

Seniors' Month in Newfoundland and Labrador

In Newfoundland and Labrador, seniors are recognized and celebrated every June during Seniors' Month. June is a beautiful month, with the weather beginning to warm and the flowers starting to bloom. It is a wonderful month to honor older adults and their contributions to our lives and communities.

Once again, this Seniors' Month will look differently from previous Seniors' Months, due to the ongoing COVID-19 pandemic. It has been a challenging year for many, with heartache and loss, loneliness and fear for far too many people. Even now, contact with family and friends remain limited and many social and recreational activities have not resumed. As the vaccine roll-out moves forward, we must remain hopeful that things will return to some form of normal.

The pandemic has also highlighted the importance of connection and it has been an opportunity to find new, creative ways to remain close to the people we love, when we have been unable to be together. To show that we care, there have been many telephone calls, virtual get-togethers, meal drop-offs, and other acts of kindness.

During Seniors' Month, our hope is that seniors within the province can engage in an activity that brings them joy. Embrace a new hobby, read a book, plant some flowers, and enjoy the company of people you love – in person or virtually.

As we move away from the cold winter months, the Office of the Seniors' Advocate encourages all seniors to enjoy the wonderful fresh air when possible. Now is a great time to increase our physical activity and get active in the beautiful communities throughout Newfoundland and Labrador. Healthy aging includes healthy activity, no matter the activity of choice. And if you are unable to engage in physical activity, even sitting outside in the fresh air can do wonders for our health and well-being.

For those who are fortunate enough to have seniors in their lives – parents, grandparents, and neighbors – Seniors' Month is an excellent opportunity to show them how much you care and appreciate them.