

News Release – For Immediate Release

Office of the Seniors' Advocate

October 1, 2019

October 1st is International Day of the Older Person and National Seniors Day.

Today we celebrate the longstanding contributions that seniors have made and continue to make in our society, communities and families. Today is an opportunity to show the seniors in our lives how much we respect and appreciate all they do.

Although the day is a cause for celebration, it is also an opportunity to shed light on some of the serious issues seniors are facing. The Office of the Seniors' Advocate is very pleased to have released its report **Long May Your Big Jib Draw – Setting Sail**. The report highlights many of the concerns that Dr. Suzanne Brake has heard since her appointment as NL's Seniors' Advocate. There are many systemic issues that are negatively impacting seniors, and the Seniors' Advocate will work towards ensuring the 25 concerns within the report are addressed. The report can be found at:

<https://www.seniorsadvocatenl.ca/pdfs/LongMayYourBigJibDrawSettingSail2019.pdf>

The Office of the Seniors' Advocate would also like to congratulate the five recipients of the prestigious 2019 Seniors of Distinction Award: Lorraine Best, St. John's; Annie Brennan, Marystown; Noreen Careen, Labrador City; Olga Kinden, Green Island Cove; and John McGrath, St. John's. This award recognizes the diversity of seniors and the contributions they have made within their community. As we celebrate with the five recipients, we also pay tribute to the thousands of seniors throughout NL.

I am honored to attend the Seniors of Distinction Award Ceremony and to have the opportunity to meet this year's recipients of the award. As we move forward, it is the hope of the Office that growing older will be cause for celebrating every day, with the respect and dignity everyone deserves.

– Dr. Suzanne Brake

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