



BC 04
Branch Update (#8)
October 2020

Hello, fellow BC04 Branch Members;

BC Election Frenzy

The silver lining to recent Public Health advice / directives to limit the number of people at Thanksgiving dinner is, of course, that there will have been fewer of those ugly family estrangements that arise from discussing politics at the holiday table. (*See? You can find a silver lining if you look long enough.*)

A snap election challenges an advocacy organization to snap into action, and Federal Retirees is doing pretty well. The Association's priorities—national standards for home care and long-term care, national pharmacare and a comprehensive seniors' strategy—are articulated on the national web-site under the title "**British Columbia 2020 provincial election: Transforming care for seniors in BC**". Branch volunteers have been able to take time out from the hunt for that tiny turkey to send letters putting those priorities to candidates (NDP, Liberals, Greens) in the thirteen provincial ridings that fall within Fraser Valley West's boundaries. And some of us (okay, me) have tried out the Letter to the Editor "tool" that

you can find on the national web-site. It's fun. Just enter your name and your postal code, and the tool will send your letter to the local papers in your area. You can use the template letter or modify it—keeping it tasteful and non-partisan, please. Check out the "sample" next page.

On October 16th, at 1 p.m. there will be a province-wide Town Hall with representatives from the major parties. The Town Hall is a collaboration between the Council of Senior Citizen Organizations of BC (COSCO) and Federal Retirees. Kudos to Leslie Gaudette, Advocacy Program Officer, and the national office team for pulling this event together. If you don't receive an invitation by email, check the national web-site for directions on how to connect.

Eight days later, October 24th, you vote (*please, please, please and thank you.*).

All the best,

Ian Spence

President

Don't forget! Between Sept 1st and December 15th, any 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 you both a favour!



YOUR CHANCE TO
**WIN
BIG**



Letter to the Editor (Sample)

Dear Editor:

We need British Columbia's next provincial government to act on the concerns of our seniors!

The well-being of older adults in British Columbia will depend on the commitment of the provincial government to work with the federal government to implement a national seniors strategy. There is urgent need for improvements in the quality of care in long-term care facilities and improvements in access to home care. All levels of government should work together to define standards of care and to make funding contingent on meeting those standards.

The COVID-19 pandemic exacerbated long-standing issues with the level and quality of care in long-term care homes. While the BC government has taken some steps to reduce the impact of this pandemic, more needs to be done to improve not only the quality of life of the residents, but the quality of life of their support workers and their unpaid caregivers. Long-term care residents deserve to be treated with dignity and compassion.

There is need for a comprehensive strategy to address the broader range of issues facing seniors. Quality care for the frail elderly is one essential element, as is reliable access to safe and appropriate prescription drugs. Seniors should be involved in developing plans to strengthen communities to combat social isolation. Such basics as income security, adequate housing and reliable transportation are social determinants of health for seniors and all Canadians.

As we enter the next phase of the pandemic, we will need to address additional health-care concerns, including the backlogs for surgical and medical procedures, the impact on mental health, and the social effects of restrictive measures put in place to stop the spread of the virus.

As British Columbians cast their ballots, we urge them to reflect upon what the parties and the local candidates have said about their plans to collaborate with seniors and with other levels of government to develop a comprehensive seniors strategy.

Sincerely

A Federal Retiree

VIRTUAL CHATS - Join the conversation on Zoom!

Next up is ***Relocation Services Group***, with Carl Nabein, at 1 p.m. on October 22nd.

To get the link to this event, email Ian Spence at spence.ian@telus.net

If you are considering a move, for yourself or for a family member, it may be well worth your while to connect to this presentation. Carl has provided the following:

Company Overview and Objective: Proudly serving Federal Retirees since 2006, Relocation Services Group (RSG) is a full-service, international relocation company; meaning, it offers coordination of household moving and real estate transactions, on a no-fee basis to its members. With more than 50 years of insider-industry experience, RSG has truly built a reputation of delivering value added benefits, customer satisfaction and substantial savings for Federal Retirees. RSG's mission is to deliver exceptional, personalized service in a timely manner at a competitive price and value added savings.

3 major benefits and features of RSG's services:

- 1) 1 point of contact for all of your moving and real estate needs.
- 2) Moving Benefits: Coordination of moving estimates with national van line affiliated, accredited moving companies and top-rated drivers. Guaranteed pricing on most moves at competitive rates with superior service and monitoring throughout. Clients are not forced to pay on delivery to the moving company; RSG provides complimentary auditing of all rates, weights and charges after the move PRIOR to payment of moving bill to ensure no errors or overcharges.
- 3) Real Estate Benefits: Network of proven, top performing Realtors across the country from coast-to-coast. Federal Retirees, receive a portion of the real estate commissions as a rebate through coordination by RSG up to \$3.10/\$1,000 on the sale and/or purchase.

"Top Ten Tips on Downsizing" "A dozen members joined us on September 24th for a lively presentation by Niki Rapanos of NKR Downsizing Solutions. Niki offers a one-hour free consultation to help you make a plan and separate the stuff that is of value to you, from what can be donated and what can be sold, and when you are ready, she can help you market your stuff in on-line auctions and get it out the door.

Be Calm. Be Kind. Be Safe. Stay in touch with your Branch!

Email: info@nafrfraservalleywest.ca or web-site: www.federalretirees.ca/fraservalleywest or if you need to update your contact information, call Steve Sawchuk 604 574-2939 or s.sawchuk@shaw.ca