

MINUTES

TOPIC: Sleep, Sue Heuman, Seniors Health and Wellness Institute

Good sleep is required when you are older

Impacts: emotional wellbeing, mood, social behaviour

Circadian rhythm = internal body clock. Everyone has this clock, a different one

Sleep/wake cycle is a master clock in the brain

Affects physical wellbeing: performance, reaction time, risk of depression and anxiety, blood pressure, disease resistance, weight fluctuations

Sleep patterns:

Medical conditions can affect sleep; e.g. sleep apnea, thyroid disease

Sleep needs vary from person to person.

Older adults do not necessarily require less sleep than younger adults.

Older adults often get less sleep than optimal as a result of health problems.

Time in bed may be the same, but quality of sleep may be significantly different.

During sleep, the body repairs itself

Stages of sleep

Sleep Stages	Type of Sleep	Other Names	Normal Length
Stage 1	NREM	N1	1-5 minutes
Stage 2	NREM	N2	10-60 minutes
Stage 3	NREM	N3, Slow-Wave Sleep (SWS), Delta Sleep, Deep Sleep	20-40 minutes
Stage 4	REM	REM Sleep	10-60 minutes

Dreaming – in any stage

Dream phase REM. Muscles are paralyzed during this stage

Falling asleep Sleep changes

Age 20 - takes 16 minutes to fall asleep

Age 70 - takes 18.5 minutes to fall asleep

Sleep related difficulties

- environmental disturbances
- have difficulties in falling to sleep? Try spelling words out loud
- incontinence
- anxiety
- can't get back to sleep? Use a rocking chair

Naps

- 20 minutes are ideal
- Take at the same time every day
- If you have difficulty sleeping, stop napping

Insomnia

- Difficulty falling asleep
- Waking up
- It's a symptom not a condition
- Determine the cause

Two types of insomnia

- Primary – not due any specific physical or mental imbalance; e.g. job loss, death, divorce. Environmental changes, noise. Jet lag.
- Secondary – due to a side effect of another disease; e.g. congestive heart failure, COPD, pain

Sleep apnea

- Condition in which a person temporarily stops breathing 10-30 seconds while sleeping
- Treatment via CPAC (Continuous Positive Airway Pressure)
- Also, lose weight and avoid alcohol before bed

Nocturia

- the need to get up frequently to urinate during the night
- common cause of sleep loss and becomes more common with age.
- affects nearly two-thirds of adults, ages 55 to 84, at least a few nights per week.
- reasons: older bodies produce less of the hormone that enables us to retain fluid, the bladder tends to lose its holding capacity.

Sleep hygiene

- wake up at the same time every day
- sleep in a dark, quiet room
- DON'T
 - o have caffeine or alcohol late in the day
 - o smoke
 - o drink anything right before bed
 - o spend time in front of a screen

Handout: https://bcgrea.ca/wp-content/uploads/2026/02/Sleep_HO_English_2025-02-12.pdf

Sleep Journal: https://bcgrea.ca/wp-content/uploads/2026/02/Sleep_Journal_2-

Page_Letter_2021-04-13-1.pdf

1. **Call to Order: 2:29 pm**
2. **New items/Adoption of Agenda: M/S/C**
3. **Adoption/Correction of Minutes: February 9, 2026 M/S/C**
4. **Reports:**

President: Wilf Brodrick

- AGM April 23
- As 1st Vice president. Looking at the new Retired BC Teachers plan, which is now self-funded extended health and dental plans. BCGREA, Municipal and College retirees organization are evaluating ways and means of improving services and looking for improvements to coverage.

Vice President: Renee Poley – nothing to report

Secretary: Carol Paulson – nothing to report

Treasurer: Gerry Nelson

Opening balance: Feb. 1, 2026 \$2717.30

Revenue: \$458.50 (donation to Meals on Wheels; non-DCO dues collected)

Expenses: \$437.59 (room rental, meeting food, printing)

Closing balance: Feb 28, 2026 \$2738.21

M/S/C

Membership: Janice Leonard - 699 members, 3 new, 1 transferred in, transferred out 1, 1 resigned. Lionel is now living in Bayview in White Rock.

Merchandising: Janice Leonard – examples on table. New pens coming

Resource table – of the materials from the speakers

Newsletter: Janice Leonard – to be published at the end of April. Please submit stories.

Phoning: Chris Roberts – no report

Good and Welfare: Surrindar Angl - no report

Outdoor Ramblers: Benita Antonio

- Tuesday March 24 10 am, in Campbell Valley Park
- Saturday May 23 Glades Garden 10 am. Tickets required

Convenor: Catherine Pritchard, Diane Felgate, Lynn Schneider, Sheila Zeiner – no report

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

April 20 – travel

May 11 – Third Age Learning, Kwantlen

COSCO: Wilf Brodrick, Renee Poley, Margaret Mubanda

- Margaret Young, Global Alliance for the Rights of Older Persons. Working with the UN to enshrine the rights in UN programs
- BC budget – shocked to see so many negative changes that affect seniors. Seniors organizations are reenergized for lobbying, ahead of Royal Assent in June.

Motion to accept all reports: M/S/C

5. **Old Business:**

- a. There is life time limit on extended health, \$200,000. If you have reached this limit, you must pay all the charges.

Very few people are near the limit.

When you approach the limit, Green Shield will send a letter.

When you receive a claims statement, there is a portion at the end of the amounts spent and balance.

- b. AGM observer has declined. Does anyone want to observe? The meeting is 9 am - 3 pm. Contact Wilf or Carol.

6. New Business:

The following resolution will be forwarded to the BCGREA Resolutions Committee for consideration at the AGM.

“At a regular meeting held January 19th, 2026 the members of BCGREA Langley/Surrey Branch #2100 attending the meeting passed the following resolution:

Whereas, Lucille (Lu) Gaudet has been an active member of BCGREA Langley/Surrey Branch #2100 for many years, including serving for many years on the Branch Executive, and

Whereas Lu has given exemplary service over many years as Branch Treasurer, until her recent decision to step down from that position,

Therefore be it resolved that the members of BCGREA Langley/Surrey Branch #2100 strongly recommend that Lu Gaudet be awarded the status of “Honoured Member” of the BC Government Retired Employees’ Association.”

7. Registration: Kim Ludwig

- a. 53 members and 4 guests

8. Member Donation: Kim Ludwig

- a. \$53.50

9. Adjournment: 3:02 pm

2026 meeting schedule:

2026:

April 20 - Easter is the 1st Monday

May 11 – second Monday. 3rd Monday is Victoria Day

June 15 – summer social

September 21

October 19

November 16

December 7 – first Monday to avoid being too close to Christmas

M/SC/ April 20, 2026

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