pm

**Linden Park Community Church** Parking Lot

484 East 16th Street & South Bend – enter from E. 16th

**TICKET SALES UNTIL – May 23rd, 2021**

Cash, cheque, e-transfer, credit/debit card

**\$25 - Dinner Includes:**

**\$6 donation to SOCKS**

5 – 6 pieces of Lake Erie Perch  
French Fries  
Cole slaw & Roll  
Lemon slice, tartar sauce

In person ticket purchase available

**Saturday May 22nd - 10am - Noon**

Linden Park Church Parking Lot

**OR - e-transfer**

- Deb Kumita

dkumita@gmail.com

**OR - Contact: Linda Sargeant 905-575-3831**

rwto.linda@gmail.com

Order as many meals  
as you like! No limit!

**\$6** from each meal  
supports **SOCKS!**



# THE ONTARIO caregiver ORGANIZATION



If you support someone in need and feel anxious and overwhelmed with your caregiving responsibilities, you're not alone. The Ontario Caregiver Organization (OCO) exists to support Ontario's 3.3 million caregivers; ordinary people who provide physical and emotional support to a family member, partner, friend or neighbour. We support caregivers by being their one point of access to information, and offer programs and services so they have what they need to be successful in their role.

Katie Muirhead  
Regional Lead



## Ontario Caregiver Organization – Programs & Services for Caregivers:

The Ontario Caregiver Organization offers a variety of programs and supports for caregivers, so that they can be supported in their role.

### ONTARIO CAREGIVER HELPLINE: 1-833-416-2273

Single point of access to information, support and service in English and French 24/7. Live chat is available 7am-9pm (Mon – Fri) at [ontariocaregiver.ca](https://ontariocaregiver.ca). Caregivers can speak to a Community Resource Specialist to connect to community-based services and supports across Ontario based on their individual needs.

### SCALE PROGRAM: CAREGIVER NEEDS AND WELL-BEING

Eight weekly webinars, online group coaching and one-on-one telephone counselling. [SCALE \(Supporting Caregiver Awareness, Learning and Empowerment\)](#) focused on topics relevant to new or experienced caregivers, including caregiver stress, managing feelings of anxiety or guilt, self-care for the caregiver. Registration is required. [For more information about SCALE](#)

### VIRTUAL PEER SUPPORT GROUPS

An opportunity for caregivers to connect with other caregivers to discuss the challenges they are facing. Support groups are offered several times a week including a group for young caregivers. Option to join online or by phone. [For caregivers seeking an online support group](#)

### 1:1 PEER MENTORING PROGRAM

Peer support program that connects caregivers with trained peer mentors for 1:1 phone or virtual support. Caregivers with lived experience and knowledge to share are trained to become peer mentors to provide support to another caregiver seeking support with the challenges they are facing.

- [For caregivers seeking to become a peer mentor](#)
- [For caregivers who need the support of a peer mentor](#)

### EDUCATIONAL WEBINARS

One-hour webinars offered two times per month on a wide range of topics for caregivers. Recordings of past webinars are also available online [here](#).

### TOOLKITS AND RESOURCES FOR CAREGIVERS ON OUR WEBSITE

Our website offers a wide range of tools and resources for caregivers at [ontariocaregiver.ca](https://ontariocaregiver.ca), including:

- [I am a Caregiver Starter Toolkit](#) - Created by caregivers for caregivers the toolkit focuses on how the caregiver can be empowered to take care of themselves.
- [Work & Caregiving – A Balancing Act: Toolkit for Working Caregivers](#)
- [COVID-19 Caregiver Tip Sheets](#), including a COVID-19 Contingency Plan tool for caregivers

180 Dundas Street West, Suite 1425, Toronto, ON M5G 1Z9  
T 416-360-2273 E [info@ontariocaregiver.ca](mailto:info@ontariocaregiver.ca) 24/7 Helpline 1-833-416-2273



The logo is used in the name of The Ontario Caregiver Organization  
and is not to be used without the permission of the Province of Ontario.

The Pelham Art Festival Show and Sale will be an online show for 2021.



Now in its 34th year, the Pelham Art Festival Artist and Artisans Show and Sale is the premiere spring art exhibition in Southern Ontario. Over 70 juried fine art artists and artisans exhibit art ranging from original artworks in oil, acrylic, encaustic, pastel, watercolour, mixed media, photography, and pottery, ceramics, segmented and turned wood, glass and jewellery. There is something for every taste and every budget. Proceeds benefit Pelham Libraries and Community Arts projects. The Pelham Art Festival has proudly donated over \$400,000 back to the community.

The preceding **COMMUNITY** pages contain community events which may be of interest to you.

**Take a look!**

You may also have a community event or announcement that you would like to advertise in this newsletter.

If so, please email your information to

[rwto.patty@gmail.com](mailto:rwto.patty@gmail.com)

