

IMPACT REPORT 2022

Many years ago, my daughter was gifted a book called *Goodnight Stories for Rebel Girls: 100 Tales of Extraordinary Women*. We read it at bedtime every night for months. One of the women featured in the book was Grace Hopper (1906-1992), an American computer scientist, mathematician and United States Navy rear admiral. Something she said has stuck with me because it perfectly articulates my belief about innovation: "The most dangerous phrase in the language is 'We've always done it this way.'"

A temporary hiatus of the RTOERO Foundation's grant program during the pandemic provided a rare opportunity to evaluate and optimize. We looked at all aspects of our program and realized that while much of what we did was working, there were other aspects we felt could be improved. We asked ourselves if we could innovate, not through sweeping overhauls, but through modest yet important adjustments.

With each element of the program, we asked, "Why do we do it this way?" After careful consideration, if we discovered a sound strategy and strong logic, we left it alone. But if the only answer we could find was "We've always done it this way," we'd then look for a better way.

The result is a relaunched granting program that among other improvements has simplified the application process, broadened its scope to a wider variety of project proposals and streamlined the work of our peer reviewers.

Innovation is daunting, but it is the only way forward in all areas of life including business, charitable work and education. In my daughter's book, we learned that Grace Hopper was not only a brilliant computer scientist but also a teacher who once said, "The most important thing I've accomplished is training young people...I keep track of them as they get older and I stir 'em up at intervals so they don't forget to take chances."

In this report, you will find updates on some of our ongoing grants, as well as some that have recently been completed, with impressive results. I get incredible satisfaction from knowing that we help bring important ideas to life.

As a donor who has contributed generously to the RTOERO Foundation, you should also share in this feeling of pride and fulfillment. I hope you enjoy reading about the fruits of our collective efforts.

Mike

Mike Prentice
Executive Director, RTOERO Foundation

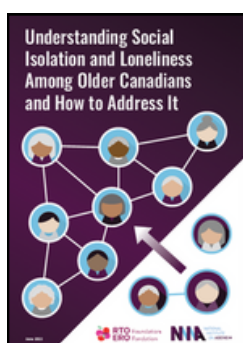


RTOERO Foundation grant updates

For more than 10 years the RTOERO Foundation has been enhancing the lives of seniors in Canada through our donor-funded grant program. Donations help fund the critical research and innovative programming grants that are at the core of our work. The greatest impact of our work lies in these grants, which are instrumental in understanding the complex needs of seniors across Canada. Together, with your generous support, we invest these funds in programs, research and training to support healthy, active aging for all Canadians.

Completed grants

National Institute on Ageing: Understanding Social Isolation and Loneliness Among Older Canadians



This report is a powerful example of the impact our grant program has on the lives of all older Canadians. It synthesizes many important insights and findings, including the fact that older adults are not only at an increasingly high risk of experiencing both social isolation and loneliness but are also especially vulnerable to their negative impacts. The NIA has developed six policy recommendations to help advance a proposed national strategy. The research will lead to the implementation of effective, evidence-based strategies to reduce the impact of social isolation and loneliness, and better support healthy aging. Visit <https://bit.ly/3Pls1uh> to read the full report.

Schlegel-UW Research Institute: RIA Community Conversation Guide



In a community setting, it can be difficult to talk about social isolation as knowing what to say or what to do isn't always obvious. This guide is intended to be a tool to help community members develop a level of comfort in helping others. The guide provides community members with the knowledge to identify signs of potential isolation and the confidence to approach and assist others in need by connecting them to programs and services. Although the initial intent of this guide was to focus on one specific local community, the final guide was revised so that it serves as a resource for all communities across Canada. Visit <https://bit.ly/3j2b963> to read the full guide.

Ongoing grants

Nipissing University: Social Connections and Living with Dementia

The aim of this study is to develop a more nuanced understanding of social isolation and loneliness among people living with dementia and/or their care partners. Preliminary analysis provides insight on how people affected by dementia experience both lost and new connections over time, meanings found through connections with their physical environment and the usefulness of periods of solitude to maintain overall well-being. Outputs will include an exhibition of eco-mapping (visual maps of a family's connections to the external world) to raise awareness of the isolation and loneliness of living with dementia. The project will also produce a resource for dementia care practitioners on the use of eco-mapping as part of an assessment or screening process for social isolation and loneliness.

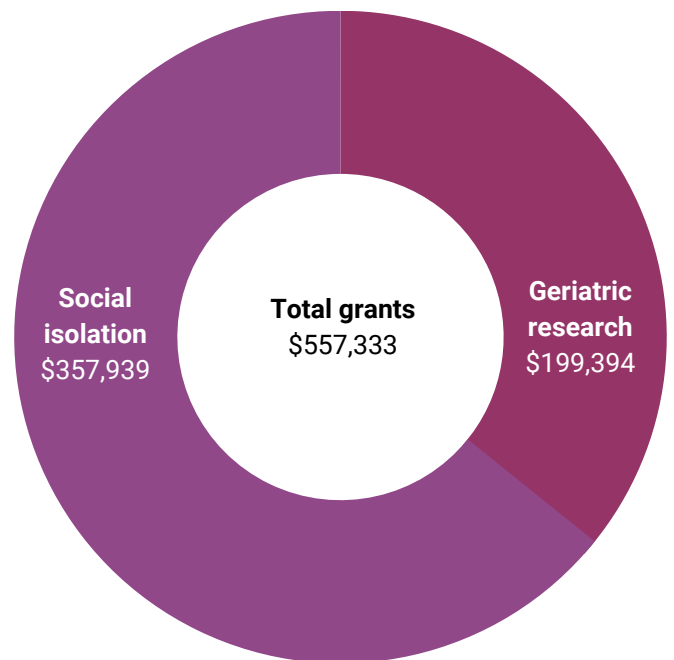
Granting crosses half million dollar mark

Since its inception in 2011, the RTOERO Foundation has focused the bulk of its efforts on raising funds for its annual grant program. We are extremely pleased to announce that the cumulative value of all the grants we have awarded is \$557,333.

In total, we have awarded \$199,394 to projects focused on geriatric and gerontology research. Seven projects have received grants in this area, with an average grant size of \$28,485. The other key area our grants address is the growing problem of loneliness and social isolation among older adults. We have awarded \$357,939 across ten social isolation projects with an average of \$35,794 per project.

The vast majority of funding that supports the RTOERO Foundation's grant program is provided by individual members and RTOERO districts. Without generous contributions from our members, the Foundation could not continue to support the innovative research and community programming that we should all be proud to say we help make possible.

We see the potential and the need for significant growth to our donor base and fundraising capacity to ensure that we fulfill our mission and vision. Through creative and engaging new fundraising channels, we will harness the power of the RTOERO community to significantly increase annual donation revenue and grant impact in 2023.



Districts key to Foundation success

With a new strategic plan that includes bold fundraising and granting targets, we rely more than ever on district support. This list recognizes the generosity of RTOERO districts that have supported the RTOERO Foundation with a financial gift between January 1, 2022 and December 31, 2022.

\$3,000+	\$1,000 - \$2,999	\$500 - \$999
District 13 – Hamilton-Wentworth & Haldimand District 24 – Scarborough & East York District 39 – Peel District 49 – The Prairies	District 11 – Waterloo Region District 14 – Niagara District 15 – Halton District 19 – Hastings & Prince Edward District 20 – Frontenac Lennox & Addington District 22 – Etobicoke and York District 28 – Region of Durham District 33 – Chatham-Kent District 40 – Brant	District 3 – Algoma District 5 – Cochrane & Temiskaming District 12 – Norfolk District 23 – North York District 36 – Peterborough
\$499 and under		
District 1 – Rainy River District 4 – Sudbury & Manitoulin District 9 – Huron-Perth District 17 – Simcoe County District 21 – Renfrew	District 27 – Ottawa-Carleton District 29 – Lanark District 31 – Wellington District 37 – Oxford	District 41 – Elgin District 43 – Nipissing District 45 – EstaRiO District 46 – Muskoka