



## Improving the Safety of Seniors in Kings County

---

Quarterly Newsletter Vol 1

February – March – April 2024



Every year on February 26th, **National Letter to an Elder Day** encourages putting pen to paper and writing to an elder you know. The day serves to remind us that loved ones enjoy hearing from us and that a simple letter brightens their day.



**TIPS: NEVER EVER** give personal information unless you are the one who made the contact and you are certain you know who is asking for it. **BE CAREFUL** what you share on Facebook. Much of this information can be used to target you for scams.

**DID YOU KNOW** the Seniors' Safety Director, Trishe Colman, is available to speak to your group or organization about frauds and scams and identity theft. Reach out to her at [trishocolman@kingssenioressafety.org](mailto:trishocolman@kingssenioressafety.org) to make arrangements.

What are the **THREE R's** of fraud prevention? **Recognize, Reject, Report**



The CANADIAN DENTAL CARE PLAN has begun its roll out by ages. Applications for seniors aged 72 and older should be available now. For more info visit [Canada.ca/dental](http://Canada.ca/dental)

The CAPABLE program has begun in Kings County. What is CAPABLE? Community Aging in Place, Advancing Better Living for Elders (or CAPABLE) is a home-based program that improves in-home safety and function so that people over the age of 65 having difficulty with activities of daily living can remain independent in their own homes longer. To learn more call : 1-888-925-6101 or go to the website: [von.ca/capable](http://von.ca/capable)

**DID YOU KNOW?** Our website ([www.kingsseniorsafety.org](http://www.kingsseniorsafety.org)) has 20 videos on a number of topics of interest to seniors and their families. Learn about Falls Prevention, REMO, Restorative Justice and much more. Go to the resource tab to find them all. This was made possible through a New Horizons Grant.



We are planning now for Spring programs. Last Fall we offered a shredding event, a driver refresher course, a Living Alone Academy and a Seniors' Safety Academy. Follow us on Facebook and Instagram to hear of upcoming events in your area. We are grateful to our community partners for their sponsorship and support of our programs.

## FROM THE BOARD

### Kings County Seniors' Safety Program Announcement

Kings County Seniors' Safety Society is pleased to announce that Trishe Colman has accepted the newly created position as Seniors' Safety Director. Over the past year, as temporary Program Coordinator, Trishe has offered Seniors' Safety Services across Kings County including one-on-one visits to help resolve safety and security issues of seniors, education through Seniors' Safety Academies, Living Alone Academies, Driver Refresher programs, presentations on a range of safety and security issues, and special projects including Community Shredding.

In her new role, Trishe will continue to offer seniors' safety services, and in addition to providing direct services to seniors, she will assume greater administrative responsibilities.

Kings Seniors' Safety Program understands the ever-increasing need for the services provided and this year we will be growing to better meet the needs in our community. In her new role Trishe will work collaboratively with the Kings County Seniors' Safety Society Board as we take the next steps to increase the capacity of the Program.

Trishe will continue to work from the Kentville Police Service and will work closely with the Kings Detachments of the RCMP. She can be reached by phone at 902-670-0725 or at [trishecolman@kingsseniorsafety.org](mailto:trishecolman@kingsseniorsafety.org).

For more information on our programs and services go to [www.kingsseniorsafety.org](http://www.kingsseniorsafety.org)