



## RTO Co-Presidents' Message Summer 2020

*Life can get confusing----we end up in uncharted waters. We need to take a good look at what really is important. The secret is to nurture those one-on-one relationships that make life worth living and count our blessings. (SuzyToronto)*

**The Burgundy Basin Inn has helped make our decision about holding our September luncheon.** As a result of the economic climate brought about by the pandemic, they have decided not to reopen. Things are still uncertain about a resurgence and the vulnerability of our members, so it is in our best interest to **forego this September gathering.** We will keep you posted on plans for December.

**Some of the Activity Groups have been able to continue to meet!** While following mandated state requirements for social distancing, etc., the Bird Watchers and Bicycling Groups are taking advantage of the wonderful weather and opportunity for healthy activities.

**The Barrie Fleegel Memorial Active Educator Grant is being awarded to two Monroe County teachers.** Heather Kemper is a language teacher at East Rochester High School and has been in the field for 13 years. Rob Coatsworth is a first year Special Education/Behavior Management Teacher with the Monroe II BOCES. Congratulations and best wishes for continued success in their careers!

**Many thanks to our Board Members who have continued to work on our behalf.** Though we haven't had a meeting in person, much time has been spent in communication on line and via phone calls. Special thanks goes out to Mary Ellen Spennacchio-Wagner. Mary Ellen has done a wonderful job with the newsletter these past several years and is now stepping down from this role. You will be greatly missed but best wishes are sent with you on your new endeavors!

**New talent was found during this pandemic!** Our RTO membership co-chair, Pat Ensmann, spent much time on the internet since March. She regularly sent updates and words of wisdom to our membership to help keep spirits up. On YouTube she calls herself "Teacher Pat" and does comical versions of being in a classroom with all this new normal. She includes current vocabulary and has even written songs. <https://www.youtube.com/watch?v=4j0y4e43P6Y>

*M & M*, Co-Presidents:

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Mary Beth Tyndall  
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# RTO Executive Board Directory 2020-2021

## **Co-Presidents**



Mary Beth Tyndall  
(585) 473-4421  
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Marge Wood  
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## **Secretary**



Mary Myers  
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## **Treasurer**



Diane Whitcomb  
(585) 872-0592  
[diane\\_whitcomb@rochester.rr.com](mailto:diane_whitcomb@rochester.rr.com)

## **VP for Activities**



Nancy Hagenbach  
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[nanhag@msn.com](mailto:nanhag@msn.com)

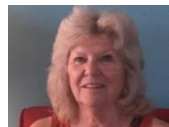
## **VP Program/Reservations**



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Jack Heller  
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Barbara Sergent  
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[barbig@hotmail.com](mailto:barbig@hotmail.com)

### Co-VP Friendly Services



Ronald Hofmann  
(585) 385-1749  
[dhofmann98@yahoo.com](mailto:dhofmann98@yahoo.com)



Betty Hansen  
Home: (585) 249-9626 cell: (585) 200-4838  
[Paandwick1979@gmail.com](mailto:Paandwick1979@gmail.com)

### Co-VP Membership



Pat Ensman  
(585) 328-6275  
[patrex@frontiernet.net](mailto:patrex@frontiernet.net)



Diane Cacia  
Unlisted  
[diane@frontiernet.net](mailto:diane@frontiernet.net)  
(put RTO in subject Line)

### Publicity Committee

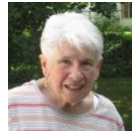


Dolores Hofmann  
(585) 385-1749  
[dhofmann98@yahoo.com](mailto:dhofmann98@yahoo.com)

### Newsletter

Open

### Health Committee



Betty Weber-Worden  
(585) 247-2793  
[Elizabeth.ww.14@gmail.com](mailto:Elizabeth.ww.14@gmail.com)

Updated July 1, 2020

## RTO ACTIVITY GROUPS 2020-2021

As there is no Sept. 2020 Meeting, Contact Group Coordinators Directly to sign-up for each Activity

### BIKING

This group offers enthusiastic rides of 16 to 22 miles. We meet for lunch afterwards. Meet: Tuesdays and Fridays from April thru September.

No Fee

Coordinator: Chris Dear 585-872-4141

\*This group is currently meeting and biking in small groups.



### BIRD WATCHING

We had a good time this year visiting local birding "hot-spots." As well as finding beautiful birds, we often find

an interesting restaurant for lunch. Join us for some fresh air with friendly people and enjoy adding to your knowledge of birds.

Meet: 9:00 a.m. on Thursdays (Sept. Oct. March, April and June)

Fee: \$3.00

Coordinators: Janet Miles 585-787-0507

Carolyn Emerson 585-613-1137

[jtemerson@frontiernet.net](mailto:jtemerson@frontiernet.net)

### BOOK REVIEW

If you like reading, or books, or just like meeting new people or seeing old friends, maybe the Book Review Group is for you. We meet seven Wednesday mornings a year. After some socialization and snacking, we hear a speaker talk about a book. At times, the speaker is also the author. There is no need to read the book first, but authors may bring books to sell. Members may want to follow up by reading the book.

Meet: 9:30 - 11:00 a.m. on the 2nd Wednesday of the month (Oct. - Jan. and April - June)

Place: To be announced

Fee: \$ 5.00 to join and a basket is passed at the meetings.

Coordinators:

Sheila Harp 585-594-4359

Sharon Vito 585-671-2237

### CAROLING

Enjoy singing? Would you like to brighten the day of someone in a nursing home? Then, this group is for you. There are no auditions. Come join us for as many dates as you can. There are 2 rehearsals a year. (Fall and Spring)

Meet: First two weeks in December, end of April and early May.

Fee: \$3.00

Coordinator: Bridget Bishop 585-305-1145

[\(Meanmom5@rochester.rr.com\)](mailto:Meanmom5@rochester.rr.com)

\*This group will not be able to meet until nursing homes reopen and it is safe for us to present a performance.



### GARDEN CLUB

This group hosts monthly speakers whose presentations

appeal to the interests of gardeners. We bring our own lunch. Coffee and tea are provided. Each month volunteers take turns bringing desserts to share.

Meet: 4th Monday of the month (Sept. - Nov., and Jan. - June)

Time: 12:00 lunch - 1:00 speaker

Place: Asbury First United Methodist Church 1050 East Ave.

Fee: \$10.00 (\$1.00 is collected at each meeting to cover drinks and paper products)

Coordinators:

Beverly Mc Donnell 585-377-3622

[\(mcdonnellny@gmail.com\)](mailto:mcdonnellny@gmail.com)

Roberta Paul 585-381-6391

## HIKING & WALKING

This group uses a variety of trails in parks, nature centers, along the canal, rivers and lakes throughout the area. Hike at your own pace for 2 to 3 miles (1-1/2 hours).

Meet: At 10:00 a.m. Tuesday mornings Sept., Oct., May and June

Fee: \$3.00

Coordinators:

Rich Forsey 585-293-3193 ([r4c511@yahoo.com](mailto:r4c511@yahoo.com))

Sue Mattice 585- 329-6824

## INFORMAL CROSS COUNTRY SKI

We meet every Wednesday at 9:30 a.m. when the SNOW flies! Place: Ski Hill parking lot of North Hampton Park on Hubble St. west of Spencerport.



## RECORDER CLASS

Music and languages are shown to be the two most important things to keep our minds sharp as we age. Come learn how to

play the recorder. (Virus Permitting!)

Meets: Friday mornings starting Sept. 18, 2020

Beginners: 9:45 a.m.

Beginner's Fee: \$20.00 for recorder and book

Advanced Beginners and Advanced: 10:30 a.m.

Place: Class will be held at the home of Pat Ensman, 15 Cheshire Lane, Rochester, NY14624 (Town of Gates)

Coordinator: Pat Ensman 585-328-6275

[patrex@frontiernet.net](mailto:patrex@frontiernet.net)

## REMINDER

Dues paying members may sign up for as many groups as you wish. Sept. 2020 meeting cancelled. Contact the group coordinator -directly- to sign up for the activity (activities) of your choice.

## CARD MAKING CLASS

Debbi Hill will continue to offer monthly card stamping classes. Each month you will create four (4) new design cards. Debbi helps you tailor the cards to your needs, birthday, wedding, get well, sympathy, etc. You will also create a special item such as a bookmark, party favor or gift tag.

No Experience needed. All materials are provided.

The classes are held in the community rooms of the Goodwill location in Brockport, Webster and Dewey Ave in Greece.

Cost: \$15.00/class

Sign up with Debbi and she will contact you monthly with specific times and dates. Please be sure to let her know if you plan to attend so that she can prepare sufficient materials.

Coordinator: Debbi Hill 585-469-2197

([hilldebbi@hotmail.com](mailto:hilldebbi@hotmail.com)) \*These classes will resume when Goodwill stores reopen.

## FRIENDLY SERVICES

This group sends cards or flowers to RTO members who are hospitalized or recuperating from illness at home. Sympathy cards are sent to the families of deceased members. All members, especially the Group Leaders, please assist by notifying Ron or Betty with any information regarding a need by one of the members (death, hospitalized, ill, lonely or bereaved).

Ron Hofmann 585-385-1749

([dhofmann98@yahoo.com](mailto:dhofmann98@yahoo.com))

Betty Hansen 585-249-9626 (home) 585-200-4838 (cell) ([Paandwick1979@gmail.com](mailto:Paandwick1979@gmail.com))

## \*\*\*\*NEW OFFERING\*\*\*\*

## MOVIES and DINING

If you love going to movies and eating lunch or early dinner with friends, then this is the group for you. You will be notified the Thursday before about the movie and a place to eat will be chosen at that time

Meets: 1<sup>st</sup> Sunday of the month (May through December)

Place: Cinema Theater Pittsford Plaza

Coordinator: Barbara Sargent 855-305-1145

([barbjg@hotmail.com](mailto:barbjg@hotmail.com))

\*This group will not be able to meet until the theaters reopen. If you are interested, contact Barb directly.

## RTO V-P Co-Membership Message

Hello fellow RTO members,

I realized as I found some old newsletters during our "Pause", that I had not written an article for the newsletter in several years. So, I thought this newsletter would be a good time to touch base.

I hope everyone is well and staying safe during our stay at home experience.

We currently have 261 members. Unfortunately, 56 names will be deleted after this newsletter if their dues are not paid for 2020/2021. The reason is that all 56 have not paid dues for the last 3, 4 or 5 years. We are not sure why. Is it because we stopped sending out membership cards? Or do some of you just "forget" because they still receive the RTO Newsletter? So, this hopefully will serve as a reminder that all members, EXCEPT life members, will have dues due for 2020/2021.

If you are unsure if you are one of these 56, please contact Pat and she will be able to tell you. She may be reached at: [patrex@frontiernet.net](mailto:patrex@frontiernet.net) or by phone at 585-328-6275.

Newsletters are sent by email to 165 members, and by USPS mail to 106. There will be a form in the newsletter to update and/or change any information we may have. Please take a few minutes to fill it out.

We look forward to seeing everyone and restarting all of the activities unique to RTO that may have had to "pause" along with us over the past few months.

We welcome any contact information for new members and hope you will invite any new retirees to join our group.

Please let us know if we can be of any help.

VPs for membership

Pat ([patrex@frontiernet.net](mailto:patrex@frontiernet.net)) and Diane Marie ([diane@frontiernet.net](mailto:diane@frontiernet.net) please put RTO in subject line)



## Membership/Time to Pay Dues

### COVID – 19 Annual Dues Special

Annual Dues: (September 1, 2020 to August 31, 2021) are \$5.00  
Please make checks payable to RTO and mail to:

Pat Ensmann  
15 Cheshire Lane  
Rochester, NY 14624

\*We will no longer be issuing membership cards. So, there is no need to enclose a self-addressed stamped envelope.

\*\*\*LIFE TIME MEMBERS: If your information hasn't changed you don't need to fill out the form below.

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If your information from the previous year has remained the same, you may simply fill in your name. **BUT**, if you have moved **PLEASE** put your new address here.  
\*\*\*Spouses are also welcome to join.

Name: \_\_\_\_\_ E MAIL \_\_\_\_\_  
(Newsletters and info will be sent via email except for people who have said otherwise)  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Phone: \_\_\_\_\_ Year Retired and from where \_\_\_\_\_  
Renewal (\$5) \_\_\_\_\_ New Member (\$5) \_\_\_\_\_

*Please do not include activity group dues with your registration. You may mail your dues to your club or pay at your first meeting.*

*If you are a new member, how did you hear about RTO?*

\_\_\_\_\_ Friend \_\_\_\_\_ Word of Mouth \_\_\_\_\_ Flyer \_\_\_\_\_ Other

*Please sign up for the newsletters by e-mail.  
This has proven to be a great cost-saving measure.*

## Message from Betty Weber - Worden

### Health Committee Coordinator

As we all travel through this difficult time, please remember to maintain your personal health needs to remain physically, mentally and emotionally healthy. Be sure to follow your medical professionals' advice. (ie. Flu and pneumonia vaccines this fall)

Maybe there will be a COVID 19 vaccine ready by then.

Also, if you do not have a Health Care Proxy or Living Will, now might be the time to take care of these matters.

## RTO Obituaries

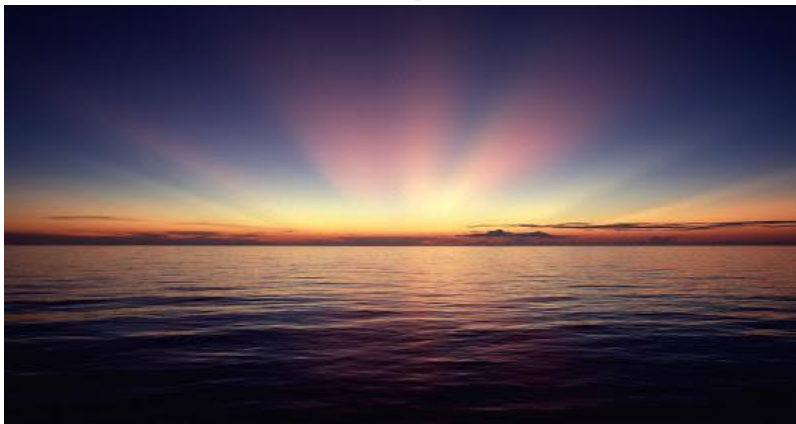
Joy Kinz – April 4, 2020

John J. Lehr - May 2020

Rosemarie M. Milliman - May 15, 2020

Wayne Kapelke – June 28, 2020

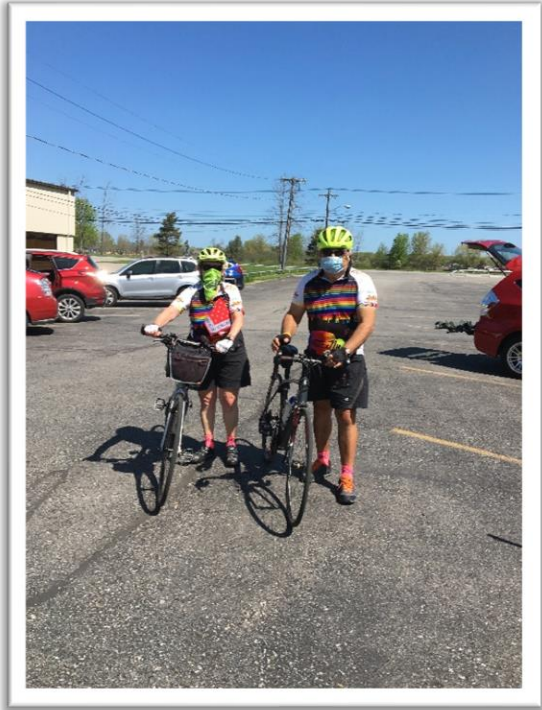
(Diane Cacia significant other)





# RTO Members in Action

## Biking



Rohrbach Ride – May 2020



Caledonia-Mumford – June 2020

Webster Park – June 2020



## Health Committee Information



### Exercise and Physical Activity Tips from the National Institute on Aging at NIH

With summer here and temperatures rising, it is important to understand the health risks of excessive heat and recognize the signs of heat-related illness. Being hot for too long can be a problem. It can cause several illnesses, all grouped under the name hyperthermia.

These factors can increase your risk of hyperthermia:

- Not drinking enough fluids.
- Reduced sweating caused by medications such as diuretics, sedatives, tranquilizers, and certain heart and blood pressure drugs.
- High blood pressure or other health conditions that require changes in diet. People on salt-restricted diets may be at increased risk; however, salt pills should not be used without first consulting a doctor.
- Use of multiple medications. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.
- Age-related changes to the skin, such as poor blood circulation and inefficient sweat production.
- Heart, lung, and kidney diseases, as well as any illness that causes general weakness or fever.
- Being substantially overweight or underweight.
- Lack of mobility and access to transportation.
- Living in housing without air conditioning.

- Overdressing, especially in synthetic materials.

Understanding how to respond to hot weather conditions can help lower your risk of hyperthermia. Learn more about [hot weather safety for older adults](#) on NIA's webpage and watch this video about [exercising safely in hot weather](#).

