

BCGREA Branch 900 Meeting April 17, 2020 Our Redeemer Lutheran Church Auditorium

The meeting was called to order at 10:00 with Maurice Davidson in the chair and 22 members present.

Imre Horvath introduced our speaker for the meeting – Mr. David Wickman, a pharmacist with Knights Pharmacy on Main St. in Penticton. Those present were given a “Coles Notes” of various vaccines that seniors should think about receiving, as well as a discussion about supplements and potential drug interactions. Vaccines discussed were the seasonal flu vaccine, the Covid vaccine (and boosters), the shingles vaccine, pneumonia vaccine and the RSV vaccine. The various vaccines were discussed as well as the pros and cons of each.

A discussion of the various vitamin/mineral supplements that are on the market followed – with questions from the members present. Mr. Wickman also briefly discussed the drug interactions with some vitamin supplements.

Mr. Wickman suggested that members should discuss with their pharmacist any concerns they have with medications, including finding more affordable choices for various common supplements. All together a very interesting and informative presentation and discussion.

After a coffee/tea break, the business portion of the meeting took place.

Maurice summarized the minutes of the regular meeting of March 20th, copies of which were distributed by e mail. Move by Lou DiLorenzo to be accepted, seconded by Judy Barillaro and carried.

Treasurer’s Report: Imre reported that the bank balance stands at \$2,642.00 at this time and there are no outstanding cheques.

Moved to accept by Angie Nash and seconded by Darcy McGifford and carried.

Membership Report: Bill Myers reported no changes in the membership since last month (279 members). There are four invalid e mail addresses that he will be investigating.

Move to accept by Lou DiLorenzo, seconded by Elvy Karlstrom and carried.

New members Dana Warick and Colleen Caron were welcomed to the Branch and the meeting.

Old Business: Larry Martin gave a plug for the 55+ Games that will be held in Salmon Arm this year (Sept. 10 – 14th). Contact Larry at (fs-lemartin@sahw.ca) for more information – either as a participant or spectator. To find out more information on what sports are included in the games go to <https://55plusbcgames.org/salmonarm> .

Larry also discussed the various merchandise options the merchandising committee is promoting.

New Business: Those members on e mail will receive invitations to sit in on the spring director's meeting via zoom, scheduled for April 23rd for about 3 hours starting at 9:00am.

Imre and Maurice, along with two representatives of the local Federal Government Retirees group are attending a lunch meeting with Sally Caisley, co-ordinator for the Seniors' Health and Wellness Institute, a branch of the Council of Senior Citizens Org. (COSCO). Stay tuned for a report on the meeting at our next regular meeting.

Health & Wellness: A get well card was sent Frances Monro. Also congratulations to her on the new litter of puppies her dog is expecting in the next couple of days.

60/40 Draw: Barb Webster was the winner of \$25.20 (60%) and Mary Shaw the of \$16.80 (40%).

Upcoming Events: May 15, 2024 at 10:00am: Regular meeting of Branch 900 at the Our Redeemer Lutheran Church. The guest speaker will be Andrea Manifold, the CEO of Habitat for Humanity Okanagan.

Special Note: we are planning a group trip to the Nk'Mip Desert Cultural Centre located at 1000 Ranch Creek Rd. in Osoyoos on June 4th. Some carpooling will be available and the trip will include a stop at a local pub for lunch. Details on times, costs and a meeting place for those wanting a ride will be available at our regular meeting in May. We will need an estimate of how many are interested in attending so please call or e mail Darcy McGifford at (250) 493-8234 or beedarcy@hotmail.com .