

## Retired Member Newsletter

2021



### New Look, Same SHEPP

We've updated our look, but don't worry, we are still the same SHEPP and remain dedicated to helping you in retirement. You can visit [www.shepp.ca](http://www.shepp.ca) and sign in to our secure online portal for 24/7 access to online tools and resources for all of your pension needs.



### Thank You!

The last year has been full of challenges and we recognise the value and impact you continue to have in supporting your community as a healthcare retiree. From all of us here at SHEPP, thank you for your past service and for helping to make a difference in this next stage of life.



### Coming Soon!

We want to hear from you! SHEPP will be reaching out via a survey later this year. Stay tuned for more information on how you can participate.

## Staying Connected Through COVID-19

Here at SHEPP, we care about ensuring our retirees enjoy their retirement. It's fair to say that the pandemic has impacted all of our lives in some aspect, whether it was financially, emotionally or physically. With physical distancing and the lack of human connection over the last several months, it can take a toll on your mental health. So, what are some ways you can manage through these times, while creating meaningful connections with others and giving back to the communities you live in? Let's have a look.



### Build your social network

- ✓ Utilise technology to connect with loved ones, friends and neighbours.
- ✓ Reach out to others to prevent feeling isolated.



### Be physically active every day

- ✓ Physical exercise is a great way to keep busy, as well as recharge. Whether it's walking at home on a treadmill when it's cold outside, or taking advantage of good weather and bundling up to get some fresh air, getting physically active daily is sure to help your mental health.



### Help others

- ✓ Volunteer if possible. Helping others leads to higher levels of life satisfaction.
- ✓ Find creative ways to give back to the community through donating much needed items, such as food or clothing. Many local charities will provide curb-side pick up as well.



# Congratulations on your retirement! Here is some important information you'll want to note.

Throughout 2020, almost 1,500 SHEPP members officially retired. And if you were one of those members, congratulations!

Here are some important reminders to ensure your retirement is effortless:

 **Keep your pension information up-to-date**

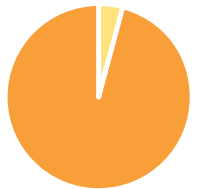
Let us know if you have updates to your address, banking information, marital status or beneficiaries. Visit **SHEPPweb** or contact us by phone or email.

 **Watch for your T4A tax slip**

Whether you're a new retiree or have been retired for awhile, you will need your T4A tax slip. You should receive this from SHEPP by the end of February to the mailing address we have on file. Once mailed, a copy is also available online through **SHEPPweb**.

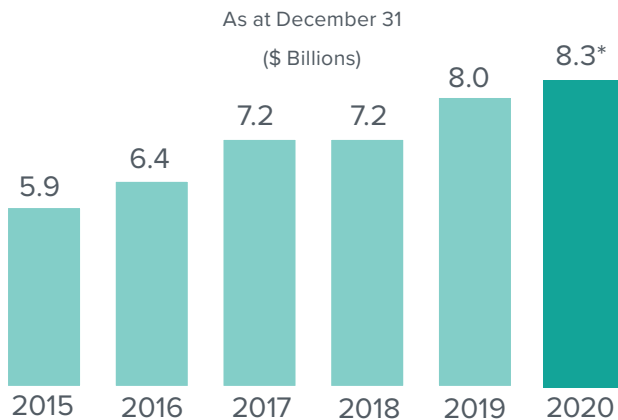
## Funded Status Update

A valuation, which compares the Plan's assets to its liabilities (benefits payable), is one way SHEPP's Board of Trustees monitors the financial health of the Plan. SHEPP's funded status has improved for the fifth consecutive time based on its latest going-concern valuation as at December 31, 2019, with the unfunded liability reduced by \$35 million (from \$336 million in 2018 to \$301 million in 2019).



**96% funded**

Net Assets Available For Benefits



\*As at September 30

## What does this mean for you as a retiree?

- ✓ Funding remains strong for the Plan.
- ✓ Your pension is in good hands.

For full valuation results, visit [www.shepp.ca](http://www.shepp.ca).



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### 2021 Pension Payment Schedule

Friday	January 29
Friday	February 26
Wednesday	March 31
Friday	April 30
Monday	May 31
Wednesday	June 30
Friday	July 30
Tuesday	August 31
Thursday	September 30
Friday	October 29
Tuesday	November 30
Friday	December 31

Sign in to **SHEPPweb** to access your pension information.