



# LIVEWIRES

RENFREW - RTOERO DISTRICT 21



OUR PHOTO CONTEST WINNER

**KAREN DODDS**

Quairing Hike, Isle of Skye, Scotland Oct. 2023

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My thanks to all of you who submitted pictures. See other pics in this issue. Contest remains open for the next issue of Livewires

ENTER OUR PHOTO CONTEST  
SEE PAGE 12 FOR DETAILS

## INSIDE

The president's  
page

Coffee Time in  
the Valley

Keeping your  
ticker healthy

Christmas  
Party pictures

Dust if you  
must

Some stats

Chime In

VTAC in  
Renfrew  
County

Picture  
Contest

## THE PRESIDENT'S MESSAGE

Jacqueline Asselin



It has been an exceptionally positive year for us!

We've been actively involved in various events, including regional luncheons, the Christmas Social, President's Forum, RTOERO Workshops, District Committee Workshops and Political Advocacy. These activities have kept many of our members engaged and connected.

Our dedicated Executive Board members have played pivotal roles in ensuring the smooth functioning of our organization:

Gus Cammaert has been diligently managing communications, member services, and overseeing our District Facebook page.

Guy Regimbal has put in significant effort into the maintenance of our website.

Linda Steeves has been keeping us well-informed about our Entente health benefits.

Myrtle Carrol and Rosemary Cammaert have efficiently organized our social events, in addition to conducting goodwill and social contact workshops.

Carol Sulpher has been a driving force behind the RTOERO vibrant voices initiatives through the PAC Committee.

Anne Guest is serving as our retirement workshop coordinator with a workshop planned for April.

A special acknowledgment goes to L.J. Helferty, our steadfast Treasurer, and Sue Larkin, our valued Secretary, for their unwavering commitment and appreciated contributions.

As we reflect on the accomplishments of the past year, it's evident that the dedication of our Executive Board and the active participation of our members have made it a remarkable period. Let's carry this positive momentum forward into the coming year, continuing to foster a supportive and engaging community for all.

Our district relies on the dedication of volunteers, and we are currently seeking assistance. If you have a passion for RTOERO and our district and wish to deepen your involvement but are uncertain about the most suitable way to contribute your talents and experience, consider volunteering as a member-at-large. This role will allow you to explore how your skills and abilities can be applied to benefit our community. Contact Jacqueline Asselin at [president21@districts.rtoero.ca](mailto:president21@districts.rtoero.ca) for more information.

Thank you for your continued commitment and enthusiasm.



## MONEY AND YOU = SENIORS EDITION

RTOERO's partner, the Canadian Foundation for Economic Education, has released a new resource to support the financial well-being of older Canadians. Money and You: Seniors Edition includes 14 downloadable modules covering a range of topics to help you:

- Establish or build your base of financial knowledge
- Make wise financial decisions
- Set and achieve goals
- Maintain good financial health, supporting your overall health

Access it here: <https://moneyandyouseniorsedition.com/>

## LUNCH IN LA BELLE PROVINCE

Luncheons (3rd Thursday of each month) at Noon  
Waltham Station Restaurant

## PEMBROKE LUNCHEON SCHEDULE

Come and have lunch with us: 1st Wednesday at noon.

2024

Jan. —  
Feb. 7 Finnigans  
Mar. 6 The Kitchen  
Apr. 3 Pizza Hut  
May 1 Truck Stop  
June 5 Frescos

I may not have  
lost all my  
marbles, but  
there is a small  
hole in the bag  
somewhere.

Sept. 3 "No Bells  
breakfast  
@ 9:00 a.m.  
Oct. 2 Westwinds  
Nov. 6 Boston Pizza  
Dec. 4 Nelson Street  
Pub

## RTO CALLS FOR GRANT APPLICATIONS

**District 21 is eligible to receive a 2023 Community Grant from RTOERO, a bilingual trusted voice for healthy active living for educational affiliated retirees in our region.** The design of this grant is to encourage, support and partner with local organizations to promote and improve the lives of members and seniors in our community. District 21 will serve as a project sponsor in partnership with potential project applicants. The optimal value of the Grant is \$4,000 subject to review by RTOERO in collaboration with our local district.

If you have a project that exhibits the potential to enhance community connection, exhibits diversity, equity and inclusion and enhances the well-being and health of RTOERO members in partnership with others locally we encourage you to apply. Detailed information for the 2024 Community Grant application process can be found on the RTOERO website under the Giving Back tab.

Please contact your District Community Grant representative, Carol Sulpher ([dsulpher@hotmail.com](mailto:dsulpher@hotmail.com) or 613 432 5060) if you are interested in preparing a grant request. The deadline for sub-missions for the 2023 Community Grant is April 1.



Sunrise on the Ottawa River sent by Bruce Munro

**I've just finished reading a book about the world's greatest basement ..... It was a best cellar.**

**My teachers told me I'd never amount to much because I procrastinate so much. I told them, you just wait**



## KEEPING YOUR TICKER IN TOP SHAPE

February is Heart Month in North America and the perfect time to reflect on the many ways in which heart disease can be prevented or, at the very least, delayed.

In fact, [according to the Heart and Stroke Foundation](#), nearly eight out of 10 cases of premature heart disease and stroke are preventable.

Dr. Arvind Koshal is one of Canada's leading cardiac surgeons. During his illustrious career, he performed 8,500 open-heart surgeries in Ottawa and, later, Edmonton. There, as chief of cardiovascular surgery, he dramatically reduced waiting times for surgery.

One risk factor that cannot be controlled is a strong family history of heart disease. But a family history is even more reason to get on top of the controllable lifestyle-related factors, like keeping cholesterol, blood pressure and blood sugar at healthy ranges.

To Koshal, most of the lifestyle changes are simple to make. Exercise, for one, needn't be complicated. "It's not a lot of activity that's required for cardiovascular health," he says. Koshal himself plays golf and takes a 20-minute walk five days a week with weekends off. In studies, that amount of walking has been shown to increase lifespan by eight years, he adds.

While it's easy to get overwhelmed by diet advice and choices, Canadian and American cardiovascular societies keep it simple: eat plant-based foods more often; skip or minimize processed foods; eat whole grains, nuts and seeds; opt for water over sugary drinks. Koshal eats almost anything he likes, he adds, but in small quantities. "I enjoy it. I don't over-indulge, and I think that's important."

What's just as essential not only for heart health but for longevity, says Koshal, is social engagement and staying mentally active. "People who are socially engaged, at an older age particularly, live longer than those who are not.

When Koshal was retiring from his busy life as a surgeon, a friend counselled him to make sure he had something planned for every day – even if it was something as simple as going to the grocery store. Facing free time for essentially the first time in his life, Koshal chose to work on his golf game and has taken up bridge. "It's important to have something to look forward to," he says.

When people talk about heart disease, they typically mean coronary artery disease, which is a hardening of the arteries. "Even if you do the right things, you cannot always completely prevent it," says Koshal. "But you can slow its progress – so instead of having your heart attack at 60 or whatever, you may defer it for another 10 years or more."

Seeing your doctor regularly, knowing the warning signs of heart attack and getting immediate help if there are any concerns are keys to a better outcome. Warning signs can be unusual: sudden chest pain, pain in the left arm or jaw, tightness in the chest, fatigue, heartburn or indigestion, cold sweat and/or shortness of breath.

"If you suspect a heart attack, you should call 911," says Koshal. "Don't drive yourself to the hospital and go to the nearest hospital because initial treatment should be done as soon as possible. Don't waste time and *do not drive*."

In addition, if a normal activity suddenly causes unusual symptoms, like shortness of breath or some tightness in the chest, see a doctor. It could be nothing at all, he adds, or it could be something non-urgent like angina, which is a lack of blood flow to some segments of the heart.

But if there's ever a question or a doubt, he adds, "go to a doctor".



# DID YOU MISS THE CHRISTMAS PARTY?



My thanks to Ben Ben Blommesteijn  
for taking the pictures.



# Dust If You Must

by Rose Milligan

Dust if you must, but wouldn't it be better  
To paint a picture, or write a letter,  
Bake a cake, or plant a seed;  
Ponder the difference between want and need?

Dust if you must, but there's not much time,  
With rivers to swim, and mountains to climb;  
Music to hear, and books to read;  
Friends to cherish, and life to lead.

Dust if you must, but the world's out there  
With the sun in your eyes, and the wind in your hair;  
A flutter of snow, a shower of rain,  
This day will not come around again.

Dust if you must, but bear in mind,  
Old age will come and it's not kind.  
And when you go (and go you must)  
You, yourself, will make more dust.



**Do twins ever  
realize that one of  
them is unplanned?**



## Become a Green Member

Get your newsletter faster & in colour.  
Help protect our environment  
Please join those who have switched to  
the online edition, by e-mailing:  
[cammaert@nrtco.net](mailto:cammaert@nrtco.net)



We're 827 members in District 21

|              | Female / Femmes | Male / Hommes | Total      |
|--------------|-----------------|---------------|------------|
| 0-54         | 1               | 7             | 8          |
| 55-59        | 10              | 12            | 22         |
| 60-64        | 26              | 13            | 39         |
| 65-69        | 42              | 15            | 57         |
| 70-74        | 127             | 48            | 175        |
| 75-79        | 144             | 67            | 211        |
| 80-84        | 90              | 70            | 160        |
| 85-89        | 54              | 30            | 84         |
| 90-94        | 39              | 16            | 55         |
| 95-99        | 7               | 5             | 12         |
| 100+         | 3               | 0             | 3          |
| <b>Total</b> | <b>543</b>      | <b>283</b>    | <b>826</b> |

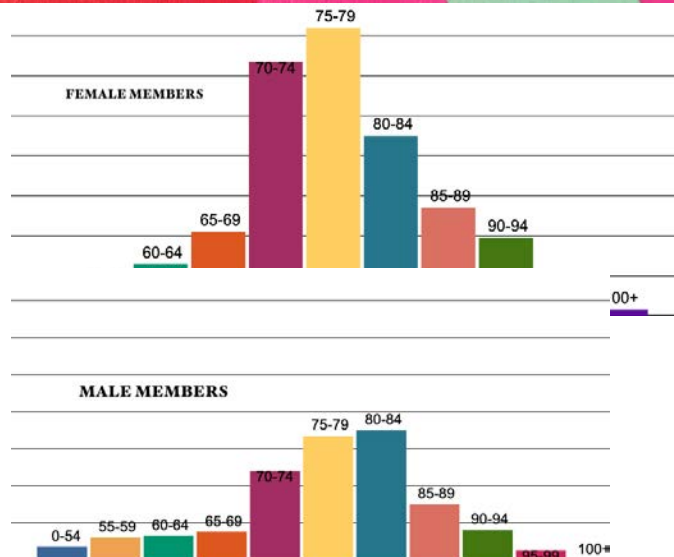


Photo by RoseAnn

### Reserve the Date

On May 30th District 21 will hold its Annual General Meeting at the St. James Church Hall in Eganville.

### Another Date to Remember

Do you know someone who is considering retiring?

Our district is hosting a retirement workshop on April 25. Lots of good pre-retirement information. Location will likely be in Pembroke.

More information to follow.

90% of bald people still own a comb, they just can't part with it

# CHIME IN

## One-pager

**A weekly online chat to support members who want to engage in open discussion and social connection with one another.**

**Brought to you by the RTOERO Foundation.**



**When:** Foundation volunteers host an open weekly conversation hour on Zoom on these days and times:

- **English:** Wednesdays from 1 – 2 p.m. EST
- **French:** Wednesdays 10 – 11 a.m. EST

**Where:** Chats take place on Zoom. Participants can join using a computer or phone.

### Join using a computer:

- Visit [www.rtoerofoundation.ca/chimein](http://www.rtoerofoundation.ca/chimein) to register.

### Join by phone in 3 easy steps:

#### Wednesday English:

- **Chime In Phone #:** 1-855-703-8985
- **Meeting ID:** 981 6661 7011
- **Passcode:** 956147

#### Wednesday French:

- **Chime In Phone #:** 1-855-703-8985
- **Meeting ID:** 876 8841 2977
- **Passcode:** 227748

**Why:** Many RTOERO members have told us that social isolation is a growing concern for themselves and their loved ones. The RTOERO Foundation has been working to improve social connection since 2018, but feedback from our members told us we needed to do more. Members helped us see that our programming had to evolve from awareness to action, providing immediate value to RTOERO members. *Chime In* is that action.

### How it works:

- Members register once in order to join any or all weekly chats. A confirmation email is sent with instructions on how to log in or join the chat by phone.
- A reminder email is sent out before each chat. Participants use the same link each week to join the meeting.
- *Chime In* is a platform for open conversation and connection. *Chime In* is all about the participants and follows their lead. Participants might decide to focus on a particular topic each week, or might simply want to chat with folks who share similar interests and hobbies.
- Participants are placed in breakout groups of three to four people to allow for better conversation and connection.
- Above all, we want RTOERO members to enjoy the chance to connect with other members and even find new friends.

### For more information:

**Call 416-962-9463 or 1-800-361-9888**

**Email: [foundation@rtoero.ca](mailto:foundation@rtoero.ca)**

**Website: [rtoerofoundation.ca/chimein](http://rtoerofoundation.ca/chimein)**



## Renfrew County Virtual Triage & Assessment Centre

If you have a health concern, **call your family physician first.**

If you do not have a family physician or nurse practitioner **or** cannot access your regular primary care provider:

**Call VTAC at 1-844-727-6404**  
**for support from medical receptionists, family physicians and community paramedics, 24 hours a day, 7 days a week.**

### What does Renfrew County VTAC provide?

- Virtual care from family physicians;
- In-person care from family physicians and community paramedics;
- Care at Clinical Assessment Centres (CACs) across Renfrew County;
- Care at home care for vulnerable, housebound residents.

### Who should call Renfrew County VTAC?

- If you or somebody with you has one or more of the following symptoms, you should immediately call 911 or go to the nearest Emergency Department:
- Severe difficulty breathing (struggling for each breath, can only speak in single words);
- Severe chest pain (constant tightness or crushing sensation);
- Feeling confused or unsure of where you are;
- Losing consciousness;
- Major bleeding.

## DO YOU OWN A CAMERA OR A PHONE THAT TAKES PICTURES?

If you enjoy taking pictures and you think you have a pretty good eye for what makes a good picture, here is your chance at becoming a published photographer. Your Marketing Department is running a contest. In the next month or so take a few pics, pick out the best and send it to me. The subject of the picture can be anything that catches your eye. In addition to having the winning pic featured on page 1 of the next Livewires, you will be the proud winner of a prize of immeasurable value. We're hoping for quite a few entries. GO SHUTTERBUGS. Send your pictures to [cammaert@nrtco.net](mailto:cammaert@nrtco.net)

**Deadline is June 30, 2024.**

**He asked this girl:  
Are you Hindu, christian or  
muslim ?  
She answered: I am hungry.**



GOOD MORNING 🌞🌻  
**Make Humanity your Religion**



RTOERO District 21

% Hwy. 34177,  
Eganville, ON  
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