



March 1, 2025

Edition 22 Volume 3

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We think that this is very evident this year... "Spring is when you feel like whistling, even with a shoe full of slush."— Doug Larson

Make the best of it with family and friends!

March is Also Known for the Following Health Days:

- [5 Days for the Homeless Month](#)
- [Brain Health Awareness Month](#)
- [Colorectal Cancer Awareness Month](#)
- [Epilepsy Awareness Month](#)
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- [NMO \(neuromyelitis optica\) Awareness Month](#)
- [Nutrition Month](#)
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- [Self-Injury Awareness Day – March 1](#)
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[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

- [Brain Awareness Week](#) – March 10 to 16
- [Safe Sleep Week](#) – March 10 to 14
- [World Sleep Day](#) – March 14
- [Creative Arts Therapy Week](#) – March 15 to 21
- [National Poison Prevention Week](#) – March 16 to 22
- [Neurodiversity Celebration Week](#) – March 17 to 23
- [World Oral Health Day](#) – March 20*
- [World Down Syndrome Day](#) – March 21*
- [World Water Day](#) – March 22*
- [World Tuberculosis Day](#) – March 24*
- [Purple Day](#) – March 26*

Events marked with an asterisk (*) take place on the same day every year.



Save the Dates for the 2005 Elder Planning Issues Conferences in Niagara Falls & Vancouver

In addition to the Niagara Falls EPIC, we have added Vancouver, BC for a one day EPIC on April 29, 2025

Check out the locations, agendas and presenters here - [2025 EPIC Locations, Agenda, Information etc.](#)

View all the Vancouver, BC, APRIL 29, 2025, EPIC information here - [Vancouver, BC EPIC Information](#) . You can earn up to 15 CE credits for attending.

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 One of Our EPC “Lite” * Upgrade Sessions

We will be offering an EPC Lite “Live” Update Webinar from the “LIVE” In person Class FROM Toronto ON - March 24-26, 2025 & 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.

How to Be Happy Living Alone ...from an article posted on the Good Times magazine site, written by Jessica Dostie on February 18, 2025

Solitude need not lead to loneliness; in fact, it can be enriching

In 2021, 4.4 million Canadian adults were living alone, more than ever before, and the number of those on their own has been growing over the years since, according to Statistics Canada. For many, solitude is a choice. For others, it's a matter of circumstances. Living alone can

be a challenge, especially if you don't have a lot of contact with other people, but it has its upsides—if you make the most of it.

Loneliness and Social Isolation

First, you need to know that living alone doesn't mean you will automatically experience loneliness or isolation, which are actually two different states. "Loneliness is the gap between what we want our interpersonal relationships to be and what they are, so it's a subjective concept," says Dr. André Tourigny, who practices family medicine and is a researcher at the Centre d'excellence pour le vieillissement du Québec ("Quebec Centre of Excellence on Aging") in Quebec City. "Social isolation, on the other hand, can be measured objectively: it describes having rare, poor-quality, and brief social contacts, which doesn't allow for fruitful exchanges. You can feel lonely without being isolated or living alone."

This could be the case, for example, for two spouses who no longer have anything in common or a caregiver who withdraws from their social network. In short, there isn't just one type of person who experiences loneliness.

The fact is that with age comes a greater risk of being lonely. "It's a stage when people experience more losses," explains psychologist Marie-France Garneau. "The children have left home, you've retired, you've lost your spouse. You need to adjust when it comes to your identity—find new meaning in your life, a new sense of belonging, of being useful. That is what will help you cope with your loneliness."

The Benefits

One of the keys to befriending solitude is to be aware of its benefits. You can organize your time the way you like, live at your own pace, and not be accountable to others. Being on your own also allows you quiet time to connect with yourself, to relax and enjoy some silence and its calming effects.

And you get to choose the people with whom you spend time, turning to those who nourish you, not those who drain you. These are benefits that many people long for.

To really enjoy your own company, you need a bit of self-confidence. "When you have a solid foundation, you're less likely to look outside yourself for validation," says psychologist Julie Pelletier. "People who have a rich inner life, who have learned to nurture their self-esteem and their passions and to listen to their own needs, are more likely to feel good about themselves and to overcome loneliness."

One of our readers, Marie-Jeanne, can speak to the truth of that: "Being happy on your own requires you to do a lot of work on yourself. You need to understand that your happiness isn't found in other people

but in you. For a long time, I thought I had to live with someone to be happy, but I realized that I was forcing myself into a way of life that I thought was the norm. It's also important to have friends who respect your privacy, so that you don't feel invaded."

The Art of Living Alone

There are things you can do to ensure that you make the most of your solo life.

Find activities that fit your interests.

"When you're looking for a new pastime, start with your own needs and what you are drawn to," Pelletier advises. "It has to come from you to be satisfying." There's no need to get a library card if you never read for pleasure or visit your local branch for activities, for example. Instead, you can reconnect with a cultural activity or sport, pick up a passion you have left behind, or try something new that's up your alley.

Sometimes, after a life devoted to work and family, people have no idea what excites them. "In that case, you can ask yourself a few questions," Garneau suggests. "What did I enjoy doing before I had kids? What am I good at? What are my dreams? Am I more active or contemplative? What excites me?"

Find a confidant.

Chatting with a neighbour, a store clerk, or strangers at the park is fine, but it's relationships that are "meaningful, marked by real feelings, that are good for mental health," Pelletier says. Most often, these involve people we've known for a long time. Friendship is so essential that, according to an Australian study over a 14-year period, the death of a close friend can affect mental and physical health and social functioning for as long as four years after the person has died. Although it's possible to create new ties at any age, the time it takes to get to know someone well can make that difficult.

"You'll build connections more quickly with people who are going through the same thing as you, such as a bereavement," she says. "That brings people together, although the relationship isn't going to be as rich as one with a long-time friend." If you're lucky enough to get along well with your siblings, nurture those bonds. The important thing is to have someone with whom you can have deep conversations about what concerns you.

Make yourself useful.

This can simply mean caring for a pet, which gives meaning to daily life, Garneau says: "Also, if you're a believer, you can get involved in your parish or other faith community." Or you can volunteer: cook for people

in need, drive a neighbour to the hospital, or offer to call someone to break their isolation.

“Feeling useful is a happiness factor that directly affects self-esteem and mental health,” Pelletier says. “Studies show that altruism has a positive effect on anxiety and depression.” For example, Lucie Dandenault found that she benefited from mentoring others and making follow-up phone calls at a help centre. “Three years ago, I also created a Facebook page for retired people in Quebec who enjoy sports, and it now has 2,800 members.”

Take care of yourself.

Millennials call this “self-care.” Broadly speaking, it involves regularly nurturing your spirit and your body. Don’t forget: physical activity is good for your mood. And cultivating your inner garden, whether through spirituality, mindfulness, or meditation, is good for the soul. You contribute to this by setting goals for your day, either for the short term or the medium term.

When You Feel Blue

When you live alone, you’re your own mirror. “You have to pay attention to worrisome psychological signs just as you watch for concerning physical signs,” Pelletier says. “When you notice a big difference in how you spend your time or how you feel, that’s a red flag. An overall lack of interest is a major warning sign.”

If you have negative thoughts, a drop in energy, or insomnia, if you neglect your basic hygiene, you’re eating less or a lot more, or you’re letting yourself go, you need to take action.

“Some people need support to find out what is meaningful for them,” Garneau says. “They can call upon a professional, such as a psychologist.”

You can also ask for help at a local community centre or seniors’ centre, or at organizations such as the [Canadian](#) Mental Health Association. The same goes for social workers, who can steer you towards available resources.

Helpful Reading

- The Art of Being Alone: Solitude Is My Home, Loneliness Was My Cage, by Renuka Gavrani (Manjul Publishing House, 2024).
- Living Alone and Loving It: A Guide to Relishing the Solo Life, by Barbara Feldon (Simon and Schuster, 2007).
- On My Own: The Art of Being a Woman Alone, by Florence Falk (Three Rivers Press, 2007).

- Solitude: In Pursuit of a Singular Life in a Crowded World, by Michael Harris (Penguin Random House, 2017).

Staying Safe Behind the Wheel ... *from an article posted on the McMaster University Portal on January 22, 2025*

Driving is an essential part of staying independent, but as we grow older, our abilities behind the wheel can change. By staying proactive and making a few adjustments, you can continue driving safely for years to come. *Here are some tips to help you navigate the road with confidence:*

1. **Keep up with regular health checkups:** Vision and hearing are critical for safe driving. Schedule regular eye exams to ensure you can see clearly, especially at night, and have your hearing checked to detect important sounds like sirens or car horns. If you wear glasses or use a hearing aid, make sure they're up to date.
2. **Know your medications:** Some medications can affect reaction time, focus, or coordination. Talk to your health care professional about potential side effects and avoid driving if you feel drowsy or unsteady.
3. **Adjust for comfort and safety:** Make sure your car is adjusted to fit you properly. Position your seat so you can comfortably reach the pedals and see over the steering wheel. Use cushions or seat adjustments to improve posture and visibility.
4. **Plan ahead:** Reduce stress by planning your routes in advance. Avoid driving during rush hours, at night, or in bad weather if you're not comfortable in those conditions. GPS devices and apps can also help you navigate unfamiliar areas safely.
5. **Refresh your skills:** Consider taking a defensive driving course designed for older adults. These classes can help you brush up on traffic rules, learn new techniques, and even reduce your insurance rates.
6. **Listen to your body:** Pay attention to signs that it might be time to limit your driving. If you notice slower reaction times, difficulty staying in your lane, or an increase in close calls, it's important to reevaluate your driving habits. Talk openly with family or friends about finding alternatives when needed.

Driving as you age doesn't have to be stressful. By staying mindful and making adjustments, you can enjoy the freedom of the open road while keeping yourself and others safe. Remember, staying safe is the ultimate goal—whether that means driving or exploring other transportation options.

There's a Link Between Walking Speed and Ageing Well. Here is How You Can Improve Your Pace ... *from an article posted on the internet by Andres M. Cisneros-Montemayor, Leah M. Fusco And Marleen Simone Schutter on February 19th, 2025*

A higher walking speed has been linked to increased functional capacity and even greater longevity.

For decades, we have known that the way you walk, in particular your walking speed, is tied to your health. One study has even proposed that it be considered a vital sign, much like heart rate and blood pressure.

Various studies have found a link between low walking speed in adults over 65 and a greater risk of cognitive impairment, cardiovascular disease, falls (which could lead to fractures), hospitalization, and even an increased overall mortality rate.

A higher walking speed, on the other hand, is associated with increased functional capacity, meaning a better ability to move around and do activities independently. It is also linked to greater longevity.

But how fast should you walk? Studies recommend a few simple tests, which principally consist of timing how long it takes a person to walk between two points at their usual pace.

This [test](#) is done over a distance of four meters. A speed of under 0.8 meters per second is associated with a greater risk of frailty.

How to Improve Walking Speed

While there is slight disagreement as to the best exercise for increasing walking speed, the pattern that seems most effective is [multicomponent training](#), which includes several different forms of exercise:

1. **Balance Exercises** can help improve stability and prevent falls. Examples include walking in a straight line putting one foot in front of the other, or standing on one leg, alternating every 10-15 seconds.
2. **Flexibility exercises** can improve mobility and reduce risk of injury. The benefits of movement in alleviating back pain are well documented.
3. **Muscular exercises** help build strength in the legs, buttocks and other body areas. These can be as straightforward as standing up and sitting down in a chair.
4. **Aerobic exercise** improves stamina, and can include walking itself, or Nordic walking (with hiking poles).

How Much Aerobic Exercise Do We Need?

The main guides on physical activity recommend that, provided they are physically and medically able, each adult should do at least 150 minutes of moderately intense aerobic exercise per week.

“Moderate” means you are not too out of breath to hold a conversation, but enough to notice an increased heart and breathing rate. There are few reasons not to do this kind of exercise, and it is beneficial for people with chronic illnesses, including cardiovascular issues, metabolic conditions, or even cancer.

Muscle Strength: How, and How Much?

Strengthening exercises have traditionally been recommended 2 to 3 times a week, with at least one set per exercise session of the main muscle groups: legs, buttocks, pectorals, back and arms.

However, more recent studies suggest that doing less intense but more frequent strengthening exercises may be an effective way to maintain muscle mass and strength. This would mean doing them almost every day, including even small exercise “snacks” throughout the day.

Use It or Lose It

If we don't train them, muscle mass and strength decrease over time. This not only affects our mobility but also increases the risk of health problems and even death. A little daily exercise can make a big difference. We therefore recommend that you try to maintain your physical condition as much as possible, both to improve your immediate health and prevent future problems.

If you do not know where to start, the best option is always to consult a professional. If you have difficulties or limitations in exercising, a physiotherapist can help you to build a specialized exercise plan or can adapt one to your needs.

10 Steps for Success at the Gym *...from an article posted on the Good Times magazine site, written by Jessica Dostie on February 11, 2025*

It's a common pattern: you sign up for a gym membership at the beginning of the year and by Valentine's Day, your New Year's resolutions are already distant memories. Here's some pro advice to help you stay on the course all year long.

1. Work out for the right reasons.

Too often, people associate workouts with weight loss, but it's not a simple equation. “To lose one pound, you need to consume 3,500 fewer

calories; to burn that many calories, you need to run a marathon,” notes Jimmy Sévigny, a trainer and healthy-lifestyle consultant. To avoid getting discouraged, you have to get moving for the right reasons, he says. “In addition to helping you feel better psychologically, physical activity is a good way to invest in your ‘health RRSP.’” If you keep in mind that the important thing is being active, it eases any pressure to lose weight and lets you focus on pleasure rather than performance.

2. Be kind to yourself.

“It’s important to remember that every time you move, even if it’s just walking for a few minutes, it’s good—everything counts,” says Josée Lavigueur, a physical education trainer and the founder of the web platform Ma Zone Fit. “Rather than beating yourself up because you didn’t achieve what you had hoped, congratulate yourself whenever you’re active. After moving, at the gym or elsewhere, take the time to observe the benefits you’re feeling,” she advises. “That reinforces the sense that you’re doing a good thing.”

3. Set realistic goals.

“Many people think they have to work out five times a week and eat salad to stay in shape,” Sévigny says. It’s not surprising that after a few weeks of this regimen, they throw in the towel. Karine Larose, kinesiologist, author, and director of marketing and communications at Nautilus Plus, explains: “People set goals such as working out for an hour and a half three times a week. As soon as they get off track, they feel guilty, and, little by little, they drop it, as if they’ve demotivated themselves.”

4. Commit—it’s a winning strategy!

“We don’t question whether we should brush our teeth; it should be the same with physical activity,” Larose says. You need to set aside time for being active and commit to going to the gym or working out, no questions asked. “No one regrets getting moving,” she says. If your energy is really low, you can always cut the session short. “After a few minutes of activity, the brain will produce pleasure hormones that may encourage you to keep going,” says Arianne Croteau, kinesiologist and director of training at Énergie Cardio.

5. Hire a personal trainer.

Being supported by a professional trainer allows you to set realistic goals and work to a personalized plan based on your level of physical fitness, Larose says. It’s also a key factor in motivation, she believes. “Even if you see the trainer only every two months, it makes a huge difference in terms of how dedicated you are. Regular sessions with a trainer make you want to put in the effort between meetings.”

6. Structure your sessions.

A trainer can structure your workouts so you're not just wandering around the gym. If a trainer isn't in your budget, fitness-centre chains often offer free programs to guide their clients. This is a good way to stay focused and measure your progress, Croteau says. "When you're wondering if it's worth the effort, you can go back to the first stages of your program and see how easy they have become!"

7. Switch it up.

Gyms offer a variety of exercise options, such as the elliptical, the stationary bike, the treadmill, strength training, and group classes. Try them out to see which ones make you want to get up out of your chair, Croteau suggests. "It's worth sticking with each one for a while, as it often takes three or four tries before you know whether you enjoy an activity or not," she adds.

8. Change your mindset.

"You have to stop seeing physical activity as an obligation and instead see it as a form of leisure, a way of taking care of yourself," Croteau says. To that end, she suggests going to the gym on the weekend, when your schedule is lighter, rather than doing all your workouts during the week. "You can also end the session with a little treat, such as using the on-site sauna or taking a hot bath when you get home."

9. Work out with another person or in a group.

"People who come to the gym with another person have more fun and are more dedicated than those who arrive alone," Croteau notes. "It creates a synergy, a nice vibe. Ideally, choose someone who is already working out, so they motivate you." The same goes for a group class: if people are expecting you, you are less likely to cancel.

10. Listen while you move.

If you like listening to audiobooks, reserving them for your workout sessions is a good way to stay motivated, according to some studies. This approach works just as well with podcasts. Another idea is to move to the beat of your favourite playlist, as music increases your tolerance levels during a workout and reduces discomfort.

Reimagining Retirement... *from an article posted on the McMaster University Portal on February 4, 2025*

The Bottom Line

- Traditional retirement gives way to phased transitions like flexible work, part-time roles, and volunteer opportunities.
- While reimagined retirement models can offer benefits to some such as financial stability and improved mental health, they may also widen inequalities and impact health for vulnerable individuals.
- Raising the retirement age increases labor participation but can exacerbate poverty and strain those unable to meet new expectations.
- Older adults can prepare by assessing financial readiness, advocating for workplace flexibility, and aligning opportunities with their passions and values.

Did you know the average retirement age in Canada has been rising steadily for more than 20 years? Traditionally, retirement was viewed as a clear-cut transition from decades of work to complete leisure, often beginning at a fixed age and supported by pensions. However, this model has evolved significantly in recent decades. Longer life expectancies have extended the post-retirement period, prompting many older adults to seek purposeful engagement beyond traditional leisure. At the same time, economic pressures, such as the decline of traditional employer-sponsored pensions, have made traditional retirement financially unsustainable for many. Collectively, these factors have led to a reimagined retirement landscape that includes raising the age of retirement, phased retirement, flexible or part-time work arrangements, and volunteering, allowing individuals to transition gradually while maintaining both financial stability and personal fulfillment.

What the research tells us

Reimagining retirement could provide numerous benefits for older adults, including enhanced financial security, improved mental health, and a renewed sense of purpose. An evidence synthesis of 17 studies found that extending work life through a variety of approaches (particularly through part time work), may have benefits or at least a neutral effect for some. However, it may also have adverse effects on health for others in high demand or low reward jobs and could also potentially widen health inequalities between those who choose to reduce their working hours compared to those who need to continue working full time for financial reasons.

Another evidence synthesis, focusing on the impacts of raising the retirement age, found that while raising the retirement age might increase labour force participation, it may also increase the poverty rate of unemployed or inactive people. Additionally, the effect of increasing the retirement age on health and wellbeing remains inconclusive. These studies suggest that while new trends in retirement can open up opportunities for continued involvement, renewed purpose, and

wellbeing for some older adults, expectations of continued involvement in work can put further pressure on those who are most vulnerable.

Reimagining your retirement:

- **Assess financial readiness:** Evaluate long-term financial needs to determine whether flexible or part-time work is a feasible and sustainable option. Consider consulting with a financial advisor to explore options for supplementing income.
- **Seek opportunities aligned with purpose:** Identify part-time roles, consulting gigs, or volunteer commitments that align with personal interests and values to ensure a fulfilling experience.
- **Advocate for workplace flexibility:** Discuss phased retirement or other flexible arrangements with employers early in the planning process to tailor a transition that meets both personal and organizational needs.
- **Stay informed about policy changes:** Keep up with changes in retirement policies to make informed decisions about retirement timing and benefits.

Helping Your Elderly Loved One Eat Well this Spring

Spring is around the corner! It could be a good time for a little spring cleaning and healthier eating. Eating well can be challenging, but small dietary changes make a big difference. As you age, it's vital to eat healthy foods to maintain weight, manage and prevent diabetes, and even encourage brain health. Spring is a great time to swap out processed foods for fresh fruits and veggies. It's easier than you think; an abundance of healthy produce is hitting market stands, so get out there and enjoy some fresh food.

Spring is a season of renewal, offering the perfect opportunity for helping your elderly loved one eat well this spring while focusing on well-being. For older adults, maintaining a healthy diet is essential to managing health problems, supporting blood pressure, and reducing the risk of heart disease. With the abundance of fresh fruits and vegetables, spring makes it easier to prepare delicious and nutritious meals for your senior loved one.

Thankfully, healthy eating is a little easier in the spring. Fresh fruits and vegetables populate the shelves, allowing us the opportunity to try healthier, delicious meals. If you're helping your elderly loved one eat well this spring, remember these tips.

Visit Your Local Farmers Market

Spring is a great time to start growing food for yourself, but for the more involved produce, it's also an ideal time of the year to get out to your local produce stand and enjoy the cool weather. Produce that grows on trees or on vines, like apples, pears, and grapes are prime examples. When it comes to cultivating this, it's probably better to take a trip to your local farmer's market. There's where you find the people who are the most knowledgeable and care the most about those foods, the farmers.

But something that can be even more fun than just going to the market is to go straight to the source. Try a "pick-your-own" adventure. There's nothing like being able to pick a fresh orange off a tree! Plan a day trip to learn more about the process behind cultivating these plants

How to Build a Balanced Diet for Seniors in Spring

A balanced diet is essential when helping your elderly loved one eat well this spring so they get the nutrients they need on a daily basis. Though you may not be able to make their plate look like this every day, in general, meals should be broken into these key percentages. Encourage meals that consist of:

- **½ Fruits and Vegetables:** Leafy greens, berries, and seasonal produce like asparagus and strawberries.
- **¼ Whole Grains:** Brown rice, quinoa, or whole-grain bread.
- **¼ Lean Protein:** Chicken, fish, eggs, or plant-based alternatives like lentils.

Incorporate healthy fats like olive oil for cooking, which can support maintaining a healthy weight and improve overall heart health. Vary the foods to keep meals exciting and flavorful while ensuring your loved one receives all the essential nutrients.

Ensuring Seniors Eat Well with Fresh Spring Ingredients

Spring is a great time to introduce new foods to your loved one's diet. Fresh fruits and vegetables are in season and offer a variety of flavors and textures. By incorporating these flavors into your dishes, you'll keep mealtime exciting for your loved one. Add these fruits and vegetables to their meals:

- **Artichokes:** Rich in antioxidants and fiber.
- **Asparagus:** A versatile vegetable high in vitamins.
- **Strawberries:** Sweet, nutrient-packed treats perfect for snacks or desserts.

Using seasonal foods not only promotes a healthy diet but also makes meals more enjoyable and appealing for your senior loved one.

Encourage healthy snacking

Many make the mistake of eating healthy meals but indulging in less-than-healthy snacks. While they may taste good, these options don't actually provide seniors with the energy boost they need between meals. Replace high-fat, high-sugar options with nutritious alternatives:

- Fresh fruit slices.
- Low-fat yogurt.
- Whole-grain crackers.

These options provide the energy seniors need between meals without the negative side effects of unhealthy snacks. So, avoid offering high-fat, high-sugar snacks that can negatively impact their health. Instead, providing fresh fruit, yogurt, and whole grain crackers are great foods to snack on throughout the day.

Prepare Easy-to-Make Recipes

Cooking can be a therapeutic and fun activity for seniors, but it's important to choose simple recipes that don't require a lot of effort. Consider these quick and healthy meal ideas:

- **Vegetable Stir-Fry:** Use fresh asparagus, broccoli, and carrots with a light olive oil dressing.
- **Fruit Salad:** Combine strawberries, oranges, and blueberries for a refreshing dessert or snack.
- **Grain Bowls:** Mix quinoa with roasted vegetables and grilled chicken for a balanced meal.

By preparing meals together, you create opportunities for bonding while ensuring your loved one eats healthily.

Promote hydration

Staying hydrated is crucial to each of our bodily functions. As the weather gets warmer, seniors may be more susceptible to dehydration, which can lead to fatigue and other health problems.

Encourage your loved one to drink plenty of water and other liquids to stay hydrated. Instead of sugary drinks and drinks high in dairy, offer them water, coffee, and tea. If they do have juice, make sure it's 100% fruit juice.

Pay attention to nutrition labels

Some pre-packaged goods might advertise that they are healthy, but their nutrition label tells a different story. Before you purchase anything off the grocery store shelves, take a few moments to read the label.

Are the sugar and salt levels higher than you anticipated? Are there ingredients you weren't expecting and potential allergens? You should maybe purchase it then.

Inspire them to get active

Physical activity is important to do in the first place, but it is also great for their relationship to food, as it can increase their appetite. Encourage your loved one to engage in light exercises such as:

- Walking in the fresh spring air.
- Gardening for a mix of movement and relaxation.
- Playing with grandchildren.

Staying active helps them enjoy a vibrant senior living experience and maintain their appetite for nutritious meals.

Social Eating Improves Nutrition

Eating is not just about nutrition—it's also a social experience. Encourage shared meals with family members, friends, or community groups to improve seniors' appetite and mood.

- Join local senior centers for group meals.
- Organize family dinners to enjoy healthy food together.
- Plan picnics during warm spring days to combine physical activity with enjoyable meals.

Shared meals provide emotional benefits and make eating an enjoyable part of the day.

Professional Care for Helping Your Elderly Loved One Eat Well this Spring

While you may strive to help your loved one daily, it's okay to seek extra assistance. An **at-home caregiver** can provide valuable support, including:

- **Meal preparation:** Ensuring your loved one enjoys balanced and delicious meals.
- **Medication Reminders:** Keeping track of medications to avoid missed doses.
- **Laundry assistance:** Helping maintain a clean and comfortable home environment.
- **Companionship:** Providing social engagement to keep your loved one mentally and emotionally active.

These services help ensure that seniors maintain independence and quality of life.

CEIPS/EPC Member Benefits

By now you have received the EPC Special Bulletin highlighting the NEW additional 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 NS, NB, NL, or PE your yearly renewal is \$172.50 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!”**

To contact CIEPS:

Canadian Initiative for Elder Planning Studies
4438 Ontario Street, Suite 203



Beamsville, ON
L3J 0A4
Phone: 855-882-3427
Fax: 866-209-5111

info@cieps.com