

Age Friendly Newsletter



February/March 2023



agefriendly
Thunder Bay



HEALTH & WELLNESS EXPO

**** NEW **** Exhibits and Health Presentations throughout the day

Come and view products and services for yourself, a family member or a friend.

Sat, March 25, 2023

| 10 AM - 4PM |

Thunder Bay 55 Plus Centre,
700 River Street

- FREE ADMISSION
- DOOR PRIZES
- NO REGISTRATION
- ALL AGES WELCOME



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WEBSITES

with information to help you navigate the internet

[Cyber Senior Thunder Bay](#)

Click here

[Tablet Loan Program at TBPL](#)

Click here

[Online Safety for Older Adults](#)

Click here

[Fun Things to Do Online](#)

Click here

Are you interested in joining an Age Friendly Thunder Bay Working Group? If you are interested in transportation, aging at home and preventing isolation among older adults, please join us for our monthly online conversations.

Email agefriendlythunderbay@outlook.com

or call us at [807-633-7723](tel:807-633-7723).





HOURS of OPERATION



Contact Us

web..... www.tbpl.ca
 phone 345-8275
 email comments@tbpl.ca
 social @TBayPL



Waverley Library
 285 Red River Road
 Mon. & Tues. 9:30 am - 8 pm
 Wed. to Sat. 9:30 am - 5 pm

Brodie Library
 216 S. Brodie Street
 Mon. 9:30 am - 5 pm
 Tues. & Wed. 9:30 am - 8 pm
 Thurs. & Fri. 9:30 am - 5 pm
 Sat. Closed

County Park Library
 1020 Dawson Road
 Mon. to Wed. 9:30 am - 5 pm
 Thurs. 12:30 pm - 8 pm
 Fri. 9:30 am - 5 pm
 Sat. Closed

Mary J.L. Black Library
 901 S. Edward Street
 Mon. & Tues. 9:30 am - 5 pm
 Wed. & Thurs. 9:30 am - 8 pm
 Fri. & Sat. 9:30 am - 5 pm

FREE WEBINAR

Cyber-Seniors, Age-Friendly Thunder Bay & NorWest Community Health Centres

Join us to learn how to assess high-quality health information online

Wednesday, March 1 at 2:00pm

[Register Now](#)

Register at:
www.cyberseniors.org



Grandparent scam targets locals

The Thunder Bay Police Service has received multiple complaints recently indicating that locals are being targeted by the Grandparent Scam. The grandparent scam is relatively common.

- Typically, the would-be victim is contacted by a fraudster pretending to be their grandchild.
- The scammer will tell the victim a story about how they are in trouble and in immediate need of money.
- In the past, the stories have revolved around a grandchild being arrested or detained following a motor vehicle accident.
- The story could include details about a potential criminal or civil consequences.
- The scammer may even have personal details about their target, which is meant to increase the credibility of the scam and induce panic in the target.
- If you are contacted by a suspected scammer, please remember that the best way to avoid being victimized is to **hang up the phone**.
- You can then attempt to reach the family member alleged to be in trouble on your own terms to verify the story.
- The fraudster may attempt to dissuade a victim from doing this by claiming the money is required immediately.
- This is a common tactic to prevent victims from practicing due diligence, and should be viewed as strong evidence that a scam is taking place.
- Please take time to speak to your more vulnerable friends and family members who may be more aggressively targeted by these kinds of scams.

To learn more about frauds and scams visit the Canadian Anti-Fraud Centre here:

<https://www.antifraudcentre-centreantifraude.ca>



Be sure to check out the Age Friendly TV Show on Shaw Spotlight, hosted by Rebecca Johnson. The show can be viewed on SHAW cable 10 at 5:30 am, 12:30 pm and 5:30 pm. Be sure to fill in the survey found on the Age Friendly website homepage to let us know how you enjoyed the show! You can find all of the past shows on the Age Friendly website here: [Age Friendly TV Show](#)



CLE Vaccine Clinic Changes

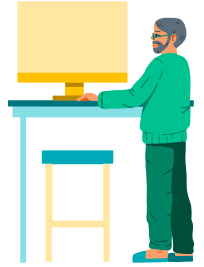
Two upcoming changes to the TBDHU Vaccine Clinic at the CLE grounds.

1. The clinic will be moving to the Heritage Building for the last 2 weeks of February
2. Starting March 6, the clinic will change its hours and only operate 2 rather than 3 days/week.

Age Friendly Steering Committee Meeting

Join the interactive Age Friendly Thunder Bay Steering Committee meeting held via ZOOM **Tuesday, March 14 at 12:00 pm.**

[Click here to join the meeting.](#)



File your taxes now!

- File your taxes before the deadline of April 30, 2023.
- You may be eligible for the Free Income Tax Clinic depending on your income.
- Don't wait to file, or you won't receive your benefits on time.
- **Please call 211 to find a location to have your taxes filed.**



Victoriaville Centre

Walk like a Penguin



Prevent winter trips, slips and falls!



Knees bent



Arms out for balance



Take shorter steps

TBDHU.com/HealthyAging



The good thing about having a bad memory is that jokes can be funny more than once.



The older I get, the earlier it gets late.

Patient: "Doctor, you have to help me, I think I can see in the future."

Doctor: "When did it start?" Patient: "Next Friday."

I told my physical therapist I broke my arm in two places. He told me to stop going to those places.

Why did the golfer bring an extra pair of pants?
In case he got a hole in one.



When you don't know where to turn.™

211 provides free, confidential, multilingual access to information & referrals to the full range of community, social, health and government services. 211's Certified Community Resource Specialists assess each person's needs and connect them to the best available resources. Click [here](#) to watch a video to find out more about how 211 helps individuals and families.

Regrowing Vegetables from Scrap



Lynda Lahteenmaa
Master Gardener, Horticultural Therapist

Regrowing vegetables from scrap is a fun and easy activity anyone can try. Tops of carrots, beets and parsnips when left in a plate or bowl of water with adequate sunlight will regrow greens. In about a week or two

you can transplant the tops to a pot of dirt. The greens are edible you can add them to salad or soup. Leave stumps of celery, romaine lettuce and bok choy in a bowl of water. Regrowing vegetables from scrap is a fun and easy activity anyone can try.

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Identification Theft... Know the Facts



What is identity theft?

Identity theft is the unauthorized use of your information by third parties. It involves the collection and use of personal information with out permission.

How to protect yourself

- Be careful when you provide personal information
- Keep your access codes, passwords, and PINs secret
- Report lost or stolen credit cards and unfamiliar charges on your bill right away

What could someone do with your personal information?

An individual may use your personal information to impersonate you and open a bank account, apply for loans or mortgages, obtain GST/HST rebates or refunds, benefit and credit payments, or income tax refunds.

Check your credit report

You should conduct a regular review of your credit report and do so immediately if you think your personal information has been compromised.

What is phishing?

Phishing is when attackers send malicious emails designed to trick people into falling for a scam

If you think you have been a victim of fraud

If you suspect you may be the victim of fraud, contact your local police. You can also contact the Canadian Anti-Fraud Center online or by calling 1-888-495-8501

Please visit us at www.agefriendlythunderbay.ca

Always Verify

- verify Canadian charities with the Canada Revenue Agency
- verify collection agencies with the appropriate provincial agency
- verify any calls with your credit card company by calling the phone number on the back of your credit card

Don't give out personal information

Beware of unsolicited calls where the caller asks you for personal information, such as:

- Your name
- Your address
- Your birth date
- Your Social Insurance Number
- Your credit card or banking information

Collect your thoughts...stay calm

Gather all information about the fraud:

- documents
- receipts
- copies of emails and/or text messages

TIP*Look online for contact information for the company that supposedly called you, and call them to confirm**

Contact your financial institutions

Report the incident to the financial institution that transferred the money:

- place flags on all of your accounts
- change all of your passwords
- report the fraud to both credit bureaus (Equifax and Transunion)

Please visit us at www.agefriendlythunderbay.ca