



COSCO News

Council of Senior Citizens' Organizations of B.C.

It's Membership Renewal Time

Number 134



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December 2025

COSCO Advocates for Mobility Scooters on Bike & Roll Lanes

In Victoria BC, where I live, people often imply that older adults and people with disabilities can't use bike and roll lanes. But plenty of people are safely using power wheelchairs and mobility scooters (with three and four wheels) on bike and roll routes in Victoria and many other cities around the world. Top speeds of 14 to 22 km/hr are now common for mobility scooters, and wheelchairs with clip-on devices. In BC the maximum allowable speed is 25 km/hr. These are bicycle speeds, not walking speeds.

COSCO sent a letter to the provincial government requesting that the laws be updated to make clear that wheelchairs and mobility scooters are welcome on bike and roll routes. Click on the link below to access the letter to Minister Mike Farnworth.

<https://coscobc.org/ACTION/>

This isn't a new practice. Older adults have been legally and safely using mobility scooters on bike lanes in Amsterdam for decades. The BC Cycling Coalition first requested this change in 2013, and

recently ranked this as one of their top legislative priorities.

In addition to regulatory clarity, COSCO will advocate for clear information, and training courses, so that older adults can safely use this affordable, convenient, and sustainable form of transportation.

Eric Doherty is a semi-retired transportation planning consultant, and a member of COSCO's Transportation Committee.



[Video of his presentation to the 2025 COSCO convention is available here.](#)



**Council of Senior Citizens'
Organizations of BC (COSCO)**

Visit us at www.coscobc.org &
<https://www.facebook.com/COSCOBC/>

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About COSCO

COSCO is an umbrella organization that brings together older adults to work on common issues. We now have 65 affiliate groups, representing over 85,000 seniors.

COSCO is affiliated with the 1,000,000-member National Pensioners Federation (NPF) which promotes these issues at the national level.

COSCO is a registered non- profit society. To join, contact
membership@coscobc.org

Send your letters to the editor or other contributions to:
cosconews.editor@coscobc.org

Disclaimer: Unless otherwise noted, opinions, viewpoints, accuracy of facts is the sole responsibility of the writer, and not necessarily the opinion of the Editor, Executive, or Membership of COSCO.

President's Message: Building Relationships Builds Powerful Connections

As we come to the time of the year where darkness descends and we await the coming of light back into the world, my thoughts keep turning to the challenge and joys of building treasured relationships with our members and partners alike.



Starting with joining with many other seniors-led and community groups at the Labour Day tables on September 1, we've continued to build our networks and meet with our member groups and partners. We are proud members of the BC Health Coalition Steering Committee, which held its AGM in September. And how wonderful to connect with the BC Retired Teachers Association at their AGM later that month. The strength and breadth of our connected networks was exemplified by the vibrant discussions and debates at our 75th Anniversary Conference held in early October (see *article elsewhere in this issue*). And the next day, as host organization for the National Pensioners' Federation our national affiliate, we participated in debates over resolutions submitted by affiliated organizations from across Canada.

The following week, we met with the dedicated presenters from the COSCO Health and Wellness Institute led by COSCO 1st VP Barb Mikulec. Presenters come from across the province for their annual get-together of 'Gather, Share, Learn' and to be updated on the newest development in their workshop materials. Next, the new campaign collaboration on Home Support led by the Jewish Seniors Alliance of BC really started to take off in October where I was proud to work with the JSA Executive Director, Jeff Moss to present this campaign to both the NDP and Conservative Party caucuses in Victoria at the end of the month,

and where we met with many of the new MLAs in both parties.

We continue to work on the campaign for HandyDART and are really excited about new members who have joined our Transportation Committee. This committee is addressing the challenges posed by the micro-mobility devices which increasingly provide mobility to seniors. Our housing committee continues to work in collaboration with partner groups, with vacancy control being a high priority at this time.

The month of November brought further building of our networks through attendance at the College Pension Plan Retirees Association which brings together representatives from retiree groups from a diverse array of colleges and universities from across the province, including our 2nd VP Terri Van Steinburg from Kwantlen Polytechnic University Retirees Association (KPURA). We continue with ongoing projects with the SFU Gerontology Centre and will building ageing awareness through work with the Canadian Coalition Against Ageism and the Global Alliance for the Rights of Older Persons (GAROP).

Congratulations are due to Barb Mikulec who was honoured with an award by the Jewish Seniors Alliance for her dedicated work with seniors. And kudos to our Affiliate Member Langley Seniors Resource Society for winning the Non-Profit of the Year Award by the Greater Langley Chamber of Commerce.

As we enter the end of the year, our Membership Renewal Campaign is now underway. I look forward to welcoming new and returning members to engage with us as we work on our priorities for 2026 to be determined at our AGM in February. In the meantime may you enjoy a blessed and relaxing holiday season with family and friends. *Leslie Gaudette, COSCO President*

ELDER JUSTICE

Legislative Advocacy Day: Coercive Control of Seniors

OTTAWA, ONTARIO - The Elder Justice Coalition is an ad hoc group of organizations calling for a coercive control offence to protect elder abuse victims. Our aim is to bring our voices together during a Legislative Action Day on Parliament Hill, where we plan to engage with politicians and their staff, urging them to extend a coercive control offence beyond intimate partners to include abusive adult children and others in positions of trust and dependence.

This advocacy effort aims to unite voices and ensure older victims are no longer overlooked. “Coercive control can profoundly devastate older people’s lives,” said Laura Tamblyn Watts, CEO of CanAge, Canada’s national seniors’ advocacy organization, and a global expert on ageing and law reform. “A coercive control offence that includes abuse within relationships of trust and dependence would recognize the reality of their experience and help close a critical gap in protection.”

Coercive control can trap older people, particularly older women, in relationships where they lack access to money, housing, care, or independence. Those with cognitive impairments such as dementia may be particularly unable to seek help.

The Elder Justice coalition includes these groups

“When an older person is controlled or manipulated by a person they depend on, the harm often goes unnoticed,” said Bénédicte Schoepflin, executive director of the Canadian Network for the Prevention of Elder Abuse. “Recognizing coercive control in these relationships would give these victims the legal protection they deserve.”

“Elder Abuse Prevention Ontario (EAPO) recognizes the urgent need to recognize and address coercive control as a critical form of elder abuse—particularly among older adults living with cognitive impairments, because it involves patterns of manipulation and isolation that diminishes an individual’s autonomy, independence and dignity, often under the guise of protection or care,” said Marta Hajek, CEO of EAPO.

Parliament is expected to revisit coercive control legislation. A tentative date for Legislative Action Day has been set for February 5, 2026. The group is looking for help to send people to this event. For more information visit the Dementia Justice Canada’s website:

<https://www.dementiajustice.ca/coercive-control.html>



Elder Abuse in BC

The Council to Reduce Elder Abuse (CREA) drives prevention in British Columbia. Reducing elder abuse requires more than just awareness. It calls for a coordinated, well-resourced effort rooted in community knowledge, cultural sensitivity, and sustained support. For years, local advocates, service providers, and concerned citizens across British Columbia have worked to address adult abuse, neglect, and self-neglect. With that in mind the multi-sector BC Council to Reduce Elder Abuse (CREA) fills that gap. By investing in community-led innovation, CREA focuses on long-term, systemic, and coordinated change so that adults can live free from abuse, and more British Columbians will know how to recognize and respond when something isn't right.



CREA was established in 2013 in response to a clear need for a multi-sector, strategic-level approach to addressing the many types of elder abuse. Members including the Council of Senior Citizens' Organizations of BC represent diverse sectors including health, justice, legal, financial, policing, service providing organizations, and Indigenous and ethno-cultural populations. Their collective aim: to build awareness about elder abuse, establish prevention measures, and, when and where appropriate, train staff to recognize and respond to suspected abuse and neglect.

What CREA Funds and Why It Matters

CREA funds projects and research that deliver measurable impacts to reduce elder abuse. Grants

support grassroots initiatives, community outreach programs, and educational projects. All grants are designed to empower communities and vulnerable adults.

Projects typically funded by CREA include:

- **Community awareness campaigns** to help the public identify and respond to signs of elder abuse
- **Training programs** that equip frontline workers, volunteers, and community members with the knowledge to detect elder abuse and respond effectively
- **Research initiatives** aimed at understanding the roots of elder abuse and identifying evidence-based prevention strategies
- **Innovative pilot projects** designed to test new approaches in elder abuse prevention that could be scaled province-wide

CREA's upcoming conference, taking place on February 11-12, 2026, will bring together key organizations dedicated to the prevention of elder abuse in B.C. Presenters will highlight provincial and community-based elder abuse action projects, share and build on knowledge and resources they have produced and identify new areas for action.

For more information and to register, please visit <https://CREAConference2026CONNECT.eventbrite.ca>

If you'd like to learn more about CREA, and how you can contribute to reducing elder abuse, please visit ReduceElderAbuseBC.ca.

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Retired Teachers and COSCO Working Together



The British Columbia Retired Teachers' Association (BCRTA) and the Council of Senior Citizens' Organizations of BC (COSCO) have long enjoyed a strong and productive partnership, rooted in shared values and complementary goals. While our leadership often overlaps, our collaboration is built primarily on a common commitment to improving the lives of seniors across British Columbia.

Advocacy lies at the core of our organizations' missions. BCRTA focuses on the specific needs of retired educators while joining COSCO in broader campaigns for seniors' rights, accessible public health care, and senior-friendly community policies.

Education and wellness form another shared pillar. For retired teachers, lifelong learning is second nature, and our groups promote it as a key to maintaining mental health, satisfaction, and wellbeing. Recent conferences hosted by COSCO and BCRTA exemplified our mutual dedication to knowledge sharing and continued personal growth in later life.

Information sharing strengthens our collaboration further. COSCO thrives on the collective insights of its members, and BCRTA contributes actively to this pool of experience, helping to shape effective, informed advocacy.

Combating ageism is also central to our work. For BCRTA, this means not only challenging external discrimination but also fostering personal vitality, engagement, and community contribution among seniors. Through our 47 local branches, BCRTA promotes active participation, mutual learning, and intergenerational support.

At heart, the partnership between BCRTA and COSCO is founded on collegiality, cooperation, and shared purpose. As BCRTA celebrates 80 years of service and congratulates COSCO on your 75th anniversary, we proudly embrace our role as an "elder sibling," continuing to mentor, support, and collaborate in advancing the wellbeing and dignity of British Columbia's seniors.

*Caroline Malm, BCRTA President
Submitted Nov. 12, 2025*



Barb Mikulec Receives
Seniors Excellence Award
from Jewish Seniors
Alliance

L-R: Agnes Jackman, Royce
Shook, Sue Evans, Roy Sinn,
Barb Mikulec, Mark Mikulec,
Sylvia Helmer

Stronger at Home for Better Health Outcomes

COSCO has joined the Jewish Seniors Alliance to support the call for 'accessible, funded home support that reduces individual financial barriers, shorten wait times, reduces family caregiver burnout, improves health outcomes and reduces government costs'. We are included along with the BC Health Coalition, the Family Caregivers of BC, the BC Care Providers Association, the Independent Long Term Care Councils Association of BC and others.

Over 90% of seniors want to age at home if services are available. BC seniors pay more for home support than those in any other Canadian province. For many, the costs are so high that moving into long-term care becomes the cheaper option for a senior – even when it's not medically necessary. This forces families into impossible decisions, places avoidable strain on the healthcare system and diminishes seniors' quality of life.

Key facts include

- Highest costs in Canada. In many provinces, home support is free. In BC fees can exceed \$20,000 a year.
- Unequal subsidies – Only seniors receiving the Guaranteed Income Supplement (GIS) get full coverage. Retirees relying on CPP and OAS face steep co-payments

coverage. Retirees relying on CPP and OAS face steep co-payments

- Unfair policy – The \$300 /month cap only applies to earned income, not CPP & OAS
- Costly consequences – many seniors enter long-term care early because it's cheaper, driving up government costs and demand for new beds.
- Home support is a cost-effective choice.

The Solution:

Government must implement a policy change that leads to the elimination of home support co-payments, apply fair fee caps so people receiving only OAS and CPP aren't penalized, invest in home support, and eliminate bureaucratic barriers to access.

How can we make this happen? Meet with your MLA and let them know that home support matters, write to the Minister of Health, Minister of Finance and the Premier to let them know that home support is a top priority, and call the Parliamentary Secretary for Seniors and opposition critics with your opinion. And finally, ask friends and family to take action too!

Information available by calling 604-732-1555 or contacting margot.beauchamp@jsalliance.org



Jeff Moss (JSA) & Leslie Gaudette (COSCO) meet with NDP



Jeff Moss (JSA) & Leslie Gaudette (COSCO) meet with the Conservative Caucus

How COSCO Celebrated 75 Years of Advocacy for Seniors in BC

We just didn't throw a party, we organized a whole conference! And to put the icing on this already amazing cake, we collaborated with SFU Gerontology to look at our collective impact over the decades.

If you missed it, we've put tons of photos, a 75th Anniversary video and Impact Report as well as all the conference materials and videos of the plenary speakers up on our website, with the full conference report to be available soon. Please visit: www.coscobc.org/conference

This was the first in-person conference in nine years! We saw so much change from 2016 where we sent thousands of invitations and printed material with the help of the amazing mail room staff at BCGEU, to doing most of the invitations and registrations by electronic means. With the help of our intergenerational admin support team and dedicated grad students from SFU, we were able to get much of our work done using 21st century tools. This was vital exercise in brain work as thinking patterns had to shift 90 degrees to understand how to make the new electronic methods work. But it has paid off as we've welcomed over 300 people to our new LinkedIn account along with increasing numbers to 900 on our Facebook page.

Many thanks to our Conference Planning Committee, ably chaired by COSCO 2nd VP Terri Van Steinburg, with members Wilf Brodrick, Mei Fang, Leslie Gaudette, Garnet Grosjean (sadly deceased), Kathleen Jamieson and Jean Sickman for making all this happen. We thank all our active and engaged participants who provided so much input during the Q&A sessions with the plenary speakers and workshops.

We did a huge amount of work collectively to demonstrate that older adults are active and engaged in our communities. We know from our lived experience what the problems are and we are learning more and more about the importance of coming together to find solutions and then advocating to implement them. It was wonderful to welcome participants from all parts of the province, to learn more about the concerns of older adults living in more remote areas. We learned from speakers mostly from BC but others from Manitoba, Ontario and Prince Edward Island. And on the second day, the sea of animated and engaged faces in the room demonstrated the breadth and depth of the connections brought together through the wider network of COSCO BC and the concomitant power we can collectively marshal through collaborating with diverse groups on common issues.



Left to Right:

Dan Levitt - BC Seniors Advocate,

Trish McAuliffe - President of
National Pensioners Federation,

Terri Van Steinburg - 2nd VP of
COSCO, Conference Facilitator
and Chair, Conference Planning
Committee

Caroline Malm - BCRTA president

Here are some words that Dr. Mei Fang used to summarize results of the conference:

Across two days, speakers framed aging as a human rights issue and showed how inequality—not age—is the problem. We heard a consistent call to move from piecemeal programs to integrated, place-based systems that connect income, housing, health, transportation, and social participation.

Her initial conclusion:

Older adults are vital contributors—workers, volunteers, caregivers, culture carriers. Future-proof systems must be co-designed with seniors, measured for equity, and funded for stability, not scarcity.

As the COSOC BC Executive reflects on the deliberations of conference participants, we will start by considering initial findings from the Impact document as we plan our priorities for the coming year:

“Findings highlight COSCO’s significant role in shaping health and social policy, particularly in areas such as public healthcare, Medicare, pharmacare, dental care and long-term care for seniors.... (COSCO BC) was also widely recognized for its capacity to build coalitions, amplify underrepresented voices, and confront ageism in public discourse. Stakeholders described COSCO as a credible and consistent advocate, valued for both its policy influence and its ability to convene diverse senior serving organizations under a unified voice

... Ultimately, COSCO’s 75-year legacy affirms the essential role of senior-led advocacy in driving systemic change and shaping more inclusive and equitable aging policy. With continued investment and strategic adaptation, COSCO is well-positioned to meet the evolving needs of older adults in British Columbia and to serve as a model for collaborative, community driven policy influence across Canada.”

We at COSCO look forward to meeting this challenge as we as we plan our priorities for the coming year.



Panel discussion on seniors centres

COSCO Conference keynote speaker, Margaret Gillis



National Pensioners Federation Moving Forward



COSCO BC was proud to be the host organization for the National Pensioners (NPF) biennial convention held in October in Richmond, BC this year. COSCO sponsored five delegates who joined others from BC and across the country.

Here are a few motions passed that relate to health care:

- **National Pharmacare Program:** The NPF will: strongly recommend that all information collected about the safety and efficacy of drugs by any agency designated to assess this as part of the new National Pharmacare system to be publicly available and accessible to all Canadians.

AND: Request that a pan-Canadian agency be established to assess adverse reactions and to monitor impacts of polypharmacy and inappropriate prescribing.

AND: Develop a national prescription drug formulary and then working with all stakeholders, move swiftly towards a universal, publicly delivered, accessible (with no co-pays), affordable and independent national pharmacare system.

- **Dental Care:** the NPF will: Urge the current government to support the adjustment of guidelines and procedures for the Canadian Dental Care Program (CDCP) that makes CDCP available to Canadians as part of the universal health care system without restrictions on those who have purchased private dental insurance prior to the enactment of the CDCP.

- **Safe Long Term Care Act:** the NPF will: Call on the Government of Canada to follow through on their commitment to improve the quality, safety, equity and availability of Long-term Care (LTC) services across Canada and to develop a Safe LTC Act.

Many other motions were approved for healthcare, pensions, politics, communication and transportation, housing and equality.

Motions and discussion also took place on income security for single seniors. Those that passed will be added to NPF policy.

All resolutions submitted may be found at <https://nationalpensionersfederation.ca/convention/>.



Delegates at NPF Convention 2025

Immigrant Services Society (ISS)



The vision of ISS is 'We All Thrive Together in Community'. We are a values-driven organization focused on purpose, improving and learning, creating a sense of belonging, and being genuine. We welcome and support newcomers to settle, learn English, study, and find work in British Columbia. The Immigrant Services Society (ISS) is a member of COSCO. They do an amazing amount of work within the immigrant community. ISS serves thousands of people each year. They have downloadable e-brochures with visual aids, simplified language, and practical checklists are designed for low-literacy and multilingual audiences.

ISS has seven educational videos (4–6 minutes each) narrated in plain language, in nine languages: English, Arabic, Farsi, Mandarin, Hindi, Russian, Spanish, French, and Swahili. Topics include: Extreme Weather Preparedness, Recycling and Composting in BC, Emergency Preparedness and Local Resources, Health Impacts of Climate Change, Outdoor Recreation Responsibility in BC, Extreme Heat Preparedness and Sustainable Food and Urban Gardening.

ISS is looking to fund a project that targets vulnerable seniors, particularly Newcomer and refugee seniors, low-income seniors, seniors with limited English proficiency and seniors experiencing social isolation. The project entitled *Wise & Waste-Free: Sustainability Skills for Seniors' Everyday Living*, is a 16-week hands-on learning series designed to equip newcomer seniors in Coquitlam and New Westminster with practical sustainability skills. The program blends climate readiness education with creative activities, field trips, and community engagement to help older adults build confidence, resilience, and eco-conscious habits at home.

Check out their website at <https://issbc.org/>



2025 Fall Budget: What We Asked for and What We Got

In August 2025 COSCO BC submitted the following set of recommendations to the pre-budget consultation. Now that the budget has passed in Parliament, we want to revisit these and see what the federal government included in its budget.

COSCO BC asked that the Government of Canada:

1: Fund national and international initiatives to develop the proposed UN Convention on the Rights of Older Persons.

Budget: Silent on this issue

2: Develop and implement a Seniors Strategy to ensure older adults can age in place in age-friendly communities.

Budget: Silent on this issue

3: Follow the recommendation of the Auditor-General to conduct policy analysis to determine the actual level of financial support seniors require to meet their economic needs.

Budget: Silent on this issue, although there are no cuts to either GIS or OAS, with both programs secure and indexed to inflation.

4: Continue to fund and collaborate with provinces, territories and municipalities to ensure more deeply affordable non-profit housing is built, with rents geared to no more than 30% of gross income.

Budget: Some money has been re-allocated for housing. Some of it is for low income housing (50,000 units per year is needed). There is no money for co-ops.

5: Fund development of a resilient, equitable model to fund public transit.

Budget: Silent on this issue.

6: Develop the Safe Long-Term Care Act and fund implementation of the National Long-Term Care standards published January 2023.

Budget: Silent on this issue

7: Follow through on their Budget 2024 commitment to develop a National Caregiver Strategy and adopt the approach proposed by the Canadian Centre for Caregiving Excellence.

Budget: Silent on this issue.

8: Respond to the National Seniors Council recommendation to enact legislation on Home Care.

Budget: Silent on this issue

9: Continue to implement and expand universal, publicly-funded, single-payer, national Pharmacare as enacted through Bill C-64

Budget: Silent on this issue.

10: Continue to develop the Canadian Dental Care Plan as a medically necessary service, and work to include those with inadequate coverage through their existing plan.

Budget: silent on this.

11: Provide funding to implement programs to cover expenses for health care needs and supplies including eye care, hearing aids and mobility aids. *Budget: Silent on this issue*



Others commented on the budget. Here are excerpts:

Michael MacIsaac from CURC summarized the budget as follows: “Overall, this budget could have been written by a conservative or a liberal government. The federal budget mostly favors big corporations and the wealthy... It ignores real problems faced by workers and families. ...This budget ... plans to cut 40,000 public service jobs over the next four years. That means fewer workers to help with health care, childcare, dental care, seniors programs and other important services. There is also a plan to encourage early retirement, but many workers can’t afford to leave their jobs in today’s economy. While the government promised big changes, most of what they offered are only small fixes.”

“In health care, the budget maintains current funding but also plans to cut some health transfers in the future. It also plans to cut \$300 million a year in health transfers after 2027-28. This could mean fewer services, more workload for health workers, and longer wait times for patients.”

Canadian Health Coalition further points to “successively deepening cuts amounting to nearly \$400 million per year by the end of the decade for Health Canada, Canadian Food Inspection Agency (CFIA), Public Health Agency of Canada (PHAC) and the Patent Medicine Prices Review Board (PMPRB)...(meaning) the loss of thousands of public services, essential to providing national leadership.”

Overall, COSCO BC finds that although the budget document promises to “... protect the vital social programs Canadians rely on, from child care to dental care to pharmacare” we are disappointed to find no evidence these will be priorities for the government and even more disturbingly, that the cuts may jeopardize these programs. Yet, as Winston Churchill said: “Healthy citizens are the greatest asset any country can have”. A prosperous economy depends on healthy citizens – and could greater focus on preventive health care not be considered a nation building project?

Prepared by Leslie Gaudette



Singing ‘Re:sisters’ entertain us at the COSCO conference

Get Vaccinated

The season of respiratory illnesses has begun and everyone in B.C. is encouraged to protect themselves by staying home when sick, covering coughs and sneezes, frequent handwashing and getting immunized. The provincial health office encourages everyone to get immunized with the updated influenza and COVID-19 vaccines to protect against severe disease, complications, and hospitalization. CBC news has reported that the influenza vaccine may be mismatched with today's flu, but the experts still believe that the present vaccine will help. Remember that this vaccine lessens the negative results of people who contract the flu. This is particularly important for adults 65 and older as they are at higher risk of serious illness. The influenza and COVID-19 vaccines are free and available to everyone. Vaccines are available through health authority clinics and participating pharmacies.

To book an appointment or ask questions, anyone can phone the provincial call centre toll-free at **1 833 838-2323**. To receive automated notifications to book a vaccination, register online at Get Vaccinated by going to:

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register>

Or call 1-833-838-2323

Other immunizations recommended for older adults are pneumococcal conjugate vaccine (age 65+), shingles (age 50+), and respiratory syncytial virus (age 75+). The pneumococcal vaccine is free, but there is a charge for the other two vaccines. For more information on recommended immunizations for adults visit:

<https://www.healthlinkbc.ca/health-library/immunizations/schedules/recommended-vaccines-adults>

Barriers Removed for Couples in BC Receiving Disability Assistance

The provincial government has removed one of the barriers for couples receiving disability assistance. The government press release states:

“Starting Dec 1, 2025, couples where both members receive disability assistance will receive the same support allowance as they would if they were two single people. In addition, beginning January 1, 2026, couples where one partner has a Persons with Disabilities designation will also benefit from an increased annual earnings exemption, allowing them to keep more of the money they earn.”

The news release goes on to state “The changes fulfil commitments made in the 2024 Poverty Reduction Strategy, 2024, the BC NDP election platform and the Cooperation and Responsible Government Accord (CARGA) between the BC NDP and the BC Green Party caucuses signed in December 2024.”

The release states that “more than 6500 families will benefit from the change to equalize support rates, and more than 4300 families will benefit from the expanded earnings exemptions...The changes will be automatic for eligible families, with no application required.”

Summarized from: BC News Release, Ministry of Social Development and Poverty reduction, 2025SSDPR0017-001110, November 13, 2025

CANADA POST –A Vital Service for Seniors

There have been numerous announcements about the financial situation of Canada Post. The Federal Government recently announced their plan to eliminate door to door mail and parcel delivery, and to rescind the moratorium on the closure of rural post offices. In mid-November 2025, Canada Post submitted their response to this plan. However, at the time of writing, it has not been made public.

What is missing in this entire discussion is the vital role Canada Post plays in the lives of seniors and how important a universal public postal service plays in keeping our country strong. Seniors rely on door-to-door delivery to get bills, magazines, parcels and prescriptions, as well as keeping in touch with family and friends. A public postal service helps seniors age in place and is critical to keep goods moving.

Closing rural and remote post offices will place an

undue hardship on seniors. In some locations the post office is the heart of the community where people go to pick up their mail and to chat with each other. If seniors had to go to other communities to pick up or send mail this would place an extra financial hardship on them.

Instead of focusing on the financial woes of Canada Post we need to shift the discussion and talk about how Canada Post is a needed and important public service. There is also an opportunity to advocate for expanded postal services including postal banking, seniors' check-in services, and providing other types of delivery.

So, please support a strong public postal service not a service that is cutback and weakened.

Marion Pollack, Retired CUPW postal worker and delegate from 411 Seniors.

DO I REALLY NEED AN ANTIBIOTIC?

Antibiotics are medications that kill bacteria. When antibiotics are used too much or incorrectly, bacteria become resistant to them. Infections become harder -- or impossible -- to treat. This is called *antibiotic resistance*.

How can I help prevent antibiotic resistance?



- Don't ask for an antibiotic if your health professional doesn't think you need it



- Don't take antibiotics for colds, as they are caused by viruses. Antibiotics don't work against viruses.



- Don't share or use leftover antibiotics

Use antibiotics only when necessary so they continue to work when we need them.

This is a world-wide problem.

Learn more about antibiotic resistance and how you can prevent it!

Read our article: DeprescribingNetwork.ca/blog/antimicrobial-resistance



Canadian Medication
Appropriateness and
Deprescribing Network



How to keep connected with COSCO

Note our only mailing address as of February 1 will be:

Box 228, Mountainview Plaza,
#505-8840 210 St.
Langley, BC V1M 2Y

Connect through social media by:



LinkedIn



Join COSCO BC or Renew Your Membership for 2026

Renew online at <https://coscobc.org/join>

or

Renew below by mail



COSCO Associate Membership

Name: _____

Address: _____ Town: _____

Postal Code: _____ Phone: _____ E-mail: _____

Date: _____ Signature: _____

COSCO does not share mailing lists with third parties unless we are required by law to do so.

Associate Membership is \$25 a year. Join on the COSCO website: <https://coscobc.org/>
or make cheques payable to **COSCO** and mail with this application form to:

Membership Secretary, Box 228, Mountainview Plaza, #505-8840 210 St. Langley, BC V1M 2Y2

For information about **Affiliate (organizational) Membership**, please contact the
Membership Secretary at membership@coscobc.org

