

From: Eleanor Silverberg

Sent: Monday, June 24, 2019 11:44 AM

To: Clerks Richmondhill <clerks@richmondhill.ca>

Cc: Godwin Chan <godwin.chan@richmondhill.ca>

Subject: Age Friendly Community Motion by Councillor Chan

Hello,

I support Councillor Chan's Age Friendly Community motion for the June 25th, 2019 meeting. My name is Eleanor Silverberg, an older adult living in Richmond Hill. My work has involved serving older adults for over 20 years.

As a dementia/caregiving/grief specialist and coping strategist, I see the need for conscious awareness to assure the wellbeing of older adults and to help them cope effectively. If the needs of older adults are met and their concerns addressed, the effect is the ability for older adults to be healthier and included as active members in the community. The establishment of a Seniors Advisory Committee that includes the active engagement of older adults would be an ideal means to assure inclusivity, wellbeing and a truly age-friendly community. I hope this can move from ideal to reality.

Kind regards,

Eleanor Silverberg

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