

**For Immediate Release**  
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### **Celebrating seniors and their vital role in the province**

VICTORIA- Today we are celebrating the United Nations International Day of Older Persons, and National Seniors Day in Canada and here in B.C. The United Nations designated October 1 as a day to recognize the accomplishments and essential contributions of seniors around the world in 1990. The theme of the 2018 commemoration is "Celebrating Older Human Rights Champions."

"Everybody has a senior in their lives and today is a day to celebrate the role they play, whether they are grandparents, caregivers, or neighbours," said Isobel Mackenzie, B.C. Senior's Advocate. "When we look at the work seniors are doing, through volunteering, helping raising grandchildren and caring for loved ones, we know they are a vital resource to the wellbeing of our province."

Today, seniors across B.C. and internationally are celebrating what they have accomplished; recognizing their lives and achievements and the Office of the Seniors Advocate is joining in. We have much to be proud of here in B.C. and across the country and it's worth taking some time to reflect on the vital role of seniors in our communities.

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