

THE LOOP

The Foundation's Quarterly Update



Spring 2022

Dr. Rochon leads the future of geriatric medicine: A four-part series

Dr. Paula Rochon holds a number of impressive positions with a number of prestigious organizations and institutions. We know her best as the RTOERO Chair in Geriatric Medicine at the University of Toronto. But for a very special group of student trainees, she is not only a professor but also a mentor. Every year, Dr. Rochon accepts a small number of students into the Women's College Hospital trainee program. These trainees are the future of geriatric medicine.

In a special four-part series, we will introduce you to these innovative minds and give you some insight not only into their research initiatives but the role Dr. Rochon plays in each of their professional careers and the essential role she fulfills as a teacher and mentor. We'll find out what inspires these young professionals to pursue the field of geriatric medicine and where their future aspirations lie.



Part 1: Keshini Sriarulnathan

The impact of ageism during COVID-19: a survey of retired members of the education community

Read our full interview with Keshini here: <https://rtoero.ca/dr-rochon-leads-the-future-of-geriatric-medicine-part-1/>



New grant focuses on seniors' mental health

The RTOERO Foundation is thrilled to announce a new donor-funded grant, awarded in 2021 for a project titled *Mentally Healthy Living After Social Distancing* led by Dr. Gail Low out of the University of Alberta. The project will be implemented and managed by a research team from the University of Alberta. It was selected by the Foundation for its academic rigor and focus on post-pandemic health and wellness, but also for its tangible, practical outputs.

The project aims to identify and compile mentally healthy living strategies used by older adults during the pandemic, which can also be used to ease back into society. Data will be collected through an e-survey made available to RTOERO members.

Researchers will evaluate which strategies are most effective at reducing anxiety, stress and other mental effects of the pandemic. This will lay the groundwork for a “mental health cookbook” complete with sage advice and accompanying recipes.

This project dovetails perfectly with the RTOERO Foundation’s focus on raising public awareness of the mental health effects of social isolation and finding ways to keep older Canadians socially engaged and feeling connected. *Mentally Healthy Living After Social Distancing* is a 2-year project that is funded entirely and solely by the RTOERO Foundation.

Please click here for more information about this grant:

<https://rtoero.ca/mentally-healthy-living-after-social-distancing/>

Please click here to learn more about Dr. Gail Low:

<https://apps.ualberta.ca/directory/person/gail>



Supporting Canada's aging population begins with your financial generosity

We strive every day to make a difference. We aim to ensure that the work we do has an impact on your life, your children's lives and the lives of all future generations. The RTOERO Foundation envisions a society where the 6.5 million Canadians that make up our diverse aging population live with dignity and respect. We are one of the only charitable foundations in Canada focused on the health and well-being of older adults to ensure they know they are valued and cared for.

Donations help fund the critical research and innovative programming grants at the centre of our work. These donor-supported grants are instrumental in enhancing the lives of seniors across Canada.

With the continued support of our donors, we can help foster respect, self-determination, better health care and social connection for older adults. Together, we can continue to advance knowledge about aging and make sure we all – ourselves and our loved ones – have access to age-appropriate, high-quality care and support as we get older.

[Please click here to support the Foundation's work:](#)

Why Bonnie Saveall from District 19 chooses monthly giving



To become a monthly donor like Bonnie, please [click here](#):

I have been a monthly donor of the RTOERO Foundation for nine years. I believe there is no one better to carry out the important research for our aging demographic of retirees than an organization founded and funded by retired persons.

Donating a little at a time each month doesn't hurt one bit and over a year can add up to something more substantial. All to better assist the geriatric research that is a huge part of the Foundation's mandate. Just imagine how much research and change this Foundation could accomplish if each and every RTOERO member became a monthly donor.

I am very happy to support the Foundation which contributes to healthy aging practices for all of us. I increased my monthly donation by a small amount last year. It's the least I could do to support an organization that in the future can make life easier for me, my loved ones, my former colleagues, and those living in long term-care homes.

The RTOERO Foundation announces its new strategic plan

The RTOERO Foundation is very excited about the next four years as we embark on a renewed mission to invest in programs, research and training to support healthy, active aging for all Canadians. Our goal is to become the recognized voice advocating for older adults. We will work to transform findings from the research we fund into actionable knowledge that can be used to improve the lives of RTOERO members and all older Canadians.

<https://bit.ly/3qBPjHx>



RTOERO Foundation Webinar Series

Did you know that the RTOERO Foundation has been hosting webinars since 2018? We are now pleased to present Season 5 of our webinar series on topics designed to enrich your lives, provide useful information on current research into the areas of social isolation and geriatrics, and improve the lives for all of us as we age.

All of our past webinars can be viewed from our website at this

link: <https://rtoero.ca/rtoero-foundation/get-involved/webinar-series/>

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