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From all of us at CIEPS, we hope that you have a great Victoria Day weekend with your family and friends. Fire those barbeques up!

May Is Also Known For The Following Special Days...

In Canada, May is known for Victoria Day, a federal public holiday observed on the Monday preceding May 25th, as well as being a month for celebrating Asian Heritage, Canadian Jewish Heritage, and Mental Health Awareness.

Here's a more detailed breakdown:

- **Victoria Day:** This holiday commemorates Queen Victoria, who was the reigning monarch when Canada became a country, and her birthday had already been a holiday in **British** Canada before then.
- **Asian Heritage Month:** May is a time to celebrate and recognize the rich cultural heritage of Asian Canadians.
- **Canadian Jewish Heritage Month:** This month is dedicated to celebrating the history, contributions, and culture of Jewish Canadians.
- **Mental Health Awareness Month:** May is a time to raise awareness about mental health issues and promote mental well-being.
- **May 1st:** May Day is celebrated in some parts of the provinces of British Columbia, Quebec, New Brunswick and Ontario.
- **May 5th:** Dutch Heritage Day.

Articles for the PULSE

Please Keep Your Contact Information Current

Important Notice Regarding Your EPC Membership Dues

CE Requirements When Renewing Your EPC Designation

Contact Us

info@cieps.com

www.cieps.com

EPC Member Site

If you want to print a copy of any of the PULSE editions, you will find them on your member site.

www.epcmember.org

- **May 17th:** International Day Against Homophobia, Transphobia, and Biphobi

Mental Health Week 2025: Unmasking Mental Health...*as found on the Canadian Mental Health Association (CMHA) website.*

Living with a mental health or substance use challenge is hard enough; masking can make it even harder. Living with mental health challenges often forces people to hide behind a “mask” to protect themselves from judgment and discrimination. But the heavier the stigma, the heavier the mask becomes, and the more isolated we feel.

This **May 5-11**, we’re encouraging people across Canada to look beyond the surface and see the whole person. By embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it. In doing so, we can create a ripple effect of courage and understanding across the country.

Nearly 20% of older adults in Canada experience emotional distress, such as anxiety or low mood, which can be challenging to manage. About 6% have a diagnosed anxiety disorder. Anxiety and depression are not normal parts of aging.

Research shows that an estimated 30% of Canadian seniors are at risk of becoming [socially isolated](#). Nearly 25% of seniors reported barriers to social participation and loneliness.

Despite all this, research shows that older adults are a relatively happy age group. There are hundreds of published papers suggesting that [happiness is U-shaped by age](#). The research indicates that our peak happiness occurs in youth and old age, with a dip in mid-life around age 50.

[Find CMHA in Your Area](#)



Register NOW for the 2025 Elder Planning Issues Conference in Niagara Falls, ON...

Check out the location, agenda, and presenters here - [2025 EPIC Location, Agenda, Information etc.](#)

View all the Niagara Falls, ON EPIC information June 1, 2, 3, 2025 - [Niagara Falls, ON EPIC Information](#).

You can earn up to 30 CE credits for attending.

You can choose to attend either LIVE in person or by LIVE webcast.

Please support this conference so that we can continue to bring you presentations that will help you with your aging clients, prospects and families.

2025 EPIC Registrations are now open. Please support your conferences.

An Opportunity For You to Increase Your EPC Elder Knowledge By Attending Our EPC “Lite” * Upgrade Sessions

We will be offering an EPC Lite “Live” Update Webinar from the “LIVE” In person Class FROM Vancouver, BC – April 25-27, 2025

You have already earned your EPC Designation, so you do not have to qualify again! There is no examination required. This is an opportunity for you to UPGRADE your Aging Knowledge

In the words of Rhona Konnelly, CIEPS Marketing Director...

“We’re living in an unprecedented era of change—Canada’s 55+ population is growing rapidly, redefining what it means to age. This generation is healthier, more active, and more engaged than ever before, making their needs and expectations unique.

For professionals who serve this demographic, the question is: Are you equipped to meet their evolving needs?

Today’s aging adults are navigating:

- Retirement income planning for longer, more fulfilling lives.
- Strategic healthcare and lifestyle decisions.
- Legacy planning that reflects their values and goals.
- Opportunities for lifelong learning and community engagement.

Information on How the EPC “Lite” Live Update Webinar

Each day will begin at 7:45 am and end at 5 pm based on the time zone of the location you registered for. If Vancouver then it is PST, if Toronto then it is EST

Throughout the 3 days, the recently UPDATED **Complete 12th Edition EPC Curriculum** will be covered by our CIEPS Faculty via Live Webinar streamed from one of the above Live In-person EPC class.

You will be sent the web access links and daily agenda as we get closer to the date. This way you can pick and choose the presentations that you feel will benefit you most.

Please note - *We are calling these sessions “EPC Lite”, because you will not have to write another EPC Qualification examination but will still receive updated EPC knowledge and the chance to complete up to 15 CE credits after the webinars are complete for attending the LIVE Webcast presentations. (Your attendance will be tracked).

Your Registration Fee of \$495 + tax includes the following:

- The complete updated 4 volume 12th edition EPC Desk Reference Manuals and the PDFs of the live presentation PPTs, (a value of \$400+). These will be shipped to you upon receiving your registration.
- 15 CE credits (a \$180+ value) upon completion of the 3 days by using our sister company [Pro-Seminars ONLINE CE COURSE CATALOGUE](#)
- Updated Elder knowledge – Priceless!

We will send you the daily agenda and web links for these sessions as we get closer to the date.

Only \$495 + taxes to attend

Here is How You Will Achieve Your 15 CE Credits

You will not receive any CE for attending, however, after the EPC Lite Live Update Webinar is completed, you will receive access from our sister company Pro-Seminars ONLINE CE Catalogue so that you can complete up to 15 CE credits. You will have 6 months to complete the additional online CE.

Our Online CE credits are valid for BC, AB, SK, MB, ON Provincial License CE requirements MFDA ([MFDA Courses](#)), FP Canada, Advocis etc. Check this information in more detail here - [CE Credit Information](#).

REGISTER NOW and continue your EPC journey with updated materials that you can use for your elder family members, clients and prospects.

When credentials are a commodity, ongoing education and updating is a necessity for professionals working in the elder market.

Sylvia Tyson: Remembering the Good Times... *from an article posted on the Good Times magazine site, written by Jessica Dostie and Peter Feniak on April 1, 2025*

Over the six decades of her career, the singer-songwriter has become a Canadian music icon

Did young Sylvia Tyson ever sense that she was destined to become one of Canada's most admired singer-songwriters? "I don't know about destiny, but at one point I told my parents, 'I'm going to move to Toronto and become a folk singer,'" she says. "And, actually, their reaction was pretty enlightened for the late '50s—they said, 'Well, if it doesn't work out, dear, you can always come home and get married.'"

Tyson never did turn back, and she has since been inducted into the Canadian Music Hall of Fame (with Ian Tyson), the Canadian Country Music Hall of Fame, and the Canadian Songwriters Hall of Fame and named to the Order of Canada. Her most recent album, *At the End of the Day* (November 2023), has been highly praised. Tyson has also been a music executive, a broadcaster, and a novelist, but the singing came first.

Sylvia Fricker (her maiden name) began singing in her hometown of Chatham, in southwestern Ontario. "It was expected of me," she says. "My mother was the organist and choir director at Holy Trinity Anglican Church. We always had more sopranos than we knew what to do with, so I sang alto, and if our tenor didn't turn up, I sang tenor."

Her mother, Phyllis Fricker, was also a teacher, a painter and Tyson says, a "classically trained pianist, a Chopin specialist." Her dad, William Fricker, worked for the T. Eaton Company (selling appliances) and played music by ear. "He used to take me to the little country churches around Chatham where he'd repair the pump organs," Tyson recalls. "He'd get all the bugs out and finish by playing 'Roll Out the Barrel.'" Her siblings (two sisters and a brother), she adds, "are all pretty creative in their own ways."

In Chatham, Tyson absorbed night-time-radio rhythm-and-blues from nearby Detroit. And in a high-school poetry anthology, she discovered folk.

"There were two or three of the old English ballads—'Sir Patrick Spens,' 'Lord Randall'—and some soul with foresight had put lines of music with the poetry," she says. "I thought, 'These are songs; I'm going to try that out.'"

Folk music was on the rise at the time. In 1958, The Kingston Trio sold more than three million copies of an upbeat version of a hangman's ballad called "Tom Dooley." Arriving in Toronto, Tyson joined in some early sing-arounds. "I was just getting my feet on the ground when I met Ian," she remembers.

Ian Tyson, a brash westerner and balladeer, was interested in a possible singing partner. "We started doing the odd thing together in the little coffee houses," she says. Canada's great folk duo was born—the powerful headliners Ian & Sylvia. And in 1964, they married.

Greenwich Village

Ian & Sylvia brought energy and freshness to folk music. Onstage, Ian played guitar, Sylvia, the autoharp. Later, accompanists joined them. But

mostly it was their voices. The late New York artist Suze Rotolo once said: "Her voice was timeless, almost otherworldly. Ian was very handsome; Sylvia was very beautiful. Together they had a glow about them." Ian described their famous harmony this way: "I had a fairly big baritone voice. She had that vibrato thing. We just opened our mouths and sang. Under the right conditions, man, our voices could soar."

They rose to the top of the early-'60s Toronto folk scene. "We decided 'Hey, it's time to go to New York.' You don't think about it; you just do it," Sylvia says. "The first door we knocked on was Albert Grossman's." Grossman, an aggressive folk-club owner from Chicago, was becoming a powerful figure in the folk movement. "We auditioned for him in an old, converted mansion on Central Park West.

He said, 'Well, I really like you, but I just signed this trio and I'm not sure how much time I'll have.'" Grossman was assembling future million-sellers Peter, Paul, and Mary. He would also manage up-and-comer Bob Dylan, plus Richie Havens, John Lee Hooker, Janis Joplin, The Band, and Gordon Lightfoot. He signed Ian & Sylvia, too.

From their base in New York's Greenwich Village, Canada's folk stars began recording for the prestigious Vanguard label. They became favourites with college crowds, playing campuses everywhere. And, in that magic time, they also became songwriters.

Sylvia remembers: "We were hanging with Bob Dylan, and he was writing about a million songs a minute.

Being pretty brash, we thought, 'If he can write songs, we can write songs,' and we did." Their first efforts were golden. At the Hotel Earle on Washington Square, Sylvia wrote a "will I or won't I?" love song called "You Were on My Mind." In 1965, the San Francisco folk group We Five turned it into a chart-topping, million-selling smash hit. Ian's first songwriting effort, a lonesome ballad called "Four Strong Winds," became a Canadian anthem.

But cooler winds began to blow on the folk-music revival. Ian & Sylvia kept recording, broadening their styles and including works by songwriters like Dylan, Lightfoot, and Joni Mitchell. But The Beatles had ushered in the British Invasion. Top folksingers took note and "went electric," creating folk-rock. A country-rock surge came later, but too late for Ian & Sylvia's 1968 Nashville album, an early classic.

In restless times, the duo changed record labels and hired backing bands, and, ultimately, Ian landed a Canadian TV series hosting popular country singers. Sylvia was an occasional presence—the duo's son, Clay, born in 1966, got much of her attention. Ian, yearning for the cowboy way, bought acreage an hour east of Toronto and began ranching. With Sylvia in Toronto, the couple drifted apart. Their 1975 divorce was described as amicable.

With their songwriting growing over the years, each released solo albums with some success. Sylvia's song "River Road" became a hit with US country star Crystal Gayle. Her "Smiling Wine" was on the radio. She became the host of the roots music show "Touch the Earth" on CBC-Radio.

Her acumen was welcomed on several music-industry boards. In the '80s, she created her own label, Salt Records, named from her song "Sugar for Sugar, Salt for Salt."

As the 1990s began, she joined the novel singing group Quartette, which comprised four gifted female singer-songwriters. They performed together well into the 2000s. The collegiality of Quartette suited Tyson. Solo performance had long challenged the cerebral singer. "I'm not a natural performer," she has said.

"Anything I do onstage I learned to do." Some simply called her shy. "I'm well aware of that shyness," long-time friend and music writer Larry LeBlanc has said, "but she is inspirational—the bravest person I know."

Today, Tyson says, "I would probably never have been a solo performer if I hadn't been a songwriter. It was really wanting people to hear my songs: the only way to get them to hear them would be if I got up there and sang." She has written "close to 200 songs," but she says that songwriting "gets harder. You whip up a couple early and you think 'Oh, this is easy.' But [the song] has to be four minutes long; you have to pack a lot into those lines. You start to be more critical of what you're writing."

A lifelong avid reader, Tyson also turned her hand to writing fiction. "I found the freedom of writing prose to be quite extraordinary," she says. "I had to rein myself in not to go totally nuts." Her novel, a family saga titled Joyner's Dream (Harper Collins, 2011), is dedicated to her late friend Canadian novelist Timothy Findley.

Findley's partner, Bill Whitehead, helped edit the book. Fiction continues to fascinate her. "I've written three murder mysteries—as yet unpublished," she laughs.

Life Changes

Her song "You Were on My Mind" is still widely heard and recorded. A year after the We Five version, a singer who called himself Crispian St. Peters (born Robin Smith) took it to the top of the charts in the UK. He also briefly claimed to have written the song. "And for some reason,"

Tyson says, "it keeps being recorded in Italy." Publishing royalties helped buy her large Victorian home in Toronto long ago. "That song's paid the rent a few times for sure," she says. Her leafy neighbourhood reminds her of the street she lived on in Chatham—"tall trees on either side of the street...not a lot of traffic." She walks those quiet streets for fitness and says: "I work out—you know, floor exercises. Mainly at home." The hard

part, she jokes, is “not so much doing floor exercises; it’s getting up off the floor.”

In close touch with her siblings, Tyson hosts an annual Christmas gathering. (“I’m the one with the large-enough house.”) Her son, Clay, a Toronto-based singer-songwriter, is now “back and forth” from Alberta.

“He inherited an old stone house on Ian’s property [near Longview, Alta.— Ian died in 2022],” she says. “He’s very involved in getting it into shape. He loves being out there.” His current passion is “building instruments from scratch.”

It’s rare to see Tyson onstage these days, but on May 23, 2024, she appeared at a packed Massey Hall in Toronto for the life celebration of her long-time friend Gordon Lightfoot. A star-studded roster sang Lightfoot songs. Tyson was different. Encouraged by Lightfoot’s wife, Kim, she created a special moment, singing “At the End of the Day.” “When I think of the good times, all the hard times fall away,” she sang. “It’s the good times I remember at the end of the day.”

“That’s pretty much my philosophy,” she says. “We all went through our life changes at one point or another. You don’t sweat the bad stuff. You hang on to the good stuff.”

Her recent album went high on the Americana charts, a category that includes gospel, folk, country, roots music, and blues. She’s comfortable in that catch-all zone. “I’ve pretty much done whatever I wanted to do,” she says.

“There have been pressures on me to change. I always sort of forged ahead.”

Her voice is still distinct and expressive. Will she record again? “I think it’s probably my last album because I’m 83 [she’s since turned 84] and I’m not writing as much. And I don’t have plans to perform. Doesn’t mean that I won’t do it. I just don’t have plans. It’s one day at a time,” she says with a smile.

Healthy Aging Tips: 2025 Update ...*from an article posted on the National Initiative for Care of the Elderly website – www.nicenet.ca*

Tip 1: Take advantage of the Canada Dental Care Plan (CDCP)

Tip: If you have been avoiding the dentist for financial reasons, apply for the Canada Dental Care Plan and resume regular dental appointments.

Why?: The Canadian Dental Care Plan (CDCP) assists those without private insurance and a household income under \$90,000. Over one million

Canadians have accessed this program, receiving an average of \$730 for oral health care services.

Health Impacts: More than half of Canadians aged 65 to 79 have moderate to severe periodontitis, a chronic disease characterized by the gums pulling away from the teeth. This condition can lead to the formation of infected pockets that may break down bones and connective tissues. Additionally, evidence suggests a link between cardiovascular disease and poor oral health. Fortunately, periodontal disease is both preventable and treatable with regular dental care. To learn more about the Canada Dental Care Plan, click on the link below.

NICE Information Tools:

- [Canada Dental Care Plan \(CDCP\)](#)
- [Periodontal Disease and Older Adults](#)

Tip 2: Learn how to monitor your blood pressure accurately

Tip: Buy an affordable home blood pressure monitor and learn how to measure your blood pressure accurately.

Why?: Measuring blood pressure can be tricky, so it's essential to follow the instructions closely for accurate results. You should take multiple readings and average them, as blood pressure can vary due to time of day, meals, drinks, activity, posture, and stress. It is difficult for health professionals to get an accurate measurement in a 15-minute visit, so help them and bring in your test results.

Health Impacts: Approximately two-thirds of older adults in Canada are diagnosed with hypertension, also known as high blood pressure. This condition occurs when the force of blood against the walls of the arteries is consistently elevated. High blood pressure is the leading risk factor for stroke, as well as a significant risk factor for heart disease. The good news is that hypertension is treatable through affordable medications and healthy lifestyle choices, including a balanced diet, regular exercise, and effective stress management. To learn more about measuring your blood pressure at home, click on the link below.

NICE Information Tools:

- [Hypertension \(high blood pressure\)](#)
- [Healthy Lifestyle Behaviors](#)

Tip 3: Stay aware of your cholesterol levels

Tip: Ask your healthcare professional to schedule a cholesterol test if you:

- are male and over 40 years of age
- are female and over 50 years of age and/or post-menopausal

- have heart disease, diabetes or hypertension (high blood pressure)
- have a waist circumference greater than 37 inches for men and 31.5 inches for women
- smoke or have smoked within the last year
- have erectile dysfunction
- have a family history of heart disease or stroke.

source: <https://www.heartandstroke.ca/heart-disease/risk-and-prevention/condition-risk-factors/managing-cholesterol>

Why?: Recent studies emphasize the importance of proactively treating high cholesterol in older adults.

Health Impacts: High cholesterol can cause plaque to accumulate in the walls of arteries, leading to their narrowing and hardening. This condition can restrict blood flow to the heart and brain, increasing the risk of heart attacks and strokes. The good news is that high cholesterol is treatable with affordable medications and healthy lifestyle habits.

NICE Information Tool:

- [Cholesterol and Older Adults](#)

Tip 4: Adequate hydration is more important than you think

Tip: Stay hydrated by drinking plenty of fluids! The U.S. National Academy of Medicine recommends that men aged 51 and older aim for about 13 cups of fluids daily, while women in the same age group should aim for about 9 cups. This total includes all sources of liquids, such as drinking water, food, and other beverages. However, it's best to talk to your doctor to determine how much water you should drink daily.

Why?: As we age, changes in body composition lead to reduced water content in our bodies. Many people drink less water, which can lead to chronic dehydration. Medications like diuretics can disrupt water balance, and concerns about incontinence may cause some older adults to limit their intake. Additionally, the feeling of thirst often decreases with age.

Health Impacts: A recent National Institutes of Health study indicates that adults not adequately hydrated may age more rapidly. They also face an increased risk of chronic diseases, including lung disease, heart failure, diabetes, and stroke, and are more likely to have a shorter lifespan compared to those who maintain proper hydration.

NICE Information Tools:

- [Dehydration in Older Adults](#)
- [Diet and Nutrition](#)

Tip 5: Ensure you are getting enough Calcium & Vitamin D to prevent early bone loss

Tip: Review your diet with your Health Professional and ensure you are getting enough Calcium and Vitamin D to prevent early bone loss and Osteoporosis.

Why?: When the body does not get enough calcium from food, it starts pulling calcium from the bones, weakening bone health. Vitamin D plays a crucial role in maintaining bone strength by improving calcium absorption. You can increase your calcium and vitamin D intake by making dietary changes and taking supplements.

Health Reasons: Osteoporosis is a disease that weakens bones, making them thinner and less dense. Older Adults with Osteoporosis have a significantly higher risk of fractures. The most common frailty fractures associated with Osteoporosis are in the hip, spine, wrist, and shoulder. Our bones are continuously renewed through a natural process where new bone cells replace old ones. However, as we age, this process becomes less efficient, leading to a gradual loss of bone tissue. Over one-third of those aged 65+ are living with diagnosed osteoarthritis.

NICE Information Tools:

- [Osteoporosis in Older Adults](#)
- [Falls among Older Adults](#)
- [Frailty Syndrome](#)

Tip 6: Incorporate strength and balance exercises into your daily physical activities

Tip: Find and enroll in a local fitness class designed for older adults that includes strength and balance training.

Why?: In Canada, falls are among the leading causes of injury and death for older adults. However, you don't have to become a victim of slips and falls. Exercising can enhance your balance and strength, allowing you to stand tall and feel more confident when walking.

Health Benefits: A single session of moderate to vigorous physical activity offers immediate health benefits and helps prevent chronic diseases when done regularly. Immediate health benefits include improved sleep quality and reduced anxiety and blood pressure. Long-term health benefits include reduced risks of dementia, depression, heart disease, stroke, type 2 diabetes, eight cancers (bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach), Osteoporosis, and fragility falls. Emerging research suggests physical activity helps boost immune function.

NICE Information Tools:

- [Exercises for Older Adults](#)
- [Falls among Older Adults](#)
- [Frailty Syndrome](#)
- [Osteoporosis](#)

Tip 7: Improve your computer skills; they are essential for living independently

Tip: Choose your preferred device (smartphone, tablet, notebook, or desktop) and work on enhancing your computer skills.

Why?: It's easier to concentrate on one device and utilize it as your primary tool for information and communication. Each device is unique and comes with its learning curve. However, all devices can be made more accessible for older adults. Investing time in customizing features such as text size and other accessibility options can make devices more user-friendly. Computer skills are increasingly vital for older adults, as they assist in staying connected, informed, and independent.

Benefits:

- Email and text messaging facilitate staying connected with friends and family.
- Internet searches simplify the process of finding and accessing community services.
- Computer skills enable older adults to maintain their independence and autonomy. It is easier to Age in Place if you can access community services over the internet.
- Basic computer literacy can help older adults avoid internet scams and fraud.
- Using computers and playing computer games can enhance cognitive function, memory retention, and overall mental well-being.
- Suppose you select a smartphone as your device. In that case, many apps are designed specifically for older adults, including health and safety monitors.
- Attending a local computer training course is a great way to get out and meet people.

NICE Information Tools:

- [Internet Scams Targeting Older Adults](#)
- [iPhone Tips for Older Adults](#)

Sources:

Healthy Aging Tips for the Older Adults in Your Life

<https://www.nia.nih.gov/health/caregiving/healthy-aging-tips-older-adults-your-life>

Aging and chronic diseases: A profile of Canadian seniors

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/aging-chronic-diseases-profile-canadian-seniors-report.html>

Canada Will Soon Become a ‘Super Aged’ Country: Here’s Why that’s a Problem...*...from an article posted on the Toronto Star website, written by Moira Welsh, journalist leading the Third Act project, pushing for changes in the way older adults live.*

Final report in National Institute on Ageing’s road map for improved long-term-care services says institutional care needs to be the “exception.”

By Moira Welsh Staff Reporter Jan. 21, 2025

Older adults are facing a bleak future unless Canadian governments dramatically shift their approach to long-term care, says a new report from the National Institute on Ageing.

The third and final report in the NIA’s “road map” for improved long-term-care services — with an emphasis on community supports over traditional nursing homes — says staffing shortages, funding shortfalls and a rapidly aging population created a dire situation, which the pandemic exposed and exacerbated.

The final report, released Thursday, is titled “[Enabling a More Promising Future for Long-Term Care in Canada.](#)” It calls for a new approach that includes a strong focus on community-based long-term-care services, with institutional care as the “exception.”

It recommends policies focused on evidence-based, person-centered care; technologies that support what the NIA calls “[Ageing in the Right Place](#)”; and a solution to the current staffing shortages by offering jobs that are “appropriately supported and recognized.”

“It is clear,” the most recent report says, “that without a paradigm shift in the way Canada finances, organizes and delivers LTC services, the challenges will only continue to prevent (or block the road to) the sustainable and fiscally responsible provision of high-quality LTC services.

“Therefore, there is no time like the present to move forward with a balanced approach towards enabling a more promising future for the provision of LTC in Canada.”

Dr. Samir Sinha, the NIA’s director of health policy research, said the final report in the NIA’s long-term-care trilogy makes clear that the current path forward is “completely unsustainable and will not meet the needs of current or future older Canadians.”

It's all about demographics.

In the early 2030, Canada is expected to join the ranks of “super aged” countries, such as Japan and Germany, where roughly one in five people are over 65. In 25 years, as many as 2.5 million Canadians will be over 85, more than double the number in the 2021 census.

Governments, Sinha said, are simply hoping that their lack of action will be alleviated by unpaid caregivers who will step in and fill the gaps.

“We’re going to have 30 per cent fewer available family caregivers in 30 years and 70 per cent more older people needing help,” he said. “So that’s not sustainable.”

Sinha said the report shows an inevitable breakdown if the current practice continues with limited funding, a reliance on institutions for care and the hospitalization of older adults awaiting a nursing home bed.

“When 15 per cent of your hospital beds are occupied by people who just need long-term-care services, imagine what we’re going to do when we have way more older people needing those services,” he said.

“I think it’s not just our long-term-care systems but our entire health-care system that will collapse if we don’t take progressive action now.”

In 2021, more than 52,000 Canadians were on waiting lists for placement in an LTC home, while about 167,000 Canadians 65 and older were estimated to have unmet home-care needs, the report noted.

Those with higher unmet care needs were reported in households in areas with lower socioeconomic status, creating inequities among people with lower incomes, the report said.

Privately paid care in an individual’s home can cost tens of thousands of dollars a month for those with very high needs.

Currently, most people survive on unpaid care provided by spouses and relatives. According to the report, roughly 35 per cent of working Canadians also provide unpaid caregiving. One-third of those unpaid caregivers reported distress.

And yet, as the NIA reported, by 2050, there will be far fewer family and friends to provide that unpaid care, due to lower birth rates.

At the same time as the unpaid support is declining, the demand is increasing. The number of Canadians who will require unpaid caregivers is expected to rise to 700,000 from 345,000 by 2050.

With a focus on changes facing Canada as its population ages, the NIA’s first two reports, published in 2019, highlighted the struggles of the

provinces and territories to meet the growing needs of an older population and warned of a future without change.

Calling for a new emphasis on funding and programs for community support, the report noted that recent figures from the Organization for Economic Co-operation and Development found that in Canada, 64 per cent of funding for “long-term care” (defined as care in the community and institutions) goes to the traditional bricks-and-mortar nursing homes. Another 15 per cent goes to hospitals and 18 per cent to community care.

The goal of the report, Sinha said, is to present practical national and international guidance.

“It will help us create a sustainable path forward.”

Improving Cognitive Skills with Aerobic Exercise ... *from an article posted on the McMaster University Portal on March 19, 2025*

The Bottom Line

Executive function consists of cognitive skills and processes that help us complete activities of daily living.

Aging, engaging in sedentary behaviours, and a lack of physical activity can diminish executive function.

In middle-aged and older adults, aerobic exercise can enhance impulse control, working memory, and cognitive flexibility.

Talk to your healthcare team about incorporating a tailored aerobic exercise program into your routine.

Problem solving, adjusting to changes, planning, regulating our emotions and impulses, and holding onto and using information in the short term while completing tasks are all cognitive skills and processes that we use in our daily lives. For example, making a grocery list requires planning and organization, while sticking to it at the store requires impulse control. Following a recipe requires working memory, while adapting to the situation if something goes wrong as you cook it requires cognitive flexibility. These core skills and processes fall under the umbrella of “executive function”.

It's clear that executive function plays an important role in helping us navigate life, and as such, we should aim to preserve it. To do this, let's first discuss a few of the factors that are associated with a decline in our executive function. These include aging, with the earliest signs of deterioration popping up in middle age (around mid-to-late 40s); spending too much time engaging in sedentary behaviours like sitting on the couch watching TV or lounging on a lawn chair; and a lack of physical activity.

Sedentary behaviours and physical activity have been a focus of research on executive function. It's not surprising given that less than 1 in 5 Canadians meet sedentary behaviour recommendations of eight hours or less spent on sedentary activities each day. What's more, less than half meet physical activity recommendations of 150 minutes of moderate-to-vigorous intensity exercise each week. Luckily, sitting less and exercising more are well within our reach! To motivate us, let's turn to a [systematic review](#) looking at the effects of aerobic exercise (e.g., general aerobic exercise like hiking, cycling, treadmill, swimming, dance, and walking or mind-body exercise like yoga) on executive function in healthy middle-aged and older adults.

What the research tells us

Put on your sweatpants and running shoes! The review found aerobic exercise can improve multiple components of executive function, namely impulse control, working memory, and cognitive flexibility. It's worth noting that one area that did not see improvement is planning.

Focusing further, we are able to comment on which type, intensity, length, duration, and frequency of aerobic exercise appears to be most effective for the areas of executive function that saw benefits.

Impulse control: General aerobic exercise conducted in 20–45-minute sessions 3–4 days a week for 13–24 weeks.

Working memory: General aerobic exercise with gradual increases in intensity conducted in 20–45-minute sessions 5-7 days a week for 13-24 weeks.

Cognitive flexibility: Mind–body exercise with gradual increases in intensity conducted in 46–60-minute sessions 5-7 days a week for 13-24 weeks.

In terms of safety, some mild-moderate side effects like pain, leg injuries, and sprains were reported but luckily no serious side effects.

From our physical health to our cognitive health, being less sedentary and more active can do us a world of good and are very actionable next steps for those looking for healthy lifestyle modifications. Those interested in incorporating aerobic exercise into their weekly routine should consult with their healthcare team about developing an individualized plan that meets their needs.

Summer Grilling with Seniors

Summer means BBQ season, and it's the perfect time to enjoy the outdoors while savoring delicious yet nutritious meals. But before firing up your grill, remember to keep the needs of your senior loved ones in mind. Ensuring meals are flavorful and suitable for their dietary needs is crucial.

The summer and being outdoors go together like peanut butter and jelly between two slices of fresh bread. Speaking of food, a popular activity for seniors during the warmer months is grilling. A good barbeque, a cool drink and great company is a mix that may do more for the health of your elderly loved one or client than medicine.

Before you begin to bask in the great weather and tantalizing flavors of your next cookout, consider the following tips for seniors.

Eat Your Veggies: Healthy Grilling

We know you are asking yourself, “Why are the good folks at Mass Care Link talking about veggies when it’s barbecue season?” We aren’t telling you not to whip up your world-famous ribs. What we are saying is, make sure to include a variety of vegetables along with meat and fish to keep yourself or your senior loved one healthy. If done right, grilled vegetables perfectly accompany the finest meats. Check out recipes online or use your imagination. Simple marinades like a favorite oil & vinegar based salad dressing can pump up the flavor on any grilled veggie. When grilling fruits and vegetables, wash them in a clean sink, scrub firm produce, and cut them into large chunks so they don’t fall through the grates. You can also experiment with grilling plant proteins like tofu or plant-based meat alternatives.

Keep Your Cool: Prioritize Hydration and Shade

While flipping and dipping your meats, ensure you and your senior client are properly hydrating throughout the day. Be careful to set up your grilling area so whoever is cooking has adequate access to shade. Depending on the health of your senior loved one or client, you may need to track the amount of time they spend outdoors to ensure that they don’t become overly exposed to the sun.

While cookouts and beer often go hand in hand, stay mindful of the risks of over-consumption. If you do choose to serve alcoholic beverages, make sure you have enough cold water and other thirst-quenching choices to counteract the dehydrating effects of alcohol consumption.

You’re Playing with Fire: Grill Safety

Start by properly securing the grill. Whether it’s an occasion with seniors or not, the placement and management of the grill should still be a top priority. It can be tempting to leave the grill unattended to go indoors or do something else while the food cooks, but fire unattended can be dangerous. If you must move, find someone else to watch the grill while you are away. Set up a comfortable seating area near the grill so that someone can always keep an eye on it.

Use a propane or charcoal grill outside, away from your home, deck railings, and overhanging branches. Check your grill for leaks before grilling season begins, especially if you store it inside during the winter.

Avoid the Danger Zone: Food safety

You want everyone to remember your cookout, but not because it gave them food poisoning. Use a food thermometer to ensure meat is cooked to the proper internal temperature. Don't touch ready-to-eat food with your bare hands; use gloves or serving utensils instead. Avoid cross-contamination by using separate cutting boards for raw meat and vegetables, and thaw frozen meat safely in the refrigerator, cold water, or microwave before cooking. Salads and prepared food should stay out of the danger zone. When serving food, keep hot foods at 135°F or above and cold foods at 41°F or below.

Storing Leftovers: One of the most common causes of food-borne illness is improper cooling of cooked foods. Bacteria can be reintroduced to food after it is safely cooked. For this reason, leftovers must be put in shallow containers for quick cooling and refrigerated at 40°F or below within two hours.

Reheating: Foods should be reheated thoroughly to an internal temperature of 165°F or until hot and steaming.

Grilling: Clean your grill after use by turning up the heat to burn off food particles and scrubbing thoroughly to prevent buildup.

With a little preparation and care, you and your client or loved one can make the most of the summer while staying healthy and safe.

SENIOR-FRIENDLY HEALTHY GRILLING RECIPES

Take a look at some delicious and nutritious grilling recipes for your summer BBQ session that older adults will enjoy.

- **Grilled Salmon with Lemon and Herbs:** Rich in omega-3 fatty acids, salmon is excellent for heart health. With a squeeze of lemon and a sprinkle of herbs, you have a tasty meal that's easy to prepare and good for your health. Combine fresh salmon filets with lemon juice, olive oil, dill, and garlic, then grill until done. The result is a deliciously flaky and flavorful dish.
- **Marinated Grilled Chicken Breast:** Chicken is a lean meat and an excellent source of protein. To prepare this dish, marinate chicken breasts in olive oil, lemon juice, garlic, and herbs of your choice. Grill until the chicken is well-cooked. This method creates a tender, juicy chicken breast that is high in protein and low in fat.
- **Grilled Vegetable Kabobs:** Vegetables are essential to a senior's diet. They contain plenty of fiber and essential nutrients. For these kabobs, use a variety of colorful veggies like bell peppers, zucchini, cherry tomatoes, and mushrooms. Thread them onto skewers and

grill until charred and tender. Skewers provide a visually appealing, nutrient-rich side that complements any main dish.

- Grilled Portobello Mushrooms: This is a fantastic option for vegetarians or those just wanting to reduce their meat intake. Marinate the mushroom caps in olive oil, balsamic vinegar, and garlic, then grill. The finished product is a satisfying dish packed with flavor.

Senior Helpers Can Assist With Meal Planning and More

Preparing delicious and nutritious meals for seniors requires thoughtful consideration of their dietary needs and preferences. With easy-to-prepare grilling recipes, you can make summer BBQs with senior loved ones healthier and more inclusive without compromising on taste.

CEIPS/EPC Member Benefits

By now you have received the EPC Special Bulletin highlighting the NEW added EPC Member Benefits that are available for you as an EPC member in good standing.

We have put together some great partnerships for you to consider. Please contact the individual companies for further details.

Check them out here - [EPC Member Benefits](#)

UPDATED 12th Edition EPC Materials are NOW Available

The NEW 12th Edition (2024) updated EPC materials have now been released.

The CIEPS faculty have been working relentlessly over the past 8 months to update the EPC Curriculum and information that each chapter contains.

The most updated statistics and information that we have found from multiple sources has been used to make this the most up to date aging program that you will come across today.

We have made the order of the EPC Curriculum so that it flows even better than before. Chapters have been rewritten to better reflect aging trends, ideas, lifestyle improvements and what is trending with our older populations today.

Order your updated copy today - The hard copy version of the 12th Edition EPC Desk Reference materials are available for EPC Designation holders at a reduced cost of \$199 + taxes and shipping is included.

[Visit here](#) to order your set today.

The Advantage of Having a CARP Membership

Let us first go over the [Canadian Association of Retired Persons](#) (CARP) and why it would be good to become a member.

If you are a Canadian citizen aged 50 or older, you can become a member. You will then get senior discounts at several businesses across Canada.

The minimum age requirement depends on the partnering business, but it might be worth spending a little money each year for the membership in exchange for the discounts available. I have listed several 55+ senior discounts in Canada below, and many of them are exclusively available to CARP members.

This list of senior discounts in Canada based on different categories to help you find discounts on specific items, businesses, or services that you can use for the senior in your life.

Did you know that CIEPS is on LinkedIn?

EPC member Paul Fawcett started a group on LinkedIn, and it is now an open group. Why not join it so that you can keep up to date with trending discussions that would be of interest to the Elder Planning Counselor.

Join and share with the group here –[EPC LinkedIn Group](#)

CIEPS/EPC is always looking for interesting articles from the EPC membership for submission to the PULSE.

If you have any interesting articles that you would like to have submitted into the EPC PULSE pertaining to senior issues etc., please send them to me and if suitable, we will put them into the monthly PULSE and give credit where it is due. You can send them directly to me – registrar@cieps.com

Please keep your contact information current with us

To help us keep your contact information up to date, so that you do not miss any timely information, renewal notifications and the PULSE monthly email newsletter, please use our member update form if any of your information has changed. You can access the form here -

[EPC Member Update Form](#)

Important notice regarding your EPC Membership dues. Please ensure that your EPC is always in good standing.

When you pay your EPC Membership Dues, please include applicable taxes (GST/HST) for your Province of residence.

If you are sending a cheque for your EPC Membership, please reference that the cheque is for.

Annual renewal fee—\$150.00 + Applicable taxes for the province you reside in. This can be paid by Cheque, Visa, or MasterCard, or email transfer to payments@cieps.com and it will be processed for you.

- If you reside in AB, BC, SK, MB, QC, NT, NU, or YT your yearly renewal is \$157.50 all taxes included.
- If you reside in ON, your yearly renewal is \$169.50 all taxes included.
- If you reside in NB, NL, or PE your yearly renewal is \$172.50 all taxes included.
- If you reside in NS your yearly renewal is \$171.00 all taxes included.

Not sure when your renewal is? Check the date on your EPC Certificate. The date you passed your EPC Qualification examination is your renewal date each year.

We email receipts for renewal payments at the end of the month which you paid your dues.

RENEW SECURELY HERE

Reminder

Remember, only an EPC member in good standing may use the EPC mark, the words EPC Designation, or logo on any advertising, business cards, stationery, signage, voice mail or email. This is in accordance with the CIEPS tenets and standards.

CE requirements when renewing your EPC Designation

CIEPS has a requirement of 30 CE credits annually when you renew your EPC membership.

Lately we have been receiving questions about the Continuing Education requirements when renewing your EPC Designation.

The following should clarify this for you.

If you are in a profession that requires CE Credits, then we accept that number of CE hours towards your EPC Membership renewal.

If you are in a profession that does not require CE Credits, then you do not require any CE to renew your EPC membership.

PLEASE NOTE!

Just a reminder that when you use your credit card to pay for your EPC Renewal fees, or purchase anything from the EPC Resource Library, it will

show on your statement as CNDIAN INTIVE FOR ELDR ST... Beamsville, ON. With a phone number of 855-882-3427 do not panic, as this is the Elder Planning Counselor Designation (EPC).

If you would like to stop receiving this publication, please respond to info@cieps.com with the message ***"STOP MY PULSE!"***

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