

THE LOOP

The Foundation's Quarterly Update



Summer 2025



Men's Sheds: connect with other men and build social confidence

The Men's Shed movement began in Australia in the 1990s and has blossomed to over 2,500 sheds in more than 12 countries. Although each Men's Shed is unique to its community, they all share a common goal—enhancing men's health and well-being by offering a space for social engagement, skill-sharing and community involvement.

A Men's Shed is not literally a shed but serves the same purpose as one. It's a place for a group of men to learn new skills, explore new interests and form lasting friendships. Like a traditional backyard workshop where men bond over stories and tinker with projects like woodworking or electronics, a Men's Shed is built on the idea that men connect best when they're shoulder to shoulder with other men. But it's so much more than that. For many men, life's transitions, such as retirement or loss of a spouse, create feelings of loneliness and a depleted sense of purpose—and that's where Men's Sheds step in.

Health risks linked to social isolation and depression often go unnoticed and many men hesitate to seek help. Men's Sheds play a crucial role in nurturing emotional well-being and fostering meaningful, fulfilling relationships for men in their later years.

Men's Shed participants come from all walks of life and cultures and activities vary from woodworking, repairing, hiking, gardening or cooking together. Many Sheds also collaborate with local organizations on larger community projects.

But no matter the focus, every Men's Shed offers a warm, supportive environment where men experience a renewed sense of purpose, belonging and social connection. Visit mensshedscanada.ca to find a Men's Shed in your community.

The RTOERO Foundation is the most philanthropic effort of RTOERO

RTOERO members are a passionate group of people who care deeply about the power of education. We also share a dream with the RTOERO Foundation that all Canadians, including older adults, live with the dignity and respect they deserve.

The RTOERO Foundation is the heart of RTOERO and is the most impactful philanthropic effort of RTOERO. The creation of our foundation was inspired by RTOERO members' desire to advance knowledge about aging and ensure we all have access to age-appropriate, high-quality care and support as we get older. We are one of the only charitable foundations in Canada focused on the health and well-being of older adults. By 2036, nearly one in four Canadians will be over 65. That's why the foundation's work is so critical in securing a better future for our elderly population.

The foundation's donor-funded granting program fills a gap in the funding sector for mid-sized projects that may struggle to secure grants from other sources. It focuses on funding projects that have immediate value for older adults through the development of practical resources.

Currently our foundation has support from approximately 2,000 RTOERO members who donate every year. We're very grateful for the continued contributions from these members but we ask the 85,000+ members who have not yet become donors to consider becoming part of the Foundation family. We are only able to do more of our great work if more members donate. Our goal for 2025 is to double the size of our donor list from 2,000 to 4,000. Doubling our donor base would be transformative for the foundation and allow us to vastly increase the scope and scale of our work.

We hope you are as inspired the role the RTOERO Foundation plays in the daily lives of all of us as we age. **We also hope you are inspired to make a donation to the foundation today and show your support for building a better future for you, your children, and your children's children.**

50/50 Raffle Winner!



Thank you to all who participated in our Spring 50/50 cash raffle. The raffle closed on April 30, 2025. Congratulations to Sharon G. who had the winning ticket, #A-38789 and took home \$55,290!

The proceeds of the raffle will be invested in programs, research and training to support healthy active aging for all Canadians.

The activities aim to improve seniors' health care, end social isolation and combat ageism.

Thank you to everyone who participated in the raffle and are helping us create a

society in which all seniors live with dignity and respect.

Our next 50/50 raffle will be held in **August, 2025**. Watch your email for information on how you can purchase tickets for your chance to take home the jackpot. **What would you do with the winnings?**

The Foundation's *Better Care* campaign



At the heart of the RTOERO Foundation is a unique granting program dedicated to making a lasting impact on the lives of older adults across Canada. We focus on funding projects that provide valuable research and create practical tools for seniors to use every day.

Research is crucial, but we believe the true impact of research is unlocked when the knowledge it generates is made available to everyone. When we share knowledge, we're supporting healthy aging in a real way – for you and your loved ones. We're here to get these resources into the hands of those who need them.

Here's how our granting program works: funding actual research projects is the first step. But there's a second step, which we feel is equally important, and not something many other foundations do; we apply additional funds to activities that convert research knowledge into resources that we can share with you. These activities include:

- **Translation:** to create French language resources
- **Editing:** to ensure our resources are relevant to seniors across Canada
- **Printing:** turning electronic resources into printed booklets for those who prefer print
- **Communications:** developing and hosting webinars with a variety of experts

All these activities are only possible with your generous donations. **This year, we have a goal of raising \$75,000 through our Better Care Campaign. But we won't reach that goal without your support!**

- Heartland Forest in Niagara Falls. [Heartland Forest Active Agers Nature Challenge Journal](#) – requires translation to French and printing
- Sheridan Centre for Elder Research in collaboration with [Artfull Enrichment](#), online art program – through donor funding, these outcomes include a fully integrated website, bilingual community hub and web app

Moving forward, our foundation will be focusing even more on sharing the results of the research projects we fund and creating outputs that can be utilized by all RTOERO members.

Let's make sure that we get the tools and resources we've funded into the hands of those who need them.

Thank you for considering supporting the Better Care Campaign with a donation to our Foundation.

For more information about the work of the RTOERO Foundation, please visit us on the [web](#).

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