**THAMES HERITAGE CLUB NEWS**

**SPRING 2020**

Hello,

Normally at this time of year we would find ourselves looking forward to Spring and those associated activities ..... gardening , opening up the cottage , air-conditioner tune-ups , etc. Now we are finding ourselves isolated within our homes being stalked by COVID-19.

**In This Issue**

- survivor contact numbers/procedures

- events postponed / cancelled

- pre-retirement meetings

- 2020 Annual General Meeting

- 2020 Golf Tournament

- 2020 Annual Banquet

*Your Benefits*

*Contact Numbers*

C.P.C. Pension 1-877-480-9220

Superannuation 1-800-561-7930

C.P.P. / O.A.S. 1-800-277-9914

Great West Life 1-866-249-5723

Access H.R. 1-877-807-9090

Employment Ins 1-800-206-7218

Passport 1-800-567-6868

*Your Benefits*

*Survivor procedures:* To ensure the survivor of a retiree maintains pension , health and medical benefits , a number of contacts must be made after the retiree’s death.

Note: Update to Superannuation procedures

Access H.R. (1-877-807-9090)

..retiree name

..employee I.D. number

..social insurance number

..copy of death certificate

C.P.C. Pension (1-877-480-9220)

..retiree name

..employee I.D. number

..postal code

..month and date of birth

..copy of death certificate

Great West Life (1-866-249-5723)

..retiree name

..employee number

..copy of death certificate

..plan numbers ..51057 & 51391

NOTE: Very important to notify Great West as soon as possible in order to set up a new automatic withdrawl in the survivor’s name in order to keep policy in force and maintain medical , dental and vision benefits.

C.P.P. / O.A.S. (1-800-277-9914)

..retiree name

..social insurance number

..copy of death certificate

NOTE: Besides the survivor pension

 there is also a death benefit

 payable to the survivor.

SUPERANNUATION (1-800-561-7930)

- survivor calls the above number

..retiree name

..social insurance number

..copy of death certificate

..copy of marriage certificate

*Note: Sun Life benefit premiums for survivor will be deducted directly from monthly survivor pension.*

*Benefit Changes To Extended Health Care Plan – 2020*

New -

Flash glucose monitors will be covered up to 80% for insulin-dependent active employees , retirees and their eligible dependents .

Changes –

Most claims can now be submitted on-line , except out-of-country claims. On-line claims must be submitted within 6 months .. paper claims can be submitted up to 12 months after a service.

Receipts will be required for all on-line claims. Photos or scanned copies of receipts will be accepted. You should keep original receipts in case you’re asked to produce them.

The phone number for your Great-West Life / Canada Life benefit inquiries is

1-866-716-1313

*2020 Pension Indexing / Payment Dates*

Indexing rate for 2020 = 1.93%

Payment Dates

Jan 31

Feb 28

Mar 31

Apr 30

May 29

Jun 30

Jul 31

Aug 31

Sep 30

Oct 30

Nov 30

Dec 31

*Travel Insurance Coverage Update*

There have been a number of changes in Travel Insurance Coverage due to the COVID-19 Pandemic.

Canada Life

If you have out-of-country coverage , you’ll be covered for eligible expenses when you have symptoms from a medical emergency and you need to seek treatment,

Covid-19 related claims while out of country:

 Claims related to Covid-19 that occured during travel to a country with travel advisory warnings will be assessed like any claim under your plan. Plan coverages vary , so that’s why every claim will be handled on a case-by-case basis. It’s important to review your plan coverage details carefully.

Medoc – Johnson Insurance

There have been a number of changes that have been made to Medoc plans.

Detailed explanation of the Travel Insurance Update for MEDOC customers are posted on the Thames Heritage Club website.

Basically , travellers who started travel and departed prior the Mar 13th advisory

being issued will have until Mar 23rd to return home and remain covered.

Travellers who depart after the travel advisory was issued on Mar 13th , will not have travel insurance coverage including no medical coverage.

*Events Impacted By Covid-19*

Thames Annual General Meeting

- postponed until further notice

Spring Columbia Sportswear Invite

-postponed until further notice

GoodLife Fitness Club Membership

-clubs closed until further notice

-Goodlife is working on extensions to

 existing agreements including

 paid-in-full memberships

*Events Scheduled for 2020*

2020 Annual Golf Tournament

- This year’s Golf Tournament is a go

 for August 19th.

- This may change as August approaches

 but it is on for now

- sign-up form is attached to Newsletter

2020 Annual Reunion Banquet

- The 2020 Annual Banquet is scheduled

 for October 24th

- This also may change as October

 approaches

- preview notice attached to Newsletter

*Annual Reunion Banquet*

The 2020 edition of the Annual Reunion Banquet will be held on October 24th  at the Best western Lamplighter Inn and Conference Centre at 591 Wellington Rd. It was time for a change so we changed the location , changed the entertainment and upgraded the entire buffet dinner. You will be impressed.

Despite all this we are keeping the price the same as last year. A preview invitation is attached to this Newsletter.

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*Volunteer Programs*

Boys and Girls Club

people needed one afternoon per month to serve meals to kids

Salvation Army Kettles

last Saturday in November – (Masonville Mall)

Santa Letter Campaign

Four Mondays starting in latter November through mid December

\*\* now expanded to include pick-ups from Children’s Museum , Boys & Girls Club , Ronald McDonald House , Children’s Hospital and Childreach .

*Membership Changes Since Last Newsletter*

Welcome

Greg Allingham

Tracie Cavanagh

Tony DaSilva

Michael Fletcher

Lorraine Green-Speiran

Sherry Henshaw

Tony Iarusso

Lisa Kelly

John McGrath

Tracey McGrath

Janja Pasic

Darrell Ritchie

Sue Zrini

In Memoriam

William West

*Scholarships*

Heritage Club

- 3 x $1,000

- Go to heritageclub.ca

- click on Links

Canada Post

- 6 total of $2,000 ... University

 $1,000 ... College

- Go to heritageclub.ca

- click on Links

Johnson Insurance

-50 x $1,000

- Go to heritageclub.ca

- click on Links

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*Luncheons*

Thames Northern Area Member Luncheon in Bayfield is still scheduled for August 2020 .

Conditions / restrictions at the time may alter schedule.

The annual Mandarin Luncheon is still scheduled for October 1st in London.

Again – conditions / restrictions at the time may alter schedule.

***Membership Renewal Time***

For those who have not already done so ,

it’s time to renew the Thames Heritage Club Membership dues for 2020 through payment of the **$12.00 yearly dues**.

Send payment to:

**Thames Heritage Club**

955 Highbury Ave

London , On N5Y 1A3

Some of the membership benefits are ...

- discounted fees at GoodLife fitness

-40% to 50% discount at Columbia

 Sportswear Employee Store Events

- very attractive travel insurance rates

 with Medoc (Johnson Insurance)

- pre-retirement meetings to review

 retiree documentation

- discount on the cost of Annual Banquet

- 4 newsletters per year for paid-up

 Members (2 newsletters per year for

 regular members)

- discounted periodic luncheons at the

 Mandarin Restaurant and other eating

 Establishments

- discount at Annual Golf Tournament

- discount of $100 to $500 per person on

 Colette Tours

- discount of up to 20% at Choice ,

 Comfort , Quality and Clarion hotels

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*Pre–retirement Meetings*

Future retirees may meet with the Heritage Club president to discuss what to expect in the way of documentation from Canada Post and The Pension Centre. Contact Henry Masek @

 519-204-8873

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*Heritage Club Executive*

President: Henry Masek

519-204-8873 thamesheritageclub@gmail.com

Vice-President: Don Manns

519-451-4959

Vice-President: Jane D’Earmo

519-453-7102

Treasurer: Stew Metcalf

519-660-4193

Secretary: Dianna Snell

519-601-0085

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*Newsletter E-Mail Option*

You may receive your Newsletter via

e-mail if you wish. Just notify your Heritage Club through e-mail at

thamesheritageclub@gmail.com or

by calling a member of the executive

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*Housecleaning*

**Death of member**

In an effort to keep our information

up to date , we need to know when

any of our members is deceased.

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*Housecleaning*

**Address change**

To keep our mailing list current it

is necessary to have the latest proper

address of each member.

Send any changes to the above either

by mail to:

Thames Heritage Club

955 Highbury Ave

London , On N5Y 1A3

 OR

by e-mail to:

thamesheritageclub@gmail.com

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*Covid-19 Protective Measures*

- Wash your hands frequently with soap

- Maintain social distancing of 2 metres

 or 6 feet

- Avoid touching eyes , mouth and nose
 with your hands

- Perform respiratory caution by

 sneezing / coughing into your elbow

- Avoid crowded locations

- Contact your tele-health service or

 your health care provider if you feel

 feverish , have a persistent dry cough

 or have difficulty breathing.

- Keep in touch with family through

 phone , computer or social media.