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# 50+ Newsletter



October 2024 • Issue 10

New Brunswick Senior Citizens Federation

www.nbscf.ca



## News from the NBSCF

The Board of Directors of the New Brunswick Senior Citizens Federation (NBSCF) held a meeting on Tuesday, September 24th, 2024. During the meeting, two new zone presidents were added for the Loyalist and Dairy zones, Don LeBlanc and Valarie Goddard. Additionally, the new executive under President Alphonse Dionne was named as follows: **Maurice Thériault** – First Vice-President, **Doris Pauley** – Second Vice-President, **Gildard Lavoie** – Treasurer, and **Catherine Hentschel** – Secretary. We welcome the new members to their roles and look forward to their contributions to the Federation's ongoing work.

We are thrilled to announce that the NBSCF has received a \$19,000 grant from the New Horizons for Seniors Program for our project, «Rekindle the Arts.» This funding has been distributed among the zones based on the number of club members in each, and the respective amounts have been sent to the zone presidents. This grant will support the continued engagement of our senior members

in arts and cultural activities across the province. Thank you to the New Horizons for Seniors Program for this generous support!

Three representatives from NB Power gave an informative presentation about smart meters. A smart meter, while similar in appearance to the current meter on your home, offers two-way communication over a secure network, providing you with valuable insights to better manage your energy use. Unfortunately, a high number of seniors are opting out of receiving smart meters due to misinformation and concerns about potential costs. In reality, smart meters are designed to help lower energy costs by giving users more control over their consumption. NB Power employees are available throughout the province to give presentations at seniors' clubs, helping to clarify the benefits of smart meters and addressing any concerns seniors may have.

Additionally, Rebecca Laforest spoke about the Nursing Homes Without Walls program, which is designed to help seniors stay in their homes.

This program is free of charge and assists seniors with system navigation (helping them find the support they need in their community), home care services (such as showering, bathing, and light housekeeping), and addressing social isolation (offering visits to those living alone).

The New Brunswick Senior Citizens Federation raised key seniors' issues with the provincial election candidates. The Board has prepared a letter addressed to all candidates in the upcoming provincial elections. This letter highlights critical issues that are affecting the quality of life of seniors in our province and emphasizes the importance of focusing on prevention. We trust that the candidates will take these matters into serious consideration and work towards addressing these pressing needs to improve the well-being of our senior population.

All of these initiatives aim to support seniors in New Brunswick, ensuring they receive the care and services they need.



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# Learn how we're investing for your future.

Join us for our **Public Information Meeting.**

This autumn, CPP Investments – the organization responsible for investing Canada Pension Plan (CPP) contributions not immediately needed to pay benefits – will be holding a public information meeting for your region so that you can hear directly about how the CPP Fund is doing. It will also be an opportunity to receive answers to your questions about the CPP Fund from a member of our senior management team.

Learn more at: [cppinvestments.com](http://cppinvestments.com)

## Public Information Meeting

**Where:** Fredericton, NB, Crowne Plaza Fredericton, 659 Queen Street

**When:** Tuesday, October 29, 2024 at 6:00 p.m. – 7:00 p.m.

**Register at:**

[cppinvestments.com/for-canadians/public-meetings](http://cppinvestments.com/for-canadians/public-meetings)



CPP Investments invites you and your members to attend our upcoming Public Meeting in New Brunswick. Every two years, we host in-person public meetings across Canada as part of our commitment to engage directly with the more than 22 million contributors and beneficiaries of the CPP. You are welcome to come and learn about various topics, including how and where we invest, our performance, the financial sustainability of the CPP and more. These meetings will provide you with an opportunity to participate in our question-and-answer sessions to gain insights about how we are working to help grow the CPP Fund!

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