



National Association
of Federal Retirees Association nationale
des retraités fédéraux

FRASER VALLEY WEST

BC 04
Branch Update (#2)
February 2024

NOTICE

BRANCH ANNUAL MEETING

Wednesday, March 13th 2024

Hazelmere Golf & Tennis Club

18150 8th Avenue, Surrey, BC V3Z 9R9

Meeting 11:30 a.m.

(doors open at 11:00 a.m.)

To conduct the Mandatory Business of the Branch:

- Approve the minutes of the 2023 Branch Annual Meeting;
- Receive the President's report;
- Receive the reviewed financial records for 2023;
- Receive the budget for the 2024 and financial forecast;
- Give the Board of Directors the authority to appoint a reviewer for 2024;
- Consider any proposals for amendment of the Branch bylaws (none this year);
- Conduct elections for the Branch board;
- Conduct other such business as may be properly brought before the meeting.

Buffet luncheon at 12:30—cost \$21 per person

Register by Eventbrite, by March 6th, 2024, please, at

<https://www.eventbrite.ca/e/annual-general-meeting-fraser-valley-west-branch-tickets-90479293001>

Do you have a friend who is eligible to become a member? Now is the time to bring that lucky person along!

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



Note: We are trying a new venue this year.

The Garden Room at Hazelmere has its charms, but it does not offer the usual configuration of round tables seating eight guests at each. There will be tables of varying sizes (4, 6, 8, 9), so if you have guests you want seated at your table, please send us your request at nafrbc04@gmail.com and we will try to make it work.

We look forward to your understanding if your preferred seating cannot be accommodated. This could be your chance to make new friends!

What's up with Medoc?

Has the change in administrators of the Public Service Health Care Plan affected the way Medoc Travel Insurance will be handling your claim?

Join us

- February 28th, 1 p.m.
- Timms Community Centre,,
20399 Douglas Crescent,
Langley, BC

to hear the latest from **Lisa Hansen**, Johnson's Insurance Manager, Group Benefit Travel—Affinity Strategy,

Coffee, tea, doughnuts!

RSVP please to nafrbc04@gmail.com
so we know how many doughnuts to buy!



British Columbia

B.C. Health Minister announces appointment of new seniors' advocate

Dan Levitt of Simon Fraser University taking over from Isobel Mackenzie

The Canadian Press · Posted: Jan 26, 2024 1:07 PM PST | Last Updated: January 26



Dan Levitt, an adjunct professor of gerontology at Simon Fraser University and an executive at a non-profit long-term care facility, will be the new seniors' advocate in B.C. (Mike McArthur/CBC)

B.C. Health Minister Adrian Dix says the province's new seniors' advocate is Dan Levitt, an adjunct professor of gerontology at Simon Fraser University and the head of a non-profit long-term care home.

Levitt says he's "deeply honoured" to be appointed the province's second seniors' advocate, and thanked current advocate Isobel Mackenzie, who is retiring in April.

The health minister said that Levitt had championed the rights of seniors for three decades, and the government would work with the advocate to improve seniors' lives.

According to the B.C. government, the seniors' advocate "acts in the interest of seniors and their caregivers," by monitoring care and supports for seniors provided by the province and private industry, and [producing regular reports](#) and recommendations on how they are functioning.

Levitt said the demographic shift as the population ages means it's important to start "rethinking aging" and no longer view it as something to fear but something to embrace.

Levitt says his first priority will be travelling the province to meet seniors in rural and urban centres to hear their concerns and produce reports on how to improve their lives. With B.C.'s population rapidly growing and aging, the health minister said the Office of the Seniors' Advocate is becoming more important than ever to ensure a more accessible, transparent and accountable approach to seniors' care in B.C..

Levitt said he wants to address a societal narrative that sees "aging as a negative thing," leading to an unwarranted "fear of older people."

"There's a fear of growing old and I think if we turn that upside down and we rethink it, we embrace it and we think about longevity as a good thing, I think that's a much more healthy approach," he said.

Announcing....

The Pacific Regional Centre for Healthy Aging

At the "Aging in Place requires a plan..." panel discussion that we hosted in September 2023, one of the panelists, Margaret Lin, told the audience about a website under development that would bring together many of the public health and community-based social services that are available to support older adults.

In a recent note, she said... "We are happy to share that the website recently launched and is now live. Here is the link to the website for Pacific Regional Centre for Healthy Aging (PRCHA) : <https://pacifichealthyaging.ca/> For those living in Fraser Health region, there is also a new Fraser Health healthy aging webpage: <https://www.fraserhealth.ca/health-topics-a-to-z/seniors/healthy-aging> "

Margaret Lin, RN, BSN, MHLP
Frailty Pathway Project Lead
(Social Prescribing, eCGA, PRCHA)
Seniors, Community & Complex Care
Fraser Health

They are looking for feedback, so check out the website and take the survey!

From their Home Page:

The **Pacific Regional Centre for Healthy Aging (PRCHA)** is a network in British Columbia that promotes healthy aging by working with the public and the health care community. The PRCHA uses the [AVOID Frailty framework](#), a strategy developed by the Canadian Frailty Network.

AVOID stands for **Activity, Vaccination, Optimize medication, Interaction, and Diet.**

The network offers healthy aging assessments, peer coaching (older adults helping other older adults), webinars, a listing of local community services, and other programs for older adults, care partners, peers, health care professionals, and researchers.

The PRCHA promotes social prescribing, where health care providers connect patients to community resources to improve their health and well being. Social prescribing is a collaborative, holistic approach that recognizes that not all health supports need to be medical.

As well, the PRCHA runs innovative pilot programs, carries out research, and advocates for healthy aging. The network is a joint effort [link to Partner page] between regional health authorities, universities, and community organizations in B.C. It is funded by the Canadian Frailty Network.

From our friends at the Semiahmoo Seniors Planning Table



LIVING IN LIFE IS LIVING WITH GRIEF



We all experience grief in life ... it's unavoidable. Our society doesn't do a great job in making space for it and so many people experience increased suffering as a result.

Learn what research tells us about the reality of bereavement and how we can help ourselves and each other as we struggle with loss.

Presented by: Trevor Josephson MC, RCC
Manager of Clinical Services
Peace Arch Hospice Society



Date: Thursday, February 22, 2024

Time: 2:00 pm to 4:00 pm (Doors open at 1:00 pm)

Location: White Rock Community Center - 15154

Russell Avenue, White Rock

Registration is free and lunch will be provided

To register: email semi.seniors@gmail.com

Advocacy update

Branch volunteers continue to meet with local MPs to press the recommendations contained in Federal Retirees submission to the parliamentary Finance Committee, in advance of the 2024 Federal Budget. Meeting with your Member of Parliament and your MLA is a great way to do your bit to humanize politics and restore civility to the national conversation. Please consider giving it a try. There won't be any yelling. Contact Ian.



Ian Spence and Don McKay (member and constituent) met with MP Ken Hardie (Liberal, Fleetwood-Port Kells) by Zoom on January 13th. (Plans to meet in-person were scuttled by weather.) During the meeting we reiterated Federal Retirees' recommendations for the 2024 budget, which include measures to support implementation of standards for long term care and improved home care services and supports for caregivers, including increasing the value of the Canada Caregiver Tax Credit by making it refundable. Don McKay raised the issue that value of the CPP Supplementary Death Benefit has remain unchanged for decades.

BC 04 volunteers (L to R) Ian Spence, Bernd Hirsekorn, Leslie Gaudette and Judy McLellan met with South Surrey White Rock MP the Hon. Kerry-Lynne Findlay (centre) on January 25th. Ms. Findlay outlined some of the CPC's ideas on improving access to health care, such as a mentorship or apprenticeship program that would allow health care professionals trained outside of Canada to practice under supervision while they worked toward Canadian accreditation. Ms. Findlay noted that a national seniors' strategy comprises a range of issues that will require improved dialogue between the federal government and the provinces, and she hopes the election of a Conservative government will be the opportunity for a 'reset' in federal-provincial relations.



Yes! We are always looking for new members

...because it's true: there is strength in numbers. Because of you, Federal Retirees has a place at the negotiating table. If you know someone who is eligible to become a member—any one who receives or pays into a federal Superannuation pension—invite them to join us!

And Yes! We are always looking for enthusiastic and talented people just like you to help us host events for our members and carry the Association's advocacy message to your elected representatives.

We are currently looking for volunteers to host 'Meet and Chat' meetings. We ran several meetings in White Rock last year (Thanks, Karin!!) and we would like to keep the White Rock meetings going and maybe add a couple more, in other areas where we have a high concentration of members, like Langley City. We can help you find a venue, figure out catering, and advertise your event. You just have to track the RSVPs, order the cookies, and be charming (more or less) on the day. Some of the events have a speaker or presentation. We can help coordinate that. Some of the meetings are just 'Meet the neighbours' and 'Let's tell stories.' Federal Retirees' have incredible stories to tell!

Fraser Valley West Branch board (2023)

| | |
|-----------------------|--|
| President | Ian Spence (604) 753-7845 |
| Vice President | Eric Ross |
| Secretary | Ilene Fika |
| Treasurer | Rod Tondevold |
| Directors | Leslie Gaudette Thelma Graham Bernd Hirsekorn Katherine Kettler Arlene Johnston Judy McLellan Sharon Riches Glen (Rocky) Rockwell |

email: nafrc04@gmail.com

website:

www.federalretirees.ca/fraservalleywest

Health Benefits Officer (HBO)

For 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:

Glen (Rocky) Rockwell at 604-496-4426 or email at grockwell@shaw.ca