

## Central Okanagan Happenings

Welcome to the Fall 2024 edition of “The Okanagan Central”. We are always grateful to have member and volunteer support to “Make A Difference” in the Branch and the communities in which we live. Let’s have a look at what’s being going on.....

### Branch Picnic at Mission Creek Park

At the end of August, we held a Branch “Picnic in the Park” at Kelowna’s Mission Creek Park. Those who attended enjoyed slices of delicious specialty pizzas and a cupcake cake. The late summer day was absolutely beautiful with warm sun, lots of chatter, laughter. Member and Website Administrator, Beth Frank guided the group through a “Name that Place in BC” game with some very challenging clues. We were pleased to see Member of Parliament Tracy Gray stop by to say hello to our members and we had an opportunity to chat with her about priorities at the local and national level.

### Medwatch at Summerwood Retirement

In August, a Medwatch program meeting was held at the Summerwood Retirement Resort with excellent feedback from the Resort committee. We are so pleased that this program is still going strong. All agreed that information on the Medical Form is an excellent way to convey important health information to emergency personal particularly after hours. We have plans to expand the program with other Regency Retirement Resorts in the area.

## Eastern BC Conference

Branch representatives met with Directors on September 24<sup>th</sup> in Kelowna with Renate Sutherland discussing our branch approaches for Advocacy with a new BC Government.

Dr. Jenn Jakobi from UBCO “Ageing in Place” Research cluster acknowledged with thanks the collaboration with this branch. She also provided a wealth of information concerning Age-friendly Partnerships in BC communities. It was noted that there is still room for several communities to gain this designation from the province.

Participants at the conference represented the five branches in Eastern BC plus the two National Directors, who held a meeting with the 5 branch presidents to discuss Branch roles in supporting the National Strategic Plan.

The movie “Golden – The End of Ageism” was also presented. We are including two links so branch members can watch this important reflection on what is happening today around aging adults and the impact of ageism in Canada. How can we best influence political policies and programs going forward for older adults?

<https://www.youtube.com/watch?v=kc8RCRDUPiY>

<https://watch.telusoriginals.com/play?assetID=golden>

## British Columbia Election October 19<sup>th</sup>

Federal Retirees is calling on the province's next government to address the needs of an aging population and create a healthier future for aging in British Columbia.

This work is more important now than ever before. By 2030, adults aged 65 or older will make up 23 per cent of Canada's population and number 9.5 million.

Our Branch plan is to connect with elected MLA's representing the ridings in our communities to emphasize our interest and role in supporting our member's:

- ◇ Ensure British Columbians' incomes keep up with cost-of-living increases.
- ◇ Enable aging in place by ensuring timely access to needed supports.
- ◇ Improve access to care through provision of funding and services.

If you have an interest in supporting our efforts in Advocacy, please do not hesitate to contact us.



### Remembering Former Director - Robert Plank

A memorial service for Bob was held on Friday, October 4<sup>th</sup> at Central Okanagan United Church.

Guy Bird and Julie Spencer attended on behalf of Central Okanagan Branch. Bob had served on the Board of the Central Okanagan Branch and is remembered as a hard-working respected member of our Branch. Our sincerest condolences to his family and friends.

## Veterans' Week November 5<sup>th</sup> to 11<sup>th</sup>

Veterans' Week is a time of solemn remembrance when we extend our deepest gratitude to all those who have served with Canada's military and RCMP, many of which are our members, for their dedicated service to our country. We



honour the extraordinary efforts and sacrifices of our veterans and all those who made the ultimate sacrifice for our freedom. We will be laying a Royal Canadian Legion wreath on behalf of our Branch at the Remembrance Day ceremony in Kelowna.

## Upcoming Events



### Coffee at Orchard Park Mall

On Wednesdays, **October 30<sup>th</sup>**, & **November 27<sup>th</sup>** join us for our monthly Coffee Mornings starting at 10:05 am in the food court at Orchard Park Mall, 2271 Harvey Ave, Kelowna. Everyone is welcome to attend and you will have an opportunity to catch up, meet old friends, make new friends and chat with Board members.

## Salvation Army Kettle Campaign

Member Diane Ingelbeen and former Director Helen Crabb have coordinated branch volunteers for the Salvation Army Kettle campaign on **Saturday, November 23<sup>rd</sup>**. An e-blast was sent in early October to our membership and we are pleased to report that all volunteer time slots were filled for Kelowna (Capri Mall) and West Kelowna (Walmart). Thank you!



## Christmas Luncheon – December 7<sup>th</sup>



We are pleased to advise that our Christmas Luncheon 2024 plans are in place for **Saturday, December 7<sup>th</sup>** from 11:30 am to 2 pm at

the Lakeview Heights Baptist Church in West Kelowna. We will have a limited number of tickets. *Your spot can be reserved by calling us or an e-mail by November 27<sup>th</sup>.* We continue our commitment to you to battle inflation and are keeping ticket prices fixed at \$18 per person for a fabulous Turkey and fixings buffet lunch prepared by Happy-tizers. By popular demand The Fiddler and his Keys will entertain once again this year. You can invite potential members to attend as well.

## Learning Experiences – Save the Date!

Target date for the event be **Wednesday, January 15<sup>th</sup>** tentatively at Lakeview Heights Church starting at 10:00 am. We continue our efforts to confirm speakers and present two topics of interest to you the members. Stay tuned for more details!

## Other Important Info

### New Pensioner's Dental Services Plan Transition – November 1<sup>st</sup>

Please ensure your contact information is accurate with the Sunlife, the current plan administrator.

Members had problems with positive enrolment and transition of the Public Service Health Care Plan (PSHCP) to Canada Life. We hope this won't be the case, but if you have issues Let us know.

### BC Medical Doctors Opting out of MSP

It has come to our attention that some doctors (specialists primarily) have the right to opt out or

de/un-enroll from the MSP (BC Medical Services Plan). The result is patients will be charged the full cost of the service. There appear to be a difference between opted-out, and de/un-enrolled (Patients of the former (opted-out) can seek reimbursement from MSP, from un-enrolled physicians you cannot).

This can result in a sizeable increase in the cost to you for these services. In such a case, the service itself and the cost may not be covered under PHSCP as the fees charged by practicing private physicians could fall under the PSHCP's General Exclusion.

If you find yourself in this situation, you should consider contacting Canada Life to seek clarification. This link will provide you with additional information.

<https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/msp/physicians/physician-enrollment-status>

## Can you lend a Helping Hand?

We are always looking for enthusiastic volunteers to help "Make a Difference". Contact us any time to share your ideas, thoughts and preferences for Board activities this year.

### BOARD OF DIRECTORS 2024-2025

President	Daniela Evans
Vice President	Guy Bird
Treasurer	Wayne McAlpine
Secretary	Edna Allwright
Communications	Guy Bird
Website	Beth Frank
Director at Large	Lorrie Brown
Director at Large	Lisa Cheswick
Director at Large	Julie Spencer
Volunteer (Visits)	Ethel Robidoux

# A True Little Love Story

Author unknown

Jacques, from Chicoutimi on the Saguenay River and Geneviève from St. Louis de Ha-Ha (Editor's note: it is a town, check the map).

Both had lost their life partner and were drifting along like two logs floating down that river.

Geneviève received a message about a local learn and bowl event. She decided to attend, and she did learn something- there is a bowling league.

Despite her passion for pool, she decided to give it a shot, so to speak. It was there, in the alley that she first laid eyes on Jacques, not a terribly handsome fellow but there was something about him.

Yes, there was something, he couldn't bowl worth a hoot and he's even worse at pool, but he does have a good imagination and a sense of humour.

Geneviève joined the bowling league and not too, too much later, one day after the last ball had been thrown and all the tears shed, Jacques took a deep breath and mumbled "Geneviève, would you have dinner with me?" Somewhat taken aback she weakly replied "probablement"- translation "maybe non, but maybe oui". They did.

Geneviève's other passion is playing pool, and Jacques was anxious to impress so he decided to surprise her during ladies' pool day by texting her a little poem with a "pool connection".

Here's just a sample:

*Here it is quarter to two*

*And I am thinking only of you  
You're so sweet you make me drool  
Even when you're playing pool.*

The ladies loved it - so undaunted Jacques sent another:

*Watching you play a game of pool*

*Is like participating in a school  
You play such a darn good game  
You often put me to shame  
You know very well what I say is true  
But you should also know, I do love you*

And another:

*I am as stubborn as a mule*

*So one day I'll win a game of pool  
When that day finally arrives  
I sure hope we're still in each other's lives*

Well Geneviève and Jacques might be right for each other after all. You be the judge.

*It's been a while just her and me*

*I ran a little test to see  
I wanted us to be very sure  
That our love it would endure  
And now I am so proud to say  
The test results just made my day*

I have yet to meet Geneviève and Jacques, but his last effort suggests the story isn't over.

*I've just the thing to lose the blues*

*We're heading on an Alaska Cruise  
And I believe the best thing we can do  
Is to be together just us two.*

The END - Well maybe not!!