



We invite
KPU Retirees
to join our association



KPURA promotes positive and active aging. Keep connected with KPU colleagues.

For more information and to become a member visit

➤ kpu.ca/retirees/membership

KPU Retirees Association

KPU Day
Apr 26, 2024



The Beginning

President Dr. Alan Davis tasked Dean Emeritus, Roger Elmes, to create an association of retirees in 2016

KPU Retirees Association was incorporated under the *BC Societies Act* in 2018

KPURA, an independent society, is attached to the Office of External Affairs on the KPU Organization Chart



KPURA & KPU

KPURA operates under its own constitution and bylaws which are filed with the BC Societies Act

There is a Memorandum of Agreement between KPU and KPURA

The Board of Directors communicates with and is supported by Randall Heidt, VP External Affairs



Board of Directors

- There are 11 Directors representing administration, faculty, and staff
- The Board meets online monthly to discuss a detailed agenda and organize activities
- KPURA supports several initiatives that directly affect KPU retirees and seniors in the wider community



Health, Dental, & Travel Insurance

Selecting an extended health, dental, & travel insurance plan or plans must be done soon after you retire

KPURA has published a list of possible options and lists of questions to answer as you compare one plan with another

https://www.kpu.ca/sites/default/files/retirees/Extended_Health_Insurance_Options_202310.pdf



KPURA Membership

All employees, faculty, staff, and administrators are invited to become members

- Full Membership fee is \$15 per year (lifetime rates are available)
- Employees within 12 months of retirement and spouses/partners of full members can join as Associate Members (\$15 per year)
- You can be a Friend on our mail list if you prefer.



KPURA Membership

Membership forms can be found at

<https://www.kpu.ca/retirees/membership>

“Thinking about Retirement” lists important links to start your journey

Benefits of membership include:

- Invitation to a wide range of KPURA sponsored events
- Access to benefits from the College and University Retirees Association of Canada (CURAC) and other associations



KPURA Keeps You Connected

KPURA News is our newsletter – sent out three times a year – 21 to date.

They are emailed as PDFs and available on our website.

<https://www.kpu.ca/retirees/newsletters>

As events come up or other timely information (community activities, wellness, etc.), we send this out by email to Members and Friends.



Newsletters

Newsletters are published 3 times per year
Back copies are available on our website



Crescent Park Picnic group 2023

Board of Directors Report

The KPU Retirees Association Board of Directors are moving forward with projects that have been in the planning stages for several months. One of these initiatives has resulted in an

Currently there are nine Directors, but we have capacity for eleven. If you would like to serve on the Board, we would love to have you join us for our monthly

KPURA
News

Volume 7
Issue 2
December
2023

Keeping Connected

KPU is an Age-Friendly University



Age-friendly University
Global Network

October 30 announcement. Page 2



KPU
Retirees Association

Website & Facebook Page

KPURA maintains a website on the KPU platform www.kpu.ca/retirees

Facebook: KPU Retirees Association
(private group)



KPU Retirees Association

Private group · 78 members



+ Invite

Share

Joined ▾



Retirees
Association

KPURA Events

- KPURA schedules several events each year to give members and their spouses an opportunity to ‘get together’ to socialize and perhaps learn something new.
- Both on site, in person and virtual events are organized



KPURA Events 2017 - 2023

KPURA has organized 50+ events since our inception. (both in person and online) These have included winery visits, historical sites, picnics, boat tours, walking tours, and more. <https://www.kpu.ca/retirees/events>

More than 150 individuals, including members, guests, and spouses have participated in at least one event.

Seasonal Lunches in Fort Langley



Yearly early December lunch and social time to begin the holiday season.

Historical Tours

A guided tour of iconic Vancouver Chinatown



Picnics

Crescent
Park in
White
Rock



KPU

Retirees
Association

Wine Tasting



Country Vines,
Richmond



Online Presentations

Archived at:

<https://www.arohe.org/Reimagining-Retirement>



REIMAGINING RETIREMENT: EXPLORING YOUR LIFE PLAN

VIRTUAL LEARNING SERIES 2024

January 30

Reframing Your
Identity

February 13

Reimagining Your
Personalized Plan

February 27

Rebuilding Your
Network



Living Your Best Life

Transition from work to retirement is complex

- Personal identity wrapped up in your career
- Separating from a “greedy”, all-encompassing institution
- Transition is a personal journey



Main Planning Strategy 1

Financial Planning

- Work with pension agency to determine monthly income
- Research extended health options and rates
- Determine monthly expenses and decide if changes need to be made

Main Planning Strategy 2

Declutter or re-align your life

- Minimize risks that may reduce your quality of life
- Practice positive parts of your life
- Set and achieve goals
- Stay active – physical, mental, and emotional

KPURA Connections

KPURA is a member of many other retiree and seniors' organizations in Canada and beyond to provide information and benefits to our members.

CPPR - Assoc of BC College Pension Plan Retirees

COSCO - Council of Senior Citizens' Organizations of BC

CURAC - College and University Retiree Associations of Canada

AROHE - Assoc of Retirement Org's in Higher Education and others



COSCO — Council of Senior Citizens' Organizations of BC

Advocacy Issues:

- Quality public health care system, including pharmacare and dental care
- Affordable and accessible seniors housing with rent-geared-to income at 30%
- Work with partners to promote safe, affordable, accessible, and efficient transportation
- Support measures to achieve income security for all
- Combat elder abuse
- Work towards a UN Convention on the Rights of Older Person

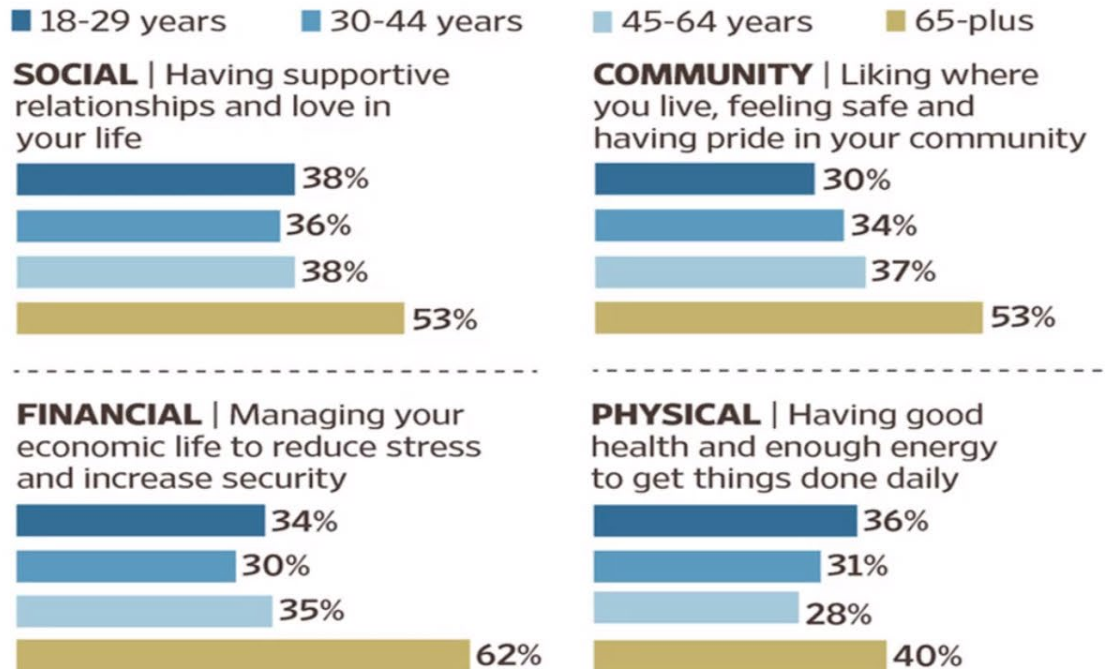
Re: COSCO Presentation to KPURA Board



Today's older persons
 Are active
 Know their importance
 Engaged
 Enrich lives

Myths vs. Reality

Aging is typically associated with decline. But many older adults report a better quality of life than younger adults. The percentage of people who said they are "thriving" in the following categories:



Source: Gallup-Healthways Well-Being Index telephone survey of 85,145 adults, Jan.-June 2014; margin of error +/- 1 percentage point THE WALL STREET JOURNAL.





Ageism's impact on health of older persons

- Internalized negative ATTITUDES
- Higher chronic mental & physical illness
- Poorer recovery from disability
- Live 7.5 years less
- Greater health and social care needs
- Less screening, less preventive care, poorer management



Age Friendly University Network

On Oct 30, 2023, KPU announced that the university has joined the Age Friendly University Network

The Network currently counts 9 Canadian Universities and dozens more as members around the world

Other BC members:

- University of the Fraser Valley
- UBC Okanagan



AFU Objectives

- To promote positive and healthy aging
- Enhance the lives of older adults through education, research, curriculum development, health and wellness activities, arts and culture programs, and civic engagement opportunities



AFU & KPU

The KPURA Board is working with KPU to promote the 10 AFU principles

For example: The Board met with Dr. Tracey Kinney who is preparing the 2027 Academic Plan to discuss how the principles of AFU could be incorporated in this document

See more information here:

<https://www.afugn.org/principles>



Third Age Learning at Kwantlen

TALK schedules short non-credit courses and seminars each semester

Registration is open to all those 50+

The learning process is lively, full of discussion, controversy, humour, insight and wisdom.

Find out more at: <https://www.kpu.ca/talk>



Our Invitation

Keep retirees connected to KPU and each other.
Maintain email & social communication
Attend activities and events that are of interest to
you

Stay Connected: <https://www.kpu.ca/retirees>
KPURA@KPU.ca

Join us on Facebook:

www.facebook.com/groups/KPURA



Brief History of Kwantlen 1

1962 - John Macdonald's report "Higher Education in British Columbia and A Plan for the Future".

1964 - Surrey Superintendent Earl Marriott's committee - report calling for a college to be located in Surrey

1965 - Delta, Richmond and Langley school boards join Surrey's effort

North of Fraser school districts start move for college there in mid 1965

1966 - Minister of Education says one college only – shotgun wedding

1969- plebiscites in 7 districts approve a college

1970 - faculty orientation in August

24 September students start classes in schools, community centers, church halls ...

\$100/semester student tuition. \$1.25 minimum wage



Brief History of Kwantlen 2

1971 – Spring semester 1600 students - 900 in Surrey and Richmond campuses; 95 faculty, 23 staff

1975 - DCFA certified as bargaining agent 60.6% in favour (86 to 56) – led by Finnbogason, Elmes, Carpenter and others

1979 - DC grows to 14 campuses in temporary facilities

1980 Feb - Groundbreaking for \$27.5 M NW Campus

Spring 1980 - Douglas College region split announced formally

September – Kwantlen formally named

“We’re not starting a new college, but we’re dividing an existing one. Both units will have a history, a past and roots”. – VERY IMPORTANT

1981 – 1995 – 4 presidents



Brief History of Kwantlen 3

1982 - Commodore announces 3 for the price of 2 computers for combos for faculty

Geoff Dean's first report on Kwantlen under-funding

1983 - Langley Campus closed in Dec

1989 - DCFA and KCFA split into two unions

1990 - **New** Surrey Campus opens 23 August

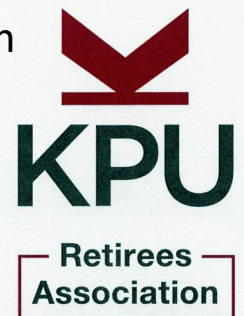
replaces the 20-year-old "temporary" portable trailer campus at 140th St and 92nd Ave

1992 – **New** Richmond Campus opens August

1993 – **New** Langley Campus opens August

1995 – KUC created

First Hon Degree Dr. Barry Leach – environmentalist, internationalist and historian



Brief History of Kwantlen 4

1997 – first degrees awarded - Interior Design

2003 – first internal Minor Research Grants

2005 - Four new degrees offered under KUC BA umbrella approved by province in 2003/04

2007 – **New** Cloverdale Campus opens

2008 – KUC becomes KPU – Arvinder Bubber – first Chancellor

2012 – KPU named a top employer in BC 6th year in a row – Alan Davis named President

For a detailed KPU timelines document email Roger Elmes mcroger@shaw.ca



Oral History Project

Over the last 40 years, Kwantlen has evolved to Polytechnic University status after starting as a satellite campus of Douglas College in the early 1980's

KPU's oral history project details the years instructors taught in portables and warehouses up until the present-day



Oral History Project Interviews

50 interviews are to be conducted of faculty, staff, administrators, students, and Board members who shared Kwantlen experience from its roots to present day

To date 17 interviews are available at <https://archives.kpu.ca/oral-history-project>

