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***Finally - "May brings new beginnings and brighter days."***

**CIEPS wishes you and your families a great start to the nicer weather...**

## **The Season of Renewal — Why May Matters for Advisors & Others Who Hold their EPC Designation**

May is more than a month of blossoms and longer days — it's a season of renewal, reflection, and recommitment. In the financial and elder-planning world, it reminds us that growth doesn't just happen in portfolios; it happens in people.

As spring matures, advisors across Canada are helping clients prepare for transitions — retirement, caregiving, estate planning, and the legacy conversations that define families. The Elder Planning Counselor (EPC) designation was built for this very moment: when empathy meets expertise, and knowledge becomes a lasting gift.

This May, we celebrate every professional discipline who chooses to deepen their understanding of aging clients. You're not just planning for numbers — you're planning for lives, stories, and futures that deserve dignity and direction.

So as the lilacs bloom and the days lengthen, take time to renew your own professional purpose. Whether you're completing your EPC coursework,

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mentoring a colleague, or guiding a family through change, remember: **May is the month of growth — and growth begins with care.**



**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.*

**The Next Great Transformation: Why Boomers will Redefine Senior Living Across Canada...** *from an article found on the internet from November 28, 2025, written by David Coletto who is founder and CEO of Abacus Data.*

Earlier this week, I spent an evening in Vancouver with several senior living executives who know the sector better than almost anyone. Our conversation stretched well into the night and revolved around one central theme. Canada is on the edge of a massive demographic shift, and the senior living sector is only beginning to grapple with what this will mean. What struck me most was how aligned our perspectives were. The opportunity is enormous. The expectations are shifting quickly. And the generation that will drive the next era of senior living is unlike any other.

There are about 9.2 million Baby Boomers in Canada. They make up roughly a quarter of the national population and control close to half of all household wealth. The average Boomer-led household has accumulated significant assets through high homeownership rates and rising real estate values. This financial footprint alone will shape the market for decades. But the real story is how Boomers will behave as consumers once they begin making decisions about where and how they want to age.

Boomers have never been passive participants in systems created for them. As children, they overwhelmed classrooms. As workers, they redefined workplace norms and expectations. As retirees, they are about to reshape housing, healthcare, and food services just as profoundly. Every stage of their lives has forced institutions to adapt. Senior living will be the next sector to feel that pressure.

# BABY BOOM GENERATION

## A LIFETIME OF BEING UNDERESTIMATED



The challenge is that Boomers are both highly predictable and deeply contradictory. On the one hand, more than nine in ten say they want to age in place. On the other hand, only a small fraction have planned for where they will live or what care they may need. They underestimate how long they will live, how much support they will require, and the cost of getting that support. This creates a wide gap between intention and reality. For senior living providers, it represents the single greatest opportunity to offer clarity, stability, and reassurance.

Understanding the Boomer mindset requires understanding the cultural moment they are aging into. Canadians of all ages are living in what I call a precarity mindset. It is a mindset shaped by unpredictability. People feel the future is unstable and that institutions are not as reliable as they once were. It is not fear of immediate scarcity. It is long-term uncertainty. It is the question that hangs beneath so many of our political and economic conversations today: Will we be okay.

That anxiety is visible in what Canadians say is keeping them up at night. Words like war, tariffs, Trump, and the cost of living appear again and again. Even among those over sixty, financial unease is high. A majority worry about their ability to afford basic needs over the next six months and many say they would delay major life decisions because of financial uncertainty. This includes decisions about where to live and how much care to arrange for aging parents or themselves.

Senior living operators often focus on the amenities and lifestyle aspects of their offerings. Many imagine that Boomers will arrive looking for experiences that help them achieve their highest aspirations. Yet the data tell a different story. When asked what they are mostly focused on, Boomers overwhelmingly identify safety and physiological needs. They want security. They want stability. They want to know that their health, nutrition, and daily needs will be taken care of without constant stress. These are the foundations that must be in place before any higher-level aspirations matter.

94% want to  
age in place → but



Only 12%

have planned for  
where they will live  
or what care they will need

Boomers  
underestimate:



- How long they will live
- How much care costs
- The likelihood they'll eventually need assistance

But this does not mean Boomers will settle for bland or standardized experiences. Autonomy is at the core of their identity. When we ask them what matters most as they age, they consistently prioritize independence, meaningful choice, and control over their daily routines. They want to stay in spaces that feel like home. They want to continue doing the things they love. They want to maintain a sense of purpose and community. And they want respect.

Food services exemplify these expectations. Boomers increasingly view food not just as sustenance but as a central part of managing their health span. They want personalization. They want flexibility in their diets. They want culturally familiar options. They want control over when and how they eat. They want fresh, high-quality ingredients. Food decisions signal whether a senior living community respects their individuality and recognizes the connection between autonomy and wellbeing.

Communication is another area where understanding Boomer behaviour is critical. While younger Canadians live in fragmented media ecosystems, Boomers inhabit a hybrid environment. Many use social media daily but still rely heavily on television, radio, print, and online news. This means organizations hoping to speak to them must operate across platforms with messaging that is credible, calm, and grounded in clarity.

All of this paints a picture of a generation that is both powerful and often overlooked.

Boomers represent the largest market opportunity the senior living sector will encounter for decades. Yet they are often treated as a monolithic group with uniform needs and lifestyles. The reality is more nuanced. They are diverse. They are discerning. They carry a lifetime of expectations and a current sense of uncertainty. And they want solutions that offer reassurance without taking away their independence.

This is why at Abacus Data we are building the **Boomer Lab**. It is designed to help organizations understand this complex generation from the inside out.

In the coming weeks, we will share more about how the **Boomer Lab** will support companies, policymakers, and service providers who want to design experiences that meet the real needs and values of this cohort.

Canada is entering a new era in senior living. The winners will be the organizations that see Boomers not as passive residents but as active consumers who expect choice, control, and respect. The path forward begins by listening closely to what they are telling us. And the data show they are ready to reshape the landscape once again.

## **Understanding Grief: What Older Adults and Families Need to Know...***from an article found on the McMaster University portal on March 25, 2026*

Grief in later life is often layered—shaped by personal loss, changing roles, and sometimes the responsibility of supporting younger family members through loss as well. Older adults may be coping with the death of a partner, sibling, friend, or other loved one, while also helping children, grandchildren, or others in the family navigate grief.

Understanding how grief works, and how it may show up differently across ages and relationships, can help you make sense of your own experience and better support others. In this video, family physician **Dr. Erin Gallagher** explains grief as a natural but complex response to loss and highlights when additional support may be helpful.

### **Key Takeaways**

- Grief is a **natural, non-linear process** that changes over time
- Everyone **experiences grief differently**, shaped by factors such as culture, age, personality, supports, and the nature of the loss
- Older adults may face **layered losses** while also supporting family members across generations
- Children and teens **express grief differently** and need tailored support
- Around **1 in 10 bereaved people experience prolonged grief** and may benefit from professional support
- Adults can play an important role in **modelling healthy coping** for children and teens

### **What is grief? (and how it changes over time)**

Grief is not a disease to be cured, but a natural emotional, physical, and psychological response to losing someone or something important. It does not follow a predictable timeline and is experienced differently by each person.

While the pain of loss may never entirely disappear—because the love for the person remains—the way we carry grief often changes over time. For many

people, it becomes lighter, allowing space for adaptation, meaning, and joy again.

## How grief affects your body, mind, and emotions

*Grief is a "whole-body" experience. It impacts us across several dimensions:*

- **Physical:** You may experience fatigue, headaches, stomach upset, or changes in sleep and appetite.
- **Cognitive:** It can affect concentration, mental energy, and the ability to manage everyday demands.
- **Emotional:** Common feelings include shock, irritability, anger, anxiety, and guilt.
- **Spiritual:** Grief can shake your sense of security, faith, and how you make sense of the world.

## How adults can support grieving children and teens

Adults in a caregiving or supportive role may find themselves helping children and teens through loss while managing their own grief. Understanding that younger people often grieve differently from adults can make that support more helpful.

Learn more about this topic with [Supporting Bereavement in Later Life: What Older Adults Need to Know](#).

## Children and grief

Children often experience "bursts" of grief. They may show intense emotion or behavioural regression one moment and be playing happily the next. To support them, Dr. Gallagher suggests focusing on the "Three Cs":

1. **Cared for:** Ensure they know they will continue to be looked after.
2. **Contagious:** Clarify that death is not something they can "catch."
3. **Cause:** Reassure them that they did not cause the death of their loved one.

## Teenagers and young adults

Teens often experience intense and shifting emotions and may feel more comfortable opening up to peers than to family members. They may also worry about how a loss will affect their future. Adults can help by keeping the door open—letting teens know they are available to listen whenever the young person is ready.

## Normal grief vs. prolonged grief: When to seek help

For many bereaved people, the most intense pain of grief gradually softens over time as they begin to reconnect with daily life. However, around 1 in 10

bereaved people experience prolonged grief, in which grief remains especially intense, persistent, and difficult to integrate into everyday life.

*Signs of prolonged grief (persisting for a year or more in adults) include:*

- A constant yearning or preoccupation with the deceased.
- Feeling that life has lost its meaning or purpose.
- Avoiding all reminders of the loss or feeling emotionally numb.
- Difficulty performing normal routines or re-engaging with social activities.

If you or someone you love feels overwhelmed by grief for a prolonged period, or is having difficulty functioning or finding meaning again, reaching out to a healthcare professional is a positive step. Professional support may include grief-focused counselling or other evidence-based therapies, depending on the person's needs and situation.

### **Practical ways to cope and support others**

*While grief unfolds differently for everyone, some practical strategies may help people cope, feel supported, and make space for remembrance and adjustment over time:*

- **Create Memory Rituals:** Writing letters, lighting candles, or creating a memory box can provide a meaningful space for expressing emotions and remembering the person who died.
- **Stay Active:** Physical activity, such as walking, stretching, yoga, or cycling, may support well-being, reduce stress, and help re-establish routine.
- **Lean on Community:** Reaching out to friends, family, faith communities, or support groups can reduce the sense of isolation that often accompanies grief.
- **Maintain Routine:** Especially for children, maintaining a sense of normalcy provides a foundational sense of security.

To learn more about memory rituals, read [Therapeutic rituals to overcome grief](#).

Children often learn how to respond to loss by watching the adults around them. When adults express emotions openly, maintain routines, and seek support when needed, they model healthy coping and resilience.

### Helpful resources

For age-appropriate resources, consider visiting [KidsGrief.ca](#), [YouthGrief.ca](#), or [MyGrief.ca](#) for support tailored to different ages, situations, and types of loss. These resources may be helpful whether you are grieving yourself or supporting someone else through grief.

## **Government of Canada Announces Funding to Improve the Quality of Life for Seniors Across the Country ...from a government press release on April 23, 2026**

**April 23, 2026 - Edmonton, Alberta  
Employment and Social Development Canada**

Today's global landscape is shifting rapidly, leaving many Canadians, including seniors, facing economic uncertainty due to factors such as the rising cost of living. In response, the government is committed to building a strong and resilient economy that enhances the quality of life for older Canadians. The New Horizons for Seniors Program (NHSP) plays a pivotal role in this effort by creating opportunities for thousands of seniors to remain engaged and active participants in their communities.

Today, the Honourable Stephanie McLean, Secretary of State (Seniors), joined by Minister Eleanor Olszewski, Minister of Emergency Preparedness and Community-Resilience and Minister responsible for Prairies Economic Development Canada (PrairiesCan) and Matt Jeneroux, Member of Parliament for Edmonton Riverbend, announced an investment of over \$54 million for more than 2,600 community-based projects that support seniors. These initiatives will benefit more than 400 communities across Canada.

The announcement was made at the Sage Seniors Association in Edmonton, Alberta, which received \$25,000 in funding. This financial support will enable the organization to offer ongoing social and learning activities, financial workshops, digital education sessions, and monthly community meetings, all designed to promote social participation and support seniors' digital literacy.

Funding announced today was awarded through the 2025–26 call for proposals for community-based projects through the NHSP.

This program funds a wide variety of projects that support key Government priorities, such as digital literacy initiatives, fraud prevention and awareness programs, and intergenerational mentoring efforts, all aimed at supporting seniors and fostering stronger, more connected communities.

The 2026-27 call for proposals will be launched later this spring, along with changes to the program which include raising the maximum funding amount to \$50,000 per project.

The government has implemented many important measures to make life more affordable for older Canadians. These include increasing Old Age Security for those over 75, expanding the Guaranteed Income Supplement earnings exemption, introducing the Canadian Dental Care Plan, and improving access to affordable internet. The new Canada Groceries and Essentials Benefit will provide further support to low- and modest-income households, including those of seniors, as the cost of living continues to rise.

Together, these measures are designed to help seniors better meet their everyday needs.

### Quotes

“The New Horizons for Seniors Program helps fund projects that keep seniors involved in their communities and create more opportunities for participation and inclusion. The projects announced today will help seniors stay active and connected in every part of the country.”

– The Honourable Stephanie McLean, Secretary of State (Seniors)

“Our new government’s continued support for the New Horizons for Seniors Program is delivering tangible benefits for seniors in Edmonton and communities across the country. In a more uncertain world, we are focused on what we can control—investing in people and building communities where no one is left behind, so seniors can live with dignity, safety, and a true sense of belonging.”

– The Honourable Eleanor Olszewski, Minister of Emergency Management and Community Resilience and Minister responsible for Prairies Economic Development Canada (PrairiesCan)

“This funding is unique in its focus on the strengths and contributions of older adults, while also investing in the community-based organizations needed to support and engage them. By prioritizing social inclusion and addressing issues like elder abuse, the New Horizons for Seniors Program is helping to build healthier communities. Sage appreciates the Government of Canada’s continued commitment to this important work.”

– Karen McDonald, Executive Director, Sage | Seniors Association

### Quick facts

- Seniors are expected to represent almost 25% of the population by 2059 and could reach 11 million people within 15 years.
- The New Horizons for Seniors Program’s community-based stream invests in projects that help to improve seniors’ quality of life. In the 2025–26 call for proposals; organizations were eligible to receive up to \$25,000 in grant funding for projects of up to 52 weeks.

*Program funding supports projects that address one or more of the program’s five objectives:*

- promoting volunteerism among seniors and other generations;
  - engaging seniors through the mentoring of others;
  - expanding awareness of elder abuse, including financial abuse;
  - supporting social participation and the inclusion of seniors; and
  - providing capital assistance for new and existing community projects and programs for seniors.
- Project proposals must involve seniors in vital roles to lead, plan or deliver the project.

- Since its inception in 2004, the program has funded over 45,000 projects in hundreds of communities across Canada, with the Government of Canada's total investment now surpassing \$1 billion in funding.
- Based on the last two years of available data, more than 900,000 seniors participate in NHSP community-based projects each year.

[Backgrounder: New Horizons for Seniors Program](#)

## **High Blood Pressure in Older Adults: Let's talk medication!...***from an article found on the McMaster University portal on April 8, 2026*

### **The Bottom Line**

- Globally, over one billion people live with uncontrolled high blood pressure, which can increase the risk of heart attack, heart failure, and stroke.
- Compared to **placebo** or no treatment, blood pressure lowering medications can reduce the risk of death, heart attack, and stroke in older adults with moderate to severe high blood pressure.
- Speak with your healthcare team about different medication options and implement strategies to improve medication adherence like getting organized, forming habits, incorporating technology, and regularly reviewing medications with a healthcare professional.

High blood pressure, also known as hypertension, affects approximately 1.4 billion people aged 30-79 years old across the world. Amongst those impacted, only about 320 million manage their condition effectively. This places the over 1 billion people who don't have their condition under control at an increased risk of various complications—including heart attacks, heart failure, and strokes.

While the global story of high blood pressure reads like a scary one, there are various strategies available to help us get our blood pressure back in check. As a first step, healthcare providers often recommend lifestyle changes such as consuming a healthy diet, exercising, losing weight, and reducing stress. But lifestyle changes alone may not work well enough for everyone, so the addition of one or more blood pressure lowering medications to the treatment plan is generally the next step. There are a range of medications, each with their own way of reducing blood pressure.

*The most common types of medication are:*

- **ACE inhibitors and ARBs:** Relax the blood vessels and decrease the reabsorption of sodium in the kidneys.
- **Beta blockers:** Prevent an increase in heart rate and the constriction of blood vessels causing the blood vessels to relax.
- **Calcium channel blockers:** Widen the blood vessels.

- **Diuretics:** Increase the kidneys' elimination of sodium into the urine and decrease blood volume.

Up to 40% of people prescribed blood pressure lowering medications don't take their medication as outlined by their healthcare provider. This can look like skipping a dose, not taking the correct dose, or stopping the medication on their own. In fact, within one year of being prescribed a blood pressure lowering medication, as many as half of patients stop taking it. Why might this be? It's a complex issue! A variety of reasons can contribute to lack of medication adherence, including out-of-pocket expenses, access to treatment, having to take multiple medications daily or weekly, poor memory, inadequate communication from a healthcare provider, and experiencing negative side effects.

To motivate adherence, let's look at a **systematic review** to learn more about some of the benefits of blood pressure lowering medications in older adults living with high blood pressure. Additionally, let's highlight some strategies that may help us stay on track.

### **What the research tells us**

The review found that in older adults living with moderate to severe high blood pressure and who have never had a heart attack or stroke, blood pressure lowering medications reduce the risk of death from any cause compared to **placebo** or no treatment. We can be highly confident in this result. Additionally, these medications likely reduce the risk of death and illness from issues related to the heart and blood vessels, such as heart attack, stroke, and coronary heart disease. We can be moderately confident in these results. If you're wondering which age group of older adults' benefits most from this strategy, it appears to be those aged 60-79. It's also important to note that while the review included a variety of medication types—such as beta blockers, calcium channel blockers, and ACE inhibitors, the most common was the diuretic thiazide. So, many of these results apply to this specific medication type.

Lastly, in terms of safety, more people taking medications left the studies they were involved in early due to negative side effects compared to those receiving a **placebo** or no treatment. We have low confidence in this finding, meaning more research is needed and could change the results we see here. Ultimately, people should work with their healthcare team to weigh the benefits and harms of different medications and choose what is most appropriate for their specific health situation.

### *Strategies to help with medication adherence:*

- **Get organized:** Use pill boxes to divide medications for the day or week. If needed or preferred, set-up automatic medication refills and delivery with your pharmacy (generally free) but be sure to discuss considerations and restrictions you should be aware of with the pharmacist (availability of such services may vary by pharmacy).

- **Form habits:** Align medication intake with other daily activities like brushing your teeth, making a meal, etc.
- **Incorporate technology:** Sign up to receive text message reminders from your healthcare team (if available), set reoccurring alarms on your mobile devices, or use apps that allow you to set reminders, track medication use, and alert caregivers of missed doses.
- **Review medications:** Regularly review your medications with a pharmacist or doctor to ensure that you're taking the correct medications at the right dose and frequency, discuss side effects, identify and address potentially harmful interactions, and determine where your routine can be simplified or adjusted (e.g., single pills that combine multiple medications, medication removal, etc.).

## Healthy May and Summer Eating for Seniors

Healthy May and summer eating for seniors focuses on hydration, nutrient-dense seasonal produce, and light protein sources to manage age-related needs like bone health and digestion. Key strategies include eating berries, leafy greens, and water-rich foods (watermelon, cucumbers), along with utilizing herbs to reduce sodium. Focus on quick, no-cook meals like Greek yogurt, salads, and fish to stay cool and nourished.

### Key Nutritional Focus for Summer

- **Hydration is Paramount:** As fluid needs change with age, prioritize water-rich fruits and vegetables like watermelon, cucumber, celery, and peaches. Create infused waters with lemon, cucumber, or berries for a flavorful, low-sugar beverage.
- **Prioritize Fiber and Nutrients:** Consume berries (strawberries, blueberries) for antioxidants. Choose leafy greens (kale, spinach) for carotenoids that support eye health.
- **Increase Protein Intake:** Seniors need more protein to maintain muscle mass, with good options including fish, eggs, and Greek yogurt.
- **Healthy Fats:** Use olive oil for salads and cooking to support heart health.
- **Bone and Nerve Health:** Ensure adequate Calcium and Vitamin D, especially in early summer, and consider vitamin B12-rich foods like seafood, yogurt, and eggs.

### Healthy Summer Meal Ideas

- **Breakfast:** Yogurt "parfait" with fresh berries and granola, or smoothies with added spinach and protein.
- **Lunch/Dinner:** Fresh salads, grilled fish tacos with mango salsa, or cold gazpacho soup.
- **Snacks:** Hard-boiled eggs, hummus with sliced vegetables, or frozen treats like fruit-based popsicles.

- **Flavor Boosters:** Instead of salt, use fresh herbs like basil, cilantro, and rosemary, or spices such as smoked paprika and curry powder to enhance taste.

### Tips for Healthy Aging in Summer

- **Reduce Salt and Sugar:** Limit processed foods and high-sodium items like cold cuts, which are common in summer barbeques, as advised on [Healthy Summer Eating Tips for Seniors - Comfort Life](#).
- **Simple Cooking:** For easier preparation, try using small appliances like blenders for smoothies or pre-cooking grains for salads.
- **Stay Active:** Use nutrition to fuel, but also to aid in recovery from activity.
- **Food Safety:** Keep foods cool to avoid foodborne illnesses.

### 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 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](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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