

Experts have conceded that lockdowns were a dismal failure at best and devastating at worst, especially for children. But the notion persists that our elderly and most vulnerable - many in care homes, who suffered immeasurably from the first extended lockdowns in 2020 - should still remain subjected to extended isolation protocols and more to save them. We said from the start that nothing could be further from the truth. I told David back in 2020 that if you expose the lie that was "saving grandma", the entire COVID narrative, everything that was sold to us all as protection, falls apart. It started to unravel when Canadian armed forces went into long term care homes in Toronto and found residents suffering and dying in appalling conditions, helpless victims of neglect, malnutrition, dehydration, and lack of even the most basic care. They noted that COVID-19 deaths "paled in comparison to general deaths." Were conditions substandard in some care homes pre 2020? Yes. Was that through lack of funding? Yes. But what COVID protocols ensured was that a care system teetering on the brink went into freefall. The takeaway from all this after years of investigations is now more PPE, more stringent protective measures, and a plan for pandemic preparedness for the future. After what our family has seen first-hand in the last three years, it makes me feel sick to my stomach – and our mother lives in one of the best facilities. But still, COVID protocols, now standard worldwide, are nothing less than doubling down on disaster.

The RESPONSE to COVID - NOT COVID itself - was the cause of almost all deaths in care homes from 2020 on. Protocols implemented for COVID are the furthest thing from safe or effective. Inquiries in the UK and beyond have shed light on the improper use of MAID/euthanasia drugs including respiratory depressants such as Morphine, Versed (Midazolam), Hydromorphone (Dilaudid) etc. There has been widespread, untimely or withholding access to medications and early treatments (like antibiotics which led to many dying from untreated secondary bacterial infections). The practice of continuous masking (which is nothing more than virtue signaling) removes the ability for critical communication, heightens isolation and negatively impacts the ability for staff to provide effective care. Subsequent hospitalizations led to fatal use of ventilators. The devastating impacts of extended isolation have been uncovered which included discouraging and denying family visitation for critical oversight and support leading to untold harm. Disruption in staffing/essential care from "cases" and rolling "outbreaks", the result of flawed testing, is nothing short of dangerous. Vaccinations have proved unsafe and ineffective. And so much more. What is clear to those of us who are really paying attention is a failed response that continues to cause unimaginable suffering and death to those in long term care.

This week, we met with my mum's unit manager for the annual review of her care plan. All mum's needs are being well met by the staff. This has been true for over a decade. But where we have seen gaps have been as COVID protocols came into play in 2020. It has required constant oversight by our family to guarantee our mother's continued good health. Mum's centre is just finishing a three-week respiratory outbreak on one unit – called for 4 "cases" classified as COVID. I spoke to one very angry resident who was affected as I left. This lady is fully cognizant, very capable of speaking and advocating for herself. She has just finished a ten-day period of isolation, confined to her room and even now has been told to mask for another 10 days if she leaves her room. She told me her symptoms were nothing more than a cold. She called her daughter for help and told her she felt fine other than having the mildest symptoms. All to no avail. She was tested, masked, isolated, only seeing staff in full PPE, masked, wearing goggles, gowns and gloves. Prior to this, residents were never expected or required to mask. When I told her she could have refused all of it – the testing, masking and isolation – she was shocked. She had no idea. She would never have complied had she known she had a choice – or if her family had acted on her behalf. These centres have no legal authority to test, mask, isolate or vaccinate. Residents and families are consenting because they are afraid, because they are coerced and because they believe they don't have a choice. This is all by design. We are now in the latest test of

compliance. My worry is that, like in 2020, the most ardent enforcers of COVID protocols, will resort to force to test, mask, isolate and even vaccinate the most vulnerable who believe they have no choice and comply through coercion or uninformed consent.

In the meeting with our mother's unit manager, we discovered that one RN will be responsible for flu vaccinations this coming week, working from a list, not actual consent forms. You should be aware that ONE consent form is being used, giving consent for all doses of that vaccine no matter when they are given or how many are given. They're also working from previous consent to give subsequent shots. They're also accepting verbal consent as your agreement.

I'm quoting from the current consent form for COVID vaccinations from Alberta Health Services linked by the Alberta government:

"I understand this consent is for all doses of the vaccine.

I consent to this person getting the Moderna SpikeVax XBB.1.5 mRNA COVID-19 vaccine.

- I understand that I may withdraw (take back) this consent at any time by calling the local public health or community health centre or healthcare provider giving this vaccine."

So now CONSENT which should be an OPT IN process is OPT OUT. This is NOT how choice or consent works! I've said before that families must call AND put their wishes in writing as regards ANY medical treatment. The unit manager still has no idea when the COVID vax is arriving, and they haven't even begun the process of consent for that. What happens if next week a delivery of the COVID and flu vaccines arrives together? Remember the resident isolated for a cold I mentioned earlier... what happens if the centre is instructed to give these shots at the same time? Because this is the current advisory. The CDC has acknowledged that giving BOTH shots at the same time increases reported immediate adverse events in the first 7 days by 11% This is on top of already skyrocketing adverse events totalling 170,000 in the UK alone.. we put all this to the unit manager. It will go to her and the entire senior management in writing to be addressed by AHS. We pointed out that this vaccination combination has not been tested, is not approved (being used off label), is not recognized for use in the way it is being implemented, and is being rolled out in a manner guaranteed to maximize risk. The unit manager looked uncomfortable. Will she act on this? Who knows. But she now knows. How is anyone making a choice when no one is informed and in a position to give fully informed consent? This is an assault. Again, to those administering these shots, understand that YOU carry the lion's share of liability for any injury or death as per your College guidelines, and your ethical, professional and contractual obligations. Basically, the buck stops with you. And a final sobering thought... do you really think your employer, your union or your College will defend you when - not if - things go wrong?

This goes further than healthcare professionals. If you have a child or are responsible for anyone's else's health and YOU fail to ensure you are fully informed before you give consent, you are as guilty as the person who sticks that needle in their arm. You are complicit in the assault and any subsequent harm. It is not something our family chooses to ever be a part of. It is why our mother will not be tested, not be masked, not be isolated, and has not been vaccinated since 2020. The current state of play in the world in 2023 is the result of coercion by both mis and disinformation leading to uninformed choices and/or uninformed consent. Know your rights and be informed before you give consent.

On a bright note, our mum turns 80 this month. She is healthy, happy and set for a trip to the mountains. Live life to the full - and do not be afraid.