

NWT SENIORS' SOCIETY

Summer 2018

Greetings for NWT Senior Citizens' Month!

The NWT Seniors' Society is pleased to be celebrating **Senior Citizens' Month – June 2018**.

The celebration of Senior Citizens' Week, which has become a month-long celebration, began in the NWT, in 2000. Senior Citizens' Month highlights the contributions of older adults to their communities and marks the important days of *Intergenerational Day* on June 1st and *World Elder Abuse Awareness Day* on June 15th.

Many of the communities throughout the North are holding exciting events this month. We look forward to hearing stories about the gatherings. Wondering what you can do? Is there an older adult in your life who you haven't spoken to for a while? Give them a call to let them know you're thinking of them. Know someone that needs a bit of extra help around the house or in their yard? Offer your agility and time! Invite youth in your community to visit older adults and share their great stories.

Spread the word about Senior Citizens' Month and send us photos of your events! Most of all, enjoy your time together!

Mary Pat Short
President
NWT Seniors' Society



CLICK ON US!



Days to recognize:

Intergenerational Day:

June 1st, 2018 is a worldwide event to celebrate elder-youth relationships and activities. #intergenerational

World Elder Abuse Awareness Day: June 15th, 2018

is an international effort to promote the awareness and discussion around the abuse of older adults. We

commemorate this day **by wearing purple.**

#WEAAD



Win a \$50 gift card!

Prizes for top 3 submissions

Photos to be posted on Facebook & website*

Submit photos by e-mail to:
admin@nwt seniors.ca

Deadline: June 29th, 2018
12:00pm

JUNE 1ST, 2018

INTERGENERATIONAL DAY PHOTO CONTEST!

Give us your best photos celebrating the beauty of all generations!

The NWT Seniors' Society wants to see how the North celebrates its relationships. Photos will be judged by Northern older adults.

NWT SENIORS' SOCIETY
102, 4916 46 Street
Yellowknife, NT X1A 1L2
(867) 920-7444
www.nwt seniorsociety.ca



*Please get consent from people you're photographing for social media and website posts

Help us celebrate
Senior Citizens' Month
by participating in our
photo contest!



Summer Festivals



JUNE

LobsterFest, Hay River - June 2

Arctic Image Festival, Inuvik – June 8-10

Kingalik Jamboree, Ulukhaktok – June 16-17

Open Sky Festival, Fort Simpson – June 30

Spring Music Festival, Aklavik – June 29-July 2

JULY

Hay Days Festival, Hay River – July 3-7

Great Northern Arts Festival, Inuvik – July 13-22

Folk on the Rocks, Yellowknife – July 20-22

Land of the Pingos Music Festival, Tuktoyaktuk – July 27-29

August

Old Town Ramble & Ride, Yellowknife – August 3-6

Slave River Paddlefest, Fort Smith – August 3-6

Thebacha & Wood Buffalo Dark Sky Festival, Fort Smith – August 23-26

Many more at:

<http://spectacularnwt.com/what-to-do/summer-adventure/summer-events>

The Board of Directors of the NWT Seniors' Society is pleased to announce that Suzette Montreuil is the new Executive Director of the NWT Seniors' Society. Ms. Montreuil succeeds Barb Hood who held the position for nearly 19 years and whose efforts are greatly appreciated.

Ms. Montreuil brings many years of northern experience in working with seniors and elders in many communities in the NWT and Nunavut in her work as an Occupational Therapist. She has also worked with several community groups and boards in a leadership capacity recognizing the importance of an approach that encourages the participation of the people involved.

Senior Citizens' Month

Ideas for Senior Citizens' Month events in your community

Mark your calendars!

June 1st

Intergenerational Day

World Elder Abuse Awareness Day

June 15th

Event Ideas

- **Awareness Campaign:**
Ask your local radio station to advertise your community event, as well as spread the message about older adult wellness and prevention of abuse of older adults.
- **Story Time:**
Create opportunities for older adults and children to read together; either at school, the library, or in a community centre.
- **Creating Family Trees:**
Activity for family members to learn from their parents, grandparents, and other older people in the community about their ancestry and how they are connected to each other and their community.
- **Community Workshop:**
Host a workshop on family violence and abuse of older adults prevention and responses specific to your community; NWT Seniors' Society can provide information and resources.
- **Making Traditional Foods:**
Opportunity for older adults to teach other community members how to prepare traditional foods in the community.
- **Community Feast:**
Invite the entire community to celebrate local older adults over a meal.
- **Go Outside:**
Organize a walk in the bush for local flora and fauna experts to share their knowledge and discuss traditional uses and harvesting methods of plants and animals.
- **Learn & Teach a Language:**
Organize lessons for intergenerational tutoring - a space to teach and converse in Indigenous languages and English

More ideas & information at: www.nwtseiorsociety.ca

