

**BCRPVPA General meeting Minutes FINAL - approved
January 23, 2025**

In attendance: Deborah Luporini, Marsha Arnold, Bonnie Deren, Lanny Young, Jessica Antonsz, Jeff Lacombe, Sher Baerg, Ted St.Pierre, Ian Kent, Sandra Kinnon

On line attendance: Joy Ruffeski, Celina Mau, Eileen Phillips, Sally Zyrd, Sandra Kinnon, Dorothy XXXX

Regrets: Christine Johnson

Agenda:

1. The meeting was called to order at 10:01 a.m.
We give thanks and acknowledge that the BCPVPA office is located on the unceded traditional territories of the x^wməθk^wəyəm (Musqueam), Sḵwḵwú7mesh (Squamish), and səilwətał (Tsleil-Waututh) Nations.
2. Approval of Agenda
The agenda was approved as circulated.
3. Approval of General meeting minutes for October 17, 2024
A spelling error was noted: Ruffreski The minutes of the October17, 2024 General meeting were approved.
- 4.
5. Treasurer's report –

Lanny reviewed the financial statement that was circulated at the executive meeting on November 28th, 2024.

Treasurer's Report as of September 4, 2024

Financial Position

Fund Balances as of June 30, 2024 - **\$ 47,824.78**

Fund Balances as of Sept.30, 2024 - **\$ 69,991.34**

Statement of Operations

Revenue from July 1, 2024 to Sept. 30, 2024 - **\$ 23,571.00**

Membership – \$22,920.00

Hearing Life Annual Scholarship - *Not yet*

(received in October 2023 last year)

Affinity Program Royalty (e.g. Hearing Life) - \$ 651.50

Expenditures from July 1, 2024 to Sept. 30, 2024 - **\$ 1,404.94**

Communications/Technology - \$ 196.88

Student Scholarships - \$1,000 *from last year*

Meeting Costs/Governance - \$ 208.06

Excess of Revenue over Expenditures – Sept. 30, 2024 – \$ 22,166.56

Lanny reviewed the process around transitioning to our new accountant and connecting with CRA.

The BCRPVPA has opened a business account with VanCity.

A VISA card has been requested and received. There are three cards: treasurer, vice-president and president.

All purchases on the VISA card are immediately shared with the treasurer by executive member email. The treasurer confirms purchases with the VISA statement. The statement has been set up to automatically pay every month.

Purchases made by other executive members will be reimbursed by filling out an expense form. All reimbursements will be completed electronically.

Becca Lung at LLCaulder will be completing our quarterly reports and will ensure that the T4A's are provided for our scholarship and bursary winners and she will ensure that our annual taxes are filed in accordance with the Canada Revenue Agency. Lanny has opened an online CRA account in the BCRPVPA's name and our accountant has access for filing.

The treasurer confirmed that all 'checks and balances' are in place to ensure the organizations appropriate handing of funds:

Two signatures are required on cash withdrawals which includes the bank card.

Three executive members have access to the monthly VISA statement.

Final financial transitions from the BCPVPA to the BCRPVPA are almost complete.

Early in January a cheque from the BCPVPA deposited to Van City: **approximately \$30,000**

The BCRPVPA has an Investment which is to be transferred at maturity: **July 2025**

approximately \$19,000

The BCPVPA needs to write us a cheque from the balance held for approximately \$1900.00

6. President's report – Deborah

Update on our financial records and reporting

Rod has just sent me a video (January 11) on newsletter posting on our website.

We need support in the following areas from either our executive or someone in the membership who would like to become a member at large: (up to 9 members at large)

•membership support – thank you Jessica

•**secretary for our meetings -Deborah to continue**

•**gathering information and details for our newsletters to be determined**

•sending out eblasts: Marsha and Deborah are searching out options at this point

•**look after connecting with one or more of our benefit carriers, generally one time a year – to be determined**

Membership update: Jessica

Members as of October1: 801

Members as of November 1: 802

Membership December 1: 802

Members as of January 13 804(2 deceased as of Jan 16)

We are now transitioned to the BC pension corporation to work directly with them regarding our annual membership dues, as of January 13, 2025.

7. Vice-President's report – Marsha

Pension COLA adjustment 1.6%

BCRPVPA Affinity and Benefits/ Communications Report Jan 2025

Communications and Technology

Continue to post, with Rod's and Deb's help, website updates and news.

Eblasts re BC Seniors Advocate webinar, Season's Greetings, Black Friday and postal strike to members. Also sent Season's Greetings to all affinity partners and received several thankyou.

Will communicate Pension COLA 1.5% increase info in Feb newsletter.
Communicated with Deb, Sher and Jessica the several Shaw.ca email that didn't go through
Responded to several emails re insurance, Perkopolis signup, membership verification and other benefits.

Continue to provide links on our website– driving more members to our website.

Looking at new platform to send out emails, thanks to Rod our webmaster.

Affinity and Benefits

HearingLife: received \$1, 664 in 2024 towards scholarships/bursaries

Each time members/relatives who gets a free hearing assessment or purchases items the company quarterly gives us a small royalty. So why not?

Belair Direct, Johnson and Medoc: Contract provides 1.5% annually royalty paid out based on number of members designated as BCRPVPA members. Please **change your affiliation** to BC Retired Principals as you could get better rates.

News: In July, along with changing their name (likely Belair direct) Johnson will be coming out with a NEW health/ travel/dental insurance plan similar to Prestige but members will no longer be required to join BCRTA to partake.

They are cobbling together smaller organizations such as ourselves to create this optional plan. Travel insurance will have no stability clause, no medical forms and starts at 62-day travel coverage. More information to follow. We do not have to sign on to Green Shield and can move between any plan annually as often as one needs to.

The plan will also be open to friends and relatives so BCRPVPA will need to decide how we might manage and charge for associate membership. BCRTA is also wrestling with this issue.

Contact **Lisa Hansen**, Manager, Group Benefits 1-866-440-8300 Ext: 67163

lhansen@johnson.ca for free friendly advice on any insurance matter.

Trip Merchant:

Met with Tom McLean to announce the launch of the new travel website platform with *Trip Merchant*, designed exclusively for BCRPVPA members. Sign up at [Trip Merchant - BCRPVPA](#)

Trip Merchant has secured special membership savings, offering up to 50% off on travel experiences. They partner with a wide range of suppliers to cater to diverse travel styles, including Ocean Cruises, River Cruises, Guided Tours, Adventure & Active Travel, African Safaris, Solo Travel, Long Stay Vacations, and others...

Member Benefits Include:

- Exclusive Member Savings
- Trip Merchant Loyalty Program
- Trip Contests
- Trip Itinerary Builder
- Online Presentations
- Exclusive Group Departures with *Trip Merchant Journeys*
- Travel Inspiration and more!

To gain free access to our new Trip Merchant site, simply follow the instructions. **Please note: A one-time organization code of 4324 is required to register to the BCRPVPA /Trip Merchant travel site!**

Step 1: Click this URL - <https://tripmerchant.com/register>

Organization Code: Please enter this code exactly as shown **4324**

Follow the 3 steps so you will now access the site by using this website login

link: <https://tripmerchant.com/login> , enter your email address and password you created.

BCRPVPA featured trip – Antarctica/ Argentina 17 days starting Feb18 - 2026

We have a female looking for a cabinmate as we presently have 9 travellers.

[Antarctic Circle Expedition | BCRPVPA | Trip Merchant](#)

Newsletter

Always looking for articles and members who wish to be featured.

Support and suggestions are always welcome! How about asking one of our BCRPVPA friends if they wish to be featured or wish to contribute?

Information on Seniors Issues

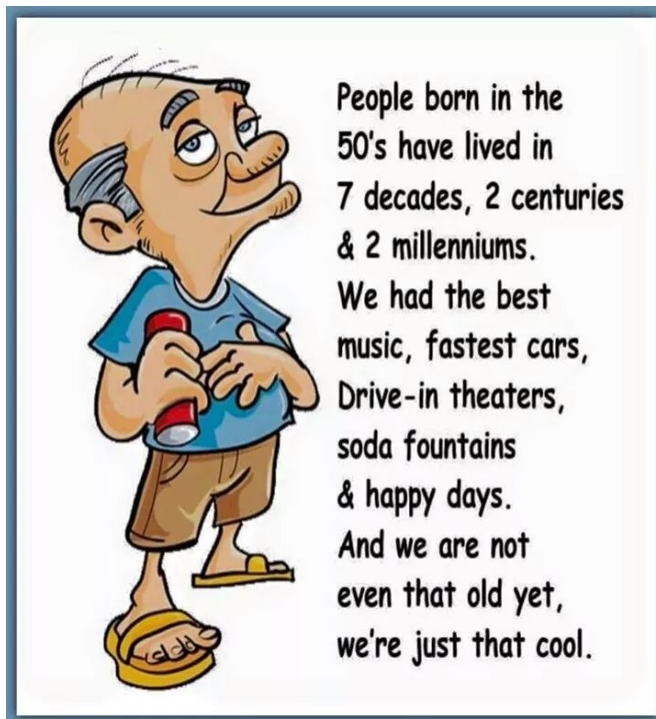
BC Association of Community Response Networks welcomed BC Seniors Advocate Dan Levitt for January's Provincial Learning Event online webinar. Participants learned about how BC is meeting the basic needs of its older residents and the areas in which the Office of the Seniors Advocate will focus on in the coming year. **Coming soon – free Shingles shots for seniors!**

[Zoom recording](#) [Presentation Slides](#)

In November Provincial Learning Event, participants learned how to recognize email phishing scams and other helpful prevention tips to protect themselves online. With digital literacy being a critical component to keeping older adults safe online, participants were able to gain confidence by learning valuable information from outreach coordinators at Connected Canadians. [Zoom recording](#)

Presented by: Connected Canadians (contact [Connected Canadians](#))

Save the date! BC CRN is excited to welcome Lisa Dawson, Vice President of Independent Long-Term Care Councils Association of BC (ILTCCABC) for February's Provincial Learning Event online webinar. Participants will learn about how ILTCCABC represents the collective voice of residents, their families and representatives. Belonging to a council enables residents and families to become involved in decisions that affect residents' care and quality of life at the local, regional and provincial levels. [Register](#) | **February 18, 2025 | 10:30 am – 12:00 pm PST**



For more info:

[Programs - BC Association of Community Response Networks](#)

CUSCO ongoing senior advocacy - [Workshop Brochures – Seniors Helping Seniors](#)

Rural seniors - [BC Rural Health Network](#) and info@bcruralhealth.org Paul Adams director

Low income & disabled seniors – Telus internet for \$9.95

Rogers basic data plan for \$25 for over 65

Planning ahead:

An overview was provided which explained that a membership drive brochure would be discussed at the next BCRPVPA executive meeting. Marsha and Jessica have some suggestions about increasing our membership.

We were reminded that increasing membership is just one goal. This goal should be expanded to ensure that members receive and use the opportunities provided by our Association. Creating a

brochure that promotes BCRPVPA to retiring or retired members and their families as we will have an insurance option for them soon.

8. Past President's report – Christine Johnson

No report as Christine was absent from the meeting

9. Scholarship's report – Jeff

3 applications have been received to date. Jeff outlined the process for this year. Yolande has created the spread sheet for managing the scholarship and bursary list which will become a part of the evaluation process. Each application received will be forwarded to each committee member. Committee members should be keeping all the applications in a folder. After March 31, the committee will better be able to decide how many applications will be read by each member. A question was asked about student applications from Catholic or private schools. Would these applications be considered, as their retired principals are a part of our Association? This will be referred to our February executive meeting.

The scholarship and bursary committee will meet in April between the 14 and 28 to select the winners.

10. Sunshine report – Bonnie

The membership was reminded of the process for ensuring Bonnie is 'in the loop' regarding members who have passed away:

Send an email directly to the info@bcrvpa.ca

The information with the contact information is sent to Bonnie (sunshine), and Jessica (membership). The official membership is updated and copies are sent with personal information, excluding the pension numbers, to the president, vice-president, and past president.

11. Website update – Ted

Ted outlined the development of the website and encouraged members to use it as it has a lot of information. He asks the membership to consider:

Do you access the website? Can you find what you need to find? Is there something missing? Tell us about what is missing.

We encourage feedback to be sent to <https://bcrvpa.ca/update-members-info/>

12. New business – Deborah

Questions discussed at the last meeting:

•What possible topics would you like more information on/about for the general meeting presentation?

Answer: Our remaining meetings until June of 2025 will focus on wellness.

•Do we have a place to offer suggestions?

Answer: A 'suggestion' option for members could be useful. This can occur at:

<https://bcrvpa.ca/update-members-info/>

•Did you use VIVA ENGAGE? Would you participate in something similar? Do you have any suggestions for something similar to VIVA ENGAGE?

Answer: We could consider a private FACEBOOK account and connect it to a calendar on our website allowing groups that are created to make their meetings and activities public to the BCRPVPA members only.

Answer: A calendar option on our website could allow connections for posting your groups meetings or gatherings. Referred to the next executive meeting in February.

These questions will be in our next newsletter to provide information for Marsha and Jessica.

•What makes you want to belong to the BCRPVPA?

•How can we better connect with you, our members?

13. Next meeting:

Executive: Thursday, February 20: zoom

General: Thursday, March 13, 2025

DRAW for attendance prize!

Sally Zyrd on line and Ted St.Pierre BCPVPA board room.

14. Adjournment was at 10:54 a.m.: Everyone was invited to a 'no host' lunch, following the meeting.

Guest Speaker: 11:05 a.m. Julie Rempel

Healthy Aging: Nurturing Wellbeing in Every Stage of Life explores the key factors that contribute to healthy aging, highlighting the importance of physical, mental, emotional, and social wellbeing. The presentation defines wellbeing in a holistic way and examines how aging affects the body and mind, addressing common physical and cognitive changes as well as mental health challenges. It emphasizes the importance of physical activity, nutrition, emotional resilience, and maintaining social connections. Strategies for promoting wellbeing include engaging in lifelong learning, managing health, and fostering strong support systems with family and caregivers. The presentation concludes by encouraging a proactive approach to aging, stressing the importance of collective and individual actions to ensure a positive and healthy aging experience.

This will be her first public presentation for the SFU Lifelong Health and Wellbeing lab and we are delighted!

julie_rempel@sfu.ca; dashstudy@sfu.ca; www.sfu.ca/gerontology and 1-672-699-0442

A recording was made of this session.