

# seniors first BC

## NATIONAL SENIORS DAY 2020

***“Every year on October 1, we mark National Seniors Day. It’s a day to celebrate older Canadians for everything that they have done for us, our families and our communities (Deb Schulte, The Minister of Seniors, 2020).”***

### What is National Seniors Day?

National Seniors Day was first in 2010 as a day that is celebrated on October 1st every year throughout Canada to acknowledge the invaluable and ongoing contribution of seniors to Canadian society, such as their experiences, expertise, and knowledge to other generations. National Seniors Day also coincides with the ***“United Nations International Day of Older Persons”***.

### 2020 National Seniors Day

This October 1st marks the 10th year anniversary of National Seniors Day in Canada. In previous years, National Seniors Day celebrations often included public events and activities, ranging from breakfast socials to positive aging photo campaigns. However, as recognized by the Minister of Seniors, Deb Schulte, this year’s celebrations are different from those of previous years as seniors are continuing to cope with isolation and uncertainty caused by the COVID-19 pandemic. In lieu of the normal celebrations, Minister Schulte invites people to reach out to seniors in their lives safely to thank them for their tremendous contributions and sacrifices for their families and communities by calling, video chatting, and texting.

In addition, the Government of Canada indicates that despite the trying times of the COVID-19 pandemic, it continues to be proud to acknowledge the lifelong contributions that Canada’s seniors have made and continue to make to their communities and society.

## National Seniors Day 2020 Events Across Canada

While celebrations took place across Canada, here are some highlights of this year's events:



### Collingwood Neighbourhood House, Vancouver, BC

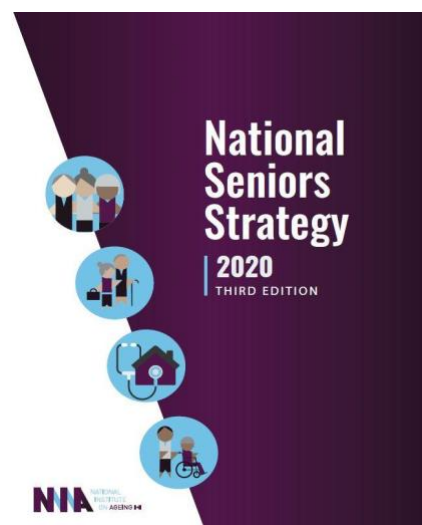
The Collingwood Neighbourhood House hosted a rally outside their building to celebrate National Seniors Day with noise makers, signs, and other fun ways to show support! Masks were required to keep rally-goers safe.

### Canadian Association of Retired Persons, Online Event Across Canada

The Canadian Association of Retired Persons (CARP) hosted Canada's largest-ever virtual meeting of seniors to honour seniors and to talk about how to protect vulnerable older adults in the coming months during the COVID-19 pandemic. The schedule included a number of messages from a variety of people, including Prime Minister Justin Trudeau, messages from the Opposition parties, Federal Seniors Minister, Deb Schulte, and more. The recording of the event can be found [here](#).

### National Institute on Aging, Canada

On National Seniors Day, the National Institute on Aging released its third edition of their National Seniors Strategy, which aims to help Canada's aging population now and in the future. You can find the full copy of the third edition [here](#). The four pillars of the national strategy include: independent productive and engaged citizens, healthy and active lives, care closer to home, and support for caregivers.





### **Augustine House Retirement Residence, Delta, BC**

Augustine House Retirement Residence hosted a pancake breakfast and held a live performance outside their main entrance for a special National Seniors Day.

### **City of Surrey, BC**

The City of Surrey celebrated National Seniors Day by giving a free online webinar to seniors and their family and friends about the support and resources available for unpaid caregivers. The webinar includes presenters who will discuss their programs from Family Caregivers of BC, Seniors Come Share Society, and Sources. The webinar is a part of the Focus on Seniors series that aims to provide free information and resources for seniors regarding issues related to health, social wellness, and city developments.

### **City of Richmond, BC**

Every year, to celebrate National Seniors Day, the city of Richmond Senior Services hosts a campaign that showcases the positive images of seniors in Richmond with the goal of reducing ageism, or the discrimination of people based on age, and existing stereotypes. This year's Positive Aging Campaign showcases stories that show the resilience of Richmond seniors throughout the COVID-19 Pandemic. The stories can be found [here](#).

### **Missed out on National Seniors Day 2020?**

That's okay! You don't need to wait a whole year for the next National Seniors Day. There are a number of activities that can be done safely to show your appreciation for the seniors in your life and in your community, such as catching up with a senior friend, parent, or grandparent on the phone or by video call, or sending a letter or a card to a senior loved one.

## **CONTRIBUTOR**

Thank you to our volunteer Justin for writing this blog!

## REFERENCE LINKS

[Minister Schulte Celebrates National Seniors Day](#)

[Celebrating Canada's Seniors Act](#)

[Richmond 2019 National Seniors Day Celebrations: Breakfast socials to positive aging campaigns](#)

[Government of Canada: National Seniors Day](#)

[Celebrating National Seniors Day: National Seniors Day coinciding with UN International Day of Older Persons](#)

[Collingwood Neighbourhood House: Celebration Rally](#)

[CARP: National Seniors Day Online Event](#)

[National Institute on Aging: Third Edition of National Seniors Strategy](#)

[Augustine House: Outdoor performance](#)

[City of Surrey: Free Webinar](#)

[City of Richmond: Positive Aging Campaign](#)