

SPECIAL ISSUE: JANUARY 2023

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### TEACHER'S PENSION PLAN COLA FOR 2023 HAS BEEN SET

The BC Teachers' Pension Plan has confirmed to us that the Cost of Living Adjustment for January 2023 has been determined. BCRTA President Arnie Lambert shares the news and explains why BC retirees are in such a strong position compared to other retirees across Canada.

[READ MORE ABOUT THE 2023 COST OF LIVING ADJUSTMENT](#)



### SAFETY WORKSHOPS

Seniors Health and Wellness Institute Society (of COSCO BC) is hosting a series of online presentations focused on your safety.

#### Session 1: Falls Prevention

February 1, 2023

10:30 a.m. Vancouver Time

We review the alarming impact falls have on the well-being of seniors and identify hazards that contribute to the likelihood of falls. We recommend safeguards and demonstrate exercises to improve balance and strength.

#### Session 2: Safety in the Home

February 8, 2023

10:30 a.m. Vancouver Time

We provide detailed checklists of potential dangers outside the home and in every room indoors. We review fire hazards, medications and childproofing the home. We show safety devices and provide tips for practical renovations.

#### Session 3: Pedestrian Safety

February 15, 2023

10:30 a.m. Vancouver Time

Although walking has many benefits for older adults, it is also necessary to understand its potential hazards and take necessary precautions. This workshop also covers the use of public transit and improving safety in the community.

#### Session 4: Life Without Driving

February 22, 2023

10:30 a.m. Vancouver Time

The difficult decision to no longer drive has a profound impact on many seniors. We explore warning signs of the need to consider other ways of getting around, encourage early planning and outline alternatives to driving.

#### Session 5: Emergency Preparedness

March 1, 2023

10:30 a.m. Vancouver Time

When disaster strikes, people need to be ready. We explore the preparation of emergency kits and safety procedures in dangerous situations and provide information about when and how to seek help.

#### Session 6: Frauds and Scams

March 8, 2023

10:30 a.m. Vancouver Time

We investigate how fraudsters prey upon seniors to defraud them of their money and possessions. Seniors are frequent victims and should be aware of how to protect themselves.

for more info please visit

<https://seniorshelpingseniors.ca/spring-2023-safety-workshop-series/>

*Note from COSCO: The COSCO Health and Wellness Institute offers free workshops on many health topics. We need facilitators to give these workshops, and training is offered. If interested please contact [president@seniorshelpingseniors.ca](mailto:president@seniorshelpingseniors.ca)*

MOVED? NEED TO UPDATE YOUR INFO? DO IT HERE:

<https://bcrt.ca/update-member-info/>



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