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Messages from NESAs Presenters

While we are not currently able to offer any in-house lectures and presentations, some of NESAs Community Educators still want to stay connected with you! Please read below about the different presentations, resources, and contact information available!

Financial Information

Canada Revenue Agency

Join Sandra a CRA representative for an informative presentation called *Doing Your Taxes – What's In It for You!?!?* Participate in an online information session to find out about Canada Revenue's Agency's digital services and how to "Slam the Scam!" Sandra will answer questions and share information on the online digital services available to you regarding your tax filing, mobile apps, and much more, along with provide information about how to protect one's self from the ongoing tax and fraud scams.

When: Wednesday, May 27, 2020 at 2:00pm

Where: Online via WebEx – All you need is a computer with speakers, no account necessary!

Contact Info: E-mail Jollean.ferrari@edmonton.ca to reserve your online spot in this informative presentation and to be sent presentation access instructions.

Service Canada

Join Peter a Service Canada educator for an informative online presentation on *Government Supports and Services for Seniors*, where details about how to apply for CPP and OAS will be reviewed along with the benefits of having a My Service Canada account. Additionally you will learn more about a credit split, pension sharing, death and survivors benefits and how to apply for a guaranteed income supplement.

When: Friday, May 29, 2020 at 10:30am

Where: Online via Google Meet – All you need is a computer with speakers, no account necessary!

Click [here](#) to access the presentation on the date and time mentioned above. If you wish to call in for an audio-presentation only, call 1-778-724-6702 and use pin #: 574335943#

Contact Info: E-mail Jollean.ferrari@edmonton.ca for more information

Weichurn Woo

In these unprecedented times we are in with very unique health, social, and financial challenges, we all need to come together more than ever to help each other out. During this period while the financial seminars are on hold at NESAs, Wei Woo, Investment Advisor, would be happy to answer general questions the best he can over the phone, email, or video chat, on how to mitigate the impact on your retirement savings, cash flow, and investments as well as share general financial tips for navigating through COVID-19. Please contact Wei Woo at 780-299 - 0760, or email him at wwoo@mackieresearch.com



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Financial Information Continued

Brad Hurshowy

Connect with Financial Planner and Registered Retirement Consultant Brad Hurshowy from the comforts of your own home! Utilize Brad and his team as a resource for questions and answers and be provided with a variety of topics and presentation series that can be provided to you over the computer, your phone, or tablet. Discussion topics include estate planning help, family savings, financial security, tax optimization, and much more. Everything is confidential and free of charge - contact Brad today to get started! 780-707-8067 or via email at brad.hurshowy@ig.ca

General Interest

Gina Vliet

Gina, a Change Specialist and Death Educator of Charon Consulting would like to offer you some virtual courses while we're all practicing safe social distancing. All presentations will be hosted on the free virtual meeting platform Zoom until it's safe for us to meet again in person. (Discounts available to NESAs members!).

- [Death Café](#) Edmonton is part of a global movement that offers a safe space to talk about whatever is on your mind about death and dying. The conversation is always interesting, and it's free to attend. We are currently hosting on Zoom.
- [Death Literacy YEG](#) is a monthly working group that tackles getting all the elements of an end of life checklist in place and documented. There is a small fee to attend, and we are currently hosting on Zoom.
- Click [here](#) for a list of all Gina's course offerings and workshops

Brandy Rollins

There's never been more time on our hands to "button-up" our estate planning. If you've been wanting to know more about;

- Securing pre-arrangements for yourself or a loved one
- Green/Natural Burials
- Executor responsibilities
- Understanding funeral related expenses and how to avoid overpaying

We can help. No obligations, no sales. Phone and video consultations are available. Call Brandy @ 780-722-3227 or email her at brandy@trinityfh.com



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Health and Wellness

Linda Nghiem

Still have questions about COVID-19? Connect with Linda Nghiem, Pharmacist and owner of Palisades Pharmacy for an online presentation and summary of the COVID-19 outbreak from a practical stand point. Learn the reasoning for social isolation, safe ways to continue to interact with others, tips on minimizing the risks of becoming infected and considerations for when the isolation restrictions are lifted. This presentation has been created specifically for NESAs members - click [here](#) for the presentation link.

If you have any further questions about this presentation, concerning your current prescriptions or if you have any health-related inquiries, feel free to email Linda at linda@palisadespharmacy.ca

Kirstin Veugelers (Personal Patient Navigator)

Ease your health-related distresses and become empowered, by:

- gaining clarity about any COVID-19 information
- checking that your Advance Care Planning will serve your needs in an unexpected crisis
- navigating the issue of receiving care for non-COVID health concerns
- identifying ways you can manage your health, even if your routine has been disrupted

Get a 30-minute complimentary consultation with Kirstin Veugelers, PhD, Personal Patient Navigator from Navigate Your Health. Reach out by email (info@navigateyourhealth.ca) or by phone (780-224-0467) to start a conversation.

Brenda Sparkes

Brenda, a Registered Nurse from Edmonton North Primary Care Network invites you to email her if you have any health related inquiries. If she is unable to provide you with the information you are seeking, she would be happy to connect you with the appropriate resource. Please contact Brenda at bsparkes@enpcn.com