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However you decide to spend Thanksgiving, it might be a good idea to remember these words from Grampa Jones...

May your stuffing be tasty. May your turkey plump. May your potatoes and gravy have a lump. May your yams be delicious and your pies take the prize. And may your Thanksgiving dinner stay off your thighs!

Happy Thanksgiving from all of us at CIEPS

October Health Awareness Days

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

These events are either promoted by recognized health organizations or recognized in the professional health community. Not all websites and events listed are celebrated or endorsed by Health Canada.

- [ADHD Awareness Month](#)
- [Breast Cancer Awareness Month](#)
- [Learning Disabilities Awareness Month](#)
- [Mark it Read for Dyslexia Awareness Month](#)
- [National Denturist Awareness Month](#)
- [Occupational Therapy Month](#)
- [Rett Syndrome Awareness Month](#)
- [National Seniors Day](#) – October 1*
- [HPV Prevention Week](#) – October 1 to 7

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- [National Breastfeeding Week](#) – October 1 to 7*
- [World Meningitis Day](#) – October 5*
- [World Cerebral Palsy Day](#) – October 6*
- [World PANS PANDAS Awareness Day](#) – October 9*
- [National Children's Hospice Palliative Care Day](#) – October 9
- [World Mental Health Day](#) – October 10*
- [World Sight Day](#) – October 10*
- [Medical Device Reprocessing Week](#) – October 12 to 18
- [Respiratory Syncytial Virus Awareness Week](#) – October 12 to 18
- [World Thrombosis Day](#) – October 13*
- [Pregnancy and Infant Loss Remembrance Day](#) – October 15*
- [World Spine Day](#) – October 16*
- [Sudden Unexpected Death in Epilepsy Action Day](#) – October 18*
- [Purple Thursday](#) – October 19*
- [Invisible Disability Awareness Week](#) – October 19 to 25
- [Respiratory Therapy Week](#) – October 19 to 25
- [Canadian Intensive Care Week](#) – October 20 to 26
- [National Pharmacy Technicians Day](#) – October 21
- [Brain Cancer Awareness Day](#) – October 24*
- [World Amyloidosis Day](#) – October 26*
- [Canadian Patient Safety Week](#) – October 27 to 31
- [World Psoriasis Day](#) – October 29*
- [World Stroke Day](#) – October 29*

Big News, Time to Celebrate – or Hide our Heads in the Sand?... *from an article found on the Life & Death Matters website during August 2025.*

We almost missed this incredible date!!! July 1st – the date almost past without realizing that it had come and gone!!! We have known for years that this will happen – and it has happened. On July 1st, the eldest of the Canadian Baby Boomers started to reach the age of their average life expectancy.

For years we have talked about the aging demographic – and for years people referred to this as a GREY TSUNAMI until some very wise person pointed out that TSUNAMIS are not expected, while this aging demographic is expected! We have known it is coming.

So, welcome BABY BOOMERS! (And YES, that includes me!)

Let's look at the numbers:

Canadian Baby Boomers are those born between 1946 and 1965. The average life expectancy in Canada is about 79.5 years for men and 83.9 years for women.

By adding the average life expectancy to the birth year of the earliest Baby Boomers (1946):

Gender	Birth Year	Life Expectancy (Years)	Milestone Year
Men	1946	79.5	2025.5
Women	1946	83.9	2029.9

- **Men:** The first Baby Boomers (born in 1946) will reach their average life expectancy in **2025 (July 1st to be exact)**.
- **Women:** The first Baby Boomers (born in 1946) will reach their average life expectancy in **2030**.

Here is the summary:

- **Canadian Baby Boomers will start reaching their average life expectancy in 2025 (men) and 2030 (women).**
- Those born later in the Baby Boomer cohort (up to 1965) will reach this milestone in the mid-2040s to late 2040s.

What does this mean for the number of deaths per year? How will the number of deaths increase in Canada from 2015 to 2025 to 2035

The impact of Baby Boomers on Annual Deaths in Canada (2015–2035)
 As Baby Boomers reach their average life expectancy, Canada is experiencing a significant demographic shift. This aging population is leading to a marked increase in the number of deaths per year.

Annual Deaths in Canada: Key Figures

Year	Estimated Deaths per Year	Notes
2015	~264,000	Based on historical data ¹
2025	~330,000	Most recent annual figure ¹²
2035	Projected: 400,000+	Based on population aging trends ^{3,4}

- **2015:** Around 264,000 deaths were recorded.
- **2025:** The number of annual deaths has risen to about 330,000 — a 25% increase over a decade.
- **2035:** Projections indicate the annual number of deaths could exceed 400,000 as the Baby Boomer cohort ages and reaches (or surpasses) their life expectancy. A 50% increase in the past two decades.

What to Expect by 2035

- **Annual deaths will continue to climb** as the Baby Boomer generation ages, peaking in the 2030s.

- After 2035, the growth in annual deaths is expected to plateau as the Baby Boomer cohort declines and the proportion of seniors stabilizes.⁴
- **Healthcare and social systems** will face increased pressure due to the higher number of deaths and the needs of an older population.

Summary Table

Year	Estimated Deaths	% Increase from 2015
2015	~264,000 ¹	–
2025	~330,000 ¹²	+25%
2035	400,000+ ^{3,4}	+50% or more

Conclusion

The number of deaths per year in Canada is rising sharply, primarily due to the aging Baby Boomer generation. From 2015 to 2025, annual deaths increased by about 25%, and by 2035, they are projected to be at least 50% higher than in 2015. This trend is expected to stabilize after 2035 as the demographic bulge of Baby Boomers passes through the oldest age groups.

What I have not included here is that the way in which we die has changed. More people will die with chronic life-limiting illnesses and will need care for a longer period of time. So, we have to learn new ways to care, new systems to provide care!

How can we best provide care, meet the increasing demands? Ideas include:

- Integrate palliative care competencies in core curriculum for all health care providers, and provide continuing education, mentorship to help develop advanced competencies
- Integrate a palliative approach for people with any life-limiting illness, early in the disease process, and across all care settings.
- Empower ALL health care providers to be part of the team to integrate a palliative approach.
- Develop specialty palliative care consultation services for those people who experience more difficult symptoms or face more challenging psychosocial issues.
- Nurture Compassionate Communities – and provide education for family, friends and neighbours.

In 2007, looking at the numbers, looking at the changes in the ways that we are dying, I came to the realization that we would need to learn new ways, that our systems would have to change. I realized that this day would come. And here we are. What do you see? How do you feel we can, and how we should address the increase in dying in the years ahead? How can we care differently?

References

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19. <https://hia.paho.org/en/node/162>
20. https://www2.gov.bc.ca/assets/gov/data/statistics/people-population-community/population/sustaining_growth_population_demography.pdf

Here's Why More Canadian Seniors are Finding Themselves Unhoused...*from an article posted on CTV News on Sept. 12, 2025*

As Canada's unhoused population continues to rise, shelter groups say they are seeing more and more seniors accessing their supports.

About 27 per cent of Canadians who are experiencing homelessness are over the age of 50 and four per cent are older than 65, according to point-in-time (PIT) counts conducted between 2020 and 2022. The Mustard Seed operates shelters in Saskatchewan, Alberta and B.C. In some cases, the number of older adults seeking their services has more than doubled in the last year, according to CEO James Gardiner.

“We are seeing a trend of increased seniors in our shelter population,” he said.

“It is a general trend and in some cases it’s one of the fastest growing trends.”

In 2023, 12 per cent of their shelter beds in Red Deer were occupied by people aged 55 and older. In 2024, the number of seniors increased to 29 per cent, Gardiner said. Seniors make up a similar percentage in the group’s Calgary women’s shelter where more than a quarter of the people are older than 55.

“There are just a lot more pressures when people get older, when they are on fixed income and they have higher medical needs,” Gardiner said.

Those pressures coupled with the rising cost of living and rent can be reasons for seniors experience homelessness. The death of a spouse and loss of second income can also be a factor. According to Gardiner, these pressures make it harder for seniors to find permanent housing once they enter the shelter system, which is why they typically stay longer.

Inside Saskatoon’s Salvation Army Crossroads Shelter, a small fraction of their 75 beds are filled with seniors, according to executive director Gordon Taylor. However, he still has concerns when seniors walk through the door.

“That’s not where any of us want to be at that stage in life, right? There should be some better plan or system where you don’t end up there,” Taylor said.

About 50 per cent of unhoused seniors experience homelessness for the first time after the age of 55, according to Joe Humphries, the lead project coordinator for the research project Aging in the Right Place. He says these seniors enter shelters with very unique needs.

“Services that are available are more designed for people who have been entrenched in homelessness and perhaps have mental health issues or substance use issues. But many older adults don’t have those needs,” he said.

“Their needs are more around mobility and maintaining health and being able to use their walker or wheelchair.”

Those who have experienced chronic homelessness throughout their lives are also aging, which contributes to the increase in unhoused seniors, according to Humphries. This cohort has its own set of challenges, he said.

“With older people, what we find is that when somebody experiences homelessness they go through something called accelerated aging. This is because of the stressors – physical, emotional and mental – of experiencing homelessness,” he explained, adding that someone who is 50 years old could appear to be 65 or older.

Humphries' current research is looking at best practices for shelters and senior housing across the country to try to develop solutions to support unhoused seniors.

3 Evidence-based Benefits of Aerobic Exercise...*from an article posted on the McMaster University portal on Aug. 13, 2025*

The Bottom Line

Aerobic exercise involves repetitive movement of the large muscles over a prolonged period of time and increases our heart rate.

Research shows that aerobic exercise can improve executive function, physical fitness, and blood sugar control.

To meet recommendations set by the Canadian 24-Hour Movement Guidelines, older adults need to engage in a minimum of 150 minutes of moderate to vigorous aerobic physical activities each week.

Speak with your healthcare team about how you can safely work to meet this goal or exercise goals tailored to your needs and health status.

Do you enjoy swimming, dancing, running, biking, walking, or hiking? If the answer is yes, then you're a fan of aerobic exercise! Also known as cardio or endurance exercise, this popular form of physical activity gets us breathing harder and our heart rate up. It also involves the movement of the large muscles—like those found in our arms and legs. These movements are repetitive and continued over a prolonged period of time.

In addition to being fun, aerobic exercise is a vital part of our day-to-day lives. In fact, it's recommended that older adults engage in a minimum of 150 minutes of moderate to vigorous aerobic physical activities each week. These recommendations are supported by research evidence that showcases the wide-ranging health benefits of engaging in aerobic exercise . To give ourselves more reasons to keep aerobic exercise in our weekly routines or add it if it's missing, let's dive into just a few of these benefits. Click on the links below to learn more.

1. Improves executive function

Executive function refers to cognitive skills and processes used in daily life—like planning, problem solving, adjusting to changes, and emotion and impulse regulation . Aging, sitting too much, and a lack of physical activity can contribute to a decline in executive function . Research shows that aerobic exercise can enhance various components of executive function, such as impulse control, working memory, and cognitive flexibility.

2. Enhances physical fitness

Aquatic exercises, like swimming, running in water, and water aerobics, are forms of aerobic physical activity. These low impact workouts may be an appealing option for older adults looking to get and stay active. Research shows that aquatic exercise performed at moderate to high intensity is comparable to land-based exercise when it comes to enhancing aspects of physical fitness—such as endurance, strength, function, flexibility, and dynamic balance.

3. Regulates blood sugar

Type 2 diabetes is a chronic disease that prevents our bodies from properly regulating blood sugar levels. In the long term, it can lead to complications like blindness, cardiovascular issues, and amputation of limbs . So, prevention in those who don't have it and management in those who do is key. Research shows that aerobic exercise can help regulate blood sugar levels in those who are at risk of developing type 2 diabetes or are already living with it. Higher intensity aerobic exercise is even better.

Get your heart rate up with aerobic exercise and reap the rewards it can offer! If it's not already part of your exercise routine, consider adding aerobic physical activities to the lineup. Consult with your healthcare team about what exercises may work best for you and how to incorporate them safely.

Technology for Seniors: How Older Adults Can Benefit From Digital Tools...*from an article found on the McMaster University portal on Sept 16, 2025*

In today's digital world, technology is not just for younger generations. **Older adults and seniors** are discovering how smartphones, tablets, and online platforms can make life easier, healthier, and more connected. While learning new technology may feel challenging at first, it offers countless rewards for staying socially active, mentally engaged, and independent.

In this article, we'll highlight **the top benefits of technology for seniors** and share simple **technology tips for older adults** to build confidence with digital tools.

5 Benefits of Technology for Seniors

1. Staying connected with loved ones

Video calls, messaging apps, and social media for seniors make it simple to stay connected with children, grandchildren, and friends. Technology helps reduce isolation and creates stronger relationships across distances.

2. Improving brain health and memory

Online learning platforms, brain-training apps, and digital games help keep the

mind sharp. These tools provide mental stimulation, support cognitive health, and promote lifelong learning for older adults.

3. Easy access to information and resources

The internet offers unlimited learning opportunities. Seniors can explore hobbies, read e-books, watch documentaries, or join online communities. Having **digital access to information** helps older adults stay informed and engaged.

4. Supporting health and independence

Wearable technology, fitness trackers, and health-monitoring apps help seniors manage chronic conditions, remember medications, and track vital signs. These tools support independence and can alert caregivers to potential issues.

5. Entertainment at your fingertips

From streaming movies to listening to audiobooks or playing games, technology offers countless **entertainment options for seniors** without leaving home.

Tips for Seniors Learning Technology

- **Start small:** Begin with one device, like a smartphone or tablet, and master the basics before moving on to new tools.
- **Ask for help:** Family, friends, and local community centers often provide tech support and senior-friendly technology classes.
- **Stay safe online:** Use strong passwords, be careful about sharing personal information, and install security software to prevent scams or viruses.

Why Embracing Technology Matters for Seniors

Digital tools for seniors can transform everyday life by improving communication, supporting health, and offering fun ways to stay engaged. With patience, practice, and support, older adults can confidently explore the digital world.

Technology is more than just a skill—it's a gateway to connection, knowledge, and independence. Start small, stay curious, and discover the many ways technology can enrich your life.

**Canada Senior Driving Law Changes Sept. 2025:
Everything Seniors Need to Know About the New Rules...**
from an article posted on CPRApdc.ca on Aug. 27, 2025

The Canadian government has introduced important updates to road safety regulations, focusing on older drivers. The **Canada senior driving law**

changes 2025 aim to improve road safety while ensuring that seniors maintain independence and mobility. These new measures include medical assessments, vision testing, and revised license renewal procedures designed to balance safety with fairness for older drivers.

Why the Canada Senior Driving Law Changes 2025 Were Introduced

As Canada's population ages, the number of drivers aged 65 and older continues to grow. While many seniors remain safe and capable drivers, age-related health issues such as declining vision, slower reaction times, and memory concerns can impact road safety.

The **Canada senior driving law changes 2025** were developed after consultations with road safety experts, healthcare providers, and senior advocacy groups. The goal is to protect both senior drivers and the public while offering support for those who may no longer meet medical fitness standards.

Key Updates in Canada Senior Driving Law Changes 2025

Several new requirements have been introduced under the **Canada senior driving law changes 2025**:

1. Enhanced Medical and Vision Testing

- Drivers aged **70 and older** will be required to undergo **mandatory vision testing** every two years.
- Family doctors or specialists must complete a **medical fitness form** if there are health concerns that may affect driving ability.

2. Updated Road Test Requirements

- For certain seniors flagged through medical assessments, a **shortened on-road driving test** will be required.
- This ensures seniors demonstrate safe driving practices, particularly in areas like turning, merging, and handling intersections.

3. Digital License Renewal System

- The **Canada senior driving law changes 2025** allow seniors to **renew their license online** if they pass medical and vision requirements.
- This reduces the need for in-person visits and long wait times at licensing centres.

4. Support Programs for Retired Drivers

- Seniors who voluntarily stop driving will now have access to **government-supported transportation alternatives**, such as discounted community transit passes.

- Educational programs will be expanded to help seniors adjust to life without driving.

Impact of Canada Senior Driving Law Changes 2025 on Older Drivers

For most seniors, these changes will not create major barriers. If a driver maintains good vision and overall health, license renewal will remain straightforward.

However, the **Canada senior driving law changes 2025** may result in some seniors being required to take additional tests or provide medical documentation more frequently. While this may feel inconvenient, the changes are designed to ensure safety for everyone on Canadian roads.

How Seniors Can Prepare for the New Rules

To stay ready for the **Canada senior driving law changes 2025**, older drivers should:

- Schedule **regular eye exams** to ensure vision meets driving standards.
- Discuss health conditions such as diabetes, arthritis, or memory concerns with their doctor and how they may affect driving.
- Practice safe driving habits, including avoiding nighttime driving if visibility is an issue.
- Explore alternative transportation options in advance in case driving becomes more difficult.

The [Canada senior driving law changes 2025](#) reflect a careful balance between maintaining independence for seniors and ensuring public road safety. By introducing medical checks, vision testing, and support programs, the government aims to keep seniors on the road safely for as long as possible—while providing alternatives when driving is no longer the best option.

For complete details, seniors and their families are encouraged to visit the official government website at **canada.ca** and review provincial licensing authority updates.

Finding Joy Through Creativity... *from an article found on the McMaster University portal on August 19, 2025*

Who says creativity is only for the young? In fact, later life can be the perfect time to rediscover your artistic side or explore something brand new. Whether it's painting, music, writing, or gardening, creative activities can spark joy, reduce stress, and keep your mind sharp.

Retirement and midlife transitions often bring the gift of time—a chance to pursue passions that may have been tucked away during busy years of work and family life. Whether you're reigniting an old interest or trying something

you've always dreamed of, creativity can add purpose and energy to your days.

Here are a few ways to get started:

- Revisit past passions: Dust off that instrument, sketchbook, or sewing machine and see where inspiration takes you.
- Try something new: Ever wanted to learn photography, take a dance class, or try your hand at pottery? There's no better time than the present.
- Connect with others: Join a local art club, writing group, or gardening class. Creativity grows stronger when it's shared.
- Explore digital tools: From online art programs to virtual writing workshops, technology offers endless ways to get creative.
- Play and experiment: There are no rules! Try different styles, techniques, and mediums—you might surprise yourself.

Most importantly, creativity is about enjoyment, not perfection. Pick up that brush, strum that guitar, or plant those flowers—your creative journey can begin today.

Top 10 Healthy Living Tips for Seniors this Fall...

As the available hours of sunshine decrease and temperatures drop, people of all ages, but especially older adults, experience feelings of depression and sluggishness. Appetite cravings might change to dense foods high in carbohydrates and calories, and physical activity tends to decline. All of this can lead to lower energy levels and an unhealthy lifestyle.

Many of these symptoms are common in seasonal affective disorder, a type of depression often experienced by seniors related to the changing seasons.

Let's take a look at some healthy living tips for older adults that will help them break out of this cycle and achieve their autumn wellness goals.

1. EXERCISE

It might be challenging, but it is important to keep your body in motion during fall and winter months. You don't need to take up hiking or running — completing household chores and low-impact indoor workouts are great autumn activities to keep your body moving.

Many Senior centres provide information on safe and easy indoor exercises for older adults to improve strength, balance, and flexibility.

Walking is great cardiovascular exercise. If the weather does not permit walking outside, there are alternative indoor cardio routines for seniors to try.

Consult with your physician before beginning any exercise program.

2. EAT SEASONALLY

While some fresh produce will disappear from the grocery store as the weather cools, there are still plenty of nutrient-rich fruits and vegetables from which you can choose.

Some fall-favorite produce and ways to prepare and eat them. Some of the foods include:

- Winter squash
- Beets
- Figs
- Apples
- Leeks
- Carrots
- Dark leafy greens

Sweet potatoes contain fiber and vitamins A, C, B6, and manganese. Cruciferous vegetables like brussels sprouts and cabbage are also rich in vitamins and minerals.

Be mindful of the tendency to take in too many additional calories through snacking during the fall.

And this goes for hydration, too. Seniors need to stay hydrated even as the weather cools, even though they may feel less thirsty. Every cell in the human body needs water to work properly. Herbal tea on cold days counts toward fluid intake, as does vegetable or fruit juices.

3. SPICE THINGS UP

If a senior is craving more flavor in his or her fall food selection, spices can be good for a person's health as well as their taste buds..

Here are some of the benefits:

- Cinnamon lowers blood sugar and may provide heart-healthy benefits by reducing cholesterol and triglyceride levels.
- Turmeric has been linked to reducing inflammation, pain and swelling in people with arthritis.
- Studies have shown that garlic may keep blood vessels flexible and reduce cholesterol and triglycerides.
- Cayenne eases pain and restricts the growth of ulcer-causing bacteria.

4. GET ENOUGH VITAMIN D

Vitamin D helps maintain strong bones and muscles and is absorbed in the body from sunlight. As fall approaches and the amount of sunlight decreases,

other sources of vitamin D may need to be found. Foods higher in vitamin D include:

- White mushrooms
- Salmon, herring, sardines, tuna
- Milk or orange juice fortified with Vitamin D
- Fortified cereals

5. REDUCE THE RISK OF FALLS

Thousands of seniors injure themselves in falls each year. When an elderly person is injured in a fall, it could cause a cascade of serious consequences that can lead to disability and even death.

Fall and winter, with their rain-slicked or icy sidewalks, steps, and driveways, are seasons prime for increased fall risks. Problems with balance, reflexes, coordination or vision make falls more likely, as do certain medications.

There are some things that can be done by seniors and their family members that will reduce fall risks:

- Determine if there have been any recent downturns in the senior's health.
- Find out when the senior had his or her last eye exam.
- Notice if the senior is holding onto walls, furniture, or another person while they are walking.
- Consult with a physician to find out if the senior's medications could be affecting balance.
- Check the home for tripping hazards—exposed electrical cords on the floor, uneven floors, upturned corners on throw rugs, etc.
- Look into the possibility of canes, walkers, or other assistive devices.
- Assess whether stairs or poor lighting could be a problem.

6. DON'T TAKE UNNECESSARY RISKS

Seniors need to prepare early for cold weather to minimize their exposure to the cold and potentially hazardous conditions.

Their home should be well stocked with supplies, including food and medications. This should include non-perishables like water, candles, fresh batteries and extra blankets.

Furnaces should be inspected, and smoke and carbon monoxide detectors evaluated.

One of your yearly autumn wellness activities should be to set schedules for or arrange fall leaf raking and winter snow removal, which are especially important for seniors with chronic conditions who should not be performing these tasks.

7. KEEP WARM

It's recommended that seniors set their home thermostats to a minimum of 68 to 70 degrees to maintain autumn wellness.

When seniors go outside for autumn activities or later on in cold weather, they should dress in loose layers of clothing that trap warm air between the layers. Wearing a waterproof coat or jacket if it is raining or snowing is beneficial, too.

Illnesses like diabetes can inhibit blood flow that would normally provide warmth, and thyroid conditions can also make it hard to maintain normal body temperature. Also, some prescriptions or over-the-counter medications can affect body heat. Talk to a physician about all the medications and supplements being taken.

You should also take precautions and stay inside on windy days which can quickly lower body temperature.

8. MINIMIZE EXPOSURE TO COVID-19, FLU, AND OTHER SEASONAL AILMENTS

Has the senior had his or her flu vaccine? Flu and COVID-19 prevention is much the same, which means limiting contact with others and frequent handwashing.

9. CONTINUE TO MANAGE CHRONIC CONDITIONS

Seniors should not neglect chronic conditions like heart disease, diabetes, chronic obstructive pulmonary disease, high blood pressure and dementia during the fall and winter months. Pneumonia is especially harmful during colder weather for seniors with chronic conditions.

Older adults need to monitor their health, take their medications correctly, and stay in contact with their physician.

10. STAY POSITIVE

Physical health is tied to emotional and mental health. Staying engaged with hobbies and interests, and prioritizing connections with family and friends when planning autumn activities, are great healthy-living tips that encourage and energize seniors to maintain their physical health.

Also, studies have linked positive thinking to better protection from the inflammatory effects of stress and the energy needed to maintain a healthier lifestyle.

Older adults should be encouraged to focus on the good things in their lives, stay connected with people they love, and turn off their televisions from time to

time to listen to music, read a book, or call to chat with a friend or family member.

CEIPS/EPC Member Benefits

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

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

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

UPDATED 12th Edition EPC Materials are NOW Available

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

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

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

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

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

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

The Advantage of Having a CARP Membership

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

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

The minimum age requirement depends on the partnering business, but it might be worth spending a little money each year for the membership in exchange for the discounts available. I have listed several 55+ senior

discounts in Canada below, and many of them are exclusively available to CARP members.

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

Did you know that CIEPS is on LinkedIn?

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

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

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

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

Please keep your contact information current with us

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

[EPC Member Update Form](#)

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

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

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

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

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

- If you reside in NS your yearly renewal is \$171.00 all taxes included.

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

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

RENEW SECURELY HERE

Reminder

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

CE requirements when renewing your EPC Designation

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

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

The following should clarify this for you.

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

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


PLEASE NOTE!

Just a reminder that when you use your credit card to pay for your EPC Renewal fees, or purchase anything from the EPC Resource Library, it will show on your statement as CNDIAN INTIVE FOR ELDR ST... Beamsville, ON. With a phone number of 855-882-3427 do not panic, as this is the Elder Planning Counselor Designation (EPC).

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

To contact CIEPS:

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4438 Ontario Street, Suite 203
Beamsville, ON



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Fax: 866-209-5111

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