

CALGARY & DISTRICT BRANCH REPORT

Kerby Centre
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Directors:
Heather Thompson
Gerry Thompson
Anne Prusakowski
Ron Beirnes
Roloin Vetsch
Maggie Smith

Health Benefits Officer:
Steve Harbicht

Past President:
Rob Pollard

President's Report – Summer 2020



It is early April as I write this message for the summer edition of SAGE. I am sitting in my kitchen having just finished my 14 days of self-isolation since my return from our winter home in Arizona.

And while the days of isolation seemed long and boring, it gave me the opportunity to do some spring cleaning - in spite of the still wintery look outside.

This global pandemic also gives us all time to reflect on the positive aspects of our lives. As retired Federal employees, Canadian Forces, federally appointed judges and RCMP we have much to be thankful for. Generally speaking, we have a secure pension and great health benefits that will help us through these troubling times.

The Calgary & District Branch office in the Kerby Centre in Calgary has been closed since the beginning of this emergency. We continue to monitor emails and phone calls and will respond to any inquiries as soon as possible. The Board of Directors have also deferred the monthly meetings and will meet via Zoom or email if required.

The AGM scheduled for April has been deferred until the September meeting, unless the COVID-19 precludes us from going forward.

I hope that you, your families and friends are staying safe and healthy and that it won't be long before we can put this insidious virus in our rear-view mirrors and get back to the normal everyday business of living.

Respectfully,

Pat Henderson

Cancelled: Annual general meeting

The Calgary and District Branch board of directors has made the decision to cancel the April 17, 2020 annual general meeting and luncheon.

Due to the evolving situation with the coronavirus (COVID-19) and concerns that many of the luncheon attendees are members of a high-risk group, it was felt that the risk was too high to proceed with the luncheon. We also wanted to follow the advice being provided by public health officials not to hold large gatherings of people to aid in efforts to contain the spread of the virus.

Our guest speaker, Minister Pon has been advised and we are working with her office to try to reschedule her for a future meeting.

The branch annual general meeting will be held at the Sept. 25, 2020, luncheon.

The 2019 financial statements and a discussion of our reserve funds will be discussed and there will be an election of directors. All current directors will continue to serve until Sept. 25, 2020.

We appreciate your support and understanding.

If you have any questions or concerns please contact us by email nafrcalg@telus.net or call the office 403-265-0773.

For more information on the coronavirus outbreak and updates from the Public Health Agency of Canada (PHAC), call **1-833-784-4397** or visit <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>.

Maintaining mental well-being during uncertain times

As a result of the COVID-19 global pandemic, many of us are figuring out new routines and adapting to change at a rapid pace. If you find your stress or anxiety levels escalating, there are some things you can do to help maintain your mental and emotional well-being during this time of upheaval and uncertainty.

We hope our article offers some tips and resources that you find helpful:
<https://www.federalretirees.ca/en/news-views/news-listing/april/maintaining-mental-well-being-during-uncertain-times>

Support for Canadian seniors impacted by COVID-19

The federal government has announced measures to support vulnerable Canadians impacted by COVID-19, including \$9 million through United Way Canada to help local organizations support seniors in need. If you would like to give, many local and national charities would welcome your support during this challenging time.

Visit Federal Retirees online to read more: <https://www.federalretirees.ca/en/news-views/news-listing/april/support-for-canadian-seniors-impacted-by-covid-19>

Annual General Meeting and Luncheon

Friday, September 25, 2020

Subsidized costs: \$15 for members, \$20 for non-members

**Location: Second Floor, Fort Calgary, 750 - 9 Ave SE, Calgary
Please arrive at 10:00 am to be seated.**

The 2019 financial statements and a discussion of our reserve funds will be discussed and there will be an election of directors. All current directors will continue to serve until Sept. 25, 2020.

Presentation: "Remembering When"

Todd Berry, Community Safety Officer, Calgary Fire Department will discuss:

Remembering When is designed to prevent injuries among older adults and help them live safely at home. This presentation is centered around 16 key safety messages – eight fire prevention and eight fall prevention - developed by experts from national and local safety organizations as well as through focus group testing in high-fire-risk communities in North America.

Menu: GF = Gluten Free; DF = Dairy Free; NF = Nut Free

- Freshly Baked Buttermilk Scones with Butter
- Tuscan Green Salad – GF, DF, NF
- Citrus Chicken Breast – GF, NF
- Assorted Freshly Baked Squares
- Freshly Brewed Coffee/Tea

Reserve a seat by writing to nafrcalg@telus.net and registering your name, license plate number and any special meal requests or call the office at 403-265-0773.

Early registration is encouraged. We have to pay for the number of meals ordered therefore, if you cannot attend the luncheon, please phone the office and cancel at least five days before the luncheon.

****Please remember our Veterans; food or money donations will be very much appreciated.**

Upcoming Events

2020 Luncheon Dates – mark your calendars!!

- Friday, September 25th – Speaker Todd Berry, Calgary Fire Department
- Friday, November 13th – Speaker Tammy Wheeler, Royal Canadian legion

Calls for Nominations & Volunteers

We are seeking volunteers to assist with Membership Recruitment, Advocacy, Luncheon organization and Guest Speakers and to work in the office, which is open Monday to Friday 10:00am to noon. Duties include processing receipts for payment of membership fees, providing contact information for pensions and benefits, referrals to the Health Benefits Officer and following up on general membership inquiries. Call 403-265-0773 or send an email to nafrcalg@telus.net.- if you are interested in any of these volunteer opportunities.

NAFR Members Information

Please check out our National Association of Federal Retirees websites:

National: <https://www.federalretirees.ca/>

Calgary & District Branch: <http://nafrcgyc.ca/>

Please follow us on Facebook - [National Association of Federal Retirees - Calgary YYC.](#)

Our office is located in room 302, third floor at the Kerby Centre, 1133 - 7th Ave., Calgary, Alberta, T2P 1B2.

For questions or inquiries, please phone during our business hours, Monday to Friday 10 am to 12 pm.

We can be reached by phone at 403-265-0773 or by email at nafrcalg@telus.net.

Please note that our office is closed during July and August, however, volunteers will check our voice mail and email messages during that time frame. The office is also closed on holidays.