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# Message from the Minister

May 11, 2023

Dear \_\_\_\_\_ friends,

April was a busy and exciting month but most importantly it was a month filled with progress on the issues that matter most to seniors across \_\_\_\_\_ Canada.

Last month, I was happy to attend the [Federal/Provincial/Territorial Ministers Responsible for Seniors Forum](#). I'm honoured to have had the opportunity to co-chair the first in-person meeting since 2019, alongside Ontario's Minister for Seniors and Accessibility, the Honourable \_\_\_\_\_ Raymond \_\_\_\_\_ Cho.

At the meeting, I shared an update on the measures our government is taking to support seniors. This included an update on how

strengthening our pensions has reduced poverty and the work we are doing to help seniors age in the comfort of their own homes.

[Making life more affordable remains a top priority for our government](#), even though global inflation is going down, many Canadians are experiencing challenges when it comes to affordability. That is why [Budget 2023](#) delivers new targeted inflation relief to the Canadians hardest hit by rising food prices. This year's budget introduced a one-time grocery rebate which will help 11 million low- and modest-income Canadians, including seniors. You can learn more about Budget 2023 in [this](#) [newsletter](#).

May is [Asian Heritage Month](#) and [Canadian Jewish Heritage Month](#). It's an opportunity for us to learn more about the many achievements and contributions of Canadians of Asian heritage and the Canadian Jewish community, who have done so much to make Canada the country we know [and](#) [love](#).

I'd also like to wish everyone a Happy Mother's Day on May 14. Let's take this day to celebrate all mothers—and those who take on mothering roles—across Canada and around the world for their dedication, unconditional love, and support for their families.

In this edition of my newsletter, you'll find information about:

- Post-Budget details
- Federal/Provincial/Territorial Ministers Responsible for Seniors Forum 2023
- The Canadian Alliance of British Pensioners
- National Hospice Palliative Care Week
- National Nursing Week

Please take a moment to share this link with friends and colleagues so that they can [sign up to receive these updates](#).

Thanks for reading and sharing.

Kamal Khera  
Minister of Seniors

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### **Post-Budget 2023 details**

Since 2015, the Government has introduced budgets which have strengthened and supported the physical, social and financial wellbeing of seniors. [Last month we introduced Budget 2023](#), and you'll notice it was no exception! Budget 2023 lays out our plan to support seniors, which includes providing older Canadians with a grocery rebate, dental care and cracking down on predatory lending. In fact our grocery rebate has now passed the House of Commons. Once it passes the Senate it will be on its way for Royal Assent and then into the pockets of 11 million Canadians.

You can read the Budget 2023 highlights for seniors in [my April newsletter](#). It includes information on:

- the new Grocery Rebate;
- dental care;
- healthcare;
- housing;
- cracking down on predatory lending;
- expanding automatic tax filing; and
- reducing hidden consumer junk fees.

To learn more about this year's Budget, check out [Budget 2023: A Made-in-Canada Plan: Strong Middle Class, Affordable Economy, Healthy Future](#) (webpage) or [Government of Canada releases Budget 2023](#) (news release).

Throughout April I met with seniors to discuss how Budget 2023 is going to impact them. As a government, we're going to keep working hard to deliver tangible solutions for all seniors.



Minister Khera in Mississauga to highlight Budget 2023 investments in affordable energy, good jobs and a growing clean economy.



On behalf of the Minister of Health, Jean-Yves Duclos, the Minister of Seniors, Kamal Khera, met with the Minister of Mental Health and Addictions, Carolyn Bennett, and health professionals at the Davenport–Perth Neighbourhood and Community Health Centre in Toronto, Ontario, on April 6.

The Minister highlighted Budget 2023 investments to strengthen public health care and support health workers across Canada.



On April 12, Minister of Seniors, Kamal Khera, met with students at Confederation College in Thunder Bay to discuss how Budget 2023 investments will help millions of Canadians, including health care professionals and students who will help care for seniors.

### **Federal/Provincial/Territorial Ministers Responsible for Seniors Forum 2023**

I was happy to meet with my provincial and territorial counterparts in Toronto at the 25th [Federal/Provincial/Territorial Ministers Responsible for Seniors Forum](#) last month.

We discussed wide variety of key priorities to support current and future generations of older Canadians. This included discussions on addressing challenges related to the cost of living, senior abuse, the role of technology in the lives of seniors, opportunities for helping

seniors age in place, housing and ageism.

The Ministers shared information on the measures their respective governments are taking to support seniors. These include a series of targeted affordability measures aimed at reducing poverty and enabling seniors to maintain a dignified standard of living.

As a government we will continue to work collaboratively with the Provinces and Territories to ensure that seniors are seeing results on the issues that matter most to them. We're staying focused on delivering tangible and comprehensive solutions directly to seniors.

For more information, see the news release for the [Federal/Provincial/Territorial Ministers Responsible for Seniors Forum 2023](#).



Group photo of the federal, provincial and territorial ministers responsible for seniors at the 2023 meeting.





Minister Khera alongside Associate Deputy Minister Andrew Brown and Ontario's Minister for Seniors and Accessibility, Raymond Cho.



Minister Khera and Minister Cho with other ministers at the podium.

## **The Canadian Alliance of British Pensioners**

The United Kingdom's (UK) non-indexation policy is of great concern to both me and the approximately 130,000 UK pensioners living in Canada. As a result of this policy the benefits of British Pensioners living in Canada remain the same and do not increase with the cost of living.

Canada's longstanding position is that British pensioners who live in Canada have contributed to the British pension scheme and have therefore earned the right to be treated the same way as other British pensioners.

For more than 40 years, the Government of Canada has sought to address this issue with the UK and has proposed that the two countries negotiate a more comprehensive social security agreement that would

make pensions more equitable by providing for the indexation of UK pensions for recipients in Canada. In the end, the decision to index the pensions of the 130,000 pensioners living in Canada remains with the Government of the United Kingdom.

The UK has repeatedly declined these offers and continues to maintain its long-standing position that it cannot consider the indexation of UK pensions paid into Canada.

Last month I had the opportunity to sit down with The Canadian Alliance of British Pensioners (CABP) to discuss this very important issue. There, I reiterated that the Government of Canada remains committed to supporting UK pensioners living in Canada.

Additionally, together with the Honourable Mary Ng, Minister of International Trade, Export Promotion, Small Business, and Economic Development, we wrote to the Right Honourable Kemi Badeboch, UK Secretary of State for the Department of Business and Trade, encouraging her assistance in conveying to her colleagues the high priority Canada places on resolving this long-standing issue.

## **National Hospice Palliative Care Week**

May 7 to 13 marks [National Hospice Palliative Care Week in Canada](#) It is a time to raise awareness about how palliative care can help people living with a serious illness and their loved ones.

Palliative care is a holistic approach that treats a person with a serious illness of any age and in any setting. If you have a serious illness, palliative care can:

- help improve your quality of life
- reduce or relieve your symptoms
- help you make important decisions

- provide grief support to you, your friends, and your family
- support you and your caregivers throughout your illness, from the time of diagnosis

These services aim to make you and your caregivers feel as comfortable as possible, even while going through treatments intended to cure your illness.

This week is also a time to recognize the invaluable work and dedication of the many caring health and social service providers and volunteers. These are the people who provide much-needed support to individuals with a serious illness and their families at one of the most difficult times of their lives.

To learn more about National Hospice Palliative Care Week you can visit the [Canadian Hospice Palliative Care Associations National Hospice Palliative Care Week webpage](#). For more about palliative care, visit the [Palliative Care webpage](#).

## **National Nursing Week**

This year for National Nursing Week, I want to recognize and celebrate the dedication and determination of nurses, nurse educators and nursing students who continually go above and beyond to provide care for Canadians. From family doctors offices, to emergency rooms to end of life care, and everywhere in between, nurses are essential to the delivery of health-care services across the country.

As a registered nurse myself, I understand all too well the crucial role that nurses play in our health-care system. This year's theme is Our Nurses. Our Future. It represents an opportunity to further highlight the critical role that nurses play in patients' health-care journeys.

When you're providing care to a patient you're not just performing

medical tasks; you are connecting with people, and making a difference in their lives. The relationships that are built between nurses and their patients are unique and invaluable. I learned this first-hand during my time working in the oncology and palliative care units at St. Joseph's in Toronto.

Even though nursing and politics may seem like completely different worlds, at the end of the day, we all want the same thing: to ensure that Canadians are taken care of. Throughout my almost eight years as a member of Parliament I have frequently drawn upon the lessons I learned from my time as a nurse to help guide me in decision-making to deliver the best outcomes for Canadians.

This has been especially true since the onset of the COVID-19 pandemic. In March 2020, I had the opportunity to put my scrubs back on and volunteered alongside members of the Canadian Armed Forces in one of the hardest-hit long-term care homes in the country, in my own community of Brampton. During this time I saw first hand the deplorable conditions that staff and residents had to endure, and I carry those experiences with me every single day.

I know all of you have worked tirelessly day in and day out over the past three years, and I want to express my heartfelt appreciation to all of you: your selfless service, unwavering commitment, and compassionate care have been nothing short of extraordinary. Through it all, you have been there to support Canadians, and now it's our turn to support you.

To do this our government is making it easier for skilled newcomers to come to Canada and work in their field of study. Additionally we've invested close to \$200 Billion into our healthcare system to ensure that it is living up to the expectations of nurses and all Canadians. We've also reinstated the position of a federal chief nursing officer (CNO) with the appointment of Leigh Chapman. We did this to ensure that nurses'

voices are heard when decisions affecting our health-care system are made.

For more information about National Nursing Week, you can visit the [Canadian Nurses Association webpage](#).

You can also read my [joint news release](#) or watch the [National Nursing Week Video](#) with the Minister of Health, Jean-Yves Duclos, and the Minister of Mental Health and Addictions and Associate Minister of Health, Carolyn Bennett

**Spread the word:**

I hope you will take a minute to ensure that this message reaches as many older adults (and the people who support them) as possible. Please share it with your networks through social media, email or your newsletter. You can now sign up and invite others to [sign up for the newsletter online](#).

**For regular updates, please follow:**

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- améliorer votre qualité de vie;
- réduire ou soulager vos symptômes;
- vous aider à prendre des décisions importantes;
- vous apporter à vous, ainsi qu'à vos amis et aux membres de votre famille, un soutien en cas de deuil;
- vous soutenir, vous et vos proches aidants, tout au long de votre maladie, dès le moment du diagnostic.

Ces services visent à vous permettre, à vous et à vos proches aidants, de vous sentir aussi bien que possible, même pendant les traitements destinés à guérir votre maladie.

Cette semaine est également l'occasion de souligner le travail inestimable et le dévouement des nombreuses personnes qui offrent des services sociaux et de santé et des bénévoles. Ils apportent un soutien indispensable aux personnes atteintes d'une maladie grave et à leur famille pendant l'un des moments les plus difficiles de leur vie.

Pour en savoir plus sur la Semaine nationale des soins palliatifs, consultez la [page Web de la Semaine nationale des soins palliatifs de l'Association canadienne des soins palliatifs](#). Pour en savoir plus sur les soins palliatifs, visitez la [page Web des soins palliatifs](#).

## **La Semaine nationale des soins infirmiers**

Cette année, à l'occasion de la Semaine nationale des soins infirmiers, je tiens à souligner et à célébrer le dévouement et la détermination des infirmiers, des formateurs et des étudiants en soins infirmiers qui se surpassent continuellement pour prodiguer des soins aux Canadiens. Qu'ils travaillent dans les cabinets des médecins de famille ou les salles d'urgence ou offrent des soins de fin de vie, les infirmiers sont essentiels à la prestation des services de santé partout au pays.

Étant moi-même infirmière autorisée, je comprends très bien le rôle crucial que les infirmiers jouent dans notre système de santé. Le thème de cette année est « Notre personnel infirmier. Notre avenir ». Il s'agit d'une occasion de souligner davantage le rôle essentiel que les infirmiers jouent dans le cheminement des patients vers les soins de santé.

Quand vous prodiguez des soins à un patient, vous ne vous contentez pas d'accomplir des tâches médicales; vous établissez des liens avec les gens et vous changez les choses pour eux. Les relations établies entre les infirmiers et leurs patients sont uniques et inestimables. Je l'ai constaté par moi-même lorsque j'ai travaillé dans les unités d'oncologie et de soins palliatifs de St Joseph's, à Toronto.

Même si les soins infirmiers et la politique peuvent sembler être des mondes complètement différents, au bout du compte, nous voulons tous la même chose, c'est-à-dire faire le nécessaire pour que les Canadiens soient pris en charge. Je suis députée depuis presque huit ans déjà, et j'ai souvent tiré des leçons de mon expérience d'infirmière pour m'aider à prendre des décisions afin d'obtenir les meilleurs résultats pour les Canadiens.

C'est surtout le cas depuis le début de la pandémie de COVID-19. En mars 2020, j'ai eu l'occasion de remettre mon uniforme quand je me suis portée volontaire, aux côtés de membres des Forces armées canadiennes, pour travailler dans l'un des établissements de soins de longue durée les plus durement touchés au pays, dans ma propre collectivité, à Brampton. Au cours de cette période, j'ai pu constater moi-même les conditions déplorables que le personnel et les résidents ont dû endurer, et je porte en moi ces expériences au quotidien.

Je sais que vous avez tous travaillé sans relâche, jour après jour, au cours des trois dernières années, et je tiens à vous exprimer à tous ma profonde reconnaissance, car votre dévouement, votre engagement



indéfectible et votre compassion ont été tout simplement extraordinaires. Pendant tout ce temps, vous avez été là pour appuyer les Canadiens, et c'est maintenant à notre tour de vous appuyer.

Pour ce faire, le gouvernement facilite la tâche aux nouveaux arrivants qualifiés qui veulent venir au Canada et travailler dans leur domaine d'études. De plus, nous avons investi près de 200 milliards de dollars dans notre système de santé pour nous assurer qu'il répond aux attentes du personnel infirmier et de tous les Canadiens. Nous avons également réinstauré le poste d'infirmière en chef et y avons nommé Leigh Chapman. Nous l'avons fait pour donner une voix aux infirmiers dans les processus décisionnels touchant notre système de santé.

Pour en savoir plus sur la Semaine nationale des soins infirmiers, consultez la [page Web de l'Association des infirmières et infirmiers du Canada](#).

Vous pouvez aussi lire [le communiqué](#) ou visionner [la vidéo de la Semaine nationale des soins infirmiers](#), produits conjointement avec le ministre de la Santé, Jean-Yves Duclos, et la ministre de la Santé mentale et des Dépendances et ministre associée de la Santé, Carolyn Bennett.

**Passez le mot :**

J'espère que vous prendrez quelques minutes pour faire en sorte que ce message soit transmis au plus grand nombre d'ânés possible ainsi qu'aux personnes qui en prennent soin et qui les accompagnent.

Merci de le transmettre aux membres de vos réseaux par l'entremise des médias sociaux, par courriel ou dans votre infolettre. Vous pouvez maintenant vous inscrire et inviter d'autres personnes à [s'inscrire au bulletin d'information en ligne](#).

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