

Dear RTOERO Foundation Representative,

Two months ago we were all looking forward to the arrival of spring and all the wonderful things that accompany it. A season of blossoming trees and an array of colourful flowers along with the disappearance of snow and cold weather. What a surprise we all got with the arrival of COVID-19.

Since the arrival of COVID-19 one of the phrases that we hear over and over is “we are all in this together”. What does that really mean for someone who lives alone or who is a caregiver for a loved one? Mike, Deanna and I know that social distancing is challenging for everyone. However, for these two groups we know that this can be devastating.

Because the mandate of the Foundation is “to improve the quality of life of aging adults”, I began to think about how we could help during this difficult period. There are several things that we could do quite easily. One is to help people who live alone stay connected. Staying connected to other people is the key to getting through this together. Some of you talk to loved ones on a regular basis. Perhaps now, you could reach out to someone who lives alone or who is a caregiver at home. Don’t underestimate how important a simple phone call can be to somebody who is feeling lonely.

Speak with the Goodwill Chair in your District. Ask if there is something else you can do to help. The Goodwill Chair is often the person who knows members and can suggest someone that you can contact. My District has been doing this and it is quite successful.

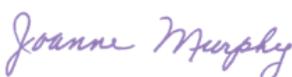
Another consideration to stress is the importance of exercise. Now that the weather is getting warmer, encourage everyone to try walking outside. Even a short distance will add to the well-being of everyone. There are also several television channels that offer exercise programs. Find the ones available in your area and pass them on to others.

As well, one of the best websites for information and exercise is the McMaster Optimal Aging at www.mcmasteroptimalaging.org. This is an online portal that offers weekly articles on healthy aging as well as exercise suggestions. The National Institute on Aging at www.nia-ryerson.ca also provides excellent articles on the well-being of seniors.

Remember, “we are all in this together” but we must take action in order to make that statement true.

All of us here at the Foundation hope that you are staying safe and healthy.

Take care,



Joanne Murphy
Chair, RTOERO Foundation Board of Directors