

Steps to Living **Well**

This month marks **Seniors' Month**, a time when our senior citizens are celebrated all across the nation. Each June, senior men and women are honoured and recognized in a wide variety of ways in different locations. June is a time for all of us to recognize seniors and their prominent influence on our nation, their communities, their families, and other individuals around them.

We can all help the seniors in our lives by providing them with the right information at the right time. Older adults still prefer to get their information through face-to-face contact, newspapers, and television. One barrier to acquiring timely information is the lack of awareness of available resources and confusion as to whom the senior should contact for assistance. As more and more resources move to a digital format, some seniors risk being left behind due to their hesitance in learning about and use computers. However, as more seniors become computer savvy, this barrier will soon disappear. Many government websites have helpful information; for example the **Ontario Seniors' Secretariat** is a great site to visit.

The information needs of seniors haven't changed very much in the last 20 years. They seek information that can affect their day to day living such as topics of finance, health, leisure activities and retirement living options.

Throughout the month of June, please join Delmanor Seniors Communities in recognizing our seniors whether formally or informally.

Brought to you by your Living **Well** Coaches.

