

If you are caring for someone who cannot make their own medical decisions, please be prepared for the fall. For those with a loved one in care – all COVID protocols including testing, masking, isolation and vaccinations are in effect. It is critical to understand that there is no legal authority for residents to be forced to test, mask, vaccinate or be isolated. All of this continues to be done by coercion and uninformed consent. If these are concerns you have for your loved one, put those concerns in writing. Send them to the unit manager and site director and make sure it is included in their care plan. Post it on your loved one's door if necessary. We did this for my mum. No one can say they weren't fully informed about our wishes before they provide her with care. Our door sign has also been both an education and conversation starter with staff, families and residents. If your loved one becomes sick with a respiratory or gastro-intestinal illness, make sure that care is timely and appropriate. Antibiotics and fluids as required. Make sure someone is there in person to monitor their progress. Your loved one will certainly want time in bed for a few days to recover but make sure they are receiving all the necessary care beyond medication (personal hygiene, in person doctor assessment, food, fluids as tolerated, vitals checked etc.) to give them the best chance of recovery. Remember isolation and neglect caused the deaths of far more vulnerable souls in the last three years than deaths WITH COVID.

COVID outbreaks and resulting protocols are in play across the province. St. Michael's LTC is now on week 4 with continued testing and isolation. We have been informed that there are multiple outbreaks causing lockdowns at Capital Care facilities including Lynnwood, in Sherwood Park and at Grandview. Also, Valleyview Manor in Rimbey. And there are outbreaks across units in hospitals across the province. Note: not a word on any of this from Danielle Smith or Adriana LaGrange. And where are your responses on missing and deleted COVID dashboard data, Excess Deaths in the province and the new untested vaccine rollout? How are Albertans expected to make INFORMED DECISIONS for their health when you are silent on all this?

Please remember that whether you visit a loved one in a care home or hospital, your oversight may well save their life. No one is more invested in their wellbeing than you.

We sent the following email to our mother's care home this week.

To All Responsible for the Care of Jean Hale.

As has been the case since 2020, please note that there is to be NO changes made to Jean's care plan without prior consultation and written confirmation from David Dickson (son-in-law and Jean's medical proxy) and Karen Dickson (daughter and her primary caregiver).

Specifically, there are to be NO changes to her medication, NO TESTING, NO MASKING, NO ISOLATION and NO VACCINATIONS of any kind.

As of June 19th, and the lifting of mask mandates, we request that everyone who cares for Jean does so without a mask. She has endured three years where the wearing of masks by staff has seriously impeded her physical and emotional wellbeing. After a serious stroke in 2012 and hearing loss with advancing age, she relies entirely on facial cues and lip reading from her carers to convey her needs and understand what is being said to her. The use of masks has resulted in a med error which fortunately was not serious. As long as possible, we do not want anyone caring for our mother to put her in jeopardy by wearing a mask.

The family **MUST** be notified immediately of any changes to her baseline health or to her daily routine because of policies implemented in the centre.

With thanks to everyone who has supported us in our efforts to keep Jean truly safe. She turns 80 this year, is in excellent health and is a living testament to how all residents should have been cared for since 2020.

Karen and David Dickson

For parents who have similar concerns re COVID protocols. Again, put your intentions in writing. Put a copy of the letter in your child's backpack. Make sure your child knows to call you if any medical issues arise. Find out when vaccinations are planned at the school. Remove your child for that time. Take an active role in your child's learning - join parent committees, volunteer for school activities, network with like-minded parents and don't hesitate to talk to your child's educators if you have concerns.

Most of all, go into this season **FULLY INFORMED**. The fear mongering has already started with Tam and her COVID clan's presentation this week. It was impossible to miss the theatre as they sat socially distanced in alternating black and white N95 masks, pushing not a booster but the new COVID vaccine with the target age range of 6 months and up. This plan and push for the fall has been streamlined worldwide. The largest number left unvaccinated for COVID19 are infants. This vaccine has been approved without any testing. Just 101 recipients received it with **NO PLACEBO** for comparison. The trial recipients received two variants of the **SAME VACCINE!** For a strain that was almost gone before they even started. This has now been rushed to be pushed on children 6 months and up in Canada and beyond! I have two words for this. **INFORMED CONSENT!** I've seen plenty of posts online though with two choice words that say it even better – and more effectively than ever this shot will be! It's been three years. No one has an excuse to be ignorant or apathetic anymore. Government and healthcare professionals have broken the law since the start and have no problem continuing to experiment on your children. Stand up and demand investigations, answers, and accountability. Your life and the lives of those you love depends on it.