

**Minutes**  
**ADRP BOARD OF DIRECTORS MEETING**  
**2:00 – 4:00 p.m., Tuesday, May 18, 2021**

Present: Heather Schellinck (Chair), Peter Wallace, David McNeil, Ed Leach, Oriel MacLennan, Grace Paterson, Randy Barkhouse, Marilyn Klein, David Tindall, David Mercer, Marek Kujath, Nancy Pitts, Phil O’Hara.

**1. Adoption of the Agenda**

MOVED (MacLennan/McNeil): that the agenda be adopted. CARRIED.

**2. Minutes of Board Meeting of March 16, 2021**

A. MOVED (McNeil/Leach) that with a clarification in the Treasurer’s Report (i.e., non-profit compliance), the minutes of the last meeting be approved. CARRIED.

B. Matters Arising

It was agreed that some matters arising would be dealt with when the Treasurer’s Report is presented.

**3. President’s Report**

Heather began by saying that we had successfully made it through a year with COVID-19. Whether we would be able to meet in person come September is uncertain because there are so many variable factors (vaccines, variants). Heather commented that she wanted to meet with the Dalhousie President in person and with some other members of the ADRP Board. It was agreed that September would be a good time for such a meeting. Randy Barkhouse said that he was uncertain about when David Cameron’s term on the Retirees’ Trust Fund (RTF) ended, but that it might be June. (David Cameron has been a longstanding retirees representative on the RTF.)

The subject of the Memorandum of Understanding came up in relation to the appointment of trustees to the RTF. Past practice has seen the BOG (Board of Governors) nominate trustees, but this didn’t seem to be a sensible practice for the retirees representative. David Tindall commented that his understanding was that the trustees should act independently of the administration. In any case, bringing up the subject of who appoints the trustee should be on the agenda when Heather meets with the Dalhousie President.

Heather raised the subject of donations to the bursary fund in the name of deceased ADRP members. Such donations seemed appropriate when the obituary designated a memorial fund for donations.

Heather also said that she thought the AGM (April 20<sup>th</sup>) went well in that the turnout was as good as it was pre-COVID.

**4. Treasurer’s Report**

Ed Leach presented his financial report as of March 31<sup>st</sup>, 2021.

CUA Chequing Account. The balance in the CUA Chequing Account as of April 30<sup>th</sup> is \$14,239.06

Savings Account 7634-20-3. Balance is \$81.48.

Savings Account 7634-21-3. Balance is \$1,200.07

Certificate #	Deposit	Mature	Interest	Principal	Accrued %	Closing Val.
76364-40-3	02/03/2020	08/03/2022	2.250%	10,667.54	56.61	10,734.15
76364-41-3	02/03/2020	08/03/2022	2.250%	11,852.06	62.83	11,914.89
76364-42-3	12/19/2020	12/19/2022	.800%	20,467.14	59.21	20,526.35
76364-43-3	12/02/2019	06/02/2022	1.950%	<u>10,195.53</u>	<u>64.82</u>	<u>10,276.69</u>
				<u>53,197.27</u>	<u>259.81</u>	<u>53,452.08</u>

Dalhousie Account: Balance unchanged at \$2,999.16

## **ACTION REQUIRED**

1. Donation made to Alasdair Sinclair fund.
2. Cheques of \$2,000 each for 2020 and 2021 contribution to the bursary fund are on their way to Dal's advancement office with instructions to be added to the capital fund. An additional \$15,000 will be sent to the advancement office in September once we have sufficient funds in our account.
3. Dues for April were deposited on May 3<sup>rd</sup> \$1,118.84.
4. The director's liability insurance is in the process of being purchased.

## **5. Committee Reports**

### **A. Benefits (Peter Wallace)**

Peter Wallace commented that there was little to report after the positive information that was announced at the last AGM. Improvements in online information (Dalhousie and BlueCross) were noted, and this led to a general discussion regarding problems for ADRP members who had little computer awareness or who did not use the internet. The disruption of regular mail due to the pandemic has caused problems for these members. There was also some discussion of the new rates, which were published in the Dalhousie Benefits Newsletter.

### **B. Pension Advisory Committee (Randy Barkhouse)**

The most prominent item from the recent Pension Advisory Committee (PAC) meeting may have been unexpected news of the award of some catch-up indexation to eligible pensioners. As provided for in Rule 9, the Retirees Trust Fund (RTF) trustees used one-half the \$10 million surplus identified by the actuarial valuation of January 31, 2020 for this award.

That amount will provide the full 1.4728% catchup indexing outstanding for January 1, 2012 and will provide for 0.6580% out of the 1.5025% January 1, 2013 outstanding catchup indexing. For those who retired before December 2009, this will mean an increase of 2.1405%; for those who retired/started pension between December 2009 and January 2012, the amount of increase will be on a reducing scale depending on their retirement date. Those who retired after December 2012 will not receive an increase from catchup indexing. All retirees still have up to 6.3171% of missing indexation.

By the rules of the Dal Plan there can be no further catch-up indexation until after the next full actuarial valuation due no later than January 31, 2023.

The next most prominent news from the PAC may have been the projection by the actuary of the funded status of the Plan on a going concern basis. It is now over 98% including the requirement to have assets exceed liabilities by 7.7%. The 1-yr robust returns since the plunge in assets at the start of the pandemic were reported as 22.82% for the Plan as a whole.

Of more relevance for pensioners are the RTF returns since July 1, 2020; it is the total from then to June 30, 2021 that will determine if any automatic indexation will occur on January 1, 2022. Without going into all the details of the calculation, a one-year return of about 12.5% would result in 1% of automatic indexation, and of 15.6% indexation of 2%. While those returns may seem unreachable and well above usual, the 9-month return of 13.64% offers some hope. Unfortunately, a recent spurt in Canada's national Consumer Price Index towards 2% makes automatic indexation even more desirable than usual.

The report of the gross assets in the Plan showed the RTF at almost 50% of the total and likely growing past that figure once the July 1 transfer of assets for new retirements is made. This ratio is a major change from even a decade ago and gives rise to interest in ADRP having more influence in appointment of the RTF trustee who represents pensioners. To date that appointment has been made solely by the Board.

A final pension activity to mention is the audit planned for this year by the Pension Office. All pensioners should reply to the letter asking for confirmation of their pension details.

The Board continues to push its “cessation of transfers” proposal, but the current improved funding status diminishes somewhat any argument for that measure.

In response to a question, Randy commented that the last catch-up indexation was approximately five years ago.

### **C. Communications**

#### **i) Website**

David McNeil said that the website group had been less active in the last few weeks since the AGM. The regular tasks are still being carried out (e.g., Posts, revisions, comments). Since the response to the request for feedback regarding the level and content of communication to the membership was positive, the website group decided to continue with the current practice.

Congratulatory posts were made for Randy Barkhouse’s CURAC Tribute Award and for Paul Huber’s Honorary ADRP Membership; these initiated a number of comments, which is a sign that members are reading the website regularly. Jetpack, a WordPress add-on, does produce good readership information.

Phil O’Hara confirmed that the transition was running smoothly, and that the website was stable. He noted that there were some password-reset requests that may have gone to Heather, but this was not unusually problematic. He also said that the website group will start drawing up a guide for future transitions; it will outline the basic design, and functionality of the site and serve as a “best practices” document. It wasn’t clear how preventing Dalhousie users from accessing the latest Microsoft software will impact operations. David received a positive response to his request for feedback on a webpage that would list all ADRP Honorary Members.

#### **ii) Newsletter**

Marilyn said that the submission deadline for the June Newsletter is May 24<sup>th</sup>. In addition to the usual Reports, she is looking for material on subjects like “staycationing” in NS or something pandemic-related (e.g., vaccines). The “Lighter Side” regular feature does provide some badly needed humor. There is an ongoing question of whether to include all ADRP Reports in the Newsletter in full or just links to full versions on the website. For those who receive the physical Newsletter only (approximately 30 members), getting the full report is important. Printing costs and logistics were briefly noted, e.g., Dalhousie’s Printshop is not operating but Staples may still offer roadside pick-up service. There are also, of course, postage costs for mail delivery.

### **D. Membership**

Heather commented that for the first time since she has been on the Board, ADRP membership is down (approximately 725 to 720). Sadly, there are six obituaries in the latest Newsletter: Bernard Badley, John Barry, Bruce Earhard, James Eayrs, John Gray, and John Pooley. She also said that it might be a good idea to contact both the DFA and NSGEU to promote membership in the ADRP on their respective websites.

## **6. Other Reports**

### **A. Seniors’ College of Nova Scotia (Nancy Pitts)**

After some discussion, the Seniors’ College Curriculum Committee is recommending to the SCANS Board on May 17<sup>th</sup> that the fall courses be offered by Zoom as originally planned. There are five courses being finalized. On May 17<sup>th</sup>, the Chair of the Curriculum Committee is presenting a curriculum proposal for the Winter 2022 semester which would involve two courses offered by Zoom, four in-person in HRM, and one-two in-person in each of the four Chapters. Discussion continues regarding the cost and work of producing ZOOM classes if only a few are to be offered.

The final Public Lecture for the 2020-2021 year is scheduled for Thursday June 3, 2021 at 10 am by Zoom. It is entitled "Welcome Home: Newcomers to Nova Scotia". Nabiba Atallah, Advisor on Strategic Initiatives, Immigrant Services Association of Nova Scotia (ISANS) will be the speaker. This Public Lecture is open to all but you do need to register in advance: <https://form.jotform.com/211085010612236> For more information, [www.thescans.org](http://www.thescans.org)

Marilyn suggested that ADRP consider making a donation to SCANS. Heather said that she would check with the SCANS treasurer, and that the SCANS budget was expected to be on course with future financial need dependent on membership. Nancy suggested that a ADRP donation could be designated to support SCANS' online program. Grace reminded the Board that the ADRP already makes an annual donation of \$150 for speakers.

## **B. CURAC (Grace Paterson)**

The virtual 2021 AGM is scheduled for Wednesday, June 23, at 3 pm, AST. ADRP's president, Heather Schellinck, submitted the names and email addresses of our CURAC AGM delegate and alternate to the CURAC secretary. Grace, Chair, CURAC Health Care Policy Committee, and Randy, Chair CURAC Pensions Committee, attend the AGM in their respective roles. The Secretary e-mails the AGM Agenda and Reports to the delegates and alternates by May 23. A Best Practices Forum is held immediately after the AGM.

The Board of Directors of College and University Retiree Associations of Canada (CURAC/ARUCC) consists of 9 to 12 Directors, each elected by Member Association delegates for a term of two years at the Annual General Meeting. Four of these Directors are elected as Officers (President, Vice-President, Treasurer and Secretary). At the 2021 AGM, to be held through a Zoom teleconference, an election will be held to fill Board Vacancies. They propose to continue with 12 Directors. Nominations were invited for the positions of President, Vice-President, Secretary, Treasurer and Directors at large. Retiring Directors and Officers are eligible for nomination for a further term. Please go to <https://www.curac.ca/about-us/governance/curacarucc-board/> to see a list of current Directors and Officers.

The Health Care Policy Committee submitted Bulletin No. 19 (see below) to the CURAC Board on April 26. It is being circulated to all CURAC members via the Retiree Associations, e.g., ADRP for feedback by June 30, 2012.

Abstract for Chronic Pain in Adults: Challenges in Understanding and Care (May 2021):

Bulletin No. 19 of the CURAC/ARUCC Health Care Policy Committee reviews the need for a multi-disciplinary or biopsychosocial approach to the treatment and management of chronic pain. The reasons are clear: one in five Canadians (one in four seniors) experience persistent pain, up to 80% in care facilities.

Pain is hard to assess and is often left untreated. Training in pain management for medical practitioners is limited and there is a lack of knowledge of safe and effective treatments. The Bulletin notes that psychological and socio-cultural factors interact with brain processes to influence health and illness and that the psychological and socio-cultural dimensions are often neglected. Complex chronic pain requires a multi-modal approach that includes life-style issues, including continuing engagement in life activities and appropriate exercises. Opioids and over the counter analgesics are important tools if properly managed. The Canadian Pain Task Force's 2020 Report concludes that the health system remains ill-equipped to manage pain and that it should support biopsychosocial approaches and timely access to care. Pain management is a critical element of palliative care. Canada needs a national pain strategy. We need to transform the way health services work together and transform the way health professionals and the broader community understand and deal with pain.

## **7. Other Business**

Marilyn said that she would put a link in the Newsletter regarding vaccine information. It was agreed that for the foreseeable future the AGM and Board meetings would be held by ZOOM.

## **Adjournment**

Moved that the meeting adjourn (MacLennan/Paterson).