

10

ideas to celebrate

Senior Citizens' Month June 2014

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

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

3

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.

4

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.

5

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

6

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.

7

June 1st is **Intergenerational Day** across Canada! Spend time with someone older or younger. Check out ideas at www.intergenerational.ca.

8

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.

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!