



EXECUTIVE MEETING
Tuesday, Nov. 6, 2018 at 10:00 a.m.
Chartwell Residence, Etobicoke

MINUTES

Present: Claudia Mang, Karl Sprogis, Mary Jean Ricci, Yadav Bhatia, Maryanne Chard, Marilyn Jones, Sharon Kular, Anne McIlroy, Bill McIlroy, Joel Nasimok, Judy Paton, Adele Pick, Rose Ramundi, Linda Rodegard, Sheila Tait, Janet Thacker, Art Witham

Regrets: Lynn Farquharson, Pamela Guy, Janis McCaskill, Neena Mukhi

1. **WELCOME:** K. Sprogis

2. **APPROVAL OF THE AGENDA:**

Motion #1: Moved by A. McIlroy and seconded by S. Kular that the agenda for the Executive Meeting of Nov. 6, 2018 be accepted as amended. CARRIED

3. **MINUTES OF THE EXECUTIVE MEETING Tuesday, Oct. 2, 2018:**

Motion #2: Moved by C. Mang and seconded by M. Jones that the minutes of the Executive Meeting of Oct. 2, 2018 be accepted. CARRIED

4. **BUSINESS ARISING:**

i. Welcome Breakfast - C. Mang

A total of 74 new and established members and guests attended. There was positive feedback regarding the food, service, venue, displays and speakers. C. Mang will book Markland Golf Club again for next year.

ii. Fall Luncheon - J. Paton

An eblast reminder will be sent to encourage registrations with a cutoff date of Nov.16th. To date 75 registrations have been received. Wendy Rading will accept the STO award on behalf of Arts Etobicoke.

iii. Potential Trivia Event – C. Mang, M.J. Ricci

Apr. 2018 event cost \$ 25.00 per person however with 50th Anniversary subsidy, only \$10.00 was charged. The venue and the quiz master will be contacted to research costs to be presented at Jan. meeting.

5. CORRESPONDENCE - K. Sprogis

- University Health Network portal will open in Jan.
- Report received from Rich Profit re: Directors' Meeting of Oct. 15-16
- Notice from Stephen Wong that presentations will be made at Presidents' Workshop re: Benefits Plan.
- There will be an Open Door policy re: entry into the plan
- Calendar of events for 2019 received.
- Nov. 13th, 11:00 a.m. teleconference to be held for Presidents and Treasurers with discussion of year end processes, budget and electronic banking.

6. TORONTO DISTRICTS – No report
Next meeting Nov. 12.

7. TREASURER'S REPORT - R. Ramundi

The current balance is \$34 762.79 as of Nov.6, 2018.

Motion #3: Moved by A. Witham and seconded by A. Pick that the Treasurer's report of Nov. 6, 2018 be received. CARRIED

8. PRESIDENT'S REPORT - K. Sprogis

Presidents' Workshop and Senate; unexpectedly busy and time well utilized, some items were shortened due to others going overtime

- (a.) Presidents' Workshop featured; Presentation of Governance Model; preliminary results of focus group discussion held by the Foundation at last Senate; Volunteers will be recognized in the future with a letter from RTO Director/Executive Director; Stephen Wong made 2 presentations – Benefits and Retirement Workshops(Participation increasing, Province will be taking an increasing role in future, no fees will be charged); Vibrant Voices was reported on with note that RTO is increasing its impact and more MPP's attended presentations.
- (b.) Senate: Budget presentation showed an increase from \$9,213,500 in 2018 to \$10,525,000 in 2019 – increase revenue for operations by taking 1.26% from interest earned on investments. To pay for governance costs, increased communications to members, additional Staff (Director of H.R. and Volunteer Engagement, Senior Web Developer, Membership Assistant, Benefits and Communications, Marketing Specialist). Reports from Standing Committees given. Presentations made on: Social Isolation; Toronto's Seniors Strategy by Andrea Austen, Policy Development Officer for the City of Toronto; on Branding for RTO. And a Membership Fee Study/Proposal: with the final proposal to be presented to May 2019 Senate for approval. Basically the fee will be \$70 a year for all members, those paying less at the time will be grandfathered. All new members will pay \$70

9. COMMITTEE REPORTS

a. Website - A. Witham.

Transition from former format is a work in progress.

b. Governance - C. Mang

A draft of bylaws is to be developed, distributed to the membership, and will then be submitted to Provincial following approval at the AGM. Further discussion will take place in Jan.

c. Goodwill - M. Chard

In Oct., 9 members attended at The Hot Oven Bakery in Cloverdale Mall. Upcoming dates: Nov. 15' Dec. 20 and Jan.17.

The RTO Luncheon group met at Red Lobster in Oct. and will meet next on Nov. 12 at Tucker's Market Place. Tentatively, lunch dates are December 1 or 10, January 14.

d. Benefits - A. McIlroy

A permanent open door policy has been introduced for those who wish to switch from RTIP4000 only. Andrea Austen of Toronto Seniors Strategy shared much relevant information at Senate. Discussion of a seminar with her staff presenting will be investigated.

e. Members/Telephone - J. Thacker (L. Farquharson)

New volunteers were enlisted; 2 via the newsletter and 9 at the welcome breakfast.

f. Newsletter - B. McIlroy

Submissions for the next issue are due by December 15th.

g. Pensions/Retirement Concerns – C. Mang (J. McCaskill)

Thought provoking talk by Dr. Raza Mirza (Prof. U of T) on senior social isolation.

- Keep in mind - 1. We are all at risk and need to know the signs 2. Make yourself visible 3. Stay engaged
- Social isolation - the lack of meaningful relationships, social supports, social networks and social contacts
- Social isolation is not the same as loneliness
- TED talk (Robert Waldinger) - good relationships keep us healthy and happy, it is the quality of your relationships that matter, relationships also protect our brains
- Some risk factors - spending more than 25 hours per week as a caregiver, divorce, retirement,
- Dr. Raza is part of the Home Share pilot project in Toronto where university and college students live with seniors. Very successful
- Interesting website - connect2affect.org. There is a quiz for yourself or someone else. A U.S. zip code is required to be able to submit the quiz.

Panel Discussion - examples of innovative senior social isolation programs in communities working with RTO Foundation grant money. All programs are concerned about funding, especially with the new provincial government. All were thankful for RTO money

h. Political Advocacy - M. Jones

Recognition of the reelection of Mayor John Tory and general interest in the U/S. midterms were discussed.

i. Recruitment/Membership - A. Pick

As of Oct 31st, there are 2544 members.

k. Retirement Planning Workshops – S. Tait

The next session is November 8th at Weston Golf Club. Provincial will plan events going forward. Assistance will be provided by R. Ramundi, J. Nasimok, C. Mang and M.J. Ricci. C. Mang was asked to speak on behalf of D22.

l. Social - J. Paton

See Business Arising.

m. Travel – K. Sprogis (P. Guy)

Buffalo trip will go ahead although numbers are right on borderline. Process for finalizing next year's trip program will be completed by end of Decem

n. Recreation - S. Tait

Ryerson Lunch and Learn representative may attend the Fall luncheon

o. Awards - S. Kular

Arts Etobicoke, the recipient of the STO award, will receive \$3500.00 on Nov.21st. S. Kular will deliver D22 compliments to Chartwell with a plant in Dec.

p. Communication and Member Services - J. Nasimok

Monthly blast information should be sent to nasimok@rogers.com. Information must be in PDF or Word file format. Following approval by the president, the files will be emailed to all of our members.

FOUNDATION REPORT- J. Thacker

The first Social Isolation Awareness Month, this October, was very successful. Acknowledging social isolation as a scourge in our society can be summed up in the poignant words of Mother Teresa: "it is the most terrible poverty". Hearing Life, Venngo and The United Church of Canada have each become sponsors and promoters of our campaign. Seven hundred RTO members around the province, participated in webinars and others participated in the Engage challenges. This campaign has become the mantra for RTO as apparent at Fall Senate. The message is clear, that if an organization like ours, that speaks for our aging Canadian community, then geriatric health is paramount to the health of society.

OTHER BUSINESS:

Members shared Social Isolation anecdotes and experiences.

ADJOURNMENT: With no further business, the meeting was adjourned at 12:05p.m.

NEXT EXECUTIVE MEETING: Tues., Jan. 8th, 10:00 a.m. Chartwell Residence.