

# FSNA Quarterly Newsletter

## Nanaimo & Area Branch

PO Box 485, Lantzville, BC V0R 2H0  
Email: [pennykanigan@hotmail.com](mailto:pennykanigan@hotmail.com)

August 2011

Tel: (250) 753-1657

Website: <http://www.fsna-nanaimo.org>



### Next Meeting - Parksville

**Date / Time:** September 22, 2011 at 11:00 AM, doors open at 10:00 AM

**Location:** Tigh-Na-Mara, 1155 Resort Drive, Parksville

**Directions:** Resort Drive is 1.5 km West on W. Island Highway from Exit 46 on Inland Highway 19. Turn right onto Resort Drive. Tigh-Na-Mara Resort is 170 meters off the Highway.

**Meeting / Lunch:** The meeting will be in the Walbran Room, located on the main floor. Coffee will be available at 10:00. There will be a short business meeting followed by a presentation on China concluding at about 12:15. A buffet lunch will be served at 12:30. The lunch includes salads, beef stroganoff, chicken rice, seasonal vegetables, dessert, tea and coffee. Cost, including gratuities and tax, will be \$18.00 per person payable at the door on arrival.

**Guest Speaker:** G. William (Bill) Trimble will be our guest speaker after the September 22 GM at the Tigh Na Mara Resort in Parksville. He was Canadian Military Attache in Beijing from 1989 to 1991. He returned to Canada retiring after thirty years in the Canadian Army and then went back to China in 1993 in the private sector. He has spent over twenty years in Beijing and The Peoples Republic of China and witnessed the change from Martial Law during the Tiananmen Uprising in 1989 to the Olympic Games in 2008 ... economic development in the fast lane!

Bill and his wife Susan have travelled extensively throughout China while living in downtown Beijing. Bill will present some interesting thoughts and observations made during his time in the Middle Kingdom, and looks forward to fielding any and all questions you might have. Bill and Susan are Nanaimo Branch members and it will be nice to hear from one of our own membership.

**Reservations / Cancellations:** Your local FSNA volunteer will phone you to ask whether you plan to attend the lunch. If you confirm your attendance, please be aware of our cancellation policy. The Branch is required to pay for all meals ordered on your behalf; therefore, if you subsequently are unable to attend, you must cancel your reservation to avoid being charged for the meal. To cancel or add a person, please call **Susanne Body at 250-729-9588**. The last date for cancellation to avoid billing is

**Thursday, September 15.**

**Don't Forget to Wear Your Name Tag!**



## **FSNA Nanaimo & Area Branch** **General Meeting**

Date: 16 June 2011 @ 11:00 AM

Place: The Bayside, (Quality Inn), Parksville, BC



**Pres. Rene**

President Rene Marchand called the meeting to order at 11:00 AM. New members and those attending for the first time, were asked to stand and give their names.

Minutes of the General Meeting held 25 November 2010 at The Grand Hotel, Nanaimo, BC were circulated. Moved for accep-

tance: A. Tully Seconded: Bill Randall  
Carried. Adopted as circulated.

### **Programs - Al Tully**

Al Tully, Program Director, reviewed the bookings for the up-coming General Meetings. September is booked for the Tigh Na Mara Resort in Parksville. November (Christmas) meeting book for the The Grand Hotel, Nanaimo. The Volunteer lunch booked the Legion.



**Al Tully**

Al explained that the meeting room at The Grand is limited as to space. The room will hold 160, if there are more than that a change of venue may occur, so watch your Newsletter and register early.

The cost of the meal is being effected by the HST and the increase in the minimum wage.

### **Health & Benefits - Rick Neugebauer**

We have a vacancy in the Health and Benefits - a volunteer is asked to step forward - someone familiar with the PSHCP and the Dental Plan would be ideal. Anyone with experience in these areas give Rick a call.

Questions about Emergency Medications was raised at our last meeting. There is some information on the website but in short the PSHCP has made no provision for emergency medications in the event of a natural disaster, such as an earthquake. In this province, there is a program called BC Pharamet - every prescription in BC is registered with this agency. In the event of a disaster, take your Health Card to the nearest pharmacy and they will fill your prescription without a prescription from your doctor.



**Rick Neugebauer**

Suggestion made that every time you renew your prescription that you set aside a few pills thereby building up a "stash" for emergencies. Remember the expiry date and rotate them through the "stash".

Drug Card - According to the latest "On Guard" - 10% nationally have not completed the positive enrolment. Even if you have no current need for the card you are urged to complete the paperwork - you just never know when you'll need it.

Prior to the most recent federal election, Rick along with Al Henrich (Advocacy Officer) were tasked with making contact with our local candidates. The role of the FSNA is to protect and enhance the rights and benefits of retiree's. Letters were sent to the 3 major candidates (Liberals, Conservatives and the NDP) asking for the opinions of the protection of public sector pensions, benefits and cost-sharing provisions of the PSHCP and the maintenance of existing program benefits and cost-sharing of the Dental Plan. They also requested a face-to-face meeting with the candidates. All parties responded except for the the Conservatives who declined to participate. Copies of the letters sent by the FSNA National President to the leaders of the parties can be found on the website and there is also an article in the On Guard.

There is also an article on Medical insurance while travelling in the On Guard worth reading.

## Hospital Visits - Harold Goodman



**Harold Goodman**

Nil report for Parksville/  
Qualicum

Florence Milburn has volunteered to undertake the hospital visits for Nanaimo.

Name tags - Harold Goodman \$8.00/each - payment in advance. Still looking for Arthur Clark of Port Alberni.

## Cards - Michelle Ashdown

Fifteen Sympathy cards and 15 Get-well cards were sent.



**President Rene and Leroy Wood, Telephone Director, who introduced himself to the assembly.**

## New Business

Vice-President - Rene is still seeking a volunteer for the position of Vice-President. Anyone interested contact any one of the Board Members.

## Retirement Seminar

Rene was asked to put on a presentation at a pre-retirement seminar held at the Biological Station in Nanaimo. The National Office provided a power point presentation and Rene was assisted in the presentation by Bob Hoogerburg. Bob felt the information on the FSNA was well received.

## Convention 2011

Rene will be attending as our Branch representative.

Meeting adjourned at 1145 by Bob Hoogerbrug. Seconded by Al Tully. Carried.

Penny Kanigan - Secretary  
Rene Marchand - President

## Pension Payment Dates

Old Age Security and Canada Pension Plan payments are automatically deposited into bank accounts in Canada and the United States on the following dates.

September 28

October 27

November 28

December 21

## Program - Home and Community Care

**Anne Gavey**, the manager for Home and Community Care in Oceanside, Parksville spoke on "In Home" services and potential subsidies for seniors in our area. She has a Master of Science in Nursing and has worked with VIHA in Parksville for the last 5 years.



**Anne Gavey**

The following is a summary of what she presented.

Home and community care services provide a range of health care and support services for eligible residents who have acute, chronic, palliative or rehabilitative health care needs. These ser-

VICES are designed to complement and supplement, but not replace, the efforts of individuals to care for themselves with the assistance of family, friends and community.

In-home services, for eligible clients, include home care nursing, rehabilitation, home support and palliative care. Community-based services

## **Grandchildren are great!**

**A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today."**

**The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."**

include adult day programs, meal programs, as well as assisted living, residential care services and hospice care. Case management services are provided in both the home and community.

Home and community care services:

- support clients to remain independent and in their own homes for as long as possible;
- provide services at home to clients who would otherwise require admission to hospital or would stay longer in hospital;
- provide assisted living and residential care services to clients who can no longer be supported in their homes; and
- provide services that support people who are nearing the end of their life, and their families, at home or in a hospice.

The Ministry of Health expects that:

- home and community care services will promote the well-being, dignity and independence of clients;
- palliative care services will provide the best possible quality of life for people nearing the end of their life and their families;
- clients and their families should have the information required to make their own decisions about lifestyle and care; and
- clients have the right to make their own care decisions.

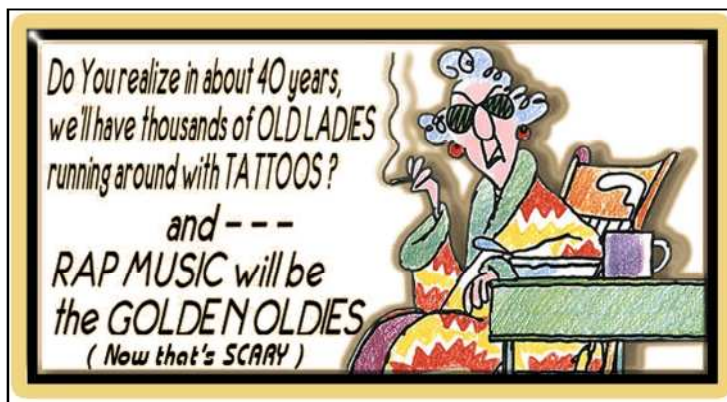
### *Case Management and Care Co-ordination*

Case managers act as co-ordinators to help clients obtain home and community care services. They determine the nature, intensity and duration of services that would best meet clients' needs and arrange their services.

The case manager will stay in touch with the client to arrange care services and make any adjustments necessary in the event their care needs change.

### **How to Obtain Services**

A client, or someone representing them, can apply for services by contacting the home and community care office of the local health authority. A



staff member will determine the urgency of the client's situation and if a care assessment is required. If an assessment is not required or the client is not eligible, they may be referred to other, appropriate resources.

If an assessment is required, a case manager or other health care professional will visit with the client to discuss their situation and determine their health care needs and eligibility.

The Case Manager may ask to see;

- The client's B.C. Care Card.
- Any prescription medication.
- War veteran and pension cheque stubs.
- The client's most recent income tax return or notice of assessment. Depending on the services the client might receive and because the fee for some services is based on income level, clients may be asked about their income. The income tax return will provide a convenient reference.
- The name and phone number of any doctor(s).
- The name and address of a close relative or friend.

To prepare for the assessment visit, clients may wish to make a list of any questions they have and any information they feel would be helpful in assessing their needs. For example, the case manager will need to know if a physiotherapist or doctor is treating the client.

If the client is eligible for services, their case manager will work with them to develop a care plan. Their family, physician and other health care professionals will participate in preparing the care plan to ensure it best meets their needs.

Health care professionals, such as a doctor, nurse, pharmacist or social worker, can also make en-

quiries on a client's behalf. Clients who are in hospital and feel they will need assistance when they return home, can ask the hospital social worker to contact the home and community care office of the local health authority to arrange for a case manager to visit them.

### ***Fees for Service***

Fees may change over time. Please contact the local health authority for current service charges.

### **Residential Care Facilities**

In British Columbia, the cost of residential care services is shared between the Province and clients. Since residential care policy was established in the late 1970s, clients have been assessed a co-payment fee based on their income for room and board, such as meals and routine laundry.

Health authorities cover the full cost of health care, such as nursing. In addition, residents receive full coverage for most prescription medication, routine medical supplies and equipment, as well as some over the counter drugs. This applies to all publicly-funded residential care services, regardless of ownership.

In January 2010, a more equitable rate structure was introduced for all residential care clients to reduce the burden on low-income seniors and support ongoing improvements to the residential care system. Changes to the current rate structure will ensure that clients with the lowest income are not unreasonably charged.

Beginning January 2010, residential care clients pay up to 80 percent of their after-tax income toward their room and board costs (up to a maximum of \$2,932 per month). The new residential care rate structure has been implemented in a phased approach with 50 percent of any rate increase applied as of February 1, 2010 and the second increase taking effect January 1, 2011. The minimum monthly client rate, effective January 1, 2011 of \$897.90 per month provides clients with a minimum of \$275 a month to cover personal expenses.

No one who needs residential care services will be turned away - a hardship review is available through health authorities on a case-by-case basis for clients who believe the rate will cause serious

financial hardship.

### **Family Care Homes**

The cost for family care homes is the same as for residential care facilities.

### **Group Homes**

Group home clients are responsible for operating costs, such as food and rent, not associated with their care. Rental costs vary, depending on income.

### **Assisted Living**

Assisted living clients pay a monthly charge based on 70 per cent of their after-tax income.

### **Professional Services**

Case management, nursing and rehabilitation services are provided free of charge.

### **Home Support Services**

There may be a daily charge, depending on income (for most clients, there is no charge).

### **Respite Care**

Charges depend on the type of respite care required, such as home care or residential care.

### **Adult Day Centres**

Centres usually charge a daily fee to assist with the cost of craft supplies, transportation and meals. Ask the health authority for details.

#### **Home Health Offices - contact info**

##### **Nanaimo Home Health**

1665 Grant Avenue  
Nanaimo, BC V9S 5K7  
Ph: 250.755.6229 Fx: 250.755.3371

##### **Parksville/Qualicum Home Health**

100-180 McCarter Street, P.O. Box 1287  
Parksville, BC V9P 2H3  
Ph: 250.951.9500 Fx: 250.951.9525 or  
250.951.9530

##### **Port Alberni Home Health**

4259 6th Avenue  
Port Alberni, BC V9Y 4N1  
Ph: 250.731.1313 Fx: 250.720.0310

**Grandpa is the smartest man on earth! He teaches me good good things, but I don't get to see him enough to get as smart as him!**

## FSNA Nanaimo & Area Board



**Left to Right: President Rene, Penny Kanigan, Al Tully, Susanne Body, Vic Ashdown, Florence Milburn, Bob Hooebrug, Charles Scrivener, Bob Willis, Doris Greives, Leroy Wood, Ken Jones and Rick Neugeberger.**

### Financial Report



Ken explained that he was new to the position of Treasurer and promised that he will be able to provide a much more detailed explanation at the September General Meeting, and members would be free to submit any questions or queries at that time.

### FSNA Financial report ending Aug 24 / 11

Our current cash is	\$1,181.06
Investment in GIC is	\$8,574.71
DOB Reserve GIC is	\$3,900.02
Members Benefit GIC Reserve is	\$13,327.30
Equipment Reserve GIC	\$2,976.70

We are in a strong financial position.

Ken Jones - Treasurer

### Awards/Speakers/History - Charles Scrivener

Charles announced that Ruth Winkleman had qualified for her Appreciation Award for 5 years of service. President Rene presented the award to Ruth.

Anyone with suggestions for speakers should contact Charles.



## **Membership Report -**

*Vic Ashdown, Director*



As of August 18th, 2011, the Nanaimo and Area Branch had 1966 members comprising 1314 retirees and 652 spouses. Of the 1314 retirees, there are 1138 on DDS and 176 pay at Branch. Since the last Report (May 12th), the following changes have taken place:

**Vic Ashdown**

### ***New or Reinstated Members (10)***

Jim & Lauren Cameron  
James & Barbara Easton  
Dave Forseth  
Nick & Susan Kazimir  
James Lockhart

### ***New or Reinstated Members (cont'd)***

Jeffrey Lott  
Ron West

### ***Transferred In (2)***

June Boggs, from BC14 Sidney & District  
Patricia Gardiner, from ON34 Peel-Halton & Area

### ***Transferred Out (4)***

Miriam Fraser, to AB16 Calgary & District  
Alberta Simm, to BC12 Kamloops  
Dave & Lois Williams, to ON43 Ottawa

### ***Membership Cancellations (3)***

Helen Haggerty  
Richard Morrison  
Marie Phelan

### ***Lost Sheep (0)***

## *In Memoriam*

Hugh Brown, survived by wife Marion  
Helena Derkson  
Ken Gourlay  
Patricia Hall, survived by husband Ken  
Joe McCarthy, survived by wife Clara

Margaret McCurdy  
Del Newhook, survived by wife Wilma  
Bob Prior, survived by wife Joyce  
Paul Surette, survived by wife Sally  
Bill Webber, survived by wife Susan

## **NEW BILLING PROCEDURE FOR 2012 DUES**

This applies only to those members who pay their FSNA membership dues by cash or cheque; if you are on Dues Deduction at Source (DDS), feel free to skip to a more interesting topic!

For some years now, we have been billing members for the next year's dues in September, again in November and, as a last resort, in March. We billed early to remind members who flew south (or elsewhere) for the winter to pay before leaving, thus keeping their memberships current while they were away.

However, this procedure not only created a lot of extra work for your Branch volunteers, but also some members complained about being billed so early and so often! Therefore, you will receive **only one invoice** for your 2012 dues. It will be mailed to you in early November, separate from the fall Newsletter. Members who have not paid by the due date of December 31<sup>st</sup>, will receive an email or telephone reminder in mid-February. Memberships still delinquent on March 31<sup>st</sup>, 2012 **will be cancelled without further notice.**

You can pay your dues at any time so if you plan to be away in November and December, don't wait for your invoice - send your cheque in before you leave. FSNA dues for 2012 are unchanged: \$44.40 for double; \$34.20 for single; and \$15.00 for associate.

One final note - we will not make change at the Membership table at meetings so if you plan to pay there, please bring a cheque or the exact amount in cash.

Vic Ashdown  
Membership Director

## FSNA Nanaimo Executive, Directors & Volunteers 2011

<b>Class</b>	<b>Position</b>	<b>Name</b>	<b>Phone</b>	<b>Email</b>
<b>Executive</b>			All 250	
Exe	President	Rene Marchand	753-1657	<a href="mailto:bendawn@shaw.net">bendawn@shaw.net</a>
Exe	Vice-President			
Exe	Secretary	Penny Kanigan	760-0929	<a href="mailto:pennykanigan@hotmail.com">pennykanigan@hotmail.com</a>
Exe	Treasurer	Ken Jones	586-5002	<a href="mailto:casper6@shaw.ca">casper6@shaw.ca</a>
Exe	Past President	Bob Hoogerbrug	751-8735	<a href="mailto:r-choog@shaw.ca">r-choog@shaw.ca</a>
<b>Directors</b>				
Director	Membership Director	Vic Ashdown	248-2027	<a href="mailto:ashdown@shaw.ca">ashdown@shaw.ca</a>
Director	Membership Secretary	Doris Grieves	716-1952	<a href="mailto:dgrieves@shaw.ca">dgrieves@shaw.ca</a>
Director	Awards/Speakers/Hist.	Charles Scrivener	758-2240	<a href="mailto:scrivener@shaw.ca">scrivener@shaw.ca</a>
Director	Newsletter Editor	Ian Williams	758-0954	<a href="mailto:williv@telus.net">williv@telus.net</a>
Director	Program Director	Al Tully	740-0306	<a href="mailto:altully@shaw.ca">altully@shaw.ca</a>
Director	Health & Benefits	Rick Neugebauer	752-0952	<a href="mailto:rneugebauer@shaw.ca">rneugebauer@shaw.ca</a>
Director	Health & Benefits			
Director	Telephone Director	Leroy Wood	758-0078	<a href="mailto:woodsie@shaw.ca">woodsie@shaw.ca</a>
Director	Director Registration	Susanne Body	729-9588	<a href="mailto:sbody@shaw.ca">sbody@shaw.ca</a>
Dir. At Large	Special Projects	Bob Willis	468-0260	<a href="mailto:willisbob@shaw.ca">willisbob@shaw.ca</a>
<b>Coordinators</b>				
Area	Parksville	Harold Goodman	248-3269	
Area	Port Alberni	Marg Pierce	723-9791	
Area	Qualicum Beach	Sherwood Moore	752-1048	
Area	Tofino/Ucluelet	Sandy Henry	726-7086	<a href="mailto:macfunnelcover@telus.net">macfunnelcover@telus.net</a>
Cards	Nanaimo & Area	June Wiebe	756-4873	<a href="mailto:juneldo@shaw.ca">juneldo@shaw.ca</a>
Cards	Parksville/Qualicum	Michelle Ashdown	248-2027	<a href="mailto:ashdown@shaw.ca">ashdown@shaw.ca</a>
Cards	Port Alberni	Marg Pierce	723-9791	
Nominations	Committee Chair			
Com	Special Projects	Jim Gahr	754-0989	<a href="mailto:heidleberghound@shaw.ca">heidleberghound@shaw.ca</a>
Hospital Visits	Nanaimo Area	Florence Milburn	248-4466	
Hospital Visits	Parksville/Qualicum Area	Harold Goodman	248-3269	
Phone Captain	Nanaimo	Anne Elphick	751-2993	<a href="mailto:aelphick@shaw.ca">aelphick@shaw.ca</a>
Phone Captain	Nanaimo	Bertha Nixon	758-0378	
Phone Captain	Nanaimo	Liz Barker	756-9643	<a href="mailto:liznpeterbarker@telus.net">liznpeterbarker@telus.net</a>
Phone Captain	Nanaimo	Marion Rivers	758-9783	<a href="mailto:merivers33@shaw.ca">merivers33@shaw.ca</a>
Phone Captain	Parksville/Qualicum	Barrie Bonfield	954-3780	<a href="mailto:bbonfiel@shaw.ca">bbonfiel@shaw.ca</a>
Phone Captain	Parksville/Qualicum	Michelle Ashdown	248-2027	<a href="mailto:ashdown@shaw.ca">ashdown@shaw.ca</a>
Phone Captain	Port Alberni	Marg Pierce	723-9791	