



BCGREA Branch 1700 - December 2024 Newsletter

Hello Friends

Welcome to the Winter Edition of Cariboo Branch 1700 Newsletter. It is amazing how 2024 flew by! Shortly the winter solstice will arrive and soon the days will become a bit longer and hopefully we see some gorgeous winter sunshine!

January Cost Of Living increase : the Pension payments will increase monthly by **2.6%** inflation adjustment . Visit <https://pspp.pensionsbc.ca/inflation-adjustments>.

Branch 1700 - Notes from October Meeting in Williams Lake Oct 29, 2024.

The Branch held a meeting at the Williams Lake Seniors Activity Centre. 13 members attended where we had a chance to meet and share coffee & snacks and peruse the merchandise table (T-Shirt, pens, pins, mugs). Branch membership is currently 163. Members advised the BCGREA & branch would receive more interest and membership if there was a **Facebook** account. The executive took note of this excellent suggestion and brought the Facebook request forward to the president. Currently the branch is looking for a volunteer that is interested in managing a Facebook account where we can post general information and meeting notices - if interested, please call Michelle at 778-444-7112. George Foisy gave a presentation on the fall AGM on important topics such as dental, pharmaceutical and medical benefit coverage. The benefit coverages are ongoing issues that are under regular review and research for better options. The Public Service Pension Plan primarily covers retirement funds but has limited funds available for the benefits. <https://pspp.pensionsbc.ca/>

Next Meeting : February 19, 2025 (1:30 - 3 pm) Seniors Centre Quesnel & District - Seniors Centre , 461 Carson Avenue Quesnel BC - snacks & refreshments provided! Everyone is welcome to RVSP Michelle 778-444-7112.

Membership Dues: Active Members pay their membership dues (\$20/individual or \$40/couple) by authorizing the Pension Corporation to deduct the dues automatically from their February pension payment.

Associate Members pay their membership dues (\$20/individual or \$40/couple) by cheque or money order to their Branch Treasurer Patrick Eagan, treasurer.branch1700@bcgre.ca

Cariboo Chilcotin Elder College : <https://www.weldercollege.com/>

Cariboo Chilcotin Elder College is a volunteer organization committed to meeting the lifelong learning needs and educational interests of older adults in Williams Lake and surrounding areas. Elder College will provide a relaxed, learning environment without grades or exams, based on a curriculum of particular interest to members. Elder College seeks to meet its

mission by recognizing the unique experiences and capabilities of its members. They have interesting courses that range from crafts, RV Repair, personal care, estate planning and pet care! Membership is only \$10 year.

“Better at Home Services” - United Way **Better at Home** program is dedicated to helping seniors and Elders manage day-to-day tasks, enabling them to maintain their independence within the comfort of their homes while staying closely connected to their communities. Home support through the program encompasses a range of services, including light housekeeping, grocery assistance, prepared meal delivery, light yard work, minor home repairs, prescription pick-up/delivery, transportation to appointments, snow removal, group activities, and friendly visits. This is a great news article:

<https://www.wltribune.com/community/better-at-home-volunteers-provide-companionship-and-support-5558584> Also, check out the **Men Helping Men - Men’s Shed Assoc.**
bcmensshed.ca

- **North Cariboo Seniors' Council, Better at Home** <http://www.caribooseniorscouncil.org/>
102-246 St Laurent Ave, Quesnel, BC V2J 2C9 +1 250-991-0510 250- 992-9156
Men’s Shed Frank Muhle frankmuhle@gmail.com
- **Williams Lake & District Seniors Activity Centre, Better at Home**
176 4 Ave N, Williams Lake, BC V2G 2C7 +1 250-392-7946
Men’s Shed . Bert Groenenberg, bgroen53@telus.net
- **Better at Home - South Cariboo**, Cindy Faulkner tel 778-444-5133. (Coffee Connections at the 100 Mile Senior Centre 1st & 3rd Wednesday mornings monthly)
Men’s Shed -108 Mile: mensshed100milehouse@outlook.com or Andy Gray
604-626-6616.

BC Bus Pass Program (60+ Low income Seniors)

<https://www2.gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass/seniors#cost> Low income seniors may be eligible for a yearly \$45 BC Bus pass 1-866-866- 0800 (Mon-Fri from 9 am to 4 pm)



Merry Christmas & Happy Holidays and Best of the New Year !!!



In closing , we wish everyone peaceful and safe winter holidays. If you have any questions please contact either George Foisy or Randy Pearson , co-chair
co-chair.branch1700@bcgrea.ca. or Michelle Schilling, Membership/Merchandise
778-444-7112.



Williams Lake Oct 29, 2024 Meeting - Chatting it up with Halloween treats!