



QPARSE News



The newsletter of the Québec Provincial Association of Retired School Educators

Les nouvelles de l'Association du personnel d'enseignement retraité du Québec



www.qparse-apperq.org

WINTER : 2016

IMPORTANT PENSION NEWS

CARRA and RRQ become Retraite Québec

As of 1 January 2016, the Commission administrative des régimes de retraite et d'assurances (CARRA) and the Régie des rentes du Québec (RRQ) will operate as one agency under the name of Retraite Québec, which will become a centre of expertise on retirement. All of the services currently provided by the CARRA and the RRQ will continue to be offered by the new agency. For the moment, contact information remains the same.

If you receive payments from one of these agencies, you will continue to receive your payments on the usual dates and according to the payment method of your choice (by cheque or direct deposit). If you receive benefits from both the CARRA and the RRQ you will continue to receive them in separate payments.

The RRQ has also announced that the cost of living allowance, or indexation rate for benefits, has been established at 1.2% as of January 1, 2016.



Retraite Québec, le regroupement de la CARRA et de la RRQ

À partir du 1er janvier 2016, la Commission administrative des régimes de retraite et d'assurances (CARRA) et la Régie des rentes du Québec (RRQ) seront regroupées en un seul organisme nommé Retraite Québec, qui deviendra un pôle d'expertise en matière de retraite. Tous les services actuels de la CARRA et de la RRQ continueront d'être offerts par ce nouvel organisme. Pour le moment, les coordonnées demeurent les mêmes.

Si vous recevez des paiements de l'un ou l'autre des organismes, vous continuerez de les recevoir aux dates habituelles et selon vos préférences de versement (par chèque ou dépôt direct). De même, si vous recevez des prestations de la CARRA et de la RRQ, vous continuerez d'avoir des versements distincts.

La RRQ a annoncé que le taux d'indexation des prestations au 1er janvier 2016 serait de 1,2%.

Ed Zegray

Upcoming Events:

Tuesday, Feb. 9th 11:00 am
**Seniors' Issues:
Radical Resthomes
Speaker: Janet Torge**

Thursday, Mar. 17th 9:30 am
Cabane à sucre excursion

Wednesday, Apr. 13th 11:00 am
**Investment & Financial
Strategies in 2016**



**Mark
your
agenda NOW!**

This Issue Winter 2016

Editorial	02
President's Message	03
ACER-CART on Aging	04
Volunteerism Survey Report	05
Missing Members	05
Letter to the Editor	06
Program Calendar	07
Ice Storm Souvenirs	08
Membership News	09
Spotlight on Members	10 - 12
National Seniors Strategy	12
Board Members	13
Political Action	13

Editorial

STROLL WALK RUN: BE ACTIVE

May your holidays have brought you special times with family and friends with especially rich and treasured memories. As for the New Year, you are wished much health and happiness, but above all - good health! Good health is a much desired goal and as such, fitness becomes a recurring theme at the start of a new year. It is also a theme for this newsletter.

Doctors tell us that cardiovascular disease is preventable and/or manageable through healthy diet and exercise. They say that small changes, a daily walk or eating healthy breakfasts can make a real difference. I try to walk as much as possible, wherever and whenever it is doable, all in an effort to get my thirty minutes of exercise a day. Although the objective appears simple and easy to articulate; it is sometimes difficult to mobilize the consistent daily discipline to get moving. We have moving sidewalks, elevators, and escalators that beckon us at almost every turn!

Nonetheless, walking is an easy activity and the importance of walking and moving about is emphasized in the advice given by our super seniors spotlighted in this issue. For me, participating in a Zumba dance or Aquafit class makes it easier to stick to some form of exercise. But on bad days, I also believe we should give ourselves points for good intentions! Some experts say that "improving our fitness is a more important factor in determining how long we'll live, than whether we have moderately high blood pressure or are a little overweight."

On a different note, there are changes for the new year. Dave Chandler will be devoting more time to other interests and we invite you to read about Dave's exposition of antique maps on page 14. As a result, he will no longer be able to devote time to newsletter production. On behalf of the membership, I would like to extend our thanks to Dave for joining the Newsletter team at a critical transition point. He was instrumental in creating both a digital and printable version of the QPARSE a newsletter. Congratulations to Dave on both accomplishments!

Meanwhile, we look forward to seeing you, in large numbers, at the upcoming events.



Happy New Year
Marzia Michielli



Editor of all

Newsletter Working Group Members:

Renate Sutherland
Dave Chandler
Patrick Clarke
Jean Le Guillou
Jan Langelier
Marzia Michielli

Next deadline:
April 23, 2016

Share our *Newsletter* with others who might find it interesting.
Simply forward your email with the PDF attachment.

President's Message - Message de la présidente

“And in the end, it's not the YEARS in your life that count. It's the LIFE in your years.”
Abraham Lincoln

I hope that beautiful moments and magical memories have made your Holiday Season very special. As we welcome the 2016 leap year and reflect on the theme of this winter edition of our QPARSE newsletter, may it bring us what we wish for the most: good health and staying fit in retirement!

Since my retirement and in addition to my volunteer work, I have explored many different ways of staying fit and healthy. My preferred activities are walking and gentle yoga exercises combined with on-going sessions on meditation and mindfulness. Research bears out that such activities are physically energizing and help to sustain a healthy life-style. We welcome the wisdom of some of our Super Seniors as they share their thoughts and reflections with the NEWS' Editor, Marzia Michielli.



While enjoying different fitness activities, many of our retirees, 94% of the respondents to our Volunteerism Survey, are also engaged in some form of volunteer work. Did you know that volunteering in Canada had a \$50 billion impact on the Canadian economy? This according to two senior TD bank economists who conducted a similar survey across the country. Let's hear it for the dedicated volunteers!

As we continue to work in partnership with the Canadian Association of Retired Teachers (ACER-CART), I draw your attention to the article in their newsletter, entitled, “ACER-CART recommends The McMaster University's OPTIMAL AGING PORTAL”. Their website, www.mcmasteroptimalaging.org, is a reliable resource for Canadians who wonder about the health-advice articles that appear on the internet and in newspapers. The site offers research papers in consumer-friendly language advising Canadians on ways to age healthily.

The Hon. Marlene Jennings, on behalf of the COALITION for the Future of English Education in Quebec (COFFEE - Quebec), presented the report on the importance of elections and governance of school boards in September. The Quebec Government has tabled its legislation:-

An Act to modify the organization and governance of school boards to give schools a greater say in decision-making and ensure parents' presence within each school board's decision-making body.

Also, at the time of writing, contract negotiations are completed and teachers are resuming extra-curricular activities. The rotating strike actions in the fall have had the participation of some of our retirees, who walked the picket lines with their active colleagues and attended some of their organized rallies. Our thanks to QPARSE Director, Jan Langelier (former QPAT President), who initiated this support by making picket signs for our retirees' group and spoke at various QPAT teachers' rallies.

I would like to reiterate that QPARSE NEWS is your newsletter. We invite you to let us know how QPARSE could serve you better. Is there anything specific that you would like us to explore?

I invite you to join us at our program events and luncheons in 2016 and to bring a friend.

Renate Sutherland
514-695-1970

www.qparse-apperq.org

**Check out the
QPARSE website!**

ACER-CART Recommends McMaster's Optimal Aging Portal



Newspapers and the Internet cover lots of stories about health care for the aging Canadian, but the emphasis is usually on drama (dramatic findings from a new study, dramatic events with no mention of related scientific research), with less emphasis on substance. Readers are left to wonder which information to trust.

At the recent June board meeting, The Canadian Association of Retired Teachers (ACER-CART) unanimously passed a resolution to support McMaster University's Optimal Aging Portal as part of a platform for the development of a National Seniors Strategy. The resolution also encouraged each of ACER-CART's thirteen provincial associations likewise to endorse and become active partners with the McMaster Optimal Aging Portal.

The Portal features high quality scientific evidence about healthy aging -- information that can help Canadians remain healthy, active and engaged as long as possible, and to manage their health conditions. The Portal evaluates health research and resources, telling users whether free health resources on the Internet and in newspaper stories are based on scientific research, are reliable, and are worthy of note. The articles are written in consumer-friendly language.

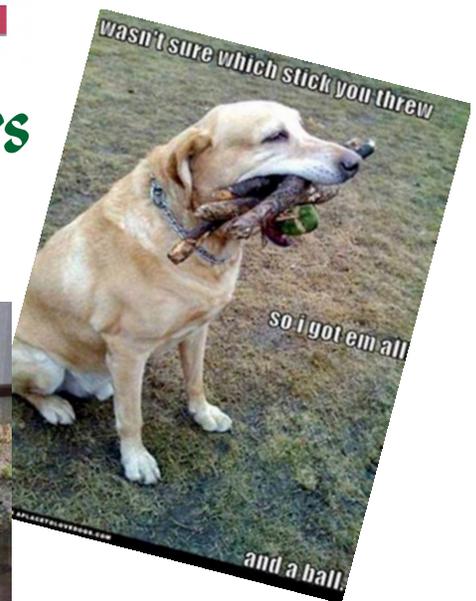
Users can **register** for free at www.mcmasteroptimalaging.org and gain easy access to search the full content of the Portal. To keep up to-date with new research and receive lists of new content recently added to the Portal, users can opt in to receive email alerts about how to stay healthy, active and engaged as they grow older. Users can also follow on Twitter [@Mac_AgingNews](https://twitter.com/Mac_AgingNews) or the Portal on Facebook for news and evidence about optimal aging.

"I'm very proud to announce this new partnership," said Suzanne Labarge, Chancellor of McMaster University. "Both McMaster University and the Canadian Association of Retired Teachers have a strong interest in supporting life-long learning and healthy aging."

"As former educators, we have a commitment to public education and supporting trustworthy sources of information," said JoAnn Lauber, President of ACER-CART. "Over the next year, we plan to ensure that the thousands of retired teachers in Canada are made aware of this valuable resource, and that they, in turn, can share this knowledge with their communities."



For Animal Lovers Everywhere.....



Volunteerism Survey Results

A special thanks goes to all the members who participated in the Volunteerism Survey. We appreciate you sharing your list of volunteer activities and some of your opinions and feelings on the subject.



We are pleased to share with you that 94 percent of the respondents are either presently volunteering or plan to volunteer in the future. As for those people who are not presently volunteering, it was because they were away for long periods of time or due to ill health.

According to the survey, 76 percent of QPARSE members volunteer the most between the ages of 64 to 84. The greatest volunteer effort occurs in the 65 to 70 age group.

In the last 12 months, our members volunteer the most with adults (42 %) and by assisting other retirees (48%). As for the types of activities that our volunteers engage in - they run the gamut. However, the majority are involved with the following choices:

- 👍 Organizing or supervising events
- 👍 Sitting on a board or committee
- 👍 Doing office or administrative work
- 👍 Offering personal support and/or companionship to other individuals or families
- 👍 Offering to drive people or goods

Some survey respondents also chose to make suggestions in the comments section of the survey. For example, a number of people stated that QPARSE could have a list of volunteer activities from which the membership could pick and choose.

In conclusion, QPARSE members make up an active group of retirees. A resource to be developed!

In the words of Aesop: ***No act of kindness however small is ever wasted.***

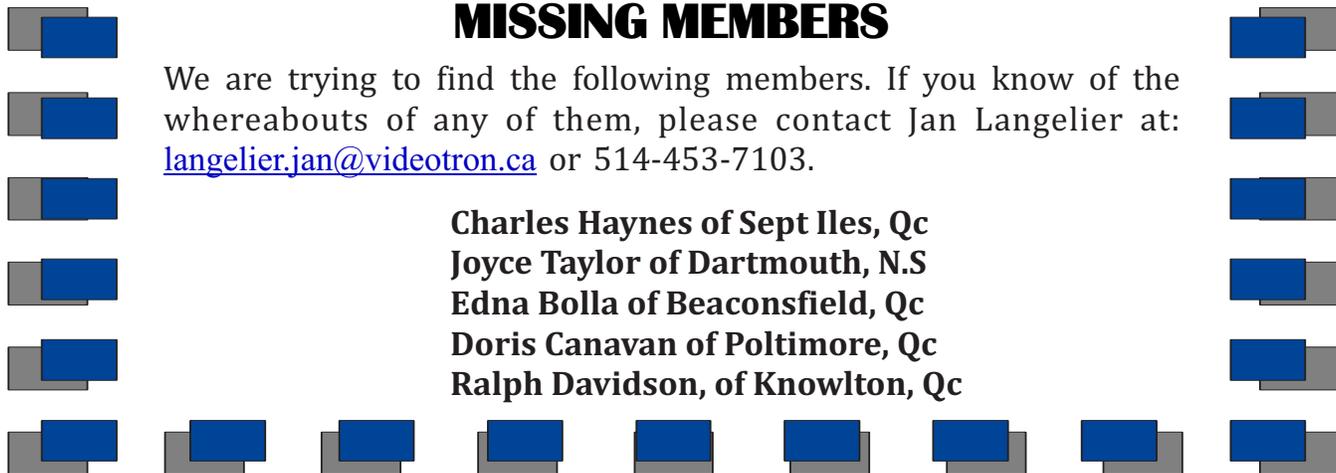
Marzia Michielli
& Patrick Clarke



MISSING MEMBERS

We are trying to find the following members. If you know of the whereabouts of any of them, please contact Jan Langelier at: langelier.jan@videotron.ca or 514-453-7103.

- Charles Haynes of Sept Iles, Qc
- Joyce Taylor of Dartmouth, N.S
- Edna Bolla of Beaconsfield, Qc
- Doris Canavan of Poltimore, Qc
- Ralph Davidson, of Knowlton, Qc



Letter to the Editor

Reaction to Services Needed for Students with Special Needs

«Il n'écoute jamais, elle n'arrête pas de parler,»

Quel professeur de nos jours n'a jamais fait ce type de témoignage en parlant à propos d'un de ses élèves? Aujourd'hui dans les classes il y a de plus en plus d'étudiants qui ont besoin de services spécialisés pour les aider à mieux apprendre. Les orthopédagogues, par exemple, fournissent un tel soutien à celles et à ceux qui ont de la difficulté académiquement par rapport aux autres enfants du même âge.

Teachers today often must give testimony (témoignage) regarding their pupils' attitudes, and behaviour (comportement), etc.

According to L'Association des Orthopédagogues du Québec the involvement of the resource teacher (orthopédagogue) has both preventative as well as corrective and compensatory objectives in order to permit the learner to progress optimally in the academic programs of study in reading, writing and mathematics. This involvement is intended for the learner (apprenant), and presupposes a joint effort (collaboration) with the team of concerned participants.

«...l'intervention orthopédagogique a des visées préventives ou rééducatives de nature corrective ou compensatoire, afin de permettre à l'apprenant de progresser de façon optimale sur le plan des apprentissages scolaires en lecture, en écriture et en mathématiques. Elle s'adresse directement à l'apprenant et implique la collaboration avec les intervenants concernés (enseignants, parents, professionnels.)»

Let us hope that contract negotiations will make sufficient allowances for special education student resources.

Référence : Définition de l'orthopédagogie; Définition: <http://www.ladoq.ca/orthopedagogue.php>

Brian Ostrovsky

[Member reaction to the education theme in the last QPARSE Newsletter]

INTERESTING FACTS FROM STATS CANADA



PROGRAM CALENDAR 2016

Tuesday, February 9th 11:00 a.m.

Seniors' Issues: Radical Resthomes
EMSB Patterson Room
Lunch in NDG

Thursday, March 17th 10:00 a.m.

Cabane à sucre excursion to Ste-Eustache
Cost: \$35 (members) & \$40 (non-members)
Departure: 9:30am (EMSB) & 10:00am (Fairview)

Wednesday, April 13th 11:00 a.m.

Investment & Financial Strategies in 2016
Courtesy – Strathcona Credit Union
Coffee- 10:30 a.m.
QPAT, 17035 Brunswick Blvd, Kirkland
Lunch on the West Island

Tuesday, May 3rd 11:00 a.m.

Annual General Meeting
EMSB, Laurence Patterson Room
Coffee: 10:30 a.m.
Lunch in NDG

EMSB Building is located at 6000 Fielding Avenue, NDG (corner of Cote St. Luc Road).

Please inform Events Coordinator Ken Cooke (514-485-9118) if you will attend the luncheons.
Program information, contact Erene Anthony (514-626-8002) program@qparse-apperq.org

Introducing Janet Torge

Janet Torge currently wears the hats of a television documentary producer, bookkeeper, archivist and prenatal teacher. In past careers she's been a radio talk-show host and traffic reporter, Montreal Gazette columnist, author, construction site manager, software manual creator and co-founder of the first rape relief centre in Canada.

Radical Resthomes was conceived when her friends put her in charge of their senior housing some 20 years ago. The vision has changed considerably since then, but now, after years of "talk", the "walk" has finally started and Radical Resthomes has joined many other efforts across the country to change the way we live out our last chapter. So join Janet on February 9 to hear her ideas and to participate in her workshop!

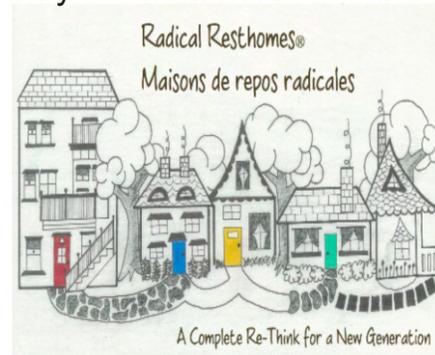
Radical Resthomes: MY Last Chapter... Not YOURS!

Tuesday, February 9th, 2016, 11:00 EMSB Patterson Room,

Refreshments at 10:30,

Lunch after the presentation will be at B and M Restaurant

6200 Somerled, in NDG (514) 488-1555



When it comes to living the senior life, most of us are sure we DON'T want to end up in one of those one floor residences called "Golden Pastures", or "Tranquility Bay" – where the elderly have been parked to wait for The End.

The more difficult question is: WHAT do we want? WHEN will we need a change of lifestyle? And HOW do we stay in charge of our lives?

CLICK FOR MORE DETAILS

Members' Musings

Souvenirs of the Ice Storm - January 5, 1998

I woke to a bitterly cold morning with no heat in the house! The power was off and boy was it cold! I looked outside and the frosted windows revealed an incredible sight! The limbs of some trees had fallen, others were clutching their branches as if their heads were trying not to touch the ground but the weight of the ice was just too great. The picture outside my window was at once surreal, magical, unbelievable and puzzling. There were many adjectives to describe what we saw that morning but the power was off and that became the most pressing issue. Of course, schools were closed and little did we know that those schools that had power would soon become dormitories for all the residents who had nowhere to go in their search of a place to escape the cold.

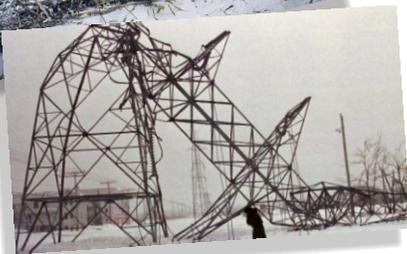
As for me, a call to Hydro meant that I was on the phone and on hold for a long time before being told that it might take several days before the power would be restored. So, I turned the water off in the house, as the temperature continued its rapid decline. I drained the pipes and checked with my family members to see who had power. Perhaps one of them could offer a warm place to stay... No power anywhere else either but, as luck would have it, my girlfriend in Blainville still had power. I negotiated with her to take all the children, my boys and the three sons of my ex-sister-in-law into a small 4.5-room basement apartment.

We arrived and eventually ended up with four adults and ten children, including another family from the Blainville area who were also without power. Thank goodness for PlayStation and Nintendo! This kept the kids occupied while we adults cooked, washed and tried to keep our sanity. The kids will tell you that they had a great time during the ice storm!

Three days later the power was restored to some of our family homes in Montreal so my crew was on the move again. I waited a total of 16 days before I was able to return to my home! And what a mess that was: a collapsed ceiling, drainage pipes blocked in the kitchen, contents of the chest freezer lost and a total bill of \$2000.

I thank my lucky stars that I had insurance! Best of all I am thankful for a wonderful girlfriend who is now my wife.

Patrick Clarke



ICE STORM MEMORIES

Remembering the late Marcel Fox,

Teacher, School Administrator,
Director General of the PSBGM and
Vice-Chair of the Superior Council of Education of Quebec

It is with great sadness that we share with Joyce and her family, the passing of Marcel. His life was extraordinary in every sense of the word: his escape from the Nazis, his outstanding war service as a parachutist with the Free French army in various theatres of the war, his educational career and his enjoyment of his family.

Marcel began his teaching career in France before immigrating to Canada. His first teaching assignment was at John Grant High School in Lachine, Quebec. An excellent, caring teacher, Marcel's abilities were recognized by the Board early in his career and he was appointed Principal of Baron Byng High School in 1965. A very successful principalship led to his appointment as Director General of the PSBGM in 1973.

For those who worked with him, it was a rewarding experience. We are sure we speak for all when we say that under his tutelage we enjoyed some of our most rewarding years as employees of the PSBGM. In addition, Marcel had a tremendous sense of humour which those who worked with him were able to share.

In his letter informing each job candidate of the Board's decision to appoint them Marcel always clearly outlined what the position entailed. All who went through the process could be assured of his unfailing support. His priority was always to provide the best education for the students under the jurisdiction of the Board.

Under Marcel, the PSBGM had the respect of both the Ministry and the Island Council, Board members and senior staff, and we shall continue to cherish his memory. We remain well aware of the value of his service as Director General.

QPARSE wishes to present its most heartfelt condolences to Marcel's wife and family.

Jean Le Guillou
Ian Trasler

QPARSE members also express their sincere sympathies to the friends and families of:

Don McQuat

Anne Stephens

Shirley Hamilton

Merton Tyler

Elizabeth Boulkind



We welcome the following new members to our ranks of retirees:

Francoise Barre

Mary Anne Haney

Sandie Urquhart- Hall

Laurent Boulanger

Mary Moroska

Terry Marlin

Barbara Payson

Grace Sealey

Lucy Chiovitti

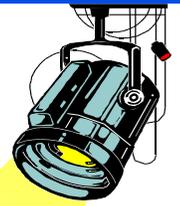
Barbara Cohen

Margaret Zipay.

Jan Langelier



Spotlight on Members



Carol Lodge

Raised in: Montreal and attended Montreal High

Years in education: taught elementary school in Verdun before going to McGill to obtain certification and for 20 years was the teacher-librarian at Wagar High School.

Reflections on education: In the nineteen thirties the history books were amazing, I had Canadian history in grade five and six. The history text was a beautiful book with wonderful pictures! Children need to know and appreciate their country. Grade seven saw me learning British history. Unfortunately, they threw all those books out after the war and then came the "Dick and Jane" book to teach kids reading. What a load of crap! They used to be able to read at the Grade Two level in short order but that was no longer the case with "Dick and Jane" books.

I always wanted to become a teacher but after completing my Montreal High courses at age 17 I was still not old enough to go to McDonald College so I found a job in a security firm for a year and was finally old enough! Dean Laird was the head of the college.

Passion: convertibles.....and driving down the street in a convertible

Thing about you that would surprise most people: I am 92, spirited and agile and still going strong.

Favourite restaurant: Do not have one right now, but I traveled a lot

Goal in life: "You could rise to anything at the turn of the century to enjoy the beauties of the world. That is what history and geography taught me."

Goal in retirement: "...to enjoy yourself." (said with much gusto!) I am well preserved partly because of my genes—my Aunt lived to 101 and forgot nothing

Favourite memory: My favourite memory was completing my lessons on the seaside at the cottage in Old Orchard. In those days, major companies gave holiday passes to their employees to go to Old Orchard. Our family went often.

Next travel destination: "I don't travel much anymore but I have traveled everywhere."

Hobby: traveling and reading voraciously now

Favourite song: Girls just want to have fun!

The thing that would surprise most people: "I have had three convertibles; they are my passion!"

"My passion has also been to exercise and do ballet. We need the strength to walk.... because no matter what they tell you... life won't work if you cannot move about."



Happy belated birthday to Carol, who on December 25 turned 93. Best wishes from the editorial team to this spunky, energetic, engaging and active retiree!

Ruth Kokelaere

Raised in: Montreal

Years in education before retirement: 35

Last school: Herbert Purcell, Pierrefonds

Subjects taught: Special Education

Pet peeve: the way special Education is going ornot going today

Favorite restaurant: Au Vieux Duluth, the one on Boul. St-Jean in the West Island

Favourite dish: shrimp dishes of all kinds

Musical preference: the beautiful strains of semi-classical music

Best memory in education: the summer school with Dr Sam Rabinovitch in Westmount Park School

Best memory growing up: going to Rosedale School

Goal in life: watching the grandchildren grow and flourish

Goal in retirement: to spend time with the grandchildren and enjoy them

Next travel destination: Toronto

Hobby: knitting



"These days, I enjoy get-togethers with other retirees and keeping in touch with friends and family"



Valerie Delacretaz

Raised in: England

Years in education before retirement: 29

Last school: Riverdale High School

Subjects taught: Special Education, History, and English

Passion: tennis, tennis ... and more tennis

Pet peeve: men wearing caps and hats in restaurants

The thing about you that would surprise most people: I am still playing tennis at 73.

Favourite restaurant: L'Auberge des Gallants in Rigaud

Favourite dish: salmon in its various incarnations

Musical preference: The waltz kings - Strauss and Lehar

Best memory in education: My best memories are distilled from my days in special education at Riverdale and John Grant. "I will never forget the warmth of the students and their thankfulness for the help we could offer."

Best memory growing up: My holidays with family in England were very special for me.

Goal in life: My goal is to live every day to the fullest and to have a balanced life.

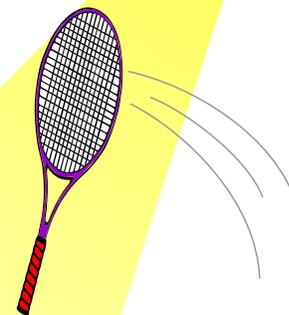
Goal in retirement: My retirement goal is to remain as healthy as possible and to travel as much I can!

Next travel destination: ... just back from Switzerland and next I'm off to the UK

Favourite sports team: ...the Canadiens of course!

Hobby: reading

"I lost my husband in the last year and life is very different but still good."



Margaret Winiarski

Raised in: Winnipeg and on Vancouver Island

Years in education before retirement: 14 years

Last school: Riverdale Centre in the West Island

Subject taught: Taught business education and started a vocational program for adults.

Passion: travelling

The thing about you that would surprise most people: "I spent eight years in Europe teaching English in Rome in the Ministeria Della aeronautica. The following year I taught languages in a popular language school in Finland.

Favourite restaurant: Rib 'n' Reef

Favourite dish: sirloin steak...a thick one!

Best memory in education: When June and I took a trip to Sweden, sponsored by our school board and teachers association. Our director, Susan Roth, was the head of the department at the time.

Goal in retirement: My advice for retirement is that it is an opportunity to do what you have not been able to do before: travel, move to another city, etc.

Favourite song: Abba songs

Next travel destination: My next trip is to Europe to see my nephews in Ireland, my cousins in England and finally the north of England. Next we will be off to Holland.

Favourite sports team: I love hockey and the Montreal Canadiens

Hobby: following golf

"I took history and geography and wanted to be a teacher in these fields. However, I was in a major car accident on my way to Mac. I had to look elsewhere for work because my Teachers' College registration was cancelled. While in Finland I worked for a year at the Pakistani embassy.

The British embassy in Stockholm needed staff and I spent four years there. By the end of this chapter of my life I was secretary to the commercial counselor. When my time was up, I came back to Canada to teach business education. They were interesting years!"





Dave Chandler

teacher, prize-winning photographer,
digital publisher, antique map dealer

Dave Chandler presently has an exhibit titled **Antique Maps from the Holy Land to New France** which runs until January 31st at the Côte Saint-Luc library [Mike Cohen article]. It can be seen in the Community Art Space of the library. The exposition consists of 56 maps printed between the late 16th and late 19th centuries that depict either the Holy Land and surrounding area or early North America (including Montreal). In the 1980s he began using antique maps as aids while teaching history and geography classes. Since that time, his collection/inventory has grown to include several thousand maps from all parts of the world.

Dave spent 32 years at Rosemere High School as a geography, history, economics, photography and visual literacy teacher. He began using reproduction antique maps in his classes in the 1980s and by 1987 began openly buying and selling them as an antique map dealer under the name *Ptolémée Plus Antique Maps*. Although maps are often found in used book stores and antique shops. *Ptolémée Plus* is the only company in Québec dealing exclusively in antique maps. Dave's interest in maps has been life-long: when he was 14 and knowing nobody upon arriving in a new town he undertook to draw a map of the place using his bicycle. An interest in travel (two years in Europe in the 60s) eventually took him to history and geography. He realized nobody should be allowed to travel as ignorant as he was! (Adapted from a post on Michael Cohen's blog.)

Designing a National Seniors Strategy for Canada

Institute for Research on Public Policy
Institut de recherche en politiques publiques

IRPP Task Force on Aging, October 7, 2015

Goal 1: *Ensure older Canadians remain independent and engaged members of our communities for as long as possible.*

Engage employer groups, unions and older workers themselves in an open dialogue to better understand these dynamics, share experiences with flexible work arrangements and promote best practices among individual employers;

Goal 2: *Ensure older Canadians continue to lead healthy and active lives for as long as possible.*

Ensure high-quality information about healthy aging and the prevention of age-related diseases — such as regular exercise, fall prevention and routine vaccinations — is widely available and can be accessed in one place;

Goal 3: *Ensure older Canadians have access to person-centred, high-quality, integrated care as close to home as possible, provided by those who have the knowledge and skills to care for them.*

Goal 4: *Ensure that the family members and friends of older Canadians who provide unpaid care for their loved ones are acknowledged and supported.*

For more information on this summary please click: [HERE](#)

Contact Information for the Board of Directors

President/Présidente	Renate Sutherland	renate.sutherland@bell.net
Past President/ Présidente sortante	Sandra Aird	
Vice-President, Events Vice-président, événements	Ken Cooke	erica2ken@yahoo.com
Treasurer/Trésorière	Kathleen Malcius	kmalcius@hotmail.com
Recording Secretary/Secrétaire de séance	Katherine Snow	katherinejsnow@gmail.com
Director/Administratrice, Membership/Adhésions	Jan Langelier	langelier.jan@videotron.ca
Director/Administrateur CART Director/ Administratrice,ACER	Ed Zegray	edzegray@yahoo.ca
Program/Programme	Erene Anthony	ereneanthony1@sympatico.ca
Director/Administratrice Newsletter Committee/Bulletin comité	Marzia Michielli	mmichielli@icloud.com
Director/Administratrice	Joan Ebbett	jbett@sympatico.ca
Director/Administratrice	Carol Klein	retired0821@gmail.com
Director/Administratrice	Patrick Clarke	clarkepatrick72@gmail.com
Website/Facebook Liason	Terrie Kozaczynski	terriekoz@yahoo.com

www.qparse-apperq.org



QPARSE on the picket line

**COMMUNITY
ART SPACE**

BIBLIOTHÈQUE
PUBLIQUE
ELEANOR LONDON
CÔTE SAINT-LUC
PUBLIC
LIBRARY

DAVID CHANDLER

Antique Maps from the
Holy Land to New France



December 10, 2015
to January 31, 2016

10 décembre 2015
au 31 janvier 2016

In the art books section
Dans la section des livres d'art

**ESPACE D'ART
COMMUNAUTAIRE**

5851, boul. Cavendish Blvd., Côte Saint-Luc (QC) 514-485-6900 csllibrary.org

Ville de Côte Saint-Luc City of

Senior
Discovery
tours

Voyages
Découvertes
Senior

**TRAVEL WITH SENIOR TOURS
AND MAKE \$\$\$\$ FOR QPARSE**

FOR EVERY QPARSE MEMBER WHO TRAVELS WITH US WE REBATE 4 % BACK TO YOUR ORGANIZATION. SPREAD THE WORD AND SIGN UP FOR ANY OF OUR WONDERFUL TOURS.

**THE LEADER IN TOURS
FOR THE 50 + TRAVELLER**

**CALL FOR A FREE BROCHURE
514-344-4500 OR 1-800-268-3492**

**www.seniordiscoverytours.ca
1828 Sherbrooke St. West
Montreal H3H 1E4**



DID YOU KNOW?

Canada's population statistics as of July 1, 2015

		ANNUAL CHANGE
Population estimate	35,851,774	0.9% ↑
Proportion of persons aged 0 to 14 years	16.0%	0.0%
Proportion of persons aged 65 years and older	16.1%	0.4% ↑
Median age	40.5 years	0.1% ↑

- ⇒ On July 1, 2015, Canada's estimated population was 35,851,800, up 308,100 or 0.9% over the previous year (2014/2015). Although this was the lowest population increase since 1998/1999, it was the largest increase among the G7 countries.
- ⇒ For the first time, the number of persons aged 65 years and older exceeded the number of children aged 0 to 14 years.
- ⇒ Preliminary estimates show that the annual population growth rate slowed to 0.9% in 2014/2015, down from 1.1% in 2013/2014. This was mainly driven by a slowdown in international migration growth, from 0.7% in 2013/2014 to 0.5% in 2014/2015.
- ⇒ Canada's population growth rate (+0.9%) was the highest among the G7 countries, exceeding that of the United States (+0.7%), the United Kingdom (+0.2%), France (+0.2%), Germany (+0.1%), as well as Italy and Japan..
- ⇒ Population growth was lower in 2014/2015 compared with 2013/2014 in most provinces, especially Alberta. Alberta's population growth rate fell 1.0 percentage point to 1.8%. Despite this decrease, this rate was twice the national average.
- ⇒ Population growth varied among the provinces and territories in 2014/2015. Growth was above the national average in Nunavut (+2.3%), Alberta (+1.8%), Yukon (+1.2%), Saskatchewan (+1.0%), Manitoba (+1.0%) and British Columbia (+1.0%).
- ⇒ The population decreased in two provinces, Newfoundland and Labrador (-0.2%) and New Brunswick (-0.1%).
- ⇒ Nearly 31 million Canadians (86.3%) were living in one of four provinces, namely Ontario (38.5%), Quebec (23.0%), British Columbia (13.1%) and Alberta (11.7%).
- ⇒ Ontario remained Canada's most populous province, with 13,792,100 persons, followed by Quebec, with 8,263,600 persons.
- ⇒ For the first time, there were more persons aged 65 years and older in Canada than children aged 0 to 14 years. Nearly one in six Canadians (16.1%)—a record 5,780,900 Canadians—was at least 65 years old, compared with 5,749,400 children aged 0 to 14 years (16.0%).



According to the most recent population projections the share of persons aged 65 years and older will continue to increase and should account for 20.1% of the population on July 1, 2024, while the share of children aged 0 to 14 years should account for 16.3%.

Source(s): CANSIM table [051-0001](#).

Designing a National Seniors Strategy for Canada

Institute for Research on Public Policy
Institut de recherche en politiques publiques
IRPP Task Force on Aging, October 7, 2015

Goal 1: *Ensure older Canadians remain independent and engaged members of our communities for as long as possible.*

R1 – R10: Engage employer groups, unions and older workers themselves in an open dialogue to better understand these dynamics, share experiences with flexible work arrangements and promote best practices among individual employers;

Goal 2: *Ensure older Canadians continue to lead healthy and active lives for as long as possible.*

R11 – R15: Ensure high-quality information about healthy aging and the prevention of age-related diseases — such as regular exercise, fall prevention and routine vaccinations — is widely available and can be accessed in one place;

Goal 3: *Ensure older Canadians have access to person-centred, high-quality, integrated care as close to home as possible, provided by those who have the knowledge and skills to care for them.*

R16 – R30

Goal 4: *Ensure that the family members and friends of older Canadians who provide unpaid care for their loved ones are acknowledged and supported.*

R31 – R37

Appendix B: Summary of Recommendations

Ensure older Canadians remain independent and engaged members of our communities for as long as possible.

1. Engage employer groups, unions and older workers themselves in an open dialogue to better understand these dynamics, share experiences with flexible work arrangements and promote best practices among individual employers;
2. Conduct additional research on the relationships between an aging workforce, sectoral labour shortages and skills gaps, and productivity;
3. Building on recent initiatives, promote financial literacy and advance planning to support retirement security;
4. Come to a pan-Canadian consensus on the future of the CPP/QPP, and ensure any alternative provincial initiatives aimed at providing supplemental pension coverage (, the Ontario Retirement Pension Plan and Quebec's Voluntary Retirement Savings Plan) are adequately coordinated with a common vision;
5. Focus future enhancements to GIS/OAS on the goal of ensuring no older Canadians fall below the poverty line. This will require targeted efforts to enhance the generosity of GIS/OAS for certain groups, particularly those who live alone;
6. Examine options to adjust eligibility for retirement benefit programs, with a view to potentially shifting away from parameters that are based on a fixed age (e.g., age 65) and toward a formula that changes in relation to mortality and life expectancy;

Continued on Page 17

Continued from Page 16

7. Align these initiatives with other measures related to private, voluntary savings (e.g., RRSPs and TFSAs) to ensure Canada's retirement income system remains cohesive;
8. Conduct more robust evaluations of existing AFC initiatives and enable the sharing of best practices across municipal and provincial jurisdictions;
9. Dedicate a higher proportion of federal infrastructure dollars to affordable housing and transportation options that will allow older Canadians to remain more independent in their communities; and
10. Incorporate well-established universal design standards in our national building codes to support the development of more age-friendly physical spaces.

Ensure older Canadians continue to lead healthy and active lives for as long as possible.

11. Ensure high-quality information about healthy aging and the prevention of age-related diseases — such as regular exercise, fall prevention and routine vaccinations — is widely available and can be accessed in one place;
12. Support research and experimentation on the use of incentives to encourage such behavioural changes;
13. Promote health literacy, informed decision-making and ACP;
14. Support communities in providing opportunities for exercise (such as safe walking areas), nutritious food (healthy, affordable options), and socialization (buildings and outdoor spaces that naturally bring people together, gathering spaces, support for informal and formal groups); and
15. Create more formal partnerships that bring together governments, disease-specific organizations, caregiver organizations and community groups to coordinate the promotion of a healthy/active living agenda.

Ensure older Canadians have access to person-centred, high-quality, integrated care as close to home as possible, provided by those who have the knowledge and skills to care for them.

16. Collaborate with the provinces and territories to redefine “community care” beyond home and long-term care to include other support and community services that contribute to the continuum of care;
17. Use the Canada Health Transfer, if necessary, to compel the provinces and territories to come to an agreement on minimal service standards for home, community and long-term care. To be clear, these should not be dictated by Ottawa and should emerge from provincial/territorial consensus. And while each province and territory must be free to determine how best to deliver services that respect local preferences and realities and to provide additional services beyond those agreed to by the group, recognizing and adhering to some form of common standards should not be optional;
18. Conduct a thorough review of the *Canada Health Act* to determine whether any changes to the federal legislative framework might encourage provincial and territorial partners to engage in this type of structural reform;
19. Ensure that all Canadians have access to the medication they need through the creation of a national pharmacare program, which would improve comparability of coverage and create an “economies of scale” cost advantage, where coverage is based on evidence as assessed by an impartial group with no real or apparent conflict of interest;
20. Establish national metrics, information collection and reporting systems through agencies like CIHI;
21. Ensure provinces report publicly and annually on how they measure up;
22. Encourage national accreditation bodies to mandate entry-to-practice training and continuing professional development activities around the care of the elderly to ensure current and future providers have the knowledge and skills needed to provide care for older Canadians;

Continued on Page 18

Continued from Page 17

23. Encourage the provinces to review the scopes of practice for health care providers to ensure Canadians get the right care, in the right place, delivered by the right provider;
24. Work with provinces and territories to help develop pan-Canadian training and appropriate prescribing standards for all those who prescribe and dispense medications in the care of older adults;
25. Ensure funding for health care is “de-siloed” so as not to encourage specific behaviour by tying funding to specific services or transactions, and encourage the provinces and territories to do the same;
26. Move to a funding formula that is at least partially linked to the demographic structure, so that regions with a higher proportion of older adults have comparable capacity to meet the health needs of their population;
27. Lead a comparative analysis of the pros and cons of provincial funding and organizational models, with the aim of identifying which practices are more likely to encourage “dehospitalization” in favour of community care, and whether certain models foster innovation more effectively;
28. Carefully consider how implementing the recommendations of the Advisory Panel on Healthcare Innovation (commonly referred to as the Naylor report) can ensure the health system adapts to the needs of an aging population;
29. Launch a broad public engagement process to determine how Canadians want to deal with end-of-life issues and what is the appropriate legislative and policy response. This process should be led by Parliament, not government, and should be one of the first major actions of the 42nd Parliament when it convenes; and
30. Consider replicating the all-party, public consultation process used by the Quebec National Assembly in its own report on this same topic.

Ensure that the family members and friends of older Canadians who provide unpaid care for their loved ones are acknowledged and supported.

31. Treat the caregiver and the older adult in need of care as one unit for the purposes of policy design and service delivery;
32. Remove the cohabitation requirement for caregivers to be eligible for caregiver tax credits;
33. Extend eligibility for the CCB and other benefits so that those caring for individuals suffering from chronic or episodic illnesses, but whose condition is not considered terminal, also qualify;
34. Ensure that the CCB is well aligned with other support and job protection offered by provinces;
35. Explore ways in which additional — and more flexible — income support and enhanced job protection measures can be provided to caregivers;
36. Give employers more information about the tools that can help them better support the growing ranks of working caregivers; and
37. Recognize employers who excel in supporting working caregivers, which in turn draws further positive attention to this important issue.

Ed Zegray