

A stylized mountain logo consisting of three peaks. The leftmost peak is light blue, the middle peak is dark blue, and the rightmost peak is light blue. The peaks are connected by dark blue lines that sweep downwards.

# BRANDON SENIORS SUMMIT

March 11-12, 2015

***FEATURING LLOYD ROBERTSON***



**KEYSTONE CENTRE  
BRANDON, MANITOBA**



## **KEYNOTE:**

### **LLOYD ROBERTSON**



#### **HOST AND CHIEF CORRESPONDENT, W5**

Lloyd Robertson has been voted the most trusted news anchor by TV Guide readers 11 times in a row, and Canada's favourite news anchor by the TV Times, The Toronto Sun and NOW Magazine. He spent 35 years as Chief Anchor and Senior Editor of the CTV NATIONAL NEWS WITH LLOYD ROBERTSON. He has been broadcasting for more than 50 years. In 1998, Robertson became a member of the Order of Canada, and in 2007, was the first journalist into Canada's Walk of Fame. In 2012, Robertson was inducted into the Canadian News Hall of Fame and prior to this he was inducted into the Canadian Association of Broadcasters Hall of Fame in 1998. He was honoured in 1993

with the Radio, Television News Directors' Association President's Award. He won Gemini Awards in 1992, 1994 and 1997.

A strong supporter of multiple charities, Robertson participates every year in the Hospital for Sick Children's Telethon.

Robertson says "I believe that if you have a public profile – and you can do some good – that's your responsibility as a good citizen."

Robertson approaches every day, every story with a fresh eye, a natural curiosity, and most of all a passion for connecting with Canadians. Robertson always finds the right place to go, the right angle, the right kernel of information to impart.

**PRESENTATION:** Supporting the quality of life for seniors in our communities.

## **KEYNOTE: MEG SOPER**

Meg is an expert on the subject of striking balance within our hectic lives. Over the past two decades Meg has worked as a health professional, become one of Canada's foremost stand-up comedienne, and raised a family. She has taken the life lessons learned while traveling this unique path to become an incredible motivator and life balance coach. Meg blends her unique insights with unforgettable humour to help people develop practical strategies for work and life.



Professional speaker and comedienne Meg Soper is recognized as one of the premiere motivators in Canada. She combines her remarkable sense of humour with her unique perspective of life to captivate her audience and provide them with a presentation filled with inspiration and entertainment.

Meg has appeared as a keynote speaker and feature performer at conventions and corporate functions across North America and internationally. She has shared the stage with such celebrities as Ray Romano and Ellen DeGeneres. With over 28 years of experience in the health care industry and as a Registered Nurse in the Operating Room, she understands how your attitude affects those around you in the workplace environment. Meg is co-author of the book, *From the Stage to the Page – Life Lessons from Four Funny Ladies*. She has appeared on the CBC Television Network, Women's Television Network and Prime TV, as well as being featured in many radio programs and comedy festivals. Meg has a tremendous ability to connect with her audience and take every event to a higher level.

### ***"Wit, Fit and Balance...Strategies for Success"***

*A combination of stand up and motivational presentation that offers a light hearted look at the stresses of everyday life and sheds a humorous light on it*

It will demonstrate how shifting our perspective and using humour will help us effectively cope with the day to day stresses of everyday life. It is an interactive light hearted presentation that also focuses on effective communication, interacting with the different generations and dealing with conflict. It will demonstrate how we create our own positive environment by how we communicate with ourselves and the people we interact with. The understanding is that we are in a position to support each other and that we have control over the attitude we bring with us to life. This motivational life balance presentation delivers insight and practical strategies that entertain and inspire.

You will leave in stitches, armed with a number of practical strategies geared towards a healthier, happier and more productive life while maintaining a sense of balance.

# ***SUMMIT AT A GLANCE***

## ***WEDNESDAY, MARCH 11, 2015***

TIME	SENIORS	FAMILY/SUPPORT	PROFESSIONALS*
8:00 – 9:00	REGISTRATION / TRADE SHOW		
9:00 – 9:15	HOUSEKEEPING / WELCOME		
9:15 – 10:30	KEYNOTE: LLOYD ROBERTSON (K1)		
10:30 – 10:45	BREAK / TRADE SHOW		
10:45 – 12:00	W1: ELDER ABUSE & FRAUD	W5: SPEAKING UP: ADVOCACY SKILLS	W9: GAMBLING & SENIORS: MORE THAN A GAME?
12:00 – 1:00	LUNCH - LIVE BROADCAST BY THE LUNCH BAGS		
1:00 – 2:15	W2: CAA SCOOTER SAFETY & TRAVEL INSURANCE	W6: SECURE YOURSELF, SECURE YOUR LEGACY	W10: SPEAKING UP: ADVOCACY SKILLS
2:15 – 2:30	BREAK / TRADE SHOW		
2:30 – 3:45	W3: MEDICATION FOR SENIORS	W7: PARENTING YOUR PARENTS	W11: SENIORS & SUSTAINABLE COMMUNITIES
3:45 – 5:00	W4: DRUMS ALIVE	W8: MENSHEDS MANITOBA ELDER ABUSE & FRAUD	W12: THE HERITAGE CENTRE JOURNEY
5:00 – 5:30	TRADE SHOW		

\*Participants *may* achieve *credits* for attending this conference.

DO  
MORE  
OF  
WHAT  
MAKES  
YOU  
HAPPY

### **CLUB 77 SENIORS DANCE**

**HELEN & THE HEARTBREAKERS**

**TIME: 7:00PM - 11:00PM**

**MNP CONVENTION HALL**

**COST: \$10.00**

#### **NOTE:**

**PAYMENT WILL BE TAKEN AT THE DOOR**

# ***SUMMIT AT A GLANCE***

## ***THURSDAY, MARCH 12, 2015***

TIME	SENIORS	FAMILY/SUPPORT	PROFESSIONALS
9:00 – 9:15	HOUSEKEEPING		
9:15 – 10:30	T1: MENSHEDES MANITOBA	T4: NEW FINANCIAL REALITY	T7: EDEN CARE PHILOSOPHY THROUGHOUT THE CONTINUUM OF CARE
10:30 – 10:45	BREAK / TRADE SHOW		
10:45 – 12:00	T2: HOME MAINTENANCE / FOOD BOX PROGRAMS	T5: EDEN ALTERNATIVE PHILOSOPHY	T8: MEDICATIONS FOR SENIORS
12:00 – 1:00	LUNCH  PRESENTATIONS: MANITOBA QUILTS & WESTMAN HOSPICE & CROCUS PLAINS CHOIR		
1:00 – 2:15	T3: THE NEW CO-OP HOUSING PLAN - AFFORDABLE HOUSING FOR ALL	T6: DRUMS ALIVE	T9: MOVING EVERY DAY IS THE PROVEN WAY FOR HEALTHY AGING
2:15 – 2:30	BREAK / TRADE SHOW		
2:30 – CLOSE	KEYNOTE: MEG SOPER (K2)		

**TRY  
AND FAIL  
BUT DON'T  
FAIL TO  
TRY**

# DAY 1

## SENIORS

### W1: ELDER ABUSE & FRAUD

**Presenter:** Brandon Police Services

Elder Abuse

- Financial and Physical
- Fraud

### W2: CAA SCOOTER SAFETY & TRAVEL INSURANCE

**Presenter:** Chris Heide, Regional Manager CAA Brandon

- Scooter safety for seniors
- Out of country travel and medical insurance

### W3: MEDICATION FOR SENIORS

**Presenter:** Marcus Vasconcelos, B.Sc(Pharm)

- How to stay healthy with the help of your pharmacist and doctor
- How to make your dollar go further with prescription medication
- What you need to know to get the most value from your pharmacy

**Pharmacy Services Reviewed:** Medication Reviews, Delivery Service, Clinic Days, Injection Administration, Smoking Cessation, Prescribing for Self-Limiting Conditions, Ensuring You Take Your Medications, Medical Device Operation, Continuing Care Prescriptions

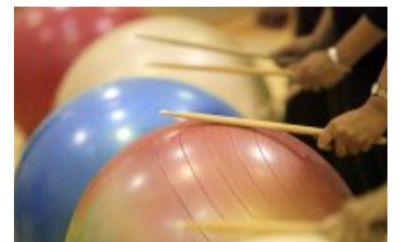
**Medication Coverage Plans:** Pharmacare – *everything you every wanted to know about it*, Veterans Affairs, Hydro Pharmacare Plan

**Some Money Saving Methods, Miscellaneous Tips, What Else Should You Do?**

### W4: DRUMS ALIVE

**Presenter:** Sue-On Hillman, Certified Drums Alive Instructor, B.A B.Ed5, Geography Teacher Education, Brandon University - EAP (English for Academic Purposes) Teacher

The target is to engage people in a new fun way to get active. Drumming combined with dance movements is a successful combination for people of all ages. It can be done indoors in the winter and in greenspace during the summer months. It is a fun way to get fit, while improving balance, coordination and enhancing memory.



For more information about the benefits of Drums Alive, check out <http://www.drums-alive.com>

(limited to 26 participants)



# **DAY 1**

## **FAMILY / SUPPORT**

### **W5: SPEAKING UP: ADVOCACY SKILLS**

**Presenter:** Norma Kirkby – PHEc, BScHEc, Program Director, Alzheimer Society of Manitoba

Norma was educated at the University of Saskatchewan with specialization in Family and Resource Management. The underlying theme of her work across the Canadian Prairies has been assisting individuals and families to live successfully. She is responsible for the Society's vision for education, client services and advocacy.

Caregivers of older adults need to advocate on behalf of the person they care for and themselves. This is especially true when the person requiring care has dementia. Caregivers need to present their concerns and requests for action to other family members, community care providers and health care professionals. Being an advocate requires skills including problem solving, communication and often persistence. Come to learn more about common advocacy roles, organizing for and presenting your case at advocacy meetings and tips for communicating by phone, email and letter.

### **W6: SECURE YOURSELF, SECURE YOUR LEGACY**

**Presenter:** Chris J. Veilleux, CFP, CLU, FMA, FCSI, CPCA  
Vice President, Desjardins Financial Security Investments

Chris is a financial planning professional with a diverse background in tax and estate planning, retirement planning and professional investment stewardship. His aim is to help secure his client's legacy, protect assets and simplify matters for their benefit and also their heirs.

This presentation helps provide clarity on a number of financial issues that seniors face, and strategies to overcome them. Common estate planning pitfalls are identified, and specific financial planning concepts explored. The presenter will help the audience weigh the pros and cons of each approach, and provide a number of real examples. In addition to will planning, the presentation explores the use of power of attorney, family trusts, joint ownership, beneficiaries and successor annuitants. Consideration is given to blended families, the need for cash flow, security and protection during the senior's lifetime, in addition to tax concerns and philanthropic desires.

### **W7: PARENTING YOUR PARENTS**

**Presenter:** Gail Freeman-Campbell, LPN, CEO

As our parents age we need to be equipped to taking over the responsibility of ensuring their safety and well-being. This session will give you the tools you need to effectively care for your parents. Learn what community resources are available and how to access them.

This session will also explore the role of caregiving. It will discuss the daily stress of being a caregiver but also the rewards. We will examine effective stress coping techniques, community resources available and support systems. We will also celebrate the joy of caring for our loved ones.

## **DAY 1**

### ***FAMILY / SUPPORT ... CONTINUED***

#### ***W8: MENSHEDS MANITOBA INC.***

**Presenter:** Doug Mackie, Chair, Mansheds Manitoba Inc.; Woodhaven Shed, Winnipeg, Member of the Manitoba Council on Aging

Committee Member: Ownership Committee, Canadian Mental Health Association, Winnipeg

Polio Survivor, prostate cancer survivor, founding member and organizer Mensheds Manitoba Inc. - A bottom up, peer run volunteer organization for men, run by men.

Many men when they retire do not have enough regular things to do; especially in the company of other men. When a man retires, his self-worth may diminish, he does not have a regular schedule, he may be underfoot at home and can become isolated and depressed. If a man's spouse passes away, he can be very lonely. Men tend not to go out and join organizations or participate in seniors groups where there is a majority of women in them. For both physical and mental well-being, men need the companionship, camaraderie, bantering and socialization with other men. A group for men, run by men, can help men lead healthier mental and physical lives. Mensheds offers an opportunity for men to keep busy, learn new skills and feel part of a group.

#### ***W8: ELDER ABUSE & FRAUD***

**Presenter:** Brandon Police Services

Elder Abuse

- Financial and Physical
- Fraud





# **DAY 1**

## **PROFESSIONALS**

### **W9: GAMBLING & SENIORS: MORE THAN A GAME?**

**Presenter:** Erin Wolfe, BHEc, Financial Counsellor/Gambling Specialist

Erin has a background and training in both financial counselling and addiction behaviours. She works for Community Financial Counselling Services, a Manitoba-based, registered charity and not for profit United Way Member Agency. Her role at CFCS is that of a Gambling Addiction Specialist where she assists consumers and their affected family members with the financial aspects of problem gambling.

**Presenter:** Sally Massey-Wiebe, BHEc, AFCC, Financial Counsellor/Financial Literacy Coordinator

Sally has extensive experience working with consumers of all ages/income levels and facilitates workshops on financial literacy matters.

Social engagement and entertainment is crucial to a healthy life balance – but when discretionary activities such as gambling become more than a game, finances, relationships as well as health and well-being can all be jeopardized. Understanding problem gambling and the resources and supports that can contribute to harm reduction can promote financial and physical/emotional well-being for seniors, their families and the community.

This workshop will help service providers to understand gambling as an addiction, spot the warning signs of gambling addiction, and treat the financial fallout that can result from gambling.

### **W10: SPEAKING UP: ADVOCACY SKILLS FOR FAMILY CAREGIVERS**

**Presenter:** Norma Kirkby – PHEc, BScHEc

Program Director, Alzheimer Society of Manitoba

Norma was educated at the University of Saskatchewan with specialization in Family and Resource Management. The underlying theme of her work across the Canadian Prairies has been assisting individuals and families to live successfully. She is responsible for the Society's vision for education, client services and advocacy.

Caregivers of older adults need to advocate on behalf of the person they care for and themselves. This is especially true when the person requiring care has dementia. Caregivers need to present their concerns and requests for action to other family members, community care providers and health care professionals. Being an advocate requires skills including problem solving, communication and often persistence. Come to learn more about common advocacy roles, organizing for and presenting your case at advocacy meetings and tips for communicating by phone, email and letter.

## **DAY 1**

### **PROFESSIONALS ... CONTINUED**

#### **W11: SENIORS & SUSTAINABLE COMMUNITIES**

**Presenters:** Gordon Damon – Board Chair – Niverville Heritage Centre  
Steve Neufeld CEO - Niverville Heritage Centre

This would simply be an overview of the how, what, where and why we did what we did as a community. The lessons we learned and the importance of the effort for not only our elders in the community but the impact a social enterprise has on a community and the surrounding region.

#### **W12: THE HERITAGE CENTRE JOURNEY**

**Presenters:** Gordon Damon – Board Chair – Niverville Heritage Centre  
Steve Neufeld CEO - Niverville Heritage Centre

This presentation will be presented at the Southern Health's (our RHA) Sustainable Communities Conference in May. The four key points of the presentation are:

- Key dynamics of healthy and sustainable communities
- The key role that seniors play in this
- Strategies around healthy communities over the next 25 years based on current demographics
- How this sustains volunteers who are the root of a healthy community.



## **DAY 2**

### **SENIORS**

#### **T1: MENSHEADS MANITOBA INC.**

**Presenter:** Doug Mackie, Chair, Mansheds Manitoba Inc.; Woodhaven Shed, Winnipeg, Member of the Manitoba Council on Aging

Committee Member: Ownership Committee, Canadian Mental Health Association, Winnipeg

Polio Survivor, prostate cancer survivor, founding member and organizer Mensheds Manitoba Inc.- A bottom up, peer run volunteer organization for men, run by men.

Many men when they retire do not have enough regular things to do; especially in the company of other men. When a man retires, his self-worth may diminish, he does not have a regular schedule, he may be underfoot at home and can become isolated and depressed. If a man's spouse passes away, he can be very lonely. Men tend not to go out and join organizations or participate in seniors groups where there is a majority of women in them. For both physical and mental well-being, men need the companionship, camaraderie, bantering and socialization with other men. A group for men, run by men, can help men lead healthier mental and physical lives. Mensheds offers an opportunity for men to keep busy, learn new skills and feel part of a group.

#### **T2: HOME MAINTENANCE / FOOD BOX PROGRAMS**

**Presenters:** Hope Switzer, BA (Psychology), BSc (Biology); Energy Efficiency Coordinator for BNRC  
Leanne Petrin, Masters in City Planning, BA (Politics) is the Housing Coordinator for BNRC  
Erin May, Food Assessment Coordinator for BNRC.

**Neighbourhood Power Smart Project (with Manitoba Hydro) promoting:**

- Affordable Energy Program (AEP)
- Power Smart PAYS Financing

**Major Renovations Programs:**

- Homeowner Renovation Assistance Program (HRAP)
- Residential Adaptations for Disabilities (RAD)

**Minor Renovations Program:** Front and Paint

**Good Food Box Program**

## **DAY 2**

### **SENIORS ... CONTINUED**

#### **LUNCH & PRESENTATIONS**

##### **MANITOBA QUITTS**

**Presenter:** Tracy Fehr – Manitoba Lung Association

An exciting way to make a quit attempt, reduce the harm of smoking, protect your family from second hand smoke and help someone you care about to make a four week quit attempt. You will be building confidence in yourself and giving yourself a better chance of quitting for good.

##### **WESTMAN HOSPICE**

**Presenter:** Sheri G. Kidd, Westman Hospice Association, Inc.

The need in our community for a live – in hospice – there are on average 50 people on the Brandon Palliative Care Registry with only 12 beds in our Hospital for palliative patients.

#### **T3: THE NEW CO-OP HOUSING PLAN - AFFORDABLE HOUSING FOR ALL**

**Presenter:** Harvey Douglas

- Journey-man Carpenter and Energy Conservation Contractor
- 55+ years in the construction industry working to provide affordable housing and energy efficient buildings in Manitoba.
- 6 years working to bring the Western Manitoba Seniors Non-Profit Housing project to completion

The purpose of this presentation is to make the general public aware of Co-op Housing as an option for affordable housing. How the new Legislation opens the door to all who are willing to work co-operatively to meet the needs and wishes of Seniors and middle to lower income individuals on fixed incomes wanting a safe, secure, affordable housing alternative. The presentation will be based on the experience gained while developing the newest, unequal share, capital non-profit housing project in Brandon.



## **DAY 2**

### **FAMILY / SUPPORT**

#### **T4: NEW FINANCIAL REALITY:**

##### **MANAGING FINANCIAL CHANGE DURING HEALTH OR DISABILITY ISSUES**

**Presenter:** Sally Massey-Wiebe, BHEc, AFCC, Financial Counsellor/Financial Literacy Coordinator

Sally has extensive experience working with consumers of all ages/income levels and facilitates workshops on financial literacy matters for consumers and service providers.

A sudden or gradual change in someone's health or physical condition can have a major impact on their financial situations. In turn, a change to a senior's finances can have a negative impact on their health as they struggle to use limited resources to cover growing health costs. This financial impact can also be felt by someone who is caring for the individual as the caregivers take time off work, pay for additional care expenses or accommodate increased costs. Using the visual image of a jigsaw puzzle, this workshop will provide the framework and tools to evaluate a situation and consider needed information, the programs and services you might access and the decisions you must make as you complete the puzzle that is the new financial reality.

#### **T5: EDEN ALTERNATIVE PHILOSOPHY**

**Presenter:** Jennifer Martel, B.PAS, CTRS

Certified Therapeutic Recreation Specialist, Regina Lutheran Home

##### **Eden Care Philosophy**

The Eden Alternative is a vision for breathing new life into nursing homes. All aspects of daily operations are reconsidered and re-framed to focus first on the unique needs and preferences of the individuals who live and work there. Organizations must consider how to benefit the overall well-being of Elders and their care partners, as well as the organization as a whole.

Edenizing organizations are creating a vibrant, empowered existence for the Elders they serve and the people who work closely with them in residential care environments.

#### **LUNCH & PRESENTATIONS**

##### **MANITOBA QUITTS**

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An exciting way to make a quit attempt, reduce the harm of smoking, protect your family from second hand smoke and help someone you care about to make a four week quit attempt. You will be building confidence in yourself and giving yourself a better chance of quitting for good.

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## DAY 2

### ***FAMILY / SUPPORT ... CONTINUED***

#### ***T6: DRUMS ALIVE***

**Presenter:** Elaine Macdonald Fitness, Macgregor, MB.

Elaine is in the process of getting her CanFit Pro Fitness Instructor Specialist certification, and is also a Certified Drums Alive and Academic Beats Instructor.

The target is to engage people in a new fun way to get active. Drumming combined with dance movements is a successful combination for people of all ages. It can be done indoors in the winter and in greenspace during the summer months. It is a fun way to get fit, while improving balance, coordination and enhancing memory. For more information about the benefits of Drums Alive, check out <http://www.drums-alive.com> (limited to 26 participants)

## DAY 2

### ***PROFESSIONALS***

#### ***T7: EDEN CARE PHILOSOPHY***

**Presenter:** Jennifer Martel, B.PAS, CTRS, Certified Therapeutic Recreation Specialist, Regina Lutheran Home, Certified Eden Associate

Our organization is to provide independent living, assisted living and long term care for older and vulnerable adults. My role is to look at this through “Eden eyes” to ensure person-directed care.

**Eden Philosophy Throughout the Continuum of Care** - The Eden Alternative is a vision for breathing new life into nursing homes. All aspects of daily operations are reconsidered and re-framed to focus first on the unique needs and preferences of the individuals who live and work there. Organizations must consider how to benefit the overall well-being of Elders and their care partners, as well as the organization as a whole. Edenizing organizations are creating a vibrant, empowered existence for the Elders they serve and the people who work closely with them in residential care environments.

#### ***T8: MEDICATIONS FOR SENIORS***

**Presenter:** Marcus Vasconcelos, B.Sc(Pharm)

- How to stay healthy with the help of your pharmacist and doctor
- How to make your dollar go further with prescription medication
- What you need to know to get the most value from your pharmacy

**Pharmacy Services Reviewed:** Medication Reviews, Delivery Service, Clinic Days, Injection Administration, Smoking Cessation, Prescribing for Self-Limiting Conditions, Ensuring You Take Your Medications, Medical Device Operation, Continuing Care Prescriptions

**Medication Coverage Plans:** Pharmacare – *everything you every wanted to know about it*, Veterans Affairs, Hydro Pharmacare Plan

**Some Money Saving Methods, Miscellaneous Tips, What Else Should You Do?**



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## T9: MOVING EVERY DAY IS THE PROVEN WAY FOR HEALTHY AGING

**Presenter:** Jim Evanchuk

- Executive Director, Active Living Coalition for Older Adults in Manitoba (ALCOA-MB),
- Member of the National Active Living Coalition for Older Adults Board of Directors
- Co-Chair, Physical Activity Coalition of Manitoba (PACM)
- Professional Certification: BPE (Bachelor of Physical Education)

**The session will address the following objectives:**

- To identify the benefits of physical activity and its connection to functional ability and independence and positive outlook of older adults;
- To identify strategies to promote physical activity among older adults;
- To identify healthy aging programs and services that every older adult in Brandon and area should know about.

This session will provide seniors support service providers and practitioners with information about programs and services, which will enable them to effectively advise older adults in their purview. It will also assist them in referring older adults to physical activity related programs, services & resources that encourage them to engage in healthy active aging activities.

Register by February 27 and have a chance to WIN your Registration FREE!

Register early as space is limited. Registration Closes March 6th.



Rooms have been reserved at the Canad Inns.

Quote group #288143. Rooms will be held until February 27 only.



Age Friendly Brandon

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