

First Edition

Wellness of Elders Newsletter!



This **quarterly update** highlights our efforts to celebrate, protect and support the elders of Nunavik. Through awareness campaigns, community initiatives and collaborative projects, we aim to honor the wisdom and contributions of our elders while addressing their needs of wellness and safety.

About Us:

The players involved in the Elders' Wellness project are dedicated to foster a community that values, respects and protects its elders, creating a safer and more supportive environment for all Nunavik elders.

Key initiatives so far:

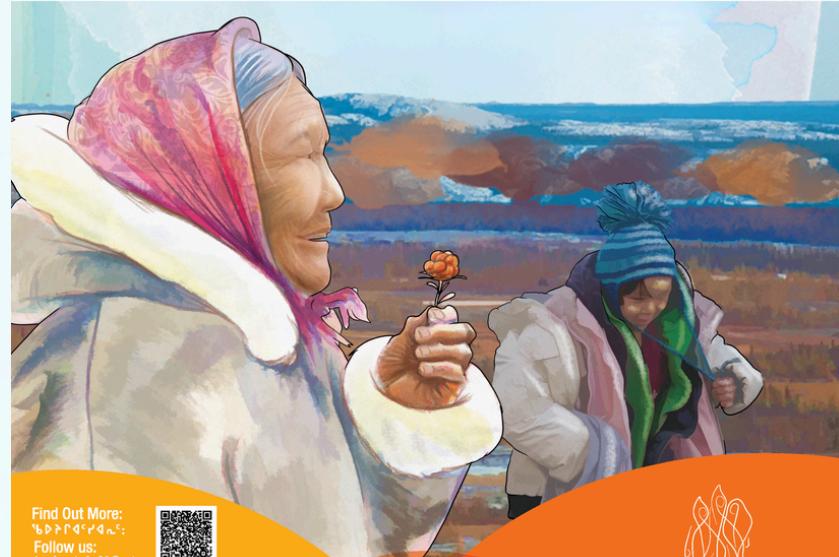
 **Nunavik Elder Safety Day** (June 15th): This initiative brought awareness to the importance of creating a community where elders are valued, respected, and safe and included a Facebook Campaign, Radio Ads (TNI) and a Call for Projects.

Nunavik Elder Safety Day



 **Nunavik Elders Day** (Starting October 1st): Annual campaign promoting the physical, emotional, and social well-being of our elders. It included: Call for Projects, Safety of elders Workshop, Facebook Campaign, Radio Ads (TNI), Community Challenge, and the "Lifetime of Wisdom" Video.

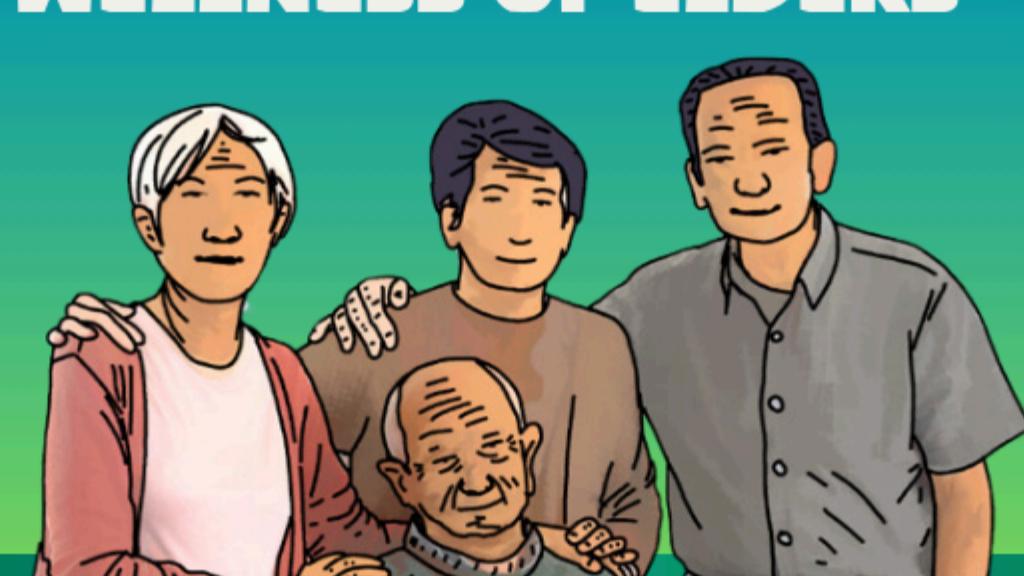
Nunavik Elders Day



 **Elder Safety Awareness Workshops**: Our new workshop, "Towards the Wellness, Respect, and Safety of Our Elders," brought caregivers and stakeholders together in Inukjuak to discuss the meaning of care, recognizing signs of mistreatment, and how to offer safe support. This session was the first of four planned over the next 12 months as part of a pilot project.

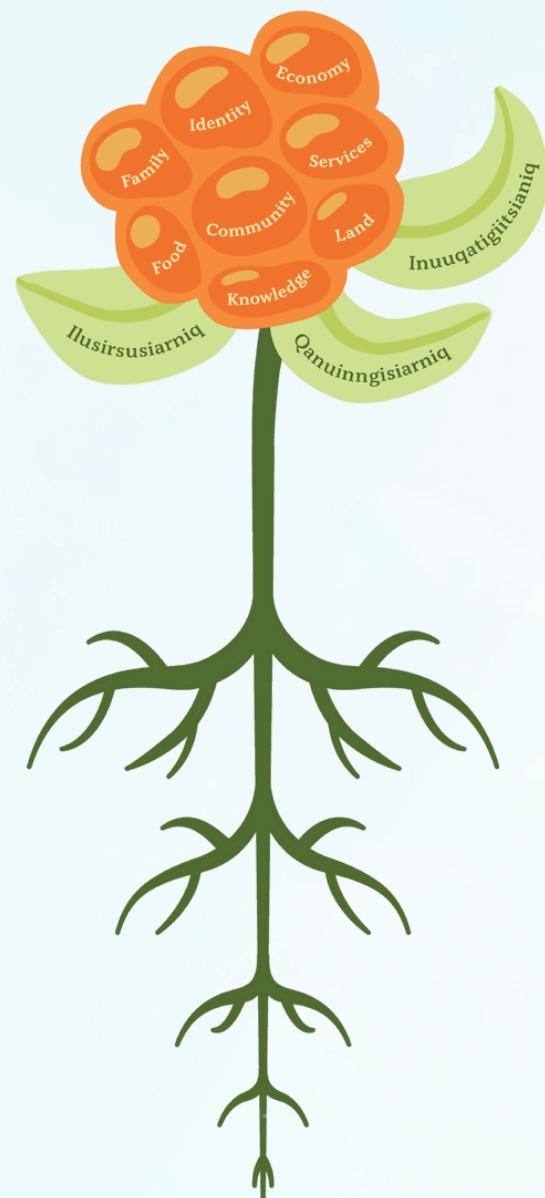
Elder Safety Awareness Workshops



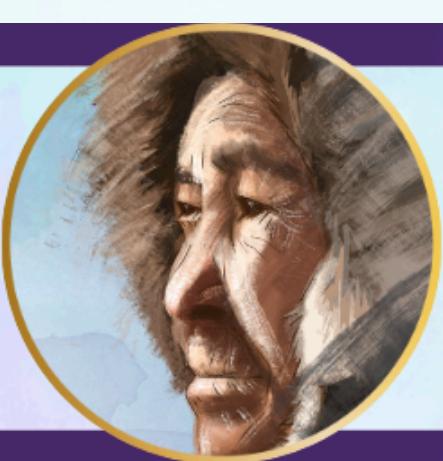


What's Next?

- The deployment of the revised Regional Policy to fight against mistreatment of elders and other adults in vulnerable situations to meet ministerial requirements.
- The implementation of an ever-evolving Action Plan for Elder Safety.
- The Implementation of a collaborative intervention processes to ensure rapid, effective and complementary multi-sectoral action between health, social services, justice, public safety, and community partners in complex mistreatment cases.
- An innovative “escape game” co-created with communities to facilitate discussions on this delicate subject.
- The introduction of a comic strip to raise community awareness about elder wellbeing.



Elder Wellness Comic Strip



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