

New Board members  
Update on *Working Together with Elders*  
Fort Good Hope profile  
Helpful Hobbies  
Winter Walking



*Mackenzie River near Fort Good Hope*

## Seasonal Newsletter: Winter 2021

# NWT Seniors' Society

### NWTSS Board of Directors

At our virtual AGM on October 21<sup>st</sup>, the following were welcomed as Board members.

Don Webb – President  
Fort Smith  
Pat Burnstad – Vice president  
Hay River  
John Hazenberg – Treasurer  
Yellowknife  
Martina Norwegian – Secretary  
Deh Cho  
Elizabeth Kunnizzie – Past  
President, Inuvik  
Annie Goose – Director  
Ulukhaktok  
Florence Barnaby – Director  
Sahtu  
Therese Villeneuve – Director  
Fort Resolution/Lutsel K'e

Sorry, no photo as we gathered online only.

### Update on *Working Together with Elders* (Collaborating for Inclusion of Older Adults)

Our 10 communities completed their orientation and training and chose a great new name for our project.

#### *Working Together with Elders!*

During the orientation sessions, the group reviewed many topics such as supporting mental health and increasing physical activity. This will be useful in their work as community facilitators. Thanks to the Leadership team for facilitating the sessions. The facilitators are reaching out to elders and most have started activities or support work for elders.

We hope elders are enjoying the project!



*Elders Christmas tea in N'dilo*

# Community Spotlight: Fort Good Hope

Fort Good Hope is a charter community in the Sahtu region. It is located on a peninsula between Jackfish Creek and the east bank of the Mackenzie River, about 145 km north of Norman Wells. With a population of about 516, it is known for its continued fishing, hunting and trapping. Just south of the community, the Mackenzie river narrows from 2 km to just 100 meters at a place we call the Ramparts. The traditional name of the community is Radeyilikoe which means “where the rapids are”.

Our Lady of Good Hope was built as a Gothic revival style church between 1865 and 1885. It is known for its artistic beauty and was declared a National Historic Site.

We held a Creating Safe Communities For Older Adults workshop there in November 2020. The photo shows participants in the workshop.



*Our Lady of Good Hope church*

## Website Renewal

Thanks to funding from the Department of Health and Social Services, we are redoing our website. We will let you know when the website is finished. Let us know what you think about the changes!

## Hobbies help us keep going in winter!

Here are a few ideas!

- Try doing puzzles – pick a spot with good light so you can finish it. Put it on a board so it is easy to put away and ready for next time.
- Cooking up a storm in your kitchen is better than going out in one! Try a new recipe or an old favorite. Share recipes with family or friends.
- Try learning how to paint or take up carving. Whatever you make is a piece of northern art!
- The North is known for its beautiful sewing. Get together with a friend and have a sewing day.
- Pull together all of your old photos into a memory book. Tell someone about what was happening when the photos were taken. Talk about them on the radio.
- Try jigging in your house to some traditional fiddle music.

# Walking in our Winter Wonderland!



Mackenzie River in Fort Simpson

## Walk Like a Penguin!

We do not have penguins in the NWT. But walking like a penguin is a good safety tip!

- Walk with your feet apart and toes pointed out
- Take small steps
- Keep your hands out of your pockets



Also

- Ask for help to clear your entrance of snow.
- Wear boots with a good grip
- Make sure your cane has a rubber tip and an ice pick for going out.
- Try using Nordik walking sticks for support and more exercise for your arms.
- If it is really icy, try finding a place to walk inside like a school gym or community hall.

coming soon >>>

## In The Next Issue

Community profile  
Ideas for spring  
Other NWTSS updates

## COVID Vaccinations

Canada's northern territories have achieved much higher COVID-19 vaccination rates than its more populous provinces despite geographic challenges in a sign that prioritizing vaccine rollout in Indigenous and rural communities is paying off. *Globe and Mail* (Jan. 31<sup>st</sup>, 2021)

**Keep our elders safe!**



NWT SENIORS' SOCIETY

Questions? Contact us!

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