

COSCO Highlights

<http://www.coscobc.org>

<https://www.facebook.com/COSCOBC/>



November 2020

President's Remarks



As I write this, the final results of the election are not known yet, but for COSCO, since we are non-partisan, the obligations expressed in our Constitution are always the same.

It says: *The purposes of the Society are to assemble, coordinate and advance proposals and resolutions concerned with the welfare of elder citizens and submit them to the appropriate government bodies: AND to advance the social and physical welfare of all elder citizens in the province of British Columbia.*

COSCO has been doing that for 70 years, but it could have been written today. In this election we had a unique experience for we sponsored a virtual Town Hall. We partnered with the National Association of Federal Retirees and we invited representatives of the NDP, Liberals and Green parties to answer questions submitted by individuals and groups. Two hundred and fifty people registered for the webinar. The debate was vigorous and concise but not disrespectful.

Win, lose or draw, there will be a new government. Several of the MLAs who had listened to COSCO's presentations for several years decided not to run again. However, we will still be asking for appointments and submitting briefs as we have done for so long. Some of the issues are still the same! The needs of seniors are still based on COSCO's four basic areas of concern: *Health, Housing, Transportation, Income Security.*

Thank you for all the support you give to us. COSCO has no office. We have no staff. We are all volunteers, but what we do have is determination. Always have had. Always will.

Sheila Pither, President

We must act NOW to slow the spread of COVID-19



Public Service Alliance of Canada
Alliance de la Fonction publique du Canada

Over the past few weeks, many parts of Canada have entered the second wave of the pandemic, with cases of COVID-19 rising quickly. Some cities are seeing record numbers of cases, with hospitalizations climbing.

We need to take action now, to flatten the curve before we reach a crisis point this fall. Whether you're working from home or you've never left the workplace, we can all do our part to slow the spread of the coronavirus.

Many of us will need to make personal sacrifices over the next few months – changing the ways we socialize, cutting back on trips outside our homes and cancelling holiday plans – but the health and safety of our members and the Canadians we serve depends on it. By following the recommendations of public health authorities in your area, we can help prevent outbreaks in our workplaces and communities.

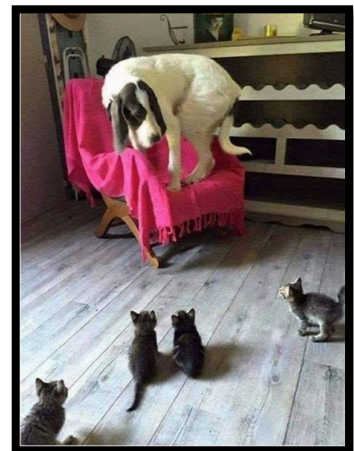
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PSAC urges everyone to follow public health guidelines to limit the spread of COVID-19:

- Wash your hands often and use hand sanitizer whenever possible
- Stay two metres (six feet) apart from others
- Wear a mask or face covering when required, or when you cannot maintain physical distancing
- Limit your outings to essential trips into your community to help prevent the spread of COVID-19
- Notify your close contacts if you test positive for COVID-19
- Download the Government of Canada's **COVID Alert app**.
- You may need to quarantine if you've come in contact with COVID-19, or if you are returning from out of the country



Dr. Bonnie Henry's quarantine police take their job seriously

COVID-19 Challenges for the Hearing Impaired



The past few months of extraordinary times due to the Coronavirus pandemic have been difficult for us all. The Public Health authorities mandated very specific guidelines so as to slow the spread of this dangerous disease. And for the most part, we are all doing our best to comply with those requirements. No longer able to move about in our communities freely, learning how to maintain one's physical distancing, not only from strangers, but also friends and family has been challenging. Our efforts are now being rewarded with greater freedom but with continued restrictions to halt the virus spread. Washing hands thoroughly and often, maintaining a 2-metre spacing between one another, not touching our faces without having clean hands and wearing protective facial masks are the 4 basic expectations placed on us all as well as, naturally, staying home with even the slightest hint of illness. As businesses open up for clients, another level of protection has been added to the 2-metre distancing between individuals; plexiglass shields/barriers now set up on check-out counters and separating tables in restaurants. All these measures have proven to work to "flatten the curve" of the spread of new cases of the virus.

These activities are an inconvenience for the most of us, but for those who have hearing loss, these protective measures, combined with an increasing reliance on technology in order to communicate with others, have added to greater isolation and loneliness for them. With the use of "Zoom" or similar types of audio-visual communication technology being more frequently used, hearing impaired individuals do have the benefit of getting some visual cues to understand some of the dialogue but often the audio quality is poor, and those kinds of calls don't have the capacity for computerized note-taking or captioning. Once the decision is made to venture out into the community, particularly in noisy environments, it is even more of a challenge to clearly discern what someone was saying. Now, encountering those wearing masks, the voices are more muffled, and there's no longer the ability to read lips or have the benefit of facial expressions to aid understanding. The results increase stress levels and add to the sense of loneliness and isolation.

Dr. Bonnie Henry's mantra "be kind, be calm and be safe." applies to all of us to consider what added challenges there are when living in the time of COVID-19, especially for the hearing impaired.



Submitted by Pat Thiesen, BCRTA

Are you wearing YOUR mask correctly?



REPORT RELEASE:

Survey Report: *Staying Apart to Stay Safe*



Isobel Mackenzie
Seniors Advocate

B.C. Seniors Advocate, Isobel Mackenzie, presented the *Staying Apart to Stay Safe Survey Report* about visitor restrictions to long-term care and assisted living homes during a recent “live” streamed news conference. During the news conference, Isobel presented the report, provided an overview, and took questions from the media.

Download the Report

The report will be posted at: <https://www.seniorsadvocatebc.ca/reports/>

Read the News Release The news release will be posted at:
<https://www.seniorsadvocatebc.ca/news/>



Nidus has many resources on the website at <http://www.nidus.ca>

The following topics may be of interest to you and are available as video presentations on their website. Click on the link to be directed to a specific video.

DEMO OF THE PERSONAL PLANNING REGISTRY

*Register important information and documents and make them available to the people and institutions who need to know. For example, register a Representation Agreement, Enduring Power of Attorney and other details related to personal or estate planning. **Be prepared** in case of a natural disaster such as a wildfire, flood or earthquake — register documents you can use during the disaster and to re-build your life afterwards.*

Click, or copy and paste the link below, to watch the presentation.

<https://www.youtube.com/watch?v=iYmaEG7iv90&t=6s>

PLANNING FOR HEALTH CARE & PERSONAL CARE

How can you plan for incapacity, end-of-life, and other support needs? Learn about Representation Agreements – the only legal document in BC to plan for health care and personal care matters. Find out about other documents being used and promoted in the health system – are they legal? What do they mean for patients and their families?

Click, or copy and paste the link below, to watch the presentation.

<https://www.youtube.com/watch?v=3pfqzlwBSps>

PLANNING FOR FINANCIAL & LEGAL MATTERS

Enduring Powers of Attorney or a Representation Agreement with authority for routine finances are legal documents in BC adults may use to plan for incapacity, end-of-life, and other support needs. If there are no arrangements in place, adults can lose their rights through adult guardianship, called Committeeship in BC. Find out how adult guardianship is the LAST RESORT in BC. Also learn about the limits of a Power of Attorney and Bank Power of Attorney.

Click, or copy and paste the link below, to watch the presentation.

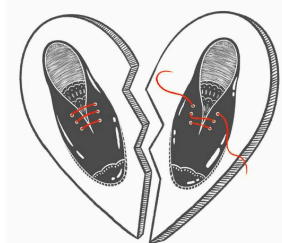
<https://www.youtube.com/watch?v=2V2K9IemQLA>

Reference materials for this topic:

[Enduring Power of Attorney fact sheet](http://www.nidus.ca/PDFs/Nidus_FactSheet_EPA.pdf) (http://www.nidus.ca/PDFs/Nidus_FactSheet_EPA.pdf) – also explains role of an RA7 and capability

NOTE: These presentations (and other topics) are available on our [YouTube channel](#).

Broken Hearts, Empty Shoes



A National Event in support of Federal and Provincial coordination to create standards for long-term care.

Brought to you by Canadians 4 National LTC Standards

Thursday, November 19, 2020 -- 11:30 AM - 12:30 PM

Join us live on [Facebook](#) and [Instagram](#)

Broken Hearts, Empty Shoes is a day to honour those we have lost in long-term care and to support the federal government in creating national standards with the provinces and territories.

We will have a small group (no more than 25 people in person) attending at Parliament Hill in Ottawa on **November 19, 2020** for a demonstration in support of national standards for long-term care, and to honour those we have lost in long-term care across Canada.

The event will begin at 11:30 AM and will be live streamed for safety reasons due to COVID-19, ending between 12:30 PM and 1:00 PM. We will be laying out thousands of empty shoes across the lawn of Parliament Hill to honour those we have lost due to COVID-19 in Canadian long-term care homes.

We know that many people across Canada have experienced systemic issues in long-term care for much longer than this pandemic, but we have seen COVID-19 ravage our long-term care homes in a big way, bringing these issues front and centre. We need better care for the most vulnerable members of our population. The time is now.

We will be joined by special guest speakers and a visual monument, to honour those we have lost in long-term care, due to neglect or mal-treatment.

To show your support: On November 19th, place a pair of shoes outside your front door, take a picture and share on social media with the hashtag **#Canadians4LTCStandards** **#CanadiensExigentNormesSLD**

Please note that we cannot exceed a 25 person outdoor gathering limit due to COVID-19. We encourage you to join us live on:

Facebook (<https://www.facebook.com/events/384540406000778>)
or [Instagram](https://www.instagram.com/canadians4ltcstandards/) (<https://www.instagram.com/canadians4ltcstandards/>)

Show your support for long-term care in Canada. We also encourage you to write to your MP to show your support and call for action on implementing national standards for long-term care.

For more information, please contact: canadians4ltcstandards@gmail.com



To access this article online click on the link below, or paste it into your browser

<https://mailchi.mp/deprescribingnetwork/qn891kza7o-2518942>



Ask about your meds for Canadian Patient Safety Week!

It's Canadian Patient Safety Week! The theme for 2020 is virtual care is new for most of us, asking questions shouldn't be. Canadian Patient Safety Week encourages patients and healthcare professionals to start a virtual conversation. In keeping with this theme and to help you make the most of your virtual visits, we are sharing facts about how to start a conversation about the safe use of medications.

- **Who is at risk of harm from medications?**
- **How do I talk to my doctor, nurse, or pharmacist about my medications if I can't visit them?**

Answers to these questions and more can be found in our short Quiz. Test your knowledge on medication safety for older Canadians and discover useful information and links in the answer to each question. How many of the true-or-false questions can you get right?

To take the quiz, copy and paste this link into your browser:

<https://www.surveymonkey.com/r/Y65LGWB>

CaDeN is a group of healthcare leaders, clinicians, decision-makers, academic researchers and patient advocates working together to mobilize knowledge and promote the deprescribing of medication that may no longer be of benefit or that may be causing harm.

CaDeN is committed to eliminating the use of potentially inappropriate medications for Canadian seniors and ensuring access to safer drug and non-drug therapies.

To learn more, visit [DeprescribingNetwork.ca](https://www.deprescribingnetwork.ca)

Click below, or copy and paste into your browser

<https://www.deprescribingnetwork.ca/>