

CALGARY & DISTRICT BRANCH REPORT

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Rob Pollard

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Pat Henderson

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Presidents Report – Winter 2018



We are now into 2019 and your Board of Directors has a busy and productive year planned. We have both a federal and provincial election this year to prepare for and participate in. We would like to visit every Member of Parliament and each Member of the Legislature in the Calgary District before the elections. We hope to be available for town halls

and other meetings to make sure that our representatives are aware of the current senior issues. We need several volunteers to help. If you are interested contact me at robpollard@shaw.ca.

The Moving Forward and Strategic Plan for 2019-2024 needs some finishing touches so that it can be presented to the Annual Members Meeting which will be held in June. This is a long-term vision for Federal Retirees and the directions we need to get there.

Our first luncheon of the new year will be held on February 15 and the Annual General Meeting will be in April at Fort Calgary. At the AGM there will be elections for the Board of Directors and we are always looking for more people. If you are interested or want to nominate someone (with their consent) please contact either Heather Thompson or Steve Harbicht for information. Fort Calgary now charges for parking and you now need to register your vehicle. A code will be sent to all who have signed up for the lunch which has to be put into the parking meter and the branch will pay the fee for the for the next two meetings.

The Associations 2019 membership dues are as follows:

<u>Annual</u>	<u>Monthly</u>
Single \$50.28	Single \$4.19
Double \$65.16	Double \$5.43

For more information, please contact membership services at service@federalretirees.ca or 1-855-304-4700 (toll-free)

Thanks for your time and I hope to see you at one of the up coming luncheons this year.

Rob Pollard

ADULT IMMUNIZATION: What vaccines do you need?

Vaccine	Who should receive it?
Tetanus (lockjaw)	everyone, every 10 years
Diphtheria	everyone, every 10 years
Pertussis (whooping cough)	everyone, once in adulthood
Influenza	annually for people at high risk of complications from influenza and anyone who wants protection from influenza
Pneumococcal	everyone 65 and older, immunocompetent people less than 65 in long-term care facilities, and people with specific medical conditions
Hepatitis B	people with medical, occupational or lifestyle risks and anyone who wants protection from hepatitis B
Hepatitis A	people with medical, occupational or lifestyle risks and anyone who wants protection from hepatitis A
Meningococcal	people with specific medical conditions and people living in communal residences, including students and military personnel
Measles	people who have not had the vaccine or the disease
Mumps	people who have not had the vaccine or the disease
Rubella (German measles)	people who have not had the vaccine or the disease
Varicella (chickenpox)	people who have not had the vaccine or the disease
HPV (human papillomavirus)	females and males 9-26 years (may be administered to females or males 27 years and older at ongoing risk of exposure)
Herpes zoster (shingles)	people 60 and older (may be administered to people 50 years and older)
Travel vaccines	varies by destination - consult a travel health clinic, your health care provider, local public health office or https://travel.gc.ca

Reference: *Canadian Immunization Guide*. Available at: <https://www.canada.ca/en/public-health/services/canadian-immunization-guide.html>

**Talk to your doctor, nurse, pharmacist or local public health unit
about being up to date on your immunizations.**

**CELEBRATING
IMMUNIZATION*
SUCCESS**

**Immunization is
not just for kids!**



Adult Immunization

Immunization is not just for children – it is a lifelong process. To protect themselves and the people around them, adults need the following immunizations.

VACCINE	Number of DOSES	NOTES
Hepatitis B	<p>3 doses for unprotected adults born in 1981 or later.</p> <p>Adults born before 1981 may need this vaccine if they are at risk for hepatitis B (e.g., health problems, type of work, lifestyle, contact with the virus).</p>	<p>Most adults born in 1981 or later have had hepatitis B immunization in school.</p> <p>Adults born before 1981 who may be at risk for hepatitis B should check with their workplace health and safety or a public health nurse to find out if they qualify for hepatitis B vaccine for free.</p>
Influenza	1 dose at the beginning of every influenza season (between October and March).	<p>This is important to protect adults and the people around them. Anyone can get influenza, but the risk of serious illness, including death, is highest for:</p> <ul style="list-style-type: none"> • children under 5 years of age • adults 65 years of age and older • pregnant women • people with health problems • people who live in care facilities • Indigenous people
Measles Mumps Rubella	<p>Measles and Mumps:</p> <ul style="list-style-type: none"> • Adults born in 1970 or later need 2 doses of measles and mumps containing vaccine. • Adults born before 1970 are generally considered protected for measles and mumps. <p>Rubella:</p> <ul style="list-style-type: none"> • Adults born in 1957 or later need at least 1 dose of rubella containing vaccine. • Adults born before 1957 are generally considered protected for rubella. 	<p>Adults born before 1970 do not usually need measles or mumps immunization, unless they are:</p> <ul style="list-style-type: none"> • a healthcare worker • a post-secondary student • having a transplant • travelling to a measles risk area <p>Adults born before 1957 do not usually need rubella immunization, unless they are:</p> <ul style="list-style-type: none"> • a healthcare worker • a daycare worker • having a transplant <p>Check with your workplace health and safety department, a public health nurse, or a travel health clinic (e.g., AHS Travel Health Services).</p>

VACCINE	Number of DOSES	NOTES
Pertussis (Whooping Cough)	1 dose of pertussis (whooping cough) vaccine given at 18 years of age or older.	This dose is combined with the tetanus/diphtheria booster (dTdap). It is very important for pregnant women and adults who are in contact with infants or young children.
Pneumococcal Polysaccharide (PNEUMO-P)	1 dose at 65 years of age. Adults who have certain health problems may need this vaccine before 65 years of age and may need more than 1 dose.	Adults who have a health problem should check with their doctor or a public health nurse to find out if they need this vaccine before 65 years of age and if so, how many doses they need. If this vaccine is given before 65 years of age, another dose should be given at age 65 years or older.
Tetanus Diphtheria	A booster dose of tetanus and diphtheria vaccine (Td) is needed every 10 years.	Adults who were not fully immunized as children, may need more than just a booster dose.
Varicella (Chickenpox)	2 doses for unprotected adults	Check with your healthcare provider to find out if you should be immunized.
Other Vaccines	<p>Other vaccines may be needed for adults who:</p> <ul style="list-style-type: none"> • have certain health problems (e.g., chronic brain/spinal fluid leak, removed spleen, kidney or liver condition, blood disorder, cochlear implant, weak immune system, organ or bone marrow transplant) • need immunizations because of work (e.g., healthcare workers, lab workers, people who work with animals at risk for rabies or other infectious diseases) • live in a group home or facility (e.g., long term care, correctional facility) • need immunization because of household contacts (e.g., live with someone who may be infectious, often have visitors from countries where certain vaccine preventable diseases are common) • have moved to Alberta from a country with high rates of hepatitis B disease • have lifestyle risks (e.g., unprotected sex with more than one partner , sharing needles) • are travelling • wish to be immunized with a vaccine that is not free [e.g., Herpes Zoster (shingles) vaccine, pneumococcal conjugate vaccine (PNEU-C13) for healthy adults, human papillomavirus vaccine (HPV)]. <p>Check with your healthcare provider, a public health nurse, your workplace health and safety department, or a travel health clinic (e.g., AHS Travel Health Services) to find out if you need any other vaccines and if they are free for you.</p>	

For More Information



Call Health Link at **811**



Go to immunizealberta.ca



Go to myhealth.alberta.ca



Go to ahs.ca/influenza/influenza.aspx



Notice:

Meal prices \$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 less than \$15.00 and can be done at any time - just call the office 403-265-0773.

February 15, 2019 Quarterly Luncheon and Business Meeting

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

Topic: Protection against vaccine preventable diseases: immunization at home and abroad for older adults

Speaker: *Laura Mah has been a Registered Nurse for almost 20 years spanning 3 different countries: New Zealand, East Africa and Canada. She has been working in travel medicine for over 5 years and completed her Travel Health Certificate in 2015 in Quebec City. She is currently a board member of the Alberta Association of Travel Health Professionals. Laura is passionate about travel medicine and infectious diseases and loves looking at maps.*

Menu:

- **Freshly Baked Buttermilk Scones with Butter**
- **Tuscan Green Salad**
- **Chicken Pot Pie with button mushrooms/Cipolini onions/tarragon/parmesan crust**
- **Plate of Homemade Dessert Squares**
- **Freshly brewed coffee and 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.**

Okotoks/Foothills Coffee Sessions:

February 14, 2019

Topic: Protection against vaccine preventable diseases: immunization at home and abroad for older adults

Speaker: Stephanie Scott is the Clinical Development Nurse at Alberta Health Services-Travellers' Health Services in Calgary. She has an extensive background in immunizations, working in the area of public health and travellers' health for more than a decade. In addition, she obtained further training in travel health (Certificate in Travel Health in 2011) and is currently completing a master's degree in Public Health.

Please contact Michelle Luchia at 403-938-7397 or Elida Raynor at 403-995-1786 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).