

June 8, 2020

Seniors' Month



June is Seniors' month in Ontario. This year's theme is **stay safe, stay in touch**. It is a time when we recognize the contributions that older adults have made in communities across our province. In New Tecumseth seniors make up almost 19% of our population making them the second largest demographic in our community. On behalf of Council, the month of June has been proclaimed as Seniors' Month in the Town of New Tecumseth, in recognition and in celebration of what they have contributed and continue to contribute to the life and vibrancy of this community.

During this COVID-19 pandemic we must be mindful to look out for one another, especially our seniors and individuals with underlying health conditions. This could be a simple phone call or text to a loved one or friend to make sure everything is okay or if they need some help. Or why not create "buddy systems" to make sure vulnerable and hard-to-reach people stay connected in our community, particularly to news about COVID-19. This can be done through your church, social group or daily neighborhood email blasts. And for those of you who are not elderly – why not make it a point to check in on your older friends and relatives? Such thoughtfulness is always greatly appreciated. Physical distancing does not mean social isolation.

Now, more than ever, people need to find smart ways to stay connected. Our Town webpage newtecumseth.ca/COVID19 is a great place, where you can access many resources offered in our community. We have also launched the [New Tec Connects](#) program to adapt to these changing times and needs within our community, and to support the evolving needs of our residents and our community as we work through this difficult time. The New Tec Connects program now includes virtual fitness and activities, to focus on opportunities for families and individuals to interact virtually. Visit the Town of New Tecumseth's YouTube channel and our [Virtual Recreation playlist](#) and be sure to subscribe and check back often as new online programming is being added regularly.



Rick Milne, Mayor
Town of New Tecumseth