

NAFR Alberta – Edmonton Branch (AB17)

Useful Links

This document is prepared by the NAFR Alberta's Edmonton Branch (AB17) to support its members. It contains various hyperlinks & information under various sections that will be updated on a regular basis – please visit us often to obtain the latest version and to view the new additions.

The four sections are:

❖ [NAFR](#)

❖ [Health](#)

❖ [Housing](#)

❖ [Learning & Retirement](#)

This NAFR Alberta's Edmonton Branch is here to help you. Contact us:

Phone: 780-413-4687 Toll free: 1-855-FSNA EDM (1-855-376-2336)

Email: nafredm@gmail.com

Mailing address: *NAFR Edmonton
P.O. Box 81009, McLeod Park
15715 – 66 St. NW
Edmonton, AB T5Y 3A6*

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1.0 Useful Links : NAFR

1.1 The National NAFR:

- View all services and information available on the **national website**: <https://www.federalretirees.ca/>
- Setup of your own “**My Membership**” account allowing you to access multiple features and information: <https://www.federalretirees.ca/login?refer=/en/Membership/My-Membership>

1.2 The other Alberta Branches:

- Battle River Branch: <https://www.federalretirees.ca/en/Branches/Alberta/Battle-River>
- Calgary & District Branch: <https://www.federalretirees.ca/en/Branches/Alberta/Calgary-and-District>
- Lakeland Branch: <https://www.federalretirees.ca/en/Branches/Alberta/Lakeland>
- Medicine Hat & District Branch: <https://www.federalretirees.ca/en/Branches/Alberta/Medicine-Hat-and-District>
- Red Deer Branch: <https://www.federalretirees.ca/en/Branches/Alberta/Red-Deer>
- Southern Alberta Branch: <https://www.federalretirees.ca/en/Branches/Alberta/Southern-Alberta>

1.3 Our Edmonton Branch:

- Words from our President: <https://www.federalretirees.ca/en/Branches/Alberta/Edmonton>
- How to contact us: <https://www.federalretirees.ca/en/Branches/Alberta/Edmonton/Page%202%20-%20Contact%20Us>
- Who are on our Branch’s Board of Directors: <https://www.federalretirees.ca/en/Branches/Alberta/Edmonton/Page%203%20-%20Branch%20Board%20of%20Directors>
- How to become a member with our Branch: <https://www.federalretirees.ca/en/Branches/Alberta/Edmonton/Page%204%20-%20Membership>
- Have a look at our previous General Meetings: <https://www.federalretirees.ca/en/Branches/Alberta/Edmonton/Page%205%20-%20Minutes%20of%20Meetings>

2.0 Useful Links : HEALTH

2.1 Public Service Health Care Plan (PSHCP)

- Visit their national **website**: <http://www.pshcp.ca>
- Contact their **administration office**: <http://www.pshcp.ca/contacts.aspx>
- Access **your account** to know and/or update the health care benefits for you and your eligible dependants: <http://www.pshcp.ca/login.aspx>
- Download **forms & documents**: <http://www.pshcp.ca/forms-and-documents.aspx>
- Contact **Sun Life**: <http://www.pshcp.ca/contacts/sun-life.aspx>
- Access the **My Sun Life sign-in** page: <https://www.sunnet.sunlife.com/signin/csi/pshcp/e/home.wca?>
- The National Joint Council website contains the Public Service Health Care Plan **Overview** (<http://www.njc-cnm.gc.ca/s14/s86/d66/en>) and the **Plan Document** (<http://www.njc-cnm.gc.ca/s14/s86/d66/en>).

2.2 Pension Dental Services Plan (PDSP)

- The Treasury Board Secretariat website provides **the details** of the Pensioners Dental Services Plan: <https://www.canada.ca/en/treasury-board-secretariat/topics/benefit-plans/pensioner-dental-services-plan.html>

- Alberta Dentists may set their own rates. There is no Alberta Dental Association fee guide. The PDSP pays claims based on a guide developed by Sun Life for that purpose. To help you compare dental fees in your postal code area, Sun Life has an **Alberta Dental Fee Finder** webpage:
https://www.sunlife.ca/Canada/smallbusiness/Focus+news/2012+issues/New+dental+fee+finder+for+Sun+Life+Financial+plan+members+in+Alberta?vgnLocale=en_CA
- If you are eligible to the Alberta Blue Cross (ABC) dental coverage, or you would like to compare your bills to what ABC would pay, please refer to this **guide to the Alberta Blue Cross Dental Schedule**:
<https://www.ab.bluecross.ca/pdfs/abc-ds-member-handbook.pdf>

2.3 Care Services in Alberta

- View the list of **care providers in Alberta**: <https://www.thecareguide.com/search-by-province/alberta>
- The **Alberta Caregivers Association** is an organization of caregivers for caregivers. They are here to help caregivers maintain their well-being during their care giving journey. The association offers information, education, support, networking, and advocacy to make caregivers' lives less difficult: <http://www.albertacaregivers.org/>
- **Finding Balance** is a national program developed by the Injury Prevention Centre at the University of Alberta and is designed to raise awareness of preventing slips, trips, and falls among older Albertans and Canadians. Visit <http://www.findingbalancealberta.ca/>
- Additional health information can be found on the website of The **Seniors Association of Greater Edmonton** (SAGE – no relation with our NAFR magazine SAGE): <https://www.mysage.ca/>
- Another website to visit to obtain information about **Alberta Health**: <https://informalberta.ca/public/common/initializeDirectoryList.do>

2.4 Insurance

- Learn more about **Johnson's insurance** services for travel, home, auto as a NAFR member:
<http://www.johnson.ca/federalretirees/en/>
- View travel and medical insurance offered by **Alberta Blue Cross**: <https://www.ab.bluecross.ca/>

3.0 Useful Links : HOUSING

1. A new July 2017 guide is available from the Alberta Supports Contact Centre. Information can be obtained from **provincial and federal programs**: <http://www.seniors-housing.alberta.ca/documents/Seniors-ProgramsServicesGuide.pdf>
2. Visit this **Alberta housing** website: <http://www.seniors-housing.alberta.ca>
3. This provincial site also provides information about **Alberta Senior Housing**:
<https://informalberta.ca/public/common/initializeDirectoryList.do>

4.0 Useful Links : LEARNING & RETIREMENT

1. Check out the Edmonton Lifelong Learners Association (ELLA) collaborated with the University of Alberta:
<http://my-ella.com>
2. The Globe and Mail published numerous articles about various retirement issues:
· <https://www.theglobeandmail.com/globe-investor/retirement/>