

The Pen

Pensioned Employees Newsletter

www.bcgrea.ca

Fall 2019

President's Report

Good things happening with the BCGREA

By Ken Pendergast

Wow, where did the time go? We never really had summer, at least not a dry one, but the time has literally flown past, and we are waiting for snow.

You "SnowBirds" are really going to miss that I'm sure. Snow on a postcard would be nice too.

I want to apologize for my lengthy report, but I keep telling people there are some "good things happening with the BCGREA" and I want to share the highlights with you.

Hopefully everyone has had the opportunity to view the new BCGREA Video created on our behalf by Media One.



President Ken Pendergast

We are pleased with the overall content and quality of the video. We expect this video will be helpful in our quest for recruiting new members through the retirement seminars.

You may even take the opportunity to share this

short video during one of your regular Branch meetings. If nothing else, it might create a chuckle from the membership.

Thanks to Allen Coccola and Charles La Vertu for their leadership in bringing this video to fruition.

We have just completed our BCGREA Annual General Meeting on October 14th, 2019.

Yours truly was re-elected for another term, as was Second Vice-President Carrie Mulcahy.

Brian Green from the Victoria Branch was elected to the position of First Vice-President, as Art (Continued on page 2)

(Continued from page 1)

Kaehn stepped down for personal reasons following four years in the position. Thank You Art for your strong support during those four years. We know Branch 1600 Prince George remains in good hands with your leadership.

This year's AGM was a full agenda with lots of information to share, decisions to be made and a little fun, which is equally important.

Our Guest Speaker was Gudrun Langolf, President of the Council of Senior Citizens Organizations of BC (COSCO), which represents 85 Seniors Organizations throughout the Province, which in turn represents





Nominations and Elections — President — Ken Pendergast (right) was nominated and declared elected by acclamation. 1st Vice-President — Brian Green was nominated and declared elected by acclamation. 2nd Vice-President —Carrie Mulcahy and Sarf Ahmed were nominated; Carrie was re-elected.

over 100,000 seniors.

COSCO is a volunteer run, non-profit organization working to secure fair treatment for all seniors in BC.

Gudrun stated that "we are all in this together, as seniors, and we need to work together for the collective good."

COSCO provides some excellent literature that can be shared throughout our Branches.

The AGM received a resolution to fund \$10,000 to COSCO to assist with the expenses for their 2020 COSCO Conference to be held at the Marriott Hotel in Richmond on October 3rd and 4th, 2020. The Directors at the AGM approved this resolution.

The BCGREA also agreed to move our 2020 AGM forward 10 days, to enable members from our Branches to travel to Vancouver to attend the COSCO Conference and attend the 2020 AGM in the days immediately following the Conference.

This hopefully will provide the opportunity for a significant increase in BCGREA presence during



2019 Table Officers from left, Provincial Membership Secretary Al Barclay, Second Vice-President Carrie Mulcahy, Secretary Kathy Torhjelm, President Ken Pendergast, First Vice-President Art Kaehn, Treasurer Al Coccola and Association Counsel Albert Peeling.

(Continued from page 2)

the COSCO Conference while taking advantage of the fact that delegates' travel expenses will be covered through the attendance to the BCGREA AGM.

The BCGREA enjoys the benefit of having Albert Peeling as our Legal Advisor on an annual retainer.

For those of you who may not be aware, Albert Peeling was one of the lawyers that represented the BCGREA during our Class Action against the BC Government a decade ago, when they removed our Dental Plan coverage as it wasn't part of our guaranteed retirement package.

Albert Peeling has indicated that we need to make some



Albert Peeling

significant changes to our current "Constitution and Bylaws", for compliance with the new Societies Act.

The BCGREA makes no warranties, express or implied, with respect to the goods and services advertised in The Pen and accepts no liability for the advertisements in The Pen. The AGM approved an allocation of up to \$5,000 to have Albert Peeling make the necessary changes to our Constitution and Bylaws for presentation to the Directors during our Spring Meeting scheduled for April 22nd, 2020.

Albert Peeling also advised the Directors that the previous practice of donating BCGREA funds collected through membership fees, to such things as Bursaries and Scholarships is not allowed under the Societies Act, and further may be outside of the taxation laws for a nonprofit organization.

Membership fees must be spent for the furtherance of the members and the Association.

Albert indicated that

(Continued from page 3)

Branches that want to make donations for purposes of Bursaries and Scholarships must make other arrangements for the collection of such funds, either through donations from members, fund raising events etc.

Provincial Treasurer Allen Coccola presented a *Travel Policy* document, previously approved by the Table Officers, to the Directors at the AGM for ratification.

All BCGREA members have been accustomed to having a *Travel Policy* during their years in Government. To ensure some degree of standardization it is now time for the BCGREA to also adopt a *Travel Policy*.

This policy tries to reflect reasonable travel expenses for mileage or airfare, which ever is the cheaper, plus hotel accommodation and meals, in comparison to other organizations including government and the BCGEU.



Al Barklay

The Policy was approved by the Directors at AGM. The policy will be opened and updated as required to ensure it remains adequate for members' travel expenses.

During our Spring Directors Meeting in Kelowna, the issues around our BCGREA Data Base were discussed. Al Barclay, Provincial Membership Secretary and our new First Vice-President Brian Green have embarked on a contract with Molly Shipowich, from Victoria to develop a new Data Base Program, that will result in one centralized system for all members of the BCGREA.

The Membership Committee, comprised of all the Membership Chairs from the Branches worked with Al Barclay, Brian Green and Molly Shipowich during a meeting prior to the AGM to help work out some of the details.

Construction of this new system is a daunting task but Molly is up to the challenge and has done some similar work for a few smaller organizations in the past.

The goal is to have one centralized system for everyone, that is current, accurate and capable of

(Continued on page 5)





(Continued from page 4)

providing the necessary information to the Pension Corporation as well as allowing for the accurate administration of information to and from members and Branches.

Al Barclay has been a real leader in his dedication dealing with the Pension Corporation on a new **Information Sharing** Agreement (ISA).

Fortunately, the Retired **Municipal Employees**

Association was approved to implement a new ISA with the Pension Corporation and Al Barclay managed to get the **BCGREA** approval to proceed in similar fashion.

The new ISA is now signed by both the BCGREA and the Pension Corporation, allowing for all members to become recognised by a unique Personal Identification (PID) number, rather than the Social Insurance Number. This new ISA has been necessary for a long time. New membership application forms are being



circulated for the purpose. Thank You Al Barclay for another job well done!

The R&R (Recruitment & **Retention**) Committee remain true to form and spent hours the day prior to the AGM making progress on topics for improvement to our Association. The R&R Committee provided the following motions to the Directors for acceptance:

- To create a request for • proposal (RFP) to set up and manage our website.
- Try to solicit volunteers to fill the Contract Manager position, or tender for a paid position.
- Proposal to create a "Partners" Video with cooperation and (Continued on page 6)

(Continued from page 5) support of current partner sponsors.

- Seek approval from Pension Corporation to include a BCGREA pamphlet with their mailout of Pension Life.
- Investigate

 opportunities to host a
 membership drive in
 2020, possibly with the
 assistance of Johnson
 Inc. A similar
 membership drive was
 done a number of years

ago, where Johnson Inc. provided some donated incentives.

The Provincial Table Officers and Directors to this year's AGM had the honour of recognizing three of our past members for their long service and dedication to the BCGREA.

Sarjit Manhas served for 14 years as the Chair of the Victoria Branch, while simultaneously functioning as the President of the BCGREA for 5 years and a further 4 years as Past President. Sarjit has resigned from the Association, but we are hoping she will come back again. Thank You Sarjit for your leadership and mentorship.

David Adams served as our Provincial Treasurer for many years before he passed away suddenly from Cancer. David was a pleasure to work with on the Provincial Executive.

David will be missed by everyone who knew him. His lovely wife Jerri Tothill was able to attend our AGM and

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President Ken Pendergast recognized the long-time service of Nancy Stewart, Sarjit Manhas and the late David Adams represented by his widow Jerri Tothill, right.

President's Report

(Continued from page 6) \setminus

accept our recognition plaque on David's behalf.

Nancy Stewart served as our Provincial Membership Secretary for nine years. Nancy stepped down last year due to health reasons. However, Nancy was able to attend this year's AGM and receive our recognition plaque for her services to the BCGREA. Thank You Nancy.

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Coccola moved our association into the 21st Century of financing and fiscal control

By Ken Pendergast, President

I want to acknowledge Allen Coccola for his great contribution as our Provincial Treasurer during the past year.

Allen accepted the position of Provincial Treasurer immediately following the short notice that David Adams was having to step down due to illness.

Unfortunately, David passed away from cancer before Allen had the opportunity to spend some time with David to accept the books from the previous years.

Allen was required to step into the role without the wisdom of his predecessor and change the signing authorities and many of the processes that David had used earlier.

Allen also quickly learned that our Association had become relatively "comfortable financially" since the years of our joint "Court Case".

Allen had to catch up with our finances as well as



update the association with the taxation people and develop some new budget and spending criteria.

This fast tracking has resulted in trying to move our association into the 21st Century of financing and fiscal control.

Allen is a grandfather and a firm family man, creating some personal limitations on his availability to continue to function as our Provincial Treasurer.

Allen advised me prior to the 2019 AGM that he would be resigning as Provincial Treasurer, effective at the AGM but willing to stay on and help mentor a replacement until April 2020. We are very fortunate to have Johanna Morrow from Nanaimo, BC volunteer to replace Allen effective October 31, 2019.

Johanna has considerable financial background and experience. Johanna has been spending some time with Allen these past couple of weeks, transferring the books, signing authorities and necessary details to provide a seamless transition.

Allen will remain involved in our Recruitment and Retention (R&R) Committee, as well as available to assist Johanna if required.

Thank You Allen for your dedication as Provincial Treasurer during the past year. You have been a great addition to the Provincial Table Officers Team.

Thank You Johanna for volunteering to accept this very important role in our association. I know you are up to the challenge and will be a great asset during the many changes we are currently experiencing in the BCGREA.

Seniors Advocate quick facts

Care hours up, funding up

The Office of the Seniors Advocate released the 2019 update of the Quick Facts Directory (QFD) on all publicly funded long-term care homes in British Columbia.

demonstrate a significant increase in care hours over the past year, and we are clearly making considerable advancement on the goal of 3.36 hours of care per bed per day, " stated Seniors Advocate Isobel Mackenzie.

"The latest data



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"This past year 216 facilities received an increase in their funded care hours and the percentage of care homes that are funded to the 3.36 recommended standard has doubled in the last year.

"The focus for the increase over the past year has been with contracted providers as they had lower funded direct care hours overall."

In addition to funded hours of care the QFD reports on a series of quality indicators and other information of importance for care homes. New this year to the QFD are inspection reports and it showed a total of 765 inspections which found 1,103 infractions.

Of the infractions found, 21 per cent related to care and supervision, 19 per cent to record keeping, and 13 per cent to staffing.

One new facility, Cariboo Place, was added to the QFD, however it opened in April 2019 and will not be reporting any operational data until next year.

Quick Facts

(Continued from page 9)

The age demographic did not change with an average age of 85 and five per cent of residents under the age of 65.

"Overall, we found the population did not change in the last year.

"The Case Mix Index (CMI) which is a proxy to measure complexity remained at 0.58 and the residents with moderate to severe dementia remained at 29 per cent with the overall rate of dementia at 64 per cent.

"We did see a small increase (from 30 to 31 per cent) of residents with total dependency in activities of daily living," stated Mackenzie.

Highlights of the 2018/19 QFD include:

- An overall increase of 3.8 per cent in funded direct care hours, with 73 per cent of facilities receiving more funding and double the number meeting the 3.36 guideline.
- The average amount

spent on food increased by 3.2 per cent and ranged from \$5.21 per bed to \$19.88 per resident per day.

- The average length of stay has remained relatively stable, however, there is great variation between health authorities with a low of 707 days in the Interior and a high of 1,084 days in Northern Health.
- Overall care home per diems increased by 4.6 per cent and range from \$182.23 to \$272.35 per bed per day.
- There was almost no change overall in the percentage of residents receiving physical/ occupational/ recreational therapy.
- Use of daily restraints, remained the same at seven per cent, although it has dropped over the last five years from a high of 11 per cent.
- There was almost no drop in the inappropriate use of antipsychotic drugs, a trend that has

continued for the past three years.

- The rate of reportable incidents remained relatively unchanged in the past year and has dropped from 17.5 to 15.8 over the past five years.
- Substantiated complaints dropped over the past year from 7.4 per 1,000 beds to 5.9.
- The percentage of residents with low social engagement remains unchanged from last year (48 per cent).

"Overall, we have seen very positive progress in relation to care hours and a positive shift in substantiated complaints.

"Progress on the appropriate use of antipsychotics has stalled in the past three years and BC remains above the national average.

'With the 2019 update we now have five years of data which can allow us to look at developing trends and areas where we still need to make improvement such as the use of therapies," concluded Mackenzie.

R&R Committee assists Branches

having difficulty recruiting executive members

By Al Barclay

The Recruitment and Retention Committee met at the Marriott in Richmond the afternoon before the AGM.

Art Kaehn chaired the meeting, as Terry Burgess was unable to attend due to a family health commitment.

We were also missing Edna Park due to Federal election duties and Reiner Augustin with family commitments.

Johanna Morrow, our incoming Provincial Treasurer, sat in on the meeting as a guest so she could begin to know the members and become familiar with our objectives.

The review of old business went quickly, as the recruitment video has been completed.

Thanks Al Coccola and Charles La Vertu for your leadership on this project. It is posted on the home page <u>www.bcgrea.ca</u>. Please watch it if you haven't already.

Also, please recommend it to potential members as it highlights some of the reasons they should join.

The video is shown at the

Approaching Retirement seminars and has received positive comments from the Pension Corporation at these seminars.

As well, it has received positive comments from the Pension Corporation instructors.

We had articles highlighting the BCGREA in the Spring editions of the member publications for the BCGEU and the PEA, to which many of our potential members belong.

Helping Branches which are experiencing difficulty recruiting members to serve

(Continued on page 12)



Branch 2500 Peninsular and Gulf Island and Branch 500 Kamloops



R&R Committee

(Continued from page 11) on their executive continues a concern.

The recent successes in Victoria, Kelowna and Abbotsford (wherein they were able to fill all, or most, of their executive positions) indicates we can successfully support Branches through efforts of the R&R Committee and the Table Officers.

We need to be aware of the issues as soon as possible, so please contact a committee member if you would like assistance or suggestions.

This topic will be addressed in more detail at a future meeting.

The BCGREA and Pension Corporation have made progress in the conversion from use of Social Insurance Numbers to Personal Identification numbers as the crossreference for linking between our databases.

We have signed the new agreement and it is very specific about the security requirements for handling personal data.

New website planned

Next February the dues deductions from members' pension cheques will be generated using PIDs.

Brian Green led our discussion on upgrading and modernizing our website, to improve its appeal and function.

A motion to initiate a request for proposal to have a media company design, implement and manage a new website was passed at the AGM.

A small, diversified focus group will provide input to parameters, but contractors will do setup and maintenance.

Features of the new website must include the ability to allow online registration, secure email addresses for Branches, and a feedback loop to allow interactive enhancements.

Brian, Wilf and Ron will sit on the focus group, but we want at least two additional members.

Contact Brian to volunteer if you are willing to help with this initiative.

A draft document highlighting a contract manager's duties and

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R&R Committee

(Continued from page 12)

responsibilities has been circulated to the Branches.

We envision this position taking a leading role in the development and administration of contracts between the BCGREA and its direct support contractors, affinity Partners and suppliers.

We would like to fill this position with a BCGREA member who would become a member of the Provincial Table Officers. It includes an annual honorarium.

If you are interested in taking on this challenging and rewarding opportunity, please contact one of the Table Officers to obtain a copy of the document.

The committee discussed a proposal to have Media One (the company which produced the BCGREA recruitment video) work on a video which would highlight our affinity Partners.

This video would have a link on our home webpage

and would allow website visitors to see some of the potential benefits offered by our Partners. Al Coccola and Charles La Vertu will lead this initiative.

They will approach our Partners to determine their interest in participating in this venture, both in the preparation and with financial support for the production.

Also on the topic of Partner support, Johnson Inc. has expressed approval in principle to sponsor a

(Continued on page 14)



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BC GOVERNMENT RETIRED EMPLOYEES' ASSOCIATION

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Editor, The Pen: Charles La Vertu clavertu41@gmail.com

The opinions expressed in The Pen are those of the contributors and not necessarily those of the BCGREA.

R&R Committee

(Continued from page 13) membership drive to take place in 2020.

This idea is in formative stage as we need to work out the setup details; also how we can get the most interest in bringing new members into our Association. Watch for more details in the Spring edition of *The Pen*.

Another proposal is to approach the Pension Corporation to see if they are willing to include a brochure highlighting the benefits of joining the BCGREA in their semiannual Pension Life

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newsletter.

We will offer to pay additional preparation and mailing costs. This will reach a large number of potential BCGREA members.

According to the 2018 Annual Report, there were nearly 48,000 retirees receiving a Public Service Pension. We need to convince more of them to join our Association.

If you have ideas and suggestions on how to attract new members, contact any of the R&R Committee or send me an email at

albarc12@gmail.com.

Celebrate seniors helping seniors

By Isobel Mackenzie Seniors Advocate Province of British Columbia

In 1990, the United Nations General Assembly declared October 1st of each year as International Day of the Older Person.

Over the ensuing 29 years, the population aged 65 and older has been growing worldwide.

While there are many challenges faced by all of us as we age, let us take a moment today to realize how fortunate we are to age in a country like Canada.

Yes, we absolutely have issues related to income insufficiency, access to care services, appropriate and affordable housing and accessible transportation.

But no one in Canada, whatever their age, needs to create a GoFundMe campaign to pay for basic



medical care as they do in some other countries.

Let us also be thankful we live in a province that recognizes the value of older adults through initiatives such as ending mandatory retirement and creating the first statutory office of a Seniors Advocate.

As we look to the future and the work that lies ahead to ensure all B.C. seniors can age with dignity, living where they want and with whom they want, we should take great comfort in the huge commitment that seniors make to better their communities.

There are literally hundreds of thousands of seniors throughout this province volunteering to: deliver meals; provide rides to medical appointments; raise money for hospital foundations; lead chair yoga sessions and visit those who cannot get to the seniors centre.

Without this selfless donation of time, government would be spending close to a billion more dollars each year on services.

And just in case you think it is only about seniors helping other seniors, take a careful look at the faces (and hair colour) of those who have galvanized their efforts to raise awareness about the environment and other global issues.

You will find that B.C. seniors care very much about future generations and the greater world around them.

Yes, today let us celebrate the incredible resource we have in this province with almost a million citizens endowed with the wisdom, experience, perspective and generosity that can only come with age.

"If every member brings in one new member next year, we will double our membership."

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I have enclosed a cheque or money year's membership dues.	y order payable to BCGREA for \$20	.00 or \$40.00 for Member and Sp	oouse for the current calendar					
By signing this application, I a consent to the sharing of my I agree to the Association usin I also understand that the info will not be shared without my	personal information betwee ing this information internal rmation is being collected,	een the BCGREA and its ly for administrative purp , stored and accessed wi	partners. poses. thin Canada and that it					

Applicant's Signature Date signed Spouse's signature (if applicable)

(Branch Mailing Addresses are on the website – www.bcgrea.ca) OR Call 1-866-729-9299 or mail to B.C. Government Retired Employees Association P.O. Box 791, Station A, Nanaimo, B.C. V9R 5M2 or send a scanned copy of your completed application to BCGREA@telus.net

Date signed

2019-10-01

Seniors Helping Seniors Workshops

The COSCO Health and Wellness Institute provides free workshops to seniors groups throughout BC.

It currently has more than 40 workshops available for presentation by trained facilitators who provide practical information but are not intended to provide specific legal, medical or financial advice.

Each participant is provided with a handout of key points.

Workshops include:

HEALTHY LIVING

- Diabetes
- Healthy Eating for Seniors
- Hearing



Jerry Gosling reported on the BC old Age Pensioners Organization



Wayne Dermody reported on COSCO activities

- Hypertension
- Identifying Addiction
- Knowing your bladder
- Life without driving
- Medication Awareness
- Memory and Aging
- Mental Health
- Navigating the Emergency Department
- Navigating the Health Care System
- Osteoarthritis
- Osteoporosis
- Palliative Care
- Parkinson's Disease
- Skin Conditions
- Sleep
- Social Correctedness
- Stroke
- Technology and Aging
- Vision

LEGAL AND FINANCIAL

- Financial Literacy
- Frauds and Scams
- Housing and the Care Continuum
- Pension and Tax Options

SAFETY

- Emergency Preparedness
- Falls Prevention
- Keeping Seniors Safe
- Pedestrian Safety

Safety in the Home To book a workshop for your group please contact ws coord@coscoworkshops. org.

Each 45- to 60-minute workshop is available free of charge to any Seniors' group of 10 or more.



Cheryl Anderson spoke about the benefits of HearingLife Canada

Morrow appointed provincial treasurer

New provincial treasurer Johanna Morrow has a strong background in financial management in both the private and public sector.

She has more than 14 years experience in the private sector working for banks and trust companies in a variety of positions including loans officer, internal auditor and assistant manager.

Since joining the BC Public Service in 1990 she has held



a number of positions including Investment Manager at the Superannuation

Commission, Banking and Cash Management Analyst at Provincial Treasury, Financial Policy Analyst at Corrections Branch, Projects Manager at HealthLines Services BC, and most recently as Manager, Recovery and Funding Programs for the Emergency Management BC.

Johanna retired in June 2019 and looks forward to supporting the BCGREA as the provincial treasurer.

Brian Green elected first vice-president

Our family moved to Victoria from Crowsnest Pass in 1960 where I attended high school and university.

I had my first BC government job as a summer student replacement janitor while in university.

Graduating with a degree in Sociology I moved to do the MA program in Sociology at York University in Toronto.

I started my professional career in Toronto as a federal parole officer.

As soon as I could, I transferred to Vancouver, and landed back in the provincial public service as an Industrial



Relations Officer with the Ministry of Labour in the 80s.

I then joined the Government Employee Relations Bureau in Victoria as a Labour Relations Officer then became the Selection Standards Manager for the PSLRA. At the Ministry of Children I assisted with recruiting, then labour relations roles and work force adjustment and devolution. I served as Director of Sectoral Relations.

After the elimination of Ministry HR programs during the Campbell era I returned to the Public Service Agency as a senior labour relations officer where I finished my career.

By purchasing my service from student days I managed to retire as soon as possible in 2009 almost making "Freedom 55".

Member Services

HOTELS/MOTELS

DISCOUNTS (Canada, USA and International)

CHOICE HOTELS -

Corporate ID 00067265 Reservations – 1-800-424-6423 Includes: Quality, Comfort, Sleep, Clarion, Econoline, Friendship

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Members must make advance reservations prior to check-in by calling the direct line of each hotel/motel in which they want to stay.

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