

News Release – For Immediate Release

Office of the Seniors' Advocate Newfoundland and Labrador

June 1, 2023

Seniors' Advocate Recognizes Seniors Month

Every day seniors are doing many wonderful things that should be commended and applauded, such as working, creating, showing and teaching. Through their formal and informal volunteer work, seniors help so many and give so much – from their support to other seniors in their communities, volunteering at the local school, cooking and serving food and fundraising for charities. That is why each year the month of June is dedicated to celebrating and recognizing the many roles seniors play in improving the lives of individuals, families, communities and the province.

Today, June 1st, is recognized as Intergenerational Day, which celebrates the power of all generations coming together, learning from each other and sharing. Intergenerational connections build stronger communities, enhance our well-being and reduce ageist attitudes and beliefs. These connections highlight the similarities between all generations.

Seniors Month 2023 is a great reminder of the importance of showing gratitude in the moment through words and actions and spending time with the seniors in our lives. To all seniors, we recognize you and express our heartfelt gratitude for all you have done, and continue to do, to support your family, neighbors, community and province.

Quote

“Seniors have spent a lifetime contributing to the growth and development of their families, neighbors, communities and province. During Seniors Month, let’s thank them for all they have done and continue to do to positively impact our lives. Seniors’ Month is also the perfect time to raise awareness about the impact of ageism in our society and the importance of creating age-friendly communities where seniors can thrive! After all, if we are lucky, we will all grow old.”

Susan Walsh
Seniors' Advocate Newfoundland and Labrador

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