



The ADVISOR

Municipal Pension Retirees' Association

"With age, wisdom and power"

Our Asian Cruise

Mary and Steven Polak

On January 14, 2020 Steven and I went to Vancouver on Air Canada. January 15, we flew to Toyko to spend a couple of days in Toyko and then boarded our cruise on January 20, 2020. Our Princess cruise from and back to Yokohama, the 20th of January to the 4th of February 2020. As you may know the cruise we were on was the Diamond Princess.

February 2, after dinner, the Captain told us about a passenger who had been on our cruise from departure on the 20 of January to the 25 of January. The passenger had disembarked in Hong Kong and was diagnosed on the 1st of February with the corona virus. With a further explanation we were instructed to return to our staterooms and wait to be screened by the Japanese Health Authorities. By the end of February 3, 2020 there were 12 positive cases and another 14 samples waiting for results. Now we are concerned, fearful, feeling uncertain and very little information.

On the morning of February 4, 2020, we were told to stay in our staterooms, and we began our 14 day quarantine. We were both fine. No symptoms. Fortunately, we had a full suite with two sliding patio doors. Our safety was our primary concern, so we did not leave our room.

The next few days were difficult. We could not get answers. Most of the staff

were in quarantine as well. Communication was made through the front desk which was most often not answered. No one could enter our cabin, so our room was not cleaned. However, I had the steward give me a bucket, rags and cleaning solution and I cleaned. Clean towels and sheets were provided every second day.

The meals were delivered to our cabin by strangers, not the crew from the princess. After nearly 14 days of cruise ship beautiful meals, we now had very different meals. Often not Western style cuisine. The meals were the one item that we would wait for and look forward to, hoping for better. Then eventually we started to see some of dining room crew and waiters that we knew. The meals improved and we were treated well as much as the Japanese Authorities would permit.

After four or five days, we could call the front desk with our questions and get some answers. All passengers were told to take their temperature twice a day and report any symptoms, a fever, generally not feeling well, cough, sore-throat, or headache to name a few.

With many passengers staying in their cabin, an inside cabin, small and no window. It was very difficult.

An agreement was made by the Princess Cruise line and the Japanese authorities to allow one hour a day for passengers to go out on the ship's deck to have some fresh air. However, there were limitations on the number of passengers at a time so it could be three days before all passengers had an opportunity to be outside on deck.

The senior passengers age 80 and older were visited in their cabins by Japanese Health authorities because the older seniors were considered most likely to get sick. These passengers were tested immediately if there were any symptoms.

Then the visit extended to the 70 years to

80 years. Steve and I were in this group. There was a doctor with the screening group who inquire about our general health and what medicines we had and/or needed. He was kind and respectful. We were tested as a precaution. We were negative.

Daily announcements from the Captain told us of many more passengers who were ill. Sometimes the number would be staggering at 45, 65, or 95 a day. Ambulances, one count of 36, lined up on the dock waiting to take passengers to hospitals. Our hearts went out to the many passengers who were being taken from the ship to hospitals some near and some hours away.

Families were separated and couples separated. The families had little information about their loved one. Our thoughts were with the passengers who were sick and the passengers who remained on the ship. We were glad we were not ill, but we thought about how we would feel if it had been one of us.

In the end we have been told that there were 700 passengers taken from the ship and sadly 12 deaths. There were 2600 plus passengers and 1100 crew, potentially 3700 people. We believe that the Japanese authorities did well under the circumstances.

Princess Cruise provided novelty ideas for us to do to pass the time. We had reading material, a deck of cards, puzzle books and sudoku. We had some of the ship crew show us napkin folding, carving, making a bed for the mattress on the cruise ship and exercises for us to follow on our TV.

Our cruise time was special. All the amenities of a cruise. We enjoyed it until the COVID-19 hit. Through our quarantine, Princess Cruises continued to respect all passengers and try to accommodate us if possible. We were treated well.

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2019-2021

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Cliff Ivers **Keith Wilson**

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Then the Federal Government sent a plane to pick up the Canadians who wish to return to Canada. There were two stipulations to be eligible to board the plane. We had to be tested and a negative result. And, we also had to commit to complete a 14-day quarantine in Cornwall Ontario which took us to March 6, 2020.

The flight to Canada left on February 21, about 11:00 PM. It was direct flight to Trenton, Ontario after 11 hours and 15 minutes. We crossed the date line. So we started February 21, again.

When we arrived at Trenton, we were tired. The flight had been long and drafty. We were cold and we wanted a warm drink. No such luck. No coffee, no tea, nothing to drink except cold bottled water. Then we had a 3 ½ hours bus ride to Cornwall. Our bonus, to be back in Canada we were so glad.

At Cornwall we had more privileges. We were given a \$20.00 voucher to wash our clothes. There was a front desk that we could pass by while walking and help ourselves to many beverages, snacks, and toiletries. We were checked twice a day by nurses taking our temperature and screening us for any symptoms.

In Cornwall, we could walk outside in a fenced area. An improvement to being in our stateroom on the ship.

We had a little newspaper daily to give us the current information on the 129 of us, and other updates or suggestions to pass

the time. We also were able to speak to friends that we had made and walk with them. We also enjoyed facetime with our family. The Red Cross volunteers made every effort to make our stay as comfortable as possible under the circumstances.

The one disappointment was the meals. Our meals were not good. The meals were made ahead, often cold, lots of starch, not many vegetables and generally larger portions than what we would normally eat. We do understand that it is not easy to make meals ahead for a group such as us.

The morning of March 6, all 129 of us who had come from the cruise were taken to various locations to continue our journey home. We were bused to Montreal Airport.

We took a flight from Montreal to Vancouver, then after three hours we took a flight from Vancouver to Kelowna. We arrived home 12:15am March 7, 2020. Janice, many of you know her, stayed at our home with our dog, Lacey for the time that we were away. Our dog was happy to see us in the morning.

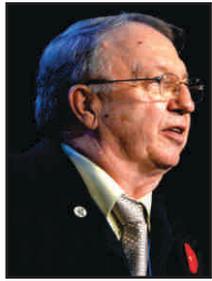
A week later basically back in quarantine under stay at home, only difference now, we could go to buy groceries. We have stayed safe and have never had any symptoms. We are now planning our staycation in our province. It has been quite the experience we will never forget.



Caravan with ambulances and people in buses who were being transferred to hospitals and medical facilities, depending on their health.



Sunday morning with riders on Seadoos cheering for us.



Steven Polak
Provincial President

PRESIDENT'S MESSAGE

When I wished everyone a healthy happy 2020, who was to know that we would be in a COVID 19 pandemic? This is a year that we wished we could push a restart button. Mary and I were home about six days when the stay at home order was implemented.

Our Biennial Reporting Meeting scheduled for May 7, 2020 at the Penticton Lakeshore Resort and Convention Centre was cancelled due to COVID-19. The hotel was closed. All convention facilities were cancelled, and all catering services were unavailable.

In speaking with Provincial Executive members, there were many concerns over upcoming District meetings. Even if members would like to meet, there was the need to achieve social distancing. Our larger districts may have more than 50 members attend a meeting. There was a potential risk to our members from an unwell person attending a meeting. Our thoughts were that District Executive would be the best persons to decide on whether to hold a meeting. In conclusion there were Districts who held a meeting March 2, to March 17, 2020. After that date there were no other meetings in March. Now we have not had any District Meetings scheduled or held in the month of June. Recently District #07 Duncan held a meeting on June 23, 2020 with adequate social distancing and seven members in attendance. Lack of meetings is disappointing however we must follow the guidelines.

Many of our members live alone and have found the time lonely. If District Executive and Phoning Committees could contact members by telephone and we encourage you to make an inquiry as to a member's well-being. A friendly message may brighten their day. Members might share ideas and information to give back to the MPRA.

The MPRA Executive hope that the District Meetings can resume in September. There will still be challenges

for Social Distancing and whether members will come to a meeting. Many of our members do look forward to the meetings. They especially enjoy seeing their friends. The MPRA would like District Executives to consider an alternative method of a meeting with their members. Hopefully, meetings for the districts can resume in September.

In September, the Provincial Executive are planning a meeting. This will be our first meeting this year although we have been having conference calls to speak to specific issues. If you would like to address an idea or a concern, please email the MPRA office or contact your Vice President for your Region.

Scheduled meetings with the MPRA Benefits committee and the Board of Trustee Chair and Vice Chair occur twice a year in April meeting and October. The April meeting was cancelled. We hope the next meeting in October will proceed. However, there is some information that you might like to read on the results of the MPP survey that was done. On the Municipal Pension Plan website: mpp.pensionsbc.ca and then in Search Tab, type Group Health Benefits and you will see the information on Group Health Benefits. from the survey that was done.

Although we, Provincial Executive members, have not met face to face, we have sent letters on various topics to the Federal Government, the Provincial Government, Pacific Blue Cross and the Municipal Pension Board of Trustees. The letters were our views on Pharmacy dispensing fees, Shingles Vaccine (Shingrix), COVID-19 premiums reduction for extended health and dental, cost of hearing aids, eye examination costs, Glucose monitor (FreeStyle Libre Sensor), and request for uniform fees on cost for testing, for over age 80 years Driver Examination, and our disappointment to the changes to the distribution of "Pension Life" digitally for the future.

The MPRA office continued to function during the "stay at home". The office was closed to walk in members. There

were two staff working reduced hours at a time. We have installed Plexiglas dividers between each work desk. Fortunately, no staff or any member of their family has been ill.

The office staff are available to support any district when needed. District Listings were sent to update your executive of current information on your membership with names of new members and deletion of deceased or no longer members.

The Membership committee has completed their report. We thank the members of the committee for their time and input to the committee. A special, "thank you" to Terry Erskine who chaired the committee. After the Provincial Executive have their meeting in September, we can implement the action plan designed by the Membership committee.

Under our rewards program we have a new vendor Perkopolis for our members. See article page 7 of this Advisor.

Going forward we will be planning for our Biennial Convention in May 2021. The dates are scheduled for May 11 registration, May 12 convention commences at 9:00 AM and May 13 with an adjournment approximately at 2:00 PM.

We wish you a safe and happy staycation. Enjoy the province you live in this summer.

Dear MPRA member

As a valued member of the Municipal Pension Retirees' Association (MPRA), you have access to Travel Insurance through Medoc or Prestige at competitive rates. To continue to maintain your Travel Insurance, you need to maintain your annual membership with the MPRA. Members who are applying for travel insurance for a member and a spouse must both be MPRA members.

If you are unsure of your membership status with the MPRA, please contact the MPRA office at 250 768 1519 or email administration@mpr.ca

**How we focus more on the journey and less on the goal
by Terry Erskine 1st vice president**

It was mid-December and I was starting to prepare for Christmas. I decided to take our 6-month-old standard poodle pup for a walk in the forest and about a third of a km in I slipped on some rotting leaves and severed my quadriceps tendons on my left knee. I tried to stand up but was unable to weight bare.

The pup was out front and saw me fall. With no instruction she comes back and sat by my head and didn't move. Luckily, I had my cell phone and 14 minutes later I was taken out to an ambulance by the local fire department.

At the hospital they confirmed the injury and the plan for an emergency surgery the next day. I came home with a few pain killers and my wife (a retired RN) helped me cope for the next few weeks. I was now walking with crutches with my leg immobilized and not liking it too much.

Prior to the injury I was walking 10,000 step a day and now I'm down to less than 100. I can't (as a percussionist) drum, and cycling is out of the question. The surgeon and physiotherapist lay out a program and I'm told to take it easy and follow the protocols strictly.

I must phone a friend to do my Christmas shopping as I'm one of those last-minute guys. I'm spending a lot of time on the couch with my leg up and doing some inside walking as I gradually increase my distance. I'm not allowed to bend my knee for 2 months.

Eventually I'm able to walk outside to the end of the street and I feel like a prisoner on day parole. I start going to band rehearsals and play for 15 to 30 minutes. I do exactly what the treatment plan says, and I'm told if I push it too much I could re injure my knee.

Over the next few weeks I have a lot of time to think and part of my thinking includes a few sobering thoughts. Will I ever be able to play in a band again? How long before I can walk 10,000 steps? When can I get back on my bike?

Things are beginning to progress once I can start to bend my knee and before too long, I'm walking 10,000 steps again and playing the drums. I'm delighted beyond words.

Then Covid strikes. There are no more visits to the surgeon and the physiotherapist sessions are by phone. I'm told to just carry on and be patient.

By the latter part of May, I can see the physio in person, and I'm told I can get back on my bike with conditions. Ride only on the flat, no more than 30 to 40 minutes per day and listen to your body. I can ride the 10 kms around the Victoria Airport and wait for additional instructions in the first part of June.

I get on my bike and feel the freedom. There is no air traffic because of the pandemic and the airport is quiet. I start riding and hear children on the path laughing and playing. I feel the wind blowing around my head and it reminds me of the first time I got on a bike when I was young. The freedom was unbelievable, and I felt I could ride forever. But I remember my instruction to only do one lap.

This has been quite an experience and I have had a lot of time to reflect on some of the priorities in my life. It is surprising when we get off the treadmill, slow down (not necessarily by choice) and have time to think, how clear our vision becomes.

So, what have I learned by this event?

- Dogs know when to stand by when you're injured even at 6 months old.
- The health care system works and we are very lucky to have our first responders and health care staff.
- If you want to return close to normal after a serious injury you must comply with the instructions, even if you think you can do more.
- And finally, the journey gives us time to think about the positives we have in life.

As has been said by Joseph Campbell; *"We must be ready to let go of the life we planned and enjoy the life we're living"*

Patients Pay More In Fees As Medication Amounts Limited

A new policy that has pharmacists restricting patients to a 30-day supply of their medications means some people are having to pay dispensing fees two or three times over.

The policy was put in place to prevent drug shortages while manufacturers struggle to produce enough product during the COVID-19 crisis.

But that means patients who would normally receive 90-days' worth of prescription medications are now paying the dispensing fee three times instead of

Dear MEDOC Customer

Medoc travel insurance is offered on an annual basis, which allows Johnson to provide comprehensive coverage at a very competitive price. However, Johnson understands how the exceptional circumstances presented by this pandemic have impacted travel for all at this time. That's why Johnson is extending the term of your MEDOC Base Plan for an additional 2 months at no charge. Your current MEDOC policy will now provide coverage until October 31, 2020. Your annual policy reissue documentation will be sent approximately 2 months later than usual, to align with the extended coverage being provided.

Dear Prestige Customer

Prestige Travel Customers continue to have coverage for Trip Cancellation and for travel within Canada, however Johnson understands how this pandemic has impacted travel for all at this time. That is why Johnson is providing Prestige Travel base plan coverage for 2 months at no charge for existing Prestige policyholders. There will be no Prestige Travel base plan deductions for travel insurance on August 5th and September 5th, 2020.

once in some provinces. "All of a sudden they're going to see their cost for prescriptions go up 200 per cent," said Kathleen Finlay, founder of the Center for Patient Protections, which campaigns for improved health care. In most places, dispensing fees are between \$5 and \$15. But some people have several prescriptions, multiplying the cost, Finlay said. "It gets up there really quickly," she said.

Finlay is particularly concerned about fixed-income seniors, who are being hit with costs out of the blue. She said some people might be faced with tough decisions about whether they can afford to renew their prescriptions when they need them. Some provinces, such as Alberta, have adjusted their co-pay structure for seniors and those without private insurance to offset those costs, but not all.

In British Columbia, the province covers dispensing fees for many people with low incomes or high medication costs under a

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A message from the chair of the Municipal Pension Board of Trustees: May 12, 2020

Dear plan member,

In these rapidly changing times, there's a lot we don't know about the impacts of COVID-19. However, we want to provide you continued reassurance about your pension plan and information on how we are working to stay safe while keeping business as usual.

Your pension is safe

You can feel secure knowing your pension will be paid now and in the future. Your pension is calculated based on a formula that takes into account your years of service and highest average salary. It is not dependent on the performance of the financial markets.

The plan is well funded and has enjoyed strong performance over the past 10 years. While the severity and speed of the market decline has been unprecedented during the COVID-19 crisis, in recent weeks equity markets have been recovering. This means the value of many of the assets in the fund has also been recovering.

Your plan is protected against a market downturn through our long-term approach to investing. Your board of trustees (board) has been anticipating for some time a correction in the decade-long market growth and has been working with British Columbia Investment Management Corporation, the plan's investment agent, to adjust the portfolio holdings to reduce risk. Plan investments are broadly diversified, which cushions the overall portfolio against lower returns in any one asset category. In other words, we don't have all your eggs in one basket. Because your pension is paid from a large pool of assets, the plan is able to meet its commitments to members now and in the future.

Keeping you informed

We are working hard to provide you with accurate and current information through the plan website. We encourage you to visit the *COVID-19 updates* FAQ section, where you'll find answers to questions you may have on topics such as the new COVID-19 leave of absence rules and how terminating your employment will affect your pension.

As part of efforts to protect staff, paper submissions are not currently being accepted. You can request services and submit your documents and forms online using My Account Message Centre, a secure channel for sending and receiving messages and attachments.

Many of our retired members are part of the plan's retirement group benefits program, which offers extended health and dental coverage. We are aware that due to COVID-19 and social distancing, these members have not been able to access their full benefits. The board is discussing options with our benefits consultant and group benefits provider, Pacific Blue Cross. We will provide an update as soon as we're able.

Staying safe so we can serve you

People are at the heart of the pension business and our people have been outstanding! Their health and safety is a top priority, and precautions have been taken to limit exposure to the virus. We deeply appreciate the efforts of all staff, agents and providers who are keeping pension plan and fund operations functioning. They continue to serve plan members, employers and other stakeholders by working remotely and accommodating new ways of working together. We too are practicing physical distancing and are conducting board business through secure digital channels. For now, physical offices remain closed and in-person consultation and workshops remain cancelled. We encourage you to use online services available through the plan website, My Account and the employer websites.

Recent weeks have been tough on everyone as we navigate the "new normal" amid this health crisis. The immediate future of this pandemic is uncertain. There will undoubtedly be further adjustments to make in the coming months, but we will learn and adapt together.

Our commitment to you

We want to thank the plan members working on the front lines and the public sector workers who ensure continued service during this crisis. And thank you to all of you for doing your part to follow public health guidelines.

The board is committed to being both responsive and responsible, and you can count on your trustees to look after your pension. We hope that knowing your pension is secure provides you with some peace of mind.

Yours truly,

Hilary Brown, MBA, CPA, CGA

Chair, Municipal Pension Board of Trustees

cont'd from page 4

complex pharmacare plan. But even here, some people will feel the impact of the new 30-day supply rules when they go to renew their prescriptions next month, according to the seniors' advocate for the province. "It's going to potentially make things quite tight for them," Isobel Mackenzie said.

She and her counterparts in other provinces have raised the issue with the provincial and federal governments and urged them to cover the additional costs.

The Canadian Pharmacists Association, which recommended the restrictions, has been hearing from patients concerned they will have to pay more.

"We knew that was a risk," said spokesman Barry Power, adding people might not be able to get their medications at all if nothing is done.

"We felt that avoiding drug shortages was the better way to go."

The association has been working with governments and insurers to address the added burden on patients, Power said. "This is the cost of safeguarding Canada's drug supply and it should be borne by Canada as a whole, not small businesses," Power said.

Canada is already starting to see medications fall into short supply as a result of COVID-19, he said.

According to Health Canada, there are supply constraints for certain drugs such as sedatives, pain relievers and muscle relaxants. While individual pharmacies have the discretion to waive dispensing fees if they want to, the money goes a long way to covering the pharmacy's costs, Power said.

With every prescription, the pharmacist must verify the medication and proper dose, make sure there are no adverse drug interactions, and make sure there is enough inventory, he said.

The fees also help pay for the added expenses pharmacies have borne to stay open during the pandemic. Many have installed barriers between patients and customers and hand-sanitizing stations, for example.

He said it's important that pharmacists doing essential work are not made to cover the costs themselves, just as the government wouldn't ask nurses or doctors to pay for their own protective equipment in a hospital.

But if provinces don't act, he said, the costs will trickle down to patients instead.

REWARDS PROGRAM UPDATE

(USE YOUR MPRA MEMBERSHIP CARD FOR THESE REWARDS)



Collette Travel Discounts change and are on our website at www.mptra.ca click on links at top and then on Collette Travel
160 tours across all seven continents.
Mention you are an MPRA member for exclusive offers.
www.gocollette.com/MPRA

Cloverdale Paint 25% off paint and stains (not on sale items) 15% off wall papers and accessories (not on sale items)



At Cloverdale Paint we are known as *Municipal Pension Retirees' Association.*

The internet links for our sponsors are on our website under the links tab so you can quickly find what you may be looking for. Just a reminder that we have a link to our photo gallery and our Facebook page on the website.



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georgina.bradley@petsplusus.com



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Toll Free for Canada & US
1-866-876-6677

Have your pension file number available

PACIFIC BLUE CROSS

Lower Mainland 604-419-2000
TF 1-877-722-2583

Have your Identity Number available

JOHNSON

Travel Ins 604-881-8840 or
TF 1-866-799-0000

Home Ins 1-800-563-0677

Reminder from Johnson:

The travel insurance policies are renewed from September 1st to August 31st in each calendar year. However you can apply for insurance benefits at anytime during the year.

New Rewards Program

Perkopolis is a new online purchase system. If you look at the website www.perkopolis.com you can explore the many choices and discounts available. You will need to register by using your MPRA membership number and your personal information. This will be available July 15, 2020.

District 23, Okanagan South, found a different way of having their meeting.

June 25th 10:30 am. It was a perfect day and made life seem a little back to some what normal with 15 in attendance.



MPRA Office

Physical distancing measures, plexiglass shields were put at each desk at the MPRA office to keep the staff safe.



Is your friend, relative or neighbour receiving a Municipal Pension?

Would you give us their name, phone number, address and if possible email address so we can contact them to become members of the MPRA.

Or you could send us this form with the information.

.....✂.....✂.....✂.....

Name: _____

Phone Number _____

Address _____

City _____

Prov _____ Postal Code _____

Email _____

A Self-Isolation Diary

- Day 1 – I Can Do This!! Got enough food and wine to last a month!
- Day 2 – Opening my 8th bottle of Wine. I fear wine supplies might not last!
- Day 3 – Strawberries: Some have 210 seeds; some have 235 seeds. Who knew?
- Day 4 – 8:00pm. Removed my day pajamas and put on my night pajamas.
- Day 5 – Today I tried to make hand sanitizer. It came out as Jell-O Shots!
- Day 6 – I get to take the garbage out. I'm so excited, I can't decide what to wear.
- Day 7 – Laughing way too much at my own jokes! LOL
- Day 8 – Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.
- Day 9 – I put liquor bottles in every room. Tonight, I'm getting all dressed up and going bar hopping.
- Day 10 – Struck up a conversation with a spider today. Seems nice. He's a Web Designer.
- Day 11 – Isolation is hard. I swear my fridge just said, "What the hell do you want now?"
- Day 12 – I realize why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel
- Day 13 – If you keep a glass of wine in each hand, you can't accidentally touch your face.
- Day 14 – Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3-1.
- Day 15 – Anybody else feel like they've cooked dinner about 395 times this month?

Put Patients First In Health Care Delivery

To the editor,

As I write this, patients are making long journeys to visit specialists for simple 'face to face' consultations even though all diagnostic work has been completed and the reports forwarded.

But what if it were possible to referred to a specialist, with all the diagnostic work completed close to home followed by a virtual consult?

Then once diagnosed and working within a single province wide electronic communications system, develop a treatment plan, book appointments and communicate with all needed service providers.

Results and reports flow to your specialist, GP and other service providers who all communicate. That is a health care team.

What if incorporating this model using a province wide electronic/virtual communications network were to result in our health care system moving closer to becoming patient centered care?

Alas, with few exceptions, patients, their families or caregivers are required to make long, expensive, stressful and unnecessary trips for fact to face consults when a virtual consult would provide the same outcome.

The ability for patients to communicate virtually (when appropriate) with their health care provider will save days of negotiating difficult travel conditions, significant and unrecoverable costs for meals and hotels and reduced time away from work.

Expenses borne by patients, fly under the radar because they are not included in a B.C. Ministry of Health budget line.

After 20 years of government 'plans/promises' to implement a province wide Electronic Medical Records and Virtual health Communications system, we have six health authorities who can't communicate with each other, a series of local, single condition, time limited pilot projects using virtual communication, all successful.

The ministry of health virtual strategy department are "developing a framework" which is beginning to look much like a re-invention of the wheel. National and international studies extolling the advantages of virtual communication abound. A Saskatchewan experiment included 'green' benefits claiming six million kilometres of travel time saved.

My research shows that physicians and patient advocacy groups are not interested in a provincewide system serving all citizens (taxpayers). Commercial competition is fierce. We are more than half way through a four year election cycle, so, unless there is a concerted effort to introduce a universal electronic medical record/virtual communication system soon it will drop off the 'to do' list again.

Fanny Monk,
Retired health care worker
Kamloops

Is Your Contact Information Up to Date?

Did you MOVE?
Did you change your PHONE NUMBER?
Did you change your EMAIL?
Did you change your CELL NUMBER?
If so please let us know by filling out the form to the right and either email or mail us the information.

Mail
 2475 Dobbin Road
 Unit 22, Suite 525
 West Kelowna, BC
 V4T 2E9

Email
administration@mpr.ca

CHANGE OF INFORMATION

Name: _____

Old Address: _____

City _____ Postal Code _____

Please change my contact information to:

Name _____

Address _____

City _____ Postal Code _____

Telephone _____ Cell _____

Email Address: _____

Please mail or email to the address on the left.