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Negotiations

It has been a long time since we have experienced a "regular" round of bargaining and I am not convinced that this year will break the pattern! AEFO, CUPE and OECTA have all just announced extensions to their agreements and ETFO is currently at the table with the government. (The AEFO deal is technically a new agreement.) OSSTF has met with the government on several occasions but interference from OPSBA has nixed any extension agreement. With the recent spate of deals being reached, it would not be surprising if OSSTF is asked back to the extension table again to complete the sweep of education unions. Having labour peace in the education sector would be very important to the Liberals if they hope to win the next election!

Negotiations Survey

The Central Negotiations Survey is now live on the Provincial OSSTF website. You will need to login to the secure area to complete the survey. Our Local Negotiations Survey is in the process of being created and a link will be sent to you by the end of February.

New Director

Tonight, at the regular Board meeting, Roger Clarke gave his last Director's Report after eight years. The last item on the agenda was the announcement of the new Director Pino Buffone. Mr. Buffone will start in his new position on February 21st. I have heard many positive

comments from union colleagues in the Ottawa Board about their former Superintendent and I am cautiously optimistic about working with Director Buffone!



District 28 Update

- District 28's Electronic Newsletter

February 2017

International Women's Day

Wednesday March 8th is International Women's Day. This year's theme is, "Celebrating Solidarity and Sisterhood!" You can still order a pewter pin for \$3.50 to help commemorate the event (picture bottom left) by clicking on the following link by February 2nd. If you want to order more than one pin, please send me an email with your order.

<https://goo.gl/forms/m8fwrqy8YWUhzQsY2>

Provincial Benefits Update

The OSSTF Employee Life and Health Trust (ELHT) has made the decision to delay payroll deductions for the month of February, 2017. For Wave 1 bargaining units, OTIP and the school boards have completed a great deal of system upgrades and data refinement, but prior to implementing payroll deductions a final cross check is required. OTIP is recommending that payroll deductions move forward for the month of March 2017.

Note: These deductions will reflect only the premiums for March (including premium share and/or any optional life selections).

Blue Jays Tickets

Tickets are on sale now for the August 12th game at 1:07 pm versus the Pittsburgh Pirates for only \$71 a ticket. The seats are located in the field level in prime foul ball territory! Single game tickets are not on sale to the general public yet, so this is a great opportunity to secure seats for a game this summer! Please email allieryan@gmail.com to get your tickets
Jeff



How to reduce your risk of dementia

As our population ages, cases of dementia in Canada are expected to double by 2031. Currently, between 6% and 15% of Canadians aged 65 and older live with some form of dementia.¹

The good news is that there are things you can do to help reduce your risk of dementia.

What is dementia?

Dementia is not a specific disease, but rather a set of symptoms caused by neurological disorders. These include memory loss and difficulties with speaking, thinking and problem-solving that can reduce a person's ability to perform everyday activities. Many diseases can cause dementia. The most common one is Alzheimer's disease, but it can also affect people who suffer from head trauma, Parkinson's disease, Huntington's disease and vascular dementia due to strokes.

Almost 40% of people over the age of 65 experience some form of memory loss¹; however, dementia is different. Not being able to recall details about recent events, family members and words are not part of normal memory loss and aging.

Reduce your risk

Making healthy lifestyle choices can go a long way in keeping your brain as healthy as possible as you age. Your brain plays a role in everything that you do, and it needs to be looked after just like the rest of your body. Here are a few tips to keep your brain healthy and strong:

- Eat healthy - Include food high in omega-3 fats, like nuts, flax and oily fish and a wide variety of fruits and vegetables. Healthy dietary choices not only improve your general health, in the long-term nutritious food helps maintain brain function and slows memory decline.
- Be active - Join a fitness class or walking group. Even moderate physical activity promotes the circulation of blood to the brain, which nourishes the cells with nutrients and oxygen, and may even encourage the development of new cells.
- Stay social - Staying connected socially helps you stay connected mentally. Research shows that regularly interacting with others may help lessen your risk of developing dementia.
- Challenge yourself - Stimulate your brain with puzzles and word or number games. By approaching daily routines in new ways, you engage new or little-used mental pathways.

Early diagnosis can help reduce the risks associated with dementia. It also allows both the family and the person with dementia to learn about the disease, talk about expectations and plan for the future. If you think you or someone you care about may have dementia, it is important to see a doctor as soon as possible.

For more information about life and health benefit options to protect you and your family, visit www.otip.com/YourPlan call 1-888-892-4935.

¹ <http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/dementia-demence/index-eng.php>

¹ <http://www.alzheimer.ca/en/About-dementia/What-is-dementia/Normal-aging-vs-dementia>

Do you know a student
who could use an extra
\$1,500 for tuition?

They could
WIN
a bursary
from OTIP!

If you're insured with OTIP and you or one of your relatives (e.g. child, step-child, grandchild, niece, nephew, aunt, uncle, sister, brother, spouse, etc.) will be a full- or part-time post-secondary student in the upcoming academic year, enter online for the chance to win a bursary from OTIP.

Twelve bursaries of \$1,500 each are awarded annually. The deadline to enter is June 15 each year.

Visit www.otip.com/bursary
for more information.

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