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50+ Newsletter



April 2024 • Issue 4

New Brunswick Senior Citizens Federation

www.nbscf.ca 

Supporting caregivers in advocating for medication safety!

April 2nd is National Caregiver Day! In honour of the occasion, let's show our appreciation for the important role caregivers play in ensuring safe use of medications.

Caregivers can be the first to notice the side effects of medications on their loved ones. They can also be the ones to ensure that these side effects are reported to a healthcare professional. Caregivers are in a unique position to advocate for the safe use of medications, playing an essential role in promoting the health and wellbeing of a family member, a friend or a neighbour!

How can caregivers help ensure the medications their loved ones are taking are right for them? Asking if they would be willing to have a medication review with a healthcare professional is a good first step.

Have you ever felt worried about



the medication family members are taking? If so, take a look at this article that offers tips on how to start this discussion, and steps you can take to make sure the medications your loved ones are taking are safe for them.

Read the full article here: Are you worried about the medications

older family members are taking? — [Do I still need this medication? Is deprescribing for you?](#) (deprescribingnetwork.ca)

Help us support caregivers in advocating for medication safety: share this resource with your friends and family!

An important message from the New Brunswick Senior Citizens' Federation (NBSCF) and Financial and Consumer Services Commission New Brunswick (FCNB)

Anyone can be a victim of financial fraud. As we age, our ability to manage personal finances and health can deteriorate, making us more dependent on others and vulnerable to financial exploitation and fraud. Other factors, such as stress, isolation, fatigue and even overconfidence, can play a role in the ability to recognize the fraudsters' game.

A significant financial loss is often devastating for older adults who may have more difficulty recovering. The repercussions of fraud and financial abuse are not just financial; victims lose trust in others, tend to isolate themselves socially and may suffer from health problems such as depression or anxiety disorders.

According to the Canadian Anti-Fraud Center, older adults in New Brunswick lost more than \$1.1 million in 2023 due to fraud and scams, with more than 70% coming from investment fraud and gambling schemes of urgent need of money.

In the urgent need of money scheme (or

the grandparents' scam), the fraudster targets older adults and pretends to be a family member (often a grandchild) who is in trouble. Sometimes the scammer pretends to be a lawyer representing the member in difficulty. He calls to ask for money to be sent to him, but asks that the transfer remain secret, so as not to suffer reprimands from his parents.

We can take steps to protect against financial fraud by verifying the identity of the person asking for money and the truth of the facts, and hanging up when the call is from a stranger offering you an unsolicited offer or an investment opportunity, or asks you for financial information.

March was Fraud Prevention Month, an annual awareness initiative to help Canadians recognize, counter and report fraud by providing useful information.

FCNB (Financial and Consumer Services Commission) is now offering a free, on-demand online course to provide older adults, families and caregivers with

information on factors that increase vulnerability, signs of abuse and financial fraud, and schemes that target older adults.

This course allows participants to better understand:

- What is financial exploitation?
- Signs of financial exploitation
- Scams and financial fraud targeting New Brunswick's aging population and their impacts
- How to prevent financial exploitation
- Steps to take when you suspect someone is being financially exploited
- How and where to report financial exploitation

This online course is a simple tool available to the New Brunswick public to help them learn about the consequences of financial abuse, protect themselves and those they care about to avoid falling prey. Start your learning today by visiting: [Learning - Finances 50+ from the New Brunswick Financial and Consumer Services Commission \(FCNB\)](#) and protect yourself and those you love.

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