

Wednesday, September 30, 2020

FOR IMMEDIATE RELEASE



CITY OBSERVES NATIONAL SENIORS DAY

Welland, ON – The City of Welland is observing National Seniors Day on Oct. 1, 2020, and wishing Niagara’s older residents a happy and healthy day of recognition. Seniors play a vital role in community development and help build thriving social infrastructure that links communities together. Seniors are volunteers, leaders, and have a wealth of wisdom and experience to help shape healthy and progressive cities.

Today’s seniors are challenged with healthy ageing while maintaining physical distancing. The City of Welland’s Senior Citizens Advisory Committee (SCAC) suggests seniors celebrate National Seniors Day with a commitment to improving social and emotional connections.

Welland’s SCAC is urging all seniors to enhance their lives with the following suggestions:

- Attend a service at a place of worship that follows strict public health guidelines, or watch a service via live stream
- Call friends, neighbours, members of your clubs/committees. Telephone visits help us feel connected and engaged with others
- Read *Looking after Our Mental Health* from the World Health Organization at www.who.int
- Keep moving with activity classes online, or sign-up for one
- Have outdoor visits according to public health regulations
- Give social media a try (remember to protect your personal information)
- Join an online meeting with friends, family, or support group
- Smile behind your face covering: it shows in your eyes

“The city’s SCAC continues to advocate for Welland’s older population and has several projects in mind for the near future,” said Carol Sernasie, Chair of SCAC. “We’d like to see bigger font size on city street signs, additional park benches throughout the city, and work on affordable housing and transportation.”

Niagara’s seniors are welcome to join @wellandrecandculture on Facebook this Oct. 1, from 9:00 a.m. to 7:00 p.m. for celebration videos that pay tribute to Welland’s senior community. For more information, visit www.welland.ca.

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