

Celebrate and support Alberta seniors

Let's recognize special days for seniors safely and responsibly

Seniors are a vital part of our communities. As parents and grandparents, mentors and friends, employees and employers, they make a difference in our lives. It is important that we continue to recognize, celebrate and support seniors during the COVID-19 pandemic.

The Government of Alberta recognizes a number of special days dedicated to seniors throughout the year. This tip sheet provides suggestions on how Albertans can continue to celebrate, support, and keep seniors safe while respecting public health measures in place.

Seniors' Week

June 1 to 7

Seniors' Week has been celebrated since 1986 to celebrate and recognize seniors throughout the province. Seniors' Week is a great opportunity to honour and recognize all that seniors have contributed to making our families, communities and our province stronger.

Intergenerational Day

June 1

Intergenerational Day began in Canada in 2010 and recognizes the backgrounds, experiences and contributions of all generations to help build greater understanding between generations.



World Elder Abuse Awareness Day

June 15

World Elder Abuse Awareness Day was established in 2006 to bring global attention to the need for all citizens to take responsibility in preventing elder abuse.

Day of Older Persons in Alberta

October 1

October 1 is a day to celebrate the contributions of older adults, recognize those who support them and raise awareness of the concerns of older adults.



For more information visit alberta.ca/seniors-events.aspx

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Alberta

During these challenging times, there are many great and innovative opportunities to find new ways to connect with each other and support our seniors, while practicing physical distancing and supporting a safely staged COVID-19 recovery plan. Visit alberta.ca/COVID19 for current information on public health orders.

Keep connected and support seniors

There are so many great opportunities to stay connected with the older adults in your life, say thank you, make sure they are safe, and see if they need anything. To do so safely, here are some ways to stay connected:



- Make an audio or video call, email or send letters to check in
- Host a family dinner online
- Host a virtual games night with family and friends
- Write letters and send cards, drawings or photos to seniors in local continuing care facilities
- Arrange outdoor visits that observe physical distancing restrictions

Offer assistance

This is a great time to support the emotional, mental and physical well-being of older adults and to spread good cheer throughout your community.

- Offer to assist with grocery and prescription purchases – online or delivery
- Organize a local group to offer physically distanced yard cleaning for seniors
- Drop off gift baskets and/or homemade cards at seniors' homes
- Volunteer with organizations that support seniors, like telephone check-in program
- Recognize outstanding supports for seniors during the COVID-19 pandemic by

nominating an individual, business or non-profit organization that has served seniors in your community for a Minister's Seniors Service Award at www.alberta.ca/MSSA

Share your stories

- Interview seniors and capture their stories and history
- Host a virtual music concert
- Host an online poetry reading
- Host a podcast with guest speakers
- Invite older adults you know to participate in online educational, activity or cooking classes
- Conduct a "drive-by" parade – make signs, honk your horns and wave
- Host a physically-distanced dance or musical performance outside a seniors complex
- Have a virtual story-telling evening

Be creative! Record your interactions (video or photos). Post on your favourite social media platform using

#abseniors

Add your virtual celebration to our online calendar at

www.seniors-housing.alberta.ca/events

Resources

Research what resources are available in your community:

- Healthy Aging Collaborative Online Resources and Education: <https://corealberta.ca/>
- Call 211 or visit www.ab.211.ca for local resources

If you believe a senior requires additional supports, call:

- 911 or local police if you suspect immediate danger, or the Family Violence Info Line at 310-1818
- Mental Health Help Line at 1-877-303-2642
- Addiction Help Line at 1-866-332-2322

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