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ideas to celebrate

Senior Citizens' Month June 2015

Join the **NWT Seniors' Society** in recognizing the older adults in your family and community.

1

Promote Senior Citizens' Month on social media; change your Facebook status or tweet to spread the word.

2

Is there an older adult in your life that you haven't spoken to for a while? Give them a call to let them know you're thinking of them.

3

How does older adult abuse affect your community? Read a report from your community or region on the NWT Seniors' Society's website: www.nwtseniorssociety.ca.

4

Know someone that needs a bit of extra help around the house or in their yard? Offer your agility and time!

5

Browse the NWT Network to Prevent Abuse of Older Adults' website: www.nwtnetwork.com to learn about older adult abuse and how you can help.

6

If you are over 50—consider participating in our quality of life study with the Aurora Research Institute. Not over 50? Find someone who is and encourage them to send us feedback.

7

Sometimes technology can be confusing for people who didn't grow up with it; offer to help someone learn to search the internet, play games, set up an email, use a cellphone.

8

Volunteer at a local seniors' organization or long term care facility. Sign up to visit or help out once a day, week, or month.

9

June 15th is **World Elder Abuse Awareness Day**. Wear purple to show your support!

10

Remember: small gestures can make a big difference. Offering to help with someone's groceries, helping someone across the street, or just smiling can brighten someone's day.

@NWT Seniors

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Let us know how you celebrated Senior Citizens' Month 2014 by sharing your stories and photos!