



President's Message – October 2016

Peggy Hawthorn

As I look about at this beautiful time of the year it is obvious that fall is coming upon us. The farmers are busy reaping their harvest – the result of many months of hard work in conditions that were very challenging this summer with lack of rain and the heat. As USCO seniors we have also been able to see the harvest of our labors. Last spring our work was able to get the Government to reverse its decision to increase the costs to seniors for their prescription drugs. Recently in the budget announcements, there was news about the reductions for Hydro. For years the USCO has been urging the Government to give us a break and finally they have listened and acted. These are added to the many other accomplishments over the years.

By now the Clubs will have resumed their activities and got in the swing of things. The USCO Clubs are important social hubs in our communities and for many they represent the only place they get out to. Many Clubs are struggling to keep going with issues of falling membership, finding enough people to fill the Executive positions and financial challenges. I would encourage each and every Club to persevere because without you there, many seniors will have a gap in their lives. Don't forget that the USCO Board members and Field Representatives are here for you if you have a need to contact us. Together we are stronger than standing alone.

It is also time to start thinking about the Flu. I hope that all seniors will seriously think about getting their Flu Shot. There is a stronger version of the Flu Shot called High Dose Fluzone that has not been funded by the Government yet for seniors but the USCO is working on this. This higher strength version provides much greater protection from getting the Flu and also lessens the complications if you have the Flu. Ask your doctor about this. It is also recommended for many seniors that you have a Pneumonia Shot – maybe check into this also. You don't want to be sick this winter.

Many areas across the province have been implementing or planning for Age Friendly Communities. This is a very interesting concept and recognizes the increasing percentage of seniors in many communities. It addresses the need for all facilities, services and programs to make accommodations for seniors to be able to live up to their potential within their environment. If your community is exploring this, get out and put in your thoughts – it is for your benefit.

Next month, there will be more about what the USCO is doing and will be doing – keep connected to the USCO because we are there to serve your needs and we can only have a strong voice for seniors in Ontario if we stay united.

