



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

Thriving in Retirement



Topics

1. How to thrive in your retirement

Summarized from webinars presented by the Assoc of Retiree Organizations for Higher Education (AROHE)

2. Extended Insurance coverage, tips

3. KPU Retirees Association

- Board of Directors- connections
- Affiliate Organizations
- Special Projects
- Events for Members and Friends
- Membership
- Benefits
- Contact Information



How to thrive in your retirement

Retirement = Freedom!

Transition from work to retirement is complex and often unsettling

- Separation from your institution can be a positive step in your life, but can also result in a loss of professional identity and relationships
- Feelings that you are no longer “contributing”, are wasting your time, and becoming socially invisible are common
- Transition becomes a personal journey which takes time

How to thrive in your retirement

- Finding purpose is a process – build or create it based on your values
- Do what you love to do, experiment and explore
- Think about the possibilities and not the limits
- Find a level of structure in your daily life – but stay adaptable – variety keeps your brain active
- View YouTube Video

[“What They Don’t Tell You About Retirement”](#)

BC Public Sector Retiree Group

https://www.youtube.com/watch?v=5dval-w_SQw

How to thrive in your retirement

Simplify and re-align your life

- If you can, minimize risks and stressors that reduce your quality of life
- Practice positive parts of your life
- Create good habits and track your physical, mental, emotional, and social health regularly
- Continue to actively plan to achieve your goals

Tips to Manage your Health

Take steps to maintain your health to sustain your independence and quality of life

- Reduce your stress
- Exercise regularly and with purpose, the activity you choose should work for you
- Take up a hobby: sports, music, crafts, other
- Become a mentor or a volunteer
- Eat a healthy diet
- Explore new experiences: travel locally or abroad
- Work to maintain your relationships with family and friends

Financial Strategy

1. Work with your pension agency to determine monthly income
2. Determine your typical monthly expenses and decide if changes need to be made
3. Research extended health options and rates

KPURA has published a list of first steps:

- “Thinking about Retirement”
<https://www.kpu.ca/retirees/membership>

Health, Dental, & Travel Insurance

Selecting extended health, dental, & travel insurance 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_202511.pdf

Extended Health, Dental, and Travel Insurance

Extended Health and Dental Insurance:

Reimbursement limits & exclusions

- Is there a deductible for each claim or a deductible per category per year?
- Is there a limit on the amount that can be claimed, per expense, per year?
- Is there an overall reimbursement maximum?

Travel Insurance

- Is the travel insurer the first payer and will they coordinate with other group plan insurers?
- What is the length limit per trip? Can you increase the limit while away?
- What is the maximum reimbursement per year or per trip?

KPU Retirees Association

- Board of Directors- connections
- Affiliate Organizations & Benefits
- Special Projects



KPU Retirees Association

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

KPURA, an independent society, is attached to Human Resources

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



Board of Directors

- There are 11 Directors representing retired 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

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 · 103 members



KPURA Keeps You Connected

KPURA News is our newsletter – sent out three times a year – **27** to date.

They are emailed as PDFs and available on our website.

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



Seasonal Lunch Celebration in Ladner

Board of Directors Report

The KPU Retirees Association Board is pleased to announce our guest speaker **Dan Levitt, BC Seniors Advocate**, at our 2025 AGM. The theme of this year's meeting is

These online sessions (in Microsoft Teams) are organized by Human Resources and have been well attended in past years. We have been in discussion with the HR Organizational Development Committee and

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Keeping Connected

Events

Special Speaker Dan Levitt



KPURA Launches Student Award

365298 – Age Friendly KPU Retirees Association Endowed Bursary

KPURA has partnered with the KPU Foundation to establish a student bursary

Two awards of \$1,000 will be presented to students in financial need, preference to applicants 50 years or older



KPURA Connections

KPURA is a member of other retiree and seniors' organizations which 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

NPF - National Pensioners Federation

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

NPF – National Pensioners Federation

NPF advocates for the rights of older persons across Canada

- Policy position briefs are presented to Parliamentary leaders: testified at the House of Commons' Standing Committee meeting on the Status of Women regarding *Abuse and Financial Vulnerability of Senior Women, May 2026*
- Workshops and seminars are offered to the general public on issues that affect older persons

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>

KPU is an Age Friendly University

KPU joined the Age Friendly University Network in 2023

The objectives of this international program are 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

Oral History Project

Starting as the South of the Fraser campuses of Douglas College in 1970

Kwantlen became a separate college in 1981

A degree granting University College in 1995
and a Polytechnic University in 2008

KPU's oral history project details the years instructors taught in portables and warehouses and the construction of four campuses 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 18 interviews are available at

<https://archives.kpu.ca/oral-history-project>

KPU Retirees Association

- **Events for Members and Friends**



KPURA Events 2017 - 2026

KPURA has organized **80+** 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 160 individuals, including members, guests, and spouses have participated in at least one event last year in 2025.
There will be more in the future.



Seasonal Lunch



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

Historical Tours

A guided tour of iconic Vancouver Chinatown



Boat Tour: Voyage of the Gikumi



Steveston Heritage Sites, Aug 2025, 2026



Picnics

Crescent
Park in
White
Rock



Best Advice from KPU RA

Wine Tasting



Country Vines,
Richmond



Online Presentations

Virtual Sessions (Zoom) are presented several times a year. Some recent examples:

- *“You are what you eat”*
Part 1: reading labels and carbohydrates,
Part 2: triglycerides (fats/oils)
- Travel Logs:
Part 1: A Sustainable Fashion Tour of Montreal and Toronto
Part 2: Discovering the Nordic Countries

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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 Benefits

Benefits of membership include:

- Invitation to a wide range of KPURA sponsored social and educational events
- Access to benefits from the College and University Retirees Association of Canada (CURAC) and other associations
- Newsletter published every 4 months

Membership forms can be found at

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



Our Invitation

We work to:

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

