

**General Meeting Minutes
Sarnia, ON
February 20, 2019**

Branch Web site <http://www.federalretirees.ca/en/Branches/Ontario/Bluewater>

Present -

President - Gloria Cayea
Director of Membership - Bill Mason
Vice President - Earnie MacDougall
Recruitment and Engagement Director - Chris
Hawksworth
Outreach Coordinator - Pat Mason
Program Coordinator - Mary Ann Burgess
IT and Web Site Coordinator - Doug Kerr
Secretary - Bob Jackson
Member at Large - Murray Lester
Member at Large - Diana Wright
Member at Large - Georgina MacIssac

Absent -

Treasurer - Diane Kerr

President Gloria Cayea opened the meeting at 12:10.

Mary Ann Burgess led a moment of silence followed by grace. Members then enjoyed lunch provided by the Sarnia Legion.

Following lunch the meeting resumed with the introduction of the guest speaker, Ms **Stephanie Black**, Geriatric Outreach Nurse with the Canadian Mental Health Association. Ms Black's presentation covered the "three D's" and the five steps we can all take to counter them. The three D's are dementia, depression and delirium. The most common one among seniors is depression and interestingly depression

may present symptoms such as physical pain or dementia, symptoms which may diminish when a patient is treated for depression.

The five steps which may help prevent and/or alleviate the three D's are

- Positive thinking and outlook
- Social activity (keep socially connected with others)
- Physical activity
- Brain challenges (puzzles, crosswords, reading)
- Mental health (taking care of oneself, seeking help if needed)

Ms Black in particular emphasized the importance of physical and social activity, done at a pace which is comfortable for you. She cautioned that untreated mental health issues can lead to poor outcomes and possibly dementia.

Ms Black also summarized other programs conducted by the Canadian Mental Health Association and distributed a brochure showing the list of services and a contact card for contacting Mental Health Professionals 24 hours, seven days a week including holidays. A question and answer session followed.

Gloria Cayea then opened the General Meeting portion of the day.

Gloria informed the meeting that due to scheduling conflicts for some members, the Board is looking at changing the day for Branch meetings from Wednesday to Thursday. Next September and December, General Meetings will be held on a Thursday. Member input on this change is invited as nothing yet is cast in stone.

Gloria noted the future of NAFR is advocacy for its members. The protection of members' pensions and benefits, a national pharmacare program and addressing Armed Forces pensioner issues are of particular priority for NAFR. Our national office will be distributing kits so Branch members can advocate in a non-partisan way. Advocacy is particularly important in an election year such as 2019. This said, members are reminded if they wish to be more involved in the election process and canvas for a particular party or candidate, they must do so as an individual and not as a member of NAFR.

Gloria concluded by reminding members of the up-coming Annual General Meeting (AGM) to be held at Baldoon in Wallaceburg on April 17, 2019. This meeting is particularly noteworthy since a new Branch President will be elected, and in addition to the usual business of an AGM, By-law amendments will be tabled for approval.

Bill Mason, Director of Membership, noted the membership numbers for the Branch have been dropping, from a high of about 600 when he first became Director to the current number of 540. Bill asked all members knowing recently retired or about-to-retire federal public servants to talk to them about the benefits of membership, encouraging them to join NAFR.

Pat Mason, Outreach Coordinator, thanked the callers and Diana Wright for their work in informing members of meetings by telephone and e-mail.

Pat noted 19 members who were expected to attend today's meeting were absent, possibly due to the unfavourable weather forecast. Pat reminded members to please let her know if they are unable to attend, preferably with 24 hour prior notification. Otherwise the Branch must pick up the meal costs of those who commit to attend and are then no-shows.

On a positive note, Pat noted the success of this year's fun bowling day and encouraged members to come out for a fun day if the event is repeated next January.

Mary Anne Burgess, Program Coordinator, informed the meeting that she is stepping aside from the Coordinator's role, effective at the April AGM. She invited members interested in organizing events to let any member of the Board know. Mary Anne also noted members who book tours through Great Canadian Holidays and Coaches can earn fundraising tour credits for the Branch by mentioning "Sarnia NAFR" at the time booking. Great Canadian brochures are available at Branch meetings.

Following the 50/50 and door prizes draws, the meeting adjourned at 1325 on a motion by **Doug Kerr**, seconded by **Murray Lester**.