



MINUTES: Membership Meeting

DATE: March 12, 2024 at 1:30 pm.

LOCATION: Unitarian Fellowship of Nanaimo, 595 Townsite Road, Nanaimo

1. **Call to Order:** Lawrence called the meeting to order at 1:30. There were 24 in attendance.

Acknowledgement

I would like to acknowledge that we are gathered here today on the traditional territory of the Snuneymuxw First Nation.

Guest Speaker: “Get My Kit” presentation by Chad McGillivray on information on emergency preparedness. His store is in Woodgrove Mall. He spoke on personal preparedness. He reminded us that we prepare for all the pleasant events in our lives, but not for emergencies. We each need to plan for 72 hours. (2 or 3 days). He gave each of us handouts for preparing documentation to put in a kit. He also distributed a self-evaluation of personal preparedness. A Grab and Go backpack is good to have. Food and water in the kits is safe to use for 5 years.

√ Lawrence Johnson - Chairperson	√ Lea Campbell -1st Vice
√ Kathy Torhjelm - Secretary	√ Gloria Johnson - Treasurer
AB Maria Noel – Director	√ Warren McCormick - Mbrshp Direct
√ Chris Crabtree – Director/Phoning	√ Roz Kennedy - Director/Programs

2. **Adoption of the agenda** M/S Roz Kennedy/Gloria Johnson that the agenda be accepted as presented. Carried.

3. **Adoption of the Previous Meeting Minutes of February 13, 2024** – M/S/C Lea Campbell/Andre Letain that the minutes be accepted as presented.

4. Correspondence:

- Email February 14 from BCGREA informing the “Stay on the Road” workshop scheduled for February 21, 2024 is full. Second Vice-President Patrick Harkness is working with C.O.S.C.O. and I.C.B.C. to have a B.C.G.R.E.A. exclusive presentation in late March or mid-April.
- E-mail February 16, from C.O.S.C.O. forwarding the latest report from the B.C. Seniors advocate entitled “Resourceful and Resilient: Challenges Facing B.C.’s Rural Seniors” which can be found at <https://www.seniorsadvocatebc.ca/osa-reports/resoursful-and-resilient-challenges-facing-b-c-s-rural-seniors/>
- E-mail February 19 and 22, from “Latest News” from Canada’s Minister for Seniors with highlights of activities of the Office of the Minister for Seniors. e.g. New dental plan, tax time and available free tax tips etc.

- E-mail February 20, from B.C.G.R.E.A. with travel newsletter from “Trip Merchant” (www.tripmerchant.com) B.C.G.R.E.A. member password (**BCGREAT-M18**)
- E-mail February 20, from National Pensioners Federation encouraging members to sign-up at yourcpp.ca in to support the conversation and engage directly with Albertans and other Canadians on guard for their pension benefits.
- E-mail from B.C.G.R.E.A. Trustee to the B.C. Public Service Pension Plan informing about eligibility to the new Federal Government Health Plan. <https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html> - see attached.
- E-mail March 4, from Office of the Seniors Advocate highlighting the activities of the office for the month of February
- E-mail from C.O.S.C.O. with the latest edition of the C.O.S.C.O. News

5. **Committee Reports**

- Treasurer’s Report (Gloria Johnson) – see attached.
- Special Events – The Legion Branch 256 has been reserved for our luncheon on June 11th.
- Membership (Warren McCormick) – We have 683 members with little change. Dues were taken from February pension cheque.
- Newsletter (Lea Campbell) – after Directors’ meeting in April.
- Telephone – Chris Crabtree – All is going well.
- Guest Speaker (Lea Campbell) – Speakers all lined up for the rest of the year. The clinical director of Edgewood Treatment Centre is the April speaker.
- C.O.S.C.O. (Lawrence Johnson) – no report
- AGM/Directors’ meeting report (Lawrence Johnson) – Directors’ meeting will be held on April 23rd in Abbotsford. It will be electronic for directors and in person for Table Officers. The AGM is October 16th in Tsawwassen.

MOTION TO ADOPT ALL COMMITTEE REPORTS –

M/S/C Brenda Jones/Peter Kanigan that the reports be accepted as presented.

6. **Unfinished Business:**

- None

8. **New Business:**

- The Branch executive has discussed the possibility of organizing ride sharing for members to attend membership meetings and other branch activities. (resolution under “Good and Welfare’.)

9. **Good and Welfare**

- Notice from COSCO – Series of online workshops in April and May on silent health threats. (See attached).
- Do you need a ride to meeting? – This is the place on the agenda to let members know that you need a ride. (Name/Contact information/general area to be picked up from). Call Chris Crabtree (250-754-1716) if you are willing to give a member living near Divers Lake a ride, or if you

know of others needing a ride. Suggestions of Handi-dart or a taxi, as well, were made.

- Vern Dumond and Marilyn Tarry each won a \$30 Country Grocery gift card.

10. **Next Meeting:**

Tuesday, April 9, 2024, 1:30 pm at the Unitarian Fellowship of Nanaimo, 595 Townsite Road

11. **Adjournment:** Moved by Tom Moore at 2:56 pm.

Proposed Federal Dental Plan

A key eligibility criterion for the Canadian Dental Care Plan (CDCP) is that the individual did not have access to any other dental plan.

At this time, the best information we have is that retired BC public service employees are NOT eligible for the CDCP. This is true regardless of whether or not the individual chose to join the Public Service Pension Plan's dental plan.

It's important to know that if a member cancels their Pension Plan's dental plan and does not have dental coverage elsewhere in the meantime, they will not be able to regain coverage under the Pension Plan.

The BCGREA and the pension plan board of trustees are actively lobbying government to change the CDCP eligibility criteria to be more inclusive.

More information about the CDCP is available at <https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html> or from the Canada Revenue Agency at 1-800-715-8836

BCGREA MONTH END REPORT

#600 NANAIMO/MID ISLAND BRANCH			
REPORT FOR: February 2024			
OPENING BALANCE		\$7,454.54	
CREDITS			
Dues	\$40.00		
TOTAL CREDITS		\$40.00	
DEBITS			
2-\$30.00 gift cards (Thrifty Foods)	\$60.00		
Flashdrive for treasurer reports	\$11.19		
COSCO renewal	70.00		
20 ea BCGRA mugs	161.15		
TOTAL DEBITS		\$302.34	
CLOSING BALANCE		\$7,192.20	
Affiliation Dues Payable			
Jan 2024	\$140.00	July	\$0.00
Feb	\$40.00	Aug	\$0.00
Mar	\$0.00	Sept	\$0.00
Apr	\$0.00	Oct	\$0.00
May	\$0.00	Nov	\$0.00
June	\$0.00	Dec	\$0.00
Sub Total	\$180.00		\$0.00
TOTAL AFFIL DUES OWED	\$180.00		

February 21, 2024

Prepared by: G. Johnson, Treasurer

Seniors' Health and Wellness Institute, COSCO

The Silent Threats

ONLINE SERIES

Thursdays at 10:30 am, beginning April 11, 2024

Empower Your Golden Years

Unlock the secrets to a healthier and happier life with "**The Silent Threats**" online series. Join us every Thursday as we explore crucial topics affecting seniors. This series offers information as to potential warning signs, and symptoms, of those silent threats that can surprise us as we age. We offer ideas on management strategies and more.

Why Attend?

- Gain valuable insights.
- Connect with like-minded individuals.
- Empower yourself with strategies for a healthier life.

Workshops in **The Silent Threats** include the following:

April 11, 2024 Dealing with Stress

April 18, 2024 Hypertension

April 25, 2024 Memory and Aging

May 2, 2024 Osteoporosis

May 9, 2024 Osteoarthritis

Registration details for this series will be available on our website in early April at: <https://seniorshelpingseniors.ca> .

We hope to see you there!