



Older adults staying well during the COVID-19 pandemic

Older adults are at high risk for severe complications from COVID-19. As Strathcona County adapts to the new realities imposed by the pandemic, it is more important than ever for older adults to feel SAFE, SUPPORTED and CONNECTED in this community!

DID YOU KNOW?

In 2016, seniors (aged 65 and older) represented 14% of the County population.

Source: Federal Census, 2016

Safe

It is okay to feel vulnerable. Keeping yourself safe during the COVID-19 pandemic will help to protect you and your loved ones.

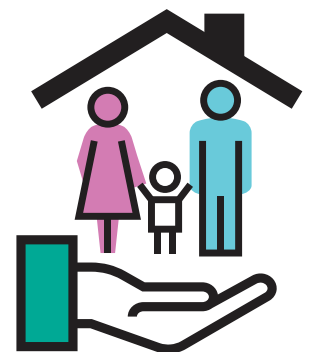
- Keep at least two metres between yourself and others.
- Wash hands frequently with soap and water for at least 20 seconds, or use alcohol-based hand sanitizer for at least 15 seconds.
- Avoid touching your mouth, nose and eyes.
- Cough into your elbow, not your hands.
- Stay away from crowds and large gatherings.
- Remind others who are ill to stay home.
- Continue to stay active, get a good night's sleep and eat a healthy diet.
- Monitor yourself for signs and symptoms of COVID-19.
- [Alberta Health](#) is the authority on COVID-19 for public health direction.



Supported

It is okay to feel stress and worry. The more support we show for each other, the more strength that is available to us all.

- Only look to reputable sources for COVID-19 information.
- Take frequent breaks from COVID-19 information on the news and social media.
- Reach out for supports – there are people and organizations who want to help.
- Contact family, friends and neighbours for assistance.
- Contact [Strathcona County Family and Community Services](#) to speak with a solutions navigator.
- Contact Volunteer Strathcona for programs and services, including grocery and medication pick up and delivery.
- Refer to the [provincial](#) and [federal](#) government websites for information on financial assistance.
- Contact your local church.



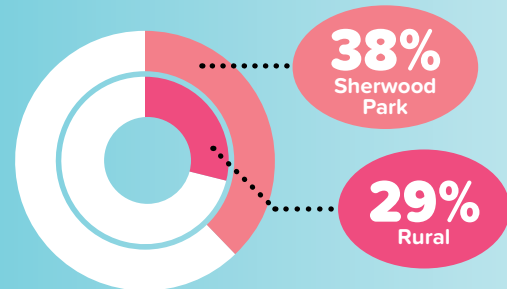
Connected

It is okay to feel isolated. In this challenging time, older adults can benefit from being connected to others in the community.

- Use technology to connect.
- Share pictures through social media or email.
- Have video conversations on your computer or by downloading an app to your smart phone.
- Have driveway conversations with neighbors if you are feeling well and can respect the two metre distancing.
- Help others in your community – [Volunteer Strathcona](#) and [Linking Generations](#) have volunteer opportunities available.
- Volunteer activities that can be done safely from home can include supporting others who are isolated with a friendly phone call.
- Reach out to Volunteer Strathcona if you would like someone to connect with you by phone.



As the world experiences uncertainty, challenge and change, the strength, hope and resilience of Strathcona County's older adults will guide the community through this pandemic, together and stronger!



38% of seniors in Sherwood Park are over the age of 75 as compared to 29% of rural Strathcona seniors.

Source: Federal Census, 2016

Seniors' Week, celebrating safely together. June 1 – 7, 2020

Due to the COVID-19 pandemic, we will be celebrating our seniors in new and safe ways throughout this special week.

Strathcona County would like to thank all of the older adults who choose to make this community their home. The experience, knowledge and vitality that you bring to this community help to make Strathcona County Canada's most liveable community! It is your contributions that help to create a SAFE, SUPPORTED and CONNECTED community for all!

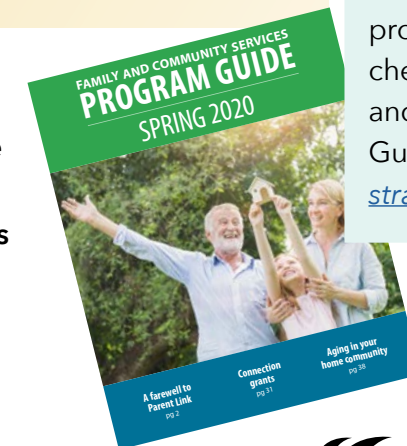
THANK YOU!

Family and Community Services is here to support you remotely.

Fridays, Saturdays, Sundays and Mondays
8:30 a.m. to 4:30 p.m.

Tuesday, Wednesday and Thursday
8:30 a.m. to 8 p.m.

780-464-4044
familyandcommunity@strathcona.ca
strathcona.ca/fcs



For more information on programs and services, check out the current Family and Community Services Guide available online at strathcona.ca/FCSguide

