



**NL 50 + FEDERATION INC.**

**P. O. BOX 407**

**GLOVERTOWN, NL**

**A0G 2L0**

**NL 50 + FEDERATION**

# **NEWSLETTER**

***June 2023***

The Honourable Dr. Andrew Furey, Premier of Newfoundland and Labrador, announced changes to his Cabinet. Effective immediately:

**The Honourable Paul Pike, Minister of Children, Seniors and Social Development;** Minister Responsible for the Status of Persons with Disabilities; Minister Responsible for the Community Sector; and Minister Responsible for the Newfoundland and Labrador Housing Corporation

**Hon. Paul Pike, Member for Burin – Grand Bank**

Paul Pike graduated from Memorial University with a Bachelor of Arts (Education) Degree and a Master's Degree in Educational Administration. He has four decades of experience in teaching and administration at all education levels including post-secondary.

Minister Pike has been involved in promoting the development and economic sustainability of the Burin Peninsula for a number of years, having served on municipal council with the Town of St. Lawrence for twenty-eight years, including time as mayor. He also served as Vice-President of Municipalities NL and Public Relations Chairperson of the Municipal Assessment Agency.

Minister Pike has also been an active volunteer in his community as a Director with the Community Credit Union, Director with the Burin Peninsula Community Development Board and as a member of the Burin Peninsula Eastern Health Advisory Board, among involvement in other organizations.

He and his wife Laura have three children and seven grandchildren.

Minister Pike was elected as the MHA for Burin – Grand Bank in the 2021 Provincial General Election.

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

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

## **Premier Furey Announces Cabinet Changes**

### **Executive Council**

June 14, 2023

The Honourable Dr. Andrew Furey, Premier of Newfoundland and Labrador, today announced changes to his Cabinet.

Effective immediately, the changes are:

- The Honourable Krista Lynn Howell, Minister of Education
- The Honourable Elvis Loveless, Minister of Fisheries, Forestry and Agriculture
- The Honourable Paul Pike, Minister of Children, Seniors and Social Development; Minister Responsible for the Status of Persons with Disabilities; Minister Responsible for the Community Sector; and Minister Responsible for the Newfoundland and Labrador Housing Corporation
- The Honourable John Haggie, Minister of Municipal and Provincial Affairs and Registrar General
- The Honourable John G. Abbott, Minister of Transportation and Infrastructure and Minister Responsible for the Public Procurement Agency
- The Honourable Derrick Bragg, Minister without portfolio.

### **Quote**

“I am fortunate to serve the people of Newfoundland and Labrador with an excellent team of passionate, dedicated individuals committed to building a brighter future for our province. I thank each and every member of our government for their unwavering dedication, and for the energy they bring to each of their portfolios. As I support Minister Bragg in dealing with his health, I welcome Minister Pike to Cabinet and look forward to working with each minister in their new roles.”

Honourable Dr. Andrew Furey  
Premier of Newfoundland and Labrador

# 46<sup>TH</sup> ANNUAL CONVENTION

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

## Convention Schedule

The Convention will be held at the Quality Hotel & Suites, Gander, NL  
709 256-3931

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

## RESOLUTIONS

Remember, any club working on a **Resolution** they should be received by August 20, 2023 so that they can be reviewed by the Resolutions Committee. Resolutions should be sent to Federation Secretary, Denise Feltham, 177 Main Street North, Glovertown, NL, A0G 2L0.

## DONATIONS

As usual your club is asked to donate crafts, knitted goods, preserves etc. for the **Craft Table**. Last year the craft table raised approximately \$ 1,000.00 which was a great help with the cost of the Convention.

## FEDERATION TICKETS

If your club is unable to sell their quota of tickets, would you kindly return them immediately to the Treasurer, Kevin Throne P. O. Box 99, 37 Pond Side Road, Chapel Arm, NL, A0B 1L0. We have a number of clubs who are requesting extra tickets. Remember your club will receive 40% of the proceeds from all tickets sold by their club.

## PRE-REGISTRATION

We remind our clubs to complete the pre-registration form for the 46<sup>th</sup> Annual Convention being held in Gander in September 2023. This enables the registration's people to prepare name tags etc. which considerably saves time at the registration desk. A copy of the form is attached for your convenience.

## **CONVENTION BOOKLET**

This year we have received a number of donations from our clubs, businesses and organizations in their area for the 2023 Convention Booklet. This is an important project to help cost run a convention as the cost has escalated in recent years. We would like to see at least one sponsor from your community or club if possible. 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**

In our last newsletter we asked club to consider taking part in the entertainment with Songs, Skits, & Poems etc. Please contact George MacDonald. At that time the incorrect telephone number was given. This is to advise that George MacDonald's telephone number is **709 426-0202**. Please let him know before the end of August, the type of entertainment you wish to provide and the time needed for your presentation.

## **LIEUTENANT GOVERNOR**

This is to advise that Lieutenant Governor has accepted our invitation and will be attending the Convention Banquet on Thursday, September 14<sup>th</sup> in Gander, NL.

### **WORSLEY PARK 50+ CLUB'S**

### **39<sup>TH</sup> ANNIVERSARY**

Members of Worsley Park enjoyed a fun evening of food, cards and a dance on Saturday, June 3, 2023, to celebrate the 39<sup>th</sup> anniversary of their club.

Invited guest were Darren Bent, Mayor of CBS, Mrs. Bent, and Elaine Hutchings, Avalon Area Director, NL 50 + Federation Inc.



**Phyllis Bishop, Worsley Park 50 Plus Club's eldest member, cut the Anniversary Cake**

# **WESTPORT 50 + CLUB INC.**

## **WESTPORT, NL**

The Westport 50 + Club began in May, 2022. We have 37 members to date. We have regular meetings the first Monday of each month. Our goal is to offer activities to our seniors that help them become physically active and socialize with others.

As we grow older there seems to be less things that is of interest to us in the community. Our club is hoping to change that by having exercise programs, luncheons, music, card games, etc. that will spark interest in all stages of our golden years.

We have been very fortunate to have acquired funding from different levels of government. Grants we have received following so far are:

Wellness Coalition: **\$200** for healthy snacks during the walking program.

Wellness Coalition: **\$800** for exercise equipment, we will incorporate in the walking program.

Seniors Social Inclusion Initiative grant: **\$1,500** (Quilting class, seniors and youth will interact, passing on age old skills to the younger generation).

Multiculturalism grant: **\$1,500** (Ukrainian cultural event). This will take place later this year.

New Horizons grant: **\$25,000** (kitchen makeover) to be placed in a building that we hold our meetings. Seniors event, will be announced soon.

Open to the public: We have had several fundraisings. Photo contests showing the beauty of our community. (Poker run/supper/card game) Game nights, selling of tickets Bingo etc.

Member events: Pumpkin carving, Christmas party, Valentine party, St. Patrick's Day party.

We would like to thank all that have supported our group: The Provincial and Federal government for approving the grants and seeing the need for each one. The public for all the support it has given us. All the volunteers for their time in helping us complete each event. The town council for the use of their building to hold meetings/events, storage of our supplies, printing materials, etc. St. Peter's Academy for providing the gym for our walking program. All the businesses in Baie Verte for their donations.

The club is looking forward to lots of more positive events in the future with more grants approved and fundraising to help us meet our goals.

Kindest regards

Westport 50 + Club.

Rocking the Golden Years.

# FOREVER YOUNG 50+ CLUB

ST. LUNAIRE-GRIQUET, NL

ACTIVITIES REPORT

2022

Forever Young 50 + Club covers 9 small communities on the tip of the GNP. We meet once a week on Wednesdays at the Fire Hall, which we rent for 2 hrs (2pm to 4pm) a week. Any special events are held there as well.

We try to plan meetings in a month to be - 1<sup>st</sup> Regular Business, 2<sup>nd</sup> Crafts, 3<sup>rd</sup> Speaker / workshop (In 2022 one speaker was postponed to 2023) 4<sup>th</sup> Games. There are four executive members and coordinators for crafts, entertainment, special speakers and visitation. We had 37 registered members in 2022.

Due to COVID restrictions, we did not have any activities until April, 2022. We did hold 24 meetings with one elections and ABM, 3 executive meetings, 12 regular meetings and 8 special events. We had 13 fundraiser events. We keep 25% of all fundraising so at least 2 of our members can travel to the 50+ Fall Convention, expenses paid. We made 26 donations (non-monetary). We do apply and receive Grants for Seniors.

**SPECIAL EVENTS:** 1. An annual Birthday Bash for our members – where gift exchange was optional 2. Easter egg painting contest 3. Close out for summer event with a Farewell to our President (who was moving away) 4. Grandparents’ tea party – we invited grandparents (non-members) from the community for tea. 5. Pumpkin Day where members carved pumpkins – first time for some members! 6. A visit to the Royal Canadian Legion as a Remembrance Day event where after the role and activities of the Legion were explained, we were served a delicious tea. 7. We entered a float in the Christmas Parade and won first place! 8. Christmas Supper for our members where ornament exchange was optional.

**FUNDRAISERS:** 1. Easter Mug and Friendship Mug exchanges – members brought a filled mug and bought another one for \$5 2. A crocheted doily was donated by a member and sold on tickets 3. One of our crafty members uses material bought by our club and makes quilts to sell to our members, with total amt. going to the club - we sold two of those in 2022 4. We held two ONLINE AUCTIONS – our main fundraisers! 5. We catered to a CHY breakfast. 6. We held a take-out roast beef supper 7. A Christmas tree was sold 8. We sold crafts at the Firettes Craft Sale 9. Tickets were sold on a “Two Twin Quilts for \$5.00”. Ongoing – canteen fund and a “50+ bag” - which is sold to a member at each meeting for \$5 and brought back filled again and sold to another member at next meeting!

**DONATIONS:** 1. We make and donate lap quilts to community members who are doing dialysis or having cancer treatments – we donated 4 lap quilts in 2022; 2. We delivered ‘Rapid Test for COVID + masks’ to 96 Senior households in St. Lunaire-Griquet and Gunner’s Cove 3. One member made Fidget Muffs and we donated two to seniors in the hospital 4. We delivered a Mary Brown’s Meal to the family of a deceased member 5. We delivered a grocery bag to 96 senior households at Christmas time. 6. We delivered 6 Sympathy cards with a fruit basket to community members who lost a loved one 7. We delivered 10 Get Well Soon cards with either a fruit basket or a Tim’s card to members. Ongoing – Collection of pill bottles for Zambia

**We are a VERY active club!!**

# Message from the Seniors' Advocate

Hello Everyone and Happy Seniors Month,

As you may know, many seniors expressed concern about having to pay out-of-pocket for required drivers medical examinations (for driver's over age 75).

As mentioned in our March Newsletter, our Office has been advocating for this expense to be covered under MCP and not paid out-of-pocket by seniors (as outlined in our 2023 submission to the Budget Consultations <https://www.seniorsadvocatenl.ca/pdfs/BudgetSubmission2023.pdf> ).

I am pleased to let you know that the Department of Health and Community Services has accepted our recommendation, so starting April 1, 2023 people 75 years of age and over no longer have to pay for drivers medicals. This was announced in Budget 2023.

We recently reached out to the Department of Health and Community Services, as we heard from some seniors that they were still being billed, and learned that government is in the process of finalizing the billing process. However, the Department of Health and Community Services has confirmed that any senior charged for these examinations since April 1, 2023, and up to the point they get the process for the doctors to bill MCP worked out, will be reimbursed the actual billed amount up to a maximum of \$100. Government also told us that the NL Medical Association has asked physicians to refrain from charging patients as the process to finalize the billing is well underway. So hopefully, you won't be charged, but if you do keep your receipt!

It is important that everyone continue to get their medicals as required in order to maintain your driver's license.

We will provide the information on how seniors that do get charged for the medicals will be reimbursed once it is available.

Have a great Seniors Month! Hopefully there are activities in your community.

All the best, Susan

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

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Office of the Seniors' Advocate NL  
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Ph : (709) 729-6603 Toll Free: 1-833-729-6603  
[www.seniorsadvocatenl.ca](http://www.seniorsadvocatenl.ca)

# **Applications Now Being Accepted for Active NL Fund**

**Tourism, Culture, Arts and Recreation**

**April 28, 2023**

Applications are now being accepted for the 2023-24 Active NL Fund. Funding is available to support community-based active healthy living initiatives, infrastructure or equipment that will help increase physical activity, sport, active recreation and healthy eating for individuals of all ages and abilities.

Applications will be accepted up to and including October 31, 2023. Not-for-profit, community-based groups and organizations, municipalities, Indigenous Governments, local service districts and schools are eligible to apply.

An additional \$800,000 was allocated to this program through Budget 2023, bringing the total funding available to nearly \$2.6 million.

The application form, as well as program guidelines and eligibility criteria, can be found on the Department of Tourism, Culture, Arts and Recreation's website. Those interested in applying are encouraged to carefully review the program guidelines to determine eligibility of applicants, infrastructure projects, equipment and initiatives.

## **Quote**

“When we create and increase opportunities for the people of our province to pursue active, healthy lifestyles, the benefits span generations. I encourage groups and organizations who want to deliver active healthy living projects and initiatives at the local level to learn more about how the Active NL Fund can support their efforts.”

Honourable Steve Crocker

Minister of Tourism, Culture, Arts and Recreation



## *Gone But Not Forgotten*

*A memorial to those who have gone before.*



Many members of our club who were our friends and relatives have passed on and left us with fond and loving memories. We will always cherish them and the legacy they left to us.

Thirty years or so ago, this club was formed by a committee from Hillview and the nearby communities. After it's formation the committee received a small financial grant from the provincial government and a grant to a

parcel of land. With the money, and logs cut and provided by the members and other people in the communities, a building was constructed to house the activities of the newly formed club.

Today the building would be hardly recognizable to the founders with the many renovations and additions such as: shingles on the roof; siding on the outside; addition of water and sewer systems; a nearly complete replacement of the foundation and floor; addition of an exercise room; a complete renovation of the common room and kitchen; installation of vapour barrier and insulation as well as a state of the art heat pump heating system; a wheelchair ramp and adaptation of the complete facility to wheelchair accessibility; construction of a one half kilometer wheelchair accessible nature trail behind the building.

In 2013 we decided to erect a monument to our deceased members in the form of a memory wall which would contain photos of them with their names, birth year and the year of their passing.

One of our members, Jim Avery, who has a penchant for doing historic research, and he's good at it by the way, took it upon himself to track down the names and personal information of all the members of our club who had passed away. He handed that information to me and with the help of other club members and people from the community in general, we tracked down photos for most of them. Many of those photos required minor editing, but some of them required major work to get the exposures and formats we needed to fit with our plan for the wall. Eventually we constructed the monument and now it is with great pride that we are able to look at all those very important people who started and maintained this club in the past. Additionally, as our members pass on, as we all must, their photos are added to the wall of honour.

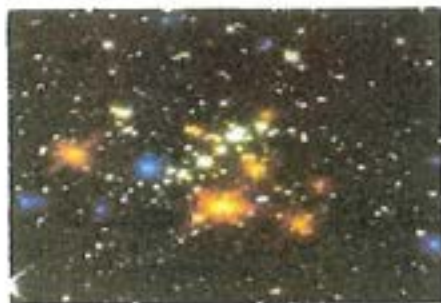
Three years after our memory wall was completed and dedicated, we held a memorial night to renew our celebration of the lives of those we have already honoured and plan to do so again on a regular basis in the future. There were a large number of current members in attendance as well as family of the deceased from outside our club and dignitaries including Federation President Robert and Mrs. Rogers and our representative on the Federation board Sam and Mrs. Saunders and other dignitaries from the surrounding communities. Sadly Mrs. Rogers and Sam Saunders have also passed on since then. Although the occasion was solemn in some respects it was a wonderful celebration of the lives of those on our memory wall as well as the past lives of other seniors everywhere. Everybody at the celebration enjoyed the night as a tribute to their family, friends and neighbours.

We welcome everyone to come and visit our club and view the monument and would be very happy to share our experience with the members of any other club which is considering taking on a similar project.

Respectfully submitted,  
Lloyd Dalton President – New Horizons Random Fifty Plus Club Inc.

## The Stars and Beyond

By Lloyd Dalton



Have you ever wondered how astronomers know pretty well exactly how far away many stars and galaxies are? Well, here's a brief explanation that I hope will enlighten you somewhat, if you already don't have the answer.

First of all, we need to understand something called parallax. The term describes the apparent shift of some nearer object against a further background when it is viewed from two separated locations. Try this simple experiment and you'll see parallax in action. Hold your finger half a foot or so in front of your face and observe it with your left eye closed. Now close your right eye and open the left and you will notice that your finger appears to have shifted to the right. If you repeat the experiment with your arm fully outstretched you will note that the same thing happens, only it will be to a lesser degree. Using the appropriate formula, you can calculate how far your finger is with your arm outstretched as compared to when it's only a couple of inches from your face. So it is with heavenly objects as viewed from widely separated locations on Earth, or even better, when the Earth is in two different locations in its orbit around the sun providing millions of miles of separation. This allows astronomers to easily calculate the distance to the nearer stars.

The next step is to use a type of star known as a Cepheid variable for which you have determined the distance using parallax. This type of star brightens and dims in a regular rhythm. The slower the star pulses the brighter it is so astronomers know how bright it really is and, therefore, will know exactly how bright that kind of star will look at the distance they've calculated using the parallax method. Using the apparent brightness and calculating the actual brightness because of its dimming frequency, they can then calculate the distance of every Cepheid variable star they can see. This works quite well even out beyond our own galaxy and on to neighbouring galaxies.



The next step is to locate a type IA supernova which is near a Cepheid variable for which the distance has already been calculated. These type IA supernovas explode with a certain brightness intensity and from how bright each individual appears, as with the Cepheids, one can calculate exactly how far away the supernova actually is and, therefore, how far away the galaxy containing it is.



Except for galaxies that are relatively nearby, all galaxies in the universe are flying away from each other. The light from receding galaxies is shifted toward the red end of the spectrum and the faster a galaxy is receding the more its light is shifted toward the red. Astronomers have found, using the type IA supernovas, that the more red shifted a galaxy's light is, the further away it is, therefore, they can use the amount of redshift from very distant galaxies to gauge their distance from us.

So, there you have it. Simple as pie. Hope it helps enlighten you in some small way.

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

## **GLOVERTOWN, NL**

We have had such an exciting year. In December we were approved for an Inclusion grant. We quickly began making plans for sessions the next 12 weeks.

#1 had an afternoon where we simply shared Christmas Memories.

#2 was an informative session with the Footcare nurse.

#3 was Hiking/ Trekking with poles by Marilyn Fradsham.

# 4 was Local Author, Phil Riggs reading excerpts from books he has written.

# 5 was a rousing session with Time in the Hall Dancers.

# 6 was Financial Literacy Frauds and scams by Leo Bonnell.

#7 was Diabetes Education by Amanda Howse.

#8 was Meet and Greet because our membership had doubled, people needed to socialize

# 9 was Cooking with modern technology .Marilyn Fradsham and Dianne Sparkes

# 10 Advanced Healthcare Directive presented by retired Nurse Practitioner Colleen Wyatt

# 11 was Fly Tying. The art of tying your own flies for fishing as presented by Kevin and Brian Blackmore, Paul Benson and the last session was an evaluation of the whole program and a request for new ideas.

All sessions were followed by a nutritious lunch prepared by different teams each week. The final evaluation night was treat night and we had Mary Brown's.

In January we were included in the New Horizons grants and were awarded \$24,600.00 to redo our kitchen. It was an amazing transformation and members were delighted with it.

Our final bonus was being approved for the Active NL grant in March. We received half of the funds applied for but it was enough to equip every member with their own Hi-visibility vests for safety while walking. We had enough funds to buy 30 toques (with reflective stripes) that were drawn for. We also 9 sets of walking/ hiking poles, 20 basic large face pedometers and 14 sets of boot grips for walking safety. On Wednesdays in September members will meet at the Club and walk up Priscilla Drive and back to the club where they will be treated to homemade soup.

In May we were invited to an outing to visit the New-Wes-Valley club. We were treated to a feast... turkey, ham, salads, lasagna, meatballs and yummy desserts. We were more than fortunate to have gotten the 3 grants and it has energized the club. We have had a daily exercise group, a hiking group, a card group, a bowling group, a rumoli group and talks of a Texas Holden group. It has been a fabulous year and I'm more than excited to begin in September with such an energetic and exciting team!

*Denise Feltham*  
President

# Public Advisory: Home Heating Supplement Program (Furnace and Stove Oil) Open for Applications

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- **Finance**

June 21, 2023

The Government of Newfoundland and Labrador is pleased to inform residents that the home heating supplement program is open for applications until November 30, 2023. As announced in Budget 2023, maintaining the home heating supplement for furnace or stove oil is part of how government continues to help with the cost of living. The Provincial Government has provided more than a half billion dollars in targeted short- and long-term measures since March 2022.

Residents can apply online. In order to ensure the most efficient processing time, please make sure your application is complete. This includes:

- Providing a copy of your invoice for the purchase of furnace or stove oil, which should include the delivery address;
- Signing your application; and
- Double-checking that the social insurance number provided is correct.

Printed materials to display in common areas can be downloaded here. Also, if a resident has an older parent or family friend who may be eligible for the program, please encourage them to apply.

Nearly 28,000 applications to the home heating supplement program were received last fall. Those residents are welcome to apply if they meet the eligibility criteria. The supplement, which ranges between \$200 and \$500, is available to residents of the province whose adjusted family income for 2022 was \$150,000 or less and who have directly incurred costs for the purchase of furnace or stove oil to heat their principal residence.

For more information, please email [OilSupplement@gov.nl.ca](mailto:OilSupplement@gov.nl.ca) or phone 709-729-4645 (toll-free 1-844-729-4645).

## **PRESCRIPTION PILL BOTTLE COLLECTION**

First of all, I want to say a sincere thank you to everyone who helped with my request for empty prescription pill bottles. They came from far and wide and even though the folks who helped were mainly members of the Fifty Plus Clubs, there were also some collected by a few Lions Clubs and even some school children. What an amazing response! Bag after bag has been dropped off at my home as well as pick up in mall parking lots, private driveways, etc. My husband and I handled every single one of them to ensure that there was no personal information left on them as well as taking out those that were not prescription bottles. Lots of hours put in for sure. There were even a few pairs of eyeglasses included (my friend also took those as well). There was even a car starter. If someone is missing a starter, please let me know. Initially I counted but then it became a monumental task to do that in addition to the sorting so this is a guesstimate - around 12,000.

Because of the large response and because my friend only sends them once or twice a year, storage became a problem. Therefore, I am STOPPING the collection. I have lots still to go through and once I deliver them, I will have a better idea of if or when we can participate in this again.

On a positive note, it was wonderful to get such a response so quickly. On a much more serious note, it is quite unbelievable the number of medications many seniors are taking. During my three year involvement with SaferMeds NL, I became aware of this problem of over prescribing and over medicating. Seeing all these thousands of pill bottles really drove the point home to me. So as was said many times by the folks of Safer Meds NL, please take the time to discuss with your doctor the medications you are currently taking - just because it was prescribed once does not always mean prolonged use is a good thing. In no circumstance should you stop a medication without a discussion with a medical professional but please take the time to talk about it.

Again, thanks so much. Because of all of you, many less fortunate people at the Mission Hospital in Zambia, Africa will have bottles for their medications. You have all helped.

Linda Oldford  
1st Vice President, Fifty Plus Federation



## **PRESCRIPTION PILL BOTTLE COLLECTION**

**CO-ORDINATOR LINDA OLDFORD**

**SPEARHEADED (DIRECTED) THIS PROJECT**

**SeniorsNL**

RESOURCES • INFORMATION • CONNECTION

We provide information and referrals  
on programs / services available  
to seniors.

Direct: 709.737.2333

Toll Free: (NL Only)

1.800.563.5599

[www.seniorsnl.ca](http://www.seniorsnl.ca)

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**Dehumidify  
only as needed.**

Also look for ENERGY STAR<sup>®</sup>  
models which use  
**15% less  
energy.**



**Take  
shorter  
showers.  
Save  
\$37/year\*.**

# Hot Tips for Summer!

Save energy and money  
with these simple tips.

**Keep it cool.**

Close your curtains,  
or fire up the grill  
instead of the oven, to  
keep your home cool.

**Unplug  
and enjoy.**

**Save 3%\***  
of electricity costs by  
unplugging devices  
while enjoying  
energy-free  
activities, like  
going for a walk.



**Use a clothesline.  
Save \$40/year\***

by hanging half of your laundry  
instead of using a dryer.



\*Savings may vary.

Visit [TakeChargeNL.ca](http://TakeChargeNL.ca) for more ways to save this summer and all year round!

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CHARGE** 

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 NEWFOUNDLAND  
**POWER**  
A PUBLIC COMPANY

# Energy Savers Kit



Free\* for income-qualified customers

Apply and  
**SAVE** up to  
**\$100<sup>†</sup>**/year

## What is the Energy Savers Kit?

It's a **FREE** box of products that you can use in your home to save energy and money!



## Why Get a Kit?

The Energy Savers Kit contains products that help you:


- Save up to \$100<sup>†</sup> on your electricity bill each year
- Keep your home cozy when the temperature drops
- Save on lighting costs and reduce hot water use

## What's in the Kit?

Your kit may include LED light bulbs, a high performance showerhead, faucet aerators, and more!

Accessible version available upon request.

## 4 Ways to Apply For A Kit

 Online

Online is the quick and easy way to apply for a kit. Go to [TakeChargeNL.ca/EnergySaversKit](http://TakeChargeNL.ca/EnergySaversKit)

 Print

Download and fill out the application at [TakeChargeNL.ca/EnergySaversKit](http://TakeChargeNL.ca/EnergySaversKit) and mail it to your utility.

 Email

Email us your application at [EnergySaversKit@TakeChargeNL.ca](mailto:EnergySaversKit@TakeChargeNL.ca)

 Call

**1-888-371-6551**

Visit [TakeChargeNL.ca](http://TakeChargeNL.ca) for eligibility requirements and even more ways to save energy and money.



\*Must meet eligibility. † Savings may vary.

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**NL 50 + FEDERATION INC.**  
**DIRECTORS AND OFFICERS LIABILITY INSURANCE**  
**FOR ALL CLUBS HOLDING MEMBERSHIP IN THE**  
**FEDERATION**

Over the past several years, members of our 50 + Clubs have been reluctant to step forward and accept leadership roles in their Club. It has been noted that some clubs have folded as no members would accept this responsibility.

One of the main reasons and perhaps the main reason was that they would be responsible for any legal action taken against their club.

A number of our clubs carry Directors and Officers Liability Coverage at a considerable cost. Many of our smaller clubs cannot afford the cost of this insurance.

The Federation has negotiated a policy with Steers Insurance, St. John's, NL, that all of our Clubs holding membership in the NL 50 + Federation Inc. are covered by this **Directors and Officers Liability**.

In future there will be no cost to any of our clubs for this insurance as it will be a benefit of their membership in NL 50 + Federation Inc.

The Federation Board would like to take this opportunity to thank Robert Rogers, President and Kevin Thorne, Treasurer for their efforts in obtaining this blanket coverage.

# YOUTH ENGAGING SENIORS

Sharing Our Cultures Inc. invites you to **SHARE** your knowledge, experiences, and skills with high school youth.

**Youth will learn from you how to make arts and crafts.**

**Youth will create presentations and exhibits.**

**Youth will be supervised by adults.**

**All supplies will be provided.**

You will be invited to a showcase of the exhibits at The Rooms in March 2024.



Contact: Lloydetta at 709-727-2372 or [info@sharingourcultures.com](mailto:info@sharingourcultures.com)

<https://www.sharingourcultures.com> | <http://youtube.com/sharingourcultures>



This project is funded in part by the Government of Canada.  
Ce projet est financé en partie par le gouvernement du Canada.

Canada



## Message from the Advocate

Happy Seniors Month Everyone!

Seniors Month is a time to recognize and celebrate the remarkable contributions seniors have and continue to make to the social and economic development of Newfoundland and Labrador.

June also marked my 1 year anniversary having the privilege of being the NL Seniors' Advocate.

What a year it has been! When I began in the position I made a commitment to hear from seniors so I could best understand their needs and represent them. I have heard from thousands of people, released three reports related to the needs of seniors, reported on government's response to recommendations of this Office and have successfully called for government action in a number of areas including improving the Personal Care Home and Long Term Care system, cost of living and housing.

We have also tried to be more accountable to seniors through our communication with such things as increased media presence, newsletters and emails, but we can always make improvements, so I welcome you to reach out to us any time with feedback.

So Seniors Month is a perfect time for myself, and my small but mighty team, to offer our sincere thanks to all of you who have engaged with us so we can better advocate on your behalf and to recognize the remarkable contributions seniors make to their families, neighbors, communities and this province.

For those wondering what they can do to recognize Seniors Month, participate in activities in your community marking the occasion; spend time with a senior in your life; volunteer with seniors; support age friendly initiatives in your community or advocate for these from your municipality; and take action to prevent ageist attitudes.

Have a wonderful Seniors Month and a happy, healthy summer season!



Susan Walsh  
Seniors' Advocate NL



# June is Seniors Month in Newfoundland and Labrador!!

Every day seniors are doing many wonderful things that should be commended and applauded, such as working, creating, showing and teaching.

Through their formal and informal volunteer work, seniors help so many and give so much – from their support to other seniors in their communities, volunteering at the local school, cooking and serving food and fundraising for charities. That is why each year the month of June is dedicated to celebrating and recognizing the many roles seniors play in improving the lives of individuals, families, communities and the province.



June 1st is also recognized as Intergenerational Day, which celebrates the power of all generations coming together, learning from each other and sharing. Intergenerational connections build stronger communities, enhance our well-being and reduce ageist attitudes and beliefs. These connections highlight the similarities between all generations.

Seniors Month 2023 is a great reminder of the importance of showing gratitude in the moment through words and actions and spending time with the seniors in our lives. To all seniors, we recognize you and express our heartfelt gratitude for all you have done, and continue to do, to support your family, neighbors, community and province.

*Thank you!*



# ADVOCACY

## ACTIONS

### What We Heard!

On March 31 we released a report titled **What We Heard: Engagement with Seniors, Family Members and/or Caregivers, and Service Providers.**

This Report was sent to all MHAs and community partners so as to inform policy development, program delivery and spending at all levels of government.

### 10 Key Findings:

- ① Seniors are equally concerned about access to health care and the cost of living.
- ② The number one priority was supports to age well in their own home, followed closely by addressing the cost of living and then access to health care.
- ③ 32% of seniors do not have enough income to meet their needs.
- ④ 16% of those noting they did not have enough income to meet their needs were receiving greater income than the lowest income seniors in NL (those in receipt of GIS).
- ⑤ Seniors who do not have enough income to meet their needs (32%) report being unable to afford food (40%) and going without food (60%).
- ⑥ Seniors who do not have enough income to meet their needs do not purchase needed medical supplies and devices (57%), personal items (51%), special dietary requirements (34%) nor attend social events (60%).
- ⑦ Seniors noted inability to access primary health care providers and wait times as their most frequent unmet health care needs, which was significantly higher in Labrador.
- ⑧ Family members noted home support as the highest need for those living with dementia, followed by training and education for caregivers and family members.
- ⑨ 40% of seniors identified home repairs and maintenance around the home as needed to stay in their homes, while 46% of family members/caregivers reported home support as required.
- ⑩ 23% of seniors said they were looking for an apartment/condo and 21% wanted a senior or retirement community complex. All noted that these were not available in their community or not affordable and had long waitlists.



### Next Steps

We will use this data to guide our our strategic direction toward improved services for seniors in the province. Based on these findings, we will be releasing our next recommendations report in the fall.

# ADVOCACY

## ACTIONS

On May 11, the Seniors' Advocate, Susan Walsh, presented to the Cabinet Committee on Seniors. Discussion centred on the **What We Heard: Engagement with Seniors, Family Members and/or Caregivers, and Service Providers** report findings and government's response to the Health Accord Recommendations.

### ISSUE

Seniors having to travel to St. John's for medical services noted they should not have to pay the "accommodations tax" (also known as a tourism levy) imposed by the City of St. John's on hotels, motels, etc.

### OSA ACTION

The Seniors' Advocate wrote Mayor Breen, City of St. John's, and conducted research on the matter.

### RESOLUTION

While the City of St. John's noted it did not have the discretion to exempt those traveling for medical purposes, it did note that many hotels in St. John's provide reduced rates for people attending medical appointments. We have confirmed this to be accurate. Therefore, prior to confirming a reservation, call around to hotels/motels in the area to get your best discount!

### ISSUE

Seniors are concerned about having to pay out-of-pocket for required drivers medical examinations (for driver's over age 75).

### OSA ACTION

As mentioned in our March Newsletter, our Office has been advocating for this expense to be covered under MCP and not paid out-of-pocket by seniors (as outlined in our 2023 submission to the Budget Consultations <https://www.seniorsadvocatenl.ca/pdfs/BudgetSubmission2023.pdf>).

### RESOLUTION

This recommendation was approved and announced in Budget 2023. The Department of Health and Community Services is in the process of finalizing the billing process and seniors should continue to get their medicals as required in order to maintain their driver's license. Although physicians have been requested to consider not charging the fee for the completion of the drivers medical examination form, as of April 1, 2023, if there is a requirement to pay, the Department of Health and Community Services has confirmed that these seniors will be reimbursed up to \$100. Details on the

# June 15: World Elder Abuse Awareness Day

News Release – For Immediate Release  
Office of the Seniors' Advocate Newfoundland and Labrador  
June 15, 2023

## Seniors' Advocate Recognizes World Elder Abuse Awareness Day

June 15 is World Elder Abuse Awareness Day. The Canadian Longitudinal Study on Aging reports that the prevalence of elder abuse in Canada is increasing, which appears to be the practice experience in Newfoundland and Labrador as well. This increase is a significant concern given the under-reporting of abuse of older persons.

Elder abuse, which includes emotional, physical, sexual or financial abuse, unfortunately couples with ageist attitudes and beliefs, and people with ageist attitudes tend to believe their actions are justified. Older adults who are physically, cognitively or emotionally vulnerable, living in poverty and/or members of an underrepresented group are at increased risk.

There are actions you can take to prevent and help eradicate elder abuse. If you have concerns that a senior is experiencing abuse, report it by calling 1-855-376-4957 or contacting your local police.

Further, research shows that having social supports is a strong protective factor to guard against elder abuse, so consider:

- reaching out to offer support to the seniors in your life who may be more isolated;
- addressing ageist attitudes when you hear them; and
- promoting the value seniors have contributed, and continue to contribute, to our communities.

"Under the Adult Protection Act, we all have a legal responsibility to report suspected abuse. We must also work toward the prevention of abuse of older adults through: creating age friendly communities that enable social inclusion; educating on impact of elder abuse and ageism; and promoting services, policies and programs that respect the dignity of older adults."

Susan Walsh  
Seniors' Advocate Newfoundland and Labrador

Watch and listen to  
Susan's June 15th  
message



[https://t.co/zzllZrkmTv?ref\\_src=twsrc%5Etfw%7Ctwcamp%5Eembeddedtimeli ne%7Ctwterm%5Escreen- name%3ASrsAdvocateNL% 7Ctwcon%5Es1](https://t.co/zzllZrkmTv?ref_src=twsrc%5Etfw%7Ctwcamp%5Eembeddedtimeli ne%7Ctwterm%5Escreen- name%3ASrsAdvocateNL% 7Ctwcon%5Es1)



# Media Interviews



On March 30, 2023 Susan issued a news release and met with the media to discuss the release of the **What We Heard** document and the findings.

*Watch here!*

<https://ntv.ca/evening-newshour/>



<https://www.cbc.ca/news/canada/newfoundland-labrador/here-now-see-our-latest-episodes-from-cbc-newfoundland-and-labrador-1.4405960>



*Read here!* <https://www.seniorsadvocatenl.ca/pdfs/NewsReleaseMarch30-2023.pdf>



On March 31, 2023 Susan was on Open Line speaking with Paddy Daly about the What We Heard report.

*Listen here!* [https://soundcloud.com/vocm/openline-friday-march-31?in=vocm/sets/vocm-openline&utm\\_source=clipboard&utm\\_medium=text&utm\\_campaign=social\\_sharing](https://soundcloud.com/vocm/openline-friday-march-31?in=vocm/sets/vocm-openline&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing)





# Media Interviews

Susan spoke with Marykate O'Neill about the importance of Seniors Month which was broadcast June 4 on the NTV Sunday Evening News Hour. And on June 7 she spoke about Seniors' Month with VOCM's Linda Swain on NEWS TALK.

*Watch here!* <https://ntv.ca/province-marks-seniors-month/>



To mark World Elder Abuse Awareness Day, on June 15 Susan spoke with NTV's Becky Daley about the importance of this day and how seniors - and people looking out for seniors - should be vigilant!

*Watch here!* <https://ntv.ca/seniors-advocate-provides-insight-on-how-to-support-seniors-on-elder-abuse-awareness-day/>



# Public Engagement

On March 22, Susan met with the Parkinson's Society NL and presented to Parkinson's NL at Bishop's Gardens in St. John's. It was a great opportunity to share the work of the Office of the Seniors' Advocate and to listen to seniors on matters important to them.

Susan participated in the Volunteer Connections Conference at Emera Innovation Exchange on Signal Hill. Seniors contribute to their communities in untold volunteer hours. With an aging population and our community demographics, who will be the future volunteers? We were happy to be part of that important dialogue to inform Canada's National Strategy on Volunteerism.



Advocacy Consultant Tanya Billard presented at the Marjorie Mews Library and George Street United Church. Two wonderful opportunities to continue public awareness and education on our office and on issues important to seniors.

Susan was especially honoured to celebrate and toast the Mount Pearl Seniors Independence Group on their 25th Anniversary! Cheers to the next 25 years!



# Public Engagement

Susan met with Food First NL, Local Wellness Collective and Bridges to Hope on the issue of food insecurity and its impact on seniors and raised the need for support of the food delivery system to government.

Advocacy Consultant Pamela Dawe presented at the Age-Friendly Placentia Bridging Generations Expo in Placentia on April 28 - the 8th year for this great annual event.



On June 12 we had another wonderful opportunity to meet with seniors with the Bay De Grave 50+ Club, to share information about our office, hear their concerns, answer questions and celebrate Seniors Month!



On June 15 - World Elder Abuse Awareness Day - Advocacy Consultant, Tanya Billard, showcased the work of the Office at the St. John's Citizens' Crime Prevention Committee's free event which offered information sessions to help educate people about financial scams, threat, and fraud.



**COMING FALL 2023:**

## **Public Engagement Sessions with the Seniors' Advocate**

Beginning September 2023, the Seniors' Advocate, Susan Walsh, will be travelling throughout the province to talk with seniors and provide an update on the work of the Office of the Seniors' Advocate.

Alternatively, in September keep a close watch on our website, Twitter and Facebook page for a listing of schedules and locations.

If your organization or group would like to meet with Susan please call 709-729-6603, 1-833-729-6603 (toll free) or email: [seniorsadvocate@seniorsadvocatenl.ca](mailto:seniorsadvocate@seniorsadvocatenl.ca)



# Government's Review of NL's Statutory Offices

On December 5, 2022 the Provincial Government announced it had appointed Retired Supreme Court Justice Robert Fowler to conduct a review of the statutory offices that report to the House of Assembly [www.gov.nl.ca/releases/2022/jps/1205n02/](http://www.gov.nl.ca/releases/2022/jps/1205n02/).

The statutory offices under review are: Commissioner for Legislative Standards; Office of the Chief Electoral Officer; Office of the Child and Youth Advocate; Office of the Citizens' Representative; Office of the Information and Privacy Commissioner; and the **Office of the Seniors' Advocate**.

These statutory offices are independent of government and not directed by Cabinet or Ministers. Given the need to operate independently from Government, the offices report directly to the House of Assembly.

The Review Committee will be accepting submissions from the public until July 17, 2023. The Office of the Seniors Advocate has provided its submission to this Review and it can be read here [www.seniorsadvocatenl.ca/pdfs/OSANLSubmissionMay15-2023.pdf](http://www.seniorsadvocatenl.ca/pdfs/OSANLSubmissionMay15-2023.pdf).

Visit [www.rsonl.ca](http://www.rsonl.ca) to see the Terms of Reference, learn how you can participate, read all submissions and the final report when it is completed.



# Some of the Budget Initiatives of Interest to Seniors

## Federal Budget Highlights - March 28, 2023

- The next phase of the Canadian Dental Care Plan which will provide Canadians, including seniors, with access to high quality dental care (*details to come!*);
- A new grocery rebate will give seniors on average an additional \$225 (*look for this rebate with your July GST payment*);
- Starting in 2023, a refundable Multigenerational Home Renovation Tax Credit, which will provide up to \$7,500 in support for constructing a secondary suite for a senior or an adult with a disability;
- Crackdowns on predatory lending (very high interest rate loans) and junk fees (unexpected, hidden, and additional fees from internet overage charges, roaming fees, additional airline charges, etc.);
- Increases to Canada health transfers. For 2023-24 NL will receive \$664M to 1. improve access to family doctors; 2. strengthen mental healthcare services; and 3. clear backlogs and shorten wait times; and
- Encouraging more doctors and nurses to practice in rural and remote communities through student loan forgiveness.



## Provincial Budget - March 23, 2023

- No new taxes or fee increases;
- Begin implementation of the Dementia Care Action Plan [www.gov.nl.ca/releases/files/2023/03/23135-Dementia-Care-Action-Plan-March-30.pdf](http://www.gov.nl.ca/releases/files/2023/03/23135-Dementia-Care-Action-Plan-March-30.pdf);
- Review of the provincial long-term care and personal care home programs;
- \$1.3M allocated to cover the cost of driver medicals for people age 75 and older;
- 5% increase to the Income Supplement;
- 5% increase to the Seniors' Benefit;
- Providing Metrobus or GoBus passes for people in the St. John's area in receipt of GIS;
- A new, three year, \$70M Affordable Housing Program to help construct over 850 affordable homes, with a focus on seniors;
- More than \$21M for 10 new Family Care Teams across the province to provide primary care access for up to 80,000 people when fully implemented, with more to come.
- Continuing 50% off the cost of registering passenger vehicles, light trucks, and taxis; and
- Maintaining the home heating supplement which provides up to \$500 to eligible residents.

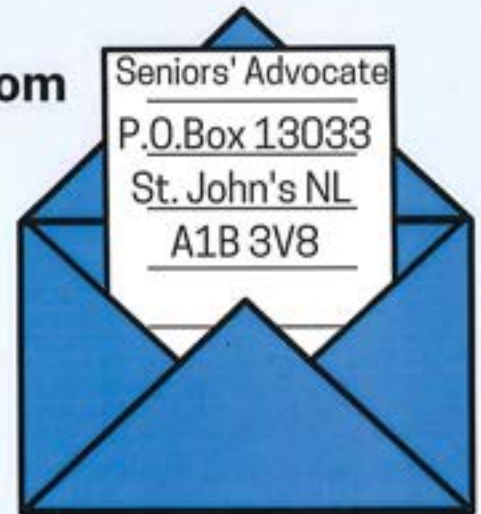
For all budget details, visit [www.budget.canada.ca/2023/home-accueil-en.html](http://www.budget.canada.ca/2023/home-accueil-en.html) AND [www.gov.nl.ca/budget/2023](http://www.gov.nl.ca/budget/2023)



## Our Team

**Susan Walsh, Seniors' Advocate**  
**Tanya Billard, Advocacy Consultant**  
**Pamela Dawe, Advocacy Consultant**  
**Sherri-Lee Owens, Office Administrator**

**To receive updates and information from the Office of the Seniors' Advocate, contact us to be added to our email list.**



**(709) 729-6603**

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



**[seniorsadvocate@seniorsadvocatenl.ca](mailto:seniorsadvocate@seniorsadvocatenl.ca)**



**[Seniors Advocate NL \(@SrsAdvocateNL\)](#)**



**[Seniors Advocate NL](#)**

# **AM I TAKING TOO MANY MEDICATIONS?**

Medications can improve the lives of people who suffer from chronic conditions, such as diabetes, high blood pressure, high cholesterol, cancer, mental illness and chronic pain. **However, taking too many prescription medications can be risky.**

Taking more than five medications is called **polypharmacy**. The risk of harmful effects, drug interactions and hospitalizations increase when you take more medications.

- **3 out of 5 Canadians (62%) over the age of 65 take at least 5 different prescription medications.**
- **1 out of 4 Canadians (24%) over the age of 65 take at least 10 different prescription medications.**

**ALWAYS CHECK WITH YOUR DOCTOR,  
PHARMACIST OR NURSE BEFORE  
CHANGING OR STOPPING ANY OF  
YOUR MEDICATIONS.**





***NL 50 + FEDERATION INC.***  
***46<sup>th</sup> 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 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>, 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 26<sup>th</sup>, 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.

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