

# Advocacy Education Campaigns



## Council of Senior Citizens' Organizations of B.C.

COSCO is a non profit organization

[www.coscobc.org](http://www.coscobc.org)

[www.facebook.com/COSCOBC](https://www.facebook.com/COSCOBC)

## Get involved Make a difference Join us today

DOZENS OF ISSUES require the active involvement of seniors. They range from the kind of transportation and health services that should be available to help us remain active and involved, to issues that affect our children and grandchildren such as the need for good jobs, childcare and the environment.

Together we're stronger. Together we can ensure that our voices are heard, and that our years of experience continue to contribute to the creation of a more civil society.

We invite you to take an active role, either as an associate member, or by ensuring that your organization is affiliated to COSCO.

### Affiliate membership

To affiliate your group with COSCO and strengthen the voice of seniors in BC, please contact:

Membership Secretary: Linda Forsythe  
Telephone: (604) 444-4300  
Email: [membership@coscobc.org](mailto:membership@coscobc.org)

Visit the COSCO website [www.coscobc.org](http://www.coscobc.org) for more information and online registration.

## Plan with Seniors, Not for Them



[www.coscobc.org](http://www.coscobc.org)

Produced by volunteer labour

### COSCO Associate Membership

☐ My \$25 associate membership fee is enclosed. ☐ I wish to make a donation of \$ \_\_\_\_\_ to COSCO.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal code: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

- Associate membership is \$25 a year. Please make cheques payable to COSCO, and mail your application to Linda Forsythe, Membership Secretary, PO Box 81131 South Burnaby, Burnaby, BC, V5H 4K2.
- COSCO collects the least amount of personally identifiable information possible so we can maintain contact with affiliates and members. We do not share it with third parties for their use unless required by law to do so.





# Active Engaged Independent

CANADA IS GETTING OLDER. The baby boom generation is beginning to retire – and we're living longer.

Many politicians have pointed out that this long-term trend presents some challenges.

They have been much slower to recognize – if they do so at all – that the demographic shift is also an opportunity.

More than ever before in our nation's history, it is essential for seniors to work together, to speak out, and to call attention to this basic truth about aging: seniors are an asset, not a burden to society.

We invite you to join with COSCO in working for a comprehensive, coordinated, and senior-friendly approach to demographic change.

Working together through COSCO, we can fully participate.

We can advocate on public issues. We can fulfill our responsibility as citizens. We can help to create a more civil society for our children and grandchildren.

## Get informed – get involved

THE COUNCIL OF SENIOR CITIZENS' Organizations of BC (COSCO) has promoted the well-being of seniors and our families for more than 60 years. We advocate for policies that will allow seniors to remain active, independent, and engaged in society.

We have sponsored major conferences to bring together seniors, front-line workers, and leading researchers to develop positive, concrete recommendations to governments.

COSCO is non-partisan but politically active. We advocate for seniors' needs no matter who is in power. In addition to other activities, COSCO:

- Advocates for a quality public health care system accessible to all, and a universal Pharmacare plan.
- Works to ensure that current and future seniors' housing will include a range of appropriate, affordable and accessible options.
- Works with community partners to promote safe, affordable, accessible and efficient transportation.
- Supports measures to achieve income security for all seniors.
- Combats elder abuse in all its forms.
- Publishes a quarterly newsletter with articles on topics of interest to seniors, available to everyone at [www.coscobc.org](http://www.coscobc.org).

### About COSCO

COSCO WAS ESTABLISHED in 1950. In recent years, it has grown dramatically, bringing together seniors' organizations and hundreds of individual members. Representing about 80,000 women and men, COSCO is the largest seniors' federation in B.C.

We are affiliated with the National Pensioners Federation, which works on issues at the national level. COSCO is run entirely by volunteers. Activities are coordinated through an elected board of directors.



### Advocacy and leadership

DRAWING ON OUR collective experience, we speak out on the wide range of issues that affect seniors, and provide leadership training to affiliated organizations.

COSCO members are frequent commentators in the news media and on talk shows. We praise measures that are positive for seniors and their families, and criticize those that hurt.

### Education

THE COSCO Seniors' Health and Wellness Institute provides free workshops to seniors groups throughout BC. There are over 40 workshops in the areas Healthy Living, Legal & Financial, Personal Planning and Safety. Some have been translated into other languages.

COSCO is conducting a one-day workshop for people who are interested in learning more about driver assessment, particularly when they are nearing the age of 80. There is no charge for the workshop – lunch and snacks are provided free of charge.

For more information visit [www.coscobc.org](http://www.coscobc.org)