

## **News Release – For Immediate Release**

### **Office of the Seniors' Advocate**

October 1, 2018

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

Each year this day is set aside to recognize seniors throughout the world and to acknowledge their contributions.

As Newfoundland and Labrador's Seniors' Advocate, I encourage every citizen to take the time today to think about all of the ways older adults have contributed to families and communities, and continue to do so.

For almost a year, I have been listening to seniors, their families and supporters throughout the province. I have heard many stories – both good and bad – about what it is to live as an older adult in Newfoundland and Labrador. While today is a particular day of celebration, I would be remiss if I did not acknowledge the fact that far too many seniors face far too many challenges. Every day the Office of the Seniors Advocate grapples with the downside of aging; the areas where changes are needed to make life better for older adults. While we are pleased with some of the ways seniors and aging issues are being addressed, there is still much room for improvement. The work is far from over.

But rather than lay out a list of criticisms and shortcomings, on this day of all days I would like to issue a challenge to each of you to commit to raising the bar on our collective consciousness. Starting today let's change the way we view the aging process. Let's shift the way we think about aging from something to be dreaded to one of positivity and opportunity.

Today the provincial government is presenting the 2018 Seniors of Distinction awards. Five remarkable individuals have been selected for this honour. But beyond their personal accomplishments, they represent the commitment, dedication and fine qualities demonstrated by thousands of NL seniors. As we celebrate Mr. Campbell, Ms. Kleinwort, Ms. Kutty, Ms. Muise and Captain Prim, today we offer our appreciation and gratitude to all of Newfoundland and Labrador's seniors.

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