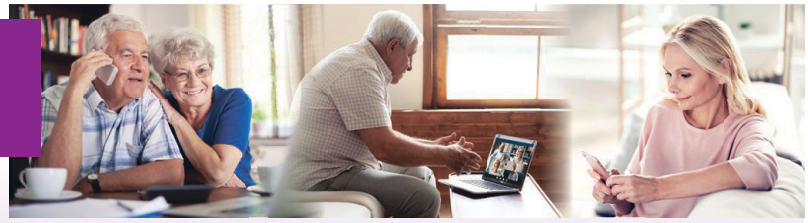


Celebrating Seniors' Month

Stay Safe, Stay in Touch - June 2020



Safety and support focus of Seniors' Month

June is Seniors' Month in Ontario. This year's theme is stay safe, stay in touch.

This annual tribute month is a time to recognize the many contributions that older adults have made in communities across the province.

Given current circumstances, when physical distancing and staying safe at home are encouraged, the focus of the month is on engaging and bringing together seniors virtually, rather than in person.

This June, communities across Ontario are encouraged to demonstrate safe and innovative ways to celebrate the positive impact that older adults have on our lives.

During the month of June, several Seniors Active Living Centres have developed virtual programming for older adults to stay active and connected while physical distancing and self-isolating. For more information about specific programs and services that are available, connect with a Seniors Active Living Centre near you.

The Ministry for Seniors and Accessibility is sharing information from the Chief Medical Officer of Health that advises staying at home to reduce risk. Along with staying home, you



should take these everyday steps to reduce exposure to the virus and protect your health:

- wash your hands often with soap and water or alcohol-based hand sanitizer
- sneeze and cough into your sleeve
- avoid touching your eyes, nose or mouth
- avoid contact with people who are sick

- Use grocery delivery, friends or family to drop off supplies.

Alternatively, seniors in need can visit www.ontariocommunitysupport.ca for the COVID-19 Support Finder to get help. If you can't request service using the internet, or if you require service in a language other than English or French, call: Toll-free: 1-877-330-3213, TTY: 1-888-340-1001

- Inquire about seniors-only shopping hours available at many stores if you must go out
- Consider Meals on Wheels food delivery
- Keep physically active at home as much as possible
- Stay alert to fraud and scams targeting seniors

Seniors' Month also serves as an opportunity to increase awareness of the health and social issues that impact older adults. As individuals age they may face health issues like Alzheimer's and dementia, arthritis, heart disease and cancer, as well as social issues like loneliness, transportation and housing. During the global pandemic, seniors by virtue of their age, are at a higher risk of serious complications or death as a result of contracting COVID-19. Following the COVID-19 guidelines set out by Health Canada can protect all citizens, including vulnerable seniors.

Honour seniors by marking their milestone occasions

Celebrations aren't the same at this time when social gatherings are not possible. There are ways to mark special occasions that comply with COVID-19 restrictions and one of

them is the presentation of a special gift to mark a significant birthday or wedding anniversary. You can request a congratulatory message if you or a senior in your life is mark-

ing a milestone occasion. Get details about requesting a message from:

- Her Majesty The Queen – for Canadians celebrating birthdays of 100 years or more and for couples celebrating wedding anniversaries of 60 years or more (at five-year intervals)
- the Lieutenant Governor of Ontario – for Ontarians celebrating birthdays of 90 years or more and for couples celebrating wedding anniversaries of 50 years or more.
- the Prime Minister of Canada – for

Canadians celebrating birthdays of 65 years or more (at five-year intervals) and for couples celebrating wedding anniversaries of 25 years or more (at five-year intervals).

- the Premier of Ontario – for Ontarians celebrating birthdays of 80 years or more and for couples celebrating anniversaries of 40 years or more.

You can also contact your Member of Provincial Parliament (MPP) or Member of Parliament (MP) for a variety of occasions.

A Final Gift to Your Family



Prearranging your burial or cremation is the last gift you can give your family. It releases them from having to quickly make decisions in their time of grief. It also frees them from the need to pay costs associated with your cemetery arrangements.

Contact one of our family counsellors to discuss your wishes and options.

DEVEREAUX
CEMETERY

Cemetery Address: 12337 17th Side Road, Georgetown
Main Office: 600 Spring Gardens Road, Burlington

Owned & Operated by The Roman Catholic Episcopal Corporation of the Diocese of Hamilton in Ontario

905-877-8500 • www.deverauxcemetery.ca

Dental Implants

It feels great to smile with confidence! Available here...

New Patients Welcome
Family and Cosmetic Dentistry



Marketplace Dental Centre
Georgetown Marketplace Mall

905-877-CARE (2273) • www.georgetowndental.com • Proudly Serving Georgetown Since 1994.

HOURS: Monday & Wednesday 8:00am - 8:00pm • Tuesday & Thursday 8:00am - 6:00pm • Saturday 8:00am - 3:00pm