

# Federal Superannuates National Association

## Nanaimo & Area

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February 2004



## NEXT MEETING Thursday 18th March, 2004



**Location:** 256 Royal Canadian Legion Branch at 1630 East Wellington Street which is located between Bowen and Townsite Road. doors will open 10a.m.

Following a short business meeting, a lunch of Roast Beef with all the trimmings will be served, followed by desert table which contains pie and ice cream . Cost will be \$14 per person (GST, but not gratuities, included).

After the lunch, the guest speaker will be **Susan Abermann**, Area Director of the Seniors community and Primary Care Program of the Central Vancouver Island Health Authority who will outline for us the Seniors' Programs for Vancouver Island; how they have changed during the last two and half years; how our members might access the services; possible waiting lists and times for services; immunization, cancer, residential and environmental services, and future services in the planning stage.

You will be asked by your local telephoner if you plan to attend and reserve your meal and, if you do, you are reminded of our cancellation policy. As we are required to pay for all meals we order, you are asked to cancel your reservation to avoid being charged for the meal To do so, please call **Pat Mason** at **753-6008** or **Barb Campbell** at **954-0733** . The last date for cancellation to avoid billing will be **Thursday 11th March, 2004.**

**DON'T FORGET YOUR NAME TAG!**

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## FROM THE PRESIDENT



This will be the first time speaking to you as President of our Branch. On behalf of the Executive, we would like to take this opportunity to wish all a healthy and happy New Year. As you are aware, a new executive was elected at the AGM in November. A sincere thank you to the previous executive for all they accomplished on our behalf. A special thanks goes out to Marg Mostowy, (now our Past President), Hap Armstrong and Lute Dunsmore for their dedicated service to the Branch over the years.

We now look forward to spring and all that it brings in renewed vitality and promise. On 19 February 2004 a Volunteer Appreciation Luncheon was held at the Nanaimo Golf Club for all those volunteers who so ably assist in the operations of the Branch. Volunteers are an integral part of running the Branch! We are always willing to receive whatever assistance the members can provide. Currently there is a shortage of phoners for the Parksville area as well as some minor Executive duties. If you think

you could help don't hesitate to contact your executive and volunteer.

The call for Convention 2004 has been made by National Office, and your executive will deal with issues pertinent to the Convention set for the middle of August of this year. Marg Mostowy, our Past President, and myself were elected at the AGM to represent the Branch. Many issues will arise over the coming months, and will be dealt with by the Executive, culminating in a special Executive meeting in early June. We will apprise you on all meaningful issues as they come forward. As we have a large area to serve in the Branch, to this end, your Executive will be holding the May 2004 Executive Meeting in Port Alberni. As well, the June 2004 General Meeting will be held in Parksville. Your Executive feels that this is a necessary step to ensure all of our members are served no matter where they live. Look for more information on these in the future.

Over the past few months, National Office has been planning the Convention, negotiating the PSHCP, establishing a Provincial Advocacy Officer's position for each province, and continuing to represent us at the national level. Keith Patterson, who was to retire at the end of January 2004, was taken ill and had to leave earlier than expected. We wish him well!

We hope to be able to continue to provide you with the enthusiasm and excellence you've come to expect from your Executive in the past and We are looking forward to seeing you all at the next General Meeting on 18 March 2004.

### FSNA AWARDS presented during 2003

**Alex Kohuch** was awarded a life membership by the Nanaimo & Area Branch at the Sept. 18, 2003 General meeting. Alex has served on the Branch Executive and made more than 8,000 hospital & sick visits to our Members.

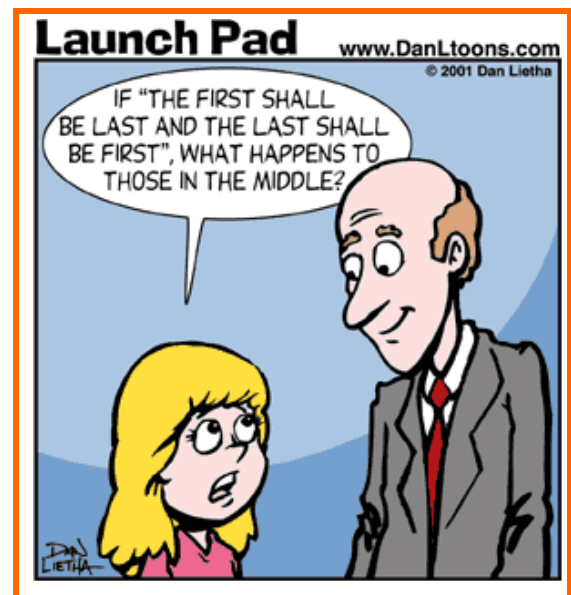
**5 Service Awards** were presented to Branch members during 2003:

**Alec Gray** and **Anne Henderson** (phone captain) were given awards at the Sept. 18, 2003 General meeting for their many years of service to the Nanaimo & Area Branch.

**Clem Brown** and **Edith Easton** were given awards at the Nov. 27, 2003 AGM for their years of service as volunteer phoners.

**Bob Wilkinson** was also nominated for an award for his 7-years as a volunteer phoner, which will be presented in 2004.

J.C. Scrivener  
Awards Coordinator



## FINANCIAL STATEMENT

as at 10 Feb 2004



### ASSETS

Bank Balances	547.24
Petty Cash Balance	50.00
Float Due—Membership	100.00
Prepaid Stationery & Postage	425.83
G.I.C. Investments	11,272.09
DOB Contingency Fund	2,000.00
Equipment	7,649.39
Less Depreciation	-6,469.22
	1,180.17

**TOTAL CURRENT ASSETS 19,675.33**

### LIABILITIES

Per Capital Payable	0.00
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**TOTAL LIABILITIES 0.00**

### EQUITY

Retained Earnings	19,787.50
Current Earnings	-112.17

**TOTAL EQUITY 19,675.33**

(Liabilities & Equity)



## How to Contact Your Executive



<b>President—</b>	Bob Hoogerbrug	751-8735
	r-choog@shaw.ca	
<b>Vice President &amp; Membership—</b>	Vic Ashdown	248-2027
	ashdown@shaw.ca	
<b>Past President—</b>	Marg Mostowy	756-1069
	fsnanaimo@shaw.ca	
<b>Treasurer—</b>	Bob Stitt	758-7681
	stittar@shaw.ca	
<b>Secretary—</b>	Cathey Hoogerbrug	751-8735
<b>Membership Secretary -</b>	Doris Grieves	716-1952
	dgrieves@shaw.ca	
<b>Recruiting and Retention—</b>	Darrell Hamilton	756-3895
	dh@telus.net	
<b>Historian—</b>	Cliff Pickton	723-1136
	pfmcj@telus.net	
<b>Program Director—</b>	Pat Mason	753-6008
<b>Awards/Speakers—</b>	Charles Scrivener	758-2240
	scrivener@shaw.ca	
<b>Services &amp; PSHCP/PSDO Liason -</b>	Leroy Wood	758-0078
	woodsie@shaw.ca	
<b>Newsletter—</b>	Ron Gladstone	751-2940
	gldstone@shaw.ca	
<b>Hospital Visiting Nanaimo—</b>	Alex Kohuch	755-3040
<b>Parksville</b>	Harold Goodman	248-3269
<b>Port Alberni—</b>	Marg Pierce	723-9791
<b>Director Nomination Committee/Volunteer Co-ordinator</b>	—John Ablett	752-7572
<b>Phone Chairs &amp; Area Coordinators, etc</b>		
<b>Parksville</b>	Barbara Campbell	954-0733
	campbellba@shaw.ca	
<b>Ucluelet</b>	Sandy Henry	726-7086
	macfunnelcover@telus.net	
<b>Port Alberni—</b>	Marg Pierce	723-9791

## HELP WANTED

Your Branch is looking for volunteers to contribute a minimal amount of time to help make it grow and continue to work for all the members. Volunteers are needed as:

- Phoners in Nanaimo, Parksville/Qualicum Beach, Nanoose Bay and Port Alberni
- Computer savvy person to help with typing
- Newsletter stuffing
- Committee member to assist Committee Director
- Future Directors

If you can spare even a small amount of time please contact your Executives as listed in the Newsletter.

Note that some of the positions will be subs for regular volunteers who sometimes may not be available.



## MEMBERSHIP REPORT

### 12 February, 2004



#### NEW MEMBERS

Jack & Tricia Broome, Nanaimo  
Muriel Burger, Nanaimo  
Ralph & Sonya McFadyen, Qualicum Beach  
Patricia Palmer, Qualicum Beach  
Geoffrey Robins, Nanaimo  
D Young, Nanoose Bay

#### REINSTATED MEMBERS

Betty Graham, Qualicum Beach  
Bruce & Sandra Madu, Nanaimo  
Jessie Naysmith, Nanaimo

#### TRANSFERRED IN

Marcus & Adriana De Leeuwe, Parksville, from BC09 Victoria – Fred Whitehouse  
David & Lucy Delorey, Parksville, from BC09 Victoria – Fred Whitehouse  
Ken & Deborah Hibbert, Nanaimo, from BC03 Duncan & District  
Marcel & Barbara Joubert, Nanaimo, from BC07 Central Okanagan  
Lawrence & Elizabeth Lane, Parksville, from ON43 Ottawa  
Ywe Looper, Qualicum Beach, from BC02 Chilliwack  
Diane Malley, Nanaimo, from MB31 Winnipeg  
Margaret McGeary, Nanaimo, from ON34 Peel-Hamilton  
B J Parker, Nanaimo, from BC03 Duncan & District  
Olive & Luis Poretta, Nanaimo, from BC08 Vancouver  
John & Esther Wright, Nanoose Bay, from BC08 Vancouver

#### TRANSFERRED OUT

Ken & Iris Carlson, Port Alberni, to BC02 Chilliwack  
Bernard Dooley, Parksville, to ON43 Ottawa (Orleans)  
Edie Easton, Nanoose Bay, to AB17 Edmonton  
Marguerite Saunders, Nanaimo, to BC09 Victoria – Fred Whitehouse  
Derek & Joyce Webster, Nanaimo, to ON37 Hamilton & Area

#### MEMBERSHIP CANCELLATIONS

Marguerite Ashcroft, Nanaimo  
Reginald & Kenzie Bigham, Nanaimo  
Thelma Maunsell, Parksville  
Iris McElgunn, Parksville  
Florence Murdoch, Nanaimo  
Irene Neff, Nanaimo  
Judy Stanley, Nanaimo  
John & Alice Stewart, Nanaimo  
William Third, Qualicum Beach

#### **IN MEMORIAM**

Nicholas Balke, Nanoose Bay, survived by wife Noel (Nick was Branch President 1989)  
Donald Blythe, Nanaimo  
Norma Bullock, Qualicum Beach, survived by husband Burke  
Daisy Congdon, Nanaimo, survived by husband Robert  
Duncan Galbraith, Parksville, survived by wife Betty  
Alec Gray, Parksville, survived by wife Eva  
Marvin Hodges, Qualicum Beach, survived by wife Lettie  
Jack Holts, Parksville, survived by wife Edna  
James Hunter, Qualicum Beach, survived by wife Elaine  
Vera Jordan, Nanaimo, survived by husband Earl  
William Lehmann, Nanaimo, survived by wife Catherine  
Marguerite Moore, Nanaimo  
Reid Pilling, Qualicum Beach, survived by wife Donna

#### WEB-BASED MEMBERSHIP SYSTEM (WMS)

Nothing new to report.

#### DUES COLLECTION

There are still about 45 members who have not yet paid their dues for 2004. The final billings for those members are included with this Newsletter. I will be available for payments at the March 18 General meeting.

*Vic Ashdown*

## **LONG TERM AND EXTENDED CARE FACILITIES**

When our aging loved ones lose their ability to live independently, the only choice open for many of us is to place them in a long-term care facility. Our concern then is that the facility we choose provides a good quality of life at a reasonable cost.

As costs escalate it is all too common for financial corners to be cut by reducing trained staff, and reducing the number and scope of recreational programs. Recent changes made by the Government of British Columbia have substantially increased the financial burden to be borne in selecting a satisfactory establishment that provides the level of care we want for our loved ones.

It is of no comfort to learn that the standard of care provided by such facilities here in British Columbia is only at or below the national average. A study by Price Waterhouse in 2001 showed that Ontario residents receive a dismal average of 2.04 hours daily nursing care per day, coming dead last in the Nation. The highest being P.E.I. at 3.8, closely followed by Quebec at 3.7 hrs, Manitoba at 3.06 hours, and Newfoundland at 3. We are somewhere in the low middle along with Nova Scotia, New Brunswick and Saskatchewan.

In this connection, it is interesting to note that the amount of care provided seems to drop in provinces where most or all of the establishments are run for profit as is the case in Ontario where investors, noting a report by "Extendicare" a long-term operator in North America, reported \$3m in third quarter revenues from Canadian Operations in 2003, have hurried to get aboard this high growth industry.

All of which, of course, makes the decisions we have to make more difficult. Your branch of FSNA has been promoting Extended Care

Coverage but, it is realized, that depending upon age, it may not be cost-effective. Whatever means of funding is decided upon, however, does not detract from the selection of a facility based upon the quality of life desired.. Not everybody will want daily coach trips, off-Broadway plays or croquet lawns, but all would want quality care and a genuine effort to supply rewarding recreational facilities.

This article has been included to help form the basis on which to make an informed decision and it is hoped it will be helpful. To complete the picture, the following are our provincial statistics on Extended Care.

## **BRITISH COLUMBIA**

**Total long-term care facilities:** 390

**Total number of beds:** 24,700

**Population 65 and older:** 533,090

**Average hours of daily nursing care per resident-.** 2.5

**Resident daily rate:** \$27.10 to \$65 (NB.

This was prior to recently announced Government increases).

**What the government pays:**

Based on resident's income.

**Average length of wait:** 90 days

(those in the most need will be placed first).

**Where to start:**

**Regional Health Authorities.**

**For information:** For a listing of contact information for regional health authorities, call Enquiry B.C. at (250)387-6121 in Victoria, (604)660-2421 in Vancouver or toll-free 1-800-663-7867 elsewhere in B.C.;

**By e-mail** at [enquirybc@gems3.govbc.ca](mailto:enquirybc@gems3.govbc.ca).

To order 'The Care Guide for the Province of British Columbia', call tollfree 1-800-975-9736 or online at [www.thecareguide.com](http://www.thecareguide.com).

Go to [www.healthplanning.govbc.ca/ccf/adult/comO31.pdf](http://www.healthplanning.govbc.ca/ccf/adult/comO31.pdf) for the guide "Choosing A Care Facility or Home".

## THE WORD FROM



## NATIONAL

### Priorities for 2004

The National Office priorities for 2004 include:

- planning, organizing and conducting the 2004 Triennial Convention
- negotiations in relation to the Public Service Health Care Plan
- orientation of a new National Board of Directors
- establishing guidelines for and implementing the Provincial Advocacy Officer function in each province
- publishing the revised Administrative Guidelines
- establishing a marketing and recruitment program
- recruitment campaign
- preparing and publishing the elections work book
- implementing the Web-based membership administration system

Of course, there are the day-to-day operations to be carried out.

### Keith Patterson

As mentioned in Bulletin 03-12 (Dec. 03), Keith Patterson was to retire this month.

However, because of a medical situation that occurred in late December, Keith has in effect left the National Office. His situation has improved and he appears to be doing well.

We all wish Keith a long and healthy retirement.

### Provincial Advocacy Officers

Only three provinces have nominated their representative following the creation of Provincial Advocacy Officer positions at the October 2003 NBOD meeting.

The regulation to our By-laws establishing this function was printed in the November Bulletin to Branches. Terms of reference are being drafted. The Provincial Advocacy Officers are appointed by the National President and report directly to him.

### Public Service Health Care Plan

The trustees met earlier this month, on January 5, 2004 to review the general contents of their report to the three Parties governing the plan. It is expected that this report will be the base document that will be used by the three Parties to negotiate the memorandum of understanding and the trust agreement. You will recall that FSNA is one of the three Parties.

### ON GUARD Spring 2004 Deadlines

The deadlines for the spring 2004 branch newsletter information to arrive at the National Office are:

Friday 6 February Membership changes

Friday 13 February Branch Newsletters

The expected delivery period to members is 15-26 March 2004.

2003

## IDENTITY THEFT

Here is an excellent article by an attorney sent to me by Dunc Dunsmore—all of which makes a great deal of sense.

“The next time you order cheques have only your initials (instead of first name) and last name put on them. If someone takes your cheque book they will not know if you sign your cheques with just your initials or your first name but your bank will know how you sign your cheques. When you are writing cheques to pay on your credit card accounts, **DO NOT** put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number and anyone who might be handling your cheque as it passes through all the cheque processing channels won't have access to it. . If you have a P.O. Box use that instead of your home address. **NEVER** have your SIN printed on your cheques (DUH!).



Place the contents of your wallet on a photocopy machine, do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. I also carry a photocopy of my passport when I travel either here or abroad.

We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, credit cards, etc. Unfortunately I, an attorney, have firsthand knowledge because my wallet was stolen last month. Within a week, the thief(s) ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record information online, and more. But here's some critical information to limit the damage in case this happens to you or someone you know:

We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them easily. File a police report immediately in the jurisdiction where it was stolen, this proves to credit providers you were diligent, and is a first step toward an investigation (if there ever is one).

But here's what is perhaps most important: (I never even thought to do this). Call the three national credit reporting organizations immediately to place a fraud alert on your name and Social Security number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name.

The alert means any company that checks your credit knows your information was stolen and they have to contact you by phone to authorize new credit. By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them in their tracks.

The numbers are:

Equifax Canada: (Your Credit File): 1-800-465-7166

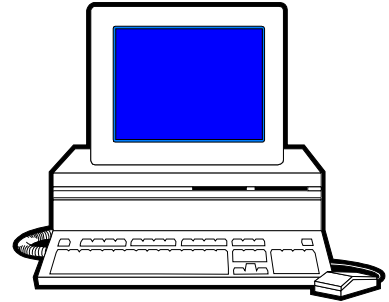
Experian: (formerly TRW): 1-888-397-3742

Contact Trans Canada Credit: 416-465-7166

Human Resources Development Canada (1-800-206-7218)”

# Seniors On-line

So this is the big month! For those of you who have shared your e-mail address with us and indicated they would like to get this newsletter that way to save us money in postage. This is the very first edition to be so distributed. For the rest, it will go, as normal, by "snail mail" It is your choice and we will accede to your wishes. Some points we should make clear. It will come from "FSNA Newsletter", not an individual, will be fully scanned by Norton Professional prior to sending and, once we have established contact with you will go to "undisclosed recipients" to protect your privacy. Please note that, if you use the Reply button to respond to the newsletter it will go to the newsletter administration. If you want to contact any member of the Executive, please use their normal e-mail. Any time we need to send you any other documentation it will probably have to go by regular mail but we will cross that bridge when we come to it. Scanning and attaching is a possibility but, as many of you know, is suspect to many because this is the way viruses are spread around. This is why we scan all our outgoing most carefully. Only if we are sure it is safe will we go ahead with this option. In the meantime, enjoy the glorious Technicolor which up until now has only been on the editor's copy.



## The Last Word



I'm sort of hoping that you will notice some other differences in this newsletter. These have been made in response to your observations and not the least of them is the use of larger type to make it easier to read. The layout has also been changed, with clear emphasis being given to the next meeting. To accomplish this, I have had to cut down the content of some articles and condense some statistical material (I hope not too drastically). One limiting factor has always been that we cannot reasonably go past eight pages without increasing the postage paid.

It is therefore very important that you let me know how I can improve the newsletter to suit you. It is, after all, YOUR newsletter, not mine, whatever my ego may tell me from time to time.

I must tell you that I try very hard to make it chatty and provide light reading. Some of you may prefer the old bureaucratese we were used to in Federal Government but my general feeling is that you like the style. Whatever that may be, please let me have your criticisms.

Your friendly editor,

*Ron Gladstone*

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