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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**

#### **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](mailto:wwoo@mackieresearch.com)

#### **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](mailto: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



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### **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](mailto:brandy@trinityfh.com)

### **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](mailto: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](mailto:info@navigateyourhealth.ca)) or by phone (780-224-0467) to start a conversation.

#### **Brenda Sparkes**

Brenda, a Registered Nurse from Edmonton North Primacy Care Network invites you to email her if you have any health related inquiries. Brenda will answer your questions or provide resources and can be reached her at [bsparkes@enpcn.com](mailto:bsparkes@enpcn.com)