

NWT Seniors' Society

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Winter 2016 Newsletter



NWTSS Board of Directors & Executive Director
AGM & Knowledge Exchange, October 2016

Welcome!

We would like to recognize and welcome Ann Firth Jones (pictured third from the right above) as the new president for the NWT Seniors' Society. Ann is very well known in her community of Hay River for her active involvement and advocacy for seniors. Currently she is working on several projects for the NWTSS, including a Gwich'in language initiative.

Thank you!

Thank you to all of the participants and presenters for our Annual General Meeting and Knowledge Exchange this past October. We had many engaging conversations and presentations on new projects in the NWT: Cancer Support Programs, Friendly Calls for Seniors Program, and Elders in Motion initiatives. We also recognize our guest speakers:

Michele Mulder, CEO of the Alzheimer Society Alberta & NWT: www.alzheimer.ca/en/ab
Gary Anaka, Brain Health and Wellness Educator: www.braincoach.ca



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www.nwtseniorsociety.ca
www.nwtnetwork.com

New Projects

Supporting Cancer Programs for Our Communities in the NWT

This project is an initiative led by the NWT Seniors' Society and Health & Social Services. The goal is to develop a directory of programs and supports that are currently in place to assist cancer patients and those who are affected by cancer.

We will be researching existing programs; identifying program gaps; visiting five communities to observe the current programs; discussing with residents about best options; and researching other peer support programs that may be adapted for the NWT.

This is an exciting new program which will lead to the delivery of peer support training and networks of support people for the residents of the NWT. Please contact Mike Prowse with any questions:

programs@seniorsnwt.ca

Read H&SS' NWT Cancer Strategy 2015 - 2025 here: www.hss.gov.nt.ca

Gwich'in Language Revitalization: Translation Project



Inuvik Workshop, November 2016

10 Gwich'in women (pictured above) from Fort McPherson, Aklavik, Tsiigehtchic, and Inuvik, met in Inuvik late November to learn about and translate the "It's Not Right! Neighbours, Friends, and Families" materials. The workshop, GWIK'IT GOON'LIH KWÄH!, will be delivered in their home communities.

Gwich'in Social & Cultural Institute: www.gwichin.ca
It's Not Right! Initiative: www.itsnotright.ca

Interested in joining the NWT Network?

The NWT Network to Prevent Abuse of Older Adults is comprised of NWT residents who advocate for older adult abuse awareness and prevention.

If you are an older adult, community member, service provider, government worker, nongovernmental worker, or all of the above, and care about the safety and wellbeing of seniors in your community - consider joining to represent your region!

For more information see: www.nwtnetwork.com



Friendly Calls to Seniors Program

The Status of Women Council NWT has initiated a new Friendly Calls to Seniors program. The program will match seniors living in the NWT with a volunteer senior from Yellowknife who will phone regularly to provide support and social contact.

Any senior living in the NWT who would like to connect with another senior and receive a call for support and social contact is welcome to join the program. Seniors self refer to the program, and there is no cost to sign up for the program.

For more information call Status of Women NWT: 867-445-4484 or 1-888-234-4485 (toll free).

