

COSCO Highlights

Extra! Extra! Time sensitive opportunities!!

COSCO News will be published later this month, but we couldn't wait to tell you about these time sensitive opportunities!



The UBC Therapeutics Initiative
in partnership with champions of patient-centred care
presents:



CAREFUL & KIND DIABETES CARE

A webinar with
Dr. Victor Montori

- Author of *Why We Revolt: A Patient Revolution for Careful and Kind Care*
- Endocrinologist, Principal Investigator at Mayo Clinic's Knowledge and Evaluation Research (KER) Unit
- Author of more than 500 scientific publications and one of the world's most cited clinical researchers
- Co-developed the concept of "minimally disruptive medicine" to advance patient goals for health care and life, using effective care programs designed to respect the capacity of patients and caregivers and minimize the burden of treatment on their lives (www.minimallydisruptivemedicine.org)



Wednesday, September 23, 2020

19:00 to 20:15, PDT

Details & registration: www.ti.ubc.ca/DiabetesCare



Audience: Patients, caregivers, and health providers interested in diabetic care, shared decision-making

Cost: Pay what you want (\$0-\$20) - **Certified:** 1.0 Mainpro+ Credit

Partners:



Why should older adults get the flu shot?



The flu shot is especially important for older adults because they tend to have weaker immune systems. When the immune system isn't strong, it becomes harder for the body to fight off infections. Likewise, a weaker immune system can lead to flu-related complications.

Secondary infections that can develop with the flu include:

- ear infections
- sinus infections
- bronchitis
- pneumonia

People ages 65 and older are at higher risk for serious complications. In fact, it's estimated that as many as **85 percent** of seasonal flu-related deaths occur in people ages 65 and older. Plus, up to 70 percent of seasonal flu-related hospitalizations occur in people ages 65 and older. If you become ill after getting a vaccination, a flu shot may lessen the severity of symptoms of the illness.

Protecting yourself from the flu is increasingly important while COVID-19 is a factor.

From Healthline: Healthy Aging Newsletter September 3, 2020





The Gluu Technology Society is offering **FREE classes to Canadian seniors.**

The Canadian nonprofit on a mission to help older adults get the digital skills they need to be happy, healthy & connected. We make it stick.

Thanks to funding from the Government of Canada, we are now offering free digital skills training to all Canadian seniors. Go, Canada! 🇨🇦

Register below.

If you were born before 1964, you're already in the Gluu Community. Welcome!

If you are part of an organization helping seniors learn digital skills, get in touch. We'd love to help.

Digital skills have never been more critical, especially for seniors. But technology is only useful if you know how to use it. That's where we come in. Since 2015, we have helped thousands of seniors learn to love their technology. Whether it's mobile, computers, wearables, smart home, or health technology – we're the glue that brings it all together.

Gluu Essentials, our highly acclaimed classes, are now available as a comprehensive online training program. Did we mention they're free?!

For more information on actual class descriptions, please visit their website at <https://gluusociety.org/>

There, you will see class outlines and schedule, as well as comments from those who have taken the classes. This is where you can sign up for the classes.

What the heck does Gluu mean?

It's a word that starts a conversation. Gluu sticks with older adults as they get the digital skills they need to be happy, healthy & connected.

It's not a fancy acronym. But it's definitely a whole lot cooler than *Seniors Learning to Use Technology Club*. 🤔