

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

Every year this day is set aside to pay special attention to seniors throughout the world and to acknowledge their contributions.

Take the time today to reflect on all of the ways older adults have contributed - and continue to contribute - to families and communities.

The Office of the Seniors' Advocate has been listening to seniors, their families and supporters. We have heard what it is to live as an older adult in Newfoundland and Labrador. We have heard the good and the bad.

These past 18-months have been unbelievably challenging. But while Covid-19 has changed our lives forever, we are adapting. Despite all of the hardships, we are making positive changes and *that* is a testament to the resilience of the human spirit... something very familiar to Newfoundlanders and Labradorians.

The provincial government is presenting the Seniors of Distinction awards today. Beyond their personal accomplishments, these remarkable individuals represent the best of us; by example, they demonstrate what it is to live our very best lives.

Today is an opportunity to tell the seniors in our lives how much we appreciate all they do. Today, and every day, let's show respect and gratitude to all of Newfoundland and Labrador's seniors.