

Update on long term care beds  
*Working Together with Elders*  
Fort Providence profile  
Get Outside!  
New Resource Training Guide



Mackenzie River sunset

## Seasonal Newsletter: Spring 2021

# NWT Seniors' Society

## Long Term Care Beds Needed

The Bureau of Statistics published a report with the numbers of long term care beds we will need.

Using a method called Average Flow Model, they looked at the number of seniors, their age when they are admitted and their length of stay. They looked at all regions of the NWT.

Considering all of these factors, they determined that we would need between 352 and 450 long term care beds in the next 15 years.

To support our elders Aging in Place, we also need more Homecare services, easier access to home maintenance and renovations and supportive living units that are accessible and can offer services like snow shoveling, laundry and meals.

## Working Together with Elders

The community facilitators are organizing all kinds of activities for elders in their communities. Taking elders out to check snares, organizing bingo nights and gatherings to play games are some examples. They are also offering meals on wheels and visiting elders who find it hard to get out.

Wonderful to see the work they are doing!



Elders in Ft McPherson playing ping pong.

# Community Spotlight: Fort Providence

Ft Providence or Zhahtikoe (mission house) is a hamlet in the South Slave region. It is located west of Great Slave lake and on the Mackenzie River. It was founded in 1860 as a Catholic mission site and the Hudson Bay Company started a post there in 1868. The population is around 770. Fort Providence is known for the majestic wood bison that surround the area. The fishing is also great with lots of greyling, trout, pickerel and pike.

We held a Creating Safe Communities for Older Adults workshop at the end of September 2020.

We talked about elder abuse in the community and how the group could help local elders. Local RCMP officers came to the session and shared how they can help as well.



Seniors residence in Fort Providence



Our Lady of Providence church.

**Are you wanting to start organizing events for elders in your community?**

**Do you want some information that would be useful for the people working with elders?**

Check out our Resource Training Guide on our website. Go to [www.nwtseniorsociety.ca](http://www.nwtseniorsociety.ca) and look under Working Together with Elders.

Check out our new website!

Go to [www.nwtseniorsociety.ca](http://www.nwtseniorsociety.ca) and see our new website. We tried to make it easier for you To find the information you want. Let us know what you think of it!

## Working Together with Elders



## Resource Training Guide



February 2021

# It's Spring! Time to go Outside!



Fort Liard/Petitot junction

## Spring is Here!

Spring is a great time to enjoy the outdoors.

- Try planting a few seeds in a container and see how they grow.
- Think of a story about your childhood during spring. Ask the school if you can come and tell the story.
- Show some young hunters how to clean birds.
- Visit your favorite fishing spot. Show youth how to fillet fish.
- Gather local flowers or pussy willows to make a bouquet.
- Have a picnic at your favorite spot.
- Make a bird house out of wood or a milk box and put some seeds. See which birds are attracted.
- See if you can find some local traditional medicine.
- Guess what date the Mackenzie River will break or your local lake will show open water.



coming soon >>>

## In The Next Issue

*Community profile*  
*Summer for seniors*  
*Other NWTSS updates*

## COVID Vaccinations

Take advantage of living in the best place in Canada. Get your vaccination now!

As of April 20th, 63% of people 18 and over had their first dose and 51% had their second dose.

Contact your health centre or public health to find out how to get your vaccine!

**Keep our elders safe!**



NWT SENIORS' SOCIETY

Questions? Contact us!

Phone: 1-800-661-0878 | 867-920-7444

Website: [www.nwtseniorssociety.ca](http://www.nwtseniorssociety.ca)

Facebook: [www.facebook.com/nwtseniors](https://www.facebook.com/nwtseniors)