



December 24, 2021

### **Message from the Seniors Advocate**

Seniors Advocate Isobel Mackenzie is reminding seniors to stay warm and stay safe as British Columbia faces low temperatures, snow, and freezing rain.

Please stay warm by remaining indoors with proper heating, warm clothing and/or blankets. If venturing outside, take great care while walking as sidewalks may be icy, and wear warm clothes to protect yourself from the cold weather. Please check road conditions before driving and drive with caution and reduce speed to stay safe.

During the cold weather, please check on your elderly family members, friends, and neighbours, especially those living alone. Ensure they have access to food, medication, warm clothes, and other essentials so that they may avoid walking on icy sidewalks or driving on treacherous roads.

And if you are a senior or you know a senior who needs some help with getting groceries, meals or medications, call 211 to connect with local services and supports. Together, we can make sure that seniors stay safe during these harsh winter conditions and have an enjoyable holiday season.

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