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Advocate

Official news magazine of the B.C. Federation of Retired Union Members (BC FORUM)



Vol. 21 No. 2 Summer 2018

A premier event



BC FORUM welcomes Premier John Horgan to annual general meeting

IAM really excited today," said Diane Wood, President of the BC Federation of Retired Union Members.

"We all have waited a very long time to be able to host the Premier of British Columbia, and to say he's *our* Premier," said Wood as she introduced him to delegates attending the BC FORUM annual general meeting.

Greeted with a standing ovation, Premier John Horgan was a keynote speaker at the event, held in June at the United Food and Commercial Workers' Local 1518 conference facility in New Westminster.

Irene Lanzinger, President of the BC Federation of Labour and Chair of BC FORUM, was also a featured speaker.

Participants in the well attended meeting did much more than listen.

They debated and passed six resolutions on issues ranging from the Chinese government's ownership of BC's largest non-government nursing home chain to the steps needed to protect workers' pensions when corporations go bankrupt.

They also adopted a revised constitution and bylaws, considered reports on BC FORUM's activities and finances, and took home door prizes generously donated by unions and supporters.

We have full coverage in this edition of The Advocate.



Diane Wood and John Horgan (above) shared a laugh at The Advocate's fumble fingered photographer as he struggled mightily to vanquish a stubborn lens cap.

Peter Julian, Member of Parliament for New Westminster - Burnaby and Finance Critic for the federal NDP, and Ronna-Rae Leonard, NDP MLA for Courtenay Comox and Chair of the Select Standing Committee on Agriculture, Fish and Food were also in attendance at BC FORUM's annual general meeting.

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THE ADVOCATE

In this edition

As Irene Lanzinger pointed out in her remarks, British Columbians are living in a time of hope and optimism, and that spirit was reflected at this year's annual general meeting of BC FORUM.

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We've made gains, but there's still much to do

By Diane Wood
President, BC FORUM

I WAS very pleased to meet with so many active and engaged participants at our annual general meeting this year. The involvement of older and retired workers through membership in BC FORUM is critical to our success in fighting for a more caring and inclusive society in Canada.

I thank you and every member for being so engaged and supportive of our efforts. As you know, our board members and regional representatives are all volunteers and we couldn't do it without you.

As I mentioned at the meeting, our annual board of directors' report is probably the best document to review and see what we have achieved and what we have been advocating for over the last year.

It's a long, long list.

You can read or download the full report at www.bcforum.ca but let me highlight a few items here.

Progress on many issues

IN THE past few months – with the support of Green MLAs for just a single vote majority in the Legislature – the NDP has moved quickly to begin to undo 16 years of damage to public services, social equity and respect for workers.

A partial list includes a clear plan to eliminate MSP premiums, significant increases in access to MRI scans, hip and knee replacement surgeries, progress on construction of new hospitals, tough new penalties on extra billing for health care, a ban on buying and selling blood for profit, increases in the minimum wage and disability benefits, and large new investments to create affordable housing and

expand affordable child care.

BC FORUM participated in the public consultation on many of these initiatives by presenting briefs with our recommendations on the provincial budget, MSP, the minimum wage and poverty reduction.

Electoral reform

IN ADDITION, we have given priority to advocating for an electoral system where every vote counts, prescription drug coverage for everyone in Canada, and pension protection for workers.

There remains lots of work to do on these three issues.

As you know, we will be able to vote by mail from Oct. 22 to Nov. 30 to make the way we elect our governments more democratic.

This referendum is our best opportunity – and perhaps our last opportunity for a long time – to ensure that the Legislature more accurately reflects the will of British Columbians, with no more “majority” governments elected by a minority of voters.

BC FORUM is working with the alliance supporting proportional representation and we are represented in the Make Every Vote Count Society.

Pharmacare

AFTER BREAKING their platform promises in the past, and ignoring the recommendations of two royal commissions, the federal Liberal government has started a consultation process on Pharmacare.

Despite projected savings of billions of dollars and better health outcomes, Canada remains the only country with public health care that does not cover prescription drugs.



Diane Wood

We must completely end the patchwork of coverage – not merely “close the gaps” as the federal finance minister suggests – to achieve these benefits.

Protecting pensions

IT IS scandalous that long-term workers at corporations that declare bankruptcy lose their pensions. The deferred earnings of workers must not be stolen to satisfy the demands of big banks and large institutional shareholders. We will continue to monitor and advocate on this issue, as well as the seemingly stalled Bill C-27 which threatens the defined pension benefits of thousands.

With your support, we will win these battles for social justice.

Working together to put people first in a better BC

MAKING LIFE better for ordinary people was the unifying theme as Premier John Horgan outlined the many actions taken by his government during its first 11 months in office.

"We've accomplished a great deal. I'm very pleased with the way we've been able to do that, focused on the values that bring us together," he said.

Horgan described steps taken to improve services to people – including education, child care and health care – raise the minimum wage, eliminate tolls, curb speculation in housing, and take big money out of politics.

The premier said he is particularly proud that a new Patullo bridge, schools and hospitals will be built with community benefit agreements.

"I am tired of low bid winning the day. I believe government should be making decisions not on the least cost, but on the greatest benefit to communities," he said.

For example, a new hospital in Fort St. James – promised by the Liberals in the last three elections but never delivered – will be built by people hired locally, using a local procurement process so small businesses there can provide the materials.

"And we're going to have apprentices on site so the next generation of workers will be able to build the BC that we all want to see," he said.

Horgan also highlighted Health Minister Adrian Dix's initiative to establish a primary care network to connect people with the service provider they need.

"Nurse practitioners. Physiotherapists. Social workers. Dietitians. You name it, the health care provider



Premier John Horgan at the BC FORUM annual general meeting.

you need will be there through the primary care network that we're setting up," he said.

Long lasting change

WE'RE A minority government. We've had 11 months and we've done a whole bunch of stuff. But if we're going to put down long-lasting policies in the vein of the Barrett government, we need to hang together," said Horgan.

"When it comes to our ability to succeed, it's a result of all the work that you've done in this room, and countless others across British Columbia who have waited and waited and waited for the opportunity to form government again.

"It happens every 16 years or so. I remember Dave Barrett was defeated

in 1975. Then 16 years later Mike Harcourt was elected. Then that government was defeated and 16 years later I was sworn in as premier.

"I would like to stretch this out a little bit," he said.

"I think that we can have a successful plan for several generations of leadership.

"I've said quite clearly that I think the Liberals have been working really hard, that they're good in opposition. I think a couple of terms sitting on the other side will warm them to the wagging of the finger every day at the government.

"But I have to say the worst day in government is way better than the best day in opposition.

"I want to thank you for all the work you've done to get us there."

Tax havens cost us billions

WHILE BRINGING greetings from the federal caucus and Leader Jagmeet Singh, NDP finance critic Peter Julian also shone the spotlight on what he called “the most egregious expansion of overseas tax havens” and the tax evasion they facilitate.

“It’s been estimated that between \$10 billion and \$40 billion a year leaves this country. This is money that should be paid by the corporate sector, should be paid by wealthy Canadians, and it’s simply not getting paid,” he said.



Peter Julian, federal NDP Finance Critic

“The Liberal government, like the Conservative government before them, are absolutely trying to stop the information that would allow Canadians to know to what extent these overseas tax havens are now taking from the collective good,” said Julian.

“It means we are not able to finance a lot of the things that would make a difference in people’s lives,” he added, citing investments in job creation, clean renewable energy,

a national pharmacare program, and eliminating post-secondary tuition fees.

He said the Trudeau government recently signed additional tax haven treaties with Bermuda, and Antigua

and Barbuda, “so we’re seeing more and more billions going overseas.”

He encouraged BC FORUM members to “join with us” in fighting for the common good, equality, and fair taxes.

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A time of hope and optimism

“I feel this, and I hope you do too. We are at an amazing time in BC”

IN A wide-ranging speech to delegates at the BC FORUM annual general meeting in June, Irene Lanzinger urged delegates to seize the moment to build a better BC.

“We are at an amazing time for the labour movement in BC. It is truly a time of hope and optimism,” said Lanzinger, President of the B.C. Federation of Labour and Chair of BC FORUM.

“Our lives and work today will be the history for future generations. We need to make sure we take advantage of the political climate we’re in to make real and significant gains for working people,” she said.

“Finally, after 16 years of suffering, we have a government that shares our values. It’s up to us to make sure that our goal of decent work, good wages, benefits and rights for workers takes a giant leap forward, and that we make progress on new social programs.”

Organizing for change

LANZINGER SAID we should never forget that nothing happens to advance people’s rights without a lot of blood, sweat and tears.

“We’re here because we survive those struggles. We prevail. We do that because we’re stubborn. We don’t give up. We understand the meaning of solidarity, sticking together, and looking out for each other,” she said.

The BC Fed President said it’s critical to extend the benefits of unionization to more workers.

“A key way to achieve equality is to increase the rate of unionization. We have to organize, organize, organize.”



Irene Lanzinger, President of the BC Fed and Chair of BC FORUM, outlined many goals, activities and campaigns in the continuing fight for equality and justice.

Paying tribute to a long list of BC Fed affiliated unions that have expanded their organizing activities, Lanzinger said, “We are being true to the principle that we must organize more people into unions.”

A voice for all

AT THE same time, Lanzinger said the BC Fed has to be a voice for all workers, including those who are not yet in unions, with campaigns such as the Fight for \$15.

“Hundreds of thousands of workers will be lifted above the poverty line (by June 2021). It will be the largest single wage increase for the largest group of people ever in BC,” she said.

She touched on many other

campaigns including fighting for a living wage, poverty reduction, improved employment standards, paid sick leave for all workers, healthy and safe workplaces, fair rules on organizing, and fixing the apprenticeship system.

Important political campaigns this fall include supporting the referendum on electoral reform, and municipal elections.

Thanking BC FORUM members for their participation, Lanzinger said, “We all have to engage in the fight for equality and justice. We’re going to keep this government in power. We’re going to re-elect them so we can do all of that work. We’re going to make this province a better place for working people.”

forum **BC**

Health & Dental Plans for older workers, retirees and families



Conversion Plan

If converting within 90 days Pre-existing Coverage

Enhanced Conversion Plan

Pay Direct Drug Card Included. You must be converting from a previous Benefit Plan within 90 days to qualify for this Plan. Pre-existing Conditions are covered.

Value Plan

Guaranteed Issue Pre-existing Coverage Pay Direct Drug Card Included

Value Plus Plan

If converting within 60 days Pre-existing Coverage Pay Direct Drug Card Included.
Higher Limits & Travel Medical

Gold Value Plan

If converting within 60 days Pre-existing Coverage Pay Direct Drug Card Included.
Higher Drug Limits & Higher Travel Medical Limits

CONVERSION PLAN

If converting within 90 days Pre-existing Coverage included

EXTENDED HEALTH BENEFITS

DRUGS: NO Pay Direct Card: Prescription Drugs 80% up to \$1000 per year. After 100% of eligible expenses, subject to maximums based on Pharmacare's eligible drugs.

(The Extended Health maximum benefit is \$35,000. Life Time Limit)

Medical Items: In Province expenses 80% when prescribed by a Physician. Limitations and restrictions apply.

Vision Care: Upon completion of 12 continuous months. Eyeglasses up to \$125 every 24 months.

Professional Services: Total combined benefit \$500 per calendar year per person. Chiropractors, Naturopaths, Physiotherapists, Massage Therapists, Podiatrists: \$500 per calendar year per person.

Medical Transport: In Province Ambulance Service Emergencies only. Emergency out-of-Province Eligible Expenses: when ordered by attending Physician maximum \$1000.

Audio (Hearing Aids): Up to \$500 per 5 year period per person.

Private Duty Nursing: Registered Nurse (RN) up to 720 hours per calendar year for an acutely ill bed patient in hospital in BC. Up to \$1000 when acutely ill and bedridden at home. Lifetime maximum is \$5000 per person.

Hospital Indemnity Benefit: If an insured is hospitalized \$10 per day from the 5th to the 90th day of hospitalization, provided not due to any pre-existing conditions.

Four Day Travel Medical Plan: Your \$35,000 lifetime EHB coverage will be automatically increased to \$500,000 whenever you leave BC on trips lasting NO more than 4 days. For longer trips call our office for rates on out-of-Province/Country Travel Medical.

Emergency Travel Assistance: Locating the nearest appropriate medical care. Handling medical evacuations and related transportation needs. Locating Legal assistance and replacing lost passports.

Accidental Death & Dismemberment: The maximum benefit payable in the event of death or dismemberment resulting within 365 days of an accident is \$25,000. This coverage terminates at age 70.

Final Expense Benefit: Based on actual funeral expenses of up to \$5000 per insured person if death occurs from any cause after 24 months of continuous coverage.

Dental (when added to your Extended Health):

PLAN (A): During the first 12 months of coverage under this dental plan eligible expenses will be reimbursed at 70% of the PBC fee schedule. Thereafter, the reimbursement percentage will be increased to 80%. Dental coverage will begin 3 months from the date you (and/or your dependents) are covered under the EHC plan. This is basic Dental Coverage with limits and restrictions. Check policy wordings for coverages.

	NO DENTAL	WITH DENTAL
SINGLE:	\$ 97.50	\$ 135.00
COUPLE:	\$ 192.20	\$ 267.50
FAMILY:	\$ 227.10	\$ 350.40

ENHANCED CONVERSION PLAN

Pay Direct Drug Card Included. You must be converting from a previous Benefit Plan within 90 days to qualify for this Plan. Pre-existing Conditions are covered.

EXTENDED HEALTH BENEFITS

DRUGS: Pay Direct Card INCLUDED: Prescription Drugs 80% only. 8% drug markup limit and a \$10 Dispensing Fee Cap. Based on Pharmacare's list of eligible drugs.

(The maximum benefit is \$35,000. Life Time Limit)

Same coverages as the Conversion Plan

Medical Items

Vision Care

Professional Services

Medical Transport

Audio (Hearing Aids)

Private Duty Nursing

Hospital Indemnity Benefit

Four Day Travel Medical Plan

Emergency Travel Assistance

Accidental Death & Dismemberment

Final Expense Benefit

Dental (when added to your extended Health Care)

Plan (A) The same coverages, wordings and reimbursement as the Conversion Plan

Plus: Enhanced Dental - Plan (B)

Coverage limit 50% with a \$1000 limit per person annually.

This represents an overview of coverages only.
The BC Forum Master Policy wordings, limitations, and exclusions apply. E & OE

Other coverages for BC FORUM members:

- Out of Province/Country Travel Medical
- Guaranteed Issue Life Insurance
- Investment & Retirement Planning
- Long Term Care Insurance
- Individual Dental Plans

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	WITH DENTAL
SINGLE:	\$ 164.31
COUPLE:	\$ 325.82
FAMILY:	\$ 426.73

VAL

Guaranteed Issue (pre-

DRUGS: Pay Direct

Prescription Drugs to a

Prescription Drugs 80%

Generic Drugs only, un

physician

No Lifestyle

VISION CARE

\$125 every 24 months

Eye Exams up to \$50 ev

PROFESSIONAL SER

All paid from first dolla

practitioner, per person

Chiropractor

Physiotherapist

Foot Care Professionals

Speech Therapist

Psychologist

MEDICAL TRANSPOR

AUDIO

Hearing Aids plus repa

\$300 maximum every

PRIVATE DUTY NUR

MEDICAL ITEMS: \$7

ACCIDENTAL DENTA

OUT OF PROVINCE/

\$500,000 per lifetime;

Age limit 79 years old



VALUE PLAN

Pre-existing conditions are covered)

Card Included

Age 79
6 to a max. of \$600 per year
less otherwise specified by

every 24 months

SERVICES

per max. \$300 per year, per

RT: Air & Land included

parts or replacement of parts
4 years

SING: \$1,000 max. per year

50 max. per year

AL: \$2,500 max. per year

COUNTRY TRAVEL MEDICAL

15 day Emergency only



VALUE PLUS PLAN

You must be converting from a previous group plan within the last 60 days to qualify for pre-existing coverage. Limitations may apply.

DRUGS: Pay Direct Card Included

Prescription Drugs to age 79
Prescription Drugs 80% to a max. of \$1200 per year
Generic Drugs only, unless otherwise specified by physician
Includes Oral Contraceptives, No Lifestyle

VISION CARE

\$125 every 24 months
Eye Exams up to \$50 every 24 months

PROFESSIONAL SERVICES

90% max. to \$400 per year, per practitioner, per person
Chiropractor Massage Therapist
Physiotherapist Acupuncturist
Foot Care Professionals Osteopath
Speech Therapist Naturopath
Psychologist

MEDICAL TRANSPORT: Air & Land included

AUDIO

Hearing Aids plus Repairs or Replacement of Parts
\$400 max. every 4 years

PRIVATE DUTY NURSING: \$3,000 max. per year

MEDICAL ITEMS: \$1,500 max. per year

ACCIDENTAL DENTAL: \$2,500 max. per year

SEMI-PRIVATE HOSPITAL

\$200 per day; max. 25 days per year

OUT OF PROVINCE/COUNTRY TRAVEL MEDICAL

\$500,000 per lifetime; 30 day Emergency only
Age limit 79 years old

DENTAL

Combined max. per person, per year
\$500 first 12 months; \$750 next 12 months
\$1,000 every 12 months thereafter
Basic coverages 80% up to the limits above
Basic Comprehensive coverages 80% up to the limits above

GOLD VALUE PLAN

You must be converting from a previous group plan within the last 60 days to qualify for pre-existing coverage. Limitations may apply.

DRUGS: Pay Direct Card Included

Prescription Drugs to age 79
Prescription Drugs 80% to a max. of \$5,000 per year
Generic Drugs only, unless otherwise specified by physician
Includes Oral Contraceptives, No Lifestyle

VISION CARE

\$250 every 24 months
Eye Exams up to \$70 every 24 months

PROFESSIONAL SERVICES

90% max. to \$400 per year, per practitioner, per person
Chiropractor Massage Therapist
Physiotherapist Acupuncturist
Foot Care Professionals Osteopath
Speech Therapist Naturopath
Psychologist

MEDICAL TRANSPORT: Air & Land included

AUDIO

Hearing Aids plus Repairs or Replacement of Parts
\$400 max. every 4 years

PRIVATE DUTY NURSING: \$5,000 max. per year

MEDICAL ITEMS: \$3,000 max. per year

ACCIDENTAL DENTAL: \$5,000 max. per year

SEMI-PRIVATE HOSPITAL

\$200 per day; max. 25 days per year

OUT OF PROVINCE/COUNTRY TRAVEL MEDICAL

\$5,000,000 per lifetime; 60 day Emergency only
Age limit 79 years old

DENTAL

Combined max. per person, per year
\$750 first 12 months; \$1,000 next 12 months
\$1,200 every 12 months thereafter
Basic coverages 80% up to the limits above
Basic Comprehensive coverages 80% up to the limits above

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\$ 99.62	\$ 203.99

	UNDER 70	AGE 70 AND OVER
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COUPLE:	\$ 255.63	\$ 307.00
FAMILY:	\$ 348.80	\$ 376.43

	UNDER 70	AGE 70 AND OVER
SINGLE:	\$ 194.12	\$ 228.92
COUPLE:	\$ 340.15	\$ 409.75
FAMILY:	\$ 447.02	\$ 483.97

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Honourary Life Member

BC FORUM has awarded honorary life membership to Bill Silvester, who has served on the board of directors for decades, and as First Vice President since 2004.

President Diane Wood and Steve Hunt, Western Canada Director of the Steelworkers Union, both paid tribute to Silvester's work – particularly in outreach and organizing – to strengthen BC FORUM's ability to advocate for older and retired workers.

While he is stepping down as First Vice President, Silvester will continue to bring his passion for social justice to the volunteer board of directors of our organization.



Bill Silvester

Union Protein Project has “a huge year”

JOHN RADOSEVIC of the Union Protein Project says 2018 has been a huge year of growth in its efforts to provide needed protein to individuals who must rely on food banks.

“This year so far we’ve distributed about \$800,000 worth of protein products into food banks across BC,” Radosevic said at the BC FORUM annual general meeting.

“What that means, for me, is there’s about 300,000 individuals who have got protein products through the food banks this year. That’s 300,000 people who have got the message that the labour movement is involved in their community and cares about them,” he said.

The Union Protein Project was previously known as Protein for People.

“We’ve added tuna to the product line,” said Radosevic. We had both salmon and peanut butter. Now we have tuna which is lucky because we’re cut off from salmon this year because of lack of supply.

Radosevic said the Project is currently raising funds to hire a full time person “because not only are we expanding the project in BC, we’re expanding into Alberta. In fact, we have our first delivery of about \$160,000 worth going into the Alberta food banks – and we’re looking forward to an expansion into Ontario by next year.”

BC FORUM is a member of the Union Protein Project along with 36 other organizations.

“What BC FORUM does is to take around our signage and displays. BC FORUM is everywhere and is known by everyone, and everywhere BC FORUM goes it takes the Protein Project with it so it’s getting real exposure for us,” said Radosevic.



Author Rod Mickleburgh signed copies of the newly published “On the line: a history of the British Columbia labour movement.” He was accompanied by Donna Sacuta, Executive Director of the BC Labour Heritage Centre. Look for this great read in your book store, or order at www.labourheritagecentre.ca.

BC seniors poverty worst in Canada

WITH YEARS of cuts in social services and increases in regressive taxes that hurt low-income families the most, BC has long had the highest rate of child poverty in Canada. Now a new report says that's also the case among seniors.

Based on 2015 data from Statistics Canada, the latest available, the BC Seniors' Poverty Report Card found that 8.8 percent of seniors live in poverty in this province. The Canadian average is 6.6 percent.

The report was prepared by the Social Planning and Research Council of BC (SPARC) in partnership with United Way of the Lower Mainland.

Among other key findings, the study revealed that the number of

BC seniors living in poverty has more than doubled:

- 33,780 seniors lived in poverty in 2000.
- 70,990 seniors lived in poverty in 2015.

Three times worse for single seniors

IN 2015, 16 percent of single seniors in British Columbia lived in poverty, more than three times as high as the 4.9 percent rate for seniors living in couples.

The poverty rate for single seniors has increased dramatically both in the short-term (almost doubled in just three years from 8.6 percent in 2012) and in the long term (up from

7 percent in 2000).

Poverty reduction

"The BC Seniors' Poverty Report Card provides compelling evidence that seniors' poverty is a growing challenge across our province," said Scott Graham, Associate Executive Director and Manager of Research, Planning and Consulting with SPARC BC. "It provides clear evidence that specific poverty reduction strategies for seniors are necessary."

After extensive consultation, the provincial government is expected to introduce poverty reduction legislation this fall.

David Porteous was on a well-earned vacation at press time. Dave's Corner returns in the next edition.

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Standing up for seniors

BC FORUM has criticized the federal government for approving the sale of BC's largest non-government nursing home chain to Anbang Insurance, which has subsequently been taken over by the Chinese government.

With this controlling interest in Retirement Concepts, "Chinese financial regulators and government bodies may be making decisions that will impact a large segment of BC's residential care homes," said a resolution introduced by Maureen Shaw, Chair of the Resolutions Committee.

The delegates urged the BC government to take steps to protect seniors:

- Request a full review of the sale under the Investment Canada Act.
- Implement more frequent and comprehensive staffing and financial audits of Retirement Concepts.
- Implement a moratorium on contracting out and contract flipping in residential care.
- Investigate the business case for purchasing Anbang's assets should they become available for sale.

Grant's Law

DELEGATES PLEDGED to work with the BC Fed and its affiliates for full restoration of Grant's Law. Adopted in 2006 to increase protection of late night workers and those working alone, Grant's Law was severely watered down in 2012.

Retirement with dignity

BC FORUM called on the federal government to immediately amend Canadian bankruptcy laws to protect workers' pensions and benefits. The resolution supports NDP MP Scott Duvall's private member's bill (C-384) which would give pension plans and group benefits priority in the event a company enters bankruptcy proceedings.



Maureen Shaw, Chair of the BC FORUM Resolutions Committee, presented six resolutions for consideration by delegates.

Phoenix payroll system

FOR MORE than two years, the federal government's Phoenix payroll system has failed to pay wages on the due date, a basic right of every worker. Delegates demanded that the federal government immediately conduct a comprehensive overhaul of the Phoenix pay system or replace it with a new system.

Door-to-door mail

WHILE THE federal Liberals have ended the Harper government's program to shift mail delivery to community mailboxes, they have reneged on their promise to restore delivery to the thousands of Canadians who have lost it. BC FORUM will continue to work with other organizations that are campaigning to have door-to-door delivery restored to the 840,000

households that have seen their door-to-door mail delivery ended since 2014.

Postal banking

BC FORUM will pressure the federal government to form a special committee to conduct hearings and propose a plan to implement a postal banking system. The resolution supports a private member's motion (M-166) introduced by NDP MP Irene Mathysen.

"There are hundreds and hundreds of communities across Canada that do not have local access to banking facilities," said Andy Ross, a BC FORUM director.

"This is not a banking question. This is about allowing people who do not have access to things that we who live in cities take for granted," said Ross.

Volunteer positions

LABOUR COUNCIL delegates and regional representatives play a key role in supporting BC FORUM's work in communities.

Our organization is looking for a second delegate on several labour councils (see list on page 2) and in Prince Rupert we're looking for two.

If you're interested in being considered for one of these positions, please email bcforum@bcfed.ca or phone 1 800 896-5678 toll free.

A break for caregivers

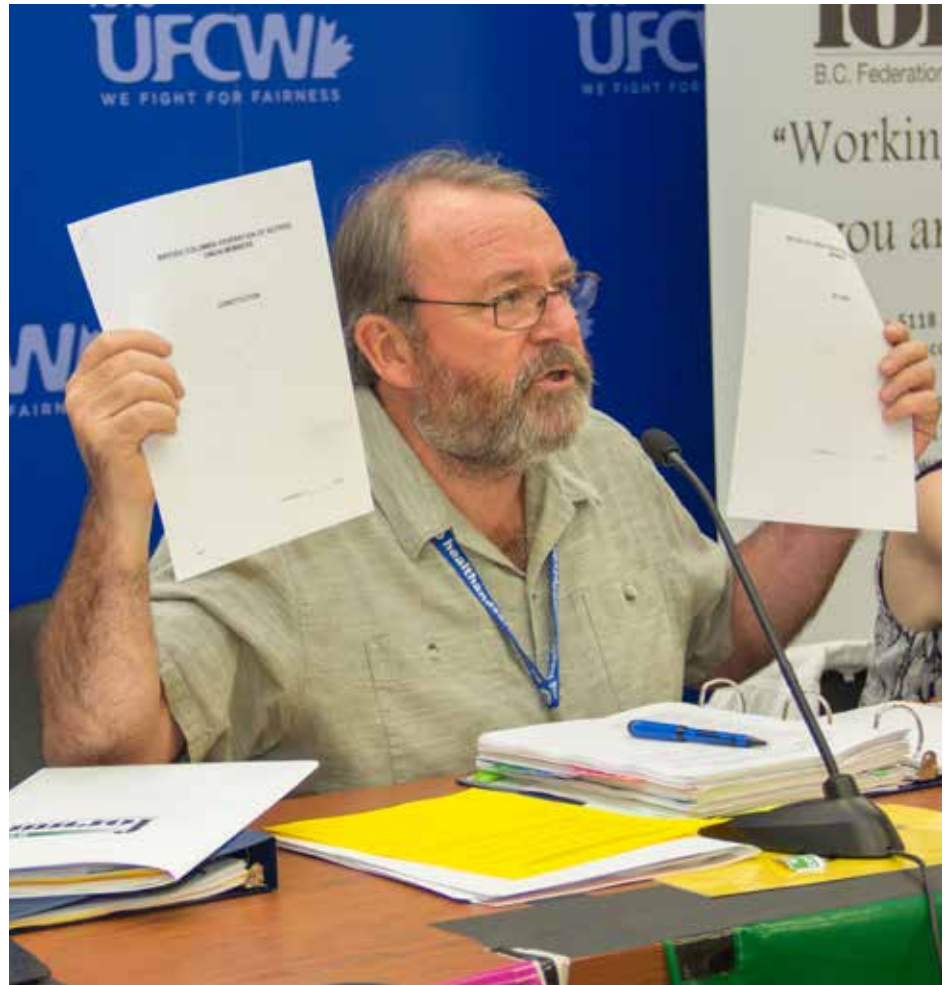
RESPONDING TO a 2017 report from the Seniors' Advocate, the ministry of health is investing \$75 million to expand respite care and adult day programs.

This will support seniors and their family-and-friend caregivers.

Over the next three years, the number of respite beds will be increased, and overnight care at home will be made more accessible. In addition, the number of adult day program spaces will be increased, and the hours of operation will be expanded to provide services on evenings and weekends.

It's estimated there are about one million family and friend caregivers in BC. People interested in receiving caregiver respite or adult day services can contact the home and community care office in their health authority, or have a health-care professional make a referral on their behalf.

BC is also investing \$768 million over three years in primary care, home and community care, residential care and assisted living. A further \$249 million will be provided by the federal government under an agreement to improve home and community care.



Andy Ross, Chair of the Constitution and Structure Committee, did the heavy lifting as BC FORUM delegates to the annual general meeting adopted a revised constitution and bylaws. The changes were required to make the constitution conform with the new BC Societies Act which was adopted in 2016 and required changes by this November.

Senior Citizens' Repair Service

We provide low-cost minor house repairs, renovations and maintenance for seniors 55 years and over and for people with disabilities.

Services include plumbing, carpentry, electrical work, gas fitting, painting, yard work and general handyman services.

All services are guaranteed for 30 days and offered by retired or semi-retired experienced tradespeople.

Sponsored by the Plumbers and Pipefitters Union Local 170.

Office hours are 9 AM to 12 Noon, Monday to Friday.

Serves Metro Vancouver. Phone: 604 529-1100



Strengthening BC FORUM has never been more important

Please encourage your friends to join our team

THROUGH OUR UNIONS, before we retired, we've all seen the benefits of collective action. Our voices are strongest when we stand together in solidarity.

That's where BC FORUM comes in. We are the only provincial organization that represents union members who have retired or are nearing retirement. We are an integral part of the labour movement, with formal representation in leadership bodies, and maintain strong links with provincial and national seniors' groups.

Together, we can make a difference for ourselves and our families. Please encourage friends, colleagues and family members to join us using the form below, or on-line at www.bcforum.ca.

Renew your membership – and sign up a friend

PLEASE HAVE A LOOK at the mailing label on this edition of *The Advocate* to check whether your membership is now due for renewal. If your membership is about to expire, you can renew by mailing the coupon below to BC FORUM, #200 - 5118 Joyce St., Vancouver, B.C. V5R 4H1.

You can also renew your membership on-line at www.bcforum.ca.

We also ask for your help in reaching out to people who are nearing retirement or have already retired. Like all membership-based organizations, we are all stronger when as many people as possible work together.

Remember that BC FORUM actively welcomes workers who are 50 and older, so don't be shy about encouraging your friends and family members to join us, even if they are still in the workforce.

Solidarity makes us strong.



BC FORUM has always provided free \$2,500 Accidental Death and Dismemberment insurance coverage to members.

We are proud to now extend this coverage to members' spouses at the low cost of \$5 per year. All you have to do is check the appropriate box when you apply or renew your membership. BC FORUM's AD&D coverage is valid until you reach age 86, the maximum age we were able to negotiate.



Please check your expiry date on the mailing label. BCGEU, HSA, MoveUp, CEU, CUPE 386, UFCW 1518, Heat and Frost, UNIFOR 2301 and LIUNA 1611 pay first year dues for qualified members.



B.C. Federation of Retired Union Members • #200 - 5118 Joyce St., Vancouver, V5R 4H1
604 688-4565 • 1 800 896-5678 • Fax: 604 430-5917 • bcforum@bcfed.ca • www.bcforum.ca

Membership: ☐ Application ☐ Renewal ☐ New address

Name: LAST FIRST INITIAL

Address: STREET ADDRESS CITY POSTAL CODE

Phone: E-mail:

Union: Date of birth:* DAY MONTH YEAR

Spouse's name: Spouse's birth date:* DAY MONTH YEAR

Single membership: ☐ \$20 - 1 year ☐ \$49 - 3 years
With AD&D for spouse: ☐ \$25 - 1 year ☐ \$64 - 3 years
Payment: ☐ Cheque ☐ Visa ☐ MC Expiry: /
Card number:

SIGNATURE

Date of application: DAY MONTH YEAR

* Required for AD&D group insurance coverage to age 86.

Recognizing the contributions made by older women and men

United Nations International Day of Older Persons 2018

DECEMBER 1990, the United Nations General Assembly (by resolution 45/106) designated 1 October the International Day of Older Persons (IDOP). Once again, the Council of Senior Citizens Organizations (COSCO) is taking the BC provincial lead on behalf of Seniors' Voice and the National Pensioners Federation for IDOP 2018. Agnes Jackman, BC FORUM's Vancouver and District Labour Council Regional Representative, will be COSCO's IDOP coordinator.

The theme this year is "Celebrating Older Human Rights Champions." Are there people within your senior citizens organizations that are



deserving of recognition for the work that they have done for promoting human rights?

Seniors' Voice would like postings of any events/activities celebrating seniors for the IDOP to go on their website seniorsvoice.org.

COSCO will soon be sending out a letter to invite all the BC municipal, district and township councils to recognize the IDOP by making a proclamation/declaration (preferably the latter) and/or flying the UN IDOP flag for October 1st. These flags will be available for purchase on the Seniors' Voice website. Last year's

What can you, through your community and organizations, do to commemorate UN IDOP 2018?

You can support COSCO's invitation to your local council to make a proclamation/declaration and/or fly a UN IDOP flag for Oct 1, 2018.

You can hold an event to honour the people in your seniors' (and other) organizations that have made a significant contribution to promote human rights.

Remember to celebrate yourself and your contributions to your family and community, and not just on October 1st.

Information for retired workers

- Protect yourself against scam artists with info from the Canadian Centre for Elder Law. Google "Be a Savvy Senior Fraud Protection."
- The People's Law School has summarized benefits available to BC seniors. Search the web for "When I'm 64: Benefits for Seniors" to download or order a free copy.
- The Council of Senior Citizens' Organizations of B.C. (COSCO) offers free workshops to seniors groups. Visit www.coscobc.org for a complete list of topics.
- The Deprescribing Network – deprescribing.org – offers information about safely reducing medications that may no longer be needed.

New address? New e-mail address?

Please send your new address and e-mail address to BC FORUM.

You can mail in the form on page 15, or you can reach us by telephone or e-mail: 1.800.896.5678 (toll free), 604.688.4565, bcforum@bcfed.ca



Please check the expiry date on your label. Is your membership due for renewal?