



CN PENSIONER ASSOCIATION FRASER VALLEY CHAPTER E9

Date: Wednesday February 08, 2023

Location: Church in the Valley 23589 Old Yale Road Langley BC

Meeting Called to Order: 1Pm

By: Barry Jones

Opening remarks: Ross Dewar read the following email sent to the executive, regarding the visitation to Vic Locke

“Shelley, Vince, Peter Hordyski, Rod McIvor and Roy and Vic were all at Vics Care Home where he was presented a plaque of Appreciation for all he did with the CN Pensioners and CNRE Credit Union. We had Pizza and talked about the Good old days on the CN. Vic, I think was quite moved by it all. Ross Dewar. Roy and Rod took pictures.”

Ross also read an email from Vic's son Roy.

“It's been a tough year for my dad. I can't thank Ross, Vince, Shelly, Rod, Peter, and Rod for making today a very special day for Victor, Thanks Roy”

Ross Dewar also read a dedicated railroad poem to Curly Pegg.

Attendance: 28 members and spouses

Meeting started with the Lords Prayer by: Steve Mihell

Members that have passed: Dorothy McLean -Surrey, Charles Thomas – Mission.

Sick Members: Guido Stefanucci is back home (from hospital)

Non-Members that have passed: Rose A Richet of Meritt, Agath Cantwell of Chillwack

New Members: Al Gouge Transferred from Nanaimo, (Lives in Maple Ridge), Brian Nudd Transferred (lives in Hope, retired car mechanic, worked in all lower mainland terminals).

Minutes of last meeting: January 10, 2023, read by: Rae Sexton

Motion to accept minutes: Motion to accept Jim Lukow, second Rod McIvor

Motion carried.



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Financial Report read by: Joey Valliers-Jorgensen

Monthly Balance as of December 31, 2022, \$3914.30

Income	505/50 Draw	\$ 65.50	
	Memberships	\$1257.00	
	Sub Total	\$1462.16	
	Balance		\$5376.14

Expenses \$ 570.14

Balance as of January 31, 2023, \$4806.31

Term Deposit with Aldergrove Credit Union \$5376.09 Maturing July 09, 2023, Interest rate 3.50% per annum

Motion to accept financial report: Curly Peg, Second Doug Kilvert

Carried.

Committee Reports:

Correspondence:

Barry Spoke about correspondence regarding having a guest speaker from Langley emergency preparedness. This is a free seminar lasting approximately 30 minutes. Th

Part of the presentation would include items that would be recommend for one to have on hand in case of an emergency There is not obligation to purchase.

Correspondence from RCMP to come in and talk about home security.

A report is also expected in next couple of weeks from National CNPA. Barry is hoping that Blake Olsen will be available to provide and update from national.

Communications: CNPA Scholarship program opens April 15th, 2023, for registration, Contributing Member's children and grandchildren get access to our Annual **CNPA Scholarship Program** which offers \$25 - \$1500 scholarships across the 5 Canadian regions.

Blake Olson is our Pension and Health Rep for our Region produced a publication getting your affairs in order. (This document if available on our website and limited printed copies at our monthly meetings).



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Old Business: A independent Audit of our 2022 Financial records was completed by Members Lana Mihell & Sharon Sexton. There findings conclude that the financials to be in order and complete for the fiscal year ending December 31, 2022.

National does not have a list of birthdays, only centenaries. If members know of someone who is celebrating and will share. Please let us know.

Only 176 of almost 600 members are in our email data base.

New Business: COSCO announced 5 new seminars.

Pharma care effective February 01, 2023, has expand diabetes, heart failure blood clot drugs coverage, This will hopefully in the near future be negotiated with our extended health care thru Medavie Blue cross, to cover increased coverage of medications.

The Office of the Seniors Advocate is an independent office of the B.C. provincial government acting in the interest of seniors and their caregivers. Along with COSCO, they provide free workshops to senior's groups. Presently offering more then 40 workshops, for presentation by trained facilitators.

COSCO and Seniors Advocate are working together on volunteer national health care for seniors.

The BC Provincial government is providing free of charge covid-19 testing kits. Also, Vaccinations for booster are available.

Reminder to fill out Homeowner grant to be eligible for the property tax reduction.

Suggestion for the CNPA to going to Vancouver game farm. best in nice weather.

Apparently blue cross was over charging for prescriptions in BC by 5%. This has been corrected.

The Standard dispensary of prescription pills is a 90-day supply. However, our Medavie Blue Cross plan allows for 100-day supply.

B.C. pharmacies can submit a claim to Pharma Care for medication review services provided by pharmacists to eligible patients. A medication review is a patient-care service that seeks to enhance a patient's understanding of their medication regimen, identify, and resolve drug therapy problems, and improve health outcomes.

The service is provided by a pharmacist through a one-on-one, in-person appointment during which the patient and pharmacist identify all medications that the patient is taking, discuss how the medications are best taken and where.



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appropriate, create a medication management plan to address any drug therapy problems. At the end of the appointment, the pharmacist provides the patient with one or more documents listing their medications. This policy standardizes how medication review services are delivered across B.C.

Meeting Adjourn: 2:15 Pm

50/50: \$65.50 Rose Dewar

Door Prize: \$25.00 Gift Card Frank Holmstrom

CNPA Fraser Valley (E9) Web site

<https://cnpafraservalley.wixsite.com/cnpafraservalley>

CNPA Fraser Valley(E9) Facebook page LIKE AND FOLLOW US

<https://www.facebook.com/search/top?q=cnpa%20fraser%20valley%20branch%2>

Seniors Advocate British Columbia <https://www.seniorsadvocatebc.ca>

Council of Senior Citizens' Organization (COSCO) <https://coscobc.org>