



Senior Citizens' Month June 2019

June 1st - Intergenerational Day

June 15th - World Elder Abuse Awareness Day

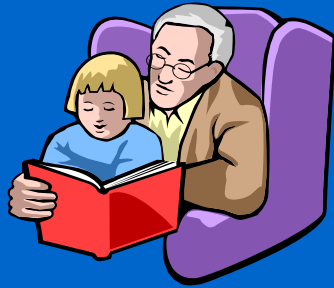
Apply for a grant with NWT Seniors' Society and/or go to www.nwtrpa.org for application with NWT Recreation and Parks.

Let us know how you celebrated Senior Citizens Month 2019 by sharing your stories and photos!



Ideas for Events in Your Community

- **Promote Seniors Citizens' Month**
Change your Facebook status, tweet or make a poster to promote Senior Citizens' Month
- **Story Time**
Create opportunities for elders and children to read together at school, the library or in a community gathering place.
- **Community Feasts**
Hold a community feast or barbecue that celebrates the elders in your community.
- **Go Outside**
Organize a walk in the bush and ask local elders to share their knowledge about traditional uses and harvesting methods of plants and animals.
- **Visiting Seniors**
Is there a senior in your life that you haven't spoken to for a while? Set up a visit with them. Bring some yummy food!
- **Offer some help**
Know someone that needs a bit of extra help around the house or in their yard? Offer your agility and time.
- **Traditional Skills**
Host a workshop on Dene drum making, beading or sewing. Ask local elders to share their knowledge and skills in these crafts.
- **Computers and social media**
Hold a workshop where elders can learn how to use computers, cell phones and Ipods. This would



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Facebook: [NWT Seniors' Society page](#)

be a chance for youth to share with their seniors.

- **June 1st is Intergenerational Day**
Organize an event where youth learn to make tea, bannock and traditional foods from local elders.
Create Family Trees so family members learn their history from their parents, grandparents and elders in the community and see the connections between generations.
Adopt a Grandparent Day – Children and youth could invite their grandparents, or adopt an older citizen who may not have grandchildren, to be a part of a shared learning experience in their class.
- **June 15th is World Elder Abuse Awareness Day**
Wear purple to show your support!
Check out the *NWT Network to Prevent Abuse of Older Adults*' website: www.nwtnetwork.com to learn about abuse of older adults and how you can help.
- **Awareness campaigns**
Use radio or posters to get your message out to stop the abuse of older adults – ask service providers and others in your community/region that have knowledge to help with such events or contact us for resources.
- **Community walk**
Organize a community walk that promotes importance of elders and respect for elders. Contact us for resources.