

PRESIDENT'S MESSAGE



Fall 2014 may be a rather distant memory by the time you receive this newsletter, but in this message I'll highlight some of UGRA's activities during the past several months as well as bring some upcoming ones to your attention.

It was a privilege for me to represent the University of Guelph Retirees Association at two fall events. In September, I attended the installation ceremony of President Vaccarino and was invited to extend an official welcome to him on your behalf. President Vaccarino has expressed his appreciation for the work UGRA does and the value he places on retirees as members of the University community. Dean Elizabeth Stone hosted a lunch for retired OVC faculty at which I was given an opportunity to speak briefly about UGRA.

Later in the fall, UGRA held the first of its 2014-15 forums, which you can read about on p.3 of this newsletter. Planning for the spring forum on April 16 is complete and details appear on p.6.

Two annual fundraising appeals were sent to retirees in the fall and we thank all of you who donated to the United Way campaign

and/or the UGRA Scholarship Fund. Brief updates about each of these campaigns appear elsewhere in the newsletter.

If you are the parent, grandparent or great-grandparent of an in course University of Guelph undergraduate student, she or he may apply by May 15, 2015 for the UGRA Scholarship to be awarded for the 2015-16 academic year. Full details about terms of the scholarship and the application process are available on p. 5 of the newsletter and on the University of Guelph's website:
<https://www.uoguelph.ca/registrar/studentfinance/apps/awards?id=I0569>

UGRA Executive continues to monitor pension issues and a proposal to re-open the Non-Professional Pension Plan to certain new University staff is of particular interest. This plan was closed to new entrants in 1981 and has few members. UGRA is interested in hearing from any retirees who are members of this plan, by email to president@ugra.ca, any thoughts or concerns about the proposal to re-open the plan.

A number of volunteer opportunities are available if you have some time you are willing to contribute. New members are needed to serve on the UGRA Executive Committee for two-year terms beginning in June 2015. We are also looking for retirees willing to serve on a committee that will be responsible for planning, organizing and promoting UGRA events, including the spring and fall forums and AGM for 2015-16. If you are interested in serving on either of these, please send an email to secretary@ugra.ca. The Guelph United Way is seeking a UGRA member to serve on the University of Guelph 2015 campaign committee. The committee meets roughly every two weeks during the campaign and occasionally throughout the rest of the year to touch base. If this opportunity is of interest, please contact Emma Rogers no later than Feb. 27, 2015 at

In this issue

P 2 Benefits

CURAC Report

P 3 2014 Fall Forum

Passings

P 4 Recent Retirees

P 5 Announcements

P 6 Upcoming Events

2015 Spring Forum

P 7 Be a Contributing
Member of the UGRA

UGRA Contributing
Membership and
Scholarship
Contribution Form

P 8 UGRA Needs Feedback

UGRA

Editor: Susan Evers

www.ugra.ca

Continued on page 2

Continued from page 1

emma@unitedwayguelph.com or
519-821-0571 x29.

Thank you to those of you who have made a voluntary membership contribution. I am pleased that after an unexpected delay we launched electronic payment via PayPal and provided a link on our website in November.

And finally, I'll repeat an appeal made previously. Privacy legislation prevents the University from sharing any of your contact information with us. We would

like to be able to send you timely reminders about our events and to do so we need your current email address. Every time we send an email notice, we are notified that several were undeliverable. If you did not receive email notification of this newsletter, either it was undeliverable (maybe you changed your address and forgot to notify us) or we do not have an email address for you. If you would like to receive email notifications from UGRA please email secretary@ugra.ca

Janet Kaufman, President, UGRA



Benefits

Are you informed about herpes varicella zoster, the virus commonly known as shingles? It is a painful rash caused by the reactivation of the chickenpox virus. Shingles symptoms often begin with headaches, sensitivity to light, and a burning sensation, followed by itching, tingling and rash. Shingles usually last for a few weeks, but can be extremely painful and even debilitating for some. If you think you may have shingles, you should seek medical attention right away.

A shingles vaccine is available, called Zostavax and is recommended for people aged 60 and older. If you are able to take the vaccine within the first few days, it can limit the severity of the rash. The vaccine contains a live weakened version of the chickenpox virus that stimulates an immune response to boost the body's resilience.

The good news is that I have verified that Sun Life, our benefits carrier, fully covers the cost of the vaccine (usually about \$200). The vaccine is not a prevention, but reduces the risk of developing shingles by 50%.

The virus most commonly occurs in people over 60, and some estimates of the likelihood are one in three, especially those with weakened immune systems. Ironically, the vaccine shouldn't be given to people with a compromised immune system (such as cancer patients).

Douglas Badger

CURAC Report

The College and University Retiree Associations of Canada (CURAC), continues to coordinate a national response on behalf of retirees of Canada's postsecondary academic institutions. It has coordinated a nationwide survey of postretirement benefits and other concerns of interest to all of us. Through the considerable expertise of CURAC members, commentary on common issues has been circulated to member associations. Issues such as home care are being examined intently, with the aim of distribution to members. Discussions on pensions, taxation, economic issues and the ongoing health of local associations and of CURAC are frequent discussion topics at the Board level.

Recently, through the CURAC President, Dr. Sandra Pyke, a long and thoughtful letter was written on our behalf to the

Honourable Rona Ambrose, Minister of Health, outlining our concerns about nationwide health care support for growing old with dignity. Her response, and CURAC's reply to her response will, by the time of the availability of UGRA's newsletter, be posted on our web pages: <http://www.curac.ca> when the dialog has finished.

Most of this information is distributed directly to the various chairs of local associations, such as ours, but from time to time, a wider distribution is warranted. The website is currently being repositioned to put this information out in a more timely fashion than is currently the case.

The next national CURAC conference will be held at Queen's University, May 20-22, 2015.

David Swayne



Fall Forum 2014



Bruce Lauckner and UGRA member David Murray



James Downham and UGRA member Radhey Singh

The annual Fall Forum was held at the Arboretum Centre on Nov. 13. The theme was 'An Integrated Health System for Residents of Waterloo and Wellington'. Bruce Lauckner, CEO of the Waterloo Wellington Local Health Integration Network [WWLHIN] discussed the strategic priorities of the network. The second speaker, James Downham, Manager, Systems Coordinated Access, Community Care Access Centre [CCAC] described current initiatives to make the system less complicated and to improve the transitions of care.

The WWLHIN is one of 14 in Ontario. The organization funds the local health system for 800,000 residents of the area. Mr. Lauckner identified the three priorities of the WWLHIN: enhancing access to primary care, creating a more seamless and coordinated health care experience, and leading a quality health care system using evidence-based practice. Working towards these priorities has required the WWLHIN to hold agencies such as hospitals, CCACs, etc. accountable. This has not been done until recently. The integration of the health system has involved better coordination of resources. Mr. Lauckner said that this

includes reducing wait times for services and increasing the focus on practices based on research. Another important task for the WWLHIN is to determine how the funding [\$1 billion annually] can be better invested. Now, annual plans and three-year plans are developed and submitted to the provincial government. Performance goals are set; these did not exist nine years ago.

As an example of the steps to achieve the first priority, Mr. Lauckner noted that the WWLHIN is working to increase the number of doctors in the region, and, increase the number of family health care teams. A particular instance of successful integration of services is the Integrated Stroke and Rehabilitation Program with dedicated stroke beds based at Guelph General Hospital and the Freeport site of Grand River Hospital in Cambridge. The program is led by St. Joseph's Health Centre, Guelph, and includes community based rehabilitation.

The WWLHIN funds close to 80 health service providers across the district but it does not provide any health services itself. It is responsible for planning, integrating, coordinating and funding hospitals, community care and support, community

Continued on page 4

As a retired staff or faculty member of

UNIVERSITY
of GUELPH

You have access to **volume discounted**

Group Rates

HOME & AUTO INSURANCE

SAVE MONEY!
PERSONAL SERVICE!
EASY TO SWITCH!
CANADIAN, EH!

Your group plan is brought to you by
Northbridge Insurance™, 100% Canadian
owned and operated.

STAEBLER
INSURANCE
A UofG Endorsed

It's simple...
Call your Staebler's
UofG Account Executive today!

STAEBLER.COM
1.800.321.9187

519-836-5770

Passings

Jacqueline Marsh	Sept. 8, 2014
Edward Blunn	Sept. 16, 2014
Mabel Begg	Sept. 18, 2014
Elvin McNally	Sept. 21, 2014
Murray Brown	Sept. 25, 2014
Lyndon Kannenberg	Oct. 9, 2014
Murray MacGregor	Oct. 15, 2014
Gordon Bowman	Oct. 16, 2014
Joan Goddard	Oct. 18, 2014
Robert Swidinsky	Oct. 19, 2014
James Hadfield	Oct. 28, 2014
George Edwards	Oct. 30, 2014
Patrick Godfrey	Nov. 7, 2014
Eugenio Bolzon	Nov. 19, 2014
Lloyd Swackhammer	Nov. 20, 2014
Charles Ron Harris	Dec. 9, 2014
August Popp	Dec. 13, 2014
A. Margaret Evans	Dec. 20, 2014
Joseph A. Randall	Dec. 20, 2014
Murray Milson	Jan. 2, 2015
Earl MacNaughton	Jan. 5, 2015



UGRA

Winter 2015

Continued from page 3

mental health and addictions, community health centres, and long-term care. It has facilitated the increased specialization of health service providers that is needed to achieve the sophisticated, evidence-based, best practice services.

James Downham presented an overview of the Coordinated Access initiatives in Waterloo Wellington. The WWCCAC has been asked by the WWLHIN to support the growth of Coordinated Access models in Waterloo Wellington to support the WWLHIN's priorities outlined by Mr. Lauckner. The WWCCAC receives its funding from and is accountable to the WWLHIN. Its main function is to connect residents to community based care. Better coordination of access to health care is making it easier for health professionals to connect residents with publicly funded community service providers such as meals on wheels, mental health support, assisted living etc.

With dozens of providers, hundreds of programs and services, each with varying wait times and covering different geographic areas, those seeking to refer residents, such as social workers, hospital care workers, discharge planners and physicians face a complex task. Each of the many providers in a service area publishes their own forms, has separate contact information, diverse wait times and provide somewhat differentiated services. This makes referrals and enquiries a daunting process, while residents might be left wondering what happens next, when will a service start, how will I find out and who will inform my doctor.

Coordinated Access is a collaborative, collective effort by a group of service providers to make access easier for a related set of services. In the case of Seniors Community Services, about 30 care providers working together created a single brochure, not unlike a pizza menu, listing 21 types of service available and what they might cost users. Along with the brochure is a standardized referral form with key information, a single phone number and single fax number that can be used by referrers to connect residents to

diverse care providers. The form is faxed to the Community Support Service Resource Centre, hosted by the WWCCAC, who contacts the patient to connect them with the appropriate service provider. A radically different aspect of the form is that it is the residents who give the date and time they would like to be contacted by the WWCCAC, indicating the emphasis placed on meeting residents' needs. The objective is to have a single entry and referral point: a sort of "one stop shop" as Mr Downham added. Recently a web site has been launched that allows health professionals to quickly and confidently find available services and book intake appointments directly with service providers.

Similar coordinated access initiatives have been launched in other areas as well. Addiction, Mental Health and Crisis Services launched Here 24/7 earlier this year, providing a single phone number to access a wide range of services from 11 different providers.

By making it really easy to get access to services, Mr Downham stressed, people are far more likely to use them potentially avoiding negative health outcomes. A one month snapshot showed that 98% of those referred through the Coordinated Access process for Seniors Community Services were successfully contacted and 85% of those referred through CCAC started the service. Participation since inception has increased dramatically, and there are indications that this reduces the use of the overloaded hospital emergencies and expedites discharges from hospitals.

After outlining the benefits of Coordinated Access, under the headings of better health, better care and better value, Mr Downham indicated that the WWLHIN's System Coordinated Access Steering Committee envisions and makes a priority the expansion in the region of coordinated access to other areas of the health system (such as medical specialists, chronic disease prevention and management, imaging and many others.)

Both speakers engaged the audience in a most enjoyable manner.

Clive Southey and Susan Evers

Recent Retirees

October 1, 2014

Lynn Campbell	Ann & Planned Giving
Elaine Sandra Cash	KC-Academic
Alan Darch	LSD-Animal Health Lab
Sharon Henderson	Hospitality Services
Karen Peters	Office of the CIO
Paul Stack	Office of the CIO
Linda Stadig	Gue-Wat Physics2
Katherine Lynn Tomkinson	Fam Relns & App Nutr
Rick Yada	Food Science

November 1, 2014

Melinda Blackler	Phys Res-Custodial
Helen Donaldson	Animal Care Services
Frances Kitchen	Phys Res-Custodial
Heather MacGregor	Hospitality Services
Alexander Porter	Plant Agriculture
Zorka Szlavncics	Plant Agriculture

December 1, 2014

G Ross Clark	Phys Res-Bldg Cntrls
William David Genery	PA-Simcoe
Norman Kane	Phys Res-Bldg Mech
James Lennie	CCS-Director's Office
Evelyn Pyke	Animal Care Services
Axel Peter Von Bertoldi	Land Resource Sci
Jim Walker	Phys Res-Bldg Mech

January 1, 2015

Janice Brazolot	Plant Agriculture
Betty Clyde	OAC-Dean's Office
Mary Dickieson	Commun & Pub Affairs
Richard Gray	RC-Academic
Robert Lencki	Food Science
Andre Peloquin	Alfred-Academic
Diane Tremblay	Student Health Services

Announcements

Change of Address? The UGRA has received numerous messages requesting a change of address. Please note that the Human Resources department at the University of Guelph maintains the address list. Retirees can e-mail HR@uoguelph.ca or call the front desk (519-824-4120 ext 53374) with such requests.

Future Forums. The UGRA Executive has set up a committee to plan future forums. The committee will consist of a member of the Executive [as chair] plus 2 to 3 UGRA members. Please consider joining this committee. We also need ideas for the forums. If you are interested in planning the forums and/or have suggestions for topics please send an email to secretary@ugra.ca or call 519-824-4120, Ext. 52197 and leave a message with your name and phone number.

UGRA Annual General Meeting: Thursday, June 18, from 10 a.m. to noon at the Arboretum Centre. The agenda and this year's guest speaker will be announced in the spring issue of the UGRA newsletter.

U of G Retirees Give \$58,386 to United Way. Thank you to all the generous University of Guelph retirees who helped to once again make U of G the top fundraising workplace in Guelph and Wellington County. The University again raised more than \$600,000, demonstrating just how powerful the giving spirit at the University really is; helping to build a better community one dollar at a time.

Overall, United Way Guelph Wellington Dufferin's 2014 campaign raised over \$3.5 million, which will go to support more than 80 programs at 56 local agencies. This will allow social and

community support programs to continue making our community a better place. To see how your donations are creating a stronger community, visit www.unitedwayguelph.com.

I wish everyone a very safe and happy winter season and a healthy new year.

Emma Rogers, Campaign Manager, United Way Guelph Wellington Dufferin.

UGRA Scholarship. During 2014, as a result of the email and letter to retirees, Alumni Affairs and Development has received gifts from 37 donors contributing a total of \$2,740. This brings the total contributions to the UGRA Scholarship to \$12,750. Our goal is \$45,000. This will allow the scholarship to be self-sustaining. Please consider supporting this effort by making a gift to the UGRA Scholarship. Donations can be made online at www.betterplanetproject.ca or by cheque with our contributing membership and scholarship contribution form. You will receive a tax receipt for donations to the scholarship fund.

The \$1,500 scholarship is to support an in-course student who is the child, grandchild or great-grandchild of a U of G retiree. The scholarship is provided annually to a Guelph undergraduate with a minimum cumulative average of 75 per cent. Recipients cannot hold this scholarship and another scholarship greater than \$1,500 at the same time. If you have a child, grandchild or great-grandchild attending Guelph, remind him or her to apply by May 15 to Student Financial Services with a letter indicating the name of the U of G retiree and the relationship to the student.

University of Guelph Alumni Travel Program is open to alumni, faculty, staff, retirees and friends of the University. You don't have to be an alumnus/na to join us; you just

need an inquisitive mind and a passion for learning and exploring. We have several unique trips planned for 2015/16.

In November 2015 we are offering our first service trip with Schoolbox, a company founded by U of G alumnus Tom Affleck, BA '02. Participants will help build a school or classroom in Nicaragua. This 10-day group trip can accommodate a maximum of 18 people and is scheduled for November 12-21, 2015.

In September 2015 we offer a Paris to Provence trip – spend two nights in Paris then take the TGV high speed train to Lyon to board a deluxe river ship to cruise the Rhone River for five days to Arles in Provence. If you like to cruise, there is also an 11-day luxury cruise on Oceania Cruises to Greece and Turkey, September 6-17. A highlight of this trip is that airfare from major cities (Toronto, Ottawa, Montreal, Calgary and Vancouver) is included!

Space is still available on the month-long trip to Madrid, Spain, May 3 – June 1. The trip includes 32 hours of Spanish lessons and is perfect for retirees who want to try out living abroad.

Back by popular demand is a tour to the Amalfi Coast. This trip in October 2015 has no single supplement, so it's great for solo travellers.

In 2016 there are two unique trips offered with Oceania Cruises that include airfare from major cities. On January 25, a cruise will depart from Papeete, Tahiti, and travel through the Tahitian Islands for 10 days. The second cruise is a trans-Atlantic crossing from New York to Lisbon, Portugal, May 14-28.

Please visit our website for more details and information on how to take part in the program. Visit www.alumni.uoguelph.ca/travel or e-mail travel@uoguelph.ca if you have questions.

Santorini

Photo courtesy AAD



UGRA

Winter 2015

Upcoming Events at the University of Guelph

Further information will be available on the UGRA website closer to the dates.

WINEGARD VOLUNTEER AWARDS

Nomination Deadline: Friday, February 27

Do you know someone at the University of Guelph that is making a difference to our community through their volunteer contributions? These 3 awards recognize the contributions of U of G students, faculty and staff who are making our community stronger. To learn more about the nomination process and award criteria visit www.volunteerguelphwellington.on.ca

COLLEGE ROYAL

March 14 and 15

College Royal is the largest university open house event of its kind in North America. Each March, the University of Guelph opens its doors to the general public in a campus-wide open house that attracts thousands of visitors every year. Come and join the fun. More details are available at <http://www.collegeroyalsociety.com/>

THE GREAT TOWN AND GOWN CHILI CHOW DOWN

Noon to 2 p.m., Saturday, March 14, Rozanski Hall

The University of Guelph has once again partnered with the Downtown Guelph Business Association to host the ultimate chili chow down. Chefs from campus kitchens and downtown restaurants will compete to see who makes the best chili. To celebrate food innovation at the University, each restaurant will be using beans, tomatoes, onions and peppers developed by U of G and grown in Ontario. For a \$2 donation to the Guelph Food Bank, College Royal visitors can taste four different types of chili and vote for their favourite recipe in one of four categories: traditional, spicy, unique or vegetarian.

SHENKMAN LECTURE AND OPEN STUDIOS TOUR

Wednesday, March 25

War Memorial Hall. The University of Guelph and the School of Fine Art and Music present the 9th annual Shenkman Lecture in Contemporary Art. The speaker this year will be Michael Snow, creator of

the Canada geese in the Eaton Centre in Toronto. Prior to the lecture MFA students in the School of Fine Art and Music at the University of Guelph will welcome the public to their annual Open Studios. Visitors get a rare inside look at the development of new work within the hothouse environment of an art program. The public is invited to preview work in progress and chat with the artists in the informal environment of the studios.

RESEARCH WEEK

March 30 to April 5

This public outreach initiative explores how University of Guelph research impacts everyday life and improves the ways people work, live and play. Activities will highlight game changing research and celebrate the International year of Light .

SPRING CONVOCATION

June 8 - 12

Join in the celebration by volunteering at a convocation ceremony. Faculty, staff and retirees are invited to serve as ushers or handing out name cards and hoods to the graduates. More information on volunteer opportunities is available at <http://www.uoguelph.ca/convocation/volunteers/>

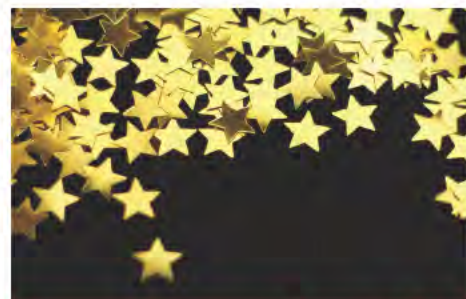
SPRING FORUM

**Thursday, April 16, 2 to 4 PM
Arboretum Centre**

SPEAKERS

Julian Murphy and colleagues from Action Mobility will cover several topics including the use of assistive devices in order to stay living at home safely for as long as possible, the range of items available for use in each room in your home, and mobility vehicles.

Sue Becker, Dept. of Psychology, Neuroscience and Behaviour, McMaster University, will discuss research she is leading on the development of neurally inspired hearing devices.



Accolades

Thomas King, English and Theatre Studies, has won a Governor General's literary award in the English-language fiction category for his novel *The Back of the Turtle*. Congratulations!

The Medal of Merit is given to a retired professor for "outstanding contributions to teaching and other areas that improve academic life and character". Congratulations to **John Walton**, Animal and Poultry Science, who received the award during June convocation.



Talk to us for your chance to **WIN.**



Call today for a no-obligation quote and your chance to win great prizes.

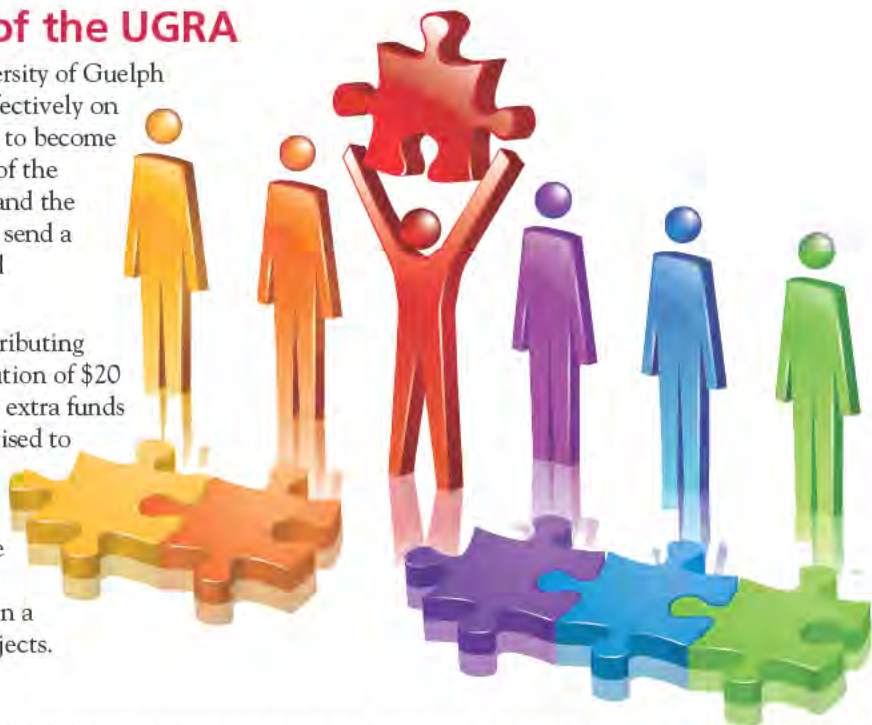
1-866-247-7700
selectsweepstakes.com

Be a Contributing Member of the UGRA

All retirees are automatically members of the University of Guelph Retirees Association, but our capacity to operate effectively on behalf of retirees depends on members volunteering to become contributing members. This money covers the cost of the newsletter and meeting room rentals for the AGM and the spring and fall forums. It also enables the UGRA to send a representative to the annual meeting of College and University Retiree Associations of Canada.

Please use the attached form to send with your contributing membership payment. We have asked for a contribution of \$20 but always appreciate those members who add some extra funds to help us carry on the work. The form has been revised to allow for donations to the UGRA Scholarship fund.

We have also provided a place on the form for those who might wish to contribute more actively to the UGRA by serving on the executive or by working on a committee or task group to carry out short-term projects.



University of Guelph Retirees Association Contributing Membership (2015-2016) and Scholarship Contributing Form

☐ **YES!** I want to help promote the welfare of retirees and to foster a mutually beneficial relationship between retirees and the University by contributing to the UGRA's administrative costs.

My contribution is \$..... Please make cheque payable to the University of Guelph Retirees Association (*not eligible for a tax receipt*).

☐ **YES!** I want to donate to the UGRA Scholarship fund to support an in-course student who is the child, grandchild or great-grandchild of a University of Guelph retiree.

My contribution is \$..... Please make cheque payable to the University of Guelph donate or online at www.thebetterplanetproject.ca/donate (*eligible for a tax receipt, charitable registration number 10816 1829 RR001*).

Name Date

Address

City/Province Postal Code

Email Phone

(Please note that the email address is for UGRA communications only, unless a gift is made to the UGRA Scholarship. In that case, contact information will be shared with the University of Guelph to issue a charitable tax receipt.)

I would like to receive more information about

- ☐ Serving on the Executive of the UGRA or one of its committees
- ☐ UGRA Scholarship

Mail this form with your cheque to:

University of Guelph Retirees Association • PO Box 48-4916 • University of Guelph • Guelph Ontario, N1G 2W1

UGRA

Winter 2015



The UGRA Executive Committee Needs Feedback

The UGRA Executive Committee acts on behalf of the interests of University of Guelph retirees. Without input from our members, we operate partly in a vacuum where we try to imagine what retirees see as important issues and concerns. To do our job well, we could use more information, so please take the opportunity to let us know what's on your mind.

Here are the ways you can contact us. Please provide your name, address and phone number. This will enable us to follow up on requests promptly.

By Email:

president@ugra.ca

Via the 'Contact Us' tab on the website:

www.ugra.ca

By Phone:

519-824-4120 x52197. This is phone mail only, so please a message with your name and phone number.

By Letter:

University of Guelph
Retirees Association
P.O. Box 48-4916
University of Guelph
Guelph, ON N1G 2W1

PUBLICATIONS MAIL AGREEMENT NO. 40064673

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO: ITEMS TO
UNIVERSITY OF GUELPH RETIREES' ASSOCIATION
P.O. BOX 4916
UNIVERSITY OF GUELPH
GUELPH, ONTARIO
CANADA N1G 2W1

