

THE LOOP

The Foundation's Quarterly Update



Summer 2022



Dr. Rochon leads the future of geriatric medicine: Part 2 of 4

Every year, Dr. Rochon accepts a small number of students into the Women's College Hospital trainee program. In this four-part series, we introduce you to these innovative minds and give you a sneak peek at not only their research initiatives, but also what inspires them to pursue the field of geriatrics and where their future aspirations lie.



Joshua Tuazon



Nickrooz Grami

Part 2: Joshua Tuazon & Nickrooz Grami

Promoting healthy aging in older women:
A call to action

Nickrooz: Our project is focused on investigating the disparities between older women and men and their health care outcomes. We have been systematically reviewing literature that demonstrates that older women are marginalized. Society, as a whole, doesn't look at older women as a unique sub-group that needs to be researched independently – especially in the area of health care. It's extremely important to provide this perspective in our education as it determines how doctors practise in the future. It's important that we recognize the symptoms that are unique to older women so we can provide better care. We also need to include research and data on the lives of older women. As we become aware of challenges that are unique to older women, we can help develop solutions to these challenges.

Read our full interview with Joshua and Nickrooz here:

<https://rtoero.ca/dr-rochon-leads-the-future-of-geriatric-medicine-part-2/>

Why Ann Ivoll from District 13 was inspired to donate



To become a monthly donor like Ann, please click here:

I became a donor to the RTOERO Foundation just last year. I received the Foundation's Better Care Campaign appeal and was inspired to make a gift. The campaign clearly outlined the need for us to invest in geriatric research. I was unaware that there were just over 300 geriatric specialists in the entire country.

As an octogenarian, I fit into this growing segment of the population. I realize that I can help fund grants that focus on the field of medicine that specializes in the treatment of older adults. It is my way of doing what I can to ensure that I have the right type of medical care and that my family has access to the best doctors as they become older.



Chime In Update

[Chime In](#) is the RTOERO Foundation's weekly chat group for RTOERO members which has been running since October, 2021.

Many participants attend weekly and tell us how much they enjoy the chance to chat and socialize. "Chime In is a delightful initiative of the RTOERO Foundation. It is intended for those who wish to enlarge their circles, meet new people and enjoy conversations. It has been totally enjoyable for me to meet people from near and far. Conversation never lags in the breakout groups. It is certainly an awesome way to spend one hour of my week." - Polly C., District 23.

Participants can join using Zoom or can call in by phone. Sign up for one of more of these sessions:

- English: Wednesday from 1 – 2 p.m. EST [Register now](#)
- English: Thursday 11 a.m.– noon EST [Register now](#)
- French: Wednesday 10 – 11 a.m. EST [Register now](#)

You only need to register once to gain access to each weekly session, but you are not obligated to attend every week. You are free to Chime In as often as you wish.

We can't wait for you to join us as we all [Chime In](#).



Better Care Campaign appeal

It was the scariest time for our family. We thought we were going to lose our dad. He wasn't eating or sleeping. He had no energy and was often confused. He was on eight different medications, three times a day – and he was suffering dramatic cognitive decline. We rushed our dad to the emergency department. They weren't able to provide us with any real answers.

Thankfully I have a friend who is a nurse practitioner. She has a lot of medical training and experience treating older adults. She immediately recognized my dad's symptoms as delirium and extreme dehydration. We had my dad examined by a geriatrician. He was the right person to assess my dad. He confirmed the delirium diagnosis and offered effective ways to help him. And now dad is almost completely recovered.

This year, once again, we are raising funds to support research and training for geriatrics and gerontology and we need your help. Through the Foundation's grant program, we fund critical research that works to better understand and address the complex needs of older adults. We firmly believe that investing more in the field of geriatric medicine in Canada is the best way to make sure that folks like my dad get the care and attention they deserve.

Please support the Better Care Campaign today.

Input needed from RTOERO members on Sinai Health program

Here is your opportunity to help build a valuable webinar program with our partner, Sinai Health/UHN and Dr. Samir Sinha, Director of Geriatrics at Mount Sinai and the University Health Network Hospitals.

The aim of this [survey](#) is to gather your input and feedback as Sinai Health/UHN plan their next Healthy Ageing 101 Webinar Series. As an RTOERO member with experience in the education sector, your feedback will be of particular value in helping them plan and deliver more interesting, relevant and valuable content in an effective and enjoyable format.

Please note that the [survey](#) closes on Friday, July 22, 2022.

Fast facts about the RTOERO Foundation

- We are the philanthropic partner of RTOERO.
- Registered Canadian charity, established in 2011.
- Inspired by RTOERO members' desire to improve the quality of life for aging adults.
- Our mission is to invest in programs, research and training to support healthy, active aging for all Canadians. Our activities aim to improve seniors' health care, end social isolation and combat ageism.

In case you didn't know:

- We rely on voluntary donations from RTOERO members, and financial support from corporate partners and others who care about improving the quality of life for aging adults.
- The Foundation issues a tax receipt for every donation of \$20 or more.
- Donors to the Foundation have the option to allocate their donation to one of our two focus areas: 1) geriatrics/gerontology research and training or 2) social isolation initiatives.

Granting History:

- \$2.7 million for geriatrics/gerontology research and training.
- \$357,939 for projects addressing social isolation.

RTOERO Foundation Webinar Series: Fall 2022

The Foundation is proud to bring you webinars focused on improving seniors' health care, social engagement and information to support healthy active aging for all Canadians. Please join us for one of these upcoming webinars:

Thursday, September 8, 2022

TBD

[CanAge](#)

Time: 2:00 pm

Tuesday, October 4, 2022

A panel featuring leaders and experts in the field of social isolation.

Dr. Samir Sinha, Dr. Raza Mirza, Dr. Rachel Savage

Time: 2:00 pm

Tuesday, November 22, 2022

This presentation will focus on philanthropic giving and how to make the most of year-end donations.

Presented by: Betty-Anne Howard

Time: 2:00 pm

Watch your email for registration information 2 weeks prior to each presentation. To watch previous webinars, [visit us online.](#)

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