



National Association
of Federal Retirees Association nationale
des retraités fédéraux

FRASER VALLEY WEST

BC 04
Branch Update (#5)
May 2022

Hello, fellow BC 04 Branch members.

You have probably been worrying ... **“Will there be a barbecue this summer?”**

Worry no more. Because... YES! That’s the plan!

Please mark your calendars, plan to attend and bring a friend!

Know anyone who is eligible to join Federal Retirees? **

Bring them along!

**Who is eligible? CAF and RCMP Veterans, Federal Public Servants and their spouses - and anyone who receives or contributes to a federal superannuation pension. You do not need to be retired to be a member of Federal Retirees!

NOTICE

General Meeting and Barbecue

Wednesday, July 20th

Williams Park

6595 238th Street, Langley

Doors open at 11:00 a.m.

Meeting 11:30

Barbecue chicken lunch (by Henry’s Outdoor BBQ)

½ Chicken plate

\$20 per person

Registration by Eventbrite

(Watch your email for the June ‘Update’ for the link)

Celebrating 60!

Federal Retirees came into being on Fred Whitehouse’s kitchen table (I’m guessing) in 1963. This means the Association will be celebrating its 60th birthday next year.

So we are looking for ideas on how to celebrate. How did you celebrate your 60th birthday?

Was it legal? Would it be legal now?

Send your ideas to Ian at spence.ian@telus.net

Do you know someone who is nervous about retirement....? Remember how nervous you were...?

3 Nice Things you could do to try to calm their nerves...

1. Tell them they can download a free copy of **“The Top 10 Things to Know Before Retiring”** just by signing up for the Federal Retirees (national) newsletter (www.federalretirees.ca/en/news-and-events/subscribe-to-our-newsletter).
2. Tell them about the virtual 2-day **Pre-Retirement Course** May 30th and 31st. Okay, it’s offered on Ottawa Time, but that’s not impossible for you early birds. The course is designed to prepare federal employees to transition from work to retirement. Topics include your public service pension plan, financial planning, estate planning and living your best life in retirement. The special introductory \$100 attendance fee includes course materials, a virtual 20-minute appointment with Melody Walz (Consultant) to gain some insight into the process of transitioning from federal public service employee to pensioner, and a financial assessment with Tradex. And, for non-members, the course fee includes a one-year membership in the Association. (Search ‘pre-retirement’ at www.federalretirees.ca)
3. Bring them with you to the Summer General Meeting and Barbecue—July 20th, Williams Park, Langley . Give them a glimpse of life ‘on the other side’!

Summit on Aging

So we sent three members of the board (Ian, Judy, Sharon) to The Summit on Aging, to learn more about the 'community-based social services' sector. The two-day conference (May 28-29) was organized by the United Way of BC. For neophytes (like us), the number and variety of groups, agencies and businesses in the 'sector' is a little bewildering, but that's also the good news: that there is so much creativity and energy and so many approaches to "seniors issues". And while there is always need for more resources, it was noted and celebrated that in the past two years of pandemic, the community social services sector in BC translated a 20% increase in resources into a 100% increase in clients served and a 300% increase in services delivered. Nimble!

Judy's favourite presentations were the 2 keynote speakers - Dr. Naheed Dosani (via zoom from Ottawa), whose presentation was titled "Improving Health Care for Elders experiencing structural vulnerabilities—a case study of living and dying on the streets," and Dr. Samir Sinha - Director of Geriatrics, Sinai Health and the University Health Network, whose presentation was "Harnessing the Power of Community to Enable the Future of Care".

Judy says "What made the two keynote presentations so good was their energy, enthusiasm and their complete belief in what they were doing. Sincerity and passion shone out of both of them. They spoke from the heart."

Ian's favourite slide from Dr. Sinha's presentation:

We Have Choices and Options

- Waiting in hospital to go elsewhere: \$750 per day
 - Long Term Care costs: \$200 per day
 - Home Care for an LTC equivalent person: \$103 per day
- Denmark avoided building any new LTC beds over two decades and actually saw the closure of thousands of hospital beds by strategically investing more in its home and community care sectors.

We were also all impressed by the presentation (via Zoom) on The Frome Project, in the UK. It showed a very simple idea growing into an amazing network that has enabled family doctors and primary care givers to connect socially-isolated patients to agencies and groups that are relevant to their interests and needs. Volunteers are trained to become "community connectors", experts in what's available and how to access it. The results of social connection show up in significant, measurable decreases in emergency room visits and hospital admissions.

Also of note was the news that the Oasis project, now operating in several sites in Ontario, is expanding to BC. Oasis involves seniors in 'Naturally Occurring Retirement Communities' (NORCs), whether in high rise apartment buildings or small towns, organizing to overcome isolation and leverage social services.

There was a series of brief presentations "Demonstrating Impact" from a number of groups that have received funding from the United Way. One 'stand out' idea (for its simplicity and utility) was the chart of internet navigational icons and what they mean, produced by the South Okanagan Seniors Wellness Society. Check out 'Seniors Tech Support' at www.seniorswellnesssociety.com to

learn what you can get from the "hamburger menu" vs the "kebab menu".

Much to think about! It almost makes one optimistic! Be on the lookout for a NORC near you!

"Noteworthy"

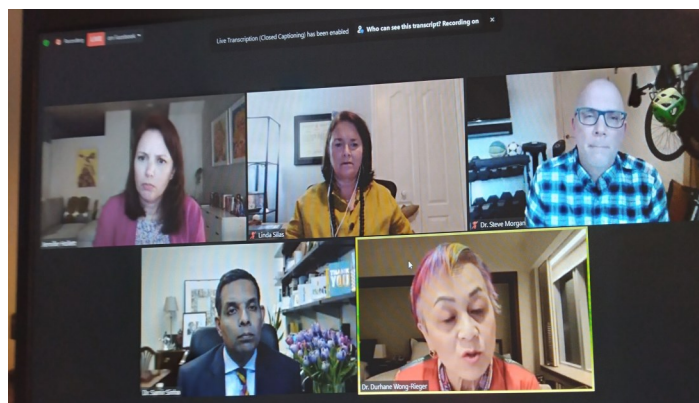
Aging in Place

What does "aging in place" mean to you? A UBC research group in collaboration with Federal Retirees Central Okanagan Branch set out to answer that question last fall, with surveys and focus groups involving our members. The central theme that emerged was that Aging in Place is not so much about an attachment to location as it is about maintaining the power to choose—where one lives and how. Participants emphasized that you have to be proactive in anticipating your future personal needs and you have to plan ahead to maintain choice in how you live your life (and avoid being moved against your choice). **FUNDING "There was a resounding focus on wanting the government to focus their efforts on wanting the government to focus their efforts on home-support rather than long term care. Older adults want to stay in place. They want to have options (e.g., community supports, housing alternatives) available to them in order to do so. This requires a shift in political focus and budgets to meet the needs of our aging Canadian population."**

(For more on this, go to www.federalretirees.ca - search 'Aging in Place')

4/20 in BC...

Did you take in the Pharmacare webinar on April 20th? Our panel of experts spoke compellingly of the need to expand Canada's health care plan to include pharmacare, of the enormous savings that could be realized by rationalizing the current procurement system and of the need for 'infrastructure' changes to help ensure that the medications being prescribed are necessary and appropriate.



Jennifer Hollett, Walrus Magazine; Linda Silas, Canadian Federation of Nurses Unions; Dr. Steve Morgan, UBC; Dr. Samir Sinha, National Institute on Aging; Dr. Durhane Wong-Rieger, Canadian Organization for Rare Disorders

Community notes:

Peace Arch Hospice Society presents

DYING TO LEARN MORE: *Aging Mindfully*

Wednesday, May 25th, 2022
10:00am to 3:00pm

Gracepoint Community Church
3487 King George Blvd

Free Event | Lunch | Community Resources

Join us for an inspirational and informative presentation about **Aging Mindfully**, which will include:

- Advance Care Planning
- Embracing Aging Mindfully Using Mindfulness Meditation
- Community Resources
- Free Lunch & Refreshments

Pre-registration is required.
Register by May 18th at 604-531-7484
or contactus@pahospicesociety.org



Community notes:

55+ Transportation Forum



SUPPORTING HEALTHY ACTIVE AGING

Saturday, May 28 | 9:30AM - 2:30PM

Presentations will include: Seniors on the Move a Provincial Transportation Initiative, ICBC Mature Drivers and What to Expect on Re-Examination Road Test TransLink Services, City of Surrey New Transportation Plan, Vision Zero, WALKit web map Activity Program and much more!

3 WAYS TO REGISTER

Registration #172208.

Register to secure your spot.

BY PHONE 📞 604-501-5100
MON - FRI 8:30am - 4:30pm

GO ONLINE 🖱️ www.surrey.ca/register

IN PERSON 📍 At any City of Surrey
Recreation Facility

Guildford Recreation Centre
15105 105 Avenue

For all 55+, caregivers and families.
Wheelchair accessible.

- ✓ **FREE**
- ✓ **Door Prizes**
- ✓ **Complimentary Lunch**

surrey.ca/agefriendly



Keep in touch! If you need help updating your membership info—change of address, etc. - contact Steve!

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