



News Release

DANCE, self-screening for UI among new projects funded by RTO/ERO Foundation to empower healthier aging Canadians

TORONTO, October 26, 2017 – In its continued commitment to invest in meaningful and outcomes-based research and initiatives that focus on healthy aging, the Retired Teachers of Ontario Foundation (RTO/ERO Foundation) announced almost \$50,000 in funding for two new projects based out of Ontario and British Columbia.

“As one of only a few Canadian foundations focused on supporting research and initiatives that expand our knowledge of and action on issues that are unique to aging Canadians, we are thrilled to support UBC’s School of Nursing and GERAS Centre, Hamilton Health Sciences in their projects to empower older adults in proactively managing their own health and wellness,” says Joanne Murphy, chair of the RTO/ERO Foundation board of directors.

Subject to ethics board approval, the RTO/ERO Foundation will distribute funds to the following projects:

- **Urinary Incontinence Self-Screening for Healthy Aging** is designed to increase awareness and timely treatment of urinary incontinence in older adults through a self-screening process, designed in two versions—one for men and one for women. The self-screening project is based out of the School of Nursing at the University of British Columbia, RTO/ERO’s first grant in B.C.
- **Dancing for Cognition and Exercise (DANCE)** is a series of 12 videos that engage frail older adults in fundamental movement that target balance, strength and body coordination. Led by the GERAS Centre, part of Hamilton Health Sciences, the DANCE project is developed through a collaboration of a geriatrician, occupational therapist, research student trainees and trained dancers. Once complete, the video learning tools will be widely accessible including through the McMaster Optimal Aging Portal, an RTO/ERO partner.

With more than \$2.8 million invested since 2014 in projects that enhance quality of life for aging adults, the RTO/ERO Foundation targets its funding support toward:

- Aging-related research and training
- Community-based programs that address social isolation among older adults

With each grant, the Foundation’s goal is to fund carefully-vetted projects that allow for broader sharing of outcomes to create impact beyond the host project partner, and to deepen knowledge across sectors that affect aging Canadians.

As its flagship initiative, the Foundation established the RTO/ERO Chair in Geriatric Medicine at the University of Toronto in 2014, and continues to raise funds for innovative approaches to addressing specific needs of aging Canadians. Grantees are considered based on specific granting criteria and a rigorous peer-review process. This is the RTO/ERO Foundation’s third call for proposals for research in



THE RETIRED TEACHERS OF ONTARIO **FOUNDATION**
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aging projects, and the second grant announcement this year. In the spring, the Foundation awarded almost \$100,000 to four projects that address social isolation of older adults.

The RTO/ERO Foundation was established in 2011 with the support of its founding benefactor, the Retired Teachers of Ontario (RTO/ERO), and inspired by the philanthropic spirit of retired teachers and other members of the education community. Since 1968, RTO/ERO has provided a strong and active voice for a voluntary membership of more than 75,000 employees and retirees from child care, schools, school boards, colleges, universities and other members of the education community from 48 districts, including two in B.C.

For more information on the RTO/ERO Foundation and to make a donation, visit www.embrace-aging.ca, or contact us at 416-962-9463 or 1-800-361-9888.