



**Keeping
In
Touch**

Everyone is concerned about their friends and loved ones.

Many of our pensioners are single and very elderly.

If you have time, pick up the phone and call some of them and see how they are doing with food or medications, or just to talk to.

Inside This Issue:

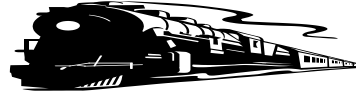
President's View	1
Membership Report, Donation for Lebanon	2
Special Events Report, Survey Results	3
Outreach Report	4 & 5
100th Birthday Celebrations	6
The Story Behind a Story	7
Prescription Drugs & Blue Cross, Railroaders in the Community	8 & 9
Isobel Melville Park	10
Best Ways to keep the brain active	11
Frequently called numbers	12

CN Pensioners' Association of Manitoba

Meetings are normally held at 1:30 p.m. on the 1st Wednesday of the month except for the months of July, August and December. Please note that all meetings are cancelled at least until January 2021 due to Covid. Location of meetings (unless otherwise stated under our Special Events article) is at the Norwood Legion, 134 Marion St., Winnipeg.

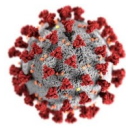
www.cn pensioners.ca

www.facebook.com/cnpensionersmanitoba



August 2020

President's View - Ron Davis



Covid-19 and CNPA Manitoba - Important Message

After much consideration, your CNPA Executive has made the decision to **cancel all of our meetings at least until the beginning of 2021.**

This includes the cancellation of our Annual Christmas Luncheon.

This decision has been made in the best interest of you – the members of the Manitoba Association. There are still too many unknowns and challenges regarding Covid-19: the number of cases are increasing; the availability of the Legion for our meetings; the ability to control group sizes within the allowable limits and to adhere to social distancing protocols; availability of a safe and effective vaccine; and most importantly, the fact that we are all in the age group that is in the high risk category.

Since this will also impact our ability to conduct our annual Elections in November, your Executive, including those representing the membership at the National level, have all agreed to extend their terms and remain in their current positions, serving you, until an annual election can be held in November 2021.

We encourage you to check our Facebook page (www.facebook.com/cnpensionersmanitoba) and our website (www.cn pensioners.ca) for updates and information. We will also provide further updates in our December newsletter.

We encourage everyone to continue to practice social distancing, wash your hands frequently and stay home except for necessities and small get-togethers. Be safe and be well!

stay safe

Visit our website often at www.cn pensioners.ca to view our newsletters or our Facebook page www.facebook.com/cnpensionersmanitoba for updates and announcements .

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CNPA National Level

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Joanne Gaborieau - Director
Patrick McMullin - Alternate
Director
Linda Schram - Pension and
Health Committee
Representative

Membership Report - Joanne Gaborieau

Regular Membership - 3680
Associate Members - 16
Total Paid Membership - 3696

**Welcome to the following New Members. Hope to see you out at the meetings.
We look forward to your participation in the Association!**

Wilma Armstrong	David Jeffery	Lynne Selbie
Glen Bennett	Harald Krause	Heather Sheane
William Bordynuik	Audrey Kulbaba	Brian Shymkiw
Elizabeth Cass	Leah Lefteruk	Wayne Sim
Lorraine Cyr	Ken MacLeod	Rob Stevens
Jeanete Dafeo	Diane Madriga	Barry Strong
Serge Daoust	Terry McKimm	Paul Tetrault
Floyd Desjarlais	Kevin Mitchell	Tym Tymchuk
Gary Desrochers	Ann Newman	Denise Van Den Bussche
Darrell Dolinski	Martin Nordin	Sharon Warga
Arlene Dorsett	Gordon Pachal	Joycelyn Young
Louise Doucet	Joyce Peden	
Ken Fulmore	Joanne Penton	
Carl Gibson	Bernie Pritz	
Erika Goyman	Norm Richardson	
Jeffrey Heaphy	Diane Rusnak	
Len Holian	Corinne Sayer	



We invite spouses to become associate members for all the benefits of the association including the privilege of voting.



CN will match your donations for Lebanon humanitarian needs
in collaboration with the Community Fund.

On August 4th, Beirut, the capital of Lebanon, was shaken by two strong explosions in the area of the port killing and injuring thousands. The Canadian Red Cross is working to fund emergency relief and recovery efforts and get help to people in affected areas as quickly as possible. The best way to help them is through your financial support.

CN will donate to the **Canadian Red Cross** and will match your generous donations to them dollar for dollar, up to a maximum of **\$50,000**.

There are two ways you can contribute to the campaign:

You can make your donation on line on the CN Employees' and Pensioners' Community Fund website at this link: **Lebanon Humanitarian Needs**

If you prefer to write a cheque, please make it out to "Community Fund – Lebanon Funds" and mail to:

CN Employees' and Pensioners' Community Fund
935 de La Gauchetiere St. W, 2nd Floor
Montreal, Quebec
H3B 2M9

For donations of \$20 or more, you will be issued a tax receipt by the Community Fund, so please include your name and CN employee/pensioner PIN on your cheque. CN will pay for all administrative costs for this appeal, so that every dollar employees donate will go directly to the Canadian Red Cross relief efforts.

These donations will enable the Red Cross to help individuals in Lebanon affected by humanitarian needs now and as the situation evolves.

Thank you in advance for your generosity. The campaign is in effect **until August 28, 2020**.
CN Employees' and Pensioners' Community Fund

Special Events - Ernie Yakiwchuk

Our meetings are normally held at 1:30 p.m. on the first Wednesday of the month except for the months of July, August and December. All meetings and events are cancelled at least until 2021 due to Covid. Location of meetings (unless otherwise stated below) is at the Norwood Legion, 134 Marion St. When meetings resume, all are welcome to arrive after 12:30 p.m. to enjoy a coffee, donuts and a visit. If you are interested in helping out in any way please contact Ernie at 204-254-1441.

Guest Speakers for Upcoming Meetings:

Due To COVID-19 all meetings have been **CANCELLED** for the remainder of 2020.

Our CN Christmas Luncheon is also **CANCELLED** for December 2020.



Survey Results

This Spring we ran an online Survey on our Facebook page as well as a manual survey in the April / Spring newsletter. The purpose of the survey was twofold. First we wanted to identify those pensioners who did not have transportation access and therefore could not attend our General Meetings, but would attend if transportation could be provided. The second purpose was to get feedback on some of your favorite Guest Speaker topics as well as suggestions for new topics.

In total we had 33 responses between April and June, 29 of which were submitted through the online survey with the remaining 4 being mailed back to our Special Events Chair, Ernie Yakiwchuk.

Results:

Transportation Needs: Only 3 pensioners indicated that they would attend if transportation could be provided for them. We have the names of these pensioners on file. Once we resume our regular monthly meetings (hopefully January 2021), they will be contacted and arrangements will be made to assist them in attending.

Guest Speaker Topics: The top 5/6 most popular topics selected by the online survey participants were:

- Travel Insurance 55%
- Wills, Probates, Estates 40%
- Age & Opportunity 35%
- Wpg Health Care – Access Manitoba 30%
- Funeral Pre-planning 25%
- Fraud 25%

The manual survey (ones mailed back to Ernie) suggested the following topics for guest speakers: Disability Tax Credit, Cottage Inheritance/Wills/Estates, Osteoporosis, Heart & Stroke, Access MB, Presentation on Recycling, Discussion, CNPA Blue Cross Plan, Tips on Bed Bugs, RBC, Activities (fun & games). It has also been noted to turn up the volume for our audience.

We will take note of your suggestions for future meetings. We also encourage you to contact Ernie Yakiwchuk or any member of the Executive if you have other Guest Speaker Topic suggestions.

Thank you to all who participated in the survey!

Outreach Chair's Report - Rose Chapman 204-832-1105

Mail Outreach info to 186 Windham Rd, Wpg, R3J 3B8 or
email: rchapman17@shaw.ca

Outreach Committee:

George Lintick 204-254-1032
Linda Ksionzek 204-669-8308
Carson Hull 204-269-2692

Albert Delbaere 204-256-8419
Jack Moore 204-224-1019



*Please contact any member on the Outreach Committee with information on pensioners who are hospitalized, or ill at home, and on those who have had or will be celebrating **special birthdays** or **milestone anniversaries**.*

Remember—please keep us informed!

Happy Birthday Wishes To:

Ken Butchart was 82 on August 13th.
Mary Butchart will be 77 on August 24th.
Bill Brychka will be 92 on August 25th.
Eldon Dimond will be 80 on September 19th.
Raymond Duerinckx was 85 on May 16th.
Ronald Feir will be 95 August 22nd.
Gerdur H. Harris will be 100 on August 25th.
Roena Johnston will be 100 on September 22nd.
Lou Koldy will be 88 on October 28th.
Patrick McMullin was 70 on July 11th.
Florence Neimor will be 101 on October 22nd.

Faye Serofin will be 85 on August 21st.
Nellie Serofin will be 104 on September 13th.
Evelyn Smith will be 100 on September 19th.
Marcel Vannevel will be 80 on September 29th.
Bernie Wielgosh was 89 on April 29th.
Norman Wolk will be 85 on October 16th.
Ernie Yakiwchuk will be 63 on October 20th.



Happy Anniversary Wishes To:

William and Diana Baran will celebrate their 65th Anniversary on October 8th.
Ed Barker and Linda Barnes will celebrate their 5th Anniversary on September 4th.
Art and Rose Chapman will celebrate their 55th Anniversary on October 9th.
Dean and Stephanie Danforth will celebrate their 58th Anniversary on September 22nd.
Ken and Lorna Ivanyshyn will celebrate their 55th Anniversary on August 28th.
Art and Jean Jones will celebrate their 68th Anniversary on October 16th.
Jim and Darlene Klause will celebrate their 45th Anniversary on September 13th.
Lloyd and Judy Kreutzer will celebrate their 60th Anniversary on September 3rd.
Juan and Isabel Molina will celebrate their 59th Anniversary on September 23rd.
Filidor and Teresa Palavecino will celebrate their 50th Anniversary on September 14th.
Harold and Linne Prystie will celebrate their 65th Anniversary on September 3rd.
Thomas (Bud) and Faye Serofin will celebrate their 66th Anniversary on October 16th.
Mike and Diana Shewchuk celebrated their 54th Anniversary on July 23rd.
Bob and Marion Timlick will celebrate their 55th Anniversary on October 2nd.
Bernie and Mary Wielgosh will celebrate their 67th Anniversary on September 19th.
Bert and Evelyn Wielgosh will celebrate their 50th Anniversary on September 26th.
Frank and Margaret Wrobel celebrated their 55th Anniversary on August 21st.

Congratulations and best wishes for many more years of good health and happiness!

To those previously mentioned on our Sick List, we hope that you are feeling much better, and well on the road to recovery. To those who are currently ill or still experiencing health problems, please know you are in our thoughts. The membership joins us in extending Best Wishes for improved health and a speedy recovery. We have received reports and updates on the following Pensioners since the last newsletter:

Sick list:

Diane Borowski had major surgery in mid-May. She is recuperating at her daughter's home in Alberta after which she hopes to return to her home in Pinawa.

Albert Delbaere is recuperating at home after suffering a fall on May 2nd which resulted in serious damage to his head and face. His vision has returned to normal. He is now linked to the Victoria Life Line.

Edward Drebit is on a ventilator, and suffers from prostate cancer. He is now in Poseidon Care Centre and has good and bad days.

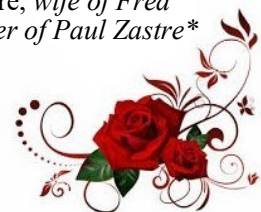
Ian Keating has recently had a health issue, is doing well now but is still following up with his specialist.

Ruth McCorrie was recently hospitalized due to health issues. She has been home for a while now, is doing much better but it is a work in progress as she continues to regain her health.

Obituaries: *The following pensioners have passed away since the last report:*
(* denotes contributing member of the Manitoba Pensioners' Association).

David Armstrong*	Shirley C Hedley*	Adele Rygiel
Armand Berard	Douglas Holliday*	Stanley Sass*
Isobel Bihun*	Sonia Hosfield*, widow of Harvey	Lesley Scheerle, wife of Peter
Patricia V Blais*	Hosfield	Scheerle*
Gerry Boychuk*	Maria Hniteckyj	Herman Schendel*
Denis Brisson*	William Hucaluk	Sarah Scott*
Kenneth Brown*	John Hurma*	Margurite Selman*
May A Bruce*	Alan Jarvis*	Krishan Sharma*
Henry Caminha*	Anna Kmet	Ralph Sheane*
Mary Cardinal*\	Paul Kulbaba*	Pearl Silver*
Joseph Caronia*	Josephine Lamantia*	Helen Spillet*
Yuet Moy Chow*	Leo Latoski	Frederick Steeves*, partner of
Jose Costa*	Nelida Leslie*	Donna Archer*
Robert Daffoe*	R Elizabeth MacRae*	Ann Stefanyshyn*
Alberta Dagg*, widow of Merrill	Giuseppe Masi*	Max Sywak*
Dagg	Saverio Masi*	Joseph Torchia*
Joao Demelo	Hector McLaughlin*	Maurice Trepanier*
Garry Donaldson*	Helen Michalski*	Marlene Van Achte*
Bernhard Dyck*	Elsa Mondor*	Rose Venesia*
Jerry Evans*	Anna Moroz	Sophia Walker
Jennie Ewasko*	Leonard Mulvaney*	Henry Wanic*
Jean Garrett	Muriel Myers, wife of Fred Myers*	Robert Warga*
George Golembiski*	Simon Nabess*	Arlene J Yeo*
Dennis (Gus) Goodfellow*	Peter Penton*	Barry Young*
Donald Graham*	Aileen F Raine*	Adrienne Zastre, wife of Fred
Giuseppina Grande*	Theresa Rapaway*	Zastre*, mother of Paul Zastre*
Bernice Gurke*	Joseph Rogowsky*	Lillie Zelinski
Irene Hardy	Gerlando Russo Introito	

The CN Pensioners' Association of Manitoba extends our sincere condolences to the family and friends of the deceased.





Marie Anna Gauthier

Rheal Dupuis (retired from CN since 1999) presented the plaque to Marie Anna at Action Marguerite. Due to Covid precautions, only a few were in attendance.



Eight days after her 100th birthday, **Anna Moroz** passed away peacefully at Oakview Personal Care Home in Winnipeg. She was married to Dmytro (Dan) in 1978 and is survived by her sons, John (Carole) and Bill; and her granddaughters, Joleyne (son Frank) and Holly (Don).

Anna was born on June 22, 1920, in Chodaczkow Maly, Ukraine and was the youngest of 10 children. She immigrated to Canada by herself in 1938 and shortly after met and married Dan.

Anna was a hard worker and will be lovingly remembered for her wonderful smile, playful sense of humour, kind, loving nature and eagerness to help others. To her everyone was "Sweetheart", hugs were always welcomed and she continued to make friends right to the end. She will be missed by her family and all who knew her.

Vaneen Hoocy and husband Fred raised 4 children, also have 15 grandchildren, 29 great grandchildren and 13 great great grandchildren.

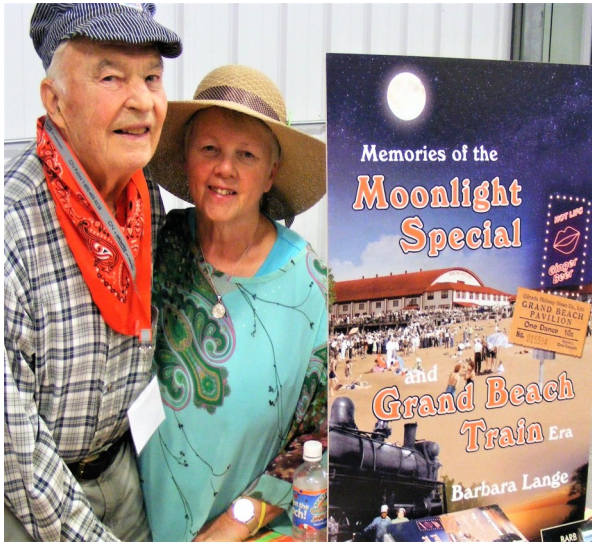
After joining the CNR they resided in Neepawa and Emerson before moving to Winnipeg. Fred also worked in Churchill and often told many stories of the Polar Bears walking the street at dusk.

Fred retired at 60 and they spent many years at their cabin fishing and snowmobiling with their family. After snowmobiling at the lake, the grandkids would come in and Vaneen always had hot cocoa with homemade cinnamon buns or cookies waiting.

Vaneen quilted for many years and she loved making homemade quilts for her family along with knitting and sewing. Vaneen spent many years curling and travelling with her daughter and son in law.



The Story Behind a Story



Barbara Lange and her husband Larry have been long time members of the CN Pensioners' Association of Manitoba regularly attending the General Meetings as well as events hosted by the Association. Barbara's two passions are trains and writing, especially about trains.

Barbara was thrilled to see that two of her books were among several other books on display in the "Book Box Container" at the CN 100 Celebrations in Winnipeg in September 2019 ("Through the Window of a Train: A Canadian Railway Anthology" and her most recent book "Memories of the Moonlight Special and Grand Beach Train Era"). She was honored to see several excerpts from both her books in the CN 100th Commemorative Book "100 Years of Building a Legacy Together" (pp. 10, 48, 50, 140).

Barbara thought it might be interesting to share how she came up with and decided on the title of her book "Memories of the Moonlight Special and Grand Beach Train Era". So how is a book title chosen? And why are some so long?

"Authors spend a lot of time trying to decide, and sometimes publishers don't agree with an author's choice. Luckily my publisher (Borealis Press) stayed with my choice. So what was my reasoning? Well, Manitoba, where the beach train stories and photos originate from, historically had two 'Moonlight Special' train services to Lake Winnipeg, Manitoba.

Canadian Pacific (CP) ran the first trains to Winnipeg Beach on the west side of this large freshwater lake. The Canadian Northern railway, which later became Canadian National Railway (CNR), followed with construction of a beach line on the east side of the lake in 1914 called The Victoria Beach Subdivision. So why not just 'Moonlight Special'? Because I needed to differentiate between the location as well as the rail company. 'Victoria Beach' does not appear in the title because mention of it appears extensively inside the book.

In its heyday Grand Beach was touted to become The Coney Island of the North, and thus the Grand Beach name had greater appeal. And that's the end of the story...well actually it isn't...I had set out to cover both sides of the lake but it became an overwhelming task, plus my husband Larry had worked for CN and so the East Beaches won out. And *that's* the end of the story."



Health Care Committee



Comité de soins de santé

Mail Order Pharmacy

Save Money and Free Home Delivery of Prescription Drugs

As the COVID-19 pandemic has changed so much of your lives, we have been working to address changing expectations of how our CNPA Health Care Plan members access health care benefits. This includes options for accessing your **prescribed drugs**.

To support plan members' access to the convenience and comfort of free **home delivery** for their daily maintenance medications, we have established our **My Home Rx** offering with Medavie Blue Cross. Available to all CN Pensioners Medavie Blue Cross plan members (#93115), except in the province of Quebec, **My Home Rx** utilizes two leading home delivery pharmacy service providers, **Sobeys Pharmacy by Mail** and **Alliance Pharmacy**, to make it easy for our members to access the drugs they need, the way they want.

Simple, convenient and safe

Online purchases and home delivery of many goods has become the norm in Covid-19. **My Home Rx** helps CNPA Medavie Blue Cross plan members to access their prescriptions for maintenance drugs through home delivery pharmacy partners - with added convenience.

Lower cost for members and our Plan

My Home Rx offers the benefits of free home delivery and low dispensing fees versus many traditional pharmacy options. This provides an opportunity for savings, both for you and our drug plan.

My Home Rx pharmacy partners are committed to supporting members with ongoing management of their medications, including optimizing their supply of chronic maintenance drugs to 100 days per fill where appropriate and feasible.

Availability to our plan members

The **My Home Rx** offering is available to all CNPA Medavie Blue Cross plan members (outside Quebec.) **My Home Rx** provides convenient options for free delivery of your prescriptions to your door, with online refill ordering and low dispensing fees to help us all save money, all without having to leave your home. Find out more at: <https://www.medaviebc.ca/en/members/programs/myhomerx> and sign up on line OR:

CALL to Register - Toll Free Numbers: (Have your Blue Cross and Health Care Card ready)

Alliance Pharmacy - 1.877.796.7979

(Pharmacies located across Canada and shipping from closest major centre)

Sobeys Pharmacy by Mail - 1-866-657-MEDS (6337)

(Pharmacy located in Moncton and shipping from Moncton)

Did you receive your newsletter by mail this time? Do you have a computer or tablet? Are you connected to the Internet? Do you have an email address? If you can answer "Yes" to these, please consider changing from a mailed copy to an emailed copy, rather than by Canada Post.

Health Care Committee



Comité de soins de santé

Communiqué for the Summer 2020 National Newsletter**“Changes to how you buy your
Blue Cross Travel Medical Insurance”**

If you travel for extended periods of time you know how much Travel Medical Insurance coverage can cost you. If you are a **member** of the **HEALTH CARE PLAN FOR CN Pensioners #93115** you have the ability to reduce some of those costs on certain trips. In conjunction with **Medavie Blue Cross**, we provide a discount on the **FIRST 15 days** you travel **IF** you travel and buy insurance for a trip **OVER 16 days**. Some important information:

- Travel insurance must be purchased for the entire duration of your trip.
- The minimum trip duration required to qualify for the discount is 16 days.
- The 15-day premium discount is based on the Health Insurance coverage premium* only. It cannot be applied to other Travel Insurance coverage such as Trip Cancellation or Baggage coverage.
- It can also be purchased for your family members covered under this policy #93115.

* Premium rates are always subject to medical conditions, Provincial health coverage and other restrictions.

To take advantage of this offer, get your Blue Cross card out, have your CN PIN number and policy # 93115 ready & call one of the following numbers **ONLY**:

Toll free: 1-888-905-3493

Local: 514-908-3493

BUSINESS HOURS - Monday to Friday: 8:00 AM – 9:00 PM (Eastern Time)

A copy of this notice is also on the CNPA Website under “HEALTHCARE “

Railroaders in The Community – New Program & Platform

CN’s new Railroaders in The Community Program and Platform is expected to be fully launched this Fall. Please watch for announcements and details on our Facebook page (www.facebook.com/cnpensionersmanitoba) and our website (www.cnpensioners.ca).

Check out the exciting features at: <https://cn.benevity.org>

***Congratulations to the following:***

Brent Tingey - applied and received a \$500 grant for the *Transcona Historical Museum, save the 2747*

Please send info to tc2mccrindle@gmail.com



ISOBEL MELVILLE PARK

Isobel Melville has a park named after her and she is certainly worthy of the honour.

The greenspace at 220 Heartstone Dr. in Transcona will forever be known as Isobel Melville Park, named for a key figure in the history of the Transcona Museum.

Isobel officially opened the park June 25 in front of family and friends.

"I always had an interest in history, so working in the museum was a pleasure for me," Isobel said. "I was proud to be a part of maintaining Transcona's history."

Isobel, her husband Jack, and their two children immigrated to Winnipeg from Scotland in 1967 and after five years settled in Transcona. In 1987 the Transcona Museum curator was considering retirement and the board approached Isobel to take over temporarily. She quickly took to the role and made it her own, Jack said in a letter to the City of Winnipeg. She recruited friends to join, created new exhibits and got everyone excited about the museum. Transcona Museum opened to the public and hosted many school tours.

In addition to her work at the Transcona Museum, Isobel was active at the Transcona Country Club and enjoyed curling. The Melvilles were also members of the Winnipeg Irish Club and were active with Folklorama.

Isobel's generosity has been displayed around the world, Jack explained.

In 1991 the couple moved to Bangladesh for close to five years. Isobel hosted Canada Day lunches and Christmas parties for staff, their families and expat Canadians. She visited leper colonies and volunteered as a teacher at the eye hospital.

"She also helped beggars on a daily basis," Jack wrote.

Jack initially suggested naming a street after Isobel, but he seems happy with the park, judging by the big smile he wore at the ceremony, where he presented her with a bouquet of flowers.

"I noticed that many street signs were named after men," Jack wrote. "I think that without the support of strong women we men would not have been able to achieve our goals. I think it is time more women were recognized in our community."

Isobel humbly accepted the honour.

"I would like to thank the City of Winnipeg, in particular Shawn (Coun. Nason) and his staff for arranging this particular event," she said. "It is truly an honour that I will treasure forever."



Isobel Melville (centre, in yellow cardigan) was joined by her family for the grand opening of Isobel Melville Park on June 25. She was honoured for her contributions to the Transcona Museum.

Photo by Tony Zerucha

4 Best Ways to Keep the Brain Active

As you age, it's important to keep your brain engaged by exercising it in different ways. Dr. Aron Buchman, professor of neurology at Rush University Medical Center in Chicago, suggests that the brain needs to be more active through physical, mental, and social activities.

Take Up a New Hobby

The more you stretch yourself, the more your brain is working. You are finally in a place where the focus is on you, so why not do that thing you've been wanting to do for so long? It may be pottery or painting, cooking or gardening. It's that activity you've always wanted to learn but never had the time to try. Now that you have the support of a senior living community and others to try it with you, jump in.



Use Your Fine Motor Skills



Our fine motor skills and reaction time tend to wane as we age. Ironically, activities you may recognize from your past, like Jenga, jacks, and puzzles, can help improve these skills. Also, tossing a ball back and forth with a friend can help stimulate your brain. If sports are your favorite thing, try adding a paddle to make it a bit more challenging. If you enjoy time by yourself, make use of a wall to throw and catch a ball.

Socialize (following Covid 19 social distancing rules & policies)

You can join a book club, head out on the town with some of your neighbors, play cards, or get active with the fitness programs. Volunteer in your area and work with others to improve something in your town. You will be both giving of your time and learning about new people as you do so, and give back while you learn about the people around you. All these options will find you engaging in conversation and fun with peers.



Exercise Your Body



At any age, exercising helps not only your body but your mind. For seniors, two areas of exercise are most important – cardio and strength training. For instance, walking on a regular basis can have amazing effects on your body. And if you walk in a group, you'll get the benefits of both a physical and a social experience. Another popular exercise for seniors is chair yoga.

A & O Support Services for Older Adults

(204) 956-6440

info@aosupportservices.ca



We are always looking for interesting stories about our CNPA of Manitoba members. If you want to let your former co-workers know what you are up to after retiring, let us help tell your story.

You can submit stories and photos to:

Tim McCrindle
CNPA Publicity Chair
tc2mccrindle@gmail.com

**CN PENSIONERS
ASSOCIATION OF
MANITOBA**

10 Greenwich Bay
Winnipeg, MB
R2J 1T6

We're on the web -
www.cnpensioners.ca

We're on Facebook -
[www.facebook.com/
cnpensionersmanitoba](http://www.facebook.com/cnpensionersmanitoba)

Frequently Called Numbers

The CN Pensioners' Help Line 1-800-361-0739.

Always have your PIN to better identify you when making inquiries.

If you move, call the above number.

If you are married at the time of retirement, make sure that CN has your spouse's name on file.

Changing banks, with direct deposit, never close your old account until the cheque shows up in the new account.

Change of Address	1-800-361-0739
Canada Pension & Old Age Security	1-800-277-9914
Canada Custom & Revenue Service	1-800-959-8281
Blue Cross National Claims Direct	204-775-9261
Income Tax Preparation & Questions - Jim Miln	204-253-0137
Health Links/Info Santé	204-788-8200
	or 1-888-315-9257
CN Police	1-800-465-9239, #3

Phone numbers for International Employees:

U. S. Railroad - Fargo	1-877-772-5772
U.S. Social Security - Grand Forks	1-888-617-0456

For Travel Savings with Collette, visit

<https://www.gocollette.com/en-ca/landing-pages/partners/cnpa>

CN Pensioners Association of Manitoba
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