

**FOR IMMEDIATE RELEASE**

Oct. 1, 2022

**Seniors Advocate statement on the International Day of Older Persons 2022**

VICTORIA – October 1 is the International Day of Older Persons 2022 and an excellent opportunity to recognize the valuable contributions seniors make every day in communities throughout British Columbia.

The United Nations has designated this year's theme as 'The Resilience and Contributions of Older Women' to highlight the vital role women play in supporting everyone through the aging process. Whether it is caring for a spouse, a friend, a neighbour or a grandchild, women prove their role as a caregiver knows no expiry date.

Our communities continue to be enriched by the volunteer efforts of seniors overall and in particular older women. When we look at who is running the seniors' centres, the meals on wheels programs and the hospital auxiliaries across the province, we find it is mostly seniors and mostly women.

A longer life and a smaller income are the hallmarks of B.C.'s senior women, and today let us give thanks and celebrate their resilience and generosity.

Isobel Mackenzie  
BC Seniors Advocate

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The Office of the Seniors Advocate is an independent office of the provincial government with a mandate of monitoring seniors' services and reporting on systemic issues affecting seniors. The office also provides information and referral to seniors and their caregivers by calling toll-free 1 877 952-3181, BC211, via email at [info@seniorsadvocatebc.ca](mailto:info@seniorsadvocatebc.ca), Canada Post and the OSA web site <https://www.seniorsadvocatebc.ca/>.

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