

## Contents

01: From AVENS To Ottawa- A Reunion Tour With Minister Rebecca Alty

02: Fire Safety Workshops With Chief Jason Arns

03: AVENS OPENS Our Doors To The World Of Health Care Tourism

04: Community Corner

## From AVENS To Ottawa- A Reunion Tour With Minister Rebecca Alty

This past week at AVENS, we had the honour of welcoming a very special guest: our own political superstar, **Minister Rebecca Alty**. It was a delightful reunion that brought smiles and great memories to our AVENS community.

“Rebecca Alty’s journey from AVENS to the halls of Parliament is a testament to her dedication and passion for our community. We are fortunate to have someone with her understanding and influence advocating for the needs of our northern seniors and elders.”

*AVENS President/CEO, Daryl Dolynny*

It’s hard to believe that just over ten years ago, Rebecca was right here with us, at AVENS,

working in communications and marketing. Her journey since then has been truly remarkable. She started her political career as a councillor for the City of Yellowknife from 2012 to 2018. After that, she took on the role of Mayor, serving from 2018 to 2025. In 2025, she made history by being elected as the Member of Parliament for the Northwest Territories. Later, she was appointed as the Minister of Crown-Indigenous Relations in Prime Minister Mark Carney's cabinet.

**She is the first federal minister from the NWT since 2006!**



(L to R) AVENS Chief Financial and Technology Officer, Sara Fullerton, background, AVENS Board Member, Lani Cooke, and Minister Rebecca Alty. The Minister stopped in to meet AVENS Board Executive Committee while they were in camera

Recently, after Prime Minister Carney’s visit to Yellowknife for some very important investment announcements, Rebecca’s team reached out to see if she could tour AVENS. We were thrilled!

As we walked through our expansive 175,000 square feet of campus, Rebecca’s warmth and inquisitive personality filled the air. She paused often to chat with our dedicated staff. It was very impressive to see her greet so many by their first

names, a true testament to the connections she made during her time here.

Rebecca shared stories from her journey, and it was inspiring to hear how she has taken her experiences at AVENS into her work in Ottawa. She spoke passionately about her role and the importance of understanding the needs of our northern seniors and elders.



**Minister Rebecca Alty is a hugger! Seen here greeting a former fellow employee, AVENS Housekeeping Supervisor, Randie Salavaria**

Her visit reminds all of us the importance of having strong bonds within our northern community and the significance of someone like Rebecca representing us in the NWT cannot be understated.

**It shows that our work at AVENS is valued and understood even at the highest levels of government.**



**(L to R) AVENS Chief Operations Officer, Steven Nicholas, AVENS Clinical Coordinator, Jessica Ewing, Minister Rebecca Alty, and AVENS Care Manager, Shawna Gillis**

Rebecca, thank you for taking the time to reconnect with us. Your visit brought many smiles and inspiration to our day. You are always welcome back at AVENS, and we look forward to seeing you again, very soon.

**(Photos used with the permission of Minister Alty's office)**

## Fire Safety Workshops With Chief Jason Arns

Last week, we had the pleasure of welcoming back Yellowknife Fire Chief, Jason Arns, for enlightening fire safety workshops on March 10 and 11, 2026. During these two evenings, Chief Arns engaged with **over a third of our tenants**, sharing invaluable insights on fire safety that left everyone feeling more informed and prepared.

The chief discussed the best courses of action in case of a fire, how modern firefighting techniques have evolved, and the importance of identifying safe zones. He also covered essential elements

of fire safety, including changes in fire behavior that everyone should be aware of.



(L to R) AVENS Chief Operations Officer, Steven Nicolas, and YK Fire Chief, Jason Arns

Our residents were eager to participate, asking a wide range of questions. Topics ranged from door decor and the safety of opening windows during a fire alarm to concerns about personal electronic devices and the proper storage of items. One particularly important topic was the use of lithium batteries in mobility scooters, which sparked a lot of discussions. Chief Arns was incredibly patient and thorough in addressing everyone's concerns, and we are all very grateful for his time and expertise.



An overview of the crowd of attendees of both sessions, over 32 tenants participated

A special shout-out goes to our AVENS Chief Operations Officer, Steven Nicholas, for coordinating and hosting these informative workshops, and to our Chief Housing Officer, Catherine Travis, for welcoming all our guests.

The event wouldn't have been complete without the fun door prizes, generously provided by Cindy Dolynny, pharmacist/owner of Shoppers Drug Mart.



(L to R) AVENS COO, Steven Nicholas, Yk Fire Chief Jason Arns, and AVENS CHO, Catherine Travis, It's now door prize draw time



A couple of lucky door prize winners. Thank you again to Shoppers Drug Mart



Lots of great stories were shared after the workshops. YK Fire Chief Arns made time to speak to everyone. Seen here chatting with some of our Aven Pavilion residents

## FIRE SAFETY INFORMATION FOR TENANTS

**When the Alarm Sounds**  
STAY CALM and wait for instructions.

- Do NOT use elevators.
- Do NOT leave your unit. Begin Shelter-in-Place steps.

*If you chose to leave your unit, follow the evacuation plans posted in your area.*

**Shelter-in-Place Procedure**

- Stay inside your unit and keep the door closed.
- Place a wet towel at the bottom of the door to block smoke.
- Keep windows closed unless instructed to signal for help.
- Call 911 and report your unit number or exact location.
- Stay low if smoke enters the room.
- Wait for firefighters to reach you.

**Fire Safety Reminders**

- Know your evacuation routes and stairwell locations.
- Keep mobility aids accessible at all times.
- Do not block hallways, or exits.
- Never leave cooking unattended.
- Report damaged alarms or hazards to management


**Participate in fire drills.**

**Mobility & Medical Needs**

- Let management know if you require mobility assistance.
- Inform staff if you use oxygen or specialized medical equipment.

**What NOT To Do**

- Do NOT use elevators during an alarm.
- Do NOT assume the alarm is false.
- Do NOT re-enter the building until the Fire Department gives the all-clear.



This is what was handed out at these workshops. These are great reminders that you should keep handy



The Fire Chief stayed behind with both sessions to mix and mingle with Pavilion tenants for more one-on-one conversations. Treats were compliment of our AVENS Food Services Team

Thank you, Chief Arns, for your dedication to our safety, and thank you to all who participated in making these evenings a success! We look forward to more opportunities to learn together and to keep our community safe.

## AVENS OPENS Our Doors To The World Of Health Care Tourism

On March 10, 2026, for the second year in a row, we were diving into the world of health care tourism, welcoming our first group of physicians from the Philippines.

Verda Law, the owner of Yellowknife Tours, reached out again, to inquire if we wanted to host two separate physician groups, and we jumped at the chance to host them. Our experience last year was so rewarding that we couldn't wait to see what this year had in store!

Steven Nicholas, our Chief Operations Officer, took on the role of AVENS' international ambassador for the tour. When the physicians arrived, the atmosphere was pretty electric. Steven kicked things off in the Aven Pavilion, sharing the story of our community and how we've grown over the years. He talked about the choices we've made that have shaped our campus into a place that truly supports aging in place.

The 23 physicians were genuinely impressed. As Steven guided them through our operations corridor, where the energy shifted into a lively exchange, especially when they encountered our very own "Philippino" work force. Laughter filled the air as they connected with our dedicated supportive services staff, sharing stories and reminiscing about their own regional ties. It felt no less than a big family reunion!



**A dynamic group of 23 physicians from the Philippines pausing for a group photo in front of the Aven Pavilion with our very own COO, Steven Nicholas**



**A jubilant group of 23 Philippine physicians and our COO, Steven Nicholas, taking a second pause in our Aven Barb Bromley Administration area**

Next, they made their way through the tunnel to the Cottages, where the physicians could see how we deliver care in action. They snapped photos of our bulletins, signage, and program ideas, excitedly noting how these concepts could enhance their own practices back home.

The tour wrapped up in the Manor, where the physicians mingled with our staff and residents. The admiration they showed for our level of care,

the warm atmosphere, and the pride our teams take in their work was very reassuring and rewarding with all who participated.

At the end of the tour, many from the delegation expressed their gratitude, saying it was clear we “are doing it right” and that this was the best model of seniors’ care they had seen. Their Director, who has coordinated our visits before, highlighted how insightful this tour was for their organization, finishing with a firm handshake and genuine congratulations on being part of something “so amazing.”



Reflecting on the day, Steven expressed with an email recap with our Management Team just how important it is to share our successes. As he noted, “...sometimes, we don’t see the impact of our work in our daily routines, but the positive feedback from our visitors reminds all of us the difference we make in the lives of others.” I couldn’t agree with him more.

It was in that moment when I read his recap, it was clear that every member of AVENS TEAM deserves a shout-out for their hard work and dedication. As I have said on many occasions, it is in working together, we’re creating a space where seniors can truly thrive, and our commitment to excellence shines brightly for everyone to see, including our overseas doctor guests!

We are now waiting for our second group of physicians to arrive very soon. Stay tuned.

## Community Corner

**RENEW YOUR MEMBERSHIP BY MARCH 31**

**TO BE ELIGIBLE TO VOTE AT AVENS ANNUAL GENERAL MEETING**



**AVENS MEMBERSHIP INCLUDES:**

- Eligibility to vote at our Annual General Meeting
- Exclusive access to information and events about seniors
- Discounted rates to all Room Rentals
- Being a part of our community for seniors

**FREE**

SCAN THE QR CODE TO RENEW YOUR MEMBERSHIP



OR SIGN UP ON OUR WEBSITE

For more information about AVENS, please visit our website: [www.avensseniors.com](http://www.avensseniors.com)

Any questions or concerns? Call or Email 867-920-2443 EXT. 104  
EA@avensseniors.com



**AVENS-A COMMUNITY FOR SENIORS**

**2<sup>ND</sup> ANNUAL CAR, TRUCK AND BIKE SHOW**



**Saturday June 20, 2026**  
**11:00 am-3:00 pm**  
**5710 50<sup>th</sup> Ave.**

To register your vehicle, or if you would like to be a sponsor of this event, email [Lindsey\\_Dwojak@avensseniors.com](mailto:Lindsey_Dwojak@avensseniors.com) or call (867) 920-2443 ext 105