



National Association
of Federal Retirees Association nationale
des retraités fédéraux

FRASER VALLEY WEST

BC 04
Branch Update (#8)
October 2023

“Aging in Place” panel discussion draws a crowd



Ian introduces the panel, including (L to R), **Heather Martin**, Semiahmoo Seniors, **Nicole Tait** and **Louise Taylor**, Brella Community Services, **Indira Riadi**, United way, and **Shannon Parsons**, Fraser Health (not in photo **Julissa Goodnough** and **Margaret Lin**, Fraser Health

175 members and guests attended the panel discussion “Aging in Place requires a plan” on September 28, 2023. Panelists included representatives from Fraser Health’s Seniors, Community and Complex Care section, the United Way (funds the Better At Home program), Brella Community Services (delivers the Better At Home program in Surrey/White Rock), and the Semiahmoo Seniors Planning Table. The aim was to highlight the support services that are available to help older adults to “age in place” in their homes and communities.

To guide the discussion, we used the example of “Alice”, an 83 year old woman living on a low income on her own in a condo in White Rock; she has begun to exhibit some signs of ‘frailty’. How would Alice access ‘the system’ and how much support could she expect for medication supervision, bathing assistance, light housekeeping, laundry and meal preparation?

Nicole Tait (Brella) told us that Alice might need to be “open” to alternative ways of getting the assistance she needs.

For example, neither Brella nor Fraser Health offer assistance with in-home meal preparation, but there are affordable meal delivery programs that Alice could access. Brella offers light housekeeping and laundry services but only for two hours a month. Assistance with bathing may be available to Alice once a week through either Fraser Health or Brella. Additional assistance may be available in connection with adult day programs in some communities (e.g. Langley).

We also discussed the case of “Vick and Jane”, married 60 years, with a household income of \$75,000 a year, derived mostly from Vick’s workplace pensions. If Vick has to go into Long Term Care, which takes 80% of his income, what happens to Jane? Pension income splitting was one option that might allow Jane to remain in the family home when Vick goes into care.

Heather Martin spoke on “20 questions to ask” when engaging private home care services to supplement the services available through the public agencies.

A key message that emerged from the discussion was **do not wait to plan**.

Research your options and prepare your own personal strategy for ‘aging in place’, so that you know where to turn when you do need help, and you can address problems quickly before they get out of control. We hope audience members went away with at least a clearer idea of what their home care options are.

Many thanks to everyone who helped bring the event together, especially the panelists and our volunteers: Ilene Fika, Arlene Johnstone, Rod and Verda Tondevoid, Judy McLellan, Thelma Graham, and Gloria Draper.



Trevor Halford, MLA, Surrey-White Rock, dropped in and offered his office’s support to anyone needing help to access benefits or assistance.

Join us at the Expo on October 14th,
look for our information booth and introduce your friends to Federal Retirees ...

Yung at Heart EXPO

... Redefining
Our Aging
Years



SATURDAY, OCTOBER 14
11:00 A.M. TO 4:00 P.M.
LANGLEY EVENTS CENTRE (GATE #8)
7888 200th Street, Langley, B.C.



Free Admission • Come See Over 40 Exhibitors!

JOIN US FOR **FUN ACTIVITIES**
AND LOTS OF **PRIZES TO BE WON**



PICKLEBALL



LIVE MUSIC
BY STEVE ELLIOTT

AND
MORE!

“Meet and chat” in White Rock

a.k.a “Coffee with Karin”

Come out and meet the neighbours!

Join Karin Christiansen for coffee on October 12th, 1-3 p.m.
at the Centre for Active Living
1475 Anderson Street,
White Rock

(Next to the Centennial Arena).

(Note: Pay Parking in effect: this is White Rock)
Coffee, tea and cookies (!!!) will be provided.

And if you know someone with
‘member potential’, bring that lucky person along!

RSVP to Karin, please, by October 10th,
please, so she knows how many cookies to bake!
kscortes@telus.net or 604-531-0582

Also, **mark your calendars** for November 16th and December 14th, same time (1-3 p.m.) same place!

People who have worked for the federal government, either in uniform or in the public service, have had an insider’s view of the incredible variety of services the ‘feds’ provide to the Canadian public every day.

“Meet and chat” sessions are informal coffee meetings that provide an opportunity to swap stories (no fact-checking) and to learn a little bit about the Federal Retiree seated next to you, who may have been a teacher or a doctor or a nurse, or a court reporter, a customs officer, an engineer, a scientist, soldier, food inspector, a lawyer, a gardener, a police officer, a cook, maybe even a ‘federally-appointed judge’. You never know. He or she may also turn out to be a neighbour.

The Branch has many members in South Surrey / White Rock, so we hope for a good turnout. But all members—and potential members - are welcome, of course.



Question?

If we added a short

“Anti-Scam / Fraud Protection”

presentation to a future “Meet and Chat” date,
(November 16th?) would you be interested in
attending?

Let Karin know, right away!
kscortes@telus.net or 604-531-0582



***Who is eligible?** Canadian Armed Forces and RCMP Veterans, Federal Public Servants - whether currently serving or long-retired— and their spouses, partners or survivors: anyone who receives or contributes to a federal superannuation pension. You do not have to be retired to be a member of Federal Retirees!



November 11th

Each year, your Branch sends representatives to lay wreaths at Remembrance Day ceremonies, to honour those who have served and sacrificed in service of their country, and those who are currently serving around the world in these dangerous times.

If you would like step up this year, to volunteer to lay a wreath on behalf of the Association—in White Rock, Crescent Beach, Cloverdale, Langley, Alder-grove, Maple Ridge—

contact Ian at spence.ian@telus.net.

Mark your calendar!



- October 12 (Thursday) 1-3 p.m.**
'Meet and Chat' (informal coffee meeting)
 with host **Karin Christiansen**
 Centre for Active Living, White Rock
- October 14 (Saturday) 11-5 p.m.**
Young at Heart Seniors Expo,
 Langley Events Centre
- November 11th Remembrance Day**
- November 16th (Thursday) 1-3 p.m.**
'Meet and Chat' (informal coffee meeting)
 White Rock
- December 7th**
General Meeting and Christmas Lunch
 (Bring a new member!)
 Newlands
 Golf & Country Club
 21025 48th Avenue,
 Langley, BC
 Details to follow.
 Registration will be by Eventbrite.
- December 14 (Thursday) 1-3 pm.**
'Meet and Chat' (informal coffee meeting)
 White Rock



Health Benefits Officer (HBO)

Should you need any assistance getting information on the Public Service Health Care Plan, the Pensioners Dental Service Plan, or dealing with pension contact centers (Veterans Affairs Canada, RCMP Pension, etc.) ...

Please contact our Health Benefits Officer:

Glen (Rocky) Rockwell at 604-496-4426

or email at grockwell@shaw.ca

Keep in touch!

*If you need to update your membership info:
 Call Ian or email nafrbc04@gmail.com*

Has your address changed? Ours has!
 Note our new postal box.

**National Association of Federal Retirees
 Fraser Valley West Branch
 PO Box 75022
 Surrey RPO White Rock, V4A 0B1**

Fraser Valley West Branch board (2023)

| | |
|----------------|---------------------------|
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| Vice President | Eric Ross |
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