



Season's Greetings

A Christmas Wish

I used to dread snow days when I was a school principal. Will staff get to school safely? Will the parking lot be cleared? Will the school be warm? Will somebody lose an eye from an errant snowball? So many real and imagined worries.

But not Christmas storms – I loved the snowfalls that came during the holidays. They were great excuses to keep the car in the garage, cuddle up with a coffee by the fire, read a book from under the Christmas tree and complete our annual family jigsaw puzzle.

Don't you feel the same way? Sometimes we need a big storm to slow our pace, and help us appreciate

the simple blessings that surround us. Wrapped up in a spirit of giving, surrounded by friends and family, safe and warm, Christmas is the most beautiful time of the year. Deep snow makes it even better.

My wish is that you experience one beautiful, awe-inspiring storm this winter... from inside the warmth and security of your kitchen window. But let's not be stupid, one storm is probably enough!

Merry Christmas and Happy New Year to all!

Gerry Tiede
President

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60 eh?

TEST THOSE EARS



On Dec. 3, 2019, the Well-Being Committee received an excellent presentation from Sally Thompson who is National Director of Affinity Development with Hearing Life, one the BCRTA's Advantage Program partners. Her presentation was not so much about purchasing hearing aids, expensive or not, but on the importance of hearing health being part of our overall health profile.

Starting at age 60 hearing acuity often declines. In fact, 47% of those who are of age 60 suffer some hearing loss. In addition to the inconvenience of not being able to follow a conversation or hear the TV, hearing loss also has an impact on both the functioning of the auditory processing of the brain and the overall health of the senior. The longer the hearing impairment is left untreated the greater the likelihood of significant long-term damage to the brain and serious health deficits for the individual.

**47% of people over 60
experience hearing loss**

Age, Illness, and Even Medications Can Affect Your Hearing

The use of some medications can impact the hearing nerves in the brain. For example, long term use of Aspirin or common antibiotics ending in “cin” can damage the auditory nerve. Your doctor should be able to advise you on appropriate use to minimize damaging effects of these medications.

That is why it is important for hearing testing to be a regular part of your health regimen at the age of 60. There are many causes of hearing loss, some of which can be treated without having to resort to hearing aids. Hearing testing is a cost-free service with Hearing Life.

You do not require a medical referral for a hearing test, you can simply call 1.855.749.7743. Mention you are a member of BCRTA and Hearing Life will schedule you into a clinic convenient to you.

What to Expect

The hearing test process, regardless of the provider, should emphasize diagnosis first and not the purchase of devices. Included should be a discussion of your medical history, the results of Otoscopy, Tympanometry, Air/Bone Conduction, and speech understanding assessment.

Ms. Thompson gave an explanation of some “advantages” her network offers to BCRTA members. The free hearing test determines the

continued...

Hearing continued...

nature of the hearing loss and what sort of remedies are available (not always a hearing aid). Free trials of various devices help patients find the right one.

The Cost of Hearing Aids

A common concern is the cost of hearing aids. Thompson pointed out that devices have different price points, but the primary concern should be selecting the device that best addresses your needs.

As I write this, Hearing Life is offering BCRTA members a 25% discount off the price of hearing aids, plus the special 10% discount that BCRTA members always receive. Hearing Life sometimes has a reputation of being expensive, but Thompson pointed out that they have a price-matching guarantee. Those who find the one-time cost of purchasing a device should consider that financing is available. Both Green Shield and Johnson EHC plans also have some coverage for hearing aids - check your plan. When you need a hearing aid, the final cost per day is small compared to the health benefits.

According to Thompson, in addition to requiring a professional certification, all Hearing Life centers abide by a code of conduct that emphasizes honest and accurate hearing assessment and appropriate treatment planning. You should never receive a “pitch” from any hearing provider to buy something you don’t need.

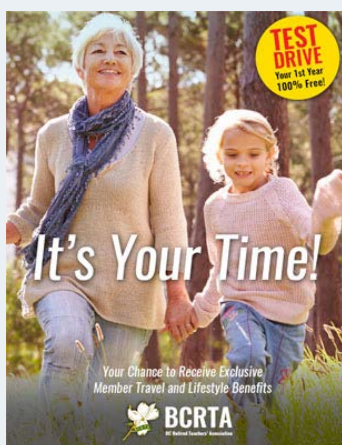
**Would we think it normal
to go without glasses
that help us see distances,
or to read?**

She concluded that hearing aids do not cure hearing loss but work to stabilize speech understanding capabilities in neuro-sensory cases. Successful treatment relies on a positive attitude, willingness to learn, practice, patience and commitment of the client to persevere in the acclimatization process of adapting to hearing aids.

Most importantly, addressing hearing loss concerns does contribute to a longer, sustainable, and healthy lifestyle for seniors.

After her presentation I felt very reassured that we as BCRTA members have an Advantage Partner that can offer retired teachers a valuable and cost-effective way of treating hearing loss.

Terry Green
Chair, Well-Being Committee



**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!**

bcрта.ca/join

News

FROM AROUND THE BCRTA



NEW PARLIAMENT TO HEAR FROM ACER-CART

At the suggestion of the BCRTA executive, the Western Region of the Canadian Association of Retired Teachers (ACER-CART) has recommended to the ACER-CART national executive that it prepare introductory material to be sent to all Members of Parliament, the newly appointed Federal Cabinet, and Canada's senators.

This material will outline who we are as provincial or territorial organizations under the ACER-CART banner, and specify what our goals and priorities are for federal legislation. ACER-CART vice-president (also BCRTA president) Gerry Tiede, along with Western Regional coordinator, Marilyn Bossert of Alberta have begun action on this initiative at the national level.

ACER-CART's Western regional representatives met in Edmonton in November and exchanged ideas on a variety of topics including governance models, insurance trends, national health trends, and ways to market our provincial organizations to retired teachers.

Steve Bailey sits on the board of ACER-CART as BCRTA's representative.



BCRTA 75TH ANNIVERSARY

With the 75th anniversary of the BCRTA coming up in 2020, an *ad hoc* committee is making recommendations to the Board of Directors concerning how we can best celebrate this milestone. Ideas are being developed for a logo, commemorative merchandise, historical commemorative material as well as PostScript and video presentations to mark the occasion. The Committee is particularly interested in having our BCRTA branches submit historical photographs and short articles to be used in developing our commemorative celebration.

Members are requested to dig into your branch archives and forward material to the 75th Anniversary Committee, Attn. Steve Bailey, at the BCRTA office. Any ideas you have for this celebration would be most welcome. The Heritage and Communications committees are excited about this initiative.

Committee members are Janice Androsoff, chair of the Heritage Committee, Arnie Lambert, chair of the Communications Committee, Carol Baird-Krull, member of the Heritage and Communications committees, and BCRTA directors Sterling Campbell, Floyd Smith, and Steve Bailey (Chair).



**ENDLESS
SAVINGS
& MORE**

BCRTA Advantage Partner Endless Savings & More has updated their smart phone app.

This major upgrade to the ESM App brings a new look, and ESM says it is easier to use and is much faster. The app uses location services of your smart phone to identify retailers in your area. To provide greater privacy and security, the “Closest” function has been replaced with a “Find Locations” button for in store offers.

The new app addresses problems with older Android devices but still offers the convenience of quickly locating the nearest location of a retailer or service provider.

The new app also has more power in identifying online offers from retailers.

Current users can update the app on their mobile device by using the iPhone App store or the Android app update method.

If you aren't using Endless Savings & More yet and want to check it out, just visit

<http://www.esmobileapp.com/files/WelcomeBCRTA.pdf>



BCRTA BRINGS YOU VANCOUVER CANUCKS TICKETS AT 30% OFF

BCRTA members are invited to book tickets for *Vancouver Canucks Educator Night*, March 18, 2020 at 7PM when the home town team hosts the Tampa Bay Lightning.

BCRTA members will also receive a coupon for a complimentary beer and hot dog!

Offer subject to seat availability, so best to order early.

To take advantage of this offer, visit

<https://fevo.me/canucks-educators-night>

***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**



Association Program for BC Retired Teachers Association



24/7 shuttle bus



Minutes to airport terminal

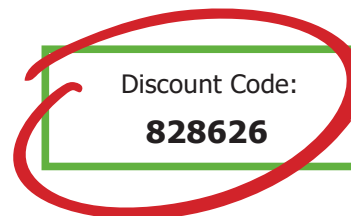


Well lit, secured lots

Now available to all BCRTA Members— take advantage of these great savings. Park'N Fly's "Best Value" in Airport Parking can be used for business or personal travel.

To access the discounted rates, you have two options:

- 1. Sign up to Park'N Fly Rewards** (click on the image). Upon completing the enrolment form, you'll receive a rewards card that you can use to access the automatic discounts plus earn FREE parking and Aeroplan Miles on every stay!
- 2. Use the Discount Code:** No reservation required! Simply use your discount code at time of check out (returning to pick up vehicle) and automatically receive the discount rates.



	DAILY		WEEKLY	
	Association Rate	Reg. Rate	Association Rate	Reg. Rate
Vancouver Valet	\$19.99	\$27.95	\$82.99	\$119.95



Just pull up, check in and go.
We park, you fly. It's that easy!



Select an optional oil change or detailing service while you're away. Valet only.

www.parknfly.ca

(604) 270-9476

SPECIAL BCRTA OFFER!

OCTOBER 2020 GROUP DEPARTURE

TREASURES OF VIETNAM

A TOUR AND CRUISE EXPERIENCE

OCTOBER 25 - NOVEMBER 7, 2020

Join Grace Wilson, First Vice-President of BCRTA on this Exclusive BCRTA Group Departure to Vietnam!

ACT QUICKLY: This tour is limited to 32 passengers



- 12 Nights
- \$2,399 per person*
- *Prices are CAD per person, based on 2 people sharing (Single Pricing is available upon request).
- Optional 3 Night Extension to Cambodia: \$999 CAD pp based on 2 people sharing (includes internal flight from Ho Chi Minh City to Siem Reap)
- All sightseeing and 21 meals as per itinerary
- Two domestic flights within Vietnam (Hanoi to Hue and Danang to Ho Chi Minh City)
- Hanoi Street Food Tour
- Walking Tour of Ancient Hoi An
- Sunrise Tai Chi
- Travel visas and airport transfers
- And much more...

INCLUDES Overnight Cruise of Halong Bay AND Boat Cruise of the Perfume River in Hue

This guided land tour and cruise package is available to all BCRTA Members. Use code BCRTATM18.

**To learn more, visit <https://bcрта.ca/vietnam>
Email info@tripmerchant.com or Call 1-800-481-9739**



* Airfare from Vancouver to Vietnam is extra, approx \$1000 including taxes, available through Trip Merchant.