



Issue: 2020-11-11-#1

### *Lee's Bits & Pieces*

Wow! What a month this is turning out to be. That U.S. election and now the covid numbers going up far too fast, even in the Sudbury District. The Ontario Conservative government has done a lot of talking about improvements in the Long Term Care homes. But it looks like there has not been enough action to keep the elderly safe. The start up of the schools across the province had many missteps by the Minister who knows so little about what the needs are in the school system. Now the virus is hitting the schools here in Rainbow. What a good time to be a retired education worker!

We are going to try for the first time next Tuesday to have a speaker (on Fraud Prevention for Seniors) on Zoom. You can catch it by accepting your invitation when it is sent out next week. More details on this further into this newsletter. We have been in touch with OTIP, the insurance company that handles our ARM benefits plan. The prices will likely rise in January 2021 with all the complications due to the virus. We are planning to have George Ng, our OTIP rep. for ARM Rainbow Chapter 3 OSSTF on the Zoom platform in January. You won't want to miss that meeting for an hour or so.

Hopefully all members are keeping well and safe. We will just have to take each day as it comes and do the basics – washing hands frequently, wearing a mask and keeping that 6 feet distance.

### *Kudos & Thank You*

Many of you know that Roma Shewciw has been our hardworking "Tumbler" editor, and Pat Beatty has helped to organize activities for ARM members over the past five years. Roma and Pat are stepping away from the ARM Executive to pursue other activities. We would like to thank them both for their dedication to ARM and for helping to keep members informed and entertained. All the best to Roma and Pat. We look forward to catching up with their adventures in the future.

### *Welcome! ARM Chapter 3 Members-At-Large*

The ARM Chapter 3 Executive extends a warm welcome to our four new Members-At-Large. Josée Blais, Marisa Costanzo, Denis Plouffe and Rachelle Urso were elected at the online

ARM 2020 AGM. They will be adding valuable new perspectives to the workings of our organization and we are looking forward to working with them.



### *ARM Chapter 3 Shenanigans*

In October, ARM Chapter 3 Executive gathered, masked and at physical distance, to prepare the OSSTF Memory Garden for winter. For those who have not seen this beautiful, living tribute to our late colleagues in education, it can be found on the west side of the district office in Lively. Thank you to Sylvia Bass, Josée Blais, Lee Ferguson, Val Lalonde, Carolyn Otto, Denis Plouffe, Bob Smith and “Sandra-From-Next-Door” for all the hard work. We look forward to seeing the beautiful spring blooms!



### *See The World, From Your Easy-Chair*

- Relax in Sunny Croatia <https://youtu.be/SZHuaB10Qq0>

### *Live Your Best Life*

- Six Ways To Promote Brain Health  
<https://www.mcmasteroptimalaging.org/e-learning/how-to-promote-brain-health>
- Fall Flowers <https://youtu.be/Dp9tx9ot-9o>
- Prep Your Home For Winter- <https://www.thespruce.com/easy-home-winterizing-checklist-1824721>

This sounds like excellent advice – and this, a great week to test the method:

If you find yourself particularly distracted or stressed out this week, try a 60-second reset, a wonderful tip from friend of Smarter Living nytimes, Arianna Huffington.

"I use my reset many times a day, it takes 60 seconds," Ms. Huffington told me. "You basically put together the things that are joy triggers. It could be photos of people you love, pets, quotes, landscapes, music you love, a breathing pace. In just 60 seconds, she said, you can change your mind-set," adding, "Gratitude is the greatest antidote to stress."

## Dates To Remember

- November 12th at 1:30 pm - ARM is sponsoring a film, "The Keeper" at the Indie Cinema on Thursday, and it is a Northern Ontario Première. Tickets are \$5 at [www.sudburyindiecinema.com](http://www.sudburyindiecinema.com)
- November 17 at 10:00 AM, via zoom - Anti-fraud presentation with Lise Perreault, Crime Stoppers and Seniors Coordinator of the Greater Sudbury Police Service. Please RSVP to this link <https://forms.gle/WDipvPpWbm692bGk7> and you'll be sent a link to join the online presentation.



**FILM FRIENDS PRESENTS:  
THE KEEPER**

**RUNNING TIME: 2 HRS  
TICKET PRICE: \$5**

Thursday November 12  
1:30 PM  
162 Mackenzie Street  
Sudbury, P3C 4X8

**SUDBURY INDIE CINEMA**  
A not-for-profit cinema company  
www.sudburyindiecinema.com

**CARP**

**Sudbury Community Foundation / Fondation communautaire de Sudbury**

**ARM OSSTF/FESFO MRA**  
ARMED SERVICES RETIRED MEMBERS ASSOCIATION

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@armosstfd3

**The Keeper** tells the incredible true story of Bert Trautmann (David Kross, The Reader), a German soldier and prisoner of war who, against a backdrop of British post-war protest and prejudice, secures the position of Goalkeeper at Manchester City, and in doing so becomes a football icon. His signing causes outrage to thousands of fans, many of them Jewish. But Bert receives support from an unexpected direction. Bert's love for Margaret (Freya Mavor), an Englishwoman, carries him through. Fate will twist the knife for Bert and Margaret, when their love and loyalty to each other is put to the ultimate test.

**Limited Seating! We suggest purchasing tickets in advance through:  
[www.sudburyindiecinema.com](http://www.sudburyindiecinema.com)**

*Masks or face-coverings are mandatory. Doors will open at 1pm. Popcorn and other snacks available for purchase. Free parking on site. Our entrance is the side door of 162 Mackenzie St., off the laneway to the north.*



## Finding help is easier when you make the right call.

A significant barrier for individuals and families seeking support is not knowing where to turn. Personal experiences can be complex and difficult to navigate. Whether it's finding assistance with basic needs such as food, shelter or employment, looking for services for an aging parent, or finding childcare, 2-1-1 is there to help.



- For emergency and life threatening situations, call **9-1-1**
- For information on community and social services that can help you with life's challenges, call **2-1-1**

### What is 2-1-1?

2-1-1 is a referral helpline available by phone, chat or online search that helps connect people to community-based supports.

### Make the Connection. Call 2-1-1

- ☐ Available 24/7/365
- ☐ Over 150 languages
- ☐ Confidential
- ☐ Free



Make the Connection. Call 2-1-1

Free | Confidential | 24/7 | 150+ Languages | Live Answer  
www.211Ontario.ca | TTY: 1.888.340.1001



**United Way Centraide**  
North East Ontario  
Nord-est de l'Ontario

## Il est plus facile de trouver de l'aide quand on compose le bon numéro.

Un obstacle important pour les personnes et les familles qui cherchent de l'aide est de ne pas savoir à qui s'adresser. Les expériences personnelles peuvent être complexes et difficiles à conjuguer. Qu'il s'agisse de trouver de l'aide pour répondre à des besoins fondamentaux comme la nourriture, le logement ou l'emploi, de chercher des services pour un parent vieillissant ou de trouver une garderie, le 2-1-1 est là pour aider.



- Pour les urgences et les situations qui mettent la vie en danger, composez 9-1-1.
- Pour obtenir des renseignements sur les services communautaires et sociaux qui peuvent vous aider à relever les défis de la vie, composez 2-1-1.

### Qu'est-ce que le 2-1-1?

Le 2-1-1 est un service d'orientation offert par téléphone, clavardage ou en ligne qui aide à mettre les gens en communication avec des soutiens communautaires.

### Branchez-vous. Composez 2-1-1

- ☐ Disponible 24 h/jour, 7 jours/semaine, 365 jours/année
- ☐ Services dans plus de 150 langues
- ☐ Confidential
- ☐ Gratuit

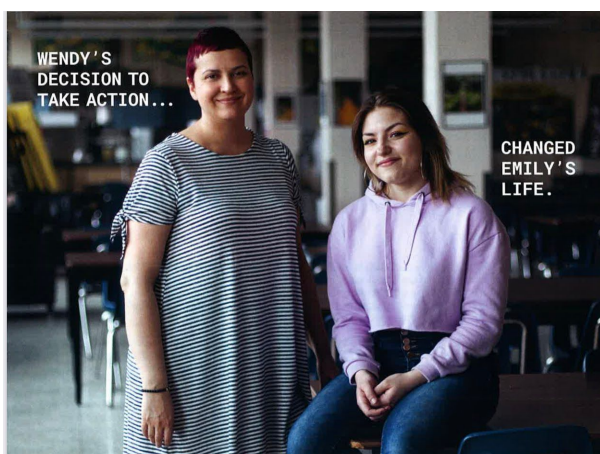


Faites le lien. Composez 2-1-1

Gratuit | Confidential | 24/7 | 150+ langues | En direct  
211Ontario.ca | TTY: 1.888.340.1001



**United Way Centraide**  
North East Ontario  
Nord-est de l'Ontario



Providing support to young people allows them to focus on school, and that is such an important step. Completing high school is a gateway into so many other things in life. That support is crucial to help kids realize their potential.

- Wendy, donor and volunteer

I want young women to understand that, as scary as life may be and as many obstacles as we face, if they really believe they can succeed and they have the resources around them to make success possible, there's no way they're going to fail.

- Emily, program participant

**SHOW  
YOUR  
LOCAL  
LOVE**

Your generosity powers United Way's work in the community. It allows us to tackle persistent, **#UNIGNORABLE** issues that are preventing far too many individuals and families from getting ahead.

**DONATE TODAY**

uwcneo.com



**United Way  
Centraide**  
North East Ontario  
Nord-est de l'Ontario

October 22, 2020

**TOGETHER WE  
CAN MAKE  
LOCAL ISSUES  
#UNIGNORABLE**

Dear community partner,

For almost 40 years, United Way Centraide North East Ontario/Nord-est de l'Ontario (UWCNEO) has been responding to the local needs of our community's most vulnerable citizens by tackling #UNIGNORABLE issues - poverty, hunger, mental illness, social isolation, and domestic violence. Our strength is bringing people together, mobilizing action, and working in partnership to find local solutions. Now, more than ever, our community needs us. Now more than ever, we need you.

In March, when the Novel Coronavirus was declared a pandemic, many people in our region did not prepare; they could not afford to prepare. People of all ages struggled with necessities like food, hygiene products, and paying their rent. As part of our rapid response strategy, UWCNEO launched the Local Love in a Global Crisis Community Response Fund to strengthen our partners' capacity to adapt programs and continue their vital work. United Way's across the country also administered funding from the Government of Canada through the Emergency Community Support Fund and the New Horizons for Seniors Fund, exceeding \$1.1M locally. These investments in programs and initiatives are making a difference. Food bank shelves have been replenished, healthy, ready to eat meals have been delivered, food gift cards have been distributed, and volunteers have ensured that groceries and prescriptions are delivered to seniors in need.

The challenges are complex, and we know the work is far from over. As we continue to tackle barriers and respond to evolving needs, the stories of resiliency, hope, and kindness continue to inspire us. Recovery and rebuilding will not happen overnight, but it's the work we do every day. With your support, we will continue to advocate for systematic change and invest in the most promising opportunities that address poverty, build strong communities, and help kids succeed.

Here's just one example of the impact your donation makes possible. "When I was in grade 11, I had a falling out with my family and moved out. I knew I needed to stay in school and graduate, but I was overwhelmed. I connected with a program that kept me accountable. I believed in myself, and I worked hard. I had a safe place to focus on my schoolwork and the support of people who believed in my potential. I want to be a role model for my two younger brothers. I want to give them hope and help them believe that, even if things seem a little challenging now, they can follow their dreams." - Emily

If you're able, please give generously to help us continue making local issues #UNIGNORABLE.

Sincerely,

Katherine Cockburn  
Development Manager, UWCNEO  
705-560-3330 ext. 218



CHAPTER 3  
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@armosstfd3

### ARM OSSTF Chapter 3 Executive

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Members-At-Large - Josée Blais, Marisa Costanzo, Denis Plouffe, Rachelle Urso

#### **\*Please note:**

- If your contact information should change, please send your new details to Bob at [bob.angiesmith76@gmail.com](mailto:bob.angiesmith76@gmail.com)
- If you have a submission for the next ARM Chapter 3 Tumbler, please send it to Carolyn at [arnd3osstf@gmail.com](mailto:arnd3osstf@gmail.com)

Active Retired Members of OSSTF: OTIP Info - <http://arm.otip.com/>

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*The Tumbler is a publication of ARM OSSTF Chapter 3: Sudbury/Manitoulin.  
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