

NEWSLETTER SPRING

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The opinions expressed in this publication are those of contributors and not necessarily those of the N.P.S.C.F newsletter

National Pensioners and Senior Citizens

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EASTER GREETINGS TO YOU ALL



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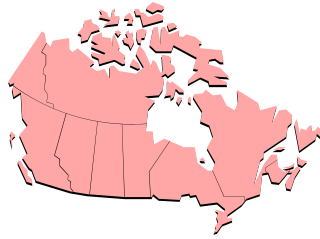
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Our History

The National Pensioners and Senior Citizens Federation (NPSCF) is a democratic, non-political, non-sectarian organization.

Our mission has remained the same for fifty years. The issues are as important today as when we started.

The NPSCF was started in Saskatoon, Saskatchewan, by provincial organizations from British Columbia, Alberta, and Saskatchewan. Groups from other provinces have since joined.

It is made up of provincial affiliates, groups, clubs, and individuals.

Objectives

The National Pensioners and Senior Citizens Federation is an organization devoted entirely to the welfare and best interests of Canada's elderly.

1. To promote and establish and foster, Seniors' Centres (called Clubs or Groups) and Regional and Provincial Seniors' groups throughout Canada.
2. To provide education for persons in the retired and senior citizens age group and other individuals 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 developing 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 in order to gather any education information that will add to knowledge and be of use in seniors and the public.



Message from President Art Field

Since our Convention in October, I have been to Ottawa twice representing the National Pensioners and Senior Citizens Federation. The first week in November I was at the congress of National Seniors Organization's meeting, the three days of meeting we have a report from the Director of the Division of Aging and Seniors, Margaret Gillis, the division is part of Health Canada. We took a position on Medicare, i.e. it should be public, the same services for everybody, not just for people who can pay. We debated development of CNSO policies re: Home Care program, health, aging funding, etc.

We set up such committees, which Joyce Mitchell will present to the Federation on Health Committee. We discussed having a web site in conjunction with FSNA, and discussed the newsletter, and are looking for ideas on extra funding other than Health Canada.

The CNSO is made up of nine organizations that are national, from across Canada. The Federation is one of the organizations on the coordinating committee. The chair of the Coordinating Committee who is the spokesperson for the CNSO is Jean Guy Sauliere of the FSNA (Federal Superannuates National Association).

I also spoke at the Lindsay Health Committee public meeting. I find it interesting that the Bill has not been passed and they have an appointed chairperson and board members and have hired people to work for them and have an office in Ajax, so rural Ontario is left out again.

I also attended a one-day meeting in Ottawa put on by Social Development on the day after the government fell, there were people from across Canada, but haven't heard anything on that meeting. On our working with Johnson Insurance, we have sold a lot of individual memberships to the Federation so our seniors can get out-of-country insurance. It also helps the Federation with the percent they give us. The clubs in certain provinces will be getting a letter from Johnson Insurance on our letterhead.

I made a presentation to the Ontario Standing Committee on Social Policy at Queen's Park on local health concerns, and there are only 14 in Ontario, some of these committees have more area than some European countries. In our area, where seniors are the majority of the population and use Lindsay Hospital, which is an excellent one, we have Oshawa, Scarborough, Peterborough and the City of Kawartha Lakes; Haliburton County will be making decisions for all of us. This gives more power to the Minister of Health and it gives them the right to union busting, as they will put some services out for tender, or will tell certain hospitals what operations they can do and what they can't.

Our 1st Vice President, Art Kube, says the brief will be ready in a couple of weeks, probably by the time you get this newsletter. We are getting ready for our executive meeting in the second week of May, to be held in Ottawa, and we will meet with government people and the MPs to bring our concerns and decision on our resolutions from our Convention in October.

By the time you read this I hope to have the web page revamped so it has information for our members and anybody else who needs to visit our site.

Last year I spoke at the USCO Convention in Kingston, the SSAI in Prince Albert, Sask., the BCOPO in BC and the Federation of Nova Scotia Seniors in Truro, NS., and I am willing to speak at any other groups, etc., just drop me a line or call the 800 number in the newsletter.

In closing I hope everybody is well and here's a thought, if you watch a game, it's fun, if you play it, it's recreation, if you work at it, it's golf. Good luck to all golfers.

First Vice-President's Message

by Art Kube

SENIOR HOUSING PUTTING SENIORS HOUSING IN CONTEXT

First let me put the issue of seniors' housing in its proper context. The vast majority of seniors want to live independently for as long as possible. They want to participate in housing and care choices at all stages of life based on need and preference, regardless of their ability to pay. These choices reflect a sense of dignity and self worth, and keep seniors happier and healthier. They allow us to continue to participate as members of the community and as full citizens. Equally important is the fact that they allow us to exercise patriarchal and matriarchal responsibilities for as long as possible. Happiness for seniors involves cherished memories of the family home, a place where sons, daughters and grandchildren are made welcome. Here we seniors feel safe and comfortable knowing the neighbours and the neighbourhood. Because the family home or the primary residence is so important, the governments should strengthen programs and policies which allow seniors to stay in their primary residence for as long as possible. The area which needs more emphasis is home support, which has unfortunately been severely cut back. In addition, affordable seniors' housing is in very short supply. Indications, born out with the drastic drop in the savings rate are, that in the future seniors' disposable income will be shrinking and that seniors will be compelled to downsize for economic reasons and there will be an even greater need for seniors' rental housing for independent living.

UTILIZATION OF PRESENT HOUSING STOCK

The emphasis these days are on new housing for seniors. I recognize that there is some need for additional senior's rental housing, but I think that a greater emphasis should be on the utilization of present housing stock. Retirement planning must include housing options along with health care and income planning so that all avenues can be properly explored and the pitfalls in housing choices prevented. There are a good number of options available, such as sharing housing with other seniors and family members. However, all these options require careful consideration as to the compatibility of the people sharing such housing. The whole question of making a house, its appliances and furniture safe for its aging occupants deserves full consideration before people actually retire. In planning the whole field of seniors housing, the primary aim has to be independence, health maintenance, sickness prevention and a high quality of life. Assisted-living housing often smacks of seniors' warehousing and promotes dependency, with little or no thought to community participation or activities.

HOME SUPPORT/HOMECARE – A LESSON FROM DENMARK

Our organization promotes "SENIORS HELPING SENIORS". Members volunteer for Meals on Wheels programs, staff the Seniors' Minor Home Repair program and the Wellness Day programs, which are all designed to allow seniors to stay in their homes for as long as possible. It should become public policy to support such programs so they can serve even more seniors. We would recommend for your perusal an article in the Gerontologist Vol. 41, No.4, 474-480 entitled "Home-and Community-Based Long-Term Care: Lesson from Denmark" which shows priority for a home support policy over institutional care. The results show an improved quality of life for seniors and are also much easier on the public purse. Denmark has not built a single seniors' care facility in the last six years because its emphasis is on home support and home care. Communities provided free home support and home care to all seniors whenever required.

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AGING IN THE COMMUNITY

Seniors recognize that not all the elderly are lucky enough or healthy enough to live in their family residence, but must, out of necessity, go into seniors' housing, assisted living or a complex-care facility. Here again we are missing the preventive health care concept of: "Aging in the community", to which only lip service is paid. We have some horror stories brought on by the closing and privatization of seniors' residential care facilities, with real health consequences for seniors. These public facilities have been replaced with predominantly private low-grade assisted-living facilities which are frequently built outside city centres away from recreation and service facilities, keeping their residents isolated. Private Assisted Living facilities serve those who can afford them, but can evict those with medical, physical or behavioral problems, who are forced in many instances to accept placement outside of the senior's own community. We would recommend as a policy, community based integrated seniors' residential and day care facilities, preferably public or at least non-profit.

FUTURE CHALLENGES

With the changing demographics it becomes much more important to allow for as much self-reliance by seniors as possible, not only for the purpose of maintaining the quality of life but also to reduce intake into complex-care and acute-care facilities, which with present projections will become budget wise hard to sustain. It would be wise to pilot a model of "Aging in the Community" and establish a comprehensive home care and home support model in one community based on the Danish model. Some legitimate questions are being raised suggesting we provide more outreach programs like adult daycare, holistic health programs or a facility for restive care, rather than provide more housing.

PUBLIC, PRIVATE OR NON PROFIT

First and foremost I advocate public or non-profit seniors' housing over private for-profit seniors' housing where the bottom line is the maximizing of profits with no public accountability. The construction and location is determined by minimum capital costs, and no thought is given to tenant mobility or participation in community activities. The governance of public and non-profit seniors housing has public accountability and its prime motive is service. Even in historical terms non-profit has communal grounding when it comes to volunteers and voluntary dollars. Some of the most caring forms of all forms of seniors' housing have been and are provided by community based organizations, sponsored by the different ethnic groups, religious orders, service organizations and the provincial and federal government.

Art Kube is President of Seniors on Guard for Medicare, a Vice-President of the Council of Seniors Citizens Organizations of British Columbia and the Treasurer of New Vista.

*A NOTE FROM
EDDA FERGUSON
2ND Vice*

My but the times flies by when you are busy, it is hard to believe that it is time for another newsletter.

Well, I have been out of circulation for the past few weeks as I had a knee replacement on February 13th, and am not too ambitious yet, but will soon be running the roads, I guess.

We are very busy here in Nova Scotia getting ready for our FSCP of NS Convention to be held in May. There are a few registrations arriving but many more will keep me busy for the next few weeks. We are also receiving many resolutions that will be presented at our Convention.

Following the Convention a brief will be made of these resolutions and presented to the Nova Scotia Government to advise them about the problems we seniors have, which, are very much like the problems Seniors have across Canada.

In September, the Executive of the Federation of Senior Citizens & pensioners of Nova Scotia are planning to host the NPSCF Convention here in Truro, NS. We are hoping to have good speakers and entertainment, so that our visitors will enjoy themselves.

So, as you can see this office and executive are kept very busy planning two Conventions, hope to see many of you in the fall.

- Edda Ferguson

SOMETHING TO THINK ABOUT!

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today.

Her husband of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready.

As she manoeuvred her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the room...just wait."

"That doesn't have anything to do with it," she replied.

"Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged...it's how I arrange my mind.

I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open I'll focus on the new way and all the happy memories I've stored away just for this time in my life.

Old age is like a bank account: you withdraw from what you've put in.

So, my advise to you would be to deposit a lot of happiness in the bank account of memories.

3rd Vice President's Report

- George Johnson

A doctor at Toronto Geriatrics Psychiatry Hospital in his research claims that doctors across Canada are overmedicating seniors. In many cases doctors assume that seniors are suffering from depression. The doctors may be confusing clinical depression with loneliness or sadness. If doctors are over diagnosing depression, too many seniors are being administered unnecessary medication. In some cases it could mean that seniors are walking around in a zombie state. Many of the symptoms of old age are the depression symptoms.

A recent study at Baycrest Centre for Geriatrics Care, Toronto, has shown that marriage breakdown or loneliness are sometimes viewed as medical problems and prescribe a pill in error, which may have a detrimental effect on the recipient of the drug.

Many seniors, placed in nursing homes are being restrained by psychotropic drugs placing the senior in a torpid state.

In a CBC report, 3300 seniors die each year due to adverse drug reaction. In 2004 nearly 1.5 seniors (38%) were prescribed drugs, some drugs putting seniors at high risk. Seniors account for 44% of all deaths from adverse drug reaction reported from 99 to 03. Seniors account for 40% of all medications according to Health Canada

In 1999, in a bill submitted by Ed Broadbent to eradicate poverty by the year 2000, approved by the majority in the House of Commons, never happened. What has really happened is the poverty has increased. There are over 1 million children that go to bed hungry every night. Food banks have sprung up all over Canada and schools

make breakfast for kids every day. What are we doing about the poverty?

An elderly senior woman was caught stealing a can of peaches in a supermarket. Appearing before the judge he asked, "How many peaches were in the can?" "Six she replied." "I'll have to give you six days in the county court." Her spouse who was in the court jumped up and said to the judge, "Yesterday she stole a can of peas."

Have a nice day!

A SMILE

Smiling is Infectious,

You catch it like the flu.

When someone smiled at me today

I started smiling, too.

I passed around the corner,

And someone saw my grin,

When he smiled, I realized

I'd passed it on to him.

If you feel a smile begin

Don't leave it undetected,

Let's start an epidemic

And get the whole world infected.

From the Treasurer's Desk - Joyce Mitchell

Well folks isn't this just a wonderful winter, and another thing to be thankful for is that it is almost over with.

Looking at my calendar this morning, I could not help but think that in approx. six months we will all be together again in Truro, NS, for the annual convention.

A rose should go out to each Treasurer of our affiliated clubs for their prompt response in submitting 2006 dues. For those who have not completed this task yet, please look for the Officer's Form in this Newsletter and submit same. Once again I remind you to look in the corner of **your label** on your newsletter and submit your charter number , it helps me so much.

Once again this is a busy time for seniors, so much to work on and speak out about. Remember whenever you can , to take a few moments at your monthly club meetings and talk about at least one of the subjects dear to the heart of Seniors. New Horizon grant time is upcoming, so get your applications in, one never knows when you will be successful, and there are so many interesting projects to suggest trying out in your local clubs. Be creative think of some new ones. The social part of your club is important, as it meets the needs of so many seniors who feel isolated and need inaction with others. Remember then and try to include them. They say that many have the February blahs, so try to encourage your executive to have a program that will include all your members, especially in your rural communities.

The Brief is being prepared, and before long will be submitted to our Members of Parliament, remember also to start preparing those resolutions for 2006. Take Care of yourselves.

YOURS FOR THE BETTERMENT OF SENIORS.

Joyce Mitchell, Treasurer

LIFE LESSON

A professor stood before his philosophy class and placed some items on the table in front of him. When the class began, he picked up a large jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. He asked once more if the jar was full. The students responded with a unanimous "yes". The professor then produced two cups of tea and poured the contents into the jar. Effectively filling the empty space between the sand. The students laughed.

"Now" said the professor, " I want you to recognize that this jar represents your life. The golf balls are the important things – your family, your children, your health, your friends and your passions – things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter, like your job, your house and your car. The sand is everything else – the small stuff. If you put the sand into the jar first" he continued, "there is no room for the pebbles or the golf balls. The same goes for life, if you spend all your time and energy on the small stuff, you will never have room for the important things. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner to dinner. Play another 18. Set your priorities. The rest is just sand."

One of the students raised her hand and asked what the tea represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem there's always room for a couple of cups of tea with a friend."

From My House to Yours Secretary

Spring is only a few days away, but winter is still with us with a vengeance. Tons of snow covers the ground. The wind is raging everyday, so ground drifting is horrendous, making ice everywhere. Roads and streets are disastrous. Many people are involved in accidents; Pedestrians are slipping, falling and breaking bones. Hospitals are full according to news forecasts.

In the meantime 26,000 people are on the waiting lists, to get into hospitals, in the province of Saskatchewan alone. Is the answer for this Medicare problem, a parallel, private health care system? My answer to this question is "No". I am interested in knowing what seniors of Canada think about the suggestion that private care is the cure for the problem.

I read an article the other day, which gave 6 reasons why private care is not the cure. I will list these as I agree with each one.

1. Wait time in the public system will get even longer.
2. Quality of care will go down.
3. Health care costs will go up.
4. Business costs will go up.
5. American medical corporations will invade the Canadian health care system.
6. Basic Canadian values will be undercut.

The senior population is increasing across our country and seniors will be using the system. We should be encouraging our government to renovate the systems using the basic principles that created the Medicare system. No way should wealth ever determine our health.

It would be nice to hear from seniors about this issue.

Have a great Easter everyone.

Respectfully submitted by:

Fern from Saskatchewan

Now I lay me down to sleep
I pray the Lord My shape to keep
Please no wrinkles Please no bags
And please lift my butt Before it sags.
Please no age spots Please no gray
And as for my belly, Please take it away.
Please keep me healthy Please keep me young,
And thank you Dear Lord For all you've done.

A Message from Judith A. Muzzi

March 2006

In 2005, a National Seniors' Secretariat was established. It will be instrumental in building a comprehensive action plan to prepare the government, and Canadian society, for the rapid increase in the number of seniors that will start with the retirement of the baby boom generation beginning in 2011.

The USCO is very interested in continuing to present the senior point of view and our concerns, thereby influencing any decisions made or initiatives undertaken for older adults.

The current and projected demographics on seniors strongly reinforce past recommendations that this national secretariat have adequate funding and respect. The USCO is very pleased that a National Secretariat has been formed and trusts that it will flourish.

If your club has a new or relatively new executive, are they aware of the USCO activities? The USCO pursues senior issues on your behalf. Your members need to be cognizant of what government initiatives are being undertaken and how important senior input is.

We have worked cooperatively with all governments for many years for the betterment of seniors. Any of the executive board of the USCO would be pleased to address your club to bring all members up-to-date.

I know I'm repeating myself, but it never ceased to amaze me that some members have no idea what the USCO does for them. If you don't subscribe to *The Voice*, it would be a good idea to do so – it's also helpful to share it.

Recently we elected a new federal government. How are they doing on:

- Incoming security
- Housing
- Health care
- Raising public awareness of senior contributions?

Your comments would be welcome.

Recently I read, "trust is the bedrock of a civilized society" in a quote from RCMP Commissioner Giuliano Zaccardello. We are a trusting generation. We trust the government to do what is best for us. We trust one another. We trust financial institutions and advisors.

But how do we determine who is trustworthy? Is it by past experience or poor experience? I have received comments, calls and mail from members who have been dissatisfied with banks, financial consultants and every level of government. Let's keep those in positions of trust accountable. The United Nations Principles for Older Persons, which is reprinted in this edition of *The Voice*, sets forth clear obligations which governments have a duty to help fulfill. It is the responsibility of government to protect the rights and freedoms of the ageing in our society.

For the most part, government has responded positively and, certainly, seniors in Ontario and Canada are better off now than at any time in our history.

The challenge to seniors is to ensure that these advances continue and improve.

We've been very fortunate in Ontario to have a provincial Seniors' Secretariat staffed by efficient, knowledgeable people. Through the liaison meetings, senior concerns are brought to the attention of the appropriate minister. The secretariat is also very helpful with resources and references. If you require assistance or information, call the Seniors' Infoline:

Toll Free: 1-888-910-1999
Telephone: 416-314-7511
TTY Toll Free: 1-888-387-5559

There have been two letters with accompanying data that refer to lottery licensing and to macular degeneration sent to the proper ministry on the behalf of seniors. I am anticipating answers in the near future and they will be printed in *The Voice*.

National Pensioners and Senior Citizens Federation Makes Recommendations to the Standing Committee on Finance.

One of the recommendations presented to the Standing Committee on Finance, by NPSCF, for budget allocations covered the following topic:

Grants for the Development of Strong Senior's Organizations

The previous Prime Minister talked about the Democratic Deficit, and we agree with him. However no place is the democratic deficit greater than among seniors', when it comes to public policy input. Businesses have their strong organizations to provide policy input. Trade Unions have their strong organizations, the students, the environmentalists, etc., each with large organizational budgets in the millions, which allows them the resources for research, publications, conventions and representation, all the things necessary for democratic input. When it comes to our seniors' organizations we are lucky if we can scrape together enough money to put out a newsletters every three month, cover the expenses of two yearly executive meetings and one national delegated meeting.

In the past, most seniors' organizations major task was to work with and for seniors to improve recreational, social and economic opportunities for retirees. Most of us viewed government as fair and balanced. Seniors were respected and viewed as members of society who had made their contribution to society, and were entitled to a carefree retirement. We believe that public policy has changed as governments grapple with changing demographics and neo-liberals think tanks and their constituency pressure government to downsize privatize and deregulate. Seniors' are now a ready target of public program cutbacks. In some provinces public policy towards seniors is no long neutral or benevolent but outright alarming. It has forced seniors' organizations to engage in public protest and advocacy on behalf of the members in order to have input into public policy.

While the NPSCF clearly understands that public grants cannot be used for partisan politics, we belief that public grants must be made available to seniors organizations so that we can effectively contribute to public policy through research, policy formation and presentations. Last winter when we discussed this issue with appropriate Minister and Opposition members we received support and encouragement for our request for organizational grants. The Minister however pointed out that there were no budgetary allocations for such grants. Therefore we ask the Committee to recommend that sufficient funds be allocated so that seniors' organizations like the NPSCF can fulfill their responsibilities of providing effective public policy input.

Submitted by:

Art Field - President

Art Kube - 1st Vice President

February 2006

New Study Shows Generic Drug Prices in Canada and the United States are the Same

Canadian and US prices for generic prescription drugs are, on average, the same, according to the most recent and comprehensive study ever undertaken on prices of generic drugs in Canada and the United States.

The report, Retail price comparisons of Generic Drugs in Canada vs. US: A Comprehensive Study by Professor Joseph D'Cruz of the Rotman School of Management at the University of Toronto, examined 207 active ingredients common to both Canada and the US, representing every comparable drug product common to both countries. The generic pharmaceutical products examined had more than \$1.3 billion in sales in Canada in 2005, representing 56% of the Canadian generic pharmaceutical market.

The results of the study clearly indicate that:

- In the years 2000 and 2001, US prices were 38 per cent higher, on average, than those in Canada
- During the years 2002 and 2003, average US prices fell below those in Canada ranging from one to six per cent lower
- Over the past two years, 2004 and 2005, there has been parity in generic drug prices in Canada and the US

The data was obtained from IMS health, the world's leading source for prescription drug sales information, for the six years ending in June 2005. The study is the broadest-based analysis possible of generic drug prices in Canada and the US, and the data is the most recent ever used in such a comparison.

Professor D'Cruz said the results of today's report have major implications for Canadian policy makers: "Politicians, governments, private insurers and consumers can now be assured that, on average, Canadian prices for generic drugs are just as good as prices in the US.

This study will provide policy makers with a clear understanding of pricing in the market they are regulating. The Patented Medicine Prices Review Board (PMPRB), which has been asked by Canada's health ministers to compare international prices of non-patented drugs, should examine the methodology used to conduct this study, as it is the most rigorous and comprehensive ever employed."

The report notes there are several previous studies comparing prices of generic drugs in Canada and the US. These studies vary in terms of the data used, the time period covered, the analytical and statistical methodologies used, as well as the underlying assumptions.

"As a result of these differences in overall approach, the conclusions vary significantly from one study to the next. It is therefore difficult to draw conclusions about the overall relative price of generic prescription drugs in Canada and the US based on past duties."

Said Professor D'Cruz. "The methodology for this study is broader in terms of scope and the percentage of the market covered. It is also far more careful in the sense of making the price comparison at the most precise level possible."

The team from the Rotman School led by Professor D'Cruz compared prices for every generic medication in Canada and the US only when five characteristics of the drug in question could be matched in Canada and the US: the active ingredient, the dosage form (e.g. capsule, tablet, injectable), unit by which strength is measured (e.g. mg, ml), strength, and pack size.

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“We show that studies that do not match based on all of these characteristics result in comparisons that are misleading,” said D’Cruz.

The study received a grant from the Canadian Generic Pharmaceutical Association (CGPA), which represents Canada’s generic drug industry – a dynamic group of companies that specialize in the production of high quality, affordable generic drugs and fine chemicals and in conducting the clinical trials required for government approval of generic drugs. The industry plays an important role in controlling health-care costs. In Canada generic pharmaceuticals are dispensed to fill more than 43% of all prescriptions yet account for only 17% of the \$16-billion spent annually on prescription drugs.

For a full copy of the report, visit www.canadiangenerics.ca

In April, Maya Angelou was interviewed by Oprah on her 70+ birthday. Oprah asked her what she thought of growing older. And, there on television she said it was “exciting,” Regarding body changes, she said there were many, occurring every day...like her breasts. They seem to be in a race to see which will reach her waist, first. The audience laughed so hard they cried. She is such a simple and honest woman, with so much wisdom in her words! Maya Angelou said this:

“I’ve learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.”

“I’ve learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.”

“I’ve learned that regardless of your relationship with your parents, you’ll miss them when they’re gone from your life.”

“I’ve learned that making a “living” is not the same thing as “making a life.”

“I’ve learned that life sometimes gives you a second chance.”

“I’ve learned that you shouldn’t go through life with a catcher’s mitt on both hands; you need to be able to throw some things back.”

“I’ve learned that whenever I decide something with an open heart, I usually make the right decision.”

“I’ve learned that even when I have pains, I don’t have to be one.”

“I’ve learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.”

“I’ve learned that I still have a lot to learn.”

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”