



NL 50 + FEDERATION INC.  
P. O. BOX 407  
GLOVERTOWN, NL  
A0G 2L0

# NL 50 + FEDERATION NEWSLETTER

*January 2023*

*On behalf of the NL 50+ Federation , I'd like to extend congratulations and good wishes to everyone for a happy and healthy 2023.*

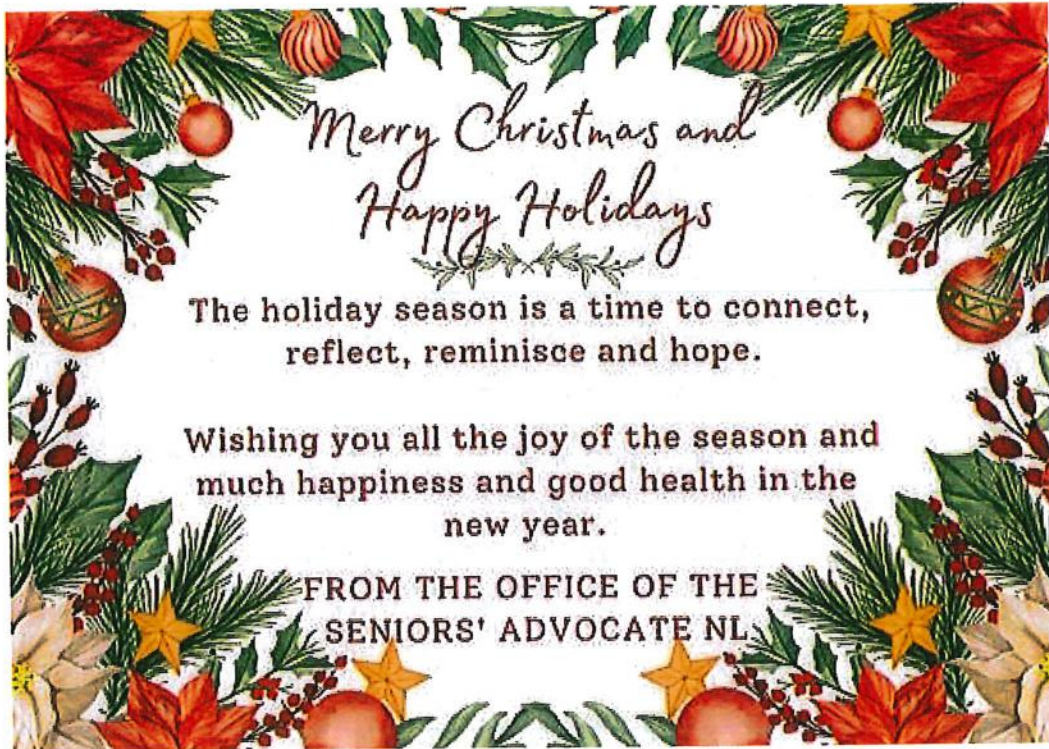
*It is great to see life returning to a new normal as we slowly and safely become more active and more social.*

*Best wishes,*

*Robert*

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

<http://seniorsnl.ca/seniors/nl-50plus-federation-in-the-community/>



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Office of the Seniors' Advocate NL  
P.O. Box 13033, St. John's NL, A1B 3V8  
Email: [seniorsadvocate@seniorsadvocatenl.ca](mailto:seniorsadvocate@seniorsadvocatenl.ca)  
Ph : (709) 729-6603 Toll Free: 1-833-729-6603  
[www.seniorsadvocatenl.ca](http://www.seniorsadvocatenl.ca)



## Message from the Minister

During this holiday season, I would like to take this opportunity to extend my appreciation for being such a valuable partner of the Department of Children, Seniors and Social Development. I truly hope you and your family enjoy the magic that this time of year brings.

Over this past year, the Department has experienced a number of important accomplishments due in large part from our partnerships. Examples include:

- providing a one-time benefit for those receiving Income Support of \$200 for single people and \$400 for families as part of the Government of Newfoundland and Labrador's Five-point Plan to help address the high costs of living;
- extending a Bus Pass Program for individuals in receipt of Income Support and expanding the program to seniors over aged 65 who are receiving the Guaranteed Income Supplement and youth receiving services from the Department's Youth Services Program;
- establishing the province's first Accessibility Standards Advisory Board under the province's new **Accessibility Act**;
- holding an extensive engagement process to help inform the development of a long-term provincial Social and Economic Well-Being Plan, which includes reviewing the provincial Income Support Program and the development of a Housing and Homelessness Plan;
- increasing the provincial Income Support Basic Rate by five per cent;
- implementing a new targeted Basic Income Program for youth receiving residential services through the Department's voluntary Youth Services Program effective January 1, 2023; and
- improving services and outcomes for children, youth and families who are involved in the child protection, in care and youth services programs.

I look forward to continuing to work together in the New Year as we know more needs to be done.

I wish you and your family joy, peace and good health throughout the holidays and New Year.

Merry Christmas!

**John G. Abbott, MHA**

District of St. John's East - Quidi Vidi

Minister of Children, Seniors and Social Development

Minister Responsible for the Status of Persons with Disabilities

Minister Responsible for the Community Sector

Minister Responsible for the Newfoundland and Labrador Housing Corporation

# New Adult Protection Legislation Now in Effect

## Children, Seniors and Social Development

December 15, 2022

Today, the province's new Adult Protection Act, 2021 comes into effect. The purpose of this legislation is to protect adults 18 years of age and older in Newfoundland and Labrador who are at risk of abuse, neglect and/or self-neglect, and who do not understand or appreciate that risk.

The new Adult Protection Act, 2021:

- strengthens the rights of adults involved in the adult protection process by implementing timelines on temporary orders (provision, which did not exist previously), legislating timelines on investigations (30 days) and enshrining the right to retain and instruct counsel in the Act;
- allows for temporary orders, which will ensure adults are protected while under investigation or awaiting a declaration hearing;
- adds consideration of culture in the Act's service principles, which outline how the Act is to be interpreted and administered; and
- strengthens the concept of decision-specific capacity and providing the authority to develop regulations for the assessment of capacity.

Updates to the Adult Protection Act, 2021 are a result of the legislated five-year statutory review of the Act and feedback gathered from key stakeholders including Regional Health Authority staff and management, police, the Office of the Seniors' Advocate, the Coalition for Persons with Disabilities, as well as community organizations and the public. The Act is operationalized through the four Regional Health Authorities, and the Department of Children, Seniors and Social Development has overall responsibility for the administration of the Act.

The Act, which received Royal Assent on November 4, 2021, can be found on the House of Assembly [website](#).

For more information on the adult protection process, please visit the department's [website](#).

### Quote

"I am pleased that the new Adult Protection Act, 2021, is now law. As a government, we recognize the importance of ensuring the safety and well-being of those in neglectful or abusive situations. I would like to thank everyone who participated in the engagement process that informed the review of this important legislation. As well, I would like to remind all Newfoundlanders and Labradorians of their duty to report adult abuse and neglect. If you suspect that an adult is being abused or neglected, please call toll-free 1-855-376-4957 or contact your local police."

Honourable John G. Abbott

Minister of Children, Seniors and Social Development

December 14, 2022

Robert Rogers, President  
Newfoundland and Labrador 50+ Federation  
P.O. Box 407  
Glovertown, NL A0G 2L0

Dear Robert:

Thank you for your letter of October 23, 2022 in which you presented the resolutions from the 45<sup>th</sup> Annual General Meeting of the Newfoundland and Labrador 50+ Federation Inc.. I was delighted to have attended and witness the level of energy and commitment to seniors' issues at the convention.

In addition to areas within the Department of Children, Seniors and Social Development's mandate, your resolutions also address areas within the mandate of the Department of Health and Community Services (HCS). I have reached out to HCS to ask them to provide you with the most accurate and up-to-date information possible and to identify a contact person who can provide additional information if and when required. I trust you will find the enclosed updates helpful.

I look forward to a continued positive relationship with the Newfoundland and Labrador 50+ Federation, and thank you for the support your organization provides to seniors throughout the province. I wish you every success in your ongoing work.

Sincerely,



**HON. JOHN G. ABBOTT, MHA-Elect**  
District of St. John's East – Quidi Vidi  
Minister

Enclosure

## Resolution 1 – Influenza Vaccinations

Whereas: High dose influenza vaccinations recommended by NACI (National Advisory Council on Immunizations) are available free of charge to seniors in the majority of Canada's provinces, and

Whereas: Seniors (65 and over) in Newfoundland and Labrador are in a high risk group for influenza infections which may not be prevented by regular influenza vaccines, and

Whereas: Under the Canada Health Act, seniors are entitled to the same standards across the country

**Therefore be it resolved:** That the Government of Newfoundland and Labrador, through the Department of Health and Community Services, make high dose influenza vaccinations available to all Newfoundland and Labrador seniors 65 and over free of charge.

### **Response:**

- The National Advisory Committee on Immunization (NACI) recommends that high dose influenza vaccine should be offered to individuals 65 years and older, given the burden of influenza on this population. NACI also recommends that in the absence of this product, any authorized, age appropriate influenza vaccine that is available should be used. All influenza vaccines currently available in NL are safe and effective in providing protection against influenza disease.
- High dose influenza vaccine is currently supplied to all provinces and territories through the Public Health Agency of Canada at no cost with use for those at highest risk. A pre-determined allocation is distributed to each jurisdiction, prior to the start of influenza season. Newfoundland and Labrador is currently offering this vaccine to those deemed at highest risk through our publicly funded system; individuals 65 years of age and older living in senior congregate living facilities (long-term care, personal

care homes, assisted living and community care homes). Some provinces offer high dose influenza vaccine to all individuals 65 years of age and older, including New Brunswick, Prince Edward Island, Ontario, Saskatchewan and Manitoba. The Department of Health and Community Services will continue to closely monitor the transmission of influenza disease, the effectiveness of vaccine and vaccination rates across the province and will work closely with NACI, the Public Health Agency of Canada and with other jurisdictions in Canada to ensure we are offering the most appropriate and cost effective vaccinations to seniors in our province.

Response provided by the Department of Health and Community Services. For more information, please contact:

Alison Tucker

Director of Public Health

709-729-5019

[AlisonTucker@gov.nl.ca](mailto:AlisonTucker@gov.nl.ca)

## **Resolution 2 – Grants to Attend AGM**

Whereas: Many 50 + Clubs in many remote communities of Newfoundland and Labrador have fewer than 50 members, and

Whereas: Members of these clubs have a difficult time meeting their operating expenses, and

Whereas: A majority of clubs rely on the generosity of their towns to provide them with meeting places, and

Whereas: Club members who wish to attend the AGM are finding that the transportation, hotel, and meal expenses to attend the AGM are too much for small clubs to afford

**Therefore be it resolved:** That the Government of Newfoundland and Labrador, through the Department of Children, Seniors and Social Development make available to all 50 + clubs a basic grant to help cover off expenses for two voting delegates to attend the 50 + Federation AGM.

### **Response:**

- CSSD will address how to continue to support the Federation's AGM in the next fiscal year, which will be subject to the budget process.

Response provided by the Department of Children, Seniors and Social Development. For additional information, please contact:

Henry Kielley, MSW, RSW  
Director of Seniors and Aging & Adult Protection  
709-729-4957  
[henrykielley@gov.nl.ca](mailto:henrykielley@gov.nl.ca)



## **Resolution 4 – Doctor Shortage**

Whereas: The age group over 60 years of age is the largest growing demographic in the province of Newfoundland and Labrador, and

Whereas: That demographic requires an increasing amount of medical attention and interventions, and

Whereas: Medical doctors are leaving this province in rapidly increasing numbers creating situations of long waits for medical attention and a growing list of people who are unable to obtain the services of a family physician, and

Whereas: The shortage of medical physicians is causing problems with hospital emergency rooms and driving up costs of health care

**Therefore be it resolved:** That the Newfoundland and Labrador 50+ Federation request the Government of Newfoundland and Labrador alleviate the issue by, but not necessarily limited to, the following:

Institute a remuneration structure for medical practitioners in this province commensurate with that across the county and which is at least on par with, or preferably slightly higher than, any currently in effect in either of the maritime provinces. Pass a statute that will bind this, and all future governments, to maintain such a remuneration status in this province;

### **Response:**

- Compensation for physicians (salaried and fee-for-service) is determined through negotiations with the Newfoundland and Labrador Medical Association (NLMA).
- HCS is developing a blended capitation model of payment for family physicians (in collaboration with the NLMA), which will support medical practitioners in empaneling

patients and providing primary care. This will directly impact seniors in the province, as it will provide a more stable income for family physicians and enable them to focus on the delivery of primary care.

Eliminate training fees and costs associated with medical practitioners at institutions in Newfoundland and Labrador for any student who signs a legally binding agreement to practice medicine in this province for at least 10 years after graduation. Increase cost for all students, who do not sign such an agreement, to a level which will cover the full costs of those who do sign the agreement;

**Response:**

- HCS offers several retention initiatives to medical students, including an undergraduate medical student bursary (\$7,500 in exchange for 1-year service agreement) and the medical resident bursary (\$25,000-90,000 in exchange for 3-year service agreement). Additionally, incentives such as the Family Practice Programs are open to medical residents in any year of the family medicine program (\$150,000 in exchange for 5-year service agreement).
- HCS also offers a Travelling Fellowship Program, which funds residents to complete specialty training outside of the province in return for a service agreement.
- It is important to note that long service agreements may act as a deterrent to physicians, and that increasing the cost of medical school will reduce access to medical education in the province. Across other Canadian jurisdictions, no service agreements are longer than 5 years therefore doubling a service agreement length to 10 years may not be viewed positively by physicians or the public.

Reimburse all medical practitioners 65 percent of all training fees and associated costs they may have incurred to train outside the Province of Newfoundland and Labrador if they are prepared to sign a legally binding agreement to return and practice medicine in this province for at least 10 years;

**Response:**

- The medical resident bursaries offered by HCS are available to students who did their undergraduate medical education at Memorial University and have gone outside of the province for residency training.
- HCS also funds some physicians to complete residency programs in other provinces for specialties that are not offered through Memorial University (i.e., ophthalmology), with an associated service agreement that is the same length of the training program.

Establish, in conjunction with the NLMA and pharmaceutical industry, a full time board or committee of government which is committed to helping medical practitioners establish and maintain practices throughout the province.

**Response:**

- HCS funds the Family Practice Renewal Program, which consists of several committees and advisory groups. The Family Practice Renewal Program has many initiatives to support family physicians in establishing and maintaining their practice, including a fee code program, a practice improvement program, and training and support to help navigate the process of setting up a family medicine practice in the province.

Response provided by the Department of Health and Community Services. For additional information, please contact:

Nicole Babichuk PhD  
Manager of Contract Physicians and Programs  
709-729-4623  
[nicolebabichuk@gov.nl.ca](mailto:nicolebabichuk@gov.nl.ca)

## **Resolution 5 – Keep Couples Together in Long-Term Care**

Whereas: The seniors are the largest growing demographic in the Province of Newfoundland and Labrador, and

Whereas: Spouses and/or partners and/or couples are living to very advanced ages which often creates a situation where one or both members require special healthcare and/or special living accommodations, and

Whereas: The healthcare system of Newfoundland and Labrador often separates the members of those unions, who in many cases have been together for 50 years or more, by placing one in an institution and the other remains at home or placing each of them in a different institution causing emotional, mental, and physical stress on one or both of the partners

**Therefore be it resolved:** The Newfoundland and Labrador 50+ Federation request that life partners be able to stay together as they age, even if one partners needs a different level of long-term care. The federation also requests that the Government of Newfoundland and Labrador rectify each individual situation within a period of no longer than 14 days by doing, but not limited to, the following unless one or both partners refuse to do so:

Always placing both partners in join living accommodations, or;

Placing both partners in the same institution even though they may not be living in the same room, or:

By leaving both partners in their current living situation and providing the same level of care they would receive in an appropriate long-term care setting.

**Response:**

- The Province's long-term care and community support services sector is comprehensive, encompassing home support, personal care homes, residential care options for individuals with disabilities and long-term care homes. The Department of Health and Community Services is focusing on initiatives, programs, and services to support couples to remain together in their own homes and communities. Through our Home First initiative, some couples are able to live in the comfort of their own home with enhanced supports, even though levels of care may differ. The Home First initiative is based on the philosophy that home is best for individuals who do not require acute medical intervention, allowing them to live independently at home for as long as possible.
- Under the Home First initiative, to support spouses to remain together, eligibility to personal care homes was expanded so that couples can be placed in a personal care home together if one spouse meets the care requirements for this setting. In exceptional circumstances, spouses may be considered for admission to either a shared space or the same long-term care facility as their loved one. In cases where it is necessary for one spouse to be placed in a long-term care facility while the other spouse is not eligible for placement, the regional health authorities make every effort to support the family. This may include assisting the spouse in the community to find a residential option close to the long-term care home, such as cottages or personal care homes, and supporting spouses who wish to visit each other.
- In considering all the factors, government recognizes that it can be deeply distressing for spouses to be separated due to differing care needs, and is committed to examining current practices and the implications of a potential change in policy. It is important to note that Newfoundland and Labrador is facing an increase in the seniors' population with health care needs that are often complex. Provincially, the demand for long-term care services exceeds current capacity. It is unfortunate when spouses are separated due to differing care needs, yet it is also vitally important to have processes

and policies in place to ensure that services are available for people in most urgent need.

Response from the Department of Health and Community Services. For additional information, please contact:

Deena Waddleton

Manager Community Health Planning

709-729-6012 or [deenawaddleton@gov.nl.ca](mailto:deenawaddleton@gov.nl.ca)

## **Resolution 6 – Answering the Phone in Government Offices**

Whereas: Seniors and volunteers are trying to keep seniors informed, active, and involved in social activities, and

Whereas: Oftentimes the volunteers need to speak to a person in a government office to get information or answer a question, and

Whereas: When a message is left employees oftentimes do not return calls in a timely manner or do not return them at all

**Therefore be it resolved:** The Newfoundland and Labrador 50 + Federation request that the Government of Newfoundland and Labrador ensure employees return phone calls in a timely manner so we can all be more effective in the roles.

### **Response:**

- CSSD officials attempt to acknowledge phone inquiries within two business days. The Department is committed to providing services in accordance with defined service standards. The Department is implementing service standards incrementally, in accordance with broader departmental initiatives and will update [www.gov.nl.ca/cssd/department/service-standards/](http://www.gov.nl.ca/cssd/department/service-standards/) with additional information in the future. If a senior or senior serving organization does not receive acknowledgment of their inquiry from a government official within a timely manner, they are invited to contact the Seniors and Aging Division at 1-888-494-2266.

Response provided by the Department of Children, Seniors and Social Development.

For additional information, please contact:

Henry Kielley, MSW, RSW

Director, Seniors and Aging & Adult Protection

709-729-4957 or [henrykielley@gov.nl.ca](mailto:henrykielley@gov.nl.ca)

# **ALEXANDER BAY 50 + ASSOCIATION INC.**

**Glovertown, NL**

This has been a wonderful year in our Club. Our enrolment has increased by 12 members. We have applied for and secured a \$2000.00 grant to have 12 info sessions. We will be inviting the public and surrounding 50 + clubs to take part.

In November we held our afternoon tea. It raised over \$1500.00 but the really beautiful thing was that we also had several food donations from the public that helped make this event such a wonderful success.

We finished off 2022 with a visit from our Director, Malcolm Rogers. Our elections were then held for the coming year. The Christmas social followed with a lovely potluck and a scuff by our local musicians.

Merry Christmas, everyone!

## **FEDERATION HISTORY 1975 - 2022**

Last year I compiled a history of the Federation and copies were sent to all of our clubs in the province. I have recently come into possession of additional pertinent information to that history.

It is my intention to apply for government funding to print this information. Federation wants to partner with any club wishing to help out. For a club to support this project we ask you to get at least one volunteer typist in your club to type an old report and email to me. So far, 10 clubs have taken part. We know that everyone has an interest in our history and expect offers from many other clubs... many hands make light work!!

Thanks for your help,

*Robert Rogers*, President

Telephone 709 533-6189

## **2023 CLUB REGISTRATION**

**Enclosed is a copy of 2023 Member Club Report for clubs to register this year. This year the form should be returned by April 30, 2023.**



## Message from the Advocate

I am excited to deliver to you the inaugural edition of the Office of the Seniors' Advocate Newsletter. This Newsletter is just one way that I am working to increase my Office's communication and accountability to the seniors of this beautiful province. Other initiatives include: the creation of an email group where seniors and their families can sign up to receive regular updates from my Office, increased public engagement, and a survey to hear from seniors, their family and caregivers.



When I became the Seniors' Advocate on June 15, 2022, I made two public commitments to seniors: to provide an update on the status of all recommendations made by this Office, and to hear from seniors, their families and community agencies such that I could fulfill my legislative responsibility to identify and review and make recommendations regarding systemic issues impacting seniors. I fulfilled the first commitment on Nov. 1, 2022, when my Office released the Status Report on Recommendations 2022-23. Read the details in this Newsletter. To fulfill the second commitment, I conducted approximately 30 Engagement Sessions and Presentations in every region of the province, in-person and virtually; held 68 meetings with government officials and stakeholders; 10 municipalities; and 3 of the 4 Regional Health Authorities. What a learning! I wish to thank the hundreds of seniors that shared their experiences and wisdom.

I can tell you it has been a productive 6 months and we are just getting started!

Going forward some of the things my Office will focus on include: analyzing the information we heard in the engagement sessions, releasing the findings and working with partners to advance solutions and, as I am mandated, advocating for improved services to seniors where necessary; the review of the personal care and long term care system; working with the Seniors' Advocates nationally on matters of mutual concern, including long term care; representing the interests of seniors in such matters as basic income and food security; and, addressing an average of 85 requests per month for advocacy assistance for seniors.

Warmest wishes for the holiday season, Merry Christmas and Happy New Year!



Susan Walsh  
Seniors' Advocate NL

# Advocacy Actions

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## Seniors' Advocate Calls for Review of the Personal Care Home and Long Term Care Systems

**News Release – For Immediate Release**

**Office of the Seniors' Advocate**  
October 20, 2022

### **Seniors' Advocate Seeks Review of the Personal Care Home and Long Term Care Systems**

On Thursday October 20, 2022 Newfoundland and Labrador's Seniors' Advocate, Susan Walsh, wrote the Minister of Health and Community Services to request immediate implementation of the 2019 recommendation in the Office of the Seniors' Advocate report titled **Long May Your Big Jib Draw: Setting Sail**, which states that "a significant review of the province's Personal Care Homes and Long Term Care Homes" be completed.

Issues related to the care of seniors in both of these Systems were noted in 2018/19 which resulted in the recommendation for a review of both of these Systems. As the Advocate currently conducts Engagement Sessions in the province issues related to the care of seniors in the Personal Care Home and Long Term Care System continue to be raised. Further, similar concerns related to the care and treatment of seniors in the hospital system are also prevalent.

The details shared by family members of the care and treatment of their loved ones in the health continuum including hospitals, Personal Care Homes and Long Term Care facilities are heart wrenching and fundamentally wrong. We can and must do better.

Susan Walsh, NL Seniors Advocate

Further, in her October 20, 2022 letter to the Minister of Health and Community Service, the Seniors' Advocate has noted that the need to review the Personal Care Home and Long Term Care Systems is even more critical today, and has therefore recommended that:

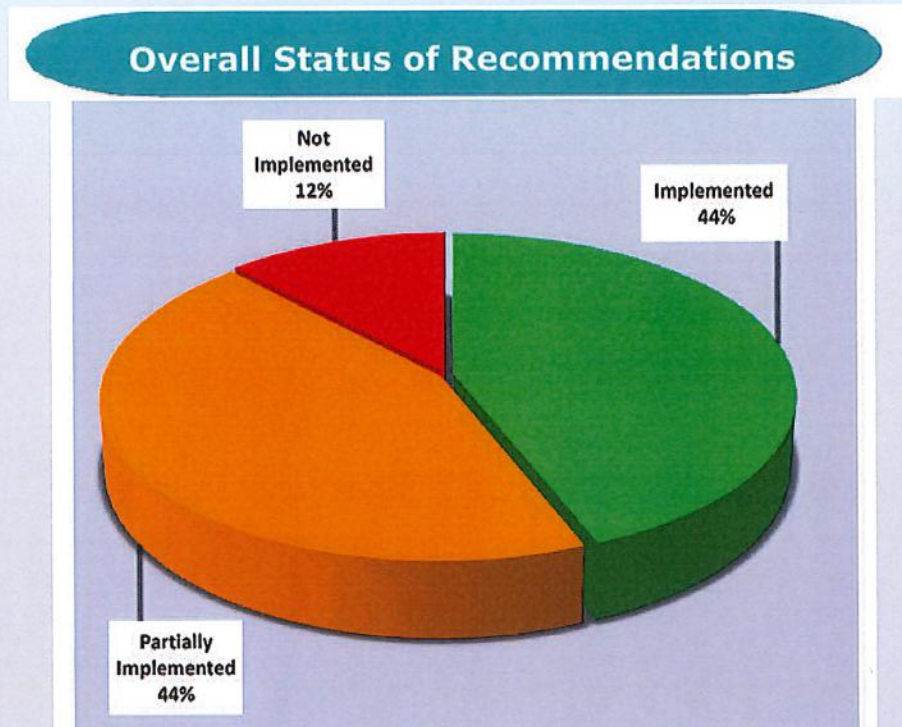
The Department contract an external expert in residential care for seniors to review both the Personal Care Home and Long Term Care homes/facilities and systems. This review should include an evaluation of each home/facility, from a quality of care, structure and oversight perspective. Further this review should then consider the draft standards the Department of Health and Community Services has developed for both of these Systems to determine: a) if they are adequate to meet the needs of seniors in both Systems, b) the required staffing ratios, and c) can these ratios be achieved within the current staff complement. Speaking to residents and their families should be part of this review.

I wish to be clear that there are many intersecting issues, in addition to staffing, that are creating the current significant concerns I am hearing exist in the hospital, Personal Care Home and Long Term Care Systems. There are staff that are delivering quality care in very demanding environments in some circumstances without adequate training requirements and with what appears to be significant staffing shortages that place additional pressure on the existing staff. Seniors deserve an external review completed by experts in the area of residential care and the requirements of care for seniors with complex needs. I will ensure that any review is comprehensive, with recommendations for real change that get implemented.

Susan Walsh, NL Seniors Advocate

# Advocacy Actions

## Seniors' Advocate Releases Status Report on Recommendations



The Office of the Seniors' Advocate has released the Status Report on Recommendations 2022-23. This is the first report on the status of recommendations released by this Office and will be an annual feature while there are outstanding recommendations. To date, 25 recommendations have been issued by the Office of the Seniors' Advocate to various Provincial Government departments and agencies arising from its first report released in 2019 titled *Long May Your Big Jib Draw* [<https://www.seniorsadvocatenl.ca/pdfs/LongMayYourBigJibDrawSettingSail2019.pdf>]. Of these recommendations, 44% have been fully implemented, 44% partially implemented, and 12% have had little or no meaningful progress, as of the reporting period. The 25 recommendations focused on three areas:

- 1. Aging in Place** 11 recommendations: 5 implemented, 5 partially implemented, 1 not implemented
- 2. Health Care** 12 recommendations: 4 implemented, 6 partially implemented, 2 not implemented
- 3. Labour Force Participation** 2 recommendations: both implemented

Meaningful change can take time; and I accept that recent global challenges may have hindered the implementation of some recommendations. This is unfortunate as some of the problems we see today may have been avoided or on the road to positive change. But the world we live in now is our "new normal" and we must get on with the work. However, progress is happening in many areas, and I wish to thank those who have worked to improve the lives of seniors in Newfoundland and Labrador.

- Susan Walsh, NL Seniors' Advocate

This report can be found on the Office of the Seniors' Advocate webpage:

<https://www.seniorsadvocatenl.ca/pdfs/StatusReportOnRecommendations2022-23.pdf>

# Community Engagement

## Some of the Community Organizations the Seniors' Advocate Met with and/or Presented to:

- Connections for Seniors
- SeniorsNL
- Quality of Care NL
- Seniors Coalition
- Endless Homelessness St. John's
- The Gathering Place
- Stella Circle
- Food First NL
- Human Rights Commission
- NL Public Sector Pensioners Association
- NL Seniors and Pensioners Coalition
- Grand Bank 50+ Club
- NL 50+ Federation
- Canadian Association for Retired Persons NL
- Navnet
- Catholic Women's League
- Clarenville Random Age-Friendly Communities
- Town of Clarenville
- Clarenville 50+ Club
- Town of Gander
- Gander Seniors 50+ Club
- Town of Grand-Falls Windsor
- Exploits Valley 50+ Club
- St. John's Retired Citizens Association
- Mount Pearl Seniors Independent Group
- City of Mount Pearl
- Town of Deer Lake
- Caribou 50+ Club Deer Lake
- Seniors Citizen Echo Club Corner Brook
- Stephenville 50+ Club
- Town of Stephenville
- Twin Cities 50+ Club Labrador
- Seniors Advisory Committee St. John's
- Science & Seniors Geo Centre
- Seniors on the Go Botanical Gardens
- Alzheimer's Society
- Rethinking Food Charity Summit
- Town of Wabush
- Town of Corner Brook
- Town of Happy Valley Goose Bay
- Red Leaf Centre Springdale
- Town of Labrador City
- Mayor Danny Breen



**Susan addressed the NL 50+ Federation in Marystown. Approximately 300 delegates attended the 45th Annual Convention.**



**Susan recognized the great work of the Random Age-Friendly Communities, Mayor Pickett and council, and the ten businesses in Clarenville that have achieved the distinction of Age Friendly Businesses.**

# Community Engagement

## The Seniors' Advocate Meeting with Media



Day two on the job, Susan reached out to the media and discussed the priority areas of seniors which the Office of the Seniors' Advocate will focus. **Housing, Cost of Living, Transformation of Acute, Long-Term and Community Health Care, Status Report on recommendations and Aging in Place/ Age Friendly Communities.**

### The Seniors' Advocate was live "On Target"



Susan discussed the systemic issues impacting seniors in the province, live with Linda Swain.



Seniors' Advocate Susan Walsh and Tanya Billard (Advocacy Consultant OSA) meet with NL Seniors and Pensioners Coalition.



Susan met with Mayor Manuel and council of the town of Grand Falls-Windsor and the Excite Corporation to discuss Age Friendly Communities and supports to seniors.



The Office of the Seniors' Advocate recognized the passing of Her Majesty Queen Elizabeth II on September 8, 2022. With a reign of over 70 years, and as a senior, her counsel and leadership were sought after by many world leaders.

# Public Engagement

## Seniors' Advocate Provincial Public Engagement

Newfoundland and Labrador's Seniors' Advocate, Susan Walsh, conducted public engagement sessions, reaching out to seniors, families/caregivers and service providers throughout the province. The Seniors' Advocate listened to concerns brought forward to gain a better understanding of the systemic issues affecting seniors. Feedback will be used to help guide the Office of the Seniors' Advocate's actions and strategic direction in 2023. The 16 public engagement sessions were conducted virtually and in-person. A survey was used to collect input.

My mandate is to recommend ways to improve issues, services and programs impacting NL seniors. Three years have passed since this Office undertook any significant engagement process. In that time, we have all witnessed considerable change: economically, socially and health related. It is time to hear from seniors; to learn and discuss how we can ensure positive impacts on the lives of seniors.

- Susan Walsh, NL Seniors' Advocate

### Public Engagement Sessions

#### CENTRAL AND CLARENVILLE

Clarenville Sept 28      Gander Oct 4  
Grand Falls Oct 5

#### AVALON

St. John's Oct 6, Nov 23 & 24, Dec 5  
Mount Pearl Nov 24

#### LABRADOR

Labrador West Dec 6      Goose Bay Dec 7

#### WESTERN

Springdale Nov 28      Deer Lake Nov 29  
Corner Brook Nov 29      Stephenville Nov 30

#### VIRTUAL SESSIONS

Nov 1 & 22



Great turn out in Labrador West for our Public Engagement session. Appreciate the partnership of the Twin Cities 50+ Club.



Lively discussion with seniors in Deer Lake. Thanks for the partnership of the Caribou 50+ Club.

# Stay Safe from Covid-19, Colds and Flus!

As we enter another holiday season, remember that flus, colds, Covid-19 and many other germs and viruses are all around us.

Keep safe by following Public Health Guidance which strongly recommends wearing a mask over the nose, mouth and chin without any gaping, especially in public indoor spaces and where physical distancing cannot be maintained.

Further measures to keep yourself healthy and safe include:

- washing your hand often
- avoiding touching your face
- coughing and sneezing in your sleeve or a tissue
- frequently cleaning high-touch areas
- staying home when you are sick and avoiding contact with others when they are sick
- ensuring your vaccinations and boosters are up to date



For further Public Health advice visit the Department of Health and Community Services NL Life with Covid-19 Webpage at <https://www.gov.nl.ca/covid-19/>

**Reminder**

# WINTER HOME SAFETY TIPS FOR SENIORS



Schedule maintenance for furnaces and fireplaces to ensure they are safe to use.



Check batteries in portable radios, flashlights, smoke alarms and carbon monoxide detectors.



Keep all heat sources and vents clear of clutter.



Make sure smoke alarms and carbon monoxide detectors are installed and working on every floor of the home.



Never leave portable heaters unattended.



Put entry or garage lights on a timer or light sensor so they come on as soon as it gets dark each day.

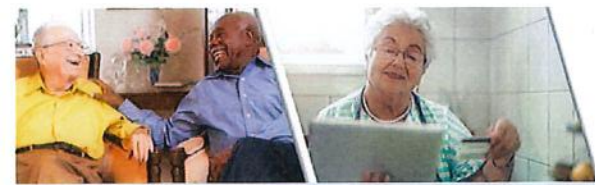


Keep fire extinguishers on hand and near heat sources.



Keep the home well-lit by installing the maximum watt bulbs indicated.





## **Our Team**

**Susan Walsh- Seniors' Advocate**

**Tanya Billard- Advocacy Consultant**

**Pamela Dawe-Advocacy Consultant**

**Sherri Lee Owens- Office Administrator**

**To receive updates from the Office of the Seniors' Advocate  
contact the office to be added to our email list.**

**Contact Us at:  
Seniors' Advocate  
P.O. Box 13033  
St. John's NL A1B 3V8**

**Phone: (709) 729-6603**

**Fax: (709) 729-6630**

**Toll Free: 1-833-729-6603**

**Email: [SeniorsAdvocate@SeniorsAdvocateNL.ca](mailto:SeniorsAdvocate@SeniorsAdvocateNL.ca)**

**Follow us on twitter Seniors Advocate  
NL (@SrsAdvocateNL) / Twitter**

## CBC – Tues, December 20, 2022

### **Over 40,000 people of retirement age in N.L. looking for work, says seniors' advocate**

Both groups say older workers could help struggling workforce. Roughly 43,000 people of retirement age in Newfoundland and Labrador are looking for work, according to the province's seniors' advocate Susan Walsh, who has partnered with the St. John's Board of Trade.

That number comes from Walsh's community engagement sessions and research completed by the board of trade. The people, aged 55 and older, who have expressed interest in working have varying reasons, she says: some just want to work, while others are struggling with the rising cost of living. "A number of seniors have a lot of education. Others have great work ethics. They just want to give back. They want to continue in the work force," Walsh told CBC News.

"Of course, there is a concern here as well that we have some seniors who have to work. I've heard through many consultations and phone calls I get that there are seniors who are significantly struggling right now with the rising cost of living and so some do have to work."

AnnMarie Boudreau, CEO of the St. John's Board of Trade, said the data was collected over a two-year period for a research paper the organization was putting together as a look into the barriers and opportunities older workers — defined as 55 and older — are facing as they actively seek or maintain employment in N.L. The research covered the entire province, not just the St. John's area.

Boudreau said the board of trade did a deep dive into some of the motivators for continuing to work after retirement. She echoed Walsh's comment. "Some people at 55 simply aren't ready. They think that society is built in a way where there's that retirement age," said Boudreau.

"Life today is more expensive, even [more] than a few short years ago. So there is that necessity, if that opportunity presented itself, to maintain their position in the workforce, to continue to make money and have that financial stability. That is a reality for people." Walsh said retirees aren't necessarily looking for another nine-to-five job but are interested in flexible part-time and remote work.

She said employers facing ongoing labour challenges can benefit from the over 43,000 people who may be interested in helping out. "This is a pool of people who we know are very reliable, they've had a history of good work ethics and they have lots of training and knowledge," said Walsh.

"There's lots of great work there to build on and lots of great partnerships."

# The **BITTER TRUTH** about **SUGARY DRINKS**

Overall, our population is drinking too many sugary drinks such as :

- Soda pop
- Fruit drinks (like fruit punch and lemonade)
- Sports drinks
- Energy drinks
- Sweetened specialty hot beverages
- Ice slushy drinks (including iced caps)
- Milkshakes and chocolate milk
- 100% fruit juice
- Most of these sugary drinks provide little or no nutrition and take the place of healthier beverages like water and unsweetened white milk (i.e. note chocolate milk has nutrients similar to white milk but has about 4-5 teaspoons of added sugar per cup).
- They are the top source of sugars in the Canadian diet.
- Eating excess sugar is associated with health problems including heart disease, stroke, obesity, diabetes, high blood cholesterol, cancer and dental cavities.

## What you can do...

Limit free sugar to less than **12 teaspoons a day (48 g)** for adults and less for children. Free sugars are sugars added to foods by the manufacturer or consumer. They are also sugars that are naturally present in honey, syrups, fruit juices, and fruit juice concentrates. It does not include sugars naturally present in whole fruits and vegetables, or in unsweetened milk and yogurt.



- Limit foods and drinks that are high in sugar.
- Drink water; it's important for your health. It's a great way to quench your thirst and stay hydrated without added sugar or calories.
- Other healthy drink options can include white milk (unsweetened lower fat), unsweetened fortified plant based beverages such as soy, unsweetened coffee\* or tea\*.

\*Caution re caffeine: for more information visit [canada.ca/foodguide](http://canada.ca/foodguide) and search "Caffeine in Food"

## How much sugar is in your drink?

Nutrition Facts		Valeur nutritive	
Per 591 mL / par 591 mL			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	290		
Fat / Lipides	0 g	0%	
Sodium / Sodium	75 mg	%	
Carbohydrate / Glucides	77 g	%	
Sugars / Sucre	77 g		
Protein / Protéines	0 g		
Vitamin C / Vitamine C		%	

Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, calcium or iron.  
Source négligeable de lipides saturés, lipides trans, cholestérol, fibres, vitamine A, calcium et fer.

CAFFEINE CONTENT: 85mg

### INGREDIENTS:

CARBONATED WATER, GLUCOSE-FRUCTOSE, CONCENTRATED ORANGE JUICE, CITRIC ACID, NATURAL FLAVOUR, SODIUM BENZOATE, CAFFEINE, SODIUM CITRATE, GUM ARABIC, ERYTHRORBIC ACID, CALCIUM DIACEDONUM BEER, BROMINATED VEGETABLE OIL, COLOUR.

**Step 1:** Find the sugar on the Nutrition Facts label

Note: 4 grams equals 1 teaspoon of sugar

**Step 2:** Divide the grams of sugar by 4 to find the number of teaspoons:  $77 \text{ g} \div 4 = 19 \text{ teaspoons}$  of sugar in 591 mL of this beverage



**Look at the ingredients list to check added sugars**

- They may be listed as things like glucose, fructose, agave, corn syrup, dextrose or dextrin, galactose, high fructose corn syrup, honey, maltose, nectar, sucrose, honey, xylose, etc.
- Limit all sugars; there's little nutritional difference between them.



- It's important to stay hydrated. To do this you need to drink fluids throughout the day.
- There are so many different drink choices available and most are not healthy. Plain water is the best and easiest choice.
- Tap water in most municipalities is safe and the healthiest way to stay hydrated without consuming unneeded sugars.
- You need more water when it's hot outside or you are doing activities that make you sweat.
- Don't wait until you get thirsty to drink...sip water throughout the day.

## Get the gear!

Find a reusable bottle you like and keep it full. BPA-free plastic, stainless steel and glass are all great options. If you want to keep water cold invest in a thermal bottle.



## Try it with fruit!

Fruit-infused waters are as easy as 1, 2, 3...

1. Wash and dice fresh or frozen fruit. Use about 1/2 cup per litre of water. You can also use cucumber or fresh herbs (amounts may vary).
2. Add to pitcher, infuser bottle or mason jar with water.
3. Place in fridge for 3-4 hours. You can infuse overnight or up to 12 hours for stronger flavour. If you infuse for 4 or more hours, remove the fruits and herbs from the water, then store the infused water in the fridge for up to 3 days. Removing the fruits will prevent them from decomposing in the water and potentially creating undesirable flavours.



### Tasty choices:

- |            |           |             |                 |
|------------|-----------|-------------|-----------------|
| • Orange   | • Melon   | • Pineapple | • Lemon or lime |
| • Mango    | • Berries | • Mint      | • Basil         |
| • Cucumber | • Kiwi    | • Rosemary  | • Cilantro      |



Try these alone or in combinations for different flavours, such as cucumber and melon; oranges and mint; honeydew, lime and mint; blueberries and rosemary; kiwi and raspberries; watermelon and basil; etc.

**Helpful tips:** For best results avoid fruits that brown like apples and pears. Remove rind from fruit if infusing for long periods as it can give an off flavour. Freeze extra fruits or fresh herbs before they spoil and use them in your water. Try chopping and freezing them in water in ice cube trays for easy-to-grab infusing cubes.



For information on the Rethink Your Drink 30-Day Challenge contact your local Public Health Nurse



February 2019



# NL 50 + FEDERATION INC.

Return this form by 30 April 2023 to:

Kevin Thorne

Treasurer

P. O. Box 99

37 Pond Side Road

Chapel Arm, NL AOB 1LO

## ***2023 Member Club Report***

Your Town \_\_\_\_\_ Meeting Place \_\_\_\_\_

Incorporation Number \_\_\_\_\_ Number of Members \_\_\_\_\_

Club Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

President's Name: \_\_\_\_\_ P. O. Box \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Secretary's Name: \_\_\_\_\_ P. O. Box \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Treasurer's Name: \_\_\_\_\_ P. O. Box \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

ASSESSMENT

Date \_\_\_\_\_

Number of Club Members \_\_\_\_\_ x \$5.00 each = \$ \_\_\_\_\_

Mail no cash – only Cheque or Money Order made out to:

NL 50 + Federation Inc.

