



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

**NL 50 + FEDERATION**  
**NEWSLETTER**

**September 2022**

**45<sup>TH</sup> ANNUAL  
CONVENTION**

A mask mandate is no longer necessary to control COVID-19. However, just because masks are no longer required by law, does not mean you need to stop wearing them. It is recommended that you continue to wear a mask at our convention meetings.

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

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

# Convention Schedule

*The Convention will be held at the Marystown Hotel, NL*

Sept. 13 <sup>th</sup>	Tuesday	Registration - Entertainment at night
Sept. 14 <sup>th</sup>	Wednesday	Meetings all day - Entertainment at night.
Sept. 15 <sup>th</sup>	Thursday	Meetings all day - Banquet at night.
Sept. 16 <sup>th</sup>	Friday	Morning Meeting only

## **Just a reminder for your donation of prescription bottles that was requested in our July Newsletter**

There is a hospital in Africa (rural Zambia) - Laloma Mission Hospital - that is always in need of empty prescription bottles. A friend of mine has been collecting them for some time and I felt that we could all help. She has a way to get the bottles to the hospital. As many seniors are on a number of medications and eventually the bottles go in the garbage, I am asking that you save yours. The only stipulation is that you do your best to remove the labels which contains personal information.

For many of us it is not something we think about - the fact that there are no bottles to put the medications in but for them it is a real problem. Let's all help the best we can. **I am asking two things - that each Club start a collection and that they either be given to your Director and/or brought to our September Convention**, I will provide a box so you can drop them off in Marystown. As soon as I get a number of them, I will deliver them to my friend.

I think we can all work to make a difference here. Let's extend the hand of kindness to people who have so little.

Thanking you in advance for your cooperation.

*Linda Oldford*, 1st Vice President, A/Director, Area 4

# **NL 50 + FEDERATION INC.**

## **45<sup>TH</sup> ANNUAL CONVENTION RESOLUTIONS**

### **Resolution # 1** **Influenza Vaccinations**

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

And

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

And

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

**Therefore be it resolved:** That the NL 50 + Federation request that the Government of Newfoundland and Labrador, through the Department of Health and Community Services, make high dose influenza vaccinations available to all Newfoundland and Labrador seniors 65 and over free of charge.

**Submitted by: Whiteway Fifty Plus Club Inc. Whiteway, NL**

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

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

And

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

And

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

And

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

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

**Submitted by: Whiteway Fifty Plus Club Inc. Whiteway**

### **Resolution # 3** **Newsletters by Email**

**Whereas:** All 50 + clubs in Newfoundland and Labrador receive Five or more Newsletters per year

And

**Whereas:** Clubs are faced with extra costs to copy the newsletters for their members

And

**Whereas:** It is important that as many members as possible receive a copy of the newsletters

And

**Whereas:** The NL 50 + Federation will save a great deal on the costs of printing and postage

**Therefore be it resolved:** That all 50 + Federation Newsletters be made available to club presidents in pdf format and sent by email for digital distribution to their members.

**Submitted by: Whiteway Fifty Plus Club Inc. Whiteway, NL**

### **Resolution # 4** **Doctor Shortage**

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

And

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

And

**Whereas:** Medical doctors are leaving this province in rapidly increasing numbers creating situations of long waits for medical attention and a growing list of people who are

unable to obtain the services of a family physician

And

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

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

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

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

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

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

**Submitted by: The New Horizons Random Fifty Plus Club – Hillview, NL**

## **Resolution # 5**

### **Keep Couples together in Long-Term Care**

**Whereas:** The seniors are the largest growing demographic in the province of Newfoundland and Labrador

And

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

And

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

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

Always placing both partners in joint living accommodations or

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

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

**Submitted by: Twin Cities Seniors 50 + Club - Labrador West, NL**  
**and**  
**The New Horizons Random Fifty Plus Club – Hillview, NL**

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

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

And

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

And

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

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

**Submitted by: Resolution Committee**

# **ST. LAWRENCE**

## **GOLDEN AGE 50 + CLUB INC.**

### **St. Lawrence, NL**

This 50 + Club has been ongoing for many years. A lot of changes have taken place over those times, as a lot of the active members because of their illness, couldn't make it back to our club and others had passed away.

We now have 24 members with approximately 16 active members. Whenever we plan on doing anything, we always think about our shut-ins and prepare them with a meal or something. The active members meet once per week with a game of Pokémon and everyone enjoys this as it's a great way of socializing with one another. We have been fortunate enough to receive a grant to extend a patio on the back of the building, so members can sit outside and enjoy a little something, even if it's a cup of tea or BBQ.

On special occasions we celebrate birthdays with a birthday cake and game of bingo which everyone enjoys. Each member brings along a few prizes to help with the chances of winnings and everyone enjoys this. We had our Club opened to our community for afternoon tea, which a lot of seniors came and enjoyed but due to COVID 19, we haven't got the chance to do it again. We are hopefully this summer we will be able to do it again.

We try and help anyone in need, if a senior contact us for anything, we say to them, we are only a phone call away if they need us. Members are getting a bit excited as we are planning a trip to Golden Sands for a couple nights. That's always an enjoyable time by all and we made a lot of memories.

Until next time, our Club extends to all clubs around, the best of luck and wishing you all a Happy & Safe summer.

President Marilyn Etchegary

Vice president Gertrude Power

Treasurer Betty Bishop

Secretary Mary Quirke

# **Public Advisory**

**Residents Warned about Fraudulent Income support  
Contact Information**

**Children, Seniors and Social Development**

August 19, 2022

The Department of Children, Seniors and Social Development is warning the public that a fraudulent document containing incorrect Income Support phone numbers and email addresses is circulating publicly.

Please be advised that anyone wanting to contact Income Support should continue to call toll-free 1-877-729-7888 or email [incomesupport@gov.nl.ca](mailto:incomesupport@gov.nl.ca).

Any email addresses or phone numbers other than the ones listed above are not accurate and should not be contacted.

Anyone who receives a suspicious communication should immediately report it to the Anti-Fraud Centre of Canada or call 1-888-495-8501.



## **Minister Abbott Announces Recipients of 2022 Seniors of Distinction Awards**

Children, Seniors and Social Development

July 4, 2022

Today, the Honourable John G. Abbott, Minister of Children, Seniors and Social Development, announced the recipients of the 2022 Seniors of Distinction Awards, which recognizes the contributions, achievements and diversity of seniors throughout Newfoundland and Labrador.

This year's recipients are as follows:

- George M. Doyle of St. Lawrence (posthumous award)
- Barbara Ellis of St. John's
- Rosie Lucy of Hopedale
- Elizabeth Murphy of St. John's
- Wayne Noel of St. Anthony
- Eldon Swyer of Little Rapids
- Bryson Webb of Port aux Basques

For more information on each of the 2022 Seniors of Distinction, please see the backgrounder below.

The Seniors of Distinction Awards are presented annually to current or past residents of the province, 50 years of age or older, who have made significant personal, professional or volunteer contributions to their communities. This year's award ceremony will take place during fall 2022.

### **Quotes**

“Let me extend heartfelt congratulations to the recipients of the 2022 Seniors of Distinction Awards. Each of these individuals have made a profound impact on their communities and our province. I commend each of the Seniors of Distinction for showing such tremendous character that is inspiring to us all.”

Honourable John G. Abbott

Minister of Children, Seniors and Social Development

“The Seniors of Distinction Awards are so important because they recognize the many contributions of seniors and older adults and are an inspiration for others to participate in the betterment of their communities throughout the lifespan. This year's award recipients exemplify the true spirit of service to individuals and communities here at home and abroad.”

Pamela Anstey

Chair, Provincial Advisory Council on Aging and Seniors

## BACKGROUNDER

### Recipients of the 2022 Seniors of Distinction Awards

#### **George M. Doyle**

George M. Doyle of St. Lawrence passed away on September 20, 2019. For over four decades, George demonstrated leadership, commitment and volunteered his time to municipal council as a community activist. He served four years as Mayor, four years as Deputy Mayor, and over 23 years as a Councillor. During his years of service, he was very active in the Joint Town and Community Council and the Greater Lamaline Area Development Association. George was an advocate for employees of the Alcan NewFluor Works mine, and was an advocate for the construction of the St. Lawrence Miner's Museum. He was president of the St. Lawrence Workers Protective Union from 1964 to 1976. He was an active member of the St. Lawrence Harbour Authority and Fish Plant committees. He worked tirelessly with the harbour authority committee and was instrumental in acquiring funding for the development of a 350 foot wharf and state of the art Fishermen's Rest building. The building serves fishers with amenities such as washers, dryers and WIFI. He was described as a man of great character, perseverance and strength.

#### **Barbara Ellis**

Barbara Ellis of St. John's has dedicated most of her life to improving the well-being of others. As a retired physiotherapist, Barbara's working career was fueled by a passion for helping people strengthen their minds and bodies and keep as active as possible. In retirement, she has continued to keep people fit and active in mind and body as a volunteer. She teaches aqua fitness in Florida during the winter and, when at home in Newfoundland and Labrador, is a volunteer aquafit and group strength training instructor at the Ches Penney Family YMCA in St. John's. In these roles, Barbara motivates and coaches other seniors and older adults to stay active through activities that support strength, balance and movement, which provide benefits for everyday activities. Barbara first joined the YMCA as a member at the age of 13 and has been a YMCA volunteer for the past 10 years. She is a strong believer in keeping your mind sharp and in trying new things, and endeavours to instill these values in all those she encounters, particularly seniors and older adults. Barbara is also a volunteer at her church and a Rotarian. Throughout her lifetime, she has also volunteered with the Newfoundland and Labrador Lung Association, Girl Guides of Canada, Canadian Physiotherapy Association, Ronald McDonald House, and The Gathering Place. Leading by example, Barbara provides inspiration to others that you can be fit and active in your community at any age.

#### **Rosie Lucy (Grammy)**

Rosie Lucy of Hopedale has worked much of her life as a public health aide. She is an Inuit elder who has been gifted with the art of sewing. She created Inuit crafts such as moose hide slippers and mittens. She is recognized for her contributions to Inuit people, particularly as a foster parent for almost 40 years. Rosie raised nine of her own children, as well as grandchildren and other children in care. She has helped parents who were challenged with responsibilities of parenthood. Rosie has helped many children grow into independent individuals who now contribute to the community of Hopedale. Rosie is described as a role model and true example of the positive impact that one person can have on the lives of so many. Even through a 2011 cancer diagnosis, Rosie continued as a foster mother. In 2020, she reluctantly closed her foster home following a second cancer diagnosis. Rosie has devoted her life to raising children and instilling them with pride – pride of what it means to be an Indigenous person and embrace their uniqueness. She is described as very humble and kind. Her profound impact on the lives of the people of the north coast of Labrador, and beyond, will be felt for generations to come.

#### **Elizabeth (Bette) Murphy**

Bette Murphy of St. John's has been a volunteer for most of her life. She has gone door to door for the Heart and Stroke Foundation, Kidney Foundation and Christmas Seals Campaign, and shared her sewing skills with children at Our Lady of Mercy School during the late 1970's. Most would agree; however, that her most significant mark has been left on the sport of softball in Newfoundland and Labrador and female softball in particular. In 1966, Bette served as Secretary of the inaugural St. John's Ladies Softball League and was appointed by the City of St. John's to the inaugural St. John's Recreation Commission. She contributed immensely to the growth of softball in Newfoundland and Labrador as a player, coach, manager and executive at the municipal, provincial and national levels. She even served as Chair of the Media Committee for the 1994 Women's World Softball Championship at the Caribou Complex in St. John's extending her influence into the international sphere. Bette is a member of the St. John's Hall of Fame and is an honorary life member of Softball Newfoundland and Labrador. Beyond softball, Bette served on the National Advisory Board for Fitness and Amateur Sport from 1974 to 1976, and was selected as a judge for the 1984 Miss Teen St. John's pageant. She has also made significant contributions to youth bowling, soccer and the Peter Pan Lawn Bowling League. At 85, Bette remains active in five-pin and lawn bowling and is admired for her flawless fashion sense, humble demeanor and understanding of others and their unique situations.

**Wayne Noel**

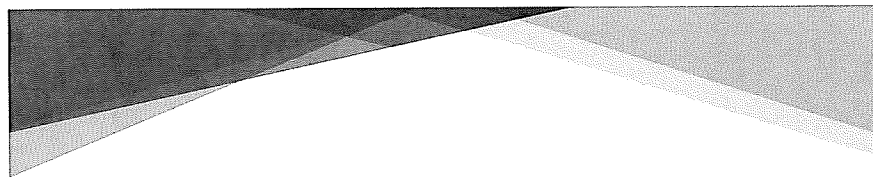
Wayne Noel of St. Anthony has spent a lifetime contributing to making life better for others. Born and raised in Goose Cove East on the Great Northern Peninsula, he lost his father at the age of 17 while attending university. He made the decision to move back home to be there for his mother and family. Shortly after his family moved to St. Anthony and Wayne began work for the Grenfell Mission. His career in health care spanned more than forty years of service where he advanced to a leadership role in materials management. A believer in building strong and healthy communities, Wayne was instrumental in the re-establishment of an ice rink and the creation of the first indoor swimming pool for the community in the 1970s. In the 1980s and 90s, he was instrumental in economic development in St. Anthony, including the creation of St. Anthony Basin Resources Inc., a social enterprise which supports community development initiatives within the region. Through the decades, he has served on Town Council, the Grenfell Historical Society and has been heavily involved in many other community organizations and events including the longest snowmobile ride in the world as recognized by the Guinness Book of World Records in 2003. Wayne continues to be involved in community and economic development to this day.

**Eldon Swyer**

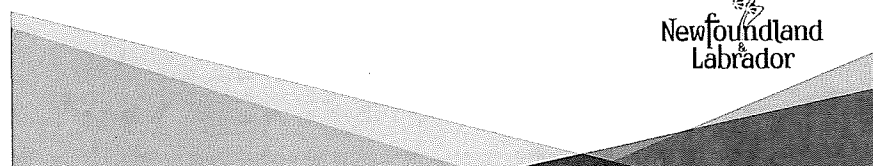
Eldon Swyer of Little Rapids played a very active role in the School Administrators' Council both locally and provincially and was a member of the Advisory Council of Grenfell College for a number of years. He also served as chairman of the Labrador City Public Library Board and was instrumental in the building of a new town library. He was also founding Chairman of the Labrador-Northern Newfoundland Regional Library Board and served as a member of the Provincial Library Board for several years. In recognition of his contribution to the betterment of the community, the Town of Labrador City presented Eldon with a Builders Award. Upon his retirement in June 1988, Mr. Swyer received many accolades from staff, students, Community Groups and others at large. His Holiness, John Paul II cordially granted a special Apostolic Blessing as follows: "to Mr. Eldon Swyer, Principal of Labrador City Collegiate, for his many years in education, his dedication, his ecumenical spirit and his wisdom in promoting human, cultural and religious values, invoking constant grace and divine protection upon his family and all his future projects." Eldon will be 91 in November and continues to be an active volunteer with the Corner Brook Lions Club.

**Bryson Webb**

Bryson Webb of Port-aux-Basques has served as Board Chair of the Western Regional Health Authority since October 2017. This is a volunteer position that carries significant responsibility. In this role, Bryson is the voice of the board to staff, stakeholder groups and the community at large. Bryson's other duties include recruitment, orientation and board mentoring and development. Most recently, Bryson has led Western Health through a community consultation process whereby seven communities were engaged. Some of Bryson's other volunteer experience includes: the Canadian Nurses Association; Ministerial Advisory Committee on Primary Healthcare Enhancement Project; the Community Employment Corporation; and the Dr. Charles LeGrow Health Centre Foundation. Bryson is described as a prime example of someone who has unselfishly devoted his time, knowledge and talent to volunteerism, particularly in the area of health care. He has done so for many years since his retirement in 1996.



## 2022 Seniors of Distinction Awards



Newfoundland  
&  
Labrador

# Applications Being Accepted for Active NL Fund

## Tourism, Culture, Art and Recreation

July 8, 2022

The Honourable Steve Crocker, Minister of Tourism, Culture, Arts and Recreation, today announced that applications are being accepted for the 2022 Active NL Fund. Funding up to \$10,000 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 Saturday, December 31, 2022. The application form, as well as program guidelines and eligibility criteria, can be found [here](#). Those interested in applying are encouraged to carefully review the program guidelines to determine eligibility of applicants, projects, equipment and initiatives.

Going forward, the Active NL Fund is replacing the former Community Healthy Living Fund. A list of successful recipients under the Community Healthy Living Fund for 2021-22 can be found [here](#). Previously eligible infrastructure, equipment and programs under the Community Healthy Living Fund remain eligible under the 2022 Active NL Fund.

### Quote

"The Active NL Fund has a significant impact in communities throughout the province and helps residents get moving, contributing to active healthy lifestyles. I encourage those interested to visit the website to become familiar with the program and to get more information. While the deadline is not until the end of December, I encourage you to apply early."

Honourable Steve Crocker  
Minister of Tourism, Culture, Arts and Recreation



# **GAULTOIS 50 + CLUB INC.**

## **GAULTOIS, NL**

As a new formed club, the Gaultois 50 + Club Inc. was proud to host its very first Social Inclusion Initiative Event July 1<sup>st</sup>, Canada Day.

After two years of the pandemic it was wonderful to see residents of the community out to celebrate.

From eighteen months of age to eighty one years of age everyone who attended enjoyed the day. A special Thank You to the President Robert Rogers and 1<sup>st</sup> Vice President Linda Oldford of the NL 50 + Federation, for coming to our Canada Day Celebrations.

The event started at the Community Centre with barbequed hot dogs and hamburgers, vegetable platters and fruits salads.

In the afternoon there was a quad and bicycle parade where prizes were given to the best decorated. There were games for the children with prizes.

There was an afternoon game of bingo that was enjoyed by all young and old. Five thirty a cold plate supper was served to all.

Shortly after supper a game of cards was held for the adults. At nine thirty that evening our local volunteer fire department had a fireworks display. After fireworks it was back to the community centre where darts were played.

This was a most wonderful event that everyone enjoyed. Going forth in the further I hope that our 50 + Club can do other events like this for the residents.

*Marcella Drovet*

President  
Gaultois 50 + Club Inc.

**For Mental Health and Addictions**  
Support call 811  
It's free, confidential and available 24/7

**811**

**HEALTHLINE**

As of May 2<sup>nd</sup>, 2022, the Provincial Mental Health Crisis Line service is now provided by the Provincial HealthLine or 811. Anyone in need of mental health crisis response or mental health and addictions support can dial 811, day or night, to speak with a registered nurse who is a trained crisis intervener. When dialing 811, individuals can self-select they are experiencing a crisis and will have their call answered immediately by a health care navigator who will then connect them with a registered nurse.

For a period of time, and to ensure a seamless service transition, residents who call the former crisis line's 1-800#, will be automatically transferred to the 811 HealthLine for support, but people are encouraged to call 811 directly.

Please ensure all references to the Mental Health Crisis Line are immediately updated from websites, voicemails, printed material, etc. and replaced with "If you are experiencing a mental health and/or addictions crisis, need support, or health information, please contact 811 to speak with a registered nurse trained in crisis intervention."

# **New Horizons for Seniors Program (NHSP) 2022–23**

**Subject: ADVANCE NOTIFICATION - September 21, 2022 - Launch date of the New Horizons for Seniors Program (NHSP) 2022–23 Call for Proposals funding community-based projects**

Hello,

On **September 21, 2022**, the Government of Canada will launch the New Horizons for Seniors Program (NHSP) 2022-23 Call for proposals (CFP) funding community-based projects across Canada. This program is offered by Employment and Social Development Canada (ESDC).

**Please note that the online Application for Funding Form and the Applicant Guide will only be available on the NHSP Funding Page as of September 21, 2022. It is important to note that you cannot submit your application before the CFP is officially launched.**

The deadline to submit applications is **November 1, 2022 at 3:00 p.m. Eastern Standard Time (EST)**. Organizations will have a total of **six (6) weeks** to submit their applications. The information on the NHSP Funding Page will help you learn more about this funding opportunity.

The NHSP supports projects that address the following objectives:

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

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

1. Supporting healthy ageing, including:
  - addressing social isolation, including through supporting seniors' digital literacy;
  - addressing ageism;
  - supporting mental health and dementia; and
  - developing and delivering virtual programming for the above.

2. Preventing senior abuse, including:
  - providing measures to reduce crimes and harm against seniors including elder abuse;
  - developing educational material to prevent unscrupulous practices, financial fraud and scams from happening to seniors; and,
  - supporting financial empowerment of seniors.
  
3. Celebrating diversity and promoting inclusion, including:
  - promoting intergenerational mentoring and engagement;
  - advancing Reconciliation with Indigenous Peoples and helping to secure a better quality of life for Indigenous seniors; collaborating with diverse communities notably by serving members of the following vulnerable groups: low-income seniors, Indigenous Peoples, members of 2SLGBTQI+ communities, members of official language minority communities (OLMCs), members of racialized and newcomer groups, persons with disabilities and veterans; and,
  - supporting seniors living in rural or remote areas.
  
4. Helping seniors to age in place, including:
  - providing practical supports, tools and resources to seniors to help them remain in their homes longer; and,
  - helping seniors navigate and access government services and benefits and providing support to file their taxes.

We encourage you to follow Seniors in Canada on [Facebook](#) and on [Twitter](#) or access [canada.ca/seniors](https://canada.ca/seniors) to obtain the most up-to-date information about the benefits, programs and initiatives available to seniors. Additionally, we are asking you to please comment, like and share our content to help spread the word about the 2022-23 NHSP Community-based Projects CFP and other important seniors-related announcements. Feel free to use #SeniorsInCanada to join the conversation.

For more information on this CFP, you can visit the [New Horizons for Seniors Program - Community-based Projects](#).

Regards,

The New Horizons for Seniors Program



ENERGY  
EFFICIENCY

Made  
Easy!

## INSTANT REBATES ARE BACK!

From Sept. 20–Nov. 15, save up to \$30.

Save instantly on low-cost, energy-efficient products for your home. Get ENERGY STAR® LED light bulbs as low as 49¢\* and save on draft-proofing products, smart plugs, ENERGY STAR® air purifiers and more! Energy efficiency is made easy with takeCHARGE Instant Rebates.

**Draft-proof exterior doors with door sweeps.**

\$4

INSTANT REBATE

**Weatherize drafty windows with insulation kits.**

UP TO \$7

INSTANT REBATE

**Install LED light bulbs for as low as 49¢\* per bulb.**

UP TO \$5  
INSTANT REBATE

**Insulate doors and windows with foam or v-strip weatherstripping.**

\$4  
INSTANT REBATE

**FOR DIY VIDEOS, TIPS & MORE**  
visit [TakeChargeNL.ca](http://TakeChargeNL.ca)

**PARTICIPATING RETAILERS:** Canadian Tire, COSTCO, Graybar Canada/Harris & Roome, Guillevin International Co., Kent, McLoughlan Supplies Ltd., pipers, Rexel and The Home Depot.

\*At select participating retailers.

*Rebated products and stock availability may vary by retailer and store location.  
Products eligible for Instant Rebates are indicated by takeCHARGE signage with the campaign dates.*

**take!**  
**CHARGE** ⚡

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# Simple ways to save energy and money.

Every little thing adds up. Try these inexpensive (or free) ways to save every month.

## No Cost<sup>†</sup>



Open curtains to let the sun warm your home, and close them at night. **Save 10% or more on heating costs.**



Set back the temperature by 5° at night, when you're out, and in sparsely used rooms. **Save 10% on heating costs.**



Unplug or remove that old second fridge or freezer. **Save up to \$100/year.**

## Low Cost<sup>†</sup>



Draft-proof your home with weatherstripping (**save \$4/year per pack**) and window insulation (**save \$12 per kit**).



Install outlet and switch insulators on exterior walls.



Reduce hot water usage with high performance showerheads (**save \$35/year**) and faucet aerators (**save \$14/year**).

## Energy Savers Kit

Free\* for income-qualified customers



What is the Energy Savers Kit? It's a **FREE** box of products for income-qualified customers that can be used in your home to save energy and money – mailed directly to you! **Save up to \$100<sup>†</sup>** each year when you install these energy-efficient products.

Find out if you qualify by calling **1-888-0371-6551** or by visiting **TakeChargeNL.ca/EnergySaversKit**. Apply today!



### Make sure you have enough insulation.

It could save you hundreds in heating costs each year. You can get back up to **75%\*** of your material costs for basement and attic insulation.



### Use programmable thermostats to conserve heat.

Get back **\$10\*** for each programmable thermostat you install, and **\$5\*** for each electronic one.



### Need a new Heat Recovery Ventilator?

Look for a takeCHARGE approved model to keep your home cozy and get back **\$175\***.

Visit **TakeChargeNL.ca** for more tips, rebate information, and financing options.

Interested in heat pumps? Visit our website to find out if one is right for your home.

Accessible version available upon request.

\*Must meet eligibility. † Savings may vary.