



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

NL 50 + FEDERATION

NEWSLETTER

October 2023

We would like to take this opportunity to welcome two new 50 + Clubs that have join the NL 50 + Federation since our last Newsletter, **Rock Harbour 50 + Club**, Rock Harbour, NL and **Two Rivers 50 + Club**, Lodge Bay / Mary's Harbour, Labrador.

The 2nd Vice President Amy Farrell and Secretary Denise Feltham were both re-elected by acclimation for a two year term.

Director Area 2, Sarah Slaney and Director Area 3, Lloyd Dalton did not run for re-election and we thank them for their years of service.

Two new Directors were elected, Director Area 2 Jessie Cluett and Director Area 3 Lionel Candow. We welcome the new Directors to the NL 50 + Federation Board. We will be appointing an additional Director for Labrador in the next several weeks.

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

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

INCREASE FEDERATION'S ASSESSMENT FEE

The following resolution was passed by Delegates at the 46th Annual NL 50 + Federation Convention in Gander during September 2023.

To Increase Federation's Assessment Fee

Whereas: The Federation's assessment fee has not been increased in over twelve years

And

Whereas: The cost of accommodations, meals and gas has risen substantially in the past years.

And

Whereas: The cost of printing, postage and mailing of our Newsletter has become more costly.

And

Whereas: The cost of Federation's Annual Conventions have risen each year.

And

Therefore be it resolved: That the Federation's Annual Assessment Fee be raised to \$ 10.00 per member from the present \$ 5.00 per member in 2024.

We are enclosing a 2024 Member Club Report to be completed and returned to Kevin Thorne, Treasurer, P. O. Box 99, 37 Pond Side Road, Chapel Arm, NL A0B 1L0 by **January 31, 2024**.

ACTIVITY WAIVER FORM

Over the past several months a number of Clubs have indicated a concern of their members suing or otherwise claiming against the club for any property loss or personal injury that the member may sustain while participating in or preparing for activity.

Enclosed is an Activity Waiver Form that clubs could use to address this concern.

ACTIVITY WAIVER FORM

THIS ACTIVITY WAIVER FORM (this "Waiver") dated this _____ day of _____, _____.

IN CONSIDERATION of being allowed to participate in the Activity/Outing and other good and valuable consideration, the receipt of which is hereby acknowledged, I _____ of _____ (the "Participant") agree with _____ (the "Club") to the following:

1. DETAILS OF ACTIVITY

1. The Participant will be participating in the following activity:

_____. (the "Activity") provided by the Activity Provider.

2. CONSIDERATION

2. Being of lawful age and in consideration of being permitted to participate in the Activity, the Participant releases and forever discharges the Activity Provider, the Activity Provider's spouse, heirs, executors, administrators, legal representatives, and assigns from all manner of actions, causes of action, debts, accounts, bonds, contracts, claims, and demands for or by reason of any injury to person or property, including injury resulting in the death of the Participant, which has been or may be sustained as a consequence of the Participant's participation in the Activity, and notwithstanding that such damage, loss, or injury may have been caused solely or partly by the negligence of the Activity Provider.
3. The Participant understands that the Participant would not be permitted to participate in the Activity unless the Participant signed this Waiver.

4. CONCURRENT RELEASE

4. The Participant acknowledges that this Waiver is given with the express intention of effecting the extinguishment of certain obligations owed to the Participant by the Activity Provider, and with the intention of binding the Participant's spouse, heirs, executors, administrators, legal representatives, and assigns.

5. FITNESS TO PARTICIPATE

5. The Participant acknowledges to the Activity Provider that the Participant does not have any physical limitations, medical ailments, or physical or mental disabilities that would limit or prevent the Participant from participating in the Activity. If required, the Participant will obtain a medical examination and clearance.

6. FULL AND FINAL SETTLEMENT

6. The Participant acknowledges and agrees with the Activity Provider that: (1) the Activity Provider has given the Participant sufficient time to carefully read this Waiver, (2) the Participant has been given the opportunity and has been encouraged to seek independent legal advice prior to signing this Waiver, (3) the Participant fully understands the risks and claims that the Participant is waiving to participate in the Activity, (4) the Participant is freely and voluntarily executing this Waiver, and (5) the Participant is forever prevented from suing or otherwise claiming against the Activity Provider for any property loss or personal injury that the Participant may sustain while participating in or preparing for the Activity.

7. GOVERNING LAW

7. This Waiver will be governed by and construed in accordance with the laws of the Province of Newfoundland and Labrador.

8. EMERGENCY CONTACT

8. Name: _____
Phone: _____

IN WITNESS WHEREOF the Participant has duly affixed their signature on this _____ day of _____, _____.

_____ (Participant)

Federation Convention Tickets

Drawing at Quality Hotel, Gander on Sept 14, 2023

Tickets Sold, **28,332**

1st Prize \$ 2,500.00 - **Ticket # 26409** – Gerald Murrin, Irishtown, NL

\$ 1,000.00 To the Club selling 1st Prize - Irishtown Mountain View Seniors

\$ 100.00 Person selling 1st Prize – Gerald Murrin

2nd Prize \$ 1,000.00 **Ticket # 25740** - Herb Legge, Heart's Delight, NL

3rd Prize \$ 500.00 **Ticket # 24825** – Fred Penney, Holyrood, NL

Craft Table raised \$ 1,632.65. The Federation would like to thank the members who donated crafts, knitted goods, preserves etc. for the table. A special thank you to Amy Farrell, Lorna Warford and Matilda Strickland who look after this project.

2023 RESOLUTIONS

Enclosed you will find resolutions presented, debated, and resolved at the 46th Annual General Meeting of the NL 50 + Federation in Convention in Gander, NL during September 2023. These are provincial wide matters of concerns to our older person population. The resolutions were delivered to Honourable Paul A. Pike, Minister of Children, Seniors and Social Development on October 12, 2023 for the Government's reply. Also copies were sent to all MHA's and MP's to make them aware of the major concerns to the seniors of our province.

GREETING LETTERS

Enclosed are copies of Greeting Letters received after the printing of the Convention Program from the Honourable Tom Osborne, Minister of Health and Community Services and Kelly Heisz, Executive Director, SeniorsNL. Both letters were read at the opening of the 46th NL 50 + Federation Convention.

Resolution # 1
Shingles Vaccinations

Whereas: Shingles are very prevalent among seniors over 50, and often have complications that are life threatening

And

Whereas: The vaccine is 90 percent effective in preventing shingles

And

Whereas: Public Health recommends that adults 50 years and older get two doses of the shingles Vaccine.

Therefore be it resolved: That the NL 50 + Federation request that the Government of Newfoundland and Labrador, through the Department of Health and Community Services, make the shingles vaccine available to all seniors 65 and older free of charge.

Resolution # 2
Pneumococcal Vaccinations

Whereas: The risk of getting pneumococcal pneumonia increases with age

And

Whereas: Many elderly people have chronic diseases and are immune compromised because of these diseases

And

Whereas: The pneumococcal vaccine can help prevent diseases such as pneumonia, sepsis, and many types of bacterial infections.

Therefore be it resolved: That the NL 50+ Federation request that the Government of Newfoundland and Labrador, through the Department of Health and Community Services, make available the pneumococcal vaccine to all seniors 65 years of age and older free of charge.

Resolution # 3
Vehicle Licence Renewal

Whereas: The age group of 65 years of age represents 40 percent of the population of Newfoundland and Labrador

And

Whereas: Not all seniors have access to computers and mobile internet devices

And

Whereas: The yearly renewal of vehicle registration and licence renewal are mandatory and time sensitive.

Therefore be it resolved: That the NL 50 + Federation request that the Government of Newfoundland and Labrador, through the Department of Transportation and Infrastructure, send reminder letters by Canada Post to seniors 60 and over regarding renewal of vehicle registration and driver's license.

Resolution # 4 **Medical Records**

Whereas: Many physicians have closed their practices in Newfoundland and Labrador
And

Whereas: Many physicians were not connected through the medical electronic system, thereby still using paper files

And

Whereas: The medical records of a patient are valuable documents for the on-going treatment and the continuation of their care

Therefore be it resolved: That all medical records from physicians, who are no longer practicing and who were not connected to the electronic medical records network be given to out-going physician's clients free of charge.

Resolution # 5 **Medications in Timely Manner**

Whereas: Acute care medication such as antibiotic pain control medicines etc. should be started as soon as possible

And

Whereas: Some long-term care facilities that are privately owned often sign contracts with pharmacies well outside their area which often delays the delivery of medication up to 24 hours or more

And

Whereas: This delay of treatment could be detrimental to the recovery and comfort of the ailing senior

Therefore be it resolved: That the NL 50 + Federation request that the Government of Newfoundland and Labrador, through the Department of Health and Community Services, put a policy in place that requires all long-term care centers privately and government operated use the pharmacy services in the nearest community so that medications can be supplied in an efficient and timely manner.

Resolution # 6 **Cost of Hearing Aids**

Whereas: Many seniors suffer from hearing loss

And

Whereas: This can lead to social isolation, dementia, a decline in cognitive abilities including memory and concentration, depression, and the ability to drive safely as well as many other increased risks

And

Whereas: Many hearing devices are very expensive and unaffordable for many seniors

Therefore be it resolved: That the NL 50 + Federation request the government of Newfoundland and Labrador through the Department of Children, Seniors and Social Development and/or the Department of Health and Community Services, provide a supplement to off-set the cost of hearing aids.

Resolution # 7
Compassionate Visitation Protocols

Whereas: Thousands of loved ones across Canada died alone in hospitals and long-term care facilities during the COVID pandemic causing much agony and hardship for patients and their families

And

Whereas: No one should have to die alone and COVID Public Health restrictions shouldn't mean dying alone and

And

Whereas: The staff shortages may lead to sub-standard care with feeding, personal hygiene, and Attention.

And

Whereas: All hospital staff and long-term care staff were permitted to go to work every day and gown-up to do their duties

And

Whereas: We will always have G.I. outbreaks, influenza outbreaks, and COVID outbreaks.

Therefore be it resolved: That the NL 50 + Federation call on Health Authorities to implement a more compassionate approach to how society cares for our aging and vulnerable seniors, and implement a more compassionate visitation protocol.

Resolution # 8
Ambulance Services in Newfoundland and Labrador

Whereas: Patients requesting an ambulance for emergency medical services are brought to the nearest emergency department and the patient is given pain medication for temporary relief and discharged to go home

And

Whereas: The patient has the same medical issues return a day or two later and need to request another ambulance to bring them to the Emergency Department for treatment again

And

Whereas: This cycle may continue for several visits before medical attention is provided to get to the necessary treatment for the condition

Therefore be it resolved: That the NL 50 + Federation request that the Government of Newfoundland and Labrador, through the Department of Health and Community Services, put a policy in place that patients be charged for one ambulance fee if an ambulance is requested multiple times for the same medical condition within a week.

Resolution # 9
To Improve Cell Phone Service in the Province

Whereas: Many rural areas of the province, including along the TCH and rural roads have inadequate and even nonexistent cell phone service.

And

Whereas: Governments have often discussed and promoted communications service coverage in underserved or unserved regions.

And

Whereas: Cell phone coverage is no longer merely a luxury but it has become a critical and often necessary service, often used to prevent, or get help during, emergencies.

Therefore be it resolved: That the NL 50+ Federation lobby the Government of Newfoundland and Labrador to work with all cell phone service providers, including Bell Aliant, in order to improve cell phone service in all parts of Newfoundland and Labrador.

Resolution # 10
To Increase Medical Travel Mileage Rate

Whereas: A major problem identified by seniors is the high cost of transportation to attend medical appointments in our major centres — HSC and St. Clare's hospital.

And

Whereas: Often times seniors find the Medical Transportation Assistance Program (MTAP) overburdened with red tape and documentation and insufficient to meet their needs.

And

Whereas: With the present doctor/specialist shortages in NL, seniors will have to travel more often to get care.

Therefore be it resolved: That the NL 50 + Federation request an immediate review of the Medical Transportation Assistance Program (MTAP) with a view to increase mileage rate from .20 cent/ km to .50 cent / km. The program review should also include a review of documentation requirement on claims to simplify the claim process.

Resolution # 12
To Promote Age Friendly Environment

Whereas: The NL 50 + Federation promotes an age friendly community environment.

And

Whereas: Many banks and government offices have lineups for service.

And

Whereas: Many seniors and disabled people are unable to stand in line for a considerable time.

Therefore be it resolved: That the NL 50 + Federation contact the Banking Association and the Government of Newfoundland and Labrador to investigate the possibility of the installation of a number ticket and seating area as used in many of our hospitals.

MESSAGE FROM THE MINISTER
The Honourable Tom Osborne

Minister of Health and Community Services

I'm honoured and delighted to offer you a warm welcome to this year's convention in the beautiful town of Gander. The important advocacy work of the NL 50+ Federation in this province plays a significant role in our communities. Year after year you keep the welfare and best interests of Newfoundland and Labrador older adults and seniors top of mind, thank you.

Valuing our province's older adults and seniors is important. These individuals are often the caregivers, leaders and volunteers in their communities. The role you play in supporting these residents is essential.

Our government continues work to ensure independence of older adults and seniors. Just recently, we removed the cost of driver medicals for people aged 75 and older, and have committed to a significant review of the province's Personal Care Homes and Long Term Care Homes. We remain committed to providing independence and protecting the lives of older adults throughout the province.

Each one of the groups that make up the Federation enriches the lives of our 50+ community, by providing education, programs, and opportunities, as well as reaching out to individuals who are lonely, isolated, or otherwise at risk. I commend the federation for holding the annual convention to get groups together from across the province to discuss activities, funding, and other important issues.

Congratulations on another successful year.

All the best,
The Honourable Tom Osborne



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E-Mail: info@seniorsnl.ca

Welcome Delegates from across Newfoundland and Labrador to your 46th Convention!

SeniorsNL and the NL 50+ Federation has a strong partnership that, over the years, has been valuable in so many ways. We have been able to support each others work. We have also worked together to share information on issues and topics of interest and importance to the Member Clubs across the province that contribute to the health, wellbeing, and engagement of seniors in their community.

We are honoured to have a number of seniors in the Member Clubs who are Community Peer Support Volunteers and Friends of SeniorsNL who refer their peers to our organization for personal information and support. Thank you.

It is a pleasure to work with the NL 50+ Federation and all its Member Clubs.

Wishing you all a lot learning and fun at your convention and look forward to our continued partnership.

Sincerely,
Kelly Heisz, Executive Director

Premier Furey Congratulates Joan Marie Aylward on Her Appointment as Newfoundland and Labrador's New Lieutenant Governor

Executive Council

October 12, 2023

The Honourable Dr. Andrew Furey, Premier of Newfoundland and Labrador, today congratulated Joan Marie Aylward on her appointment by the Prime Minister as the province's new Lieutenant Governor.

“I have known Ms. Aylward for many years, and can attest to her advocacy and compassion for Newfoundland and Labrador. She is a wonderful selection by the Prime Minister. She has proudly served Newfoundlanders and Labradorians in many capacities – nurse, union leader, cabinet minister and community leader – and her spirit will position her well as Lieutenant Governor.”

Premier Furey is also acknowledging the work of outgoing Lieutenant Governor Judy Foote.

“Ms. Foote will be remembered as Newfoundland and Labrador's first female Lieutenant Governor. That title will be celebrated forever. I would like to thank both Ms. Foote, and her husband Howard, for their service and wish them the very best.”

The installation of the Lieutenant Governor designate, Joan Marie Aylward, will take place on Tuesday, November 14, 2023, during a ceremony at the House of Assembly. Further details on the installation will be announced in the coming weeks.

Provincial Government Covering the Cost of Drivers medicals for Seniors

Health and Community services Children, Seniors and Social Development

August 28, 2023

The Provincial Government is now covering the cost for drivers' medicals for seniors 75 years of age or older in Newfoundland and Labrador. Effective immediately, physicians will now bill MCP directly for this service instead of charging patients.

Coverage for age-related driver medical examinations is retroactive to April 1, 2023. Seniors who have been charged for this service will be reimbursed up to the \$100 amount of the fee code established by government and the Newfoundland and Labrador Medical Association.

To be eligible for reimbursement, seniors must provide a receipt indicating that an age-related Driver's Medical Examination was provided and paid for on or after April 1, 2023. Examinations not related to age, as well as all examinations prior to April 1, 2023, are not covered.

Seniors may complete the reimbursement form and mail it with the receipt from the physician to:

Drivers' Medicals Reimbursement

Department of Health and Community Services
Medical Services Division
1st Floor, Confederation Complex
P.O. Box 8700
St. John's NL A1B 4J6

Anyone who has been charged for this service and has questions about the process or reimbursement may contact the Department of Health and Community Services by email or telephone:

- Email: driversmedicals@gov.nl.ca
- Telephone: 1-833-864-0223

Please include your name and contact information and be prepared to leave a message. Calls will be returned within three business days.

In Budget 2023, government invested \$1.3 million to cover the cost of driver medical examinations for people 75 years of age and older, an initiative that supports continued independence for seniors in Newfoundland and Labrador. This coverage addresses another recommendation of the Seniors' Advocate report Long May Your Big Jib Draw: Setting Sail.

Quotes

“The unavailability of transportation services or losing one’s ability to drive can be one of the greatest contributors to loss of independence and social isolation. By removing this financial barrier and covering the cost of driver medicals for people aged 75 and older, we are committed to providing independence and protecting the lives of those behind the wheel and the well-being of our communities throughout the province.”

Honourable Tom Osborne
Minister of Health and Community Services

“The NLMA commends the Provincial Government for its decision to cover the cost of mandatory Driver’s Medical Examinations for seniors 75 and older. Insuring this service under MCP reduces financial barriers for seniors on fixed incomes and improves quality of life by enabling seniors to maintain their independence. It also promotes compliance with medical assessments that can identify health issues that may affect a person’s ability to drive.”

Dr. Gerard Farrell
President, Newfoundland and Labrador Medical Association

“Newfoundland and Labrador seniors are fiercely independent and often the caregivers, leaders and volunteers in their communities. With limited public transportation, it is critically important that seniors who are able to drive are supported to do so. Many seniors told me that with the high cost of living they could not afford to pay for the medical required to continue driving. To support the well-being of seniors and prevent isolation, the Office of the Seniors’ Advocate recommended that the Drivers Medicals cost for seniors be covered under the MCP system. I am most pleased that government has accepted and implemented this recommendation.”

Susan Walsh
Seniors’ Advocate NL

“A key component of achieving health and well-being for seniors in Newfoundland and Labrador, as highlighted by Health Accord NL, is ensuring inclusion and accessibility for all residents and building an age-friendly province. Covering the cost of driver medicals for seniors will contribute significantly towards protecting their independence and inclusion, and positively impact their overall well-being and quality of life.”

Honourable Paul Pike
Minister of Children, Seniors, and Social Development

Paradise Adventure 50+ Club

Yearly Report

September 2023

We are The Paradise Adventure 50+ Club. Currently 115 members from Paradise and surrounding areas.

Fall of 2022 starts us off with our usual weekly activities of Cards, Bingo and Darts.

Our socials continued in October, November, and December, with dinner, cards and bingo, as well as a dance to end the evening.

January 2023 started out with our Cards, bingo and Darts resuming as usual. The January social was scheduled for January 21st, but in good old Newfoundland tradition, had to be cancelled due to a severe winter storm.

On January 19th, we had our election of officers, and with Maxine Earle and Vida Clarke resigning, we found ourselves in a totally different atmosphere and uncertainty. However, they settled in and got down to work, and, boy, did we have a lot to learn. Thankfully, our events had all been booked, so we were able to focus on the actual workings of our club.

February, March, April, May and June went well, with various fundraisers, such as Valentine's Basket, Mother's Day Basket and weekly 50/50 draws. We also arranged for visits from Senior's NL as well as Leo Bonnell, who spoke about various types of elder abuse, and offered tips on how to recognize it. We also had the pleasure of hosting Elaine Huchings, Area Director for Avalon Region, who spoke about her role, and the role within NL 50+ federation.

We were also able to arrange a mini bus tour and an evening with The Spirit Of Newfoundland. We had 60 members sign on, with 3 having to cancel due to illness. A wonderful time was had with great food, hilarious entertainment and the best company.

We have started regular activities September 7th, and September 11th, and we are looking forward to another great year.

Seniors' Advocate Issues Statement Regarding Recent Increases for Private-Paying Residents in NL Personal Care Homes

Office of the Seniors' Advocate

October 19, 2023

On September 28, 2023, the Honourable Tom Osborne, Minister of Health and Community Services, announced increased monthly rates provided for government-subsidized beds in personal care homes (PCH) and community care homes. This change is meant to support operators in accepting more residents with higher care needs, helping with recruitment and retention of PCH workers, and allowing for patients currently in acute care beds to receive care in PCHs.

This rate increase is a welcome move forward, demonstrating the important role of PCHs in providing care for individuals throughout the province. However, the Office of the Seniors' Advocate has been contacted by numerous private-pay residents and family members who have been notified that their rates will also increase. These seniors are very concerned about the significant increase in their rate. Some have received a 30-day notice of the increase and fear not having time to explore alternate options and ultimately eviction if they cannot afford the increased rate. They know the challenge they will face seeking affordable, accessible and safe housing in a market with little to no vacancies and accessing services to meet their care requirements.

Just over 600 seniors who are privately paying to live in a PCH may be impacted by the recent rate increases and a large proportion of these do require some level of care. While the subsidy rates have not increased in over 5 years, the current increase (approximately 13 to 20 per cent) is a significant all-at-once increase for private paying residents on fixed incomes. All private-paying residents require a financial reassessment to determine if they will now qualify for a subsidy given the increased rates. I encourage these residents to immediately request the necessary documents from their PCH Operator to begin the financial reassessment. As well, residents who feel their care needs have changed should discuss the possibility of a clinical reassessment with PCH personnel.

I appreciate that many PCHs are working with their private-pay residents on this issue, however, I ask all PCH Operators to pause rate increases for private-pay residents until all such residents have undergone the reassessment process and/or have had time to explore their options. Specifically, I ask that private-pay residents receive a minimum notice of 90-days before PCHs implement the new rates. This additional time will mitigate unnecessary upset, as some people may qualify to be subsidized. For people who will continue to be private-pay, they will have the time needed to explore the available options and make informed decisions. This approach will also provide the necessary information to determine if any further intervention is required.

Susan Walsh
Seniors' Advocate Newfoundland and Labrador

Message from the Advocate

Hello Everyone!

It's hard to believe summer is over and fall is upon us. And what a busy summer it has been for the Office of the Seniors' Advocate!

In addition to releasing our 2023-2026 Activity Plan, and public engagement sessions in a number of communities, in July we spent two days in Labrador for meetings and public engagement sessions in Nain, Hopedale and Happy Valley-Goose Bay with Indigenous seniors, Elders and their leadership.

In September I was honoured to give the key-note address at this year's NL 50+ Federation's AGM in Gander. What a great turn-out of seniors from 50+ Clubs from all over the province!

On September 8 we released our annual Status Report on the progress made on the formal recommendations made by this Office since 2019. I am pleased to note that 16 of the 25 recommendations have been fully implemented and seven are underway. We continue to advocate for the implementation of the remaining two recommendations.

Based on the overwhelming interest from seniors and their organizations for me to meet with them, it will be a busy fall. See page 10 for the specific details and come along if you are in the area!

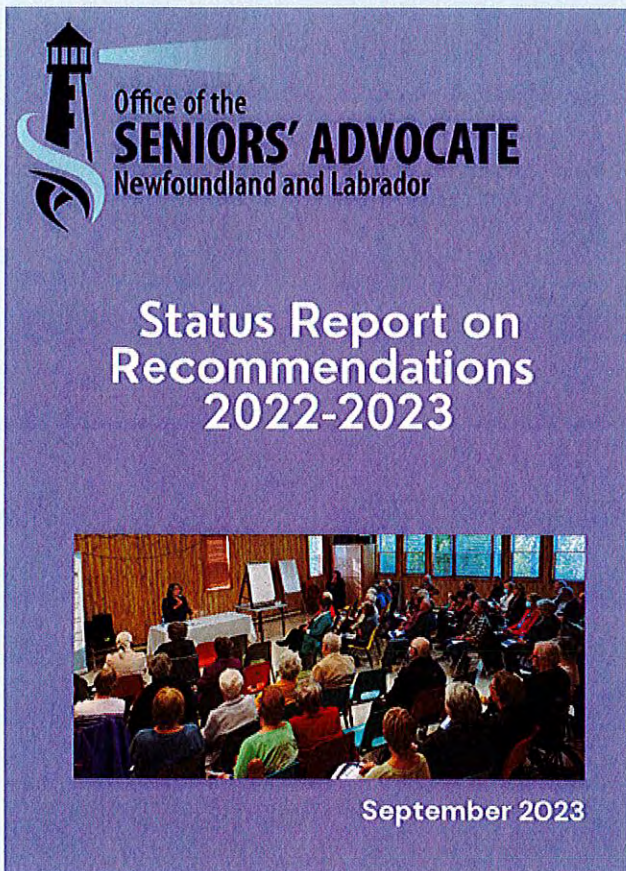
Before closing I would like to make note of an important day: October 1. Every year on this day we celebrate National Seniors Day and International Day of Older Persons. National Seniors Day honours Canadian seniors and recognizes their valuable contributions. On International Day of Older Persons we acknowledge the important contributions of seniors and raise awareness of the challenges faced by many older persons around the world.

All the best for continued good health and happiness.

Susan



STATUS REPORT ON RECOMMENDATIONS 2022-2023



On September 8, 2023 the Seniors' Advocate released the annual Status Report on Recommendations 2022-2023.

Since 2019, the Office of the Seniors' Advocate has issued 25 formal recommendations to various provincial government departments and agencies. To date, 16 recommendations have been fully implemented, compared to 11 in last year's report; seven recommendations are partially implemented; and two recommendations have no measurable advancement.

Overall, there has been considerable progress in government's response to the recommendations of the Office of the Seniors' Advocate in this reporting period. The percentage of implemented recommendations increased from 44% last year to 64% in 2022-23.

While seven recommendations are partially implemented, there has been progress in a number of these: the review of the Personal Care Homes and Long Term Care Homes has commenced, after the Advocate's public call last Fall, and the Dementia Care Action Plan has been released and implementation is ongoing.

Other recommendations, which are reiterated in the Health Accord, have had progress and continue to advance such as the need for increased professionals with gerontology expertise in the health system.

The Seniors' Advocate will monitor progress on all outstanding recommendations and annually report on progress until all have been implemented. The seniors of Newfoundland and Labrador deserve no less!

ADVOCACY

ACTIONS

Issue:

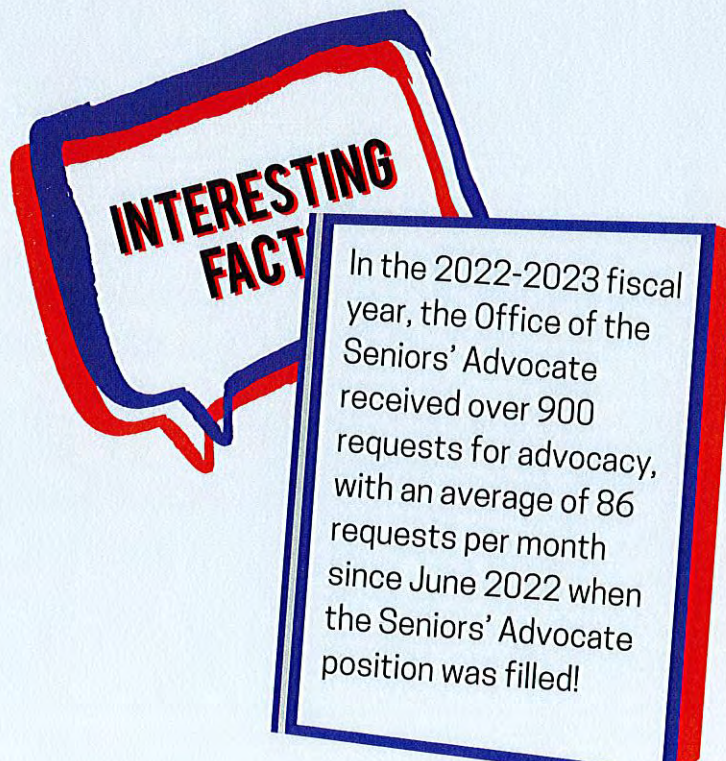
Seniors who do not have access to a family doctor expressed concerns that they are unable to have the drivers medical form completed within required timelines. In addition, seniors are concerned about the cost of medicals, especially those on fixed income, with the rising cost of living.

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 solutions to ensure seniors can continue to drive legitimately while waiting medical clearance, as well as for the cost of medicals to be covered under MCP.

Government Response:

Budget 2023 announced an allocation of \$1.3 million to ensure physicians will bill MCP directly to cover the cost of completing driver medicals for seniors aged 75 years+, beginning on April 1, 2023. Any seniors who paid their doctor for the service between April 1 and August 25, 2023 can contact Medical Services Division of the Department of Health and Community Services at 1-833-864-0223 to be reimbursed.



ADVOCACY

ACTIONS

Issue:

The Office of the Seniors' Advocate and numerous community organizations have seen an increase in seniors with unwanted individuals living in their home but no avenue to make them leave.

OSA Action:

The Advocate joined community partners and met with the Office of Women and Gender Equality to discuss the issue as well as potential solutions.

Government Response:

The Office of Women and Gender Equality is reviewing the matter and a response is pending.



Issue:

Specific concerns with ageism in public communications has been raised to the Office of the Seniors' Advocate by NL seniors.

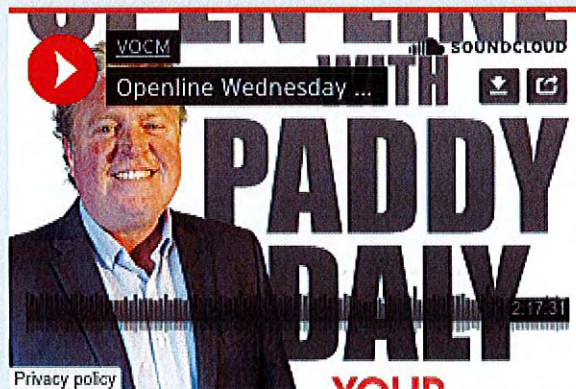
OSA Action:

The Seniors' Advocate has written businesses to express the concerns raised to her by a number of seniors and to educate on ageism including a reminder that even something meant to be humorous can proliferate a negative stereotype.

Media Interviews

On July 26, Susan was on Open Line speaking with Paddy Daly about seniors' issues including: how seniors are dealing with the extreme heat NL is currently experiencing; the Department of Health and Community Service's Review of the Long Term Care/Personal Care Homes and the need for that Review to be a blueprint outlining next steps for improvements; unsustainable Home Support co-pay amounts; and, how the Guaranteed Income Supplement might be adjusted to be more fair to seniors living in Atlantic Canada.

Listen here!



With the release of the Office's Status Report on Recommendations on September 8, the Advocate was invited to join Linda Swain on VOICM's News Talk on September 11 for a conversation about the recommendations, particularly those recommendations which have not yet been implemented.



Listen here!

Public Engagement

Advocacy Consultant Tanya Billard participated in the Seniors on the Go event at MUN's beautiful Botanical Gardens on June 22. Organized by the NL Chapter of the Canadian Association of Retired Persons.



On June 29 the Seniors' Advocate was one of the speakers on an online forum discussing seniors' food insecurity and what supportive services are available for seniors living at home in St John's could help them age well at home.

The Advocate met with Al Antle of Credit Counselling NL on July 5 for a discussion about the financial challenges NL seniors are facing. Mr. Antle provided his well-experienced and informed insights on this growing issue.

From July 11-13 the Seniors' Advocate was in Labrador for meetings and public engagement sessions in Nain, Hopedale and Happy Valley-Goose Bay. The Advocate was honoured to be welcomed by the Nunatsiavut Government to meet with seniors and Elders who discussed their issues and portrayed their resilience.



Public Engagement

On July 17 the Office was pleased to have an online chat with Dr. Valerie Tarasuk, Professor Emeritus, Department of Nutritional Sciences with the University of Toronto. Much of Dr. Tarasuk's research is on problems of household food insecurity in Canada; why we have this problem, implications of poor nutrition and examining policy and program responses.

On July 19 the Advocate met with staff of the Iris Kirby House to discuss the alarming incidents of abuse of senior women and unique challenges these women face as seniors.

On August 15 the Advocate met with representatives of the National Association of Federal Retirees: Atlantic Director Roland Wells and Marilyn Best, Advocacy Program Officer. There were many common concerns including: cost of living, health care and benefits, and addressing ageism.



Public Engagement

On August 22 we had a wonderful opportunity to meet with seniors with the Port de Grave New Horizon's Seniors Program, to share information about our Office, hear their concerns and answer questions.



The Advocate was delighted to be the Keynote Speaker at the NL 50+ Federation's annual conference in Gander during September 12-15. This year was the 46th time this event was held and as usual it was very well-attended by approximately 400 seniors from all over the province!



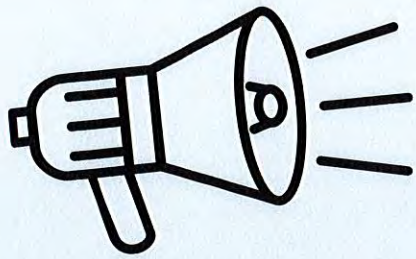
Public Engagement

On September 19, Advocacy Consultant, Pamela Dawe, met with the Mount Pearl Seniors Independence Group to provide an update on the work of the Office since our last visit in the winter of 2022.

Pamela Dawe, presented to the National Association of Federal Retirees on September 20 about the work of the Office and to discuss the shared concerns of the Office and the Association.

The Seniors' Advocate was busy on September 21 when she presented to the Bay Roberts 50+ club in the morning, and the Whiteway 50+ club, with members from the Cavendish and Heart's Delight 50+ clubs in the afternoon. Seventy seniors turned up for great discussions!





FALL 2023 **Town Hall Meetings with** **the Seniors' Advocate**

As announced in our June Newsletter, the Seniors' Advocate, Susan Walsh, will be travelling throughout the province this fall and winter to network and engage seniors to talk about the issues that most concern them. As well, the Advocate will provide an update on the work of the Office of the Seniors' Advocate and she will seek input from seniors on her current and future recommendations to government.

The fall schedule is as follows and all, except where indicated, are open for community participation. For exact locations check out our website, social media or contact our office as the date grows closer.

DATE	LOCATION	TIME
November 8	Pollards Point	10:00 a.m.
November 8	Stephenville	2:30 p.m.
November 9	Burgeo	11:00 a.m.
November 9	Irishtown-Summerside	TBD
November 10	Woody Point	10:00 a.m.
November 10	Norris Point	1:00 p.m.
November 10	Curling	4:30 p.m. (members only)
November 14	Alexander Bay	3:30 p.m.
November 15	Buchans/Buchans Junction	11:00 a.m.
November 15	Grand Falls-Windsor	3:00 p.m.
November 16	New World Island	10:00 a.m.
November 16	Botwood	2:00 p.m.
November 22	Hillview	10:30 a.m.
November 22	Clareville	1:30 p.m.

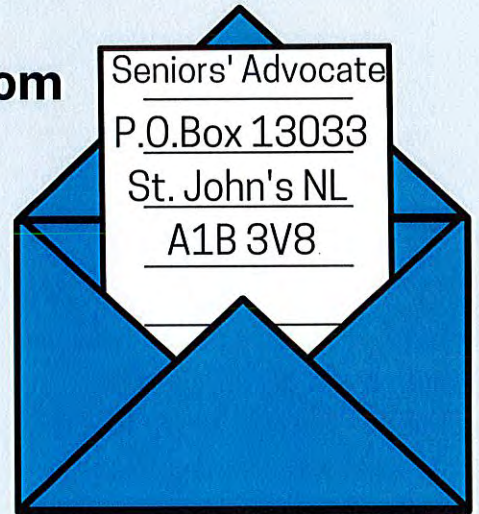
If your organization/group would like to meet with Susan in the winter/spring, please call 709-729-6603, 1-833-729-6603 (toll free) or email: seniorsadvocate@seniorsadvocatenl.ca. We already have some locations identified for the winter/spring, so please reach out as soon as possible if you are interested.



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



Seniors Advocate NL (@SrsAdvocateNL)



Seniors Advocate NL

**NEWFOUNDLAND AND LABRADOR
50 + FEDERATION INC.
BOARD MEMBERS 2023 – 2024**

	Name	Address	Position	Phone #
1	Robert J. Rogers	P. O. Box 407 Glovertown, NL A0G 2L0 robertrogers@personainternet.com	President	(709) 533-6189 Cell: 424- 7174 Fax: 520-2074
2	Linda Oldford	20 Griffin Place Gander, NL A1V 2L3 la.oldford@hotmail.com	1st Vice President	Cell: 424-0490
3	Amy Farrell	P. O. Box 525 Marystown, NL A0E 2M0 amypatfarrell@gmail.com	2nd Vice President	(709) 279-2358
4	Kevin Thorne	P. O. Box 99, 37 Pond Side Road Chapel Arm, NL A0B 1L0 kevinthorne@eastlink.ca	Treasurer	(709) 592-2169 Fax: 592-2141
5	Denise Feltham	177 Main Street Glovertown, NL A0G 2L0 defeltham1953@gmail.com	Secretary	(709) 235-9882
6	Elaine Hutchings	54 Pine Ridge Crescent Torbay, NL A1K 1L5 Elaine_hutchings@yahoo.com	Director Area 1 <i>Avalon</i>	(709) 233-0900
7	Jessie Cluett	P. O. Box 46 Frenchman's Cove, Fortune Bay, NL A0E 1R0 jdcluett@hotmail.com	Director Area 2 <i>Burin Peninsula</i>	(709) 567-3050
8	Lionel Candow	17 Swan Ave Clarenville, NL A0A 1Y1 lionelcandow@gmail.com	Director Area 3 <i>Bonavista Peninsula, Clarenville Bellevue</i>	(604) 220-4946
9	Malcolm Rogers	P. O. Box 16 Trinity, Bonavista Bay, NL A0G 4L0 50plusfederation@gmail.com	Director Area 4 <i>Fogo Island Gander - Glovertown</i>	(709) 678-2311
10	Ray Babstock	P. O. Box 2049 Grand Falls – Windsor, NL A2B 1K1 babstockr@gmail.com	Director Area 5 <i>Connaigre Peninsula Grand Falls Windsor Twillingate and Baie Verte Peninsula</i>	(709) 486-8022
11	Rose Wilson	26 Fifth Ave Deer Lake, NL A8A 1J6 roisiewilson1@outlook.com	Director Area 6 <i>Deer Lake, Sop's Arm, Northern Peninsula</i>	(709) 636-2018
12	Lorna Warford	111 Main Street Irishtown – Summerside, NL A2H 4A1 holdontight@gmail.com	Director Area 7 <i>Port aux Basques – Stephenville, Pasadena</i>	(709) 783-2658
13	Noreen Careen	618 Churchill St. Labrador City, NL A2V 1T5 careen@crrstv.net	Director Area 8 <i>Labrador West</i>	(709) 944-6245 Cell 280-1241
14			Directors Area 9 <i>Labrador East</i>	



NL 50 + FEDERATION INC.

Return this form by 31 January 2024 to:

Kevin Thorne
Treasurer
P. O. Box 99
37 Pond Side Road
Chapel Arm, NL AOB 1LO

2024 Member Club Report

Your Town _____ Meeting Place _____
Incorporation Number _____ Number of Members _____

Club Name _____

Address _____

President's Name: _____ P. O. Box _____

Address _____ Postal Code _____

Telephone _____ Email _____

Secretary's Name: _____ P. O. Box _____

Address _____ Postal Code _____

Telephone _____ Email _____

Treasurer's Name: _____ P. O. Box _____

Address _____ Postal Code _____

Telephone _____ Email _____

ASSESSMENT ***Date*** _____

Number of Club Members _____ ***x \$10.00 each = \$*** _____

***Mail no cash – only Cheque or Money Order made out to:
NL 50 + Federation Inc.***

