

# CALGARY & DISTRICT BRANCH REPORT

**President:**  
Marlene LaMontagne

**Vice-President:**  
Rob Pollard

**Membership Co-Chairs:**  
Pat Henderson  
Rob Malcolm

**Treasurer:**  
Guy Lallier

**Secretary:**  
Gabrielle Simpson

**Volunteer Coordinator:**  
Sally Manchurek

**Past President:**  
Gerry Thompson

**Directors:**  
Lois Fisch  
Willma Haney  
Heather Thompson  
Anne Prusakowski

**Health Benefits Officer:**  
Steve Harbicht

**Auditor:**  
Pat Grant

## Presidents Report - Summer 2017

As we leave behind the last deep freezes of Winter, we can look forward to Spring breezes and May flowers. It is a time of renewed life as we visualize new and exciting ways for our Branch to continue to serve our members in an effective manner. April 7<sup>th</sup> is the date set for our AGM to take place at Fort Calgary when we will welcome electing a new Branch President. Our current Vice-President, Rob Pollard, has indicated to the Board that he will let his name stand for election to the President position.

Rob has served our Branch as Auditor and then Treasurer before, most recently, taking on the job of First Vice-President. He has diligently attended our Regional and National Meetings as a Voting Delegate while providing back-up assistance to me during my term as Calgary Branch President throughout the past three years.

In regards to my three year term serving as Branch President – it has been an honor and a privilege filled with memories of friendships made with other Branches and with appreciation for the team of Board Members with whom I have enjoyed working during those three years—a time when our Board was Awarded two National Trophies: Best Member Support in 2015 and Best Volunteer Support and Delivery in 2016.

I am grateful, too, that many of our current Board Members, those who are responsible for the Awards given to our Branch, have agreed to remain and continue to help serve our members under the leadership of our incoming President. Thank you from the bottom of my heart to all of you.

Marlene LaMontagne, President, Calgary AB16

### **Sun Life claims department: Change of address**

In 2010, Sun Life's health claims processing departments were consolidated to their Montreal office. To provide faster and more efficient service, Sun Life's Ottawa PO Box will be **closed as of March 31, 2017**. Effective immediately, please mail your completed forms to the address below:

**Sun Life Assurance Company of Canada  
PO Box 6192 Stn CV  
Montreal QC H3C 4R2**

The address can also be found on printable claim forms by visiting [www.sunlife.ca/pshcp](http://www.sunlife.ca/pshcp).

**After March 31, 2017, any claims sent to addresses other than the one listed above will be returned to you.**

### **GENERAL MEETING and LUNCHEON - Friday September 22, 2017**

**As part of our Canada 150 Project the meal will only cost \$15 in 2017 (the remaining cost will be subsidized by the Calgary & District Branch).**

**Location:** Fort Calgary, 750 - 9 Avenue SE, Calgary, Alberta, T2P 2M5

**Please arrive at 10:00 am to be seated.**

Short business meeting followed by a guest speaker - a representative from MEDOC (our emergency medical travel insurance) who will review the coverage offered by the plan and address any questions or concerns raised by the members.

#### **Meal:**

- Buttermilk scones with butter
- Wedge salad
- Pasta with warm garlic bread
- Plate of homemade dessert tarts and squares
- Freshly brewed coffee and tea

**Remember to reserve a seat by calling the office at 403-265-0773 two to three weeks before the function. We have to pay for the number of meals ordered once we have committed to that number, therefore, if you cannot attend the luncheon, it is very important to please phone the office and cancel five days before the luncheon.**

**\*\*Please remember our Veterans; food donations will be very much appreciated.**

### **Okotoks/Foothills Coffee Sessions:**

**Thursday September 21, 2017.** Coffee Session at the Foothills Centennial Centre, Okotoks. A representative with Johnson Insurance will make a presentation on **MEDOC**, the comprehensive travel insurance plan, available to NAFR members. Details will be in the email invitation coming in early September. For more information call Michelle Luchia at (403)938-7397 or Doug Raynor at (403)995-1786.

### **Camrose Coffee Sessions:**

Please contact Jette Finsborg at 403-609-0598, email [jfinsborg@gmail.com](mailto:jfinsborg@gmail.com) for information.

### **Contribution rates for retired members effective April 1, 2017**

The contribution rates for retired members of the PSHCP with Supplementary coverage will be adjusted on April 1, 2017, to meet this year's 43.75% : 56.25% (retired member : employer) cost-sharing ratio.

The new rates will be reflected on retired members' March 2017 pension cheques for April coverage (contributions are owed one month in advance).

The following tables break down the contribution rates by the Extended Health Provision (EHP) and the Hospital Provision (HP) with a total amount paid by the pensioner each month.

#### **Pensioner Monthly Contribution Rates: Supplementary Coverage**

TYPE OF COVERAGE	SINGLE RATE		
	EHP	HP	Total
Hospital Level I	\$50.44	\$0.00	\$50.44
Hospital Level II	\$50.44	\$16.56	\$67.00
Hospital Level III	\$50.44	\$45.41	\$95.85

  

TYPE OF COVERAGE	FAMILY RATE		
	EHP	HP	Total
Hospital Level I	\$97.24	\$0.00	\$97.24
Hospital Level II	\$97.24	\$16.56	\$113.80
Hospital Level III	\$97.24	\$45.41	\$142.65

#### **Relief Provision**

The information on rates can be found in the most recent version of the Public Service Health Care Plan (PSHCP) Bulletin on the Sun Life website. To view the PSHCP Bulletin go to [www.sunlife.ca/PSHCP](http://www.sunlife.ca/PSHCP) and Click on "PSHCP Bulletin" under "my plan".



## **KEEPING YOU ON THE ROAD**

Mature and senior drivers can enjoy their independence while keeping themselves and everyone else on the road safe. AMA offers courses to help you keep your driving skills sharp.

### **MATURE DRIVER COURSE**

Our senior driver refresher course encourages discussion about the changes in rules and regulations, new technologies in driving to help experienced drivers stay on the road for as long as safely possible.

### **SENIOR DRIVER IN-VEHICLE EVALUATION**

Maintaining one's driving is important for independence and mobility. Our confidential evaluation will provide you with feedback and recommendations on areas that require improvement.

### **BRUSH-UP LESSONS**

No matter what driving skill you want to improve – winter driving or learning to drive a manual transmission vehicle – our brush-up lessons can be customized to suit your needs.

### **REDUCE DEMERITS**

Oops...mistakes can happen but those demerits can cause you trouble down the road. Take three demerits off your licence while improving your driving with our defensive driving course.

All course descriptions and registration are available at the CAA Calgary website <https://ama.ab.ca/auto-and-driving/ama-driver-education/senior-drivers/> or by calling **1-800-642-3810**.

Caroline Gee, Manager, Seniors Mobility & Aging Drivers Driver Education, Alberta and Wayne McLachlan, Chief Instructor, AMA Driver Education Calgary delivered an excellent presentation to our members at the February 17<sup>th</sup> Quarterly Meeting and Luncheon. They reassured listeners that the goals of their programs were to keep Senior Drivers safely on the road and to provide assessment information to the driver in **complete confidence**. We were also reminded that AMA only provides driver education; they do not have any role in removing licenses from Drivers.

Once a driver turns 75 years of age they must have an assessment completed by their doctor prior to renewing their licenses. This is repeated at age 80 and again every 2 years thereafter. Doctors can use a cognitive assessment test from an assortment of approved testing tools. Details on this assessment process and other issues related to Aging Drivers in Alberta are fully addressed in a 5 page Q&A document from the Government of Alberta website:

<http://www.transportation.alberta.ca/content/docType45/Production/AgingdriversQandA.pdf>

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

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

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