

October 1 - International Day of the Older Person - Celebrate seniors with a week of special events!

Is there an older person in your life?

Then please join the entire world on October 1 to recognize the International Day of the Older Person, selected by the United Nations in 1990 to formally recognize the special values seniors bring to our society.

*Population aging is one of humanity's greatest triumphs. It is also one of our greatest challenges.*

- World Health Organization

Populations around the world are getting older. By 2031, almost one in four people in B.C. (that’s more than 1.3 million people) will be over the age of 65.

B.C. communities need to change and adapt in a way that supports our aging population. Active, healthy aging helps reduce the pressure on health care and social services.

Seniors make important contributions to their families, their communities, the economy, and the province. Older people who stay healthy, active and independent can continue to contribute their skills, knowledge, and experience to society.

A common observation from many seniors is that they feel invisible - their opinions stop mattering, their needs are often ignored, their feelings discounted as others start telling them what to do and when to do it. It is sad to think that people with so much to give and to share don't feel part of their community anymore. They helped to build that community, often sacrificing so much so that those younger than them wouldn't have to.

There's an interesting observation about ageism - treating people a certain way because of their age. One day, we will get there as well! It's important to consider if there are ways to improve the dignity and quality of life for older persons in our society, as we could be a victim of those prejudices in the future.

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Sadly, many older adults feel invisible and believe their thoughts don't matter, and that no one has time to listen or care", says Cari Taylor, Regional Mentor for the South Vancouver Island CRNs. "Combating discrimination based on age and promoting the dignity of older persons is fundamental to ensuring the respect that older persons deserve, and helps ensure they are not vulnerable to experiencing multiple forms of abuse. "

You may well ask, how can I make a difference? All change starts with small steps. Consider the seniors in your own circle of friends, family and acquaintances, as a starting point. Here are a few suggestions that are easy to try:

1. Write them a card or letter of gratitude on October 1. Tell them why they're important to you. Share what you've learned from them.
2. Take a senior out for coffee, or for a walk, especially in nature..
3. Join them on a park or street bench and strike up a conversation.
4. Become aware of the challenges in their environment and give a hand - help them down the stairs, or walk with them across the street. Reach up to get them an item that's on a high shelf in the store.
5. Hand some change to the homeless senior you pass on the street.
6. Volunteer at your local seniors' residence.
7. If you have a calm pet, take them to visit a seniors' residence.
8. Drop off a box of Timbits, or a pan of your best brownies, to a seniors activity centre
9. When you think you can't stand to hear that same story one more time, try listening "in between the lines" and ask them about their feelings and thoughts surrounding that event.

The International Day of the Older Person on October 1 is a perfect time to celebrate the contributions of the elders in our homes and in our community and recognize their value to society. The **South Vancouver Island Community Response Networks (SVI CRN)** are coming together to celebrate the older members of our community with a number of events September 29 - October 5 throughout Victoria, Saanich Peninsula, Westshore and Gulf Islands. All events are FREE!

All seniors are invited to attend any or all of the fun events described below. They are free of charge, with the exception of the Hermanns Jazz Matinee.

SVI CRN is part of the provincial association BC CRN, whose mandate is to raise awareness of senior abuse, neglect and self neglect. CRNs work with local community organizations across BC all year long to improve the quality of life for seniors. Presentations and activities create opportunities for seniors to connect, be social, reducing the loneliness and isolation that is often associated with abuse and self neglect. They also receive vital information about topics such as fraud and scams, ageism, and hoarding as well as learning more about how elder abuse happens, what it looks like and what to watch for.

Gabi Townsend

250-896-8577



| You are invited to join any of the GREAT events listed below to honour and celebrate the seniors and elders in our communities! | | | |
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| Presented by the Community Response Networks of Victoria, Westshore, Saanich Peninsula and Gulf Islands | | | |
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| Date and Time | Event | Location | Registration etc. |
| **Friday September 29, 2023**  **9am - 10:30 am** | **Pancake Breakfast**  **Start off your special day with a friendly breakfast** | SHOAL Centre  10030 Resthaven Dr.  Sidney | Free to attend! Contact SHOAL Centre  (250) 656-5537 to save your space! |
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| **Sunday October 1, 2023**  **9:30 - 11:30 am** | **Bird Magic**  **Bring your binoculars for an easy walk and talk about the fascinating habits of birds, led by a skilled Rocky Point Bird Observatory senior volunteer.** | Outerbridge Park  1181 Royal Oak Dr.  Saanich | Free to attend! No registration or tickets required. Seniors and their families welcome! Beginner birders welcome! |
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| **Sunday October 1, 2023**  **1:00 pm - 3:00 pm** | **Jazz Matinee** performance  see ***CanUS Red Hot***  A Tradtional Jazz Band at Hermann's Jazz Club | Arts on View Society  dba Hermann's Jazz Club  753 Yates St., Victoria  250-388-9166 | Tickets available at www.hermannsjazz.com - $20 |
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| **Monday October 2, 2023**  **2 pm - 4 pm** | **A Movie for the Heart!**  Romance and comedy flourish at any age!  Enjoy an afternoon matinee with ***Quartet***, starring the wonderful Maggie Smith!  "It's sweet, gentle, and predictable to a fault, but Dustin Hoffman's affectionate direction and the talented cast's amiable charm make Quartet too difficult to resist." | Vic Theatre  808 Douglas St,  Victoria | Free to attend! No registration required.  Free refreshments offered. |
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| **Monday October 2, 2023**  **7:30pm - 9:30 pm** | **Films Create Awareness:**  ***Still Working Nine to Five.***  A screening and presentationon 'Across Generations' in collaboration with the Salt Spring Film Festival. This film features Dolly Parton, Jane Fonda and Lily Tomlin modeling their age defying activism. | ArtSpring Theatre  100 Jackson Ave  Salt Spring Island | No registration or advance tickets required. Admission is FREE! |
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| **Tuesday October 3, 2023**  **12pm - 1 pm** | **See Something Say Something**  Take this opportunity to learn more about how to create safe communities for seniors | Online | Free event! Please register at:  <https://us06web.zoom.us/meeting/register/tZ0rf-2hqjoiHt1GYWszqj1s2Y9SXFjUnI8Q#/registration> |
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| **Tuesday October 3**  **10am - 12 pm** | **Celebrating Aging through Art**  Whether you have artistic talent or not, you and your friends and family are welcome to join in for a chance to stretch your creative muscles and play with art! Absolutely no experience necessary. It will be a fun time led by an art student. Refreshments will be served. | Esquimalt Rec Centre  527 Fraser Street  Esquimalt | Free event! No registration required. |