

Newfoundland & Labrador

50 + Federation Inc.

P. O. Box 407

Glovertown, NL

A0G 2L0



NL 50 + FEDERATION

NEWSLETTER

September 2020

COVID 19 PANDEMIC

Congratulations to all our Clubs and members for taking the COVID 19 pandemic precautions, as outline by the provincial government's Public Health Measures, as very seriously. As a result, to our knowledge, none of our Clubs have reported any outbreak of COVID 19, in their membership. The NL 50 + Federation continues to encourage 50 + clubs not to consider having meetings, dances or card games etc. in this current year, 2020. However if any club has a meeting or event they should follow the Public Health Guidelines.

We were very pleased to see many of our Clubs reaching out to seniors in their communities through government grants which some were coordinated by SeniorsNL and United Way.

Our Newsletters can also be viewed on the SeniorsNL web site:

<http://seniorsnl.ca/nl-50plus-federation/>

FEDERATION BOARD MEMBERS

The following NL 50 + Federation Board Members will stay in their positions until the Convention in September 2021 in Marystown, where an election will be held to elect all board position.

President **Robert J. Rogers**
1st Vice President **Linda Oldford**
2nd Vice President **Amy Farrell**
Secretary **Malcolm Rogers**
Treasurer **Kevin Thorne**

Directors

Area 1 Avalon **Elaine Hutchings**
Area 2 Burin Peninsula..... **Jean Philpott**
Area 3 Fogo Island, Gander, Glovertown,
 Bonavista Peninsula, Clarenville,
 and Bellevue..... **Lloyd Dalton**
Area 4 Grand Falls/Windsor, Connaigre
 Peninsula, Twillingate and Baie
 Verte Peninsula **Ruby Patey**
Area 5 Deer Lake,
 Northern Peninsula..... **Rose Wilson**
Area 6 Port aux Basques, Stephenville,
 Pasadena..... **George MacDonald**
Area 7 Labrador..... **Noreen Careen**

CLUB REGISTRATION FOR 2021

2021 Member Club Report

We ask all clubs to complete the 2021 Member Club Report and return the form to the Federation's Treasurer, Kevin Thorne, by 31 January 2021. The form will be mailed to the clubs in December 2020. Due to the COVID-19 your assessment that you paid in 2020 will cover your club for year 2021. **In summary no assessment will be required for next year for all clubs that are register for 2020.**

APPOINTMENT OF MINISTER OF CHILDREN, SENIORS AND SOCIAL DEVELOPMENT

We would like to congratulate the Hon. Brian Warr, on his appointment as Minister of Children, Seniors and Social Development, Minister Responsible for the Newfoundland and Labrador Housing Corporation and Minister Responsible for the Status of Persons with Disabilities and we wish him success in his new position.

CAR ACCIDENT

Last month we almost lost our Area Director for the Burin Peninsula, Jean Philpott, as the result of a car accident. Jean lost control of her car on the Burin Peninsula, it rolled over 4 times and was completely demolished. Jean was able to walk away from the accident with only minor bumps and bruises.

45TH ANNUAL CONVENTION

Since it was necessary to cancel our 45th Convention this year because of COVID - 19 Pandemic, our 45th Annual Convention will be held in Marystown, September 14 to 17, 2021.

CONVENTION LOTTERY WINNERS

Since a number of our Convention tickets were sold before the cancellation of the 45th Convention, it was agreed that the lottery would continue. The drawing took place on September 17, 2020 at Glovertown Council Office with the following present: Robert Rogers President, Kevin Thorne, Treasurer, David Saunders Glovertown Deputy Mayor and Joanne Perry Glovertown Town Clerk.

The following is a list of winners of the Convention Lottery

Ticket #00597 1st Prize - Paradise Adventure 50 Club Inc. \$2,500.00
Paradise Adventure 50 Club Inc. \$1,000.00 Club prize
M. Earle (Paradise) \$ 100.00 seller

Ticket #03264 2nd Prize - Carly Peddle (G.F.W.) \$1,000.00 Second prize

Ticket #09264 3rd Prize - Julia King (Pasadena) \$500.00 Third prize

The Convention Lottery was a success with 13300 tickets sold.

This project was a partnership between the NL 50 + Federation and Clubs which resulted in \$ 10,640 returned to the Clubs for their activities.

NL 50 + FEDERATION AUDIT

After a discussion with the Federation's Treasurer we decided, because of Covid-19, that an independent audit will not be done at this time for the 2019 fiscal year. However, if things go well we will have audits done for both 2019 and 2020 in 2021.

FLU SHOTS ARE COMING SOON

It is our understanding that flu shots will be available the last week of October. The Federation encourages all our members to get a flu shot this year. Remember you can't get the flu from the flu vaccine.

SeniorsNL

RESOURCES · INFORMATION · CONNECTION

Keeping in Touch during COVID-19

COVID-19 brought a lot of change to the lives of seniors across Newfoundland and Labrador. One of the hardest things seniors and seniors' organizations have had to face during the pandemic is not being able to come together comfortably in large groups the way we used to. And, so, we have to find new ways to share knowledge and experiences, to work on projects, to socialize, and to do all the other things we did in groups.

SeniorsNL staff are busy learning how to use new technologies to bring people together virtually through our computers or other online devices. During the next months of COVID-19 we will meet online to share information, knowledge, and experiences. We are hoping seniors across the province will join us for these events.

We will offer workshops, presentations, and discussions through Zoom, a program that allows people to meet on line. We will be able to:

- bring a large number of seniors from across the province together at the same time
- see one another's faces and hear one another speak
- let people know in advance what events are coming up and invite you to register for them as you like
- send you a link to click on at the time of the event so you can join in without needing a special program on your computer
- have sign language interpretation and closed captioning so that people who are deaf or have other hearing impairments can participate as comfortably as those who can hear well
- record all Zoom events and post them to You Tube so that anyone who misses an event can go back and listen to it when they have more time.

We are hoping that seniors who have computers and internet will be able to invite a friend or neighbor who does not have access to join the event with them. Or perhaps your public library or another business in your community offers computer time to the public.

Got any ideas you would like us to present? Any topics interest you that you would like to know more about? We want to offer the things you want to hear about, so please get your ideas in to us by email to marye@seniorsnl.ca or by phoning toll-free to 1-800-563-5599 or 737-2333.

Supporting seniors during COVID-19

SeniorsNL was pleased to be selected by United Way Newfoundland and Labrador in late April to be the conduit to provide funding to diverse groups and seniors' clubs throughout the province who wanted to support seniors during COVID-19.

This was through a partnership with the federal government (Employment and Social Development Canada), which released funding to help address and support the needs of seniors in our communities.

Over the next two months, grants of \$1,000 each were disbursed to 95 groups, from 50+ clubs and youth clubs, to municipalities and food banks, where volunteers came together to let seniors in their areas know they were being thought about and support was available if they needed it.

The funding was used for a range of things, including food hampers, packages of masks and hand sanitizers, cooked meals, transportation costs to medical appointments and more.

Each package also included a thoughtful and kind letter from then Minister of Children, Seniors and Social Development Lisa Dempster, as well as important information about services and safety practices during COVID-19.

More than 500 volunteers across Newfoundland and Labrador gave their time and energy to put the packages together and deliver them directly to seniors' homes. A grand total of 19,062 seniors in 210 communities were reached over the two-month project.

Communities that were supported spanned the length and width of the province, including Nain, Labrador City, Wabush, L'Anse-au-Loup, and St. Lunaire-Griquet, Port aux Basques, Bonavista, Conne River and Trepassay. One senior in a remote community said, "It is so great that smaller communities were included. We were not forgotten!"

Recipients were grateful for the support they received — some of them shedding tears as they accepted their package. Many had not left their homes since COVID-19 started and some had had little or no communication with anyone. One woman asked, "How did you even know I was here?"

Hampers were delivered to two seniors in different communities on their 100th birthdays as well.

Some grant recipients reported getting donations from local businesses to supplement the \$1,000 grant provided when businesses found out about the project. Everyone wanted to help.

There were a number of municipalities and Nunatsiavut government departments who stepped in to administer the funding for informal groups in communities where there were no formal seniors' groups.

SeniorsNL extends sincere gratitude to those municipalities and government departments. We also extend many thanks to all the volunteers across the province who helped with the different projects. They went above and beyond during the pandemic to ensure seniors in these communities are not forgotten.

And to the many seniors whose lives were touched: take care, keep safe and don't be reluctant to reach out if you need something. Call on someone in your community or call SeniorsNL at 1-800-563-5599 or email info@seniorsnl.ca.

Hearing well during COVID-19 is no easy task.

When you combine mask-wearing, social distancing and physical barriers like plexiglass, voices and conversation become much harder to understand.

The mandate of the Canadian Hard of Hearing Association – Newfoundland and Labrador (CHHA-NL) a non-profit, charitable association in the Province is better hearing for everyone. We hear your concerns about communication challenges and want to make sure everyone in our communities are aware of the supports available to you.

Face Masks

The Association is currently promoting the use of **clear face masks** approved for public use. At this time, it is important to keep people safe while still creating a hearing accessible environment. Clear face masks allow individuals to see facial expressions and lip movements, an essential part of lipreading and understanding speech. If you are wearing a mask, we encourage everyone to wear a mask with a clear panel so that we can all improve understanding.

Technology To Help You Hear Better

The CHHA-NL offers a Provincial Technology Lending Program. This program offers the opportunity for individuals to try hearing assistive devices, such as amplified telephones, for a short term, to find a suitable device before making a purchase.

Devices can be mailed anywhere in Newfoundland and Labrador or pre-arranged for curbside pickup by appointment only.

Learning To Lipread

Even without a mask, we have been encouraged to keep our distance from other people. Distance makes communication harder because sound has to travel farther. Lipreading & speechreading (watching the movements of the lips, mouth, jaw etc.) is a skill that you can learn and practice to support communication. Many people are amazed at how much communication is helped and supported by lipreading (we often don't realize until the masks are on!). The CHHA-NL has created an online course called Read Our Lips – if you would like to learn more about lipreading, you can take the first lesson for FREE. Visit readourlips.ca to sign up for your complimentary account.

For more information on any of these programs, or if you have questions about hearing, we encourage you to connect with the Association - we are here to help!

The Provincial office is currently open by appointment only.

Toll Free: 1-888-753-3224

(please leave a message and someone will return your call within 24-48 hours)

E-mail: aaugot@chha-nl.ca

Web: www.chha-nl.ca

DIRECTOR AREA 1 AVALON

ELAINE HUTCHINGS

I submitted this report around the time we were supposed to be in Marystown at our 45th annual convention. Each year we look forward to networking with friends and support groups at our annual convention and enjoying a frolicking good time in the evening.

It has been a quiet year for me as Area Director for Avalon. After the convention last year, visited some clubs in the fall and early winter; however, some scheduled visits had to postpone because of weather, but please know I have not forgotten about you and I will visit as soon as weather and COVID-19 permits.

Because of COVID-19, everything was brought to a standstill in mid-March, and we have had to live with restrictions that are unprecedented in our time. We have been forced to cancel or postpone many activities and events, but we all look forward to the days when we can all return to our normal activities and social events.

Congratulation to the all the clubs across Newfoundland Labrador who have worked tirelessly to check on friends and neighbors and deliver care packages to brighten the day(s) of those who maybe alone. It is so important to feel a connection at a time when we may be feeling isolated and lonely. Let us remember we are all in this together.

All the best to everyone and stay safe. I am only a phone call away and I hope to see you all in 2022.

Elaine Hutchings

Area Director, Avalon
NL 50+ Federation
54 Pineridge Crescent
Torbay, NL A1K 1L5

DIRECTOR AREA 2

BURIN PENINSULA

JEAN PHILPOTT

Hello from Jean – your Area Director for the Burin Peninsula.

This year has been quite different from the activities that our club usually carried out, however during these trying COVID-19 times I have tried to keep in touch with most of you.

My earlier visits to all clubs were quite productive and interesting whether that was from our socials to the election of officers.

Our Presidents from Lamaline, Lawn, Grand Bank, Swift Current, and all other places in between have put a real effort in to distribute fruit baskets and pass out COVID-19 related information to our vulnerable seniors. This brought both smiles and tears to the faces of most of them!

On August 19, 2020 I had a terrible car accident on the Burin Peninsula Highway. Thank God my injuries were not too serious. I am continuing to recover at home at the present time.

I look forward to seeing each and every one of you in 2021 or whenever we can in this “new normal.” Be safe and stay healthy!

Jean Philpott

Area Director Burin Peninsula

DIRECTOR AREA 3
FOGO ISLAND, GANDER, GLOVERTOWN, BONA VISTA PENINSULA,
CLARENVILLE, BELLEVUE
LLOYD DALTON

The virus has set everyone back on their heels creating a situation where people are unable to freely gather except where they can maintain a two-meter physical distance or wear a mask. That precludes most activities in which fifty plus clubs are involved such as card games, meetings, meals, darts, parties, etc. While that has put a major crimp in everybody's style, the clubs of area three have not given in to the virus and have continued to remain active in any way that fits the rules governing what we can do during the pandemic.

The presidents and executives of most, if not all clubs, are maintaining contact with their members via telephone, email and social media. Some clubs are even keeping members and the general public aware of their activities through articles in local newspapers.

Many of the clubs have accessed funds through Seniors NL or United Way or both to organise and complete outreach projects whereby they contact vulnerable seniors in their respective areas and hand out covid-19 information along with small grocery packages or PPE (personal protective equipment) like masks, sanitizers and rubber gloves. For example I'm happy to report on projects by the following clubs this summer: Alexander Bay 50 + Club of Glovertown – 83 care packages; New Visions 50 + Club of Centreville-Wareham-Trinity – 140 small food packages and a small luncheon for seniors; Burnside 50 + Club in Burnside – 100 handmade masks and disposable gloves; Musgrave Harbour 50 + Fun Club in Musgrave Harbour – food hampers and sanitary packages as well as cold plate dinners for 176 seniors; Seniors With A Purpose (S.W.A.P.) Club in Horwood – 83 packages with groceries and masks; Trinity Bay North 50 + Club in Catalina – 50 packages; Lewisporte Area 50 + Club – small food packages of groceries in that area; New Horizons Random 50 + Club in Hillview – 137 small grocery packages and 140 PPE packages.

Some clubs also have other activities on the go such as: the Fogo Island Roaring 50 + Club in Fogo which obtained funds to construct a greenhouse and grow vegetables; the Musgrave Harbour 50 + Fun Club in Musgrave Harbour which obtained money through the New Horizons program and made improvements to their meeting facility; the New Horizons Random 50 + Club in Hillview which obtained funds from the New Horizons program and is updating and improving it's wheelchair accessible nature trail.

One of the most troubling aspects of the virus shut down is that revenue streams for all clubs have basically come to a screeching halt and those with buildings are continuing to incur fixed expenses such as insurance, utility bills, maintenance costs, etc. Our club, for example, since the end of February, has continued to average nearly \$500 per month in expenses without any revenue. If this goes on much longer it will soon deplete our meager bank account. I have addressed the issue with many organizations including our MHA and our MP without any resolution to date. If the federal government can come up with money for practically every other organization in the country to help offset operating costs, I wonder why they haven't set up something to help senior's organizations? Perhaps a little subtle coercion from us all will make them spring into action to ensure the protection and continuation of this valuable service to our communities' elderly.

Hope you all stay healthy and stay safe.

Respectfully submitted by

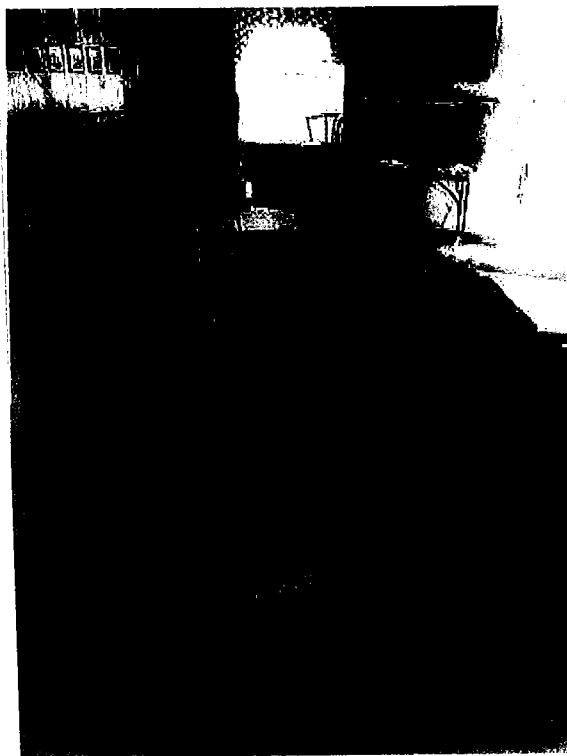
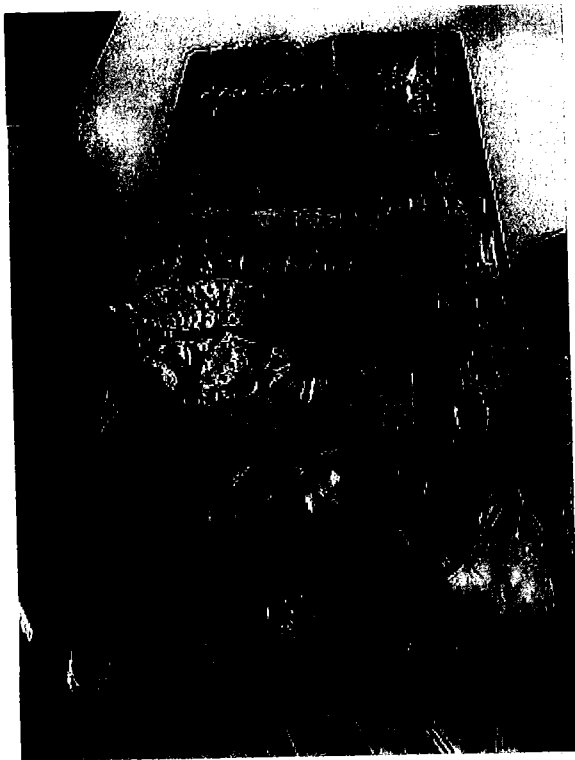
Lloyd Dalton – Director Area 1

DIRECTOR AREA 4
CONNAIGRE PENINSULA, GRAND FALLS/WINDSOR,
TWILLINGATE AND BAIE VERTE PENINSULA
RUBY PATEY

I would like to reach out to all the President and members of my Area, Connaigre Peninsula-Grand Falls /Windsor-Twillingate- Baie Verte Peninsula.

I have been thinking of each and every one of you during this pandemic. I have reached out to several of the clubs, by phone or email. Some of the clubs I have helped with applying for grants. I apologize to the new clubs that came into my area that I was unable to visit and meet the Presidents and members. Hope fully, when this pandemic is over we can all come together again.

My Club, the Friendly 50+ Club of Grand Falls-Windsor has been very busy since May. We received three grants from the United Way and we were able to give out about 1600 masks, 500 meal replacement bags, 340 bags with fruit and other groceries items, 93 fruit baskets and bags with hygiene products. We just wanted to reach out to the general public to let them know that we were thinking of them during this pandemic. I would like to thank the wonderful committee that we had, and the volunteer sewers that helped us with the masks. If any Club needs my assistance during this time, please feel free to call or email. Please stay safe!



Ruby Patey

Director Area 4

DIRECTOR AREA 5
NORTHERN PENINSULA
ROSE WILSON

Hello Everyone,

During this Pandemic it has become even more apparent on how the communities across Newfoundland and Labrador has come to rely on the 50 + Clubs in their areas. Not only are the clubs getting the seniors out, about, and active, but they are also a great venue for other organizations to get their messages out in this time of uncertainty.

Recently there was an opportunity to receive a grant of \$1000 by 50 + Clubs who applied, to help seniors who were in need, or just to let seniors know they were not forgotten. Many Clubs took advantage of this opportunity and some went far beyond what was expected of them.

The Caribou 50 + Club, in Deer Lake, went to the local foodbank and Salvation Army Church to get lists of needy seniors in the community. With the \$1000 dollars they were able to deliver hampers with a note from the Club, Seniors NL, and the 50 + Federation, to approximately 60 seniors. Job well done.

Port Saunders 50 + Club took the \$1000 they received and bought 60 fruit baskets and delivered them to the seniors in their community. During this time, they were made aware that there were more seniors in Port Saunders than they knew. They decided to take funds from their club and buy an extra 20 fruit baskets and deliver them as well. I hear the delivery team of Gloria Parsons; her daughter and a friend looked a bit strange putting baskets on people's steps while wearing masks and gloves. Little did they know that they were setting the trend for what was to come? Excellent job.

It is the thought that is put into these grants that is giving the NL 50 + Federation and all the clubs a great name with government and other resources which is awesome.

Many clubs are asking how to reopen for some business while keeping the social distancing and rules in place. My personal recommendation is to contact the health authorities in your area and ask for assistance in how to do a safe event. We may not get back to all the different events that we were doing in the past but with a little imagination and assistance maybe we can come with some safe ones.

Stay Safe.

Rose Wilson

Director Area 5
Northern Peninsula
709-636-2018

DIRECTOR AREA 6
PORT AUX BASQUES - STEPHENVILLE - PASADENA
GEORGE MACDONALD

Hello from the South West Coast. Like all other 50 + Clubs in Newfoundland and Labrador, we have been hunkered down waiting for the end of the COVID-19 Pandemic. Needless to say, by now everyone is starting to go stir-crazy and looking for ways to occupy their time. Last week our executive here in Port Aux Basques decided to hold some limited functions such as the Ladies Drop-in's on Friday Afternoons. The Men's Drop-ins on Saturday Afternoons and Darts on Tuesday Evenings. These functions are limited to a max of 50 people, all wearing masks and social distancing. Hand sanitation is being enforced and rubber/plastic glove use in certain conditions. These measures are being readily accepted by the members.

Unfortunately, we have to say goodbye to the Ramea Club. After several years of declining membership, the members of the club voted to close the club and dispose of its assets.

It has been a long pull getting through this pandemic and many of the southwest clubs and including my home club here in Port Aux Basques have been feeling the financial pinch, especially the clubs that own their own buildings. Hopefully in the near future the government might decide to step in and help. (I know – Wishful Thinking). The NL 50 + Federation has announced that there will be no membership dues required for the 2021 year. That will help somewhat. The problem is that even though the clubs are closed, the bills for such things as power, phones, insurances and etc., still keep coming in.

Unfortunately, the only advice we can give to the clubs is **“HANG IN THERE, and HOPEFULLY THINGS WILL SOON START TO IMPROVE”**

Stay Safe

George Mac Donald

Director Area 6

DIRECTOR AREA 7 LABRADOR

NOREEN CAREEN

Twin Cities 50+ Club in Labrador West would like to send out a big hello to all our members and we understand that many of our Seniors may feel overwhelmed and stressed during these difficult times. The past few months have indeed been trying times however, we Labradorians are known to support each other through difficult times. COVID-19 has not been any different!

In February Twin Cities 50+ Club celebrated our move into a new accessible space with a grand opening. We had over 180 in attendance and a great time held by all. We were just getting into starting up some new activities when along came COVID-19 putting a damper to all our plans. Despite all the setbacks Twin Cities Executive have been working hard behind the scenes during the pandemic and with different avenues of funding we have reached out to over 100 of our Seniors needing support in the form of food gift cards. We have partnered with other local group and have distributed over 1500 masks with donation going back to our Seniors Club.

Twin Cities have partnered with the Town of Labrador City and Town of Wabush to provide support to our Seniors with such needs as grocery deliveries, transportation, visit to Food Bank, medication pick up or other needs. This service is provided by community volunteers and we thank them for giving of their time and can be reached at 933-4945 (Wabush) 944-1127 (LC) In keeping with Public Health advisories as of March our Club doors were closed and all activities ceased and our Club is required to remain closed until it is safe to do otherwise.

Remember we are all in this together and there are many supports in place to assist us through these trying times. For the latest information on COVID-19 you can go to webpage: www.gov.nl.ca/covid-19 (for those without internet connection tune into local news daily) and if social isolation is prompting Mental Health stresses visit www.bridgethegap.ca for Food Security issues call 811 and better again keep in touch with neighbours and club members with a short phone call SeniorsNL service always available at 1-800-563-5599.

Our 50+ Club is here to help you in any way we can but we can't know if you don't reach out. So please feel free to make contact at 944-6245 (message machine always on).

We will gather again.

We will laugh and hug.

We will return to the place we live.

Stay Safe, Stay Well and wear your 😊

Blessings,

Noreen Careen

President, Twin Cities 50+ Club, Labrador West



Scallywag-proof your home this fall!

An energy-efficient home is a scallywag-free zone

SEAL AND SAVE when you draft-proof your home



Weatherstrip to seal gaps around doors and windows.



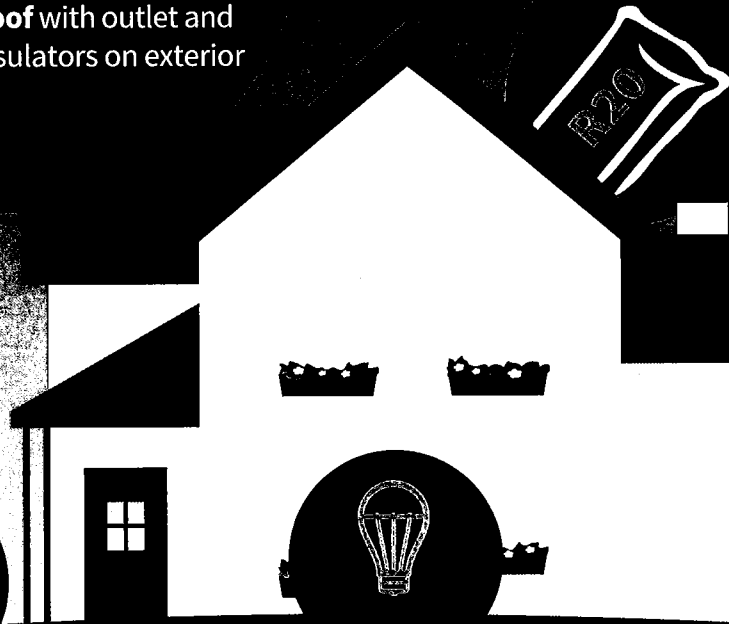
Install window insulation kits on drafty windows.



Draft-proof with outlet and switch insulators on exterior walls.

IT'S GREAT TO INSULATE

Proper amounts of insulation can save you \$100s a year in heating costs. Get back up to 75%* of your costs on basement and attic insulation with a takeCHARGE rebate.



STAY THERMOSTAT SAVVY

Get back \$10* for every programmable thermostat you install with a takeCHARGE rebate. And remember to set the temperature back 5°C when you're out or asleep – it could save you 10% on your heating costs.

INSTANT REBATES

Save instantly on energy-efficient products for your entire home like LED light bulbs and weatherstripping from Sept. 18 to Nov. 18, 2020 at participating retailers.

CURTAINS CAN HELP YOU SAVE

Open your curtains during the day to let the sun shine in, and close them at night to prevent heat from escaping.

Visit TakeChargeNL.ca for more ways to save this fall!

*Must meet eligibility. Income is not a part of takeCHARGE program eligibility. Accessible version of this newsletter is available upon request.



WATERLOO, WILSONVILLE
WYOMING, NEW BRUNSWICK

BROUGHT TO YOU BY



The New Horizons for Seniors Program

On September 9, 2020, the Government of Canada launched the New Horizons for Seniors Program (NHSP) 2020-2021 call for proposals for Community-based projects across Canada.

The deadline to submit applications is October 20, 2020 at 3:00 pm Eastern time. If your organization would like to apply for funding or learn more about this funding opportunity, visit our website at https://www.canada.ca/en/employment-social-development/programs/new-horizons-seniors.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_nhsp

Community-based projects are eligible to receive up to \$25,000 in grant funding. Small grants of up to \$5,000 are available to organizations that have **not** received funding from the program in the past five years.

To simplify the application process and provide funds more rapidly, organizations can now complete and submit project proposals using an online form. You can access the online application form by clicking on the following links: Small grants of up to \$5,000 at <https://srv212.services.gc.ca/ihst/Intro.aspx?cid=11e67c1c-f3b7-476f-a349-d4a8fa5b2733&lc=eng&snv=Fund~Small> or Regular grants of up to \$25,000 at <https://srv212.services.gc.ca/ihst/Questionnaire.aspx?sid=268a4115-d6f6-4f51-bf9f-c41816e1f94a&lc=eng&iffsappid=NHSP-PNHA&iffssid=f387a5a4-3ac2-48c2-99a3-41886574b9e1>

This year, organizations can apply for funding to support seniors dealing with the pandemic by submitting project proposals that offer specific COVID-19 relief or recovery activities for seniors. More traditional NHSP projects can also be submitted.

The New Horizons for Seniors Program supports projects that address 1 or more of the 5 program objectives:

- Promoting volunteerism among seniors and other generations;
- Engaging seniors in the community through the mentoring of others;
- Expanding awareness of elder abuse, including financial abuse;
- Supporting the social participation and inclusion of seniors; and
- Providing capital assistance for new and existing community projects and/or programs for seniors.

Organizations are invited to apply for funding that supports the program's national priorities:

1. Supporting healthy ageing

Including addressing social isolation, mental health and dementia, and supporting accessible intergenerational housing

2. Preventing elder abuse and fraud

Including measures to reduce crimes and harm against seniors and supporting financial empowerment of seniors

3. Combatting ageism, celebrating diversity and promoting inclusion

Including promoting labour market participation of seniors, particularly members of underrepresented or underserved groups, including, but not limited to, women, Indigenous Peoples, persons with disabilities, members of racialized and newcomer groups, and members of LGBTQ2+ communities, and promoting intergenerational mentoring and engagement

4. Improving seniors' access to government services and benefits

Including helping seniors navigate access to government benefits, and providing support to file their taxes

5. Adapting community-based organizations to a more virtual environment

Including by developing and delivering virtual programming, and recruiting and training volunteers to support the social inclusion of seniors

We encourage you to follow Seniors in Canada on Facebook

<https://www.facebook.com/SeniorsinCanada/> and on Twitter https://twitter.com/ESDC_GC or [access canada.ca/seniors https://www.canada.ca/en/employment-social-development/campaigns/seniors.html](https://www.canada.ca/en/employment-social-development/campaigns/seniors.html) to obtain the most up-to-date information about the benefits, programs and initiatives available to seniors. Additionally, we are asking you to comment, like and share our content to help spread the word about the 2020–2021 NHSP Community-based call for proposals and other important seniors-related announcements. Feel free to use #SeniorsInCanada to join the conversation.

For more information on this call for proposals, contact: New Horizons for Seniors Program - Community-based projects at <http://www.esdc.gc.ca/cgi-bin/emailform/index.aspx?GoCTemplateCulture=en-CA§ion=nhsp-cbp>

SaferMedsNL Shares Tips for Improving Sleep without Relying on Sleeping Pills

If the COVID-19 pandemic has changed the way you sleep, you are not alone. COVID-19 restrictions have changed many aspects of our lives, including our daily routines, exercise regimes, socialization, and most importantly our stress levels. Perhaps you're lying awake at night worrying or the insomnia you thought was managed has suddenly returned. There are things you can do to improve sleep without relying on sleeping pills:

1. Sleep therapy

A proven therapy to help people sleep better is CBTi, which stands for Cognitive Behavioural Therapy for insomnia. Whether you want to get to sleep faster or sleep longer, CBTi may help. CBTi helps you regain your natural sleep and unlike sleeping pills, the benefits can last a lifetime and it doesn't have harmful side effects. Most importantly, CBT-i is effective. Research shows that CBT-i can help you fall asleep faster and sleep for longer than sleeping pills. Speak to your pharmacist, doctor, or nurse to find out more about CBTi or find a resource that's right for you at mysleepwell.ca, a website developed by health researchers at Dalhousie University.

2. Sleep diary

Keeping a sleep diary is a way to track important information about your sleep. In a sleep diary, you write down the time you go to bed, the number of times you wake up in the night and any daytime naps you have. By keeping a record of this information and looking back at it over time, you may find out what is helping you or stopping you from having a good night's sleep. You can take your sleep diary to your doctor or healthcare professional and decide together what sleep habits you could use to get better quality sleep. You can find an example of a sleep diary, and instructions on how to use it in our [brochure](#).

3. Relaxation: Dealing with stress

Dealing with stress can help you get better sleep. For many of us with busy lives, this is 'easier said than done' and takes some practice. There is not just one way to deal with stress, some techniques help you deal with your physical and mental reactions to stress while others help change the way you think about stressful things. It can take several tries to find a technique that works for you. Three effective ways to deal with stress are:

- Deep breathing
- Muscle relaxation
- Mental imagery (relaxation visualization)

To learn more about these techniques to deal with stress and other ways to get a good night's sleep, download our [brochure](#).

4. Exercise

Regular exercise can improve the quality of your sleep, especially aerobic activities that increase your heart rate and breathing. Be aware that strenuous activity too close to your bedtime will stimulate you, so plan your exercise for daytime or early evening hours.

5. Restrict device use

Restricting the use of devices with screens before you sleep is a good habit that may help you sleep better. The blue light from screens like phones, laptops and TVs used at bedtime may disrupt your natural sleep patterns. It is suggested that your bed should be used for sleep and sex only, and devices, like phones and tablets, should not be used before your scheduled sleep time or if you wake in the night.

6. Control lighting

You can make your room darker when you go to sleep by using block-out blinds and turning off any bright lamps, or devices with screens. Sleeping in a dark room is just one of several habits that may help you sleep better. These habits are known as "good sleep hygiene". Another example of good sleep hygiene is keeping your room at a comfortable temperature. Your room should be slightly cooler at night than during the day. A room temperature of around 18° Celsius is suggested, although comfort levels can differ from person to person. A room that is too hot or cold may result in a restless night.

7. Limit caffeine, nicotine and alcohol

Avoid caffeine drinks 4-6 hours before your scheduled sleep time. Caffeine is a stimulant. It can be found in coffee, most teas, soft drinks and chocolate. Caffeine is known to disrupt sleep, so avoid eating or drinking caffeinated foods or drinks before your scheduled sleep time or if you wake in the night.

Avoid smoking just before your scheduled sleep time, or during the night. Cigarettes contain nicotine which is a stimulant and smoking will disrupt your natural sleep patterns. Talk to your doctor, nurse or pharmacist about how to quit smoking.

Avoid drinking alcohol about 3-4 hours before your scheduled sleep time. Alcohol is a depressant that does not improve the quality of your sleep. It can make you fall asleep but you will wake up shortly after. Avoid drinking alcohol before bedtime to help you get a good night's sleep.

Limiting caffeine, nicotine and alcohol are habits that help you sleep better. These habits are known as "good sleep hygiene". For more information on good sleep hygiene and other ways to get a good night's sleep, download our [brochure](#).

Visit <http://SaferMedsNL.ca> for more ways to improve sleep and remember to always consult a pharmacist, doctor, or nurse before you start or stop any medication.

LAWN 50 PLUS CLUB INC.

LAWN, NL

COVID-19 came upon us in March with a serious bang. For the Lawn 50 + Club, there hasn't been any fund raising since then. The weekly card game was our main source of income. Monthly ticket draws have also been suspended. Minimizing our expenditures has been the main priority ie: contacting Bell Telephone to suspend our phone service. Aside from that, the heating costs are minimal. Our building is being maintained regularly with visits to bait the mouse traps and empty the humidifier, and general monitoring.

We have obtained 2 grants through SeniorNL and United Way during this period of pandemonium. These funds have allowed for the procurement and distribution of food hampers for the seniors of our community. Our thanks go out to the awesome team of Isaacs Clover Farm in St. Lawrence, our nearest grocery store. They have gone above and beyond to help carry out these tasks. The first time there were 65 hampers delivered around our town; the second time 85. The hampers consisted of staples such as bread, milk, eggs, juice and a small selection of fresh fruit. These hampers were available to the seniors of our community and were delivered door-to-door while wearing PPE. Social distancing was maintained and conversation was offered. I was fortunate to have the best helpers, my wonderful husband and our daughter with a little assistance from my 4 year old grandson.

In addition to hampers for the community we provided a hot meal to each of our Club Members (18) who with the exception of 3, are all in their 70s, 80s and 90s. A big thank you goes out to the ladies of The Royal Canadian Legion, Branch 58, Take-out and Grill (Lawn) who provided these hot meals as well as delivery service. These ladies are ready to help at all times.... and their food is delicious.

Phone calls are made to our members on a regular basis to check in and just chat about their health, the weather and the goings on in our small town.

Overall, pandemonium over COVID-19 has given us a new way of living which we must accept and learn to cope with. We are very lucky to be in our fair island province. We have spent months watching its progression and thank the Lord, we're safer than most.

Daisy Brockerville

**President
Lawn 50 Plus Club Inc.**