

# INTERNATIONAL DAY of OLDER PERSONS

The theme for the International Day of Older Persons, which takes place on October 1st, 2022, is The Resilience and Contributions of Older Women. This theme serves as a reminder of the significant role older women play in political, economic, social, civil, and cultural aspects of life.

Many older women are changing how the world views them, making a difference, and achieving great things. Some women are famous, their contributions are very public, while others are quietly meeting and overcoming challenges with resilience and tenacity.

Below are just a few examples of senior women and their contributions:

- The San Diego Splash women's basketball team challenges negative stereotypes and misconceptions about older women. They are all over 80 years old, the oldest team is the 50 and over women's recreational league. They play to win and show that you are never too old to take on a new challenge. <https://www.youtube.com/watch?v=QqE-kNIh3YQ>
- Elizabeth Isele champions senior entrepreneurship around the world. She builds educational programs to help seniors launch their own businesses, believing age-earned experiences are beneficial to their success.
- Judith Boyd is a retired psychiatric nurse who became a social media fashion personality. She encourages women to express themselves and celebrate their inner beauty and personality.
- Alexia Parks created one of the first interactive sites designed for online public outreach and civic engagement. She is a strong advocate for women leaders and gender equality. She works with the United Nations as a mentor for at-risk youth worldwide.

While this list includes just a few prominent seniors in Canada and around the world, this October 1st take some time to learn more about what senior women are doing in your community. By learning about and speaking to these seniors, we can acknowledge and celebrate how their contributions have made rural southern Alberta a better place to live.

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