

NEWSLETTER

Winter 2025

HYDRO PENSIONERS ASSOCIATION OF ONTARIO
TORONTO DISTRICT



SOCIETY of
UNITED PROFESSIONALS
Pensioner's Chapter



Christmas Luncheon



Zoom Events



Electricity Sector



Tax Tips



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<https://hydropensionerstoronto.ca/>



[Hydro Pensioners Association of Ontario - NEW](#)



HydroPensionersToronto@gmail.com

THE PRESIDENT'S MESSAGE

Welcome to 2025! Hope this is your best year yet!



Julia Lindsay



We are now accepting membership fees for 2025.

Until March 31, the registration fee is **\$10 per person (\$20 for plus one)**.

After that period, the fee increases to **\$15 per person (\$30 for plus one)**.

Sign up now at [HPAO Membership](#)

I'd like to reminisce about 2024 and what a great year we had.

Lots of interesting bus trips! Two well attended luncheons! What's not to like!!

Our Spring Luncheon had Bruno in a beautiful blonde wig. Wish I looked so good!

Our Christmas Luncheon was held at the height of Taylor Swift's 6 concerts held in November. The streets and hotel were full of Swifties with their friendship bracelets and sparkly clothes. What a breath of fresh air!

We tried lots of new things this past year with both our events and luncheons. We always hope to entertain you and your significant others.

Expect surprises next year as we learn what works and what doesn't!

For those of you who are housebound, our team provides many Zoom events for your viewing pleasure. They are also available for future listening! Our Alzheimer's Events have been very popular. There is a blood test you can take to see what your chances are of developing this terrible disease. I'm planning on getting the blood test too. We are expecting to offer more Zoom events on Alzheimer's due to its timeliness.

Our volunteers work tirelessly to put these events together. I want to personally thank each and every one for their great ideas and work ethic to make our events so successful!

We frequently send out surveys asking our membership what events they would be interested attending each year. Please don't hesitate to participate in these surveys as they are anonymous! Or email us at hydropensionertoronto@gmail.com to leave suggestions.

Come and join us, as your membership fee of \$10 provides you with discounted theatre trips in a comfortable bus and subsidized luncheons. The Spring and Christmas luncheons are a great place to meet some friends from your working days, enjoy a meal and with some luck win a prize!

Looking forward to connecting with you in 2025 and Happy New Year!

CHRISTMAS LUNCHEON - NOVEMBER 21, 2024



The 2024 Christmas Luncheon on November 21 was our first event in the newly renovated space at the Chelsea Hotel.

The busy hotel lobby had an excited, positive vibe, full of visitors in town to attend that evening's Taylor Swift concert in the city. According to our hotel representative, the Chelsea Hotel was fully occupied for Thursday, Friday, and Saturday evenings, for the concerts these three evenings. Taylor Swift music played lightly in the Lobby and Reception Area.

Bradley Cooper from OPG Pensioner Services was on hand to answer questions during the Reception.

Anthony Pin, Past President of the Society Pensioners Chapter, was a late addition and kindly spoke at the Luncheon for about 4-5 minutes about the new opt-in Travel Insurance Program that is available to Society Pensioners Chapter members. Society retirees looking for more information about this program are invited to email PensionersChapter@thesociety.ca.

New to us this luncheon: We arranged with the hotel to provide two Christmas Trees in the Ballroom, under which attendees were welcome to drop off unwrapped toys for the CP24-CHUM Christmas Wish program. Our website Gallery has a Christmas Video Album where you can see photos of the event, including the trees with multiple gifts underneath, reflecting the generosity of our members. You are welcome to [take a look at this link](#). Our President, Julia Lindsay and her daughters delivered the donated gifts to the CP24-CHUM Studios after the event. For more info or to donate to this worthy initiative, [please click here](#).



Also New to us this luncheon: We had a Photo Booth, where attendees were welcome to have their photo taken by a Christmas Tree in the Reception Area by Jennifer and Katelyn Lindsay, Julia's daughters.

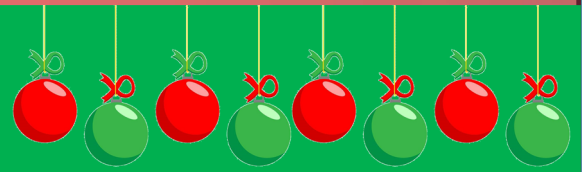
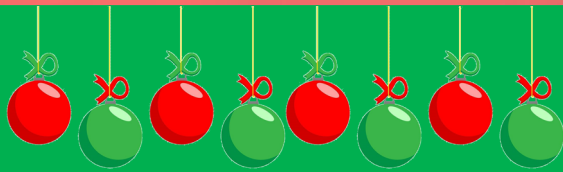
As an encore of sorts to our Spring Luncheon *Guess the Candy Bars in the Teddy Bear* contest, we had a *Guess the Ornaments in the Bag* contest. The winner was Mona May Hohendorf, who came within two of the actual 135 ornaments. Photos of several of our prize winners are in the Christmas Video Album.

We acknowledged Carol Cobean and Paul Acchione, for their help organizing their HR and Design Engineering groups respectively, which make our event better.

Our Spring Luncheon is set for Wednesday, May 14, 2025. Please hold the date! We look forward to connecting again.

- Colin Erwin -

CHRISTMAS LUNCHEON - NOVEMBER 21, 2024



CHRISTMAS LUNCHEON - NOVEMBER 21, 2024



CHRISTMAS LUNCHEON - NOVEMBER 21, 2024



IT IS THE
Season
TO BE
Jolly



2025 EVENTS

Upcoming Events

Zoom Events



JANUARY 31, 2025

Chair Fitness 11:15am —11:45am
Mental Health 12:00pm —1:00pm



MARCH 20, 2025

Navigating Home Care
11:00am —12:00pm



FEBRUARY 10, 2025

What is Multiple Sclerosis
12:00pm —1:00pm



MARCH 21, 2025

Funding Options for Home Care
11:00am —12:00pm



FEBRUARY 20, 2025

CARP and Seniors
11:00am —12:00pm



APRIL 14, 2025

Wills & Estate Planning
11:00am —12:00pm

Zoom links to be emailed out prior to the presentations to HPAO registered attendees.

In Person Events



JANUARY 22, 2025 6:00PM

Chinese New Year Celebration
A La Kitchen Restaurant, Markham, ON

See: <https://forms.gle/7FoFJZYat5khJQim9>



MAY 14, 2025

Spring Luncheon
At the Chelsea Hotel,
Downtown Toronto

**EXCITING & NEW EVENTS
ARE COMING SOON**

Watch for the notices in your email or at

<https://hydropensionerstoronto.ca/>



Henry Ward Beecher



The true secret of giving advice is, after you have honestly given it, to be perfectly indifferent whether it is taken or not, and never persist in trying to set people right.

WHAT'S HAPPENING IN THE ELECTRICITY SECTOR

HISTORIC NIAGARA FALLS POWER STATION GETS NEW LIFE AS A HOTEL

A building in Niagara Falls that has never been open to the public is undergoing a \$200 million renovation.

The **Toronto Power Generating Station** on the Parkway, which has been vacant for over 50 years, will soon be transformed into a hotel and tourist destination.



The province gave the project the final go-ahead yesterday, November 22nd. The new hotel will be built on the backside, overlooking the powerful Niagara River, while the original building will be restored, preserved, and opened to the public.

The open room where the generators once stood will be transformed into restaurants, meeting areas, and the front desk for the new hotel. The basement will become a spa.

Pearl Hospitality will fully undertake the \$200 million renovation project, as well as build and operate the hotel. They will lease the land from Niagara Parks for \$3 million per year for at least 75 years.

David Adames, Niagara Parks CEO, says, "In terms of employment, there will be hundreds of jobs during construction, and when the hotel opens, there will be over 900 jobs."



Construction will begin next month and is expected to take 3.5 years to complete. Once finished, it will be the only five-star hotel in Niagara Falls.

Listen to more about it here <https://www.youtube.com/watch?v=7cyDmLRdjGU>

Sean Cowan · CHCH News, November 23, 2024



WHAT IS A SENIOR CITIZEN

A Senior Citizen is one who was here before; the pill, television, frozen foods, contact lenses, credit cards and before man walked on the moon

For us **Time Sharing** meant togetherness, not holiday homes, And a **chip** meant a piece of wood.

Hardware meant nuts and bolts, and "software" wasn't even a word!

We got married first, then lived together,

And thought cleavage was something that butchers did.

A **stud** was something that fastened a collar to a shirt

And **going all the way** meant staying on a double decker to the bus depot.

We thought that **fast food** was what you ate in lent;

A **Big Mac** was an oversized raincoat and **crumpet** we had for tea.

In our day; **grass** was mown, **pot** was something you cooked in, **coke** was kept in the coal house and a **joint** was cooked on Sundays!

We are today's
SENIOR CITIZENS.

A hardy bunch when you think how the world has changed!

WHAT'S HAPPENING IN THE ELECTRICITY SECTOR

WHY NUCLEAR POWER IS SO HOT RIGHT NOW



Governments in Canada, the U.S. and abroad along with tech giants are all eyeing nuclear power to meet a growing demand for electricity and climate goals at the same time.

Just days ago, the U.S. announced plans to triple its nuclear capacity by 2050. Tech giants Google, Amazon and Microsoft are tapping nuclear to support their power hungry AI services.

Closer to home, Ontario is refurbishing old nuclear plants and building new ones. There has also been interest in building

new nuclear plants in New Brunswick, Alberta, Saskatchewan and Quebec.

Abroad, China has more than doubled its nuclear power capacity in the past decade. The World Nuclear Association says dozens of other countries are considering, planning or starting nuclear power programs. At the UN climate summit COP29 this month, six more countries signed a declaration to triple nuclear energy by 2050, bringing the total signatories to 31.



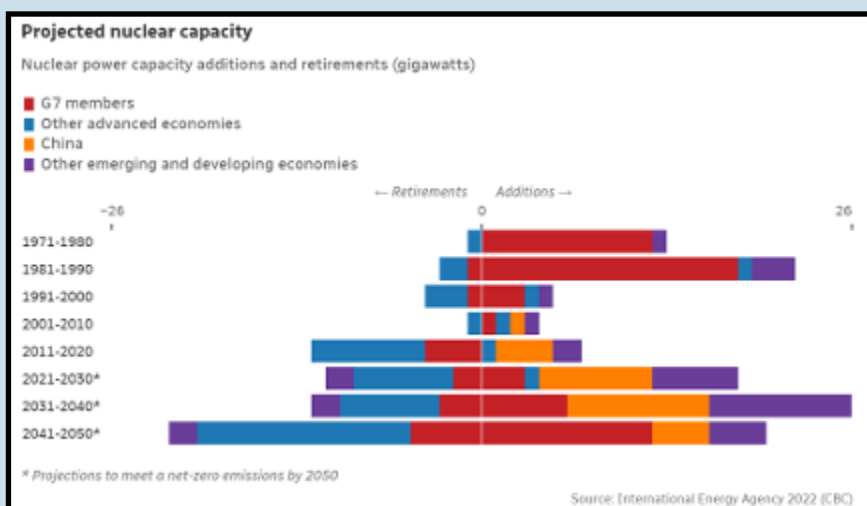
Here's a closer look at why there seems to be renewed interest in nuclear, despite the rise of cheap wind and solar.

Nuclear has had its ups and downs. A large number of new reactors were built in the 1970s and 1980s. Then in 1986, the worst nuclear disaster in history occurred at Chernobyl in northern Ukraine. More than 30 workers and firefighters died and a 30-kilometre radius around the plant was left uninhabitable by the radiation released, making the public around the world leery of nuclear.

Globally, the share of electricity generated from nuclear power has shrunk since the mid-1990s, from more than 17 per cent to around nine per cent, according to Our World In Data and Ember, a clean energy think-tank. Reactors built decades earlier were starting to retire, IEA data shows.

Continue reading at:

<https://www.cbc.ca/news/science/nuclear-power-climate-change-1.7390435>



HOW THE TIMES HAVE CHANGED

THE WAY PEOPLE INTERACT WITH EACH OTHER HAS CHANGED DRAMATICALLY OVER THE YEARS DUE TO THE RAPID EVOLUTION OF TECHNOLOGY:

Speed

Communication is faster than ever, with the ability to send messages instantly across the globe.

Accessibility

People can communicate from anywhere, using mobile devices to make calls, send texts, and video chat.

Social Media

Social media has allowed people to connect with a much larger number of people, and to share and consume information in new ways.

Digital Collaboration

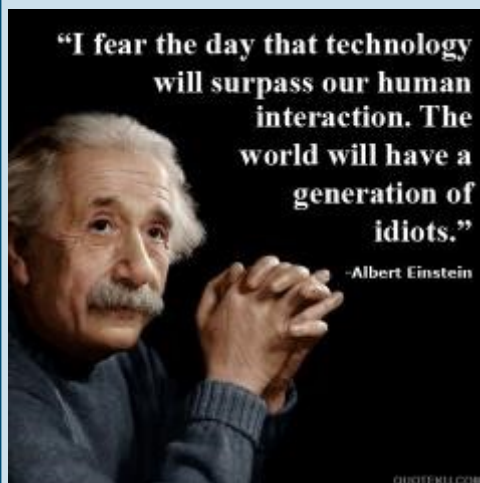
Technology has introduced tools to enhance collaboration in the workplace.

Text Messaging

The rise of texting has led to the creation of a new language, with shortened words and phrases

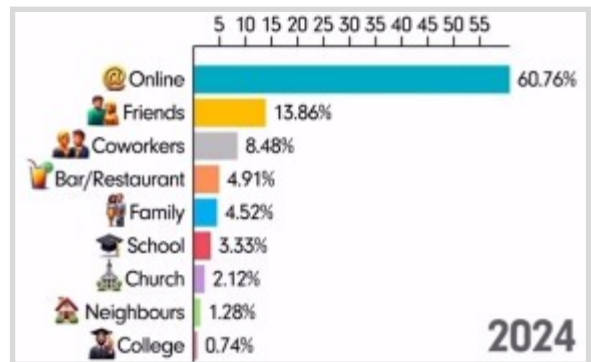
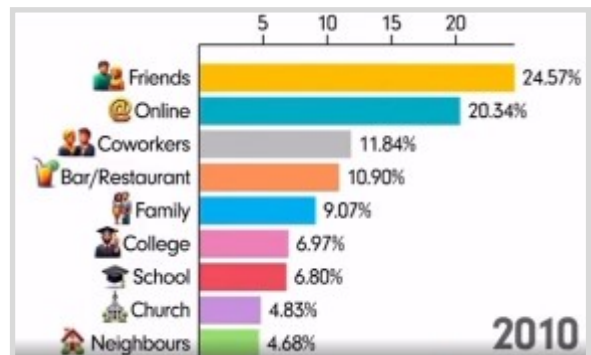
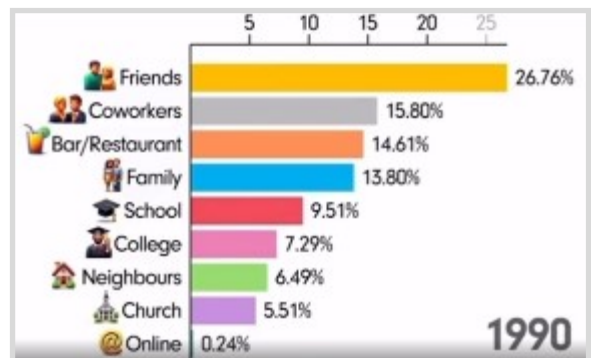
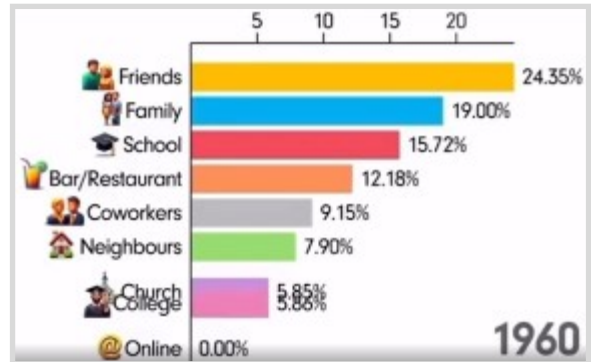
Emojis

Emojis are a simple way to express emotions digitally



Before the internet, people were limited to communicating in person, by mail or by phone. In the 1950s, the telephone was only way to quickly communicate with friends and family.

HOW WE SPENT OUR TIME



As Referenced by Generative AI

FINANCIALS

TFASAs AND RRIFs—WHAT'S THE DIFFERENCE

When you have a registered account, such as a **tax-free savings account (TFSA)**, a **registered retirement savings plan (RRSP)** or a **registered retirement income fund (RRIF)**, you have the option (depending on which account you have) of naming a beneficiary or a successor for that account.

First, let's break down the differences between beneficiaries and successors.

- A **beneficiary** inherits the assets in your account without inheriting the account itself
- A **successor** takes ownership of your account and all the assets in your account

Whether you can name a beneficiary or successor depends on which registered account you have, but this chart shows the options:

Account Type	Beneficiary Options
RRSP	One or more beneficiaries
RRIF	One successor or one or more beneficiaries
TFSA	One successor or one or more beneficiaries

So, what's the difference between a successor holder and a successor annuitant?

For a TFSA, the successor is called a successor holder (short for successor account-holder). For an RRIF, the successor is called a successor annuitant.

TAX FREE SAVINGS ACCOUNT

On your **TFSA**, you can list either a beneficiary or a successor holder. When naming a beneficiary, the beneficiary can be anyone you like or can even be your estate. And when naming a successor holder, you can only name your spouse or common-law partner as the successor holder of your **TFSA**.

The differences between a beneficiary and successor holder for a TFSA

One of the main differences between **TFSA beneficiaries and successors** is how the assets in the account are taxed.

TFSA account beneficiaries will receive the assets in your TFSA tax-free, up to the date of your death. But they would be taxed on any growth in the TFSA after that date.



A **successor holder**, however, takes over the ownership of your TFSA account. They can roll your account into their TFSA account without impacting their **TFSA contribution room**. They do not pay tax on any asset growth from the date of your death to when they withdraw from the account.

A **beneficiary** can use the assets in your TFSA to contribute to their own TFSA using their available contribution room. For example, suppose your beneficiary had \$5,000 of available contribution room. In that case, they could use up to \$5,000 of the assets in your TFSA to contribute to their own TFSA—but they couldn't contribute more than that amount.

However, there is one exemption to this rule—the **exempt contribution**. Say, you name your spouse or common-law partner as your TFSA account beneficiary. They may be able to use the assets in your TFSA to contribute an amount not limited by their available contribution room. In this case, they would “roll over” the assets in your TFSA to their TFSA.

There is a short window after a TFSA holder's death to make an exempt contribution. If you want to ensure your surviving spouse or common-law partner can keep your TFSA intact, it is much simpler to name a successor holder. Still, this provision allows a spouse or common-law partner to use your TFSA assets to make a TFSA contribution above their available contribution room.

FINANCIALS CONT'D

TFASAs AND RRIFs—WHAT'S THE DIFFERENCE

REGISTERED RETIREMENT INCOME FUNDS

On your **RRIF**, you can list either a beneficiary or a successor holder. For naming a beneficiary, the beneficiary can be anyone you like or can even be your estate, just as with a TFSA. But with naming a successor holder, the successor annuitant designation for RRIFs is limited to your spouse or common-law partner, also similar to a TFSA.

Note that a beneficiary designation on your RRSP does not “carry over” when you convert your RRSP to an RRIF. Instead, you must make a new designation, whether a beneficiary or a successor annuitant. The successor annuitant designation can only be elected for RRIFs, not RRSPs.

Differences between a beneficiary and successor annuitant for a RRIF

Naming a successor annuitant allows your spouse or common-law partner to take over your RRIF when you die, without the need to transfer out the funds. As with a successor holder for a TFSA, the successor annuitant for an RRIF would effectively assume ownership of the RRIF account with no tax consequences to the estate.

The successor annuitant then has the following options:

- continue receiving the RRIF payments,
- transfer the assets into their own RRIF,
- or if they prefer to delay the income, they may transfer the assets into their RRSP (if 71 or younger).

If they decide to move the RRIF assets to their RRSP, their RRSP contribution room would not be impacted. (That is, they don't need to worry about whether they have enough RRSP contribution room.)

If you name your spouse or common-law partner as a beneficiary of your RRIF (to be clear: not a successor annuitant), the assets in your RRIF will be transferred to your spouse, and your RRIF account would then be closed. However, your estate will not have to include the RRIF's value in your final tax return or pay income tax. This is also true if you name a financially dependent minor child or grandchild as your beneficiary. In that case, the beneficiaries will receive the assets of the RRIF up to the date of death.

If you name a beneficiary who is not your spouse, common-law partner, or a financially-dependent minor child or grandchild, the assets in your RRIF at the date of your death would be included in your final tax return

WHAT'S THE BEST OPTION?

As for choosing which is the best option for your registered accounts, the options depend on whether you have a qualified survivor—such as a spouse, common-law partner or, for RRIFs, a financially-dependent minor child or grandchild—to leave the assets in a TFSA or RRIF.

While the successor holder/annuitant option usually provides greater simplicity and ease of management, everyone's situation is filled with intricacies that would make it worthwhile to speak with a qualified financial advisor who knows your circumstances.



"The bad news is, the market threw a wrench into your retirement plans. The good news is, you can probably sell the wrench for \$10 on eBay!"

TAX TIPS



It's coming but it does not need to be scary,
TAX SEASON!

- ☑ Start off by organizing your receipts as they come in. Doing this during the whole year takes the stress off at tax time.
- ☑ Make sure you claim all income and allowed expenses.
- ☑ Gather your medical receipts but don't include those paid for by insurance.
- ☑ Ask your doctor if you qualify for the Disability Tax Credit as it provides a considerable deduction.
- ☑ Remember to split your pension income with your spouse optimally. Most tax software calculates this for you.
- ☑ If you are supporting grandkids you might be able to claim some of their tuition fees.
- ☑ Do not be afraid to use tax software such as **TurboTax** as they really simplify the process, help identify savings and make filing electronically easy.

Good luck and remember if you are paying taxes you likely made more money.

- Bruno Bellissimo -



Tips to avoid fraud in your CRA MyAccount

Unfortunately, fraud is more prevalent than ever before, and if you're not careful, your **CRA MyAccount** can be compromised.

Here are some tips to avoid getting scammed by someone posing as a CRA representative.

Use unique passwords for your online accounts:

Whether it's your online banking or **CRA MyAccount**, create a strong password and never use the same one on multiple online accounts. It's also recommended that you change your password frequently.

Register for email notifications:

The CRA will send MyAccount users an email notification whenever their address or direct deposit information is changed. If you receive an email notification and don't recall making a change to your account, it's best to contact the CRA immediately in case there has been a fraud attempt.

Login to your CRA MyAccount often:

Many people only think to review their **CRA MyAccount** information once a year, at tax time. But it's a good idea to log in regularly to ensure everything is as it should be. When fraud happens, the earlier you can detect it, the better. I recommend that people every quarter.

Read more at <https://retirehappy.ca/tax-credits-for-seniors/>



PENSION & HEALTH BENEFITS

HEALTHCARE BENEFITS

RETIRED WORKERS' CHAPTER BULLETIN



RWC24-004

November 20th, 2024

OPG RWC Members Extended Health Benefits (EHB) Improvements

On November 20th the PWU ratified a new Collective Agreement with OPG covering the period April 1st, 2024 – March 31st, 2027. The following EHB improvements are applicable to RWC members in respect to reasonable and customary limits for the following services:

	Current (2023)	2024	2025
Chiropractic – initial visit	\$120	\$165	\$165
Chiropractic – subsequent visit	\$65	\$74	\$74
Physiotherapy – initial visit	\$125	\$170	\$170
Physiotherapy – subsequent visit	\$100	\$114	\$116
Registered Clinical Psychologist	\$225	\$255	\$255
Registered Psychotherapist	\$170	\$188	\$188

These limits will also apply through January 1st, 2026 to March 31st, 2027 unless Sun Life revises the reasonable and customary limits over and above the above limits for this period.

HEALTH INSURANCE PLANS

Amend the Health and Dental benefits Brochure as follows:

- Vision Care – Increase by \$50 to \$700 total per 2 calendar years
- Continuous Glucose Monitor for insulin dependent individuals over the age of 13
- Wigs – Increase by \$100 to \$600 total every three years and increased frequency for children under 18 years of age annually

Rick Prudill
President
Retired Workers' Chapter



"I already diagnosed myself on the Internet.
I'm only here for a second opinion."

For the latest on your Pension and Health Benefits, contact your Employer or Pension/Health Insurance Provider.

OPG

See Pensioners Portal <https://mylink.opg.com>

For Benefits and Claims Inquiries contact Sun Life Financial at 1-800-361-6212

Hydro One

See myHR at <https://hydroone.service-now.com/login.do>

For Benefits and Claims Inquiries contact Green Shield Canada at 1-888-711-1119

IESO

Annual Pension Statement coming in June 2025

For more information contact TELUS - IESO Pension Service Centre at 1-888-846-8809

For the latest Health Benefits Coverage login to the Manulife portal at <https://www.manulife.ca/personal/sign-in.html> or contact them at 1-800-268-6195

Electrical Safety

See ESA Pensioners Website www.esapension.ca

For Benefits and Claims Inquiries contact Green Shield Canada 1-888-711-1119

HEALTH & WELLNESS

Are you covered?

ADULT IMMUNIZATION: What Vaccines Do You Need?

VACCINE	WHO SHOULD RECEIVE IT?
Tetanus (lockjaw)	everyone, every 10 years
Diphtheria	everyone, every 10 years
Pertussis (whooping cough)	everyone, once in adulthood during each pregnancy
Influenza	everyone, annually people 65 years of age and over, annually people at high risk, annually people at risk of spreading disease such as essential service providers
Pneumococcal	people 65 years of age and over; people 18 to 64 with a specific medical condition or situations putting them at increased risk
Hepatitis B	people with medical, occupational or lifestyle risks
Hepatitis A	people with medical, occupational or lifestyle risks
Meningococcal	people with specific medical conditions and people living in communal residences, including military personnel
Measles	people who were born after 1970 and who did not receive the vaccine or get the disease
Mumps	people who have not had the vaccine or the disease
Rubella (German measles)	people who have not had the vaccine or the disease
Varicella (chickenpox)	people who have not had the vaccine or the disease
HPV (human papillomavirus)	females and males 9-26 years of age (may be administered to females or males 27 years and older at ongoing risk of exposure)
Herpes zoster (shingles)	people 50 years of age and older, including people who have had a previous episode of shingles
Travel vaccines	varies by destination - consult a travel health clinic, your health care provider, local public health office or https://travel.gc.ca

Reference: Canadian Immunization Guide, <https://www.canada.ca/en/public-health/services/canadian-immunization-guide.html>

Immunization is not just for kids!



❄️ January ❄️

Reminisce about the past year and what has brought you joy and gratitude

Make a list of goals for the year

Phone an old friend and set a date for lunch

♥ February ♥

Plant seeds indoor that you can plant outdoors in spring

Send Valentine's Day cards to grandkids, long time friends or new friends

Read about the history of Ground Hog's Day

♣ March ♣

Celebrate St. Patrick's Day by stirring up something green in the kitchen

Watch for the first signs of spring

Plan a craft for each week in honour of National Craft Month

JUST FOR FUN

Winter Weather



Avalanche	Forecast	Icy	Temperature
Blizzard	Freezing Rain	Rainy	Thermometer
Chilly	Frost	Sleet	Whiteout
Cold	Hail	Slush	Wind chill
Flurries	Ice storm	Snow	Windy
Foggy	Icicle	Sunny	Winter storm

For solved puzzle see next page

10 Things My Mother Taught Me



My mother taught me RELIGION .

"You better pray that will come out of the carpet."

My mother taught me FORESIGHT .

"Make sure you wear clean underwear, in case you're in an accident."

My mother taught me about CONTORTIONISM .

"Just you look at that dirt on the back of your neck!"

My mother taught me about WEATHER .

"This room of yours looks as if a tornado went through it."

My mother taught me about HYPOCRISY .

"If I told you once, I've told you a million times, don't exaggerate!"

My mother taught me about BEHAVIOUR MODIFICATION .

"Stop acting like your father!"

My mother taught me about ENVY .

"There are millions of less fortunate children in this world who don't have wonderful parents like you do."

My mother taught me about ANTICIPATION .

"Just wait until we get home."

My mother taught me MEDICAL SCIENCE .

"If you don't stop crossing your eyes, they are going to get stuck that way."

My mother taught me WISDOM .

"When you get to be my age, you'll understand."



OUR SUPPORTERS



[HTTPS://WWW.THEBIG.CA/](https://www.thebig.ca/)

For your insurance needs, give Billyard Insurance Group a call. Don Price and Derek Ford of BIG are waiting for your calls to address your insurance needs.

Contact

Don Price

don.price@thebig.ca

Office: 905-985-0367 ext. 26001

Toll Free: 1-833-885-0367

Derek Ford

derek.ford@thebig.ca

Office: 905-985-0367

Toll Free: 1-833-885-0367

[HTTPS://WWW.MERIDIANCU.CA/PERSONAL](https://www.meridiancu.ca/personal)

For your financial needs, view Meridians web site for a wide range of financial products and to determine a location near you.

Contact

Adam Riggan, RVP, Wealth & Financial Planning

Adam.riggan@meridiancu.ca

Office: 416-278-4307



"For centuries I throw lightning bolts down there. And one day I accidentally hit this Franklin guy's kite and all of a sudden he's 'discovered' electricity?!"

HOW TO CONTACT US



<https://hydropensionerstoronto.ca/>
See **RESOURCES**



[Hydro Pensioners Association of Ontario - NEW](#)



HydroPensionersToronto@gmail.com

PUZZLE SOLUTION

