



National Association
of Federal Retirees Association nationale
des retraités fédéraux

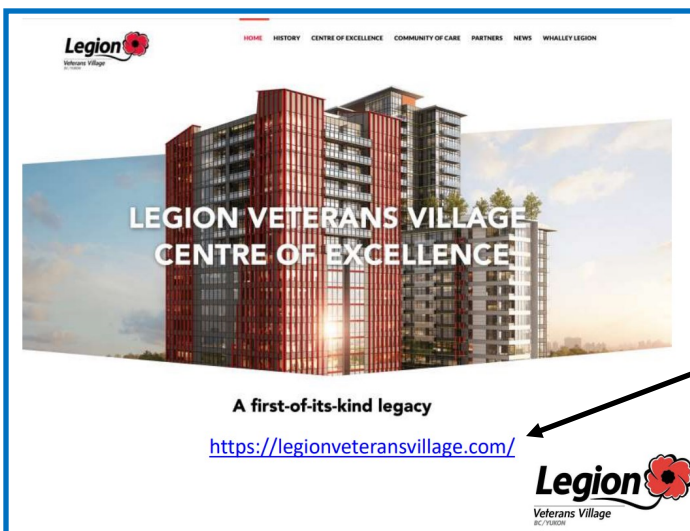
FRASER VALLEY WEST

BC 04
Branch Update (#1)
January 2023

HAPPY NEW YEAR

Dear Fellow Members of Fraser Valley West,

On behalf of the Branch Board, I send you our best wishes for health, happiness and PEACE (please), in the New Year.



At the December meeting, we had a presentation on an initiative to provide healing space and resources to Canadians wounded in service to Canada. Rowena Rizzotti is one of the founders of the Legion Veterans Village project and we were impressed by the initiative, creativity and resourcefulness of the Royal Canadian Legion and its many partners in establishing a Centre of Excellence focused on post-traumatic stress disorders, mental health and the rehabilitation of veterans and first responders. The Centre is scheduled to open its doors in North Surrey on February 8th. To learn more about volunteer opportunities or other ways to support the Centre, follow the link.

We were pleased, too, to have Veronica Brown, CEO of the BC/ Yukon Command of the Royal Canadian Legion, join us. We look forward to many future opportunities for our organizations to collaborate and support each other.

Special Zoom presentation **OASIS—a model for Aging in Place**

Thursday, January 12th 2023, 1-2 p.m. PST. email Ian at spence.ian@telus.net to get the Zoom link.

Mark your calendar!



We invite you to join us on January 12th, for a Zoom presentation on another example of initiative, creativity and resourcefulness, perhaps on a smaller scale, but also important in helping individuals overcome barriers and establish healing connections within their communities. The Oasis project started in Kingston, Ontario, with the simple observation that a large number of seniors in a highrise apartment building were on waiting lists for Long Term Care. When they were asked what they needed while they were waiting, a number of common themes emerged. For many, their greatest concern was their sense of isolation.

Oasis is an older adult-driven model of aging in place, located in naturally occurring retirement communities (NORCs). Oasis was founded to serve older adults, who, with some support, are able to live independently. (cont'd)

Christmas at Newlands...

We had a great turnout this year and were pleased to welcome several new members: Eric Ross, Wendy Glover, Leona Sandison, Sten and Karin Christiansen, Robert McCandless and Donna McMillan.

In addition to the presentation on the Legion Veterans Village, we took the opportunity to recognize Leslie Gaudette for her long service to the Branch and her four years as BC/Yukon Advocacy Program Officer. *“For the 15 branches in BC, she was quarterback, cheerleader-in-chief and scorekeeper, always encouraging us to do a little bit more in delivering the Association’s number one priority: taking the Association’s advocacy message to our elected representatives. She did the research and provided background on the ever-changing political landscape, she helped us sort out who’s who and make connections, she helped us rehearse and as necessary, held our hands in meetings with members of parliament.”* Well done! As she establishes herself in her new role as President of the Council of Senior Citizens Organizations of BC, we are pleased that Leslie plans to remain active in the Branch.

This year's Christmas trivia quiz (“Quotes from Christmas Movies”) by Fran Jacks was fun... okay, maybe a little esoteric, even for people who watch television with their grandchildren. Still, even if you don't know who said: **‘The main thing is, Tootie, that we’re all going to be together, just like we’ve always been. That’s what really counts. We could be happy anywhere as long as we’re together.’** you can appreciate the sentiment!



Elves audition: Joan Reynolds, Sharon Riches and Marilyn Buchanan try out Santa's chair at Newlands

OASIS (cont'd)

The programs and activities offered within an Oasis community are based on the needs and wishes of its members and typically include congregate dining and social activities to address isolation, improve diet and nutrition, offer opportunities to engage in physical exercise and contribute to a sense of purpose. Through collaboration with public sector, not-for-profit, and private sector organizations, Oasis provides a supportive living program for older adults that builds community among members. Oasis seeks to enable seniors to remain at home and age with dignity.

The Oasis communities in Ontario have been established in private sector apartment buildings, but the concept seems easily adaptable to other types of 'NORCs' like the many strata complexes with senior populations in White Rock and other suburban areas in the BC Lower Mainland. Look around you. If you see that you and/or your neighbours may benefit from a bit more 'community', consider taking in the Zoom call on January 12th. Leading the presentation will be Dr. Vincent DePaul an Assistant Professor in the School of Rehabilitation Therapy at Queen's University, who co-leads the expansion and evaluation of Oasis at its Kingston/Quinte sites.

Hope to see you on the 12th!

Keep in touch!

Call Steve—(604) 574-2929 to update your membership info
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	
Membership Admin	Steve Sawchuk	(604) 574-2939
Membership Marketing	Joy Hennen	
Volunteer Engagement	Bernd Hirsekorn	
Health & Benefits	Glen (Rocky) Rockwell	grockwell@shaw.ca
Directors	Ilene Fika	
	Judy McLellan	
	Greta Rickenbacher	
	Sharon Riches	

email: nafabc04@gmail.com

Are you ready to...

“Turn back time?” “Party like it’s 1963?”

Branch Annual Meeting

...and elections, with volunteer opportunities galore!

March 16th, 2023, 11:30 a.m.

Newlands Golf & Country Club, Langley

With Special Entertainment!!!

To celebrate Federal Retirees' Sixty Years of Service.

Watch your email for details!

Dance into the early afternoon!!! Bring a friend!

Let a potential member in on the secret: retirement can be fun!

