



BCGRE Branch 2100 - Langley /Surrey

Meeting time: 3rd Monday of each month

1:00 – 3:00 PM

Location: Langley Seniors Resource Society

20605- 51B Ave, Langley

October 2023

Meeting dates:

Nov 20, 2023
Dec 11, 2023
Jan 15, 2024
Feb 19, 2024

Directors:

Goodwill and welfare:
Surindar Angl

Registration:

Marina Stevens

Guest Speaker

Coordinator:

Darryl Walker

Conveners:

Christine Sereda

Phoning Coordinator:

Chris Roberts

Vacant Positions / Wish list

- Newsletter
- Carpooling Coordinator
- Other possibilities are open for suggestion

This is your group and your social life is a priority.

2023/ 2024 Executive and Contacts:

Chair: Wilf Brodrick chair.branch2100@bcgre.ca
Vice Chair: Robin Rutherford vicechair.branch2100@bcgre.ca
Secretary: Carol Paulson secretary.branch2100@bcgre.ca
Treasurer: Lu Gaudet treasurer.branch2100@bcgre.ca
Membership Chair: Janice Leonard membership.branch2100@bcgre.ca

- **Current Membership for Branch 2100 - Langley/Surrey:** 732 individuals
- **Approximate meeting attendance:** 30 - 40 members

Upcoming Events:

- Nov 20: Meals on Wheels
- Dec 11: Christmas Social, attendance by **RSVP**
- January 15, 2024: TBD

We are still looking for a less expensive option for 2024 monthly meetings. Any suggestions please forward to our secretary: secretary.branch2100@bcgre.ca.

Guest Speakers:

Sept 18: Jas Cheema, *Community Response Network*

Website: www.bccrns.ca

Grief comes with any change, including but not limited to moving, loss of memory, loss of activity, etc. We need to educate, support, and have wrap around services.

Jas also briefly spoke about elder abuse which commonly refers to adult abuse where the target is a senior or older adult and the abuser is likely known to the abused older person like a friend, family member, or caregiver. For more information, check out the Adult Abuse section on their webpage.

To report abuse or neglect, phone **211**.



Jas Cheema and Darlene Jamison



Oct 16: Tricia Keith, *Legacy Projects*



Tricia Keith during her presentation

Tricia spoke to us about things we should consider before our loved ones pass away. The one thing many children, grandchild and spouses wish for, that may not have been discussed, is what the family should do regarding care / end-of-life resuscitation, etc. in case the loved one can't make decisions due to illness or dementia. Some of the other regrets may be regarding the many family stories that were not told or written down, the stories behind family heirlooms – why were they important to the person, what did the loved one want done with their things, and so on. Here are some links to further explore the topics she touched upon:

Record Me Now - a not-for-profit society helping people leave messages for their children and loved ones.

<https://recordmenow.org/>

How well do we know each other? – a YouTube video discussion on advance care planning.

<https://youtu.be/aAXINMNI7x4?si=Upea2QavIQhrPoDC>

Advance Care Planning – resources for Advance Care Planning available on the BC Government Website.

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>

Go Wish – helping you comfortably deal with one of life's most difficult situations; starting your end-of-life conversation.

<https://codaalliance.org/>

Tricia's Thanadoula Website - provides education and support through the phases of dying, death, and grief.

<https://inwholeness.com/>

AGM – Wed Oct 18, 2023:

The AGM attendees from our branch consisted of our Chair: Wilf Brodrick, and 4 delegates Janice Leonard (Membership Chair), Lu Gaudet (Treasurer), Rene Poley (Member), Carol Paulson (Secretary).

*During the AGM, much discussion was held regarding representation by the branches for the provincial delegates to the AGMs. To determine how the representatives and delegates will be chosen, a survey is being sent out to all members of the BCGREA outlining the various forms of representation and requesting your opinion. **This choice of representation and delegates will have a major impact on how much say you have on how the organization is run. It is very, very important for you to respond to the survey.***



1) AGM - Branch 2100 Table

1) Branch 2100 Table at the AGM had the privilege and pleasure of having Leslie Gaudet, President of the Council of Senior Citizens Organization (COSCO) BC join them. At the table are: Back l-r: Janice Leonard, Carol Paulson, Renee Poley and Wilf Brodrick. Seated l-r: Leslie Gaudet (COSCO) and Lu Gaudet.

2) At the AGM, Johnston Inc. held a draw to give away an iPad to one of the attendees. Our very own Carol Paulson was the lucky recipient. Here is Carol receiving the iPad from the Johnson Inc. representative Mark Constales. Johnson Inc. has negotiated a very good rate of insurance for our members and have all types of insurance. Our members especially like their travel insurance.



2) AGM – Winner of the Apple iPad

Johnson Inc. is being rebranded as Belair Direct. Their webpage is:

<https://www.johnson.ca/affinity/bcgrear>.



3) L-r: Ken Pendergast (Past President) taking the oaths of our newly elected officers of the Provincial BCGREA, Brian Green – President, Patrick Harkness – 2nd Vice President, and George Bowden – 1st Vice President.

3) Newly Elected Officers of the Provincial BCGREA

Executive Update:

There have been no updates on either the local or provincial level since the Special General Meeting and Workshop in April. Next meeting is the Branch Meeting on November 8, 2023.

Check out the website for detailed information on the April Special General Meeting at: <https://bcgre.ca/bcgre-extraordinary-general-meeting-notice>.

Branch Leadership:

July 25, 2023 was the most recent meeting. The results of that meeting were published in our last newsletter. We realized the people in the accompanying photo were not identified so for those who are new or don't know who the participants were here we go, from left to right:

Along back wall and window: Judy Gill, Margaret Mubanda, Lu Gaudet, Darryl Walker, Christine Sereda, Wilf Brodrick, Benita Antonio.

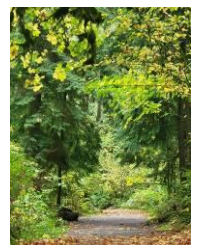
Front at the table: Carol Paulson, Renee Poley, Robin Rutherford. Photographer: Janice Leonard.



Thank you to our great leadership team.

Healthy Living Practices: Being the Best You Can Be

Derby Reach / Houston Trail walk about in Langley was held on Wednesday, October 18th. This beautifully forested trail with views over a wetland bog and nearby Fraser River was mostly flat with a few short hills to climb and go down. It was 4 kms in total. Benita Antonio has submitted a wonderful description of the outing below.



L-r: Judy Gill, Benita Antonio, Phil Henderson, & Louise Hearty

The Houston Trail Adventurers

On Oct 18th, four brave and hardy BC walkers set out on the Houston Trail loop in North Langley. Dressed in our trusty rain gear we walked under the canopy of the big leaf Maples, the Western Red Cedars and Douglas Firs. The maples were ablaze in brilliant yellows, browns, and chartreuse greens, while beneath them the sword and licorice ferns, vanilla leaf plants and mosses, dripping with the fresh rain, painted a rich, green forest floor. Though the rain likely deterred many people from venturing out this day there were a few walkers in the park, but not too many to spoil the sense of having the park to ourselves. In the quiet of the forest, we could hear the golden-crowned kinglets and Bewick's



L – r: Louise, Judy & Benita



wrens singing in the trees and a pacific tree frog croaking nearby.



We travelled the first kilometre along level ground and stopped briefly at a lookout deck dedicated to Bays Blackhall, a local Fort Langley historian and advocate for environmental causes. The viewpoint over an extensive wetland area is generally great for birders but unfortunately the ducks were sheltering in the rain and nowhere to be seen on the pond. As we continued along the path, which has a few twists and turns and small hills, we passed an open wetland area with many fallen trees, evidence of the beaver's work. The pond is now home to wood ducks.



At the midpoint of the walk, we arrived at the parking lot accessed by McKinnon Crescent (and another alternative for starting one's walk) and began our journey north again. The small creeks intersecting our path were flowing with a high volume of water, something that the forest community would appreciate. Certainly, the mushroom communities amongst the logs and stumps in this area were thriving to say the least, and they resembled small villages clustered on the side of mountains or hillsides. The terrain along the latter section of the walk was quite level, except for a few short, steep hills. Near the end of our walk, we came across the path of a rough-skinned newt trying to blend in with the grass. Luckily we didn't step on it.



Though it rained throughout the walk it was lighter at times than others and it allowed us to appreciate the beauty of the BC rain forest rich with colours, sounds and scents. The overall variety of things to see and hear made it interesting. It was enjoyed by all.

Humour is Good for the Brain: Laughter is best = Endorphins

Laughter **enhances** your intake of oxygen-rich air, **stimulates your** heart, lungs and muscles, and **increases** the endorphins that are released by your brain.

True friendship amongst golfing buddies

After golf, a golfer brings their best golf mate home, unannounced, for dinner at 6:30. The golfer's partner screams their head off while the friend sits open mouthed and listens to the tirade.

"My hair is not done and is horrible, the house is a freaking mess and the dishes aren't done. Can't you see I'm still in my ugliest pyjamas and I can't be bothered with cooking tonight! Why in the world did you bring your friend home unannounced you stupid idiot?"

"Because they're thinking of getting married..."

Brain Health:

<http://www.terrismall.com/>

Brain Bulletin 123 - The Surprising Reason You Get Brain Fog More in the Summer in "Brain Bulletin"

Water is life.

"Pure water is the world's first and foremost medicine." - Slovakian proverb.

Water is indispensable to the operation of each brain cell. And sometimes, getting enough can be a challenge.



Your brain is 80% water, and it's important to maintain stability. Even a small "drop-off" has consequences.

A 2018 study¹ found a 2% loss in hydration causes a measurable loss in focus and cognition. Two percent isn't that much. We may not even feel thirsty. If dehydration hits 5%, your loss of focus and concentration hits 35%.

Another study² found even one percent produces deficits.

All this can lead to mid-day grumpiness.

Here's one thing you can do right now: ***Drink one cup of water with each meal.***

In no time your brain links meals and water. It becomes a habit. Remember, brains get good at what they do. Neuroplasticity!³

And, of course, sip water often all day. It does add up.

So, maintaining a good mood might just mean adding water.

"Water is the soul of the earth." - W.H. Auden.

1. Wittbrodt M.T. Millard-Stafford, M. Dehydration Impairs Cognitive Performance: A Meta-Analysis. *Medicine & Science in Sports & Exercise*, Nov, 2018.
2. Stachenfeld, N. et al. Water Intake Reverses Dehydration Associated with Impaired Executive Function in Healthy Young Women, *Physiology & Behavior*, Mar, 2018.
3. Definition: Neuroplasticity - the ability of the brain to form and reorganize synaptic connections, especially in response to learning or experiences or following injury.

I take my brain health seriously. How about you?

On a lighter note, Ernest Hemingway once said, "I love sleep. My life has the tendency to fall apart when I'm awake, you know?"

Tech Support:

At the October 16th meeting, Janice Leonard was gracious enough to give a presentation on how to get into the BCGREA Member Portal. For those who missed it or would like a refresher, here are the 7 steps to get in:

How to get into your BCGREA Member Portal.

1. Go to: www.bcgrea.ca
2. Click on **MEMBERS** on the header line.
3. A sign in screen will appear.
4. If you've previously registered / signed in on this page, enter your registered email and password to sign
 - a. If it's your first time, at this point, you create your registered email and a password which will be used as your login information from this point forward. Write down your email and password for future sign ins. Make it simple. You may change your password once you are in.
5. Once you are in you may explore. If you make any changes, remember to **update/save** your information
 - a. **NB:** Remember, **If you do not select **UPDATE** nothing will be saved.**
6. **ALWAYS UPDATE** before leaving the site.
7. If you do have an issue with the program, then the "contact" tab is located on the top of the screen. You can send them a help request and they will get back to you. The "?" symbol beside some of the lines may also provide the information you need.



Safety:

Although autumn has just begun, winter will be upon us before we know it and now, while the weather is still decent, is a good time to start preparing for the challenges of winter so we are not caught unaware. Did you know the earliest snowfall ever recorded for Vancouver is October 28 (1991)? Generally, we see our first snowfalls toward the end of November / beginning of December. So how do we prepare?

A) Personal:

Listen to weather forecasts regularly. If you must go outside, plan to dress properly - in **layers**, with a wind resistant outer layer. Keep your nose, ears, cheeks, chin, fingers, and toes covered in warm, dry clothing - these areas are the first to be at risk for frostbite. Reduce the risk of a heart attack by avoiding overexertion when shovelling and / or walking in the snow.

B) Home:

Tie down or bring in anything that could be blown about in heavy winds. If you plan to use a wood burning fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Check your smoke detector and carbon monoxide detector monthly to ensure they are working correctly. Have your furnace system and vent checked by a qualified technician to ensure they are functioning properly. Keep a shovel and sand / kitty litter by the door to clear the steps / sidewalk at the entrance before anywhere else. Have sufficient supplies / food / water on hand to last 2 – 3 days without power.

C) Car:



Change your tires to winter tires or all weather tires (M & S) as all season tires stiffen and lose traction when the temperature gets below 7 Celsius. Get the car serviced for the winter (heating system and all lights checked, winter fluids added to radiator / windshield washer, etc.). Keep your gas tank near full to avoid ice in the tank and fuel lines.

Besides your regular car emergency kit, the following should be added for the winter: Tire chains; shovel; snow brush; sand or kitty litter; mitts / hat / boots / warm clothes; blanket; water and snacks; candle in a metal can and matches. Remember that when using the candle in the car for warmth; open a window a crack to vent the carbon monoxide. These will enable you to remain safe and a little warm in your vehicle should you become stuck / stranded.

Here are a few links with information on winter preparedness:

Canadian Red Cross: <https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/types-of-emergencies/winter-storms>

BC Emergency Management: <https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/know-your-hazards/severe-weather/storms>

BCIT Emergency Management: <https://www.bcit.ca/safety-security/emergency-management/planning-preparedness-mitigation/winter-weather-preparedness/>

US Red Cross: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm.html> This page has additional information, not in the Canadian Red Cross article, which can apply in Canada.

Merchandizing:

We are excited to bring you this opportunity to brag about our Association. Please keep in mind it is a work in progress. On the next page are some of the current items available. Check out the items. If there is anything that really calls to you, please send a message to membership.branch2100@bcgrea.ca and we will check its availability.



3" x 2 3/8"



3" x 11"

Vinyl Decals

Small \$2.00 Large \$7.50



Bag 15" x 18" x 4.5"

Strap – extra 12"

Tote Bag \$10.00



Sizes: M, L & XL

90% cotton, 10 % polyester

T-shirt \$11.00



12" x 15"

Towel \$4.50



White

Mugs: \$10.00



Sparkel



Royal blue with white logo

Pen \$2.36



Thank you card \$5.00

From the Membership:

From Louise Hearty, after her participation on the Houston Trail at Derby Reach:

“What a beautiful walk in the rain. It wasn’t quite singing in the rain but very enjoyable. My first time joining our club for anything. Thanks for organizing!”



From: CNN Good Stuff <https://www.cnn.com/newsletters/the-good-stuff>

Did you know that the vibrant hues leaves turn in the fall are their actual colors? It's true — leaves that change color are naturally those orange, red and yellow shades, but during half of the year, those hues are **overwhelmed by green chlorophyll**. Colder, cloudier months mean less chlorophyll, which means the trees and flora can finally show their true colors. It's kind of poetic, isn't it? A lot of people see the changing colors of the season as a prelude to the barrenness of winter, but really it's a special show all its own — one full of unexpected, unique life.

Your contribution, regular or occasional, is very welcome. These could be cute articles about a vacation, gardening advice, great recipes, maybe a nice hiking spot. Any “get involved opportunities” that you know about, keep in mind that the newsletter is circulated 3 times a year at most. Please keep the article short (1-2 paragraphs) and easy to read.

Resources:

At our October Meeting, a request was made by several members for ways to dispose of / recycle items from an estate or for downsizing. This is a work in progress and any suggestions from you will be helpful. Below are some resources:



Clothing - check with your local church to see if they collect clothing for one of their missions (Salvation Army is one of them); some schools also collect clothing to send overseas for disaster victims (check with your school district or local school).

You can often send items (usually gently used clothing, small household items, books, etc.) to a local thrift store /shelter. Some places have pick ups, some you take the items to them. Examples include: The Salvation Army (<https://www.thriftstore.ca/donatetoday/>); Surrey Fire Fighters Charitable Community Thrift Store (<https://www.shscommunitythriftstore.com/>) and the Peace Arch Hospice Society (<https://www.peacearchhospice.org/thrift-store/>). The City of Surrey Webpage also has a list of more stores / organizations where items can be donated <https://www.surrey.ca/services-payments/waste-collection/donate-sell-used-items>. We were unable to find a similar page for Langley but some of the places listed are also found in Langley.

If you would rather have someone come in and prepare / dispose of items for you, there are several companies that will sort through the items and find buyers either through their many contacts or via an auction. Here are a few examples: Rest Easy Removals (<https://resteasymovals.com/>); Upstage Downsize (<https://upstagedownsize.com/>); Next Chapter Senior Services (<https://nextchapterseniorservices.ca/>); and NKR Downsizing (<https://www.nkrdownsizing.com/>).

Please note: The most difficult items to sell / donate is soft furniture like sofas, mattresses, cloth covered chairs. You may find the only way to dispose of these items after trying other methods is to take them to the dump. Rubbish removal companies will do that for you. If concerned about where the items are going, you may want to ask the company if they sort the items for reuse / recycling or just take it all to the dump.

If anyone knows of other methods / organizations that assist with the disposal of goods that may be useful in either downsizing or the settling of an estate, please contact membership.branch2100@bcgre.ca.



Help Wanted:

- ***Editor and Chief of our Newsletter***

Are you missing your communications and public relations days? How about taking on the Branch newsletter? Only 3 issues a year. The leadership team is here to assist you, if you'd like to give it a try.

- ***Carpooling Coordinator***

Are you interested in seeing more people at our meetings by helping those who can't get to them through a lack of transportation? This may be the position for you. This is great for someone who is organized; likes to organize teams (drivers with passengers); is willing to assist with the promotion of attendees at the meetings; is interested in improving environmental health and parking issues, and would like to encourage social camaraderie. Assistance is available through the Membership Chair.

If you're interested in these or other positions, please contact:

membership.branch2100@bcgre.ca

Together we can make this Newsletter Great

Hope to hear from you.

Thank You.