

Draft MINUTES

**Speaker:** Estefany Rodriguez; Registered hearing Instrument Practitioner

We will be speaking about hearing health awareness and how hearing loss can affect people both physically and socially. Hearing loss can lead to social isolation, mental tiredness, depression and anxiety. We will also go over options, solutions, and what to expect from the hearing testing process.

- if you have Tinnitus, check to see your hearing loss as well. Often, hearing aids will help mitigate the effect of tinnitus
- hearing test – there is usually a wait list through public health
- Hearing Life will test and send a report to your doctor with no fee
- Hearing Life will do a baseline test for free for walk in
- if you ask Hearing Life to do a private test with report to yourself, fee will be approx. \$100
- hearing and balance are located in the same area of the ear
- if you can't identify the source of sound, have tinnitus, notice background noise, can't distinguish multiple noises (conversations), get tested. If you are seeing the mouth move but not hearing all the sounds, get tested.
- being unable to hear women's and children's voices – the higher range – are the first to go
- low sounds are affected last
- usually happens over time, we are good at compensating. Doing a lot of work to compensate. Sometimes don't know what we are missing.
- if you avoid going out and doing activities, may be
- not able to have a hearing test if – ears plugged with wax, inclusion in the ear, ear infections
- Hearing loss can lead to brain strain, which leads to anxiety, stress, social isolation.
- Hearing aids may not be 100%, but having aids is better than not having them
- 60% of adults are dealing with tinnitus and some hearing loss
- 85% after of people after 60
- hearing loss due to: genetics, aging, job situations
- need 8 hours of quiet a day to recover from the noises of the day
- types of aids – behind the ear, buds in the ear. Depends of the loss, life style. Now rechargeable vs. batteries. Connectivity via Bluetooth for phone. Remotes.
- It takes time for the brain to get comfortable with the recovering of sounds that you've been missing.
- 30 day trial, no money down. Usually basic \$200-500 per ear, lowest tech level. Up to \$10,000 for the high tech ones.
- Hearing Life will price match on technology. Sale prices honoured.
- Big box stores have proprietary programming so not able to match
- Life span of hearing aids is 5-6 years if maintained.
- If an old hearing aid has not been customized, can be utilized by another person.
- Hearing Life products are made in Poland, Denmark, and Mexico, so not attracting a tariff
- Hearing aids are also for the other people in your life – reduces misunderstanding, repeating, aggravation
- BCGREA - 10% discount on top of any other promotion

1. **Call to Order:** 2:20 pm
2. **Adoption of Agenda:** M/S/C
3. **Adoption of Minutes:** from April 14, 2025 M/S/C

4. **Reports:**

**President:** Wilf Brodrick

- New policy regarding COSCO delegation. Any Branch can send delegates to COSCO. The branch needs to nominate them, then send an email the BCGREA president, who will appoint them. Our branch has nominated Renee Poley and Margaret Mubanda. If anyone wants to become the COSCO delegate, Margaret is willing to step aside.
- At the AGM, Wilf was re-elected the BCGREA 1<sup>st</sup> Vice-President
- the Pension Trustee board decides what extended medical and dental Greenshield covers. GS only administers the benefits that the Pension Board contracts. Blue Cross was not properly administering the contract. When the Pension Board contracted GS, the loopholes were closed.
- Belair Direct – issues logging on; no call back feature
- Shirley – glad she attended, especially with the Pension Fund report, and where the Fund is invested. The fund is 113% solvent – if it shut down today, the fund has resources can pay out all retirees, with 13% left over
- Pensions BC manages pensions for BCGREA, Municipal, Teachers, and Colleges
- Preliminary BCGREA survey results – 75% supports a dues increase of \$5/year. Not needed at the moment, but will likely be on the agenda at the next AGM, for implementation in 2027
- BCGREA staying active in the BC Health Coalition
- Re: BCGREA Name change - 50% surveyed said yes, 25% stay the same. Proposal underway. 40% of BCGREA members have never worked for the government. Possible new name 'Public Service Retirees'
- Leadership team meeting, May 26 Monday 10:30-1:30. If you have a concern that you would like the leadership team to address, please let one of them know

**Vice President:** Renee Poley

- Excellent meet and greet reception the night before to meet delegates from all over the province

**Secretary:** Carol Paulson observed the AGM via Zoom, which was an excellent way to stay informed.

Thank you Kim and Gerry for taking minutes in March and April respectively while I was away recovering from surgery

**Treasurer:** Lu Gaudet

- Opening balance \$ 6473.84: and closing \$5420.86
- The provincial body encourages Autodeposit etransfers as a way to reduce scams
- Insurance coverage is recommended for meetings. Our branch meetings are covered at the Legion
- Provincial executive allows honoraria to be paid to the branch executive. They would be paid one time paid by provincial treasurer, out of provincial funds. Our branch has not opted for this.
- Collecting and recording non DCO dues, locally collected and forwarded right away. Prefers central to collect non DCO dues
- Merchandize – no discount, cost recovery. Can give it away.
- The provincial financial policy to be drafted later this year

- Re; food expenses at meetings, we are compliant with BC Societies Act and BCGREA policy

**Membership:** Janice Leonard – 700 members

**Merchandising:** Janice Leonard – ne merchandise samples will be available at the June meeting

**Newsletter:** Janice Leonard – next issue is in July. As you go on mini trips this summer, consider sending a photo and short article to the Janice for the newsletter

**Phoning:** Chris Roberts – no report

**Good and Welfare:** Surrindar Angl – 3 cards sent

**Walking Group:** Benita Antonio – walks scheduled for May 17. Looks like rain, so email Benita if you can't make it

**Convenor:** Christine Sereda

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

June – Branch social,  
September  
October  
November  
December  
January

**COSCO:** Wilf Brodrick, Renee Poley, Margaret Mubanda

## **Motion to accept all reports M/S/C**

### **5. Old Business:**

Life labs issues. Please report any concerns to the BC Health Coalition

### **6. New Business:**

### **7. Registration:** Marina Stevens

30 members ; 1 guest

### **8. Member Donation:** Marina Stevens - \$27.25

### **9. Adjournment:** 3:15 pm

## **2025 meeting schedule:**

June 16  
Sep 15  
Oct 20  
Nov 17  
Dec 8 – second Monday to avoid being too close to Christmas  
January 19