



# Spring into Motion!

BCRTA ONLINE BROADCAST THURSDAY 10 AM

## Thursday April 22 10AM - Event Prize Giveaway, Insurance and Health News

The BC Retired Teachers' Association invites all our members to join us online for a free one hour event marking brighter days and bigger horizons to come, as we **Spring into Motion**.

What's available when we are able to travel again? Get the inside scoop from BCRTA partner Trip Merchant.

UBC Pharmacists Clinic gives you a free review of your medicine regimen for maximum benefit. BCRTA Director Terry Green interviews Timothy Lim of the clinic for insights into the service, why

it is important and how it can help you and your doctor.

Insurance plans. We depend on them, but are you set up right? Get the latest info as BCRTA's Gerry Tiede talks with Lisa Hansen.

We will announce the winners of our Spa Retreat Package Contest!

Please join us! It's as easy as going to:

[bcрта.ca/spring-2021](http://bcрта.ca/spring-2021)

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# SPRING GIVEAWAY!

## WIN A SPA RETREAT PACKAGE FOR YOU AND A FRIEND!



Here's a chance to win a package of getaway experience items delivered to each of you.

You may enter the contest up to FIVE times – name a friend on each entry. Winners will be announced at our **Spring into Motion** online event.

Contest closes April 22, 2021.

Entry open to all BCRTA Members.

<https://bcrta.ca/spa>

## *Have a friend who hasn't joined yet?*

- Teachers
- School Support Staff
- Post-Secondary Educators

### **BCRTA Membership - First Year Free** *Joining Means a Better Retirement*

- More Choices with Prestige EHC & Travel
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- Pension News and Advocacy
- Learning and Social Opportunities
- Supporting the Cause of Public Education
- PostScript Magazine

**TEST  
DRIVE**  
Your 1st Year  
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**Share the Link: [bcrta.ca/join](https://bcrta.ca/join)**



FROM THE DESK OF  
**PRESIDENT GRACE WILSON**



**KEEPING PERSPECTIVE**

As we move into spring it is clear that we are going to continue to operate under government restrictions for some time yet. Hopes of celebrating with my grandson on his sixth birthday faded as the day passed.

While restrictions have tightened again, there are still many things for which to be thankful. We miss the hugs and getting together but technology

has provided means for us to stay connected. And the much awaited vaccine has now arrived.

It's true that the rollout has been and continues to be a bit bumpy but most seniors have a date for or have had their first shot. That gives a sense of protection but I urge you to remain cautious and continue to follow all the safety protocols.

Let's stay calm and stay safe. This will end.

**RETIREE HEALTH EVENT**



**A National Seniors' Strategy Could Mean Healthy Aging in Your Own Home**

**Dr. Samir Sinha**  
*Director of Geriatrics at Sinai Health System and the University Health Network in Toronto*

With 40,000 Canadians on waiting lists for Long Term Care, Dr. Sinha will explain how clear policy options exist that would enable ageing in place and the overall sustainability of our health care system. But will those policies be enacted?



**A Powerful Case for Pharmacare**

**Dr. Steve Morgan**  
*University of BC's School of Population and Public Health*

A compelling case for why Canada needs a national Pharmacare program, how it would improve our health and save money that could be directed to provide other health needs.

*You are invited to a Canada-wide*

**FREE WEBINAR**

**Thursday, June 3**

**10:00 PDT, 11:00 MDT, 12:00 CDT, 1:00 EDT, 2:00 ADT, and 2:30 NDT**

**REGISTER**

**[www.acer-cart.org/june3event](http://www.acer-cart.org/june3event)**

*Presented by*



[www.acer-cart.org](http://www.acer-cart.org)

**Any changes to your e-mail address or home address?  
Contact Laurie Boyd at the BCRTA Office  
at [laurie@bcrt.ca](mailto:laurie@bcrt.ca) or 604-871-2260**



# DISCOVER THE VALUE OF BCRTA'S MEMBERS' ADVANTAGE PROGRAM

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