



Living

IN THE 21ST CENTURY

A SENIORS' STRATEGY

Conference Program

Virtual Conference by Zoom

Monday Sept. 27 and Tuesday Sept. 28, 2021

Please check www.coscobbc.org for the latest conference updates



New Horizons
for Seniors
Program

Day one

Monday, September 27, 2021

8:30 am Conference call to order.

Welcome and greetings:

- Sheila Pither, COSCO President
- Garnet Grosjean, Conference Facilitator
- Debra Sparrow, Musqueam First Nation
- Malcolm Brodie, Mayor of Richmond.

8:45 am Conference Dedication to Art Kube, Lorraine Logan and Pat Brady

- Gudrun Langolf and Sheila Pither

9:00 am Keynote Speaker:

- David Eby, Attorney General of B.C. and Minister responsible for Housing

9:30 am Keynote Speaker:

- Isobel Mackenzie, B.C. Seniors Advocate
Hope and opportunity in a post Covid world

10:00 am Panel Discussion: Rights for Older Adults

- Alison Leaney, B.C. Public Guardian and Trustee
What you need to know: rights, responsibilities and roles under B.C.'s adult guardianship laws
- Sherry Baker, B.C. Community Response Networks
Preventing and dealing with elder abuse.
- Connie Newman, Canadian Deprescribing Network
Championing medication safety in Manitoba
- Andy Yan, Urban Studies, Simon Fraser University
Seniors housing needs

10:40 am Comfort and stretch break, participants move to workshops.

11:00 am Workshops

1. Public Guardian & Trustee workshop.

- Alison Leaney.
- Moderator: Diane Wood

2. Preventing and Dealing with Elder Abuse.

- Sherry Baker.
- Moderator: Jerry Gosling

3. Promoting Safe Medication Use.

- Camille Gagnon and Janet Currie,
- Canadian Deprescribing Network
- Moderator: Leslie Gaudette

4. Seniors Housing Needs.

- Andy Yan
- Moderator: Gudrun Langolf

12:00 pm Lunch break

1:00 pm Keynote speakers:

- Adrian Dix, Minister of Health, greetings
- Mable Elmore, Parliamentary Secretary for Seniors' Services and Long Term Care

1:30 pm Panel Discussion: Strategies for Seniors Health

- Jim Sinclair, Board Chair, Fraser Health Authority
Challenges in providing community health care to older adults.
- Andrew Wister, Professor and Director of the Gerontology Research Centre, SFU
Social isolation and older adults due to the pandemic.
- Jay Chalke, B.C. Ombudsperson
Status of Ombudsperson recommendations for seniors care.
- Peggy Edwards, Consultant and Writer on Healthy Aging
Reimagining healthy aging: where to from here?

2:10 pm Comfort & stretch break, while moving to breakout rooms for workshops.

2:15 pm Workshops

1. Health Authorities – Going Forward.

- Jim Sinclair
- Moderator: Barb Mikulec

2. Healthy Aging in Canada.

- Peggy Edwards
- Moderator: Barry Jones

3. Social isolation of older adults due to the pandemic.

- Andrew Wister
- Moderator: Albert Lemmonier

4. Ombudsperson “Best of Care report (2012) – which recommendations are implemented and which remain for individuals to advocate for.

- Jay Chalke
- Moderator: Agnes Jackman

3:15 pm Adjournment

Day two

Tuesday, September 28, 2021

9:00 am Conference Call to Order and Recap of Day one

- Garnet Grosjean and Sheila Pither

9:15 am Keynote Speaker:

- Shirley Bond, Interim Leader, B.C. Provincial Opposition

9:45 am Keynote Speaker:

- Kasari Govender, B.C. Commissioner of Human Rights.
Human rights of older adults

10:15 am National strategies for

Living in the 21st Century

- Andrew Sixsmith, Professor, and Director of SFU's STAR Institute, Department of Gerontology, Simon Fraser University
Seniors and technology
- Linda Fawcus, Founder, Gluu Society
Helping older adults stay connected

11:15 am Comfort & stretch break.

11:45 am Addressing Long Term Care and Ageism

- Pat Armstrong, Distinguished Research Professor Emeritus, York University
Guidelines for changing long-term care in a positive direction.
- Martine Lagacé, Professor, University of Ottawa, Affiliated Researcher, LIFE Research Institute
Ageism

12:45 pm Summing up the conference

- Peggy Edwards
What did we hear? A summary

1:00 pm Closing of the Conference:

- Sheila Pither and Garnet Grosjean
Acknowledgements and Final Comments

Acknowledgements

COSCO acknowledges that our technical headquarters for this conference is located on the traditional, ancestral, and unceded territory of the Musqueam people.

We also acknowledge our conference sponsors and thank them for their support.

Major Sponsors

- New Horizons for Seniors Program
- B.C. Retired Teachers Association
- B.C. Government and Service Employees' Union
- B.C. Government Retired Employees Association

Sponsors

- Labourers Advancement Fund
- Health Sciences Association
- Community Savings Credit Union
- Hospital Employees' Union

Conference Committee:

Conference Chair: Sheila Pither

Conference Facilitator: Garnet Grosjean

Committee members: Betty Bolton, Leslie Gaudette, Jerry Gosling, Gudrun Langolf, Barbara Mikulec, Annette O'Connor, Irv Rootman, Jean Sickman and the late Pat Brady

Conference Tech Management:

- Trevor Marples of Leaders Media
- Olang Cerda-Moesker and Valary Thompson of Hart House

Technical Headquarters:

Executive Hotel Vancouver Airport

7311 Westminster Highway, Richmond B.C.

About COSCO

The Council of Senior Citizens' Organizations of British Columbia is a democratic, non-partisan umbrella organization with over 65 affiliated organizations representing 80,000 seniors. COSCO is recognized as a leader for social change affecting seniors. Our motto is seniors helping seniors.

COSCO was founded 71 years ago by retired railroad workers to provide an effective voice for seniors in British Columbia. The purpose of COSCO is "to assemble, coordinate and advance proposals and resolutions related to the health, social and economic well-being of elder citizens in the province."

Our organization is governed by a monthly delegates meeting and a 19 member Executive Board. All work is done by volunteers. A major focus is promoting good health. The Seniors' Health and Wellness Institute – COSCO provides free workshops on 45 topics on healthy living, legal and financial, personal planning and safety. More than 50,000 people have attended. Visit www.seniorshelpingseniors.ca for more info.

COSCO is a proud member of the over one million member National Pensioners' Federation, which advocates for seniors at the national level. nationalpensionersfederation.ca

Choices. Solutions. Options. Register today.

Major challenges and opportunities face seniors, our families, and our communities

WE MUST find the best way forward. That's why the Council of Senior Citizens' Organizations of B.C. is organizing this important virtual conference.

Ideas. Facts. Leading edge research on issues that affect us all. You'll hear all that and more from our impressive speakers and presenters.

Equally important, a series of workshops will invite participants to share their experiences and wisdom.

We invite you to plan to participate, to learn and to contribute your insights as we work to build inclusive, sustainable, age-friendly communities.

Who should participate?

This virtual conference will be of particular interest to:

- Seniors and seniors' representatives.
- Municipal councillors and planners, parks and recreation, and health authority representatives.
- MLAs, MPs and First Nations.
- Federal and provincial departments dealing with seniors.
- NGOs such as social planning councils, community centre representatives, advocacy groups, and everyone who works with seniors.

For more information:

- Sheila Pither
604 684-9720 or pres@coscobc.org
- www.coscobc.org

Register now at www.coscobc.org

- The Conference fee of \$25 includes the final conference report.
- Recommended Registration Deadline: Friday September 17 - *now extended to September 24* (This will help ensure you obtain your preferred workshop and times for orientation sessions)
- The final program will be emailed to conference participants before the start of the conference.

Zoom Orientation Sessions

- Zoom Orientation Sessions for conference attendees will be held on:

Monday September 20 at 10 am and 1 pm (Pacific Time)

Thursday September 23 at 10 am and 1 pm.

