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Message from the Minister

July 11, 2023

Dear friends,

On July 1, we celebrated Canada's history and the 40 million Canadians who make up our beautiful country. No matter what our age is, our faith, where we were born, the colour of our skin, what language we speak, or who we love, we know that it is our differences and our commitment to celebrating our diversity that makes us stronger as a country.

As Canada's Minister of Seniors, I am committed to identifying ways our government can improve the quality of life for older Canadians. As we enter July, I have a few things I am thrilled to share.

I recently visited London, Ontario, to [announce funding for New Horizons for Seniors Program \(NHSP\) projects](#). During my visit, I discussed some of the challenges facing older Canadians, and I look forward to connecting with more communities and individuals across the country. This August, the NHSP community-based stream will open its next call for applications, and you can read more about that in this newsletter.

I would like to remind you that on July 5, the one-time Grocery Rebate was delivered to eligible Canadians by direct deposit or cheque. I am pleased to say that on average, eligible seniors received \$225. You can read more below about the Grocery Rebate and how we're making life more affordable for older Canadians.

Lastly, as extreme heat events are expected to increase during the summer months, I encourage you to check out the [Health Canada webpage on how to protect yourself from the health effects of extreme heat](#). Heat stroke is a medical emergency and knowing what symptoms to watch out for can save lives.

There are more announcements to come this summer, so be sure to stay tuned!

In this issue of my newsletter, you can read more about:

- New Horizons for Seniors Program; London, Ontario Announcement
- New Horizons for Seniors Program Community-based Stream 2023 Call for Proposals
- Making life more affordable for older Canadians

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

Thanks for reading and sharing.

Kamal
Minister of Seniors

Khera



New Horizons for Seniors Program; London, Ontario Announcement

On June 27, I announced an [investment of \\$255,417 to fund 14 community-based projects supporting seniors in London, Ontario](#). This funding was awarded through the most recent call for proposals through the New Horizons for Seniors Program (NHSP).

Our government invests approximately \$50 million per year to support NHSP community-based projects. In Budget 2022, an additional \$20 million was proposed over two years for an expanded program to support more projects that improve seniors' quality of life and help them to continue participating fully in their communities.



Minister Khera visiting the Springbank Gardens Community Centre in London, Ontario. People from the community, MP Lindsay Matthysen, and Minister Khera are holding a banner that reads "Empowering Seniors in London".



Minister Khera speaking at the podium in London, Ontario. Banner on the podium reads "Empowering Seniors in London".



Bill Hefferton from Horton Street Seniors' Centre giving a testimony at the NHSP Echo Announcement in London, Ontario. Banner on the podium reads "Empowering Seniors in London".



Minister Khera and Michael Lamb, representation from Elder Abuse London Middlesex, at the NHSP Echo Announcement in London, Ontario.

New Horizons for Seniors Program Community-based Stream 2023 Call for Proposals

Like many countries around the world, Canada has a growing population of seniors. By 2057, people over the age of 65 will make up one quarter of Canada's population, and our government is working

hard to respond to seniors' diverse needs.

One of the ways we are doing this is through the New Horizons for Seniors Program (NHSP). NHSP has been funding community projects across Canada that prioritize seniors and meet one of the following objectives:

- promote volunteerism among seniors and other generations
- engage seniors in the community through the mentoring of others
- expand awareness about important issues such as elder and financial abuse
- support the social participation and inclusion of seniors
- provide capital assistance for new and existing programs for seniors

The NHSP demonstrates the Government's commitment to connecting and empowering seniors in communities across every region of the country.

I am thrilled to invite every eligible organization to participate in the upcoming call for proposals for community-based projects, which will be opening on August 1!

Using a simplified application process, organizations are invited to submit proposals for projects that meet at least one program objective, involve seniors in program planning or delivery, and seek to benefit seniors and communities.

I encourage you to visit the [New Horizons for Seniors Program website](#) for more information on eligibility and how to apply, or contact your [regional Service Canada Office](#). You can also watch my [NHSP Community-based stream Call for proposals pre-launch video](#).

Make sure to stay tuned as August 1 approaches. I look forward to seeing the amazing projects that will be rolled out in many communities!

Making life more affordable for older Canadians

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 the rising cost of living, particularly at the grocery store. That is why Budget 2023 lays out our plan to support seniors.

Budget 2023 delivers new targeted inflation relief to the Canadians hardest hit by the rising cost of living. On July 5, the one-time Grocery Rebate was delivered to 11 million eligible Canadians by direct deposit or cheque. Seniors can expect to see an average of an additional \$225 dollars in their bank account. Budget 2023 also expanded on the Canada Dental Plan. We're moving forward with our plan, which will make life more affordable for 9 million Canadians, including seniors, and ensure they have access to the dental care they need starting at the end of the year.

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

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.](#)

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