



Image from Seniors for Climate, BC-Hub

## **October 1 was National Seniors Day in Canada. A seniors' organization planned climate action activities for the same day.**

The Canadian Government website says national Seniors Day “is an occasion for all Canadians to join in celebrating older adults across Canada – whether a parent, a co-worker, a neighbour or a friend.”

October 1 was also a day to remember the contributions seniors have made historically and continue to make in our society and communities.

Most older people, contrary to what many ageist people think, are not passively waiting out their old age.

Seniors are aware of and act on many issues facing seniors and other citizens in our world. Seniors through advocacy and lobbying have continued to fight for seniors' rights in Canada through groups like Canadian Association of Older Persons and Old Age Pensioners.

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Older people are acutely aware of issues that affect them such as the lack of affordable housing, the ups and downs of the economy, ageism and the impact of climate change, to name a few issues. Many older people see climate change as one of the most critical issues facing us and, more importantly, the future generations that we care about.

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The World Health Organization says that “climate change presents a fundamental threat to human health. It affects the physical environment as well as all aspects of both natural and human systems – including social and economic conditions and the functioning of health systems.”

We have seen that climate change, which can involve heat waves and cold weather extremes, disproportionately affects seniors. Older populations are usually most vulnerable to extreme temperatures – most heat-related deaths occur in people older than 65.

People might remember that many seniors in the Lower Mainland died from the impacts of the “heat dome” in 2021.

In British Columbia, Seniors for Climate Change, a dedicated group of elders who are committed to bringing our attention to the issue of the climate crisis, planned an event to bring attention to the issue of climate change.

They hoped by planning a National Day of Climate action, which coincided with the National Day of Seniors (Oct. 1), to “create individual actions and events across the province and the country that together will send a powerful message about the climate crisis to our leaders”.

SPEC (Society Promoting Environmental Conservation) Guiding Elder, Dr. Carole Christopher urged seniors “to organize or participate in large and small ways from a neighbourhood barbecue discussion to public meetings, park gatherings, demonstrations, designed to engage with elected officials.”

National Seniors Day, designated by the federal government as a day to celebrate older adults, will now also “serve as a day for seniors to advocate for climate –friendly policies.”

For more information on how to get involved in Seniors Climate Action, please contact

[Seniors For Climate – Later is Too Late!](#)

Closer to home, seniors and those who support seniors have been working on the issues of climate change, including emergency preparedness through the 18 member Seniors Working Group, sponsored by Lionsview Seniors’ Planning Society and various funded programs, which brings information and emergency kits to seniors, especially hard to reach seniors.

Older people deserve our respect as aware individuals concerned about their community. They are major contributors economically and socially to society.

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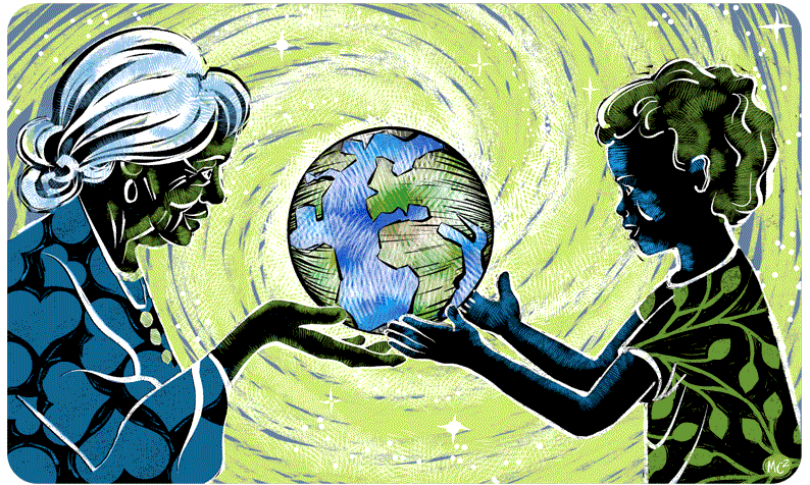


Image from [seniorsforclimateactionnow.org](http://seniorsforclimateactionnow.org)