

BC GOVERNMENT RETIRED EMPLOYEES ASSOCIATION

LANGLEY/SURREY BRANCH 2100

JANUARY 15, 2024 1:00-3:00 PM Royal Canadian Legion, 17567 57 Avenue, Surrey

MINUTES

Call to Order/Introductions:

Adoption of Agenda: M/S/C

Adoption of Minutes from NOVEMBER 20, 2023: M/S/C

Speaker: Jason Hodge, Township of Langley fire department; Kaitlin Frost and Wincy Wan, MedWatch

- MedWatch – allows you to share your personal health information with emergency responders (fire fighter, paramedics, ambulance, hospital, etc.)
- Green sleeves are supplied by Fraser Health programs. Content is specific to Med Watch program.
- Green sleeves are available from: 604-510-5081; info@medwatch911.ca; Langley Division of Family Practice; and www.Medwatch911.ca
- Our health system is designed to keep you alive
- But the Medwatch allows you to specify your own personal wishes, such as:
 - o Goals and priorities
 - o Your personal fears of the health care system
 - o What do you not want done to you
 - o What are you willing to go through for more time
- PU COPIES IN THE ENVELOP. NOT ORIGINALS. THE PACKAGE MAY NOT COME BACK FROM THE HOSPITAL WITH YOU.
- Put the envelope on your fridge
 - o If not magnetic, put a green dot of the front door. The second green dot is on the outside of the door
- Essential information
 - o Who do want to make medical decisions for you. Fact half of the people over 65 in the hospital need to have someone make a medical decision for them; 25% need to have someone make all the decisions for the patient
 - o FORMS
 - o Enduring power of attorney – for financial decisions only. Need ‘enduring’ so that if there is loss of cognitive awareness. Reuires notary/lawyer to sign off on
 - o Representation agreements –
 - a) 7RA some health care like move to a facility, but not end of life
 - b) 9RA – all including end of life care decisions
 - requires 4 signatures – subject, representative, plus 2 witnesses
 - o temporary substitute form – list of family members. Can also list people that you don’t want to make decisions for you.
 - o Fraser Health
 - MOST form, requires doctor’s signature and date. Outlines scope of treatment for advanced care plan. Has bar code so any Fraser Health facility can access the information
 - No CPR form – aka DNR. Requires doctor’s signature and date
 - To be renewed annually
 - o How to talk to your doctor about end of life care – talk about the 4 questions above

- Carry ID with you all the time!

Reports:

President: Wilf Broderick

- Legion location booked for all 2024 meetings
- Catered meals for June and December lunches. Can bring in dessert snacks.
- Meetings are the third Monday of every month EXCEPT for February, May and December, which have been moved forward to the second Monday.

1st Vice President: Robin Rutherford – no report

Secretary: Carol Paulson – no report

Treasurer: Lu Gaudet – opening balance \$10,275; closing balance \$9,636.19

- 2 auditors selected
- 2024 budget t/b submitted

Membership: Janice Leonard – 721 members; 1 transfer out; 3 resigned (were all part of the drive); 2 from other branches;

Merchandising: Janice Leonard

- samples available
- Order limited items through the BCGREA webpage for individual orders

Newsletter: Janice Leonard

- Interesting stories welcome
- Writers welcome

Phoning: Chris Roberts – no report

Good and Welfare: Surindar Angl. 1 card sent

Walking Group: Benita Antonio – looking at a park in Surrey, for March

Convenor: Linda Mann and Christine Sereda – thank you Chris for sourcing the snacks for today

Guest Speaker Committee: Darryl Walker, Benita Antonio, Margaret Mubanda, Judy Gill

- February speaker - issues we face as we age

COSCO: Renee Poley and Margaret Mubanda – no report

Motion to accept reports - **M/S/C**

Old Business: none

New Business: none

Registration: Marina Stevens

Total: 45 members and 2 guests

Member Donation: \$50.00

Adjournment: 3:15 pm

Next Meeting: February 12, includes Branch elections