

PRESIDENT'S MESSAGE

SEPTEMBER 2008

MARIE M. SMITH

September! Did we have any summer or did I miss it because of the rain? We are back to work and all the clubs will be starting up again for an exciting new year. There is still time to celebrate our 50th Anniversary. Our 50th Convention was a roaring success. Thank you to all the clubs for your donations to make the party such a fun time. To all clubs for your songs, chants, ideas and Bruce Liddle from Huntsville for a USCO song – a very special thanks. Thanks everyone for coming and making this convention one of the best I've attended in my twenty years. You will be receiving the DVD in the fall mailing plus all the important information. All field reps will also receive the DVD to show when they come to your clubs to speak. It is a very professional DVD done by Jim and Susanne Robarts who did so much for this convention that so many people were in awe of their professional work. We can never thank you two enough.

Joyce Mitchell and her Convention Committee kept everything running like clockwork. Also a very special thanks to them and the 50th Convention Committee lead by Susanne Robarts. The beautiful corsages and boutonnieres were made by the talented Helen Flavell. Thank you Helen. Bev Dougherty, “our right and left hand,” you deserve another star in your crown for your wisdom, help and patience.

London, Ontario has banned plastic water bottles to cut back our recycling at the land fill. I've heard Toronto may be thinking of doing the same. We can all help by cutting out using plastic water bottles.

If you know of a low-income Ontarian who needs help to pay their rent, the Ontario government is investing \$5 million in rent banks. Find out who to contact in your area about Rent Banks and help the low income families stay in their homes. Your local municipality should be able to tell you who to contact.

The government is investing \$741 million in new funding on a comprehensive diabetic strategy over four years. The strategy includes an online registry to enable better self-care by giving patients access to information and educational tools. The registry is set to come online starting in the spring of 2009 and will offer the following:

- ✓ Improving access to insulin pumps and supplies for adults with Type 1 diabetes by funding these services for people over age 18.
- ✓ Expanding chronic kidney disease services, including greater access to dialysis services.
- ✓ Implementing strategies to expand access to bariatric surgery.
- ✓ Educational campaign to prevent diabetes by raising awareness of diabetes risk factors in high risk populations.

Increasing access to team-based care closer to home by mapping the prevalence of diabetes across the province and the location of current diabetes programs in order to align services and address service gaps. Learn more by visiting the Canadian Diabetes Association at 1.888.414.4774 and in Toronto at 416.314.6197.

Do you know the nine reasons why older adults are more likely than younger adults to have adverse drug reactions?

- ✓ Smaller bodies and different body composition.
- ✓ Decreased ability of the liver to process drugs.
- ✓ Decreased ability of the kidneys to remove drugs from the body.
- ✓ Increased sensitivity to many drugs.
- ✓ Decreased ability to maintain blood pressure.
- ✓ Decreased temperature compensations.
- ✓ More likely to have diseases that affect the response to drugs.
- ✓ More likely to take multiple drugs.
- ✓ Inadequate testing of drugs in older adults before approval.

This list is very educational for seniors to realize why they are having difficulty with new drugs.

All Ontarians will be able to bid telemarketers adieu on September 30th by registering on a do-not-call list. If consumers continue to receive non-exempt calls 31 days after they have registered, they can file a complaint with the national do-not-call list operator. Unsolicited calls will continue to be permitted from charities, political parties, pollsters, newspapers seeking subscriptions and companies with which customers have existing business relations. Call 1.866.580.3625 or for the hearing impaired the number is 1.888.362.5889.

Because our seniors are living longer our federal government is committed to supporting low income seniors who choose to work the financial flexibility they desire in retirement. On July 1, 2008, an amendment to the Old Age Security Act came into effect that increased the GIS earnings exemption to \$3500 from \$500. A single pensioner, for example, earning \$3500 or more will now be able to keep up to an additional \$500 in annual GIS benefits. For more information on OAS benefits, call 1.800.277.9914 or visit www.servicecanada.gc.ca.

The third annual World Elder Abuse Awareness Day was held in Ottawa, Ontario on June 15, 2008. At the convention, the Honourable Marjory LeBreton, Leader of the Government in the Senate and Secretary of State (Seniors) announced plans to launch a national awareness campaign on Elder Abuse on October 1st, the International Day of Older Persons. Also, don't forget that October 19th is Ontario Elder Abuse Awareness Day. Plan something for your club - bring in a guest speaker on elder abuse.

Over the past two months there were many educational announcements that I wanted to bring to each club which has made this message quite long. Enjoy the beautiful September weather.

*Enjoy each day
and
God bless.*