

# National Association of Federal Retirees

## October Newsletter

Nanaimo & Area Branch [fedretirees-nanaimo.ca](http://fedretirees-nanaimo.ca)  
PO Box 485, Lantzville, BC V0R 2H0

October 2022  
Tel: (250) 248-7171



### Next Meeting - General Meeting.

**Date/Time:** Thursday, November 24, 2022

Doors open 10:00 AM, Meeting starts 1100 AM.

**Location: Tigh-Na-Mara: 1155 Resort Dr, 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.

**Business Meeting:** 11:00-12:00

**Presentation:** 12:15 - 12:45 - Lisa Hansen - Johnson Insurance/Medoc.

**Luncheon - Buffet:** Fresh Baked Buns and butter, Garden Salad, Roast Yam Salad, Beet Salad, Roast Turkey Breast, Stuffing, Mashed Potatoes, Seasonal Vegetables, Sweet Offerings, Coffee, Tea.

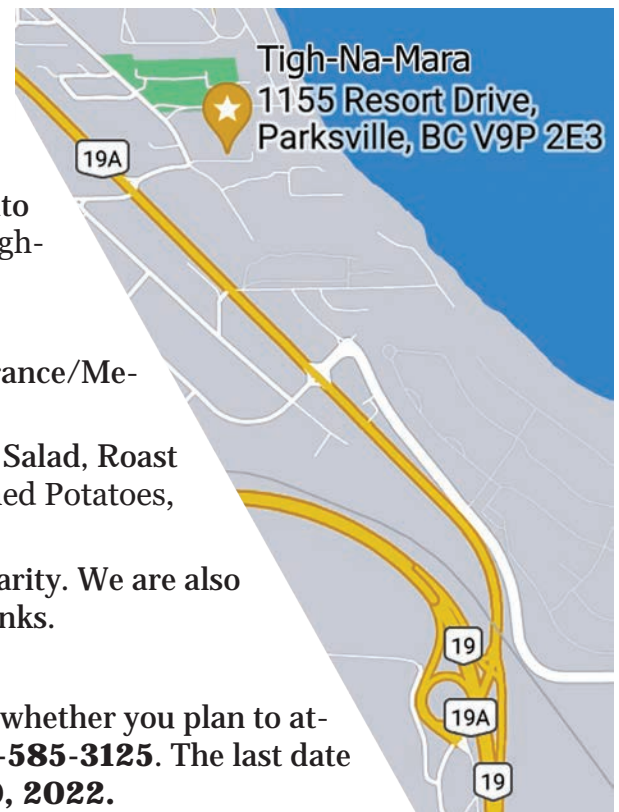
**In-House Draw** - Tickets \$2 or 3 for \$5. All proceeds to charity. We are also collecting non- perishable food or cash for the local food banks.

### Reservations/Cancellations:

Your local Federal Retirees volunteer will phone you to ask whether you plan to attend the lunch. **To cancel, please call Jim Gahr at 250-585-3125.** The last date for cancellation to avoid billing is **Sunday, November 20, 2022.**

If you said “no” or “maybe” and then decide to attend on the day of the meeting, you are welcome to come and register at the door.

**Name Tags** will be available at the door for all members attending the November GM and luncheon. Remember to leave them at the door when you leave after the meeting luncheon. If your name tag from the last meeting had spelling errors, please contact Charles @ 758-2240 or [scrivenecharles59@gmail.com](mailto:scrivenecharles59@gmail.com).



### EVENTS 2022 - 2023

DATE	EVENT	PLACE	VENUE	Meal	Cost
November 24	General Meeting	Parksville	Tigh-Na-Mara	Buffet - Turkey	\$34
March 23, 2023	Annual General Meeting	TBA	TBA	TBA	TBA

## President's Report

Welcome to Autumn 2022...as I write this we are receiving the first substantial rainfall in several months. It is not often that I am happy about rain but my plants and I are pleased with this arrival... will most likely change my mind in a couple of months.



Just to bring you up to date on some of things that have or will be happening in the world of Federal Retirees:

**Remembrance Day:** the Branch once again has purchased a wreath for all the Legions in our area on behalf of our membership. These wreaths will be placed on each areas' cenotaph.

**New National Vice President:** is Helene Nadeau of Ottawa as voted on at a special ZOOM All Meetings of Members. Helen defeated four other candidates.

**Membership Rates for 2023:** \$52.56 for single and \$68.28 for double.

**Public Service Health Care Plan:** negotiated changes approved to come into effect June 2023. NAFR is one of three parties on the negotiating team. If you have not done so, take a look at the improvements...I think you will be pleased.

**Mega Recruitment Drive:** another opportunity to win great prizes by recommending folks for membership in our Association.

**National Association of Federal Retirees 60th Anniversary 2023:** from its humble beginnings in Victoria 60 years ago, your organization has grown into one of the most respected and consulted organization not only for Federal Retirees but as well as on all Canadian Seniors issues. This anniversary will be celebrated across Canada next year including by your Branch. Planning will be getting underway shortly so if you have any ideas , let us know

**Your Executive:** continues to meet monthly, discussing ways we can continue to support our members. As I have said ad nauseum, we are all getting long in the tooth and we really need your help. By dedicating 2 hours a month, you can make

a real difference in the lives of your fellow retirees. Please, please consider this volunteer opportunity. Let us know if at all interested.

I hope to see many of you at our Christmas lunch in Parksville coming up shortly...more information is included later in this newsletter.

In the meantime, stay safe and healthy everyone.

### **Highlights from Minutes of the Sept. 22, 2022 General meeting.**

#### **Location: Nanaimo Golf Club**

The meeting was called to order at 11:00 am by President Rick Roberts.

A moment of silence was observed for the late Queen Elizabeth II.

Guests and new members were asked to stand to be recognized. We were pleased to have Ken Jones, a Past President and his wife Lilianne visiting.

Minutes of our previous General Meeting were shown on the overhead and approved by Wilma Melvin, seconded by Linda Wiltse.

The agenda was approved.

#### **President, Rick Roberts;**

The cost of this meal was expensive for members, although the Branch paid part of the cost. Cost of food is rising everywhere. We are considering Legions for future meetings.

Rick participated in provincial meetings and attended the AMM in Ottawa this year.

The national Vice President position will be selected. There are several volunteer positions at National and Provincial, such as the BC Advocacy position.

National is promoting a Recruitment Drive with prizes for those finding new members.

#### **Health And Benefits, Andy Gilman;**

51% of Canadians do not have wills making it difficult for their family to settle estates after death. Andy urged us to get a will or the provincial trustees will be making decisions about the distribution of your estate. The booklet "you and Your Survivors" is free from NAFR. He is here to help any member with questions regarding benefits.

#### **Advocacy, Christine Walker for Marg Smith;**

Christine outlined the activities of the Advocacy group in the past year.

- Regional Branch Meeting in Abbotsford
- National Public Service week, June 12-18
- Annual Meeting of Members
- District Labour Council's Annual Labour Day Picnic. Our display table at the Ladysmith Labour picnic was successful.
- Replacement for BC/Yukon Advocacy Program Officer

**Historian, Charles Scrivener;**

He only has one more volunteer service award to give out. Charles advises that we (NAFR) are known to all politicians in this area due to the work done by the Advocacy group.

**Past President, Bob Willis;**

We will need new Executive members soon. He was happy to see everyone after the lengthy Covid shutdowns.

**In House Draw;**

\$238.00 was raised. \$118.00 went to the Parksville/Qualicum Salvation Army Food Bank, \$59 each to Geoff Williams (#7305330) and Marjorie Rose (#7305320)



**Marjorie Rose**, displays her winnings that she donated to the food bank bringing the total donation to \$177.00

**The meeting was closed at 12:00 by Bob Willis.**

**Guest Speaker;**

Our guest speaker was **Janice Krall, chief Development Officer with the Nanaimo Hospital Foundation.**



**The Foundation** raises money and support for:

- Nanaimo General Hospital
- Oceanside Health Centre, Parksville
- Dufferin Place Extended Care Facility, Nanaimo
- Eagle Park Health Care Facility, Qualicum Beach
- Trillium Lodge, Parksville

**The Nanaimo Hospital** provides care for an area containing 440,000 persons, many elderly. It has the busiest emergency room on the Island. Money they raise goes for support in the form of equipment, training for staff, outreach van, knee and hip clinic and for the new ICU which will cost \$5 million. Also many minor projects such as toys and blankets for patients.

**Foundation Recent Accomplishments**

- Cardiac Campaign- \$2 million raised, construction complete
- Endoscopy Surgical Unit - \$2 million raised, construction complete
- Hip and Knee Clinic - \$600,000 raised, construction complete
- Youth Wellness Community Outreach Van - \$150,000 raised
- ICU - \$5 million raised, construction ongoing.

Janice also talked about the Nanaimo Life Line which provides fall alert technology, requests for help and they also have a medicine dispensing system.

Janice can be reached at [JaniceKrall@islandhealth.ca](mailto:JaniceKrall@islandhealth.ca), 250-739-5765

**Tickets Please**

In an effort to get correct numbers for meal payment at our meetings, we will now provide you with a meal ticket when you pay at the registration desk. This ticket will be collected at the buffet table when you go up for your meal.

## Branch Advocacy

### Marg Smith, Branch Advocacy Liaison

Federal Retirees advocacy priorities in 2022 continue to focus on retirement security, a national seniors' strategy with a focus on principles and standards for long-term care, veterans' well-being and pharmacare.

The branch arranged to have a table at the Nanaimo Duncan & District Labour Council Labour Day Picnic in September. This event presented an opportunity for the branch to make attendees aware of our association and its priorities.

Thank you to Christine Walker and Charles Scrivener for representing the branch at the event.

### Publications of interest to branch members

#### 1. Nanaimo Seniors' Directory 2022:

This directory contains useful contact information for various services relevant to seniors in Nanaimo and the surrounding area. The report is available at the link below.

<https://seniors101.ca/nanaimo-directory/Seniors101-Nanaimo-Directory-Online.pdf>

#### 2. Reports released by the Seniors Advocate of BC

**Annual Report 2021-2022:** This report provides an overview of the activities of the Office of the Seniors Advocate: The report is available at the link below.

[https://www.seniorsadvocatebc.ca/app/uploads/sites/4/2022/07/Annual\\_Report\\_2021\\_22-FINAL.pdf](https://www.seniorsadvocatebc.ca/app/uploads/sites/4/2022/07/Annual_Report_2021_22-FINAL.pdf)

**Monitoring Seniors Services 2021:** This report focuses on key services in the province that fall under the Seniors Advocate's legislated mandate. It highlights where seniors' needs are being met and where improvements are most needed. Access to health care, appropriate housing, adequate transportation, enough income to meet basic needs such as food, shelter and medicines and protection from abuse and neglect are key to the health and well-being of seniors.

This report is updated yearly to reflect the latest information available. The current report focuses on 2020/21 data.

#### Current report highlights:

- The overall health of B.C. seniors has remained

relatively stable over the last five years. 42% of seniors are either healthy or have a low-complexity condition such as asthma, while 19% live with high-complexity conditions, and 6% have been diagnosed with dementia.

- Emergency department visits and hospitalizations for those over 65 dropped by 9% and 7% respectively, and there was a decrease of 28% in days spent in alternate level of care.
- There was an 87% decline in Adult Day Program clients and 96% reduction in Adult Day Program days due to the program's suspension during the pandemic.
- Over the past five years the number of subsidized, registered assisted living units have decreased by 3%, and private assisted living units have decreased by 26%.
- There was a 37% decrease in long-term care residents waiting to transfer to their preferred facility, demonstrating more seniors are living in their preferred facility.
- The proportion of long-term care residents taking antipsychotics increased by 7%.
- Over the last 5 years, the number of seniors subsidized housing units per 1,000 population 55+ has decreased 14%.
- The average monthly income of Shelter Aid for Elderly Renters (SAFER) recipients is \$1,675, their average rent is \$1,052 and the average rent subsidy provided is \$199 per month. The average subsidy dropped by 4% in the last year.
- There was a 6% increase in seniors accessing GIS and a 4% increase in seniors accessing the B.C. Senior's Supplement.

The report is available at the link below.

<https://www.seniorsadvocatebc.ca/app/uploads/sites/4/2022/02/MSS-Report-2021.pdf>

#### BC Seniors: Falling Further Behind:

Published in September 2022, this report details the results of a review of the impact of rising costs on B.C. seniors who depend on government pensions. It ranks B.C. as the lowest in its financial support for seniors compared to other provinces and territories.

#### Report recommendations:

- Index the BC Seniors Supplement to inflation consistent with other income supports such as GIS/OAS and CPP.

- Redesign the Shelter Aid for Elderly Renters (SAFER) program to reflect the current reality of the B.C. rental market and ensure yearly rent increases are recognized.
- Increase the number of Seniors Subsidized Housing Units with a particular focus on rural B.C. where the overall supply of rental accommodation for seniors is most challenging.
- Increase awareness of the Property Tax Deferral Program and examine an expansion of the program for low- and modest-income seniors to defer other costs such as strata fees, hydro costs and other municipal charges. Examine how seniors living in cooperative housing might be able to take advantage of the program.
- Develop a program to assist low- and modest-income seniors with major home repairs.
- Eliminate the daily rate for publicly funded home support services.
- Provide an extended health benefit for seniors that includes eyeglasses, hearing aids, mobility aids and necessary medical equipment. The cost of the plan could be covered by premiums based on income, ensuring it is an affordable option for all B.C. seniors.
- Work with the federal government to ensure dental coverage for seniors with co-payments and deductibles based on income or include in an overall extended benefit plan.
- Provide an annual province-wide bus pass for all seniors that includes handyDART. The fee for the pass could be based on a sliding scale matched to income.
- Develop a comprehensive plan to build the capacity of seniors' centres across B.C. to better support social engagement and help support older people access the supports and services they need to continue to live independently.

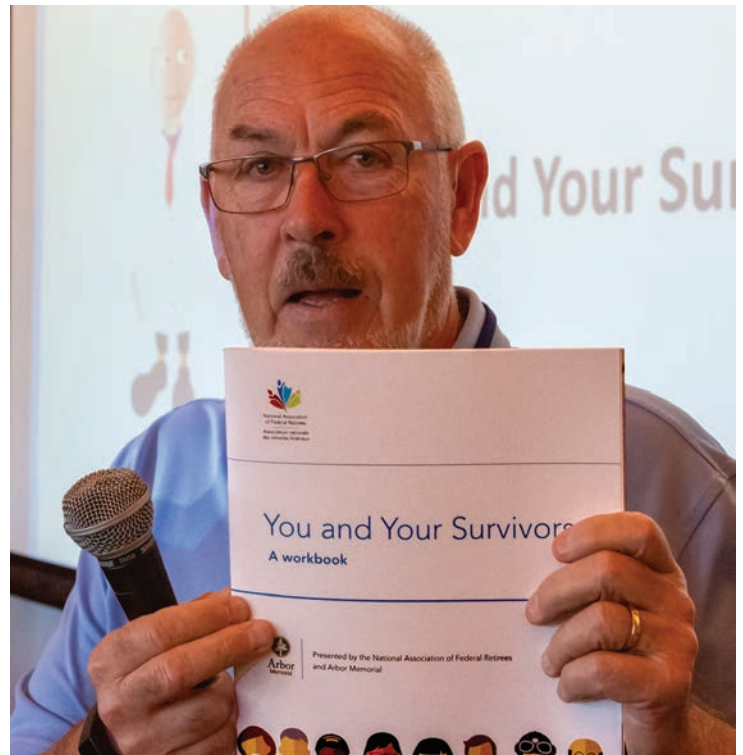
The report is available at the link below.

[https://www.seniorsadvocatebc.ca/app/uploads/sites/4/2022/10/OSA-BCFFB\\_FINAL.pdf](https://www.seniorsadvocatebc.ca/app/uploads/sites/4/2022/10/OSA-BCFFB_FINAL.pdf)

### Health and Benefits - Andy Gilman

I have had 5 contacts over the July, August, September period...all made through other Directors. I have responded to each contact:

- a request for a 'You and Your Survivors' booklet



### Andy Gilman and the You and Your Survivors booklet - free from NAFR

- a contact number for the Pension and Benefits Office
- a request for information on who to contact upon the sudden death of a spouse and deadlines/length of the process for claims
- a request for which pensions are continued and which are ended upon the death of a spouse
- a request for help filling out an online form that the member could not access (no computer).

Thanks always to those of you who contact me with these requests.

### Note from Charles Scrivener

Two weeks ago, I received mail from my local pharmacy. They said that Flu Vaccine had arrived and to contact them for an appointment. I called and got scheduled for the Flu shot the following week. At the appointment, I filled out a form and gave them my Care-card. After checking details, they asked if I also wanted the latest COVID booster. Being over age 75 & during the next 45 minutes, I received a quadra-valent Flu vaccine (protects against 4 Flu strains) in one arm, and the bi-valent Moderna COVID Booster in the other (protects against the new Omicron variant). The after-effects were a 24hr. sore arm and after 12hrs. some perspiring. It was all that easy.

## Nanaimo and Area Board



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

### Financial Report August 15 2022 - Penny Kanigan

Our Branch has received the 2nd quarter remittance from the National Office in amount of \$3084.58.

Current chequing account	\$7,739.73
Savings Account	\$3,302.00
GIC investments	\$15,855.24

I expect to receive the 3rd quarter rebate cheque this month or early November.

I have received requests from 3 Legions regarding Remembrance Day – I expect to hear from the remaining 4 shortly.

### General Meeting – September 22, 2022 Nanaimo Golf Club

Total cost to Branch = **\$ 925.75**

### Association delivers **PSHCP deal** that prioritizes pensioners' demands

Key PSHCP gains that will help pensioners save money and achieve better health and well-being goals include:

- Increasing vision care from \$275 every two years to \$400 every two years.
- Increasing amounts for massage, osteopath, naturopath, chiropractor/podiatrist from \$300 per year to \$500 per year.
- Increasing coverage for hearing aids from \$1,000 per five years to \$1,500 and introducing a new benefit to cover hearing aid batteries (up to \$200 per year).

- Removing the requirement for prescriptions for services like massage, physiotherapy, psychological services and speech therapy.
- Removing the physiotherapy member-paid corridor and introducing a maximum of \$1,500 per year for physiotherapy.
- Improving acupuncture coverage by removing the restriction to have it performed by a physician and increasing that coverage from \$300 per year to \$500 per year.
- Allowing foot care performed at community nursing stations to be covered under the podiatrist/chiropractor benefit.
- Improving the Emergency Benefit While Travelling by moving coverage from \$500,000 to \$1 million and increasing family assistance benefits.
- Increasing the Hospital Level I coverage from \$60 per day to \$90 per day and increasing Levels II and III to \$170 and \$250 respectively.
- Establishing important coverage for people living with diabetes, including increasing coverage up to \$1,000 per 60 months for insulin jet injector devices, introducing coverage for diabetic monitors without the use of an insulin pump (up to \$700 per 60 months), introducing coverage for Type II diabetes testing supplies such as flash glucose supplies and testing strips (\$3,000 per year) and introducing coverage for continuous glucose monitor supplies for Type I diabetes (\$3,000 per year).
- Introducing coverage for injectable lubricants such as Synvisc to treat joint pain and arthritis at \$600 per year.



## Membership Report - Vic Ashdown

As of October 20th, 2022, the Nanaimo and Area Branch had 1742 members comprising 1124 retirees and 618 spouses. Of the 1124 retirees, there are 940 on DDS and 184 pay fees annually to National Office. Since the last Report (August 19th, 2022), the following changes have taken place:

### New or Reinstated Members (28)

David & Cathy Bezanson  
John Blackburn  
Colleen Bonar  
Jacques & Francine Brassard  
Jo-Ann Dufeu  
Noah & Sherrie Eckenswiller  
Hilary Henderson  
Dave Houghton  
Joan & Donald Irwin  
Frank & Sylvia Johnson  
Gabriele Linge  
William & Beryl McCully  
Graham & Susan Miller  
Jim Morrison  
Douglas Norman & Patricia Hanna  
Gayle Sadler  
Jessica Simons  
Geoff & Marlene Wiggins  
Bruce Wright

### Transferred In (9)

Patricia Fish  
Karima Lotayef  
Matt McCann  
Anne Novak  
Luigi & Madeline Picone  
Richard Walton  
Karl & Sigrid Wilson

### Transferred Out (3)

Susanna Dunn  
Bob & Nicole Patterson

### Membership Cancellations (8)

Stacey Fitzgerald  
Warren Green  
Marie Gorton  
Vanessa Holme  
Roxane Lambert  
Irene Lindsay  
Jeff Scott  
Dana Wilson

## In Memorium

**Maxwell Abbott**  
**Leslie Cass, survived by husband Alan**  
**Nathaniel (Jack) Coles**

**Ray Honig, survived by wife Joan**  
**Judy Lewis, survived by husband Ray**  
**Jack Ziebart, survived by wife Fran**

### Phone Numbers Please

We're having problems reaching some of you when we're phoning about meetings. Has your phone number changed since you registered with us? Changed your land line to a cell phone? If so, please email Vic Ashdown at [ashdown@shaw.ca](mailto:ashdown@shaw.ca) and provide your correct number.

You know your getting old when you can't walk past a bathroom without thinking "I may as well pee while I'm here ...."



**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	Christine Walker	754-4031	walkershomeemail@gmail.com
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@gmail.com
Director	Advocacy	Marg Smith	586-8690	mrgtmsmth80@gmail.com
Director	Newsletter Editor / Web	Ian Williams	758-0954	ianv.will@gmail.com
Director	Awards/Historian	Charles Scrivener	758-2240	scrivenercharles59@gmail.com
Director	Registration	Jim Gahr	585-3125	heidleberghound@shaw.ca
Director	Program / Speakers	Fran Graham	585-8227	frances41@shaw.ca
Director	Telephone	Linda Wiltse	778-269-0895	lmwiltse2@gmail.com
Director	At- Large			
<b>Coordinators</b>				
Cards	Nanaimo	Sheila Wilson	591-2446	mesheshe@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	Fran Graham	585-8227	frances41@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	Maureen Shakespeare	758-2833	lmshakes@shaw.ca
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	No Access		
Hospital Visit	Nanaimo	No Access		