

BCGREA Branch 2100 Surrey Langley Langley/Surrey Branch 2100	November 17, 2025 1-3 pm Royal Canadian Legion, 17567 57 Ave, Surrey
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Adopted MINUTES

Speaker: Connie Jorsvik, Senior Healthcare Navigator-Advocate, Owner of Patient Pathways

This information will be presented in January, via Zoom, in a three-hour presentation.

This information is also summarized and available on patientpathways.ca

Ms. Jorsvik's book, *Navigating the BC Healthcare System*, is available as an e-book through all internet sellers (Kindle, Amazon, etc.)

The health system still uses faxes; but about half of the faxes are not delivered correctly

Patients and care partners must advocate strongly for themselves

Be kind, proactive and assertive; do not wait for calls. Follow up, follow up, follow up. Have all your questions prepared ahead of time.

Purple dot system – if you have ever been aggressive, a purple dot will be placed on your file. And will stay there forever and may affect your treatment in the future

Have a notebook for every one of your appointments – we only retain 20% of the information we are told, and half of that memory is wrong. Ask to record your conversation.

Use technology as much as you can

Sign up for My Compass, so you can see all your historical lab results

Be sure that you can access your BC Health care, which logs all your medications and vaccinations

If you are concerned about vaccines from a long ago, ask your doctor for a titre test

GREEN SLEEVE program in Fraser Health. Keep on the fridge, or keep a clear note on the fridge as to where the green sleeve is located. These are the items that should be in the Green Sleeve:

- **Advance care planning** (ACP) document. Everyone needs one, regardless of your age. It allows you to plan all your care, especially in case of car accident, etc.
- **Representation agreement**
 - o Values, beliefs, expectation of your wishes for care
 - o Form is free through NIDUS.ca
 - o Provincial form is too simple
 - o What do you want tomorrow – not in long term – eg. In case of a car accident, heart attack
 - o What do you want if you need critical care. This is not DNR
 - o Exit strategies: under what conditions do you want to stop antibiotics, nutrition, etc.
- **Enduring Power of Attorney** (not a regular one). An Enduring POA will say 'capable and incapable'
 - o The person named will make decisions when you can't
 - o Deliver a copy to the bank long before it's needed, in order to prevent delays at death
- **Advance Directive** Available free from Dying with Dignity
 - o Only applies to health care
- **Medical Orders for Scope of Treatment** (MOST). Outlines 6 levels of treatment. If you don't want CPR, must go to doctor for this
 - o Signed by a physician
 - o Discuss ahead, do not wait for the crisis
 - o Specifically critical care
- **Expected death at home** form. If you are planning to die at home, having this form completed, stops calls paramedics, police, and coroner

At the hospital, you will be asked for your:

Substitute Decision Maker (SDM) or

Temporary SDM (TSDM)

Automatic hierarchy of SDM, if you have not named anyone else:

Spouse

Adult children

Sibling

Friend

This hierarchy does not apply if you assign a specific person

'Treatment' by physicians, can be withdrawn by doctors. 'Care' is by nurses and will never be withdrawn.

Primary care practitioner (PCP). If you do not have one, go onto healthlinkbc.ca to register for one. Wall-in clinics count as a PCP. Telus Health, telushealth.com, also has a list.

When you go to Emergency, take a list of all your medications, your medications, food, water, your representative, phone charger, blanket, ear plugs, eye covering

At the hospital, decisions move fast, ask for clarification of everything/anything. If you are the representative, your job is to go to the nurses' station for answers

A **Discharge summary** is critical, listing:

- ALL medications – not just new ones, and not just old ones. The complete list
- Instructions for home care; you must have the correct equipment and support there.

Out of home care has a hierarchy:

Independent (mostly private), some with a la carte aka transition

Assisted (some private, public, non-profit)

Long term aka extended care – 24 hours/day assistance, physical, dementia

Hospices (non-profit) – mostly for cancer patients. Only eligible if death from a disease (not from aging) is expected within 3 months

1. **Call to Order:** 1:04 pm. At 1:06 paused until 2:10
2. **New items/Adoption of Agenda:** M/S/P
3. **Adoption of Minutes:** from October 20, 2025 M/S/P
4. **Reports:**

President: Wilf Brodrick

- o The BCGREA motion to increase dues (for the first time in 16 years) by \$5 was passed. There has been some pushback, with about 1% of the membership cancelling their membership. There was also some pushback regarding the reduced fee for couples.
- o If you are two spousal members paying individual dues, you'll need to email Central Support and ask for the couple rate
- o The recent BCGEU strike might delay the administration of the dues check off in February
- o The BCGREA table officers are working with the college of teachers and municipal retirees to see if they can arrange a common insurer for life, travel, property, etc.
- o Be sure to open any emails from the BCGREA Central Support. There usually important messages

Vice President: Renee Poley – no report

Secretary: Carol Paulson – no report

Treasurer: Lu Gaudet

True balance \$2590.68

The rent for the meeting room is going from \$218 to \$300 (incl GST). Room booking prices have increased for 2 reasons: the Legion increased their hourly rate; and secondly, we used to book for 3 hours; but we have been routinely been using the room for 4 hours, so we have now booked for 4 hours

We are anticipated to have \$700 in bank at year end on Dec 31. We will have funds for the January meeting; but may need to get an advance from Central for the February meeting

Motion to accept the Treasurer's Report: M/S/P

Membership: Janice Leonard

696 members, 3 new members, 1 transferred in, 3 passed away, 8 resignations, need to deliver certificate to 1 life member

For the 38 members of this Branch that are not on DCO, i.e. if you pay by cash, cheque, or direct deposit, your dues, now \$25, will need to be paid in January. Wait for the Membership Chair to reach out.

Merchandising: Janice Leonard

All displayed. Oct 23 committee meeting was held by Zoom

Also, all the resources that the Branch has from previous speakers are available to view

Newsletter: Janice Leonard

Sent Nov 9. By Nov 10, 340 people had looked at it; 114 people had opened the newsletter.

Phoning: Chris Roberts - no report

Good and Welfare: Surrindar Angl- no cards

Outdoor Ramblers: Benita Antonio - no report

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

Guest Speaker Committee: Darryl Walker, Judy Gill, Margaret Mubanda, Benita Antonio – no report

December - social

January – Service Canada re: the Canadian dental plan

COSCO: Wilf Brodrick, Renee Poley, Margaret Mubanda

Wilf is chair of the COSCO Finance committee

Renee is the Treasurer

Renee – COSCO is now very active on Facebook. Follow it to get lots of updates.

Motion to accept all reports: M/S/P

5. Old Business: Nil

6. New Business:

Branch elections. The positions are for 2 years, effective January 1, 2026.

Elected by acclamation:

- Vice-President – Renee Poley
- Treasurer – Gerry Nelson
- Director at Large – Darryl Walker
- ⊖ Director at Large – Val Dahl

7. Registration: Marina Stevens

46 members; 3 guests

8. Member Donation: Marina Stevens

\$67.00

After the December meeting, the following people will deliver our donations to Meals on Wheels offices:

Langley location - Marina Stevens

Surrey locations - Marlene Fraser

9. Adjournment: 3:08 pm

2025 and 2026 meeting schedule:

Dec 8 – second Monday to avoid being too close to Christmas

2026: Jan 19

Feb 9 – second Monday. 3rd Monday is Family Day

March 16

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

Adopted December 8, 2025