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CIEPS wishes you and your families a very enjoyable Easter season, if you celebrate this time of the year, if not...

“April is a moment of joy for those who have survived the winter.” — Samuel Johnson

The Unusual History of the Easter Bunny

The Easter season is here! Spring is on the way, the crocuses are starting to come up, and our thoughts turn to bunnies and chocolate. But you might wonder, how did the tradition of the Easter Bunny come about? The origins of the modern Easter Bunny are shrouded in mystery, but there are a few theories on how the floppy eared, egg bearing rabbit came about.

Easter in Other Countries

First, it's important to know that the bunny is not a universal symbol of Easter. In Europe, there was a figure named Eostre, for whom Easter was named. In some parts of Germany, her companion was a fox, and children would craft nests out of moss and grasses to put outside for the fox to leave eggs and gifts. They would also lock up all pets for the night to ensure that the Easter Fox (in German, the Osterfuchs) would be undisturbed while leaving his presents. Swiss children fill their baskets

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with eggs and chocolate eggs left by the Easter Cuckoo, and in Australia, the Easter Bilby that brings treats to children (rabbits are not popular in Australia, for good reason!).

So, What About the Easter Bunny?

Historians suggest that the Easter Bunny arrived in America through German immigrants who settled in Pennsylvania. They brought with them the tradition of a rabbit who would go from house to house, leaving eggs and gifts in the baskets that little children set out for them. Further investigation showed that this rabbit was originally a hare.

But where did this German tradition come from? There's a mythological figure from Germany named Ostara, who was symbolic of the fertility and new life of the coming spring. It is said that Ostara changed her pet bird into a rabbit to amuse children, and the rabbit laid brightly colored eggs, which Ostara gave to children as gifts. This myth eventually brought about the tradition of the Easter Bunny, bringing colored eggs and other gifts to children.

The same tradition is practiced today in the US (and some, but not all, European countries), except the moss nests have become baskets filled with grass. The addition of chocolates is relatively modern, having come about in the late 1800s.

In Christian tradition, rabbits are also symbols of fertility and rebirth and have been depicted in Christian inspired art for centuries. They are associated not just with the resurrection of Christ, but also with Christ's birth. In fact, the Madonna of the Rabbit by Titan, a painting dating back to 1530, depicts Mary petting a white rabbit, in this case to symbolize both new birth and purity (from the color white). So, it's natural for the rabbit to be a part of what is a Christian holiday of rebirth.

Why Easter Eggs?

Ostara's egg-laying rabbit aside, why eggs? Well, eggs are another symbol of rebirth and fertility, not just in Europe, but all over the world. The famous Faberge egg from Russian history was a fancy version of the Easter egg, extravagant gifts given by Russian Tsars to friends and family members. Iranian people decorate eggs for Nowruz, a new year holiday that falls on the Spring Equinox. In Russian Orthodox tradition, eggs were dyed red to symbolize the spilled blood of Christ, and the shell of the egg symbolized his sealed tomb.

Additionally, during the observance of Lent, Christians were historically not permitted to eat meat or eggs. Easter Sunday, coming at the end of Lent, was the first day that they could eat eggs, so eggs were naturally a part of that celebration.

So, whether you are visited by a friendly fox, a fluff-tailed bunny, a farm animal, a bilby or a cuckoo, there is a way for you to celebrate this,

Easter! Just remember to leave a basket out for the wily critter to fill with eggs and candy!



REGISTRATIONS now open for the 2026 Elder Planning Issues Conference in Niagara Falls, ON...

Sunday May 31 – June 2, 2026

2026 EPIC Registrations NOW OPEN.

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

Our 2026 theme is - “Strategic Solutions for a Changing Demographic.”

“Strategic Solutions for a Changing Demographic” captures the urgent need for cross-sector innovation as Canada’s population ages. It invites professionals to rethink systems, services, and structures to meet the evolving needs of older adults - while anticipating the ripple effects across families, communities, and the economy.

We believe that aging is not a challenge to be managed - it is a transformation to be led. This conference equips professionals with the tools, insights, and partnerships needed to lead that transformation.

This theme is not just about reacting to demographic shifts. It is about leading with foresight, designing with empathy, and collaborating across disciplines.

Through expert-led sessions, interdisciplinary collaboration, and forward-thinking dialogue, the conference aims to spark innovation, strengthen systems, and build a future where aging is supported with dignity, resilience, and strategic foresight.

Why Is This Conference Important for You to Attend?

Attending the 2026 "Strategic Solutions for a Changing Demographic" conference is more than just a professional opportunity - it is a strategic imperative. Here is why this event matters:

- * Aging Population = Urgent Innovation
- * Sharpened Client Strategy
- * Estate & Succession Planning Insights

If you or your company is serious about staying relevant and resilient in the face of demographic change, this conference is where you need to be.

Check out the location, agenda, and Keynote presenters here - [2026 Niagara Falls EPIC](#) and REGISTER TODAY!

You will earn up to 30 CE credits for attending.

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

Key Trends and News for Boomers and Seniors in 2026...from an article posted the internet March 2026

In 2026, Canada faces a defining moment as the last and largest cohort of Baby Boomers reaches age 65, solidifying the country as a "super-aged" nation where over 20% of the population is 65 or older. This shift, often termed the "silver tsunami" or "peak aging," is driving major shifts in economic policy, housing, health care, and technology, with 5.2 million Boomers having retired in the past decade.

Here are the key trends and news for Boomers and seniors in Canada in 2026:

1. Financial Trends and Government Benefits

OAS Increases (March 2026): OAS payments are rising to keep pace with inflation.

- **January–March 2026:** OAS increased by 0.3%, for a 2.0% increase over the past year.
- **March 2026 Update:** Further adjustments, particularly for those 75 and older, help cover increased healthcare and living costs.
- **OAS Recovery Tax:** The repayment threshold for 2026 is \$95,353.

New "Canada Groceries and Essentials Benefit": Legislation passed in February 2026 to provide a one-time top-up, plus a longer-term increase. A single senior with \$25,000 net income can receive an additional \$402 in the 2026-27 benefit year.

CPP Adjustments: Canada Pension Plan (CPP) benefits see a 2% increase in 2026, and maximum contributions for 2026 are set to \$4,646.45.

Tax Changes: The basic personal amount increases to \$16,452, allowing more income to be earned before paying federal taxes.

Retirement Confidence & Debt: Despite high inflation, 90% of Canadians 55+ are prioritizing health spending over others. However,

many are still supporting adult children, with 50% of non-retired homeowners planning to sell their homes to fund retirement.

2. Housing and Living Arrangements

Downsizing and "Silver" Equity: Real estate remains a key retirement strategy. Seniors are increasingly downsizing to smaller, low-maintenance properties to unlock home equity.

Seniors Housing Market Crisis: Demand is surging with occupancy approaching 90%. New construction is at record lows due to high costs, leading to a "long-term supply-demand imbalance".

Multigenerational Homes: To support aging in place, tax credits (such as the Multigenerational Home Renovation Tax Credit) allow for a 15% credit up to \$50,000 for building secondary suites (granny flats).

Investor Interest: Institutional investors are heavily targeting seniors' housing and long-term care sectors, expecting a record-setting transaction year in 2026.

3. Technology and Lifestyle

AI Adoption by Seniors: Contrary to stereotypes, 35% of Canadians 55+ plan to experiment with AI in 2026, using it as a personal assistant for trip planning, language translation, and fraud detection.

Smart Home Integration: Increased adoption of technology to help with daily living, including smart home features, voice-controlled thermostats, and automated lighting for safety.

Travel Trends: Domestic travel is a top priority, with 47% of older Canadians planning to travel more within Canada in 2026, keeping or increasing their travel budgets.

4. Healthcare and Long-Term Care

Staffing and Capacity Shortages: The number of seniors requiring continuing care is projected to rise dramatically, putting pressure on long-term care systems.

Aging in Place ("Hospital at Home"): There is a continued rise in home-based services, with more "Hospital at Home" programs providing IV therapy, wound care, and virtual monitoring.

Concerns about Fraud: Two-thirds of seniors feel at risk of financial fraud, with 87% reporting receiving suspicious calls, emails, or texts in the past five years.

5. Workplace Trends

Retirement Wave: The final baby boomer cohort is retiring, causing a "silver shift" that tightens the labor market and creates a buyer's market for small-to-medium-sized businesses being sold.

End of Mandatory Retirement: With the amendment of the *Canadian Human Rights Act* and *Canada Labour Code*, seniors are choosing to either take early retirement or delay it until 75 to gain higher benefits.

6. New Rules for 2026

Ontario Driving Screenings: Starting in Jan 2026, seniors aged 80 and older in Ontario must undergo a mandatory in-class screening process rather than a written test for license renewals.

Tax Filing: CRA is moving toward automated filing, but seniors are advised to check their accounts to avoid wrong tax assessments.

Too Many Pills? A Guide to Understanding Polypharmacy...*from an article found on the McMaster University portal on March 19, 2026*

Taking several medications, what healthcare providers call polypharmacy, is **common**, and **often necessary**. But as we age, our bodies change, and so can the way medications affect us.

The good news? You don't need to navigate this alone. There are steps you can take to better understand your medications, ask the right questions, and feel more confident in your care.

Meet Frieda, who, like many older adults, takes several medications, and the list has grown over time. Find out what steps she takes to better understand her medications.

What is polypharmacy?

*Polypharmacy is defined as taking **five or more medications** at the same time. It's very common among older adults:*

- **60%** of Canadians **over 65** take **at least five** prescription medications.
- **25%** take **ten or more**.

Why does this happen?

- Many older adults live with multiple health conditions, such as diabetes, hypertension, and arthritis.
- Evolving medical guidelines often recommend medications as first-line treatments.

- Seeing several healthcare providers can lead to overlapping prescriptions.
- Sometimes medications are added to manage side effects caused by other drugs.

While taking multiple medications is often necessary, it can increase the risk of side effects, drug interactions, and even hospitalizations.

Why aging matters

As we age, our bodies process medications differently. Two key concepts help explain this:

- **Pharmacokinetics:** How the body absorbs, distributes, metabolizes, and eliminates medications. Aging can slow absorption, change distribution, and reduce liver and kidney function, making it harder to clear drugs from the body.
- **Pharmacodynamics:** How medications affect the body. Aging can change sensitivity to certain drugs, increasing the risk of side effects.

These changes mean that medications prescribed years ago may act differently today.

Risks of taking multiple medications

Polypharmacy can lead to:

- Confusion and falls
- Adverse drug reactions
- Drug interactions
- Hospitalizations
- Financial burden

About **1 in 10 hospital admissions in older adults** are related to adverse drug effects.

Common drug interactions

Medications can interact with each other, with food, and even with supplements. *Here are a few examples of such interactions:*

- **Drug-drug:** Aspirin and warfarin, when taken together, increase the risk of bleeding.
- **Drug-food:** Grapefruit juice can make cholesterol-lowering drugs stronger.
- **Drug-supplement:** St. John's Wort, sometimes used to treat mild depression, can reduce the effectiveness of some medications.

What can you do?

A **medication review** with your doctor, pharmacist, or nurse practitioner is the best way to ensure your medications are still right for you. *To prepare:*

- Bring an updated list of all medications, including vitamins and supplements.
- Write down the reasons why you take each medication.
- Consider bringing a family member or friend to listen and take notes.

To help guide your conversation, **Canada's Drug Agency** worked with patients, caregivers, and healthcare experts to create these **five key questions to ask:**

1. What is the purpose of each of my medications?
2. Could I be experiencing any side effects or drug interactions?
3. Could lifestyle changes also improve my well-being?
4. Are all my medications needed?
5. What other information should I know about my medications?

Deprescribing

Sometimes, a medication review reveals that certain drugs may no longer be needed or could even be causing more harm than good. In these cases, your healthcare provider might suggest a process called deprescribing. Deprescribing is a safe, supervised process to reduce or stop medications gradually to avoid withdrawal symptoms or flare-ups. Your health goals and personal preferences should always be part of the decision. Keep in mind that '*deprescribing is part of good prescribing*'.

Older Canadians are Leaning into Technology – Including AI...*from an article posted on money.ca on March 23, 2026*

One of the more striking findings is how quickly older Canadians are embracing new technology. The survey found four in 10 Canadians aged 55+ are interested in trying AI features in the apps and tools they already use, while 35% plan to experiment with AI in 2026. Interest is even higher among those aged 55 to 64.

Rather than viewing AI through the lens of job disruption, many older Canadians are using it as a personal assistant, helping with everything from trip planning and language translation to budgeting tools, fraud detection and smart-home features that simplify daily tasks.

Comfort with online spending continues to rise.

That digital curiosity and confidence is also translating into real economic activity.

The survey found 81% of Canadians 55+ feel comfortable completing online transactions, including shopping, and booking travel. Spending across categories such as travel, health and wellness, hobbies and entertainment is expected to stay the same or increase for most respondents — a contrast to broader belt-tightening narratives.

That comfort also raises the stakes around financial security. As older Canadians become more active online, they are inevitably more exposed to fraud scams, underscoring the importance of clear, secure, and user-friendly digital tools.

Two-thirds of Canadian seniors fear financial fraud—here is how to stay safe from AI-driven scams.

Nearly two-thirds of Canadian seniors say they feel at risk of becoming victims of financial fraud in the coming year, highlighting growing anxiety about scams targeting older adults.

A new survey from Bloom Finance found 66% of Canadians aged 55 and older believe they are at least moderately at risk of financial fraud within the next 12 months, as increasingly sophisticated scams raise concerns among those approaching or living in retirement.

“Financial fraud is becoming increasingly common, and seniors are unfortunately among those most at risk,” said Ben McCabe, founder and CEO of Bloom Finance, in a statement. Bloom Finance is a Canadian company that helps homeowners access home equity in retirement.

“We’ve received many calls from seniors who are unsure if requests for money are legitimate, and in several cases we’ve been able to intervene before funds are lost.”

Fraud attempts widespread among older Canadians.

The survey suggests many older Canadians have already encountered scam attempts.

According to the findings from Bloom, 87% of Canadians aged 55 and older say they have received suspicious calls, emails, texts, or letters in the past five years.

Impersonation scams appear particularly common. About one in three respondents reported encountering scammers posing as trusted organizations, such as banks, government agencies, or service providers.

The survey also found 22% of seniors say they have received direct requests for money or personal information from strangers, while 20% report unauthorized charges or withdrawals from financial accounts.

For Canadians nearing or living in retirement, the potential financial impact can be significant. Nearly 31% of respondents said losing \$10,000 or less would significantly affect their retirement plans, underscoring the risks of fraud later in life when there may be less time to recover financially.

Women reported slightly higher levels of concern about fraud than men. About 18% of women surveyed said they feel “very at risk,” compared with 11% of men.

Minding our Mouth Health: 3 Oral Hygiene-Related Strategies...*from an article found on the McMaster University portal on March 18, 2026*

The Bottom Line

- The buildup of dental plaque can cause largely preventable oral health issues like tooth decay, tooth loss, and gum disease.
- Manual and powered toothbrushes help remove plaque, as do string floss and water flossers. But powered toothbrushes and water flossers appear to be more effective.
- Professional gum disease treatment helps decrease blood sugar levels in people with diabetes and gum disease.
- Brush and floss daily and regularly visit an oral health professional.

Dental plaque is an invisible film of bacteria that forms on the surface of our teeth. While it's normal for plaque to form, it becomes harmful when we allow it to build up by not practicing good oral hygiene. This can lead to a variety of largely preventable issues, such as tooth decay, tooth loss, gum disease, and bad breath, that go on to negatively affect our physical, mental, and social health.

How do these issues show up in our daily lives? Well, tooth decay can lead to mouth pain, while tooth loss can make it harder to chew. This discomfort can impact our ability to eat and properly nourish ourselves. Let's not forget our gums! Gum disease can increase blood sugar levels, which makes it difficult to manage a diabetes diagnosis (3). Lastly, bad breath can leave us feeling self-conscious, potentially leading us to reduce social interactions.

Luckily, there are strategies that we can add to our daytime and nighttime self-care routines that help us keep our teeth and gums healthy and our smiles shining brightly.

Click on the links below to learn more.

1. [Brushing](#)

Research shows that both manual and powered toothbrushes are effective tools for removing dental plaque in generally healthy adults with no severe gum disease, treatments fixing teeth position, dentures, or dental implants. That said, powered toothbrushes appear to have a slight edge.

2. [Flossing](#)

Research shows that both traditional string dental floss and water flossers that clean between the teeth using a stream of water are effective for removing dental plaque in adults. But once again, tech comes out on top, meaning water flossers appear to remove more plaque in hard-to-reach areas.

3. [Treating gum disease](#)

Research shows that treating gum disease with professional deep cleaning (e.g., below the gumline) can decrease blood sugar levels in people living with gum disease and diabetes. Here, professional deep cleaning is being compared to no treatment or usual care like cleaning above the gumline and instructions for maintaining good oral hygiene. Timewise, benefits are seen three to fourth months after treatment and can last up to one year.

Ultimately, the moral of the story is that oral hygiene is important for our health. The cornerstones of a well-rounded oral health hygiene routine include:

- Brushing our teeth at least two times a day for two to three minutes each time.
- Flossing at least once a day.
- Cleaning (e.g., brushing or scraping) our tongue.
- Being mindful of our diet (e.g., opting for water vs. sugary drinks, eating a nutritious diet).
- Quitting vaping and smoking and decreasing alcohol consumption.
- Regularly visiting an oral health professional for check-ups and cleanings.

Whether you prefer traditional tools that have been around for a long time or new school innovations, there are options aplenty. This means you can tailor your oral hygiene routine with services that meet your needs, as well as tools that allow you to be consistent and take into

consideration barriers like finances, health conditions, movement limitations, etc. With so many products on the market, do your research and lean on oral health professionals for support. Additionally, the Canadian Dental Care Plan helps provide access to dental care services.

Check if you qualify and what services are covered [here](#) .

More Older Adults Can't Afford to Retire as Optimism About Aging Drops ... *from an article found on the Canadian Press on January 20, 2026*

TORONTO — A new survey suggests optimism about aging fell sharply over the last year, with financial insecurity and loneliness dampening how many Canadians feel about their golden years.

The National Institute on Aging surveyed just over 6,000 adults aged 50 and older in June and July for its fourth annual report titled Perspectives on Growing Older in Canada, released Tuesday.

While the majority – 57 per cent of respondents – still said they had positive feelings about aging, that's down from 62 per cent in 2024. The figure had previously been stable for years.

Talia Bronstein, director of policy at the National Institute on Aging, said the latest findings show that older adults increasingly can't afford to retire and feel lonely and socially isolated. She also said many respondents don't have primary care doctors, though that has modestly improved.

A growing number of people say they can't afford to retire when they had hoped to — 43 per cent compared to 38 per cent in 2024.

Social isolation and loneliness remained “stubbornly high” and unchanged over the last four years, with 43 per cent saying they're at risk of social isolation and 59 per cent experiencing loneliness.

Dr. Jillian Alston, a Toronto geriatrician, said the results display how interrelated these issues are, and how financial insecurity permeates all of them.

“You're more likely to be feeling more lonely or less engaged. If you're financially insecure, it's probably going to amplify the challenges with getting to and accessing your health care, and then you can see that it seems like it's a vicious cycle,” said Alston, who was not involved in the survey.

Overlapping pressures after 50

The report says the youngest group of older adults aged 50 to 64 are struggling most with isolation, with one in four saying they were very lonely, and almost half saying they were at high risk of isolation.

That cohort cited overlapping pressures of employment, caregiving and emerging health challenges, all of which Laura Beamish of Fort St. John, B.C., is familiar with at 54 years old.

Beamish is her mother's main support, but she also has aches and pains of her own, and her retirement plan has gone by the wayside. Quick getaways to Mexico on last-minute deals now seem like a luxury.

"There's a lot of uncertainty," she said, mentioning the economy and geopolitics as being among the worries that keep her at home through the long winters.

Beamish, who works as a program co-ordinator at a non-profit that helps seniors, says she's lucky to have a dual income and be a homeowner, but even so, the rising cost of living is hard to keep up with.

"The cost of groceries, all of the things, just the amount of money you need to retire and have saved, and I mean, sure, you'll get something for your home, but I mean it's just not going to be enough," she said.

Lack of access to primary care

When it comes to primary care access for older adults, the survey noted an improvement — 68 per cent, up from 60 per cent in 2024, 65 per cent in 2023, and 62 per cent the year before that — but as a geriatrician, Alston said that still falls short.

"That still means just under a third of older adults are lacking a primary care clinician who's their sort of quarterback in terms of managing their health and well-being."

Seventy-one-year-old Elaine Storey doesn't have a family doctor in the northern village of Fraser Lake, B.C., and goes to a health clinic of rotating providers. The closest major hospital is a two-hour drive each way. When she twisted her knee last November, she didn't go in to get it checked out for a month, and by then it was badly swollen.

"It's harder to get that continuity of care, which is really important to seniors obviously because many times, that's probably for some of them it's the only outing that they have you know in a two- or three-months period of time," she said.

Storey started a society for senior support, called Autumn Services, which offers transportation to the nearest hospital, along with \$5 breakfasts and a drop-in centre for socializing.

“I’m just looking in into, you know kind of this abyss that’s coming ahead of me,” she said. “There’s no manual for this aging business. There’s no set rules.”

This report by The Canadian Press was first published Jan. 20, 2026.

April Nutrition Ideas for Our Aging Landscapes...

April is an ideal time for seniors to transition to lighter, nutrient-dense meals, taking advantage of spring produce to support heart health, bone density, and muscle maintenance. Key focus areas include increasing high-quality protein to maintain muscle mass, incorporating fiber-rich foods, staying hydrated as the weather warms, and reducing sodium intake.

Seasonal Spring Foods for Seniors

As spring arrives, incorporating fresh, locally available produce provides maximum nutrition.

- **Leafy Greens & Veggies:** Spinach, kale, arugula, and chard are excellent for heart health and cognitive function.
- **Root Vegetables & Asparagus:** Carrots, radishes, beets, and parsnips are great for hydration, while asparagus provides vital vitamin K and fiber.
- **Fresh Fruits:** Strawberries, berries, and citrus fruits (lemons, limes) are high in vitamin C and antioxidants.
- **Legumes:** Fresh peas and fava beans offer fiber and protein to maintain muscle mass.

Nutritional Priorities for April

- **Protein:** Seniors require 1 to 1.2 grams of protein per kilogram of body weight to prevent muscle loss. Aim for 15-25 grams per meal, including eggs, fish, beans, nuts, and yogurt.
- **Calcium & Vitamin D:** Essential for bone health, particularly for women over 51 and men over 71. Good sources include dairy, fortified soy beverages, and leafy greens.
- **Healthy Fats:** Use olive oil and canola oil and consume avocados or fatty fishlike salmon for heart health.
- **Hydration:** As thirst sensations decline with age, consume 9-12 cups of fluids daily, including water, milk, and tea.

Healthy Spring Meal Ideas

- **Breakfast:** Greek yogurt parfait with berries, nuts, and a sprinkle of granola.
- **Lunch:** Spinach and arugula salad topped with grilled chicken or crispy tofu.

- **Dinner:** Lemon-garlic grilled shrimp with asparagus, or a spring vegetable risotto.
- **Snack:** 5-minute avocado toast with cilantro and lime.

Tips for Easier Cooking and Budgeting

- **Use Frozen/Canned:** Frozen or canned vegetables and fruits are just as nutritious and require no chopping.
- **Batch Cooking:** Make larger portions of hearty soups or roasted vegetables to freeze for later.
- **Flavor without Salt:** Use herbs, spices, lemon juice, or garlic to enhance flavor instead of salt.
- **Leverage Savings:** Look for "imperfect" produce and utilize community and local senior discount days.

Note: Consult with a doctor or dietitian before making significant diet changes, particularly if taking blood-thinning medications, which can interact with high vitamin K foods like leafy greens.

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 is available for EPC Designation holders at a reduced cost of \$199 + taxes and shipping are 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!

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