

July & August, 2025 (Double Issue)

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***From all of us at CIEPS, we hope that you and your families have a very enjoyable and safe couple of summer months with your family and friends.***

*“Ah, summer – that long anticipated stretch of lazy, lingering days, free of responsibility and rife with possibility. It’s a time to hunt for insects, master handstands, practice swimming strokes, conquer trees, explore nooks and crannies, and make new friends.” – Darrell Hammond*

This July & August 2025 summer double edition of the PULSE contains some timely updated senior fraud information, as well as some senior “summer” information to help make this time more enjoyable for them.

***See you in September!***

### **From the Recent Conference in Niagara Falls...**

We were very fortunate to have Dr. Frank Stechey as the Keynote opening speaker.

Although he has been a Dentist for many years, his presentation titled, “Elder & Senior Guide to Know What We Don’t Know When it Comes to Senior Abuse.” His presentation really put into perspective how the importance of establishing company / community based educational

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[www.epcmember.org](http://www.epcmember.org)

programs to educate anyone dealing with seniors/elderly on basic “clues” in recognition of suspicious abuse or trauma on patients of all ages can be a benefit to anyone who interacts with our aging populations.

To this extent, he has recently sent me the following 2 senior publications to share with the EPC community.

1. [The Little Black Book of Scams](#)
2. [Staying Safe: A Resource for Older Adults Living in Alberta](#)

**SCAM-proofing Your Parents: We Can’t Emphasize this Enough!**...*from an article posted on the Good Times magazine site, written by Jessica Dostie on May 21, 2025*

Scammers love to target seniors, and talking with your parents about the problem might just help them avoid becoming the next victims. Here are five questions you can use to start the conversation—and some sound advice.

### **Have you received any strange calls or texts lately?**

Scammers still use old-fashioned landlines as well as texts to contact their victims. You might get a call from someone posing as a bank representative or even a family member (as in the grandparent scam) or a text regarding an overdraft in your account or an urgent notice to pay delivery fees. Some texts ask that you click on a link to get a tax or insurance refund.

### **What to do**

- Do not confirm your credit card information or enter your PIN for anyone. Financial institutions or businesses never ask people to confirm this information.
- Beware of any messages that ask you to respond urgently. A legitimate institution will contact you through your account or with an official letter.
- Connect to your bank directly with a computer or tablet: if you receive a suspicious email, don’t click on any links.
- Register for Canada’s [National Do Not Call List](#) to stop getting telemarketing calls. It’s free. This doesn’t eliminate all calls: businesses you already deal with can keep contacting you. If you no longer want telemarketing calls, just tell them to stop phoning you.

### **Have you heard about the latest scam?**

Scammers are constantly evolving. They have all kinds of creative ways to separate us from our money. The stories of actual scams are often more riveting than a detective novel. Ask yourself: “Could I have been scammed?”

### **What to do**

- Visit the [Canadian Anti-Fraud Centre website](#) to learn about recent alerts on the latest trends in online and other scams.
- Be on the lookout for new scams that are happening in your area: local media regularly report on scams being perpetrated. You’ll be better prepared to recognize and prevent them.

### **Is there a new love on the horizon?**

Romance scams are still out there. Although apps like Tinder and Facebook Dating are legitimate, watch out for fake profiles. Men are usually contacted by “young women” who live abroad. Women tend to be contacted by retired men. The ploy is always the same: the person shares your interests, writes to you often, and wants to meet you. But an impediment arises (such as an illness, money issues, or a lost wallet) that could be dealt with if you send money. Unfortunately, you’ll never meet the person and you’ll never see your money again.

### **What to do**

- Beware of love at first sight.
- Meet in person as soon as possible, in a safe public place.
- Don’t send money or gifts to your new online flame!

### **How are your finances?**

Thieves dazzle potential victims by offering investments that promise to yield more than the average or schemes involving cryptocurrency that they say will really pay off. As a sign of good faith, some of them may even deposit cheques in their accounts & those cheques will bounce. The idea is to encourage you to trust them enough to give them your savings, which will vanish.

### **What to do**

- Be suspicious if you get a call from someone who claims to be a financial adviser or banking representative. It’s unfortunately very easy to pose as a professional on the Internet and on the phone.
- Check your account balance regularly to spot unusual transactions.
- If you’re not sure, go to your branch and speak to a teller.
- Ignore all requests for payment with a gift card.

## **Do you get a lot of spam?**

- In addition to messages from legitimate businesses, you may also receive tempting offers that are actually scams.

## **What to do**

- Mark junk messages as spam in your email app. The app should block similar emails in future.

## **Prevent Identity Theft**

To avoid having a scammer steal your identity, you can contact the two largest credit bureaus, Equifax Canada (1-800-465-7166) and TransUnion (1-800-663-9980), and ask how to add a fraud alert to your file. Creditors should then contact you directly before opening a new account in your name. Fees may apply.

## **Do your parents suspect that they're the victims of a scam?**

Immediate contact:

- The police;
- Their bank (use the phone number on the back of their debit or credit card);
- The Canadian anti-fraud centre.

## **6 of The Best Things About Summer in Canada**

This probably goes without saying, but our Camp Canada team love a summer in Canada. But why do we love Canadian summer so much? Well, not only does it mean summer camp season has arrived, but it also means six months of winter is over. As you can probably imagine, six months of winter is just far too long. As a token of our appreciation to Canadian summer, here's a list of reasons why we're the biggest fans of summer in Canada.

### **The Weather (spoiler alert: it's actually warm!)**

Yes, that's right. We actually get warm summers here in Canada! Most of the world seems to think it's cold all year round in Canada...which is a completely fair assumption since it's cold and snowy for most of the year. After living through six months of a cold and long winter, everyone gets pretty excited to go outside and make the most of the sunshine.

### **ALL Of The Lakes**

Canada is home to the most lakes in the world, and we love making the most of it. Canoeing, paddle boarding, kayaking, wakeboarding, water skiing...all the good stuff.

Our favourites are Lake Ontario, and Lake Huron and Moraine Lake & Lake Ontario which are both located in the Canadian Rockies.

### **Spending Time Outdoors**

Canada is such a big country with so much to explore. We love checking out the various provincial parks throughout the country and doing some camping and hiking. Some other awesome thing about the outdoors is the weather! With warm weather comes barbecues and cottaging.

### **S'mores Around The Campfire**

Canadian Summer is synonymous with s'mores (roasted marshmallow and graham cracker) around the campfire. Or at least we'd like to think so. We love spending time at summer camps and cottages hanging around the campfire and shoveling s'mores into our faces.

### **Road Trips**

We love taking a good old fashioned Canadian [road trip](#)! There are so many beautiful new places to discover throughout the country.

For many, days taking road trips are spent adventuring and checking out the surrounding local towns or parks.

### **'Patio Season'**

This is very much a Canadian term which basically involves going to a nice restaurant or pub to have food and a drink outside in the city! Some of our favourite summer memories are spent making friends on the patio and bonding over food and drinks.

**Disclaimer:** *The only awful thing about summer in Canada?* Mosquitoes. A lot of them. (Sorry!)

If Canada has captured your heart with all of its wonderful things to do in summer, then why not experience it all firsthand? Take a senior on a road trip and enjoy it all!

## **12 Fun Summer Activities for Seniors...**

Summer is a time to bask in the warmth of the sun, embrace nature's beauty, and engage in enjoyable activities. Seniors, in particular, can take advantage of this vibrant season to have fun, stay active, and create

lasting memories. Here are ten exciting summer activities tailored for seniors.

### **1. Picnic in the Park**

Gather your loved ones, pack a delicious picnic basket, and head to a local park. Enjoy a leisurely afternoon surrounded by nature, relishing tasty treats, and engaging in light-hearted conversations. Don't forget to bring a comfortable blanket and some outdoor games for added fun!

### **2. Explore Farmers' Markets**

Visit local farmers' markets to discover fresh, seasonal produce, vibrant flowers, and artisanal crafts. Engage with local vendors, sample delicious treats, and bring home ingredients to create a healthy, farm-to-table meal. It's a wonderful opportunity to support local businesses while enjoying the summer ambiance.

### **3. Gardening Delights**

Embrace your green thumb by tending to a garden or even a small potted plant. Gardening offers therapeutic benefits and allows you to connect with nature. Grow your favorite herbs, colorful flowers, or even vegetables and relish the joy of watching them flourish throughout the summer.

### **4. Outdoor Movie Nights**

Transform your backyard or patio into a cozy outdoor theater for movie nights under the stars. Set up comfortable seating, a projector, and a screen or a white sheet. Select classic films, comedies, or even your favorite childhood movies. Don't forget the popcorn and snacks to make it an unforgettable experience.

### **5. Beach Getaways**

Escape to the nearest beach or lake and indulge in the tranquility of the waters. Feel the sand beneath your toes, soak up the sun, and take refreshing dips in the water. Enjoy a beachside picnic, build sandcastles, or simply relax with a captivating book while listening to the soothing sound of waves.

### **6. Creative Arts and Crafts**

Engage in arts and crafts projects to explore your creative side. Paint landscapes, create handmade cards, or try your hand at pottery. Join local art classes or gather a group of friends for a fun painting session outdoors. Unleash your imagination and enjoy the therapeutic benefits of artistic expression.

## **7. Summer Festivals**

There are a variety of summer festivities that take place all around the world, including music and food festivals. Your loved one can go to these events and socialize with friends or meet new people to build relationships with. While attending festivals, your loved one can learn more about various cultures, which boosts brain health.

Check out local summer festivals and events happening in your community. From music concerts to food festivals, there are plenty of opportunities to immerse yourself in the vibrant atmosphere, try new cuisines, and enjoy live performances. Stay updated with event listings in your area to make the most of the summer festivities.

## **8. Nature Walks and Hiking**

Embrace the beauty of nature by going on scenic walks or light hikes. Explore nearby trails, botanical gardens, or nature reserves. Breathe in the fresh air, admire the flora and fauna, and enjoy the gentle exercise. Take along a camera to capture the breathtaking sights and create lasting memories.

## **9. Outdoor Yoga or Tai Chi**

Join outdoor yoga or Tai Chi classes specifically designed for seniors. These gentle exercises improve flexibility, balance, and overall well-being. Experience the peace and serenity of practicing mindfulness in a natural setting, while connecting with others who share the same interest.

## **10. Summer Barbecues**

Host a delightful summer barbecue in your backyard and invite friends and family to celebrate together. Fire up the grill, savor delicious grilled treats, and enjoy each other's company in a relaxed and joyous atmosphere. Organize games, share stories, and create cherished moments with your loved ones.

## **11. Going on a Cruise**

Loneliness and isolation are two factors linked to depression in older adults, but traveling is a great way to boost emotional health. During the summer months, book your loved one on a senior-friendly cruise to beautiful destinations around the world. Smaller cruise ships are easier for seniors to walk around on, and the atmosphere is more intimate and less chaotic. Allow your loved one to plan a cruise during the summer months. Your loved one can choose a destination he or she has enjoyed visiting in the past or suggest a new adventure. While being on a cruise, your loved one will have access to healthy foods, and moving around the ship provides the activity needed to increase physical health.

Some senior citizens prefer staying at home during the hot summer months, while others have certain health issues that require bed rest.

## **12. Performing Water Aerobics**

Water aerobics is a fun activity that can help your loved one lose weight and boost his or her overall health. Check with local health centers or a community pool association to find out if they offer senior-friendly water aerobics classes during the summer months. Seniors can participate in these low-impact exercises without putting too much strain on their bodies. The buoyancy of the water can protect the muscles and joints and reduce the risk of being injured while doing the aerobics routines. Water aerobics is a fun, mood-boosting activity that enhances heart health, lowers the risk of arthritis, and keeps seniors in good shape.

## **Conclusion**

Summer offers a plethora of exciting opportunities for seniors to enjoy the outdoors, connect with loved ones, and engage in fulfilling activities. By embracing these twelve fun summer activities tailored for seniors, you can make the most of the golden season, creating unforgettable memories and nurturing your well-being. So, get ready to soak up the sun, explore new horizons, and relish the joys of summer!

## **Some Summer Tips for the Seniors in Your Lives...**

For Canadian seniors, summer safety and enjoyable activities focus on staying cool, hydrated, and protected from the sun, while also exploring opportunities for recreation and social engagement. Planning ahead for activities and taking necessary precautions can ensure a safe and fun summer season.

### ***Here's a breakdown of key considerations...***

#### **Staying Cool and Hydrated**

- **Dress for the Heat** - Wear light-colored, loose-fitting clothing made of breathable fabrics like cotton or linen.
- **Seek Shade and Air Conditioning** - Limit time outdoors during peak sun hours and spend time in air-conditioned spaces like libraries, shopping malls, or community centers.
- **Hydrate Regularly** - Drink plenty of water throughout the day, even if you don't feel thirsty. Dehydration can be a serious issue for seniors.

- **Consider Cooling Strategies** - Utilize fans, open windows at night, and use window coverings to block out the sun during the day.

### Sun Protection

- **Sunscreen:** Apply a broad-spectrum sunscreen with a high SPF to all exposed skin.
- **Hats and Sunglasses:** Wear a wide-brimmed hat and sunglasses to protect your face, neck, and eyes.

### Activities and Social Engagement

- **Enjoy Nature:** Visit parks, beaches, or botanical gardens for leisurely walks and relaxation.
- **Outdoor Activities:** Participate in gentle exercises like walking, swimming, or gardening.
- **Social Gatherings:** Host or attend barbecues, picnics, and other social events to connect with friends and family.
- **Explore Local Attractions:** Take advantage of senior discounts and explore museums, art galleries, or historical sites.
- **Take advantage of Senior Discounts:** Many attractions and services offer discounts for seniors.
- **Stay Active:** Engage in physical activities like walking, swimming, or gardening, but avoid strenuous activity during peak heat hours.

### Important Considerations

- **Medication:** Consult with a doctor to ensure medications are not affected by heat and to discuss any necessary precautions.
- **Emergency Contacts:** Have a list of emergency contacts readily available.
- **Travel:** If traveling, be mindful of heat and dehydration and take necessary precautions like wearing compression stockings and staying hydrated.
- **Listen to Your Body:** Pay attention to your body's signals and take breaks when needed.

By taking these precautions and planning ahead, Canadian seniors can enjoy a safe, healthy, and fulfilling summer.

## A Summer Must Read Guide for an Elder Caretaker...

As the sun shines brighter and the temperatures rise, summer brings a sense of excitement and adventure. However, for our beloved seniors, this season can present unique challenges to their health and well-being. Whether you're an elder caretaker or a concerned family member, ensuring the safety of your aging loved ones during the summer months becomes a top priority. With a little extra care and attention, you can help them enjoy this vibrant season to the fullest. In this blog post, we will delve into essential summer safety tips for seniors, providing valuable insights and practical advice to keep them cool, comfortable, and protected. If you have a senior at home then let's embark on this journey together, empowering you as an elder caretaker with the knowledge to create a safe and joyful summer experience for your cherished senior.

### 1. Stay Hydrated: The Importance of Drinking Plenty of Water

Once again, we cannot say enough about this!

Dehydration is a common concern during summer, especially for seniors. As an elder caretaker, it's crucial to understand the significance of staying hydrated and take proactive measures to ensure your loved ones are adequately hydrated. In this section, we will dive deep into the importance of hydration for seniors and equip you with practical tips to increase their water intake. By implementing these actionable strategies, you can help prevent dehydration-related complications and keep your cherished seniors cool and comfortable all summer long.

When the sun's rays become more intense, our bodies naturally lose water through perspiration, which can put seniors at a higher risk of dehydration. Dehydration not only affects their physical well-being but can also impact cognitive function and overall health. By recognizing the signs of dehydration, such as dry mouth, dizziness, and fatigue, you can take prompt action and ensure your loved ones receive the hydration they need.

Seniors may forget to drink water regularly, so it's essential to establish a hydration routine. Set reminders or alarms throughout the day to prompt them to have a glass of water. Encourage them to drink even when they don't feel thirsty, as thirst signals may be weaker in older adults.

In addition to drinking water, seniors can increase their hydration by consuming water-rich foods. Includes fruits like watermelon, berries, and citrus fruits in their diet, as well as vegetables like cucumbers, tomatoes, and lettuce. These foods not only provide essential nutrients but also contribute to their overall fluid intake.

Make drinking water more appealing and enjoyable for seniors. Offer them a variety of flavored water options, herbal teas, or infused water

with slices of lemon, cucumber, or mint. Use colorful and attractive water bottles or cups to encourage them to stay hydrated throughout the day.

Keep track of the amount of water your seniors are consuming. This can be particularly helpful if they have difficulty remembering or have specific medical conditions that require monitoring fluid intake. Consider using a chart or a hydration-tracking app to ensure they're meeting their hydration goals.

By implementing these simple yet effective strategies, you can make a significant difference in preventing dehydration and its associated risks for seniors. Remember, as an elder caretaker, your vigilance and support play a vital role in keeping your loved ones safe and healthy this summer.

## **2. Dress Appropriately: Choosing Breathable Fabrics and Sun-Protective Clothing**

What you wear during summer can make a significant difference in your comfort level. We'll guide seniors on selecting breathable fabrics that promote airflow and help regulate body temperature. Additionally, we'll emphasize the importance of sun-protective clothing to shield against harmful UV rays, reducing the risk of sunburn and heat-related illnesses.

Seek shade and time your outdoor activities wisely spending time outdoors is enjoyable, but it's crucial to take precautions.

When the temperature rises, choosing the right clothing becomes essential. Our elder caretaker experts recommend opting for lightweight and breathable fabrics like cotton and linen. These materials promote airflow, allowing your skin to breathe, and help regulate body temperature, keeping you cool and comfortable even in hot weather.

Protecting your skin from harmful UV rays is crucial, especially for seniors. Our elder caretaker team emphasizes the importance of sun-protective clothing. Look for garments with UPF(Ultraviolet Protection Factor) labels, indicating their ability to block out the sun's rays. Long-sleeved shirts, pants, and wide-brimmed hats offer additional coverage and protection for vulnerable areas such as the face, neck, and arms.

Midday sun can be particularly intense, so it's wise for seniors to seek shade during these hours. Elder caretakers can assist in finding shaded areas or creating a comfortable outdoor space with umbrellas and sunshades. Taking breaks from direct sunlight will help prevent overheating and reduce the risk of sunburn and heat-related illnesses.

Plan outdoor activities during cooler parts of the day, such as early morning or late afternoon. The temperature tends to be more comfortable, and the sun's intensity is reduced during these times.

In addition to seeking shade and choosing sun-protective clothing, using sunscreen is essential. Select a broad-spectrum sunscreen with a high SPF (Sun Protection Factor) and apply it generously to all exposed skin.

Summers can be enjoyable and safe for seniors with the right precautions. Remember to dress cool, seek shade, time outdoor activities wisely, and enhance sun protection with the help of our elder caretaker experts. Stay safe, comfortable, and enjoy the sunny season to the fullest!

### **3. Maintain a Cool Indoor Environment: Tips for Home and Air Conditioning**

Maintaining a comfortable temperature indoors is key to seniors' well-being. Elder caretaker experts recommend keeping the thermostat set between 75°F and 78°F (24°C and 26°C) to strike a balance between coolness and energy efficiency. Adjust the temperature based on personal preferences, ensuring it remains comfortable and not too chilly.

Fans are a cost-effective way to circulate air and create a breeze indoors. With the help of an elder caretaker, position fans strategically to optimize airflow throughout the living space. Place fans near windows or doorways to draw in cooler air from outside during early morning or evening hours. Additionally, using portable fans or ceiling fans can provide relief and enhance comfort in specific areas of the home.

Air conditioning can be a lifesaver during scorching summer days. With the guidance of an elder caretaker, ensure that the air conditioning system is in good working condition before the onset of summer. Regularly clean or replace air filters to maintain efficiency and improve air quality. Consider using a programmable thermostat to adjust the temperature automatically and save energy when seniors are away from home.

Balancing comfort and cost-effectiveness is crucial for seniors. Here are some energy-saving tips to help optimize the use of air conditioning:

- Keep blinds, curtains, or shades closed during the day to block out direct sunlight and prevent heat from entering the room.
- Use a dehumidifier to reduce moisture levels in the air, making the indoor environment feel cooler and more comfortable.
- Seal any gaps or cracks around windows and doors to prevent cool air from escaping and warm air from entering.
- Use natural ventilation by opening windows and doors during cooler hours to allow fresh air to circulate.

- Consider using energy-efficient appliances and light bulbs to minimize heat generation and reduce energy consumption.

As elder caretakers, our goal is to ensure senior's comfort and well-being throughout the summer. By following these tips, you can create a cool indoor haven that promotes relaxation and safety for your loved ones. Remember, a cool and comfortable living space is vital for seniors' overall health and happiness.

#### **4. Recognize Heat-Related Illnesses: Signs, Symptoms, and First Aid**

As the scorching summer heat sets in, safeguarding the well-being of our beloved seniors becomes a top priority. Understanding the signs and symptoms of heat-related illnesses is crucial for both seniors and their dedicated caretakers. From excessive sweating and dizziness to confusion and rapid heartbeat, no warning sign will go unnoticed. Stay one step ahead and safeguard the well-being of your cherished seniors this summer.

Immediate measures that matter acting swiftly in the face of a heat-related emergency can make all the difference. That's why we'll provide you with essential first-aid measures that can be implemented immediately. From relocating the senior to a cool, shaded area to offering fluids and applying cold compresses, these actions can alleviate symptoms and potentially save lives. Equipped with this knowledge, elder caretakers can be the unsung heroes in a heat-related crisis.

As caretakers, we have a responsibility to educate and support our loved ones in adopting preventive measures and recognizing the signs of heat-related illnesses. With the right knowledge at their disposal, seniors can confidently enjoy the summer season, knowing they are well-equipped to handle any potential heat-related challenges.

By understanding heat exhaustion and heatstroke, recognizing symptoms, and implementing immediate first aid measures, elder caretakers can be the true guardians of their loved ones well-being. So, don't wait—educate yourself and your senior loved ones on the essentials of summer safety. Together, let's create a summer filled with cherished memories and worry-free adventures.

#### **Conclusion**

With the right precautions and awareness, seniors can beat the heat and stay healthy throughout the summer season. By following summer safety tips older adults can enjoy the warm weather while minimizing the risk associated with high temperatures. From staying hydrated to dressing appropriately and recognizing heat-related illnesses, these practical strategies will empower seniors to take charge of their well-being and have a safe and enjoyable summer.

## 8 Summer Exercise Tips for Seniors ...

As the vibrant seasons of spring and summer unfold, there's no better time for seniors than to shake up their exercise routine with physical activity that involves getting outside and embracing nature's beauty. Staying active not only promotes physical well-being but also enhances mental clarity and overall happiness by releasing feel-good hormones known as endorphins.

Whether you're new to regular exercise, or consider yourself a seasoned fitness buff, these uplifting and empowering tips will help you make the most of the warmer months ahead.

### 1. Start Slow & Gradually Increase

Spring is the perfect season to ease into exercise gently. Begin with activities that suit your current fitness level and gradually increase intensity and duration as you feel more comfortable. Walking is an excellent low-impact exercise to start with, as it allows you to clock in steps at your own pace while enjoying the magnificent outdoors. Whether it's a stroll through the community garden, a walk around the block, or a trip down a designated walking path within your retirement residence, there are countless ways to make walking part of your regular fitness routine. Health professionals recommend 30 minutes of brisk walking most days of the week to strengthen the heart, improve circulation, and boost energy levels, but if this is a challenge, start with a slower pace and a shorter distance and work your way up from there.

Tip: For added stability, and a full-body workout, consider giving Nordic walking poles a try!

### 2. Embrace the Outdoors

Take advantage of the sunny days and pleasant temperatures by moving your exercise routine outdoors (preferably during the early morning hours or in the late afternoon, before or after the temperature is at its peak). Let the fresh air and natural surroundings uplift your spirits and offer a welcome change of scenery from indoor workouts. Consider joining outdoor group fitness classes specifically tailored for seniors, such as a gentle yoga practice or tai chi, held in shaded areas. These activities not only promote flexibility and balance but also foster a sense of community and camaraderie among residents.

### 3. Stay Hydrated & Protect Your Skin

As temperatures rise, it's crucial for seniors to stay hydrated while engaging in physical activity. Keep water on hand by bringing a water bottle along and be sure to sip from it regularly, even during times where you don't feel thirsty. When it comes to workout apparel, opt for lightweight, moisture-wicking clothing that keeps you cool and

comfortable, while selecting lighter colours that will limit heat absorption. Don't forget to lather up before you head outdoors, applying sunscreen with a broad-spectrum SPF of at least 30, and reapplying as necessary throughout the day; this is important to remember, even on cloudy days when UV rays are still present, however not always noticeable.

#### **4. Engage in Strength & Balance Exercises**

Maintaining muscle strength and balance is vital for preventing falls and maintaining independence. Incorporate simple strength exercises using resistance bands or light weights to strengthen your arms, legs, and core muscles. Chair exercises are also effective for improving balance and stability. Practice seated leg lifts, arm circles, and gentle stretches to enhance flexibility and range of motion.

#### **5. Explore Water-Based Activities**

For those who love the water, consider making a trip to the local community centre to swim laps or try an aqua fitness class. Water-based activities are gentle on the joints and provide resistance for muscle strengthening, which is excellent for seniors who are looking for a low-impact exercise option. Not only can swimming laps improve cardiovascular fitness, but it can also alleviate joint stiffness, an issue that affects many seniors. Scope out the schedule at your local leisure centre to learn about the classes and programs that are available for seniors.

#### **6. Set Realistic Goals & Celebrate Progress**

Setting achievable goals is key to staying motivated and committed to your exercise routine. Start by setting simple, specific objectives, like increasing your daily step count, mastering a new yoga pose, or improving your flexibility. Keep track of your progress in a journal and celebrate milestones along the way. Recognize and reward yourself for your dedication and perseverance—it's all part of the journey toward better health and well-being.

#### **7. Stay Connected & Have Fun**

Exercise is more enjoyable when shared with others. Engage in group activities or buddy up with a friend from your community to stay motivated and hold one another accountable. Joining a walking club, participating in outdoor picnics with light physical games like bocce ball or bean bag toss, or even dancing to music in a common area can make exercise feel like a social event rather than a chore. Celebrate the joy of movement and cherish the friendships you build along the way.

#### **8. Listen to Your Body & Take Rest When Needed**

While movement is important, listening to your body's signals during exercise is a must. If you experience abnormal discomfort or pain, this

might be your body's way of telling you to slow down or take a break. It's normal to feel a bit fatigued after a workout, but if you feel excessively tired or dizzy, take the time to stop, rest, and regroup. Consult with your healthcare provider before starting any new exercise regimen, especially if you have underlying health conditions or concerns.

## Summary

The spring and summer seasons are a time when seniors can rejuvenate their body and spirit through enjoyable and beneficial exercise. By following these tips, seniors can approach fitness with a newfound sense of enthusiasm and confidence. Embrace the journey, stay positive, and savour the special moments of joy and achievement along the way.

## Exploring Canada's Beauty: Senior Friendly Travel Tips and Destinations...

The general consensus is work hard and you'll be able to play hard—one day! Travel is one of the best things to look forward to in retirement: The opportunity to roam the places you've only ever dreamed of. And a lot of those gorgeous destinations are actually right here, in our very own backyard. From one breathtaking coast to the other, the Great White North has plenty of beauty to offer. Read on for our top tips for senior-friendly travel, along with our picks for the destinations that you might not have thought of but should top your must-see list.

### 7 Senior-Friendly Travel Tips

Travelling as a senior comes with unique challenges. Preparation and realistic expectations are your best way to having the trip of your dreams! Exercise caution and take into account our tips below.

1. Research where you want to go in advance, so you can be prepared for weather conditions, closures, and the safest way to get about in your desired destination. Also check accommodation accessibility, as well as those at the points of interest you wish to visit. Knowing where the closest hospital is, along with restaurant options, gas stations, etc. is all good info to have. Being prepared is your #1 ally in travel for a smooth arrival and transitions!
2. Pack layers and comfortable footwear. Research the temperatures for when you're planning to travel but pack a "just in case" outfit.
3. Travel within Canada. Staying within your own country makes things like health and travel insurance, health care accessibility, and currency a lot easier (and budget friendly!).

4. Use a travel agent. Reputable sites like the long-standing travel industry gold standard, The advantage of a trusted travel advisor is customizing your trip to your needs and wants.
5. Road trip on your horizon? Use a trip planning app like BCAA-approved [TripTik](#) for maps, directions, gas price monitoring, and point of interest info.
6. Guided tours—either the whole trip, or organized events and tours at points of interest— are both a great way to learn about where you are, as well as to ensure safety and ease of enjoyment.
7. Travel on off-peak times and shoulder seasons to avoid overcrowding and peak prices on hotels and travel.

## **Canada's Most Beautiful Travel Destinations You Might Not Have Thought Of**

### **Quebec City, Quebec**

Get a little bit of Europe without going the distance. Quebec City's urban center is more than 400 years old and offers every bit the quintessential charm of a European town. From the cobblestoned streets in Old Town (a UNESCO World Heritage site) to its picturesque 17th century architecture and the iconic Château Frontenac, Quebec City offers a vibrant cultural scene, cuisine, and scenic delights.

### **Niagara-On-The-Lake, Ontario**

Close enough to the city, far enough to be an escape, this picturesque lakefront town is close to wineries and offers boutiques, bakeries, and stunning views of the Niagara River and Lake Ontario from Queen's Royal Park.

### **Blue Mountain, Ontario**

Get away to the "mountains" but stay in the heart of it all: Blue Mountain Village is packed with quaint shopping and restaurant experiences, while the active mountain resort also offers senior-friendly pickleball, a rolling fairway for golfers, and a private beach to relax at aside from its hiking, biking, and winter activities.

### **Churchill, Manitoba**

The "Polar Bear Capital of the World" is located where the subarctic tundra meets the Hudson Bay for incredible wildlife viewing opportunities, such as the annual polar migration and beluga whale sightings in the summer. Churchill is also a prime location to see the Northern Lights and is known for its Northern Studies Center featuring informative lectures.

## **The Rocky Mountaineer, Alberta & BC**

From Banff or Jasper, Alberta, to Vancouver in beautiful British Columbia, experience first-class travel on the train. It's a convenient and safe way to see the rugged beauty of some of Canada's most beautiful terrain, as well as visit some of its hot spot cities.

Intrigued by our list or seen them all already? Check out more [picturesque places to visit in Canada](#).

## **Bon Voyage**

Travelling as a senior offers so many wonderful mind-body-spirit benefits: from promoting cognitive functioning and creativity, to boosting physical health and positive social connection through shared experiences. As one learns about new things, cultures, food, and more, connection is fostered with those around us. And through it, a meaningful life lived with verve.

## **Delicious and Refreshing Summer Snacks for the Elderly**

As the sun shines brightly and temperatures rise, it becomes crucial to take extra care of our elderly loved ones during the summer months. One way to ensure their well-being is by offering them refreshing and nutritious snacks that not only provide hydration but also delight their taste buds.

Let's explore a range of delicious snacks tailored for the elderly to help keep them cool, hydrated, and satisfied during the warmer summer season.

### **Fresh Fruit Skewers:**

Nothing beats the natural sweetness and juiciness of fresh fruits during the summer. Create colorful fruit skewers using a variety of fruits such as watermelon, strawberries, grapes, and pineapple. These delightful skewers not only provide essential vitamins and minerals but also help combat dehydration due to their high water content.

### **Greek Yogurt Parfait:**

Greek yogurt is a great source of protein and calcium. Layer it with fresh berries, granola, and a drizzle of honey to create a satisfying and refreshing parfait. The creamy texture of the yogurt combined with the crunchy granola and the burst of flavors from the berries make it a delightful summer treat.

### **Cucumber Sandwiches:**

Cool and hydrating, cucumber sandwiches are perfect for hot summer days. Thinly slice cucumbers and place them between whole-grain bread slices with a spread of light cream cheese or hummus. Add a sprinkle of fresh dill or a squeeze of lemon juice for an extra burst of flavour.

### **Smoothie Popsicles:**

Smoothies are a fantastic way to incorporate essential nutrients into the diet of elderly individuals. Blend a combination of their favorite fruits, such as bananas, berries, and peaches, with a liquid base like coconut water or almond milk. Pour the mixture into popsicle molds and freeze. These frozen treats will keep them refreshed and hydrated throughout the day.

### **Gazpacho:**

Gazpacho is a chilled soup made with fresh vegetables, such as tomatoes, cucumbers, bell peppers, and onions. It is light, flavourful, and packed with vitamins. Serve it in small bowls or cups and garnish with a sprinkle of fresh herbs. Gazpacho can be easily prepared in advance and stored in the refrigerator, making it a convenient option for quick and healthy snacking.

### **Frozen Grapes:**

A simple and effortless snack, frozen grapes are a fantastic way to cool down. Pop a bunch of grapes into the freezer, and after a few hours, they turn into little frozen bursts of sweetness. This snack is not only refreshing but also rich in antioxidants and fibre, making it a great choice for the elderly.

### **Iced Herbal Tea:**

Stay hydrated and enjoy the refreshing benefits of iced herbal tea. Steep a variety of herbal teas such as chamomile, mint, or hibiscus, and let it cool in the refrigerator. Serve it over ice with a hint of lemon or a natural sweetener like honey. Herbal teas offer hydration and can have soothing properties, promoting overall well-being.

By incorporating these delicious and nutritious options into their diet, you can ensure their well-being and help them beat the heat. Remember to consider their individual preferences and any dietary restrictions they may have. With these delightful snacks, you can bring joy, comfort, and vitality to their summer days.

## **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 12<sup>th</sup> 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](mailto: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](mailto: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](mailto:info@cieps.com) with the message **"STOP MY PULSE!"**

### **To contact CIEPS:**

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