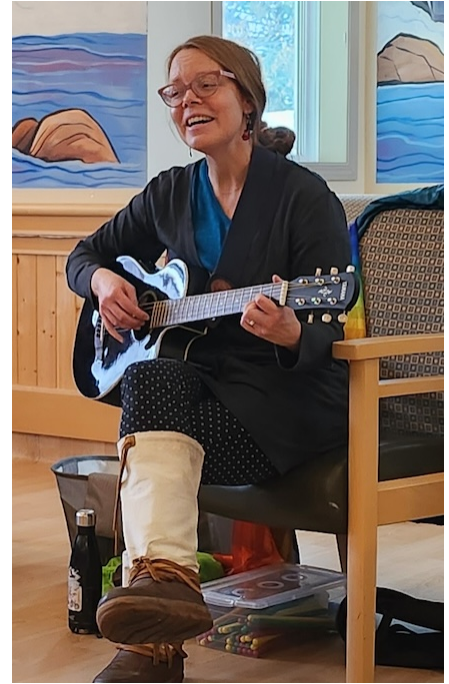


# YELLOWKNIFE SENIORS' SOCIETY

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November, 2023

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## *“Let’s Sing” Sessions are Back!!*

On Monday October 30<sup>th</sup>, our weekly Singalong class returned to Avens! 21 residents, family members and community seniors came together in the Multi Purpose Room (MPR) to sing along with songstress Kerry Wheler. After a 4-month absence due to summer break followed by evacuation and health closures at Avens, this Monday brought wonderfully uplifting opportunity for us all to sing, laugh and play along with Kerry’s guitar, and with various musical percussion instruments in our hands!



*“Let’s Sing”* is funded through the Alzheimer’s Society of AB/NT, and coordinated by Shawna Gillis and Martha McLelland. Come and join us in the Avens multi-purpose room on the 2<sup>nd</sup> floor. **Sessions are on Mondays, 1:30 – 3 pm : Nov. 6, 20, 27, Dec 4 & 11.**

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We’d like to thank Seniors for your positive comments offered following our first Newsletter in October. Thank you for the encouragement! We welcome original content for this newsletter and ideas for future content. You can contact us at [logsdon@theedge.ca](mailto:logsdon@theedge.ca) or [miekecameron@gmail.com](mailto:miekecameron@gmail.com). Photographs are very welcomed. We hope to put out the newsletter monthly, but plan to skip December in order to relax with friends and family and enjoy the season. Enjoy the holidays!

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## ***Avoiding Slips and Falls***

Winter can make mobility difficult for seniors. Age compromises our strength and balance and weakens our bones. Snow and ice increase the danger of slips and tumbles and a fall can be a life altering experience. Mike Vaydik sent us an article about Ice FX boot treads, stating, "I wear an older version of this technology and can attest to the fact that it does provide some security against slips and falls. Nothing is perfect but anything that helps even a little should be considered as cheap insurance." Marks Work Warehouse carries foot ware using these soles. Mike invites members to contact him (867-446-4797) if they want more information on these treads, or review the advertisement at:



<https://www.theglobeandmail.com/life/adv/article-these-are-the-innovative-boots-keeping-canadians-safer-this-winter/>

If you have found an effective way to stay upright and avoid slips and falls in our winter wonderland, let us know and we'll pass it along.



### **CHRISTMAS To-Do List**

- Buy Presents -> Be Present**
- Wrap Gifts -> Wrap Someone in a Hug**
- Send Gifts -> Send Peace & Goodwill**
- Shop for Food -> Donate Food**
- See the Lights -> Be the Light**



## Upcoming Events Around Town



**Santa Claus Parade**



**LWAB - Pot Luck**



**Craft Sale**

Nov 25-28 – Annual Christmas Sale @ YK Guild of Arts & Crafts, 10 am–2 pm

Nov 25 – YK Quilters Guild Christmas Sale, Centre Ice Plaza, 9am–3pm

- YK United Church Christmas Bazaar, NUP 10am-3pm
- Marche des Fetes d'Ecole Allain St Cyr, 11 am–4 pm
- Santa Claus Parade, 53<sup>rd</sup> St, Franklin Ave & 49<sup>th</sup> St, 5–7 pm
- NACC *Trio Mediaeval* Concert, Seniors \$25, 7:30 pm
- Northern Book Fair, Visitor's Centre 10am-2pm

Nov 26 – *Music at the Museum*, Free, 3 pm

Dec 1 – *Lunch With a Bunch*, Potluck, Baker Centre

Dec 1-2 - Ecole St Joseph Winter Market, School Gym, Friday 6-9 pm; Sat 12-5 pm

- NACC, Bella Dance *Nutcracker*, 7 pm shows; matinee Dec 2, 2 pm

Dec 2 - YK Curling Club Holiday Market, YK Curling Club lounge, 12–4 pm

- NUP, Christmas Tea and Bake Sale, 2-4 pm
- Catholic Women's League Christmas Bazaar & Bake Sale, St Pat's Church, 9-12 pm

Dec 3 – Ladies' Aux Legion, Christmas Dinner, \$15

Dec 7,8,9 – NACC, *Handel's Messiah*, 7:30

Dec 8 – *Lunch With a Bunch*, Baker Centre



### ***Ten Absolutes***

Through the Alzheimer's Caregiver Institute, Jo Huey offered *Ten Absolutes* that resonate deeply, and are well worth keeping in mind as we engage with those who are suffering with Dementia. They are wonderful reminders for us all.

#### ***Absolutely NEVER:***

1. Argue, instead Agree
2. Reason, instead Divert
3. Shame, instead Distract
4. Lecture, instead Reassure
5. Say "Remember", instead Reminisce
6. Say "I told you", instead Repeat/ Regroup
7. Say "You can't", instead Do what they can
8. Command/Demand, instead Ask/ Model
9. Condescend, instead Encourage/ praise
10. Force, instead Reinforce

Dec 9 – YK United Church Christmas Bazaar, NUP, 10am – 3pm

- International Holiday Market, Ecole Allain St Cyr, 1-5 pm
- Centre Ice Plaza, Christmas Market, 10am - 3pm
- Made in the North Handmade Craft Sale, Copperhouse Eatery, 10am-2-pm

Dec 11, 16 - Alzheimer Society Drop-In Care Partner Support Group Nunasi Building, 1 st Floor, #116, 5109-48 Street, 1:00 pm-3:00 pm

Dec 15 – *Lunch With a Bunch*, Baker Centre

Dec 14, 15, 16 – NACC, *Mean Girls Jr*, 7 pm. Matinee on 16<sup>th</sup>, 1 pm

**Alzheimer Society  
Alberta and NWT  
Drop-In Care  
Partner Support Group**  
Yellowknife, NT  
All Care Partner Support  
Groups are on a drop-in basis.  
No registration is required.  
For further information,  
email Shawna at  
[sgillis@alzheimer.ab.ca](mailto:sgillis@alzheimer.ab.ca)  
or call (867) 669-9392

