**THAMES HERITAGE CLUB NEWS**

**FALL 2020**

Hello,

It’s now fall and we still find ourselves under the continuing shadow of COVID-19. Almost all of the normally planned events for 2020 have been cancelled. Now we wait to see if a there is a second wave of Covid-19.

**In This Issue**

- survivor contact numbers/procedures

**\*\*update to CPC Pension procedure**

- events postponed / cancelled

- pre-retirement meetings

- 2020 Annual Banquet - Cancelled

- membership dues

- **new service for widows / widowers**

- monthly draws

*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

Canada Life 1-866-716-1313

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.

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

**.. copy of retiree’s will**

Canada Life (1-866-716-1313)

..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

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*2020 Pension Payment Dates*

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



***Medoc Travel Insurance Update***

Due to the exceptional travel situation caused by Covid-19 , the term of your MEDOC Base Plan is being immediately extended for a total of 4 months at no additional charge. Your current MEDOC policy will now provide coverage until December 31 , 2020.

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,

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.

*Events Impacted By Covid-19*

**Thames Annual Reunion Banquet**

**- CANCELLED**

**(members who have paid for their**

**banquet tickets will receive a full**

**refund**

- following a meeting with Middlesex-

London Health Unit and concerns

expressed by entertainers , it was

decided to cancel the 2020 Reunion

Banquet.



GoodLife Fitness Club Membership

- clubs re-opened subject to social

distancing

-Goodlife is working on extensions to

existing agreements including

paid-in-full memberships

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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)

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**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 .

This year the Santa Letter Campaign will have to take on a new methodology with the need to respect “social distancing”.

Fortunately our Heritage Club has experience in this area thanks to the numerous members who tried out answering letters to Santa from their homes last year. All the necessary supplies will be provided by your Heritage Club.

**(We appreciate all your help with this)**

All interested members please contact Henry Masek at ..... 519-204-8873

*Membership Changes – since last newsletter*

Welcome

Eberhard , Susan

Iarusso , Emidio

In Memoriam

No new entries



*Columbia Sportswear Employee Store Invite*

The next employee store invite will be **Sep 25 – Oct 18 , 2020**.

You are also receiving the employee store invite for your pre-Christmas shopping. That invite will be for

**Dec 04 – Dec 13 , 2020**.

Both invites are attached to this newsletter.

Remember: the invite is good for you **AND** up to 4 guests

What to bring to employee store:

- this invitation

- photo I.D.

- membership card

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*Luncheons*

No luncheons are planned at this time due to the inability to provide an environment that is considered safe for our members.

If there is a change to this Covid-19 situation , members will be notified.

***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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***NEW SERVICE***

***Widow / Widower Consultation***

There is a need for widows and widowers of former postal workers to have a support when facing the death of a spouse when it comes to pension , benefits and survivor documentation. Your Heritage Club president will guide you through this area of concern. Contact me at the number shown below.

Your Heritage Club is here for you.

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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 along with assistance in completing the various forms.

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](mailto: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](mailto: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.

***Monthly Draws***

In order to recognize our members who actively supported our Heritage Club in 2020 which was a very difficult period due to the pandemic , we are holding draws in September , October , November and December. All paid-up members names will be automatically entered into these draws at no cost to the member.

Prizes:

1. $25.00
2. $25.00
3. Gift merchandise

( exact description yet to be provided by sponsors)