

## Join us on October 1, 2015 to Help Reduce Seniors' Social Isolation

### WHAT

**“Seen Your Citizen? “**

**A Multicultural, Multi-faith and Intergenerational Day of Sharing**

### COST

**FREE TO ALL**

### OBJECTIVE

To address the effects of social isolation and loneliness on seniors and to find community based solutions.

### RESEARCH BASED FACTS

- about a million Canadian seniors describe themselves as lonely or socially isolated.
- social isolation and loneliness can affect both the physical and mental health of an older person
- associated health and emotional problems that eventually can force a person to the emergency room
- loneliness has been linked to an earlier death for those affected

With our aging population, this problem will only increase unless more is done to address these issues. Canadians of all ages need to become aware of the impact of loneliness and social isolation on their family, friends and neighbours AND TAKE ACTION

### EVENTS

- panels of seniors from diverse cultural backgrounds will speak about the issues, causes and solutions to seniors' isolation and loneliness in our region
- cultural and spiritual community sharing tables where you can learn facts on culture, spirituality and isolation and loneliness here and across Canada(i.e. mingle, learn and connect)
- tea room with international food to sample
- music, dance and other creative cultural performances

## WHEN

Thursday, October 1, 2015, NATIONAL SENIORS DAY

10am - 4pm

## WHERE

First Unitarian Congregation of Ottawa

30 Cleary Ave, Ottawa, ON

(Lots of free parking and bus accessible)

## WHO IS INVITED

This **FREE** event is open to seniors, youth and service providers and whole community from Ottawa's rural, suburban and urban areas

## HOW YOU CAN GET INVOLVED

We are looking for:

- **Panel members** who can discuss loneliness and isolation for seniors
- **Service providers, community organizations, seniors associations** to come out and see and listen to the seniors on October 1<sup>st</sup> tells us what they need and what they are already doing to help with isolation and loneliness in their communities.
- **Ottawa seniors from all cultures and faiths** to take part in the day to have a table displaying their culture or faith and having a senior and a youth there to answer questions about their unique community
- **Translators** from the different groups participating to help make the event accessible to all
- **Youth** to help run the day that will get volunteer hours for their volunteerism and participation
- **Volunteers**



Contact Natalie Fraser at HelpAge Canada

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## ABOUT HELPAGE CANADA

Since 1975, HelpAge Canada has been working to improve and maintain the quality of life of vulnerable older persons and their communities in Canada and around the world. As a founding member of HelpAge International, a leading provider of humanitarian relief for older persons, we are part of a global network of over 80 like-minded affiliates, the only one of its kind in the world. HelpAge Canada believes in the concept of Age Helps - putting the experience and needs of older persons at the center of our work so that they can live healthy, secure, active and dignified lives.