

BRANCH REPORT

ON33 | Algonquin Valley Branch

President's message

For those of you who don't know me, my name is Vickie Hulley and I was elected to the position of President at our April 11th Branch Annual Meeting. I've been a member of the Association for a number of years now (long before I retired), but this is only my second year on the local Executive Board. I was an employee of AECL/CNL for 36½ years before my retirement in August 2018.

I mentioned our BAM above. Attendance was lower than hoped, in part due to Covid, but also due to the fact that our membership is declining slowly. If you know of Public Service employees (who will become Federal Retirees in the future), I'd ask that you speak to them about the advantages of joining the Association. For a relatively small membership fee, they'd have access to our Preferred Partners, our local Lunch and Learn sessions, etc. They'll also be kept informed about the Association's advocacy efforts concerning health care benefits, seniors' rights, etc.

I am extremely grateful for what the Association has done over the years to ensure that federal retirees (like me) have the pension and benefits we worked so hard for.

Now that Covid restrictions have lifted, we're all starting to get back to some semblance of "normal": attending in-person events, traveling to visit friends and family, or just exploring new places, etc. Our local Branch is looking forward to seeing you at some in-person events in the (hopefully) near future. A few are mentioned in this insert, but there will be more, so please stay tuned.

Vickie Hulley

Branch Executive: 2021-2022 - The current AVB Executive as of 2022 January:

President:	Vickie Hulley	Past-President:	Ken McDonald
Vice-President:	vacant		
Treasurer:	Julie Mallory	Directors:	Nancy Gleason
Secretary:	vacant		Debbie MacDonald
Membership Secretary:	Mary ter Huurne		Bill Turner



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for a chance to win terrific prizes.

Fill out a ballot at federalretirees.ca/mrd
for a chance to win.



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instituting these social gatherings. The questions the Branch Executive would like to have answers to include:

1. What time of the day is best, morning, early afternoon, evening?
2. What topics are members interested in?
 - (1) My Health
 - (2) My Home
 - (3) My Transportation
 - (4) My Finances
 - (5) My Connections
 - (6) My Safety
 - (7) My Supports and Services
 - (8) My Community
 - (9) My Partner and I
3. Where should they be held -Deep River, Petawawa, Pembroke, Renfrew, or?

Please respond to the survey at www.fsnaalgonquinvalley.com/lunchandLearnSurvey

In the meantime, a tentative Lunch and Learn Session open to members and prospective members will take place on November 15 at 1130 in the Petawawa Legion on My Health. Pre-registration will be required.

Branch Membership Drive

Our Association is always looking for members. One way is for you to ask a friend or neighbour if they are a current member of the National Association of Federal Retirees. If they are not, you can explain to them that we carry on a tradition of strong, smart advocacy campaigns to protect our members' earned pensions and benefits, and to build a better retirement for all Canadians.

You can let your friends or neighbours know that they can begin enjoying the benefits of membership. They will become part of one of the 79 branches across the country that has become a team of passionate volunteers who are there for them – connecting with MPs, organizing events, answering questions and so much more. As well, there are savings and perks with the preferred partner program. The program offers terrific savings and exclusive discounts to Association members in the realms of health, technology, home and auto insurance, financial advice and travel.

Your friends and neighbours can even join if they are not retired! Membership is open to anyone paying into or receiving a pension from Canada's Public Service, the RCMP or the Canadian Armed Forces, federally appointed judges and to honourably discharged non-pensioned veterans. Anyone receiving a survivor benefit from the pensions mentioned above is also eligible.

Membership costs just \$51.36 per year for an individual and \$66.60 per year for a couple. That's like a couple of large takeout coffees each month! The fee amount helps support Federal Retirees' work for better pensions for all Canadians and provides full access to all benefits.

The double membership option for a couple doubles their impact and provides membership to a spouse or partner! Both become eligible for all member benefits, including the exceptional rates on MEDOC travel insurance, access to our knowledgeable research staff, four high-quality issues

Aging in place safely and independently

Many of us are currently living comfortably and safely in our own homes. We value our independence and freedom by choosing to stay if we can in our own homes. But how would you cope with chores such as housework and cooking with reduced physical abilities? As your needs change, your environment has to change as well.

Canadians are living longer than ever before. Now, over 18 per cent of the nation's population is age 65 and older — a proportion that is growing rapidly and expected to reach 20 per cent by 2025. The average lifespan is 89 years for women and 87 years for men, and the fastest-growing age group is centenarians (those over 100 years of age), whose growth rate has exceeded that of the overall population over the past 20 years. 81 per cent of seniors surveyed by March of Dimes want to age in place. But did you know that 50 per cent of falls take place in the home, leading to impaired health and likely becoming placed in a long-term care facility? The question then is: what can you do **now** to give you more control over future changes and help you avoid making hasty decisions, especially when faced with a crisis? Perhaps, you might plan today for the life you want to live tomorrow.

There are checklists to evaluate nine key areas of life that you can review to help you with the following:

To maintain health and independence: These checklists or toolkits have been designed to help you think about the various aspects of maintaining health and independence as you age, and what kind of considerations are involved in making a plan and decisions to support you to age in place.

To prepare for the future: The questions, checklists, and resources in the toolkit cover many different aspects of life and aging and will help you understand what you can do now, and in the future, to prepare for your older years and give you the best chance to have a more positive experience as you age.


To maintain control: Thinking about what you would like your life to be in 10, 15, or more years, and what you can do now, could give you more control over future changes and help you avoid making hasty decisions, especially when faced with a crisis.

You can find these extensive checklists online at: aginginplaceplan.ca and <https://bit.ly/3lkoK0U>

Large print, braille, MP3 (audio), e-text and DAISY formats are available on demand by calling **1-800-O-Canada** (1-800-622-6232). If you use a teletypewriter (TTY), call 1-800-926-9105.

Lunch and Learn Sessions

If you can cast back your memory to a time before the pandemic you will recall that the Algonquin Valley Branch ran a number of "Lunch and Learn" sessions that were a combination of social mixers, lunch and a talk on estate planning, wills, getting your finances in order and even investing. While the Branch attempted to continue the learning using an online format, it is just not the same! With the Coronavirus slowly retreating from our lives, the Branch is considering re-




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For a limited time only, we are offering a one-time 25 per cent discount on annual membership dues for every member who switches to the Dues Deduction at Source (DDS) payment option.

Complete a DDS registration form and return it to the Association's national office to make the switch today. Visit federalretirees.ca/DDS for more information.



National Association
of Federal Retirees
Association nationale
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of Sage magazine each year and informative reports and updates from the Association's advocacy team.

If your friends or neighbours are interested in joining, it's easy. They can call the National Office toll-free at 1-855-304-4700 or they can sign up online at www.federalretirees.ca/join. Either way they get instant access. Payment can be made by credit card, or the more popular way by monthly withdrawal from their pension.

Deep River Craft Fair: Our local AVB will have a table at the Deep River Craft Fair to be held at the Deep River Arena on December 03, 2022. Please stop by to say hi!

Do we have your email address and telephone number? – The Association and AVB Executive Committee do not have email addresses and/or telephone numbers for a substantial number of our members. AVB covers a vast area (essentially all of Renfrew County except Arnprior), and sending information to all members by post is expensive. If the Branch can send information to you by email or contact you by telephone from time to time, it makes it possible for us to give you much more timely details on upcoming events and to resolve any issues.

The National Office does circulate occasional news updates, useful information and requests for feedback on issues by email. If you haven't already provided your email address to the Association, please consider doing so – you can always opt out if it does not work out. It's best to email the Association's National Office at service@federalretirees.ca to update this info.

Are you moving, or changing your phone or email? -- Let us know so we can keep you informed: Are you moving to a retirement home or another location? If you don't let the Association know, you won't continue to receive SAGE and you risk losing your membership and its benefits. Your spouse's address will be included in the change unless you let us know otherwise. If you move out of the AVB area (i.e., Renfrew County except Arnprior) your membership will be transferred to another branch based on your postal code, unless you indicate that you want to remain in the Algonquin Valley Branch.