



Branch BC 04
Monthly News Update
June, 2020

Hello, fellow BC04 Branch Members;

PANDEMIC NO PICNIC

Branch GM and barbecue planned for July 16th—CANCELLED

When you open the summer edition of SAGE, you will find a BC04 Branch Report that was written by the light of the full moon back in April. (SAGE's production schedule requires Branch Reports to be submitted about eight weeks in advance of publication.) You will see that at the time of writing, we were still hoping to go ahead with the General Meeting and Barbecue at Peace Arch Park on July 16th. But on May 18th – even as the province was tentatively tip-toeing into Phase 2 of Re-opening - we received notification that the pavilion at Peace Arch Park is closed indefinitely and all reservations have been cancelled. We had thought we might be able to figure out how to host some “physically-distanced” version of the barbecue, but without the venue, even that is not possible.

So that's a bit frustrating. But in the grand scheme of things, safety has to come first. And on the bright side, now we don't have to design protocols for cleaning smears of barbecue sauce off face shields or worry about the nightmare of being the subject of a headline like: *“Seniors' barbecue sparks cluster outbreak.”*

The Branch board has met a couple of times using Zoom, and we continue to work on plans for future events such as “You and Your Survivors” workshops, an ICBC presentation “Stay on the Road” for those nearing 80 years, and a Welcome Event for new members. (Keep an eye on the Branch web-site for updates.) The monthly Meet & Chat coffee meetings are “on hold” for now.

On May 19th, Ilene Fika and Leslie Gaudette attended a virtual meeting on senior's and community issues hosted by Ken Hardie, Liberal MP for Fleetwood-Port Kells, and plans are in the works to reach out to other local MPs – virtually.

Advocacy work continues apace at the national level. Perhaps you took the opportunity to sit in on the virtual Townhall with the Honourable Deb Shulte, Minister of Seniors. This event was a great exercise in relationship -building and a unique opportunity for members to put their questions to the Minister. The event was recorded and is available on the national web-site www.federalretirees.ca .

On the reverse is a list of resources you may find useful during these “interesting times”. You can contact the Branch by email at info@nafrfraservalleywest.ca or by phoning (Steve) at 604-574-2939.

All the best!

Ian Spence
President, Fraser Valley West

Information from your branch during the coronavirus health crisis

To members of the Fraser Valley West Branch:

We have been awed by the bravery, professionalism and incredible commitment demonstrated by our colleagues in the public service, Canadian Forces and the RCMP, as they support and steer the country through the worst global health crisis in recent history.

We are also proud of our members, who continue to make personal sacrifices to comply with the self-isolation, physical distancing and personal health practice advisories and directives from government and medical authorities.

To help you get through this, here is a list of some of the resources available in BC:

Phone resources:

- 1-800-COVID19 (268-4319). To call for COVID-19 information and the latest news.
- 1-604-630-0300. To text for COVID-19 information and the latest news.
- 811 – HealthLink BC. To call to report possible COVID-19 symptoms/request a test.
- 211 – Seniors Support Network.
To call to connect seniors to volunteers willing to help (e.g. For buying groceries)

Online resources:

- BC COVID-19 Support. Phone App available on iPhone, Android, and Web Browser. <https://bc.thrive.health/covid19app>

This application “Provides the latest updates and recommendations from trusted experts”.

- BC Centre for Disease Control. <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
Within this resource link, “find information about COVID-19, how to protect yourself, your family and your community and what to do if you suspect you have the virus”.
- COVID-19 Symptom Self-Assessment Tool. <https://ca.thrive.health/covid19/en>
- COVID-19 Provincial Support and Information. Government of British Columbia. <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
- Office of the Seniors Advocate British Columbia. <https://www.seniorsadvocatebc.ca/> Within this resource link, you will find general seniors’ information.
- COVID-19 Support for Income & Disability Assistance. Government of British Columbia. <https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/on-assistance/covid>

Online resources for mental health:

- Canadian Mental Health Association. Mental Health and the COVID-19 Pandemic. <http://www.camh.ca/en/health-info/mental-health-and-covid-19>
- BC Ministry of Mental Health & Addictions. <https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/mental-health-addictions> Within this resource link, you will find information for addictions and mental health support.
- BC COVID-19 Mental Health Network. To inquire about an appointment, please email: bccovidtherapists@gmail.com with your name, best contact info, and general availability. A counsellor will get back to you as soon as possible to book your free online/telephone session.

For up-to-date COVID-19 related information of particular concern to Association members, we encourage you to check out the National website and your branch’s homepage. Also watch for the Association’s regular COVID-19 and monthly e-newsletter.

