

# The Golden Gang Gazette

## Vancouver Municipal & Regional Retiree's Association

545 West 10th Avenue

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June 2024

### Action needed NOW on Pharmacare Bill C-64

A small delegation of COSCO Health Committee and Human Rights working group members met with MP Peter Julian, the new NDP Health Critic this week. We learned that the goal is to get this bill passed by the end of June to ensure that pharmacare can be in place by April 1, 2025. Please sign the letter below from the Canadian Health Coalition and also read more from the Council of Canadians.

<https://www.healthcoalition.ca/help-push-for-the-adoption-of-the-pharmacare-act-bill-c-64/>

### Tin Cup Rally

This group is focused on bringing attention to the issue of the large number of seniors who are living below the Poverty Line. The rallies they organize are a way of bringing this issue to public awareness. They are looking for folks to organize rallies as well as to participate. You can log onto their website for more information. webpage: [www.seniorstincup.org](http://www.seniorstincup.org)

### Concerned About Public Transit

The Mayor's Council has developed a link that you can use to send a message to Provincial politicians with your concerns. Go to Google and type in [Access For Everyone](#) and follow the prompt. It will take you to a fillable letter that can be sent off to the representative in your district.

### Dental Care

Despite dental health having been recognized as one of the most important aspects of our health, it continues to be unaffordable for many seniors. The recently announced Dental plan for those who are not eligible for a dental plan will provide coverage for many seniors but certainly not all. The catch is that folks who are eligible for a plan but cannot afford the premiums are left out in the cold.

The Municipal Pension Retiree's Ass. (MPRA), which many of you are members of, is actively advocating for those left out. I would once again encourage anyone who has not joined this provincial group to do so. The first year of membership is free and then \$22 dollars per year.

Just a quick reminder that our meetings are now hybrid so you can attend in person or join by Zoom. If you are not familiar with zoom, and need a bit of help getting set up, please contact either myself or Dianna Smith.

**Gluu Technology Society** is a Canadian nonprofit that helps older adults use technology to stay happy, healthy, and connected. This organization provides information on a few different devices, computers, phones, and iPads.

Website: [gluusociety.org](http://gluusociety.org)

### CONTEST WINNERS

#### Derby Draw Winner:

Jim McCorkindale

#### Jackpot Winner:

No winner

#### Pot of Gold Winner

Jim McCorkindale



You must be in attendance or logged into the meeting in order to win and your dues must be up to date.

### Membership Meeting

Bonsor Recreation  
Complex and via Zoom

June 5, 2024

11-12:30

### Executive Meeting

Please forward any agenda items to the Executive. Contact information on the back page.

## Alzheimer's News

Given the news about a potential new treatment for Alzheimer's I am including this report that I copied from the Mayo Clinic website.

There is more to this article which you can access by logging into the Mayo Clinic Website.

Some of the new Alzheimer's treatments target clumps of the protein beta-amyloid, known as plaques, in the brain. Plaques are a characteristic sign of Alzheimer's disease.

Strategies aimed at beta-amyloid include:

### Recruiting the immune

**system.** Medicines known as monoclonal antibodies may prevent beta-amyloid from clumping into plaques. They also may remove beta-amyloid plaques that have formed. They do this by helping the body clear them from the brain. These medicines mimic the antibodies your body naturally produces as part of your immune system's response to foreign invaders or vaccines.

In 2023, the U.S. Food and Drug Administration (FDA) approved lecanemab (Leqembi) for people with mild Alzheimer's disease and mild cognitive impairment due to Alzheimer's disease.

A phase 3 clinical trial found that the medicine slowed cognitive decline in people with early Alzheimer's disease. The medicine prevents amyloid plaques in the brain from clumping. The phase 3 trial was the largest so far to study whether clearing clumps of amyloid plaques from the brain can slow the disease.

Lecanemab is given as an IV infusion every two weeks. Your care team likely will watch for side effects and ask you or your caregiver how your body reacts to

the drug. Side effects of lecanemab include infusion-related reactions such as fever, flu-like symptoms, nausea, vomiting, dizziness, changes in heart rate and shortness of breath.

Also, people taking lecanemab may have swelling in the brain or may get small bleeds in the brain. Rarely, brain swelling can be serious enough to cause seizures and other symptoms. Also in rare instances, bleeding in the brain can cause death.

The FDA recommends getting a brain MRI before starting treatment. It also recommends being monitored with brain MRIs during treatment for symptoms of brain swelling or bleeding.

People who carry a certain form of a gene known as *APOE e4* appear to have a higher risk of these serious complications. The FDA recommends being tested for this gene before starting treatment with lecanemab.

If you take a blood thinner or have other risk factors for brain bleeding, talk to your health care professional before taking lecanemab. Blood-thinning medicines may increase the risk of bleeding in the brain.

More research is being done on the potential risks of taking lecanemab. Other research is looking at how effective lecanemab may be for people at risk of Alzheimer's disease, including people who have a first-degree relative, such as a parent or sibling, with the disease.

Another medicine being studied is donanemab. It targets and reduces amyloid plaques and tau proteins. It was found to slow declines in thinking and functioning in people with early

Alzheimer's disease.

The monoclonal antibody solanezumab did not show benefits for individuals with preclinical, mild or moderate Alzheimer's disease. Solanezumab did not lower beta-amyloid in the brain, which may be why it wasn't effective.

**Preventing destruction.** A medicine initially developed as a possible cancer treatment — saracatinib — is now being tested in Alzheimer's disease.

In mice, saracatinib turned off a protein that allowed synapses to start working again. Synapses are the tiny spaces between brain cells through which the cells communicate.

The animals in the study experienced a reversal of some memory loss. Human trials for saracatinib as a possible Alzheimer's treatment are now underway.

**Production blockers.** These therapies may reduce the amount of beta-amyloid formed in the brain. Research has shown that beta-amyloid is produced from a "parent protein" in two steps performed by different enzymes.

Several experimental medicines aim to block the activity of these enzymes. They're known as beta- and gamma-secretase inhibitors. Recent studies showed that the beta-secretase inhibitors did not slow cognitive decline. They also were associated with significant side effects in those with mild or moderate Alzheimer's. This has decreased enthusiasm for the medicines.



Once again, the staff at the CUPE Local 15 office have lent a helping hand to our organization. The latest assistance involved reworking the pamphlet used to advertise our organization. The original template was lost years ago, and it hadn't been updated since 2017. The staff recreated the document in a word format which I was then able to edit. I will be having copies printed and distributed to various employers for distribution with any retirement material they provide employees who are contemplating retirement. The Vancouver School Board has already requested copies to include in their pre-retirement package which is a great assistance to us with respect to recruitment.

## AROUND TOWN

The summer will soon be upon us and the opportunities to get out and socialize are numerous. Socializing is such an important part of healthy aging and the Executive of the VMRRA are encouraging all members to look for opportunities to engage with others.

High on our list of opportunities is our upcoming Summer Social which will be held in July 24, from noon to 2:00, at the Victoria Drive Community Hall located at 2026 East 43<sup>rd</sup> Ave. The building is located half a block east of 43<sup>rd</sup> and Victoria and is readily accessible by bus. The event will be held rain or shine. We are hoping to have an opportunity to BBQ as we did last year as the burgers and hot dog menu was very well received. We will be sending out a poster closer to the event date but wanted to provide an opportunity for you to slate the date into your calendars.

### Farmer and Artisan's Markets:

Saturdays – Burnaby City Hall 4949 Canada Way 9a.m. - 2 p.m.

Steveston Artisan 4320 Moncton St, Richmond 10:30 – 3:30 p.m.

There are a number of Farmer's Market that operate within Vancouver. Several are winter markets, but the majority operate during the spring and summer months. You can obtain the dates, times and locations of the markets closest to you by logging onto the website: [eatlocal.org](http://eatlocal.org)



### Speakers Corner Litza Anderson Estate and Trust Consultant

Litza is responsible for providing advice and guidance to clients regarding their Will and strategies. Clients benefit from her customized tax-considered strategies that align with their investment, retirement, philanthropic and estate plans to help safe-guard their financial well-being into the next generation. Originally from Vancouver, Litza clerked at the Tax Court of Canada in Ottawa and practiced for several years at a large law firm in Toronto specializing in estate planning. Prior to returning to Vancouver, she worked in the Cayman Islands at one of the world's largest offshore law firms specializing in succession planning for international high net worth clients. Litza was originally called to the Ontario Bar in 2002 and was called to the British Columbia Bar in 2009. Memberships include the Law Society of British Columbia, the Canadian Bar Association and the Society of Trust and Estate Practitioners (STEP)

**2019-2020**

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# Remembering

Opinions, viewpoints, and accuracy of facts submitted by members is the responsibility of the writer and not of the Editor, Executive, or the Membership of the VMRRA.



## **Dues Remittance Form**

I enclose my annual dues of \$10.00 per year for \_\_\_\_\_ years and \_\_\_\_\_ as a donation.

Total enclosed \$ \_\_\_\_\_.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Former Employer \_\_\_\_\_

Optional Next of Kin \_\_\_\_\_

***Please mail to: Dianna Smith c/o #1012-6631 Minoru Blvd.***

***Richmond, B.C. V6Y 1Z1***

***Cheques should be made payable to VMRRA***