

# BRANCH REPORT

## AB16 | Calgary & District

### CONTACT US

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#### President:

Pat Henderson

#### Vice-President/Treasurer:

Guy Lallier

#### Membership:

Jennifer Johnson

#### Secretary:

Gabrielle Simpson

#### Volunteer Coordinator:

Sally Manchurek

#### Directors:

Heather Thompson  
Gerry Thompson  
Anne Prusakowski  
Ron Beimes  
Roloin Vetsch  
Maggie Smith

#### Health Benefits Officer:

Steve Harbicht

### President's message

Welcome to the spring edition of SAGE.

On behalf of the Calgary & District Branch Board of Directors, allow me to offer our sincere condolences and sympathy to the family and friends of members who passed away, or lost loved ones, from Covid-19 or any other illness recently. It has been an unusual period, and we can only hope the pandemic will be under control soon. I trust that all of you have had, or are scheduled to receive, your Covid vaccinations. If not, I encourage you to do so.

During the Covid lockdown restrictions and closure of the Kerby Centre your Board of Directors and Board sub-committees have continued to meet monthly. Meetings have all been conducted via Zoom, including our Annual General Meeting held April 16, 2021. Until further notice, in-person meetings still cannot be held, so we will continue to operate virtually.

Some of the activities, the Board have been involved with include:

1. Development of a **3 Year Operational Plan** to guide Board activities over the next 3 years. This "evergreen" document will be revised as required and includes activities related to Advocacy, Membership (including Recruitment & Retention), Veterans, Seniors and Outreach to member areas outside of the Calgary core (Okotoks, Cochrane, Airdrie, Drumheller, etc.).
2. We continue to collaborate with the **Quilts of Valour** organization to honour military personnel who have served our country. If you wish to nominate someone for a quilt, please send us an email and we will help you with the nomination process.

PARTNER BANNER



3. We continue to support local **Veterans'** food banks and encourage our members to do the same.
4. In support of the **Reach 338 program**, Branch Directors have met virtually with local Members of Parliament to raise awareness of NAFR and its priorities: Retirement Income Security, Veterans issues, a National Seniors Strategy and support for a National Pharmacare program for seniors. The Members of Parliament we met with are supportive of our organization and the issues we bring forward.
5. In collaboration with CARP, a letter was sent by the Branch to 32 Alberta Members of the Legislative Assembly advocating for the permanent appointment is an **Alberta Advocate for Seniors** to address issues such as health care, long term care, housing, transportation, and to act as an Ombudsperson for seniors needing assistance.
6. **Recruitment & Retention** efforts continue. We need a powerful voice to make change, so please encourage friends and colleagues to renew and/or join the Association.
7. The Calgary & District Branch membership has declined from 4,144 in 2020 to 3,901 as of March, 2021. Nationally the membership decreased by 1,739 members. Branch Volunteers continue to contact lapsed members to encourage them to renew, and to sign up for Dues Deducted at Source (DDS).
8. The Branch has a limited hardcopy supply of the **You & Your Survivor Booklet**, in both English & French. If you would like a paper copy, please email us and we will send you one via Canada Post. The booklet is also available online at:  
<https://www.federalretirees.ca/en/news-views/publications/you-and-your-survivors>

By the time you receive this issue of SAGE, there will be a newly elected Board of Directors for the Calgary & District Branch. The new Board of Directors, under the leadership of Guy Lallier, will continue to represent our interests. The Branch is in good shape financially and the Board has an optimistic Operational Plan underway to serve members' interests.

It has been my pleasure and privilege to service you as the Branch President these past two years and to work with such a terrific team of Directors and Volunteers. They are very diligent, hardworking and skilled – you are in good hands.

Take care, stay safe and I hope we will be able to meet in person in the near future.



Respectfully,

**Pat Henderson**  
*Branch President*

## The Public Service Health Care Plan (PSHCP) Reminder – Digital claims

Did you know that claims submitted online are processed immediately and, if approved, reimbursements will usually be deposited to your bank account within 24 to 48 hours?

You may enter up to 8 health-related expenses when you submit a claim for reimbursement. They do not have to be related to the same treatment. For example, you can submit a receipt for vision care and physiotherapy treatment on the same claim.

To allow Sun Life to process and reimburse your expenses simultaneously:

1. Log on to the **Plan Member Services website (www.sunlife.ca/pshcp)** or the my Sun Life Mobile app.
2. Select **Submit a claim**.
3. Select your claim category from the menu.
4. Enter the receipt information for the vision care.
5. Select **Next**.
6. From the Review screen, select **Add another expense**.
7. Enter the receipt information for the physiotherapy treatment.
8. Submit your claim.

PSHCP BULLETIN / NUMBER 41, MARCH 2021

**Finding Balance** is an education program and public awareness campaign designed to educate and empower older Albertans to stay independent and prevent falls. Seniors can prevent falls by keeping active to improve their strength and balance, reviewing their medications yearly, and by visiting their eye doctor for a yearly eye exam.

Check out the Finding Balance website - <https://findingbalancealberta.ca/>

### How can I prevent a fall?

#### Challenge Your Balance

Balance is controlling your movements. Practice movements like reaching while standing, toe and heel raises, stepping in different directions, step-ups or half-squats. Try tai chi, yoga or sports that challenge your balance.

#### Build Strength

Do exercises for your leg muscles. Use bands, weights or your own body weight. Try squats, hamstring curls, and side leg lifts.

#### Be Active

Do activities you enjoy! Try to do 30 minutes or more of moderate to vigorous activity or exercise at least 5 times per week. Walk, dance, garden, bicycle, or swim.



## Membership

The Calgary and District Branch has again begun to reach out, by phone, to our members whose memberships will soon be expiring to remind you to please consider rejoining. Our volunteers look forward to re-connecting with you and answering any questions you may have about why this is an important time to maintain your membership. We wish you a warm and healthy summer.

Feedback welcome.

## Your Contact Information – Is it up to date?

During this exceptional time in our lives, keeping informed on issues that affect us is extremely important. For instance:

- How is travel/medical coverage affected because of COVID?
- What will the impact be, if any, on pensions because of COVID?
- Where are we with a national senior's strategy and national Pharmacare?
- How is the National Association of Federal Retirees and its Branches advocating on your behalf?

Now, more than ever, it is important that we all keep informed on those issues that affect not only Federal Retirees, but seniors in Canada. By updating your information, your Branch and National Office can continue to connect with you through mail-outs, emails, websites, and Facebook.

If you have ***moved, or changed either your home address, telephone number or your e-mail address recently***, please let us know by contacting [service@federalretirees.ca](mailto:service@federalretirees.ca) or call the National Office membership team at 1-855-304-4700, ext. 300 to update your information.

### **NAFR Members Information**

**Please check out our National Association of Federal Retirees websites:**

National : <https://www.federalretirees.ca/>

Calgary & District Branch: <http://nafrcalg.ca/>

Facebook - [National Association of Federal Retirees - Calgary YYC.](#)

For questions or inquiries, please phone 403-265-0773 or email [nafrcalg@telus.net](mailto:nafrcalg@telus.net).

