

THE NEXT 30 YEARS



A Community for Seniors
2017-18 ANNUAL REPORT

[AVENSSENIORS.COM](https://avensseniors.com)

AVENS Vision, Mission and Values

VISION

Seniors have access to a safe and caring community for life

MISSION

AVENS delivers quality services in a safe and respectful manner to support residential living choices for seniors

VALUES

Respect, Dignity, Accountability, Integrity, Collaboration



President's Message



In our last annual report, we celebrated AVENS' 30-year anniversary. Now we are looking forward with optimism and excitement to the next 30 years. We know that to be successful in the next 30 years will require us to work diligently now, so

Yellowknife and NWT seniors have a safe and caring community for life.

That takes vision, foresight and planning. It takes a willingness to change, even when change is hard.

During the 2017/2018 fiscal year, AVENS' board and administration have been working to set this foundation in place and take the first important steps into the future. You may recall that at our last AGM, we asked for your opinions about what seniors need, and AVENS role in delivering on those needs. We reached out to a number of stakeholders with similar questions. In October, 2017, board members and administration met and hammered out AVENS strategic plan. (A summary of the strategic plan is included on page 8 of this Annual Report).

Board and administration then went to work to start implementing the plan. Needs of seniors, and demand for our services continue to grow. Therefore, we see our future as one of growing the services we provide. The first imperative of growth is to ensure we have a strong foundation on which to build. And some of that foundation requires change.

Change is exciting. It is also messy, often difficult and always necessary. We can't do what we've always done and expect it to take us somewhere new. Your board of directors is committed to moving forward on its clear vision of the future and doing the work that needs to be done, no matter how difficult.

Having a clear direction articulated in a strategic plan enables the board, and the organization, to maintain its focus and momentum despite

changes. In the last fiscal year, we lost three members of our board: Shane Clark, Kathy Gray, and Kim Poulter. Each of these board members brought significant strength and skills to the board from their professional careers, and all are sorely missed.

To fill the gaps left by these able members, our nominating committee recruited two new board members that the board appointed to fill a term ending at the AGM. Marion LaVigne and Caroline Wawzonek. Marion LaVigne is long-time Yellowknifer, local business person, and skilled marketer and communicator. Caroline Wawzonek is a local lawyer. Both bring significant expertise in areas that will be exceptionally important and useful to moving AVENS into the next 30 years.

AVENS is fortunate to have a strong and engaged board of directors. As board president, I thank all these hard-working and committed volunteers for their wisdom and dedication to AVENS and the people AVENS serves.

Four of the AVENS board members have agreed to let their names stand for another term of office. Larry Adamson, Caroline Wawzonek and I have chosen not to continue on the AVENS board, making room for others with new energy and skills on the board.

It is with regret that I leave the AVENS board, however extended travel plans do not enable me to commit the time required by the position. AVENS is on the cusp of some very exciting times. I will watch with interest to see them unfold.

And finally, I thank the board and the community for the opportunity to serve such an important organization as AVENS.

Leanne Tait
President

CEO's Message



This has been a fulfilling and demanding year at AVENS – A Community for Seniors. The board's strategic plan has reinforced our commitment to the seniors of Yellowknife and the Northwest Territories, while providing eight main areas

of focus for the future.

In October, funding was announced for the much needed kitchen and laundry facilities update on the AVENS campus. During the year preliminary work started and we continue to work with the Government of the Northwest Territories on this amazing opportunity to upgrade our facilities to fulfill our mission with greater ease.

We heard the concerns regarding our respite program and last fall we held a public respite review. Results from the review informed the relaunch of the program which has been a great success for residents and families and has increased our operational efficiency.

In March, we welcomed the survey team from Accreditation Canada and celebrated our successful five-year accreditation status. This quality improvement process created opportunities for AVENS staff to demonstrate their commitment to those we serve. It was a wonderful team effort leading to an outcome we can all be proud of.

Throughout the year, we continued our commitment to partnering with other organizations. Over an 8-month period we held 12 intergenerational cooking workshops with the Fédération Franco-Ténoise.

As another year draws to a close, it is important to recognize the commitment and dedication of the staff and volunteers who make AVENS a safe and caring community.

Morgan Gebauer
Chief Executive Officer

AVENS Stewardship

AVENS – A Community for Seniors is an independent, not-for-profit society governed by a volunteer board of directors. Our overall vision is that seniors will have access to a safe and caring community for life.

Since we opened the doors to the Manor in September 1987, AVENS' board and staff have stayed focused on providing safe, quality services for NWT seniors. We've changed and grown a lot over our history. Starting out as the Yellowknife Association of Concerned Citizens for Seniors (YACCS), we have grown into a sophisticated organization offering not only housing options, but providing a sense of community for seniors from throughout the NWT.

AVENS is governed by an eight-person board of directors, and is operated by a dedicated staff of over 100 individuals.

2017-18 Board of Directors

(including retirees and new appointments)

Larry Adamson, Director (Sept. 2016 – Sept. 2018)

Ron Allen, Director (Sept. 2010 – current)

Shane Clark, Director (Sept. 2012 – Jan. 2018)

Kathy Gray, Director (April 2014 – Jan. 2018)

Marion LaVigne, Director (Feb. 2018 – current)

Kim Poulter, Director (Sept. 2016 – Jan. 2018)

Matthew Spence, Director (Sept. 2016 – current)

Leanne Tait, Director (Sept. 2016 – Sept. 2018)

Sandra Turner, Director (Feb. 2012 – current)

Caroline Wawzonek, Director (Feb. 2018 – Sept. 2018)

Executive Committee

Leanne Tait, President

Ron Allen, 1st Vice President

Sandra Turner, 2nd Vice President

Nominations Committee

Sandra Turner, Chair

Matthew Spence

Audit Committee

Matthew Spence, Chair

Larry Adamson

Marion LaVigne

Governance Committee

Sandra Turner, Chair

Matthew Spence

Caroline Wawzonek

Management Team

Morgan Gebauer, Chief Executive Officer

Shannon MacNeil, Director of Care

Stacy Cormier, Director of Finance & Administration

Frances Bower, Care Supervisor

Maxime Carpentier, Food Services Manager

Carol Norwegian, Recreation and Volunteers Supervisor

Dave Polakoff, Maintenance Supervisor

Treena Riles, Executive Assistant

Toni Vanthull, Housekeeping Supervisor

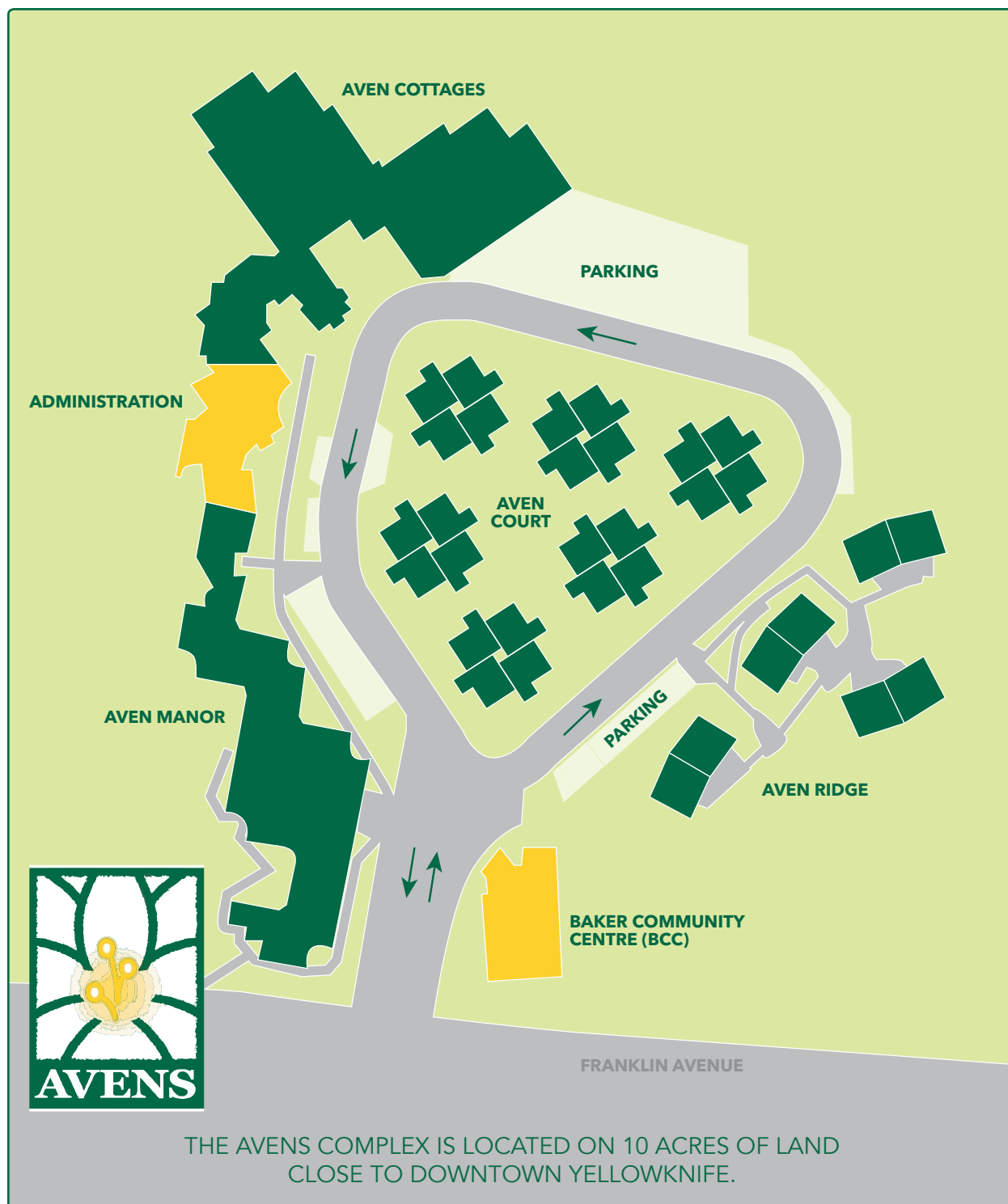
Ben Bruser, Human Resources Manager

Staffing

Full-time, part-time, and casual

Administration	7
Care	81
Food Services	11
Housekeeping	16
Maintenance	3
Recreation Therapy	8
Total	126

AVENS Campus Map



AVENS Facilities

AVENS has five separate complexes on its property.

The oldest complex on the AVENS' property is **Aven Manor**, a long-term personal care facility serving Yellowknife and other NWT communities. The 31 year old facility houses 29 seniors. As it ages, it is in need of major retrofits and eventually replacement by a new facility.

The next oldest complex on the AVENS property is **Aven Court** which is 26 years old. It is an affordable housing facility that provides 24 units of housing for independent seniors contained in six fourplex buildings. New windows are being installed in this complex, and there are other major repairs and upgrades that could be made to these popular units. There are no plans to replace them in the foreseeable future.

Another much newer affordable housing facility for independent seniors is **Aven Ridge** which is only 11 years old. It has eight housing units contained in four duplexes. Five units are provided as affordable housing and three units are offered at market rental rates. There are no plans in the foreseeable future to retrofit or replace these units.

Eight years ago the Government of the Northwest Territories constructed a new territorial dementia facility called **Aven Cottages** on AVENS property. This new facility is operated by AVENS and started accepting residents in March 2010. It can accommodate up to 28 residents. There are no plans to retrofit or replace this facility.



The fifth facility on the AVENS property is the **Baker Community Centre** which is 23 years old and was built with public donations. AVENS owns the property and the building but the centre is operated by an independent group, the Yellowknife Seniors Society, which provides programs and services in support of wellness for Yellowknife seniors, including AVENS residents.



It should be noted that AVENS has long waiting lists for all four of its facilities, and this situation will continue, based on well documented future demand, due to aging baby boomers, and more people choosing to retire in the NWT.

As vacancies occur in the **Manor** or **Cottages**, the Territorial Admissions Committee (TAC) selects the individuals for these spaces. In 2017-18, AVENS

residents came from Yellowknife and seven other NWT communities.

AVENS' management is responsible for the selection of new tenants for the **Court** and **Ridge**. Selection is based on current demonstrated need for subsidized housing. Market units are allocated on a first-come, first-served basis.

AVENS Strategic Plan

One of the main responsibilities of the AVENS board of directors is to set strategic vision for the organization.

In order to do that, AVENS undertakes regular strategic planning:

- to reflect on the context in which AVENS exists,
- to identify trends, needs and factors that do and will affect AVENS' future success,
- to focus on the vision of the organization and,
- to provide direction to administration so that operations are aligned with the board's vision.

It is within this context that the board and the senior management team developed its strategic plan in October 2017. A full copy of the strategic plan is available on the AVENS website, or upon request.



Here are the strategic plan highlights:

Community Recognition and Relationship

AVENS will be recognized by partners, stakeholders and owners for our expertise and for the delivery of high quality services within the bounds of our mission.

Organizational Preparedness

AVENS will be adequately prepared and well positioned to access and benefit from opportunities as they arise.

Organizational Structure

AVENS will be organized for operational efficiency, to encourage a positive organizational culture, and to be ready for expansion of services.

Service Compensation

Contracts with partners such as the GNWT, to deliver services, will adequately cover the annual projected cost of delivering those services on their behalf.

Bed Management

Beds within AVENS' residences will be appropriately utilized. AVENS will have some control over admission standards and the allocation of beds, resulting in optimal use of beds and resident-centred care.

Housing Choices

Seniors in the NWT will have choices for housing, accommodation and care while ageing.

Revenue and Service Expansion

AVENS will develop an additional revenue stream through the delivery of specialized services that are aligned with our vision and mission.

Kitchen/Laundry Expansion

AVENS' new kitchen and laundry facilities will support our future services and expansion opportunities in keeping with our vision and mission.



2017-18 Highlights

Accreditation

AVENS continues to be recognized as a fully accredited institution following an in-depth survey conducted by independent *Accreditation Canada* professionals, over a one-week period in March, 2018.

The accreditation review, conducted every five years, delves into all aspects of our organization and assesses over 100 standards of care against world and Canadian standards. AVENS again met the requirements of an accredited facility, and will maintain this accreditation until its next review in March, 2022.

AVENS was commended for its ongoing work to integrate accreditation into its daily operations in order to improve the quality and safety of its programs and services.

Since accreditation is an ongoing process of assessing health and social services organizations against universal standards of excellence, it continually motivates AVENS to build a strong and sustainable culture of quality and safety.

Respite Program

The respite program was revised with input from community members. The program offers short-term, continuing care, inpatient stays, to provide support for adults with chronic illness and to offer respite for families so they may have a break from caregiving.

Maximum length of stay in respite is up to six weeks per calendar year. One major change based on community member comments was the creation of an 'emergency' bed. This bed remains intentionally vacant for when families are in crisis and need immediate assistance.

Currently AVENS has four designated respite beds, and since the re-instatement of the program in January, 2018, has offered many weeks of respite care.

New Kitchen and Laundry Facilities

AVENS received the financial support of the GNWT for this expansion in the past fiscal year, and is working with them to plan and build the addition. The design will consider the needs of our current and future facilities. Completion date is tentatively set for 2020.

New Security System

To ensure the safety of our residents, AVENS installed a new security system in the past fiscal year. The old system was installed when the facility was built and was ready to be replaced. The new system is expandable to accommodate future expansion and is designed to increase the safety and security of our residents and staff.

Furniture Upgrade

In the past year we have upgraded some of our furnishings to help with patient health and safety.

Food Services

We added a number of pieces of new kitchen equipment including a new commercial dishwasher. We also purchased new dishes, glassware and cutlery. During the year we served approximately 70,000 meals to residents, independent living individuals in the Court and Ridge, residents' family members, visitors and staff.

Partnership / Community

We held cooking workshops in partnership with La Fédération Franco-Ténoise with benefits for the residents. Fees for the workshops assisted with the costs of kitchen equipment improvements. There were 12 workshops held once every three weeks.

Sheila Broders Annual Award

The AVENS Sheila Broders Award was created to honour Sheila Broders, an AVENS care aide who passed away suddenly from cancer in 2013. This award is issued annually to a deserving candidate in the *Personal Support Worker Program* which is part of the School of Health and Human Services at Aurora College, Yellowknife Campus. The successful candidate must be committed to supporting the development of our northern society through excellence in education, training and research that is culturally sensitive and responsive to the people we serve.

Recipient of the Sheila Broders award for 2018 is **Jaimee Vanmetre**. Jaimee emerged as a leader in both the classroom and practicum setting early in the school year. She is an empathetic listener for her classmates when they come to her for advice or academic support.

Jaimee provided compassionate care to the AVENS residents she worked with in all practicum settings. The residents benefited from her witty sense of humour, gentle touch, and willingness to learn their preferences in order to provide optimal care to each of them. When working with



individuals who were distressed or demonstrating responsive behaviours, Jaimee sought to understand what was causing the behaviour and how she could better meet his/her needs.

Jaimee is now a full-time, care employee at AVENS.



Residents and Family Council

The AVENS resident and family council operates to facilitate communication among residents, families, administration, and employees. The family council ensures effective and harmonious communication with the administration and the residents and their families. The resident and family council works with AVENS administration to find solutions to issues that result in improvement of residents' lives.

Residents of AVENS and their family

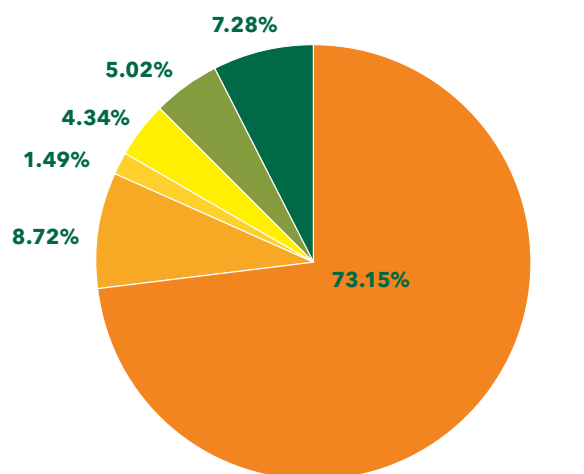
members are welcome to join the director of care and supervisor of volunteers and recreation to participate in monthly resident and family council meetings.

To further involve our residents' families we invited them to special Thanksgiving and Christmas family dinners at AVENS (which we look forward to hosting again this upcoming winter). Recently families chose to hold a wedding ceremony as well as a memorial service at AVENS attended by a resident's entire family.

Financial Highlights

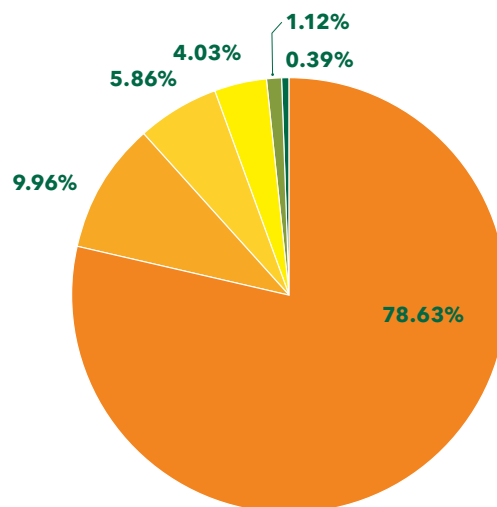
OPERATING EXPENSES

by Category 2017-2018

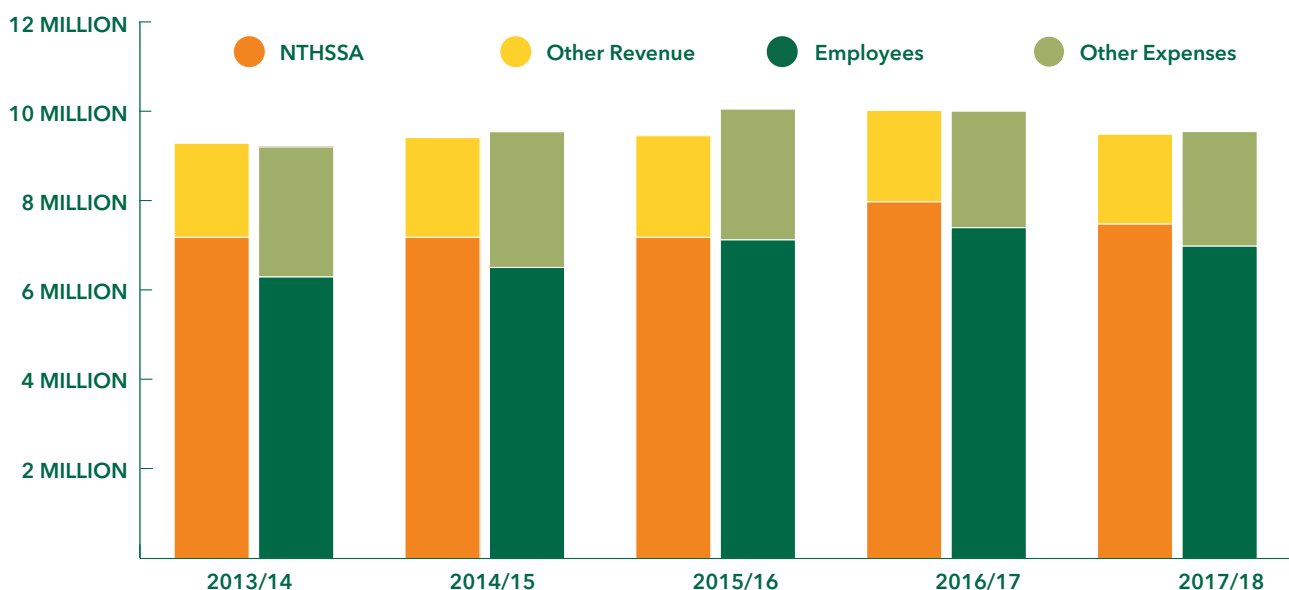


OPERATING REVENUE

by Source 2017-2018



5 YEAR REVENUE & EXPENSES TREND



Audit Committee Notes

As the chair of the AVENS Audit Committee I am pleased to provide an overview of AVENS financial statements for the year ended March 31, 2018.

- **Unqualified opinion** from the auditors – the financial statements present fairly in all material respects the financial position of the organization.
- **Revenues remain stable** but expenses are increasing – the bulk of these revenues (~90%) are provided to AVENS from government entities with the majority coming from Northwest Territories Health and Social Services. Expenses such as wages have increased but government contributions have not kept pace.
- **Current depreciation rates** may not reflect the useful life of some of AVENS assets.

Risks/Outlook

- As a not-for-profit entity AVENS needs to generate enough revenues to cover expenses. The current situation has put AVENS at risk financially unless there is an acknowledgement that the contribution to AVENS needs to be increased.
- There is going to be an increased demand for seniors housing in Yellowknife which suggests the need to increase housing on the AVENS property. Expansion plans should contribute to improving AVENS financial situation and to reduce any financial risks to the organization.
- The increasing population of seniors will also place demands on programs and available personnel. AVENS may face a staffing shortage at some point due to its limited financial flexibility, leaving it unable to compete.

Matthew Spence

YEAR TO YEAR COMPARISONS

	2013-14	2014-15	2015-16	2016-17*	2017-18
Total Revenue	\$9,296,291	\$9,423,731	\$9,466,511	\$10,032,732	\$9,499,095
NTHSSA Contribution	\$6,905,623	\$7,169,282	\$7,169,282	\$7,934,560	\$7,469,527
Total Expenditures	\$9,205,067	\$9,546,177	\$10,052,431	\$10,005,762	\$9,550,005
Employees	\$6,296,926	\$6,509,212	\$7,125,963	\$7,399,913	\$6,985,884
Operational Deficit	\$91,224	(\$122,446)	(\$585,920)	\$26,970	(\$50,910)

* Increased revenue was in the form of a GNWT grant to assist with preliminary expansion work.

Keeping Active, Having Fun



Recreation and social activities for seniors are a vital part of the services offered by AVENS. There is a broad range of activities geared to the abilities and interests of residents. The program is managed by our recreation supervisor and a staff of seven who work hard to encourage seniors to remain active and participate in the many AVENS activities.

Each of our programmed activities addresses either the physical, social-emotional or cognitive well-being of our residents.

Balloon Badminton: The residents are seated in a large circle in the room and are given racquets. We have fun hitting over-sized balloons between us while listening to oldies classics. This is a physical activity and encourages residents to move their arms and even legs if they need to kick the balloons to keep them in.

Yoga: Weather permitting we have this program outside. We begin each program with aroma therapy using essential oils and go through gentle motions and breathing exercises. We finish off the program with lemon water, explaining the benefits of it.

Green Thumbs: A spring/summer program for gardening. This program easily accommodates the residents' varying abilities and addresses their social-emotional well-being.

Entertainment Night: A list of entertainers rotates weekly to offer live performances. During the event, we offer an array of mocktails and appetizers while residents enjoy dancing and live music.

Bingo: Held Tuesday nights (sponsored by the Elks Lodge or the Rotary Club) and on Friday afternoons. This is a very popular activity!

Arts & Crafts: We organize crafts that the residents can make themselves or with minimal help. We also use this time to do music and memory painting – we give the residents music they would enjoy and they paint away as they please. This allows a more open and expressive form of art and acts as a form of therapy.



Tai Chi: Adapted for wheelchairs, our Tai Chi is led by Andrea, Rhonda and Linda. It's a good source of exercise while also promoting mindfulness.

Shuffleboard: Two of our volunteers (Knights of Columbus) come in weekly to host shuffleboard nights (Monday evenings). The residents love the competitive nature of the game!

Tara's Day Home Visit: This activity is bi-weekly. Tara brings in her day home children to interact with residents. We sing songs and organize small activities for the kids to enjoy with the residents.

Fellowship: This program is held every week from September to June. The churches involved rotate weekly, and come in to bring worship to the residents. Most of the program consists of singing hymns, and the remainder is used for the pastor to read passages from the bible and to preach.

Scottish Country Dancing: The last Monday of every month, the Scottish Country Dancer Association comes to do their practice here at AVENS. The residents enjoy watching the dancers perform.

The dancers even adapted a dance for one of our Scottish residents in a wheelchair to participate in!

Sing-Along: Held every Monday morning, we go through classics and residents' personal favorite songs. Dawn is our guitar accompaniment and often gives historical tidbits about the songs we sing. This is both a cognitive and social-emotional activity.

Resistance Training: Done weekly with groups, or one to one programming if needed with Sara. This incorporates varying levels of physical abilities, is adapted for wheelchairs, as well as people who are more able to have the use of their legs. We use a variety of resistance bands, resistance balls, free weights, as well as the boflex machine.

Snoezelen Room – Multi sensory environment that we reserve for one to one programs. We have aroma therapy, bubble machine with different colored lights that can be adjusted by residents, a projector to use to show nature slides on the wall, music, and the Snoezelen machine.

Keeping Active, Having Fun CONTINUED



Bowling: Assisted seated, we set up the pins and a ramp so the residents can easily bowl from a seated position.

Family Literacy: A small group of families come in and do reading, songs and residents play with their children in the multi-purpose room. A volunteer comes in as well and plays the guitar and sings songs with the kids while the residents watch/join in.

Birthday Parties: These are done in the garden in the summer (weather permitting), or are held in the multi-purpose room, or the Manor. They include snacks, and drinks and themed decorations.

Church Services: Central Arctic Baptist Church and St. Patricks Catholic Church volunteer their time to come in and have services with the residents in the multi-purpose room. The Catholic Church does a full mass and serves communion, they do this weekly. The Baptist Church comes in bi weekly to have a service with the residents.

OUTINGS:

Examples of some outings we have are: Walmart shopping trip, visiting the stables, Yellowknife River drive, and picnic at Fred Henne Park. Most of our outings involve packing snacks and bringing our own tea and coffee. Depending on the outing we prepare differently.

Walmart – bring residents, help them with money if needed, and accompany them around Walmart to help them shop. We then finish the outing with coffee/snack at McDonalds, and if we have time remaining before returning we take them for a short drive around Yellowknife.

Stables Visit – We bring tea and coffee, as well as a snack for the residents and carrots for the horses, donkeys and goats. We take the residents around the stables and let them feed the animals if they want. We also walk them around the grounds or sit with them and have tea. We use the carrots to bring the animals closer to the residents so they can pet them if they would like.



Yellowknife River – We pack tea and coffee, as well as a snack (bannock and Klik) to have down by the river. We have also had fishing, and a fire.

Fred Henne Park – set up by the lake, build a fire and have marshmallows over the fire, or hotdogs. We also have tea and coffee.

Bunny Therapy: Resident bunnies Kobe and Kenya are swaddled and taken around for the residents to snuggle, or pet. They are also kept in a well-travelled area and can be viewed while they are in their cage by residents during the day. Residents stop and say hi and talk to them when we are portering to and from other programs.

PET THERAPY:

SJA Dog Therapy: Different sizes of dogs come in to spend time with the residents. They go to different areas, Manor as well as Cottages. The dogs are all registered with St John Ambulance.



Pet therapy helps with mental as well as physical issues, can also reduce blood pressure and release endorphins that help calm the residents. Most of the residents had dogs growing up, or some form of pet. With the bunny visits we swaddle the bunnies so the residents can easily hold them, or pet them and don't have to worry about the bunny wiggling free. More than half our resident population benefit from the pet therapy at AVENS.



Kobe

Kenya

Vision – Where to in the Next 30 Years?

If you don't know where you're going, any road will get you there.

Luckily for AVENS, the board and management team has developed a strategic plan (see page 8) that sets direction for the next decade and identifies a vision for the next three decades and beyond.

There are several things that characterize the vision for the next 30 years:

High need. This should come as no surprise. Numerous studies nationally and territorially have confirmed the demographics. Our population is ageing. And through improvements in health care and medicine, we are living longer. At the same time, more northerners are choosing to stay in the north as they retire and age. These factors are driving demand, which will continue to grow faster than current GNWT plans will address.

Not only is there a growing need for housing and care for seniors, the needs of seniors continue to increase. We are living longer. The nature of elder care is that needs increase as a person ages. As the population ages, not only will there be more seniors requiring services, the services required by that population will become more intense.

Gaps in the housing and care continuum for seniors. The amount of care we need as we age is on a continuum. On one end of the spectrum is **independent living**: seniors living on their own with only occasional assistance from drop-in service providers who provide such things as

light housekeeping, for example. Presently, there is very little housing for seniors located within a community where periodic assistance is easily accessible. **Assisted living**, sometimes called supported living, is a living environment where seniors are still highly capable of living on their own, but require greater supports, such as meal preparation or personal hygiene. There is currently no assisted living for seniors in the NWT. Those requiring **long-term care** are served by long term care (LTC) facilities, and some require specialized care for Alzheimers and dementia. Given the gaps in the continuum, and the existing Territorial Admissions Committee (TAC) processes, mobility through the continuum is difficult.

Likewise, there is a continuum of housing ranging from market housing, for those seniors who can afford to buy their own homes, to affordable housing and subsidized housing. Currently there are exceptionally few market or affordable housing units available, specifically designed to meet the needs of seniors.

Creating choice. The work of AVENS, as described in its mission statement, is that *AVENS delivers quality services in a safe and respectful manner to support residential living choices for seniors*. Given the shortage of housing and care options for NWT seniors, seniors have few, if any residential living choices. AVENS works to address the factors that limit choice, and create opportunities for new choices along the housing and care continuum.

THE SENIORS HOUSING AND CARE CONTINUUM

INDEPENDANT LIVING



Able to stay at home.



HOME CARE



Able to stay at home with help for daily activities.

AVENS Next 30 Years



AVENS vision for the next 30 years is to address ageing challenges.

We envision the growth of residential living choices on AVENS campus as well as delivering services across the full spectrum of care.

With room to build on land we own, and with funding opportunities through the new National Housing Strategy, we see a future where we partner with government and the private sector to create a supportive community for seniors on our campus.

We envision a community on our campus that offers a larger number of residential units for seniors across the full spectrum of housing, including owned and rented market housing as well as affordable housing.

Within our campus, we envision an organization that will provide a full range of services and offer levels of care across the entire spectrum of care from independent living through assisted living to long-term and dementia care.

Most importantly, we envision a community where our residents can move seamlessly through these levels of care without ever leaving the AVENS community.

Our success in achieving this vision requires partnership. We need to work closely with all levels of government. We need to find private sector partners who will help us turn our vision into reality. And we need the involvement and support of the community to ensure the work we are doing continues to be responsive to needs.

The Government of Canada recently launched an ambitious National Housing Strategy that prioritizes housing for vulnerable populations including Seniors. AVENS feels it is well positioned to take advantage of funding opportunities under this strategy. This is aligned with our vision of the need for various types of seniors housing on the "housing continuum." Our wait lists for the subsidized program and the lack of available independent living options for Seniors in Yellowknife confirms the need. The Territorial Government has committed funding toward a kitchen and laundry facility on the AVENS campus which will be designed to accommodate future expansion.

Currently unmet demand for seniors housing in Yellowknife is approximately 140 beds along the continuum of care.

The over 60 population in the NWT is expected to increase by approximately 80% in the next 20 years.

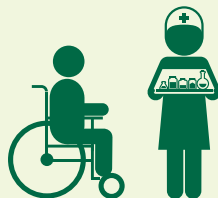
At March 31, 2018 AVENS had the following numbers on its waiting list:
Aven Manor: 14 Subsidized housing: 33
Aven Cottages: 6 Market housing: 30

ASSISTED LIVING



Needs help for most daily activities & personal care 24 hours per day

LONG TERM CARE



Needs nursing and other help 24 hours per day

EXTENDED CARE



Needs nursing, physician, family, community and other support.

Our Partners

Government Partners

AVENS is the only not-for-profit, non-government organization providing housing, and long term care to seniors in the NWT and is the only provider of memory (dementia) care in the territory.

AVENS relies on government partners to fund many of these services to keep the cost associated with the services affordable for residents. This is made possible through a contribution agreement with the territorial government's Department of Health and Social Services (HSS) and the Northwest Territories Health and Social Services Authority.

AVENS also has an agreement with the NWT Housing Corporation for the operation and maintenance of the housing units in the Court and the Ridge. This agreement specifies the levels of rent AVENS charges and provides funding to cover some of the rent and maintain the units in good repair.

The funding from these government partners is critical to ensuring NWT seniors have access to affordable, long-term care and subsidized housing. But we need to further engage these partners and others to meet our mission.

The AVENS board of directors will be working much closer with the territorial government to ensure adequate funding levels to provide the necessary quality services that AVENS currently provides to residents. The AVENS board has also agreed to seek support and partnerships with other entities such as the Canada Mortgage and Housing Corporation (CMHC). CMHC's National Housing Strategy (NHS) offers opportunities to groups such as AVENS to partner with Indigenous governments, the Government of Canada and various GNWT departments to increase the available housing stock at the AVENS Campus.

AVENS believes all levels of government should play a role in meeting the growing needs of our seniors' population.

Other Partners

In addition to the government, AVENS also partners with a number of organizations to enhance its services.

Aurora College

Many students in nursing, social work and the care aide programs have completed practicums with AVENS in the recreation department, and have helped organize events.

Alzheimer's Society of AB and NWT

The Alzheimer's Society and AVENS collaboratively provide cultural recreation programs. AVENS also supports students associated with the Society.

City of Yellowknife

AVENS partnered with the Yellowknife Fire Department to conduct mock evacuation and multiple fire safety services.

Canadian National Institute for the Blind

CNIB NT offers services to AVENS residents experiencing visual impairment.

Union of Northern Workers

AVENS continues to work towards a collaborative working relationship with UNW for the betterment of our residents and those who care for them.

Yellowknife Association of Community Living

AVENS provides a safe and accepting volunteer environment for a client of the association.

Yellowknife Community Foundation

YCF holds a fund dedicated to recreation activities for residents of Aven Manor and Aven Cottages.

Our Community Volunteers

Folk on the Rocks annually brings musicians to Avens to kick off the festival weekend

AVENS collaborated with the **SWIS** group (for newcomers to Canada) to organize a Dene culture camp where elders and youth could mingle and share cultural differences.

The Baker Centre: Partner on the the Alzheimer's walk, Elk's fish fry, Senior's month High Tea.

Various schools in Yellowknife who bring children to visit with residents.

Family Literacy: Visit once a month during a regular school year.

Get Active Group: Funded AVENS so we could do activities such as Chair Yoga for seniors and resistance training open to the public.

Stantec Team who host an annual tea party.

Churches: Offer services at Avens. Catholic Church (weekly), Central Arctic Baptist Church (bi-weekly).

Fellowship: provided by the Anglican Church, Seventh Day Adventist Church, Salvation Army, Calvary Community Church, United Church

Latter Day Saints Elders: In 2017 helped with balloon badminton and Friday afternoon Bingos, and currently help with the occasional Friday afternoon Bingo.

AFCY: For one year, the Recreation team helped AVENS work with the AFCY (Association Franco-Culturelle de Yellowknife) to host monthly cooking workshops open to the public.



Individual Volunteers

Kelton – In 2017 was here every Tuesday and Friday and now comes in every Friday.

Aggie – Waters indoor plants every Tuesday.

Mary – Takes care of cleaning the large fish tank in the manor.

Entertainment Night regulars – Jim & Steve, George Tuccaro, Lynn White, Ceilidh Friends.

Entertainment Night special appearances – Nick Jackson, Jim Taylor.

SJA Dog Therapy – A number of volunteers come in with their pets every Tuesday and Friday evenings.

Tara's Dayhome – Comes in every two weeks.

Baptist Church members – Average 5 adults and 8 kids.

Catholic Church members – Linda, Barbara, Deacon, plus three more adults attend.

Knights of Columbus Shuffleboard – (two adults).

Tuesday night Bingos – One adult, and monthly rotations between True North Rotary and the Elks Club.

Tai Chi – Rhonda, Linda and Andrea.

Sing-Along – Dawn comes in to sing and play guitar, June and Loretta come in to accompany residents and help porter if needed.



2017-18 Donors

Mercedes Paz
 Wilma DeGrow
 Ronald Conrad
 Shirley Conrad-Madsen
 Moira Cameron
 The Yellowknife Community Foundation
 Michael D. Briggs
 Royal Canarian Legion Vincent Massey
 Branch #164
 S & A Sutendra
 Michel & Helena Haener
 William Rouse
 Paul Bros Nextreme Inc.
 NWT Pipe Band (Brad Heath)
 Brad Heath & Leslie Wakelyn
 Arthur & Dale Boutilier
 Margaret & Austin Marshall
 Ecole J.H. Sissons School
 Great Slave Snowmobile Association
 Mazin Ahmed
 Annette Lemay
 Sonya Robinson
 Alzheimer Society AB & NWT

AVENS would like to thank any additional volunteers or donors we may have missed. Their interest and service to AVENS is greatly appreciated.



Always in our thoughts, Forever in our hearts

AVENS' residents who passed away between
SEPTEMBER 1, 2017 AND AUGUST 31, 2018

Pat Balsillie (1937-2017)

Neil Colin (1933-2018)

Jimmy Doctor (1948-2018)

Tedros Fessahaie (1954-2018)

Charlie Stewart (1931-2017)

Dave Talbot (1941-2018)

Jack Timmons (1925-2018)

Glen Wheaton (1929-2018)

EVERY DONATION MAKES A DIFFERENCE.



People of the North are famous for their sense of community. We thrive in harsh winters and remote settlements because we care for and support all our community members. Now you can give back to the community in a way that will leave a profound and positive impact for years to come.

The number of seniors in the NWT, and the need for seniors accommodation and care continues to grow. You can help AVENS in its work to serve the needs of seniors. Volunteer. Make a donation, large or small. Get involved.

YOU CAN HELP.

We are seeking corporate and private donors who want to help us meet the needs of northerners for years to come.



For sponsorship opportunities, contact
AVENS CEO: 867.920.2443

To learn more about AVENS' plan to help seniors, visit us online at:

WWW.AVENSSENIORS.COM