

CanAge Connections

CanAge is Canada's national advocacy organization for older adults. We work to advance the rights and well-being of Canadians as we age in order to live vibrant and connected lives. This is the March 2021 edition of our monthly newsletter.

CanAge.

Adult Vaccination in Canada
Cross-Country Report Card 2021



Make a Difference

Think older adults deserve to get the best-in-class vaccines? Writing to the elected representatives in the legislative assembly of your province or territory is the best way to make your voice heard. Visit [our website](#) to find your elected official and view our template letter.

Adult Vaccination in Canada: Cross-Country Report Card 2021

CanAge recently released a cross-country report card that assigned letter grades to each province and territory based on the state of their adult vaccination programs. CanAge produced this report (the first of its kind in Canada) to arm policymakers with the facts and an unbiased view of the current landscape of adult vaccinations in their jurisdictions — information we hope will be used to make significant investments in the protection of older people across the country. Unfortunately, the results were fairly dismal.

[Download Report](#)

[Take Action](#)

The impetus for the report comes out of the need to bring attention to critical gaps in vaccine uptake among seniors, especially against influenza, shingles and pneumonia, the three most common infectious illnesses that account for thousands of preventable hospitalizations and deaths in older adults every year.

Medical experts are sounding the alarm that, if governments continue to under-prioritize vaccination programs as the COVID-19 pandemic wears on, the results could be disastrous. Visit CanAge.ca/VaccineReport for more information.

COVID-365

March 11 will mark the anniversary of the World Health Organization's declaration that COVID-19 is a global pandemic. As part of the Canadian Urban Institute's [COVID Signpost Initiative](#), CanAge CEO Laura Tamblyn Watts shared the most important thing she learned since the historic lockdown. "Ageism is pervasive - during COVID19 it has taken military whistleblower reports, frightened faces pressed against the glass in long-term care of people locked away from the rest of society, and death to get people talking about the way we treat seniors in Canada."



Photo credit: Postmedia

Government Relations

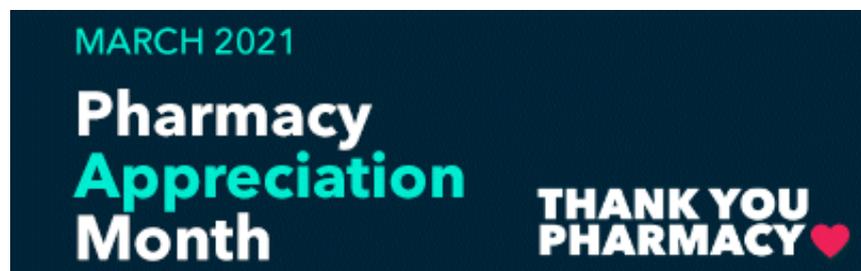
Pre-Budget Submissions

Governments rely on organizations like CanAge to deliver submissions prior to the development of federal, provincial and territorial budgets. These submissions allow organizations to present their recommendations for policy reforms. CanAge uses these submissions to help policymakers become aware of our recommendations about what will help address issues that are important to older adults. CanAge is known among policymakers and government and has been welcomed to present to finance committees in the past.

CanAge submitted four budget submissions this past month: New Brunswick, Ontario, Quebec, and the federal government. We recommended:

- increase funding for elder abuse prevention;
- increase in funding and diversifying care;
- speed up COVID vaccinations in priority populations;
- create a transparent, accessible COVID19 online vaccination booking and tracking system.

Submissions are available at CanAge.ca/what-s-new.



Pharmacy Awareness Month, the annual national campaign that shines a spotlight on all things pharmacy, is moving from 'awareness' to 'appreciation' this March to better reflect and celebrate the extraordinary role pharmacists play in health care, especially during the COVID-19 pandemic.

From renewing prescriptions, delivering vaccinations, providing medication management services, and assessing and prescribing for minor ailments and conditions, there are more reasons than ever to celebrate the pharmacy profession, highlight the health care services now offered and encourage Canadians to thank their pharmacy professional.

This March 2021 let's celebrate and appreciate the pharmacy professionals who have been there for Canadians throughout the pandemic. Call your pharmacist or access information at Pharmacists.ca.

In the News

CanAge is the go-to organization when journalists seek comment about the issues affecting older Canadians. Here are some recent highlights.

CTV News

Quebec inquiry into LTC deaths adjourned. "Whether or not families will get the answers they need is still to be seen," said Laura Tamblyn Watts, CEO of CanAge. "We know that the solutions are not that hard. More staff, better and smaller buildings, and more money going into long-term care."

[Read more at CanAge.ca/media](https://CanAge.ca/media)

Evan Soloman Show

A new report by CanAge shows only 10% of Canadian seniors have all of their vaccinations "We have fundamentally failed Canadian seniors and have been failing them for decades," according to Laura Tamblyn Watts (59 minute mark).

[Read more at CanAge.ca/media](https://CanAge.ca/media)

Global News

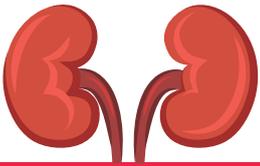
Albertans 75 and older can book COVID-19 vaccine appointments starting 8 a.m. Wednesday. "Rural people and folks who are older may find themselves unable to get into (the) online system. We know that where older people are struggling and where internet is slow, online portals have real limitations."

[Read more at CanAge.ca/media](https://CanAge.ca/media)

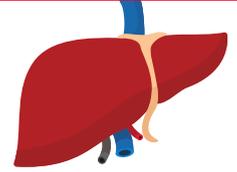
CTV Morning Live

Canada receives a failing grade on vaccinating seniors "We knew it would be bad, but we didn't expect it to be this bad," Laura Tamblyn Watts said.

[Read more at CanAge.ca/media](https://CanAge.ca/media)



March is National Kidney and Liver Health Month!



Join the Six Degree Challenge

On March 11th, the Kidney Foundation is hosting their Six Degrees of Kidney Disease Giving Day, a 24 hour fundraiser focused on taking action to improve the lives of those living with kidney disease. The challenge is all about raising awareness and crucial funds. Click [here](#) to learn more.

The importance of your kidneys

Kidneys are a critical part of your health. For your body to work properly, it must contain just the right amount of water. One of the important jobs of the kidneys is to remove excess water from the body or to retain water when the body needs more.

Join the Kidney Foundation for the first virtual educational forum. This free event is being held over three days, starting Tuesday, March 9, and concluding on World Kidney Day, Thursday, March 11. The program has been developed in partnership with people living with kidney disease and it will bring together patients, care partners, healthcare professionals, and researchers all over Canada who will share information to help you live your best life with kidney disease. For more information visit Kidney.ca.

The importance of your liver

Your liver is your power source. It helps digest your food and turns it into energy. By converting proteins, carbohydrates, fat and vitamins into energy, the liver ensures that your body has what it needs to keep going.



Did you know?

- There are over 100 liver diseases caused by a variety of factors including; viruses, toxins, genetics, alcohol, and unknown causes.
- Non-alcoholic fatty liver disease is the most common liver disease in Canada, affecting over 7 million people.
- Biliary atresia is the leading cause of liver failure in children.
- Acetaminophen (Tylenol) overdose is the leading cause of acute liver failure. Liver cancer is now one of the fastest rising and deadliest forms of cancer in Canada.
- When your liver starts to fail, toxins can back up into your brain causing a condition similar to dementia.

Worried about the impact of COVID-19? The CLF's [National Helpline](#) is available throughout the pandemic at 1-800-563-5483

There are many different risk factors for liver disease. To see if you may be at risk, take the [What's Your Risk Quiz](#) with the Canadian Liver Foundation (CLF). Utilize the CLF's online resources to ensure you keep your liver healthy at Liver.ca.

For Liver Health Month, the CLF have brought together mental health experts, doctors and researchers, living donors and transplant recipients, survivors and more to answer your questions. Click [here](#) for more information.



Fight Fraud This March

Fraud Prevention Month: COVID isn't helping



In Canada between March 6, 2020 and January 31, 2021, there have been **11,502 reports of COVID-19 fraud, 9,797 victims, and \$7 million lost to related scams.**

COVID-19 has given scammers new opportunities to take advantage of Canadians during this difficult and uncertain time. This data and the following suggestions are from the Government of Canada's website, [COVID-19: Frauds and Scams](#). Here are some of the COVID-19 related scams to keep watch for.

Protect yourself. Be aware of...

- Companies selling fraudulent or counterfeit vaccines. Do not buy COVID-19 vaccines online or from unauthorized sources - only access safe and effective COVID-19 vaccines through clinics organized or endorsed by your local public health authority in collaboration with Canada's federal, provincial and territorial governments.
- COVID-19 themed emails or texts that attempt to trick you. They may prompt you to install malicious COVID-19 apps, open malicious attachments, or reveal sensitive personal and financial details.
- Unsolicited calls selling home vaccination kits and COVID-19 tests. Only tests performed by official health care providers should be trusted to provide accurate results.
- Unsolicited calls, emails, and texts requesting urgent action or payment and/or offering medical advice, financial relief, or government assistance and compensation. Never respond to or click on suspicious links/attachments or give out your personal/financial details.
- Watch out for fraudsters posing as the Public Health Agency of Canada, other government departments or financial advisors. They may be giving false-positive test results for COVID-19, tricking you into confirming your health card and credit card numbers for a prescription or offering financial aid or loans to help cope with shut downs. Canada.ca has information on how to identify a Service Canada or Canada Revenue Agency fraudulent call.

Avoid frauds and scams

Consumer Credit & Money Expert Laurie Campbell, a CanAge Fellow, [shares](#) her top tips about how to avoid the latest frauds & scams.

Report an incident

For information about what to do if you're a victim of fraud click [here](#). To report an incident of fraud, contact the Canadian Anti-Fraud Centre toll-free at 1-888-495-8501 or through the [Fraud Reporting System](#).





CanAge Conversations

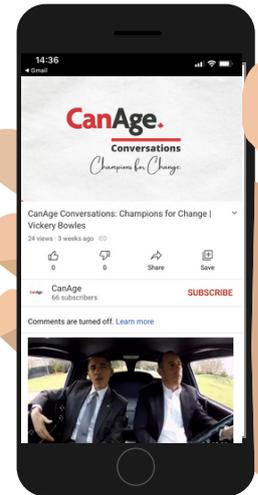


CanAge Champion for Change

CanAge is engaging with the Toronto Public Library (TPL) - one of the largest neighbourhood-based public library systems in the world - in an educational partnership program. Just in time for the start of the Educational Speakers Series 2021 (See upcoming events), Laura Tamblyn Watts sat down with Champion for Change, Vickery Bowles, City Librarian at the Toronto Public Library.

City Librarian at Toronto Public Library
Vickery Bowles

Watch this episode of Champions for Change to learn more about the important role libraries play in community, TPL's efforts in regards to digital literacy for seniors, the Canadian Urban Libraries Council, the Toronto Public Library Foundation and so much more. Visit CanAge.ca/champions



Stay tuned...

March 15th, 2021: Toronto Public Library and CanAge Educational Speaker Series Launch. Toronto Public Library (TPL) is a leader in delivering innovative services to its customers of all ages and backgrounds. In October 2020, TPL and CanAge partnered to strengthen each organization's ability to support and better serve seniors. The goal is to develop more opportunities for seniors to learn, contribute to their communities and build an age-inclusive city.

With the Educational Speakers Series, **Aging your Way: Creating an Age-Inclusive Canada, Together** CanAge and TPL are educating and empowering older adults and their caregivers on a broad range of critical issues affecting their lives. Join CanAge CEO Laura Tamblyn Watts and experts in the field of aging at these upcoming events on crowdcast.io. All talks are free to attend. Visit CanAge.ca/AgingYourWay to register.

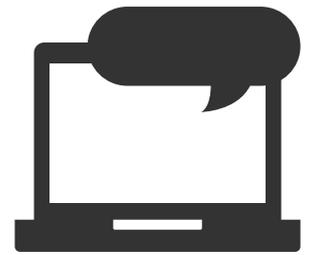
- March 15, 1-2pm (ET):** Adult Vaccinations: Which ones to get and why?
- March 23, 1-2pm (ET):** Using Technology to Stay Connected
- April 21, 1-2pm (ET):** Stop the Stigma: Ageism
- May 27, 6:30-7:30pm (ET):** Power of Attorney 101

Learn more and register



March 24, 2021 7:00 - 8:30pm (ET): In Conversation about Aging and Nature. The 2021 Spring Season will create echoes with Moira Welsh author of Happily Ever Older and Gil (Guillermo) Penalosa, Founder of Our Third Act Older: Healthier and Happier. This free online event is also a fundraiser for the Canadian Ecology Centre. [Learn more and register.](#)

You Asked. We Answered.



Q. My mother lives on her own in a seniors geared to income apartment. She doesn't have any benefits and her teeth are in really bad shape. We have been advised that most teeth need to be removed and replaced with a full denture on top and a partial denture on the bottom. Between the oral surgeon and the dentist, the cost is over \$9,000+. We did apply for low-income seniors support but did not meet the requirements of net income under \$19,300. I'm afraid if we don't remove the teeth she may get an infection but she can't spend \$10,000 either. Are there any other options for seniors?

A. Thank you for writing to us, and I'm sorry to hear about your difficult situation. Here are a couple of suggestions. It may be possible to obtain a medical exemption from OHIP for surgery. "Some dental surgeries need to be performed in a hospital because they are complex and/or you have another medical condition that needs monitoring during the procedure. OHIP covers in-hospital dental surgeries such as: fracture repair, tumor removal, reconstructive surgeries, medically necessary tooth removal (prior approval by OHIP is required)" Within this seniors' guide provided by the government of Ontario, there are some suggested resources and tips for dental care for seniors.

As far as the dentist, that is unlikely to be fully covered - but as mentioned in the above guide, certain dental faculties within schools can provide a lower-cost option.

I hope that some of these resources are helpful. Best of luck to you and your mother. Please feel free to reach out again anytime.

Have a question for CanAge? Submit it via newsletter@CanAge.ca.

FREE 1 Year CanAge Membership

We'd love to have you join CanAge for **FREE for 1 year**. You can become a member of CanAge at **NO COST** to you.

Visit CanAge.ca/join to

Join Us!

We are currently building a robust portfolio of benefit partners for CanAge members. We want to learn what you'd like us to provide in terms of membership discounts and opportunities, custom-curated experiences, and of course what issues are important to you, that we should advocate for.

If you would like to be part of our CanAge Community, participating in online events, online surveys, and polls, as well as other CanAge initiatives, then take advantage of this founding membership offer. We'd love to have you be part of CanAge. Visit CanAge.ca/join.