

Navigating Retirement



Next Meeting: Tuesday February 11, 2025

Our next meeting is Tuesday, February 11, from 1:30 pm to 3:30 pm at The Polish Hall, 554 Hill Street, London. Our agenda will include:

1. Medpoint - Jaclynn Girvin
2. London Police Services presentation on fraud and scams
3. Guess Where Trips - Jessica Bax
4. Mark Payne from Victoria Playhouse in Petrolia

We also wanted to remind attendees to **bring a change of shoes** and to **not wear snowy/wet boots or shoes** into the main ballroom at the Polish Hall (coats and boots can be left at the coat racks). Thanks in advance for your cooperation.

Complimentary Refreshments: We would like to extend our appreciation to Rebecca Gee from Richmond Woods Retirement Living for providing snacks for our break.

Reserve Your Spot: You can reserve your spot or book a table by replying to this email at: navigatingretirement010@gmail.com.

Monthly Charitable Door Prize

At all of our meetings, one guest is eligible to win a draw for a \$100 donation to the registered charity of their choice. At our January meeting, Gigi won the draw and a \$100 donation was made to Kidsport London

Ontario Election is February 27

Get ready to vote in Ontario's provincial election! Mark your X on or before February 27 to elect your Member of Provincial Parliament. There are many ways to vote, including by mail, at your local election office, advance voting location and on election day.

Helpful information to get ready to vote:

- Voter information cards will be in the mail from February 17 to 22
- To vote by mail, get the necessary information at - <https://votebymail.elections.on.ca/>. Apply before February 21 at 6 PM (Eastern Time) to receive your voting kit in the mail. Elections Ontario must receive your completed voting kit by 6 PM (Eastern Time) on February 27 to be counted
- Vote at any advance voting location in your electoral district from 10 AM to 8 PM (Eastern Time) from February 20 to 22. Remember to bring your ID

- Vote at your assigned voting location on election day from 9 AM to 9 PM (Eastern Time) on February 27. Remember to bring your ID
- You can use assistive voting technology at your local election office from February 20 to 26

There is a need for Election workers for either advance polls or day of election Feb 27th. Steve Ord is a local area Supervisor for both Federal and Provincial Election Canada. If you are interested or would like more information, contact Steve at: steveord79@gmail.com.

Free CRA Webinar for Adults 65+

Get ready for tax season! If you are 65 years or older, you're invited to join the Canada Revenue Agency (CRA) for a free webinar to learn about the benefit and credit payments and tax resources available to you. Topics covered include:

- benefit and credit payments, like the GST/HST credit and Canada Carbon Rebate
- pension income splitting
- different ways to do your taxes
- what to do if you're a victim of fraud
- digital and other CRA services

During the webinar, you will be able to ask questions and get them answered live. Space is limited, so make sure to register and secure your spot.

The webinar will air live at 2:00pm on **Wednesday, February 12, 2025**

Register now at: <https://collaboratevideo.net/cra-arc/CRA-69V/?src=Regions>.

Four Safety Tips

The tips below were originally part of a Facebook article posted in November 2013 and have been circulating on several Facebook sites recently. The safety advice is still relevant today.

1. If a robber asks for your wallet and/or purse, do not hand it to them. Toss it away from you... Chances are they are more interested in your wallet and/or purse than you, and they will go for the wallet/purse. Run like mad in the other direction!
2. Some people have a tendency to get into their cars after shopping, eating, working, etc., and just sit (reviewing their phone, doing their cheque book, making a list, etc.). If a predator is watching you, this is the perfect opportunity for them to get in on the passenger side. As soon as you get into your car lock the doors and leave.
3. When possible, take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at night.
4. Water scam! If you wake up in the middle of the night to hear all your taps outside running or what you think is a burst pipe, DO NOT GO OUT TO INVESTIGATE! Criminals may turn on all your outside taps full blast so that you will go out to investigate and then attack.

Update from our Community Partners

Neuroscience Research Day 2025

The kickoff event theme this year is: "Cognitive Caregiving: Empowering At-Risk Individuals and Dementia Caregivers through Neuroscience".

This event is specifically designed for individuals at risk for dementia, caregivers, or anyone interested in the topic of dementia and the aging brain.

- Date: February 20th
- Time: 5:00-7:30 PM
- Location: Museum London
- Admission: Free

Event Highlights:

- Science and Community Booths: Discover resources and strategies for aging and dementia care
- Poster Session: Learn about the latest research at Western University on aging, dementia, and memory
- Keynote Lecture: Hear from Dr. Mariko Sakamoto on enhancing quality of life for older adults, specifically those living with complex conditions like dementia

The link to registration is: https://uwo.eu.qualtrics.com/jfe/form/SV_4GfGqjtWC5GhDsq.

Upcoming Navigating Retirement Meetings

- March 11, 2025
- April 8, 2025
- May 13, 2025

Navigating Retirement Website

Check out our website at www.navigatingretirement.ca.