

# THE ADVISOR

## 2023 BIENNIAL CONVENTION

Thanks to all that attended the biennial convention, as a delegate or guest. It is through you that members everywhere have a voice. Delegates have been asked to provide a report of the convention at their next district meeting. Convened on May 9 and 10 2023, there were 82 delegates inclusive of the Provincial Executive, (including 2, from district 20, out of province; an MPRA first) 4 non-delegate members, 12 invited guests, 12 guests accompanying delegates, 5 volunteers, and 2 staff members, in attendance. We had 67 non-voting members register to attend via zoom.

### Invited Guests:

*Welcomed guests to the MPRA Biennial Convention included:*

|              |                                |  |
|--------------|--------------------------------|--|
| Gary Yee     | Chairperson                    | MPP Board of Trustees                      |
| Tim Anderson | Executive                      | Director BC Retired Teachers Assoc.        |
| Brian Green  | President                      | BC Gov't Retired Employee Assoc.           |
| Pat Harkness | 2 <sup>nd</sup> Vice President | BC Gov't Retired Employee Assoc.           |
| John Wilson  | Treasurer                      | Assoc. of BC College Pension Plan Retirees |

The MPRA would like to thank each for their attending both days of meetings, their continued support and friendship is much appreciated.

## Celebrating Our 20th Anniversary



Provincial Executive meeting before the Convention.

## Goodbye and Welcome



Bonnie Pearson

The years since our last biennial convention have been extremely busy ones for members of the provincial executive; much has been accomplished. It is with tears in our eyes that we say goodbye to Brian McConville, Bonnie Pearson, Karin Liddle, Laura Bailey, and Joyce Tomm who decided not to stand for re-election.

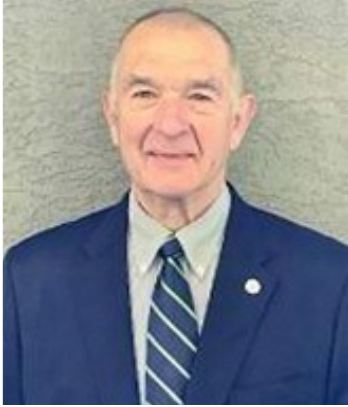
We thank them for their many hours of dedicated service, professionalism, and dedication to the MPRA. Trusting none will be strangers in the future, we wish them well wherever life leads.

It is with smile and joy that we welcome new members. Elected to 2<sup>nd</sup> Vice President, Bev Dobbyn is leaving her role as Provincial Secretary, with newly elected Doreen Myers from District 35 Surrey, filling that position. Rod Drennan, District 37 Vernon has been elected to the position of 1st VP at Large. While Region 3 VP at Large remains vacant, Chris Ferguson from District 28 was elected to Regional VP Lower Mainland, and Tracy Quewezance from District 9 Kamloops was voted in as Regional VP Thompson/Okanagan.

See page 2 for updated Provincial Executive List.

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**Terry Erskine, President**

## President's Message

We have just finished a very successful Biennial Convention in Abbotsford, B C on May 9th and 10th. The convention provided a great forum to identify what the Association has completed over the past year and its plans for the future. The delegates were involved in discussions of current issues that were presented as Special Resolutions and Resolutions. Your Provincial Executive will meet very soon to develop an action plan to address the approved Resolutions, your directives to the Board. In addition to the delegates who were present in person at this Convention, non-delegate members were also able to view the Convention through ZOOM. We are currently compiling the survey responses from both delegates and viewers. We appreciate

these comments as they help to identify areas where improvement is needed. I am also sharing some of the highlights of my report on the 2023 Convention.

The general growth of the MPRA has seen a steady increase and the source of our expansion is an important factor to be aware of. Approximately 50% of our new members come from referrals from you, the membership and the MPRA Advisor. The Municipal Pension Plan and Pension Life account for 30% of new members. The unions and the employers are tied at 5% each. Our website, social media, and other factors account for 10% of our growth. As of the end of May 2023, we have 440 new members and if this growth continues, we should have a very successful year.

**Family Physician Shortage in British Columbia:** The Provincial Executive received many noted concerns about the impact on health that the shortage of health care professionals in BC was causing. Specifically, many individuals throughout the province did not have access to a physician or nurse practitioner to monitor their health care and prescribe necessary medications and treatments. Walk-in clinics were closing because of a lack of practitioners and those that were open had long wait times, many providing no ability to schedule an appointment. In practice, this concern would have been brought forward as a resolution to the 2023 Biennial Convention for the membership to vote. Given the severity of the issue and the impact it was having on health outcomes, the Provincial Executive took the unprecedented step of starting midterm to advocate for a solution. As President, I did some preliminary research with several Associations. We were looking at the next steps in our advocacy role when the BC Medical Association came to a preliminary agreement with the province. On the surface, it appears that this may help address the issue, but we continue to monitor the situation to see how things will unfold.

**Meetings with the other Public Sector Retiree Associations:** This is covered on page 6 of this publication, but I would like to add that we have had regular meetings, both with ZOOM and face-to-face. The discussions have focused on several topic areas:

- ◆ how each of the respective pension plans work,
- ◆ what communication tools are used and what works best,
- ◆ how to use our collective numbers to get better rewards for our members, and
- ◆ what activities have been effective in communicating with non-members who receive a pension, while ensuring protection of privacy.

With regards to ways to contact non-members, we have gathered information from those Associations who have done a mass mail-out to determine what worked and what they would recommend if they were to do it again. A Provincial Executive sub-working committee has been established to do a feasibility study to examine ways this could be implemented by the MPRA. You should expect to hear more about this over the next year.

In general, I would like to acknowledge how much I have enjoyed meeting with the other Associations and the value of the sharing of information that has occurred. I would like to see these meetings continue in the future. All three Associations were represented at our Biennial Convention.

I would like to thank the members as a whole and the District Executives for the continued support that I have received. I would like to ask all of you to remember that the growth of this Association is in your hands and each of you are the finest recruiting tool we have for our future growth. Thank you for your effort. With your continued support, the MPRA will now start on our second 20 years of existence and growth.

### Provincial Executive 2023 - 2025

**Provincial President**  
*Terry Erskine*

**1<sup>st</sup> Vice-President**  
*Ed Pakos*

**2<sup>nd</sup> Vice-President**  
*Bev Dobbyn*

**Vice-President at Large #1**  
*Rod Drennan*

**Vice-President at Large #2**  
*Terri Griffin*

**Provincial Secretary**  
*Doreen Myers*

**Provincial Treasurer**  
*Jean Perog*

**Vice-President of Communication**  
*Howard Brown*

#### Regional Vice Presidents

**Vice-President Vancouver Island**  
*Bob Emery*

**Vice-President Lower Mainland**  
*Chris Ferguson*

**Vice-President Fraser Valley**  
*Vacant*

**Vice-President Thompson/Okanagan**  
*Tracy Quewezance*

**Vice-President Kootenays/  
Out of Province**  
*Janice Broadhurst*

**Vice-President Cariboo/Northern BC**  
*Betty Walters*

**Two Vice-Presidents at Large  
Lower Mainland/Fraser Valley**  
*Lee Massey*  
*Betty McGee*

**Retiree Trustees**  
*Don Sutton*  
*Terri Griffin*

**Founding Members**  
*Gay Burdison, Wally Gollub*  
*Cliff Ivers, Mary Polak*  
*Steven Polak, Keith Wilson*



Cont'd from page 1

## Biennial Convention Door Prizes



Following is a list of the winners and contributors of the fantastic door prizes:

Terri Griffin \$250 MPRA  
 Debra Reynolds \$250 MPRA  
 Ray Edney \$250 Certificate  
*Cloverdale Paint*  
 Pam Portman \$500 Certificate  
*Collette Travel*

John Evans \$500 Certificate *Trip Merchant*  
 Nelson Bastien Basket Kootenay District #11 & 12  
 Patricia Buckham Basket MPRA Office  
 Daniel Maja Stuffed Pup *Johnsons Insurance*  
 Bob Emery I-Watch *Johnsons Insurance*

## Presidents Cup Winners

Debra Newton Richmond \$265  
 Amritipal Dhaliwal Burnaby \$237

## Convention Resolutions

Twenty-six (26) Resolutions and five (5) special resolutions were presented by the resolution committee for discussion and vote on by the delegates. While recognizing that all were important, three will be referenced here for various significances.

1. Historical, a motion was passed to seat two (2) District 20, Out of Province delegates. Randy Wolsey and Alice Peters were welcomed.
2. To better describe the role of the "Warden" in a more positive and welcoming manner, a motion was passed to change the name to "Registrar."
3. Although it will take some time to put into practice, a motion was passed that the MPRA bylaws be amended to add that "A spouse identified as a joint life pension beneficiary from the Municipal Pension Plan administered by the BC Pension Corporation is eligible for regular membership."

Speak with a member of your district executive or provincial regional VP for further information on these or other resolutions.



A warm welcome at registration by Lorraine Ayotte & Gail Green, Office Staff & Jean Perog, Provincial Treasurer. Many volunteers helped make the Convention a success.



Guest Speakers from BCI (BC Investment Management Corporation) gave an informative presentation.



President Terry Erskine, Karin Little & Chris Ferguson. Enjoying the evening after the 20th Anniversary Banquet Dinner.



Reg VP Vancouver Island Bob Emery, IT & Zoom guru Randy Thoen & Neil Munro.



Newly elected VP Thompson/Okanagan Tracy Quewezance with Henry & Joyce Tomm.

To see more pictures go to [www.mpra.ca](http://www.mpra.ca) the three bars to the right on top banner then Links tab then Photo Gallery.

## From The Municipal Pension Plan (MPP)

Gary Yee will chair the Board of Trustees in 2023. Donna Lommer was elected as vice chair for 2023 and will be chair in 2024.

The Board approved a goal to change its investment portfolio to net-zero green house gas emissions by 2050. By 2030, the board aims to cut the emissions intensity of its portfolio by 55 per cent from a 2020 baseline.

### Report from BC Investment Management Corporation

The Board received the pension fund performance and strategy report as at December 31, 2022. The market value of the Municipal Pension Fund as at December 31, 2022, was \$71.2 billion. The annualized return for the total plan fund over the five years ended December 31, 2022, was 6.6 per cent, compared to the benchmark of 5.2 per cent. More information about Municipal Pension Plan investments can be found on the plan website at [mpp.pensionsbc.ca](http://mpp.pensionsbc.ca). Click About us > Investments.

### My Account for retired members

Use My Account to keep your personal information up to date, find out the date of your next pension payment, cost-of-living adjustments, and to view and download your tax slips.

### Register for My Account in five easy steps

1. Read the terms and conditions.
2. Enter your personal information.
3. Create a security question  
They will send you a verification email. To complete the next two steps, follow the instructions in the email within two days.
4. Confirm your identity.
5. Choose a username and password.

### Pension Options

#### Single life pension

You can choose a single life pension option if you are single, or your spouse has given up their rights to your pension.

#### Joint life pension

A joint life pension is a monthly pension guaranteed for you and your spouse's lifetime. If you die before your spouse, they will receive your monthly pension or a portion of your monthly pension for the remainder of their life. You have 60 days from when your pension is granted to change your pension option. After that time, your selection is final and cannot be changed.

Source: [mpp.pensionsbc.ca](http://mpp.pensionsbc.ca)

### MPP AGM

The next Annual General Meeting will be held virtually on Thursday, October 12, 2023. Visit the plan website at [mpp.pensionsbc.ca](http://mpp.pensionsbc.ca) for updates on how to participate. Click About us > Who we are > Municipal Pension Plan > Annual general meeting.

## MPRA Strategic Plan

Presented at the biennial convention, the strategic plan report is a working and evolving document, with the Provincial Executive fully engaged in addressing the strategies within this plan. Delegates are now in possession of the report, and objectives and outcomes of the strategic plan are soon to be made available electronically to district executives, as well as the website. Feedback and comments can be directed back to the Provincial Executives through your Regional Vice-President.

The 4 priorities from the 2022 strategic plan meetings:

### 1. Operational continuance and resilience

A governance committee has been established to ensure that there is a robust and effective process for evaluating the performance of the Provincial Executive. Work continues.

### 2. Enhanced relationships with other organizations and retirees groups

Bi-annual meetings with Chair, Vice Chair, Retiree Trustee and Alternate of the Municipal Pension Board of Trustees continue. Presidents of four Public Pension Retirees' Associations meet regularly to share ideas.

### 3. Advocacy on issues of concern to members

Currently advocating for improvements in long-term care facilities and for seniors to have access to a family physician or nurse practitioner.

### 4. Increase membership numbers in the Association and attendance at District Meetings

Continuing to look at ways to increase total membership while recognizing the impact of Covid-19 has had on attendance at District meetings.

In order to have long term success on the established priorities, it is important that all members and districts work in concert with the Provincial Executive. Together, we can grow the Association.

## What is Two-factor Authentication?

This authentication method supplements passwords to provide an online account with a second layer of security; it does not replace passwords. Two-factor authentication is available for Apple ID, Google, Facebook, Twitter accounts, and other services.

- How does two-factor authentication work? There are a variety of two-factor authentication methods available, all of which have the same end goal: providing a way of proving a login is legitimate that's completely separate from the password.
- Why does two-factor authentication matter? Most everything we do on a computer or mobile device is exposed to the internet, and that means those online accounts can be compromised. Adding two-factor authentication to an account makes it harder for a stolen password to be used against you.
- How safe is two-factor authentication? Nothing is completely secure, and that includes two-factor authentication. Two-factor systems have been hacked in the past, but the biggest risk isn't technological—it's social engineering, which can bypass even the most secure of systems.
- How do I start using two-factor authentication? Businesses can standardize two-factor authentication by subscribing to a service that provides it. Home users can enable two-factor authentication on their accounts by checking to see if a particular website offers the service.

Search the web for more information. Source: TechRepublic



## Municipal Retiree Benefit Trust (MRBT)

### Additional Funding:

In 2021, the Plan Partners—the employer and employee sponsors of the plan—created the Municipal Retiree Benefit Trust (MRBT) as part of plan redesign changes. The MRBT provides a new way for retired members to access group health benefits. When the plan partners established the MRBT, the plan provided initial funding of \$100 million. At the time, the specific amount needed for sustainable funding was not known.

At the request of the Plan Partners, the Board will transfer additional funds to supplement the seed funding and extend the sustainability of the trust. The additional funding is not a response to inflationary or cost pressures that have arisen since the transition.

The additional funding will be taken from employer contributions that would otherwise go into the inflation adjustment account. The additional amount (up to \$70 million) will be transferred between November 17 and December 31, 2024.

The Municipal Pension Plan remains healthy. The plan is fully funded, as determined by the valuation taken at December 31, 2021. Half of the available basic surplus (i.e., 50 per cent of \$1.018 billion) from the 2021 valuation went into the inflation adjustment account, as directed by the Joint Trust Agreement. The plan's actuary has confirmed that the additional funding for MRBT does not affect the health of the plan. Source: MPP Board Communique: December 5, 2022

### Working to improve long-term sustainability.

The Municipal Retiree Benefit Trust Board of Trustees (MRBT board) is working to improve the long-term sustainability of the group benefits program. The MRBT Board prioritizes making group benefits accessible to current and future retired members. However, unlike your pension, group benefits are not guaranteed.

One of the tools the MRBT board uses to plan for a sustainable future is a valuation. The trust is currently having its first valuation. We will share the results later this year.

### How are group benefits funded?

Extended health care benefits are funded through the MRBT. Ongoing funding for the trust comes from two sources:

- Employer contributions of 0.6 per cent of salary

- Premiums paid by retired members enrolled in group benefits.

These funds accumulate and earn investment income over time.

Visit

<https://mpp.pensionsbc.ca/municipal-retiree-benefit-trust> for more information. Source: Municipal Retiree Benefit Trust Website – March 2023

### Sustainability:

With the use of an actuarial valuation currently underway, sustainability looks at benefit payments for the next 35 years. Results of this valuation will be shared later this year.

### Considering a move to another Province?

Other provinces may have a different level of pharmacare which can result in a different level of coverage from Pacific Blue Cross. Before moving, check the PBC website to see how your move may affect your medical coverage costs.

### Contacting the Municipal Retirement Benefit Trust:

Currently looking at being developed, the MRBT doesn't yet have a stand-alone website, resulting in no easy mechanism to communicate with members. With access still only available through the MPP website, response to members has a lengthy time lag.

## From the Office of the Seniors Advocate

### We Must Do Better: Home Support Services for B.C. Seniors

In the past several months BC's Seniors Advocate Isobel McKenzie has released new reports on the how the current economy and health care system is impacting the lives of seniors in BC. Her recent report "We Must Do Better: Home Support Services for B.C. Seniors" highlights issue's relevant to seniors in need. Despite recent increases in funding, the review demonstrates that the program is not keeping pace with the needs of a REPRESENTING BC RETIREES growing seniors' population and the service remains unaffordable to many seniors.

In this report, BC Seniors Advocate Isobel Mackenzie provides a comprehensive review of the province's home support services and finds they are in need of fundamental restructuring. A second review demonstrates that the program is not keeping pace with the needs of a growing seniors' population and the service remains unaffordable to a large number of seniors.

The report examines 5-year trends in home support funding, hours of care, client acuity, affordability, and caregiver distress. Findings reveal that client complexity and frailty is rising, care hours are not growing to meet this need, and more of the care is being shifted to family caregivers who continue to experience high levels of distress. The review includes survey responses from over 6,000 seniors who receive home support and found people who receive service have high regard for the staff who provide their care and do not feel they are subject to discrimination. View the full report at: <https://www.seniorsadvocatebc.ca/reports> Source: Seniors Advocate's and BCRTA webpages

### Information and Referral Call Line

The office of the senior's advocate has an information and referral line that is available 24 hours a day, every day. Their senior service specialists will work with you during office hours to provide resources and help resolve issues. Staff at BC211 will assist after hours. Call 1-877-952-3181 or toll free at 250-952-3181

### Plans to retire

Isobel Mackenzie, the Seniors Advocate for BC has advised the government of her intention to retire on March 31, 2024, suggesting that they begin the process to find her successor.

For her full statement, read: <http://ow.ly/T7Iz500ISf0>

### Pay Dates, 2023

| Municipal Pension Plan (MPP) | Canada Pension Plan (CPP) Old Age Security (OAS) |
|------------------------------|--|
| June 29                      | June 28  |
| July 28                      | July 27  |
| August 30                    | August 29  |
| September 28                 | September 27                                     |
| October 30                   | October 27                                       |
| November 29                  | November 28                                      |
| December 21                  | December 20                                      |

## BC Public Sector Retirees Working Together BC'S Four Public Sector Retiree Associations

In November 2022, leaders of BC's four major public sector retiree associations held a summit in Vancouver. With many shared concerns for our members' well-being, the four member-led organizations regularly connect to find ways to better serve our retirees.

Topics of discussion include best practices in member service, protecting the rights of retirees and their representative associations, and the future of services for our members. Representation for your rights is just as critical in retirement as during your working years. But membership in retiree associations is voluntary and many are not aware of the benefits.



Leaders of the four major public sector retiree associations at the November 2022 Summit (L-R) Arnie Lambert, President BCRTA, Brian Green, President BCGREA, Mary Griffin, President CCPR and Terry Erskine, President MPRA

Who is eligible to join these associations?

*BC Retired Teachers Association (BCRTA)* has been representing BC retired teachers for 75 years.

*BC Government Retired Employees' Association (BCGREA)* represents retirees from 80 different employers connected with the provincial government and collecting a BC Public Service Plan pension.

*College Pension Plan Retirees of BC (CPPR)* are open to those receiving a pension from BC's College Pension Plan, such as retired college instructors.

In total, our four organizations have nearly 40,000 members that can speak up for the rights of over 200,000 public sector retirees in BC.

MPRA is committed to working cooperatively with our sister organizations for the betterment of all our retirees. Sharing information about them, and they about us will hopefully create exposure to potential new members.

If you know someone retired from public service who is not yet a member of their association, please encourage them to look into joining.



## Traditional Land Acknowledgement

Written by Regional Vice-President Laura Bailey as a respectful acknowledgment of the traditional lands upon which the Biennial Convention was convened; a story of the area.

Ey swale - hello. My name is Laura Bailey, and as the MPRA Regional VP of the Fraser Valley, I would like to respectfully acknowledge that we are meeting on the traditional and unceded territories' of the Sto:lo people, the Sema:th (Sumas) First Nation and the Matsqui First Nation.

I, myself, am non-Indigenous; rather I am a colonial settler with my ancestors having come from Britain and Germany. I have been privileged to live, work, and play on these lands for the past 35 years.

Since time immemorial these First Nations' peoples have inhabited these lands. Prior to the floods of 2021, it is doubtful that many of us were aware of the existence of Sema:th (Sumas) Lake, which was a shallow freshwater lake that supplied the aboriginal people with sturgeon, trout and salmon, was home to bears and geese, and was a wetlands habitat and a center for cultural activities. In 1924, the purpose being to create more fertile farmland, the lake was drained, and the Vedder Canal was created; the result being what we now call the Sumas Prairie. This was done despite objections from the Sto:lo people. Since the floods of 2021, there have been discussions on allowing the lake to return, either in part or whole, to the Sumas Prairie. The hotel in which we are meeting today, was part of the flooding that occurred in 2021.

In closing, I would like to challenge you to find out more about the Sto:lo people by reading *Before We Lost The Lake - A Natural and Human History*, written by Chad Reimer, published in 2018.



Sumas  
First  
Nation



It is with sadness that we announce the passing of one of our longtime, MPRA district executive members, Patricia Buckham (1949-2023). Patricia was part of District 01, Central Fraser Valley, Abbotsford and held the positions of 1<sup>st</sup> Vice Chair and Secretary. She will be missed for her dedication to our Association.

### SeniorsBC.ca

The website <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors> provides information about government programs and services for older adults. The goal is to provide the residents of B.C. with one place to go to find all the information they need to plan for and live a healthy, active aging lifestyle.

Included on the website are sections on health care, finances, benefits, housing, transportation and more. Check back regularly for up-to-date content, announcements of events, B.C. government programs and feature stories showcasing the achievements of older British Columbians.

Source: SeniorsBC.ca

## MPRA Membership Committee

First appointed in the fall of 2019, the Provincial Membership Committee is comprised of a chairperson, eight regional VPs, and the President ex-officio, making it the largest committee in the association. Tasked to find ways to increase, retain and engage membership through provincial planning, and support of District Membership Committees, we meet six or seven times a year, discuss strategies and make recommendation to the provincial executive. Realizing that there are many unaware of the MPRA, two such recommendations resulted in letters being sent to many unions in BC, (BC CUPE thankfully distributed it to all their 65,000 members) and attending a booth at the BC Fed convention. These initiatives are to continue.

While remaining committed to ensuring that members without computer access are included, we continue to discuss and implement changes in the social media world. With the website being constantly updated, members with access are encouraged to review it regularly.

With printed copies of the Advisor having a life span before it is disposed of, a resolution was passed at the biennial convention encouraging members to pass them on to others that may be interested in joining the association.

## New Members

In the month of January 2023, we welcomed 140 new members and 52 spouses to the MPRA, a fantastic month of growth for our association. From September 2022 to April of 2023 the numbers of new members are 475 with 175 spouses for a total of 650. Well done.

Please Note: *“New members are assigned to specific district according to residence. Member must request to be assigned to a different district.”*

## Continuity of Membership

Spouses of regular members in receipt of a MPP pension are eligible for associate membership. Upon the passing of the Regular members in receipt of a survivor’s pension they can become regular members of the association by submitting an application. For continuity of membership, members are encouraged to join as a couple (\$40.00 per year). Contact the West Kelowna office for information on how to change your membership status.

Note: With the adopted resolution at the biennial convention, spouses identified as a joint life pension beneficiary from the MPP will soon be eligible for regular membership. (We always encourage a couple where both receive a Municipal Pension, to both apply for Regular membership).

## Our New Look

To assist in reducing the cost of publication and postage, lessen the workload of the West Kelowna staff, while producing what we are confident will be a better-looking newsletter, we have had this edition of the Advisor printed off-site. Hoping you appreciate our “new look”. Let us know.

If you are reading this as a printed copy, pass it along to someone you think may be interested in becoming a member.

## Defined Benefit vs Defined Contribution Retirement Plans

| ASRS Defined Benefit Plan                    | Defined Contribution Plan                              |
|--|--|
| Mandatory participation                      | Voluntary participation                                |
| Known retirement benefit                     | Unknown Retirement Benefit                             |
| Guaranteed lifetime retirement benefits      | Variable lifetime retirement benefit unless annuitized |
| Investment decisions professionally managed  | Key investment decisions made by employees             |
| Less expensive per benefit level             | More expensive per benefit level                       |
| Risk assumed by the plan                     | Risk assumed by the employee and retiree               |
| Equal contributions by employee and employer | Contributions vary by employee and employer            |
| Less portable                                | More portable  |

As the names imply, a defined-benefit plan—also commonly known as a **traditional pension plan** — provides a specified payment amount in retirement. A defined-contribution plan allows employees and employers (if they choose) to contribute and invest funds over time to save for retirement.

**Pensions are considered family assets by law**, so if you are separating or divorcing and you did not have a prenup or cohabitation agreement, your ex-spouse may have entitlement to part of your pension. Source: The Web

## HealthLink BC

HealthLink BC brought together some of British Columbia’s most trusted and recognized health information services.

### 8-1-1

You may call HealthLinkBC at 8-1-1 toll-free in B.C., or for the deaf and the hard of hearing, call 7-1-1. You will connect with an English-speaking health service navigator, who can provide health and health service information and connect you with:

**Dietitian Services:** speak to a registered dietitian from 9 am to 5 pm Pacific Time, Monday to Friday

**Nursing Services:** speak to a registered nurse any time, every day of the year for non-emergency, confidential health education and advice

**Pharmacist Services:** speak to a pharmacist from 5 pm to 9 am Pacific Time every day of the year

**Physical Activity Services:** speak to a qualified exercise professional from 9 am to 5 pm Pacific Time, Monday to Friday. Translation services are available in more than 130 languages. For service in another language, say the language you want (for example, say “Punjabi”), and an interpreter will join the call. Any one of these healthcare professionals will help you get the information you need to manage your health concerns or those of your friends and family.

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Our website – [www.healthlinkbc.ca](http://www.healthlinkbc.ca) – provides you access to medically-approved information on more than 5,000 health and nutrition topics, symptoms, and interactive health tools and tips for maintaining a healthy lifestyle. Our HealthLinkBC Directory, available on our website, also offers an integrated search and mapping function to more than 6,100 health services to help British Columbians find health services close to their home communities. You can access this health information from your smartphone, tablet, laptop, or desktop computer.

Source: HealthLink BC website



## ENTER FOR A CHANCE TO WIN 1 OF 12 \$1,000 GROCERY CARDS†

No Purchase Necessary



Scan to enter

**JOHNSON**  
INSURANCE  
HOME • CAR

Johnson Insurance is a subsidiary of Johnson Inc. (JTI), a licensed insurance intermediary, and operates as Johnson Insurance Services in British Columbia and Johnson Inc. in Manitoba. No purchase necessary. Contest period is from 12:01 a.m. EDT on April 1, 2023 to 11:59 p.m. EDT. Twelve grocery gift cards priced at \$1,000 CAD each available to be won and awarded to the winner by courier. Contest open to legal residents of Canada (excluding Nunavut) who at the time of entry: (1) have reached age of majority in their jurisdiction of residence and (2) at the time of entry into the Contest is a member of a recognized group of the Sponsor, and (3) have entered the Contest in accordance with these Official Rules. Odds of winning depend on the number of eligible entries received. Skill-based question required. Limit one entry/one prize per person. For full contest rules visit: <https://pages.johnson.ca/GroceryContest2023-rules>

At press time we received notification that the chair of District 23 Okanagan South, Tami Dunstan-Adams, won one of the \$1000 grocery gift cards. By scanning the QR code like the one in the Johnson Insurance ad above, you could win too. *Congratulations Tami!*

## REWARDS PROGRAM

[rewards@mpra.ca](mailto:rewards@mpra.ca)



**Cloverdale**



**Paint**



Click on the link  
[www.mpra.ca / Member](http://www.mpra.ca/Member)  
for more information.

**JOHNSON**  
INSURANCE

### Change of Contact Information

MPRA membership contact information is not updated through the Municipal Pension Plan (MPP). Members who have changed all or part of their contact information (address, phone number, email, marital status etc.) are reminded to update their profile. Information is easily updated on your smartphone app or contact the West Kelowna office at (250) 768-1519.

### Unsubscribed from Emails

If you know of any member who is not receiving emails from the MPRA, they may have accidentally unsubscribed. This unsubscribed them from all MPRA emails including information on your pension, benefits and district meeting information. Please have them contact the West Kelowna office for assistance in resubscribing.

### MPRA Office Hours

Monday to Thursday 8:30am to 3:30pm

Please leave us a message at 250-768-1519 if you are calling after these hours and we will return your call the next business day.

[administration@mpra.ca](mailto:administration@mpra.ca) [www.mpra.ca](http://www.mpra.ca)

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**Haven't registered yet? Here's how:**

- 1 Go to [perkopolis.com](http://perkopolis.com)
- 2 Enter your email address
- 3 Look for an email from us with a link to complete your registration. Input your member ID code where requested.

**Tip: If you do not already know your member ID code, ask your HR department or program manager!**

[Sign In or Register](#)

To sign into Perkopolis you must put MPRA in front of your MPRA membership number e.g. MPRA12345678

Wishing all a safe & happy summer!