



Bringing an Awareness of  
Senior Safety Issues  
to the Community

B.A.S.S.I.C.  
www.bassic.ca

# SAFE SENIORS

## 2023

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## Winter Activities for Fitness and Health

Brisk walks, cross country skiing, or snow shoeing are just a few examples of staying physically active. You can be better prepared for this if you have an active life style. Consult your physician or fitness professional if you are just starting out.

Important exercise tips:

- Home exercises to do during poor weather.
- Warm up your body slowly with the activity, include a cool down period.
- Exercise to hear yourself breathing, but still can talk for optimum exercise intensity.
- Include rest periods during your activities.
- Drink plenty of fluids before, during and after activities.
- Have fun while enjoying the outdoors.

## Did you know...

all types of movement matter and makes a difference to your physical fitness and health, including standing.



For more information contact:

<https://csepguidelines.ca/guidelines/adults-65/>

# JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																					
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● New Moon   ○ Full Moon   ◐ First Quarter   ◑ Last Quarter

Winter Activities for Fitness and Health

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**Did you know...**

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

## 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](http://canada.ca/taxes-volunteer) for more information



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

# FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1	2	3	4	
				Groundhog Day			
5	6	7	8	9	10	11	
<b>WHITE CANE WEEK (FEBRUARY 6-12)</b>							
					Ontario Trillium Benefit		
12	13	14	15	16	17	18	
		Valentine's Day					
19	20	21	22	23	24	25	
	Family Day		Ash Wednesday		CPP/OAS Payment Date		
26	27	28	<b>FEBRUARY IS BLACK HISTORY MONTH</b>			<b>JANUARY 2023</b> 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	<b>MARCH 2023</b> 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

New Moon  
 Full Moon  
 First Quarter  
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## Did you know...

there are new scams reported every day but there are simple steps you can take to protect yourself from fraud.

# Protect Yourself From Fraud

Keep your financial and personal information safe to avoid financial fraud and identity theft.

- Keep your personal identity information private, including your date of birth, driver's license number, etc.
- Never reply to an email, text message or a phone call asking you for personal information.
- Review your bank and credit card statements regularly and report any issues to your financial institution right away.
- Shred documents you don't need that have your personal and financial information.
- Check your credit report and score annually.
- Frequently clear your logins, passwords and browser history.
- Keep your devices secure, update your anti-virus software and regularly change your passwords.
- Use secure and trusted websites.
- Report lost or stolen identification, debit or credit cards to your financial institution and Canada's credit rating agencies immediately.



Visit **GetSmarterAboutMoney.ca** for more information and resources on protecting yourself from fraud.

# MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>FEBRUARY 2023</b> 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		1	2	3	4
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12	13	14 ○	15	16	17	18
	19	20	21 ●	22	23	24
	<b>POISON PREVENTION WEEK (MARCH 19-25)</b>					
	26	27	28 ○	29	30	31
						<b>APRIL 2023</b> 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
				CPP/OAS Payment Date		

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Protect Yourself From Fraud

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# Did you know...

registering for a My Service Canada Account (MSCA) is easy! MSCA allows you to apply for and view your information for Canada Pension Plan (CPP) and Old Age Security (OAS). Skip the line ups and securely apply for benefits online!

## Service Canada

Register for a My Service Canada Account (MSCA) at [Canada.ca](http://Canada.ca) by using your GCKey or online banking sign-in information. You can apply for and view your information for the following benefits:

### Canada Pension Plan (CPP)

- Retirement pension
- Survivor's pension
- Disability benefits
- Death benefit

### Old Age Security (OAS)

- OAS pension
- Guaranteed Income Supplement (GIS)
- Allowance
- Allowance for the Survivor

### Need Help?

- Submit an eService Request through [eservices.canada.ca](http://eservices.canada.ca)
- Call 1-800-277-9914
- Visit in-person at a Service Canada Office

### SAFETY TIP

Always protect your personal information. Do not give out or share passwords or security codes with anyone!



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 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MARCH 2023						
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MAY 2023						
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7

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Palm Sunday

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

First Day of Passover

Good Friday

9

10

11

12

13



14

15

Easter Sunday

**Ontario Trillium Benefit**  
Easter Monday

Last day of Passover

**CAIP**  
Climate Action Incentive Payment

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17

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Eid-Al-Fitr

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CPP/OAS Payment Date

New Moon  
 Full Moon  
 First Quarter  
 Last Quarter

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## Did you know...

emergencies can happen any time, and your best approach is to be prepared! During an emergency, we all have a role to play.

# Be Ready for Anything

## Make a Plan

- Make sure everyone in your household knows what to do before, during and after an emergency.
- Establish a network of people who can assist you during an emergency.

## Make a Kit

- Put together a three-day Emergency Kit to use during a potential evacuation of your home or community.
- Some important items to include in the kit are medications (especially prescription), a working flashlight, water (6 liters), non-perishable food and snacks, a list of personal information and contacts.
- Always have your cellphone charged and accessible.


## Stay Informed

- To keep informed during an emergency situation, monitor local media on the TV, radio or social media.



For more information visit [GetPrepared.ca](http://GetPrepared.ca)

# MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
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EMERGENCY PREPAREDNESS WEEK (MAY 7-13)						
			Ontario Trillium Benefit			
14	15	16	17	18	19	20
Mother's Day						
21	22	23	24	25	26	27
	Victoria Day					
28	29	30	31	 <b>TEST SMOKE &amp; CARBON MONOXIDE ALARMS</b> <small>DON'T FORGET! CHECK IT!</small>	<b>APRIL 2023</b> 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	<b>JUNE 2023</b> 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
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## Preventing elder abuse is a shared responsibility

Learn how to recognize the warning signs and actions you can take to prevent elder abuse.

### Prevention Tips for Older Adults:

- Stay connected - Maintain regular contact with friends, family and support networks.
- Stay active in the community.
- Have your own phone and open your own mail.
- Familiarize yourself with services for seniors.
- Take control of your own decisions and health care.
- Educate yourself about your rights.
- Ask for help when you need it.
- Plan for your future and communicate your wishes.
- Seek independent advice from someone you trust before signing any documents.
- If something feels wrong, tell someone you trust.

## Did you know...

an estimated 8.2% of Canadians 55+ experience abuse. You can help promote the rights of older adults in your community on June 15th - World Elder Abuse Awareness Day. We all have a role to play in ensuring older Canadians live safely with dignity.



For more information visit Elder Abuse Prevention Ontario [www.eapon.ca](http://www.eapon.ca)

# JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																								
<b>JUNE IS SENIORS' MONTH and PRIDE MONTH</b>			<table border="1"> <thead> <tr> <th colspan="7">MAY 2023</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </tbody> </table>	MAY 2023							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				1	2	3	☉						
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<b>CANADIAN ENVIRONMENT WEEK (JUNE 4-10)</b>																																																														
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Father's Day			National Indigenous People's Day Summer Begins																																																											
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● New Moon   
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Preventing elder abuse is a shared responsibility

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# Did you know...

more than 2,000 seniors are admitted to hospitals because of unintended poisoning every year in Canada?

## Unintentional Poisoning

Many household chemical products in our homes can be harmful if not used as directed. This includes household cleaners, detergents, pesticides, adhesives and medications. Keep you and your family safe with some simple tips:

- Use a pill organizer or medication reminder to make sure you take the right medicine and right dose, at the right time.
- Take unused or expired medications to a pharmacy for proper disposal. Do not flush them down the toilet or throw them in the garbage. Keep them out of our water, soil and air.
- Keep bleach, detergent, and other household chemical products in their original packaging so you know what's inside and have the safety warnings and directions for use.
- Make sure you lock all cannabis, vaping liquids and household chemical products in cupboards and drawers, away and out of reach of children and pets.
- Keep the phone number for your local poison centre where it's easy to find, such as on the fridge or saved in your phone. Learn more and find your local poison centre at [infopoison.ca](http://infopoison.ca).



For more information visit Health Canada ([canada.ca/healthy-home](http://canada.ca/healthy-home)) and Parachute ([parachute.ca/en/injury-topic/poisoning](http://parachute.ca/en/injury-topic/poisoning)).

# JULY 2023

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30	31					
			<p><b>GSTC/CWB</b> Goods and services tax/harmonized sales tax credit / Canada workers benefit</p>		<p><b>CAIP</b> Climate Action Incentive Payment</p>	<p>Canada Day</p>
				<p>CPP/OAS Payment Date</p>		

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Unintentional Poisoning

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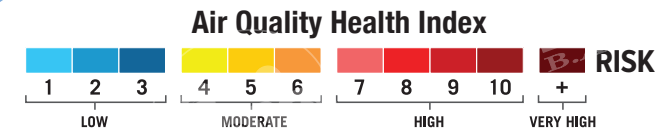
# Did you know...

air pollution tends to be at higher levels on very hot days? Check the local AQHI to plan the best time to be active outdoors.

## The Air Quality Health Index (AQHI)

- Is a scale designed to help you understand what the air quality around you means to your health.
- Provides a number from 1 to 10+ to show the health risk associated with local air quality. The higher the number, the greater the risk.
- Provides health messages for people most affected by air pollution, which includes seniors and people with heart or lung conditions.
- Helps you take steps to protect your health and the health of those in your care by limiting exposure to air pollution. For example, you might choose to adjust or reschedule your outdoor activities when the AQHI is high.

\*The AQHI is an initiative between Environment Canada and Climate Change Canada, Health Canada and the provinces and territories.



Check the  
**AQHI**  
before  
heading  
outdoors.



For more information about the Air Quality Health Index, visit [www.airhealth.ca](http://www.airhealth.ca), contact Health Canada at [air@hc-sc.gc.ca](mailto:air@hc-sc.gc.ca) or download the **WeatherCAN App**.





# AUGUST 2023

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 New Moon  
  Full Moon  
  First Quarter  
  Last Quarter

Air Quality Health Index (AQHI)

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Insurance Bureau of Canada  
Bureau d'assurance du Canada

# Is it Time to Hang Up the Keys?

There comes a time when we all must consider limiting or retiring from driving. While it's not an easy decision, it can help to know that other older adults have made these decisions and have successfully adjusted their lifestyle, and you will too.

Consider alternatives to driving if you agree with the following:

- Other drivers frequently honk at me.
- I often experience fender benders and near misses.
- Family or friends worry about my driving.
- I sometimes get lost when driving or forgot where I was going.
- I have a physical and/or cognitive limitation that makes it challenging to drive safely.

## Did you know...

many people gradually reduce their driving, until one day they simply stop?



For more information visit: [www.ontario.ca/seniordriver](http://www.ontario.ca/seniordriver)

# SEPTEMBER 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**AUGUST 2023**

S	M	T	W	T	F	S
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**OCTOBER 2023**

S	M	T	W	T	F	S
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29	30	31				



3

4  
Labour Day

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Ontario Trillium Benefit

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10  
Grandparents Day

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14

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16  
Rosh Hashanah

17

18

19

20

21

22

23  
Fall Begins

24

25  
Yom Kippur

26  
CPP/OAS Payment Date

27

28

29

30  
National Day for Truth & Reconciliation

New Moon  
 Full Moon  
 First Quarter  
 Last Quarter

Is it Time to Hang Up the Keys?

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## Did you know...

50 years ago you had almost 20 minutes to escape a fire in your home – today you could have less than 3 minutes!

## Staying Fire Safe in Your Home

Everyone needs to know what to do and where to go if there is a fire. YOU need to take immediate action to get out.

### Early Warning

- Install smoke alarms on every storey and outside each sleeping area. For added protection install one in every bedroom.
- If you are deaf or hard of hearing, install a smoke alarm that uses a flashing light or vibration.

### Getting Out

- Make a home escape plan with two ways out of every room, if possible.
- Have an outside meeting place a safe distance from the home.
- Consider sleeping in a room on the ground floor in order to make escape easier.
- Practice your home fire escape drill and include waking and assisting people who use a mobility device.
- Have a phone, and mobility device if needed, close to your bed in case of emergency.

When the smoke alarm sounds, get out and stay out! Go to your outside meeting place and call 9-1-1.



For more information visit

[www.nfpa.org/Public-Education/Fire-causes-and-risks/Specific-groups-at-risk/Older-adults](http://www.nfpa.org/Public-Education/Fire-causes-and-risks/Specific-groups-at-risk/Older-adults)

# OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 International Day of Older Persons	2	3	4	5 GSTC/CWB Goods and services tax/harmonized sales tax credit / Canada workers benefit	6	7
8	9	10	11	12	13	14
<b>FIRE PREVENTION WEEK (OCTOBER 8-14)</b>						
	Thanksgiving Day	Ontario Trillium Benefit			CAIP Climate Action Incentive Payment	
15	16	17	18	19	20	21
22	23	24	25	26	27	28
					CPP/OAS Payment Date	
29	30	31 Halloween			<b>SEPTEMBER 2023</b> 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	
					<b>NOVEMBER 2023</b> 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 Fire Safe in Your Home

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Bureau d'assurance du Canada

## Did you know...

walking, done safely in the winter, can improve mental, social and physical health including balance, flexibility and muscle strength?

# Walking Safely in Winter

Before you start out:

- Monitor the weather forecast and plan ahead.
- Know where washrooms and benches are located.
- Wear layers for comfort.
- Consider a cane or walking poles.
- Choose warm, stable footwear. Check out the best boots at [www.ratemytreads.ca](http://www.ratemytreads.ca).

During Your Walk:

- Start with shorter distances to build up your stamina.
- Give your eyes time to adjust when going from outdoors to indoors and vice versa.
- Watch for ice, cracks, uneven or changing surfaces.
- Walk like a penguin when on ice or uneven surface. Move slowly, broad foot base, shorten your strides and shuffle your feet. Hands at your sides for better balance.
- Take extra care on steps and use available handrails.

After Your Walk:

- Assess how you feel and if sore, switch to shorter walks.
- Report any hazards to your municipality.



For more information, consult the Fall Prevention Month website at: [www.fallpreventionmonth.ca/safewinterwalking](http://www.fallpreventionmonth.ca/safewinterwalking)  
Brought to you by Parachute ([www.parachute.ca](http://www.parachute.ca)).

# NOVEMBER 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**OCTOBER 2023**

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22	23	24	25	26	27	28
29	30	31				

**RANDON ACTION MONTH**



[www.TakeActionOnRadon.ca](http://www.TakeActionOnRadon.ca)

1

2

3

4

**CARBON MONOXIDE AWARENESS WEEK (NOVEMBER 1-7)**

All Saints' Day

All Souls' Day

**5**  **Daylight Saving Time**  
(some exceptions)



Change the **HOUR**,  
check the **POWER.** 

6

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National Aboriginal Veterans Day

Ontario Trillium Benefit

Remembrance Day

12

13



14

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17

18

Diwali

National Day of Remembrance for Road Crash Victims

19

20



21

22

23

24

25

26

27



28

29

30

CPP/OAS Payment Date

**TEST SMOKE & CARBON MONOXIDE ALARMS**



**DON'T FORGET! CHECK IT!**

**DECEMBER 2023**

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24	25	26	27	28	29	30
31						

 New Moon  
  Full Moon  
  First Quarter  
  Last Quarter

Walking Safely in Winter

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# Carbon Monoxide Awareness

Prevention and detection are two ways you can stay safe from carbon monoxide poisoning:

- Have gas appliances, fuel-burning heating equipment, and chimneys inspected according to the manufacturer's instructions.
- Install and maintain CO alarms outside each separate sleeping area and in other locations as required by laws, codes, or standards. Follow the manufacturer's instructions for placement and mounting height. For added protection install a CO alarm on every level of the home.
- Know the difference between the sound of the CO alarm and the smoke alarm, and the low-battery signals on all your alarms. If the audible low-battery signal sounds, replace the batteries or replace the device – check the date as your CO alarm does expire typically every 8-10 years!
- If the CO alarm sounds, get to a fresh air location, and call 9-1-1 or the fire department.

## Did you know...

Carbon monoxide (CO) is a gas you cannot see, taste, or smell. It is often called "The silent killer." Headache, nausea, and drowsiness are symptoms of CO poisoning.

**Carbon Monoxide:**  
**Do you know about it?**

Yes

No

For more information visit [www.cosafety.ca](http://www.cosafety.ca)



# DECEMBER 2023


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NOVEMBER 2023</b> 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	<b>JANUARY 2024</b> 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				1	2
3	4	5	6	7	8	9
<b>NATIONAL SAFE DRIVING WEEK (DECEMBER 1-7)</b>						
					First Day of Hanukkah Ontario Trillium Benefit	
10	11	12	13	14	15	16
					Last Day of Hanukkah	
17	18	19	20	21	22	23
			CPP/OAS Payment Date	Winter Begins		
24 Christmas Eve	25	26	27	28	29	30
31 New Year's Eve	Christmas	First Day of Kwanzaa Boxing Day				

New Moon  
 Full Moon  
 First Quarter  
 Last Quarter

Carbon Monoxide Awareness

# CONTACTS

## NUMBERS TO CALL

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

AIDS & Sexual Health InfoLine	1-800-668-2437
Canadian Anti-Fraud Centre (Phone Busters)	1-888-495-8501
Canadian Hearing Society	1-866-518-0000
Caregiver Exchange	1-519-660-5910 ext 5929
Central LHIN: 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
CRA: Income Tax Inquiries	1-800-959-8281

## WEBSITES OF INTEREST

Alzheimers Society of Canada	alzheimer.ca
B.A.S.S.I.C.	bassic.ca
Canadian Association of Retired Persons	carp.ca
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

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: Access York	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
VON (Victorian Order of Nurses)	1-888-866-2273

Heart and Stroke Foundation of Canada	heartandstroke.ca
Indigenous Services Canada	canada.ca/en/indigenous-services-canada.html
Insurance Bureau of Canada	ibc.ca/on
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 Securities Commission	getsmarteraboutmoney.ca
Ontario Society of Senior Citizens' Organizations	ocscoco.ca
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
Veterans Affairs Canada	veterans.gc.ca/eng

**Guide to programs and services for Seniors**  
[ontario.ca/seniors](http://ontario.ca/seniors)



**Bringing an Awareness of Senior  
 Safety Issues to the Community**

For more information visit  
[www.bassic.ca](http://www.bassic.ca)



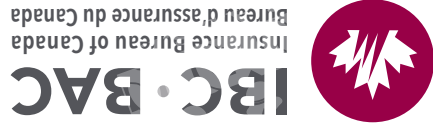
The B.A.S.S.I.C. committee is a partnership between service providers, caregivers and members of the community who work together and care about older adults.

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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