



Meeting dates:

Mar 18, 2024
Apr 15, 2024
May 13, 2024
Jun 17, 2024

Directors:

Goodwill and welfare:

Surindar Angl

Registration:

Marina Stevens

Guest Speaker

Coordinator:

Darryl Walker

Conveners:

Christine Sereda

Phoning Coordinator:

Chris Roberts

Newsletter:

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.

2023/ 2024 Executive and Contacts:

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

- **Current Membership for Branch 2100 - Langley/Surrey:** 721 individuals
- **Approximate meeting attendance:** 40 - 50 members each meeting

Upcoming Events:

- March: Tanya Lyn Werk – Powers of Attorney Explained
Outdoor Ramblers, Tynehead Park March 27, see notice for more details
- April: TBD
- May: TBD
- June: - Summer Social

The 2024 monthly meetings will be held on the 3rd Monday of each month, with the exception of Feb, May, and Dec when they will be held on the 2nd Monday of those months (due to holidays).

The meetings will be held at the Royal Canadian Legion Branch 6 at 17567 – 57th Avenue, Cloverdale, BC. Please use the **Auditorium** entrance (facing the large parking lot).

Guest Speakers:

Nov 20: Christine and Amy Morettin, Meals On Wheels – Surrey and North Delta Branch

Meals on Wheels was established in 1970 and currently delivers 100 meals/day to seniors, home bound, surgery recovery patients and so on. They are contracted by the Fraser Health so the meals are provided by a professional caterer based on meals planned by a nutritionist. Due to this contract, they are currently unable to accept donated food. To receive Meals on Wheels, a person can apply directly or be referred by Fraser Health. As of November 2023, meals were supplied at a cost of \$10.50 / meal. They are also looking





for volunteers as meal delivery drivers and for people to sponsor a senior as many seniors are below the poverty line and / or run out of food each month.. To become a volunteer, sponsor a senior, donate, or request meals, their website is: www.sndmow.com. As they have charitable status, any money donated to them can be declared on your taxes.

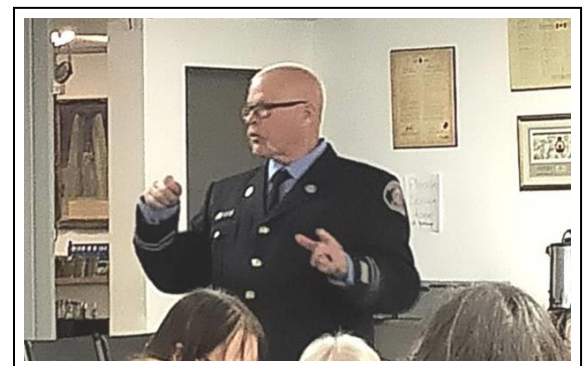
Dec 11: Christmas Social

John Parsons was our entertainment again this year and did a great job. Thanks John. There was a gift exchange and by the looks of it, the most popular gift to give this year was a bottle of wine. There was a sing-a-long lead by John; many enjoying singing the variety of Christmas songs. Lunch consisted of sandwiches, dessert, tea and coffee supplied by the Langley Seniors' Resource Centre.



Jan 15: Kaitlin Frost and Wincy Wan – MedWatch911 Jason Hodge – Township of Langley Fire Department

MedWatch is a tool for emergency and advanced care planning and starting the conversation of your future health care wishes. The program offers emergency contact and decision maker details along with important treatment plan documents to be reviewed with your family and primary care provider. By default, all front line medical / emergency responders are committed to resuscitating you and keeping you alive as long as possible unless you have forms signed by your doctor directing otherwise. These packages (including a green plastic sleeve to hold the forms) can be requested online at: info@medwatch911.ca or at the Langley Division of Family Practice; the forms can be printed off from: www.MedWatch911.ca; or the package can be requested via telephone at: (604) 510-5081.





Feb 12: Tanya Lyn Werk, Seniors Business Connect

Seniors Business Connect is a service connecting various businesses that specialize in assisting seniors and their families with preparing for the changes retirement brings such as downsizing, a retirement home, planning for additional health care, estate planning, and so on. Some of the points that were brought up included how often things like a person's will, powers of attorney forms, etc. should be reviewed.

Several members also came the meeting to discuss some of these things. The members were:

- Tanya Lyn Werk: Wealth Management (Estate Planner)
tanyalyn.werk@ig.ca; (604) 996-7659
- Jaya "Jan" Virk: Wealth Management (Investments)
Jaya.Virk@ig.ca; (604) 431-0117
- Sadhana Kumar: Seniors Real Estate Specialist
info@soldbysadhana.com; (604) 762-6125
- Nancy Glover: Aging with Grace (Family Caregiver Mentoring & Support)
info@agingwithgrace.ca; (604) 916-2291
- Moreen Perimal: Mortgage Broker (Reverse Mortgages)
moreenperimal@dominionlending.ca;
(604)374-6193
- Sherry Cameron: Victory Memorial Park (Funeral Planning)
Sherry.Cameron@DignityMemorial.com;
(604) 536-6522
- Dawn Robertson: Get Started Organizing & Maintenance (Downsizing)
dawn@getstartedorganizing.ca; (604) 312-1990
- Eryn Jackson: Richard Buell Sutton LLP (Lawyer)
e.jackson@rbs.ca; (604) 582-7743
- Nick Devlin: Chartwell Renaissance Retirement Residence
ndevlin@chartwell.com; (778) 726-0842
- David Kilpatrick: Co-operators Insurance
David.Kilpatrick@cooperators.ca; (604)-421 1223



Annual General Meeting Update:

As the majority of you know, in November 2023, an email was sent to all BCGREA members requesting your vote for one of two forms of representation at the AGM. The voting closed on January 26, 2024 and the majority of voters chose to



be represented by the chair plus 1 delegate from the branch, regardless of branch size. An email was sent to all branch members on January 29, 2024 giving the breakdown and results of the votes. Amended procedures will be presented at the April Directors' Meeting with a proposal to incorporate changes to the delegate representation for the 2024 Annual General Meeting.

Branch Leadership:

The Branch Leadership Meeting was held November 8, 2023.

There was a discussion regarding a new venue for 2024 due to the high cost of renting the space at the Langley location. The Cloverdale Legion was the successful venue.

A question was brought up by the members regarding an outdoor facility for the June Social. It was decided that at this time, the leadership will not investigate holding the June Social outside; however, if members want to investigate the idea, the leadership will consider the information.

The Associations policies and by-laws have not been thoroughly reviewed in quite a while. It has been determined that they require extensive updating; including removing some, writing new and updating the language for all. Carol Paulson and Renee Poley are on this committee, Carol is also now on the regional committee for Bylaws.

The question of needing a waiver for group walks was brought up. It was determined that this was necessary and a procedure and form for a Liability Waiver has been completed.

The Christmas social was discussed regarding entertainment, the gift exchange, and what was available through the venue for the lunch.

Any member donations collected during the Christmas Social were to go to the Surrey / North Delta Meals on Wheels.

Healthy Living Practices: Being the Best You Can Be

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.**

Hello again!

As the weather warms up moving into Spring and sunny days are more likely to be consistent it is time to plan another walk for Branch 2100. We will be venturing out for another forest foray in another Metro Vancouver Park, this time in Surrey.

Come and join us for our 2nd walking adventure in the beautiful forest trails of Tynehead Park of North Surrey. Enjoy a pleasant, easy walk to explore the budding signs of Spring, enjoy the company of others and most importantly, to add in that exercise to your daily routines that keeps you healthy.

The walk will be about 40-45 minutes but could possibly be a bit longer if people are stopping to appreciate the flora and fauna in the forest. The trail route is mostly flat and for those who are wary of hills there are only three very short



gradual inclines and declines to navigate. The trails are well maintained for anyone wanting or needing to use trekking poles or canes.

For those interested in the flora and fauna and wanting to learn more, I have convinced my husband, Phil Henderson, to join us and assist in answering those curious questions that arise when exploring the forest. He is a biologist who specializes in plants including mosses, and birds.

If time permits at the end of the walk, a quick jaunt over to Godwin Farm Biodiversity Park (4 min by car) may be possible to enjoy any refreshments you bring along with you. This park was gifted to the City of Surrey and has been preserved for its biodiversity. There is a 1.6km loop trail around a pond, meadows, an orchard, and designated heritage trees. Note that dogs are not allowed in this park.

Place: Tynehead Park at the Hatchery, 16695 96 Ave, Surrey. The entrance is on the north side of 96th Ave, between 168th St. and 164th St. If you get lost call Benita at 778-808-6315 for assistance.

Date: Wednesday, March 27, 2024.

Time: Meet at 10:00 am in the parking lot and the walk will start at 10:15 am. There is plenty of available parking at this site.

Registration: please email Benita Antonio at bmantonio8925@gmail.com by March 18th to advise if you are coming as I need to notify Metro Vancouver Parks ahead of time of the group size. This allows them to advise me of any potential trail closures or maintenance being done in the park.

Hope to see you there!

Canadian Dental Care Plan (CDCP)

The Federal Government is setting up a dental plan for Canadian seniors who do not have access to dental insurance. If you are over 70 years old, you may receive a letter by March 2024 with instructions on how to apply. If you are between 65 and 69, you can apply online between March and May 2024 (please check the website below for exact dates). Under 65, please also consult the webpage below to find out when you are able to register.

Note: **DO NOT CANCEL your current dental plan.** At this time, if you are on a dental plan or have access to a dental plan you ARE NOT eligible for the Dental Care Plan. According to the government website below, you are still considered to have access to dental insurance if you choose to opt out of an available dental benefit. If you are with Greenshield and you cancel your dental plan you CAN NOT opt back in. If with a different dental plan, check with them about the option of cancelling and reinstating it.

The following link will provide information on the Canadian Dental Care Plan, who can apply, when and how to apply, what services are provided and when you can see an oral health provider. The link is:

www.canada.ca/en/services/benefits/dental/dental-care-plan.html



The 55+ BC Games

The games will be held in Salmon Arm from September 10 -14 in 2024.



This annual multi-sport event is hosted by a different community each year in the Province of BC. It is the largest sporting event for the 55+ population with over 3000 participants annually. Here's an opportunity to try a new activity **or participate as a volunteer** in one of the 12 'zones' throughout the province. There is everything from track and field events and pickleball to low impact activities such as horseshoes, darts and card games such as cribbage. To visit the main website, search: <https://55plusbcgames.org> Registration is open from March 1st – June 30, 2024.

For a list of events and link to registration coordinators in your zone:

Zone 3 - Fraser Valley /Tri-Cities area residents: zone3info@55plusbcgames.org

Zone 4 - Burnaby and New Westminster residents: zone4info@55plusbcgames.org

Keeping fit - spiritually, mentally and physically.

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.

MY LIFE BROKEN DOWN INTO SEGMENTS



I'm getting so old that all my friends in heaven will think I didn't make it



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E-mail: randy@glasbergen.com

"You don't look anything like the long haired, skinny kid I married 25 years ago. I need a DNA sample to make sure it's still you."

Brain Health:

I take my brain health seriously. How about you?

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

Brain Bulletin 122 - No Neuroscientist Ever Topped this Advice from Mom

Remember mom's advice for boredom and bad behaviour? "Go outside and play!"

Mom was right. Brain science confirms this sound advice. When we spend too much time indoors we can develop NDD - nature deficit disorder (sometimes referred to as "indoor disease").

John Ratey states, "At every level, from the microcellular to the psychological, exercise not only wards off the ill effects of chronic stress; it can also reverse them. Studies show that if researchers exercise rats that have been chronically stressed, that activity makes the hippocampus grow back to its preshriveled state. The mechanisms by which exercise changes how we think and feel are so much more effective than donuts, medicines, and wine. When you say you feel less stressed out after you go for a swim, or even a fast walk, you are."

And, when we combine exercise with nature the benefits are squared!

It seems many of us spend too much time indoors with artificial light, screens, and constant distractions. It's no wonder we sometimes feel like we are losing our minds.

Consider these benefits* of "green exercise":

- lower blood pressure
- lower heart rate
- better mood
- increased creativity
- better ideas
- more serotonin and dopamine (happy chemicals)
- lower cortisol (stress hormones)



- less neuro-inflammation
- prevent and delay dementia
- happier thoughts
- feeling more positive
- better sleep

More movement outdoors in nature is just good medicine. If you enjoy going to the gym, great! Why not add a couple of outdoor activities a week? "The Nature Effect" is real. So go.

This is a neat little positive quote,

How Words Can Change the Brain

Stories can move mountains.

Stories are how our brains learn best, affecting and shaping us. They are the most effective communication tool we have. In fact, stories are the #1 brain state changer on the planet because they connect brain and heart. People don't connect with charts, graphs, and documents. We connect with people. So if you want to energize and influence people, use stories.

Tech Support:

To avoid scam emails always check the sender address to see if you recognize it and if the email address matches the company name. Never open an email you are not expecting or seems too good to be true. Lots of scams are out there and many start with: "Congratulations" or "You are eligible for ... ", and usually include an incentive geared to your web searches. They are just phishing for your information which can then be used to steal your identity or access your accounts. BE Careful.

Safety:

During these winter months we are spending more and more time in our homes and as we age, the safety procedures need to change to meet our needs. This newsletter, we are going to touch on fall prevention and home safety.

Home is where 50% of falls happen and the most common hazard is tripping over something on the floor. For older adults, falls are the number one reason for injuries related to deaths, hospitalizations and emergency room visits. These falls cause over 90% of hip fractures and 60% of head injuries. On average, every 30 minutes a senior is hospitalized because of a fall.

Falls can have a devastating and lasting impact on a person, resulting in injury, chronic pain and a reduced quality of life. Even without an injury, a fall can cause an older adult to lose confidence and reduce their activities¹. There are many things one can do to prevent a fall. Here is a list of some of them.

Generally:

- Exercise, especially balance, strengthening and stretching exercises
- Take your time when getting up or walking
- Get your eyesight and hearing checked regularly and then maintain your eyeglasses and hearing aids
- Remove reading glasses when going up or down stairs.
- Manage and review your medications with your doctor and pharmacist – some may cause dizziness / falling
- If unsteady on your feet, use a cane or other mobility device
- Use a different colour to show changes in surface type or level



- Choose your footwear carefully. Look for good grip and a flat or low wide heel and if your shoes have laces, tie your laces before taking a step.

In the home:

- Move furniture so people can move around easily
- Keep high traffic areas free of obstacles and clutter
- Have proper lighting throughout the home but especially in halls, stairs, walkways and bathrooms. Open window coverings during the day.
- Keep stairs clear of clutter, ice and snow. Install hand rails along the stairs (on both sides if needed)
- Try and make walkways and driveway clear of clutter, ice and snow and as smooth and level as possible
- In the bathroom, install safety grab bars in the tub / shower, beside the toilet and anywhere else a person may need to steady or raise themselves
- Remove any slipping or tripping hazards or at least move the items out of the way so a person can't trip or slip. Keep/secure cables and cords close to walls.
- Use non-slip mats / rugs or secure with double sided tape and avoid highly slippery wax floors (if must wax, use non-skid variety)
- Ensure regularly used items are within easy reach (between knee and shoulder height)
- Wipe up spills as quickly as possible

By following some of the suggestions above, a person can reduce the risk of falling and keep themselves and their loved ones safer.

Resources used for this article:

[Resources – Seniors Helping Seniors](#) (Fall Prevention Section)

¹ [Falls in seniors – Parachute](#)

[Safety at Home - Balance & Dizziness Canada \(balanceanddizziness.org\)](#)

[Prevent Falls - Balance & Dizziness Canada \(balanceanddizziness.org\)](#)

[Wellness Toolkit - Balance & Dizziness Canada \(balanceanddizziness.org\)](#)

[Fall Resources for Seniors \(findingbalancebc.ca\)](#)

Merchandizing:

We are excited to bring you this opportunity to brag about our Association. Please keep in mind it is a work in progress. In the last couple of months, due to the large interest in purchasing the merchandise, the Association has been working out a way for members to order items themselves online. The bugs are still being worked out and as we get more information it will be passed on to you, until then: *the items below are available at our meetings.*



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



Sparkel

Mugs: \$10.00



Royal blue with
white logo
Pen \$2.36



Thank you card \$5.00

From the Membership:

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.



Council of Senior Citizens Organizations of BC (COSCOBC): <http://coscobc.org/> has a lot of good courses which fill up quickly. The latest list of courses and events can be found at: <https://coscobc.org/events>. COSCO also has a Facebook page and Newsletter resources if you are interested in what is going on in BC with seniors.

Seniors Helping Seniors: <https://seniorshelpingseniors.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.

Resources:

At a previous meeting, a request was made by several members for ways to dispose of / recycle items from an estate or for downsizing. Many suggestions were put into the October Newsletter; however, as this is a work in progress any additional suggestions from you will be helpful. If you know 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@bcgrea.ca.

Below are some new resources:

Towels and blankets: besides thrift stores, some animal shelters / wildlife rehab facilities and vets are also looking for clean, lightly used towels and blankets with no feathers, tassels, holes or choking hazards. It is best to call before donating to see if they need them.

Critter Care Wildlife has a very extensive list of items they will take for donation. They look after BC's Native Mammal Species and are only 1 of 3 bear rehabilitation facilities in BC. You can view a regularly updated list at: <https://www.crittercarewildlife.org/wish-list>



Help Wanted:

- ***Editor and Chief or Journalists for our Newsletter***

Are you missing your communications and public relations days? How about taking on the Branch newsletter or writing a few articles / taking pictures? 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.