



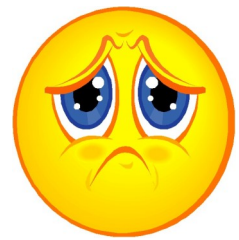
BC 04  
Branch Update (#6)  
August 2020

*Hello, fellow BC04 Branch Members;*

## PANDEMIC NO PARTY

### In-person membership events cancelled for the remainder of 2020

Yes, it's true. The National Board of Directors has advised Branches to NOT host in-person membership events for the rest of the year: no picnics, no golf tournaments, no banquets, no parties: NO CHRISTMAS PARTY. The decision was taken out of an abundance of caution and with particular regard to the fact that our "demographic" is especially susceptible to serious complications if we catch the covid-19 virus. It is, of course, the right and responsible decision. After all, who wants to learn that they have just attended a "super-spreader event" (*Was that even a thing four months ago?*) and possibly brought home more than a door prize?



So, we will allow ourselves one minute to pout, then we will carry on. *Calmly. Kindly.* You know the drill.

### Virtual chats

The Branch plans to hold monthly "chats" via Zoom, each event featuring a brief presentation by a guest speaker. The first presentation, on **Thursday, September 24th, at 1 p.m.** will be **"Top Ten Tips on Downsizing"** by Niki Rapanos of NKR Downsizing Solutions.

Over the last four months, as you have been spending more time indoors surrounded by your "stuff", have you started to feel just a little oppressed by it all? Niki's pep talk may be the motivation you need to tackle your stuff.

### Top 10 Tips on Downsizing

"You've got a lot of stuff, and you don't know what to do with it. These are your memories, your history and stories and these items deserve a new home. You have to make some difficult decisions.

I work with seniors, families and executors to clear the contents of the home so they can move forward with their lives. My goal is to help people through this challenging time, and to keep as much as possible out of the landfill. The only way to do that is with a plan and a time frame.

Downsizing is hard, but it can be done, and should be done. These items are your possessions and your responsibility, it is up to you to clear the clutter and debris of your life.

My Top 10 Tips helps you with the process of downsizing. We discuss how to get started, where to start and how to train your brain to make tough decisions. This can be done, it's just hard. However, the benefits can be life giving. The relief of downsizing opens your life to new opportunities. Our 'stuff' represents the past, and we need to move forward into the future."

- Niki Rapanos

If you would like to connect with Niki's presentation, please send an email to Ian at [spence.ian@telus.net](mailto:spence.ian@telus.net) and he will provide you with the link. Don't procrastinate! Send that email now

**Ian Spence**

President, Fraser Valley West

## BC/YUKON ADVOCACY UPDATE

"We cannot control the winds, but we can adjust the sails."  
Due to Covid19, all of us are experiencing a major transition in our lives and all at the same time. We need to create new ways of living our lives, but remain part of community and learn to find happiness within the constraints imposed upon us.

The advocacy work of our Association is also affected. Our Advocacy Team at National Office has been working closely with the National Advocacy Committee, the National Board of Directors, and the provincial Advocacy Program Officers to adjust to our new reality.

To build on our collective success in raising Federal Retirees' priorities in the 2019 Federal Election, in February the Association was starting to launch Reach 338, a project aimed at having each MP connected with a local Branch member by the end of a four-year election cycle. Then everything changed – our National Office staff started working from home – and many plans had to pivot to the virtual reality.

Branches are now getting ready to move to set up virtual meetings with MPs, starting with the 18 MPs identified as priority out of the total of 43 MPs for BC and the Yukon. National Office advocacy staff have adapted a wealth of material to our current situation, focusing on our four key priorities of National Seniors Strategy, Retirement Income Security, Pharmacare and Veterans. Over the next weeks, a related campaign on Long Term Care will be rolled out – starting with a recent email asking members to send a letter to their local MP and MLA. This Fall will also see us take action on the annual Federal Budget consultation.

Interested in participating? Contact your Branch President or Advocacy Liaison.

The Long Term Care campaign calls for national standards for both long-term and home and community care to ensure a full range of services is available to Canadians in their homes and communities. The goal is to attain better health outcomes and quality of life. Federal Retirees calls on all governments to collaborate on a national review of long-term care, with a view to implement a national framework that:

- Ensures appropriate levels of funding;
- Ties funding to national criteria and care standards;
- Establishes a national health workforce planning strategy; and
- Recognizes and supports informal caregivers as crucial partners in delivering care.

Such a review must be public, independent, evidence-based and informed by older adults, informal caregivers and subject matter experts.

In British Columbia, we will be contacting our MLAs to position us for the provincial election that will take place by October 2021. Your interest and support of these efforts will be crucial to make real change for Long Term Care. Please get in touch with your local Branch leadership and watch your email in box. We are counting on your enthusiasm and commitment.

For now, please enjoy the rest of the summer to make many happy memories for the coming months. We are all in this together and we will get there. Take care.

Leslie Gaudette,  
Advocacy Program Officer, British Columbia August 2020



Maybe you have friends (ex-Armed Forces, RCMP or Federal Public Service) who have retired but haven't yet joined Federal Retirees. Maybe you have friends who are still working and are eligible to become members...

Between Sept 1st and December 15th, any existing member who successfully refers a new prospective member to the Association will instantly receive a \$5 gift card and an official ballot for the \$10,000 grand prize draw. On Sept. 1, check out all the great prizes available courtesy of our preferred partners, at [federalretirees.ca/mrd](https://federalretirees.ca/mrd) (And do your friends a favour!)

Keep in touch!

Contact your branch by email at

[info@nafrfraservalleywest.ca](mailto:info@nafrfraservalleywest.ca)

or by phoning (Steve) at 604-574-2939.

## SOME OF THE RESOURCES AVAILABLE IN BC FOR COPING WITH COVID-19

### 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-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>

### How to contact your Branch

President	Ian Spence	(604)753-7845	spence.ian@telus.net
Vice President	Ilene Fika	(604) 372-1109	imfika@shaw.ca
Treasurer	Thelma Graham	604 309-2538	graham_tm@msn.com
Secretary	Timothy Knight		SecretaryBC04@gmail.com
Director Health & Benefits (HBO )	Glen (Rocky) Rockwell		grockwell@shaw.ca
Director Membership Administration	Steve Sawchuk	604 574-2939	s.sawchuk@shaw.ca
Director Communications	Stuart Wilson	604 542-1560	s.k.wilson@shaw.ca
Director Membership Marketing	Joy Hennen	604 856-0310	joyJ@shaw.ca
Director Volunteer Engagement	Katherine Kettler	778 995-6136	kettlerk@gmail.com
Director	Sharon Riches	604 946-2434	slriches@me.com

### Changed your e-mail address, your home address? Phone number(s)?

Please advise **Steve**. (You should also update your profile on [www.federalretirees.ca](http://www.federalretirees.ca): click on the Login tab to setup and update your profile... or just call Steve!)

### In Memoriam

Federal Retirees’ national magazine, SAGE, has an “In Memoriam” section to honour recently deceased members by listing their name and Branch. To have the name of your loved one included in the “In Memoriam” section, please contact **Steve Sawchuk** in writing (by mail or email). Please note that SAGE is published quarterly and branch submissions are required several weeks in advance. In addition, If you would like to post a memory piece or photo on the [branch web-site](#), please contact **Ian Spence**.

