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## Matthew Spence Re-Appointed As AVENS Board Chair 2022-2023

In the immortal words of Fame football coach Vince Lombardi, "Great leaders are not born, they are made". Matthew Spence has been a great leader of our AVENS Board of Directors for the past year, and we are honoured that he has accepted to fulfill another year in this role.

***"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be"***

*Rosalynn Carter*

Matthew has been instrumental, as a Director of our AVENS board, since his joining in 2016. His natural leadership skills are hard not to notice, as he navigates a diverse group of volunteers that make up the Board of Directors for AVENS.

With a strong acumen in finance, Matthew, has for several years, taken the added roll of Chair of the Finance Committee, which has the overarching task of financial review and auditing of our AVENS operations.



**Matthew Spence, Director and AVENS Board Chair 2021-2023**

Adding to this impressive accolade of executive leadership and finance critic, Matthew will also be sitting as a member of the AVENS Governance Committee.

We wish to welcome again and thank, Matthew Spence, as AVENS Board Chair for another year.

A full list of board updates and “new” committee assignments can be found on our website.

## Meet AVENS NEWEST Board Member- Colleen Wellborn

At our recent Annual General Meeting held on September 22<sup>nd</sup>, 2022, AVENS was fortunate to acquire not one, but two new volunteer Board members.

Let's take a moment to introduce to you one of our newest members of our leadership and governance team at AVENS- Colleen Wellborn.

Colleen has recently been appointed to a two year term on the AVENS Board.

Colleen Wellborn joined the Avens Board of Directors on September 22<sup>nd</sup>, 2022 to give back to the community and support seniors aging in place. She is a highly motivated professional with both public and private sector experience. With more than 10 years of management excellence, we know she will be an asset to support Avens, seniors and elders.

Colleen works as a human resources management professional for the Government of the Northwest Territories and holds a Bachelor of Commerce and a Bachelor of Arts degrees from the University of Saskatchewan. Colleen also holds a professional designation, as a Certified Property Manager. An asset, especially now with the Pavilion project opening in late 2023. She is an active community volunteer, who supports the

development of the differently abled, as a Special Olympics Coach and has served on the boards of the Yellowknife Chamber of Commerce and Yellowknife Homeful Partnership.



**Colleen Wellborn, AVENS Board of Director 2022-2024**

Colleen is proud to call the Northwest Territories home and is raising her three children with her husband Kieron in Yellowknife. She enjoys exploring the outdoors and travelling the world, having previously lived in Saskatchewan, Manitoba, Alberta, Yukon and abroad in the United Kingdom, Greece, and Albania.

We are very excited to get to know Colleen better as she settles into her new role, as Director and as the Chair of the Development Committee. This committee which deals primarily with the Pavilion project, was previously chaired by former AVENS

Director, Kelly Hayden, who now sits as a member of the public.

Welcome aboard Colleen, we are happy that you have joined us!

## AVENS Recognizes National Day For Truth & Reconciliation

The Government of the Northwest Territories (GNWT) recently ammended the Employment Standards Act to add the National Day for Truth and Reconciliation to the list of statutory holidays, to be observed on September 30<sup>th</sup>, annually, beginning this year.



This holiday will give all NWT residents, including our AVENS Team, an opportunity to acknowledge the territory's colonial history and the legacy of residential schools.



A group shot of many of our staff in support of #OrangeShirtDay



Another group shot of some of our staff in support of #OrangeShirtDay

Here at AVENS, we see this day as a significant step towards reconciliation in the NWT.

It is a time to reflect and remember. While we commemorate with our residents and families, who many are survivors of our territory's colonial history and are part of the legacy of residential schools, we see the September 30<sup>th</sup>, as a day of HOPE!

## NEW Snack Food Display In Aven Manor

AVENS is always looking at ways of doing things differently in support of our seniors.

Even our Vision and Mission statements have one key word embedded in each, which embodies what we try to provide each day for our seniors, and the word is “**choice**”.

Giving our seniors the **choice** to eat nutritious snacks when they want and how they want, is an important milestone for any facility.



Aven Manor NEW snack food display cooler!

Recently our Director of Operations, our Care Team and Food Services Team came together to look at how we could provide alternative nutritious snacks, accessible to our residents, 24 hours a day.

With a month under our belt in testing, we believe we have achieved this perfect balance of providing this food **choice** for our residents in Aven Manor.

Way to go AVENS! Another success story to be proud of!

AVENS - A COMMUNITY FOR SENIORS 

## 4th Annual Tree of Giving and Craft Sale

Saturday  
November 19th | 8am-2pm  
Barbara Bromley Administration Wing

Support a senior's Christmas by:  
Selecting their wish list  
Bake Sale  
Local Vendors

**PHOTO WITH SANTA**  
\$20 min. donation for 3 photos  
\$5 for extra photos  
(Any donation above \$20 will go towards Santa's pot of Giving. For those who can't afford the minimum donation)

Tables are available now. \$30 each.  
Please contact Frances at frances\_sinclair@avensseniors.com to book your table

Mark your calendars!