



Summer is Here!

Why We Shouldn't Retire From Our Mid-year Break

by Terry Green

Do you remember that feeling as the last week of the school year approached? You could almost smell and taste the offerings of a summer break!

Do you remember that feeling of exhaustion as the countdown took place to have exams finished and marked, reports cards written, and final year end activities concluded? That fatigue may have signified a good feeling, knowing that the effort and energy you expended had been rewarded by the progress of students moving on to another grade or a higher level of education. The fatigue may have been because even though you had worked so hard the support for your students was not there. You may have felt a sense of guilt that you should somehow have done more (but how?). You may have been angry that resources and time were in short supply.

But then came the final day of school. Chalk boards wiped clean, books put away, your desk and shelves tidied. You collected the classroom plants, stripped the walls of the past year decorations, and made your humble good-byes to the tired staff and administration. Rest, relaxation, sleep, family time, and chores of a more banal nature beckoned. What a sense of needed relief!

Now that we don't live our lives by the bell, we as retirees may forget that uplifting sense of relaxation, that important act of "letting go". The first day of summer break was a time of not having to dwell on the prospects of the future, or even the year ahead. It was time to step aside from the daily musings of what had worked well in the past and what needed to be rethought and improved. It was time to get away and find ourselves again.

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It is important for retired educators to remember the benefits of the cycle of teaching. Let's make sure that in July and August we take time to listen to the warm winds, to smell the flowers blooming in the gardens, to laugh and giggle with the children around us. It is the right time to slow down, breathe deeply, and let our minds wander into the daydreams of summer. It is time to soak up the sound of water lapping on the shore and gurgling down the creeks and streams. It is time to fall asleep on the hammock as we read a good book. When we worked we lived for the students that we taught but we also lived for the rejuvenation of summer;

for the green of the trees, the cheerful colour of the blossoms of high season, the warm hugs of the air, the grace of blue skies and wispy clouds.

As we come to the end of another school year, the Well-being Committee of the BCRTA wishes you an uplifting, enjoyable, and relaxing season. We hope you are able to enjoy free time and the freedom of mind to let go and truly sense the beauty and peace that come with the breezes of summer.

Terry Green is chair of the BCRTA Well-being Committee.

Comox Valley Branch Renewed



The Comox Valley RTA Executive: *(left to right) Treasurer Linda Wilkinson, Social Director Sylvia Dakin, President Devon Deputter, Secretary Judy Berry*
Absent: Members at large Barb Angell, Lynn Hodge and Joan Southern

Sterling Campbell, a director of the BCRTA, and zone representative for the North Central Island shares some exciting news from Comox: The Comox Valley Retired Teachers' Association has been renewed!

The BCRTA has a significant history in the Comox Valley but, as sometimes happens, the local branch had experienced a low season in recent years. Sterling reports:

“Four years ago the former executive recommended that the branch be dissolved. I felt as Zone Director that it was time this year to revisit the establishment

of the branch. I was fortunate to have the able assistance of fellow North Central Island zone director Stefan Cieslik. It is gratifying to be associated with such a dynamic executive who I'm sure will provide strong branch leadership.”

The Comox branch will provide a local hub for the several hundred BCRTA members who live in the Comox Valley.

Congratulations to the Comox branch and special thanks from the BCRTA to Sterling Campbell and Stefan Cieslik for their initiative and leadership on this project.



Finance Updates June 2018

Growing the membership base was the number one goal of the BCRTA this year. The Finance Committee has been monitoring the areas of our budget that are affected by membership growth. It is clear that through the one year free membership, the new website, the Johnsons’ Insurance plans and our retirement workshops, we are meeting our goal for increased members. Our progress in implementing these changes for growth included the hiring of Tim Anderson as our Executive Director beginning in June.

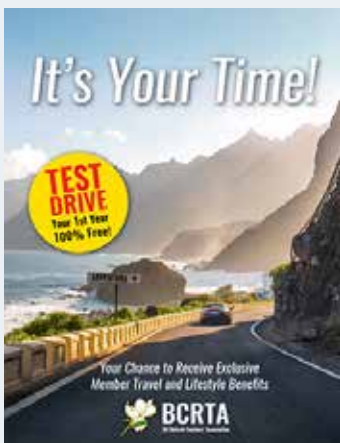
While the BCRTA does not have an abundance of funds in our contingency fund, last year the auditor that examined our books suggested that we run a deficit budget to keep these funds in use so that as a non-profit organization we would not be flagged by Revenue Canada. To that end, we designated usage for some of those contingency funds, tightened up the procedures for accessing those funds and proposed a deficit budget for last year. Despite budgeting for a deficit, we are happy to report due to

an increase in revenue beyond the budgeted amount we actually achieved a budget surplus this past year.

The auditor is coming! Each year we have the Associations’ finances professionally audited as part of our established reporting process. BCRTA Office Administrator Kristi Josephson has been preparing for this intense review. To support her in this task, all Branch treasurers must send their treasurer’s report, along with their June bank statements, to Kristi by July 31.

The board is recommending to the 2018 AGM that the fee for BCRTA membership be \$40.00 (as approved by members at last year’s AGM) and that KPMG continue as the auditor for the coming year. The proposed budget for 2018-2019 is a deficit budget but the deficit amount is considerably smaller than the deficit proposed for last year.

The finance sub-committee that was established by the board to examine investing outside of GICs has done its work, has been thanked for its report and the committee wrapped up.




Have a friend who is eligible to join the BCRTA?

- Retired Teachers
- Retired Support Staff
- Retired Post-Secondary Educators

Get all the benefits of membership and the first year is free!

[**bcrt.ca/join**](http://bcrt.ca/join)



MEDOC Plan Improved for 2018-19

Significant improvements coming to the MEDOC travel insurance plan offered by Johnson Insurance. These improvements are effective September 1, 2018.

TRIPS INSIDE BC NOW QUALIFY FOR TRIP CANCELLATION

Recognizing that booking a cottage and transport across the province can be as big an expenditure as traveling to another province, and MEDOC coverage now applies to in-province trips as well.

DOCUMENT REPLACEMENT COVERAGE

MEDOC Claims Assistance Centre will help you replace lost or stolen documents, with coverage increasing from \$200 to \$500 for 2018/2019. You are covered for the loss or theft of your passport, driver's license, birth certificate and/or travel visa.

NON-MEDICAL EMERGENCY EVACUATION

Emergency mountain, sea or other remote location evacuation of you to the nearest accessible point by professional services up to \$5,000.

NEW ACCIDENTAL DEATH COVERAGES

There is improved life coverage for air travelers and other hazards.

PREMIUM INCREASES HELD TO 1.9%

In an era where many insurance plans see vastly increased premiums, the MEDOC plan has limited this year's premium change to just 1.9%.

IMPORTANT DATES

To take advantage of these improvements, please make note of these dates:

July 20 - Completing the Health Option Questionnaire will save you money should you qualify for the Optimum or the Preferred Health Option.

August 5 - Your first premium deduction for the new 2018/2019 MEDOC Travel Insurance Policy from your bank account.

September 1 - Coverage under your new 2018/2019 Medoc Travel Insurance Policy begins on this date.

Remember to fill in all forms with the required health information to ensure complete coverage. If you are interested in coverage beyond travel, including Extended Health and Travel packages designed for BCRTA members, get [a free no-obligation evaluation](#) of your needs by Johnson through their Best Friend Advice service.

Have questions? Want to join? Contact the Johnson MEDOC Plan today.

travelinsurance@johnson.ca

Telephone 1-866-606-3362

FAX 1-855-454-1337 (toll free fax)

Volunteerism, en Français

Intéressé(e) à partager votre expérience avec une jeune personne enseignant en F.I. ou 'Core French'?

Vous êtes à la retraite? Francophone? Ou vous maîtrisez le français? Alors ce projet est pour vous,

JUMELAGE ET MENTORAT

INTERGÉNÉRATIONNEL ET INTERCULTUREL

Il s'agit d'abord d'avoir du plaisir à partager son expérience : Ce programme consiste à jumeler des bénévoles aîné(e)s francophones (ou maîtrisant le français) de 50 ans et plus avec des jeunes personnes enseignant en F.I. ou 'Core French' dont le français n'est pas leur langue première en les faisant participer à des activités culturelles et communautaires, sans les élèves et, à l'extérieur de la salle de classe.



Régions desservies à l'automne 2018

Vancouver – Okanagan Valley – Kootenays – Prince George – Campbell River – Courtenay – Nanaimo

Durée du projet?

Octobre 2018 à février 2019 : ± 5 sorties en ± 5 mois.

Coût?

Nous défrayons les coûts reliés aux ± 5 activités jusqu'à concurrence de 100\$ par personne.

Informations

sur le site de l'AFRACB: www.afracb.ca/projets/jmii

par courriel: projets@fracb.ca

par téléphone : 778.747.0138

INSCRIPTION : DÈS MAINTENANT

*Ce projet est financé en partie par le
Gouvernement du Canada*

***Any changes to your e-mail address or home address?
It is important to notify the BCRTA Office of any changes.***

Thank you for keeping in touch!

**Contact Laurie Boyd at the BCRTA Office
at laurie@bcrt.ca or 604-871-2260**

COSCO Update

Council of Senior Citizens Organizations of BC president Gudrun Langolf reported that COSCO representatives met with Adrian Dix at the Tech Acute Centre at the BC Children’s Hospital, and at the Vancouver General Hospital when he made health announcements about funding for more acute care centres throughout the province. We also spoke to MLA Anne Kang, the Minister for Seniors about initiatives for seniors health and housing concerns.

The Emergency Room and **Stay on the Road: A Practical Guide for Senior Drivers** workshops have been well-received. Sheila Pither and Annette O’Connor have made all the arrangements and have had COSCO presenters travel throughout the province including the Okanagan, Kootenay, and north.

The next workshops will be held in the fall:

- September 5 - Dawson Creek
- September 10 - Abbotsford
- September 11 - Burnaby
- October 2 - Revelstoke
- October 3 - Roberts Creek

COSCO is most grateful for the funds from BCRTA. For further information or registration for these free workshops, contact Annette O’Connor coscosecretary@gmail.com

COSCO is working on issues including Bill C-27 and universal Pharmacare. At their latest meeting Dr. Margaret McGregor from Coastal Health spoke about the issues of health care.

COSCO representatives spoke to the OAPO (Old Age Pensioners Organization) AGM in Nanaimo in June, and presented two workshops. Representatives will attend the Gathering of Elders of First Nations in Duncan in July.

At the June meeting COSCO members voted on many resolutions which will be sent to the National Pensioners Federation NPF convention in September.

Gudrun Langolf attended the South Granville event with MP Jody Wilson-Raybould when Eddie Elmer of the Vancouver Seniors Advisory committee spoke about his research for his doctorate on senior isolation issues.

Kathleen Jamieson is the Health chair of NPF and has submitted an analysis of the Bilateral Health Care Agreement on the federal funding for Homecare and Mental Health care. She wrote an article about residential care in the latest COSCO News.

Submitted by Barb Mikulec



Canadian Medical Association Seniors Survey

The national body of retired teachers ACER-CART is notifying retired teachers across Canada about an online survey regarding Seniors Health Care, created by the Canadian Medical Association.

This survey asks a series of simple questions in order to understand the different dynamics that represent people’s experience with seniors care. It gives you as a citizen a chance to express how you feel about the health care system’s ability to adequately meet the seniors care needs that you and your family will have. Results from the survey will assist in the CMA’s advocacy for quality public health care.

Participate in the survey by visiting <https://www.demandaplan.ca/surveys/new-federal-seniors-measures>

Stroke More Deadly for Women: HSF Report

The Heart and Stroke Foundation of Canada recently released a troubling report about women and stroke.



In its 2018 stroke report, it says:

- One-third more women die of stroke than men in Canada.
- Women are 60% less likely to regain their independence and tend to have a lower quality of life after a stroke.
- They're less likely to return home after a stroke and twice as many women as men go to long-term care following a stroke.

In 2014, Stacey Yepes of Thornhill, Ont., videotaped herself in the throes of a stroke. Since then, her stroke selfie has gone viral, and has been viewed more than a million times on YouTube.

Kas Roussy checked in on Yepes, now 53, to see how she's coping following the traumatic event. Here's a condensed version of that interview:

Q: Your video has been viewed more than a million times. How do you feel about that?

It's overwhelming. I get so many people that have sent messages. Who knew the significance it would play and the role in saving lives? I am just overwhelmed.

Q: How have you coped since the stroke?

After I had my stroke, I did about three months of rehabilitation at Sunnybrook Hospital, twice a week. I had no idea what rehab entailed. I had a real problem being able to unscrew a water bottle. They have a peg board that had all different sizes of nuts and bolts to get that capability back.

Q: How has your life changed since the stroke?

I'm thankful for every day, but I'm still living with the side effects. I'm at high risk of another stroke, so I have limitations at work, in a law firm. I still feel the numbness or tingling if I'm tired. I'm on blood thinners. That's a lifelong thing.

Q: Any advice for other women who've had a stroke?

Even if you've been treated, if you experience something different, or you're not certain, don't settle on "Everything is OK or just normal." Be diligent. Be your own advocate. Go see your doctor.

A version of this article was originally published by CBC.ca with material from the Heart and Stroke Foundation of Canada.



Roger Wong

PostScript Magazine is pleased to introduce Dr. Roger Wong as a contributor. Roger’s deep knowledge, teaching skills and engaging manner make him a wonderful partner in the advancement of well-being for our members and for seniors in general.

Dr. Wong is Executive Associate Dean (Education) in the Faculty of Medicine, University of British Columbia (UBC), a geriatrics specialist doctor, clinical professor of geriatric medicine, the 13th President of the Canadian Geriatrics Society, and a TEDx speaker. He is also the second Canadian – and the first UBC professor – to be selected by the British Geriatrics Society as a Trevor Howell Guest Lecturer, which recognizes eminent physicians or scientists with an international reputation. He tweets at @RogerWong10 and is recognized internationally as a thought leader in geriatrics, aging and medical education.

Be sure to view Roger’s recent TEDx talk, [“How to keep your elderly parents safe and in their home longer.”](#)

How to keep your elderly parents safe and in their home longer | Roger Wong | TEDxStanleyPark

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124 likes 4 dislikes SHARE

TEDx TEDx Talks © Published on Mar 29, 2018

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By the age of 85, there is a one in three chance that seniors will live in a care facility. What can we do to keep our elderly parents safe and in their home longer? To stay or not to stay at home, that is the question. This personal and emotional talk from TEDxStanleyPark will inspire you to take brave

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