



National Association
of Federal Retirees Association nationale
des retraités fédéraux

FRASER VALLEY WEST

BC 04
Branch Update (#9)
November 2022

NOTICE

General Meeting and Christmas Luncheon

Thursday, December 8th, 2022

Newlands Golf & Country Club

21025 48th Avenue, Langley, BC V3A 3M3

Doors open at 11:00 a.m. Meeting 11:30

Tickets: \$30 for lunch

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

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

Bring that lucky person along!

Registration by Eventbrite by November 30th, please! Here is the link:

[Christmas Buffet and General Meeting Tickets, Thu, 8 Dec 2022 at 11:00 AM | Eventbrite](#)



****Who is eligible? Canadian Armed Forces and RCMP Veterans, Federal Public Servants and their spouses, partners or survivors - anyone who receives or contributes to a federal super-annuation pension. You do not have to be re-tired to be a member of Federal Retirees!**

President's message

Along with the changing seasons, there have been quite a number of changes in the local political landscape. With voter participation trending near record lows, incumbents were defeated and new mayors elected in White Rock (Megan Knight), Surrey (Brenda Locke), Langley City (Nathan Pachal) and Maple Ridge (former MP Dan Ruimy). The voters who did show up were (mostly) ready for change. The victory of Eric Woodward and the Contract for Langley slate in Langley Township perhaps reflects the changing demographic of that municipality. Municipal politicians make decisions that directly affect our daily lives in our communities and they are essential players in the development of a comprehensive "seniors strategy". It is important that they know our concerns and see our commitment. That's why Federal Retirees had information tables at all-candidates events at the Langley Seniors Resources Centre – September 28th for Langley City and October 5th for Langley Township. The "speed dating" format of these meetings – after introductions, the candidates fanned out across the room and had five minutes at each table to pitch their ideas – provided a chance to see the candidates up close and get a sense of their grasp of the issues. These events were well-attended by both candidates and the general public, an indication of how seriously they take the 'seniors vote' in Langley. Kudos to the Langley Seniors Resource Society and Langley Seniors in Action.

Wishing you all the best,
- Ian Spence

Recent events

Branch volunteers (Ian and Thelma) also staffed an information table at the Seniors' Health Fair at the Langley Senior Resources Centre on October 1st, the International Day of Older Persons, to promote the Association and connect with potential members. And Judy and Sharon organized a presentation on October 20th at the Cloverdale Rec Centre, given by Carmela Smythe of the Canadian Mental Health Association, on strategies to 'Bounce Back' from low mood and worry. Attendance was less than we would have liked, but still the event offered a valuable opportunity to make connections and meet new faces. Thanks, Judy and Sharon! Well done!

Upcoming events (see page 2)

Upcoming events... Mark your calendars!

November 10th—Meeting with MP Kerry-Lynne Findlay, South Surrey-White Rock— Branch volunteers meet with Members of Parliament to present the Associations' priorities as part of the Reach 338 Strategy.

November 11th—Remembrance Day – Branch volunteers will be presenting wreaths on behalf of the Association at ceremonies at Crescent Beach, White Rock, Langley and Aldergrove.

November 16th – Meet and Chat – In White Rock!

Yes! To give members a venue where they can connect and trade stories in an informal setting, we will try to revive our in-person “Meet and Chat” sessions. The first one will be on Wednesday, November 16th, 1–3 p.m. Centre for Active Living, 1475 Anderson Street (next to the Centennial Arena). (Note: Pay Parking in effect: this is White Rock)

We will provide coffee, tea and cookies (yay!) The Branch has many members in South Surrey / White Rock, so we hope for a good turnout. But all members are welcome, of course.

→ RSVP please to Ian at nafrbc04@gmail.com or 604-753-7845, so we know how many cookies to bake.

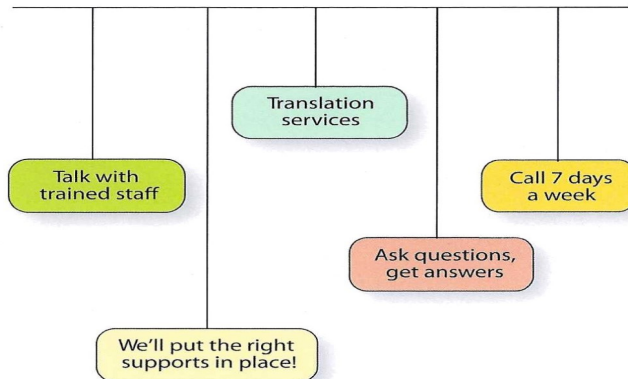
December 8th—Branch General Meeting and Christmas Luncheon - see you there!

An important number if home care is a concern for you or someone you love...



Home Health Service Line

For health care and support at home



Fraser Health wants to make it easy for you to access needed health services at home and in your community.

Catalogue # 257663 To order, visit patienteduc.fraserhealth.ca



Home Health Service Line

When would you call the Home Health Service Line?

Call if you are asking questions like these:

- Can Mom stay home safely by herself?
- Who will help Dad with his personal care when I'm at work?
- My husband has been in hospital and is ready to come home. Who can help me plan for that?
- I no longer think I can live alone. I think I need some help

What can you expect when you call?

- A trained staff member will ask questions to help to identify your health needs and will refer you to the services you require
- A health care professional will then contact you to arrange a clinic or home visit

What is the cost of services?

- There is no charge for professional services such as nursing or physical therapy
- If you need home support services, we will conduct a financial needs assessment, at no cost to you, and, depending on your income, there may be a charge for home support services.

What services does the Home Health program provide?

- Home Support (bathing/grooming/toileting/feeding)
- In-home health care
- Nursing clinics in all communities
- Day programs for seniors
- Services to give caregivers a break

1-855-412-2121

www.fraserhealth.ca/homehealth

An upcoming speaker event presented by the Semiahmoo Seniors Planning Table in White Rock (November 24th, 1 to 3 p.m.)...

Plan to come early or stay after, for a chance to assess yourself on the 'Move for Life' ability circuit!



Fall Prevention with Shianne Bains



Date: Thursday November 24th 1:00 pm to 3:00 pm



White Rock Community Centre 15154 Russell Ave



Shianne Bains – Coordinator Falls & Injury Prevention, Fraser Health



Free Lunch will be provided

Register for both events by: Nov 20th

Call:

604.531.9400 ext 220

Email:

semi.seniors@gmail.com

Join us at the Community Centre between 12 - 1:00 pm and 3:00-4:00pm to try out the Move for Life ability circuit. This will provide a snapshot of your overall fitness and movement ability.

Falls can cause lasting injury, loss of mobility and independence. Learn how you can prevent falls. Know your capacity today. Plus learn about Osteoporosis risks/assessments

Event is made possible by:



Semiahmoo Seniors
Planning Table




fraserhealth



SOUTH SURREY WHITE ROCK

The Langley Senior Resources Society offers an incredible array of activities and services. They are all listed in "In The Loop" which you can find on the LSRS home page at <https://lsrs.ca>


For example, the Langley Senior Resources Society organizes bus tours like these... If you hurry, it may not be too late to catch the bus to Christmas at Hycroft Manor!



Langley Senior Resources Society

In The Loop

October 2022 Programs, Services and Events for Adults 50 Years of Age and Older



National Seniors Day
October 1




Photo: Fort Langley



Christmas at Hycroft Manor

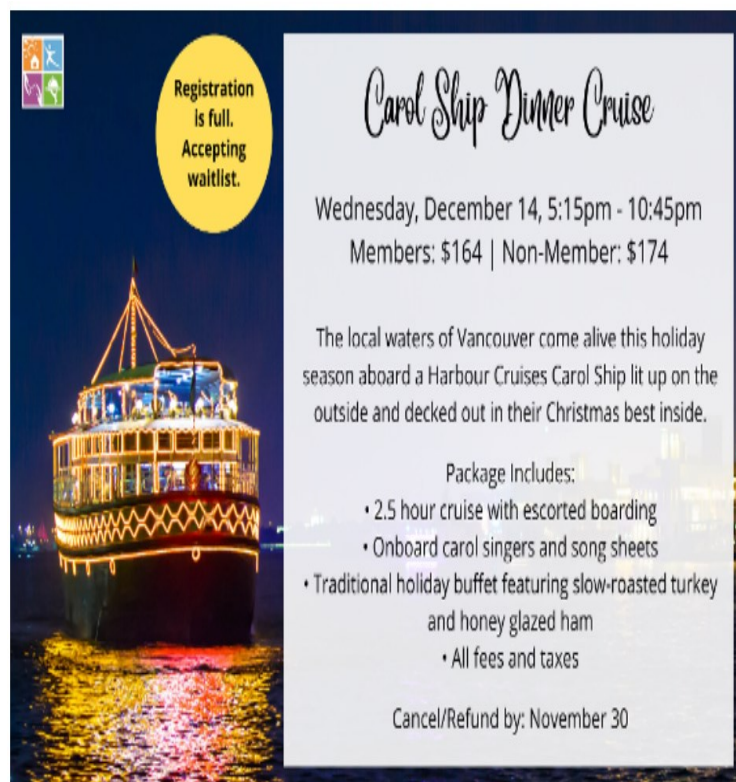
There is lot to see and do as you wander through all the nooks and crannies of the beautiful Edwardian mansion.

Saturday, November 19
10:30am - 4:30pm
Members: \$144
Non-Members: \$154

Package Includes:

- Admission
- Lunch at the Sylvia Hotel
- Entertainment
- All fees and taxes

Cancel/Refund by: November 4



Registration is full. Accepting waitlist.

Carol Ship Dinner Cruise

Wednesday, December 14, 5:15pm - 10:45pm
Members: \$164 | Non-Member: \$174

The local waters of Vancouver come alive this holiday season aboard a Harbour Cruises Carol Ship lit up on the outside and decked out in their Christmas best inside.

Package Includes:

- 2.5 hour cruise with escorted boarding
- Onboard carol singers and song sheets
- Traditional holiday buffet featuring slow-roasted turkey and honey glazed ham
- All fees and taxes

Cancel/Refund by: November 30

Keep in touch!

Call Steve—(604) 574-2929
—if you need help updating your membership info—
change of address, etc.

Contact Rocky
—if you have questions about your pension or benefits.

President	Ian Spence (604)753-7845
Vice President	Katherine Kettler 778 995-6136
Secretary	Thelma Graham
Treasurer	Stuart Wilson
Director Health & Benefits	Glen (Rocky) Rockwell grockwell@shaw.ca
Director Membership Administration	Steve Sawchuk 604 574-2939
Director Membership Marketing	Joy Hennen
Director Volunteer Engagement	Bernd Hirsekorn
Director	Sharon Riches
Director	Ilene Fika
Director	Judy McLellan
Director	Greta Rickenbacher

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