

# AGING STRONG: RESPECT AND PROTECT SENIORS



## Seniors' Month Participation Tips

- Thank the seniors in your life for all their hard work and show them just how much they are appreciated:
  - Send a message saying “Thank You”.
  - Post a message on the MSAA Facebook site.
- Join our Seniors' Month conversation on Twitter. Please use #SeniorsMonth and #AgingStrong.
- Send us photos of your Seniors' Month celebrations.
- Seniors volunteering and helping in their neighbourhood. Tell us about it!
- Post health and fitness tips for seniors via: [www.ontario.ca/page/seniors-stay-healthy-and-active](http://www.ontario.ca/page/seniors-stay-healthy-and-active)
- Post seniors events taking place during Seniors' Month (via link to community centres/municipalities)
- Post daily updates on Twitter of topics of interest to seniors (retirement, financial, elder abuse, housing, driving, recreation, learning, travel tips, etc.) to help inform seniors.
- Provide a link to B.A.S.S.I.C – calendar that provides information about seniors' safety in the community: [www.bassic.ca/safe-seniors-calendar.html](http://www.bassic.ca/safe-seniors-calendar.html)
- Provide Seniors' Month resources to celebrate the month: poster, factsheet, 10 ideas to celebrate Seniors' Month, etc.