

Aging in place workshops get funding help from RTOERO District 42

A \$4,000 grant from [District 42 Mainland British Columbia](#) of RTOERO* will help Century House in New Westminster to offer workshops on aging in place.

The District 42 funding is part of RTOERO's annual community grants program. Since 1968, RTOERO has been a voice for teachers, school and board administrators, educational support staff and college and university faculty in their retirement.

Our mission is to improve the lives of our members and seniors. RTOERO members also share a desire to give back. Each year, districts apply for grants to support community projects. For 2023, RTOERO funded 22 projects for a total of \$85,270.

The Century House project will help to support older adults in making decisions about how and where they age. Workshops were presented in 2023 as a pilot project, facilitated by a community volunteer, and accommodated 16 participants. Funding support for the 2024 program will expand services to 20-24 participants and include additional expert-led workshops. Information will cover topics such as health care planning, government financial benefits and services, caregiver support, safety in the home, community connections, advanced care planning and technology supports.

"Many older adults aren't sufficiently prepared for aging well. That leads to huge demands on our health care system. This project aims to increase awareness around healthy aging in place, and promote social connections within a welcoming and supportive community of peers. Participation in the program will help community seniors gain a sense of confidence and competence in planning for their future," says Janice Wasik, President, District 42 Mainland British Columbia, RTOERO.

Since the inception of the community grants program 23 years ago, RTOERO has donated almost \$2 million to 550 programs and projects. A committee of RTOERO members assesses the merits of each grants submission.

"We encourage all RTOERO districts to support and partner with local organizations that are making a real difference on key issues," says Martha Foster, chair of the board at RTOERO. "The projects we back advance things like environmental sustainability, healthy and active living, equity and community connections. In their careers and in retirement, RTOERO members have been dedicated to service, and the community grants program is another way to put that into action."

District 42 of RTOERO covers all of mainland B.C. and includes about 1,000 members. The district plays a key role in helping members stay engaged and connected, with each other and the community.

* [RTOERO](#) is a bilingual trusted voice on healthy, active living in the retirement journey for the broader education community. With 84,000+ members in 51 districts across

Canada, we are the largest national provider of non-profit group health benefits for education retirees. We welcome members who work in or are retired from the early years, schools and school boards, post-secondary and any other capacity in education. We believe in ***a better future, together!***

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