



National Association of Federal Retirees / Association nationale des retraités fédéraux

FRASER VALLEY WEST

**BC 04
Branch Update (#4)
April 2026**

Notes from the Branch Annual Meeting

Sixty members and guests turned out for the BAM, held this year on Wednesday, March 11th, at the Langley Senior Resources Centre.

- The Financial Statements for 2025 were received; Total Revenue exceeded Total Expenses by \$1870.46.
- The budget and outlook for 2026 were presented
- Elections were held, all 12 positions on the board were filled.
- The keynote speaker, Jeff Moss, Executive Director of the Jewish Seniors Alliance of BC, did a great job of making the case that investing in home care will help head off demand on already overwhelmed long-term care facilities.
- And... Lunch was great!



Branch board 2026: L-R Eric Ross, Sharon Riches, Rishi Kumar, Kamlesh Kumar, Rob Terris, Verda Tondevoid, Ilene Fika, Pat Yendrys, Leslie Gaudette, Arelene Johnston, Ian Spence (MIA Judy McLellan)

Many thanks to LRSC volunteers and staff for making us feel welcome and well-cared for! And thanks to our members for their support and to Branch volunteers (Secretary: Ilene; Treasurer: Kamlesh; VP and Elections guy: Eric; Registration: Penny K., Arlene, Kamlesh; Catering planning and coordination: Arlene, Verda, Ilene; Parking wardens, Rob, Eric; Photography Rod) for bringing it all together!

Making the Case for Universal Free Home Support

Reductions in emergency room visits.	Reduce use of costly Alternative Level of Care (ALC) beds in hospitals.	Reductions in unnecessary early admissions to long-term care.	BC has highest costs in Canada for home support services not covered by province.
Low-middle income seniors are disproportionately impacted by home support costs.	Ontario, Alberta, and others are providing Universal Free Home Support for all seniors.	Costly to build LTC beds at over \$1,000,000 per bed. Too far behind to EVER catch up to needs.	Seniors are the largest voting block in the province, with the highest voting turnout. Older Adults will be 1/4 of the BC population by 2035.



Jeff Moss, Executive Director, Jewish Seniors Alliance of BC



**Making connections
at the Branch Annual Meeting...**

The guest list for the Branch Annual Meeting brought together representatives of several organizations that serve seniors in BC, giving them a chance to learn a little bit more about each other, compare concerns and scope out opportunities for collaboration.

L-R: **Kate Ludlum**, Executive Director of the Langley Senior Resources Centre, **Loretta Solomon**, President LSR Society, **Leslie Gaudette** (BC04 director and COSCOBC president, **George Scott**, Federal Retirees National Director BC/Yukon, **Jeff Moss**, JSABC, **Rob MacDonald** (BC04 member and National VP, Retired Members Group, PIPSCA, and Ian.



MP Marc Dalton, Judy Krar, Arlene Johnston, Ian Spence

Advocates at work...

Branch volunteers, Arlene Johnston and Ian Spence, and Branch member (and constituent) Judy Krar, met with Marc Dalton, MP for Pitt Meadows-Maple Ridge, on March 5th to discuss Federal Retirees' advocacy priorities. Topics included

- the importance of defined benefit pensions (as documented in 'The Power of Pensions' study undertaken by the Canadian Centre for Policy Alternatives)
- the need to enact and implement the Safe Long-Term Care Act and enforceable national standards for long-term care;
- the need for all levels of government to address the growing shortfall in the number of long-term care beds, to look beyond the institutional care model and increase investment in home support and community care services;
- the need to update the Pensioners Dental Services Plan for federal retirees.

MP Dalton was receptive and very generous with his time. We appreciated the opportunity for 'face time' with another member of His Majesty's Official Opposition.

Mark your calendar!!!

Java with Judy and Sharon
Special presentation:

Connect with Belair Direct
(Belair Insurance Company Inc.)
A Federal Retirees Preferred Partner
with Travis Melnychuk,
Account Manager,
Business Development



When? Wednesday, May 13th, 1-3 p.m.

Where? CENTRE FOR ACTIVE LIVING
1475 Anderson Street, White Rock
(Next to the Centennial Arena)
Note: All day parking is \$2.50.

Limited space. RSVP required by May 10th (please)

Email Judy at judy@crescendooperatic.org
Or call Ian at (604) 753-7845

Sleep Wellness Seminar

55+

1:30-3 pm
[Doors open at 1]

FREE!

Almost 1 in 3 Canadian adults has trouble sleeping. There's good news. In this workshop, you'll learn practical, evidence-based strategies to calm your mind and improve your sleep naturally.

Wednesday April 15th
Grace Point Church
3487 King George Blvd. Surrey

Limited Space! Registration required:
Call Jenn at 604-531-9400 Ext. 216 email jennifer.deschenes@brellasociety.ca

A timely reminder for friends still in service....

Virtual pre-retirement course



Get retirement-ready with an engaging and informative two-day course from the National Association of Federal Retirees.

Demystify retirement with a two-day virtual pre-retirement course from the National Association of Federal Retirees in collaboration with certified pension presenter Melody Walz, Tradex and GERAS Centre for Aging Research.

[Register for an upcoming course.](#)

This two-day course is designed to prepare federal employees to transition from work to retirement. Some of the topics covered include your public service pension plan, financial planning, estate planning and living your best life in retirement.

The special introductory \$120 attendance fee includes course materials and a financial assessment with Tradex.

Don't forget to share this invitation with any current federal employees or recent retirees you know because the cost of a one-year membership with the Association is included for all course participants who are not yet members! Each membership supports our work to protect pensions and benefits for federal employees and retirees and gives you access to useful information and great savings too.

Our collaborators

Tradex is an "at cost" financial services company established in 1960 and one of the Association's preferred partners. Tradex aims to provide current and former public servants, Canadian Forces, RCMP members and their families, trustworthy, professional financial advice and high-quality mutual funds and other investments at lower cost.

The **GERAS Centre for Aging Research** is part of Hamilton Health sciences and affiliated with McMaster University. Its mission is to make life better for older adults by bringing the best research to the frontlines of care as quickly as possible. The GERAS team are leaders in geriatric research, innovation and learning for the benefit of our community and the world.

Melody Walz has more than 25 years of experience in federal pay, pension and insurance benefits. She began providing pension seminars in 1989 and has delivered more than 140 sessions to date. Walz is a certified presenter with the Pension Centre, which has been a mandatory requirement by Public Services Procurement Canada since 2006.

Keep on learning...!

COSCO's Seniors Health and Wellness Institute offers a wide range of workshops (in-person and on-line) on topics of interest to persons of a certain age. See the menu below. Let us know if one or more of the titles 'grab' you, and we will see about organizing a workshop for our Branch.

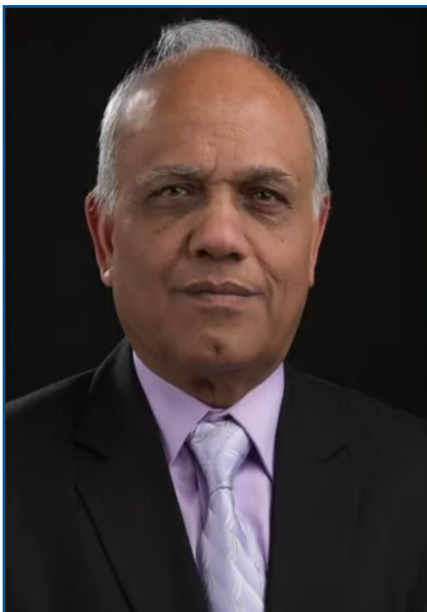


Seniors' Health and Wellness Institute
COSCO

WORKSHOPS

Workshop Descriptions

Advance Care Planning.....	2	Osteoporosis.....	5
Advance Directive.....	2	Palliative Care.....	6
Advocacy for Caregivers.....	2	Parkinson's Disease.....	6
Age-Friendly Communities.....	2	Pedestrian Safety.....	6
Age Well, Live Well with Safe		Pension and Tax Options.....	6
Medication Use.....	2	Personal Planning Overview.....	6
Aging in Place.....	2	Powers of Attorney.....	6
Care for the Caregiver.....	2	Representation Agreements.....	6
Chronic Diseases.....	3	Safety in the Home.....	7
COPD.....	3	Skin Conditions.....	7
Dealing with Conflict.....	3	Sleep.....	7
Dealing with Stress.....	3	Social Connectedness.....	7
Diabetes.....	3	Stroke and TIA.....	7
Emergency Preparedness.....	3	Technology and Aging.....	7
Falls Prevention.....	3	Vision Health.....	7
Frauds and Scams.....	3	Wills.....	7
Healthy Eating for Seniors.....	4		
Hearing Health.....	4	Theme-Based Series	
Heart Operations.....	4	Advocacy and Caring.....	8
Housing and the Care Continuum.....	4	Diseases that Target Seniors.....	8
Hypertension.....	4	Health and Wellness.....	8
Identifying Addiction.....	4	Personal Planning.....	8
Keeping Seniors Safe.....	4	Safety.....	9
Knowing your Bladder.....	4	Silent Threats.....	9
Life without Driving.....	5	Workshops in Cantonese.....	9
Medication Awareness.....	5	You are What you Eat.....	9
Memory and Aging.....	5		
Mental Health.....	5	Workshop Disclaimer	
Money Smarts for Seniors.....	5	Book a Free Workshop for Your	
Navigating the Emergency Department.....	5	Seniors' Group	
Navigating the Health Care System.....	5		
Osteoarthritis.....	5		



— 2018 —
ORDER OF HONOUR



OFFICER
RISHI KUMAR

P.Eng., PMP, CMC, GSC, FEC

Welcome, Rishi!

We were pleased to welcome Rishi Kumar to the Branch board of directors at the Annual Meeting. Rishi comes to us with an extensive background in engineering (P. Eng., Ontario) and project management. He is an approved education provider with the Engineering Institute of Canada. He holds numerous professional certifications in project management and has served on the board and on committees for the Project Management Institute Global and Professional Engineers Ontario (PEO).

A prime example of ‘*You don’t have to be retired to be a member of Federal Retirees!*’, Rishi is currently President and CEO of Global Education and Consulting

Services and is actively involved in providing coaching and mentoring services (on-line and in-person) to a number of organizations, including, locally, the Rotary Club of Surrey. He brings to the branch board a wealth of volunteer experience. In 2018, he was awarded a ‘Sovereign’s Medal for Volunteers’ by the Governor General, with the citation:

Since 2004, Rishi Kumar has been a dedicated member of multiple committees of Professional Engineers Ontario and its Mississauga Chapter. He has helped interns by connecting them with mentors and by developing his chapter’s scholarship program. He also volunteers with the Canadian Executive Service Organization, where he promotes sustainable and inclusive development in Bolivia and Tanzania.

Also in 2018, he was named an Officer of PEO’s Order of Honour. (Check out the YouTube video at www.youtube.com/watch?v=LZzRRdph5mo)

Rishi and Kamlesh live in South Surrey and somehow find time to enjoy life with family and grandchildren.

Upcoming events

June 1st Langley Seniors in Action ‘Seniors Fair’

Monday June 1st, 2026 10 a.m. to 2 p.m.
Royal Canadian Legion, 26607 Fraser Highway, Aldergrove
“...bringing together seniors-led and senior-serving organizations in one accessible location, offering a shared space to showcase programs, events and opportunities for older adults.”

Visit our **Federal Retirees’ information table** and say ‘hello’ to our volunteers.

July 8th Summer Barbecue and Branch General Meeting

Wednesday, July 8th, 11:30 a.m.
Peace Arch Park
Hwy 99 & Beach Avenue
Surrey, BC

Watch for registration details in upcoming ‘Updates’ or on the branch web-site at

[www.federalretirees.ca /fraservalleywest](http://www.federalretirees.ca/fraservalleywest)



**Presenting...for 2026
Fraser Valley West Branch board**

- | | |
|----------------|-------------------------------|
| President | Ian Spence (604) 753-7845 |
| Vice President | Eric Ross |
| Secretary | Ilene Fika |
| Treasurer | Kamlesh Kumar |
| Directors | Leslie Gaudette |
| | Arlene Johnston |
| | Judy McLellan |
| | Sharon Riches |
| | Rishi Kumar |
| | Rob Terris |
| | Verda Tondevold |
| | Pat Yendrys (Health/Benefits) |

Need help connecting with Canada Life or your pension office?

email: nafrbc04@gmail.com
Or call (604) 753-7845