



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

NL 50 + FEDERATION
NEWSLETTER

November 2022

First of all our 45th Federation's Annual Convention at Marystown NL, was a success with over 300 delegates attending from all over the province. Resolutions were presented, debated and resolved at the convention. A number of these resolutions are provincial wide matters of concerns to our older person population and copies have been delivered to Minister of Children, Seniors and Social Development John Abbott, on October 27, 2022 for government consideration.

An election of officers was held and we welcome the new Secretary Denise Feltham and three new Area Directors Sarah Slaney, Malcolm Rogers and Lorna Wardford.

Next year the 46th Federation's Annual Convention will be in Gander, on September 12 to 15, 2023.

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

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

The Office of the Seniors' Advocate – Seniors' Advocate Releases Status Report on Recommendations

Office of Seniors' Advocate

November 1, 2022

The Office of the Seniors' Advocate has released the 2022-23 Status Report on Recommendations. This is the first report on the status of recommendations released by this Office and will be an annual feature while there are outstanding recommendations.

To date, 25 recommendations have been issued by the Office of the Seniors' Advocate to various Provincial Government departments and agencies arising from its first report released in 2019 entitled Long May Your Big Jib Draw. Of these recommendations, 44% have been fully implemented, 44% partially implemented, and 12% have had little or no meaningful progress, as of the reporting period.

Some government departments and agencies implemented the recommendations and went even further than expected to enhance programs/services for seniors. These initiatives are highlighted in the report and include, the Department of Children, Seniors and Social Development's Age-Friendly Communities Program which continues to expand; most recently collaborating with the Department of Municipal and Provincial Affairs and the Department of Health and Community Services to develop a common community assessment tool.

For the recommendations that remain outstanding since the 2019 report, these are in varying stages of implementation from underway to no evidence of consideration. Of note, is the recommendation for a significant review of the province's personal care homes and long term care homes. While operational standards for both systems are in draft, the implementation of a full review of both systems is critical and must be a top priority of the Department of Health and Community Services.

It is unfortunate that some of the recommendations have had no action, such as the integration of the cost of driving medicals for those age 75 years and older into the Medical Care Plan. This is a mandatory expense for older drivers and unaffordable for some. If a senior forfeits his/her license, the resulting loss of independence and other associated risks are contrary to the tenants of age-friendly living.

The Seniors' Advocate will continue to monitor progress on the outstanding recommendations until the Office is satisfied that all are appropriately addressed.

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

Susan Walsh
NL Seniors Advocate

This report can be found on the Office of the Seniors' Advocate website: www.seniorsadvocatenl.ca/pdfs/StatusReportOnRecommendations2022-23.pdf

45TH ANNUAL CONVENTION

Our 45th Annual Convention was held in Marystown, September 13 to 16, 2022 and was a successful convention with over 300 delegates attending. Next year the 46th Annual Convention will be held in Gander, on September 12 to 15, 2023.

ELECTION OF OFFICERS

The following officers were elected at the Annual Convention.

President	Robert J. Rogers	(Re-Elected by acclamation) 2 years
1st Vice President	Linda Oldford	(Re-Elected by acclamation) 2 years
2nd Vice President	Amy Farrell	(Re-Elected by acclamation) 1 year
Secretary	Denise Feltham	(Elected by acclamation) 1 year
Treasurer	Kevin Thorne	(Re-Elected by acclamation) 2 year

Directors

- Area 1** Avalon Elaine Hutchings (Re-Elected by acclamation) 2 year
Area 2 Burin Peninsula Sarah Slaney (Elected by acclamation) 1 year
Area 3 Bonavista Peninsula, Clarenville, and Bellevue Lloyd Dalton
(Re-Elected by acclamation) 1 year
Area 4 Fogo Island, Gander and Glovertown and Eastport Peninsula, Malcolm Rogers (Elected by acclamation) 1 year
Area 5 Grand Falls/Windsor, Connaigre Peninsula, Twillingate and Baie Verte Peninsula Ray Babstock (Elected by acclamation) 1 year
Area 6 Deer Lake, Sop,s Arm, Northern Peninsula Rose Wilson (Re-Elected by acclamation) 2 year
Area 7 Port aux Basques, Stephenville, Pasadena Lorna Warford (Elected) 1 year
Area 8 Labrador Noreen Careen (Re-Elected by acclamation) 2 year

We are attaching a list of Board Members for 2022 – 2023 for your information.

The Board of the NL 50 + Federation would like to take this opportunity to thank outgoing Board Member, George McDonald for his years of service to the Federation and to the seniors of the province.

A Thank You to all our sponsors, especially our Clubs for their financial contributions and donations to the craft table and the many people who helped to make the 45th Annual Convention a success. A special thank you to the Marystown Lions Golden Age 50 + Club for looking after the Craft Table and our ticket sellers Ron Pittman, Albert Careen, Pat Farrell, Denise Feltham and Sheila White.

CONVENTION LOTTERY WINNERS

The following is a list of winners of the Convention Lottery drawing at Marystown on September 15, 2022:

Ticket #14222 1st Prize - \$2,500.00 – Glenn Power, Fogo Island Roaring 50 + Club
\$1,000.00 Club Prize, Fogo Island Roaring 50 + Club
\$ 100.00 Seller – Liz Keefe

Ticket #14451 2nd Prize –\$1,000.00 Amanda Jacobs, Joe Batt's Arm

Ticket #22076 3rd Prize – \$500.00 Judy Arnott, Hearts Content 50 + Club

The Convention Lottery was a success with 23,558 tickets sold.

This lottery was a partnership between the NL 50 + Federation and Clubs which resulted in \$ 18,757.60 returned to the Clubs for their activities.

Craft Table coordinated by Marystown Lions Golden Age 50 + Club raised \$ 967.55

Our **50/50** raised \$ 1,358.55

Energy Efficiency Gift Basket donated by Newfoundland Power raised \$ 546.00

Public Advisory

Studded Tires Permitted as of November 1

Digital Government and Service NL

October 18, 2022

Digital Government and Service NL reminds the public that as the winter season approaches, motorists should consider having their winter tires installed before road conditions turn to snow and ice. Those who choose to use studded tires may do so as of Tuesday, November 1, 2022.

Motorists are reminded to drive according to weather conditions, ensure tires are in good condition, brakes, wipers and lights are in working order and that all fluid levels including windshield wash, antifreeze and oil are checked.

PRESIDENT ROBERT J. ROGERS

REPORT TO 45TH FEDERATION ANNUAL CONVENTION

MARYSTOWN, NL

SEPTEMBER 2022

It has been three years since I have had the privilege and pleasure to extend a warm and cordial welcome to all delegates that have gathered in Marystown, to participate in the 45th Annual Convention of the NL 50 + Federation Inc.

Although during the past 3 years we have lost a number of clubs, we are pleased to report that nine new clubs have joined the Federation. At present we have 132 clubs registered with the NL 50 + Federation Inc. and our membership is over 6900.

I would like at this time to thank the Board Members for remaining in their positions since our last convention in September 2019 because COVID-19. However, I am sad to report that after nine years as a Director, Sam Saunders passed away on at his home in Glovertown on Monday, March 9, 2020.

The Board would like thank Director Ruby Patey who had to resign from her position due to health issues and Director Jean Philpott who moved out of the area for their contribution to the seniors of the province for many years.

On a personal note my wife Lillian passed away November 21, 2020 and I survived a COVID infection four months ago. In February 2022, I had successful cataracts surgery on both eyes. During my spare time I compiled a book on the history of NL 50 + Federation and complimentary copies have sent out to our 132 Clubs, 92 Public Libraries, 40 MHA's and 7 MP's.

Since our last Convention many changes have occurred in Government that have effect on the seniors of the province. First of all the election of Premier Andrew Furey; appointment of John Abbott, Minister of Children, Seniors and Social Development; the appointment of Susan Walsh, Seniors' Advocate and the appointment of Henry Kielley, Director of Seniors and Aging & Adult Protection. The NL 50 + Federation is committed to work with all of the above for the betterment of the seniors of the province.

Our Newsletters has played an important part in the communication of information during COVID 19 and I would like to thank our Directors and Federation Clubs for their reports during the past three years.

The Federation has an admirably partnership on many project with Kelly Heisz, Executive Director, SeniorsNL and her staff. The posting of the NL 50 + Federation Newsletters on the SeniorsNL, Web Site is appreciated by the Federation and many seniors of our province.

This year again I had the privilege to attend the 2022 Powwow at Miawpukek First Nation in Conne River and present at the swearing ceremony in of new Band Council, and I congratulate Chief Mi'sel Joe who was re-elected as Chief. I would encourage you to attend the next Powwow in your area which are opened to the public.

Two of the memorable event I attend this year was Canada Day Celebration in Gaultois on July 1, 2022 organized by new 50 + Club and practically whole community attended this event. The other a senior's event was Party in the Park, July 20, 2022 on the lawn of the Bowring Park Bungalow where hundreds of seniors attended and was organized by Robyn Dobbin, Coordinate Adults & Seniors, St. John's, NL. We thank the people who organized these event for the seniors of the province.

Again this year we would like to sincerely thank our major sponsors Roebothan – McKay – Marshall, Personal Injury Lawyers, St. John 's NL, The Oram's Group of Companies, Glovertown, NL, Newfoundland Power, St. John's, NL, Alexander Bay Lions Club, Glovertown NL. and Mayor Brian Keating of Marystown, NL for their financial donations towards the 45th Annual Convention. The financial donations from many of our Clubs and businesses which are acknowledgement in the Program Booklet is appreciated.

I personally would to take this opportunity again to thank all board members and clubs for their support and confidence in my leadership during the past thirteen years and the many clubs across the province for their hospitality shown to me on my visits throughout the past three years.

Robert J. Rogers

President

NL 50 + Federation Inc.

P. O. Box 407 Glovertown, NL A0G 2L0

NL 50 + FEDERATION INC.
BOARD MEMBERS 2022 – 2023

	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 North Glovertown, NL A0G 2L0 dafetham1953@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 Peninsula</i>	(709) 233-0900 Cell: 699-0227
7	Sarah Slaney	P. O. Box 452 St. Lawrence, NL AE0 2V0 sarahhome452@hotmail.com	Director Area 2 <i>Burin Peninsula</i>	(709) 873-2327
8	Lloyd Dalton	P. O. Box 108 Hillview, NL A0E 2A0 mldalton@gmail.com	Director Area 3 <i>Bonavista Peninsula, Clarenville Bellevue</i>	709) 546-2448
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>	Cell: 636-2018
12	Lorna Warford	111 Main Street Irishtown – Summerside, NL A2H 4A1 holdontight6@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@crstv.net	Director Area 8 <i>Labrador</i>	(709) 944-6245 Cell 280-1241

SANDWICH BAY 50 PLUS CLUB

CARTWRIGHT, NL

To: NL 50 + Federation

The majority of members in the Sandwich Bay 50 Plus Club in Cartwright are either Residential School Survivors or survivors through family attachment. Researchers have determined, after studying this issue throughout Labrador for some time that the children of Sandwich Bay were the most impacted by the two residential schools that were built in this area. The first one was built just outside Cartwright in 1920 and burned to the ground by two students in 1928. The second one was built in Cartwright in 1930 and was closed down in 1964. There were three other residential schools built in Labrador, two on the north coast in Nain and Makkovik with the third in North West River. There was one built on the island portion of our Province in St. Anthony.

To date there has been very little reconciliation for the residential school survivors of Sandwich Bay. They are seniors now and many still carry the scars of their time spent in these schools. They came from all along the coast from Rigolet to the north and Seal Islands in the south, spending up to ten months each year away from their family, their culture and their homes. The mental, physical, and sexual abuse that so many suffered as children still haunt them to this day and it is seldom talked about, stories are not shared because they are often too painful.

The Sandwich Bay Plus Club wanted to do something to help begin the healing process and they believed that the art of drum dancing could be a very profound first step. Drums were borrowed and the process began. These survivors held an Inuit drum for the first time just two weeks before our trip to Marystown and they never looked back. The goal was to perform for the Lieutenant Governor in the Heat Garden, which was a special place built to honor residential school survivors. We accomplished this and continued on to participate in the 50 + Federation Conference in Marystown in September, and had the honor of performing for over three hundred seniors there.

A week after we got back we traveled to Goose Bay where we performed during the Nunatsiavut residential school ceremonies at Kinsmen Park and we then performed during a special MOU Announcement by the provincial Government and Nunatsiavut with regards to finally adding residential school curriculum in the school books. What an awesome ending to a beautiful weekend...

These Survivors have begun the journey of reconciliation, the journey of healing, as they try to reclaim what was taken from so many as children. All this through the shared cultural experience of the Inuit Drum Dance, a dance of celebration, a dance of hope.

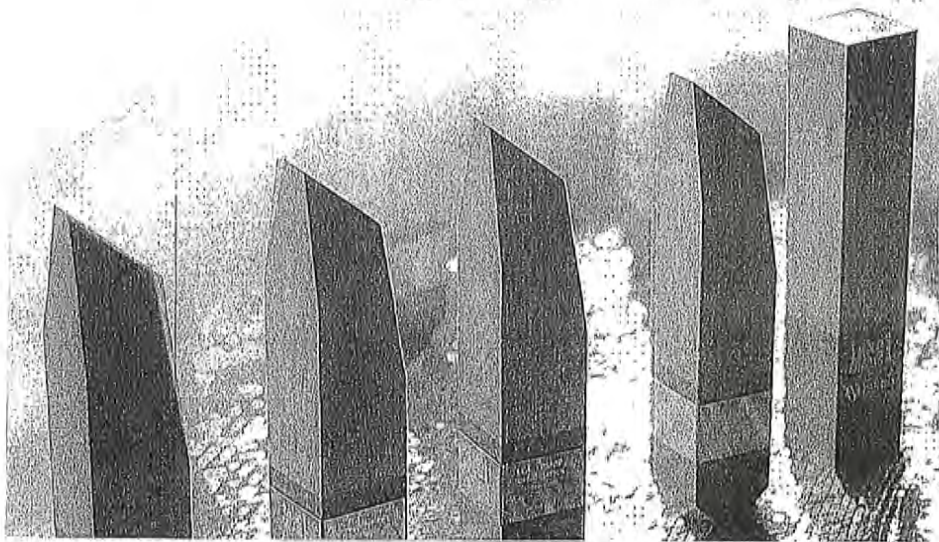
Thank you to the NL 50 + Federation for the opportunity to share our story.

Judy Pardy
Coordinator

Luminary Awards

The NL 50+ Federation Inc. has been selected as the Leadership Award (Organization) recipient for the 2022 takeCHARGE Luminary Awards.

The Luminary Awards recognize companies, organizations, communities, and individuals across Newfoundland and Labrador who are taking brilliant steps to use energy wisely - and inspiring others to do the same. The Leadership Award (Organization) recognizes an establishment's leadership and commitment to energy efficiency in Newfoundland and Labrador through activities such as planning, project development, energy management and employee engagement.



take!
CHARGE! 

BROUGHT TO YOU BY



Movement is Good Medicine!

Bed rest can lead to negative outcomes

Heel slides

Lie on your back. Bend one knee and slide your foot back towards your buttocks.



Chair march

Sitting in a chair, lift your right leg and then your left leg.



Sit up or stand up

Hold armrest of your chair. Slowly stand feeling the weight through your feet.



Hip slides

Lie on your back. Keeping your knee straight, slide one heel to the side as far as is comfortable.



Shoulder shrug

Keep your arms on your sides. Raise your shoulders up towards your ears, then lower back down.

Move your body at least **3** times a day!

Ask your care team for assistance.

NL 50 + Federation Inc.
45 Annual Convention Resolutions
Were debated and resolved
September 2022

Resolution # 1
Influenza Vaccinations

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

And

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

And

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

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

Resolution # 2
Grants to Attend AGM

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

And

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

And

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

And

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

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

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 to club presidents in hard copy and by email distribution to their members.

Resolution # 4

Doctor Shortage

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

And

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

And

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

And

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

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

Institute a remuneration structure for medical practitioners in this province commensurate with that across the 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 practitioners establish and maintain practices throughout the province.

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.

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 the roles.

Provincial Government Provides additional one-time Cost of Living Relief
Executive Council
Finance
October 5, 2022

Today, the Honourable Andrew Furey, Premier of Newfoundland and Labrador, and the Honourable Siobhan Coady, Deputy Premier and Minister of Finance, announced an additional measure to help residents with the high cost of living. A one-time cheque of up to \$500 will be provided to residents of the province who have reached the age of 18 years old as of December 31, 2022 and who filed a 2021 tax return with an adjusted income of \$125,000 or less.

The cheque, which will be provided to approximately 392,000 residents in the province, will be income tested based on an individual's adjusted income (which refers to line 23600 of the income tax return for most taxfilers). Those with adjusted income of less than \$100,000 will receive \$500 and those with adjusted income between \$100,000 and \$125,000 will receive a partial payment ranging between \$250 and \$500.

No application is required. The Government of Newfoundland and Labrador will issue cheques beginning later in 2022 to eligible individuals based on 2021 income tax return filings with the Canada Revenue Agency. Residents who have not yet filed their 2021 tax return may do so up until December 31, 2022 to be able to receive this benefit.

This initiative, with an estimated cost of \$194 million, is part of the Government of Newfoundland and Labrador's overall plan to help residents with the cost of living, and aligns with the direction of the Health Accord to improve economic security in this province.

While these measures are necessary right now, decisions to help Newfoundlanders and Labradorians are made with the province's fiscal situation in mind – addressing our past, present and future. Government will also be establishing and making the first contribution to the Future Fund this year. This will ensure the benefits of the current fiscal situation will ensure solid footing for challenging years to come.

Since March 2022, government has announced nearly half a billion dollars in targeted cost-of-living measures (a full list is included in the backgrounder below).

For more information, please email taxpolicy@gov.nl.ca or phone 709-729-3166.

Quotes

"As our first order of business in this session of the House of Assembly, we are ensuring that a one-time cost of living relief will be given to approximately 392,000 residents of our province. This is an investment aimed at helping you and your family at a time when you need it most as people around the world face challenges from rising costs, and as we continue to prioritize investments that will improve the economic security in Newfoundland and Labrador."

Honourable Andrew Furey
Premier of Newfoundland and Labrador

"Together with other initiatives, such as the home heating supplement, the temporary reduction of the provincial tax on gasoline, and increases to the income supplement and seniors' benefit, your government is helping to address the higher cost of living due to higher oil prices and pandemic-related supply shortages. The relief announced today is just one of nearly a half billion dollars in targeted cost of living measures we have announced since March 2022."

Honourable Siobhan Coady
Deputy Premier, Minister of Finance

Seniors Clubs and Groups holding Membership in the NL 50 + Federation Inc.

November 2022

Area 1 - Avalon

Director Elaine Hutchings – 709 233-0900

COMMUNITY

Bay Roberts
Calvert
Cappahayden
Cavendish
Conception Bay South
Dildo
Flatrock
Fox Harbour
Freshwater

Goulds
Heart's Content
Heart's Delight – Islington
Holyrood
Long Harbour
Makinsons
Marysvale
Paradise
North River
Placentia
South River
St. Joseph's
St. Mary's
St. Vincent's
Torbay
Trepassey
Whitbourne
Whiteway
Winteron
Witless Bay

CLUB

Bay Roberts 50 Plus Club Corp.
Gladgreeters 50 Plus Club Inc.
Southern Shore Emerald 50 + Club
Cavendish 50 Plus Club Inc.
Worsley Park 50 + Club Inc.
Baccalieu Trail 50 + Club Inc.
Flatrock Fifty Plus Fun Club Inc.
Shamrock 50 + Club Inc.
Freshwater Golden Club of Senior
Citizens Inc.

Daffodil Seniors 50 + Club
Heart's Content 50 + Club
Island Harbour 50 + Club Inc.
Marine Golden Age 50 + Club Corporation
Golden Bay Seniors 50 + Club Inc.
Makinsons 50 Plus Go-Getters Club Inc.
Marysvale CB 50 + Seniors Group Inc.
Paradise Adventure 50 + Club Inc.
North River 50 + Friendship Club Inc.
Placentia Senior Citizen Club
Bay De Grave 50 + Group Inc.
Salmonier South 50 + Social Club Inc.
Yesterday's Youth 50 + Club Incorporated
St. Vincent's Pondview Seniors 50 + Club Inc.
Torbay 50 + Friendship Club Inc.
Trepassey 50 + Friendship Club Inc
55 Plus Association Inc.
The Whiteway Fifty-Plus Club Inc.
Sugar Loaf 50 + Club
Bauline to Bay Bulls 50 + Club Inc.

Area 2 - Burin Peninsula

Director Sarah Slaney – 709 873-2327

COMMUNITY

CLUB

Burin	Burin Seniors Citizens 50 + Club Inc
Fortune	Fortune Seniors 50 + Club Inc.
Frenchman's Cove	Frenchman's Cove 50 Plus Club Inc
Grand Bank	Grand Bank 50 + Club Inc.
Lamaline	Toe of the Boot 50 + Club Inc.
Marystown	Marystown Lions Golden Age 50 + Club Inc.
Rushoon	Placentia West 50 + Club Inc.
St. Lawrence	St. Lawrence Golden Age 50 + Club Inc.

Area 3 - Bonavista Peninsula, Clarenville and Bellevue

Director Lloyd Dalton – 709 546-2448

COMMUNITY

CLUB

Bonavista	Bonavista 50 + Club Inc.
Catalina	Shirley's Haven Recreation Group
Clarenville	Clarenville & Area Age-Friendly 50 + Club Inc.
Come By Chance	Barachois 50 + Club
Hillview	New Horizons Random Citizens 50 + Club Inc.
Hodges Cove	Southwest Arm 50 Plus Club Inc.
North Harbour	North Harbour 50 + Club Inc.
Port Rexton	Port Rexton 50 + Club
Port Union	Trinity North 50 + Club Inc.
Sunnyside	Sunnyside 50 + Club Inc.
Swift Current	Swift Current Black River 50 + Club Inc.

Area 4 Fogo Island, Gander, Glovertown

Director Malcolm Rogers – 709 678-2311

<u>COMMUNITY</u>	<u>CLUB</u>
Badger's Quay	New Wes Valley 50 Plus Club Inc.
Britannia	Random East Seniors 50 + Club Inc.
Burnside	Burnside 50 + Club Inc.
Centreville - Wareham-	
Trinity	New Visions 50 + Club Inc.
Eastport	Beaches 50 + Club Inc.
Fogo Island	Fogo Island Roaring 50 + Club Inc.
Gambo	Gambo 50 + Club Inc.
Gander	Gander Seniors 50 + Club Incorporated
Glovertown	Alexander Bay 50 + Association Inc.
Horwood	Seniors with A Purpose (S.W.A.P.) 50 + Club Inc.
Musgrave Harbour	Musgrave Harbour 50 + Fun Club Inc.
Salvage	Royal Pandora 50 + Club Inc.

Area 5 - Connaigre Peninsula – Grand Falls/Windsor Twillingate and Baie Verte Peninsula -

Director Ray Babstock – 709 486-8022

<u>COMMUNITY</u>	<u>CLUB</u>
Belleorm	Fortune Bay North 50 Plus Inc.
Bishop's Falls	Bishop's Falls 50 Plus Club Inc.
Botwood	Botwood 50 + Club Inc.
Buchans	Buchans 50 + Club Inc.
Buchans Junction	Beothuk 50 + Club Inc.
Hillgrade	New World Island 50 + Club Inc.
Conne River	Riverside 50 + Club
Gaultois	Gaultois 50 + Club Inc.
Grand Falls-Windsor	Exploits Valley 50 + Club G.F.W. Corp
Grand Falls-Windsor	Friendly Fifty Plus Club Inc.
Harbour Breton	Funship 50 + Club Inc.
Hermitage	New Haven 50 + Club Inc.
Leading Ticks	Tickle Outgoers 50 + Club Inc.
Lewisporte	Lewisporte Area 50 + Club Inc.
Lewisporte	Pleasantview Manor 50 + Club
Middle Arm	Encouragement Club - 50 + Inc.
Milltown	New Triple Seniors Incorporation
Point Leamington	Point Leamington 50 + Club Inc.
Robert's Arm	Active Living for Older Adults Inc.
South Brook	South Brook 50 + Club Inc.
St. Alban's	St. Alban's 50 + Club Inc.
Triton	Promoting Active Learning 50 + Club Inc.
Twillingate	Twillingate Young At Heart 50 + Club Inc.
Westport	Westport 50 + Club Inc.

Area 6 Deer Lake, Sop's Arm and Northern Peninsula

Director Rose Wilson – 709 636-2018

<u>COMMUNITY</u>	<u>CLUB</u>
Bellburns	Bellburns 50 + Club
Reef's Harbour	Happy Gang 50 + Handicrafts Inc.
Black Duck Cove	Black Duck 50 + Club Inc.
Cow Head	Cow Head Friendly 50 + Club Inc.
Cormack	Cormack 50 + Club Inc.
Daniel's Harbour	Daniel's Harbour 50 + Club Inc.
Deer Lake	The Caribou 50 + Club Inc.
Flower's Cove	Straits 50 + Club Inc.
Hawkes Bay	Hawkes Bay 50 + Club Inc.
Hampden	Hampden Prime Timers 50 + Club Inc.
Hampden Junction	Hampden Junction Seniors Club Inc.
Parson's Pond	Parson's Pond Seniors 50 + Club Inc.
Norris Point	Gros Morne Senior's 50 + Club
Pollard's Point	Evening Breeze 50 + Club Inc.
Port au Choix	The PAC 50 + Club Inc.
Port Saunders	Port Saunders 50 + Club Inc.
Reidville	Reidville 50 + Club Corp.
Rocky Harbour	Rocky Harbour Pioneers 50 + Club Inc.
Sandy Cove	Sandy Cove 50 + Club Inc.
St. Anthony	Sunshine 50 + Club
St. Lunaire – Griquet	Forever Young 50 + Club Inc.
Trout River	Trout River Funtimers 50 + Seniors Club Inc.
Woody Point	Funtastics 55 + Club Inc.

Area 7 Port aux Basques – Stephenville – Pasadena

Director Lorna Warford – 709 783-2658

<u>COMMUNITY</u>	<u>CLUB</u>
Burgeo	Jolly 50 + Club
Corner Brook	Senior Citizens Echo Club Inc.
Corner Brook	Curling Seniors 50 + Club Incorporated
Cox's Cove	Golden Rainbow Seniors Club Inc.
Gillams	Golden Sunset 50 + Club Inc.
Irishtown	Irishtown Mountain View Seniors Club Inc.
Isle Aux Morts	Good Samaritans 50 + Seniors Club Inc.
Kippens	Whalesback Seniors Club
Meadows	Golden Meadow 50 + Club Inc.
McIvers	Golden Seabreeze Seniors Club Inc.
Pasadena	The Humber Valley Senior Citizens Club Inc.
Port au Port East	Twilight 50 + Club Inc.
Port au Port West	Port au Port West Leisure Club Inc.
Port aux Basques	Gateway Seniors 50 Plus Club Inc.
Summerside	Summerside Seniors Club Inc.
Stephenville Crossing	Stephenville Crossing 50 + Club Inc.
Stephenville	Stephenville Senior Citizens Club
St. Fintan's	Sunshine Seniors 50 + Club

Area 8 – Labrador

Director Noreen Careen – 709 944-6245

COMMUNITY

**Cartwright
Forteau
Labrador City
L'Anse-au-Clair
Red Bay**

CLUB

**Sandwich Bay 50 + Club
Sunshine 50 Plus Club Inc.
Twin Cities Seniors 50 + Club Inc.
Social Butterflies 50 + Club Inc.
Young at Heart 50 + Club**

SeniorsNL

RESOURCES • INFORMATION • CONNECTION

Have a question?

***Need to connect to a resource
or service?***

Want information on a seniors' issue?

Call our Information Line:

709-737-2333 or

(toll-free) 1-800-563-5599

SeniorsNL

2022



SCHIZOPHRENIA SOCIETY NL

FAMILY RECOVERY JOURNEY



**Do you have a Loved One living with
Schizophrenia &/or Psychosis?**

Learn Strategies for Managing the Impact of
Psychosis & Schizophrenia on Family & Friends

&

How to Support Your loved One
Living life to Their Full Potential.

**5 session Zoom program
beginning Tuesday, Nov. 15, 2022**

Limited group size. Free.

For information or to register:

Susan 777-3335 or ed@ssnl.org



Minister Khera and Minister Duclos Expert Panel to provide recommendation for establishing an Aging at Home Benefit

From: Employment and Social Development Canada

News release

October 6, 2022

Gatineau, Quebec

Canadians are living longer and healthier lives than previous generations and most prefer to stay in their homes and communities for as long as possible. The Government of Canada is committed to supporting programs and services that seniors need, should they want to live independently, in their homes and with the communities that support them, for as long as possible.

Today, the Minister of Seniors, Kamal Khera, and the Minister of Health, Jean-Yves Duclos, announced that the National Seniors Council (NSC) will serve as an expert panel to examine measures, including a potential aging at home benefit, to further support Canadians who wish to age within the comfort of their own homes.

Given their extensive knowledge and expertise on issues affecting older adults, as well as their connections to work being led in communities across the country, the National Seniors Council members are well positioned to provide advice as well as consult with stakeholders as part of their work on this important issue. Additionally, this work will complement the Council's existing mandate to advise the Government of Canada, through the Minister of Health and the Minister of Seniors, on matters related to the well-being and quality of life of seniors, including the opportunities and challenges arising from a rapidly growing and increasingly diverse aging population.

Quotes

“Supporting seniors is and will continue to be a key priority for our government. As Minister of Seniors, I want to ensure that Older Canadians can age at home comfortably within the communities that support them.

I am pleased to share that the National Seniors Council has agreed to provide recommendations for establishing an Aging at Home Benefit. Their insight, expertise, and experience from a wide range of disciplines pertaining to seniors have and continue to be a valuable asset in assisting our government in making informed decisions to continue supporting seniors across the country.”

– Minister of Seniors, Kamal Khera

“We know Canadians want to age closer to home and family. To do so, they should have access to the safe, quality health care they need and deserve. The National Seniors Council will bring their considerable expertise to this issue and provide advice to our government on how to help improve or maintain the health and quality of life of seniors as they age.”

– Minister of Health, Jean-Yves Duclos

“The National Seniors Council plays a leadership role advising the Government of Canada on matters related to the well-being, health and quality of life of older adults. It is with great pleasure that the members of the National Seniors Council accept to examine measures that can further support older Canadians wishing to age at home. We look forward to providing Minister Khera and Minister Duclos with advice that is informed by our expertise, experiences and consideration of the needs of older adults.”

– National Seniors Council Chairperson, Dr. Suzanne Dupuis-Blanchard

Quick facts

- The Prime Minister tasked the Minister of Seniors, with support from the Minister of Health, to establish an expert panel to provide recommendations for establishing an aging at home benefit. This commitment was reiterated in Budget 2022.
- With the older adult population steadily rising in Canada, it is important that effective and innovative interventions, programs and initiatives are developed to support the healthy aging of older adults in the community as well as their caregivers.
- Since 2007, the National Seniors Council has examined issues related to the social isolation of seniors, the participation of older workers in the labour force, positive and active aging, volunteerism, low income among seniors and elder and financial abuse. Recently, the NSC has examined issues emerging from the COVID-19 pandemic and provided Ministers with advice on these matters.
- The NSC engages with seniors, stakeholders and experts to provide advice to the Government of Canada on matters related to the health, well-being and quality of life of seniors. The NSC is made up of experts on seniors' issues and aging, individuals with experience working for organizations that represent the interests of seniors, and seniors themselves.
- Members of the NSC are nominated based on their expertise and experience related to seniors' issues. They are appointed by the Governor in Council on the recommendation of the Minister of Seniors and the Minister of Health.

Flu Vaccination Clinics Starting October 17

Health and Community Services

October 14, 2022

The Provincial Government is encouraging all Newfoundlanders and Labradorians to get a flu shot this year. Beginning Monday, October 17, Regional Health Authorities will begin hosting free flu shot clinics. Residents can also receive their shots through their family physician or local pharmacy. Flu shots are provided free of charge.

Both pharmacists and physicians play an important role in administering flu shots. Physicians can administer the vaccine to everyone, regardless of age, and pharmacists can administer the vaccine to people five years of age and older.

Appointments for flu shot clinics hosted by the Regional Health Authorities can be booked online using the Public Health Immunization Booking website. Links to the website for each health authority can be found at www.timefortheshot.ca. Residents can also book an appointment by calling toll-free 1-833-951-3904. Walk-in appointments will be available in the coming weeks at a number of locations. Updates will be posted to the website regarding additional appointments and walk-in options, as the information becomes available.

Individuals are asked to bring their MCP card and wear short sleeves when they go to get their flu shot.

The Regional Health Authorities will also be administering flu shots to the following:

- Residents in long-term care homes; personal care homes and other residential care settings;
- Home support clients who are unable to attend public flu clinics;
- Individuals in correctional facilities;
- In-patients in acute care hospitals and health centres; and patients in other acute settings such as some ambulatory clinics; and,
- Clients admitted in mental health and addictions treatment settings.

Quotes

“For the past couple of years, we have focused primarily on the management of COVID-19 and the incidence of the flu virus has been relatively low. As we learn to live with COVID-19 and have more interactions on a regular basis, we also need to be aware that the prevalence of influenza will likely be greater this year, so we must ensure we protect ourselves against this resurgence.”

Honourable Tom Osborne

Minister of Health and Community Services

“Vaccines are safe and effective, have protected people for decades, and have greatly reduced diseases that once routinely adversely affected our populations. Vaccinations like the flu shot are one of the most important things we can do to protect ourselves and others. This year we expect to see flu, COVID-19, and other respiratory diseases circulating in our communities at the same time. It is important that we take steps to reduce our risk as much as possible and get the shot.”

Dr. Janice Fitzgerald

Chief Medical Officer of Health

OBITUARY

JAMES (JIM) WILLIAM WARREN

A FORMER AREA DIRECTOR CENTRAL NL

August 12, 1928 - October 7, 2022

It is with sad and heavy hearts that we announce the passing of our Dad. Born in New Perlican, NL to George and Mary Warren, he left home at 17 to start his teaching career in Long Beach, NL. His teaching took him across the Island where he taught in one-room schools heated by pot-bellied stoves. In 1949 he found his wife Vernie Cooper in Ireland's Eye where he met and married her. From there, the family moved to Lamaline, Heart's Delight/Islington and finally settling in Gander in 1966.

He led a life of service from his involvement in community and church activities to his volunteer work with many charities including The Arthritis Society, Red Cross Society, Kidney Foundation, Cancer Society and Meals on Wheels. He was a life-long Orangeman and served on the Executive for many years. After retirement, he worked tirelessly for over 20 years with the Retired Teachers' Association. **He joined the NL Pensioners & Senior Citizens 50+ Federation and as Link Director for Central NL, was instrumental in forming many new Clubs.** Although very involved in the community, summers would find the family touring the Island camping or visiting family. Dad and Mom had many friends and our home enjoyed many visitors.

He is predeceased by his wife of 60 years, Vernie, brothers Walt (Susie), Cecil (Florrie), Ernest (Joan) and George (Betty). Also daughter-in-law Olive Warren and son-in-law Mike Doyle. He leaves behind daughter Millie, sons Otis and Lorne (Adair), grandchildren Sharley (Todd Pitre), Suzanne (PJ Loo) and Steven Doyle (Beth), and great grandchildren Caleb and Noah Pitre. He will be remembered by his loving friend, Emily Coates and his many nieces and nephews and friends.

Funeral arrangements have been entrusted to Stacey's Funeral Home where the family will be receiving visitors on Monday, October 10 from 2:00 to 4:00 p.m. Funeral service will be held at St. Martin's Cathedral on Tuesday, October 11 at 2:00 p.m. with interment to follow at All Saints Cemetery. Service will be streamed live on facebook through the group St. Martin's Cathedral.

The family would like to thank the staff at Golden Years Estate and the medical staff at James Paton Memorial Hospital for the many kindnesses extended to our Dad.

MISSION

The NL 50 + Federation Inc. is an open and inclusive group of people over the age of 50 who have come together with shared interests. It will strive to improve the quality of life for seniors throughout the province. It will promote the physical and mental well-being of seniors, increase awareness of elder abuse, focus on personal growth of its members, and create rewarding fellowship and community service opportunities. The Federation will accomplish this through outreach, dissemination of information, ongoing contact and by providing opportunities for volunteer activities. The Federation will act honourably and show compassion and empathy for others.

OUR PURPOSE

The NL 50 + Federation is a Provincial organization dedicated to:

- Stimulating public interest in the welfare of older persons.
- Helping the 50 + maintain a life of dignity and independence
- Educating, counselling, and advising government on what older adults think about issues.
- Issues like healthcare, pensions, housing and social programs.

During the year, we consider other specific issues as they arise, such as, transportation, utilities, food, medicines, crime prevention, etc., to empower your voice in community capacity building.

NL 50 + Federation Inc.

BOARD DIRECTORS

2022 - 2023

Executive Committee

President Robert J. Rogers 709 533-6189
1st Vice President Linda Oldford 709 424-0490
2nd Vice President Amy Farrell 709 279-2358
Secretary Denise Feltham 709 235-9882
Treasurer Kevin Thorne 709 592-2169

Geographic Regions of the Province

Director Area 1

Avalon

Elaine Hutchings 709 233-0900

Director Area 2

Burin Peninsula

Sarah Slaney 709 873-2327

Director Area 3

Bonavista Peninsula, Clarenville, Bellevue

Lloyd Dalton 709 546-2448

Director Area 4

Fogo Island, Gander Glovertown

Eastport Peninsula

Malcolm Rogers 709 678-2311

Director Area 5

Connaigre Peninsula, Grand Falls/Windsor,

Twillingate and Baie Verte Peninsula

Kay Babstock 709 486-8022

Director Area 6

Deer Lake, Sop's Arm, Northern Peninsula

Rose Wilson 709 636-2018

Director Area 7

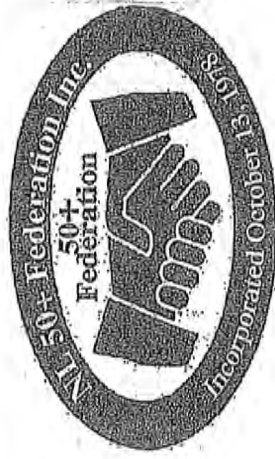
Port aux Basques, Stephenville, Pasadena

Lorna Warford 709 783-2658

Director Area 8

Labrador

Noreen Caren 709 944-6245



NL 50 + FEDERATION INC.

P. O. BOX 407

GLOVERTOWN, NL

A0G 2L0

50 +

Federation

*Open to all men and women
50 years and over who wish to
enjoy the benefits and
advantages available through
membership*

SeniorsNL Web Site – Federation Web Pages
<http://seniorsnl.ca/nl-50plus-federation/>

ORGANIZATION

The NL 50 + Federation Inc. is a democratic, non-sectarian and non-racial organization that was established in October 1975 and incorporated in 1978. Currently, there are 132 Clubs with a combined total of 7000 members.

The Federation has established a growing communication network to link its 132 clubs. Using a system of geographic regions, each region has an elected Area Director of the governing board. This Director functions as the link between local clubs and the governing board. An Area Director must be a member of a community-based club that holds membership in the Federation.

Members are organized into 132 clubs each holding membership in the Federation. Each group is autonomous and operates independently of each other. Clubs have been established in many communities in the province. This large number of groups has enabled persons 50 + to become actively involved in issues of interest to them. Local groups provide support and fellowship for their members as well as for many other seniors within their area. 50 + clubs are designed to keep older adults active and participating in their own communities.

Anyone wishing to join should contact a local club in their area, or an Area Director or Executive Committee member listed in this brochure.

BENEFITS OF THE NL 50 + FEDERATION

Being affiliated with the Federation shows that you are a recognized part of a provincial body, which helps your club when applying for a provincial or federal grant.

All members of a club may attend the Annual Convention of NL 50 + Federation Inc.

Each club has two voting delegates at the Annual Convention

Resolutions and concerns may be debated at the Annual Conventions and sent to Government or Agencies to be rectified if necessary.

The club has the right to obtain a license to hold lotteries, under the umbrella of the Federation.

Federation Quarterly Newsletters are mailed to the clubs covering information for seniors and club activities.

The Area Directors are available to advise clubs on any information required.

Clubs are entitled to receive the GST/ HST rebates.

Your Club can take advantage of Federation's Charitable status under the Federation umbrella.

The Federation gives members of any club the opportunity to take an active part in provincial activities of the Federation or to run for elected office.

Many of our Board Members are knowledgeable in applying for provincial or federal grants and are available to help any club.

OBJECTIVES

The NL 50 + Federation Inc. is an organization devoted entirely to the welfare and best interests of this province's older person.

1. To promote, establish and foster this Group throughout our community.
2. To provide awareness for persons in the retired and seniors citizens' age group and other individual interested in aging, and the status and well-being of seniors.
3. To reach out to seniors who are lonely, or isolated, or at risk.
4. To provide programs which promote healthy active lifestyles for seniors, thus sustaining mental and physical health.
5. To assist in development the knowledge that seniors should learn during their aging process, through promotion of educational experiences.
6. To research the aging process, and any problems and benefits pertaining to the aged that might be of interest to the Federation, and to use the knowledge gained from that research to educate seniors and any other party or parties who are or might become interested in these concerns.
7. To provide opportunities for seniors to utilize their volunteer and leadership skills for the benefit of all persons.
8. To consult with other private and public organizations which offer similar services and amalgamate information that will be of use to seniors and the public.

DEPRESCRIBING

Are you on too many meds?



What is Deprescribing? Deprescribing means reducing or stopping medications that may not be beneficial or may be causing harm. The goal of deprescribing is to maintain or improve quality of life.

Deprescribing involves patients, caregivers, healthcare providers and policy makers

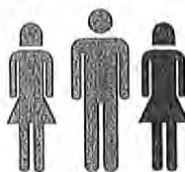


Deprescribing should be done in partnership with a health care provider. There may be reasons to continue taking certain medications or reasons why close supervision is needed while stopping.

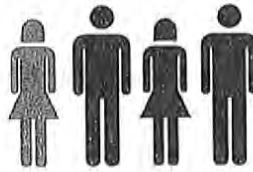


Medications **SHOULD NOT** be stopped without first consulting a doctor or health care professional.

Are seniors taking too many meds?



2 out of 3 Canadians over the age of 65 are on **at least 5 different prescription medications** – some of which may cause more harm than good.



1 out of 4 Canadians over the age of 65 take **at least 10 different prescription medications**.

(CIHI, 2014)

Why deprescribe?



Taking medications may be necessary for health, improving symptoms or prolonging life expectancy. However, as we get older, the benefits and risks of medication may change.



The risk of harmful effects and hospitalizations increases when taking many prescription medications.

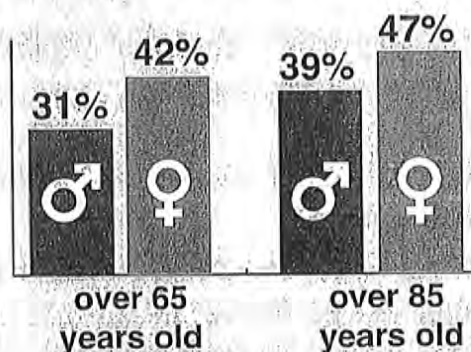


With age, some medications can become unnecessary or even harmful because of short-term or long-term side effects, and drug interactions.



Older women are typically more susceptible to adverse effects of medications and more likely to be prescribed risky meds.

Seniors who fill at least one risky prescription in Canada



(Morgan *et al.*, 2016; yearly data from 2013)

Medications are considered risky when a safer drug or non-drug therapy exists that can be used to treat the same symptoms.

The cost of risky medication

\$419 MILLION

Canadians spend \$419M per year on potentially harmful prescriptions. This does not include hospital costs.

\$1.4 BILLION

Canadians spend \$1.4B per year in health care costs to treat harmful effects from medications, including fainting, falls, fractures and hospitalizations.

(Morgan *et al.*, 2016)

What can be done?

The Canadian Deprescribing Network (CaDeN) is a group of health care leaders, academic researchers and patient advocates working together to promote appropriate medication use across Canada.



CaDeN's goals are to:

- Reduce harm by raising awareness and cutting risky prescriptions for seniors by 50% by 2020.
- Promote health by ensuring access to safer drug and non-drug therapies.

CaDeN is initially focusing on three classes of medications that should be considered for deprescribing in seniors:

- **Benzodiazepines** (e.g. diazepam, Valium®, lorazepam, Ativan®, alprazolam, Xanax®)
- **Proton pump inhibitors** (e.g. pantoprazole, Pantoloc®)
- **Sulphonylureas** (e.g. glyburide, Diabeta®)



They are overused, may cause more harm than good and safer alternatives exist.

What can you do?

Educate yourself about what medications you are taking and why.

Engage in a discussion with your health care provider about deprescribing options and alternate therapies.

Spread the word about deprescribing to friends and family, advocacy groups and government representatives.

Use MedStopper to assess whether you are taking any risky meds: <http://medstopper.com/>

Download information on how you can stop certain meds: <https://www.deprescribingnetwork.ca/useful-resources>

Learn more about deprescribing on CaDeN's website: <https://www.deprescribingnetwork.ca/>

Ask questions, stay informed, be proactive, and participate in making smart choices.

References

- Canadian Institute for Health Information (CIHI). Drug use among seniors on public drug programs in Canada, 2012. Revised October 2014. Ottawa, ON: CIHI:2014.
- Morgan *et al.* Frequency and cost of potentially inappropriate prescribing for older adults: a cross-sectional study. *CMAJ Open*, 2016;4:E346-E51.

Have Your Say

The Seniors' Advocate is advancing a Public Engagement Process. The Seniors' Advocate has the legislative/legal authority to identify and analyze systemic issues (impacting large numbers of seniors) and make recommendations to government to improve legislation, policies, programs and services for seniors. To achieve this mandate, it is critical to hear from seniors, family members, caregivers and service providers to identify systemic issues and potential solutions.

The first engagement process by the Seniors' Advocate in 2018 - 2019 identified many issues and concerns that informed recommendations and action items outlined in the first report released by the Seniors' Advocate Office, *Long May Your Big Jib Draw*. These actions are currently being reviewed for progress.

Why Now?

Three years have passed since the initial engagement and there have been significant economic and social changes. It is important that the Seniors' Advocate is fully aware of your current concerns, priorities and ideas and can advocate for positive change. Your input will form the basis of recommendations about improved programs and services for seniors.

How to Participate

Public engagement will occur until Dec 2022.
There are multiple ways to have your say.

1. Complete the survey (online or by mail)
2. Attend an in-person consultation session
3. Join an online consultation session

Complete the survey online at

[NLSeniorsAdvocateSurvey.ca](https://www.nlseniorsadvocate.ca/survey)

To stay informed about the consultation sessions, visit our website or follow us on Twitter (see below).

Questions? Contact the Office.



1-833-729-6603 (toll-free)



SeniorsAdvocate@SeniorsAdvocateNL.ca



[SeniorsAdvocateNL.ca](https://www.nlseniorsadvocate.ca)



[@SrsAdvocateNL](https://twitter.com/SrsAdvocateNL)



Office of the
SENIORS' ADVOCATE
Newfoundland and Labrador

The Office of the Seniors' Advocate is an Independent Statutory Office of the House of Assembly of Newfoundland and Labrador and established under the **Seniors' Advocate Act**.

This Office works with seniors, service providers and other key stakeholders to identify, review, and analyze systemic issues impacting large numbers of seniors.

VISION

Through the voices of seniors, the Office of the Seniors' Advocate promotes positive changes to the systemic issues impacting seniors, programs and services.

ROLE

The Office makes independent recommendations and promotes awareness to improve seniors' services, which are the programs, services or supports related to health care, personal care, housing, transportation or finances that are used by, or associated with, seniors.



Susan Walsh, MSW, RSW
Seniors' Advocate

Phone: 709.729.6603

Toll Free: 1.833.729.6603

Email: seniorsadvocate@SeniorsAdvocateNL.ca

P.O. Box 13033

St. John's NL A1B 3V8



Working Together Makes Breastfeeding Better

Tips for Grandparents in
Newfoundland and Labrador

Infant feeding practices have changed over the years. More and more families in Newfoundland and Labrador are breastfeeding. As a grandparent, your support can have a positive effect on your family's breastfeeding success.



Why is Breastfeeding Important?

It is the only food baby needs until they are six months old. Breast milk has everything babies need to grow and develop. Health Canada recommends breastfeeding up to two years and beyond.



For women:

- Lowers the risk of breast and ovarian cancer, osteoporosis, type 2 diabetes, and postpartum depression.
- Helps to control bleeding after birth.
- Makes feeding quicker and easier. Breast milk requires no preparation. No need to boil water, sterilize, or heat bottles. It is always at the right temperature and ready when baby is hungry.

For babies and children:

- Protects against ear and lung infections, diarrhea, asthma, and other illnesses.
- Promotes healthy brain development.
- Lowers the risk of certain types of childhood cancer, diabetes, Sudden Infant Death Syndrome (SIDS), and obesity later in life.

Support Your Family



Every mother and baby learn how to breastfeed together. Your encouragement and support can influence your family's breastfeeding experience. Your family may look to you for information, reassurance, or support. Some tips are to:

- Respect the parents' decision to breastfeed.
- Help mom feel comfortable breastfeeding around you and others. You can support her by sitting and chatting with her while baby is feeding. Remember, it's a mother's right to breastfeed anywhere, anytime!
- Help boost parents' confidence with breastfeeding. In moments of doubt, offer your encouragement.
- Be sensitive. Listen to the parents' needs and concerns. Ask how you can help. Offer advice if asked.
- Offer help with daily chores such as cooking, cleaning, shopping, laundry, and looking after the other children.
- Be aware of breastfeeding supports in your community. A list of local support services can be found at babyfriendlynl.ca

Spend Time With Baby

As a grandparent, there are a lot of different ways that you can bond with the baby. Offer to:

- Give the baby a bath.
- Take the baby for a walk.
- Cuddle with the baby.
- Read, talk, and sing to the baby.
- Change the baby's diaper.
- Hold the baby skin-to-skin, with the parents' permission.





NL 50 + FEDERATION INC.
Change In Club Executive
2022/2023

Date _____

Your Town _____ Incorporation Number _____

Club Name _____

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 _____

*Return this form to: Robert J. Rogers
President
NL 50 + Federation Inc.
P. O. Box 407
Glovertown, NL A0G 2L0*