

The Golden Gang Gazette

Vancouver Municipal & Regional Retiree's Association

545 West 10th Avenue

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Municipal Pension Plan News

You will have received your January cheque by the time you receive this GGG with the Cost of Living Allowance increase of 1.6%.

Every year the Municipal Pension Plan sends out your T4, T4A or T10 information slips to provide you with the information needed to file your income tax return.

For those who have **not** signed up for "My Account" on the MPP website <https://mpp.pensionsbc.ca>, this information is sent to you by mail. You will receive the Pension Life Newsletter which also includes the information slips. PLEASE DO NOT THROW THEM AWAY.

For those who have signed up for "My Account" online, your Pension Life newsletter and your information slips can be both retrieved at your convenience by signing in. If you are not able to sign in or have forgotten your password, please contact the Municipal Pension Plan at 1-866-876-6677.

Many of you are already members of the Municipal Pension Retiree's Association (MPRA) and I know we have encouraged folks who are not members to join.

Given the amazing advocacy work that is done by this organization I am once again suggesting that you

consider joining. The first year of membership is free with the proviso that you supply your PID for the MPP Pension so that your future dues of \$22.00 per year can be automatically withdrawn from your March pension cheque.

Membership in the organization provides you with the opportunity to join anyone of the over thirty district meetings across the province and participate in the educational and social activities that are available

Please log onto the website mpr.ca/ for more information about the benefits of membership.

Annual General Meeting

Following the February meeting the AGM will be held April 2, 2025

This is an extremely important meeting as elections will be held for positions on the Executive and we have three position that need to be filled. Please contact myself if you have any questions regarding how you can assist the group at this time. My contact information and that of the other executives members is on the back page.

CONTEST WINNERS

Derby Draw Winner:

Due to Winter Social no draws held

Jackpot Winner:

Pot of Gold Winner

Door Prize

Edie Pederson



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 Recreational

Complex

February 5, 2025

11:00 am

or join via Zoom at:

<https://zoom.us/j/93354351685?pwd=ke2Ft3DHjhGwkCyYa6tv09285jVvXD.1>

Executive Meeting

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



I would like to report that once again the December meeting and social was a success. The White Spot Restaurant in New Westminster provided a lovely turkey dinner. The food was great and the service was excellent. Lots of prizes and the gift exchange went very well. Our next social will be the beginning of June as we want to ensure that folks are available before vacation and for those who have child minding issues during school breaks. I want to recognize the contribution of CUPE Local 15 for their financial assistance in putting on our Socials. They have been generous over the years and we look forward to their continued support.

On a personal note, I indicated at the last meeting that April will be the end of my term as president of the organization, and I will not be standing for election again. In addition, both Dianna Smith, Treasurer and Irene McCorkindale, Secretary have indicated that this is their last term in their respective positions. Without folks stepping forward to fill these positions we will be unable to continue to complete the newsletter, organize the meetings and arrange for guest speakers. I have been in my position for many years and feel that it is time to turn the reigns over to someone else. I would encourage you to think about accepting a role in our organization to ensure it continues. I am willing to assist anyone who is interested in my position and feel certain that both Dianna and Irene would provide support to anyone willing to take on their positions.

BOOK EXCHANGE - I would encourage members to bring any gently used books to the meeting to participate in our book exchange. We have reinstated the book exchange and it went well during our fall meeting.

NEW MEMBERS/VOLUNTEERS We continue our ongoing efforts to recruit new members/volunteers. We are most anxious to recruit newer/younger members/volunteers to assist with production of the newsletter, assistance with Zoom meetings and recruiting and scheduling guest speakers. If you or anyone you know might be interested in helping, please let us know. There are only five meetings a year, so the workload is not onerous if shared.



Speakers Corner -

I have not been able to organize a guest speaker as of the time of this printing. If I am unable to organize a guest speaker, I will be doing a zoom session on some of the Federal Government programs available to seniors.

Please try to upgrade your zoom account prior to the session to ensure you can log in and participate.

What is Ageism

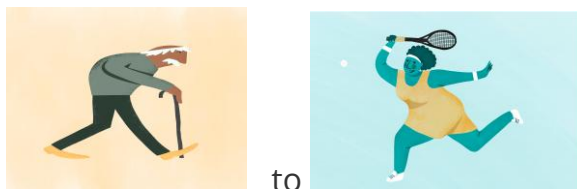
Ageism is all around us. From stereotypes in the media to assumptions in the workplace, ageism can limit opportunities and even create social isolation for older adults. The good news is that we can be part of the solution and combat it together to create a more inclusive world for all ages. Here are four ways you and those around you can help.

1. **Challenge your own biases.** We all have unconscious biases. Reflect on your ideas about ageing and ask yourself if they are based on reality or outdated stereotypes.
2. **Use your voice.** When you witness ageist remarks, don't be silent. Politely challenge them to promote a more respectful conversation.
3. **Fight stereotypes.** Older adults are a diverse group with a wealth of experience, and there are plenty of achievements and contributions to celebrate.
4. **Bridge the gap.** Intergenerational programs encourage interactions between different age groups to foster respect and understanding. Older adults can mentor young children, teach them life skills, or share stories and traditions. They can also participate in technology workshops led by younger people to learn new skills, creating a mutually beneficial exchange. These programs can help challenge stereotypes by demonstrating diverse contributions, capabilities and interests while bridging generational gaps.

Ageism affects everyone. By breaking down stereotypes, we can create a world where everyone feels valued and respected, regardless of age. Let's work together to create a society where age is just a number, not a barrier.

Article from McMaster's University

We need to work to change perspectives from this



The Dilemma for Some Retirees

A recent report published by Fidelity Investments Canada found six in 10 retirees, or 59 per cent, financially supported their adult children in some way: 25 per cent helped with day-to-day living expenses, 21 per cent helped with large purchases, such as a car or wedding, 20 per cent let kids live at home rent-free, 16 per cent helped with purchasing a home, 12 per cent contributed to their grandkids' education, and nine per cent helped with rent payments.

But when surveyed, only four in 10 pre-retirees said they expect to help their adult kids after they retire. The gap between retirees who are supporting their kids and pre-retirees who expect to do so is a red flag for the report's co-author, Michelle Munro, Fidelity's director of tax and retirement research. "That 20 per cent gap means some people aren't planning for it," she said. "There's a real risk here for retirees on a fixed income."

Older Canadians aren't immune to the rising cost of living, and "end-of-life costs can be incredibly expensive," said Munro. If parents want to provide financial support for adult children, but haven't factored it into their retirement plans, it could put them in a precarious situation down the road.

AROUND TOWN

We have been very fortunate to date with the mild weather. We will all be out starting our spring routines soon. It's Important to remember that another year has passed, and we should all ensure that starting back into an activity that we haven't been involved in for a year may present some challenges. Gardening can be challenging physically. Stay active but remember slow and steady is the best method.

B.C. Labour Heritage Centre

Treat yourself to a monthly dose of labour history.

I've included this information again as I think it's a wonderful organization and I would encourage you to log into the website labourheritagecentre.ca.

The B.C. Labour Heritage Centre newsletter is a free monthly look at our rich past, and what it can tell us about the BC labour movement's future. Sign up for your free monthly subscription. If anyone is interested, I would be happy to try to organize a visit and tour of the facility. Please let me know.

Resources for Seniors

The BC Seniors' Guide is a book-style compilation of information and resources to help us all plan for and live a healthy lifestyle as we age. It includes information on provincial and federal programs, with sections on benefits, health, lifestyle, housing, transportation, finances, safety and security, and other services.

You can download the PDF version of the guide (great for printing at home), read it online, or order a hard copy. See below for information and links.

- [BC Seniors' Guide \(PDF, 2.26MB\)](#)
English version, 12th edition (2020)

Mental Health and Wellness

Increasing investigation and studies of the challenges inherent in aging indicate that mental health issues are impacting many seniors and are going unaddressed. The stigma that has been attached to mental health issues in the past is fortunately being reduced as more services are being provided and more folks are coming forward. Please do not suffer alone. There is support and you are encouraged to seek it out.

Building better mental health and addictions care

B.C. is rising to new challenges to make sure people get the care they need, where and when they need it, no matter how many tries it takes. **Get help now**

- **Suicide Crisis Line (24/7)**
Call or text [9-8-8](tel:9-8-8) or call [1-800-SUICIDE](tel:1-800-SUICIDE)
- **Mental health and addiction support (24/7)**
Call [310-6789](tel:310-6789) or visit HelpStartsHere.gov.bc.ca

2019-2020

Executive Board

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Betty McGee

Speaker Booking

Vacant

Member at Large General

Vacant

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