

NWT SENIORS' SOCIETY

Fall 2014



Aurora Research Institute researcher, Brianne Timpson presenting the *Quality of Life* report at our 2014 AGM & Knowledge Exchange

Thank you to all of the participants and presenters at our **2014 AGM & Knowledge Exchange!**

The NWT Seniors' Society would like to thank everyone who attended and participated in our Annual General Meeting and Knowledge Exchanges in September.

Close to 40 people joined us during the two days to hear from several different community members on topics related to the health and well-being of seniors in the NWT.

Some highlights:

- A conversation about the proposed centralization of the health and social services system led by Honourable Glen Abernethy, Minister Responsible for Seniors
- The results of the *Influences on Quality of Life of the Older Adult in the Northwest*

Territories report (2014) were presented by Dr. Pertice Moffitt, Brianne Timpson, and Gloria Bott

- A refreshing Elders in Motion morning exercise with Sheena Tremblay from NWT Recreation and Parks Association
- A presentation on alternative methods to address Mild Cognitive Impairment by Kate Drexler, AVENS
- Healthy eating and living tips from two local naturopathic doctors, Dr. Shahin Moslehi and Dr. Kyla Scott Moslehi

If you have any suggestions for next year's presenters please let us know!

Save
the
Date!

February 10 & 11, 2015

Yellowknife NT

The NWT Network to Prevent Abuse of Older Adults and the NWT Seniors' Society are hosting a workshop and training event in the New Year to celebrate the conclusion of our *Leading the Way* project and plan for next steps. More details to come!



Follow us!



Want to learn more?

Links of interest:

Here are some of the **resources** the NWT Seniors' Society has used over the last few months and would like to share:

❖ **Alzheimer Society AB/NWT** has introduced the ASANT Café, an online gathering place for people with dementia and their care partners:
www.asantcafe.ca/

❖ **The NWT Breast Health/Breast Cancer Action Group** video, *Northern Women Share their Journeys* (2012) is a beautiful and helpful story for women in the north. It's available online, www.breasthealthnwt.ca

❖ **The NWT Network to Prevent Abuse of Older Adults** is continuously updating its resources and information regarding abuse and neglect. If you are interested in learning more or possibly joining the Network, please visit: www.nwtnetwork.com



More information: www.planetnatural.com/growing-indoors



Bringing Green Space Indoors

Tips for gardening inside & in small places

At one of our September Knowledge Exchanges, Jeremy Flatt from Ecology North led discussions on local food security. One topic of particular interest was bringing **gardening indoors** and how to grow your own food or plants in small spaces year-round.

Here are some **tips & ideas**:

- Access to **direct sunlight** is not always a possibility in the North, but high-output light bulbs or "**grow lights**" can be purchased to help supplement natural light.
- Starting out with **herbs** is recommended for new indoor gardeners as they will grow with relatively little fuss. Begin with seedlings or herb plants.
- **Reuse old containers** – mason jars, plastic pop bottles, pallets can all be used to house your greens.
- Involve the **whole family!** Everyone, especially kids, will enjoy the processing of growing, harvesting, and eating their own food.

Upcoming Events

2014 Elders in Motion Training Gathering

November 25 & 26, 2014

8:30-3:30 each day

Explorer Hotel, YK

NWT Recreation and Parks Association for more information: 867-669-8375

Canadian Hard of Hearing Association – YK Branch AGM & 20th Anniversary Kick-Off Event

Friday, November 28, 2014

1:30-3:00

Baker Community Centre, YK

Special Guest Speaker, Gael Hannan from Hearing Foundation Canada

NWT Seniors' Society for more information: 867-920-7444

