

5269 UNION NEWS



CAS of Algoma Membership Newsletter– Vol. 2 No. 2 February 2025

<https://5269.cupe.ca/>

February News

In this issue:

What's Happening ?

Your Union

- ◆ Updates for the Past Month
- ◆ Our Healthcare Spending Acct
- ◆ Welcome & Good Bye Members
- ◆ CUPE Council Information

Wow, can you believe how slow January crept by-or was it just me? And yet still no word from the Ministry on their report that they said was to be presented by January 4th to our Employer. As one member said at the last meeting "I guess I should not fret over missing deadlines if they miss their own deadlines like this." How true is that!

The union did hear that the Employer has no plan for layoffs to meet budget restraints. We have had some staff leave the agency either to pursue other employment or retirement but all positions are not yet filled. Maybe that is where the savings are going to be??

The new On-Call Centralized Screening Program is now in effect. Last meeting brought up some creative ideas on how best to attract staff to volunteer for shifts and are being put on paper and will be presented to Mgmt for consideration.

We did bring up the idea of a SPRING FLING– but the details need to be worked out. If you have a venue or idea on what this should be, please let one of the executive know so we can make a plan.

Next schedule Membership Meeting is on February 10th at 7:15 pm. As always we want to see you in person but watch for the link(s) if you can't. Allison is on a leave and will not be present at this meeting. Vice President Jill will be the facilitator this month.

Allison Prusky– President- cupe5269president@gmail.com	705 542-2714
Jill Paquin- Vice President - vicepresidentcupe5269@gmail.com	705 257-8250
Lora Johnson– Recording Secretary- cupe5269@gmail.com	705 297-3379
Tina Gauthier –Secretary Treasurer –secretarytreasurer5269@gmail.com	705 450-0064
Ami Madsen– Lead Steward-cupe5269chiefsteward@gmail.com	705 206-3760
Kim Montgomery-Membership Officer-membershipofficercupe5269@gmail.com	705 257-9156
Jennifer Walker- H. & S Co Chair (alternate) – jenniferdell@yahoo.com	705 777-1681
Madison Policicchio - Steward- Madisonpolicicchio@gmail.com	705 987-2480
Ariane Callegari- Steward- arianecallegari@gmail.com	705 331-1050
Todd Yates—Steward - tyates7@hotmail.com	249 525-8366

I have chosen another subject to bring to your attention this month. Some staff might overlook this in their benefit package, but us oldies tend to need more self care and have experience on how to get the maximum out of our benefits:

HEALTH CARE SPENDING ACCOUNT (HCSA) (excerpts and not the full pkg)

Your HCSA is a spending account funded by your plan sponsor that you can use to pay for health and dental expenses that are not covered by your group benefit plan or your provincial health plan.

At the beginning of each benefit year, a predetermined lump sum amount as shown in the Schedule of Benefits **(\$1,000)** will be allocated to your account annually to cover the reimbursement of your eligible expenses incurred during that benefit year. When you submit a claim, you will be reimbursed for eligible expenses up to the balance in your account.

Any balance remaining in your account on the last day of the benefit year will be carried forward to, but not beyond the end of, the next benefit year. This balance will be added to your new credits, and claims for the new benefit year will be applied to the combined amount, using the previous benefit year credits first. At the end of the new benefit year, any remaining previous benefit year credits will be forfeited. **(SO USE 'EM UP)**

5269 UNION NEWS



Continued from Page 1

ELIGIBLE EXPENSES

Eligible expenses include but are not limited to those that qualify for medical expense tax credits under the Canada Revenue Agency (CRA) Income Tax guidelines. It also includes the amount of the deductible and the percentage not covered by the group benefit plan or the amount in excess of group benefit plan maximums.

For a list of eligible medical expenses, visit our website at greenshield.ca, or for more information about eligible expenses you can consult a CRA office or visit the CRA website at <http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltn/ddctns/Ins300-350/330/llwbl-eng.html>

Exclusions

Expenses not eligible for reimbursement are at all times governed by the non-eligible expenses, restrictions and limitations outlined in the Canadian Income Tax Act. An example of expenses would be:

- a) premiums paid to provincial medical or hospitalization plans; and
- b) medical costs for which you or your dependent are reimbursed or entitled to be reimbursed under a provincial health insurance plan, your group benefit plan or your spouse's group benefit plan.

To give you some examples of what you can do to maximize the allotment would be to get prescription sunglasses or a second pair of glasses for bedside stand. You could visit a Wellness Person who offers Reflexology. You can get a top up from Massage Therapy for the part that is not fully covered.

And please use your regular benefits that we have negotiated in previous collective agreements.

\$2500 per year for your health and wellness. You deserve to ensure you are taken care of. Chiropractic visits, Physiotherapy visits, Orthotics and so much more. Take time to review your package. USE THEM. Book those appointments and take care of yourself. If we don't start with us... who the heck is going to do it?

<https://www.healingholistics.ca> –Christine Roy Wellington Street/Lake Street offers a variety of wellness options.

Strong Minds - Healthy Mind, Healthy Life 796 Queen Street - offer comprehensive physiotherapy services,

Have you ever had Iridology done? It's so interesting how your eyes can tell so much! About your overall wellness.

Good Bye to our Member who Retired since last Newsletter:

Donna Waboose: Foster Care Team Member for many many years. Stepped out of the building on January 15th for the last time as an employee and has entered the world of leisure! We wish her all the best in whatever she decides is her next adventure!

Keeping Up with our Members:

We need to know if you have changed your active email, your cell number, your address etc. with us. We cannot get urgent messages if you do not allow us this information.

Also include any phone number changes you may have had since giving us your information. We rely on you for this.

Email: MembershipOfficerCupe5269@gmail.com

CUPE District Councils are groups of CUPE locals from a particular region that work together on common issues. Their work includes community projects, political action at the local level, bargaining support and the promotion of strong public services and other CUPE ideals.



606-421 Bay Street
Sault Ste. Marie, ON
P6A 1X3
Tel: 705-949-6221
Fax: 705-949-7753

Continued from Page 2

Holidays and celebrations in Canada in February

[1 Sat](#) [World Hijab Day](#)

[2 Sun](#) [World Wetlands Day](#)

[Groundhog Day](#)

[4 Tue](#) [World Cancer Day](#)

[8 Sat](#) [International Purple Hijab Day](#)

[9 Sun](#) [World Pizza Day](#)

[International Day of the Dentist](#)

[11 Tue](#) [World Day of the Sick](#)

[International Day of Women and Girls in Science](#)

[12 Wed](#) [Red Hand Day](#)

[Darwin Day](#)

[13 Thu](#) [World Radio Day](#)

[14 Fri](#) [Valentine's Day](#)

[15 Sat](#) [National Flag Day](#)

[Singles Awareness Day](#)

[17 Mon](#) [Family Day](#) Alberta, British Columbia, New Brunswick, Ontario, Saskatchewan

[17 Mon](#) [Heritage Day](#) Newfoundland and Labrador, Northwest Territories, Quebec, British Columbia, Manitoba, Nova Scotia, Nunavut, New Brunswick, Ontario, Prince Edward Island

[20 Thu](#) [World Day of Social Justice](#)

[21 Fri](#) [International Mother Language Day](#)

[Heritage Day](#) Yukon

[International Tour Guide Day](#)

[22 Sat](#) [World Thinking Day](#)

[Scouts' Day](#)

[26 Wed](#) [Anti-Bullying Day](#)

[27 Thu](#) [Anti-Bullying Day](#) British Columbia

And Black History Month— Google search will give you some good material

