

PIPEWRENCH

Your Communication Pipeline

WINTER EDITION

A Message from the Board of Trustees

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Dear Brothers, Sisters, and Kin,

The last few years have brought more than enough challenges our way—new COVID variants, mental health concerns and historical inflation. These ongoing concerns tend to be at the forefront of everyone’s mind, especially our Members. We have those same concerns.

In 2022, we made enhancements to the Mental Health benefit and increased our communication to the membership. Your resilience—especially the last few years—inspires us daily and we are committed to supporting our members in 2023 and beyond.

Our role and responsibilities, as Trustees, is to ensure that the Plans are meeting their obligation to you, by managing the Trust Funds responsibly and keeping them financially viable.

*A new year,
brings new hope!*

This year, as part of our ongoing commitment to open communication, we are welcoming two members to the Board as part of the Candidate Trustee Program . Once appointed, they will learn the role of a Trustee, the associated responsibilities with that role and gain additional skills in the areas of finance, investments and legislation for the Pension, Welfare and SUB Trust Funds.



Canadian Piping Trades
LOCAL 67

Stay tuned!

Steve Foffano, Chairman	Frank Benincasa	Les Ellerker	Dave Marcus
Ross French, Secretary	Nathan Bergstrand	Ken Luxon	Bill Stanger





The Trustee Mentorship will run from 2023 to 2024



The Board of Trustees selected the following candidates for the Trustee Mentorship Program to join them in a non-voting capacity:

- **Mr. Braedan McIntyre**
- **Mr. Barrington Price**

On behalf of the membership, we congratulate our new Trustee Mentees and thank them in advance for investing their time to learn what

goes into managing the Welfare Trust Fund, Pension Plan, and Sub Plan in the best interests of all plan members.

Thank you to all candidates who took the time to submit an application.



LET'S GET DIGITAL

Upcoming—Let's Get Digital Contest!

Five \$100 prizes to be won

All members are invited to participate.

The first contest will feature TELUS Health Virtual

Pharmacy - Local 67 Benefit Plan's preferred pharmacy for maintenance drugs.

Look for the **Let's Get Digital** man and contest rules in the next Pipewrench.



Canadian Winter—Safety Tips

Be Safe Outside this Winter

- **Wear proper winter clothing** —to prevent frostbite, including winter boots that can help you avoid a fall.
- **Keep your hands out of your pockets and free while you walk**—to help you brace a fall in time.
- **Hike, camp, or cross-country ski with caution**— Always tell someone where you're going and how long you're going to be and pack food incase you get stuck!



It is your Duty to Shovel Safely

- **Pay attention to sidewalk shoveling laws** —If you are a homeowner, you're responsible for shoveling your sidewalk in Ontario, it may mean within 12 hours.
- **Take precautions before you start shoveling snow** —Always warm up before you shovel. Consuming nicotine or caffeine before you shovel snow can actually decrease your heart rate and blood vessels to constrict and cause a heart attack.
- **Cat litter can provide traction in a Pinch** -when you don't have salt or sand.

Practice Safe Driving in Winter

- Always check weather conditions.
- Remove snow from the roof of your car.
- Fill up you gas tank when you are half empty.
- Keep a safe distance behind other cars and slow down.
- Pack a blanket, hat, gloves and parka!
- Keep an emergency car kit and include a shovel.
- Bring extra de-icing wiper fluid or salt, food, water and a flashlight .



Don't let Old Man Winter get you down when he brings us cold weather, snow, ice, and howling winds because he also brings— joy and laughter with friends and family over winter.



Dear RASI, Help! My elderly parent needs full-time care

You are not alone. As baby boomers (ages 57 to 77) make up almost 25% of the population, many members are in a similar situation with a parent or someone they love who requires assistance. In general, Long Term Care (LTC) is not offered by employer group plans and it is not covered by the Local 67 benefit plan.

However, it is important you know the resources offered by your province. Below is the contact information for **Home and Community Care Services**, who is available to guide through the services available to you.

**Reliable
Administrative
Services Inc. (RASI)**

102-195 Dartnall Rd.
Hamilton ON
L8W 3V9

Phone:
905-387-5861

Email:
Local67
@reliableadmin.com

Home & Community Care Support Services Know what your province offers

The Ontario Health Insurance Plan (OHIP) provides a range of services in a patient's home or at a nursing clinic through **Home and Community Care Support Services**.

Learn more from their [Frequently Asked Questions \(FAQ\)](#) below:

My dad is being discharged from the hospital. What kind of help can he expect?

When it comes time for your parent to leave the hospital, their care team, which may include a *Home and Community Care Support Services* care coordinator, will determine if in-home or community supports are needed for a successful discharge. This may include services such as nursing, medication management, rehabilitation, personal support, and many others.

I'm looking for information on applying for long-term care. Where do I start?

The first step is to call, then a care coordinator can advise you about your options and support you as you make this important decision – which includes completing an assessment to help determine eligibility, guiding you through the application process and providing other valuable information.

What types of home care services do you offer?

Once you have been assessed as eligible for their services, a care coordinator will work with you to determine which services would best support your health and well-being – at home or in the community.

I'm looking for housekeeping services for my elderly mom. Can you help?

While they don't typically provide general housekeeping services, they can help you locate these services in your community. There are many options for private-pay or subsidized services that you may qualify for.

To learn more about *Home and Community Care Support Services*, visit their website <https://healthcareathome.ca/home> or call 310-2222 (no area code required).



Know what is available to assist your loved ones.

HOME AND COMMUNITY CARE SUPPORT SERVICES:

Based on your assessment, you may be provided with the following services:

- Nursing
- Personal support (bathing, dressing, etc.)
- Physiotherapy
- Occupational therapy
- Speech-language therapy
- Medical supplies and equipment (some fees may apply)
- Long-term care placement
- Social work
- Nutrition counselling

Other specialized programs and nursing services available as needed



Eating too late can disrupt sleep. If you are hungry, choose a light snack.

The Center Of It All—Sleep



Sleep is the center of the Big 4 Pyramid and a biological necessity that can help you achieve optimal health.



Sleep—Your sleep habits can affect your dietary choices, mood, and physical activity. Prioritize a good night's rest to give yourself the time and energy to make the best choices for your overall health.



Mental Health—Too much sleep or having trouble sleeping can both be signs your emotional or mental well-being is declining. Book an appointment and talk to your if your sleeping habits have changed below the minimum or above the maximum hours for your age (see the chart below on the left).



Physical Health —Regular exercise can help adults sleep better. Make a point to maintain active during winter. Keep moving, even if you are indoors, with stretching exercises, resistance training, aerobics, and moderate weights.



Nutrition —The foods you eat can affect how well you sleep. Avoid foods high in sugar, saturated fat, and processed carbohydrates that can disrupt your sleep. Eat more plants, fiber, and foods rich in unsaturated fat — such as nuts, olive oil, fish, and avocados to help to promote sound sleep.



Recommended Hours of Sleep

Age	Optimal	Min/Max
18-25	7-9 hrs.	6/10-11 hrs.
25-64	7-9 hrs.	6/10 hrs.
65+	7-8 hrs.	5-6/9 hrs.

– National Sleep Foundation



This edition of the Pipe-wrench features Sleep from the Big Four.

Recover from the Job with Sleep & reduce your chances of a cold

Not having enough sleep does not just cause sleepiness and drowsiness while you work. Sleep loss can negatively affect your mood, impair your memory and function, and cause you to have a slower reaction time. All of which are important for you to avoid an accident on the job.

Lack of sleep promotes increased risk of diseases and lowers your immune system. Did you know a person with less than 5 hours of sleep is more prone to catch a cold (45.2% chance) when exposed to a virus? While a person who sleeps more than 7 hours is less likely to catch a cold (17.2% chance). Prioritizing a regular sleep schedule will help you stay healthy on the job for your long-term health.

Use the Hours of Sleep Chart (left) to review if you are getting the optimal hours of sleep based on your age. Try to get at least the minimum optimal 7 hours of sleep from the time you go to bed to the time your alarm clock goes off.

Plus, give yourself an additional hour before bed without screen time to improve your night's rest. Choose another relaxing activity instead, such as a bath/shower, reading a book/magazine/flyer, setting out your clothes, or writing a list of things to do or on your mind to reduce nighttime anxiety.