

B.C. GOVERNMENT RETIRED EMPLOYEES' ASSOCIATION

VANCOUVER BRANCH

NEWSLETTER

Issue 57

Spring 2024

ANNUAL SPRING LUNCH

MONDAY, JUNE 10, 2024 12:00 NOON

**Will be held at the Army, Navy and Airforce Veterans' Club
727 East 49th Avenue, Vancouver, B.C.**

MENU

Let's Go Greek

Chicken Souvlaki or Vegetarian Souvlaki (2 per person)

Rice or Roasted Lemon Potatoes,

Greek Salad

Pita Bread & Tzatziki Sauce

Assorted Dessert Squares

COFFEE, TEA AND SOFT DRINKS

DOOR PRIZES

We are giving the lunch at a greatly subsidized price of \$10.00. We will require that tickets must be purchased by Monday, June 3, 2024, to reserve your place at the table. Tickets can be purchased at the May 13th Branch Meeting, OR, send a cheque to – Rose Kwek, 5391 Carson Street, Burnaby, B.C. V5J 2Z3. CHEQUE MUST BE MADE PAYABLE TO – “VANCOUVER BRANCH 1100 BCGREA.” You also have the choice of sending an E-Transfer to – “rkwek16@gmail.com” Whatever method you choose, please make sure your name and contact information is included.

As space is limited, we suggest you purchase your ticket(s) early. Applications Will be processed in the order they are received. Ticket includes Caterer's fees, Taxes, gratuity and door prizes.

Members, Family and Friends are most Welcome.

Our Next meeting is May 13, 2024 at 1:00 P.M.

WELCOME

We would like to extend a warm welcome to all of those new members who have joined us in The past year and we look forward to seeing you at our upcoming monthly meetings.

IN MEMORIAM

We regret to announce the passing of the following members:

Brenda Burke, Vida Flainek, Lorraine Marshall, Ronald Platt, Evelyn Reid, Betty Sarsons, Elizabeth G Thomson

On behalf of the Vancouver Branch, we extend our sincere condolences to their families and friends.

MEMBERSHIP DUES

We ask that all members who are not on Dues Checkoff and have not submitted their 2024 dues, please submit them as soon as possible. Dues are \$20.00 per year per member. Please send your cheque to the Membership Chair, Jean Sickman at – 23280 River Road, Richmond, B.C. V6V 1M4. Cheques must be payable to: Vancouver Branch 1100 BCGREA.

If you wish to be on Dues Check Off were your yearly dues of \$20.00 is deducted from your February cheque each year, until you cancel it, the application form is on page 10.



Small Great Things

2d · ⚙️

...

"It's my ex-wife's birthday today so I got up early and brought flowers and cards and a gift over for the kids to give her and helped them make her breakfast. Per usual someone asked me why the hell I still do things for her all the time. This annoys me. So ima break it down for you all.

I'm raising two little men. The example I set for how I treat their mom is going to significantly shape how they see and treat women and affect their perception of relationships. I think even more so in my case because we are divorced. So if you aren't modeling good relationship behavior for your kids, get your shit together. Rise above it and be an example. This is bigger than you.

Raise good men. Raise strong women. Please. The world needs them, now more than ever."

Credit -Billy Flynn

Read more - <https://kindodds.com/colors-of-compassion-when-a-gas.../>

Follow Heart spark to read more beautiful stories.

NOTES FROM THE CHAIR – Respectfully submitted Jean Sickman

Many things have happened this past year, some good, some not-so-much. The past year we experienced the worst fire season in memory. We had a mild winter which was pleasant in many ways, but, a disaster in many others. Our forests are dry due to lack of snow, leading us into an early start of Wild Fires. Some say it will be worse than last year. Already thousands of people have been evacuated from their homes and it is only the beginning of MAY! The rivers are low on water which reduces the chance of flooding, but, the House Boats in Ladner are hitting bottom at low tide, causing buildings to tilt and their walkways are splitting and tilted. It is particularly hard on folks with ambulatory issues and other physical handicaps. We have had several warm sunny days but, it is predicted the temperature will soar to extreme levels which will/can be dangerous for seniors in particular and the un-housed.

There are many positives, as well. We now have a subsidized Dental plan which has a sliding scale of benefits based on the family income. Governments are still working on the kinks. It is advised you seek clarification of your proposed plan as there are rules regarding eligibility if you are on, or could have been on, a dental plan. It is a welcome step in the right direction and moves us closer to free Pharmacare. Please read the March 2024 issue of COSCO News. It covers the Accord that Canada and B.C. have signed in relation to "Aging with Dignity". We together with affiliated seniors' organizations have been advocating for the United Nations to consider the international framework of the Human Rights of Older Persons. A Working Group has been set up by the United Nations to take place in their Headquarters in New York, May 20 -22 and 24. Leslie Gaudette, President of COSCO and Trish McCullough, President of NPF have been invited to attend. This is a big step ahead after many years of advocating for it. Transportation, in the Northern part of the province, on Vancouver Island, in the Lower Mainland and parts of the Interior have received the Attention of our Government and an infusion of monies. Appears there is great improvement in accessibility of transportation happening which is great news Handy Dart is also being looked at for some necessary changes in operation.

This has been a very difficult time for our Executive since we have not been able to find a volunteer to take on the Membership Chair position. I have tried to carry on the workload in the interim. However, I apologize for the lateness, due to operational difficulties.

CANADIAN TRAVELLERS ADVISED TO BE CAUTIOUS WHEN HEADING TO THESE 9 POPULAR HOLIDAY LOCATIONS (World News – Canada)

The Government of Canada has updated its travel advisories to some popular holiday destinations, including France, the UK., and Hong Kong.

When travelling anywhere outside of Canada, it is best to be aware of the situation on the ground in your country of destination and remain vigilant of any changes while you are there.

Here are some of the places where Ottawa advises Canadians to be cautious.

FRANCE- The lure of seeing the historic Eiffel Tower or sampling authentic French wines and food has many Canadians dreaming of heading to France. But Ottawa says there is a high level of threat from terrorism. (Threat level to the peak of “attack emergency” on March 24, following a terrorist attack in Moscow.)

Canadians are reminded that terrorist attacks can occur anywhere, but are most likely to happen in cultural places, like museums, galleries, concert halls, tourist attractions, and hotels and transportation spots, including airports.

Ottawa reminds Canadian travellers to be aware of their surroundings, and be vigilant when in large crowds or attending events such as sports competitions or religious celebrations.

UNITED KINGDOM – Those heading across the pond to see castles and get closer to history in the U.K. are advised to be cautious, according to a travel advisory from Ottawa. In the UK., the government’s terrorist level is three, which means there is “substantial” potential for an attack, while in Northern Ireland, the level is four, which is “severe”.

SWEDEN – The threat level is four, which is high.

INDONESIA – There is a high risk of foreigners being targeted by terrorists in the area. “You may face increased treats of violence or kidnapping if you travel to Indonesian Papua”

UNITED ARAB EMIRATES – Those travelling to the UAF should “exercise a high degree of caution” due to the threat of terrorism, the advisory says. Heavy rains and strong winds caused severe flooding in the UAF leaving buildings and infrastructure damaged and as a result, services such as transportation, power, water and food supplies, telecommunication, and medical care may be disrupted.

INDIA – It's election time in India, which the Government of Canada says could lead to high tensions, protests, and demonstrations. Canadians are advised to "exercise a high degree of caution" and outright avoid some areas, such as Northeastern India and the Union Territory of Jammu and Kashmir.

HONG KONG – Canadians are advised to be cautious of trips to Hong Kong as there is a risk of "arbitrary enforcement of local laws." New national security law adopted by Hong Kong fails to safeguard the human rights and freedoms enshrined in the Basic Law and in international instruments to which Hong Kong is a party. Ottawa's advisory notes that under the new laws, some activities that are not considered illegal in Canada could be against the law in Hong Kong, including social media posts. Canadians arrested in Hong Kong could be detained without a charge for up to 16 days and even sent to China for prosecution.

BRAZIL – Be cautious as the country has high crime rates and gang activity, highest in urban areas, including Rio Janeiro, Sao Paulo, Brasilia, Recife, and San Salvador. Foreign tourists are most commonly affected by theft but incidents of violent crime have also occurred, due to the high prevalence of guns coupled with the willingness of criminals and police to resort to violence.

JORDAN – The risk of terrorism and civil unrest in Jordan means that visitors from Canada should be extremely cautious in the country. Jordan also shares borders with other countries that pose a serious security risk, the government said, such as Syria and Iraq.

AS THEY SAY "BE CAREFULL OUT THERE".

NOT SURE IF THIS WILL MAKE SENSE TO ANYONE BESIDES ME BUT:

THE ANTIDOTE TO NEGATIVITY IS NOT POSITIVITY, IT IS WARMTH.

POSITIVITY TELLS A SAD PERSON THAT THERE'S NO REASON TO BE SAD.

WARMTH ASKS THE SAD PERSON IF THEY WANT TO GO GET SOME

ICE CREAM.

GROWING OLDER, Apparently still the best option (via Susan Stout - Unifor)

"We must recognize that, as we grow older, we become like old cars - more and more repairs and replacements are necessary." - C.S. Lewis

"Old Age is like a plane flying through a storm. Once you are aboard there is nothing you can do about it"- Golda Meir

"I'm so old that my blood type is discontinued" - Bill Dane

"The older I get, the more clearly I remember things that never happened." - Mark Twain."

"Wisdom doesn't necessarily come with age. Sometimes, age just shows up all by itself." Tom Wilson

"I don't grow old gracefully. I plan to have face-lifts until my ears meet." -Rita Rudner

"I'm at that age where my back goes out more than I do."- Phyllis Diller

"First you forget names, then you forget faces, then you forget to pull your zipper up, then you forget to pull your zipper down."- Leo Rosenberg

"Old people shouldn't eat health foods. They need all the preservatives they can get"- Robert Orben

"At age 20, we worry about what others think of us...at age 40, we don't care what they think of us...at age 60, we discover they haven't been thinking of us at all." Ann Landers

"When I was young, I was called a rugged individualist, when I was in my fifties, I was considered eccentric. Here I am doing and saying the same things I did then, and now I am labelled senile."- George Burns

"I complain that the years fly past, but then I look in a mirror and see that very few of them actually got past."- Robert Brault

"It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone."- Andy Rooney

"Birthdays are good for you. Statistics show that the people who have the most live the longest."- Larry Lorenzon

"I was thinking about how people seem to read the Bible a lot more as they get older, and then it dawns on me--they're cramming for the final exam"- George Carlin

"I don't feel old. I don't feel anything until noon. Then it's time for my nap." Bob Hope

"I don't do alcohol anymore --I get the same effect just standing up fast."- Anonymous

"Getting older. I used to be able to run a 4-minute mile, bench press 380 pounds and tell the truth." Conan O'Brien

"I have reached an age when, if someone tells me to wear socks, I don't have to." Albert Einstein

"There's one advantage to being 102, there's no peer pressure." Dennis Wolfberg

"The idea is to die young as late as possible."- Ashley Montagu

"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there"- George Burns

Staying steady: 5 tips to prevent falls

Apr 17, 2024 - McMaster University -

As we age, our bodies change, and tasks that were once second nature may become more challenging. One of the most significant concerns for older adults is the risk of falling, and globally, falls are the second leading cause of death from unintentional injury. Falls can lead to serious injuries and impact independence and quality of life. However, many falls can be prevented with some proactive steps and awareness. Here are some simple tips to stay steady on your feet.

1. **Stay active:** Regular exercise at least three times per week for 12 months can lower the risk of falls and reduce the number of falls that lead to injury. Tai chi, resistance training and exercises aimed at improving flexibility, such as yoga, are beneficial to maintaining balance and strength.
2. **Make modifications to your home:** Assess your living environment for potential hazards. Ensure pathways are clear of clutter, secure rugs and carpets to the floor, install grab bars in bathrooms, and ensure adequate lighting throughout the home, especially in hallways and staircases.
3. **Check your medications:** Some medications can cause dizziness or drowsiness, increasing the risk of falls. Review your medications regularly with your healthcare provider and be aware of potential side effects.
4. **Prioritize foot health and footwear:** Foot-related problems may increase the risk of falls in older adults. Podiatrists specialize in taking care of feet and will assess, diagnose, and treat lower limb problems to improve your ability to move. Possible treatments include removing unhealthy tissue, surgery, changing footwear, or orthotics.
5. **Consider assistive devices:** If you have difficulty walking or maintaining balance, consider using assistive devices like canes or walkers. These tools can provide added stability and support when navigating your environment.

It is important to remember that falling should not be considered inevitable, but there are many things you can do to keep your feet firmly planted on the ground. Speak with your healthcare provider, and consider your circumstances when deciding which strategy is best for you.

Canada Dental Care Plan

NDP
Jagmeet Singh

The new Canadian Dental Care Plan is the largest expansion of public healthcare in half a century. Jagmeet and the NDP secured dental care for 9 million Canadians! This plan will ensure that no Canadian has to choose between fixing a toothache and putting food on the table.

Letters will be sent to seniors starting with those 87 and older. The letter will have instructions to apply by phone. Seniors age 65-69, disability tax credit holders and parents of children under 18 must apply online starting in May.

Jagmeet.Singh@parl.gc.ca

604-291-8863

www.JagmeetSingh.ndp.ca

4940 Kingsway, Burnaby, V5H 2E2

Phone number: 1-800-715-8836

Website: canada.ca/en/services/benefits/dental/dental-care-plan.html

The Canadian Dental Care Plan

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Who Qualifies?

The CDCP is starting with seniors, children under 18 and people with disabilities. By 2025 all Canadians who meet the following criteria will qualify:

- ✓ Lack of access to private dental insurance
- ✓ Adjusted family net income below \$90,000
- ✓ Canadian residency for tax purposes
- ✓ Filed a tax return in the previous year

Note: Canadian residents already covered by provincial, territorial, or federal dental programs are eligible for the CDCP.

Co-Payments

Depending on your family's income, you might need to pay a small part of the bill. This amount is paid to your dentist.

Adjusted family net income:



When can I apply?

Group	Applications open
Seniors 87 and over	Starting December 2023
Seniors aged 77 to 86	Starting January 2024
Seniors aged 72 to 76	Starting February 2024
Seniors aged 70 to 71	Starting March 2024
Seniors aged 65 to 69	Starting May 2024 (Online)
Adults with DTC certificate	Starting June 2024 (Online)
Children under the age of 18	Starting June 2024 (Online)
All eligible Canadians	Later in 2024/2025 (Online)

Services Covered Include



preventive services, including scaling (cleaning), polishing, sealants, and fluoride



diagnostic services, including examinations and x-rays



restorative services, including fillings



endodontic services, including root canal treatments



prosthodontic services, including complete and partial removable dentures



periodontal services, including deep scaling



oral surgery services, including extractions



SUPA Mobility Trial

FOR THOSE INTERESTED IN **FREE HEALTH COACHING** OR **HEALTH EDUCATION** SESSIONS

WHO IS ELIGIBLE?

THOSE
EXPERIENCING
ISSUES WITH
THEIR
MOBILITY

AGED 70-89

PROFICIENCY
IN ENGLISH

PHONE: 604-875-4111 EXT.69223
EMAIL: COGMOB.RESEARCH@UBC.CA



B.C. Government Retired Employees' Association

PO Box 26067 - West Kelowna RPO

West Kelowna, BC V4T 2G3

Tel. 250-751-8814

Email bcgrea@telus.net

www.bcgrea.ca

Consent to Deduct Membership Dues

I hereby authorize the BC Pension Corporation to deduct BCGREA membership dues from each February pension payment.

I consent to the disclosure of my Person ID (PID), title, name, address, email address, phone number, date of birth, date of death, gender, and employer number between the BC Pension Corporation and the BCGREA for the purposes of administering dues deductions and updating BCGREA's membership lists.

I hereby consent to the disclosure of my name and Person ID by the BCGREA to BC Pension Corporation for the purpose of administering dues deductions as described above. I understand my consent is valid until I revoke it. I also understand that information is being collected, stored and accessed within Canada and that it will not be shared without my consent.

By signing this application, I agree to abide by the Constitution and Bylaws of the Association. I agree to the Association using this information internally for administrative purposes.

Member's Name

Spouse's Name (if applicable)

Member's Signature

Spouse's signature (if applicable)

Date

Date

PSPP Person ID – Member

Note the Person ID is an 8 digit number listed on the top of correspondence received from the PSPP.

**Please mail to B.C. Government Retired Employees' Association
P.O. Box 26067, West Kelowna RPO, West Kelowna, B.C. V4T 2G3
or send a scanned copy of your completed application to BCGREA@telus.net**