



Bringing an Awareness of
Senior Safety Issues
to the Community



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

www.bassic.ca

SAFE SENIORS

2022

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Did you know...

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

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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.

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.

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DECEMBER 2021</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>FEBRUARY 2022</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28</p>					<p>1</p> <p>New Year's Day Last Day of Kwanzaa</p>
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			<p>GSTC/CWB Goods and services tax/harmonized sales tax credit / Canada workers benefit</p>	Epiphany		
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30	31			CPP/OAS Payment Date		

New Moon
 Full Moon
 First Quarter
 Last Quarter

There's a tax clinic for you!

Did you know...

21 minutes a day (150 minutes per week) of aerobic activity to breathe a little harder is a good indicator of exercise intensity for heart health.

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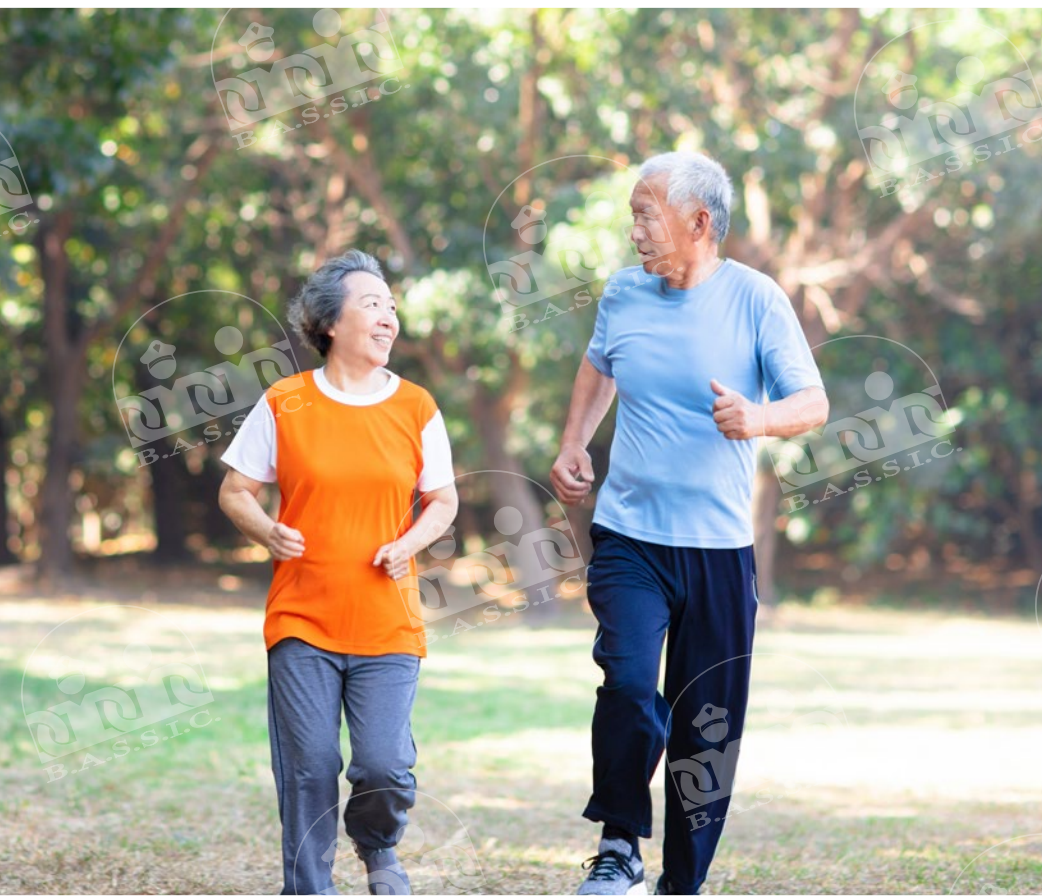
Physical Activity for Heart Health

A brisk walk or a jog in the park to hear your breath, while still being able to talk, is a good way of exercising for heart health. Other benefits include:

- Reduce high blood pressure, high cholesterol, type 2 diabetes
- Improve bone health
- Control body weight
- Increase energy
- Improve sleep
- Reduce stress

Aerobic activities: walking, bicycling, jogging to increase breathing and heart rate

Allow 5-10 minutes of aerobic activity per day, and build up to a goal of 150 minutes of moderate-to-vigorous intensity aerobic activity each week. Consult with your doctor if you are just starting to get physically active.



For more information on Physical Activity for Heart Health contact
www.heartandstroke.ca/healthy-living/stay-active/benefits-of-physical-activity

FEBRUARY 2022

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Physical Activity for Heart Health

Did you know...

51% of investment fraud victims were age 55 and older?

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Identity Theft

Identity theft is when someone uses your personal information to commit fraud. They may use your name, your social insurance number, your credit card number or other information to take money from your bank account, use your credit card, open an account or apply for a loan or credit card – without your knowledge.

Three tips to protect your identity:

- Keep your personal information and documents safe. Do not share your passwords, PINs or bank cards.
- Be wary of unsolicited phone calls, texts or emails. Never give out your personal information to anyone unless you initiate the conversation and can verify who they claim to be or represent.
- Regularly review account statements. Contact your bank or credit card company immediately if you find errors or unauthorized transactions.

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

MARCH 2022

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

Did you know...

you can receive personalized online support for Service Canada programs and services from the comfort of your home? We are just a click away!

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Service Canada

You can:

- Access Personalized Assistance from the Comfort of Your Home
 - Visit Canada.ca/service-canada-e-service to complete an eService request
 - A Service Canada officer will call you within two (2) business days
- Access your My Service Canada Account online at Canada.ca
 - Visit the My Service Canada Account secure online portal to apply for pension programs, or to view and update your personal information
- Visit Canada.ca > campaigns > seniors
 - Find information on programs and services such as caregiving benefits, your health, managing your money and much more
- Find Out More At facebook.com/SeniorsinCanada/
 - Join our Facebook page at facebook.com/SeniorsinCanada/ to find more information and to connect with us

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

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Did you know...

in an emergency, local telephone and email networks can be affected? It is often easier to call out-of-province during an emergency than within the affected area!

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Be Prepared – Stay In Touch!

As we've experienced over the last 2 years, communication and staying in touch is important in so many ways. In some emergencies or disasters, local telephone and email networks may not work. Creating a communications plan is an easy way to help you keep in contact with friends and family members.

- Identify someone outside your town/city that you can contact to connect and share information.
- Create a list of the people in your personal support network. This includes people who will be able to help when you need it like family members, neighbours, and health-care and personal support workers.
- Have a buddy. Make arrangements to have that person check on you during an emergency, and you can do the same for them.
- Cordless phones rely on electricity and will not work during a power outage. If you have a landline, keep at least one corded phone in your home.



For more information visit [GetPrepared.ca](https://www.getprepared.ca)

MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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EMERGENCY PREPAREDNESS WEEK (MAY 1-7)						
8	9 Eid-al-Fitr	10	11	12	13	14
15 Mother's Day	16	17 Ontario Trillium Benefit	18	19	20	21
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29	30 Victoria Day	31			CPP/OAS Payment Date	



APRIL 2022

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Be Prepared – Stay In Touch!

Did you know...

that drivers often must make 8 to 12 decisions every kilometre?
Sometimes, you have less than half a second to make a decision.

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Safe Driver Tips

1

Night Vision and Glare

- Avoid glare by looking to the right-hand side of the road rather than directly at the oncoming traffic.
- Turn full lighting system on 30 minutes before sunset.
- Get regular eye examinations and always wear your latest prescription glasses.

2

Side Vision and Flexibility

- Maintain strength and flexibility through stretches and exercise.
- Check mirrors regularly. Always be aware of your surroundings.
- Always check before backing up by turning your head.
- Park your car so that you can exit going forward.

3

Judging and Reacting

- Increase space around your car and stay three seconds of travelling time behind the car in front of you.
- Make three right turns to avoid a busy left turn.
- Drive in the right lane wherever possible.

4

Concentration and Planning

- Avoid distractions such as passengers, the radio or cell phones.
- Avoid driving when distraught, anxious, or fatigued.
- Plan the route to your destination ahead of time, and avoid heavy traffic.
- Look twice both ways before making a turn or entering an intersection.

Common aging factors that can affect driving

Senior drivers have many strengths thanks in part to their experience and knowledge which they have accumulated over their years of driving. And with all this experience comes better judgment and the ability to adapt to changes in roads and motor vehicles. Many seniors also make changes in their driving habits to adapt to or avoid driving situations they find uncomfortable – such as driving in bad weather or at night.

But for all these strengths, there are limitations we might experience while driving as we age. Review the accompanying safe driver tips and identify the safe driving habits that could help you be safer on the roadways.

For more information visit www.Ontario.ca/SeniorDriver

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 New Moon
  Full Moon
  First Quarter
  Last Quarter

Common aging factors that can affect driving

Did you know...

almost 95,000 seniors are admitted to hospitals because of injuries every year in Canada.

PROUDLY SPONSORED BY

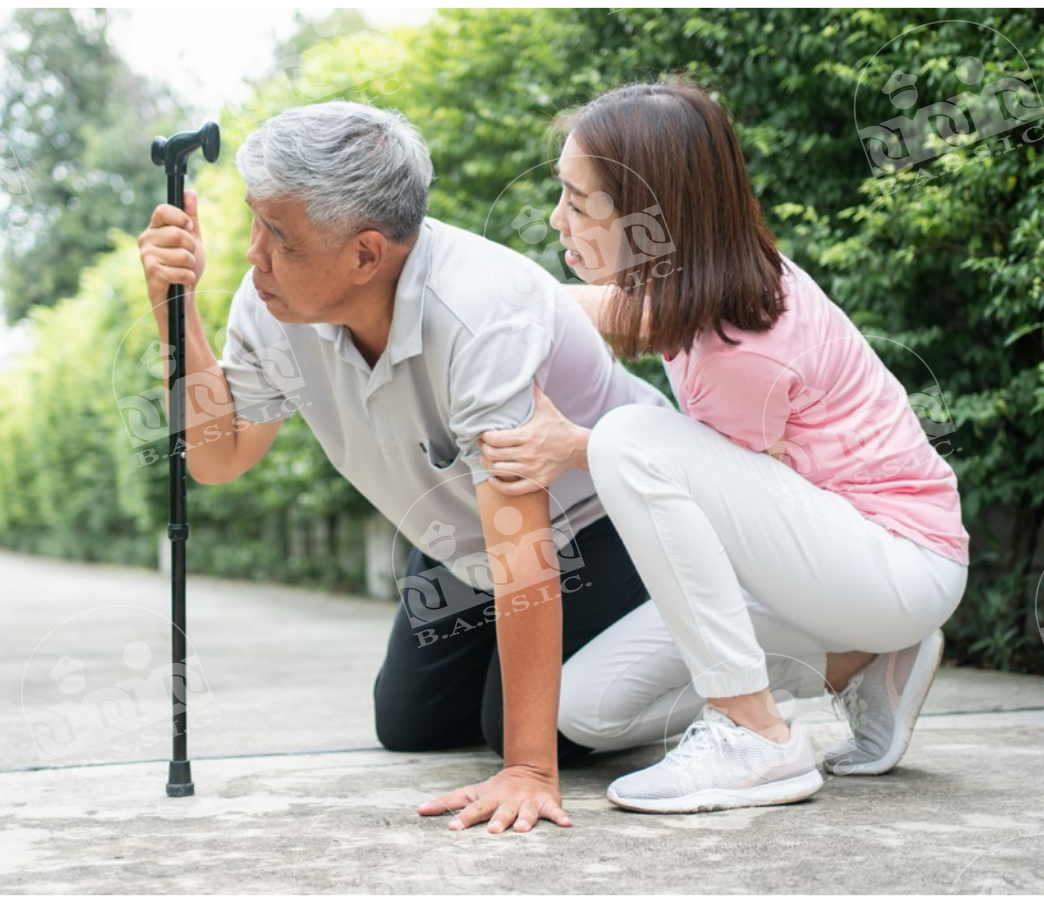
IBC  BAC | Insurance Bureau of Canada
Bureau d'assurance du Canada

Injury Prevention

Injuries are a major health issue and the third-leading cause of death for Canadians. Each year, injuries take more than 17,000 lives and cost the Canadian economy \$29.4 billion. Falls are the No.1 cause of injury.

The good news? We know that most injuries are preventable, and everyone can contribute to preventing serious injuries at home, on the road, and at play!

National Injury Prevention Day is celebrated every July to raise awareness around the importance of injury prevention and help Canadians to live long lives to the fullest.



To learn more about how you can stay safe, visit www.parachute.ca

JULY 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JUNE 2022						
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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

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CPP/OAS Payment Date

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New Moon Full Moon First Quarter Last Quarter

Did you know...

pets can become stressed in the summer due to the intense heat? Look for signs like heavy panting, wobbly legs, thick drool.

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Bureau d'assurance du Canada

Summer Pet Safety

During the dog days of summer, keep your pets safe.

- Provide them shelter from the heat and direct sun.
- Ensure they have a constant supply of fresh, clean, cold water. Add an ice cube to the bowl.
- Take a break from grooming them in the summer. Their fur actually protects them from heat and sun.
- Never leave a pet in a car.
- Apply sunscreen specifically designed for your pet.
- Walk them in the early morning or later evening.
- Keep their paws cool. Hot surfaces will burn their paws quickly.
- Inspect them for ticks and parasites. They will love the attention.
- Keep your pets away from fireworks. They hurt their ears.



For more summer pet safety tips visit ontariospca.ca

AUGUST 2022

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

Summer Pet Safety

Did you know...

1 in 4 Ontarians will be aged 65 or older by 2041.

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Aging in Place

A well-thought-out financial plan can help you successfully age in place. Your health or financial needs may change over time and having a plan can help you better prepare for these possibilities.

Four Financial Tips:

1. Budget for support services. You may need certain services such as yard maintenance, personal support and transportation to help you live safely and comfortably at home.
2. Build an emergency fund. Set money aside for unexpected expenses such as health-related needs and home repairs.
3. Manage debt. Credit cards, reverse mortgages and lines of credit may be convenient financial tools but too much debt can limit your financial options.
4. Consider a power of attorney. If you experience mental or physical incapacity, a power of attorney can act on your behalf in financial matters.

Visit **[GetSmarterAboutMoney.ca](https://www.getsmarteraboutmoney.ca)** for more information and resources on making informed financial decisions.

SEPTEMBER 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AUGUST 2022

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Labour Day

Ontario Trillium Benefit

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Grandparents Day

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Fall Begins

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Rosh Hashanah

CPP/OAS Payment Date

National Day for Truth & Reconciliation

OCTOBER 2022

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New Moon
 Full Moon
 First Quarter
 Last Quarter

Did you know...

in 1922, the National Fire Protection Association (NFPA) named the second week of October, Fire Prevention Week in commemoration of the Great Chicago Fire in 1871.

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Fire Prevention

These 8 fire prevention messages are part of the NFPA Remembering When program and can help keep you safe:

- If you smoke, smoke outside. Provide smokers with large, deep, sturdy ashtrays.
- Give space heaters space. Keep them at least 3 feet (1 meter) away from anything that can burn—including you.
- Stay in the kitchen when cooking food. If you leave the kitchen, even for a short time, turn off the burner.
- If your clothes catch fire: stop, drop, and roll.
- Smoke alarms save lives.
- Plan and practice your escape from fire and smoke.
- Know your local emergency phone number: 9-1-1
- Plan your escape around your abilities. Have other necessary items near your bed, such as medications, glasses, wheel chair, walker, scooter, cane, a flashlight and a whistle to signal for help.



For more information visit www.nfpa.org/RememberingWhen
or contact your local fire department.

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SEPTEMBER 2022</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p>	<p>NOVEMBER 2022</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>					<p>1</p> <p>International Day of Older Persons</p>
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<p>9</p> <p>○</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>
FIRE PREVENTION WEEK (OCTOBER 9-15)						
	<p>Thanksgiving Day</p>					
<p>16</p>	<p>17</p> <p>☾</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>
<p>23</p>	<p>24</p> <p>Diwali</p>	<p>25</p> <p>●</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p>30</p>	<p>31</p> <p>Halloween</p>			<p>CPP/OAS Payment Date</p>		

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

Fire Prevention

Did you know...

with the increase of stay at home orders, loneliness in our community is affecting us all. This affects our mental health.

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Loneliness

How can we combat loneliness?

- Reach out to old friends that you haven't contacted for a while. Try to rekindle those relationships.
- Use social media as a resource to join online groups that are geared to your interests. Not sure how to do that? Ask a family member or contact your local senior group.
- Contact your local library or community centre to see what activities are being offered to seniors. You would be surprised how many programs are offered and are free.
- Volunteering has been known to bring a sense of community. New friendships and opportunities will come.
- Enjoy the outdoors, invite a friend and go for a walk.
- If loneliness is something that you are unable to manage on your own, consider contacting your physician for further advice.

For more information call Canadian Mental Health Association **1-833-456-4566** or **www.cmha.ca**

NOVEMBER 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OCTOBER 2022

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TEST SMOKE & CARBON MONOXIDE ALARMS



CARBON MONOXIDE AWARENESS WEEK (NOVEMBER 1-7)

All Saints' Day

All Souls' Day

6

Daylight Saving Time (some exceptions)



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Ontario Trillium Benefit

Remembrance Day

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National Day of Remembrance for Road Crash Victims

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CPP/OAS Payment Date

DECEMBER 2022

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RADON ACTION MONTH

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

Loneliness

Did you know...

it is up to both drivers and pedestrians to keep everyone safe on Ontario roads.

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Walk in Safe Places

- Cross the road at controlled intersections such as cross-overs or intersections. Don't cross in the middle of the block or between parked cars.
- Stay on sidewalks where available. If a sidewalk is not available, be sure to walk on the far side of the road facing traffic. This will help increase your visibility to drivers.
- Avoid walking along highway or other roadways where pedestrians are prohibited.
- At a traffic light cross when traffic has come to a complete stop. Begin to cross at the start of the green light or "Walk" signal, where provided.
- For even more visibility, wear bright or fluorescent clothing. It gets darker earlier at this time of the year.

For more information on pedestrian safety visit Ontario.ca/PedestrianSafety

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>NATIONAL SAFE DRIVING WEEK (DECEMBER 1-7)</p>						
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<p>First Day of Hanukkah</p>			<p>Winter Begins</p> <p>CPP/OAS Payment Date</p>			<p>Christmas Eve</p>
25	26	27	28	29 ●	30	31
<p>Christmas</p>	<p>First Day of Kwanzaa</p> <p>Last Day of Hanukkah</p> <p>Boxing Day</p>					<p>New Year's Eve</p>

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

Walk in Safe Places

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.	basic.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 Insititue 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

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/First Nations support: 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



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

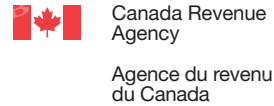
For more information visit
www.bassic.ca



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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