

BRANCH REPORT

AB16 | Calgary & District

President's message

Winter is now upon us and the Covid-19 situation is not abating as much as we had all hoped. At the recommendation of NAFR National Office (NO), we will not be opening the Calgary & District NAFR office at the Kerby Centre soon; nor will we be holding in-person meetings and events.

Your Board of Directors are still active though. We meet monthly via Zoom and have discovered that Zoom is easy to use and there is NO COST involved; just download the App and sign in.

In September 2020, we offered a Zoom presentation with Collette vacations for travel to Croatia and the Maritimes. We plan to offer additional Zoom presentations and these will be advertised on our Website, the National Office (NO) website and our Facebook page.

The National Annual Members Meeting will be held via Zoom on December 2, 2020 and the Branch Annual Meeting in April 2021 may also be held via Zoom if Covid-19 restrictions are still in place.

The Association's updated "**YOU AND YOUR SURVIVORS' GUIDE**" is now available and can be downloaded from the National website or send an email to the Branch to have a paper copy mailed to you.

The Calgary & District Branch (AB16) have several Members we do NOT have up-to-date contact information for. If your information needs updating, or you want to confirm your information, please contact the National Office.

Please Follow our Page - National Association of Federal Retirees Calgary – YYC - as we post articles that will be of interest to you. I recommend you read our Post on Alberta Health Services Self-Managed Health Care. Articles will also be on our Branch website @ <http://nafrqy.ca/>.

Though our Branch office is closed if you have questions or concerns, call, or email us. We check our phone and emails regularly

On behalf of the Board of Directors and Volunteers we would like to wish you and your family our best wishes of the season and a healthy and happy 2021.

Respectfully



Pat Henderson
Branch President AB16



Your Contact Information – Is it up to date?

During this exceptional time in our lives, keeping informed on issues that affect us is extremely important. For instance:

- How is travel/medical coverage affected because of COVID?
- What will the impact be, if any, on pensions because of COVID?
- Where are we with a national senior's strategy and national Pharmacare?
- How is the National Association of Federal Retirees and its Branches advocating on your behalf?

Now, more than ever, it is important that we all keep informed on those issues that affect not only Federal Retirees, but seniors in Canada. By updating your information, your Branch and National Office can continue to connect with you through mail-outs, emails, websites, and Facebook.

If you have ***moved, or changed either your home address, telephone number or your e-mail address recently***, please let us know by contacting service@federalretirees.ca or call the NO membership team at 1-855-304-4700, ext. 300 to update your information.

As well, starting in mid-November 2020, Branch volunteers will be attempting to phone members to update any missing or incorrect contact information.

We look forward to hearing from you!

COVID-19 - Support and Resources

The City of Calgary has programs and services to help Calgarians through the pandemic spread of COVID-19 / Coronavirus. The City offers information for:

- individuals
- businesses
- community partners, and
- helping others in your community.

Visit [City of Calgary COVID-19](#) for details. Individuals needing support and resources, can also call 211 to access services in the community. They can also connect with [211 online](#).

Our first ever Covid-19 Winter is upon us

As we head into another cold Alberta winter, the coronavirus could amplify loneliness and boredom for many of us. ***Now is the time to plan for what you will do to keep busy and safe.***

Here are some activities you might consider and many of them are free:

- Downhill skiing, cross-country skiing, and snowshoeing.
- Writing one's family history/memoirs, digitizing photos, and learning a new skill.
- Online courses/activities; bridge lessons, language courses including sign language, video applications that enable grandparents/grandchildren to read together in real-time (e.g. Caribu)
- Alberta Health Services has online health information and chat sessions.



- The University of Calgary waives tuition fees related to undergraduate, bachelor's level courses for senior citizens.
- Sunlife.ca has a list of online educational institutions offering free university courses, and other free online courses.
- Alberta public libraries have a bevy of digital books to download and provide curbside pickup.
- Volunteer opportunities to utilize your knowledge and expertise e.g. recording audio stories for the blind, helping others to complete and file their income-tax.

So, if you haven't already, start planning - the opportunities are almost endless.

It is time to do our part and have our voices heard!!

The National Association of Federal Retirees is building a national network of advocates - **REACH 338** - to raise our voices/concerns in all **338 Federal ridings** before the next election. Our mission is to significantly improve the quality and security of retirement for our members and all Canadians.

To jump start the Calgary & District REACH 338 efforts, we will initially be reaching out to:

Mr. Len Webber,

Conservative MP Calgary Confederation

Member of Standing Committee on Health Studies issues that relate to Health Canada (HESA Committee)
&

Due to COVID-19, MPs will be engaged virtually, as in person meetings and events are not currently possible and may remain impossible for some time.

As we move forward with our REACH 338 efforts, we are **SEEKING VOLUNTEERS** to work with Board members on this important program to reach all Calgary & District federal riding representatives*.

Volunteers are asked to contact the Calgary & District Branch at 403-265-0773 (or email at fsnocal@telus.net).

Heather Thompson
Board Member - Advocacy
Calgary & District Branch

* Other Calgary Federal ridings include: Calgary Confederation, Calgary Forest Lawn, Calgary Heritage, Calgary Midnapore, Calgary Nose Hill, Calgary Rocky Ridge, Calgary Shepard, Calgary Signal Hill, Calgary Skyview, Calgary Centre.

Information and Learning Opportunities

With the ongoing COVID 19 restrictions it will not be possible to resume our Quarterly Luncheon meetings.

As an alternative we have worked with our Affinity and Community Partners to bring information to you by way of on-line presentations using ZOOM or links to prepared YouTube videos.

We hope to increase the offerings and would prefer to inform members via an email notice. Notice of events will also be posted on our website as well as our Facebook page.

If you do not have an email address associated with your membership, we will not be able to inform you of these events. There is plenty of time to add your email address by contacting National Office toll free at 1-855-304-4700 or by email at service@federalretirees.ca.



YouTube presentation - available now.

Todd Berry, Community Safety Officer, Calgary Fire Department was scheduled to be our guest presenter at the September 25, 2020 Quarterly Luncheon but this was cancelled due to the COVID 19 restrictions.

The presentations are now available on YouTube and can be accessed by visiting these links:

- **Fire and fall prevention program for Older Adults** - <https://youtu.be/uQyiwW4tT7w>
- **Install smoke Alarms** - <https://youtu.be/uQyiwW4tT7w>

On-line Presentation via ZOOM - Hearing Life - Hearing and Hearing Loss Webinar - Friday February 19, 2021 from 10:30 am to 11:30 am

Why is hearing health so important and what can you do to protect and improve your hearing? Topics that will be covered include: Recognizing the signs of hearing loss; Different types of hearing loss and the corrective measures; Tinnitus and how to manage it in our everyday lives; The hidden cost of untreated hearing loss; Latest hearing aid technology and hands-free connectivity; Tips and tricks for effective communication.

Members wishing to attend the webinar will receive an e mail 2 weeks in advance and will be able to register for the event. There will be a reminder email sent to all members who have registered the day before the webinar.

IF you do not have an email address associated with your membership, we will not be able to include you in this event. There is plenty of time to add that information by contacting National Office toll free at 1-855-304-4700 or by email at service@federalretirees.ca.

NAFR Members Information

Please check out our National Association of Federal Retirees websites:

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

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

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

Our office is in room 302, 3rd floor at the Kerby Centre, 1133 - 7th Ave., Calgary, Alberta, T2P 1B2.
For questions or inquiries, please phone 403-265-0773 or email nafrcalg@telus.net.

