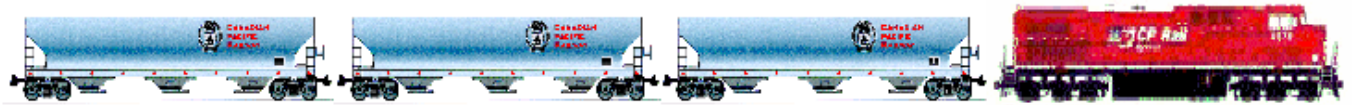


REPORT[

CANADIAN PACIFIC Ingenuity.



Canadian Pacific Pensioners Association London Ont.

Chapter (Since May 1979)

Meeting Held at:Royal Canadian Legion Victory Br.317

311 Oakland Ave.519-455-2331

1200 noon third Monday of each month

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Newsletter for APRIL 2020

NOTICE.....PENSIONERS MEETING FOR APRIL IS CANCELLED.....

PRESIDENT;S REPORT:

PRESIDENT'S REPORT FOR THE MONTH OF APRIL 2020

First off, I hope this report finds everyone safe and healthy. Also we hope that the chapter members who travelled during the winter have made it home safely and again healthy. Unfortunately we have had to cancel our April monthly

meeting and it would be no surprise if we have to do the same for our May meeting. This also means our visit to the Windsor Chapter will not take place in April. For those members who have to venture out from home to obtain groceries, many of the chains have announced early shopping for seniors. This is usually early in the morning from 7:00 am to 8:00 am or 8:00 am to 9:00 am. The stores are less crowded at this time and makes it easier for **social/physical distancing**. If anyone knows of a member of our chapter who needs a helping hand during these trying times please contact Tom Sonier at soniert@rogers.com or at 519 639 5369 and we will do our best to help out. For those chapter members who know of other chapter members who are not receiving this newsletter would you please try to arrange to drop a copy off to them. We will try to keep you updated with any news and will send out a newsletter for the month of May. So, stay safe and healthy and we will talk to you soon.

Tom Sonier
President.

On March 24, 2020, the Government of Canada implemented [temporary changes to the Public Service Health Care Plan \(PSHCP\)](#) in response to the COVID-19 pandemic. One of these temporary measures was a relaxing of the 100-day dispensing limit for maintenance medications, which are taken to manage a chronic or ongoing condition. This adjustment allows pharmacists to exercise professional discretion to dispense maintenance medication sooner.

This temporary change was implemented to help PSHCP members and their dependants maintain physical distancing by reducing the number of trips they make to the pharmacy to fill their prescriptions. For Federal Retirees members and older Canadians, limiting possible exposure to the virus is even more important because, as we age our immune system tends to weaken and we are more likely to have chronic and underlying conditions, all of which can make us more susceptible to COVID-19 and complications from the virus.

When the Treasury Board Secretariat proposed the above temporary measure, Federal Retirees noted the [Canadian Pharmacists Association \(CPhA\) had issued guidance](#) to their members to use their discretion in dispensing, with a recommendation to consider dispensing only a 30-day supply at a time unless it is clinically justifiable for the individual to receive more.

The CPhA's goal in making this recommendation was to pre-empt the possibility of drug shortages. However, the partner organizations involved in administering the PSHCP felt it made sense to proceed with the change as it could encourage plan members, particularly those who are older, to obtain a three-month supply, which would assist members with physical distancing and isolation, and limit their risk of exposure to the virus.

Since that time, most provinces and territories, in collaboration with provincial and territorial pharmacists' associations and regulators, have recommended or mandated that pharmacists limit the amount of prescription medication they dispense to a month's supply, except where, at the pharmacist's discretion, it is necessary.

In relaxing the dispensing limit for prescriptions under the PSHCP, Treasury Board's aim was to protect and support plan members. Pharmacists and health ministries across the country are considering the needs of the larger population they serve and are taking a forward-looking approach in the hope of curbing possible drug shortages. While there are no reported drug shortages resulting from COVID-19, [Canada's drug supply management can be problematic in normal times](#). Furthermore, the CPhA noted [a surge in demand for prescriptions in recent weeks](#). A rush on filling prescriptions for three months or more could, in and of itself, create a shortage in drug supply for some medications. For example, a 100-day supply of medication could be dispensed to one person, or that same amount could be dispensed to three people, all of whom have an equal need for the medication.

Federal Retirees members have noted that filling prescriptions for shorter periods of time drives dispensing-fee frequency, which may result in more out-of-pocket costs. We agree that pharmacists need dispensing fees to get paid, so we are continuing to discuss how to address this with Treasury Board officials. Federal Retirees will also be reaching out to pharmacy associations and the federal, provincial and territorial governments to encourage relief measures that could help individuals who will face higher dispensing-fee costs as a result of these limits.

Some provinces have already identified that these measures will increase dispensing-fee frequency and have taken action to address this issue. New Brunswick offers a good example for individuals who are on the [province's public drug plan](#). The provincial government announced that New Brunswickers on the public drug plan who have a 90-day prescription will only pay a co-payment for the first 30-day fill. Alberta has adopted [similar measures](#).

In the meantime, we recommend that members discuss their concerns with their doctor and pharmacist to see what can realistically be done to ensure continued access to essential medications. For example, there may be an opportunity to arrange prescriptions so that they can all be refilled on the same day to limit the number of trips to the pharmacy.

We also encourage members to check pharmacy dispensing fees and consider working with a pharmacy that keeps dispensing fees low. It is always a good idea to shop around for the best dispensing fees as these costs are partially absorbed by the PSHCP, so everyone doing their part to keep those fees low is helpful in managing plan costs. It is also a good idea to explore whether the pharmacy can provide delivery, or if a family member, friend or neighbour can pick up your prescription for you — all while practising physical distancing, of course.

TREASURERS REPORT:

Sad to say but because of the corona virus there will be no meeting in April. Hopefully we will be able to have one in May.

On February 12 2020 I paid out \$62.00 to our National Treasurer for our 2020 dues .Our bank balance is presently at \$6195.53, and we have \$166.00 cash on hand.

Hope everyone is doing fine through this rough time. Stay safe and healthy and hope to see everyone on May 18th.

**HOPE ALL ARE STAYING
WELL.**

**CP WHISTLES TO SOUND AT
19:00 DAILY TO RECOGNIZE
FRONT-LINE HEALTHCARE
WORKERS AND ESSENTIAL
SERVICE PROVIDERS**

Published: April 3, 2020

To recognize critical healthcare workers on the front lines of the COVID-19 pandemic and other essential service providers including the CP family, **beginning Friday, April 3, 2020, CP trains will sound one long whistle at 19:00 local time if it is practical and safe to do so.**

At 19:00 local time, all train or engine movements will continue to operate, and sound one long whistle as a salute. We will continue this whistle salute daily until further notice.

The sounding of CP whistles joins the global movement to recognize critical healthcare and front-line workers during these unprecedented times. Our whistles also remind communities of the service the CP family provides North America every day. The importance of CP railroaders right now to communities cannot be overstated. I hope you recognize how essential each of you is to this company today, and always.

Thank you for your participation in this initiative. It is recognition of your efforts as part of the extraordinary global response.

Stay safe, stay healthy,

Mark Redd

IMPORTANT NOTICE TO TRAVELERS – In accordance with official government recommendations, and given the limited availability of medical resources worldwide, it is imperative that all travelers currently abroad return to Canada as soon as possible.

NOTICE TO INSURED PERSONS – To allow us to respond to urgent requests from **travelers** currently abroad and to reduce waiting times, please contact us by phone only if your trip is scheduled to take place in less than 72 hours.

SUSPENSION OF SALES – In order to contribute to collective efforts to curb the spread of COVID-19, we have decided to suspend sales of new travel insurance policies until further notice. This decision stems from our desire to protect the health and wellness of our insureds.

BIRTHDAYS .

Bud Bathgate-Nancie Hackney-Scott Revell-Bob Stead

OBITUARIES;

Sam Gaw asst.supt LONDON 1977 passed away Fwb.28th2020

.BOWLING NEWS:

Hi Everyone. We hope you and your families are all staying safe and well. In light of the ever tightening restrictions from Health Care authorities about limiting physical contact, we feel the only responsible action to take is to cancel the remainder of the 2019/2020 bowling season, including the banquet.

We can only trust and pray that we will conquer this virus and we can begin again come September. I will assume you are all coming back in the fall unless I hear

otherwise from you. Have a safe and healthy summer. Hopefully we will gain control over our lives again soon. We will be in touch before the fall.

C.P.R. Executive