



## *News for Members of RTOERO Lambton District 38*

---

### *We Celebrate Our Volunteers!*

Most non-profit organizations like District 38 rely on volunteers to administer the organization and serve their members. Bill Yates is one of District 38's valuable volunteers. Bill has served as second vice-president, helping host and provide entertainment for some of our general meetings. He also set up and manages our Facebook page and other social media platforms, as well as using his graphic design skills to help with the newsletter, retirement workshops and new member functions among others. Bill also instituted a walking club for members and their friends, which is ongoing. Now, Bill has decided to retire. He will be missed.

Laurel Liddicoat-Newton is another of our volunteers who is in charge of our Political Advocacy Committee. This committee monitors issues important to all seniors as well as our members, political parties' stances on such concerns, elections, pensions, and environmental concerns. Laurel is now stepping back. We hope only temporarily. We salute and thank these two willing volunteers!

Unfortunately, as with many non-profits, replacing these volunteers is proving more and more difficult. Some current executive members are serving in multiple roles. For example. President Bert Phills serves as benefits coordinator, newsletter editor, governance coordinator, Foundation contact and Community Grants organizer. If you are able to contribute some of your time, skills and experience to any of our efforts, contact Bert

([president38@districts.rtoero.ca](mailto:president38@districts.rtoero.ca)) .

### *On the inside....*

Ontario Caregiver	p2
Birthday Greetings	p2
Longterm care Planning	p3
In Memoriam	p4
Message from RTOERO Chair	p4
Financial Report	p4
Grieve to Retire	p5
Columbia Sale	p5
Sarnia Concert Series	p5
Spring Dinner Pictures	p6
Telus Ad	p6
Request to join Executive	p6
Executive 2025-26	p7
Dinner Registration Forum	p8
Goodwill Report	p8



Many of us are in the situation where we are caring for our parents or other elderly persons in our family or the community.

The Ontario Caregiver Helpline is a one-stop resource for information about the programs and resources that can support you in your caregiving role.

Use the helpline to find:

- Home and community care options
- Local support groups
- Specialized programs for those you care for

Confidential, free support is available by phone or online chat. The Helpline is available in English and French, with interpretation service available for 150 languages, upon request.

#### By Phone

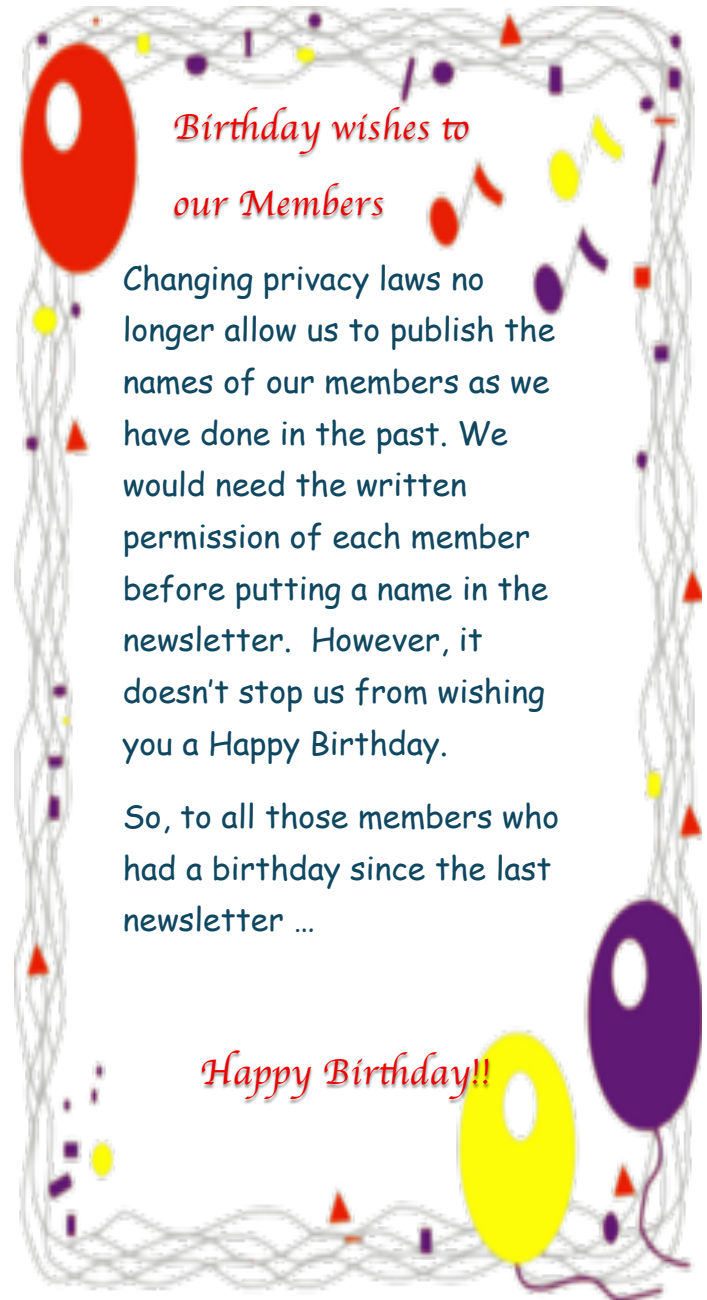
Available 24/7

1-833-416-2273 (CARE)

#### Online Chat

Available Mon—Fri 7am - 9pm EST (From the website see above)

**The Ontario Caregiver helpline is *not* a crisis or counselling line. *If you are in crisis and need immediate assistance, please call 911 for a medical emergency or 988 for a mental health crisis.***



If you are not receiving RTO Lambton e-bulletins, please send your e-mail address to

[petelayc@gmail.com](mailto:petelayc@gmail.com)

### *Long Term Care Planning - Some Things to Consider*

Long term care is a variety of services to help with activities of daily living (ADLs) and accommodation provided to people with a **chronic illness**, disability or cognitive impairment such as Alzheimer's disease - **the opposite of acute care**. It is intended to help a person maintain optimal functioning - not cure medical problems: **care not cure**. This can take place in a home, hospital or long-term care facility.

ADLs encompasses

- **Bathing:** Washing the body, including showering or bathing.
- **Dressing:** Putting on and taking off clothes.
- **Eating:** Feeding oneself.
- **Mobility/Transferring:** Moving from one place to another, such as getting in and out of bed or a chair.
- **Toileting:** Managing bowel and bladder functions, including getting to and from the toilet and maintaining personal hygiene.
- **Continence:** Maintaining control over bladder and bowel functions.

#### **Long-term Planning Questions To ask Ourselves**

How long do I think I will live?  
Where do I want to live-or can I live?  
What is my health status?  
How am I caring for myself?  
Have I done the legal work?  
Am I managing my information?  
How much money will I have?  
How much money will I need?  
What care do I want?

**Who will care for me?**

The best time to think about long term care is now - **BEFORE** you need it. No surprise there!!  
It is never too late to start planning and talking!

#### **Risk Factors That Can Predict The Need For Long Term Care**

**Age** - risk increases as people get older  
**Gender** - women at higher risk than men - often live longer  
**Having a disability**  
**Marital status** - single people more likely to need paid care  
**Lifestyle** - poor diet and exercise habits can increase a person's risk  
**Present health**-having a chronic illness like diabetes or arthritis  
**Family health history** - Alzheimer's, cancer, stroke, heart disease etc.  
**Mobility issues** - inability to walk or transfer  
**Major physical injuries** - broken hip, knee  
**Living alone** - couples tend to care for each other as they age.



## In Memoriam



We mourn the loss of the following members and offer our sincerest sympathy to family and friends. We know that treasured memories will help ease the pain in time.

Marian Douey	Blair Baldwin
Murray Metcalfe	Gerry Young
Donna Simpson	Shirley Thompson
Donna McQuillan	Lynda Tilley
Rita Young	Helen Broad McCaffery
Shaun Kilduff	Bruce Wynne
Betty Bradley	Eugene Graham
Warner French	Ivan Brooks

## A message from our chair John Cappelletti

As you know, the name of our organization transitions to Entente Education Canada effective January 1, 2026. The new name reflects our roots in education and our ongoing commitment to trust, connection and healthy aging.

Members can continue to expect the same valued programs, services and supports as we go through the transition. Between now and the start of 2026, you can expect to see the messaging "RTOERO - soon to be Entente Education Canada." After January 1, "formerly RTOERO" will appear alongside the new name. District branding will also change to align with the new name. Our logo, colours and services will remain the same

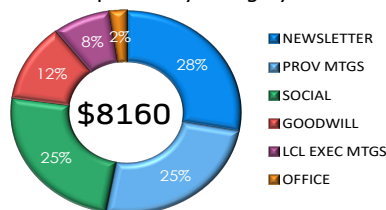


## RTO/ERO District 38 - Lambton FINANCIAL REPORT - 01 September 2025

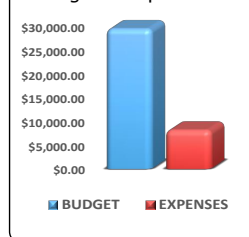
### Income to Date

Opening Balance	\$8,485.65
400 RTOERO FEB Grant	\$10,758.99
RTOERO JUNE Grant	\$10,758.99
430 PAC Grants	\$0.00
605 SOC Deposits	\$1,650.00
303 Miscellaneous	\$0.00
700 STO Grants	\$0.00
<b>Total Assets for 2024</b>	<b>\$31,653.63</b>

### Expenses by Category



### Budget vs Expenses



2025 Budget	-	\$29,405.00
Remaining Budget	-	\$21,290.00
2025 Fiscal Year	-	67%
2025 Budget Spent	-	28%

#### NOTE:

2025 Budget increased by \$1350 to \$29450.

No Bell Brunch - approx. \$1500

Remaining 2025 costs include: Donations, Educational Bursaries, Goodwill Christmas, Newsletter, Christmas Social and Provincial Fall Forum.

2025 Projected Reserve ~ \$2500

Report prepared/submitted by H. W. Peters

01 September 2025



## Jim Grieve to Retire

After more than a decade of visionary leadership, CEO Jim Grieve has announced his upcoming retirement from RTOERO.

Jim has served as Chief Executive Officer since 2015, guiding the organization through transformative change. Under his leadership, RTOERO expanded membership to include the immediate family of our members and undertook the thoughtful, multi-year process to adopt a new name—Entente Education Canada—reflecting who we are today and our vision for the future.

A commitment to member well-being, organizational transparency and advocacy for older adults has marked Jim's tenure. His influence has helped position RTOERO as a trusted national voice and a leader in healthy aging and retirement support.

Jim will continue in his role through the end of 2025, supporting a smooth transition to new leadership. The search for RTOERO's next CEO is now underway.

The members of Lambton District 38 wish him the best as he enters the next chapter in his life.



Retired Teachers of Ontario - District 38 Members (Lambton)

### EXCLUSIVE INVITE TO SHOP



SEPTEMBER 5 - SEPTEMBER 28  
BRING THIS PASS + PROOF OF  
AFFILIATION + UP TO 4 GUESTS

London, ON  
1-1425 Max Brose Dr  
londonemployeestore@columbia.com

[TERMS AND CONDITIONS](#)



### Canadian Chamber Orchestra OCTOBER 8, 2025

"This ensemble plays with an obvious passion for the orchestral music of Mozart, Debussy and Tchaikovsky..."



[canadianchamberorchestra.ca](http://canadianchamberorchestra.ca)

### Bax and Chung Piano Duo NOVEMBER 5, 2025

"They make a musical duo performance sound as one." - Music and Arts, UK.  
A concert of wonderful works by Bach, Mozart, Poulenc and John Adams



[artsmg.com](http://artsmg.com)

### Drew Jurecka SUNDAY MARCH 1, 2026 at 2pm

90th Anniversary Reception to follow  
An accomplished jazz violinist presents the music of Gershwin, Berlin and Ellington. "... highly regarded in the jazz world and deservedly so ..."



[drewjureckamusic](https://www.facebook.com/drewjureckamusic)

### Quartetto Gelato APRIL 8, 2026

This dazzling ensemble presents classical master-works, romantic ballads and blazing gypsy tunes from Mozart to Dave Brubeck, with virtuosity and relaxed humour.



[quartettoigelato.ca](http://quartettoigelato.ca)

### Daniel Vnukowski MAY 13, 2026

"... A pianist of charismatic talents..." presents the powerful and timeless melodies of Beethoven, Chopin and Mendelson in a performance of magical brilliance.



[danperforms.com](http://danperforms.com)



[sarniacconcertassociation.ca](http://sarniacconcertassociation.ca) • [imperialtheatre.net](http://imperialtheatre.net)  
Email: [sarniacconcert@gmail.com](mailto:sarniacconcert@gmail.com)

All performances Wednesdays 7:30pm (except March 1)

TICKETS & INFO AT IMPERIAL THEATRE BOX OFFICE  
168 N. Christina St., Sarnia, ON N7T 5T9 • 519-344-SHOW (7469)

# Spring Dinner 2025 Pictures



## Executive 2025-26

At our annual meeting in June, elections for the executive were not held. The offices affected are President, First Vice-President, Second Vice-President, Secretary and Treasurer. If you wish to stand for any of these positions, please forward your name to Bert Phillips. His contact information can be found on page 7 of this newsletter.

TELUS Exclusive Partner Program

**School's out forever.**

**Stay in touch with TELUS for your exclusive savings.**

Keep the vacation going.

Get Unlimited roaming to Canada, US and Mexico

**\$60/mo**

Includes \$10 preauthorized payment discount

Save now and browse your exclusive perks at [telus.com/rtoero24](https://telus.com/rtoero24)

**We are here to help.**

Enjoy personalized service from your dedicated EPP Specialist

Contact Alyssa at [alyssa.walsh@telus.com](mailto:alyssa.walsh@telus.com)



<i>Lambton District 38 Executive</i>			
President	Bert Phills	<a href="mailto:president38@districts.rtoero.ca">president38@districts.rtoero.ca</a>	
Vice President	Volunteer needed		
Secretary	Michele Vilcsak	<a href="mailto:secretaryd.38lambton@gmail.com">secretaryd.38lambton@gmail.com</a>	
Treasurer	Holger Peters	<a href="mailto:tresaurer38@districts.rtoero.ca">tresaurer38@districts.rtoero.ca</a>	
<i>Standing Committees</i>			
Membership	Robyn Mortimer	<a href="mailto:robynmortimer@icloud.com">robynmortimer@icloud.com</a>	
Public Relations	Bill Woodcock	<a href="mailto:woodcockbill@gmail.com">woodcockbill@gmail.com</a>	
Goodwill	Michelle Vilcsak	<a href="mailto:secretary.38lambton@gmail.com">secretary.38lambton@gmail.com</a>	
Retirement/Concerns	Rosanne Orcutt	<a href="mailto:rosieo@cogeco.ca">rosieo@cogeco.ca</a>	
Personal Development	***Two volunteers needed***		
Webmaster	Peter Laychak	<a href="mailto:petelayc@gmail.com">petelayc@gmail.com</a>	
Community Grants	Bert Phills	<a href="mailto:president38@districts.rtoero.ca">president38@districts.rtoero.ca</a>	
Social	Ann Hines	<a href="mailto:ahines5@cogeco.ca">ahines5@cogeco.ca</a>	
Political Advocacy	***Two volunteers needed***		
Archivist	Al Campbell	<a href="mailto:Alan.acresearch.campbell@gmail.com">Alan.acresearch.campbell@gmail.com</a>	
Newsletter	Bert Phills	<a href="mailto:president38@districts.rtoero.ca">president38@districts.rtoero.ca</a>	
Benefits	Bert Phills	<a href="mailto:president38@districts.rtoero.ca">president38@districts.rtoero.ca</a>	
<i>Other Executive Supporters</i>			
Scott Brennan	Pat Gleason	Kathy Bandla	Linda Smith
Carol Peters	Cynthia Rawana	Shelly Waller	

As you look at our executive above, you will notice that the list of vacancies is growing. Also, several of our members are doing multiple jobs. Some like Peter, have been doing this job for over a decade. This is not sustainable. The need for your help has never been greater. Please consider joining us. Please contact anyone above to offer your help.

### *Contact information for the Retired Teachers of Ontario (Provincial Office)*

18 Spadina Road, Suite 300  
 Toronto ON M5R 2S7  
 1 416 962 9463 or 1800 361 9888  
[membership@rto.ero.org](mailto:membership@rto.ero.org)

Please contact the provincial office with changes of name, address, telephone number or email.

**Spring Dinner**

Tuesday, June 9, 2026

11:30 Social

12:15 Dinner

Cost \$30

Sarnia Legion

**Holiday Dinner and AGM**

Wednesday, December 10, 2025

11:15 Social

11:30 Meeting

12:15 Dinner

Cost \$30

Best Western

**Registration Form****Note:** Make Cheques Payable to RTO/ERO Lambton District 38

Name: \_\_\_\_\_ Telephone \_\_\_\_\_

Guests: \_\_\_\_\_

**Spring Dinner**

June 9, 2026

\_\_\_\_\_ tickets @\$30 each

Send cheques by May 27, 2025

**Holiday Dinner and AGM**

December 10, 2025

\_\_\_\_\_ tickets at \$30 each

Send Cheques by November 27, 2025

Unfortunately, online payment is no longer available.

Detach and send form to:

**Carol Peters, 6797 Eton Court, Camlachie, Ontario, N0N 1E0****Goodwill Committee**

Each year in early December, District 38 volunteers deliver poinsettias to our most senior members in care or retirement homes or who live independently. Linda Smith ([jturvey@mnsi.net](mailto:jturvey@mnsi.net)) curates the recipient list year-round and coordinates the delivery. Many of these senior members appreciate a short visit as well as the plant. If you would like to help out, please contact Linda.

Linda also sends bereavement cards and information. District 38's In Memoriam bursaries for graduating local high school students honour member deaths. Pat Gleason writes over 400 birthday cards annually for those of us who are 80 or older. Kathy Bandla arranges special recognition and interviews for members celebrating significant birthdays. These interviews appear on District 38's web page. Kathy also sends Valentine's Day cards to our most "senior seniors".

If you know of any colleague whose circumstances have changed, please let our committee know!