

PENSIONER

NEWSLETTER

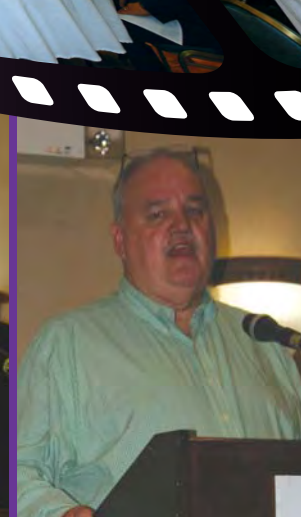


*A Publication of the
Newfoundland and Labrador
Public Sector Pensioners' Association*

A Report on the 2019 NLPSPA Convention

Going Green!

**Potential Name Change
"Old Age Security"**



Your first step to living well with Alzheimer's disease or a related dementia

A diagnosis of dementia can be overwhelming. Too often families struggle to cope with these challenges alone, only reaching out for help when a crisis occurs, such as an emergency room visit or when the care partner *just can't do it anymore*. Our First Link program is designed to reach out to people before these stressful situations occur, so we can provide them with the support and education they need to live better with all levels of dementia.

First Link connects people to:

- **Education:** A learning series offering information about diagnosis, day-to-day living, positive approaches to care, how to manage challenges and how to prepare for the future
- **Support:** Support groups and opportunities for one-on-one support
- **Resources:** Additional community programs and services

Our Family Support Group

A key part of maintaining and improving quality of life for care partners and families is creating a support network. Together, in sharing their experiences, the members of our Family Support Groups recognize that they are not alone in their journey. Our Family Support Groups are offered in 6 locations across the province. We are currently working on expanding our Family Support Groups into other rural areas of our province. There are many ways to help; join our Senior Advisory committee, distribute posters, become a facilitator or recruit others in your community.

Alzheimer Society NEWFOUNDLAND & LABRADOR



WHY FIRST LINK MATTERS

9,642 living with Alzheimer's Disease in Newfoundland and Labrador.

214 new cases of Alzheimer's disease or a related dementia each year in Newfoundland.

207 of the 214 individuals diagnosed last year availed of the Alzheimer Society's First Link Program and Services

Contact us to learn how you can support those living with dementia in your community!

709-576-0608 / 1 877-776-0608 / info@alzheimernl.ca

Mandate Statement:

The Newfoundland and Labrador Public Sector Pensioners' Association exists to ensure that pensioners have improved pensions and insured benefits that will contribute to a better quality of life.

Executive:

President – Sharron Callahan
President Elect – Bernie Cook
Treasurer – Fred Oates
Secretary – Mary Cleary

Directors:

Ann Marie Cleary
Barry Darby
Craig Hall
Doug Laing
Neil Moores
Ralph Morris
Doreen Noseworthy
Al Skehen
Barry Whitty

Administrative Assistant:

Cheryl Myers

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Website: www.nlpspa.ca

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Graphic Design: Stephanie Furey

Message from the President

NLPSPA 2020



If nothing else, this winter will prove, beyond any doubt, how much stamina Newfoundlanders and Labradorians have. I sincerely hope you are getting through this season with minimal challenges and that our heavenly wishes for “no more snow” will soon give us more sun, longer days, and warmer temperatures.

Since our AGM and Convention in November, your Association has been extremely busy, through the Coalition, focusing on accountability with both our federal and provincial politicians for all their 2019 election promises. In January, meetings were held with Federal MP's Ken MacDonald and Scott Simms and with Provincial Minister Dr. John Haggie and the Personal Care Home Services Review team; in February, meetings were held with NDP MP Jack

Harris and Provincial NDP MHA's Alison Coffin and Jim Dinn. A request has gone forward to the PC's and nothing but a positive reply will be acceptable. These meetings have been focused on our key issues of National Pharmacare, a National Seniors' Strategy, improved health care, emphasis on support services to age at home, and reviewing the revised Standards of Care for Personal Care Homes. In addition, letters have been sent to the Minister of Seniors and her Federal colleagues calling for the development of a National Seniors' Strategy and to consider a name change to the Old Age Security Program. These advocacy efforts will continue.

Our 2019 Convention was nothing short of spectacular with our 30th Anniversary celebrations. We welcomed three of the original founding members (Carl Smith, Doug Whitten, and Robert Chafe) to participate in the celebration of our 30 year history of advocacy on behalf of public sector pensioners. Carl Smith shared memories of the early days and the three original founders accepted the 30th Anniversary Plaque from the Lieutenant Governor, Her Honour Judy Foote. Our President shared a 30 year journey of key happenings to show the members present how far we have come in being recognized as the credible voice of action for pensioners, retirees and seniors in our Province. Please see the Convention synopsis in this newsletter and enjoy the pictures displayed.

At our AGM, the following were elected to the Board: Fred Oates who was elected for a second term and Bernard Cook who is starting a new term after a few years of absence. These folks join Sharron Callahan, Neil Moores, Ann Marie Cleary, Mary Cleary, Doreen Noseworthy, Barry Darby, Barry Whitten, Ralph Morris, Al Skehen, Doug Laing and Craig Hall as the Board for the upcoming year. Your Executive is Sharron Callahan as President, Bernard Cook as President Elect, Fred Oates as Treasurer, and Mary Cleary as Secretary. We continue to be supported in our work by our Administrative Assistant, Cheryl Myers.

It is onward and upward from here. Our agenda is quite full as we make key policy changes that will positively impact your membership in NLPSPA. Enjoy your newsletter. ■

*Sincerely,
Sharron Callahan
President*

NOTICE

The PENSIONER NEWSLETTER is now **GOING GREEN!**

This Winter Edition, Volume 22, Number 20, is marking a significant milestone for our newsletter, as it is the last printed issue of our publication. Starting in the Fall of 2020, the Pensioner Newsletter will become an **electronic** publication. This decision was not an easy one and we would like to thank all the NLPSPA members from across the Province who took the time to call the Office or send emails, voicing their opinions on this matter, following our last newsletter. It was most encouraging, since there wasn't a single negative opinion expressed; leading us to believe that we were making the right decision, at the right time, for all the right reasons.

If we don't already have your e-mail address, please send an e-mail to pensioners@npspa.ca. Be sure to type Pensioner Newsletter in the subject line and include your name, mailing address and e-mail address in your message. You will receive a confirmation e-mail in response. By providing your email address, we will also be ensuring that you receive important information between newsletters (i.e. Group Insurance, Pensions, etc.).

Don't have an email address? No worries! Our newsletter is also available on our website at www.nlpspa.ca

If you do not have access to the Internet, you may continue to receive a printed copy by contacting Cheryl at the NLPSPA Office, at 446 Newfoundland Drive, Suite 206, St. John's, NL, A1A 4G7, Tel: 709-754-5730 or Toll Free at 1-800-563-4188.

We hope you feel as good as we do, about our decision to go green and we invite you, if you haven't already done so, to join us in this digital age!

“Making Choices- The Power of You” A Report on the 2019 NLPSPA Convention

Submitted by:

Sharron Callahan, Ann Marie Cleary, Mary Cleary, Al Skehan, and Doreen Noseworthy
NLPSPA 2019 Convention Planning Committee

There is reason to celebrate, as this convention received a high degree of compliments in numerous areas such as location, meals, speakers and exhibits.

Validity of Evaluation:

The 2019 NLPSPA Convention was held November 5-6th at the Holiday Inn, 180 Portugal Cove Road, St. John's. In total, 149 persons were present, and 98 convention evaluations were returned, for a 66% rate of evaluation. The Planning Committee and the Board of Directors of NLPSPA appreciate the honest and respectful feedback and will consider all recommendations offered forward into the planning for the next convention.

Overall Comments:

The overall general commentary indicated this was a very good, well organized and well received convention. The speakers were informative, engaging, and gave excellent presentations, with an overarching suggestion that the session on Seniors and Their Money by Al Antle could have been longer and future sessions should be investigated. Parking at the hotel was not a problem as experienced in other years. There were a lot of positive comments about the Annual General Meeting, with appreciation of the 30th Anniversary celebration this year.

Other Comments/ Information Obtained:

The largest number of

respondents (72 out of 123) learned about the convention from the NLPSPA newsletter. Other sources of knowledge came from email, the website, by contacting the office or from other members.

There was an excellent level of satisfaction with the registration process and the registration and information set-up. There were some comments about persons who had not pre-registered and turned up at the convention expecting admission. This is a recurring difficulty and one that will continue to be examined by a future Planning Committee. It must be noted, however, that any venue that has size requirements must be respected to avoid being in contravention of fire and capacity regulations. While this might evoke sympathy for those who choose to simply turn-up, planning for such a large event cannot be derailed by such actions. Sometimes, hard decisions simply must be made.

Many compliments were offered to the convention planning team.

The convention layout was good, length of sessions was fine, introductions short with not a lot of detail,

IS DRINKING CAUSING
PROBLEMS?

ALCOHOLICS
ANONYMOUS CAN
HELP.

CALL 1-888-579-5215 OR
WWW.AASTJOHNS.COM

sessions did keep to timelines, room temperature was mostly satisfactory, with some comments about the use of round tables and having to turn around to see the various presentations.

There was high praise for the meals and staff service at the hotel. Some would have liked to have had some sort of entertainment. However, with the 30th Anniversary celebrations and number of topics to get covered, the planning committee felt

that entertainment was not possible at this AGM/Convention. There were many positive comments about our displays and suggestions for more sponsor booths and displays at future AGM/Conferences. The Planning Committee notes that a lot of effort and follow-up was done with potential sponsors, including letters, phone calls and emails. Despite a strong effort to increase sponsorship for the convention, many past sponsors are cutting back due to difficult times and increased sponsorship has been difficult to achieve. The NLPSPA remains ever grateful for the continuing contributions from the Government of Newfoundland and Labrador and Anthony Insurance, Shopper's Drug Mart, Great West Life and the NLTA, as well as a significant number of donors who provided many donations for the prize draws.

Everyone who responded felt they got good return for the fee.

Topics suggested for future conventions include more discussions on the use of cannabis, senior's wellness, financial planning and money management, wills and estate planning, re-verse mortgage session, aging carefully, housing, the challenges of living on a fixed or reduced income, making funeral plans, etc.

Thank You to Sponsors and Donors:

No convention is ever possible unless there is support from the community and your Association's convention was no different. On behalf of the Board of Directors, a huge vote of thanks is offered to all sponsors who provided support for this year's Convention. Please see the full listing of our sponsors included in this newsletter.

The Planning Committee offers a sincere thank you to the Board and the membership for the opportunity to have planned and delivered one of the best conventions ever. ■

Closure of Hostels, Health Sciences Centre

Extended Stay Hotel has been awarded a contract to provide hostel services for people requiring medical procedures where overnight stay may be required.

The Hostel is located at 222 LeMarchant Road in St. John's, Newfoundland.

Cost of hostel is \$45 per night (2 people) and an additional \$10 for each extra person.

Services started on October 13th, 2019.

Shuttle bus will be provided to the Health Sciences Centre between the hours of 6:30am to 5:30pm Monday to Friday excluding public holidays.

All rooms are equipped with kitchenette.

Approximately 80 units are being made available.

The contract term is 3 years with an option to extend for an additional 2 years.

Contact Information 709-777-6831

Thank You

**“Making Choices – The Power of You”
2019 NLPSPA Convention**

The Board of Directors of NLPSPA, on behalf of the membership, offers a sincere thank you to the businesses, corporations, associations, and individuals who provided support, either financial or in-kind, to the success of our 2019 Convention, “Making Choices – The Power of You”. A convention is a monumental undertaking, which would not be possible without the support, commitment, and dedication of our supporters and sponsors who make such an event possible. With the utmost gratitude, we say THANK YOU!

To our Convention Partners:

**Anthony Insurance
Government of Newfoundland and Labrador**

To our Gold Sponsor:

Shoppers Drug Mart

To our Silver Sponsor

Great-West Life Assurance Company

To our Nutrition Break Sponsor

NL Teachers’ Association

Thank You

To our other supporters:

- Sisters of Mercy-Responsible Sharing Committee
- Churchill’s Home Hardware, Bay Roberts
- Foodland, Bay Roberts
- Dominion, Bay Roberts
- Shoppers Drug Mart, Bay Roberts
- Bartlett’s Irving, Bay Roberts
- Wendy’s, Topsail Road, St. John’s
- Joannie Smith Coffin- Books
- CBC Gift Bag
- Exxon Mobile
- Public Service Credit Union
- NAPE

To our other non-profit supporters:

- Alzheimer Society of NL (ASNL)
- Canadian Association of Retired Persons (CARP)
- Canadian Hard of Hearing Association (CHHA)
- Canadian Mental Health NL
- Canadian National Institute for the Blind (CNIB)
- Public Legal Information Association of NL (PLAIN)
- Recreation NL
- Seniors NL

Thank You



2019 Scholarship Winners

Mary Cleary, Chair

2019 was a very special year for the NLPSPA. 2019 marks the 30th Anniversary of the Association's inception. To mark this milestone, the NLPSPA proudly offered an additional scholarship for a family member in the amount of \$3,000.00. The two scholarships of \$1,500.00 and \$1,000.00 respectively for family members were again offered, as well as the \$500.00 scholarship for a member. The NLPSPA continues to take great pleasure in being able to contribute in some small way to the future of the family members of our Association. Remember the successful future of our young people is the key to the success of our communities and our province and country. In saying this, I am pleased to announce the scholarship winners for 2019:

1. Alexandra Williams of Corner Brook is the \$3,000.00 scholarship winner. She is a first-year student at Memorial University, Grenfell Campus, Corner Brook

2. Vanessa Legge of St. John's, the \$1500.00 scholarship winner. She is a fourth-year student at Memorial University, St. John's Campus

3. Rebecca Spurrell of St. John's is the \$1000.00 scholarship winner. She is a third-year student at Memorial University, St. John's Campus

4. Molly Feehan of St. John's is a \$250.00 scholarship winner. She is a first-year student at Memorial University, St. John's Campus

5. David Rowe of St. John's is a \$250.00 scholarship winner. He is a first-year student at Memorial University, St. John's Campus.

Winner Testimonials:

Hi, I'm Alex Williams.

Thank you so much for choosing me to be the winner of the 30th Anniversary Scholarship for NLPSPA. The scholarship will really help me out financially and it will help me pay for my studies so hopefully I can be a nurse in the future. It will help with my nursing degree so thank you!

The scholarship awarded to me benefited me greatly by allowing me to buy my chemistry and biology text book bundle as well as my math text book, and lab coat.

Thank you NLPSPA again!

Molly

Hello, my name is Vanessa Legge and I was this year's recipient of the NLPSPA scholarship of \$1500. I feel very blessed and grateful to be the recipient of such a generous award and it has helped me tremendously to excel academically this term. The life of a music student is busy on the best of days. Receiving this award lifted a huge financial burden off my shoulders and helped me reach my full potential. For that I am truly grateful.

Dear NLPSPA Scholarship Committee,

As a recipient of the 2019 NLPSPA Scholarship, I'd like to thank you for funding this scholarship, and for awarding it to me.

I am currently completing my third year of the Doctor of Pharmacy Program at Memorial University's School of Pharmacy. It is my goal to use my own experiences as a patient within the healthcare system to help my future patients achieve the best level of health that is possible for them.

This scholarship has helped me on my journey to achieving this goal. I work part-time at a pharmacy both to gain career experience and to help fund my education, however I have been able to reduce my hours since being awarded this scholarship. This has left me with more time to focus on my studies, and also take advantage of volunteer opportunities - I recently volunteered at an on-campus flu shot clinic.

Thank you again for choosing to invest in the education of the future generation and for helping me to reach my goals.

Sincerely,
Rebecca Spurrell



Rainbow Riders

Therapeutic Riding Centre



VOLUNTEERS NEEDED!

For more than 20 years, Rainbow Riders has operated a therapeutic riding program to help Newfoundland and Labrador children grow and develop despite physical, cognitive and emotional disabilities – all through horseback riding and equine-assisted learning activities.

We rely heavily on our volunteers in order to make these programs possible! During a single therapeutic riding session, we can have as many as four children with varying diagnoses riding in group lessons. For each child to ride, it takes one horse leader, two side walkers and an instructor to make the lesson possible. Not to mention all the work behind the scenes to keep our horses happy and healthy, and our beautiful facility running smoothly.

We have a variety of volunteer opportunities, such as:

Barn Chores/Horse Care

Operating a 16-horse barn year round is a lot of work! We need helpers seven days a week, scheduled for various shifts throughout the day, to help with horse feedings, turning the horses outside/inside, cleaning stalls, sweeping the barn, preparing meals and, on occasion, grooming our therapy horses.

Side-walker

Many children require the support of side-walkers on each side of them while riding. Side-walkers aid the rider using a number of different supports. Each rider's needs are individualized. Before side-walkers begin their lesson, they are given a description of their rider as well as the types of holds that rider may need. When scheduling riders and side walkers, we are careful to match the rider's needs to the volunteer's level of experience.

Horse Leader

Each therapy horse needs an experienced horse person to lead them during their lesson. Horse leaders are typically volunteers who have been helping regularly with our program, know our horses well, and have experience and confidence handling horses in all situations. These volunteers are also required to get the horse ready for the lesson and put them away when the lesson is finished.

Odd Jobs/Handyperson

Our new facility is state-of-the-art, but every building requires maintenance! We need help maintaining fencing, clearing away fallen trees and debris around our trail system, performing minor carpentry tasks, light gardening duties during the spring and summer, and keeping our trusty Kubota tractor (aka Scoopy!) running smoothly. If you are handy in any of these areas, reach out to add your name to our list of contacts for odd jobs.

We will begin volunteer training sessions again in January! If you are interested in volunteering and would like more information, please contact Olivia Robinson by email (orrainbowridersnl@gmail.com) or phone (709) 738-1055 to schedule a time for your training session. Thank you for your support!

Olivia Robinson, Volunteer Coordinator, (709) 738-1055

The Formation of the Newfoundland and Labrador Public Sector Pensioner's Association

Written by Carl Smith

On October 16, 1989 a group of pensioners met in the office of the Newfoundland and Labrador Government Managers' Association, Prince Charles Place, and formed a committee to establish an Association for Newfoundland Public Sector Pensioners. The names of those pensioners who attended this meeting and who formed the Steering Committee are as follows:

James Moore
Robert Rex
Robert Learning
Bert Hillyard
Carl Smith
Robert Chafe
Eric Rowe
Murley Bursey
Ernest Shute

To facilitate the establishment of the Organization, the committee decided to elect an Executive comprised of a Chairperson, a Secretary and a Treasurer. Carl Smith was elected as Chairperson, Ernest Shute was elected Secretary and Robert Learning was elected as Treasurer. The name chosen for the organization was "The Newfoundland Public Sector Pensioners' Association".

The prime objective of the Association was "to promote the interests of public sector pensioners by providing a medium for collective action on any matters affecting their well being", e.g. changes in pension plan and the awarding

of annual increases in pensions, etc. Membership dues in the Organization were set at fifty cents (50c) per pay period.

It was decided that the best way to structure the Steering Committee was to form sub-committees to be responsible for the different functions. The following sub-committees were formed and chairpersons appointed as follows:

1. Finance Committee, Chaired by Robert Learning
2. Membership Committee, Chaired by James Moore
3. Public Relations and Communications Committee, Chaired by Bert Hillyard
4. Constitution Committee, Co-Chaired by Robert Rex and Carl Smith

It was agreed that the membership Committee would prepare a draft membership card to be presented at the next meeting of the Steering Committee.

The second meeting of the Steering Committee took place on December 11, 1989. One new member was added to the original group in the person of Douglas Whitten. Considerable time was spent on the design of the "Application for Membership" card and the message to be printed to be sent to pensioners. It was decided that the Chairpersons of the Steering Committee and Membership

Committee would meet with officials of the Department of Finance to get their support in communicating with all pensioners by including our Application for Membership in envelopes when cheques were mailed to pensioners.

The Chairperson of the Public Relations Committee reported that he had received twenty five telephone calls in support of forming a pensioners association; this was in response to an advertisement placed in the new media, at a cost of \$45.00.

The third and final meeting of the Steering Committee took place on January 19, 1990. At his meeting, the Chairperson of the Steering Committee, Carl Smith and the Chairperson of the Membership Committee, James Moore, reported that they had met with the Deputy Minister of Finance, Mr. Gilbert Gill and the Assistant Deputy Minister, Mr. Phil Wall, both of whom agreed with the idea of forming a pensioners association and offered their support in helping to communicate with pensioners. They also agreed that membership dues would be deducted from pensions and remitted to the Association, once the "Application for Membership" cards were signed. This was a major accomplishment in ensuring the financial viability of the Association.

A final draft of the "Application for Membership", together with a message to pensioners outlining the purpose of forming the Association, was approved by the Committee and February 2, 1990 was set as the date to mail them to pensioners.

The Treasurer was authorized to open a bank account and signing officers were appointed. A draft Constitution was presented and

adopted for presentation to the Founding Meeting which was to take place on February 20, 1990 in the auditorium of St. James United Church, Peyton Street, St. John's at 2:30 p.m.

To ensure that all was ready for the Founding Meeting the following tasks were assigned to the individuals names:

1. Copies of the Constitution and agenda – Eric Rowe
2. Registration sheets – Ernest Shute
3. Registration – Murley Bursey
4. Fees from new members – Douglas Whitten
5. Applications from members – James Moore
6. Advertising and news coverage – Bert Hillyard
7. Nominating Committee – Robert Rex

In response to "Application for Membership" cards mailed to pensioners by Department of Finance the mail started to come in. Since the committees had no Post Office Box it used the Post Office Box of Ernest Shute who offered it for the use of the Committee. Within a relatively short period of time, "Application for Membership" cards and the initial membership fee of \$1.00 were received daily. These had to be picked up at the Post Office, opened, recorded and the cash deposited. By the date of the Founding Meeting, February 23, 1990 a total of 562 pensioners had voluntarily applied for and paid their membership fee of \$1.00. This was exceptional, considering the amount of time pensioners had in which to respond.

The Founding Meeting set for February 20, 1990, had to be postponed until February 23, 1990

because of a severe snow storm. The meeting took place in the auditorium of St. James United Church, Peyton Street. There were 174 pensioners registered. The meeting was called to order at 3:00 p.m. by the chairperson of the Steering Committee, Carl Smith. Ruby Driscoll acted as Secretary in the absence of the committee Secretary, Ernest Shute, who was in hospital. A draft

"...it is good to look back and recognize the efforts of those who first conceived of forming such an organization..."

Constitution was presented and adopted, after several amendments were approved by those present. This constitution provided for a Board of Directors made up of a President, Vice-President, Secretary and Treasurer comprising the Executive Committee, and eight other members to be elected at the Annual General Meeting. The Board of Directors elected at the Founding Meeting were as follows:

President – Don Johnson
Vice-President – Carl Smith
Secretary – Ruby Driscoll
Treasurer – Ivan Lethbridge
Members
Ernest Shute
Jim Moore
Douglas Whitten
Bert Hillyard
Robert Rex
Lucy Hickey
Angustus Vaughan
Gladys Noel

The formation of an Association for public sector pensioners, which was the only conceived in October 1989, was accomplished in four months with the adoption of the Constitution and election of the Board of Directors on February 23, 1990. The members of the Steering Committee and other who assisted in this venture certainly deserve recognition for their dedication and work in forming the Association. This was a good beginning but much remained to be done if the Association was to accomplish the objective for which it was formed.

The new Board of Directors elected at the Founding meeting, lost no time in getting organized to carry out its work, one indication of this can be seen from the number of meetings held dealing with Association business during the first ten months following the Founding Meetings. During this period, there were a total of sixteen Board and Executive Committee meetings held. The first President of the Association, Don Johnson, deserves special recognition for his dedication and work to ensure that the new organization was a success.

After ten years of steady growth in membership and service to members, it is good to look back and recognize the efforts of those who first conceived of forming such an organization and to the many volunteers who have given freely of their time and talents over the years so that all public sector pensioners can have an Organization to represent them when the need arises. ■

Federal Election Forum 2019

By Sharron Callahan, NLPSPA President/Chair NL Coalition

It rained and rained on the evening of September 25 and I must confess that my spirits were dampened knowing that poor weather and darkness are often factors that keep folks in the comfort and warmth of their homes. BUT, that was not the case that evening, as Hampton Hall at the Marine Institute was full, telling me that folks were very concerned about the issues impacting seniors and wanted to hear what the candidates seeking election to the House of Commons would be offering in response to these key matters. With 2019 being a busy year with both provincial and federal elections and given our NLPSPA/Coalition sixteen town hall meetings conducted during April and May before the provincial election, there was worry that folks might have had enough “electioneering”.

Planning for this Forum began early in the summer and continued right up to the very last minute. A planning team was put into place and a suitable location was booked. Much research was undertaken to identify the key issues to be selected for address and for this we were able to draw upon the national platforms of CARP, ACER-CART, and NAFR and to intertwine these with what our knowledge and experience had been telling us were key concerns for Newfoundlanders and Labradorians.

In the end, we were able to have five political parties represented: Jack Harris, NDP; Terry Martin, Conservative; Ben Ruckpaul, Peoples’ Party of Canada; Greg Malone, Green Party; and Nick Whalen, Liberal. The moderator for the evening was Ed Hancock, a well known and respected educator, leader, chairperson, and parliamentarian, who did a superb job of keeping the program moving and the candidates to their allotted times. .

A set of prepared questions was circulated in advance to the candidates and the evening was conducted by a fair process where each candidate had two opportunities to be the first responder on a question. While time did not permit the opportunity for questions from the floor, the candidates did remain and circulate for a time after the Forum to greet the audience, shake hands, press their platforms, and welcome votes for themselves.

The questions posed were:

National Pharmacare:

1. Will your party implement, without delay, a universal, public, comprehensive, accessible, and

portable National Pharmacare Program?

2. Two of the obstacles to the implementation of a comprehensive and universal Pharmacare system are competing provincial interests and intense oppositional pressure from pharmaceutical companies and their lobbyists. How will your party ensure that these and other obstacles will not impact the implementation of a universal, public, comprehensive, accessible, and portable National Pharmacare Program?

National Seniors Strategy:

1. Will your party implement a National Seniors Strategy that is inclusive of and addresses health care infrastructure, caregiver support, aging at home, home care, long term care, and age-friendly communities, and includes clearly stated expected results and accountabilities, with dedicated funding?
2. As a part of this National Seniors Strategy, will your party lead a national conversation on elder abuse by creating a national awareness campaign on elder abuse, neglect, and self-neglect, including the institutional and systemic abuse of frail citizens?
3. Also, as a part of this National Seniors Strategy, will your party take a lead role in ensuring that universal and inclusive Standards for in-home, community care and long term care that address staffing levels, staff training standards, standards of hygiene and nutrition, records and documentation, and use of restraints, and others are included?

Secure Retirement Income:

1. What is your party’s retirement income security plan for current and retired seniors?
2. Will your party bring forward legislation that protects employees and retirees in the event of employer bankruptcy?
3. With the new expanded CPP contributions and higher CPP payments, it is possible that these higher payments could result in higher claw-backs in GIS, which could have low income workers now paying higher contributions only to lose or lower their GIS eligibility. It is unfathomable that one Government income security program

could negatively impact another without due thought or consideration to the implications. Will your party examine the threshold of maximum income (OAS, CPP, and GIS) to remove barriers for additional benefits, given that the levels of income are fast falling behind the cost of living and by extension, give assurance to Canadians that the enhanced CPP will not negatively impact the other program benefits?

Veterans and Their Families:

1. What is your party's plan to ensure that veterans and their families receive the care, tools, and supports they need to live healthily and well?

By the time you receive this newsletter, the federal election will be a memory, but now our work begins. We have already shifted to ensure accountability from those who were successful in the election. After a brief recess following a very busy Fall season, our convention, and the Christmas break, we will soon be arranging meetings with

our newly elected Government. However, this is not a responsibility for us only; it is incumbent upon all of us to ensure that those who have now formed the Government of Canada for the next four years implement the programs that we have lobbied so hard for, that were promised, and for which our elected officials are now responsible.

NLPSPA and the NL Seniors Coalition extends a very special vote of thanks to all those who helped make the September Forum a success: Sharron Callahan (NLPSPA/CARP/Coalition), Neil Moores (NLPSPA), Al Skehen (NLPSPA), Robert Howard (RNCVA), Mike Siscoe (CARP), Doreen Noseworthy (RTANL), Winston Fiander (NAFR), Ann Marie Cleary (NLPSPA) Mary Cleary (NLPSPA), and Ralph Morris (NAPE/NLPSPA). Everyone had their own assigned tasks and many hands did make light work. Thank you, all. Thank you to the NLPSPA Board for all your support. Until next time..... ■

Potential Name Change “Old Age Security”

By Sharron Callahan

With contribution from NLPSPA Member Gerry Parsons

As a result of a Resolution passed at the NLPSPA AGM on November 5, 2019 to request that the Federal Government consider amending the name of the Old Age Security Program, a letter was submitted to Minister Deb Shulte, Minister of Seniors; Minister Carla Qualtrough, Minister of Employment, Workforce Development, and Disability Inclusion; and Minister Ahmed Hussen, Minister of Families, Children, and Social Development on January 21, 2020.

In our letter, we expressed to the Ministers that the term ‘Old Age Security’ was long outdated and inappropriate for the clientele it serves. Continuing to emphasize the words “old age” was an unfair way to stereotype such a large group of individuals who have contributed to the Canadian economy most of their lives. We further articulated that seniors today wish to continue as healthy active members of society and while some are frail, vulnerable and require support services, many continue to be important contributors to the social and economic culture of Canada well beyond the age of 65. We also stated that it continues as a truth that many seniors are responsible for the multiple hours of volunteerism that support a healthy and vibrant Canadian society, which would not be possible if these active older persons did not make this daily contribution.

Our argument to consider this name change was further emphasized by strongly stating that the program name

“Old Age Security” reflected an attitude of ageism and a name change would be more reflective of the contribution that persons aged 65 years and over make to the social and economic fabric of Canada. In today’s times when we are fighting to eliminate ageism, this title name lacks relevance. While we did not suggest any preferred name, we did offer some words for possible consideration and to start the conversation.

On March 3, 2020, a reply to our communication was received from Minister of Seniors, Deb Shulte. In her reply, the Minister stated that the term “old age” has been associated with the name of programs for Canadian seniors since the introduction of the Old Age Pensions Act of 1927 and that while our perspective on the term “old age” is shared by many seniors, by removing it from the program title, the Government could be suggesting there is something wrong with being older and that the advantages of changing the name are offset by the strong name recognition and the fact that Canadians identify with the program in a positive manner.

So for now, we have made our case and we have been responded to with a reasonable answer. A further outreach might be considered at another time. ■

**Do you know Pensioners who
are not members of NLPSPA?**

**Help them explore the
benefits of membership.**



Accomplishments for Members:

- Reversal of the recent pension plan overpayments clawback;
- Maintenance of health coverage for pensioners;
- Direct voice in pension plan reform;
- Oversight of the PSPP through membership on the Pensions Corporation;
- Leadership of NL Coalition of Pensioners and Seniors, with united voice and public visibility on seniors' issues;
- Establishment of Seniors' Advocate;
- Establishment of NLPSPA Scholarship(s).

Membership Benefits:

- Strong public voice on pension, and health issues;
- A collective voice and input to matters of public policy;
- Advocacy for improved care services for seniors
- Higher and more credible profile with Government(s);
- Opportunities to participate in public forums;
- Continuous learning and information sharing;
- Access to information and pension news;
- NLPSPA Convention;
- Auto and Home Insurance savings with Anthony Insurance;
- Discounted rate at Super 8 Hotel, St. John's;
- Seasonal social activities.

Membership Types:

Regular Members are public sector pensioners in receipt of a pension from the Government of Newfoundland and Labrador.

Affiliate Members are employed by the Government of Newfoundland and Labrador and eligible to retire within five (5) years.

Reciprocal Members are persons in receipt of a pension from a pension plan that has a reciprocal agreement with the NL Public Service Pension Plan.

Associate Members are spouses or partners of Regular, Affiliate or Reciprocal Members.

Membership Costs:

Regular Members: \$1.00 per pay period, deducted from pension cheques on a bi-monthly basis by the Department of Finance, Pensions' Division, upon receipt of pensioner's membership application from NLPSPA Office;

Affiliate and Reciprocal Members: \$24.00 annually payable to NLPSPA at the time of membership application and subsequently upon receipt of annual invoice;

Associate Members: No membership fee. Associate Members are eligible to convert to regular membership upon receipt of a pensioner's survivor benefit.



NLPSPA

Newfoundland & Labrador
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NLPSPA Membership Application

MEMBERSHIP CATEGORY: ☐ REGULAR ☐ AFFILIATE ☐ ASSOCIATE ☐ RECIPROCAL

SURNAME: _____ **FIRST NAME** _____

STREET ADDRESS/APT. NUMBER _____

P.O. BOX NUMBER _____ **TOWN** _____

PROVINCE _____ **POSTAL CODE** _____ **PHONE(____)** _____

EMAIL _____

PREVIOUS EMPLOYER (Regular or Reciprocal Members) _____

CURRENT EMPLOYER (Affiliate Members) _____

ASSOCIATE MEMBER'S NAME (Where Applicable) _____

I hereby authorize the Department of Finance to

☐ Deduct \$1.00 from my bi-monthly pension cheques and remit to NLPSPA.

☐ Provide periodic updates to NLPSPA about my current mailing and contact information.

Signature

Date

Applications for membership can be mailed, faxed or emailed to NLPSPA Office.

Note: Affiliate and Reciprocal membership applications must be accompanied by cheque or credit card payment by contacting the NLPSPA Office.

New members will receive a membership card and membership number.



Increased savings,
enhanced coverage.

Just some of the PERKS of being
an NL Public Sector Pensioner.

Anthony Insurance has always been a 50+ value leader... with NLPSPA member PERKS *you get more.*

At Anthony, we appreciate your contributions. If you're retired - or plan to retire in the next 5 years - as a Newfoundland and Labrador Public Sector Pensioners' Association member, you are entitled to PERKS – exclusive savings and benefits from Anthony Insurance that could save you \$1000s.

Do you have friends or family in the Federal, Provincial or Municipal public service? They too may be eligible for membership and special benefits in the NLPSPA!

☑ **Exclusive Auto Savings.**

As an NLPSPA Member you get an exclusive, additional discount on your auto insurance.

☑ **Enhanced Home Protection.**

At no additional charge, your home liability protection is increased from \$1,000,000 to \$2,000,000.

☑ **Maximum Home Savings.**

Get your exclusive member discount, plus your discount limit is increased to 55%.

☑ **Other Special Rewards.**

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