

June is Seniors' Month in Newfoundland and Labrador

Every June, Newfoundland and Labrador celebrates seniors. It is a time to applaud and recognize the many contributions of seniors, and to show appreciation. While we share these feelings year-round, during Seniors' Month we set aside 30 days to pay special attention.

I am sure you will agree that Seniors' Month 2020 will be unlike any other. During these past few months I have heard from hundreds of seniors and their supporters detailing their experiences and their feelings navigating this new world with Covid-19 amongst us.

This pandemic has exposed the best and worst of humanity. Nationally, we have been horrified by what Covid-19 has revealed, but even still there are many gestures of kindness. Individually, every single one of us has been tested in varying degrees: emotionally, financially, physically and spiritually. But amongst the pain and anguish there is good and there is always hope.

Newfoundlanders and Labradorians are hardy people. We are nothing if not resilient. We will accept a new "normal". We will adapt and we will thrive.

This year Seniors' Month will not be celebrated with gatherings and cups of tea. Seniors will not be coming together with friends, families and community to receive accolades. Oh, yes, Seniors' Month will look quite different this year, but it will still be celebrated. Instead, we will show our appreciation in other ways; from a place of safety.

Let's demonstrate our appreciation through acts of kindness to the seniors we know and also to the seniors we have not yet met: deliver a meal; pick up groceries; engage in a window visit; sit on a lawn; make a phone call; arrange a virtual visit; write a note of inspiration; place a bouquet of flowers on a front step; say "good morning".

This Seniors' Month, let's resolve to find opportunities to show appreciation and commit to doing better because we can do much better.

This Seniors' Month let's show that we care, by showing we are here.



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