



BC 04
Branch Update (#7)
September 2020

Hello, fellow BC04 Branch Members;

Tell your representatives it's time to fix our elder care systems

The inadequacies of Canada's balkanized long term care system will be front and centre in Federal Retirees' meetings with Members of Parliament and MLAs over the coming months. Federal Retirees' urges all levels of government to collaborate on a comprehensive, national "seniors strategy" that includes national standards for home care and long-term care and an increased emphasis on the delivery of services in the home and in the community.

On August 13th, National President Jean-Guy Soulière sent an invitation to all members to *Tell your representatives we need national standards for long-term and home care!* That message included a template and e-form to help you send letters to your MP and MLA. If you haven't already, why not take a moment to add your voice to the conversation? Help make sure reform to our long care system remains a top priority for our elected representatives. To find Jean-Guy's message, just go to www.federalretirees.ca and enter "Tell your representatives" in the search bar.

At the Branch level, we have begun contacting our MPs to set up virtual meetings. Contact Ian Spence if you would like be part of the Branch advocacy team.

Virtual chats. Join the conversation on Zoom!

Don't forget! We are kicking off our series of Virtual chats with **"Top Ten Tips on Downsizing"** with Niki Rapanos of NKR Downsizing Solutions.

Join us on Zoom at **1 p.m., September 24th.**

Send an email to Ian at spence.ian@telus.net to request the link.

Niki works with seniors, families and executors to clear the contents of the home so they can move forward with their lives. Her 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.

Next in the line-up, is a presentation by one of our national "preferred partners", **Relocation Services Group**, scheduled tentatively (at press time) for **October 22nd, at 1 p.m.**

Relocation Services Group offers an exclusive cash back rebate on real estate transactions to Association members and their families.

Relocation Services is the leading provider of relocation services to associations in Canada.

RSG will assist Federal Retirees members and their families with real estate sales and/or purchases, plus moving services. All of these services are available at no cost to Association members and their families, which is unprecedented within the industry.

(Hmmm... 'downsizing' followed by 'relocation'... Where is this going?)

Again, to join us, send an email to Ian to at spence.ian@telus.net to request the link.

Email address confirmations

Some of you will have received email messages from me at the end of August, asking you to confirm your email address. A few of you worried that the message you received was "phishing" for personal information. No, it really was just me.

When we send out updates using the national mass email messaging system, we get a number of "bounce backs" for a variety of reasons. Repeated bounce backs suggest that the address is no longer valid and those addresses go on a "blocked email" list. After we sent out Update #6 (August), the number of addresses on the "blocked" list was *concerning*, so we invested some time in checking, first by sending an email to each address in question from my home computer (*I had a free evening...*) 'Thank you' to the 100+ members who replied. And then, if we didn't get a response right away, we followed up by letter. So far we have been able to remove three quarters of the addresses from the "blocked" list (i.e. 150 of 200). Who says we don't know how to have fun? We will be holding our breath to see how many blocked email addresses are generated after we send out Update #7.

If ever in the future you find yourself thinking, "*Haven't heard from Federal Retirees for a while...*" please check with Steve to make sure the information in your profile is current and/or that your email address hasn't been blocked by mistake (or the magic of technology).

Be calm. Be kind. Stay safe. Keep in touch!

Ian Spence

President, Fraser Valley West

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. For the upcoming Winter issue, submissions are required by October 13th.

In addition, If you would like to post a memory piece or photo on the [branch web-site](#), please contact us at info@nafrfraservalleywest.ca



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. Check out all the great prizes available courtesy of our preferred partners, at federalretirees.ca/mrd Refer a friend and do both of you a favour!

Your Branch board

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