

Draft MINUTES

Speaker: Sue Heuman, COSCO Health and Wellness institute, Osteoarthritis

- Osteoarthritis, the most common type of arthritis.
- The leading cause of long-term disability, affects men and women equally.
- Occurs when the cartilage cushion between the bones breaks down, it causes pain as the bones knock against each other
- Cartilage does not rebuild or repair; research on replacement cartilage is underway but not available at the present time.
- Symptoms: achy, stiffness for 30 minutes after awaking, joint pain, crackling in the joint.
- Causes: aging, hereditary, repetitive activities, other kinds of arthritis, old injuries
- Risks: high blood pressure, high sugar, high cholesterol, overweight
- Inflammation is a key factor in the development of heart disease.

- Walking, moderate exercise keeps the cartilage nourished and strengthens muscle around the knee. 2500-7000 steps a day. Pool exercises also enhance well-being.
- Types of exercises: stretching, range of motion, low impact aerobics, balance
- Losing weight reduces pain, and improves mobility, but will not reverse osteoporosis
- Living with osteoporosis: eat well-balanced meals, avoid ultra-processed foods, alcohol and sugar, be physically active, retire and awake at the same time.
- Protect joints – use walking sticks, canes, walker, use stairs rails, assistive devices, grabber shoe horns, neck support, sleep with pillow between knees, use knees to rise
- Pain meds and management: use moist heat that increases blood flow. For pain and swelling, use ice packs. Take pain meds before activity.
- Set SMART goals: Specific, Measurable, Actionable, Realistic, Timely. Have a backup plan. Review and modify

- Link to handout:
https://bcgre.ca/wp-content/uploads/2025/09/Osteoarthritis_HO_2025-07-01.pdf

1. Call to Order: 1:04 pm

2. New items/Adoption of Agenda: M/S/C

3. Adoption of Minutes: from September 15, 2025 **M/S/C**

4. Reports:

President: Wilf Brodrick

- has stepped in for Brian Green, undertaking BCGREA Presidential duties
- attended BC Teachers' Federation conference re: BC Age friendly cities
- attended COSCO conference 'Human Rights and Aging: Advocating for an Equitable Future'
- attended National Pensioners Federation, who's function is to lobby
- Extraordinary General Meeting, Oct 15

3 resolutions:

- o Dues increase - passed. From \$20/year to \$25/year. Regarding \$40/couple: need to confirm what dues married members pay if they had both been provincial employees. \$40/couple or \$25/member
- o Honoraria paid to table officers and Branch officers – passed
- o Past President term - passed

- Directors meeting Q & A
- Nov 4 Branch Leadership Team

Vice President: Renee Poley

- COSCO conference attended by strong organizations, all addressing ageism and solutions
- Camaraderie and acceptance of the challenges of aging
- Follow the COSCO Facebook page for tips and information

Secretary: Carol Paulson

- o COSCO – Attended by Zoom Oct 4 & 5. Well worth the time hearing the challenges regarding ageism and the positions and initiatives of the various organizations, across Canada.

- Idea raised at Oct.15 Directors Meeting – the possibility of the Branches establishing Facebook pages. This is in the early stages of development but if any members interested in coordinating a Facebook page, let one of the executive know.

Treasurer: Lu Gaudet

- Opening balance \$3,768.08; Closing balance \$3,353.74
- Wilf – has booked the facility for 2026. There is a slight increase in costs
- Accept report: **M/S/C**

Membership: Janice Leonard. 720 members, 2 new in attendance today. One Life Member certificate to delivery.

Merchandising: Janice Leonard. No new items.

Newsletter: Janice Leonard. Scheduled to be published at the end of October. New column 'And so this happened'

Phoning: Chris Roberts. No report

Good and Welfare: Surrindar Angl. No report

Outdoor Ramblers: Benita Antonio. Next walk is scheduled for March.

Convenor: Catherine Pritchard, Diane Felgate, Lynn Schneider, Sheila Zeiner

Guest Speaker Committee: Darryl Walker, Judy Gill, Margaret Mubanda, Benita Antonio
November – Navigating the BC Healthcare System

December - social

January – Service Canada dental program

COSCO: Wilf Brodrick, Renee Poley, Margaret Mubanda

- Very successful conference: dipped into savings to pay for it

Motion to accept all reports: M/S/C

5. **Old Business:** nil

6. **New Business:**

- The Branch election is on November 17. The positions are for 2 years and the positions up for election in 2025 are:
 - Vice-President
 - Treasurer
 - Director at Large
 - Director at Large

7. **Registration:** Marina Stevens. 49 members + 4 guests

8. **Member Donation:** Marina Stevens. \$29.50

9. **Adjournment:** 2:48 pm

2025 and 2026 meeting schedule:

Nov 17

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 – indoor picnic

September 21

October 19

November 16

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