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NEWS RELEASE

Celebrating Kootenay Seniors



National Seniors Day is straight ahead on October 1, and Kootenay CARP invites you to celebrate by attending the **Forever Young Seniors EXPO** in Cranbrook!

We can all think of a senior who has made an impact in our lives. They are our mentors, our leaders, our grandparents and our loved ones. They are our volunteers, our neighbours, our role models and our partners.

Through their commitment to remain active, engaged and informed, seniors across the country are demonstrating to Canadians of all ages exactly what it means to age well. And we are all benefiting from their ongoing contributions.

Every day, seniors right here in the Kootenays are making a big difference in our communities. For example Sandy dedicates her retirement time and leadership skills to Rotary, Kootenay CARP, Cranbrook Health Care Auxilliary, the Key City Theatre and the Friends of the Cranbrook Public Library. Jim maintains his hometown's official Facebook page, and visits a housebound senior every week to give that man's wife some time for errands and self-care. In addition to her most important "Grandma duties", Brenda in Kimberley dedicates ample time to the Hospice Society as well as the Kimberley Health Care Auxiliary, and serves as the Advocacy Chair for Kootenay CARP. Carol from Moyie tours the area regularly playing piano for seniors' homes and community events. Carl from Creston volunteers for the Better at Home program and takes other seniors to their out of town medical appointments. Many seniors are still making their impact at work.

The 2011 Census shows 52,865 people aged 55+ living in the Kootenay Region. Let's take the time to celebrate these people on National Seniors Day and show our appreciation for everything they do!

One way to do that in the Kootenays is to attend Kootenay CARP's first-ever **Forever Young Seniors Expo**, October 1 at the Heritage Inn in Cranbrook. "The show features over 40 exhibitors and presenters, focused on health and wellness for seniors and their caregivers," says Karen Bailey-Romanko chair of Kootenay CARP, "A wide variety of service providers will be on hand to help community members find the activities and services they may need". While the event is being held in Cranbrook, Kootenay CARP has taken steps to involve exhibitors who serve multiple Kootenay communities. Federal MP Wayne Stetski and

Provincial MLA Bill Bennett are attending, and BC's Senior Advocate, Isobel Mackenzie from Victoria, will provide the keynote address.

Forever Young Seniors Expo runs 10am-4pm (mountain time) on Saturday, October 1 in Cranbrook. For more information, visit www.facebook.com/KootenayCARP, email Kootenay@CARP.ca, or call 250.426.5021.

Regardless of whether or not you are able to attend the event, we encourage you to find your own unique way to celebrate the seniors in your life. However you choose to express your gratitude, the message that we value older Canadians will be heard—and appreciated.

Looking for ideas on how celebrate the seniors in your life?

How about baking cookies for grandma or an elderly neighbour, hosting a luncheon to highlight the contributions of your experienced co-workers or older volunteers or sending a thank-you note to the seniors you know? Take a friend for coffee, or offer to help with a fall yard project. You can visit www.Canada.ca/Seniors for ideas, to print posters or send a certificate of appreciation or a personalized e-postcard to a friend.

We are proud of the seniors in our communities. We value what they have done for us, and they deserve our thanks.

Happy National Seniors Day everyone!

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BACKGROUNDER: CARP

CARP is Canada's largest national, non-profit, non-partisan association that advocates to enhance the quality of life for Canadians as we age.

300,000 Canadians are sharing a new vision of aging. It's a future of financial security, health and wellness, and the freedom to enjoy life your way.

CARP's ABC's

Advocacy – CARP is your national voice for social change. We believe in a future where we can all enjoy financial security, equitable and timely access to healthcare, and freedom from age discrimination

Benefits – CARP delivers the offers and savings our members want most. Save hundreds – even thousands – of dollars on products and services, like: healthcare, travel, home and auto insurance, car rentals, cell phones, and so much more. CARP gives you savings that count!

Community – CARP is the voice of Canadians as we age. Our network of chapters throughout Canada gives you the opportunity to get personally involved with CARP in your community.

CARP's Top 10 Advocacy Issues

CARP's 2016-16 top 10 advocacy issues will require real political commitment and long term investment from governments. They are:

1. Retirement Income Security
2. Healthcare Transformation
3. Universal Pharmacare
4. Homecare
5. Support for Caregivers
6. Older Worker
7. Age Friendly Cities
8. Investor Protection
9. End-of-Life Care
10. National Dementia Care Strategy

For additional information: www.carp.ca

BACKGROUNDER: Kootenay CARP

KOOTENAY CARP Chapter #23

Voice of the Kootenays, making ourselves known Federally

Launched May, 2015

Based in Cranbrook, BC with over 845 active members throughout the East and West Kootenays.

Volunteer Board of Directors 2016: Karen Bailey-Romanko, Arline Davis, Kevin Dunk, Laurie Harris, Brenda McLennan, Sandy Nakano, Darlene Soeder, Sandy Zeznik.

Email Kootenay@CARP.ca

Phone 250.426.5021 (Karen Bailey-Romanko, Chair)

www.facebook.com/KootenayCARP

BACKGROUNDER: National Seniors Day

October 1 is National Seniors Day

The Government of Canada is proud to pay tribute to the seniors who have helped build our country and continue to make valuable contributions to Canadian communities, workplaces and society.

National Seniors Day is an occasion for all Canadians to appreciate and celebrate seniors. Below you will find tips and resources to celebrate the day and commemorate the seniors in your life.

Stay connected! Visit www.seniors.gc.ca and visit their new [“Seniors in Canada” Facebook page](#) and share your stories!