

# National Association of Federal Retirees

## Newsletter



Nanaimo & Area Branch [federalretirees-nanaimo.ca](http://federalretirees-nanaimo.ca)  
PO Box 485, Lantzville, BC VoR 2H0

October 2020  
Tel: (250) 248-7171



November 28 Meeting at the Nanaimo Golf Club, 119 attendees.

### GET YOUR FLU VACCINE

**This year, getting your flu vaccine is more important than ever. As COVID-19 continues to threaten our health, anything we can do to lessen the chance of adding another infection into the mix is critical.**

### VACCINE CHOICES

- BC generally provides a trivalent strain (3 strains 2A/1B) for free.
- A quadrivalent (4 strain- 2A/2B) is offered at some pharmacies for a fee (usually \$20)
- NACI recommends Fluzone HD for any senior over 65 as it is expected to give better protection since it provides 4x the amount of antigen (the part of the vaccine that builds the protection). Not covered in BC, except in long term care. Cost is expected to be about \$70-\$80 for public.
- Fluad- Adjuvant vaccine- Trivalent vaccine indicated for seniors to boost efficacy  
No specific studies to say improved effect over trivalent  
Gov funded so good second choice, if available

### Next Meeting

**All general in-person meetings due to the virus will not be happening until the end of the year, probably 2021, as they are deemed too risky.**

Members will be informed of any changes to our schedule.

The executive will continue to meet via zoom.

### Elections:

All incumbents will remain in their positions until our AGM can be safely held..which will probably be March 2021.



### COVID-19 Pandemic

If these last few months have taught us anything, it's that stupidity travels faster than any virus on the planet.

Executive meeting held September 17, 2020 via zoom.

## President's Report

Fall 2020

It has been quite the year...far different from any I have ever experienced....I know there are people out there that do not want to turn their clocks back on November 1 because they do not want to add another hour to 2020 and in addition, this year has caused a number of people to rethink the phrase "Hindsight is 2020". But it is what it is and I sincerely hope that all of you have managed to stay healthy and safe throughout and have managed to find support and some positivity within your "bubbles".



In the spring, your Federal Retirees Branch contacted all of you either by email or phone to offer support in anyway that might be needed due to the social disruptions caused by Covid19 and I want to emphasize that this support is still available even just to talk...just be in contact with any of the Directors whose names and contact information appear later on in this newsletter. The health and welfare of our members is of primary importance to all of us in leadership positions within our Branch....it is now and will always be.....

And what is happening in NAFR land.....We have had direction from our National Office not to have larger in person meetings until the end of 2020... the risk is just too great at this point....your Directors have continued to meet monthly via Zoom. What next year might look like is anyone's guess so stay tuned...I know our social and business gatherings are missed by many including your Branch Executive.

All that being said, work does continue on Federal Retirees national priorities. please see the various Advocacy reports later on in this newsletter. My thanks to Marg Smith and her committee for the work they have done and continue to do in this regard.

NAFR is once again initiating a 2020 Membership Megadrive with some great prizes including \$10,000 cash, holiday trip, tablets and prepaid amex cards. You even win a prize if you get someone to sign up for our pre membership newsletter fondly called FRED. More information is available

on the Federal Retirees website or from any of your Executives. Why is memberships important right now? There is fear by some that one of the platforms of the government for financial recovery from covid related expenses is to attack our pensions and benefits. Now more than ever, there is a need for a strong national organization to support our interests at the National level so please consider approaching your previous co workers and friends regarding membership and by doing so you might even win a great prize. You have until the end of the year and remember you do not have to be retired to join.

The National Association of Federal Retirees Annual Meeting like all large gathering events will be held virtually this year...in a 5 hour session the first week of December.

And it would not be one of my reports if I did not put a call out for individuals interested in serving on our Executive...we have opportunities in several areas including communications and membership so please come on board and join our dedicated and hard working team!

And in closing, let me quote from a rather well known British Columbian:

### **Please Be Calm, Be Kind and Be Safe**

(Hmm, I know that Dr. Henry served in the Navy..I wonder if anyone has approached her regarding Membership?)

### **Treasurer Report: Penny Kanigan**



We currently have:

|                  |              |
|------------------|--------------|
| Chequing Balance | \$14,928.12  |
| Savings Balance  | \$ 3,294.40  |
| GIC's (3)        | \$ 15,278.60 |
| Total            | \$ 33,506.32 |

We have approximately two times more than the National Office says we are allowed to without jeopardizing our Without Profit status.

We are now a member of the Volunteer Nanaimo Association and can assess their facilities for photocopies (cost is way cheaper than Staples), computer assistance and repairs (this is by donation), income tax preparation (must be low income and by appointment), recruitment brochures can be displayed, and I'm sure there is more benefits.



## Nanaimo & Area Branch – Advocacy Survey Results

### What Members Were Asked

At the end of February 2020, the Nanaimo & Area Branch launched a survey asking members how important the following issues were to them:

Affordable housing

Retirement Income Security

Accessible Transportation

Access to quality home care and community care

Availability of appropriate levels of health care

Age-friendly communities that help seniors remain healthy, active and independent

Recognition and support for informal caregivers

Ageism, elder abuse and social isolation.

Members were also asked to include other comments or priorities.

The survey was emailed to members and included in the Branch's Spring 2020 Newsletter. Members could respond to the survey online, by mail or by telephone. Responses were to be completed by March 16, 2020.

### How Many Responses Did the Branch Receive?

A total of 176 responses were received. Of these, 157 were completed online, 17 by mail and 2 by telephone.

### What Members Told Us

Members rated the availability of appropriate levels of health care and retirement income security as their top issues: a total of 97% of the respondents ranked the availability of appropriate levels of health care as very important or important and over 94% ranked retirement income security similarly.

Falling into the 80% - 90% tier (very important or important) were access to quality home care and community care, recognition and support for informal care givers and access to quality long-term care.

Age-friendly communities and

ageism, elder abuse and social isolation fell into the 70% – 80% range (very important or important).

Of least importance to members were affordable housing and accessible transportation, although over 40% of the respondents ranked the latter as important.

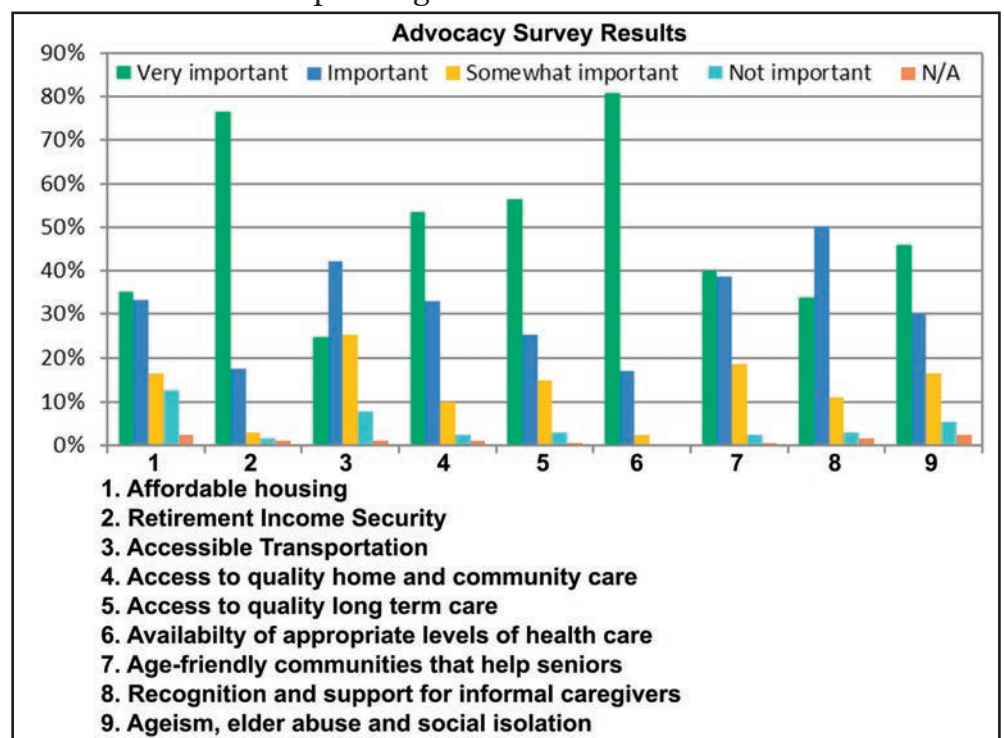
The chart below shows the breakdown of the survey results.

### Other Comments and Priorities

Thirty-three respondents included other comments or priorities in their survey responses. A wide range of issues were raised, many of which fall within the rubric of NAFR's four priority issues: retirement income security, a national seniors' strategy, veterans, and pharmacare.

For some members, it was support for veterans, for others it was lack of family physicians and specialists, more support for seniors, the cost of prescription medication, the high cost of living for single seniors, protecting defined benefit pensions and pension indexing, the fairness of the tax system, problems with the Phoenix pay system, improving long-term care and care facilities, developing new options for aging in place, the need for quality complex care facilities or improving facilities and services at the Nanaimo General Hospital.

Still others were concerned about climate change, expanding the criteria for medical assistance in



dying, and other social issues such as abortion and cannabis use.

## Food for Thought

This survey took place during the early days of COVID-19 in Canada. Would the results be different if Branch members were surveyed now? Would the spread of the virus in long-term care facilities change the ranking of that issue? Would ageism, elder abuse and social isolation increase in importance?

## A Word of Thanks

Thank you to all members who took the time to respond to the survey. Your responses will help inform our advocacy work on your behalf as we engage with federal and provincial elected officials. And thank you to the Advocacy Team at NAFR's National Office who provided invaluable assistance and support in developing and emailing the survey.

## What's Happening with Federal Retirees and Advocacy in British Columbia

"We cannot control the winds, but we can adjust the sails." Due to Covid-19, all of us are experiencing major transitions in our lives and all at the same time. We need to create new ways of living our lives but remain part of the community and learn to find happiness within the constraints imposed upon us.

The advocacy work of our Association is also affected. Our Advocacy Team at National Office has been working closely with the National Advocacy Committee, the National Board of Directors, and the provincial Advocacy Program Officers to adjust to our new reality.

Following up on the great success we collectively achieved during the 2019 Federal Election, in February Federal Retirees were starting to launch Reach 338, a project aimed at having each MP connected with a local Branch member by the end of a four-year election cycle. Then everything changed – our National Office staff started working from home and many plans had to pivot to the virtual reality.

Branches are now getting ready to move to set up virtual meetings with MPs, starting with the 18 MPs identified as priority out of the total of 43 MPs for BC and the Yukon. National Office advocacy staff have adapted a wealth of material to our current situation, focussing on our four key priorities of National Seniors Strategy, Retirement Income

Security, Pharmacare and Veterans. Over the next weeks, a related campaign on Long Term Care will be rolled out – starting with a recent email asking members to send a letter to their local MP and MLA. This Fall will also see us take action on the annual Federal Budget consultation. Interested in participating? Contact your Branch President or Advocacy Liaison.

The Long Term Care campaign calls for national standards for both long-term and home and community care to ensure a full range of services is available to Canadians in their homes and communities. The goal is to attain better health outcomes and quality of life. Federal Retirees calls on all governments to collaborate on a national review of long-term care, with a view to implement a national framework that:

- ensures appropriate levels of funding;
- ties funding to national criteria and care standards;
- establishes a national health workforce planning strategy; and recognizes and supports informal caregivers as crucial partners in delivering care.

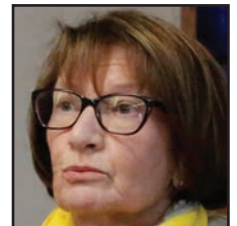
Such a review must be public, independent, evidence-based and informed by older adults, informal caregivers and subject matter experts.

In British Columbia, we will organize a provincial arm of this plan, through contacting our MLAs. This will ready us for the provincial election that will take place by October 2020. Your interest and support of these efforts will be crucial to make real change for Long Term Care. Please get in touch with your local Branch leadership and watch your email in box. We are counting on your enthusiasm and commitment. We are all in this together and we will get there. Take care

Leslie Gaudette,  
Advocacy Program Officer, British Columbia

## Federal Retirees Long-Term and Home Care National Advocacy Campaign

Federal Retirees has long advocated for improvements to long-term and home care, and COVID-19 has emphasized the urgent need for these reforms. In fact, in a survey Federal Retirees conducted on older adult care, 81% of members believe that Canada should implement a national framework for long-term care and



**Marg Smith**

80% believe the same should be done for home care.

Federal Retirees is embarking on a national advocacy campaign on long-term care and home care, which calls for the implementation of national standards for long-term and home care.

### **Why We Should Be Concerned about Long-Term and Home Care**

Long-term care and home care have been largely ignored by governments in Canada, from both a policy and funding standpoint. This has led to an underfunded patchwork system of care that depends on where you live and, in many cases, your ability to afford services. This lack of policy and funding has resulted in several issues, including long wait times to access long-term and home care, insufficient and inconsistent quality of care for those that rely on these forms of care, and unacceptable conditions in our long-term care facilities.

The COVID-19 pandemic has exposed long-standing issues in older adult care and particularly in long-term care – and the pandemic and its effects are not yet over. Older adults are disproportionately affected by COVID-19, with those aged 60 and older accounting for more than 30% of cases as of early September 2020. Research also shows that more than 80% of COVID-19 deaths in Canada occurred in long-term care facilities.

Our health care system focuses heavily on providing care for older adults in institutional settings, like long-term care facilities run by various providers, including for-profit businesses, non-profit organizations, and government agencies. This focus ignores the many benefits of home and community care, like the fact that it is less costly to provide, allows older adults to remain in their homes and communities for as long as possible, and generally leads to better health outcomes and quality of life.

### **Why We Need National Standards for Long-Term and Home Care in Canada**

As the number of older adults increases in Canada and Canadians live longer there will be increasing demand for health care services, especially those that older adults rely on like long-term care and home care.

There will continue to be reliance on the care

What do we learn from cows, buffaloes and elephants?

It's impossible to reduce weight by eating green grass and salads and walking.

provided in long-term care facilities, so it is vital that improvements be made to long-term care and that the number of available beds keeps up with increasing demand.

At the same time, focusing on home care leads to better health outcomes and quality of life for older adults, and help health care dollars stretch further and more effectively. It allows older adults to remain independent and to continue to be active members of their communities and economies.

The legal and policy frameworks of health care and health care funding must adapt to keep pace with Canada's changing demographics and care needs. The availability, type and quality of services in both home care and long-term care should not depend on an individual's postal code or ability to pay. It is crucial that national standards tied to funding be implemented so that all Canadians can access quality health care and age with dignity.

### **Engaging with Candidates and Elected Representatives**

If you have an opportunity to ask a candidate or elected representative a question, whether it be in a conversation with them or while attending a virtual event, you may wish to ask the following:

How will your government/party improve older adult care and ensure comprehensive, timely, quality long-term care and home and community care?

Do you support national standards and funding that is dependent on meeting those standards for long-term and home care?

If yes, what are you/your government/your party doing to push for their implementation?

If no, why not? What is your solution for the issues we know exist with long-term and home care?

The content of this article is excerpted from the National Association of Federal Retirees document, Meeting Kit and Speaking Points, (September 2020) Long-Term and Home Care Advocacy Campaign (Sept. 2020).

### **You might add my memory to that list, too**

Anglican Archbishop Richard Chenevix Trench (1807 – 86 ) retired from the see of Dublin and spent his last two years in London. On returning to visit his successor, Lord Plunkett, in Dublin, Trenches memory lapsed and he forgot that he was no longer the host, remarking to his wife during dinner, "Afraid, my love, we must put this cook down among our failures".



## ***Nanaimo and Area Branch Executive 2019 - 2020***



**Left to right: Ian Williams, Vic Ashdown, Charles Scrivener, Rick Roberts, Linda Wiltse, Andy Gilman, Penny Kanigan, Ken Jones, Sheila Wilson, Sharon Whalen, Jim Gahr, Fran Graham, Margaret Smith and Bob Willis. Christine Walker missing.**



### **Membership Report - Vic Ashdown**

As of September 25th, 2020, the Nanaimo and Area Branch had 1782 members comprising 1160 retirees and 622 spouses. Of the 1160 retirees, there are 962 on DDS and 198 pay fees annually to National Office. Since the last Report (February 20th), the following changes have taken place:

#### **New or Reinstated Members (25)**

Bill & Jane Andrews  
Sonya & Mark Armstrong  
Gayle Brown & Christopher Foote  
Charlie & Yvonne Chartrand  
Roy Copeland & Hazel Vermette  
June Heale  
Fletcher & Lisa Logan  
Rosalie McAllister  
John & Michele McNeill  
Pete & Kym Mercer  
Jerry & Tammie O'Rourke  
John Peterson & Rosemary Larmer  
Garth Traxler  
Nancy & Tim Wilson

#### **Transferred In (19)**

Robert & Patrice Benton  
Audrey & Thomas Brown  
Donald & Terry Cruickshank  
Audrey Davis  
James Fisher  
John Kubicek  
Walter & Eileen Leigh  
Holly Paterson & David Peterson  
Ronald Scott  
Loretta Smith  
Rod Sword  
Johan & Joan Vanschaik  
Brian White

#### **Transferred Out (16)**

Kenneth & Cheryl Cooper  
Les & Ruth Leyh  
Florence Milburn  
Irene & David Morley  
Robert & Nicole Patterson  
Barry & Bonnie Sparkes  
Bob & Norma Waddell  
Pat Wilson  
Greg & Elly Young

#### **Membership Cancellations (53)**

Jack Adair  
Alan Anderson  
Frank & Christa Barrett  
Elliot Bell  
Joan Blackwell  
Leonard & Claire Bradshaw  
Thomas Brown  
Lyse Cantin & Linda Enns  
Alma Faulkner  
Ron German & Rhonda Shaw  
Audrey Gunn-Fowlie  
Gerhard & Winnifred Hein  
Ronald Hughes & Nongnuch Ngosom-Hughes  
Peter & Wilhelmina Huyghebaert  
Evelyn Jenkins  
Ada Johnston  
Ken & Donna Keith  
Helen Lane

## Membership Report continued

Karmen & Mike Lynes  
June MacDonald  
Douglas & Cheryl Martin  
Garry & Brenda Miller  
Douglas & Maureen Moore  
Jim Morrison  
Kenneth & Sharen Munn  
Gord & Rhonda Nixon  
David Parfitt

Linda Peterson  
Donald Phillips  
Bob Rivers  
Carol Shaw  
Melvin & Jacquie Sheng  
Penelope & Jack Smith  
Jay Simons  
Raymond & Mona Smith  
Gary Straughan

### *In Memorium*

**John Ablett**

**Terry Brewster**

**Stephan Checkwitch**

**Craig Clarke**, survived by wife Joyce

**Larry Duke**, survived by wife Susan

**Lorna Evans**

**Eric Foster**

**Hazel Galloway**

**Peter Hann**

**Bryan Homan**, survived by wife Barbara

**Dorothy Hutchison**, survived by husband  
Wallace

**Wallace Hutchison**

**David Johnson**

**Marcel Joubert**, survived by wife Barbara

**June Kubos**

**Linda Kummer**

**Baden Lewis**

**Ken Loven**, survived by wife Muriel

**Jim McKinley**, survived by wife Wendy

**Jack Mooney**, survived by wife Violet Johnson

**Sherwood Moore**, survived by wife Nora

**Mark Pearson**

**Frank Sartorio**, survived by wife Darlene

**Fern Watt**

**Beryl Williams**, survived by husband Geoff

### Some 'Zoom Meeting Best Practices' and How To's:

#### **Best Practices**

Please keep your microphone muted during the meeting. If you would like to speak, have an announcement, or a comment use the Raise Hand function and wait to be called on. If you have a question for the speaker, rather than unmuting yourself and speaking, please use the Chat function to type out your question.

#### **Unmute**

Hold down the space bar while you speak

#### **Raise Hand**

Alt + Y OR Click on the "Participants" button in the controls bar at the bottom of the screen, then click on "Raise Hand" Your hand will stay raised until the host lowers it, after you are called on to speak.

#### **Chat**

Click on the "Chat" button in the controls bar at the bottom of the screen. Select to whom to send your message. If you have a question for the speaker send your message to Everyone.

Type out your comment or question.

#### **Screen Sharing**

Click on the "Share Screen" button in the controls bar at the bottom of the screen.

If sharing a video or presentation with sound: check the "Share computer sound" box before clicking the blue "Share" button.

**National Association of Federal Retirees  
Nanaimo Executive, Directors & Volunteers 2019-2020**

| <b>Class</b>        | <b>Position</b>         | <b>Name</b>       | <b>Phone</b>    | <b>Email</b>               |
|---------------------|-------------------------|-------------------|-----------------|----------------------------|
| <b>Executive</b>    |                         |                   | <b>Most 250</b> |                            |
| Exe                 | President               | Rick Roberts      | 248-7171        | rick.roberts@shaw.ca       |
| Exe                 | Vice - President        | Vacant            |                 |                            |
| Exe                 | Secretary               | Sheila Wilson     | 591-2446        | mesheshe@shaw.ca           |
| Exe                 | Treasurer               | Penny Kanigan     | 760-0929        | pennykanigan@shaw.ca       |
| Exe                 | Past President          | Bob Willis        | 468-0260        | bobwillisbc@shaw.ca        |
| <b>Directors</b>    |                         |                   |                 |                            |
| Director            | Membership / Database   | Vic Ashdown       | 248-2027        | ashdown@shaw.ca            |
| Director            | Health & Benefits       | Andy Gilman       | 248-8595        | andygilman48@shaw.ca       |
| Director            | Health & Benefits       | Sharon Whalen     | 758-7012        | nafrwhalen@gmail.com       |
| Director            | Advocacy                | Marg Smith        | 586-8690        | mrgtmsmh80@gmail.com       |
| Director            | Newsletter Editor / Web | Ian Williams      | 758-0954        | ianv.will@gmail.com        |
| Director            | Awards/Historian        | Charles Scrivener | 758-2240        | scrivener@shaw.ca          |
| Director            | Registration            | Jim Gahr          | 585-3125        | heidleberghound@shaw.ca    |
| Director            | Program / Speakers      | Fran Graham       | 760-4105        | fran41@telus.net           |
| Director            | Telephone               | Linda Wiltse      | 778-269-0895    | lmwiltse2@gmail.com        |
| Director            | At- Large               | Christine Walker  | 754-4031        | walkershomeemail@gmail.com |
| <b>Coordinators</b> |                         |                   |                 |                            |
| Cards               | Nanaimo                 | Cathey Hoogerbrug | 751-8735        | r-choog@shaw.ca            |
| Cards               | Parksville/Qualicum     | Michelle Ashdown  | 248-2027        | ashdown@shaw.ca            |
| Cards               | Port Alberni            | Marian Pickton    | 723-1136        | pfmcj@shaw.ca              |
| <b>Nominations</b>  | Committee Chair         | Bob Willis        | 468-0260        | bobwillisbc@shaw.ca        |
| Phone Captain       | Nanaimo                 | Berna Dennison    | 758-7792        | bernad@shaw.ca             |
| Phone Captain       | Nanaimo                 | Linda Wiltse      | 778-269-0895    | lmwiltse2@gmail.com        |
| Phone Captain       | Nanaimo                 | Barb Williams     | 758-0954        | williv@telus.net           |
| Phone Captain       | Nanaimo                 | Vacant            |                 |                            |
| Phone Captain       | Parksville/Qualicum     | Marjorie Rose     | 594-4002        |                            |
| Phone Captain       | Parksville/Qualicum     | Michelle Ashdown  | 248-2027        | ashdown@shaw.ca            |
| Phone Captain       | Parksville/Qualicum     | Judy Southern     | 752-5586        | njsouthern@shaw.ca         |
| Phone Captain       | Port Alberni            | Wendy Stander     | 778- 421-4244   | wendy.tony@shaw.ca         |
| Hospital Visit      | Parksville/Qualicum     | Lil Jones         | 586-7718        | Kenjonesbc@shaw.ca         |
| Hospital Visit      | Nanaimo                 | Sheila Wilson     | 591-2446        | mesheshe@shaw.ca           |