

National Pensioners and  
Senior Citizens Federation



La fédération nationale des  
retraités et des citoyens âgés

Fall 2013

# NEWSLETTER

Volume 12 Issue 3



**Windsor** is the southernmost city in [Canada](#) and is located in [Southwestern Ontario](#) at the western end of the heavily populated [Quebec City–Windsor Corridor](#). It is located in [Essex County](#) although [administratively separated](#) from the county government. Separated by the [Detroit River](#), Windsor is located south of [Detroit, Michigan](#) in the [United States](#). Windsor is known as "The City of Roses" and residents are known as Windsorites. It is the only city in Canada that looks north to the United States. (Picture is City of Windsor from Detroit)

**See you in Windsor for the 69th NPSCF Convention**

# THE NATIONAL PENSIONERS AND SENIOR CITIZENS FEDERATION INCORPORATED

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**Deadline for NPSCF Newsletter**

**submissions is December 1, 2013**

### To the Readers

**Editorial Board** - Herb John & Pat Brady

***All editorial matter published in this NPSCF newsletter represents the views and opinions of the authors and not necessarily those of the NPSCF or the publication's editor. Statements and opinions expressed do not represent the official policy of NPSCF unless so stated.***

Have you got an article you would like to submit for consideration?

Please send your articles to the publication's editor, Jean Simpson [npscnews@gmail.com](mailto:npscnews@gmail.com)

Printed at CAW Regional Office, 140 Pine Valley Blvd., London ON



### Greetings from your NPSCF Executive Board

We hope everyone is finding time to enjoy the summer months and spend time with family and friends. Unusual weather across the country is what meteorologists are calling the new normal. These trends will continue until we take serious steps in changing our National policies, legislation and personal habits and behavior.

Our National Annual convention is coming fast and preparations are well under way. The name change proposal to National Pensioners which we had reported in our last newsletter does not have a French translation so the revised proposal is National Pensioners Federation which translates as Fédération Nationale Des Retraités.

We must deal with the transition to the new legislation; Canada Not-for-profit Corporations Act. At convention we need approval of a special resolution to comply with the transition. Once we have the approval we will file the appropriate forms and once the government approves the application we will have one year to have approved by law changes submitted to the government. This one year will allow us the time to discuss required and desired changes and present them to our 2014 convention for approval. Once the bylaws/constitution are approved there they will be submitted to the government and the process will be complete. ■

Confirmed speakers at this time are Windsor Mayor; Eddie Francis, CAW (Unifor) Economist; Jim Stanford, Canadian Health Coalition National Coordinator; Michael McBane and Health Council of Canada Policy Lead; Shilpa Majumder.

Along with our regular rotation of elections we will have to have an additional election for a member at large. I want to thank Paul Boisvert for his contributions and intelligent perspectives on issues facing seniors today. Wishing Paul and his family all the best in the future.

We have set up a monthly executive board conference call with quarterly invitations to Provincial leadership. This will provide a more comprehensive way to communicate and share information across the country. We are also looking at other ways to improve communication such as a broader distribution of our newsletter and better use of the website.

Soon there will be a spot on the website Home Page [www.npscf.org](http://www.npscf.org) for registration of people who would like to receive information.

June 4 - 6; I attended the Saskatchewan Seniors Association Incorporated annual convention. President Len Fallows, the executive board and the delegates were extremely pleasant and accommodating. I had a wonderful time attending and speaking at the convention. It was very

... continued from the President

informative to hear what the issues are in Saskatchewan. Thanks to Len for being such a good host and congratulations to Sheila Righi for her election as the new president. (Len decided not to run this time). I had a good discussion with a representative from Saskatchewan Seniors Mechanism which is another seniors organization doing a good job for seniors in Saskatchewan.

On July 24 & 25 I attended the Ontario Health Coalition shadow summit in Niagara on the Lake where the provincial Premiers were meeting to discuss issues such as health transfer payments from the federal government. If a new agreement which includes at least the same level of funding from the federal government is not reached then \$36 billion in transfer payments to the provinces will be lost. Without this income the provinces will not be able to provide the same level of health care in each province and privatization will arrive as a knight in shining armour but will really be a wolf in sheep's clothing. It should be disconcerting that there was not a strong statement from the Council of the Federation about the future of the Health Accord. It was good news that there was agreement to put CPP reform back on the agenda with the federal government.

On August 12 & 13 I was invited to speak at the United Senior Citizens of Ontario. This was their 55th anniversary. President Bernard Jordaan and the executive organized a well run convention which dealt with 83 resolutions.

The fundamental issues facing seniors in each province I visited are similar. Health care, home care, housing, pharmacare, income security and cost of living are all issues which needs to be addressed equally with federal leadership, legislation, policies and funding.

See you in Windsor at our Convention.

**Herb John, President**

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21 ACTIVE YEARS  
1991 – 2012

SOUTHWEST MARGAREE  
SENIOR CITIZENS CLUB



### “Enemies” of the State

This summer's federal government cabinet shuffle has come and gone. No more F-35 fibs from Minister Mackay. He has been moved from Defence to Justice. We still have Minister Flaherty at Finance so seniors can keep their expectations very low. Our children will witness no meaningful public policy for retirement security as Flaherty plays head waiter for the bankers and their ever hopeless schemes. And we still have our

<mostly> out of sight, and definitely out of public speaking, our own Minister of State for Seniors, Minister Alice Wong. She still has no budget in existence, so little has changed for Canada's seniors. Nor will it.

Advocacy organizations are now sorted by staff briefing notes for the realigned cabinet ministers. There are friends of the government lists and enemies lists. This is not unique to seniors organizations. Environment, trade, aboriginal, defence, disabled, lawyers, public policy and, yes even seniors organizations are all branded as “enemies” of the government if they advocate any measures that do not enjoy support within current neoconservative beliefs. Facts are not welcome if they undermine or ridicule Conservative initiatives. Ministers prefer a fact-free zone and remembering to utter the talking points that are thrown their way from the Prime Minister's office.

There was a time not long ago that federal governments listened to all reasoned input before proceeding with decisions on priorities. Meaningful consultations were the order of the day. Not now. This government has no National Housing Strategy, unlike other industrialized nations. Health care leadership is officially non-existent as the feds have decided to unilaterally set the next 10 year health accord as a transfer of dollars only, no conditions attached; not even home care, dental care, pharmacare, or a host of other issues crying out for attention. Poverty amongst seniors, or anyone else, is a topic that the government has no time for dialogue, much less action.

So the days of representing all Canadians is confined to the trash bins of history in the mindset of the Harper government. No wonder they have sunk to their bedrock levels of support in recent polls. Only a die-hard Tory can be blind to the mean-spirited habits of their leaders. I'm sure that others will mention the Senate, but you will witness no admission of responsibility from the Prime Minister for his lack of judgement in his decisions to appoint Senators Duffy, Wallin and Brazeau. This is clearly a government that has lost its moral compass.

So, without having access to Minister Wong's enemies list, we can safely advise our dear readers that our beloved Federation is on it. All of our policies that we have advocated on behalf of pensioners everywhere have ended up in her re-cycle box. No action whatsoever. She declined to attend our last Convention even though it was in her home riding of Richmond B.C. She has so far indicated that she will not attend our Convention in Windsor later in September. Bottom line: she does not have any intention of meaningful progress on the many items in our annual brief. Best not to give the “enemies” any priority at all. We are now enemies of this regime. **Can't wait for the next election!!**



... continued Past President

Please note: At deadline (Aug. 15th) for this article, we have received no feedback from our June newsletter writing that I did on Resolution 12: Organizing for Change. Therefore there will be no revised version prepared for circulation in this last issue prior to our September Convention.

**Barry Thorsteinson, Past President**

**Be Thankful**

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something,  
for it gives you the opportunity to learn.

Be thankful for the difficult times.  
During those times you grow.

Be thankful for your limitations,  
because they give you opportunities for improvement.

Be thankful for each new challenge,  
because it will build your strength and character.

Be thankful for your mistakes.  
They will teach you valuable lessons.

Be thankful when you're tired and weary,  
because it means you've made a difference.

It's easy to be thankful for the good things.  
A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles, and they can become your blessings.

**LOOKING FOR MONEY? DID YOU EVER WORK THE UK?**

**You may be eligible for the British State Pension**

**Contact this not-for-profit group for details**

**Canadian Alliance of British Pensioners**

**416-253-6402 or 1-888-591-3964**

**Help us fight for Pension Parity**

**info@britishpensions.com**

**[www.britishpensions.com](http://www.britishpensions.com)**

National Pensioners and  
Senior Citizens Federation



La fédération nationale des  
retraités et des citoyens âgés

## 69th Annual NPSCF Convention

**Where:** Windsor, Ontario

**When:** September 25-27

**Venue:** Caesars Windsor, 377 Riverside Drive East

Hotel reservations (800) 991-8888 Ask for NPSCF block of rooms and use Group Code **CCA0929**. Room rate: \$110.00 plus tax. Hotel registration deadline is September 9.

**Registration fee is \$100 for each delegate and visitor.**

**Pre-registration cut-off date is September 9**

**Registration** Wednesday afternoon, 1:30 p.m. to 4:30 p.m., September 25 with final registration Thursday, September 26, 8:00 a.m. to 8:30 a.m.

**Meet and Greet:** Wednesday evening, September 25 at 7 p.m. in Caesars.

The Convention commences at 9 a.m. on Thursday, September 26 and ends Friday afternoon, September 27. A banquet is scheduled for the evening of Friday, September 27. There will be a band performing at both the “meet and greet” and the banquet – the costs for the band will be covered by Green Shield Canada.

**Registration forms** will be mailed, in this Newsletter and on the NPSCF website.

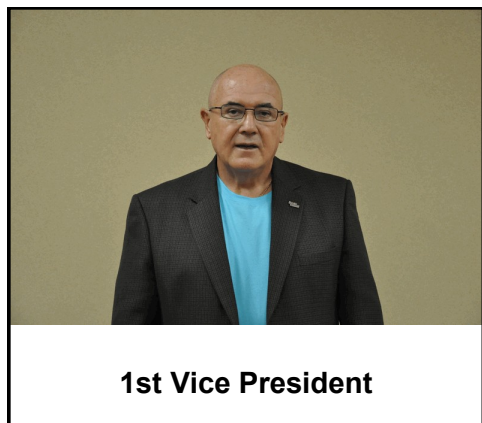
Please check the website for additional details [www.npscfc.org](http://www.npscfc.org)

**Resolutions to Convention:** Deadline for receipt of resolutions is August 1.

Submit resolutions to the NPSCF Secretary (Pat Brady) via email

[patbrady@uniserve.com](mailto:patbrady@uniserve.com)

or regular mail 27681 – 56 Avenue, Abbotsford, BC V4X 1J9



**1st Vice President**

## Canadian Seniors

Greetings; I have very little to report at this time other than the fact like many of you I have been enjoying spending time up at our trailer in the Kawartha Lakes district at Buckhorn lake pursuing some of my hobbies, growing some excellent tomatoes, playing a little golf, making and carving walking sticks and hiking staffs, playing my guitars, reading novels and cooking on the BBQ. I mustn't forget enjoying a few drinks, in short enjoying some of the things many seniors look forward to in retirement.

I think there are enough political scandal and certainly enough written about the ongoing Senate shenanigans to embarrass the Government and most Canadians, my personal opinion is that we should abolish the senate since they are really only politically appointed serving the current ruling party, and have become nothing but a drain on the tax payers of Canada. I think the money they cost could be better spent on the poorest of our seniors who still live below the poverty line. You know the more I think about the downright dishonesty of some senators I believe they deserve to be prosecuted instead of being given the chance to make good on their so called "Mistakes". Oh well I guess that is why I am not a judge.

Back to business; On June 12<sup>th</sup>, along with our president Herb John, I met with the other members of Service Canada Seniors Advisory Committee in Toronto. The object of this group is to discuss with Service Canada officials problems seniors have activating or tapping in on the many programs available to them through Service Canada, and to perhaps suggest easier ways to reach seniors, also to learn about any and all new programs or modifications. The members of the committee and Government officials all welcomed Herb and suggested he attend again.

There are 13 names of leaders from various organizations representing seniors sitting on this committee. We meet twice yearly, we discuss and share information about our respective organizations and give reports on our activities. Our next meeting is tentatively Nov. 20<sup>th</sup>. We were given the grand tour of the new facilities and taken to the centre where all the service representatives are schooled and given instructions on how to deal with enquires from the public. We spent some time with instructing officers and were shown the layout of the internet information available to the public regarding their services.

The big issue coming up for many is the Funding from the New Horizons. This is of course a Service Canada program issuing funds up to \$25,000 to help with the many programs conducted by the various groups for and with seniors. I had mentioned prior to this that I have the privilege to sit on the New Horizons Committee of seniors in fact I chaired this committee last year and look forward to taking part again in the process of reviewing the hundreds of applications requesting funds, and for the most part receiving funds to the tune of over \$12 million dollars last year. I am scheduled to meet with this committee on October 28<sup>th</sup> and process applications through November 1<sup>st</sup>.

I am looking forward to our convention in the City of Windsor where I spent many weeks and months away from home during my working years preparing for negotiations with Chrysler. I owe much to my Windsor colleagues and friends from Chrysler (CAW Local 444) who taught me the art of negotiations and how to become a leader. I believe I learned from some of the finest leaders this country has produced, the late Kenny Gerrard and Larry Bauer; and Buzz Hargrove, Ken Lewenza, and many more who like me enjoyed the company of these Brothers.

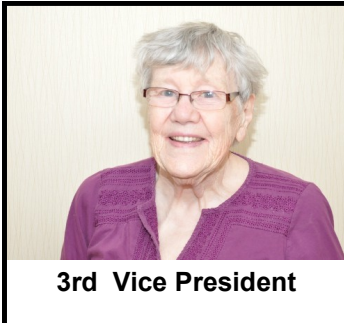


... continued from 1st Vice President

Plus, many more who came up from the ranks of this remarkable Local. Many of these Brothers are still going strong and actively playing a leadership role within the province or community of Windsor Essex County (example - Gary Parent and Rick Reaume).

I want to add my gratitude to those who planned to host our convention in this fair city of Windsor who took a lot of time and effort to put this together especially Peter Pellerito who diligently pursued this issue and his committee who made it happen congratulations and thank you one and all.

**John Gatens, 1st Vice President**



**3rd Vice President**

### It is our Future

As I start writing this report it is a sunny, very warm day. The gardens are thriving and all seems well. That's fine, until I open the newspaper. There is news of young people dying in auto accidents. Government is trying to get a number on how many senior-citizen street-people are veterans, they are checking on the truthfulness of cost of living financial reports of our MLAs and Senators.

I do remember believing that all people who went into office to serve their province or nation were "above reproach". Not so much anymore, although I like to believe most are still honest. As far as the auto accidents, let us not be too quick to judge what the young people do. Surely they do not get into a car seeking to have an accident occur and be injured, or have their buddies injured or worse.

Now . . . about these veterans. What have we come to, that we are not caring for the veterans? They cared for us when they went into whatever conflict they were engaged in! I am sure there are those who may like the "care-free life". I really cannot imagine it, especially in the winter months of Canada!

We are still hearing horror stories of senior citizens, in nursing homes being abused, often by other seniors who are patients in the same home. Many patients have some form of dementia and are in no way responsible for their actions. We have great computers, i-phones, cars that back themselves into a parking space, even put a man on the moon! Do you think, as I do, that, just maybe, we should spend more time and money on solving the problems of basic living?

August is almost over and the annual meeting, "THE CONVENTION" is only a bit more than a month away. The first one I attended was in 1992, and I believe I was in PEI. I expected to be bored to death! When it was over I knew this would be a big part of my life, if at all possible. I believe I have missed three over the years. I have made friends from across Canada, all within my age group. Some are younger and some older, but ALL Senior Citizens.

I hope we have a lot of resolutions this year. You know a resolution can be based on any need for improvement, or a needed change in a requirement, as long as it is for the betterment of life for senior citizens. Keep in mind, if this need or change involves a provincial matter, then the resolution should be submitted to your Provincial Federation. We present ours to members of Parliament concerned with Senior Citizens. As an afterthought! There is "talk" afoot of elections being possible. If any do occur in your area, please vote! It is really a privilege. We are so fortunate to be in this beautiful, wonderful country, and yet we are free to find fault with it, or the leaders. There are very few countries, today, where one can do that.

**Mary Fleck, 3rd Vice President**



**2nd Vice-President**

### **Welcome to Saskatchewan!!**

We are the centre and the pivot of the three prairie provinces in Canada and the world. We are relatively young province, having joined Confederation in 1905.

If you think we are a dull dreary dry land, look further. Of our 251,700 square miles we include 31,518 square miles of water surface in 100,000 fresh water identifiable lakes.

Our vast farming represents only one half of our province.

Each square mile is a section of farm land enclosed by 4 miles of roadway - therefore Saskatchewan has 112,000 miles of road, one third of all Canada's roads, more roads than any other province.

Our highest altitude of 4,567 feet is in the scenic wonder of rounded cobble stones in the south west Cypress Hills - the lowest water ways is Lake Athabasca at 679 feet above sea level with some lake are at about 200 feet.

We share the Canadian shield with uranium, copper, gold, zinc and precious metals. Diamonds are being prospected in Fort a la Corne where explorer Anthony Hendy first farmed in the 1700s. All this plus Saskatchewan potash reserves, a key ingredient in fertilizer plus substantial reserves of oil and natural gas to heat our buildings and move our transport.

Half our province is forested. 3mighty rivers were the early fur traders routes of early explorers. The South Saskatchewan river from the southern Rockies. The North Saskatchewan through Edmonton, North Battleford and Prince Albert.

The Churchill river in the north near Lac la Ronge, all places of early settlement. And Saskatchewan oldest building, The Holy Trinity Anglican Church at Stanley Mission. The stained glass/the hard wood all brought from Britain by water.

For our scrumptious banquet, we hope to introduce you to our tradition Saskatchewan fowl supper. A succulent turkey and real cranberry sauce, cabbage rolls, perogies, and sour cream and finish with our own Saskatoon berry pie.

When the 1986 world exposition took place in Vancouver's inner harbour, Saskatchewan wowed world visitors with its' Saskatoon berry pie presented in its tall grain elevator shaped venue - it was the rave of the food court.

A lady from Turkey who brought a ship load of jewellery and mid east famous leather goods from her ship anchored in the harbour for a 6 month Expo; remembered the food 25 years later - so impressed she took a trip to Regina to savour more of our food when Expo ended. That great taste will be on our banquet tables. Now Saskatchewan grows and supplies enormous amounts of lentils, dried peas, mustard and canola to Turkey and other mid east Mediterranean countries. Our food for people of the world expands.

**Sheila Righi, 2nd Vice President**

***Seniors are an Asset not a Burden to Society***



**From The Desk Of  
The Treasurer**

### Health Issues

It's been a very busy year, trying to keep up with our many commitments to family, friends and the many organizations that we activists are involved with. Like all of you we attend conventions, demonstrations, town hall meetings, phone our MP and make our local municipal representative address us by our first names.

This year has been somewhat different than others however.

In May I went for my regular physical checkup and came away with a pretty good assurance that I was healthy.

However my Doctor wanted me to take Lipitor for preventative reasons even though I didn't have a cholesterol problem.

I suggested that I was active and watched my diet, (at times) but he said that he felt that it would be best to take the medication considering my family history and he would monitor me for any side effects. So pill popping began!

About three to four weeks later, I felt weakness in my left arm. As the days went on I couldn't hold my arm over my head and the pain was increasing. I couldn't recall having hurt it in anyway.

The pain was so intense I went back to the doctor and told him that I was aware that a side effect of Lipitor is weakness and pain in muscles. Needless to say I asked to be taken off Lipitor and he didn't hesitate and agreed with me. He sent me for an X-Ray and ultrasound and gave me a prescription for Meloxicam to ease the pain.

The X-Ray and ultrasound were positive with nothing abnormal.

He gave me a requisition for physiotherapy as well.

I started on the Meloxicam and waited for my physiotherapy to begin.

Knowing what I do about taking medications, I scolded myself for not looking more closely at the side effects of the drug; it's almost identical to Celebrex which was the cause of many heart attacks.

When I did my research, I immediately stopped taking the drug for pain.

With the physiotherapy and no drugs, I'm progressing to the point where the pain is almost negligible.

For those of you that don't know what physiotherapy is; it's treatment prescribed by a physiotherapist for pain, disease and injury without surgical or radiological measures. It could include massage, exercise, applied heat, ultrasound electrotherapy and short wave diathermy. (That's right from the medical dictionary).

Most of the people being treated from what I could see were/are seniors. I certainly don't have to tell any of you the effects of arthritis, rheumatism, the aging of our musculoskeletal structures and the pain we deal with every day.

At my first appointment, I was told that after August 1, 2013, physiotherapy for seniors would be delisted from OHIP. **You have to ask yourself ... WHY!**

... continued from the Treasurer

This is going to have a huge financial impact on the clinics, force the layoff of about 2,000 employees and leave thousands of patients – mostly seniors – without the care that makes their day to day life more bearable.

How could the government delist this therapy that is so beneficial? It decreases pain, decreases inflammation, promotes tissue healing and regeneration and restores optimal nerve and muscle function. Fortunately for many the physiotherapy clinics are asking the courts to stop OHIP from delisting this beneficial therapy.

Do we need their services? Without a doubt the answer is yes. Why then do we see ourselves in this province (Ontario) looking at massive cuts in health care and physiotherapy.

The province apparently has new plans to provide physiotherapy services to seniors in long-term care facilities and in their homes. However where does that put those of us that are seniors, not in long-term care facilities and would not be deemed to require the physiotherapy in their homes?

No less important is the fact that most of the therapists are young, just starting out in life, families to care for and mortgages to pay.

My pain is now controlled without medication, the therapy has worked wonders. I'm sure that because of my union benefits that I'll still have coverage for physiotherapy, but what about those that don't have this security blanket? Must they suffer?

On July 25<sup>th</sup> a mass rally was held in Niagara-On-The-Lake. What was the reason for this demonstration? As strong supporters of public health care, Ontarians and Canadians are deeply concerned that the federal government appears to have no intention of engaging the provincial and territorial governments to secure a new 10-year Health Accord. ■

Public health care is about the fundamental values of equity and fairness. It must protect and improve the health care system and that objective should be the priority. Unfortunately the federal government is backing away from supporting and upholding Medicare.

In December 2011, it announced plans to cut \$36 billion from federal money transfers to the provinces for health care after the Health Accord expires. Its intention is to leave it to the provinces and territories to deal with on their own. This is not what the founder of our Canadian Public Health Care System Tommy Douglas had in mind and it's not what Canadians want happening to our much valued Health Care.

It has to be up to us to expect no less than what Tommy Douglas gave us and we must call the Harper government back to the intergovernmental table in order to work together with the provinces and territories for the necessary changes to ensure universal access to quality care for generations to come.

The lack of federal leadership and the absence of a plan for the future of health care leave us vulnerable.

***Are Canadians angry? Yes we are! Can we turn this ship around?***

***Yes, but we have to send a very clear message to the Federal Government, don't mess with our Health Care and we must demand a renewed Health Accord!***

See you in Windsor and enjoy the rest of the summer.

**Sandy Carricato, Treasurer**

## NATIONAL PENSIONERS AND SENIOR CITIZENS FEDERATION INC (NPSCF)

The NPSCF financial year is from January 1<sup>st</sup> through December 31<sup>st</sup> (the calendar year). Club and Group dues are to be paid each year in January and are based on the listing below.

Please complete this Submission Form (Club/Group address and contact) and submit your dues as early as possible.

<b>Annual Club/Group membership dues:</b>	<b>Select</b>	<b>( )</b>
Club/Group under 100 members	\$35	( )
Club/Group from 100 to 500 members	\$50	( )
Club/Group from 501 to 1,000 members	\$75	( )
Club/Group with over 1,000 members	\$250	( )
Donations would be gratefully accepted.	_____	( )

The NPSCF depends on your financial support in order to continue  
and expand our advocacy efforts.

### **TOGETHER SENIORS CAN MAKE A DIFFERENCE!**

Should you have any questions or concerns, please feel free  
to call or write the Treasurer.

Thank you

continued on next page

**Please print all information clearly and submit  
with your payment directly to:**

**Sandy Carricato  
NPSCF Treasurer  
2389 Head Rd  
Port Perry ON L9L 1B4**

**Phone: 905 985 8170  
Email: sandy.carricato@gmail.com**

**We need this information in order to keep our records up to date.  
The names and phone numbers of your executive board members  
would also be appreciated. On occasion this information is helpful.**

CLUB # CLUB NAME

CONTACT ADDRESS

PROV POSTAL CODE

PHONE NUMBER

**Individual/Family membership is \$25/\$35 respectively and  
application/payment may be submitted on this form**

If you have any questions please feel free to write or call the TREASURER

**THANK YOU FOR YOUR ATTENTION TO THIS ISSUE**



## Donations

From the desk of the Treasurer

In the fall of 2013, we will be having our annual convention in Windsor, Ontario.

As the elected Treasurer for the National Pensioners and Senior Citizens Federation, part of my duties is the raising of funds for this occasion. The convention is always a drain on our finances and we depend on the clubs/members for their generosity to offset the costs of this major event.

We would appreciate and thank you for any contribution you can make.

Please fill out the form below and send your cheque to the following:

**Sandra Carricato**  
**Treasurer,**  
**National Pensioners and Senior Citizens Federation**  
**2389 Head Road**  
**Port Perry, ON L9L 1B4**

----- (Please cut along line) -----

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<b>Name of club or Member</b>	<b>Donation \$</b>
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**Address**

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<b>City</b>	<b>Province</b>	<b>Postal Code</b>
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*Feel free to contact me by phone at (905) 985-8170 or email me at [sandy.carricato@gmail.com](mailto:sandy.carricato@gmail.com) with any questions or concerns that you may have.*

*I look forward to hearing from clubs/members*



### PEI

Summer in PEI is an exciting place to live especially in a harbour (North lake) and during the summer season. The picture of me demonstrating one of my hobbies cooking and entertaining family and friends.

This is in between many meetings AGM's across Canada and being a strong voice for seniors.

This abundance of lobster is not all great news. This season the fishermen experienced very serious market conditions that have resulted in low shore prices for lobster.

Many of you have heard me express the real story of this beautiful Island. We are the smallest, the poorest paid, and pay higher taxes than the rest of Canada and the population has declined due to the lack of employment and our young men and women have to move to the west for work but do return for lobster season.

The province had to re-open the loan program for fishermen, low interest loans are now available on debts due to the poor prices for lobster this year.

This program will prevent more people from going into poverty, which was one of our issues brought to the attention of our Federal Government in February 2013 when we were in Ottawa as an executive.

### **Strength in Communities working together**

The attached article from the "Islandwide PULSE" describes how a very-strong community group formed the Islandwide Rural access. This coalition of rural and urban communities across PEI is dedicated to promoting and understanding the need for hospital access. They believe closer access results in safer and better care.

I am very honoured to have been invited to be a member of this group representing Seniors as a National president of CPC and Executive of NPSCF. The PEI provincial Government presented a proposal to withdraw rural hospital services and close rural hospitals. Many demonstrations have taken place with the result of saving the hospital services in Eastern Kings. This is an excellent example of a whole community along with the support of three Doctors working together to save Hospital services.

I am looking forward to seeing many of you at the Convention in Windsor, Ontario.

### **Islandwide Pulse Newsletter - "Keeping care close to home"**

The best and most cost effective care happens close to home.

That simple belief is the major reason why this publication has found its way into your mailbox. The current provincial government is now in the mist of implementing the most fundamental change in the health care system in decades. Since change has been a constant companion for anybody who works in, or has used, the health care system for about the past three decades (that definition includes pretty much every Islander), that is really saying a mouthful.

While the impact will be felt by every Islander, it will hit those who live in rural areas hard. Hospitals that

**...continued Member at Large**

have a long and proud tradition of serving their communities are seeing their role severely diminished.

The issue has galvanized and united rural Islanders in a way seldom seen before. It has led to the creation of Islandwide Hospital Access - a coalition of both rural and urban Islanders dedicated to preserving and building on the legacy of care Island hospitals provide.

Under the government's new plan, the Queen Elizabeth and Prince County Hospitals will be the only emergency rooms staffed on a 24-hour basis by a full team of medical professionals. The emergency room at Western Hospital in Alberton will be staffed overnight by what the government calls "non-physician health professionals" - nurses and paramedics. The Kings County Memorial Hospital will see its emergency room continue to close at 10 pm.

Community Hospitals in O'Leary and Souris Hospital will become extended-care facilities (essentially for patients who require little medical care but are not yet ready to return home) while Stewart Memorial Hospital in Tyne Valley is no longer a hospital and is now a long term care facility, making it a manor in everything but name only (**First time hospital closed on PEI**)

The coalition realizes Queen Elizabeth and Prince County Hospitals have a provincial designation and provide a higher level of acute care service than the five smaller community hospitals. However, the coalition strongly believes some level of primary acute care should be provided at every Island hospital.

The coalition reminds Premier Ghiz that his current actions fly in the face of comments he made as opposition leader where there was a debate on the future of the emergency room at Stewart Memorial Hospital. Back then, he was a defender of small rural hospitals.

The cost of operating the five rural hospitals is \$22 million - less than five percent of the total health budget, providing Islanders with good value for money.

Helping Rural Islanders remain in their regions is an important part of ensuring the fabric of rural Prince Edward Island remains strong.

The coalition offers the experience of Saskatchewan as a model PEI could follow. After scrapping a centralized system of super hospitals, that province has developed a system of satellite hospitals. The coalition is suggesting the same formula be used here, with new hospitals to serve the Cornwall-Crapaud area, and Rustico-North Shore-Hunter River. As well, we believe PEI should follow the Saskatchewan model by building up a pool of doctors that would do short term or "locum" assignments in rural areas.

Centralizing services will mean an aging population will lose their connection with the rural communities they call home. The coalition is convinced it will also be more expensive - a cost Island taxpayers can ill afford.

The coalition also points out ambulance response times on PEI are far longer than the other Maritime Provinces.

As well, the service level is not the same for every Islander - for instance, there are only three ambulances stationed in Kings County, despite the fact Islanders all pay the same rate for the service. The Coalition is suggesting the service be publicly owned and operated.

**Submitted by Winnie Fraser-Mackay, Member at Large**

**Don't Plan for Seniors ... Plan with Seniors**



CPC Division AGM in Halifax, N.S. for the community links Seniors Programs.

Pictured right is Anne Corban, Bill Poole and Winnie.



### **Putting Patients at Risk**

The Ontario Health Coalition surveyed more than 50 primary and advance care paramedics about the closure of local Emergency Departments, what it meant for patients and ambulance driver services and whether you can replace local Emergency Department care in an ambulance. Their answers were eye opening. Here are some direct quotes from the paramedics:

"To take a small town hospital away would put a huge hole in the health system, not just for the immediate community, but for the whole province it'll strain the system."

"It denies access to a good portion of the patients we service and it'll put extreme pressure on ambulance services because we're already experiencing offload delays and it'll just increase those offload delays."

"Ultimately this will result in patients dying because they need care from a physician. Ultimately patients will die, without question...and those that survive will have poorer outcomes. The longer patients wait before they have definitive diagnosis and care in an emergency department with physicians, the greater the chance of a permanent deficit as a result of the injury."

"An ambulance is an uncontrolled environment. We don't have diagnostics. A CTAS 1 patient needs blood work, x-ray, that sort of thing. You can't sustain life in a 10 to 12 area. We don't have the drugs that may be needed. We have a handful, but the whole gamut of drugs."

"You're going to require physicians. You can't replace them in an ambulance. That's absurd!"

"We don't have x-rays, chest tubes, advance airway techniques. I can intube someone but if the intubation fails I have no backup adjuncts. You can do a chest needle but if that fails I can't do a chest tube. There is equipment at the hospital. I don't have it and it's just me, one person. It's not the same as a team of people. If you're lucky you might have a team of fire fighters to hand you things, but it's not the same."

"We can't initiate IV therapy, intubation, advanced cardiac life support, and under advanced cardiac life support includes drugs. We can't do manual defibrillation. We can't pace them. There's no blood products. There's no capability for central lines. These are things physicians would be able to do."

**... Putting Patients at Risk continued**

"To say we can provide all the care necessary is an impossibility - we're ER not physicians. There's no way we can put the equipment required in the back of an ambulance. For example, CTAS Level 1 and 2 patients, car accidents. You get a good multi-trauma. That patient need blood work. The need diagnostic procedures to determine the severity of their injuries and the course of action. Sure, you can stack your shelves in an ambulance, but they need blood transfusions and we don't have the blood. If you spread the blood out among all ambulances it would make the shortage of blood worse. Plus, you'd need refrigerator units to keep the blood cool. It's just not feasible."

In the survey, 100% of Paramedics had serious concerns about patient safety, long waits, less access, poorer outcomes or even death as a result of closure of local Emergency Departments. In addition, paramedics pointed to poor weather, closed roads, etc., sometimes making access to hospitals impossible. They feared that emergency department closures will lead to longer wait times, less access to ambulances as they are forced to drive patients further, worse patient outcomes and even increased death rates.

The coalition also found that clinical rationales for the plans to close local emergency departments by LHIN officials and MPPs exhibit a disturbing degree of confusion and misinformation. In some cases, Local Health Integration Board members have claimed that ambulances can "replace" emergency departments without worsening patient outcomes. Politicians - even the past premier (Dalton McGinty) - have used long term "Centres of Excellence" (meant to delineate facilities for highly complex, highly specialized, often less common health care procedures) when talking about regular hospital services such as birthing, inpatient beds or emergency departments that are not highly specialized. For these services, the moniker "centres of excellence" does not apply; for example, there is no such thing as a "centre of excellence" general care emergency department.

In no case where an emergency department is under threat of closure in Ontario have these officials commissioned nor produced any studies projecting the impacts of ER closures on patient outcomes and mortality.



Submitted by Mary Boyd, Chair  
of the PEI Health Coalition

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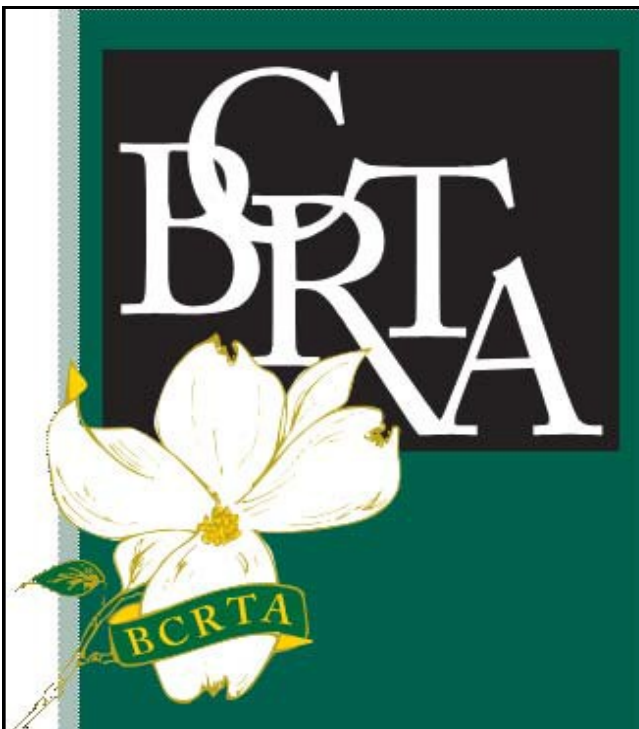
# THE NATIONAL PENSIONERS AND SENIOR CITIZENS FEDERATION INCORPORATED

Website: [www.npscf.org](http://www.npscf.org)  
Toll Free: 1-877-251-7042

## OBJECTIVES

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

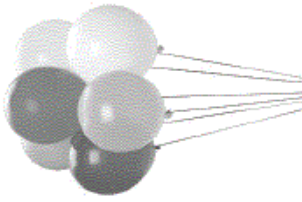
1. To promote and establish and foster Seniors' Centres (called Clubs or Groups) and Regional and Provincial Seniors' groups throughout Canada.
2. To provide education for persons in the retired and senior citizens age group and other individuals interested in aging, and the status and well being of 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 benefits of all persons.
8. To consult with other private and public organizations which offer similar services in order to gather any educational information that will add to knowledge and be of use to seniors and the public.



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