

# North Island Retired Teachers' Association Newsletter

## Spring 2017

It is amazing to me, as I am now retired, just how quickly the time seems to run. We are into a new year and, suddenly, it is spring time.

I wonder if my thought processes slow down, as I age, making the time go more quickly? Hmmmm.

Many thanks to Rosaline Glynn, from the Hardy Bay Seniors Center, who gave an excellent introduction to the Senior's center activities. She was well received by our members.

We are addressing a number of changes to the RTA organization this year. Green Shield will be our new medical/dental plan starting in March. One nice thing is that our deductible doesn't have to be repaid a second time.

Local chapters are still considering how to integrate the changes to our monetary system (no fundraising etc.) The main RTA body will be making some recommendations in the near future as they have clarified some of the main points of contention. Stay tuned.



## MOTIFAKE RETIREMENT COMMUNITY

Now accepting applications.

[motifake.com](http://motifake.com)

Retirement should be a time when you can sit back and just enjoy the “fruits of your labour”. As I rise each morning, however, and listen to the days news, I realize that seniors are a segment of the population who could easily be forgotten by the politicians if they were to quietly fade away.

Most of the monies being paid by the Federal government are going to students, family allowance payments, and the occasional stipend to Bombardier as an “investment”.

I have come to realize that I cannot just fade away but to do so, with dignity, takes an active voice to remind the politicians that we are an active part of the Canadian mosaic and need continuing support, as elders.

Seniors are not a draw on the medical system. The true numbers show that we don't start to cost additional monies until we are approximately 80 years old. At this point the numbers do start to skyrocket.

More money is spent on people going to the emergency room for cold symptoms and other ailments that could easily be addressed at the doctor's office. We know this when the flu season hits and the crowds make wait times horrendously long.

As a retired senior you need to feel the recognition for your work and the value of your existence now.

To keep this recognition we need to, occasionally, remind people of the facts.

You are valued as a retired teacher. You have value as a retired member of any profession.

Sometimes we have to remind ourselves of this. 😊

## **Green Shield coverage**

A letter was sent out to all Group Plan from the Teachers Pension Plan members discussing the coverage of the new plan. As far as I can see there is a reduction in the monthly premiums for basic medical and dental but the enhanced dental is more expensive. It is the same policy coverage, the provider (Green Shield) is new. By now you should have received your membership package from Green Shield. If not, you can call the GSC customer service No. at 1-888-711-1119 for assistance.

## **BCRTA Seniors' Issues for the Election**

I have received six copies of the BCRTA Booklet of Questions for the Provincial Election. The booklet contains questions that you can ask candidates to help formulate your electoral response. Sections include Health Care, MSP, Dementia, Homeowner Expense

Deferral Grant, Transportation, Education underfunding, National Pharmaceutical Strategy, Pension Reform and the National Canada Health Accord.

## Field Trips and Tours

For those of us who wish to go on field trips or tours, there are a number of organizations (Carp, some local RTA chapters, Cosco) who present members with barbecues, trips to local businesses, tours of facilities and a chance to socialize with other retired people, Sometimes just getting out of the house is a great idea and can recharge your sense of involvement. Langley is an especially active RTA chapter, and you can easily get their newsletters from the provincial RTA website.

## [Donttaxmyhealthbenefits.ca](http://Donttaxmyhealthbenefits.ca)

If you go to the website above, you will discover that the Federal government had made plans to tax your senior health benefits.

The Canadian Health Coalition had sent out messages to me about this and asked for letters, emails etc. telling the government not to do this.

Eighty thousand people responded. This was quite an overwhelming response.

On February 1<sup>st</sup>, Prime Minister Trudeau rose in the house and announced that they had changed their minds and no taxes for senior medical benefits would be introduced.

I include this item simply to reinforce the fact that, if we simply sit back and retire (a comforting idea) the government will chip away at our benefits. They are out of money, won't raise taxes so "user fees" are appearing in droves. Food for thought.

I would like to close this issue with a discussion between three retired gentlemen. 😊

## **Don't wake up until ten**

Three men were discussing aging on the steps of the nursing home. "Sixty is the worst age to be," announced the sixty year old. "You always feel like you have to pee. And most of the time, you stand at the toilet and nothing comes out!"

"Ah, that's nothing," said the seventy year old. "When you're seventy, you can't take a crap anymore. You take laxatives, eat bran - you sit on the toilet all day and nothing comes out!"

"Actually," said the eighty year old, "Eighty is the worst age of all."

"Do you have trouble peeing too?", asked the sixty year old.

"No ... not really. I pee every morning at 6AM. I piss like a race horse - no problem at all."

"Do you have trouble taking a crap?", asked the seventy year old.

"No, not really. I have a great bowel movement every morning at 6:30.

"With great exasperation, the sixty year old said, "Let me get this straight. You pee every morning at six o'clock and take a crap every morning at six thirty. What's so tough about being eighty? "

The eighty year old replied, "I don't wake up until ten."

Hope to see you at our meetings. 😊

## NIRTA Executive

President – Greg Murray (250) 949-7838

Vice President/Acting Secretary – Anne Lebeau (250) – 949-7165

Treasurers –Karen Zoffman/Susan Jacobi - Joint Treasurers