

BCGREA Branch 1700 - June 2024 Newsletter



Hello Friends

Summer has arrived! Flowers, gardens, fishing, hiking - so glad! Mosquitoes and wasps - less so.....

BC Seniors Week June 2-8, 2024 : The BC Seniors Advocate is part of the Provincial Government. The BC Seniors' Guide is a book-style compilation of information and resources to help us all plan for and live a healthy lifestyle as we age. It includes information on provincial and federal programs, with sections on benefits, health, lifestyle, housing, transportation, finances, safety and security, and other services. <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/bc-seniors-guide>. Anyone can contact their office for a paper copy directly by calling toll-free: 1-877-952-3181.

8-1-1 : BC Health Link provides 24/7 health information and health provider contacts by simply calling 811. I called the service and was instantly connected to a very friendly health representative.

<https://www.healthlinkbc.ca/more/contact-us/8-1-1>

Spring Open House Events: Branch 1700 held Open House events in 100 Mile House, Williams Lake and Quesnel in April - March. We were delighted to meet the members and learn about their interests. Members indicated they are interested in socialising with coffee meet get togethers and BCGREA merchandise. We also discussed dental coverage, diabetes medication, the new Federal benefit programs and costs of managing type 2 diabetes testing. We also talked about the Public Service Pension Plan. <https://pspp.pensionsbc.ca/> We will endeavour to follow up on the suggestions from the participants. The guest speakers from the local Seniors Centres provided information on their organisation and invited everyone to join for socialising and activities (ie exercise, meals, sports, music, hobbies etc).

Senior Centers are AMAZING! They are full of vitality, activities and have the most joyful volunteers! These folks are the friendliest people, and you may meet other BCGREA members at your local senior centre! Let me know if you want a BCGREA bluebird logo pin (778-444-7112 Michelle).

- Quesnel & District Senior Centre: [461 Carson Street , Quesnel](#) 250-992-3991
- Williams Lake and District Seniors Centre: [176 4th Avenue North Williams Lake](#), 250- 392-7946.
- 100 Mile House - Creekside Seniors Centre, 501 Cedar Ave,, 250-395-3919



Transportation : Summer is a great time to travel and there are relaxing and affordable transportation options for Interior folks!

- Northern Health Connections Bus: The Northern Health Bus provides low cost travel throughout BC for seniors over 60. <https://nhconnections.ca/> 1-888-647-4997
- Translink also provides affordable services <https://www.bctransit.com/kamloops/> 250-376- 1216 Let your health provider know your travel dates when booking appointments as most health offices are accommodating for the out-of-town transit users. They also stop at shopping areas!
- E-Bus: <https://www.myebus.ca/bc-schedule/> 877-769-3288 provides bus travel in BC and Alberta.
- Via Rail: <https://www.viarail.ca/en> 888-842-7245 - provides classic, comfortable, accessible and scenic travel in BC and beyond!

BCGREA Directors Meeting:- April 23 & AGM Oct 16 - George Foisey attended the BCGREA directors meeting. The branch directors discussed and voted on BCGREA policies (ie: to keep travel costs manageable, AGM delegates are limited to 1 per 199 branch members and 2 for +200 branch members) . Our branch has held most meetings online to keep travel costs low and convenient (ie zero cost for online meetings). We will look into expanding the fall meeting invitations so that more people can attend the branch meetings. The next AGM will be held in Tsawwassen on October 16, 2024.

Happy Summer

In closing , we wish everyone a very pleasant and safe summer. If you have any questions please contact either George Foisey or Randy Pearson , co-chair [co-chair \[co-chair.branch1700@bcgre.ca\]\(mailto:co-chair.branch1700@bcgre.ca\)](mailto:co-chair.branch1700@bcgre.ca). or Michelle Schilling, Membership/Merchandise 778-444-7112.



Williams Lake Open House - George Foisey co-chair and Kyle Green -Williams Lake Seniors Centre



Quesnel Open House - Brenda Bare - Quesnel Seniors Centre



**100 Mile House Open House Hosts
(L-R)**

**Pat Egan , George Foisy , Randy
Pearson , Bill Young, Michelle
Schilling**