



CELEBRATING WORLD SENIOR CITIZEN'S DAY



Every year on August 21, we celebrate World Senior Citizen's Day—a time to recognize the invaluable contributions of older adults in our communities. This special day began in 1991 and serves as an opportunity to show appreciation for their wisdom, experiences, and the impact they have on society, as well as the challenges they face. It is also a reminder to advocate for the well-being, respect, and dignity of seniors everywhere.

THANK
you

Honoring the Contributions of Seniors

Seniors play a vital role in shaping our families, workplaces, and communities. Their knowledge, resilience, and dedication continue to inspire generations. Whether through leadership, mentorship, volunteerism, or simply sharing their life experiences, older adults contribute in countless ways that deserve recognition and gratitude. If you are a senior reading this, thank you for all that you do!

Check out the next page for more information on honoring our seniors:

Ways to Show Appreciation

There are many meaningful ways to honor seniors on Senior Citizen's Day and throughout the year:

Spend Quality Time: Whether it's a visit, phone call, or video chat, taking the time to connect with an older loved one can make a significant difference. Engaging in conversation and reminiscing about cherished memories can be uplifting and fulfilling.

Express Gratitude: A heartfelt note, a small gift, or simply saying "thank you" can brighten a senior's day and let them know they are valued.

Support Senior Organizations: Contributing to groups that advocate for senior rights, provide resources, or offer companionship programs can help improve the quality of life for older adults.

Promote Health & Wellness: Encourage and support seniors in maintaining their physical and mental well-being by participating in activities like walking, group therapy, or engaging in creative hobbies.

Learn from Their Wisdom: Seniors have a wealth of knowledge and life lessons to share. Taking the time to listen to their stories and perspectives can be a powerful way to honor their legacy.



we ♥ our seniors

Advocating for Senior Well-Being

Beyond appreciation, World Senior Citizen's Day is also a call to action to ensure that older adults have access to the resources, care, and support they deserve. Advocating for better healthcare, social inclusion, and age-friendly policies can help create a society where seniors can thrive with dignity and independence.

Aging is a journey filled with wisdom, experience, and continued growth. Let's honor and celebrate our seniors not just today, but every day!

WE CAN HELP.

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

Call us today at