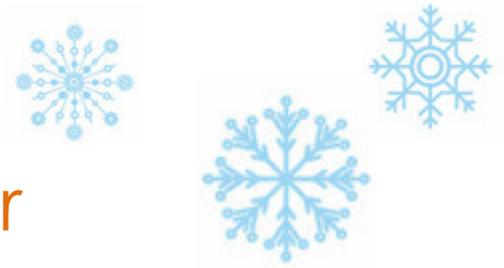


NWT Seniors' Society Winter 2016 Newsletter



A look back: Milestones for 2015

Wow – 2015 was a busy year for us! We'd like to take this opportunity to recap some milestones and important moments of this past year:

- * *Intergenerational Programs:* we funded and supported several wonderful intergenerational projects connecting elders and youth throughout the territory, compiling them all into one handbook this past spring (read the handbook [here](#)).
- * *Strategy for Older Adults:* in November, the NWT Network to Prevent Abuse of Older Adults approved the *Creating Safe Communities for Older Adults: A Five Year Strategy for the NWT 2015-2020*. This document compiles many years of research and workshops, and identifies strategic priorities to prevent, reduce, and eradicate abuse of older adults in our territory (read it [here](#)).



- * *Walking Together Conference:* our "Walking Together" NWT Network to Prevent Abuse of Older Adults Conference was held in February in Yellowknife, with over 50 individuals from 14 communities attended. We talked changes in older adult abuse in our communities and next steps moving forward (read the report [here](#)).
- * *New Research on Older Adult Abuse:* the research discussed at the conference was from the *Networking to Prevent Older Adult Abuse: A Comparative Research Study* project. Researchers assessed the similarities and differences in the perceptions, understandings, and responses are compared to data from 2010 (read the final report [here](#)).



Intergenerational Connections Participants – Gana River Camp, Northern Youth Leadership (upper); Walking Together Conference Participations (lower)



Looking Ahead:

Upcoming Events in 2016

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- * *Northern Governance Conference 2016* (March 1-3, Yellowknife):
For people working in northern governance fields or simply interested in the topics. Various officials, practitioners and academics will share the innovative work in the areas of capacity building, research, and policy throughout the North. More information [here](#) or 867-445-5306



- * *Elders' Parliament* (May 2016, Yellowknife):
Elders' Parliament is an opportunity for elders across the NWT to assume the role of an MLA at the Legislative Assembly in Yellowknife. Anyone over the age of 50 and living in the NWT is eligible to apply. More information [here](#) or 867-669-2230

Winter Time Traditional Plant Harvesting

Part of the Intergenerational Connections project, Brandi Corris in Fort Good Hope compiled a Medicinal Plants Booklet with the help of several elders and youth. Here are some of their tips:



Labrador Tea:

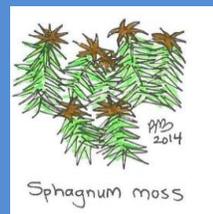
- Steep 1 teaspoon of leaves (or flowers) per person in boiling water for 5 minutes
- Only keep for a few days
- Used for relaxation; high in Vitamin C

Sphagnum Moss

- Hang to dry; cut into pieces as desired
- Can be used for cleaning, wiping fish. Also mosquito repellent (dry out, burn as a coil)

Red Willow Alder:

- Peel bark off the stem and boil it slowly until the liquid turns orange (2-5 minutes); cool liquid
- Film that forms on the surface can be rubbed to heal eczema, insect bites, sunburns
- Found in wetter areas, with Labrador & cranberry



Black Spruce:

- Gently boil 5 to 15 cones for 10 to 15 minutes to make tea
- Cones can be picked from the tops of young spruce year round
- Drink 3-4 times a day for 5 days to alleviate coughing or sore throat

See the full guidebook [here](#). Note: along with these suggestions, it is important to seek medical attention if you are having any significant or persistent health concerns.