



Helen Reid - Editor, President

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Highlights from March 2022 Board meeting

- Approved Travel Policy for reimbursement of travel outside of Oxford County for RTOERO business.
- Procedures and Policies Document may be accessed at <http://tinyurl.com/rtoerooxfordlivingroom> and then by entering the kitchen door.
- Send Janet Thomason ideas for securing an RTOERO community grant for a charity in Oxford County. jthomson@oxford.net
- District 37 Archives are now available to members in our living room. Click on the “vase” on the kitchen table.
- Lilly Good, Chairperson for Political Advocacy, received an Ontario election resource package. Members are needed to assist in the work of this committee to disperse information. There are 3 areas to be highlighted: Senior Strategy, Geriatric Healthcare and Environmental Stewardship. \$2000 is allocated to each district to enlighten members of the election platforms. Please contact Lilly at lilmattster@gmail.com
- The Wellness Committee is planning upcoming workshops on Estate Law and Probate, Financial Planning and Reducing Taxes, and Estate Planning.

Upcoming Events - Save these dates!



March Cooking Party - Easy Vegetarian Cooking

Mar 24, 2022 01:30 PM Eastern Time (US and Canada)

No registration required.

Join Zoom Meeting <https://rtoero.zoom.us/j/83364288924>

Are you looking for some delicious vegetarian options? Wondering what to make for a meatless meal? We will make at least 3 vegetarian/meatless options including vegetarian lasagna and stuffed peppers. Sign below to have the recipes sent to you a week ahead. Ideas and recipes at the end of class for making more vegetarian/meatless meals will be shared. <https://tinyurl.com/rtovegetariancooking>



Know Your Health Plan Webinar - Benefits Workshop

Tuesday, **April 8** at 10:00am (ET)

No registration necessary. Save the date and link.

<https://rtoero.zoom.us/j/83393218866>

Do you have questions or need clarification on your benefits plan? Would you like to know the improvements that have been added in the last 2 years? How does the pandemic affect my coverage if I travel?

This session is meant to be a refresher on the information, resources and tools you need to help navigate your health plans with ease. There will also be a 15-minute question & answer (Q&A) period as part of this presentation. You will not need to have your camera and mic on or available during this presentation. Any feedback you wish to share or questions you may have will be collected in the session's chat box.

Alzheimer Society

S O U T H W E S T P A R T N E R S

The Alzheimer Society Southwest

Partners has an urgent need for the following volunteer positions in Oxford County.

In-Home Recreation Volunteers. Currently volunteers are asked to make weekly phone calls or virtual visits to a person living with dementia. The intention of the program is to move to face-to-face visiting when Southwest Public Health allows. Volunteers are trained to help with cognitive stimulation through planned recreation activities and conversation with a client. Visits will be scheduled for a time that works for your schedule as well as the schedule of the client you are matched with.

IG Wealth Management Walk for Alzheimer's Planning Committee Volunteers. Do you love to plan, fundraise, and engage with other volunteers? If so, we need you and your support! This year the Alzheimer Society Southwest Partners will hold 4 Walks on May 28 & 29 in London, St. Thomas, Tillsonburg and Woodstock. We are seeking volunteers to join our Walk Planning Committees in Tillsonburg and Woodstock as soon as possible. Additionally, we're looking to recruit A Walk Chair in Woodstock, London & St. Thomas, Registration Coordinator, Sponsorship Coordinator, Team Engagement Coordinator, Accounting Coordinator and so much more.

If you are interested, please email Robyn Owen, Volunteer Specialist, at robyn.owen@alzswp.ca for more information or call 519-535-1583.