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Celebrating Together This Thanksgiving Of 2025

What a joyful time we had recently at AVENS as we celebrated Thanksgiving with our wonderful residents from the Cedar and Redwood Cottages! On October 8, 2025, our Multi-Purpose Room was filled with laughter, warmth, and the delightful aroma of a Thanksgiving feast, all thanks to the incredible efforts of our staff and the participation of over 17 family members who joined us for the festivities.

“Gratitude is not only the greatest of virtues, but the parent of all others”

Marcus Tullius Cicero

As we gathered around the table, it was nice to see families reconnect and create new memories together. Our Food Services Team outdid themselves with a feast that would make anyone proud—turkey, ham, and an array of delicious sides that had everyone going back for seconds (and thirds!). The smiles on our residents' faces reminded us the joy that comes from being together during this special time of year.



Our dedicated AVENS Food services team preparing the Thanksgiving meal

While we celebrate the spirit of Thanksgiving, I want to take a moment to express my sincere gratitude to our remarkable staff. Over the last five years, they have shown incredible resilience, navigating challenges like COVID-19, wildfires, and major construction on our campus. Each hurdle has only strengthened their commitment to AVENS and our residents.

From our dedicated Food Services Team, who ensure that every meal is both delicious and nutritious, to our Recreation Team, whose creativity brings joy and engagement to our residents' lives, every department plays a vital role in our community. Our Care leadership and

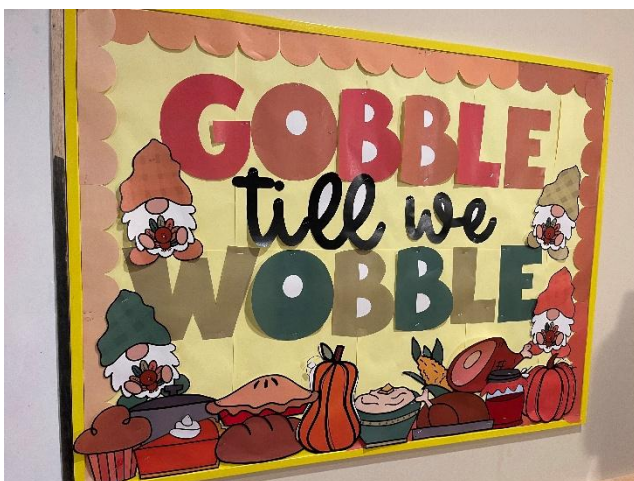
Housekeeping Teams work tirelessly to create a safe and welcoming environment, while our executive officers steer our vision and values, ensuring we remain a place of comfort and care.



Hosting these Thanksgiving events is particularly meaningful when we reflect on the culture our staff brings to AVENS. Their hard work and dedication make our community not just a place to live, but a true home. I feel truly blessed to work alongside such passionate individuals who are committed to the well-being and happiness of our residents.



As we look forward to the Thanksgiving celebrations for our Manor residents on October 15th, let's carry this spirit of gratitude and appreciation into the festivities. Together, we'll continue to be welcoming environment for our residents and their families.



Thank you to everyone who makes AVENS a special place to call home. Happy Thanksgiving to our entire AVENS family!

A Special Visit From Nunavut- Hilary Dogbeson

Recently, we had the distinct pleasure of hosting a very special visitor at AVENS—Ms. Hilary Dogbeson, BScN, MBA, EdD, who works as a Programs and Standards Analyst with the Department of Health in Nunavut. With her extensive experience and a passion for enhancing health services, Hilary is truly a rockstar in her field!



(L to R) AVENS Recreation and Wellness Coordinator, Carol Norwegian explaining our “on the land kits” with Hilary Dogbeson, Programs and Standards Analyst with Dept of Health, Nunavut

It was exciting to learn that she is currently working under the guidance of none other than former AVENS CEO, Stephen Jackson, who is the Territorial Director of Home and Continuing Care for the Government of Nunavut. Although Stephen has been away from AVENS for over eight years, it warms my heart to hear that he still speaks fondly of our community and the work we do here for our seniors—“at least once a month, no less!” he shared with me in an email.



(L to R) AVENS, Carol Norwegian showcasing our robotic therapy seal to Hilary Dogbeson, Dept of Health, Nunavut

When we received the call that Hilary wanted to visit us, we jumped at the chance. Our harmonious relationship with Nunavut's healthcare team has spanned many years, thanks to the collaborative spirit fostered by both Stephen and myself in our respective roles. The inter-territorial sharing of ideas, skills, and culture has built a unique partnership between our regions.

During her visit, I had the opportunity to give Hilary a personal tour of our facilities, showcasing our vibrant community and the

various programs we offer. I was thrilled to hear her feedback afterward: *"Thank you so much for the excellent tour you provided me of AVENS yesterday. I was so impressed with the organization, your strategic direction, mission, vision, values, and leadership, especially your leadership style and approach. AVENS is an incredible home and community for seniors and those needing its services, and I am honored to have had the opportunity to visit."*

It's always uplifting to receive such kind words, and they serve as a reminder of the impact we have on our residents and the community. We genuinely appreciate Hilary's interest in our programming and her commitment to fostering connections across territories.

Hilary, we hope you come back anytime! Your enthusiasm and insights are always welcome here at AVENS.

Shining Light On A Great Partnership- Duc Trinh & DT Electric

At AVENS, we always aim to create a warm and welcoming environment for our residents, and that means having fantastic partners by our side. One such partner is Duc Trinh from DT Electric here in Yellowknife.

Duc and his team have been instrumental in ensuring our electrical services run smoothly and keeping our community safe and bright.

Recently, I reached out to Duc with a little challenge: we wanted to enhance our newest smoking shelter cabin with some lighting to make it more safe for our seniors



Duc Trinh (L), DT Electric, is a hard man to photograph, so we had to grab a quick snapshot of him with one of his workers while on campus

Not only did Duc take the request in stride, but he also scoped the project and had everything installed in just one week! Now that's what I call stellar service!

It's moments like these that remind us of the importance of supporting local businesses that truly care about our community.



When considering your electrical service needs, I encourage everyone to think about the companies that are dedicated to supporting our seniors. Thank you, Duc, for your commitment and promptness in helping us shine a little brighter at AVENS!

Pasta La Vista, Baby! Meatballs & Management

As Thanksgiving rolls around and we all take a moment to reflect on what we're grateful for, I can't help but chuckle at our recent team-building adventure. While I love our weekly Friday coffee chats (and let's be honest, they're pretty great), we were long overdue for a little fun—and what better way to celebrate than with a big ol' plate of spaghetti and meatballs?



A very typical Friday Management Team Coffee moment where even some of the “AVENS kids” come out and play, while Team members mingle

Now, I'm not sure who in our crew came up with the idea of a pasta party, but I owe you a big thank you! It was a stroke of genius. Picture this: a kitchen full of our management team, armed with aprons and an abundance of bravado, ready to tackle the culinary challenge of creating a saucy adventure.

There we were, mixing, stirring, and maybe tasting a little too much (who can resist fresh tomatoes?). The music playing in the background was mix of all our individual favourite tunes.

In the end, I think we all can agree that some of us might have a future in culinary arts—while others, well, let's just say we might stick to our day jobs! (Kidding just a bit, everyone brought their own slice of expertise)

With all the forks twirling, it became clear that this gathering was about so much more than just the food. It was a fun-filled moment of our teamwork. And let's not forget the important lesson learned: there's nothing like a plate of pasta to bring people together!



The AVENS Management Team sharing a team culinary experience

A huge thank you to everyone who joined in on the fun and helped make this event a success. You all are **secret ingredients** that make our team so special. Here's to more fun times, more pasta, and plenty more teamwork ahead!

Community Corner

Role Up Your Sleeve!



AVENS - A COMMUNITY
FOR SENIORS

Flu Clinic

- | | |
|--|--|
| AVENS | Baker |
| 📍 Administration Area | 📍 Community Centre |
| 📅 Thursday October 23 rd , 2025 | 📅 Friday October 24 th , 2025 |
| 🕒 9:30AM-3:00PM
by appointment only | 🕒 10AM-3:00PM
walk-ins only |

Independent Housing Residents of AVENS
Call or Email to book an appointment for Oct 23rd:
867-920-2443 ext 110
frances_marshall@avensseniors.com

Remember to bring
your Health Care Card



Expanded Service Offerings!

ADAM DENTAL CLINIC

Adam Dental will now be providing services for Independent Residents and Staff of AVENS from the clinic located in AVENS Administration.

Dentist will be on-site September 23rd 2025 for appointments only.

If you would like to make an appointment please call Adam Dental at 867-873-2775, leave a message with your contact information and indicate that you would like to be seen at AVENS Adam Dental Clinic.

Halloween Update!



SPOOKTOWER TRICK OR TREAT

AVENS - A COMMUNITY
FOR SENIORS

OCT 31ST 2025
5:30PM-7PM

5710 50TH AVE
DOOR B
ADMIN ENTRANCE

*ALL AGES WELCOME, SOME SCENES MAY BE
FRIGHTENING*



Yes...Christmas!



7th Annual Tree of Giving and Craft Sale

📅 Saturday November 15th
10am-2pm

📍 Barbara Bromley
Administration Wing

Santa Photos

By appointment starting at 9am
Appointments available to book
starting November 3rd

Craft Tables

\$30 each

Please email
frances_marshall@avensseniors.com
to book your table

