



## **PROCLAMATION**

### **SENIORS LONELINESS AWARENESS WEEK**

June 15-21, 2026

WHEREAS: Seniors Loneliness Awareness Week is an initiative led by GenWell, Canada's Human Connection Movement, to inspire all Canadians to become more aware of the growing issue of social isolation, disconnection, and loneliness experienced by seniors; and

WHEREAS: Seniors Loneliness Awareness Week is designed to encourage Canadians to connect face to face, with a focus on populations that experience higher rates of disconnection, as well as times of year when individuals may struggle and benefit from stronger social connections; and

WHEREAS: by mobilizing Canadians simultaneously, this initiative helps make it easier for those who may struggle to reach out, while fostering a greater sense of connection, belonging, and overall social health; and

WHEREAS: the focus of Loneliness Awareness Week is to encourage meaningful connections with seniors, recognizing the importance of social interaction for their well being; and

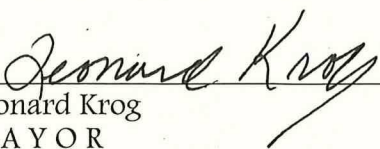
WHEREAS: Canadians are encouraged to take simple but meaningful actions, including greeting a senior in everyday settings, sharing a coffee or meal, going for a walk, or participating in a hobby or activity together; and

WHEREAS: while in person connection is strongly encouraged, the use of digital technology or telephone communication is also supported when time or distance makes face to face interaction difficult;

NOW THEREFORE, I, Leonard Kog, Mayor of the City of Nanaimo, do hereby proclaim June 15-21, 2026 as:

### **SENIORS LONELINESS AWARENESS WEEK**

in the City of Nanaimo, Province of British Columbia.

  
Leonard Kog  
MAYOR

Dated this 6<sup>th</sup> day of May 2026

