



Mentor ... Bernard Poulin

## **E-NEWSLETTER - November 2014**

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The Canadian Senior Artists' Resource Network|Centre de ressources pour les artistes aînés du Canada was launched in 2011 as a direct outcome of the needs articulated in a three-year project which investigated the circumstances and interests of senior professional artists across Canada through a survey and focus groups. Representatives of every part of the cultural sector collaborated on the project and were involved in the decision to launch CSARN.

CSARN's goal is to assist professional artists to live in their senior years with dignity and respect. It fulfills this mandate by providing information, programs and services.

Leading services are:

- Seminars in the areas of finances, tax and estate planning, legacy, health and wellness, marketing and technology, and other topics of interest to senior artists who wish to continue to create and earn a living in their artistic field.
- Social networking opportunities.
- Centralized information on issues affecting senior artists and links to service providers.

CSARN partners with other service providers wherever possible.

CSARN has received a three-year grant from the Ontario Trillium Foundation, and is supported by the ACTRA Fraternal Benefit Society and many private donors.

**We'd like to hear from you: Please write to [info@csarn-craac.ca](mailto:info@csarn-craac.ca) and tell us how we could focus our efforts on your needs.**

## **Mark this date in your Calendar!**

### **Mobility and Vitality for Life**

November 27 - 7:00 pm-9:00 pm

Al and Malka Green Artists' Health Centre - Toronto Western Hospital

Could your energy use a boost? Are you feeling tight and stiff?

Join Dr. Anita Shack, Chiropractor and Leisa Bellmore, Shiatsu Therapist for this interactive workshop.

We'll discuss strategies and share tools for maintaining mobility and increasing vitality.

You'll learn how to keep yourself active and mobile regardless of what physical challenges you face.

Through gentle movement, breathing exercises, and more we will explore simple ways to keep you feeling your best.

**Mobility and Vitality for Life** is The Canadian Senior Artists' Resource Network's Third Seminar, in its Fall Seminar Series for Senior Artists

CSARN's seminars are free for all senior artists

## **Mentorship Program**

### **Mentors and Mentees wanted**

As soon the mentorship program was announced, we received 226 applications from both mentors and mentees and were able to match 20 mentors with mentees in the first two rounds. In spite of the exceptional quality of the artists, their specific areas of expertise did not match with the desire of the mentees who applied. In an effort to provide more mentorship matches as we go forward we ask that you complete an application to become a mentor or a mentee and remember the third round of proposal call is January 5, 2015.



Mentor Ian Deakin



Mentee Katie Alguire



Mentor Keith Inman

## **HOW ARE EVERYDAY TECHNOLOGIES KEPT SAFE?**

Prepared by the Nova Scotia Centre on Aging, Mount Saint Vincent University for the Federal/Provincial/Territorial Ministers Responsible for Seniors.

Along with new technologies, new ways of committing crime have also turned up. From electronic crime to fraudulent charities, technology has provided new tools for criminals. Technology is also part of the solution, as companies, banks, organizations, police services and governments share information and take measures to combat such crime. Banks and internet service providers (ISPs) have developed pass codes and encryption security systems to protect their customers. Although some crimes and fraud schemes are targeted directly at older adults, there are a few simple guidelines you can follow that will greatly lessen your chances of being 'stung'. Of course, the first and best defence is to be cautious when conducting any transaction that involves your money or your privacy.

### **Automated Banking Machine (ABM)**

#### Safety Tips

- Be aware of those around you, both in a line-up and at the machine.
- Be discreet when entering in your Personal Identification Number (PIN) at a banking machine, or at a store retail machine.
- Shield the keypad with your body or hand.
- Do not write your PIN down or share it. If you must write it down, keep it separate from your card.
- Be sure to remove your card and your cash from the ABM.
- If you need assistance, do not ask the person behind you. Go into the bank and speak to an employee.
- Keep your ABM transaction slips and debit receipts to check against your monthly bank statement or passbook.

### **Internet Safety Tips**

- Delete any e-mail you receive from unknown companies or unknown senders (e-mails also called spam). Or click on 'Block sender' which will delete incoming messages from e-mail addresses on your 'Block Sender List'.
- If you are shopping online, deal with reputable companies which clearly provide contact information and security assurances.
- Ask an unknown company for references and check them out before purchasing online.
- Look for a symbol on the top or bottom of your computer screen that looks like an unbroken key or a closed padlock to show that you are in a secure environment when you enter credit card information.
- If you visit 'chat rooms' or online 'discussion groups', do not volunteer personal information

such as your name, phone number or address.

- If you visit the internet regularly, look into having what is called 'firewall' software installed to protect your computer against hackers or find out if your computer already has such security measures in place.
- Check for viruses e-mails sent with attachments by saving them to a disk first and then running your antivirus program.

## **Telemarketing Fraud**

Although there are many legitimate telemarketing firms, every 48 hours another fraudulent company is identified. In 2000, more than 50 percent of Canadian victims were over 60 years of age and more than 60 percent of reported fraud victims were women. Legitimate telemarketing firms do not use pressure tactics or ask for cash only and will send out written material, giving ample time to make a decision.

PhoneBusters is a national call centre for reporting deceptive telemarketing. It is operated by the Ontario Provincial

Police since 1993 and is accessible from across the country in both official languages. Besides educating the public, PhoneBusters collects and disseminates victim evidence and statistics to law enforcement agencies. A new free video called Stop Phone Fraud—IT'S A TRAP is now available. Phone 1-888-495-8501 for your copy or to arrange a presentation for your organization.

SeniorBusters is a group of volunteers working with PhoneBusters to give information and telephone support to older adults who may have experienced telephone fraud. To report a fraud or get information you can reach PhoneBusters or SeniorBusters at 1-888-495-8501.

Or you can visit their web site at: <http://www.phonebusters.com>

Beware of...

- being told you've won a contest you have not entered.
- being told you have to pay a 'small fee' or shipping charge to claim a prize.
- promises of a valuable prize in return for a low-cost purchase.
- 1-900 numbers which carry automatic and substantial charges. Check out the number with the Better Business Bureau or PhoneBusters before calling.
- being asked for your credit card or SIN number for no valid reason.
- phone calls from a person claiming to be a bank inspector or police officer. Hang up and call your bank.

Consumer privacy has become a major concern for many Canadians

with the increased use of debit cards, telephone and internet banking, point system award programs and other methods of information storage. Protect your personal information— social insurance numbers, health card numbers, account numbers, and marital status are all private information!

The best way to deal with fraud is to prevent it. Be aware. Be prepared. Be alert!

## **Sources:**

Partners Against Consumer Telefraud. Don't Fall for a Telephone Line!: Working to Reduce Telemarketing Fraud in Nova Scotia. Brochure.

Canadian Consumer Handbook. Ottawa: Industry Canada, 1999. Cat. No. C2-422/1999E.

Lindsay, Colin. A Portrait of Seniors in Canada, 3rd ed. Ottawa: Statistics Canada, 1999. Cat. No. 89-519-XPE.

Statistics on Phone Fraud, Phonebusters web site, retrieved May 11, 2001 from

[http://www.phonebusters.com/Eng/Statistics/canada\\_stats7\\_2000.html](http://www.phonebusters.com/Eng/Statistics/canada_stats7_2000.html).

## **Techno Terms**

**ABM** - an Automated Banking Machine, also known as an automated teller machine (ATM), can carry out ordinary bank transactions such as deposits, withdrawals, transfers, account updates and bill payments. An ABM allows you to conduct these transactions 24 hours a day at your convenience.

**Computer Virus** - a programming code that is transmitted to your computer from an infected e-mail attachment, downloaded from an infected web site or present on a diskette. Viruses can cause operating problems with your computer and are often designed to spread automatically to other computer users. You can protect your computer from a virus by purchasing virus detection software.

**Encryption** - conversion or scrambling of computer information. It is used to protect your information when you conduct a sensitive transmission, such as internet banking or online shopping with a credit card.

**Firewall** - a security feature installed on some but not all computers that protects your information by preventing access to it from other computers when you are connected to the internet. Many networks have built-in firewalls to ensure privacy. If you plan to use the internet regularly from your home, check into whether you already have this feature on your computer or must install firewall software.

**Hacker** - a term used by some to mean 'a clever programmer' and by others, to mean 'someone who tries to break into computer systems'.

**Internet** - a very large computer network through which individual computers are connected to internet service providers (ISP) so they can share information. The internet is open to anyone with access to a computer that is connected to an ISP.

**Internet Service Provider (ISP)** - a company that provides individuals and other companies access to the internet and other related services.

**Online** - the condition of being connected to a computer or a telecommunications system. The term is frequently used to describe someone who is currently connected to the internet.

**PIN (Personal Identification Number)** - a code, containing letters, numbers or both, that allows you to access your bank accounts using an ABM, the telephone or a computer.

**Spam** - an unsolicited e-mail flooding the internet with many copies of the same message, in an attempt to force the message on people who would not otherwise choose to receive it.

## **Artists' Health Centre Workshop**

### **MBCT Practice Support Program – Practice makes Perfect!**

#### **Series 1: Wednesday mornings beginning October 8**

#### **Series 2: Wednesday mornings beginning November 12**

Anyone who has participated in MBCT and MBSR programs knows how hard it can be to maintain the joy of discovery and new learning once the course has ended.

Now, for the first time ever, the Artists' Health Centre is offering an innovative solution: an opportunity for ongoing guided practice to increase awareness and further experiential learning. Elaine Smookler is an ACTRA performer and mindfulness teacher with 20 years of experience in how to nurture and maintain a practice in the midst of a busy life.

The sessions will include re-visiting the various learned practices. We offer you the opportunity to deepen and further your understanding of how to bring this new way of working into everyday life. These classes are being kept small, to encourage and promote discovery and learning in a

personal and welcoming setting.

The program is offered in 4-week blocks. You can subscribe to the full set or drop in to individual sessions.

Each session runs from 10:45am to 12:45pm

Cost: \$70/series or \$20/drop-in.

Series 1 – Wednesdays October 8, 15, 22, 29

Series 2 – Wednesdays November 12, 19, 26 and December 3

These workshops will be held at the Artists' Health Centre  
at Toronto Western Hospital, 399 Bathurst St., 3rd floor, west wing.

The Al & Malka Green

Artists' Health Centre

To Register, please call the Artists' Health Centre at 416-603-5263

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**Canadian Senior Artists Resource Network (CSARN) |  
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The Canadian Senior Artists Resource Network (CSARN) - Le Centre de ressources pour les artistes aînés du Canada (CRAAC) gratefully acknowledges the support of the Ontario Trillium Foundation (an agency of the Government of Ontario), the ACTRA Fraternal Benefit Society and many private donors.

Footer Text

Contact Info: 1-855-854-1434 or 647-854-1434  
Emails: info@csarn-craac.ca (for general inquiries ) or mentors@csarn-craac.ca

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