

CALGARY & DISTRICT BRANCH REPORT

President:

Rob Pollard

Vice-President:

Pat Henderson

Membership:

Pat Henderson

Treasurer:

Guy Lallier

Secretary:

Gabrielle Simpson

Volunteer Coordinator:

Sally Manchurek

Past President:

Marlene LaMontagne

Directors:

Willma Haney
Heather Thompson
Anne Prusakowski
Gerry Thompson
Ron Beirnes

Health Benefits Officer:

Steve Harbicht

Auditor:

Pat Grant

Presidents Report – Summer 2018



The June Solstice will soon be upon us and hopefully we will enjoy some long, warm sunny days. The Calgary AGM and the District Directors' meeting are behind us and travel plans are made to attend the Annual Members Meeting in Gatineau in

late June.

Work is under way to visit every Member of Parliament in the Calgary District as well as local MLAs to keep them aware of Seniors' issues. Bill C-27 is still on the issues list, veterans issues, support for the creation of a seniors' strategy along with the establishment of a Minister responsible for seniors.

Recruitment of members and volunteers is still a priority.

You will be hearing about a new document called "Moving Forward" which is a long term Strategic Plan for the Association. Members input is important in deciding on the direction and future of the organization. Keep an eye out for emails or articles in Sage for more details.

I want to say a special "Thank You" to all the of the people who volunteer for the association here in the Calgary District.

Thank you to you who staff the office each day, thank you to the ones who arrange and volunteer at the luncheons, thank you to the people who organize the meeting in Okotoks and Canmore, and thanks to the Board. Great job done by all. We would not survive without you.

Have a safe and joyful summer and I hope to see you at our luncheon in September.

Rob Pollard

Calgary and District Branch Survey Results – 2017

Thank you to the 202 members (of a total of 2400 households = 4000+members) who responded to the Branch Survey last fall. It took considerable time to get members to respond and then to have the analysis completed with the help of National Office. This was the first time we had attempted an on-line survey to all members so some fine tuning will be needed before we try it again. In particular we would like to find a way to increase the response rate.

What did we learn?

- Respondents were mostly male, aged 60 – 79 and primarily retired from the Public Service with 40% being a member for 5 years or less and 36% more than ten years membership in NAFR.
- Preferred method of communications is e mail. A mere 1% refers to the National or Branch websites; 10% rely on SAGE magazine for information.
- Our existing Luncheon format, location and frequency are supported. Half the respondents are willing to try a buffet rather than plated meal and are open to Soup and Sandwiches rather than 3 course meal. The majority did not support having bar service at the Luncheon.
- Preferred price for the Luncheon was \$20 with 25 % saying they would pay \$25. Thirty percent preferred \$15 or no cost.
- There was significant interest in holding informal meet and greets and exploring activities like bus trips and outdoor activities like hiking and walking etc.
- Respondents from the Foothills area (Okotoks, High River, Black Diamond, and Turner Valley etc.) and the Canmore/Banff area were primarily interested in having speakers that could talk about local initiatives for seniors.
- Respondents from Drumheller were in favor of holding an informal get together with coffee and a speaker. We will be trying to contact someone in that area to try to make these arrangements.
- A number of members volunteered to help with membership recruitment, office duties, advocacy etc. and will be contacted soon to follow-up on their interests.

Public Service Health Care Plan - Web and mobile claim submissions

- Members residing in Canada will be able to submit claims for paramedical services and vision care benefits electronically, from both the Sun Life Plan Member Services website at www.sunlife.ca/pshcp and the **My Sun Life Mobile app**. In addition to electronic claims submissions, the following features will be available online and through the **My Sun Life Mobile app**:
 - **Review your recent claims:** View completed claims or track a claim being processed.
 - **Coverage information:** Find out what is covered under your Plan.
 - **Provider search:** Locate health practitioners near you.
 - **Drug lookup:** Review your drug claim history, drug coverage, and explore potential alternative drugs.
 - **Benefit card:** Access your PSHCP benefit card any time

Notice:

Effective September 21, 2018 meal prices will be \$15.00 for members and \$20.00 for non-members.

Unless a couple has a double membership, they will have to pay 2 different prices - \$15.00 for the member and \$20.00 for the non-member.

To upgrade from a single to double membership is only \$14.64 and can be done at any time - just call the office 403-265-0773.

September 21, 2018 Quarterly Luncheon and Business Meeting

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

Speakers regarding Benefits for the Older Adult

The Federal and Provincial government have many programs that benefit our members. Representatives from Service Canada and Government of Alberta will speak about: CPP, OAS, Death and Survivor benefits, Guaranteed Income Supplement and Veterans Benefits, Caregivers, health issues support, housing and many other benefits.

Menu:

- Freshly Baked Buttermilk Scones with Butter
- Forest Mushroom Soup
- Roasted Pork Loin with Maple Mustard Glaze
- Chef's Choice of Vegetables
- Mashed Potatoes
- Plate of Homemade Dessert tarts and Squares
- Freshly Brewed Coffee/Tea

Reserve a seat by calling the office at 403-265-0773 one to two weeks before the function. We have to pay for the number of meals ordered once we have committed to that number, therefore, if you cannot attend the luncheon, it is very important to please phone the office and cancel five days before the luncheon.

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

Please mark your calendar - the next quarterly luncheon and meeting will be on Friday, November 16, 2018

Menu: Freshly Baked Buttermilk Scones with Butter, Roasted Butternut Squash and Apple Soup, Turkey Roulade with Sage Stuffing, Roasted Carrots, Mashed Potatoes with Pan Gravy, Lemon Meringue Pie, Freshly brewed coffee and tea. Bar Service will be available

Okotoks/Foothills Coffee Sessions:

Sept 20, 2018, Foothills Centennial Centre, Rotary Room. The presentation, **Benefits for the Older Adults**, will be discussed by the CPP and OAS representatives. Please contact Michelle Luchia at 403-938-7397 or Doug Raynor at 403-995-1786 to register, or for details regarding this presentation.

Canmore Coffee Sessions:

Please contact Jette Finsborg at 403-609-0598, email jfinsborg@gmail.com for information.

Call for Volunteers

We are always looking for volunteers. Some of the activities involve working in the office to answer the telephone, reply to correspondence, process receipts for payment of membership fees, provide contact information for pensions and benefits, send referrals to the HBO, follow up on general membership inquiries and maintain a log book of activities to keep a record of members' concerns; projects to recruit new members; helping with the luncheons; and/or working on other projects that might arise. The Calgary and District Branch Office is open Monday to Friday 10:00am to noon from September to June. If you are interested, please call the office at 403-265-0773 or email the Volunteer Coordinator, Sally Manchurek at m_sally6@hotmail.com.

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 contact our office if you have any inquiries or questions. The volunteer working that day will be happy to help you. Our office is located in room 302, third floor at the Kerby Centre, 1133, 7th Ave., Calgary, Alberta, T2P 1B2. Please phone during our business hours, Monday to Friday 10 am to noon at 403-265-0773 or email fsnacal@telus.net. Please note that our office is closed on all holidays. (During July and August, the office will be closed, a volunteer will check our voice mail for messages during that time frame).