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AETS COMMUNITIES



Strength. Tradition. Empowerment.



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Age Well in Home Program

For Elders & Adults 55+

Our Team

Amanda Sawatzky

Amanda is the Age Well in Home Program Coordinator at Anishinabek Employment & Training Services. She is Red River Metis, from Sault Ste. Marie, ON by way of Lac du Bonnet, MB. Amanda brings with her over 20 years of experience in the health care field with a large focus of her career spent in community care, advocating for better access to health care for Indigenous Communities. As the AWIH Program Coordinator, Amanda passionately supports Elders & Adults 55+, aiming to enhance their independence and quality of life. Her advocacy stems from her cultural heritage and a personal commitment to creating positive change within First Nation Communities.



Lorraine Keough

Lorraine is the Age Well in Home Program Assistant at Anishinabek Employment & Training Services. She is from Netmizaaggamig Nishnaabeg (Pic Mobert First Nation), she brings with her over 20 years of experience in employment and training services within Indigenous communities. She is dedicated to fostering empowerment and growth and is deeply committed to reconnecting with the land and her culture. Through her role as Age Well in Home Program Assistant, Lorraine's deep connection to her community informs her advocacy for growth and inclusivity, reflecting her commitment to improving lives and fostering a brighter future.



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PURPOSE

The purpose with the Age Well in Home Program is to have AETS's Community Elders and Adults 55+ stay living safely and independently in their own homes through active engagement, support, learning and empowerment.



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OBJECTIVES

PROJECT OVER-ALL OBJECTIVE

The objective for the Age Well in Home Program is to achieve meaningful change in the lives of AETS's Community Elders & Adults 55+, by empowering them to live as actively engaged community members and to provide information on how they can access more comprehensive services as their needs change. Our work is driven by an organization that is professional in its operations and strives to always present its values of dignity, participation, diversity, social inclusion, learning, and professionalism in all aspects. AETS will bring together and empowering AETS's Community Elder's and Adults 55+ to advocate on behalf of themselves and change perceptions on ageing well in home and the abilities of older adults in general.

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OBJECTIVES cont...

Project Specific Objectives

- Expand delivery of volunteer-based eligible service to low-income and otherwise vulnerable seniors to help them age at home
- Increase the quality of life of low-income and otherwise vulnerable seniors by providing navigation services to help seniors gain access to eligible services provided by other organizations active in the local area.



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SERVICES

Offering Social and Health System Navigation Services to Elders and Adults 55+ who are Citizens of the nine First Nation Communities serviced by AETS in the areas of...

- In-home supports
- Transportation Supports
- Meal Supports
- Friendly Visiting
- 55+ Workshops & Social Groups or Gatherings
- Adult Computer and Online Literacy Learning
- Community Event Support for Elders with an Elders Rest Area
- Volunteer Services

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55+ Workshops, Social Groups & Information Sessions

- Ribbon Skirt making Workshop
- Rawhide Rattle making Workshop
- Dream Catcher Making Workshop
- Soap Stone Animal Carving Workshop
- Three Sisters Paint Night
- Beaded Medicine Bag Making Workshop
- 55+ Recipe Sharing and Cookbook Making Group
- 55+ Walk & Talk Group
- 55+ Resistance Band Exercise Group
- 55+ Tea & Bannock Poetry & Short Story Reading Group
- Community Crafting Group
- 55+ Computer & Online Literacy Learning
- Home Budgeting Information Session
- Responsible Gambling information session
- Diabetes Health Information Session



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VOLUNTEERS

The Age Well in Home Program cannot function without the help of our community volunteers. We will be recruiting 9 volunteers per year with one volunteer from each of the nine first nation communities serviced by AETS. Volunteers will be responsible for assisting with workshops, events, community outreach, and mentorship as required. A complete Volunteer job description is available to view.

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The Vera Shaganash

Seven Sacred Teachings Award for Youth

Anishinabek Employment and Training Services (AETS) is pleased to offer The Vera Shaganash Seven Sacred Teachings Award. Inspired by the memory of Elder Vera Shaganash of, Netmizaaggamig Nishnaabeg who was an active member of the AETS Elders in Residence Program from 2018 to 2019 prior to her passing on November 11, 2019, in White River, ON. Vera saw the potential in our youth and felt the importance of recognizing and acknowledging their good efforts. This award recognizes Youth aged 15-29 from the AETS member communities who in the past year have demonstrated the Seven Sacred Teachings in whole or in part (Love, Honesty, Truth, Courage, Wisdom, Humility and/or Respect). Through their actions, nominees are improving the quality of life or well-being of others. The award is honorary and recognizes Youth with a certificate and a plaque.



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Community Partners & Collaborators

Community partnerships and collaborations are at the heart of information delivery within the Age Well in Home Program. Partnering with Thunder Bay Literacy Group for adult learning opportunities, Ontario Native Women's Association for responsible gambling and diabetes health information, Bimaadiziwin Wiidookaagewin for cultural support and knowledge sharing, and Noojmawing Sookatagaing Ontario Health Team for community health and social service connections through their service provider showcases, will allow our team to collaborate, and deliver specialized information from each of these community groups to help improve the lives and promote the healthy ageing of our Elders & Adults 55+.



Funded in part by the
Government of Canada's
Age Well at Home Initiative

Canada

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PROGRAM & CONTACT INFORMATION

Age Well in Home Program Website

- <https://www.aets.org/awih>

Elder & Adults 55+ Application

- [AWIH Elder - Application Form](#)

Volunteer Opportunities

- [AETS Volunteer Community Outreach Assistant Job Description](#)
- [AETS Volunteer Community Outreach Assistant Application Form](#)
- [AETS Volunteer Policy](#)

Contact Us

- Amanda Sawatzky
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Amanda.Sawatzky@aets.org
- Lorraine Keough
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Lorraine.keough@aets.org

Hours of Operation and Parking

Monday to Friday from 8:30 am to 4:30 pm **by scheduled appointment:**
Call 807-698-5611 to meet at one of three locations in Thunder Bay: 285 Red River Road or 251 Red River Road or 216 Brodie Street South



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Thank You

Any Questions?