



Meeting Date: see the reminder emailed each month

Time: 1:00 – 3:00 PM

Location: Royal Canadian Legion, Branch 6

17567 - 57 Ave, Cloverdale, BC

January 2026

Meeting dates:

Feb 9, 2026
Mar 16, 2026
Apr 20, 2026
May 11, 2026
June 15, 2026

Directors:

Goodwill and Welfare:
Surrindar Angl

Registration:
Marina Stevens

Guest Speaker Coordinator:
Darryl Walker

Conveners:
Catherine Pritchard,
Diane Felgate,
Lynn Schneider
Sheila Zeiner
Marina Stevens

Phoning Coordinator:
Chris Roberts

Newsletter: Any suggestions for guest speakers are welcome. Please speak with Darryl.

Editor
Janice Leonard
Journalist:
Vesta Hulme

Vacant Positions / Wish list

- Newsletter – more Journalists
- Carpooling Coordinator
- Other possibilities are open for suggestion

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

2025 Executive and Contacts:

President:	Wilf Brodrick	chair.branch2100@bcgrea.ca
Vice President:	Renee Poley	vicechair.branch2100@bcgrea.ca
Secretary:	Carol Paulson	secretary.branch2100@bcgrea.ca
Treasurer:	Gerry Nelson	treasurer.branch2100@bcgrea.ca
Membership Chair:	Janice Leonard	membership.branch2100@bcgrea.ca

- **Current Membership for Branch 2100 - Langley/Surrey:** 700 individuals
- **Approximate meeting attendance:** about 50 members at each meeting

Upcoming Events:

Please note: The meetings on Feb 9 and May 11 are on the second Mondays of the month as the third Mondays of these two months are holidays.

Feb 9 - Rich Ulvild: Reverse Mortgages

Rich Ulvild is a Seniors Lending Specialist and award-winning mortgage professional with more than 20 years of experience, helping Canadians 55+ unlock the value of their homes safely, responsibly, and strategically. Rich brings deep industry expertise and a long-standing commitment to serving his clients and community.

Mar 16 - TBD**Apr 20 - TBD**

Any suggestions for guest speakers are welcome. Please speak with Darryl.

Guest Speakers:**Nov 17 – Connie Jorsvik: Navigating the BC Health Care System**

Connie is a Senior Healthcare Navigator- Advocate, & Owner of Patient Pathways.



Connie's presentation was amazing. It was very detailed, with great procedures to aid us in managing in our complex healthcare system. Her stories helped us visualize the material and retain the information, and we can all relate to similar situations. She outlined a process to help us achieve the best outcomes with our health care system.



Key things to remember: We have a capable but complex system to navigate.

- 1) **Have a care partner** (someone to accompany you to appointments, someone who understands you, your lifestyle, and your goals), possibly a good friend, not necessarily a family member.
- 2) **Patients and Care Partners must advocate for themselves**, follow up on requisitions, confirm appointments, be proactive, be kind and assertive, provide clear instructions, and have any questions prepared in advance. Aggressiveness could result in a purple dot on your file. This indicates a "Potential verbal or physician aggression." This dot never leaves your file.
- 3) **Plan ahead before going to the doctor.** Have your questions or concerns written down. Bring along your care partner, 2 sets of ears are better than one. We only retain 20 to 40% of what we hear, and half of that is incorrectly remembered. Ask whether you can record the meeting; most doctors will allow it. They, too, want clarity, not misunderstandings.
- 4) **Understand your situation and tests**, use the resources you have available to you:
 - **MyCareCompass** (sign up) aggregates bloodwork results from hospitals and LifeLabs; you can view all your current and historical lab results.
 - **BC Services Card and HealthGateway** app that contains (may take 2 days to create an account), or you need to visit Service BC, an easy process if you have a smartphone. This will provide details on Health Records, Immunization Records, HealthLink BC, and Organ Donor Registration.
- 5) If you wish to know more about what immunities you have, you may ask for a **TITRE test**. An antibody titer test measures the amount of a specific type of antibody in the blood.

Connie also spoke about the Green Sleeve program. A quick resource for ambulance or paramedic staff, it should be on the fridge or have a note on the fridge indicating where to find it. Keep it up to date with photocopies only. You should be able to get one of these at any hospital, most doctors' offices, and community health offices.

Items in it are as follows:

Advance care planning (ACP) documents. Everyone should complete their documents, regardless of their age. It allows you to plan all your care, especially in the event of an accident, at work or at home, or in a medical situation, such as a heart attack.

1. **Representation Agreement** – Free forms:
 - NIDUS.ca <https://nidus.ca/> (Connie feels this is a more thorough form
 - Province of BC: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning/nidus-personal-planning-resource-centre-and-registry>
2. **An Enduring Power of Attorney** will say whether a person is capable and incapable. The person named will make decisions when you cannot. Deliver a copy to the bank well in advance to prevent delays.
3. **Advance Directive:** Available free from Dying with Dignity, this only applies to health care decisions: <https://www.dyingwithdignity.ca/>
4. (Where appropriate) **Medical Orders for Scope of Treatment (MOST)**. Out lines: 6 levels of treatment. You must go to the doctor for this. Discuss this ahead of time; do not wait for a crisis, specifically for critical care.
5. (Where appropriate) **Expected Death at Home** form: If you might die at home or want to. When this form is in place, your body can go directly to your Funeral Home of choice. The paramedics, police, and coroner may not have to be involved.



Connie's book is no longer available in Print, but you can still buy the electronic Kindle version through Amazon. Search for Connie Jorsvik + Navigating the BC Healthcare System. Connie also has more than 30 education articles on her Patient Pathways website:

<https://patientpathways.ca/navigating-the-bc-healthcare-system-1>

Connie has very safe YouTube videos on all of her topics:
<https://www.youtube.com/@ConnieJorsvik/playlists>

The book was available at the meeting and sold out quickly. She will be speaking at our AGM and doing a Province-Wide Zoom workshop in

the fall.

This was a wonderful, insightful and informative meeting.

Dec 8 – Christmas Social

In December we held our annual very successful Christmas Social. It was packed with a lot of different events including a variety of games like Bingo, Guess the Christmas Emoji & Who am I? There was a plant raffle with 8 lucky winners and a winner for Bingo. The new convenors and the Legion once again provided a nice selection for us. Finally, to top the day's events was the eagerly anticipated Christmas Gift Exchange – featuring many colourfully wrapped gifts.





BCGREA
Branch 2100 - Langley/Surrey

January 2026





Lu Stepping Down

After many years volunteering as our Treasurer, Lu has decided to step down and pursue new endeavors. At our Christmas Social, we wished Lu all the best with her new endeavors and presented her with a gift.

We welcome our new Treasurer, Gerry Nelson, and wish him all the best.



Jan 19 – Aileen Mittoni: The Canadian Dental Plan and Us



Aileen Mittoni is a Citizen Services Specialist with Community Outreach and Liaison Services at Service Canada providing general information regarding Service Canada's programs and services and helping facilitate access to these programs and services. Her power point presentation was quite good. Got us thinking about options. Having a Dental plan is the means to ensure the importance of routine Dental procedures to promote oral health, as subsequently maybe overall health.

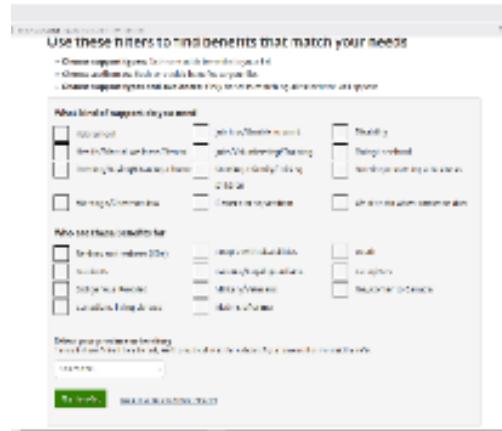
- Plan was conceived in Dec 2023, and available to those who do not have access to dental coverage such as, through an employer-sponsored plan, or private dental insurance.
- This applies even if you decide not to take it, have to pay a premium for it, or do not use it.
- **Exception:** You may be eligible for the CDCP if you're retired and you opted out of pension benefits before December 11, 2023, and you can not opt back in under the pension rules.

You will need to call Service Canada. 1-833-537-4342 or go online <https://www.canada.ca/en/services/benefits/dental/dental-care-plan/qualify.html>

- to see eligibility, you will need your SIN number and have filed your Taxes for the previous year taxation year.

She also introduced us to a Benefits Finder, we maybe eligible for other benefits. Check it out.

<https://www.canada.ca/en/services/benefits/finder.html>



2026 Executive/ Leadership Team Updates

We would like to acknowledge and thank two new members who have joined our Branch Executive. Gerry Nelson is our new Treasurer, replacing Lu Gaudet, who is taking a break from her BCGREA activities after many years of dedicated service. Our second new member of the Executive is Valerie Dahl, who is a Member-at-Large. We wish both great success in their new roles.



We know sort of what the Treasurer does, but what does a Member-at-Large do exactly? Well, they may attend Leadership Team meetings, use their skill set to offer insight and perspective to the running of the Branch, fill in (if necessary) to another position on the Executive Committee. Members-at-Large are a valued and necessary component to the running of our Branch. We currently have four Members-at-Large, but there are a couple of vacancies, if any members are interested.

BR2100 Leadership members are:

President/Chair – Wilf Brodrick

Vice-President /Vice-Chair – Renee Poley

Treasurer – Gerry Nelson

Secretary – Carol Paulson

Members-at-Large (4)

Janice Leonard (also Membership Chair)

Benita Antonio (Outdoor Ramblers Organizer)

Darryl Walker (also Speaker Committee Chair)

Valerie Dahl

Additional support committee are:

Conveners – Catherine, Sheila, Marina, Diane, and Lynn.

Newsletter – Janice + Vesta

Outdoor Ramblers – Benita

Speaker Committee – Darryl + Judy, Margaret, Benita, and Darlene

Merchandising – Janice

COSCO BC Delegates – Wilf, Renee and Margaret

Registrar – Marina

Goods and Welfare – Surrindar

Phoning committee – Chris, Peter, Eva, Jody, and Hali

New Convenors



We have been truly fortunate to have these five ladies (Catherine Pritchard, Diane Felgate, Marina Stevens, Lynn Schneider and Sheila Zeiner) take on the convener tasks. They arrange the wonderful snacks we get to enjoy at our meetings and in November, while still new to the position, they planned the Christmas Social menu. This is a very committed group. We appreciate the assistance as

it adds that wonderful welcoming ambience to our meetings. The food choices at our social were delicious. Well done! Thank you to this dedicated group.





Outdoor Ramblers:

Benita Antonio has volunteered as the leader for these community walks. If you have any ideas for enjoyable walks or areas you'd like to explore, please let Benita know so she can include them for the spring to fall walks. **Please note: A Liability Waiver will need to be signed for each walk.**

Next Walk:

Due to the colder and wetter Fall and Winter weather, the next walk will be sometime in March – once the weather starts to improve. An announcement regarding date and location will be made closer to the date so keep an ear / eye open for it.

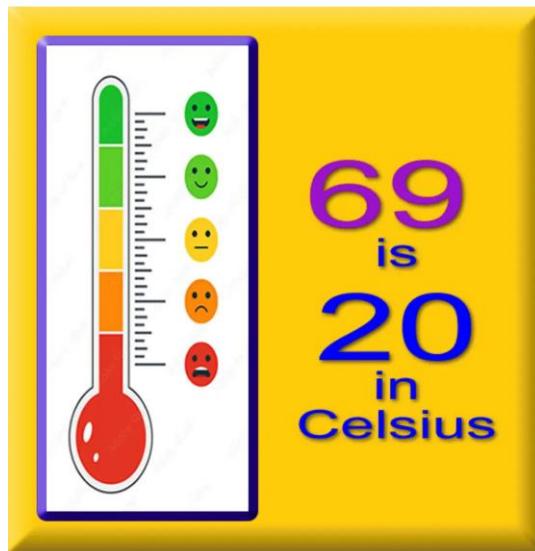
I hope to see you at our next walk,

Benita

Merchandising:

At each of our meetings we have a merchandise table set up for anyone interested in branded merchandise for our association. Janice Leonard is our contact for merchandise and their prices. Payments can be made by cash or e-transfer. Contact Janice or stop by at the meetings to see any new items.

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



So, you are still young



So, This Happened...

A spot for members to add funny stories or happenings in their lives. Please send your submission to Janice Leonard (membership.branch2100@bcgrea.ca) or give a written copy to her at one of the meetings.

From the Membership:

Exploring Spain

Contributed by Benita Antonio

While visiting the Andalusian area of southern Spain this past February, my husband and I, chose to explore Baeza (pronounced By-ez-ah) as one of our destinations.

A small city with a population of just under 16,000, it lies north of Granada (another wonderful city to explore) in the municipality of Jaen, is designated as an UNESCO World Heritage Site (as of 2023) and is known as the olive oil capital of Andalusia. We rented a car for the 1.5-hour

drive from Granada to Baeza, observing along the way thousands upon thousands of olive groves. It was a scenic drive, and the road conditions were very good. Other options for travel to Baeza are by bus or train with transfers in Jaen or Ubeda, or through tour operators.



Baeza's designation as a world heritage site stems from its magnificently preserved Italian Renaissance, Gothic and Moorish architecture and planning. The Cathedral of Baeza, the Fountain of Santa Maria, the Jabalquinto Palace and the International University of Andalusia are all fine examples of the Renaissance architecture. Once you enter the historic area of Baeza through its large stone gateway and traverse its narrow cobblestone streets with little to no traffic you feel as if you have stepped back in time. The homes within the historic area, along with the Renaissance architecture have also preserved their connection to the past by maintaining traditional doors, balconies and stone structures. Some of the local hotels and restaurants are housed in 16th century convents with beautiful interior courtyards. Our hotel, Puerta de la Luna, was one of them.





Beyond the walls of the old town are beautiful views along a promenade walkway overlooking a valley. (Baeza is situated on a cliff with two rivers on either of side of it below.) It is very evident from these

viewpoints how extensive the olive oil production is in this region. All you can see for miles upon miles are olive tree farms. Within Baeza itself it is easy to find various brands of extra virgin olive oils or arrange tours to one of the local producers. We opted to drive directly to a local family-owned operation: Oleicola San Francisco. They offer tours of the production and a tasting experience in several languages and have a lovely gift store for purchasing different EVOOs (Extra Virgin Olive Oil) and other products. Unfortunately for us our purchases were limited

because we were travelling with carry-on luggage and backpacks only!

Our two-day visit to Baeza was well worth it. The opportunity to see a small-scale olive oil operator on a more personable level (there were only 8 or 9 in our group), the amazing views afforded while travelling to Baeza and from its cliff viewpoint and the architecture, all contribute to Baeza being one of those jewels you could miss by focusing on the larger, well-known tourist cities of Andalusia. If you only had time to tour The Cathedral of Baeza

alone you would be gratified by 1) the chance to marvel at the beauty of the Renaissance church, inside and out, and 2) to climb the bell tower for the picturesque view over town. Baeza's lack of line ups or crowds of tourists allows you to soak in the old-world atmosphere, enjoy the peacefulness of its streets and alley ways, and bypass the hectic pace that can often be attached to travel. A wonderful experience, I would highly recommend a detour to this beautiful town in Andalusia, not to mention that it is also home to many restaurants (surprising, given its size!) with several of them Michelin starred, so you won't go hungry.



Contributed from one of our members:

I was visiting a friend and noticed this. What a wonderful way to present your much cherished cards. Nature and good thoughts go hand and hand. This tree was specific to Christmas and New Years, but It could be used for any card display. Valentines' day. Birthdays, Get Well cards, or if you are a card maker, maybe some of your own designs. Inviting conversations once it is noticed. 😊



Resources:

Savings for BCGREA Members:

Check out the **BCGREA website** under *Member Benefits* for a variety of available member savings.

Seniors Helping Seniors: <https://seniorhelpingseniors.ca> has a very good list of resources in the Lower Mainland covering many items of concern for seniors and their families. Much of the information is online



but there are also listed resources that can be requested and many of the resources are available in a variety of languages.

Next Newsletter: End of April

Together we can make this Newsletter great!

Hope to hear from you.

Thank you.