



Seniors Outreach E-blast



FRAUD PREVENTION MONTH

#KnowTheSigns

UNKNOWN NUMBER

Be on alert for a scammer's tactics.



SeniorsOutreach
& RESOURCE CENTRE

[LEARN MORE](#)

Fraud Prevention Month

Are you weary of the incessant scam attempts via phone calls, emails, and texts? Regrettably, fraud has escalated to record levels in Canada.

In 2022, the Canadian Anti-Fraud Centre reported a staggering \$530 million in losses due to fraud and cybercrime - a nearly 40% surge from the unprecedented \$380 million lost in 2021.

Contrary to public perceptions, it's not seniors but young people ages 20-29 who are the most common victims of fraud. However, older adults suffer the greatest losses of money. With March marking Fraud

Awareness Month – it is an opportune moment for action, given the uptick in scams during the busy tax season. Seniors Outreach wants to help people protect their nest egg, so this month, we are providing helpful resources and fraud prevention strategies on our website and social media channels. Three tips to safeguard your savings:

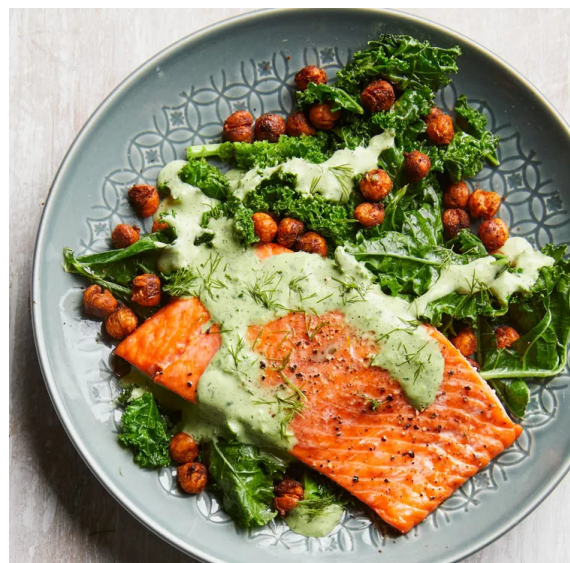
- **Be Alert:** When contacted through unknown numbers, be alert for scammers' tactics. Educate yourself to recognize red flags, such as requests for payment via gift cards. End a conversation immediately if something doesn't feel right. Canadian seniors are targeted because we are famously polite.
- **Slow Down:** Scammers thrive on urgency. When asked for help or money, resist the impulse to act immediately. Contact someone you trust before any unusual payment. Genuine emergencies are rare.
- **Check First:** It's never been easier for scammers to pose as family, government or well-known business. Always verify the requestor through another means you can trust, rather than the contact details in their message.

Please visit [Seniors Outreach Fraud Prevention](#) for more strategies and helpful resources.

News and Resources from Seniors Outreach



[Sudoku](#)



[Recipes](#)

Sudoku presents an engaging challenge for those seeking to maintain mental acuity.

So, why not grab your favourite brew, whether it's a cozy mug of hot cocoa or a refreshing herbal tea? Get comfy, and dive into some brain-teasing fun

[Sudoku](#)

As we welcome the vibrant colours and fresh flavours of spring, it's the perfect time to revitalize your menu with nutritious and delicious recipes tailored for seniors. From crisp salads bursting with seasonal vegetables to light soups infused with fragrant herbs, these dishes provide essential vitamins and minerals for your health.

[View recipes](#)



Embrace Aging Month

Embrace Aging Month, an initiative led by UBC Okanagan's Institute for Healthy Living and Chronic Disease Prevention in collaboration with

partners like Interior Savings Credit Union and Interior Health aims to raise awareness of community resources available for seniors. This initiative educates seniors and caregivers through free online events, information sessions, and workshops, promotes access to essential services, and facilitates connections with service providers.

By encouraging dialogue and fostering connections, Embrace Aging Month contributes to the promotion of successful aging within our community.

[Learn More](#)



Natures Fare 3% Club

Did you know that just by stocking up on groceries, you're also making a meaningful difference to vulnerable seniors in our community?

Nature's Fare 3% Club is a program designed to raise funds for Seniors Outreach effortlessly.

Here's how it works: Every time you shop with them, Nature's Fare will contribute a



Hearing & Hearing Loss for Seniors

Are you or a loved one experiencing signs of hearing loss?

Recognizing these signs early is crucial for maintaining quality of life and communication. Factors such as changes in the inner ear and prolonged exposure to loud noises can contribute to hearing impairment as we age.



Volunteer Tax Program

Don't forget to save the date!

Our volunteer-based tax preparation program is back, and we're here to help **LOW-INCOME** seniors with **SIMPLE** tax returns.

Starting March 6th, our team of friendly Volunteers will be available every Wednesday from 10

generous 3% of your total bill (before tax) directly to Seniors Outreach. It's an effortless way to make every grocery run count!

[Learn More](#)

Click the link below for valuable information on managing hearing loss and implementing effective coping strategies

[Learn More](#)

am to 2 pm during March/April.

Visit our website to get started!

[Learn More](#)



International Women's Day
March 08, 2024

Happy International Women's Day to all the strong, fearless, and incredible women out there!



Spring Forward
March 10, 2024

Don't forget to adjust your clocks forward one hour on March 10, 2024! As we welcome the longer days and brighter evenings, take advantage of the extra daylight to enjoy outdoor activities, connect with friends, and explore new interests.

Kelowna, BC V1W 0A5



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