

IMPACT REPORT 2023

In the late 1960s, psychologist Walter Mischel conducted a groundbreaking study at Stanford University called "The Marshmallow Test." In this study, preschool-aged children were offered a choice between one small but immediate reward, or two small rewards if they waited for a period of time. Each child was left in a room with a single marshmallow and if they could refrain from eating it for 15 minutes, the child was rewarded with two treats. The Marshmallow Test was a revealing analysis of the psychological mechanism known as "delayed gratification."

Delayed gratification is an essential component of the human experience. Without it, we would be unable to commit to anything that requires an immediate sacrifice to reap a greater reward in the future. Saving for retirement is an exercise in delayed gratification, as is saving room for dessert. The very concept of education relies on our ability to put faith in significant payoffs, down the line.

I've come to see that the work of the RTOERO Foundation – investing in geriatrics research and community projects for seniors' health and well-being – is the Marshmallow Test on a societal scale. The projects we fund generate tangible outputs, create resources, establish service models and build knowledge.

But even more importantly, these projects lay the groundwork for meaningful future impact. In some cases, the immediate benefits may be subtle, but over time, those small benefits become the catalyst for a growing momentum toward much larger change. It is a slow process but I take comfort and pride in the fact that the RTOERO Foundation is playing a role in helping build this momentum.

As a Foundation donor, you should share in this feeling of pride because you have demonstrated your commitment to a cause that does produce immediate results, but which bestows even greater benefit over time. Through our collective effort, we defer gratification and refrain from eating a single marshmallow, in order to have the pleasure of sharing two marshmallows with future generations. Our children and grandchildren will grow old in a society that values their worth and guards their right to a life of dignity and respect. And that will be a society that you helped create.

Thank you for believing in the future.



Mike Prentice
Executive Director, RTOERO Foundation



RTOERO FOUNDATION GRANTING PROGRAM UPDATES

For the past 11 years, the RTOERO Foundation has been enhancing the lives of seniors in Canada through our donor-funded granting program. Donations help fund the critical research and innovative programming grants 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.

SOCIAL ENGAGEMENT

Initiatives that have as their primary focus, improved social engagement for older adults.



2023 - \$113,000 | SINCE 2011 - \$470,940

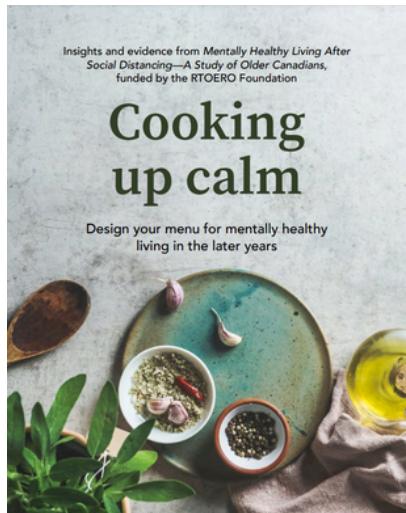
GERIATRICS RESEARCH

Initiatives that take a scientific approach to an examination of healthy aging, health services, and the quality of life for older adults.



2023 - \$100,000 | SINCE 2011 - \$299,395

University of Alberta: Mentally Healthy Living After Social Distancing



RTOERO Foundation published several articles over the past year in both *Renaissance* magazine and *Embrace Aging* talking about this exciting project and its final output: *Cooking up calm* – a tangible tool that people can use in their everyday lives.

This practical resource includes six anxiety-lessening strategies, benefits of cooking beyond nutrition, sage advice from study participants and delicious recipes. Initially intended to be exclusively an electronic resource that can be easily shared with older adults across Canada, a limited number were printed and distributed at various senior-related symposiums.

In addition, we hosted a webinar with the researchers who presented a deeper dive into their work.

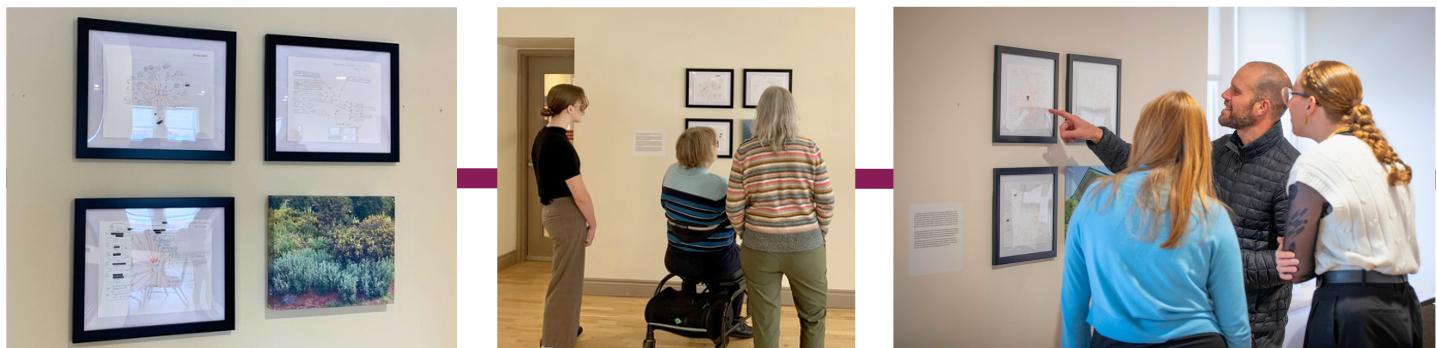
Included in the booklet are actionable tips based on the six most effective strategies for mentally healthy living to emerge from the study.

Download
Cooking up calm
for FREE online at:

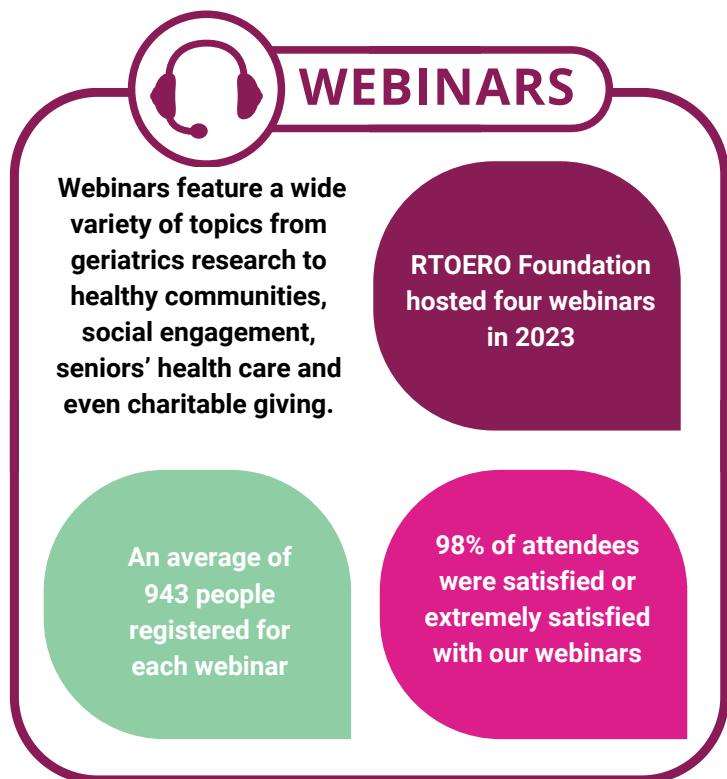
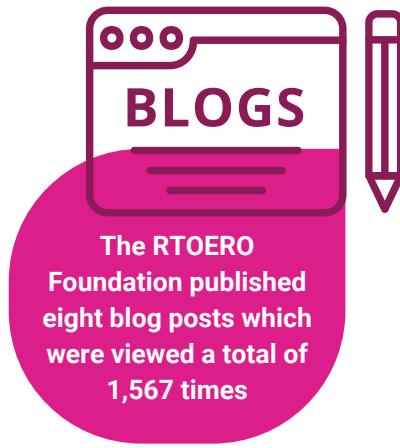
bit.ly/3PD96Tf

Nipissing University: Social Connections and Living with Dementia

This study aimed to develop a more nuanced understanding of social isolation and loneliness among people living with dementia and their care partners. As a result of the study, Nipissing University hosted 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 exhibition provided an opportunity for study participants, their families and caregivers to gather and share personal experiences. This resulted in social connections and supporting conversations about the impact of dementia on their lives.



KEEPING YOU INFORMED



Every quarter, 15 RTOERO districts publish Foundation articles in their newsletters*

*on average, and based on districts that make newsletters available online

EMBRACE AGING

Published quarterly and mailed to all RTOERO Foundation donors

Rated **4.2 ★★★★**
(out of 5, by 388 ppl) on the Member Survey

THE LOOP

Published quarterly and emailed to all RTOERO members who are not Foundation donors

THANKS TO OUR SUPPORTING DISTRICTS

The support we receive from many RTOERO districts across the country are key to our success. Thank you to those that made a financial gift between January 1, 2023 and December 31, 2023.

\$3,000+

District 39 – Peel

\$1,000-\$2,999

District 11 – Waterloo Region
District 13 – Hamilton-Wentworth & Halton
District 14 – Niagara
District 15 – Halton
District 19 – Hastings & Prince Edward
District 20 – Frontenac Lennox & Addington
District 28 – Region of Durham
District 33 – Chatham-Kent
District 36 – Peterborough
District 48 – Leeds and Grenville
District 50 – Atlantic

\$500-\$999

District 3 – Algoma
District 7 – Windsor Essex
District 22 – Etobicoke and York
District 23 – North York
District 24 – Scarborough & East York
District 32 – Prescott-Russell
District 40 – Brant
District 42 – Mainland British Columbia

\$499 and under

District 5 – Cochrane & Temiskaming
District 9 – Huron-Perth
District 12 – Norfolk
District 17 – Simcoe County
District 21 – Renfrew

District 26 - Kenora
District 29 – Lanark
District 31 – Wellington
District 37 – Oxford
District 41 – Elgin

District 43 – Nipissing
District 44 – Franco-Nipissing
District 46 – Muskoka
District 49 – The Prairies

The RTOERO Chair in Geriatric Medicine 2023: A YEAR IN REVIEW

Dr. Paula Rochon is the RTOERO Chair in Geriatric Medicine. She is a Senior Scientist at Women's College Hospital in Toronto and the Founding Director of the Women's Age Lab.

In their second year, Women's Age Lab has embarked upon exciting work across the three priority areas while emphasizing the importance of addressing gendered ageism throughout. This includes continued alignment with international initiatives, addressing aging in place through their study on Naturally Occurring Retirement Communities, reducing loneliness by promoting social connectedness with digital literacy workshops and improving the way medication is prescribed for older people, particularly women.



PAULA A. ROCHON
MD, MPH, FRCPC

HIGHLIGHTS

- Research has been disseminated in academic journals, such as *The Lancet* and leading aging-focused journals with 20,000+ views on our publications
- Awarded six years of federal grant funding from CIHR and PHAC to support novel work on reimaging aging in place
- Work was profiled in national and international news media outlets, such as *The Globe and Mail*, *Toronto Star*, and *NPR* reaching over 12 million weekly readers
- Collaborated with aging-focused organizations such as RTOERO, SE Health, the International Federation of Ageing, and HelpAge Canada
- Positioned at the forefront of training the next generation of scientists focusing on women and aging