



## **January 2022 E-Bulletin**

**Happy New Year!!!**

### **From the President's Desk**

Many people in BC may be glad that 2021 is drawing to a close, between Covid 19, especially the very recent omicron variant, and the ravages of the climate crises as experienced through heavy rains, floods, the heat-dome, and the fires, we have had a heck of a year. Far from being despondent, I am amazed at the community spirit and resilience of people in BC, especially seniors like us who are most at risk. Resilience is that human quality that enables us to survive and adapt in the face of adversity, trauma, tragedy, or threats to our well-being. We are able to bounce back and take control of those areas of life we can control by building this emotional muscle.

To build resilience the American Psychological Association states we need to focus on our core areas: wellness (taking care of your body), empathetic connections (being with people who are like-minded), healthy thinking by keeping things in perspective, maintaining meaning in our lives, (helping others, family ties, following your interests) and learning from our personal experience as to how well we coped with all kinds of stressors. So if you are starting the New Year with personal promises of healthy eating, physical exercise, and more sleep, don't forget to work on that resilience muscle. As a social worker/counsellor I can attest to the fact that our mental health is very important and being proactive in caring for it helps us adapt to constant change.

Wishing you and your family a Happy New Year for 2022.

Stay strong, be well, and look for joy in even the smallest things life has to offer.

Barbara Golder, Chair

BCGREA Victoria Branch 1200

<https://bcgre.ca/branches/victoria-branch-1200/>

## Covid 19 Information

Questions regarding vaccination?

Island Health booking number is:

1-833-838-2323 (Provincial Call Centre)

Information on Covid booster vaccination can be found at:

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/booster>



## Branch Activities

---

### Programs

Due to Dr. Bonnie Henry's decision to defer Step 4 of the BC Restart plan, the Branch is unable to return to the BCGEU building for general membership meetings at the moment. In the meantime, we will continue to have meetings **via Zoom** until further notice.

This is your Zoom invitation for the **January 11** General Meeting at 1:30 pm.

Zoom details have been emailed with the January 2022 E-bulletin.

For the **February 8 General Meeting at 1:30 pm**, **if** it is determined to be a Zoom meeting, the Zoom meeting link will be sent out in early February.

Check our [website](#) for updates.

---

## 2022 Speaker Presentation Series

Our guest speaker for the month of January is Isobel Mackenzie. She will be presenting via **Zoom** at our general meeting below:

**January 11 - Isobel Mackenzie, BC Seniors Advocate**

Topic: **Supports for Seniors**

For February we have engaged John Adams.

**February 8 - John Adams, Victoria's foremost authority on Victoria's heritage**

Topic: **The history of Chinese Immigration to Victoria**

We will advise on our [website](#) if this will be a Zoom presentation at a later time.

We look forward to seeing you there!



## Photo Contest Winners

Thanks to everyone who participated in our photo contest!

We have received some beautiful photos that will look wonderful on our webpage!

We are pleased to announce the winners of the three gift card prizes for the contest.

**The overall \$100 prize for the best photo is awarded to:**

Linda Foubister for "Trial Island", taken with a Canon Powershot camera.

**The \$50 prize for the best camera shot is awarded to:**

Dave Mason for "Victoria's Inner Harbour", taken with a Nikon D40 camera.

**The \$50 prize for the best phone/tablet camera shot is awarded to:**

Tammy Welch for "Esquimalt Lagoon looking towards Albert Head", taken with a Google Pixel smartphone.

A warm thanks to Dani Cyr, a professional photographer, <https://www.danicyr.com/> who judged the contest.

Our website will be updated in the future which will also show the other submissions chosen for our photo gallery.

Thanks to all who participated to make our website something we can all be proud of.



# Canadian Longitudinal Study on Aging

The Canadian Longitudinal Study on Aging (CLSA) is a large, national, long-term study that will follow approximately 50,000 individuals who are between the ages of 45 and 85 when recruited, for at least 20 years. The CLSA will collect information on the changing biological, medical, psychological, social, lifestyle, and economic aspects of people's lives. These factors will be studied to understand how, individually and in combination, they have an impact in both maintaining health and in the development of disease and disability as people age.

For more information on their work please click on the link [here](#).

---

## Canada Revenue Agency (CRA)



Tax season will be upon us soon, but in the meantime, CRA has provided some information regarding benefits and credits that you may be eligible for.

Check out this [link](#) to find out more if you are 65+.

Information for those persons with disabilities and their caregivers can be found [here](#).

CRA will be offering live webinars in **January and February**.

**Presentation on Benefits and Credits for adults 65 years and older on Tues Jan 25, 2022 from 10:30-11:30am PST, Tues Feb 8, 2022 from 6:30-7:30pm PST and Thurs Feb 24, 2022 from 1:30-2:30pm PST.**

Doing your taxes has its benefits! Benefits, credits and deductions you could be eligible for are the Disability Tax Credit, GST/HST credit, medical expenses, Canada caregiver credit and pension income splitting. Other government departments also use your tax information to calculate your payments, such as the guaranteed income supplement. If you do your taxes after the filing deadline, your payments could be delayed. During the webinar we will be able to answer your questions live.

**Persons with Disabilities Presentation on Wed Jan 26, 2022 from 1:30-2:30pm PST, Thurs Feb 10, 2022 from 6:30-7:30pm PST and Wed Feb 23, 2022 from 1:30-2:30pm PST**

Benefits and credits available to you! If you live with a disability or have a dependent with a disability, there are benefits and tax credits available to you and the people who support you. Some of the benefits and credits to which you may be eligible for are the Disability tax credit, medical expenses, Canada caregiver credit, and the Child disability benefit. During the webinar we will be able to answer your questions live.

**Benefits & Credits for Caregivers Presentation on Thurs Jan 27, 2022 from 1:30-2:30pm PST, Sat Feb 19, 2022 from 11-12pm PST and Tues Feb 22, 2022 from 10:30-11:30am PST**

As a caregiver for an individual with a physical or mental impairment there may be benefits and tax credits available to you! Join our webinar to obtain more information about the following topics. Canada Recovery Caregiving Benefit (CRCB), Canada Caregiver Credit, Medical Expenses, Slam the scam. During the webinar we will be able to answer your questions live.



**Scam awareness – Be scam smart Presentation on Thurs Jan 13, 2022 from 1:30-2:15pm PST, Thurs Feb 3, 2022 from 1:30-2:15pm PST and Thurs Feb 24, 2022 from 6:30-7:30pm PST**

Help protect yourself and others against fraud – Taxpayers should be vigilant when they receive, either by telephone, mail, text message or email, a fraudulent communication that claims to be from the Canada Revenue Agency (CRA) requesting personal information such as a social insurance number, credit card number, bank account number, or passport number. Learn to recognize common types of scams and to identify legitimate communications from the CRA.

For more detailed information check [here](#).

**Digital Services for Individuals Presentation on Tues Jan 18, 2022 from 6:30-7:15pm PST, Mon Jan 24, 2022 from 1:30-2:15pm PST and Mon Feb 28, 2022 from 1:30-2:15pm PST.**

The CRA has a wide number and range of electronic and digital services available for individuals including My Account, Represent a Client and mobile apps. Join our webinar to learn about some of our most popular services such as changing your address or phone number, submitting documents electronically, and changing your return.

Register for the above or explore further dates and times by clicking [here](#).

Please note that the times displayed on CRA’s website are in Eastern Standard Time (EST).

---

Do you enjoy filing taxes and want to help others? CRA is looking for volunteers interested in helping file tax returns at a virtual tax clinic for 2022.

More information can be found [here](#).

X	Y	G	V	Z	D	W	W	P	S	E	S	D	F
T	D	I	N	C	A	T	S	O	R	F	H	J	E
R	H	D	W	F	P	D	L	Q	P	Q	V	F	P
C	Q	A	M	I	T	P	Y	A	T	C	B	B	Y
A	P	E	R	R	N	I	F	L	O	V	E	O	W
Q	Y	R	C	E	H	T	V	R	D	E	D	P	O
C	V	B	A	P	F	Y	E	S	V	C	L	S	N
H	D	R	J	L	D	K	D	R	D	K	W	C	S
O	J	E	B	A	D	D	V	F	B	P	O	A	F
C	W	G	J	C	C	Q	P	V	C	E	N	R	B
O	Z	N	V	E	Q	J	E	F	X	P	G	F	S
L	Q	I	C	F	C	O	C	I	G	P	D	A	D
A	A	G	K	O	L	Y	Q	Y	C	E	W	E	D
T	Z	F	L	D	N	Y	E	J	B	R	Q	I	L
E	W	H	W	W	Z	F	W	L	E	M	A	O	S
P	X	Y	D	E	C	O	R	A	T	I	O	N	S
I	R	U	C	E	D	V	F	F	C	N	Z	K	N
N	P	M	T	K	Y	C	N	O	C	T	C	N	H
S	N	E	H	D	O	D	C	Q	P	G	R	X	M
L	L	R	A	V	M	C	H	A	R	M	O	N	Y
W	V	S	K	C	B	G	J	T	U	A	K	D	K
R	A	H	E	F	E	S	T	I	V	A	L	V	H

## Christmas Newsletter Word Search Solution



## MEMBERS CORNER

### Christmas Bingo Music and Draw Winners



A merry time was had by all who joined our Christmas Music Bingo via Zoom.

A complete list of winners for gift cards drawn during our Christmas gathering is now on our [website](#).

Congratulations to our winners and thanks to everyone who participated!

---

## Members Subsidy through January 15, 2022



### Butchart Gardens

We are once again offering a \$15 subsidy to those members in good standing that would like to visit Butchart Gardens from **Nov 15, 2021 thru Jan 15, 2022**. Please submit your receipt with your name and address to [victoriabranch@bcgre.ca](mailto:victoriabranch@bcgre.ca) with "**Butchart Subsidy**" in the subject line by Jan 30, 2022. Please note if you would like a cheque or an Electronic Funds Transfer (EFT).

### Royal BC Museum

We are also offering a \$10 subsidy to those members in good standing that would like to visit The Royal BC Museum from **Nov 15, 2021 thru Jan 15, 2022**. Please submit your receipt with your name and address to [victoriabranch@bcgre.ca](mailto:victoriabranch@bcgre.ca) with "**Museum Subsidy**" in the subject line by Jan 30, 2022. Please note if you would like a cheque or an EFT.

---

## Silver Threads Society

In a follow-up to Tracy Ryan's interesting presentation to us at the last General Meeting in November, she also has a volunteer opportunity below:

Currently, we are looking for 2-3 volunteers who would be able to provide one on one support for those who are new to technology. We are expecting that many will be gifted phones or tablets over the holidays and this is very entry-level help to assist with basic functions like email, photos, and Facebook. A moderate level of computer skills and lots of patience is all one would need. If anyone is interested please visit their [website](#).

For more information on Silver Threads Programs in your area, visit their [website](#) where you can also sign up for their monthly newsletter.

---

## Gluu Technology Society

Want to learn how to use your new mobile device and/or become more confident online so that you can connect with your family and friends?

Gluu Technology Society provides **FREE** digital skills training for older Canadian adults.

See their [website](#) for more details on how to register for their many courses or for further information.

---

If you know of any member who is hospitalized, sick, ill or injured, please contact Sonja Ruffell, our Goodwill Coordinator at: [victoriabranch@bcgrea.ca](mailto:victoriabranch@bcgrea.ca) with the information.



## How to Reach Us

### Board of Directors Contact Information

President: Barbara Golder

Email: [chair.branch1200@bcgre.ca](mailto:chair.branch1200@bcgre.ca)

1st Vice-Chair: Sarfaraz (Sarf) Ahmed

Email: [vicechair.branch1200@bcgre.ca](mailto:vicechair.branch1200@bcgre.ca)

2nd Vice-Chair: Brian Green

Email: [vicechair.branch1200@bcgre.ca](mailto:vicechair.branch1200@bcgre.ca)

Secretary: Karin Heimlich

Email: [secretary.branch1200@bcgre.ca](mailto:secretary.branch1200@bcgre.ca)

Treasurer: Tammy Welch

Email: [treasurer.branch1200@bcgre.ca](mailto:treasurer.branch1200@bcgre.ca)

Membership Chair: Valeska Campbell

Email: [membership.branch1200@bcgre.ca](mailto:membership.branch1200@bcgre.ca)

### Directors:

Gerry Buydens, Laura Lam, Terry Prentice, Sonja Ruffell, Marilyn Spencer,  
Kathy Weisgarber, Vicki White

To message our team directly please visit our Contact Information on our website:

<https://bcgre.ca/branches/victoria-branch-1200/>

Our general Branch email is: [victoriabranch@bcgre.ca](mailto:victoriabranch@bcgre.ca)

Or to report e-mail/address/telephone changes:

<https://bcgre.ca/contact/>

BCGREA Victoria Branch's Mailing address is:

PO Box 9017, STN PROV GOVT, Victoria, B.C. V8W 9L6

Take care and see you next time!