

# In Touch

Newsletter for Bell retirees | January 2022, Vol. 22, No. 1

## IN THIS ISSUE

- 2 Bell Let's Talk
- 3 Bell news
- 4-6 Retirement and obituaries
- 7 In the community

Special edition for Bell Let's Talk Day | Next edition: Spring 2022

## Get ready for Bell Let's Talk Day

Wednesday, January 26 is the 12<sup>th</sup> annual Bell Let's Talk Day – and everyone is invited to join the world's biggest conversation about mental health and help create positive change.

As we continue to focus on action to increase awareness around mental health and mental illness, we encourage Canadians and people worldwide to keep listening, keep talking and keep being there for ourselves and each other. That's the message Bell Let's Talk is sharing with Canadians in the 2022 nationwide Bell Let's Talk Day [multimedia campaign](#).

Everyone can participate virtually or in-person with family members, friends and members of their communities. Visit [Bell.ca/LetsTalk](https://Bell.ca/LetsTalk) to watch the TV ads and join the conversation on social media.

Leading up to Bell Let's Talk Day on January 26, Bell Let's Talk is announcing several major funding initiatives to support mental health in Canada, launching the next application period for the [Bell Let's Talk Community Fund](#), and revealing 6 new [Bell Let's Talk Diversity Fund](#) recipients.



### Bell Media programming

Bell Media will feature special mental health content in English and French across its TV, radio and digital properties as part of the Bell Let's Talk Day campaign. This includes a special Bell Let's Talk Day episode of *Etalk* and French documentaries, *Maman, pourquoi tu pleures?* available on Crave, Canal Vie and Noovo.ca, and *La santé mentale dans le sport professionnel* on Noovo and on RDS at a later date.

### Bell Let's Talk in action

Since the first Bell Let's Talk Day in 2011:

- Canadians and people around the world sent 1.3 billion messages of support.
- 1,300+ mental health organizations have been supported across Canada.
- 888 Community Fund grants have supported grassroots mental health initiatives.
- 22,824 military families were helped by the Bell True Patriot Love Fund.

### Join the conversation

On Bell Let's Talk Day, Bell donates 5 cents to Canadian mental health programs for every applicable text, local or long distance call, tweet or TikTok video using #BellLetsTalk, every [Facebook](#), [Instagram](#), [LinkedIn](#), [Pinterest](#), [Snapchat](#), [TikTok](#), [Twitter](#) and [YouTube](#) view of the Bell Let's Talk Day video, and every use of the Bell Let's Talk Facebook frame or Snapchat lens. All at no cost to participants beyond what they would normally pay their service provider for online or phone access.

### Get 2 Bell Let's Talk masks

Be among the first 400 retirees to send your name and mailing address to [contest\\_intouch@bell.ca](mailto:contest_intouch@bell.ca) and you will receive 2 reusable non-medical 2 layer Bell Let's Talk masks.



# Bell Let's Talk in your community

The Bell Let's Talk Community Fund grants \$2 million each year to support mental health initiatives throughout the country. Meet some of the 113 organizations that received grants in 2021.



The Canadian Canoe Foundation (CCF), in partnership with the Ayalik Fund offers a nature-based therapy program for young people across Nunavut. The Inuit Youth Wilderness Mental Health Counselling project will recruit 30 Indigenous youth ages 14 to 17 for participation in self-esteem building canoe trips in communities across the territory. With Community Fund support, they will hire a trained mental health counsellor to accompany youth on these canoe trips.



Our Health Centre Association in Chester, Nova Scotia, is increasing capacity at its PAUSE mental health walk-in clinic, which offers counselling support to seniors facing mental health and addiction challenges.

In Ontario, 360Kids Support Services counsellors and front-line staff will attend workshops on mental health and addictions, working with transgender youth, trauma-informed counselling, depression and bipolar disorder.



Les Petits Renards, centre de pédiatrie sociale, in Verdun, supports children from vulnerable backgrounds who are dealing with psycho-emotional and mental health difficulties and challenges. The Coup de pouce project will positively affect 800 kids by conducting workshops in six schools in Verdun and LaSalle.



The Borderline Personality Disorder Society of BC will implement a 16-week community Dialectical Behaviour Therapy (DBT) program which includes a weekly virtual two-hour skills group, a one-hour consultation team meeting, and 10-minute crisis calls as needed for 40 clients.

The Mustard Seed in Calgary's Indigenous Wellness program incorporates cultural practices, traditions and activities into the therapeutic process. In addition to individual and group therapy, clients participate in traditional wellness activities like beading and making dream catchers to aid their spirits and reconnect with their culture and community.



**+** To learn more about the 888 organizations across every province and territory that have received grants since 2011, please visit [Bell.ca/LetsTalk](https://Bell.ca/LetsTalk). Next application period: January 19 to March 15, 2022.



# Bell news

## January 12

### First Post-Secondary Fund implementation grants

Bell Let's Talk has announced the [first 16 colleges and universities](#) to receive implementation grants from the Bell Let's Talk Post-Secondary Fund. The \$1 million in funding enables a wide range of initiatives to enhance mental health support for students including the hiring of specialized resources, online and mobile applications, peer support groups and other innovative programs.

This funding builds on more than \$3 million in kick off grants provided to 127 universities and colleges in 2021 to help schools assess support gaps based on the [National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students](#) or [Québec Action Plan on Student Mental Health for Higher Education](#).

Applications for the next round of implementation grants will open in the spring. To learn more, please visit [Bell.ca/LetsTalk](http://Bell.ca/LetsTalk).

## January 12

### Bell Let's Talk 2022 Campus Campaign



Over 225 Canadian colleges and universities are gearing up for cross-country virtual engagement leading up to Bell Let's Talk Day on January 26.

This year, a digital toolkit will help students keep the mental health conversation going despite the challenges of COVID-19 with resources like wellness and self-care activities, a virtual photo booth to share selfies, and short films about mental illness, hope and recovery.

## January 14

### New Bell Let's Talk Diversity Fund partners

We announced \$600,000 in [Bell Let's Talk Diversity Fund](#) grants to 6 organizations who are working to improve mental health care for Black, Indigenous and People of Colour communities in Canada.

Our new partners include [Black Youth Success](#); [Kitikmeot Heritage Society](#); [L'Hybridé](#); [Healthy Start, Healthy Future](#); [Nisa Helpline](#); and [Wolf Lake First Nation](#). To learn how they're taking action for mental health, please visit [letstalk.bell.ca/en/news](http://letstalk.bell.ca/en/news).

With the latest recipients, the Bell Let's Talk Diversity Fund has now provided \$2.85 million to 22 organizations, with more grants to be announced in the spring. To learn about all of our Diversity Fund partners, please visit [Bell.ca/LetsTalk](http://Bell.ca/LetsTalk).

## January 10

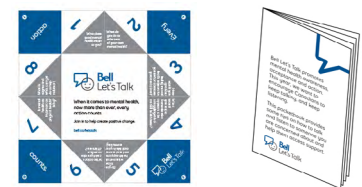
### Montréal airport shows its support

The team at Montréal-Trudeau International Airport is helping to raise awareness by adding the Bell Let's Talk logo to the huge Montréal sign on the main terminal building for the third year in a row. Seen by thousands of people each day, the sign provides great visibility for Bell Let's Talk and helps grow the mental health conversation.



## Bell Let's Talk Toolkit

Get tips on starting conversations about mental health or talking with someone you might be concerned about and learn about ways to help yourself and others. Download the [Bell Let's Talk Toolkit](#) with activities you can do with friends and family including a self-care activity and Bell Let's Talk Kindness Box. For more helpful resources, please visit [Bell.ca/LetsTalk](http://Bell.ca/LetsTalk).



**+** For information on Bell products and services, please go to [Bell.ca](http://Bell.ca) or call **310-BELL**.



## BCE shares

**Closing price**  
January 17, 2022  
\$66.79

**Low**  
January 29, 2021  
\$54.18

**High**  
January 17, 2022  
\$67.25



## Retirements

These Bell team members have agreed to announce their retirement and years of service in the newsletter.

### Ontario

**Kathleen Adetuyi,**

Mississauga, 17 years, 8 months

**Robert Brown,** Arkell,

34 years, 3 months

**Dave Caudle,** Etobicoke,

23 years, 9 months

**John Cognigni,** Waterdown,

29 years

**Jim Crichton,** Windsor,  
21 years, 6 months

**Rosemarie Directo,**  
Mississauga, 42 years,  
7 months

**Michael Haxton,** Toronto,  
11 years

**Katherine P. Johnston,**  
London, 42 years, 3 months

**Dorothy J. McKeown,**  
Barrie, 32 years, 6 months

**Valentino Morales,**  
Scarborough, 23 years,  
5 months

**Rosanna Sbrocchi,** Etobicoke,  
29 years, 11 months

**Daphne Sharp,** Oshawa,  
34 years, 3 months

**Evelyn Karen Susin,** Keswick,  
27 years, 1 month

**Gary Swaffield,** Toronto,  
23 years, 6 months

**Neil D. Thompson,**  
Scarborough, 40 years,  
1 month

**Marvelyn Wilson,** Brampton,  
23 years, 8 months

### Québec

**Marie-Brigit Bourdeau,**  
Saint-Roch-de-l'Achigan,  
40 years, 6 months

**Caterina Crecca,** Brossard,  
32 years, 7 months

**Guy Labrie,** Brossard,  
33 years, 4 months

**Gaetan Larochelle,**  
Saint-Hubert, 34 years,  
6 months

**Sylvain Rioux,** Eastman,  
35 years, 10 months

**Réналd Jr Sage,** Coaticook,  
42 years

**Yves Vivier,** Knowlton,  
13 years, 9 months

### Alberta

**Larry Severin,** Edmonton,  
26 years, 10 months

**Wendell Tenove,** Calgary,  
31 years, 6 months

### British Columbia

**Kathleen Brookes,** Terrace,  
35 years, 1 month



## Obituaries

Our most sincere condolences to families and friends.

### Ontario

**Grace E. Adams,** Waterloo,  
August 22

**Ernest J. Allard,** Barrie,  
November 6

**Anita I. Apars-Beaupre,**  
Hamilton, October 10

**Shahab Baksh,** Brampton,  
October 13

**Emma Barber,** Caledonia,  
August 17

**H. Keith Batson,** Woodstock,  
September 2

**John H. Best,** London,  
September 18

**Venetia Binns,** Oakville,  
October 8

**Edward Blackwell,** Ottawa,  
October 9

**Lowell G. Bray,** Corunna,  
November 16

**James Bumstead,** Owen  
Sound, October 30

**Mary-Anne T. Burdett,**  
Strathroy, October 12

**Maureen Burton,**  
Amherstview, September 18

**Robert B. Bushfield,**  
St. Marys, November 20

**Mario A. Caicco,** North Bay,  
October 3

**Susan E. Cakebread,**  
Windsor, September 10

**Stanley Cemas,** Bradford,  
September 11

**William Chamberlain,**  
Thorold, September 21

**James Chaplin,**  
Peterborough, October 20

**Kenneth G. Charman,**  
Orléans, November 20

**Rene Chevrefils,** Kenora,  
November 23

**Ronald G. Cobb,** Ottawa,  
September 3

**C. Douglas Collins,** Kingston,  
October 22

**Patricia Comerford,**  
St. Catharines, November 9

**Robert J. Coulson,**  
Mount Hope, November 14

**Claire Crowley,** Toronto,  
December 8

**Christine E. Cusack,** Egbert,  
October 23

**Bob A. Darlington,**  
Gravenhurst, October 4

**H. Alan Davison,** Kingston,  
November 22

**Joseph Duquette,** Powassan,  
November 18

**Lewis G. Farhood,** Orléans,  
September 5

**Antonella Fava,** Toronto,  
September 24

**Ruth E. Fearon,** Kitchener,  
September 20

**James N. Fenton,** Port Perry,  
September 28

**Michael G. Flood,** Kitchener,  
July 31

**Dieter G. Fruhauf,** Toronto,  
October 21

**Gordon S. Fry,** Peterborough,  
September 10

**Gangadhar G. Gangakhedkar,**  
Scarborough, September 17

**Lana F. Gascon,** Wahnapiatae,  
September 24

**Theresa V. Gellatly,** Maple,  
October 15

**Gweneth J. Giles,** Ottawa,  
October 6

**Jane Graham,** Toronto,  
August 27

**Margaret A. Graham,**  
Chatham, October 6

**Fern M. Harvey,** Omemee,  
October 9

**Donald J. Hawley,** Merlin,  
October 28

**John H. Hebert,** Ottawa,  
September 23

**Jeffrey Hedley,** Sarnia,  
October 15

**Linda J. Henrie,** Cornwall,  
September 12

**Clara M. Hewitt,** Windsor,  
November 6

**Gloria D. Hinton,** London,  
September 16

**Eldon Holden,** Waterford,  
August 27

**Francis Horne,**  
St. Catharines, October 21

**Sylvia M. Hyatt,** Loring,  
November 18

**William Jennings,** Russell,  
September 7

**Wilfred Judson,** Rexdale,  
October 23

**Lore Kalisch-Doerle,**  
Pickering, September 12



## Obituaries (cont'd)

- Anne M. Karpinchick**, Port Colborne, October 15
- Matthew J. Kennedy**, Burlington, August 19
- Brian T. Kilcup**, Sault Ste. Marie, October 29
- Agnieszka Konopka**, Mississauga, November 7
- Doris Laroche**, Barrie, November 24
- Ermioni Lebedev**, Thornhill, September 9
- André G. Leclerc**, Hawkesbury, October 17
- William D. Lemmon**, Barrie, September 22
- William Lines**, Pickering, October 31
- Stanley MacLean**, Douro-Dummer, October 17
- John H. Malcolmson**, Brockville, August 29
- William Maloney**, Markham, October 17
- Jeannette S. Mann**, Wallaceburg, October 2
- Shirley Martin**, Grimsby, September 16
- Frank Mason**, Grimsby, October 28
- John B. McCann**, London, October 21
- Barbara McPhail**, Willowdale, September 14
- Marguerite Mechas**, Toronto, September 28
- Helen E. Mick**, Forester Falls, September 24
- Robert Middleton**, Scarborough, October 13
- Beverley R. Miller**, Aurora, October 14
- Gloria B. Miron**, Sault Ste. Marie, September 17
- Hugh H. Moore**, Whitby, October 5
- Linda Moran**, Toronto, December 2
- Betty Morris**, Sheguiandah, November 2
- Eliane M. Moses**, Orléans, September 16
- Jane J. Nasiopoulos**, Stouffville, November 1
- Rick B. Neitzel**, Stittsville, September 12
- Gilbert F. Newell**, Gravenhurst, October 6
- Gary L. Norton**, St. Thomas, October 25
- Therese O'Donnell**, Ottawa, January 17, 2021
- David Parker**, Caledonia, August 26
- Gabriella M. Pataki**, North York, October 17
- Corinne Pentland**, Scarborough, September 2
- Ronald B. Porter**, Weston, October 27
- John Power**, Mississauga, September 28
- Walter Prodan**, Ottawa, October 5
- Terry R. Richards**, Dorchester, September 10
- Glen H. Richardson**, Ottawa, September 21
- Daniel Rodford**, Mississauga, December 4
- Diann M. Rodger**, Owen Sound, November 5
- Jack G. Roth**, Kitchener, October 16
- Ed W. Salavich**, Dryden, November 5
- Harvey R. Schubert**, North Bay, November 23
- Carol A. Scott**, Wasaga Beach, October 22
- Lynn Showler**, Mississauga, October 24
- Nancy J. Sivak**, Leamington, July 20
- J. Barrie Smith**, Haliburton, August 2
- Sheila K. Smith**, Kanata, September 18
- Aricka Stanberry**, London, October 4
- Reginald Stark**, Nepean, November 10
- John H. Stryde**, Kingston, October 4
- Andrea Summers**, Kingston, August 17
- Robert F. Sutcliffe**, Almonte, October 15
- Evelyne C. Suttie**, Trent Lakes, June 29
- Ender Tan**, Oshawa, September 11
- Eunice J. Taylor**, Tavistock, September 10
- Margaret Taylor**, Etobicoke, October 25
- Lorne Thomson**, Owen Sound, September 26
- Peter N. Toma**, Hamilton, October 22
- Lloyd Toth**, Fonthill, September 8
- Heather H. Trussler**, Kitchener-Waterloo, November 11
- Andre Van Den Hoogen**, Mississauga, October 22
- Henry Vanderhoek**, Sarnia, September 14
- Esther S. Wakerell**, London, October 5
- Ruth A. Watson**, Toronto, November 17
- Don M. Welsh**, Peterborough, September 13
- Kenneth Welsh**, Scarborough, September 16
- Thomas M. West**, Mississauga, October 2
- Annie Whalen**, London, October 17
- Douglas J. Whyte**, Waterloo, September 27
- Cheryl C. Wischlinski**, London, October 17
- Garry Wise**, Owen Sound, November 30
- Donald Wood**, Ottawa, November 2
- Mabel Youdovich**, Markham, October 8
- Eileen Young**, Paris, August 4
- Robert J. Zopf**, Chatham, October 2

## Québec

- Albert J. Archambault**, La Prairie, September 4
- Andrée Bérard Girouard**, La Prairie, November 4
- Fernande Bergeron-Pilley**, Boucherville, November 23
- Jean-Guy Bissonnette**, Sherbrooke, September 23
- Richard Bleau**, Trois-Rivières, September 6
- Madeleine Boucher**, Mont-Saint-Hilaire, November 21
- Jocelyne M. Bourgeois**, Campbell's Bay, September 19
- Brigitte Boutin**, Sherbrooke, October 29
- René M. Campeau**, Laval, October 3
- Adrienne Carroll**, Longueuil, October 11
- Violet Clavel**, Dollard-des-Ormeaux, May 5
- Suzanne Corbeil**, LaSalle, November 16
- Michel Dagenais**, Laval, November 5
- Therèse Deluca**, Laval, October 10
- Désiré Djitrinou**, Vaudreuil-Dorion, December 10
- Richard Dolan**, Gatineau, December 1
- Claire Doré**, Québec City, August 23
- Teresa Dumoulin**, Kirkland, October 5
- Philippe Y. Dupuis**, Candiac, September 14
- Lise Gagnon**, Pointe-aux-Trembles, November 11
- Claude Garceau**, Sainte-Foy, November 29
- Deborah Gedeon**, Anjou, October 21
- Marguerite Gingras**, Québec City, October 31
- Gertrude Héroux**, Verdun, November 22



## Obituaries (cont'd)

**Jacqueline Jérôme**, Gatineau,  
September 12

**André Langdeau**, Cowansville,  
October 18

**Lise Lanthier**, Saint-Jérôme,  
September 9

**Rhéal F. Laurin**, Lachine,  
August 20

**Jacques J. Lefebvre**, Rigaud,  
October 15

**J. Guy Lépine**, Laval,  
November 17

**Line Létourneau**, Blainville,  
November 11

**Carl J. Lyons**, Mascouche,  
October 28

**Denis Mallet**, Brossard,  
October 1

**Jocelyne Malo**, Saint-Léonard,  
October 12

**Jean-Claude Mantha**,  
Saint-Lin-Laurentides,  
September 16

**Donald S. Martin**, Trois-Rivières,  
October 22, 2018

**Marie Massicotte**,  
Côteaux-du-Lac, November 4

**Daniel McLaughlin**,  
Saint-Hubert, October 28

**Olga Memess**, Montréal, July 2

**John Morris**, Laval,  
September 24

**William G. Muir**, Pointe-Claire,  
November 19

**Ronald J. Normandin**, Granby,  
September 26

**Jacqueline Paquette**,  
Mont-Tremblant, May 1

**Jean Perreault**, Shawinigan,  
September 29

**Lucie Picard**, Québec City,  
August 30

**Nicole Plante**, Laval, July 28

**Francine Robillard**,  
Saint-Laurent, November 16

**Roland A. Robitaille**, Les Saules,  
November 10

**Thérèse Rousseau**, Victoriaville,  
September 2

**James Scott**, Pointe-Claire,  
October 8

**Jean Pierre Simon**, Laval,  
October 1

**Claude Thériault**, Boisbriand,  
October 23

**Jocelyne Tremblay**,  
Trois-Rivières, August 5

**Serge Ubertelli**, Québec City,  
October 23

**Pierre Viau**, Rivière-Beaudette,  
October 26

**George Woodward**,  
Greenfield Park, October 19

### Alberta

**Manjit Pawar**, Calgary,  
November 19

**Jane Steckle**, Calgary, June 9

### British Columbia

**Walter R. Heapy**, Victoria,  
March 25

**Robert T. Richards**,  
Coal Harbour, November 26

**Peter Ross**, West Vancouver,  
July 24

**Paula M. Shaw**, Port Alberni,  
November 16

### Manitoba

**Shelley Scott**, Winnipeg,  
October 28

### New Brunswick

**Jamie Robichaud**, Hanwell,  
December 18

### Newfoundland and Labrador

**Audrey Wicks**, Badgers Quay,  
September 16

### Nova Scotia

**Kevin Dugas**, Salmon River,  
October 30

**Roxanne Poole**, Coldbrook,  
October 28

### United States

**Clayton Cress**, Little Lake,  
Michigan, October 5

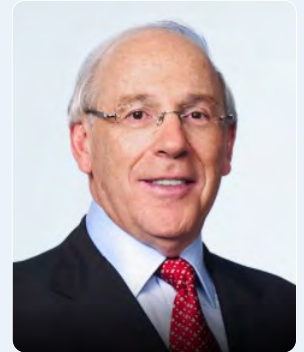
**Douglas R. Forth**, McKinney,  
Texas, August 24

**James A. Seanosky**, Hallandale,  
Florida, August 21

## Bell celebrates the life of broadcasting pioneer Ian Greenberg

Co-founder of Astral Media was  
a respected leader

The Bell team is celebrating the life and legacy of Astral Media co-founder and BCE Board member Ian Greenberg, who passed away January 10 at the age of 79.



Ian co-founded Astral with his brothers in Montréal in 1961 and eventually assumed the role of CEO, successfully growing the company from a photography retailer into a multimedia leader. When Astral was acquired by Bell in 2013, Ian joined the BCE Board as a Director. Given his illustrious career, he was inducted into the Canadian Association of Broadcasters' Hall of Fame and the Canadian Business Hall of Fame.

"I am tremendously proud to have known and worked with Ian Greenberg, a fellow Monréaler, a mentor and an enduring inspiration to me. Partnering with Ian on BCE's acquisition of Astral Media and the national expansion of Bell Media, I was always impressed by his deep business acumen, natural integrity and warm sense of humour," said CEO Mirko Bibic. "On behalf of the entire Bell team, I extend our deepest sympathies to Ian's family, friends and everyone fortunate enough to have known him."



For more information,  
please read the [press release](#).

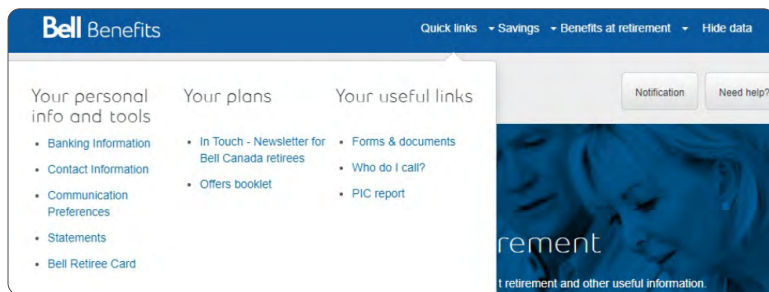


## In the community

### Your retiree card available on the Benefits site

To help you take advantage of discounts and offers with our participating retailers and business partners, a retiree ID card with your name, employee number, and retirement date is now available.

Go to the Bell Benefits site [bell.ca/mybenefits](https://bell.ca/mybenefits). Enter your Retiree ID and password. Select Bell retiree card from under the Quick links tab to print your card.



⊕ If you need help, please contact the Benefits Administrator at **1-888-400-0661**, Monday through Friday from 7:30 a.m. to 5:00 p.m. eastern time.

### A landmark year for our Team Bell Giving Campaign!



Thank you everyone for your generous support in making our 2021 Team Bell Giving Campaign a huge success.

This was a landmark year of giving with retirees and team members pledging \$2.5 million to 1,868 Canadian charities and causes from coast to coast, while Bell contributed a further \$1.7 million.

Together, we contributed a total of \$4.2 million to Canadian communities, our largest team donation ever.

### Congratulations to our Giving Program volunteers



Ten volunteers are rewarded each month, here are our latest winners:

#### October

Ruth Emily Albertson  
Ted A. Barnett  
Leona E. Crothers  
Brenda C. Ezekiel  
Colleen Frederickson  
Gary O. Freelen  
Murray J. Mulligan  
Patricia A. Parkes  
Yves M. Rainville  
Sharon Faye Shannon

#### November

Pat G. Bowman  
Lorraine D. Colter  
Louie Haklar  
John B. Helston  
Judy Holroyd  
Jacquelyn Hutchings  
Margaret Leuschen  
Shelley D. Seekings  
Anne Elise Simms  
Margo E. Weiler

#### December

Chantal Desrosiers  
Diana M. Gamble  
Frances Hatfield  
Nancy Joy Janzen  
Nicole Kirby  
Louis D. Krushnisky  
Elaine T. Lelond  
Lois Irene Oldfield  
Titus K. Ramkhalawansingh  
Sylvie Richer



### Booklet of offers for Bell retirees

Remember to check the booklet of long-term offers sent by email with this edition of *In Touch*. You can also download the booklet by [clicking here](#).

Produced by Corporate Communications in collaboration with Human Resources.

#### In Touch

1, carrefour Alexander-Graham-Bell, A-4, Verdun (Québec) H3E 3B3  
Telephone: 1-877-666-7474 (voicemail only, calls not returned)  
Fax: 514-766-5735  
Email: [intouch@bell.ca](mailto:intouch@bell.ca)

#### Employee Services

To inform us of a move or to get information on your benefits or your pension, please contact Employee Services at [employee.services@bell.ca](mailto:employee.services@bell.ca).  
Website: [Bell.ca/mybenefits](https://bell.ca/mybenefits)