



PREPARING FOR RETIREMENT AFTER A CAREER IN NURSING

CATHERINE ARAOS KIDNEY HEALTH CENTRE, REGINA

For the last 10 years Catherine Araos has worked as registered nurse most recently helping patients with end-stage renal failure get a second chance at life through a kidney transplant. Catherine has called Saskatchewan home since 2004 having moved to Canada from the Philippines, seeing Regina as a good-sized city to raise her family. After investing in her education to become a registered nurse, she started contributing to her pension as soon as she could in order to build a secure future where she could keep being active in the community, and wasn't reliant on the support of her children for care.

KIDNEY HEALTH CENTRE, REGINA

The Kidney Health Centre in Regina is part of the Saskatchewan Health Authority. It provides education and information to promote health, and clinical support for people with chronic kidney conditions including providing dialysis and care around transplants. Around one in ten Canadian has a kidney disease, with over 50,000 being treated for kidney failure.

Across Canada around 4,300 people are waiting for an organ transplant and 75% are waiting for a kidney. Patients require frequent dialysis over months while waiting for transplants and ongoing aftercare to ensure the transplant is successful. While there is no cure for end-stage kidney disease, survival rates from transplants are good.¹

"I want to break the cycle and make sure I have saved enough to support me through retirement, so my kids don't have to take care of me. I want to be active in retirement and volunteer in my community."

A CAREER IN NURSING

Catherine moved to Canada in 2004 from the Philippines, choosing Regina as a home to build a family, she now has two teenage kids. After completing training at the University of Saskatchewan she has worked at Regina General Hospital for over 10 years.

As soon as she became full-time, she started contributing to her pension with the Saskatchewan Healthcare Employees' Pension Plan (SHEPP) with her employer also providing contributions. Her pension is a key factor in attracting her to work as a registered nurse. SHEPP provides pension services to over 60,000 members working across the health sector, with almost 20,000 retired members. With 1 in 15 people employed in the province members of SHEPP, 86% of the members of SHEPP are female.²

For Catherine the pension provides peace of mind with inflation and cost of living with the plan providing a dashboard for her to see her retirement savings grow and understand when she will be able to have a secure retirement.

ACTIVE IN THE COMMUNITY

Along with her full-time job as a nurse, Catherine is also active in the community, supporting fundraising for local families to help make sure kids have warm coats and boots for the winter. She hopes to continue to volunteer and play an active role in retirement, as well as care for her family. Contributing to her pension plan also provides broader benefits for the province as her retired colleagues spend their incomes in the community.

The 50,000 retired public servants in Saskatchewan spend their \$1.34 billion in annual pension income in their communities. This supports 23,800 jobs, \$800 million in annual wages, and 1,800 mainly small businesses. In total 3% of the provincial economy is supported by public sector pension plans, with \$600 million in government revenue which in turn can help pay for public services. In total Canada's public pension plans make an economic contribution equivalent to the economy of Saskatchewan.



23,800
jobs supported
across
Saskatchewan



\$800 million
total wages
supported in
Saskatchewan



1,800
mainly small
businesses supported
in Saskatchewan



\$600 million
in annual government
revenue in
Saskatchewan

1 <https://kidney.ca/KFOC/media/images/PDFs/Facing-the-Facts-2020.pdf>

2 <https://www.shepp.ca/Portal?7DA13F1AAF31BBCB8AF87FBAB0FE2625>



The CPPLC is a non-partisan group of senior public sector pension plan leaders from across Canada. Established in 2013, the CPPLC is dedicated to informing the evolving discussions about retirement income security for working Canadians. The CPPLC is composed of 13 public sector pension plans from across Canada representing over 1.6 million active and retired members.