



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

NL 50 + FEDERATION NEWSLETTER

April 2023

46TH ANNUAL CONVENTION

The preparations are continuing for the NL 50 + Federation 46th Annual Convention in Gander on September 12th to 15th, 2023.

Convention Schedule

The Convention will be held at the Quality Hotel & Suites, Gander, NL

Sept. 12 th	Tuesday	Registration - Entertainment at night
Sept. 13 th	Wednesday	Meetings all day - Entertainment at night.
Sept. 14 th	Thursday	Meetings all day - Banquet at night.
Sept. 15 th	Friday	Morning Meeting only

Our Newsletters can also be viewed on the SeniorsNL web site:
<http://seniorsnl.ca/seniors/nl-50plus-federation-in-the-community/>

CONVENTION BOOKLET

As you are probably aware, the cost of running a convention has escalated in recent years. During the last several years the Federation has embarked upon a project to obtain sponsors for our Convention Booklet from your Club, organizations and businesses, throughout the province. They were asked to consider supporting our convention, by becoming a sponsor. Donations were acknowledged in our Convention Booklet. This project was extremely successful in previous years and we would like for you to contact businesses in your area, to obtain at least one sponsor, from your community, for our Convention Booklet. Cheques should be made payable to NL 50 + Federation Inc. and mailed to Robert J. Rogers, P. O. Box 407, Glovertown, NL A0G 2L0.

ENTERTAINMENT - 2023 CONVENTION

It is our hope, to present, again this year, a variety of Songs, Skits, & Poems etc. by as many Clubs as possible. To be successful, we want you to strongly consider being a part of the entertainment. It is now time to 'GET YOUR ACT TOGETHER'.... Please let us know before the end of August, the type of entertainment you wish to provide and the time required. For more information you are asked to call George MacDonald at 709 436-0202

NOMINATIONS AND ELECTION OF OFFICERS

The Election of Officers for the NL 50 + Federation shall take place at the Annual Convention in September 2023. To be eligible for any office, a member must be nominated by a voting delegate. Each Club, in good standing, may send two voting delegates to the convention. The Board of Directors of the Federation are also voting delegates.

The election this year will be held to fill the following positions on the Board for a two year term. 2nd Vice President, Secretary, Area Director 2, Area Director 5, and Area Director 7

CLUB PRESENTATION

Voting Delegates will be given the opportunity to speak, at the convention, on any unique activities or projects of their club. It is requested that you inform President, Robert Rogers at (709) 533-6189 by August 27, 2023 if it's your intention to make a presentation.

2023 MEMBER CLUB REPORT

Over 100 of our Clubs have registered for 2023. If your Club has not received or misplaced the registration form for 2023, please call your President Robert Rogers at 709 533-6189 and one will be mailed to you. Also, a reminder... please print email address legibly.

CLUB ASSESSMENT 2024

A motion will be made at the 2023 Convention for the voting delegate to consider that the Federation's per capita assessment be raised to \$ 10.00 from \$ 5.00. It is noted that our assessment has not changed in 12 years, however the cost of gas, hotel accommodations and meals have considerably increased in the past 12 years.

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. The Federation would like the Federation to partner with a number of clubs in the Federation to complete this history. For a club to support this project we ask that a volunteer typist in your club type one of these old reports for printing. Please contact me if you are willing to type a report. So far, 10 clubs have indicated an interest in taking part and we expect many more will... many hands make light work!! It is my intention to then apply for a grant under the New Horizon Program for seniors to complete this project.

Thanks for your help,

Robert Rogers, President
Telephone 709 533-6189

CONVENTION REGISTRATION

Since 2017 our registration for the convention has been \$ 50.00 which covered our banquet dinner. This year the banquet dinner will cost \$ 50.00, 3 coffee breaks at \$ 21.00 and banquet program \$ 5.00 which us a total amount of \$ 76.00. Therefore we have no other alternative but to raise our registration for this year's convention to \$ 75.00. Please note that it would have cost \$1000.00 more to have juice / fruit. Unfortunately, delegates with special dietary needs have to be aware of this.



NL 50 + FEDERATION INC.
46th Annual Convention
Pre-Registration

Please accept the following persons as Voting Delegates to the **Annual General Meeting** of the Federation at Gander, NL.

During September 12th, 13th, 14th, 15th, 2023

A Pre-Registration FEE of \$ 75.00 for each delegate **AND THIS FORM** must be sent to: **Kevin Thorne, Treasurer, P. O. Box 99, 37 Pond Side Road, Chapel Arm, NL A0B 1L0**
Cheque made payable to: NL 50 + Federation Inc.

Before Aug 26th, 2023.

CLUB _____

These are the 2 voting delegates selected by our Club

Person's Name: _____

Alternate: _____

Person's Name: _____

Alternate: _____

The names of other persons from our club who will be attending the Convention are as follows and a \$75.00 registration fee for each of them is enclosed.

Message from the Advocate

In my role as a Seniors' Advocate responsible for systemic advocacy it is important to listen to seniors and those that support them, to use this information to advocate at all levels for change to improve services and to educate on these issues. This edition will detail our advocacy work over the last three months in each of these areas.



Review the Public Engagement section to learn about our community engagement and education activities. In addition, I shared the perspective of seniors as a panelist at the Premiers' Roundtable on Gender Equity and provided an education session to nurses through the College of Registered Nurses NL.

Check out the Advocacy Actions section below for some of the new approaches to advocacy we have taken over the last couple of months, including: joining with Seniors' Advocates in Canada to advance the needs of seniors to decision makers in Ottawa, including Federal Seniors Minister Khera; informing the provincial government's spending decisions through a submission to the 2023/24 Budget Consultation process; and writing the government to respond to concerns raised by seniors who are unable or delayed in getting drivers medicals completed given the shortage of doctors in the province, and to address the cost of these medical given the increase in the cost of living.

In closing, March is Fraud Protection Month. In 2022, fifty seven thousand people were known victims of fraud in Canada, so we have included some resources that you may find helpful. Be aware!

Susan

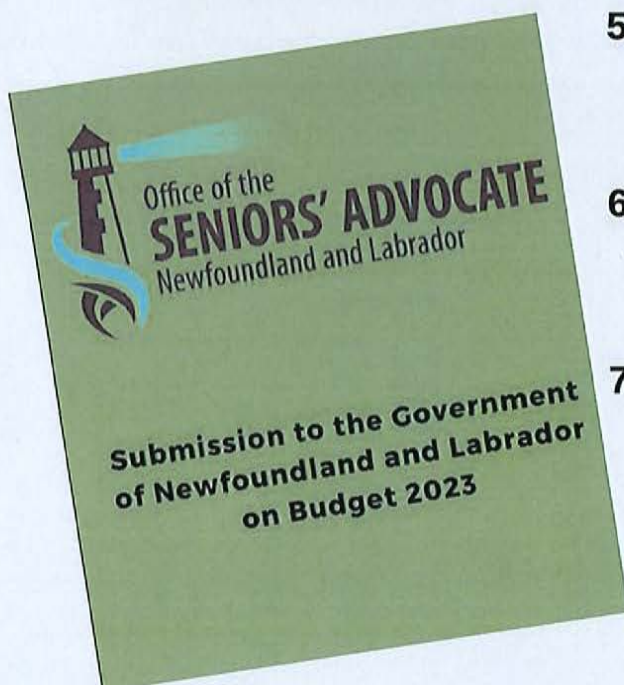
Susan Walsh
Seniors' Advocate NL

Advocacy Actions

For the first time, the Office of the Seniors' Advocate forwarded a submission to the Department of Finance to inform their thinking as they prepare governments 2023-24 budget. All of our recommendations came from what we have been hearing from seniors, families and caregivers, including in our public engagement process with more than 400 participants, and our online survey with 1,087 responses.

Here's what we have asked government to consider for its next budget:

1. Regarding the Medical Transportation Program (MTAP), increase the per kilometer allowance to what government provides employees (presently 40.89 ¢/km).
2. Government finalize the MTAP review, and in the interim:
 - reduce the deductible by 50% (only applies to island residents); and
 - waive the two week notification period for pre-paid economy airfare for urgent short notice appointments.
3. Provide the enhanced flu vaccine free for seniors aged 65 +.
4. Publicly fund the shingles vaccine for individuals aged 65 and older and people severely immunocompromised.
5. Change the financial assessment for the Provincial Hearing Aid Program to income-based.
6. Enable audiologists in private practice to perform audiology assessments and bill MCP.
7. Make driver medicals free-of-charge for seniors.



Advocacy Actions

In February, Susan joined Canada's other Seniors' Advocates: Isobel MacKenzie (BC) and Kelly Lamrock (NB) in Ottawa. In addition to learning from each other, the Advocates met with the leaders and decision makers listed below to inform their work and advocate for improvements to services for seniors. One collective voice can have a stronger impact!

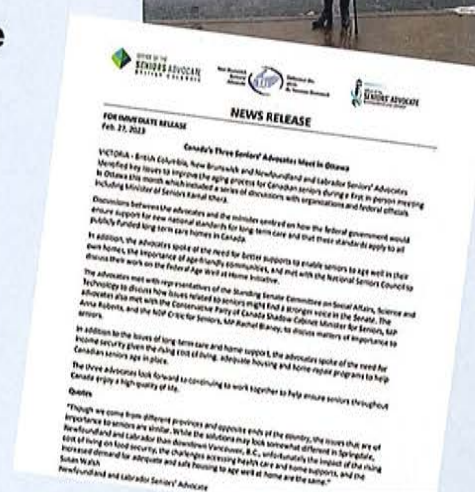


Discussions between the advocates and Minister Khera focused on how the federal government would ensure support for new national standards for long-term care, federal considerations of an aging at home benefit and improvements to federal income benefits.

The Advocates spoke about the need for better supports to assist seniors to age well in their own homes and the importance of age-friendly communities.

Check out the news release to read more about their first in-person meeting. Available on our website or by clicking the photo of the news release. A link to hear a media interview about the trip is noted below.

- Federal Minister for Seniors Kamal Khera
- Canadian Institute for Health Information
- Accreditation Canada
- Conservative Party Shadow Minister for Seniors MP Anna Roberts
- NDP MP Rachel Blaney
- Patricia Bovey, Deputy Chair, Senate Standing Committee on Social Affairs, Science and Technology
- Nora Spinks, Chair, National Seniors Council and Kristen Underwood, Director General Seniors and Pensions Policy Secretariat HRSDC



Advocacy Actions

8. While finalizing the new physician billing system, enable physicians to treat multiple health issues per visit and bill MCP appropriately.
9. Index the NL Seniors' Benefit annually.
10. Change the NL Seniors' Benefit so that seniors with income up to \$41,786 receive increased benefit.
11. Support a Basic Income policy approach which includes seniors.
12. Work with the Federal Government to ensure seniors benefits are issued twice a month, to assist seniors with low income with budgeting.
13. Eligibility for any cost-of-living benefits be set at a maximum family income of \$40,000 to \$50,000 annually.
14. Address homelessness through increases to affordable, accessible, safe, low-cost housing for seniors.
15. Expand/continue to expand the budgets for the Provincial Home Repair Program and Home Modification Program.

To read the full submission please visit:
<https://www.seniorsadvocatenl.ca/pdfs/BudgetSubmission2023.pdf>



Advocacy Actions

Issue:

1. Seniors who do not have access to a family doctor have expressed concern that they are unable to have the drivers medical form completed within required timelines and their license becomes expired.
2. Seniors are concerned about the cost of medicals, especially those on fixed income, with the rising cost of living.

OSA Action:

The Seniors' Advocate wrote to Minister Sarah Stoodley, Digital Government and ServiceNL and Minister Tom Osborne, Health and Community Services, outlining the concerns, offering suggestions and seeking resolutions to ensure: 1) seniors can continue to drive legitimately while awaiting medical clearance, and 2) for the cost of medicals to be covered under MCP.

Issue 1 Government Response:

The following is Minister Stoodley's positive response:

"It is our preference to work with drivers who face challenging situations to identify reasonable options. MRD remains flexible in its support of drivers who struggle to meet this obligation. In particular, MRD provides options that allow healthy drivers to maintain their license while working to meet the requirements of the medical driver fitness standard. MRD will accept medical forms completed by a variety of health professionals. The scope of acceptable professionals may include, but is not limited to, physicians including residents and specialists, and nurse practitioners."

Resolution:

Seniors unable to access a health professional to complete their drivers medical can call Motor Registration Medical Section at 1-877-636-6867, select option #2, to

Issue 2 Government Response:

The following is Minister Osborne's positive response:

"...following a Health in All Policies approach, HCS is actively exploring the feasibility of including this as an MCP insured service.

Resolution:

While no commitment was made, the Minister appears to be supportive of our recommendation. We will await the 2023/24 provincial budget to confirm a decision.

Newfoundland Labrador Medical Examination Report
Concerning a Person's Ability to Drive Motor Registration Division

Applicant Information: Name _____ Date _____

As a means of getting to other questions will require clarification in the comments section below.

1. Medical Problems? (Specify chronic, serious, neurological, etc.) Yes No

2. Vision: Please complete the following table.

Distance	Right Eye	Left Eye	Both Eyes
20/20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20/30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20/40	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20/50	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20/60	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20/70	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20/80	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20/90	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20/100	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Hearing Loss: Right Left Both

4. Diabetes Mellitus? Yes No

5. Epilepsy? Yes No

6. Other Neurological Disorders? (Alzheimer's, Parkinson's, Huntington's, etc.) Yes No

7. Psychiatric Illnesses? (Depression, Anxiety, etc.) Yes No

8. Medication? (List name and dose) _____

9. Alcohol Use? (Frequency and amount) _____

10. Driving License? (Type and status) _____

11. Comments (Use a separate sheet if necessary): _____

Name and address of Physician (or health professional): _____

Public Engagement

In January, the Seniors' Advocate welcomed the opportunity to listen to seniors at Masonic Park. She also shared the perspectives of seniors at the Premier's Roundtable on Gender Equity.

In February, she traveled to Lewisporte to speak with seniors as well as "community catalysts" who are working with seniors in their community.

On a stormy day in February, the Seniors' Advocate also met with members of the Catholic Women's League, Divine Mercy Parish.

In March, Advocacy Consultant Tanya Billard presented at a Lunch and Learn session with the Buckmaster Circle Seniors Group.



Media Interviews

On January 27, 2023, the Seniors' Advocate was interviewed by NTV News about the rising cost of home heating fuel and the impact on all seniors, but especially seniors with lower incomes.

[Click here to watch](#)

On March 2, 2023, the Seniors' Advocate was interviewed by NTV News about the importance of the Long Term Care and Personal Care Home review.

[Click here to watch](#)



On February 3, 2023 the Seniors' Advocate was On Target with Linda Swain. They discussed Susan's visit to Ottawa to meet with the other Seniors' Advocates, government officials and organizations.



<https://soundcloud.com/vocm/friday-feb-3rd-provincial-seniors-advocate-susan-walsh?in=vocm/sets/on-target-st-johns-with-linda>

Community Engagement

We're on Facebook!



Seniors Advocate NL

We heard from many seniors that Facebook is the most used social media platform, and we are trying to reach as many seniors as possible. So please follow us on Facebook by following these steps:

- 1) At the top of the page on the right, click the picture that looks like a magnifying glass
- 2) This should open up a screen that you can type in (the area you are going to type in will say Search Facebook). Type Seniors Advocate NL (you don't have to use capital letters), then click the search button (at the bottom of your screen if using a cell phone) or (the enter button on your computer keyboard)
- 3) Then when you see our page click the "Follow" or "Like" button

March is Fraud Prevention Month

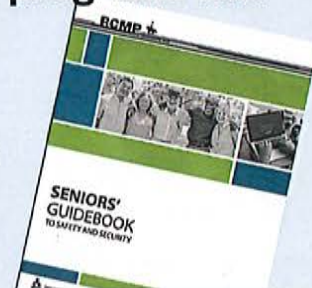
This year's theme is "What's in a fraudster's toolbox?"

The Federal Government has a number of resources on their website to help you identify frauds and scams, and ways to avoid them. [Click here](#) for the website.

It's important to always report a fraud!
Contact the RNC/RCMP if you believe you have been a victim of fraud/scam.

The RCMP also have a Seniors Guidebook to Safety and Security, which includes a number of safety tips for in your home and community, information on fraud and scams, as well as programs and services

[Click here](#) to see the guidebook



Community Information



Supporting the Office of the Seniors' Advocate's recommendation, the Department of Municipal and Provincial Affairs announced \$400,000 for a new one-time Building Age-Friendly Community Grant to help municipalities upgrade their communities to accommodate the needs of seniors and individuals as they age. Our office strongly supports Age-Friendly Communities and any initiative to help municipalities reach that designation. We look forward to seeing how the successful applicants utilize the grant toward an Age-Friendly Community.



The Federal Government is providing a one-time top-up to the Canada Housing Benefit, to help low income renters with the cost of rent. Applications are open until March 31, 2023. Eligible applicants can apply online or by phone 1-800-282-8079.

It's Tax Season!

Don't forget to file your taxes. You may be eligible for certain benefit and credit payments, such as GST/HST or Guaranteed Income Supplement (GIS). The CRA indicates that the longer you wait to file your taxes, the more likely payments will be interrupted.

The CRA has a Community Volunteer Income Tax Program, where eligible individuals can have their taxes done for free. These are offered in-person or virtually.

Visit the CRA website or [click here](#) to find





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
Toll-Free: 1-833-729-6603
Email: seniorsadvocate@seniorsadvocatenl.ca**

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Facebook: [Seniors Advocate NL](https://www.facebook.com/SeniorsAdvocateNL)**

Applications Being accepted for Seniors' Social Inclusion Initiative

Children, Seniors and Social Development

March 30, 2023

Applications for the 2023-24 Seniors' Social Inclusion Initiative are now open for 50+ clubs and other eligible organizations throughout the province. Through Budget 2023, the Provincial Government allocated \$200,000 for the Seniors' Social Inclusion Initiative.

The application-based initiative provides eligible and successful applicants funding of:

- Up to \$2,000 to organize and promote activities and programs that support healthy aging, mental wellness, social inclusion, and overall well-being; or
- Up to \$3,000 for intergenerational projects and activities focusing on fostering respect and understanding across generations; as well as increasing interaction and sharing of experiences, knowledge and skills.

The Honourable John G. Abbott, Minister of Children, Seniors and Social Development, was joined by The Very Reverend Roger Whalen, Anglican Cathedral of St. John the Baptist, and Brenda Halley, outreach social worker with Eastern Health, to make the announcement.

The Anglican Cathedral of St. John the Baptist received funding through the Seniors' Social Inclusion Initiative in 2022-23 to expand the Wellness Collective's Holistic Health Program offered to individuals living in recovery from addiction and/or mental health issues. This program includes greenhouse gardening, with visits from a horticulture therapist, and exploring various artistic mediums such as photography, painting, sketching, sculpting and upcycling of furniture with instruction from artists in the community.

A total of 112 organizations received funding through the initiative in 2022-23. Further details on all of the recipients can be found in the backgrounder below.

For more information on the Seniors' Social Inclusion Initiative, guidelines and application form can be found on the department's website, or by emailing CSSDGrantPrograms@gov.nl.ca, or calling toll-free 1-888-494-2266. The deadline to submit an application is May 19, 2023.

Quotes

“As a government, we remain committed to supporting initiatives that promote healthy aging, social inclusion and intergenerational activities. Budget 2023 invests \$200,000 for the Seniors’ Social Inclusion Initiative, which provides funding to 50+ clubs and seniors’ serving organizations to bring together older persons and seniors to participate in learning and social activities in their communities. I encourage these groups to apply today to help build a healthier and more inclusive province for all Newfoundlanders and Labradorians.”

Honourable John G. Abbott

Minister of Children, Seniors and Social Development

“I encounter many people who are struggling in our community. In order to try to meet some of their needs, we are engaging in partnerships with the wider community, to help deepen relationships with and among the people of our community. The Wellness Collective is one such partnership. We are grateful to the Department of Children, Seniors and Social Development for their support of this partnership, through the Seniors’ Social Inclusion Initiative. It is through this kind of support that we are able to provide programs which cross generational lines and social classes, and bring many different people together to build healthy and meaningful relationships and a healthier community.”

The Very Reverend Roger Whalen

Dean and Rector, Anglican Cathedral of St. John the Baptist (Diocese of Eastern Newfoundland and Labrador)

“The Wellness Collective is grateful to be a recipient of funding through the Seniors’ Social Inclusion Initiative, which has helped support our commitment to mental wellness and recovery through social connection and holistic therapeutic activities, and aligns with Eastern Health’s vision of healthy people, healthy communities. Recognizing that there are many pathways to health and healing, the collective combines traditional talk therapy with activities such as gardening, hiking, yoga, meditation, cooking and food sharing. We create a safe, therapeutic, accessible and peer-supported space for people to try new skills, share wisdom and talents, and journey together towards mental, physical, social and spiritual wellness.”

Brenda Halley

Outreach Social Worker, Primary Health Care, Eastern Health

Seniors' Social Inclusion Initiative – Guidelines 2023-24

Grants are available to seniors' organizations, including 50+ clubs and other organizations that provide social engagement and inclusion opportunities for older adults. Activities should support social inclusion, healthy aging, mental wellness, and overall well-being.

While not required, applications are encouraged for projects/activities that support intergenerational activities that bring children, youth and seniors together to encourage the sharing of skills, knowledge or experiences and foster understanding and respect across generations.

Grants are available in the following amounts:

- Up to \$1,000 for **unincorporated** organizations
- Up to \$2,000 for **incorporated** organizations
- Up to \$3,000 for **unincorporated or incorporated** organizations for intergenerational projects/activities.

Please note that organizations must have any prior approved funding fully spent and a final report submitted before funding can be released to successful applicants under the 2023-24 program.

Applicants should note that expenditures incurred subsequent to submission of a funding request will be eligible for reimbursement if the application is approved.

Funding approved under the 2023-24 program must be fully spent by March 31, 2024.

Requirements

Applicants must adhere to the following:

- Organizations must be located in Newfoundland and Labrador and funding must be used for projects in Newfoundland and Labrador.
- Incorporated organizations must be in good standing with the Government of Newfoundland and Labrador.
- Unincorporated organizations must provide a letter of support from an individual such as:
 - Mayor or Town Clerk
 - Provincial Member of the House of Assembly (MHA)
 - Federal Member of Parliament (MP)
 - Place of worship
- Organizations must not have any outstanding reports/forms to be submitted from previous grant programs with the Department of Children, Seniors and Social Development. An exception may be granted at the sole discretion of the Minister of Children, Seniors and Social Development in extenuating circumstances.
- In order for successful applicants to receive payments, their organization must be set up for direct deposit and be registered as a supplier with the Government of Newfoundland and Labrador. If your organization is not currently set up as a supplier, or for direct deposit, the Seniors and Aging Division will provide you with the necessary form and instructions for you to complete and return along with a copy of a void cheque or form signed by your bank.
- Banking information must be in the name of the applicant organization. Personal banking information will not be accepted.
- **Deadline for applications is Friday, May 19, 2023**

What Expenses are Eligible?

Eligible expenses may include the following:

- Costs associated with delivering activities that promote/support social inclusion, intergenerational activities, health and well-being (e.g. facility/room rentals, healthy snacks, small prizes (e.g. for games, etc.), healthy meals, entertainment, promotional materials, etc.).

- Costs associated with technology purchases or rentals (e.g. laptops, smart TVs, tablet devices, technology/services to support accessibility (e.g. captioning, American Sign Language Interpretation, etc.).
- Small equipment or materials required for healthy living activities that promote social inclusion (e.g. materials and equipment for crafts, sewing, pickleball, darts, yoga, etc.).
- Attendance at workshops, conferences or events held within Newfoundland and Labrador, which support people to be socially engaged and active. Examples may include events such as seniors' wellness fairs; community health fairs/sessions; equity celebrations/ awareness events; transportation to community events; education workshops (e.g., community gardening, food skills workshops, etc.).

What Expenses are Not Eligible?

The following are not eligible expenses:

- Gift Cards
- Capital expenditures, salaries/honoraria, scholarships, fundraising contributions/donations, uniforms/clothing, furnishing of large prizes (for the purpose of fundraising, etc.), office equipment, and alcohol/cannabis products.
- Costs associated with normal annual organizational expenditures such as monthly rent or insurance (e.g. for a clubhouse), telephone or internet.
- Expenses incurred prior to submission of the application.
- Walking trails.

NOTE: Any unused funding, or funding used for purposes other than what has been approved, must be returned by cheque or money order made payable to the Newfoundland Exchequer Account.

Am I required to follow Healthy Food Guidelines?

If your organization is applying for funding and will be preparing and/or serving food or beverages, you are required to support the following guidelines:

- Canada's Food Guide
- Eating Well with Canada's Food Guide – First Nations, Inuit and Métis
- Healthy Eating for Healthy Aging

How are Applications Assessed?

Applications will be reviewed on their individual merit and assessed to determine if they meet eligibility criteria and align with the goals of the Seniors Social Inclusion Initiative Program. The following may also be taken into consideration:

- Number of people participating in the activity or event.
- Cost of the activity or event.
- Funding history.

The Minister of Children, Seniors and Social Development has final approval on any requests for funding.

What are the Reporting Requirements?

All approved funding requires the submission of a final report that explains how your organization used the funds to promote social inclusion. This report can be submitted as an email to aging-and-seniors@gov.nl.ca and must be submitted no later than 30 days after the event or activity ends. Receipts must be maintained by the applicant and may be requested for review.

Additional Information:

If you have questions, or would like an alternate format of the application form and guidelines, please contact 709-729-1382.

Please submit completed application forms to:

Email: CSSDGrantPrograms@gov.nl.ca

or

Seniors' Social Inclusion Initiative
Department of Children, Seniors and Social Development
6th Floor, West Block,
Confederation Building
P.O. Box 8700
St. John's, NL
A1B 4J6

Seniors' Social Inclusion Initiative – Application 2023-24

Please print or type clearly

Please print or type clearly and **review the 2023-24 program guidelines in detail** before beginning your application. For more information on this grant program, or to request a copy of the program guidelines or an alternate format(s) of the guidelines or this application, please contact Roger Scaplen at rscaplen@gov.nl.ca, 709-729-1382, or toll free at 1-888-494-2266. The **deadline for applications is Friday, May 19, 2023.**

Section 1: General Information

Organization Name:

Contact Name:

Title/Position:

Organization mailing address:

Telephone (Primary):

Telephone (Alternate):

Email (Required):

How long has your organization been active?

How many individuals will participate in and/or benefit from your proposed project/activities?

If your organization is incorporated, please provide the incorporation number:

Section 2: Project Description

Amount being requested:

Describe how the funding will be used and how it will support the social inclusion of seniors and/or intergenerational activities. :

If the funding will be used for an event, please provide the following information:

Date of event(s):

Location(s):

Number of participants:

Is the event(s) accessible (Yes/No):

SECTION 2: Budget

Please outline your anticipated expenditures in each of the categories below.

NOTE: Gift cards, capital expenditures, salaries/honoraria, scholarships, fundraising contributions/donations, uniforms/clothing, furnishing of large prizes (for the purpose of fundraising, etc.), office equipment, alcohol/cannabis products, walking trails, costs associated with normal annual organizational expenditures such as monthly rent or insurance (e.g. for a clubhouse), telephone or internet, and expenses incurred prior to submission of the application are not eligible for funding.

Expenditure Areas	Anticipated Expenses
Food	
Event/activity space rental	
Materials/Supplies	
Transportation	
Technology	
Other (please specify in space below)	
Total	

Section 3: Privacy Notice

The personal information in this form is being collected under the authority of section 61(c) of the **Access to Information and Protection of Privacy Act, 2015**, for the purpose of program administration and assessing the merits of each funding application. Please note that the information you provide can be subject to an access to information request. If you have any questions about the collection, use and disclosure of your personal information, please contact the Access and Privacy Coordinator, Department Children, Seniors and Social Development at (709) 729-6370.

Section 4: Authorization

I certify that, to the best of my knowledge, the information provided in this grant application is accurate and complete and is endorsed by the organization that I represent, and that I am authorized to enter into funding agreements on behalf of my organization/group. I certify that my organization/group meets the basic eligibility criteria of the program referenced in this application. **I also certify my organization is aware that, if successful in our application for funding, the organization will be required to abide by the terms and conditions contained herein, prior to the receipt of funds.**

Section 5: Conditions

All projects must comply with public health orders and guidance documents set out by the Chief Medical Officer of Health. Current information is available at <https://www.gov.nl.ca/covid-19/>, or via email at covid19info@gov.nl.ca.

The Department of Children, Seniors and Social Development (CSSD) funding may be used only for the purposes specified in this application. Once CSSD has agreed to provide financial assistance, no substantial change in these activities shall be made without the consent of CSSD and it shall be at the discretion of CSSD to determine what constitutes substantial change in each case. CSSD reserves the right to determine the extent and type of information required to support payment of funds. Further, CSSD may require that an audit be undertaken to verify the purposes for which Government of

Newfoundland and Labrador funds have been utilized. Any funding not used for these purposes must be returned to CSSD or become a debt due to the Crown. The organization is wholly responsible for its own debts. CSSD will not consider any application to pay debts. Organizations acquiring assets purchased with Provincial Government funding through this program are required to transfer assets to the municipality should they dissolve.

Whenever appropriate, public acknowledgement of funding by CSSD is expected. Publications should clearly acknowledge CSSD's assistance. A standard statement of acknowledgement is available on request. The organization agrees to respect and apply the spirit and provisions of existing human rights legislation. Under the **Access to Information and Protection of Privacy Act, 2015**, members of the public may request and obtain access to information held in Provincial Government records. Should a request be received for information about this application, CSSD may consult with you prior to disclosing any information. Only personal information and certain third-party confidential financial information may be withheld. When funding is approved, the amount of funding, the purpose for which the funds were granted and the name of the organization receiving the funds are all considered public information.

Section 6: Checklist

Please review your application to ensure that all of the required information has been provided. **Have you:**

- reviewed the program guidelines to verify eligibility of planned activities/expenditures;
- completed all applicable sections of the application;
- included a letter of support (as outlined in the guidelines) if your organization is unincorporated; and
- completed and submitted a final report for any funds previously received under this program?

Section 7: Authorization

Applications are required to be signed by an authorized signing officer.

Name of signing authority (print):

Title/position:

Email:

Name of signing authority (print):

Title/position:

Email (Required):

If the application is emailed, typing the name below will satisfy the signature requirement.

Signature of signing authority(ies)

Date

Please submit to:

Email: CSSDGrantPrograms@gov.nl.ca

or

Seniors' Social Inclusion Initiative

Department of Children, Seniors and Social Development

6th Floor, West Block,

Confederation Building

P.O. Box 8700

St. John's, NL

A1B 4J6

Nominations Open for 2023 Seniors of Distinction Awards

Children, Seniors and Social Development

April 11, 2023

Nominations are now open for the 2023 Newfoundland and Labrador Seniors of Distinction Awards. These awards recognize the contributions and achievements of seniors throughout Newfoundland and Labrador. The deadline for submissions is May 26, 2023.

Seniors may be nominated if they have made notable contributions through paid or volunteer work activities. To be eligible, a senior must:

- Be nominated by an individual or group;
- Be 50 years of age or older; and
- Be a current or past resident of Newfoundland and Labrador.

Nominations from previous years will be considered upon the request of a nominator or nominee. Posthumous awards may be given.

For more information about the Seniors of Distinction Awards or to obtain a nomination package, please visit: www.gov.nl.ca/cssd/seniors/sda/ or call toll free 1-888-494-2266.

Quotes

"Older adults and seniors truly enrich the communities in which we live. The prestigious Seniors of Distinction Awards provide the opportunity to celebrate and honour the lives and work of seniors throughout our province. I encourage all Newfoundlanders and Labradorians to nominate a senior to become a 2023 Senior of Distinction.

Honourable John G. Abbott

Minister of Children, Seniors and Social Development

"Each day seniors and older adults give of their time and talent to make a difference here at home and abroad. The Seniors of Distinction Awards is an important way to recognize distinguished service and achievements on the part of older Newfoundlanders and Labradorians. I encourage all who have witnessed or benefited from such exemplary contributions or achievements to nominate a deserving individual."

Pam Anstey

Chair, Provincial Advisory Council on Aging and Seniors

SeniorsNL

RESOURCES • INFORMATION • CONNECTION

We are happy to introduce you to Catherine Connolly, SeniorsNL's newest Coordinator for Community Relations and Engagement (formerly Outreach)!

Most of you are familiar with Mary Ennis, who stepped down from the role, but who continues to be involved in some of our projects behind the scenes.

Effective Monday, February 27th, Catherine will be sending out the regular emails that you receive from SeniorsNL, setting up in-person and virtual presentations... and so much. Feel free to connect with her.



SeniorsNL

RESOURCES • INFORMATION • CONNECTION

**WE ARE PLEASED TO
INTRODUCE YOU TO
CATHERINE CONNOLLY,
OUR COORDINATOR
FOR COMMUNITY RELATIONS
AND ENGAGEMENT**

So pleased to welcome Catherine to SeniorsNL as our new Coordinator for Community Relations and Engagement. Catherine's previous position was Lifeline Canada's Representative for Newfoundland and Labrador and Nova Scotia. Chances are if you live, work, and play in a community, you will meet her at some point. She is excited to connect with you! Please, feel free to contact her any time: outreach@seniorsnl.ca 737-5904 extension 204

HAMPDEN PRIME TIMERS 50 + CLUB INC.

Hampden, NL

Here is and update for you on our Club activities.

With encouragement and direction from the Provincial executive our Club was formed in June of 2022 and we held our first meeting on June 9 with 10 members Present. Appointed to the Executive were Bob Bowers as President, Bill Gale as First VP, Darrell Osmond as Second VP, Melvin Gale as Treasurer and Judy Curtis as Secretary. This Executive will stay in place for two years and then a general election will take place. On July 13-2022, we became incorporated and we were up and running as the Hampden Prime Timers 50+ Club. To date, we have grown to 57 members. Working closely with our Executive we have a Bingo Director (Linda Pittman), Health and Wellness Director (Kathy Ropson), Communication Director (Glynis Bowers) and Membership Director (Leah Davis), as well as a Food Committee. All these fine people are amazing at what they bring to our club.

We have an understanding with Town Council to use the Towns facilities rent free for our activities and it is going well. We are only expected to pay a rental fee when we have a major fundraiser, i.e. Bingo.

We are a very active club. We have weekly Wednesday socials with a very active membership taking part at these socials. Cards, Darts and Board games are the favourites. We also have a Thursday afternoon Craft and Chat group that meets weekly and this social is growing by the week, garnering interest from members and non-members alike and it has become an attraction for potential new members. We sponsored and catered to a Christmas Seniors Luncheon whereby all seniors in the area were invited out for an afternoon of music and celebrating. For those who were unable to attend for health or other reasons, our Club delivered gifts to their homes. This event will be an annual event for us. As well, our Club participated in the Town Christmas Parade.

We have adopted a music group into our Club and this group is known as the Hampden Jig Jammers and we hold our music events regularly, most recently our St. Patrick's Day Celebrations. We had our very first road trip in November, 2022, visiting the Deer Lake Caribou 50 + Club and our Jig Jammers Music Group performed for them. We had a great afternoon and this on our radar for more upcoming trips.

Some upcoming events include a dart tournament whereby we have invited the Evening Breeze Club to participate, bi-monthly Prize Bingos, and a Steak and Lobster Club Event planned for June.

So there you have it! Hope all is well with you both.

Sincerely,

Robert Bowers (Bob)

Hampden Prime Timers 50 + Club

Public Advisory

Newfoundland and Labrador Expanding Safe Use of Biosimilars

Health and Community Services

March 24, 2023

The Government of Newfoundland and Labrador will be expanding the use of biosimilar drug treatments offered through the Newfoundland and Labrador Prescription Drug Program. Under this initiative, to maintain coverage, beneficiaries currently using one of the originator biologics of **Copaxone®**, **Enbrel®**, **Humalog®**, **Humira®**, **Lantus®**, **Lovenox®**, **NovoRapid®**, **Remicade®** and **Rituxan®** will be transitioned to a safe, effective and less costly biosimilar version on or before March 31, 2024.

Biologics undergo an extensive Health Canada approval process to ensure they are safe and work the same as the originator version. Tens of thousands of Canadians have successfully transitioned to biosimilars through similar provincial initiatives, and biosimilars have been effectively used by thousands of Newfoundland and Labrador Prescription Drug Program beneficiaries since 2016. Program beneficiaries and health care providers can be assured there are no clinically meaningful differences in terms of effectiveness and safety when transitioning to a biosimilar.

Program beneficiaries who have been identified as using one or more of these originator biologics will receive a letter which contains additional information, as well as outlining the next steps needed to transition to a biosimilar. The Newfoundland and Labrador Prescription Drug Program will continue to work with partners, including health professionals and manufacturers, to ensure a successful transition.

The Newfoundland and Labrador Prescription Drug Program Biosimilars Initiative provides an evidence-based opportunity to get the best value from medications funded under the program, without negatively affecting patient health outcomes. This will allow the program to invest in new and innovative drug therapies while continuing to expand access to existing drug treatments.

For information on the Biosimilars Initiative, please visit the Newfoundland and Labrador Prescription Drug Program website. If you prefer to speak to a Newfoundland and Labrador Prescription Drug Program representative, please call the Pharmaceutical Services Division at 709-729-6507 or 1-888-222-0533.

MAKINSONS 50 PLUS GO GETTERS CLUB

Makinsons, NL Yearly Report April 20th 2023

We are continuing to be a very active Club of 68 members (we had 6 members pass away since we began in 2019). We still have 21 people on our waiting list to join our club.

We meet in Makinsons Community Center 3 times a week, either for Exercise, Yoga, or Zumba Classes on Mondays and Wednesdays. We have Darts on Thursday nights and we have just recently started playing Skat (card game) on Wednesday afternoons. We enjoy a game of Bowling at least twice a week. We also started playing Curling, we have a floor and table game, this is new for us, plus we have other indoor and outdoor games. We keep ourselves active and happy.

This pass year we have taken on other activities, including an Afternoon tea at our local school (All Hallows Elementary School) where a delicious boxed lunch (Covid regulation) was provided for us, we did a craft, did yoga and enjoyed music by a class of young fiddlers. We were honored to have our Federal Member, Ken McDonald, MHA, Helen Conway Ottenheimer, NL 50 + Federation President, Robert Rogers and our Area Director, Elaine Hutchings join us. We put off a Senior Christmas Concert at the same school and gave the money raised to the school for their breakfast program. We had 200 + people attend, and it was a great night!

We visited two of the local libraries and we received our own library cards and received great information. Nine members attended our first NL 50 + Federation Convention in Marystown this past September, where we made new friends and received so much knowledge and some of us are hoping to be able to attend the 2023 Convention in Gander this coming September. We have had 2 different 50 + clubs join us this year. Marysvale 50 + for Halloween in October and North River 50 + Club join us for St. Patrick's Celebrations. For our last celebration we had 80 + Seniors come together for fun and fellowship. When you get that many Seniors together, watch out.... for fun, fellowship, meeting old friends and making new ones.

We enjoyed an afternoon at Callingwood Downs Retirement Residence in Clarke Beach, provided the residents with sandwiches, snack and Easter treat, an enjoyable afternoon was had by all with music, singing and dancing. This year we hoping to avail of our new Community Playground where we can use the walking trail, have picnics, play outdoor games, like corn hole, washes etc. we are looking forward to another upcoming year of fellowship and fun.

We always stay in contact with our members through our Facebook Page and Telephone Tree.

Respectfully Submitted,

Doreen Snow,

President

Makinsons 50 Plus Go Getters Club

About three months ago my Office completed an extensive public engagement process which saw us visiting many communities throughout Newfoundland and Labrador. One of the issues continually raised by seniors is how to find financial assistance to offset the cost of hearing devices (hearing aids).

As promised, I have compiled some information about the Provincial Hearing Aids Program that I hope you will find helpful.

1. If you feel you need a hearing test, and are already receiving Supportive Services, speak to your Social Worker. If you are not receiving Supportive Services, ask your Health Care Provider for a referral to the Audiology Department of the Regional Health Authority (RHA) for a hearing test. **NOTE:** To qualify for funding toward the cost of the hearing aids, your hearing test must be through the RHA.
2. If the Audiologist confirms that hearing aids are needed, call **1-877-729-7888** or **709-729-7888** and ask to speak to someone about hearing aids.
3. When the representative takes your call, ask if you can begin the application over the phone.

The policy can be found at: https://www.gov.nl.ca/cssd/policymanual/files/health_hearing_aids.pdf

Please note, to be considered for eligibility:

- Your liquid assets cannot total more than \$3,000. Liquid assets include money in a bank and bonds/funds that can be cashed in, such as RRSPs.
- Proof of income and proof of liquid assets must be provided, including a 30-day printout of bank account activity.
- If eligible you will receive either \$1,500 for one hearing aid or \$3,000 for two; there are no partial amounts provided.
- The cost for batteries is not covered under this Program.
- There may be other technical assistance devices available to you, so always ask!

I hope this information is helpful for those of you experience hearing loss.

All the best, Susan

Susan Walsh, MSW, RSW (pronouns she/her)
Seniors' Advocate NL

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

Applications Open for Age-Friendly Newfoundland and Labrador Communities Program

Children, Seniors and Social Development

April 6, 2023

The Honourable John G. Abbott, Minister of Children, Seniors and Social Development, is today announcing a call for applications for the 2023-24 Age-Friendly Newfoundland and Labrador Communities Program.

Through Budget 2023, the Provincial Government allocated \$95,000 for the Age-Friendly Newfoundland and Labrador Communities Program. Municipalities, Indigenous Governing Bodies and provincially incorporated not-for-profit organizations with an age-friendly mandate can apply for funding of up to \$10,000 to conduct an age-friendly assessment or to implement aspects of an existing Age-Friendly Action Plan. Applications demonstrating a regional approach may be eligible for up to \$15,000.

The Age-Friendly Newfoundland and Labrador Communities Program supports the recommendations of Health Accord NL in addressing the social determinants of health by creating inclusive and age-friendly communities. Focusing community planning on age-friendliness is well recognized throughout Canada and internationally as an effective mechanism for proactive planning for demographic change.

In 2022-23, 15 communities/organizations received funding through the Age-Friendly Newfoundland and Labrador Communities Program to complete an age-friendly assessment, develop an action plan and/or to implement a plan's initiatives. The communities/organizations include:

- Benoit First Nations
- Bonne Bay Cottage Hospital Heritage Corporation
- Fédération des francophones de Terre-Neuve et du Labrador
- Flat Bay Band Inc.
- GNP Community Place Corporation
- Placentia Chamber of Commerce

- Southern Labrador Development Association
- Town of Clarenville / Random Age-Friendly Communities
- Town of Cottlesville
- Town Council of Point Lance
- Town of George's Brook-Milton
- Town of Happy Valley-Goose Bay
- Town of Isle aux Morts
- Town of St. Lawrence
- Town of Westport

Program guidelines and application form can be found [here](#). You can also call toll-free 1-888-494-2266. The deadline to submit an application is May 19, 2023.

Quotes

“Communities that are age-friendly, inclusive and accessible benefit everyone across the lifespan. Our government remains committed to supporting all Newfoundlanders and Labradorians to age well in the right place, ideally in their own home, within their community. I encourage eligible municipalities and organizations to submit an application, and join our collective efforts to create an age-friendly province where all residents can enjoy healthy, happy and secure lives.”

Honourable John G. Abbott
Minister of Children, Seniors and Social Development

“Over the last number of years we have been fortunate enough to avail of grants through the Provincial Government’s Age-Friendly Communities Program. This program has allowed us to offer activities to seniors, such as a sewing-exercise club, and helped the town implement its vision of a healthy, active and engaging community for seniors. We appreciate the government’s support to help our community foster healthy aging and inclusion for our community’s seniors.”

His Worship Melvin Careen
Town of Point Lance



Are my medications safe?

Medications and Your Memory

By Dr. Cara Tannenbaum

Did you know that some medications can slow down the thinking process and harm your memory? Certain medications can make your brain foggy, which interferes with your ability to concentrate on a task and makes it more difficult to remember things. This article presents examples of medications that can affect the brain and how to speak to a health professional about it.

As we age, our body becomes more sensitive to medication effects, including side effects affecting the brain. A number of medications have been shown to impact memory and function, either when used alone or in combination with other drugs.

Medications may interfere with attention, memory, language, executive function or other cognitive faculties. The effects of medications on our memory may be temporary or long-term.

Have you ever forgotten where you parked your car? Where you put your keys? Or someone's name? Some medications can contribute to these lapses. Additionally, guidelines strongly recommend that individuals diagnosed with cognitive impairment or dementia avoid taking medications that may make cognition worse.¹ Often, there is a safer or more effective alternative therapy.

The following page of this article presents examples of medications that can affect the memory and brain function.



A few examples of medications that can affect memory and brain function*:

Sleeping pills	Benzodiazepines For example: lorazepam (Ativan®), oxazepam (Serax®), diazepam (Valium®)	These medications are generally prescribed to people who have trouble sleeping.
	Non-benzodiazepine prescription sedatives or "z-drugs" For example: zopiclone (Imovane®), zolpidem (Sublinox®)	
Over-the-counter sleeping aids	For example: diphenhydramine (Unisom®, ZzzQuil®, Tylenol Nighttime®, Advil Nighttime®)	These medications are available without a prescription and generally taken for insomnia (trouble sleeping).
Some anti-allergy medications	For example: hydroxyzine (Atarax®), diphenhydramine (Benadryl®)	These medications are generally used to treat itchy skin or allergies. More rarely, they may be used to treat insomnia or anxiety.
Some anti-nausea medications	For example: dimenhydrinate (Gravol®)	These medications are generally used to treat motion sickness when travelling.
Antipsychotics	For example: quetiapine (Seroquel®), risperidone (Risperdal®)	These medications are often prescribed inappropriately for sleep or anxiety, or to treat symptoms of Alzheimer's disease or other dementias.
Some antidepressants	For example: amitriptyline (Elavil®), nortriptyline (Aventyl®), paroxetine (Paxil®)	Although these medications are called antidepressants, they are prescribed for a number of reasons, including for sleep, the prevention of migraines, the treatment of pain or depression.
Medications for urinary incontinence	For example: oxybutynin (Ditropan®)	These medications may be prescribed to treat overactive bladder (a condition where a person has sudden urges to urinate).
Muscle relaxants	For example: cyclobenzaprine (Flexeril®), methocarbamol (Robaxin®, Robaxacet®, Robax Platinum®)	These medications are generally used to treat spasms, and neck or back pain.
Opioid (narcotic) medications	For example: codeine (Tylenol NO. 3®), morphine (Statex®), hydromorphone (Dilaudid®), oxycodone (Percocet®)	These medications may be prescribed for acute pain (e.g. short term pain after a surgery), as well as chronic pain.
Medications frequently used to treat nerve pain or epilepsy	For example: pregabalin (Lyrica®), gabapentin (Neurontin®)	These medications may be prescribed for a number of conditions, including nerve pain caused by diabetes or shingles.

*Medications other than those listed may also impact function and memory.

What can you do?

If you think one of your medications may be affecting your memory, speak to your doctor, nurse or pharmacist.

5 questions to ask your doctor, nurse or pharmacist about your medications:

1. Why am I taking this medication?
2. What are the potential benefits and harms of this medication?
3. Can it affect my memory or cause me to fall?
4. Can I stop or reduce the dose of this medication (i.e. deprescribing)?
5. Who do I follow-up with and when?

Remember to always carry a complete list of your medications with you.

Always talk to your doctor, nurse or pharmacist before stopping or changing any of your medications.

Other questions I want to ask about my medications:

References

1. AGS Beers Criteria Update Expert Panel. Journal of the AGS; April 2019; 67 (4): 674-694.



Office of the
SENIORS' ADVOCATE
Newfoundland and Labrador

December 14, 2022

Mr. Robert Rogers
President, NL 50+ Federation Inc.
P.O. Box 407
Glovertown, NL A0E 2L0

Dear Robert:

It is my great pleasure to extend congratulations to you on being reappointed as President of the NL 50+ Federation Inc. I would also like to extend congratulations to all elected Board Members. The Federation will continue to benefit from your experience and commitment.

Thank you to you, and the entire Board, for your commitment to the seniors of our province and the clubs registered with the NL 50+ Federation Inc. I look forward to continued collaboration with you in the future.

Sincerely,

Susan Walsh, MSW, RSW
Seniors' Advocate NL



Friendly Calls

Feeling lonely or isolated?

Would you like someone to talk with on a regular basis? Someone to connect with?

Join the Red Cross **Friendly Calls** program!

You will be paired with a trained Red Cross volunteer who will call you on a regular basis for a quick two-minute chat or a longer, more social conversation.

They can also help connect you to community resources.

This service is free to anyone aged 18 and over.

Register today!

Contact us at: **1-833-729-0144**

Monday - Friday 8:30 a.m. to 4:30 p.m. Atlantic time

Or online at: **www.redcross.ca**

Visit our "In your Community" page



Friendly Calls



Make a difference in your community.

Become a Red Cross Friendly Calls volunteer today!

Friendly Calls volunteers make regular phone calls to adults 18 and older who may be feeling lonely or isolated and who could benefit from having someone to chat with.

It could be a quick two-minute call or a longer, more social conversation.

You will be provided training and you can volunteer from home.

It's more than just a phone call. It's making a connection with someone in need.

Apply today!



Apply at www.redcross.ca/volunteer
and look for Friendly Calls Program
Volunteer

Applications Now Open for Inclusion and Capacity Grant Programs

Children, Seniors and Social Development

April 21, 2023

The Honourable John G. Abbott, Minister of Children, Seniors and Social Development, and Minister Responsible for the Status of Persons with Disabilities, is today announcing a call for applications for the 2023-24 Inclusion and Capacity Grant Programs.

In Budget 2023, the Provincial Government allocated \$325,000 for the Inclusion and Capacity Grant Programs. These application-based programs help to advance accessibility and inclusion of persons with disabilities in their communities. The two programs include:

- The Inclusion Grant Program is project specific and available to eligible community-based and non-profit organizations to help create more accessible and inclusive facilities and events. This can include renovation projects or disability-related accommodations for events and meetings. A copy of the program's manual and application form can be found [here](#).
- The Capacity Grant Program is designed to help non-profit community-based organizations, incorporated municipalities, and Indigenous Governments and Organizations to build capacity to prevent and remove barriers to inclusion by building a positive image of disability, and enabling persons with disabilities to become fully engaged in their community. More information on the grant, the manual and application can be found [here](#).

The deadline for applications for both programs is Friday, June 2, 2023. A list of recipients that received funding in 2022-23 can be found in the backgrounder below.

Alternate formats of the information available on the department's website are available upon request by calling toll-free 1-888-729-6279 or emailing CSSDGrantPrograms@gov.nl.ca. Video Relay Service calls are welcome.

Quote

"As a government, we remain committed to improving accessibility and inclusion so that all Newfoundlanders and Labradorians can participate in, and contribute to, their communities. The Inclusion and Capacity Grants help create long lasting and transformative change that is key to improving the accessibility of the built environment and disability-related accommodations. I encourage all those who are interested to learn more about each of these grant programs and apply today."

Honourable John G. Abbott

Minister of Children, Seniors and Social Development

Minister Responsible for the Status of Persons with Disabilities