

CPBI SASKATCHEWAN
PRESENTS

BREAKING THROUGH

April 26 - 28, 2022
Hotel Saskatchewan, Regina

AGENDA

Registration Desk

5:00 PM - 7:00 PM Tuesday, April 26, 2022
7:15 AM - 6:30 PM Wednesday, April 27, 2022
7:15 AM - 2:00 PM Thursday, April 28, 2022

Tuesday, April 26, 2022

12:00 PM - 4:30 PM	Tours	RCMP & Bushwakker
5:00 PM - 6:00 PM	Cocktails	Regency Ballroom
6:00 PM - 7:00 PM	Dinner	Regency Ballroom
7:00 PM - 8:00 PM	Keynote A	Regency Ballroom

Wednesday, April 27, 2022

7:15 AM - 8:00 AM	Breakfast	Regency Ballroom
8:00 AM - 8:15 AM	Opening Remarks	Regency Ballroom
8:15 AM - 9:15 AM	Keynote B	Regency Ballroom
9:30 AM - 10:30 AM	Breakout #1	Blue Lounge/Sask Room
10:30 AM - 11:00 AM	Wellness Session	Regency Ballroom
11:00 AM - 12:00 PM	Breakout #2	Blue Lounge/Sask Room
12:00 PM - 12:45 PM	Lunch	Regency Ballroom
12:45 PM - 1:45 PM	Keynote C	Regency Ballroom
1:45 PM - 2:00 PM	AGM	Regency Ballroom
2:15 PM - 3:15 PM	Breakout #3	Blue Lounge/Sask Room
3:15 PM - 3:45 PM	Wellness Session	Regency Ballroom
3:45 PM - 4:45 PM	Breakout #4	Blue Lounge/Sask Room
4:45 PM - 6:30 PM	Reception	Regency Ballroom

Thursday, April 28, 2022

6:45 AM - 7:15 AM	Wellness Session	Regency Ballroom
7:15 AM - 8:00 AM	Breakfast	Regency Ballroom
8:00 AM - 9:00 AM	Keynote D	Regency Ballroom
9:15 AM - 10:15 AM	Breakout #5	Blue Lounge/Sask Room
10:15 AM - 10:45 AM	Wellness Session	Regency Ballroom
10:45 AM - 11:45 AM	Breakout #6	Blue Lounge/Sask Room
11:45 AM - 12:30 PM	Lunch	Regency Ballroom
12:30 PM - 1:30 PM	Keynote E	Regency Ballroom
1:30 PM - 1:45 PM	Closing Remarks	Regency Ballroom

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Tours - Tuesday 12:00 PM - 4:30 PM

Sponsored by:



RCMP Parade, Depot, and Heritage Centre



RCMP members are born all over the world, but they are made in Regina, Saskatchewan at the RCMP Training Academy "Depot" Division.

Enjoy an informative session on Intro & History and Role of RCMP in Canada today, tour the galleries and attend a K9 presentation.

Bushwacker Brewing Company Ltd.



Enjoy a local brewery tour including an exclusive beer tasting and appetizers at Saskatchewan's award-winning Bushwacker Brewpub! Bushwacker brews 12 year-round beers, over 25 seasonal beers, as well as their famous Blackberry Mead which is released on the first Saturday of every December.

Bushwacker beers have taken home 21 national awards and three international awards. They focus on traditional Lager and Ale styles but enjoy getting creative with their rotating fruit beers and specialty casks.

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Cocktails & Dinner - Tuesday at 5:00 PM

Sponsored by:



CPBI Saskatchewan Regional Council cordially invites all conference delegates to join us for socializing, cocktails and dinner prior to our Welcome and Keynote A speaker.

Saskatchewan Blue Cross is a local, not-for-profit organization that puts people and community at the heart of every interaction. We've been serving the health insurance needs of Saskatchewan residents for over 75 years—and we're just getting started.

Built on trust, focused on service

When we first opened our doors as a not-for-profit organization in 1946, we were just seven doctors who saw a better path — we wanted people to have equal access to essential healthcare services. Fast forward to today, and we've helped to lay the foundations for health insurance in Saskatchewan, proudly delivering exceptional health and wellness benefits, travel insurance, and life insurance solutions to more than 200,000 people, including more than 1,000 employers who trust us to support their workplace benefits.

More than 75 years of serving Saskatchewan

2022 CPBI Saskatchewan Regional Conference

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Keynote A - Tuesday at 7:00 PM

Sponsored by:



What we inherited and the role we all need to play: Truth and Reconciliation Calls to Action

**Chief Cadmus Delorme
Cowessess First Nation**

Chief Delorme is Chief of Cowessess First Nation. With his upbringing and role as a chief, he explains the current situation we all inherited when it comes to the relationship between Indigenous People and Canada. In 2021 Chief Delorme helped lead his First Nation in the validation of unmarked graves and helping all of Canada focus on actions we can all control.



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Keynote B - Wednesday at 8:15 AM

Sponsored by:

CIBC MELLON

Balancing Life with Humour: We Are All Jugglers and the First Ball to Drop is Usually Our Own

Kate Davis

Keynote speaker, Host, Podcast host, Moderator, Panelist & Interviewer

Kate Davis has the unique ability to find humour in any situation and to offer creative solutions to defuse the frustrations in the home and workplace. Kate's generous insight and outspoken character, provides a powerful combination to help organizations empower their staff with effective tools for managing stress and sustaining motivation.

Between our jobs, home, relationships with family, friends and co-workers learning how to balance our busy life demands a strong sense of Personal Development and most importantly a Sense of Humour.



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April 26 - 28, 2022
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Breakout #1 - Wednesday at 9:30 AM



Pension (Blue Lounge)

Finding Cost Effective Ways for Retirement Plan Sponsors to Keep up with Changing Labour Market Factors

Melanie Lishchynsky
Group Retirement Consultant
Royal Bank of Canada

Keeping up with the changes in labour market trends and adjusting your group retirement savings plan to resonate and have greater impact.



Benefits (Saskatchewan Room)

Emerging Trends in Benefits

Andrea Hansen, B.Comm., CFP®, GBA
President & Benefits Advisor
Sutton Benefits & Pension

Attract the best. Keep the best. As employee expectations evolve, your benefits and pension strategy for attraction and retention can work with you, or against you. Gain key insights on emerging trends in benefits that leading employers are integrating into their talent strategies to sustain loyalty and support employee wellbeing, mental health and a healthy, productive workforce.

Hot topics include: Evolution of Employee Assistance Plans, Personalized Medicine, Holistic Benefits, Flexibility and Choice and Financial Wellness.

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April 26 - 28, 2022
Hotel Saskatchewan, Regina

Wellness Session - Wednesday at 10:30 AM

Sponsored by:



Let's enjoy a wellness session, step back, relax, and recharge our body and mind.

This wellness session will focus on:

Yoga for Necks and Shoulders

Colin Hall

Co-director of Bodhi Tree Yoga and Bodhi Tree Yoga College



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April 26 - 28, 2022
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Breakout #2 - Wednesday at 11:00 AM



Pension (Blue Lounge)

ESG: What it means, how it works and how you can leverage it for success

Chris Quigley, B.Comm, CFA
Vice-President, Investment Counselling
Institutional Investment Solutions,
Group Customer
Canada Life

Juan Lois
Executive Director, Sustainable Investing
Strategist
J.P. Morgan

Environmental, social and governance (ESG) factors can help to manage risk, bolster returns and elevate a manager's decision-making capabilities. This presentation aims to provide a high-level breakdown of ESG investment strategies and showcase how you as a plan sponsor or advisor can provide options to your members that are aligned with their values, without giving up returns.



Benefits (Saskatchewan Room)

Benefits and the Changing Workforce

Jenny Hart
Managing Partner, Group Benefit Advisor
Core Benefits

Workplaces are changing at an accelerated rate. The post-pandemic work world has created a new normal. One that is purpose-driven and humanizes the employer relationship. Benefits play a role in supporting this evolution. Join us as we explore ways to stay connected and relevant.

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Keynote C - Wednesday at 12:45 PM

Sponsored by:



HEALTH & TRAVEL INSURANCE

Mental Health: Finding Your Voice: How to stop suffering in silence and create an attitude of resilience

Allan Kehler
Mental Health Advocate, Keynote Speaker, Author, Coach

When it comes to mental health, there are countless barriers that prevent individuals from seeking help. This includes everything from the fear of judgement, or failure to being perceived as lesser than others or weak. Because of these barriers, people often believe that silence is the safer option. This, in turn, causes individuals to sacrifice their happiness, health, and future success.

Silence has never been the answer. Understanding the power of your voice is the first step in finding true freedom. The freedom to self-express and the freedom to be.

Having experienced these challenges first-hand, Allan shares his captivating story of resilience and hope. Through his message, your audience will learn how to share their own story, step into their vulnerability, and connect to themselves and others in a more authentic way. By finding their own voice, they will be able to inspire others to find theirs.



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Breakout #3 - Wednesday at 2:15 PM



Pension (Blue Lounge)

Behavioral Finance: Breaking through the Market Noise

Mykola (Myk) Rostotski, PFP, QAFF
Investment Advisor
RBC Dominion Securities Inc.

Andrew Wilson, B.A.
Investment Advisor
RBC Dominion Securities
Inc.

An interactive discussion surrounding the history of markets, how the media portrays day to day events, and how that can impact individuals regarding their own decisions with their investments and retirement planning.



**FRANKLIN
TEMPLETON**

Benefits (Saskatchewan Room)

ABC's of Travel Insurance

Kristina Koch (Van Ameyde)
Business Development
TuGo

This session will include: Understanding the need for Travel Insurance, Types of Travel Insurance, Plans, How Covid is affecting travel, Purchasing Options: Brokers vs. Online and Travel Tips.

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April 26 - 28, 2022
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Wellness Session - Wednesday at 3:15 PM

Sponsored by:



Let's enjoy a wellness session, step back, relax, and recharge our body and mind.

This wellness session will focus on:

Yoga for Stress Relief

Colin Hall

Co-director of Bodhi Tree Yoga and Bodhi Tree Yoga College



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Breakout #4 - Wednesday at 3:45 PM



**FRANKLIN
TEMPLETON**

Pension (Blue Lounge)

Pensions and Benefits: New Year, New Law!

Michael Wolpert
FASKEN

Stay on top of current and developing legal trends and risks with this overview of recent significant cases and legislative changes in Canadian pensions and benefits law. This session will explore a variety of legal developments from the last year that will be of interest to pension and benefit plan sponsors and administrators, as well as to others who deal with pension and employee benefit issues.



Benefits (Saskatchewan Room)

Prescription Drug Plan Management

Peter Ricci
Senior Pharmacist Consultant
The Co-operators

An overview and commentary on topics such as: National Pharmacare, Industry Updates, Canadian Pharmacy Landscape, Biosimilars, and Cost Control Management.

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Reception - Wednesday at 4:45 PM

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ECKLER

CPBI Saskatchewan Regional Council cordially invites all conference delegates to join us for socializing, appetizers, cocktails and The Project!

The Project, is a veteran Regina based jazz trio that play jazz standards as well as their own versions of many contemporary songs. Those include songs by Marvin Gaye, James Taylor, The Doors, The Eagles and many more.

Whether it is Funk, Latin, Reggae or Blues styles of jazz, The Project brings energy to the music and is enjoyed by all ages.

The Project has played regularly at the Lancaster Taphouse, Cathedral Village Free House, Bushwacker Brewpub and have had house gigs at the Capitol Jazz Club and the Sage Lounge in the Hilton Doubletree.

The Project has performed at the Sask Jazz Festival and many times at the Regina Jazz Festival.

The Project has also featured local musicians including Morgan Mayer, Brandy Moore, Sheila deck, Kevin Kasha, Chris Jacklin, and Dan Silger to name a few.

The project members are: Tim Holt (guitar) , Ron Westman (bass) and Gerry Galloway (drums)



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Wellness Session - Thursday at 6:45 AM

Sponsored by:

FASKEN

Let's enjoy a wellness session, step back, relax, and recharge our body and mind.

This wellness session will focus on:

Meditation for Beginners

Colin Hall

Co-director of Bodhi Tree Yoga and Bodhi Tree Yoga College



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Keynote D - Thursday at 8:00 AM

Sponsored by:



Leave your Best Legacy: I'm just a Tornado Hunter

Greg Johnson
Tornado Hunter

Greg's most popular presentation is on Legacy. It is entitled *I'm just a Tornado Hunter*, and it is a tongue-in-cheek approach to how we view our careers, our passion, our lives - and how it is so important to leave the best legacy we can during our brief time here. Using the jaw dropping imagery he has collected from years in the field, Greg tells the story of how he got to where he is today; chasing his passion, chasing tornadoes, seeking freedom and joy, following a 'bucket-list' philosophy and encouraging others to do the same. The presentation is simultaneously serious and hilarious; always compelling, and leaves audience members awestruck.



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Breakout #5 - Thursday at 9:15 AM



Pension (Blue Lounge)

Breaking through.... to the other side ...to assist retirees?

Neil Lloyd
Western Canadian Wealth Leader
Mercer

Tricia Brown
Director Policy and Governance, Public Em-
ployees Benefits Agency, Ministry of Finance,
Government of Saskatchewan

While it is universally accepted that defined contribution retirees need more help this session will explore what can be learnt from other attempts to help retirees. What has worked, what has been less successful and what can we learn from these experiences.

We will then discuss the specific initiatives introduced by PEBA to assist the retirees of the Public Employees' Pension Plan (Canada's largest defined contribution pension plan).



Benefits (Saskatchewan Room)

Winning! How to Stand Out as an Employer AND Grow a Healthier Bottom Line With a High-Impact Benefits Strategy

Deb Wiegiers, GBA, CLU, CH.F.C.
Managing Principal, Benefits and Group Retirement Consulting Division
Wiegiers Financial & Benefits

Happy and dedicated work teams are essential to helping build successful businesses but growing these teams has never been more challenging. The worsening labour shortage is forcing many employers to adapt their rewards and compensation strategies to a workforce that is in a position to make demands. And those demands vary widely. The workforce is more diverse than ever before, and their wants and needs are equally so, so it is imperative that employers offer flexible solutions. But how can an employer do that while growing a healthier bottom line for the business?

Deb Wiegiers has more than 30 years of proven success helping her clients with high-impact benefit strategies and a range of supporting initiatives and approaches that grow happy, healthy work teams and a healthier bottom line. Join Deb for a look at what you too can do to take your work team and business from good to great.

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Wellness Session - Wednesday at 10:15 AM

Sponsored by:



Let's enjoy a wellness session, step back, relax, and recharge our body and mind.

This wellness session will focus on:

Yoga for Hips and Lower Backs

Colin Hall

Co-director of Bodhi Tree Yoga and Bodhi Tree Yoga College



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Breakout #6 - Thursday at 10:45 AM



Pension (Blue Lounge)

Cyber Heroes Work Better Together

Sean McKim
Manager, Technology
Regina Airport Authority (YQR)

Are you feeling vulnerable in a time when cyber security incidents can cause significant harm to individuals, businesses and sectors across the Canadian economy? Let's talk about how you can awaken your latent superpowers, your team's collective superpowers, and your organization's abilities to prevent, detect and correct cyber security problems without needing a bite from a radioactive spider, being exposed to gamma radiation, or being born on a planet orbiting a red sun. Spoiler alert: it involves commitment, establishing procedures, making some important technology decisions, and certainly teamwork. Cape optional, but if you can pull it off, you'll look the part.



Benefits (Saskatchewan Room)

Non-Insured Health Benefits Program Overview

Kelly Ulrich
Director, Non-Insured Health Benefits
Indigenous Services Canada
Saskatchewan Region

Carmen Amyotte
Manager, Non-Insured Health Benefits
Indigenous Services Canada
Saskatchewan Region

The presentation will provide a brief overview of policies and processes pertinent to accessing benefits through the Non-Insured Health Benefits program, including eligibility and coordination of benefits.

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Keynote E - Thursday at 12:30 PM

Sponsored by:



Global Asset Management
PH&N Institutional

Managing Human Performance Through a Pandemic

Kyle McDonald
Owner and Operator
Competitive Will Performance Consulting

Improving performance begins with understanding who you are and what you do. The pandemic brought an opportunity to invest in our internal process through building mental capacity, leadership capabilities, emotional intelligence and awareness in how we can be resilient and contribute to our high performance environments even when we were not on the field of play.



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CANADIAN PENSION AND BENEFITS INSTITUTE - SASKATCHEWAN REGION

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