

Welland seniors celebrated on National Seniors Day

FOR IMMEDIATE RELEASE

September 29, 2021

Welland, ON – October 1 is National Seniors Day, and the City of Welland is proud to recognize and promote the many contributions seniors in Welland make in everyone's lives. This year's Seniors Day theme is 'Dignity and Equality for all Ages'.

Playing a vital role in community development and build thriving social infrastructure linking communities and generations together, seniors are volunteers and leaders. They have a wealth of wisdom and experience to shape healthy and progressive cities.

"Welland seniors are important to linking Welland's past to the future," said Mayor Frank Campion. "They are our teachers in life and, as we continue to navigate through the pandemic, a demographic we must ensure are taken care of and provided opportunities to thrive in these uncertain times."

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:

- Create a society that is informed about inclusion and accessibility
- Build a supportive and encouraging environment that respects all citizens
- Establish a socially connected community focused on building relationships
- Promote sharing of resources and talents of all citizens.
- Promote the physical, mental, social, and spiritual well-being of all citizens.
- Ensures older adults can thrive throughout their life.
- Ensures older adults continue to be contributing members of the community.

The City of Welland's Senior Citizens Advisory Committee (SCAC) mandates to focus on matters that enrich and enhance seniors' health and quality of life in the community to create an age-friendly environment under the World Health Organization with respect and support of all citizens.

"The city's SCAC continues to advocate for Welland's older population and has several projects underway, including the "Let's Chat" bench project that will encourage the sharing of wisdom, experience and storytelling between the young and old," said Carol Sernasie, Chair of SCAC.

In recognition of National Seniors Day, Mayor Frank Campion raises the Age-Friendly seniors' flag at City Hall at 10 a.m.

-30-

For media inquiries, please contact:

Marc MacDonald

Manager, Corporate Communications

905-735-1700 x2337

marc.macdonald@welland.ca