

Squamish Seniors Society*

April 2024



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"I see possibilities in everything. For every thing that is taken away, something of greater value is given." – Michael J. Fox

Newsletter

President's Message

April is proving to be a busy month. One of our goals is to become more inclusive in our membership. To encourage this, our Director of External Relations and Communications, Laura, reached out to Totem Hall. As a result, members of your Board were invited to meet with the Team Leaders responsible for the Elders Programs to introduce ourselves and begin developing a mutual relationship for members in both communities. After that meeting, Board members were invited to an Elder's breakfast get-together. In the not-too-distant future, we will welcome the Elders to visit and enjoy meeting some of our members over a cup of tea or coffee and a snack. This is a great beginning for a long-term friendship.

The biggest news this month is the new name for our Society. While we chose Squamish 55+ Society at our Special General Meeting (March 26), BC Registry needed a better understanding of 55+ and suggested Squamish 55+ Community Society. Since this name did not in any way detract from the intent of the name we chose, and in fact, better explains our membership, there is no need for another General Meeting and BC Registry has approved our application. On your behalf, your Board has accepted the BC Registry's modified version of our suggestion. We are now officially "Squamish 55+ Community Society".

The information meeting about the Federal Government's Dental Plan for Seniors was well attended. Educational forums like this were recommended by members in our recent survey.

We are listening to you! Our next educational forum will be held on Tuesday, May 14, 2024, 2:30 p.m. **Emergency Preparedness** is a very important topic as we move into the fire and flood season in Squamish. Come and find out how to prepare yourself for an emergency here in Squamish and what services are available to you. This is a free members only presentation, one of the many benefits of your membership in the Squamish 55+ Community Society. This timely topic was suggested by a member; and for an

interesting change of venue, this presentation will be held in the meeting hall at Westwinds.

May you enjoy a wonderful Spring with the bright white snow on the mountain tops and the beautiful tulips and daffodils in full bloom all around you.

Marlene Russell
President

Canadian Dental Care Plan (CDCP) with Patrick Weiler



We had a great turn out for the Q&A session with Member of Parliament, Patrick Weiler. 60 people registered for the event and came out to hear Mr. Weiler's presentation. For those of you not able to attend, we have a brief summary of the plan and contact details on the last 2 pages of this newsletter.

Name Change

At the March 26 Special General Meeting, members voted to change the Society's name to Squamish 55+ Society. After reviewing the application, BC Registry required an additional descriptor in our name and recommended we include the word Community. It's official - we will now be known as:

Squamish 55+ Community Society

As part of our mandate to revitalize the Society, this is a significant milestone to mark change. Over the coming weeks and months, you will see us transition to our new name. We will retain our logo for brand recognition and begin updating our website, newsletter, email, membership letters and cards, and other communications.

Survey Results in Action

Under the leadership of our Programs Director, Nan, the Education and Social committees are working hard to bring your ideas and suggestions from our February survey to life. This month, we are bringing you the Spring Fling Pizza Party (tickets are still available); and in May, we will host a forum on Emergency Preparedness.





“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic & creative intellectual activity” – John F. Kennedy



Allies in Health – UBC Online Research Study

UBC Allies in Health is looking for volunteers to participate in their on-line study that is researching how social support from a study partner impacts older adults' health behaviours and goals.

Under the direction of Dr. Christiane Hoppmann and the Health and Adult Development Lab, volunteers who are aged 60 or older, live in BC, and have one study partner are eligible to participate. The study partner must be aged 18 or older, someone you feel close to, who you interact with on a regular basis, cares about your health, lives nearby and is there to support you. Your study buddy can be a family member, spouse/partner, friend, or neighbour.

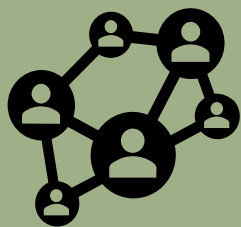
All you have to do is provide a blood sample, participate in two (2) appointments, complete daily questionnaires and wear a physical activity monitor for 10 days. For this, you and your study buddy receive either a gift card or an activity tracker.

To participate, call (604) 822.3549 or send an email to: allies@psych.ubc.ca

Health Connect Registry of BC: Register for a Family Doctor or Nurse Practitioner

Did you know that you can register for a family doctor or nurse practitioner through the Health Connect Registry (HCR)? The Registry streamlines the process for securing a long-term primary care provider. Once you register, the system informs the health team in your community that you need a family doctor or nurse practitioner, and when a provider becomes available, the team contacts you. They then arrange an introduction between you and the provider, and if you are both in agreement, you will become “attached” to the family doctor or nurse practitioner as your long-term primary care provider.

If you need a family doctor or nurse practitioner, follow this link to register yourself, family members or someone for whom you provide care: [HCR healthlinkbc](#)



Making Connections

The benefits of good mental health and having social connections are numerous. Social ties are not only good for your personal health, they extend to the broader society because people who spend more time with each other forge happy, productive communities. There are many ways to accomplish this, and we have started by connecting with the Squamish First Nations Elders to bridge our communities.

Over the past few months, we have been taking small steps to build a foundation and earn the trust of our Squamish First Nations neighbours. Recently, we met with Team Leaders responsible for the Elder's programs and "broke bread". Subsequently, we were invited to brunch with the Elders where we received a warm welcome, and shared stories and food as well as ideas for future gatherings. We will be working with our new friends to foster more opportunities to build community through sharing, learning and other social activities.

Upcoming Events



Don't miss out, tickets are still available. Spring Fling Pizza Party - members only – will be held at the 55 Activity Centre **April 20** from 12:30 – 2:30. \$5 bucks gets you 2 slices of pizza and a pop.

Please send an email by **April 19** with Pizza Party in the subject line to events@squamishseniorscentre.com to reserve tickets and pay at the door when you arrive.



*Deadline to register is
May 9 by email*

Get ready! **May 14** from **2:30 to 4:00**, we will be hosting a members only free educational forum on **Emergency Preparedness** at **Westwinds**. Our amazing Education Committee has arranged for District of Squamish staff from the Emergency Program department to provide a presentation and facilitate a Q&A session. Please visit the website for more details. Registration is required as we are limited to 50 guests. Please send an email by **May 9** with Emergency Preparedness in the subject line to: events@squamishseniorscentre.com to reserve your seat.

This presentation is a direct result of responses to our February survey. Thank you to our member who suggested this topic!



Canadian Dental Care Plan – Summary of March 26 Presentation

Canadian Dental Care Plan Summary & Contact Information Eligibility

- Annual family income of less than \$90,000
- No access to employer/pension sponsored or private dental insurance
- Canadian resident
- Have filed your 2022 taxes

Applications

Applications were first opened to seniors aged 87+ and expand in phases by age group. Individuals in these age groups who may be eligible will receive a letter inviting them to apply. Seniors aged 65 to 69 will be able to apply online starting in May 2024.

Age Group	Month of Enrolment
Seniors aged 87 and above	December 2023
Seniors aged 77 to 86	January 2024
Seniors aged 72 to 76	February 2024
Seniors aged 70 to 71	March 2024

Service Canada is responsible for the CDCP, which is administered through a third-party supplier, Sun Life Canada.

Coverage

The types of services covered under the CDCP:

Dental Specialty	Examples of services that could be covered
Preventive Services:	✓ Scaling (cleaning), polishing, sealants, and fluoride
Diagnostic Services:	✓ Examinations and x-rays
Restorative Services:	✓ Fillings
Endodontic Services:	✓ Root Canal treatments
Prosthodontic Services:	✓ Complete and partial removable dentures
Periodontal Services:	✓ Deep scaling
Oral Surgery Services:	✓ Extractions

The proportion of payment covered by the CDCP depends on your adjusted family net income threshold, referred to as co-payment. You are responsible for the portion of the total amount not covered by the CDCP.

Adjusted Family Net Income	CDCP coverage
Lower than \$ 70,000	100%
Between \$70,000 and \$79,999	60%
Between \$80,000 and \$89,999	40%

For more information call the CDCP line: **1.833.537.4342**

Questions related to dental coverage should be directed to Sun Life Canada.