

NWT SENIORS' SOCIETY

Spring 2014



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Remember:
Wear **purple** on
June 15th to
celebrate **World
Elder Abuse
Awareness Day**

Mark your calendars!

June 2014 is Senior Citizens' Month

At the NWT Seniors' Society, we've decided to turn Senior Citizens' Week into a month long special event to recognize, honour, and celebrate older adults in the NWT.

This month is an opportunity for people of all ages to celebrate the older adults in our families and communities.

How can you celebrate?

- Promote Senior Citizens' Month on social media; change your Facebook status or tweet to spread the word.
- 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.
- Whether you have an hour, a day, or a week, we're encouraging all NWT residents to reach out to a senior in their lives.
- For more activity ideas and event details, follow us on Twitter and Facebook for daily updates.
- Volunteer some time with a local seniors' organization.
- Celebrate Father's Day weekend by visiting with a male older adult and doing an activity of his choice.
- Remember: small gestures can make a big difference. Sometimes just taking the time to say hello or smile can brighten someone's day.

Check out Senior Citizens' Month events in:

**Ulukhaktok
Inuvik
Fort Providence
Yellowknife
Hay River
Fort Smith
Fort McPherson**



Follow us!





“Grandparents’ Picnic” participants in Hay River

The Hay River Seniors’ Society is one of several Intergenerational Connections Project members. If you, or a group that you know, is interested in participating, let us know!

Intergenerational Day 2014

June 1st is Intergenerational Day across Canada.

Last year, Last year we had great representation from: Inuvik, Fort McPherson, Fort Smith, Norman Wells, Paulatuk, Yellowknife, and Yellowknives Dene First Nation, and we’re hoping for more this year.

If your community is interested in participating in this year’s event, June 1st 2014, please get in touch with your town or band office representative to fill

out the proclamation form and return it to the NWT Seniors’ Society (available on our website).

For event and activity suggestions, check out: www.intergenerational.ca.



Other News

May is **Speech and Hearing Awareness Month** across North America.

Join the Canadian Hard of Hearing Association – Yellowknife Branch in recognizing this important month by attending their open house:

- **6:30 PM**
- **Thursday, May 15, 2014**
- **Baker Community Centre, YK**

There will be tea and dessert, equipment demonstrations, and discussions about hearing loss and other issues. There will be door prizes at the end of the evening. The keynote speaker at the event is Lynn La Saga, who has been hard of hearing since birth and is now an Instructor for adults with or without disabilities.

The iris is the official symbol for World Elder Abuse Awareness Day on June 15th.

Here are some tips for planting them:

- There are over 300 species in the genus *Iris*; Bearded Irises do the best in colder climates.
- Plant them in a sunny spot in late summer.
- Prepare their bed with a low-nitrogen fertilizer and a soil pH slightly less than 7.
- Plant them a minimum of 16 to 18 inches apart.
- Break off seedpods that form after the blooms have faded.



- Prune back the foliage in the fall.
- Divide clumps of bearded iris every three to four years in the late summer.

Check out the Northern Lights Gardening Manual for more gardening in the NWT tips here: www.iti.gov.nt.ca

