



SAFE SENIORS 2024

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Crime Stoppers of York Region's partnership with seniors

- Aims to support the community proactively by aiding law enforcement in anonymously solving crimes, improving the quality of life for seniors.
- Engages with seniors by participating in community events and group meetings, providing information about the program and resources to support them.
- Provides community-based programs, and offers in-person or online resources to educate and encourage seniors to anonymously report any suspicions covering a broad range of topics:
 - Canada Revenue Agency scams
 - Identity theft
 - Elder abuse
 - Contractor scams (roof, driveway, landscaping, renovations)
 - Grandparent scams
 - Romance fraud
- Works together with seniors to create a safer community and prevent criminal activity before it occurs.



Did you know...

...that personal safety, both physical and financial, is a primary concern among our senior community. Many fear becoming victims in today's fast-paced world.

For more information visit www.1800222tips.com/seniors

JANUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

CRIME STOPPERS
MONTH

1

New Year's Day
Last Day of Kwanzaa

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GSTC/CWB
Goods and services
tax/harmonized sales tax credit /
Canada workers benefit

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Epiphany

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Ontario Trillium Benefit

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CAIP
Climate Action Incentive Payment

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CPP/OAS Payment Date

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DECEMBER 2023

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FEBRUARY 2024

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New Moon
 Full Moon
 First Quarter
 Last Quarter

Crime Stoppers of York Region's partnership with seniors

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There's a tax clinic for you!

If you have a modest income and a simple tax situation, volunteers from the Community Volunteer Income Tax Program may be able to do your taxes for you, for free! Make sure to have your tax information slips, receipts, social insurance number, and identification.

Tax clinics are generally offered in March and April each year, but some are offered year-round.

You don't need to be a tax expert to help people. Join thousands of volunteers across Canada and volunteer at a free tax clinic! Go to canada.ca/taxes-volunteer for more information.



Did you know...

by doing your taxes, you could get benefit and credit payments, such as the GST/HST credit.

To find out if you are eligible or to find a tax clinic, go to:
canada.ca/free-tax-clinics or call 1-800-959-8281.

FEBRUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



FEBRUARY IS
BLACK HISTORY MONTH

Groundhog Day

Ontario Trillium Benefit

Chinese New Year

Ash Wednesday
Valentine's Day

Mardi Gras

Family Day

CPP/OAS Payment Date

JANUARY 2024

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MARCH 2024

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New Moon
 Full Moon
 First Quarter
 Last Quarter

There's a tax clinic for you!

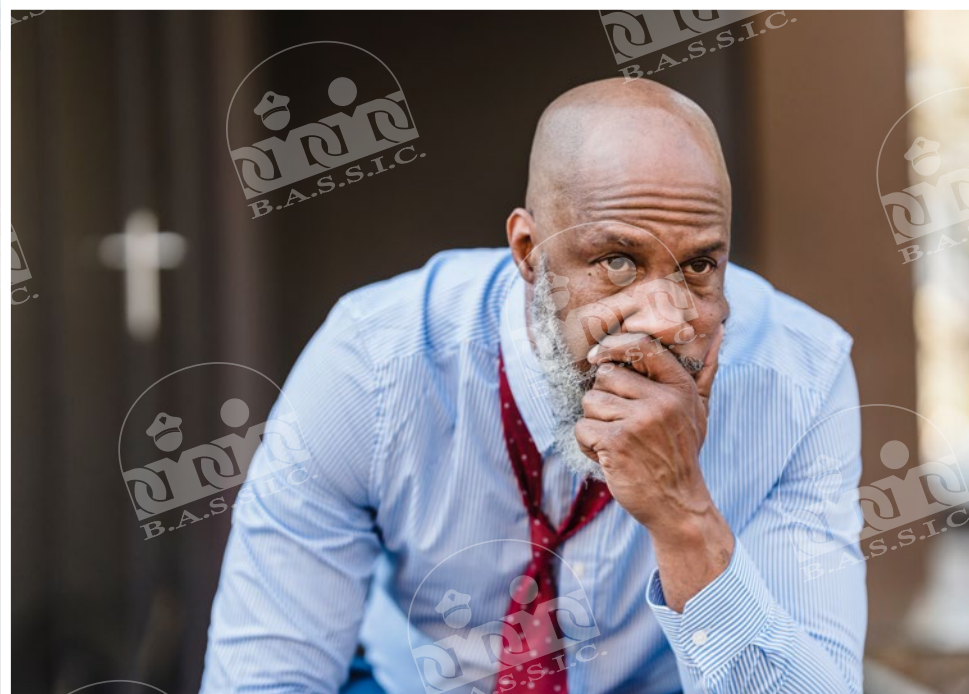
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Financial Elder Abuse

Protect yourself against financial abuse:

1. Keep personal and financial information safe.
2. Set up automatic payments for bills and deposits. Review financial records regularly.
3. Be cautious about opening joint bank accounts.
4. Understand documents before signing; ask questions, consult with someone you trust.
5. Don't be coerced into lending money. Get a signed repayment agreement if lending.
6. Get legal advice before signing major financial documents.
7. Appoint a power of attorney.
8. Create an investment policy statement and discuss it together with your attorney and your financial advisors.
9. Name a trusted contact person.
10. Stay connected with family, friends and community.



Did you know...

most forms of financial abuse are crimes,
including theft and fraud.

For more information and resources on Financial Elder Abuse,
visit **GetSmarterAboutMoney.ca**.

MARCH 2024

SUNDAY

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WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

APRIL 2024

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Ontario Trillium Benefit

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POISON PREVENTION WEEK (MARCH 17-23)

St. Patrick's Day

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Palm Sunday

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Easter Sunday

Spring Begins

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Holi

CPP/OAS Payment Date

Good Friday

Purim

New Moon
 Full Moon
 First Quarter
 Last Quarter

Financial Elder Abuse

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Service Canada

Service Canada supports seniors and caregivers with:

- Caregiving benefits
- Fraud prevention
- Services for Veterans
- Your health and safety at home
- Managing your money
- Funding programs

The webpages below provide access to programs, tools and resources available online.

- The Programs and Services for Seniors webpage includes information on how to plan your future, stay safe at home, protect yourself from fraud, and safeguard your financial security. canada.ca/en/employment-social-development/campaigns/seniors.html
- The Benefits FinderTool helps you find information on federal, provincial and territorial benefits and services available to seniors. benefitsfinder.services.gc.ca/hm
- The Service Canada Catalogue includes forms for the Foreign Pension Calculator, Income Security Programs, Direct Deposit in Canada, Consent Information to an Authorized Person, Statutory Declarations for marital status, and more. [catalogue.servicecanada.gc.ca/content/EForms/en/Catalogue.html](https://servicecanada.gc.ca/content/EForms/en/Catalogue.html)
- The Pensions and Retirement page includes the Retirement Income Calculator tool and other retirement planning resources. canada.ca/en/services/finance/pensions.html



Did you know...

Service Canada has more to offer seniors than Canada Pension Plan (CPP) and Old Age Security (OAS)?

For more information on Old Age Security/Canada Pension Plan, visit **Canada.ca** or call **1-800-277-9914 (TTY 1-800-255-4786)**

APRIL 2024

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SATURDAY

MARCH 2024

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Easter Monday

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GSTC/CWB
Goods and services
tax/harmonized sales tax credit /
Canada workers benefit

Eid-Al-Fitr

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Ontario Trillium Benefit

CAIP
Climate Action Incentive Payment

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First Day of Passover

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CPP/OAS Payment Date

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Last day of Passover

MAY 2024

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**TEST
SMOKE
& CARBON
MONOXIDE
ALARMS**



New Moon
 Full Moon
 First Quarter
 Last Quarter

Service Canada

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Travelling Ontario Roadways

May is Road Safety Awareness Month. Regardless of age, it's crucial to remain vigilant and cautious to ensure the safety of ourselves and others on the road. Here are some key traffic safety tips:

- Adjust your driving to weather and road conditions, and give extra space to other drivers and pedestrians.
- Drive with your full headlight system turned on.
- Travel with a fully charged cell phone but don't use it when driving.
- Be alert and not distracted when walking or driving.
- Wear bright or reflective clothing and use marked crossings when walking to make yourself more visible to drivers.
- Do not drive with your 4-way flashers on unless you are slowing down suddenly or stopped.

Remember that both drivers and pedestrians have a responsibility to keep everyone safe on the roads.



Did you know...

data shows that the majority of collisions happen close to home.

Be Alert, Be Safe, Be Seen

For more information visit: **www.opp.ca** • **www.TPS.ca** • **www.yrp.ca**

MAY 2024

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THURSDAY

FRIDAY

SATURDAY

APRIL 2024

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EMERGENCY PREPAREDNESS WEEK (MAY 5-11)

Ontario Trillium Benefit

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Mother's Day

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Victoria Day

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CPP/OAS Payment Date

JUNE 2024

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New Moon
 Full Moon
 First Quarter
 Last Quarter

Travelling Ontario Roadways

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Exercise for Functional Fitness

Functional fitness is key to improving the quality of life and independence in later years. The ability to perform everyday activities (e.g. grocery shopping, house work, personal care) requires functional movements. Walking, standing, stair climbing, bending, reaching and lifting are activities of daily living. Sufficient strength, endurance, flexibility, balance and coordination are important.

Home exercises:

- Seated climb; sit on a chair, lift your knee, and reach up with the opposite arm
- Stair climb; hold the railing when taking the stairs
- Standing; lift a weight in each hand with elbows bent and at your side
- Marching in place; hear yourself breathe, and still be able to talk



Did you know...

being active for at least 150 minutes per week where you hear yourself breathing a little more can help with physical endurance and well-being.

For more information visit: <https://csepguidelines.ca/guidelines/adults-65/>

JUNE 2024

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JULY 2024						
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CANADIAN ENVIRONMENT WEEK (JUNE 4-10)

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Clean Air Day

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Ontario Trillium Benefit

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World Elder Abuse Awareness Day

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Father's Day

Summer Begins

Indigenous Peoples Day

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CPP/OAS Payment Date

New Moon
 Full Moon
 First Quarter
 Last Quarter

Exercise for Functional Fitness

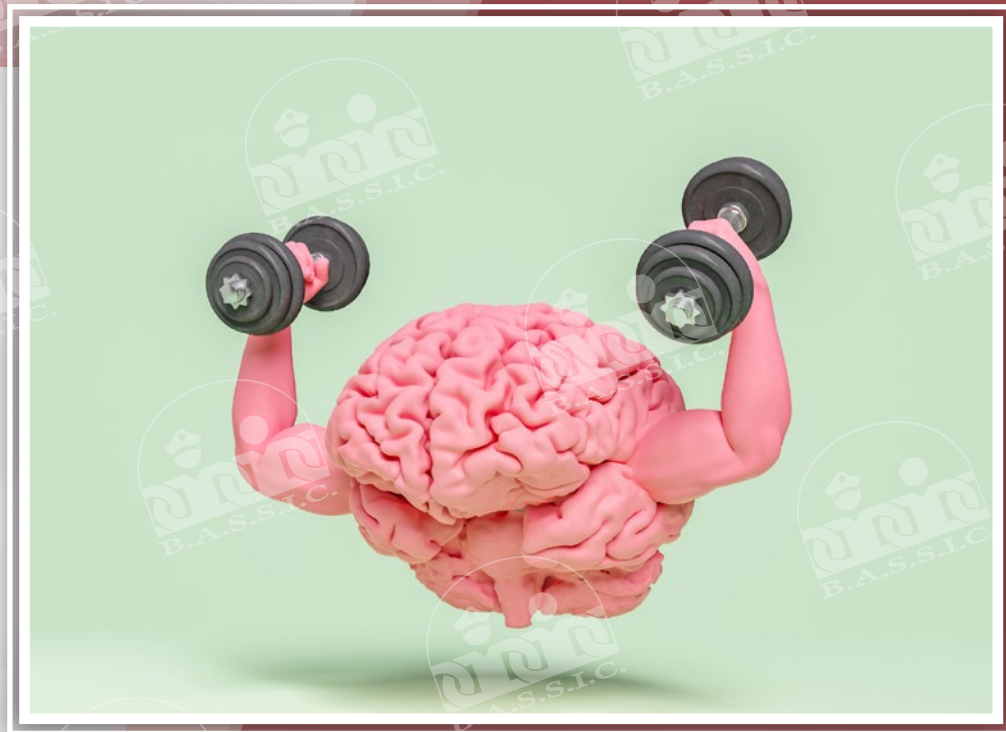
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Brain Health

Tramautic brain injury (TBI) is a leading cause of disability in Canada, and the risk of TBI goes up as you age.

- TBI can affect every part of a person's life and creates challenges for the person affected, their family and overall quality of life.
- Some of the leading causes of TBI in seniors include: falls and motor vehicle collisions.
- Addressing risk factors for these causes of TBI is an important health action you can take today.
- Speak to your health partners about changes in balance, vision, reaction time, agility and strength.
- Often times, these are modifiable risks that can be improved with daily exercises and routine exams.



Did you know...

by 2031, traumatic brain injury (TBI) is expected to be among the most common neurologic conditions affecting Canadians.

For more information visit: <https://braininjurycanada.ca>

JULY 2024

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JUNE 2024

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Canada Day

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GSTC/CWB
Goods and services
tax/harmonized sales tax credit /
Canada workers benefit

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Ontario Trillium Benefit

CAIP
Climate Action Incentive Payment

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CPP/OAS Payment Date

TEST SMOKE & CARBON MONOXIDE ALARMS

AUGUST 2024

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New Moon
 Full Moon
 First Quarter
 Last Quarter

Brain Health

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Suspect a poisoning? Help is a call away.

The Ontario Poison Centre is a telephone consultation service that provides expert poison advice to the public for free, 24 hours a day, seven days a week. If you suspect you have been poisoned by a medicine, chemical or other substance, call 1-844 POISON-X (1-844-764-7669) to reach the Ontario Poison Centre.

When you call the Ontario Poison Centre for help you can expect to:

- Speak directly with a poison specialist who is a specially trained nurse or pharmacist.
- Get help with poisoning emergencies and questions about poisoning.
- Receive expert medical guidance on how to manage an exposure at home or if you should go to the emergency department.

Remember: Always keep the phone number for the Ontario Poison Centre in a visible location, such as on your fridge or save it in your phone.



Did you know...

medications are the leading cause of poisoning in Canada. If taken by mistake or used incorrectly, prescription and over-the-counter medications can cause poisoning.

Find more information about Canada's poison centres at www.infopoison.ca.
Learn how to prevent poisonings and other injuries at www.parachute.ca.

AUGUST 2024

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JULY 2024						
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Civic Holiday

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Ontario Trillium Benefit

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CPP/OAS Payment Date

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New Moon
 Full Moon
 First Quarter
 Last Quarter

Suspect a poisoning? Help is a call away.

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Connect with Tech

Having the skills and confidence to use the Internet and other kinds of technology can help you stay socially connected, find and use healthcare providers, government agencies and other services, and increase your access to quality information.

Build your digital skills:

- Take a computer class about a topic that is meaningful to you
- Practice your new skills regularly
- Stay safe online:
 - Create strong passwords and do not share them
 - Learn how to identify reliable online information
 - If in doubt, don't click on unsolicited emails or links
- Don't be afraid to try new things
- Check out your local public library for classes and resources to support your learning
- Most of all - have fun with tech!



Did you know...

roughly 1 in 4 people 65+ do not use the internet. Improving or learning new digital skills can have a positive impact on your wellbeing.

For more information about free computer classes available from Toronto Public Library, visit **www.tpl.ca/seniors**, phone **416-397-5981** or e-mail **answerline@tpl.ca** for quick one-on-one assistance.

SEPTEMBER 2024

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● New Moon ○ Full Moon ☾ First Quarter ☾ Last Quarter

Connect with Tech

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Staying Safe with Lithium-ion Batteries

These batteries store a large amount of energy in a small amount of space. Sometimes batteries are not used the right way, and batteries not designed for a specific use can be dangerous.

Safety Tips:

- Purchase devices that are listed by a qualified testing laboratory, such as UL, CSA or ETL.
- Follow the manufacturer's instructions for charging and storage.
- Always use the manufacturer's cord and power adapter made specifically for the device.
- Do not charge a device under your pillow, on your bed, or couch.
- Avoid excessive charging – constantly charging a device can reduce the battery's life or cause the battery to stop working.
- Stop using the battery if you notice these problems: odour, change in shape/color, too much heat, leaking, or odd noises.
- Do not put lithium-ion batteries in the garbage - contact your community for disposal instructions.



Did you know...

lithium-ion batteries supply power to many kinds of devices including smart phones, laptops, e-scooters and e-bikes, but if not used correctly, or if damaged, these batteries can catch on fire or explode.

For more information visit:

<https://www.canada.ca/en/health-canada/services/toy-safety/battery-safety.html#a3>

OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>TEST SMOKE & CARBON MONOXIDE ALARMS</p> <p>DON'T FORGET! CHECK IT!</p>		1 International Day of Older Persons	2 Rosh Hashanah	3 GSTC/CWB Goods and services tax/harmonized sales tax credit / Canada workers benefit	4	5
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FIRE PREVENTION WEEK (OCTOBER 6-12)						
		Ontario Trillium Benefit			CAIP Climate Action Incentive Payment Yom Kippur	
13	14 Thanksgiving Day	15	16	17 ○	18	19
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27	28	29 CPP/OAS Payment Date	30	31 Diwali Halloween	SEPTEMBER 2024 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER 2024 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

● New Moon ○ Full Moon ◐ First Quarter ◑ Last Quarter

Staying Safe with Lithium-ion Batteries

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Oral Care For Older Adults

- To be able to comfortably chew meat, fresh fruit, vegetables, and breads is a great pleasure.
- We need to be able to access that good nutrition all through our lives. It is a major cornerstone to avoid becoming frail. We know that older adults who are frail are more likely to suffer fall-related injuries.
- Regular dental and dental hygiene check-ups are needed throughout your lifetime.
- Dental check-ups include teeth as well as all tissues in and around the mouth.
- Brush your teeth for two to three minutes, two times a day, and floss at least once a day.
- Smile.



Did you know...

good dental hygiene leads to good nutrition
which can prevent falls and frailty.

For more information on nutrition: food-guide.canada.ca/en/tips-for-healthy-eating/seniors/,
on oral care www.ontario.ca/SeniorsDental
and on fall prevention: www.fallpreventionmonth.ca (sponsored by Parachute – www.parachute.ca).

NOVEMBER 2024

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OCTOBER 2024

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DECEMBER 2024

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RADON ACTION MONTH

TAKE
ACTION
ON **RADON**

www.TakeActionOnRadon.ca

1

2

All Saints' Day

All Souls' Day

3



Daylight
Saving Time
(some exceptions)

4

5

6

7

8

9

CARBON MONOXIDE AWARENESS WEEK (NOVEMBER 1-7)

Ontario Trillium Benefit

National Aboriginal
Veterans Day

10

11

12

13

14

15

16

Remembrance Day

17

18

19

20

21

22

23

National Day of
Remembrance for
Road Crash Victims

24

25

26

27

28

29

30

CPP/OAS Payment Date

New Moon
 Full Moon
 First Quarter
 Last Quarter

Oral Care For Older Adults

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Safe Winter Driving

Before you leave

- Check the weather forecast and delay your trip if it's bad
- Check road conditions at Ontario.ca/511
- Plan extra time for winter travel

Safe driving practices

- Adjust your driving to weather and road conditions
- Slow down
- Give extra space
- Stay well back from working snowplows
- Avoid sudden driving maneuvers
- Avoid using cruise control
- Turn on your vehicle's full lighting system

If stranded in a storm

- Stay calm and remain belted in your vehicle
- Activate the emergency flashers
- Call 911 or attach a CALL POLICE sign
- Run the engine sparingly
- Keep the air in your car fresh by slightly opening a window



Did you know...

all-season tires are not the same as winter tires and can start to lose their grip at only 7°C, even when the road is dry.

For more information visit: Ontario.ca/WinterDriving

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
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29	30	31	<div>TEST SMOKE & CARBON MONOXIDE ALARMS</div> <div></div>		<div>NOVEMBER 2024</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr></table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	<div>JANUARY 2025</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr></table>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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● New Moon ○ Full Moon ☾ First Quarter ☾ Last Quarter

Safe Winter Driving

CONTACTS

NUMBERS TO CALL

Doctor
Dentist
Pharmacy
Financial Institution
Insurance Company
Police
Fire
Ambulance
Emergency Contact / POA

IN AN EMERGENCY:

911

AIDS & Sexual Health InfoLine	1-800-668-2437
CAA Roadside Assistance	1-800-222-4357 or *222
Canadian Anti-Fraud Centre (Phone Busters)	1-888-495-8501
Canadian Hearing Services (CHS)	1-866-518-0000
Caregiver Exchange	1-519-660-5910 ext 5929
Central Healthline: Home & Community Care	1-866-392-5446
City of Toronto	311
Community Home Assistance To Seniors (CHATS)	1-877-452-4287
Connex Ontario	1-866-531-2600

WEBSITES OF INTEREST

Air Quality Health Index (AQHI)	weather.gc.ca
Alzheimers Society of Canada	alzheimer.ca
B.A.S.S.I.C.	bassic.ca
Canadian Anti-Fraud Centre (CAFC)	antifraudcentre-centreantifraude.ca
Canadian Association of Retired Persons	carp.ca
Canadian Automobile Association (CAA)	caasco.com
Canadian Cancer Society	cancer.ca
Canadian Coalition for Seniors' Mental Health	ccsmh.ca
Canadian Diabetes Association	diabetes.ca
Canadian Elder Law	bcli.org/ccel
Canadian Hospice Palliative Care Association	chpca.net
Canadian National Institute for the Blind	cnib.ca
Canadian Pharmacists Association	pharmacists.ca
Canadian Physical Activity Guidelines	csepguidelines.ca
CHATS Support Services	chats.on.ca
Credit Bureaus:	
Equifax	consumer.equifax.ca
Trans Union	transunion.ca
Epilepsy Ontario	epilepsyontario.org
Health Canada	Canada.ca/health-home

CRA: Income Tax Inquiries	1-800-959-8281
Crisis Services Canada	1-833-456-4566
Crime Stoppers	1-800-222-8477
Elder Abuse Prevention Ontario, Seniors Safety Line	1-866-299-1011
Employment Ontario	1-800-387-5656 or TTY: 1-866-533-6339
Health Canada	1-866-225-0709 or TTY: 1-800-465-7735
Home Care ON	905-543-9474
Indigenous/First Nations support: Hope for Wellness Help Line	1-855-242-3310
Injury Prevention at Sunnybrook Health Sciences Centre	416-480-5912
Insurance Bureau of Canada	1-844-227-5422
OAS/CPP Inquiries	1-800-277-9914 or TTY: 1-800-255-4786
Ontario Community and Social Services Helpline	211
Ontario Community Support Association	1-800-267-6272
Ontario Poison Centre	1-800-268-9017
Ontario Securities Commission:	1-877-785-1555
Pride/LGBTQ+ support: PFLAG Canada	1-888-530-6777
Regional Municipality of York: AccessYork	1-877-464-9675 or TTY: 1-866-512-6228
Service Canada:	1-800-622-6232 & TTY: 1-800-926-9105
Service Ontario	1-800-267-8097 or TTY: 1-800-268-7095
Service Ontario: Meds Check	1-866-255-6701 or TTY: 1-800-387-5559
Telehealth ON	1-866-797-0000 or TTY: 1-866-797-0007

Heart and Stroke Foundation of Canada	heartandstroke.ca
Indigenous Services Canada	canada.ca/en/indigenous-services-canada.html
Ministry of Transportation	ontario.ca/seniordriver
National Initiative for Care of the Elderly (NICE)	nicenet.ca
Office of the Privacy Commissioner of Canada	priv.gc.ca/en
Ontario Caregiver Organization (OCO)	ontariocaregiver.ca
Ontario Securities Commission	getsmarteraboutmoney.ca
Ontario Society of Senior Citizens' Organizations (OSSCO)	ossco.org
Parkinson Society of Canada	parkinson.ca
Pride/LGBTQ+ support: PFLAG Canada	pflagcanada.ca
Public Health Agency of Canada	canada.ca/en/public-health.html
Senior Pride Network	www.seniorpridenetwork.com
Service Canada	canada.ca
Service Ontario	ServiceOntario.ca
The Arthritis Society	arthritis.ca
The Canadian Network for the Prevention of Elder Abuse (CNPEA)	cnpea.ca/en
The Council of Canadians	canadians.org
Toronto Public Library	www.torontopubliclibrary.ca
Veterans Affairs Canada	veterans.gc.ca/eng

Guide to programs and services for Seniors
ontario.ca/seniors



**Bringing an Awareness of Senior
Safety Issues to the Community**
For more information visit www.bassic.ca

Please complete our calendar survey.
Scan QR Code with smartphone
photo app to open survey link:





The B.A.S.S.I.C. committee is a partnership between service providers, caregivers and members of the community who work together and care about older adults.

Our mission is to improve the quality of life for senior citizens by raising awareness of seniors' safety issues.

B.A.S.S.I.C. Partners



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