

SeniorsNL

RESOURCES • INFORMATION • CONNECTION

-Bulletin: April 28-May 12, 2025-

All attached posters can be found at the end of the newsletter

**For a plain text version of this bulletin, please click
this link**

Events: *Eastern*

Kettle's On! Community Meal - April 16th (Carbonear)

SSVP Carbonear Foodbank is hosting a community meal on Wednesday, April 16th, at 256 Water Street (Civic Centre) in the Multipurpose Room. Doors will open at 11:30 a.m. As always, there is no admission fee, but donations are greatly appreciated. To learn more, please see the attached poster.

KCN Seniors Co-Op Falls Prevention Classes - Thursdays in May (Pouch Cove)

Certified Fall Prevention instructor Miranda Leather will lead evidence-based exercises promoting good balance and posture. Please register by calling 709-330-0555 or by email to secretary@kcnseniors.coop. These classes are free for members of the Co-op. Public welcome!

SSVP Carbonear Foodbank: Forget Me Nots Dementia Activity Group - April 29th (Carbonear)

The SSVP Carbonear Foodbank will be hosting an event for our Forget Me Nots group on Tuesday, April 29, from 1:30 PM to 3:30 PM at the SSVP Foodbank in Carbonear. The Forget Me Nots group is designed for individuals with dementia and their caregivers. To learn more, please see the attached poster.

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Events: Central

Well-Being Fair- May 7th (Grand Falls-Windsor)

Join the Central Wellness Coalition for the Well-Being Fair at the Gordon Pinsent Centre for the Arts on Wednesday, May 7, 2025 from 2:30 pm - 3:30 pm. Panel discussion topics will include food security, transportation, housing, and more! To register, please click [this link](#).

Seniors Afternoon at the Library - April 30th (Lewisporte)

The Lewisporte Memorial Public Library offers a number of programs and events throughout the week. On April 30th from 2:00-4:00pm, they will be hosting their Seniors Afternoon. For more information, please contact 709-535-2519.

Events: Western

Digital Literacy with the Murphy Centre (Corner Brook)

The Murphy Centre's ACCESS to Learning program provides small group instruction in digital literacy as well as life skills, foundational literacy and foundational numeracy. These classes are free, however registration through the Murphy Centre is required. For more information, or to register please contact chrisjoseph@murphycentre.ca or 709-640-6718.

Older Adult Fitness - Civic Centre Studio (Corner Brook)

Older adult fitness with Nora Lundrigan continues to be offered at the Corner Brook Civic Centre on Mondays and Wednesdays from 10:30am-11:30am. To learn more, please see the [attached poster](#).

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Events: *Labrador/Grenfell*

CSCNL Community Wellbeing Fair - May 7th (L'Anse au Loup)

Join CSCNL for the Community Well-Being Fair, hosted in partnership with Well Being NL, the Cardiovascular & Stroke Provincial Program, and the Health Care Foundation. The event will be taking place on May 7th from 10:00am-2:00pm and will include music, special guests, food, and community connections. To learn more and to register for specific events, please click [this link](#).

Virtual

Old School Open Ageism Forum: Office Hours

Join Old School's co-founders and other regulars at Old School's Office Hours, which takes place every Wednesday. Office Hours is an open forum to talk about anything ageism-related and how to address it in ourselves and our communities. It's very informal. Everyone is welcome, to participate or just to listen. To register for upcoming dates, please click [this link](#).

Navigating the Journey Together: The Role of Peer Support in Chronic Pain - May 23rd

You are invited to attend *Navigating the Journey Together: The Role of Peer Support in Chronic Pain!* Join for a day of learning and empowerment, exploring chronic pain management. This event brings together people living with pain, clinical experts, researchers, and organizations to share knowledge, build connections, and empower participants with practical skills for peer support leadership. To learn more, please see the [attached poster](#).

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Research and Knowledge Exchange on Chronic Disease/Aging - April 30th

Urinary tract infections (UTIs) occur within the genitourinary system and lead to serious infections resulting in hospitalization and death. Older adults are at a higher risk of developing UTIs due to decreased immunity, and this may further be exacerbated by increased rates of bladder and bowel incontinence. Join Zachary Thorne, MScN RN as he discusses research in long-term care looking at Urinary Tract Infections among residents. To register, please click [this link](#).

Healthy Discussions Webinar: Navigating the Canadian Dental Care Plan - April 29th

The new Canadian Dental Care Plan (CDCP) helps make the cost of oral health care more affordable by providing coverage for a wide range of dental services. On April 29th from 12:00-1:00pm NST, The Newfoundland and Labrador Dental Association will host a healthy discussion about who is eligible for the CDCP, how to apply, and how much of your dental care will be covered. We'll also discuss provincial programs that provide dental care coverage for children and adults in NL. To register, please click [this link](#).

Strongest Families Institute: Promoting Family Mental Wellness Webinar - May 6th

Discover the incredible support available through the Strongest Families Institute! Join us for an engaging session to explore who they are, how their referral process works, and the impactful programs they offer. To register for the webinar, please see the [attached poster](#).

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Resources

Newfoundland and Labrador Injury Prevention Coalition

The Newfoundland & Labrador Injury Prevention Coalition (NLIPC) is a vibrant coalition recognized as a hub organization promoting injury prevention in Newfoundland and Labrador through advocacy, awareness, and promotion. To learn more about the coalition and their role in preventing fall awareness, please click [this link](#).

Tips to Avoid Tax Season Scams

During the income tax filing season, scammers pose as representatives of the Canada Revenue Agency (CRA) in an attempt to trick you into sending payment for fictitious "debts" or into providing sensitive personal information that they can use to commit fraud. To learn tips for avoiding scams during tax season, please click [this link](#) to read an article from the Canadian Bankers Association on this topic.

Arthritis Society Canada: Online Peer Support Groups

Struggling to manage arthritis? You are not alone. Join Arthritis Society Canada and their online peer support groups for connection and encouragement. Various online support groups are offered. To register, please click [this link](#).

[Podcast] The Major Benefits of Exercise for Older Adults

On this episode from CMAJ Podcasts, Dr. Samir Sinha, a geriatrician at Sinai Health and the University Health Network explains the evidence supporting exercise as a tool for preventing frailty, cognitive decline, and chronic disease in older adults. To listen, please click [this link](#).

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News

Applications Open for Age-Friendly Newfoundland and Labrador Communities Program

The Honourable Paul Pike has announced a call for applications for the 2025-26 Age-Friendly Newfoundland and Labrador Communities Program. Age-friendly communities play a vital role in promoting overall well-being by supporting healthy, active and connected lives across the lifespan. Creating age-friendly and dementia-friendly communities allows people of all ages and abilities to age well in the right place and participate meaningfully in their communities. To read the full release please click [this link](#).

Budget 2025 Invests in Education, Health and Seniors, Prepares for Tariffs

The Honourable Siobhan Coady, Deputy Premier and Minister of Finance, released Budget 2025: Smarter. Stronger. Better. For the fourth consecutive budget, the Provincial Government is ensuring no increases and continued decreases in taxes and fees, while investing in education for teaching services and technology for the classroom, access to health care and support for seniors. To read the full release, please click [this link](#).

Provincial Government Invites Applications for 2025-26 Accessibility Grants

The Honourable Paul Pike has announced a call for applications for the 2025-26 Accessibility Grants. The Provincial Government is investing \$325,000 for the 2025-26 Accessibility Grants. Eligible projects will improve the accessibility and inclusion of persons with disabilities in all aspects of society. To read the full release, please click [this link](#).

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An Ounce of Prevention is Worth a Pound of Cure: Seniors Advocate NL

The Office of the Seniors Advocate has released An Ounce of Prevention is Worth a Pound of Cure, a report outlining recommendations to government to support seniors to age well at home. To read the full report, please click [this link](#).

Get Involved!

Mental Health Week 2025: May 5-11

Mental Health Week 2025 is coming up! From May 5-11, Canadians are encouraged to talk about mental health and embrace the honesty and vulnerability that comes with looking beyond the surface. To learn more about a Canadian Mental Health Association in your area, or to learn about getting involved in Mental Health Week, please click [this link](#).

SeniorsNL Let's Talk Session

Here at SeniorsNL, we continue to offer bi-weekly virtual information sessions on topics relevant to seniors. Join us on Wednesday, April 30th for our upcoming session, *Let's Talk About...Aging Well in Place, Home Modifications, and Adaptive Devices*. To register, please click [this link](#).

Want to join our mailing list?

Contact: outreach@seniorsnl.ca



SSVP CARBONEAR FOODBANK

KETTLE'S ON! COMMUNITY MEAL

JOIN US!



April 16th

DOORS OPEN AT 11:30AM

MULTIPURPOSE ROOM, 256 WATER STREET
NO ADMISSION! DONATIONS WELCOME!

MORE INFORMATION:

709-596-5945
ssdpcarboney@gmail.com



SSVP Carbonear Foodbank

Forget Me Nots

Dementia Activity Group



A supportive, safe place for loved ones with dementia and their caregivers to socialize, do activities, and share stories with those on a similar journey.

April 29th, 2025 - 1:30 PM to 3:30 PM
4 St. Clare Avenue, Carbonear

Limited space is available, you must pre-register.

For more information, please email us at ssdpcarbonear@gmail.com or call us at 709-596-5945.

A decorative pattern of cyan rectangles, some solid and some outlined, arranged in a staggered grid at the top of the poster.

CIVIC CENTRE STUDIO

OLDER ADULT FITNESS WITH NORA LUNDRIGAN

Monday and Wednesday

10:30-11:30am

\$3.00 drop in fee

FOR MORE INFORMATION CALL 637-1232 OR 637-1577

NAVIGATING THE JOURNEY TOGETHER:

THE ROLE OF PEER SUPPORT IN CHRONIC PAIN



Virginia McIntyre, BA, MRT(R)(MR)
Dalainey Drakes, MSc, PhD Student

Experts by Experience: Creating Connection
Through Chronic Pain



Dr. David Flusk, MD

Untangling Pain: A
Multidimensional Approach
to Pain Management

Jennifer Donnan, PhD

Peer Support in Chronic Pain
Management: A Patient Co-Led
Systematic Review



Julie Dwyer, MSc, PhD

Hope in the Fog: Finding
Resources & Support for
Chronic Pain in NL

Julie Sullivan, MN

Evolving Pain Care:
Stepped Care 2.0 and the
Future of Support in NL



**JOIN US FOR A DAY OF LEARNING AND EMPOWERMENT IN CHRONIC PAIN
MANAGEMENT.**

**Friday, May 23 from
9 am - 4:30 pm**

**Health Innovation Acceleration
Center, 66 Pippy Place, St. John's, NL
or VIRTUAL**

FREE REGISTRATION



<https://stjohnspain.eventbrite.ca>

**Peer Support Training
Workshop**

Facilitated by:



**Live Panel Discussion
Local Pain Resources**

**Learn from the experiences of local peer
support and pain organizations.**



SPOR Evidence Alliance
Strategy for Patient-Oriented Research
**Alliance pour des données
probantes de la SRAP**
Stratégie de recherche axée sur le patient



**NL Health
Services**

STRONGEST FAMILIES

Promoting Family Mental Wellness

JOIN US!

Discover the incredible support available through the Strongest Families Institute! Join us for an engaging session to explore who they are, how their referral process works, and the impactful programs they offer—including those focused on behaviour, anxiety & depression, and nighttime bedwetting.



Presented by:
**Katryna Guitar- Senior Field and
Outreach Manager**

 **Strongest
Families**
INSTITUTE | L'INSTITUT DES
**Familles
Solides**

Learn more about Strongest Families Institute at www.strongestfamilies.com



DATE: TUESDAY, MAY 6, 2025



**TIME: 2:00 PM- 3:30 PM NDT
1:30 PM - 3:00 PM ADT**



**LOCATION: VIRTUAL (REGISTER BY CLICKING
THE LINK OR SCANNING QR CODE)**



**AUDIENCE: ANYONE INTERESTED IN
LEARNING MORE**



REGISTER HERE