

PENSIONER

NEWSLETTER

Volume 22, Number 19

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September 2019

*A Publication of the Newfoundland and Labrador
Public Sector Pensioners' Association*

30th

YEAR

ANNIVERSARY

2019 Convention and
Annual General Meeting
"Making Choices - The Power of You"

Constitutional Amendments 2019

How It All Began





A dementia diagnosis can be overwhelming, especially for those who are unaware of the support services available. Early and ongoing access to services and support can make a huge difference to the quality of life of people with dementia, including their care partners and families.

The Alzheimer Society First Link Program connects with individuals to provide support throughout a dementia journey by one-on-one support meetings with our coordinator, over the phone wellness checks, family support groups, and a 15-week educational Learning Series. The Learning Series provides information on diagnosis, day-to-day living, positive approaches to care, how to manage challenges and prepare for the future. The sessions are lead by health care professionals, legal professionals and those with extensive first-hand knowledge and experience with dementia.

The Learning Series begins with the *First steps for People with Dementia and Care Partners*. This first part of the series focuses on families, care partners, and individuals with a new diagnosis to help them understand the changes they will experience and allows them to connect with others beginning a similar journey. The program continues with *Care Essentials*, offering problem solving strategies and approaches to help care partners and families provide the best care possible throughout the dementia progression. The third part of the series is *Options for Care*, which provides information on other avenues of care, such as long-term care, to help families evaluate their care needs as the disease progresses. The final part of the Learning Series is called *Care in the Later Stages*. This part of the series focuses on understanding what to expect and preparing for the later stages of dementia.

The Learning Series is offered to anyone affected by dementia to attend by webinar. Those in the St. John's area can attend in person at the provincial office located in Mount Pearl. For those unable to attend in the afternoon, recordings of the sessions can be sent to be viewed at your leisure. This multi-platform approach allows people to access our support from anywhere.

For more information, contact Us:

Phone: (709) 576-0608

Email: firstlink@alzheimernl.ca

Alzheimer
Society
NEWFOUNDLAND & LABRADOR

Mandate Statement:

The Newfoundland and Labrador Public Sector Pensioners' Association exists to ensure that pensioners have improved pensions and insured benefits that will contribute to a better quality of life.

Executive:

President – Sharron Callahan
Vice President – Ralph Morris
Past President – Robert Corbett
Treasurer – Fred Oates
Secretary – Mary Cleary

Directors:

Ann Marie Cleary
Barry Darby
Craig Hall
Doug Laing
Neil Moores
Doreen Noseworthy
Al Skehen
Barry Whitty

Administrative Assistant:

Cheryl Myers

Contact Us:

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Toll Free: 1-800-563-4188
E-mail: pensioners@nlpspa.ca
Website: www.nlpspa.ca

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The Association does not endorse or promote any product or service presented in paid advertisements unless so specified.

Graphic Design: Stephanie Furey

Message from the President

NLPSPA 2019



How quickly the time is going by, especially as we have been very busy since my last report to you. Of greatest significance are the results of the provincial election which we are hoping was influenced by the actions of your association through the Town Hall meetings that were held in 16 locations across the island portion of our Province (see separate article on these meetings in this newsletter).

The meeting schedule was hectic and included varying levels of attendance, depending on location, interest, local promotion, and weather. From our perspective, the overarching conclusion was that there was a pervasive atmosphere of dissatisfaction, disinterest, and disillusionment all across the

province as folks felt no political party had a viable solution to solve our problems, there was a high level of lack of trust in promises, and an over-riding disbelief that anything will change for the better. While the results of the election are now history, our work is not yet over as we must now change our focus to ensure accountability. Now that the new Cabinet has been advised, we will be establishing ourselves with the Minister of Health and Community Services and the Minister of Children, Seniors, and Social Development to take up where we left off in May prior to the writ being dropped and to share the results of these town hall consultations. And, not forgetting the federal election on October 21, we will be announcing our plan as soon as possible to engage on national issues impacting seniors in advance of that election. Stay tuned to our website and email messages for plans as they unfold.

Registration is now open for our 2019 Convention and Annual General Meeting. This will be a phenomenal event as we celebrate 30 years of advocacy and activities on behalf of our members and seniors in our Province. Please plan to join us on November 5-6, as you will not want to miss the special 30 year anniversary celebration activities. Sneak teaser: we will have as our guests the three surviving Founding Members of the Association. Their stories of the early days of NLPSPA will have you amazed.

This year, we offered a one-time celebration scholarship to the value of \$3,000.00 to honour the 30th anniversary of the Association, in addition to our regular scholarship offerings. The scholarship applications are currently being reviewed and the successful persons will be advised shortly. It is our hope that the 30th anniversary scholarship winner and our other winners will be able to join us for this year's Convention and AGM, depending of course on their location of studies.

Much has been done already this year, but much remains to be done. Stay tuned and keep active by enjoying our beautiful provincial outdoors. ■

Sincerely,
Sharron Callahan
President

CONSTITUTIONAL AMENDMENTS 2019

The amendments being proposed for consideration at the 2019 Annual General Meeting are:

- A. Proposed amendments to Article III – Membership to: 1) clarify that reciprocal members are required to register and pay a membership fee; and 2) to provide voice, with no vote, to affiliate and reciprocal members;
- B. To Article V – Annual General Meeting to: 1) clarify the submission of resolutions to the Annual General Meeting; and 2) to clarify entitlement to debate at the Annual General Meeting;
- C. To Article VII – Board of Directors to: 1) clarify the difference between “term” and “year” and 2) to delete duplication; and,
- D. To Article XII to: 1) word change for better clarification.
Some re-numbering changes will be necessary to the Constitution if these amendments are approved.

Proposed Amendment #1

That Article III – Membership, Section 1(b) (iv) be amended as follows:

Proposed: Reciprocal Members are those persons who are in receipt of a pension from a pension plan that has a reciprocal agreement with the Public Service Pension Plan of the Government of Newfoundland and Labrador and who have completed and signed the Association’s application for membership and paid the prescribed membership dues.	Current: Reciprocal Members are those persons who are in receipt of a pension from a pension plan that has a reciprocal agreement with the Public Service Pension Plan of the Government of Newfoundland and Labrador.
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Proposed Amendment #2

That Article III – Membership, Section 1(b) (v) be amended as follows:

Proposed (New): Non - voting dues paying members (Affiliate and Reciprocal) shall have voice at all meetings of the Association. Note: If the above is approved, current Section 1 (b) (v) will be renumbered to Section 1(b)(vi)	
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CONSTITUTIONAL AMENDMENTS 2019

Proposed Amendment #3

That Article V – Annual General Meeting, Section 7 be amended as follows:

Proposed: The Board may submit its own resolutions to the Annual General Meeting. Those resolutions shall be circulated to the membership thirty (30) days prior to the Annual General Meeting via the Association’s Newsletter and website or may be in written form and presented at the Annual General Meeting.	Current: The Board may submit its own resolutions to the Annual General Meeting. Those resolutions shall be circulated to the membership thirty (30) days prior to the Annual General Meeting via the Association’s Newsletter and website.
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Proposed Amendment #4

That Article V – Annual General Meeting, Section 8 be amended as follows:

Proposed: Voting Members of the Association may also bring matters before the Annual General Meeting for consideration by means of pre-submitted resolutions to be circulated to the membership thirty (30) days prior to the Annual General Meeting via the Association’s newsletter and website, or resolutions shall be in written form and presented (delete: at the beginning) at the Annual General Meeting.	Current: Voting Members of the Association may also bring matters before the Annual General Meeting for consideration by means of pre-submitted resolutions to be circulated to the membership thirty (30) days prior to the Annual General Meeting via the Association’s newsletter and website, or resolutions shall be in written form and distributed at the beginning of the Annual General Meeting.
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Proposed Amendment #5

That Article V – Annual General Meeting, Section 10 be amended as follows:

Proposed: The Chairperson for the Annual General Meeting (delete: if a Voting Member) , may only be entitled to debate on an issue under discussion by relinquishing the Chair to another (delete: Voting) Member until the issue is disposed.	Current: The Chairperson for the Annual General Meeting, if a Voting Member, may only be entitled to debate on an issue under discussion by relinquishing the Chair to another Voting Member until the issue is disposed.
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CONSTITUTIONAL AMENDMENTS 2019

Proposed Amendment #6

That Article VII – Board of Directors, Section 8 be amended as follows:

Proposed: Vacancies on the Board of Directors that occur between Annual General Meetings may be filled at the discretion of the Board from the general voting membership. Such newly appointed Directors shall be entitled to fulfill only the balance remaining of the year and.....Director.	Current: Vacancies on the Board of Directors that occur between Annual General Meetings may be filled at the discretion of the Board from the general voting membership. Such newly appointed Directors shall be entitled to fulfill only the balance remaining of the term and.....Director.
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Proposed Amendment #7

That Article VII – Board of Directors, Section 21 be amended as follows:

Proposed: Delete. Section is a duplicate to VII (8)	Current: Resignations or leave of absence from the Board exceeding two months may be filled by appointment by the Board.
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Proposed Amendment #8

That Article XII – Remuneration of Members be amended as follows:

Proposed: Line 4, the level of expenses, if any, will be determined.....	Current: Line 4, the level of remuneration, if any, will be determined.....
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If anyone wishes further clarification of these proposals before the AGM, please contact Barry Darby, Constitution Chair, at 709-754-5730 or pensioners@npspa.ca

CALL FOR NOMINATIONS 2019

The Nominations Committee is currently accepting nominations for election to the Association's Board of Directors. Elections will be held during the Annual General Meeting scheduled for November 5, 2019 at the Holiday Inn, 180 Portugal Cove Road, in St. John's.

The Association needs committed Board Members with effective communication and interpersonal skills as well as leadership skills. If you are interested in being nominated for election to the Board or if you would like to nominate another member, please contact Al Skehan or Cheryl Myers at the NLPSPA Office at (709) 754-5730, 1-800-563-4188, fax (709) 754-5790, or email: pensioners@npspa.ca

Our Political Platform 2019

By Sharron Callahan, President

Beginning on April 15, Ralph Morris and I again took to the road for our 2019 round of seniors' and pensioners' meetings in key locations across the Province. Prior to the provincial election on May 16, 16 meetings were held in Port aux Basques, Stephenville, Corner Brook, Deer Lake, Springdale, Grand Falls-Windsor, Lewisporte, Gander, Bonavista, Clarendville, Carbonear, Placentia, Paradise, St. John's, Mount Pearl, and Holyrood. Our plans to hold meetings in Grand Bank and Marystown were sidetracked by weather and lack of time and unfortunately, these could not be rescheduled prior to the provincial election.

The meeting schedule was hectic and included varying levels of attendance, depending on location, interest, local promotion, and weather. If there is one conclusion that was alarming was a pervasive atmosphere of dissatisfaction, sadness, disinterest, disillusionment and apathy all across the province; folks felt no political party had a viable solution to solve our problems; there was a high level of lack of trust in promises; and an over-riding disbelief that anything will change for the better.

Nevertheless, we journeyed on and completed our promise to get out, meet folks, and engage in discussions on issues of importance to pensioners and aging persons, with the general purpose being to provide awareness of the issues that affect social security, financial well-being, health, wellness, and other social services and benefits that impact the quality of life of seniors in the Province and across Canada. In particular, we encouraged meeting participants to take some form of personal action to influence both levels of Government to act responsibly and with concern and compassion on their behalf on the issues that have been identified, particularly to challenge persons knocking on doors

seeking votes and most importantly to exercise their right of choice on election day.

You are probably wondering what attention and attendance we had at the meetings from political persons and/or their district staff. Sorry to tell you, but the participation level was very low. Only one federal MP attended (Gudie Hutchings) in Deer Lake, but MP Churence Rogers held a focused meeting just prior to our meeting schedule and constituency staff did attend for MP Scott Simms, two MHA's attended, and staff for Dr. John Haggie. We welcomed the Mayor of Gander and thank the Seniors' Advocate

Notice of Resolutions 2019

The Constitution of the Newfoundland and Labrador Public Sector Pensioners' Association provides the opportunity for voting members to bring matters before the Annual General Meeting by means of pre-submitted resolutions to be circulated to the membership thirty (30) days prior to the Annual General Meeting. While resolutions may be circulated in writing at the beginning of the AGM, members are encouraged to pre-submit resolutions in advance of the AGM for the informed consideration of those attending the Annual General Meeting, scheduled for the Holiday Inn, 180 Portugal Cove Road, St. John's, November 5, 2019, at 7:30 PM.

To submit a resolution, please contact the NLPSPA Office at 709-754-5730, 1-800-563-4188, fax 709-754-5790, or email pensioners@npspa.ca

and her staff for their attendance at three locations. We also acknowledged the Chair of the Provincial Advisory Council on Seniors and Aging and the President of the 50+ Federation in Gander and members of the group Advocates for Seniors Citizens' Rights in four locations.

We did learn that it is critical to a meeting's success that there be a local lead person/organizers for the location. Where we did not have a local contact person, the setup defaulted to the presenters, adding additional and unnecessary responsibility. Without community support to promote the event and provide support services to the presenters, any proposed location for a meeting in the future should be reevaluated.

A very special note of appreciation is extended to Fred & Susan Oates, Craig & Jane Hall, Sylvia Arnold, Francis Reid, Bev Fisher, Mary Cleary, Ann Marie Cleary, Regina Crane, Neil Moores, Al Skehen, Robert Howard, Pamela Crummey, and Cheryl & Liz from our NLPSPA office for all their behind the scenes support and organizational work to enable these meetings to happen. Their help and contribution as a local lead, either by MC'ing, registration, traffic control, site set-up and take down, distributing materials, greeters, making reservations, paying bills, and any other behind the scenes work that supported these meetings was greatly appreciated. We could not have done it without you.

By the time you receive this newsletter, the provincial election 2019 will have faded into history. But that does not mean our work is over; in fact, it is only beginning as this is where we now change focus to ensure accountability. We will soon be arranging meetings with our newly elected Government and the opposition parties to share the results of these town hall consultations, we will be revisiting our plan for additional meetings considering our learnings from these April-May meetings, and we will be announcing some plan to engage on national issues impacting seniors in advance of the federal election in October. ■

How It All Began

By Carl Smith, Founding Member

In March 1989, I was in Dominion Supermarket, in Summerville, one morning, when I met a friend of mine by the name of Bert Hillyard. Both of us had retired from the Public Service of Newfoundland. On March 31, 1989, I said to him, "Bert, what are you doing here this morning?" He replied, "I'm looking for some pensioners' food". So, I said to him, "Bert, do you think that we should have an association to represent all pensioners?" He replied, "yes, I think we should" and I said to him, "why don't we form an association to represent all public service pensioners?" He agreed with my suggestion and we both agreed to contact five pensioners each to invite them to a meeting to be arranged by me. This was done during the summer of 1989 and on October 16, 1989, a group of nine pensioners met at the office of the Newfoundland and Labrador Managers' Association, Prince Charles Place. This was the beginning and the rest is history. ■

Written by: Carl Smith
March 16, 2019

Note: In our next newsletter, we will publish a larger article by Carl Smith which details the full story of the history of the NLPSPA. That article was presented at the 10th Annual General Meeting of the Association in recognition of our 10th anniversary year and will be reproduced for our readership to demonstrate the vision of our Founders and the strong base they established for us for today.

AGENDA

29th Annual General Meeting
Tuesday, November 5th, 2019 @ 7:30 PM

- | | |
|--|--|
| <ol style="list-style-type: none">1. Call to Order/Welcome2. Rules of Order for Meeting/Confirm Quorum3. Adoption of Agenda for 2019 Meeting4. Minute of Silence for Deceased Members5. Introduction of 2018 – 2019 Board Members6. Adoption of 2018 AGM Minutes7. Nominations Committee Report – Chair, Al Skehen<ol style="list-style-type: none">a) Nominations Reportb) Election8. Treasurer's/Finance Committee Report – Treasurer, Fred Dates<ol style="list-style-type: none">a) Presentation of 2018 Audited Financial Statements – Treasurer, Fred Datesb) Appointment of 2019 Auditor – Treasurer, Fred Dates | <ol style="list-style-type: none">9. Adoption of Annual Report – President, Sharron Callahan<ol style="list-style-type: none">a) Presentation of Annual Reportb) Strategic Plan 2019-202310. 30th Anniversary Celebration<ol style="list-style-type: none">a) Presentation of Plaque, Memories and Highlights11. Scholarship Announcement & Presentation – Chair, Mary Cleary12. Resolutions to AGM – Chair, Barry Darby13. Election Results14. Recognition/Other Business/Announcement15. Adjournment |
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NLPSPA

Newfoundland & Labrador
Public Sector Pensioners' Association

2019 Convention & General Meeting

Holiday Inn, Portugal Cove Road, St. John's, NL

"Making Choices – The Power of You"

The 2019 NLPSPA Convention will explore topics of interest
for pensioners, retirees, and seniors that are critical to successful aging.

Tuesday, November 5, 2019

4:00 p.m. **Registration, Membership Desk, Exhibits, Reception and Cash Bar**

5:00 p.m. **Meal**

6:00 p.m.

Opening Ceremonies

Ann Marie Cleary, Convention Chair

- O Canada
- Welcome

Sharron Callahan, President, NLPSPA

- Greetings

***Her Honour, The Honourable Judy M. Foote PC, ONL**
Lieutenant Governor of Newfoundland and Labrador*

Premier, Government of Newfoundland and Labrador (TBD)

Minister of Children, Seniors & Community Development (TBD)

***Mayor Danny Breen**
City of St. John's*

Anthony Insurance

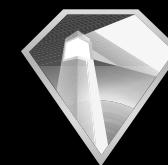
***Albert Legge**
President, RTANL*

***Dr. Suzanne Brake**
Seniors Advocate*

7:30 p.m. **AGM and 30th Anniversary Celebration**

9:30 p.m. **Evening Adjournment**

(Note: Convention Program updated May 22nd, 2019; this continues to be a work in progress and may change before November 2019)



NLPSPA

Newfoundland & Labrador
Public Sector Pensioners' Association

2019 Convention & General Meeting

Holiday Inn, Portugal Cove Road, St. John's, NL

Wednesday, November 6th, 2019

8:30 a.m. **Registration, Membership Desk and Exhibits**

8:45 a.m. **Continental Breakfast**

9:20 a.m. **Reconvene**

9:30 a.m.

Session 1:

A PILL for Every ILL

*Presenter: Kelda Newport, B.Sc (Pharm), RPh
SaferMedsNL-Project Coordinator*

*Kelda Newport will discuss how continued or overuse of medications can be
harmful and what adults can do to improve medication use.*

Facilitator: Sharron Callahan

11:00 a.m.

Break (Coffee Refresh) and Exhibits

11:20 a.m.

Provident 10 Presentation

12:00 p.m.

Luncheon

1:15 p.m.

Reconvene

1:30 p.m.

Session 2:

***Presenter: Al Antle, Executive Director**
Credit Counselling Services of NL*

Al Antle will discuss what seniors worry about with their money and why

Facilitator: Doreen Noseworthy

3:30 p.m.

Closing

Prize Draws

Convention Evaluation

Ode to Newfoundland

(Note: Convention Program updated May 22nd, 2019; this continues to be a work in progress and may change before November 2019)

Mental health and retirement

Make a positive mental transition into your next phase of life

For most people, “retirement planning” means preparing financially for life’s next stages. While retirement savings should always be top of mind, directing your attention towards mental preparation is equally important. The transition from working life to retirement can be difficult, but there are several steps you can take to minimize stress and ensure a smooth passage. Identifying and preparing for the possible mental health impacts of retirement should be an essential component of your planning process. To help you get started, we’ll breakdown three simple actions you can take to mentally prepare for and combat some of the most common mental health concerns associated with retirement.

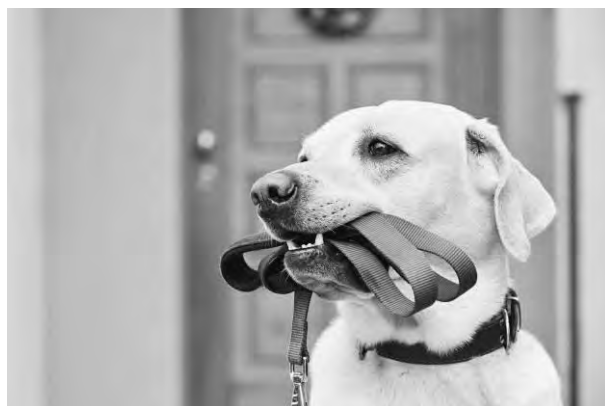
Let’s go!

1. Find your purpose and explore it

Anxiety is common among retirees and those approaching retirement, especially as it relates to fear of impending boredom and identity loss. Many people believe their job, career path and workplace relationships make up a significant part of their personality and are driving forces for self-worth. While your job can be a large part of your identity, it’s often the routine and job satisfaction aligned with your role that have the biggest impact on your contentment and self-esteem. Often, it’s the loss of these factors that cause individuals to feel a lack of purpose in retirement. Taking time to identify and nurture passions and abilities outside of your career is a great way to prepare for the transition. While it might be easier said than done, keeping busy really is the key to a healthy and happy retirement. Whether you decide to pour your time and dedication into a hobby you already have, or seek out something new to learn and explore, it’s essential to find a way to redirect your purpose. Many retirees turn to adult education as a means of keeping themselves sharp and engaged. Others opt for artistic expression or labours of love, like carpentry or gardening. Whatever it is you choose to explore, make it a priority to do so.

2. Make movement a priority

It’s important to remember that physical health and mental health are closely connected. When you focus on doing good things for your body, you’re also taking care of your mind. Many retirees report increased anxiety about their physical wellness as energy levels and abilities start to change. While it can often be difficult to accept and live with these physical changes, there are many methods retirees and those approaching retirement can take to help their bodies and minds through this transition. Making movement (light to moderate physical activity) a daily priority is the best place to start. This will look different to everyone as skills and abilities vary, but with time, you’ll find the routine that works best for you. With more free time comes more opportunities to try new things, rediscover old favorites and explore interests you didn’t know you had. Whether you decide to take up



golf or yoga, explore local walking trails with your dog or simply spend time in the garden, movement is movement – and movement is good. While exercise is a crucial component of physical and mental wellness, [the Government of Canada](#) states it should also be accompanied by a balanced diet, stable sleeping schedule and appropriate water intake.

3. Stay connected

Loneliness is another concern reported by retirees who struggle with the natural decline in social interaction that takes place after leaving the workplace. Following the initial “honeymoon phase” of retirement, many individuals begin to feel isolated and cut-off from the world – a feeling that, if not addressed, can lead to reclusive behaviour and depression. Humans are inherently social creatures that rely on regular interaction for mental stimulation. While reaching out to family and friends is a natural place to start, not everyone is able to do so. Staying active and looking for new social contacts in your community can help curb feelings of loneliness and create opportunities to discover new interests. Leverage the resources available locally to meet new people and try new things. For those who are able, volunteering is another great way to connect with people and find purpose in retirement. Usually, volunteer work requires light physical activity, which can also contribute to your daily fitness goals. Additionally, it provides opportunities to connect with individuals of all ages, which many retirees credit to enhanced energy and renewed inspiration.



How we help

As a Great-West Life plan member, you have access to helpful tools, resources and support as you embark on your retirement journey. Great-West Life’s [Workplace Strategies for Mental Health](#) offers a number of resources to help you mentally prepare for and navigate this next stage of life (search *retirement* and *retiring well*). If you are still employed and approaching retirement, some of these tools can be helpful as you plan your exit with your employer.

Recognize the signs

Are you struggling? It’s important to recognize and deal with the signs of declining mental health. Feelings of emptiness and anxiety, loss of appetite and weight, inability to sleep, decline of energy and motivation and thoughts of suicide are all signs of depression. If you’re experiencing any or all of these symptoms, please reach out to your family doctor for referral or treatment.

Remember, you’re not alone. To ensure you have the support you need, The Government of Newfoundland and Labrador has increased your calendar year covered maximum for psychology and social work services (under the group benefits plan administered by Great-West Life) to \$500. Implemented as of April 1, 2019, this increase in calendar year maximum is available to all Government of NL retirees with Great-West Life coverage and their dependents. For more information, reach out to Great-West Life’s customer support centre toll-free at 1-844-349-5656.

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THE
Great-West Life
ASSURANCE COMPANY

CREATION OF “THE BEST CHRISTMAS EVER”

~ A NEWFOUNDLAND FAIRYTALE ~

Joannie Smith-Coffin

To put the makings of this Newfoundland fairy-tale into context I'll borrow the words of Thomas Merton, “you don't need to know precisely what is happening or where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment and to embrace them with courage, faith and hope”. That is exactly what I did several years ago when the young person who inspired this story lost her battle with illness, a young one who loved all things purple and magic. And what is more magical than a Newfoundland fairy-tale, after all we are better known for our folklore, not fairy tales. The UK and Hollywood have the corner on fairy tales.

But I made a promise that this young one would live on forever in a fairy-tale and that I would do my best to continue with her fund raising for children's charities-the Bay St. George Sick Children's Foundation (BSGSCF) and the Janeway Foundation. The original story brought such joy to the young one and based on that, I knew I had to create a broader story filled with oodles of magic that would capture the imaginations of many children and their families. In particular I wanted to reach the homes of those experiencing difficult times through illness or hardship, to bring a message of hope and to make a financial difference to the two aforementioned charities. To date in excess of \$6000 has been donated which is the sum of my personal royalties and sales on a limited-edition print from the book. The larger portion of donations has gone to the BSGSCF where money is 'on the ground' for working families needing to leave their jobs and communities with a sick child to access services of the Janeway and other children's hospitals/resources.

So, I set out to find the best resources I could including a great Illustrator, one who could blend



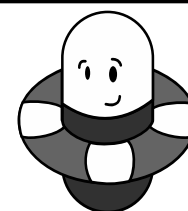
a renaissance style with our rustic Newfoundland culture. I didn't have to look far as my youngest son Brent is a professional Artist living in St. John's. Early in 2016 using concepts that were familiar to Brent and I, we created the Kingdom of Hopewell one of the four corners of the earth along with a colourful group of characters to tell the story of Princess Amari and her Father, the King who called a contest to create the best Christmas ever for his ailing Princess. We used all of

the Coffin family pets past and present, borrowed an Emu, incorporated out-port lingo from the north east coast (the Coffin family roots). We morphed a number of iconic structures into one to create Hopewell. Is that Brimstone Head, and what exactly is that castle-looks a bit like Cape Spear, but no, maybe Signal Hill? Finally, the most beautiful gowns were created for the Princess including the infamous 'breeching whales' gown reflecting joy, which is what the Princess feels in seeing the Kingdom come alive once again.

As you near the end of this tale, winter is passing, spring flowers are beginning to bloom and the Princess's cheeks are just a little rosier. She's decided to think only about the good things and why? Because it makes her feel better. If you choose to read THE BEST CHRISTMAS EVER or suggest it to someone else, I trust that you will feel better by the time you've turned the last page. The book is available in many venues such as Coles/Chapters/Indigo, The Downhome, and Boulder Publications.

Anyone with comments or questions for Joannie please contact her at jgcoffin1977@gmail.com

President's Note: Joannie has been a member of NLPSPA since 2013. Thank you, Joanie, for this article. NLPSPA welcomes articles from all its members.



Safer MedsNL

When was the last time your medications had a check-up?

It's spring! Time to declutter your medications and [SaferMedsNL](https://www.safermedsnl.ca) wants to help you do this!

Have you heard of [SaferMedsNL](https://www.safermedsnl.ca)? We are a new partnership between the Canadian Deprescribing Network, Memorial University and the Government of Newfoundland and Labrador and we want to improve how we use medications in our province by sparking conversations between patients and their pharmacist, doctor, or nurse.

Are you taking a stomach medication for reflux?

Did you know that 1-in-3 adults in Newfoundland and Labrador are taking a stomach medicine they possibly don't need? Stomach medications called Proton Pump Inhibitors (often abbreviated as PPIs) are commonly over prescribed. These medications help control heartburn initially, but when they are used for a long time they can cause side effects, such as bad diarrhea, hip fractures, kidney problems and low levels of vitamin B12 and magnesium in the blood.

A free pharmacy service has been implemented this year by the Government of Newfoundland and Labrador to help patients stop (also called “deprescribe”) their stomach medications if they are no longer needed. If you think you or someone you care for may be on a PPI, ask your local pharmacist if it needs to be continued. For some conditions, long term use of PPIs may be necessary, so please do not stop any medication without speaking to your pharmacist, doctor, or nurse.

Are you interested in learning more? Please visit our website at www.safermedsnl.ca and follow us on Facebook: [@SaferMedsNL](https://www.facebook.com/SaferMedsNL) and Twitter: [@SaferMedsNL](https://twitter.com/SaferMedsNL).

LOOKING FOR MEMORABILIA

2019 is the 30th anniversary of the founding of the NLPSPA. In order to appropriately celebrate our origins and the vision of our Founding Members, the Board of Directors is seeking photos and other memorabilia of the early days of our history. If you have any photos, trinkets, swag, or old documents that you would be willing to share, we would invite you to share them with us for use at our upcoming Annual General Meeting and Convention.

All donations will be acknowledged and returned, if that is your wish.

“Going Green”

There has been much discussion around the Board of Directors meeting table this year, about the current Pensioner Newsletter. Most, if not all of you, are aware that in the year 2019, this is still the Board’s main method of communication to you, the members of the Newfoundland and Labrador Public Sector Pensioners Association. While it is a wonderful thing to have this publication, it’s not without its problems, especially in this Technological Age. Many would probably say that it’s a dinosaur and that printing and mailing this newsletter to the many thousands of members in this Association is environmentally and economically unacceptable, and they’d probably be right. However, it has been the decision of the Board of Directors, in collaboration with the Newsletter Committee, not to do anything with respect to an Electronic Newsletter without proper notification and consideration to its membership.

We are living in wonderful times, my friends. At the touch of a “mouse” we can send messages around the world. We can communicate with our relatives and friends in the farthest reaches of the planet within moments. With the flick of a switch, we can put a satellite into orbit or destroy a whole country. We can do our banking and run businesses without ever leaving our homes. We can make life-altering decisions in the blink of an eye. Technology is everywhere and we have no choice but to embrace it. Aside from all the things previously mentioned, it has become our duty to be “environmentally responsible” to our planet. There is much talk about these things and most of us are doing the responsible things for the environment

every day as we sort our recyclables and compost our vegetable peels, etc. These things have become the norm for us and we do them without thinking anymore. Now we are asking you to give thought to doing the responsible thing with respect to your newsletter. If we are to be fiscally and environmentally responsible and good stewards of our planet and our Association, we need to give serious consideration to receiving our newsletters electronically. Think of the trees we’d save by doing this, not to mention the cost to your association of printing and mailing in today’s climate of high prices and inflation. Having said that, we realize that there are some members of this Association who do not have computers and others who have no access to the internet. We are not suggesting that these people would not receive their printed and mailed out copies. Their need for communication is no less than ours and, they would, therefore, continue to receive their regular mailings. So would other individuals who, for many other reasons, would require a hard copy. We are trying to improve communication, not take it away from anyone.

Communication is the cornerstone of any relationship, group, association, affiliation, community, country or nation. It is the one thing that the whole world has in common.... its need to communicate, and without good, effective and timely communication, we are lost. This brings me to another great need within our Association....our ability to communicate to you about issues and events in your areas that would be of interest to you as members of NLPSPA, in a timely fashion. Sometimes important things are happening that you may need to know about but the newsletter isn’t going out to you until way passed the deadline. How can we reach you to give you the necessary information? It would not be reasonable to expect a phone call to each of you, nor would you all get the information from radio announcements, etc. The

ONLY way to be sure you receive that message in time would be for you to submit your email address to us at the office. All the necessary contact information you need is on page 1 of every issue of the Pensioner Newsletter. Your email address would remain private and would never be given to any third party for ANY reason. It would be used solely for the purposes of sending pertinent information to you in a timely fashion. As I mentioned previously and, at the risk of repeating myself, we can send messages from one corner of the world to the other within minutes. What, then, prevents us from being able to communicate with our members within our own Province? Nothing that I can think of except taking the time to make that call or send that email to the Office.

If you have any questions or would like any further information, please don’t hesitate to call Cheryl at the NLPSPA Office. Many thanks to all of you for your continued support and we look forward to hearing from each of you soon.

Respectfully,
Doreen Noseworthy
Chairperson - Newsletter Committee

IS DRINKING CAUSING
PROBLEMS?

ALCOHOLICS
ANONYMOUS CAN
HELP.

CALL 1-888-579-5215 OR
WWW.AASTJOHNS.COM



THRIFT STORE
VOLUNTEERS NEEDED



Volunteer shifts available Monday-Sunday
Weekly or Bi-Weekly Commitment Required
All proceeds go to support our programs & services

To Apply, Visit..
www.spcastjohns.org/volunteer

Volunteer Week 2019

In recognition of Volunteer Week 2019, April 7-12, The Honourable Judy M. Foote, Lieutenant Governor of Newfoundland and Labrador again hosted a reception at Government House on April 8 to celebrate and recognize the tremendous amount of work and invaluable contributions made by volunteers in our



Province. Recognizing all the volunteer hours donated by those who give of their time, expertise, skills and commitment to the work of the Newfoundland and Labrador Public Sector Pensioners’ Association, NLPSPA Board members Mary Cleary, Ann Marie Cleary, and Sharron Callahan attended this reception on behalf of all our volunteers. Thank you to everyone for these invaluable contributions. ■

**Do you know Pensioners who
are not members of NLPSPA?**

**Help them explore the
benefits of membership.**

**Accomplishments for
Members:**

- Reversal of the recent pension plan overpayments clawback;
- Maintenance of health coverage for pensioners;
- Direct voice in pension plan reform;
- Oversight of the PSPP through membership on the Pensions Corporation;
- Leadership of NL Coalition of Pensioners and Seniors, with united voice and public visibility on seniors' issues;
- Establishment of Seniors' Advocate;
- Establishment of NLPSPA Scholarship(s).

Membership Benefits:

- Strong public voice on pension, and health issues;
- A collective voice and input to matters of public policy;
- Advocacy for improved care services for seniors
- Higher and more credible profile with Government(s);
- Opportunities to participate in public forums;
- Continuous learning and information sharing;
- Access to information and pension news;
- NLPSPA Convention;
- Auto and Home Insurance savings with Anthony Insurance;
- Discounted rate at Super 8 Hotel, St. John's;
- Seasonal social activities.

Membership Types:

Regular Members are public sector pensioners in receipt of a pension from the Government of Newfoundland and Labrador.

Affiliate Members are employed by the Government of Newfoundland and Labrador and eligible to retire within five (5) years.

Reciprocal Members are persons in receipt of a pension from a pension plan that has a reciprocal agreement with the NL Public Service Pension Plan.

Associate Members are spouses or partners of Regular, Affiliate or Reciprocal Members.

Membership Costs:

Regular Members: \$1.00 per pay period, deducted from pension cheques on a bi-monthly basis by the Department of Finance, Pensions' Division, upon receipt of pensioner's membership application from NLPSPA Office;

Affiliate and Reciprocal Members: \$24.00 annually payable to NLPSPA at the time of membership application and subsequently upon receipt of annual invoice;

Associate Members: No membership fee. Associate Members are eligible to convert to regular membership upon receipt of a pensioner's survivor benefit.



NLPSPA

Newfoundland & Labrador
Public Sector Pensioners' Association

446 Newfoundland Drive, Suite 206
St. John's, NL A1A 4G7
709-754-5730 • 1-800-563-4188 • 709-754-5790 (Fax)
pensioners@npspa.ca • www.npspa.ca



NLPSPA Membership Application

MEMBERSHIP CATEGORY: ☐ REGULAR ☐ AFFILIATE ☐ ASSOCIATE ☐ RECIPROCAL

SURNAME: _____ **FIRST NAME** _____

STREET ADDRESS/APT. NUMBER _____

P.O. BOX NUMBER _____ **TOWN** _____

PROVINCE _____ **POSTAL CODE** _____ **PHONE(____)** _____

EMAIL _____

PREVIOUS EMPLOYER (Regular or Reciprocal Members) _____

CURRENT EMPLOYER (Affiliate Members) _____

ASSOCIATE MEMBER'S NAME (Where Applicable) _____

I hereby authorize the Department of Finance to

☐ Deduct \$1.00 from my bi-monthly pension cheques and remit to NLPSPA.

☐ Provide periodic updates to NLPSPA about my current mailing and contact information.

Signature

Date

**Applications for membership can be
mailed, faxed or emailed to NLPSPA Office.**

*Note: Affiliate and Reciprocal membership
applications must be accompanied by cheque
or credit card payment by contacting the
NLPSPA Office.*

**New members will receive a membership
card and membership number.**



Increased savings,
enhanced coverage.

Just some of the PERKS of being
an NL Public Sector Pensioner.

Anthony Insurance has always been a 50+ value leader... with NLPSPA member PERKS *you get more.*

At Anthony, we appreciate your contributions. If you're retired - or plan to retire in the next 5 years - as a Newfoundland and Labrador Public Sector Pensioners' Association member, you are entitled to PERKS – exclusive savings and benefits from Anthony Insurance that could save you \$1000s.

Do you have friends or family in the Federal, Provincial or Municipal public service? They too may be eligible for membership and special benefits in the NLPSPA!

✓ **Exclusive Auto Savings.**

As an NLPSPA Member you get an exclusive, additional discount on your auto insurance.

✓ **Enhanced Home Protection.**

At no additional charge, your home liability protection is increased from \$1,000,000 to \$2,000,000.

✓ **Maximum Home Savings.**

Get your exclusive member discount, plus your discount limit is increased to 55%.

✓ **Other Special Rewards.**

Combine home and auto to receive vanishing deductibles and more claims enhancements.

✓ **Better Driving Coverage.**

For members only, we'll add Emergency Road Service protection to your auto policy.

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