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Christmas Spirit In The Manor

As I contemplate and prepare my last newsletter of 2022, I want to give thanks to all those around me, this includes our residents, their families, our independent housing residents, and the wonderful AVENS team, who sacrifice each and every day.

I know I don't say this often enough but it is an honour to work with such a fine group of individuals. Our Yellowknife community is fortunate to have you at AVENS.

It's not what's under the Christmas tree that matters, its who's around it''

Charlie Brown

As well, I want to thank our volunteer Board of Directors, who have entrusted me the honour to

guide this ship, we call AVENS, into some new and exciting years ahead.

Finally, to my family, especially my wife, Cindy. She is an unsung hero for AVENS; always by my side, or giving from Shoppers Drug Mart. She is the one that I bounce all my ideas for AVENS first, if I get that nod...I know we have something special.

With the all the festivities around us, it is sometimes hard to focus on which ones make this publication, especially during the Christmas season.

No matter what, our Health and Wellness Team work tirelessly everyday leading up to Christmas, to bring the magic to our residents...and staff.



Avens Manor Christmas 2022 fun!

This past week, we celebrated a Christmas event with the residents and their families in the Aven Manor.

Of course, no Christmas event is complete without the "Red Guy in the Suit", who had everyone in laughter.

Christmas Campus Fun

This is AVENS first Christmas with the legendary Elf on the Shelf program, and boy, did we learn a lesson not to let this trouble maker out of our site.



Every day in December, our little mischeivous elf found its way to get into trouble.



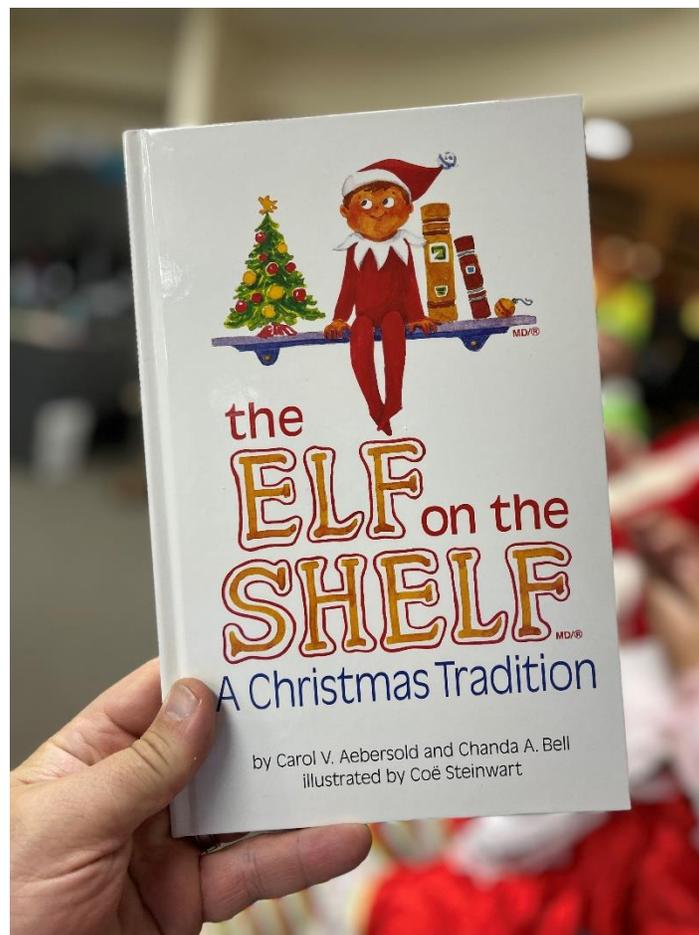
More Avens Manor Christmas 2022 fun



A party with Santa in the Aven Manor



A huge thankyou to our "Christmas Elves", otherwise known as our Health and Wellness Team





Just a couple of the shenanigans our little AVENS Elf on the Shelf got into during the month of December



Our AVENS cast of "The Nightmare before Christmas"

On Friday December 16th, 2022 AVENS celebrated Tim Burton's "The Nightmare before Christmas". Many staff got into various character roles from the movie and paraded themselves throughout the day in the facility.

This day was also themed with a tea party in the Aven Manor with our residents. So in essence, we had a Christmas nightmare tea party and everyone had a great time.



The tea party is about to begin...

A lot of preparation and planning goes into these type of events, so once again, a huge shout out to the members of our AVENS Health and Wellness Team.



Residents of Aven Manor sitting down for a Christmas Nightmare Tea...AVENS style



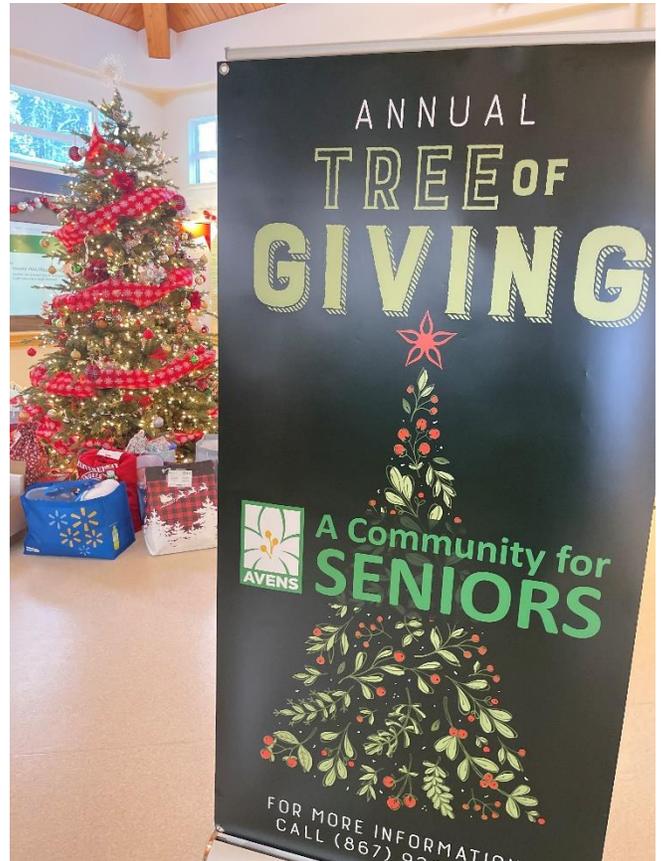
Meet some of the AVENS cast from "The Nightmare before Christmas"



More Tim Burton's characters from the movie

Finally, as we wrap up our Christmas season at AVENS, I would like to give you a quick update on our annual Tree of Giving.

As you recall, we had all of our 57 resident wishes snatched up within 90 minutes on launch day. Over the last couple of weeks, our Tree of Giving gifts have been pouring in and I am pleased to announce that we have also raised over \$5000 in cash donations toward future resident activities and programming.



Thank you Yellowknife for your generous support of our Tree of Giving program!

8th Annual Pete's Pyjama Drive

Many years ago, there was always a familiar voice that would rise from the notorious "senator" table at Tim Hortons in Yellowknife, "Hey there,

young fella!" would be clear for everyone to hear coming from the late Peter Pagonis.

Always with a smile and always with a friendly tone, Pete was a pillar in those days, who would always have a minute to chat and catch up with you.

Sadly, Peter passed away some years ago, but not without leaving behind a lasting memory that was carried on by his wife, Darlene and daughters Dianne and Jennifer... and a whole community of supporters.



The late Peter Pagonis Sr (Photo credit Pete's Annual Seniors Pajama Drive Facebook public group)

I wanted to copy you a passage that was on the Facebook public group site for Peter, "What many people don't know about Peter Pagonis Sr., is that he was a truly generous man. He would buy "seniors" (even though he was one himself), items that they needed, things that would make day to day life easier. He didn't want kudos, or pats on the back, he did it stealthily and often! In memory of our dad, we want to keep this going, but we are happy to have other's help us along the way!"

AVENS is grateful for the huge support they did get over these past eight years. There are way too many supporters to list in this newsletter and I also fear that I will miss one or two. So let's just say this, there are dozens upon dozens of folks who have stepped up to assist this program.

Today, Pete's Pajama Drive reaches seniors in Yellowknife's Mary Murphy and AVENS, N'dillo, Dettah and as far away as Behchoko. Over 180 seniors in these communities receive a personalized care package complete with toiletries and a brand-new pair of pajamas.



(L to R) AVENS President & CEO, Daryl Dolynny, Pagonis Team member Steve, Jennifer Pagonis, Pagonis Team member Tammy, Supervisor of Health and Wellness, Carol Norwegian, with 53 prepared bags of toiletries and NEW pajamas

On behalf of AVENS, I want to personally thank all the sponsors, especially Quality Furniture and Elks #314 Lodge, volunteers, and the Pagonis family members for keeping the spirit of a special man alive.

It is nice to see Pete's simple motto and generosity continue for the seniors and elders of our communities. For eight years now this has been a truly touching event and we are forever grateful.

(article updated from December 2021)

Diabetic Coma Anyone?

It is hard to believe but this is my 5th year of sponsoring "The President and CEO's Diabetic Coma Corner".



The staff lunchroom in the Administration wing

This is just a little thank you from myself and Cindy (Shoppers Drug Mart) for all the little things you do at AVENS.

Let us take a moment to thank you with some little "sugary" treats during this festive season.



The staff lunchroom in the Aven Manor

Every Friday in December, leading up to Christmas, I have had to the pleasure of refreshing these tables with treats donated by myself and our family. We hope you don't develop diabetes or go into sugar shock. We just want to say a "sweet" thank you.



The staff lunchroom in the Aven Cottages