



Representing Seniors Since 1950

# COSCO NEWS

Council of Senior Citizens' Organizations of BC

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

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## **EDITORIAL**

### ***COLLUSION, POLLUTION AND EXTORTION.***

Never in modern history have we seen one industry ripping off consumers, colluding in price fixing and gravely polluting the environment at the same time. Big Oil does it all! What is equally disgusting is the total and deadly silent co-conspiracy of governments around the world. Here in British Columbia the Oil Companies are using the limited refinery capacity as an excuse for the high prices. We all remember when Oil Companies used 'over capacity' to decommission oil refineries in the Lower Mainland, Prince George and in Taylor.

The last time the Oil Industry pulled the wool over Canadians' eyes the federal government did something about it. They set up PetroCan as the public's window on the industry. That didn't last long as Brian Mulroney and his cronies privatized PetroCan and the Oil Industry became, once again, its own master and answerable to no-one. Don't expect either our Prime Minister, who gets major political funding from the Oil Barons, or our Premier whose government receives windfall tax revenues, to call the Oil Companies to account unless there is massive public pressure.

It is sickening to see the EXXON chief executive officer retiring with a 400 million dollar retirement package. At the same time we see EXXON refusing to pay for the damage caused by the EXXON VALDES in Alaskan waters. Instead of cleaning up its industry in the transportation, extraction and refining plants, EXXON is continuing to flame its gases, pollute rivers and release excessive amounts of waste heat into the atmosphere. The technology is readily available to clean up all environmental degradation and all the industry has to do is spend some of its ill-gotten gains to clean up its messes.

A case can be made for higher priced carbon fuels. Environmentalists have called for higher fuel prices in an effort to reduce consumption and subsequent pollution. Higher energy prices can also be justified if the excess revenue from Oil and Natural Gas is used to develop new sources of clean energy, develop greater public transportation systems and promote the development of energy saving technologies. Al Gore's "The Inconvenient Truth" makes it quite clear that we cannot go on as we are. We must reverse the present environmental devastation of our planet!

We cannot allow the Oil Industry or any other industry to continue with their present buccaneer performances. We must apply strong public pressure on all levels of government to either regulate the price of gas and oil or introduce an excess profit tax on gas and oil. In addition governments must force the energy industry to clean up its pollution and excess heat generation, which contribute to global warming. We, the older generation, owe it to our grand children and great-grand children to do everything in our Power to leave behind a world where once again humanity can live in harmony with nature. Folks, Lets do our part.

#### **INSIDE COSCO NEWS**

**page 2** Medicare: Our legacy to you – *Succeeds*. **page 3** Staying Healthy and Safe. **page 4** Use it or loose. **page 5** Medicare is important to seniors. **page 6** Council of Senior Citizens' of BC- Over 50 years of service. **page 7** Government ignores key recommendations. COSCO Sunshine Coast Branch sponsors health forum. **page 8** Completing Tommy's Vision. **page 9** Who the heck is TILMA. **Page 10** COSCO to appoint OMBUNDSPERSON.

# MEDICARE: OUR LEGACY TO YOU – *SUCCEEDS*

The COSCO flyer “MEDICARE: OUR LEGACY TO YOU” is an unqualified success in bringing some balance into the Provincial Government Conversation on Health forums. So far the flyer has been distributed at fourteen of the forums. The reception by the forum participants has been very positive and it has been widely quoted in the forums. The consensus coming out of the forum discussions has been very much in line with the recommendations contained in our flyer. The forum participants have been expressing some cynicism as to the governments’ commitment to implement the consensus coming out of the conversations on health. There is no question, even in the most ardent government supporters’ mind; that the consensus in these forum is in support of public and non-profit healthcare. This is not what the government wants to hear, judging from the background information the government provided to all participants.

It was interesting to see how the government line changed from one forum to another. At the first forum in Kamloops the Minister of Health line was that healthcare cost were out of control and that further privatization was inevitable. However at subsequent forums here was no talk on his part to change the Canada Health Act, only some vague suggestions for minor changes. Greater emphasis on health promotion and sickness and accident prevention has become the main theme, something we have advocated for a long time. This indicates to us that the Minister of Health and they other government spokes persons have read the contents of the COSCO flyer.

The COSCO flyer has been so successful that well known government supporters produced a leaflet in an attempt to counteract the effectiveness of our publication. But to no avail, forum participants saw it for what it was, namely an attempt to shore up misguided government health policies the public just is not buying. The government representatives were getting an ear full for participants on some important issues like group of demonstrators who came down from Williams Lake to the Kamloops forum to protest the Deni-House closure. In the Campbell River it was the building of a P3 hospital in between Campbell River and Courtney and the closing of present hospitals in these communities. In all these cases the government has shown complete disregard to the concerns of the citizenry. This does not bode well to the eventual response and action the government will take as a result of the Conversation on Health Forums.

COSCO would like to thank the many volunteers who came out in rain and in 22 below zero to help with the distribution of the flyer. Thank you, Thank you.

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Please check it out for past issues of the COSCO NEWS and other senior related issues. Interim Editor: Art Kube. 604.576-8000

**Note:** Would all affiliates and associate members who change executives, delegate names and or address, please inform Sheila Gair, Secretary & Ernie Bayer, membership secretary promptly so all communications are send to the right person. Thanks.

## **STAYING HEALTHY AND SAFE – THE COSCO PROJECT**

These are exciting times for COSCO. We are sponsoring a health promotion project for seniors around the province. The following are the things you need to know about the program and how to benefit from it:

### **1. Why has COSCO decided to sponsor a Health Promotion Project?**

The philosophy driving the project is based on the belief that every senior can make lifestyle choices that will have a positive impact on individual health and safety. Nobody should assume that illness is an inevitable part of aging that we must passively accept. Nobody should feel that being safe depends on good luck rather than good management. Sadly, our health care system devotes inadequate resources to prevention. Acute care rules the day and we certainly understand the need for the best medical intervention when people fall ill. However, we are convinced that seniors can learn about ways in which their personal behaviour can be modified to at least delay, if not totally prevent, the onset of the pain and suffering that accompanies ill health.

### **2. Where is the money for the project coming from?**

COSCO has received two grants so far and hopes to tap into other funding sources. New Horizons has given us a grant of \$25,000 to encourage senior leadership skills and participation. The Canadian Council on Learning has provided a grant of \$44,000 to develop health and safety workshops with a strong focus on literacy. We are expected to share our work with the other provinces and territories, thus enhancing health promotion all across the country.

### **3. What kind of workshops are being prepared?**

Falls Prevention is the topic for our first workshop, which has already been booked by several community centres and senior residential facilities. The next two workshops will deal with nutrition and the safe use of medication. By the end of 2007 we hope to have at least five different workshops available. We have formed working partnerships with Vancouver Coastal Health Authority staff in order to be certain that the information we present is up-to-date and accurate. Both University of British Columbia and Simon Fraser University experts in adult education have helped us to prepare materials. Without exception, our requests for cooperation have been met with enthusiasm and generous assistance.

### **4. Who will facilitate the workshops?**

Fifteen seniors have been trained as workshop leaders so far, but that is only the beginning. Every area of British Columbia will eventually have facilitators who can deliver the workshops locally. COSCO's motto is 'Seniors Helping Seniors'. We fervently believe in that concept and this project will mirror it.

### **4. Does the provincial government have a role in this?**

COSCO wrote to Premier Gordon Campbell to ask him to meet with us to hear about the project. He has referred our request to the Health Minister and we look forward to describing our work to him and his staff. COSCO understands that we have embarked on a course of action which has significant implications for health funding in our province. Our goal is to link that aspect of the initiative to the well-being of all seniors.

### **5. If my group wants a workshop what do we do?**

First, decide on the location, the date and the time you want the session to take place. Then email me, Sheila Pither, at [pither470@shaw.ca](mailto:pither470@shaw.ca) or call me at 604-684-9720. Two facilitators will be assigned to your event and you will work with them to make the necessary arrangements. Stay healthy, stay safe.

Sheila Pither, Treasurer

**USE IT OR LOSE IT!**

*Sheila Gair.*

If you recall the editorial on the front page of issue #64 I think it's time to do a quick evaluation. Looking at your activity level, both physical and mental, over the intervening weeks, would you place yourself in the 'user' column, or the 'loser' column? If it's the former, give yourself a pat on the back but if the latter, then motivation would seem to be the order of the day. One motivator is to add a buddy to your decision making. That way you let someone down when you don't show up for the walk, or the bridge game, or the gym class. Why not be a motivator yourself, and call a friend to suggest something you might both enjoy?

A good place to start for an activity would be your Seniors' Centre. Just about every community in BC has a Seniors' Centre, and the more people who pop in and join the more chance for expanded programs and more activities to promote socializing and exercising the body, the brain matter and the tongue. If you went a step further and joined the executive board of that seniors' centre, you would be able to give valuable suggestions as to what activities, programs and workshops could be offered.

One of the Surrey Seniors' Centres currently has almost 1500 members. The programs are offered from nine to four daily with some evenings and part weekends thrown in. The basic membership fee covers many items, but more specialized courses may need a fee, or a materials fee.

There are drop-in fitness classes, Tai chi, Arthritis Joint Works, Osteofit, Nordic Pole Walking and Yoga. Not quite ready for the serious exercise stuff, how about Line Dancing or Hawaiian Dance – and try out for Drama? Not into emoting, but wanting to stay on your feet? Then the walking club, snooker or table tennis might suit? If you would rather stay seated, then painting or wood carving will relax you, and the computer classes fill quickly. Is music more in your line? There's a choir, and there's time for a jam session, or the guitar club. If you are happier with a deck of cards, then the bridge club is for you – or scrabble, chess, rummoli, poker, crib or whist.

Each month the centre features speakers and special workshops, and there are trips to local venues, theatres and restaurants. There is a cafeteria serving meals each day, and you can take out meals too, or just have a coffee and a cinnamon bun.

A podiatrist is available by appointment and your blood pressure can be checked by a registered nurse. When flu season comes around, flu shots are available.

I haven't mentioned the golfing group, bowling, tennis, darts, handicrafts or the stamp club have I? Perhaps your seniors' centre has fewer programs and offerings, but I encourage you to visit and find out what is there. While you are not going to arrive on the doorstep at nine, and leave at four each day – you could! That would truly be using it and you could never say that you were bored or lonely or that life was passing you by. So I am throwing down the glove – I challenge you to visit your seniors' centre and try something, with or without a buddy. It won't change your life, but it will certainly add a bit of spice, while away an hour or two, and give your spirits a lift. Go on! Do it!

## **Medicare is Important for Seniors**

**By Rudy Lawrence, President**

## **Council of Senior Citizens' Organizations of BC**

When the late Tommy Douglas, Premier of Saskatchewan introduced medicare to the people of that province, he literally established the beginnings of public health care in Canada. At that time he said "now that we have Medicare, we are going to have to fight to keep it." Never a truer word spoken. Just look at how our medical system has been gradually dismantled with long waiting lists, closing of hospital beds, long term care facilities and hospitals, hidden user fees and exorbitant increases in prescription drugs to name a few of the cuts and changes.

These attacks against Medicare were never more obvious than when they came at us in the form of budget cuts and downloading legislative changes that effectively reduced senior's pensions. Recently, the federal government extended the patent protection for the national drug manufacturers, effectively blocking lower cost generic drugs from coming onto the market. The end result being, seniors do not have a choice on many of their prescriptions between lower and higher price drugs. The sad situation is that many of our middle income seniors simply cannot afford their prescriptions in spite of our so-called "fair pharmacare program."

The health system in British Columbia has numerous problems. These problems did not just occur overnight. Starting when Paul Martin, was finance minister downloading healthcare costs onto the provinces creating the beginning of the health care crisis that we are facing today.

And with due respect to the politicians, privatization is not the solution. It may, create some savings in the short term. While that is doubtful, the long term results will be huge increases in health care costs that will as usual have to be paid for by the general public. It is not realistic to expect a private company to not make a profit on doing business. They must make a profit to pay wages, dividends to shareholders and to remain in business. Medicare, is not a commodity, it is a necessity of life. It should and must remain under public control.

Former Prime Minister Margaret Thatcher started the privatization craze in Great Britain. Just take a look at the state of the British medical system today. So why are we so determined to privatize our health care system. We have had one of the finest healthcare systems in the world.

Surely, it is be worth fighting for. The simple answer is that there is no appetite with our provincial and federal politicians to maintain the public system. That leaves it to us seniors, to make it perfectly clear to our MLA's and MP's that we want public health care and will not settle for anything less. It is our legacy to our children, grandchildren and future generations to come.

**COUNCIL OF SENIOR CITIZENS' OF BRITISH COLUMBIA  
REPRESENTING SENIORS FOR MORE THAN 50 YEARS**

The Canadian Pacific, Canadian National and British Columbia Railway employees in an effort to provide an effective voice for their concerns for decent pensions and social benefits formed the Council of Senior Citizens' (COSCO) in the early 1950's. The organization was registered under the Societies Act in 1981 as The Council of Senior Citizens' Organizations of British Columbia.

The purpose of COSCO as stated in its Constitution and Bylaws is (a) to assemble, coordinate and advance proposals and resolutions concerned with the welfare of elder citizens, and submit them to the appropriate government bodies; and (b) to advance the social and physical welfare of all elder citizens in the Province of British Columbia", our mission has remained the same for over the last 50 years.

COSCO is a democratic, non-partisan umbrella federation of various seniors' organizations and individual associate members. COSCO acts as the coordinating body and submits briefs to appropriate levels of government on members resolutions related to health, social and economic well-being of senior citizens in the province. It has currently 75 affiliates representing in excess of 80,000 seniors'. Several years ago COSCO amended its bylaws to allow individuals to become associate members. They can join COSCO for a \$25.00 annual membership fee, and are entitled to receive minutes of the delegates meetings, financial statements, the COSCO newsletter and other information through out the year. They can attend council meetings with voice but not vote. These meetings are held every second Friday of the month (excluding July and August) at the Hastings Community Centre in Vancouver. Associate members act on COSCO committees and participate in other activities of the Council.

COSCO recognizes the importance of having strong allies and resources for good information which adds strength in providing a loud clear voice for the concerns of seniors'. At the provincial level COSCO relies on information and support from a number of organization like the Canadian Centre for Policy Alternative, the BC Health Coalition, the Public Interest Advocacy Centre, the BC Federation of Labour, the BC Coalition to Eliminate Elder Abuse, the University of British Columbia, the University of Victoria and Simon Fraser University. Provincially COSCO has led the fight against the government down loading on seniors' and in support of the protection and enhancement of Medicare. COSCO has organized and participated in countless conferences, workshops and demonstrations in support of seniors' causes and a civil society.

COSCO is not only a seniors' advocacy organization but also offer training programs for seniors in the area of health promotion and sickness and accident prevention. Trained COSCO senior advocates handle hundreds of individual case for seniors dealing with MSI, CCP, OAS, Human Resources Assessments and BC Housing. To deal effectively with the greater longevity in the population COSCO promotes the participation of seniors' in all facets of public life, including participation in seniors centres, other seniors organizations and greater emphasis on seniors helping seniors.

The COSCO NEWS is published at least four times a year. For further information visit our Website at: [www.coscobc.ca](http://www.coscobc.ca) , or contact Ernie Bayer our Membership Secretary at 604.576-9734, or at his Fax: 604.576-9733 or at his E-mail at: [ecbayer@shaw.ca](mailto:ecbayer@shaw.ca). Come and join a growing and vital seniors' organization dedicated to the welfare of senior and a civil society.

## **B.C. GOVERNMENT IGNORES KEY RECOMMENDATIONS OF THE COUNCIL ON AGING IN ENDING MANDATORY RETIREMENT ACT**

The legislation introduced by the Campbell government ends mandatory retirement but ignores fifteen key recommendations proposed by the Premiers own Council on Aging and Seniors, which were designed to improve the quality of life of seniors in BC. These recommendations were strongly supported by COSCO. While COSCO generally supports the

abolishment of mandatory retirement we are concerned. We would have felt safer if the BC legislation would have followed the Alberta legislation which ends age discrimination but allows for age restrictions as reasonable and justifiable in bona fide pension plans. COSCO is concerned that once an employee reaches the age of sixty-five, he or she could lose many workplace benefits like life insurance, long-term disability and potentially medical and dental coverage if they continue to work.

COSCO is also concerned that this legislation could act as a lever to undermine the right of workers to retire at the age of sixty-five and earlier with present day retirement benefits. Unfortunately the push for this legislation has come largely from the Insurance Industry and is the governments as an answer to a tight labour market. This is born out by the fact the Campbell government has ignored the important recommendation of the Council on Aging, like sufficient income, proper housing, improved home care and home support. All the things necessary to lift B.C. seniors out of second last place of the Canadian poverty chart. We support the removal of the mandatory retirement especially for academics and late entrance into the labour market and we hope that it is an avenue to meet need not greed.

## **Doctors speak out**

Tara Campbell, Staff Writer

Sechelt's Seaside Centre was packed on Sunday afternoon with people eager to hear three of Coast's doctors speak out against the privatization of health care. The event was sponsored by the Council of Senior Citizens' Organizations of B.C. (COSCO), brought out over a hundred people, mainly senior citizens, to both listen and share their concerns about the health care system. "As a person working within the system, I'm quite alarmed by the erosion of the quality of care within the system," Dr. Ronald Estey said. That sentiment was echoed over and over again as people in the crowd stood up to tell of their own experiences of poor service in the public system. "I believe a perfect storm is developing. As quality deteriorates, people are becoming unhappy with the system, with waiting times and with overall service. If this continues, people will seek out private options. We have to improve the public system" Estey added.

Dr. John Farrer spoke about what he has seen happen in Britain, where he was originally from. He said the situation is dismal, public health care is being completely overrun by private services and it is a difficult trend to stop once it gets started.

Sylvia MacLeay from COSCO said, every time you pay a single penny for additional service you are supporting the privatization of healthcare. "If your grandson breaks his arm and needs a cast, you can take the fibreglass one that's going to melt in the bath, or you can choose to pay a bit more for a plastic cast. The decision to pay is a decision to support private healthcare," MacLeay said.

Dr. Jane Bishop spoke about the temptation for doctors to leave the public system; expressing her own belief that doctors have an obligation to society. "We all could go and work privately at this time in Canada and be paid more and have more control over hours, but I believe we have a social contract and an obligation to look after each other. I know this can be difficult but I know we can afford it – privatization is the wrong step," Bishop said.

Powell River – Sunshine Coast MLA Nicholas Simons says the Coast has proven time and time again that they are willing to step-up to improve the community's quality of health care despite a lack of government support. Simons says we need to be aware of the possibility that the health care system is being under-funded as a mean of justifying privatization. "People with concerns should write to the Ministry of Health, they have to be held accountable," Simons said.

## **Completing Tommy's Vision**

*"Courage my friend, its' not too late to build a better world."*

More than six hundred delegates, among them five delegates representing the Council of Senior Citizens' Organizations of BC, gathered on May 3<sup>d</sup> and 4<sup>th</sup> in the birthplace of the nation's Medicare-Regina, Saskatchewan – to unite behind Tommy

Douglas' vision for public health care. The conference "*S.O.S. Medicare 2: Looking Forward*", brought together a stunning array of leading health care thinkers, providers and activists, seniors, students, government officials and healthcare providers from Canada, the U.S., and abroad.

The conference heard from experts such as Monique Bégin, former Minister of Health and Welfare and Architect of the Canada Health Act, Tom Kent, Principle Secretary to Prime Minister Pearson, former Saskatchewan Premier Allan Blakeney, former Premier of Saskatchewan and chair of the Royal Commission on the Future of Health Care in Canada. The conference focused on completing what Tommy Douglas called Phase Two of Canada's universal public health care system. Phase One was universal public insurance for physicians and hospital care. Phase Two will extend Medicare to homecare, long-term care, community care, pharmacare, and initiatives that address social determinants of health and disparities that cause poor health. Phase Two is also about managing health care better – through waitlist management, teamwork, integration, evidence-based practice and other innovations.

Tommy Douglas envisioned a Canada where all can live "free from fear, free from crippling debts when we fall ill." His daughter, actress Shirley Douglas, opened *S.O.S. Medicare 2* by championing her father's and putting out a clarion call for new and invigorated action. "Thousand of Canadians – seniors, the homebound, their family members – need support to live in health and dignity," Douglas said. "We need to complete to complete my Father's vision now."

Judith Shamian, a nurse with the Victorian Order of Nurses, stressed the need for immediate action. "This is a mainstream agenda for millions of Canadians. People rely on us . The vulnerable can't wait."

Roy Romanow, said the plan for Phase 2 has long been laid out – all that is missing is the political will to implement it. Political leadership is needed to counter the growth of for-profit in Canada's health care system, from insurance to delivery, support services to surgery, and in the very management and infrastructure of Medicare. Public health care is Canadians' proudest achievement, yet it is being weakened by private forces whose primary motivation is profit rather than the health care of Canadians.

Dr. Arnold Relman of the Harvard Medical School warned against for-profit delivery of health care "it costs more, does not provide better care, and it poisons the system."

Health care is a fundamental human right and yet our Medicare is facing threats from judicial challenges that turns human rights legislation against the common good. This is a new era in which for-profit proponents are using the court system to undermine public health care. These threats are particularly ominous in light of trade agreements that open the door for commercialization. The conference had a high level of energy and has given Medicare advocates a new resolve.

For more information on the conference visit <http://www.medicare.ca>

## **Who The Heck Is TILMA And Why Are People Talking About Her?**

By Gudrun Langolf

Kidding aside: The Trade, Investment and Labour Mobility Agreement (TILMA) was signed between BC and Alberta on the 28th of April, 2006. A report by the Conference Board of Canada claims that it will create 78,000 jobs and 4.8 billion dollars worth of increased prosperity. This supporting document relies on faulty arithmetic and few facts.

There was no public consultation about TILMA. Very few members of the public are aware of its existence. It has not been debated in the legislature. The Union of BC Municipalities (UBCM) did not have access to details of the Agreement until recently.

TILMA prohibits any public policy regulations barriers "that restrict or impair trade, investment or labour mobility." - Everything is included unless specifically excluded.

Exceptions must be "legitimate objectives" not "more restrictive than necessary" to private profit or "a disguised restriction." Any exemptions, such as water and hazardous wastes, will be reviewed annually in an effort to eliminate them.

Protection for green space and farmland will be in jeopardy as well as zoning, building height restrictions, billboard regulations, junk food in schools, and consumer protection measures, including bans on pesticides. The citizens' representatives may find they no longer have effective control over policies regarding the environment, health care, agriculture, heritage, culture and education. Programs to reduce pollution and greenhouse gases will be open to severe legal challenges, with penalties of up to \$5 million dollars.

An unelected and unaccountable 3-person trade panel will make the legally binding decisions. Municipalities do not have the right to attend tribunals which affect them. Multinational investors will be able to override democratic laws and regulations made to serve the common good. The Agreement will render governments virtually unable to act in the public interest in many areas. Legislative authority will, in effect, lie in the hands of the private sector.

Websites for more information:

<http://islandtides.com/> <http://islandtides.com>

<http://policyalternatives.ca/> <http://policyalternatives.ca>

<http://www.canadians.org/> [www.canadians.org](http://www.canadians.org)

<http://thetyee.ca/>

What does the BC government say is the purpose of TILMA

To remove unnecessary non-tariff barriers to trade, investment and labour mobility between the two provinces, thereby creating profits and jobs.

What negative effect can TILMA have?

The overturning of important provincial and municipal regulations which protect the environment, and the citizens' health and welfare.

What are other potential negative consequences of TILMA?

The privatizing of our schools and healthcare, and the overriding of our democratic laws via preferential treatment of multinational corporations.

Corporate rights vs. people's rights.

What can I do?

Circulate petitions. Write letters to the editor and your municipal and provincial officials. Learn about TILMA and how it could affect you. Talk to your friends and neighbours.

## **COSCO TO APPOINT AN OMBUDSPERSON**

COSCO has been engaged seniors advocacy for a good number of years. Two years ago we trained 34 senior advocates who have been busy working on seniors complaints cases. Most of the cases were relatively easy to deal with; they required referrals to some agencies or government department. Sometimes it only required being a good listener and the senior was able to resolve their own problem. However there were some cases which proved to be more complex and required some one with some legal or

legislative background to handle. It was for that reason that the COSCO delegates approved a resolution to appoint an Ombudsperson with the following terms of reference.

1. *The Ombudsperson will act to support seniors to have a dignified and meaningful life*
2. *The Ombudsperson shall have the authority to work in conjunction with COSCO advocates*
3. *Assistance will be given to seniors on the basis of need without regard to age, gender, religion or ethnic origin*
4. *The privacy rights of a senior seeking assistance must be assured*
5. *All personal data is confidential unless the senior (in writing) agrees to make the data available to others*
6. *After the Ombudsperson has dealt with the problem brought to his/her attention, the Ombudsperson shall report (in camera) to the COSCO Executive Committee and bring forward recommendations to the Executive Committee*

The COSCO Executive is presently in the process of searching for possible candidates. Retired lawyers or retired chairpersons of tribunals would make excellent volunteers for this position.

**MEMBERSHIP APPLICATION  
(TO BE MAILED TO THE ADDRESS BELOW)**

I wish to join COSCO as an associate member and I enclose a \$25. -membership fee \_\_\_\_\_  
I wish to make a donation to COSCO – please find enclosed a cheque for \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email address \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_

Please make cheque payable to COSCO and send it to: Ernie Bayer, Membership Secretary, 6079 – 184 A. Street, Surrey, BC. V3S 7P7 Tel: (604) 576-9734.

Seniors' Groups or organizations wishing information about joining COSCO should write or phone Ernie Bayer and request a membership package.

