

ASSOCIATION OF IROQUOIS AND  
ALLIED INDIANS PRESENTS



# 2020 VIRTUAL ELDERS GATHERING

July 8th - August 31st

With the annual Elders Gathering postponed this year due to COVID-19, AIAI is hosting a 2020 Virtual Elders Gathering! This event includes a series of presentations, workshops, and activities related to health, wellness, and culture that Elders can participate in from their homes.

Every **WEDNESDAY** starting **JULY 8TH** until **AUGUST 31ST**, there will be a live virtual session for elders to participate in online or by telephone. Each week, registered participants will be sent a web link and/or telephone number to participate in the live sessions. Each session will be recorded, so those who are unable to participate live can watch later at their convenience.

The session schedule will be provided in advance, and will surely include the Elders' dress up contest in the series! This year's theme will be: **'WHO IS YOUR HERO?'** in recognition of all the heroes amongst us during this pandemic.

The 2020 Virtual Elders Gathering will also feature an **Elder/Youth Pen Pal Program** and a **Recipe Exchange**, which elders can opt to participate in outside of the Wednesday sessions.

For more information go to [aiai.on.ca](http://aiai.on.ca) or contact Shayna Phillips, Interim H/SAB-CDS Coordinator, at:

[sphillips@aiai.on.ca](mailto:sphillips@aiai.on.ca) or  
by phone at (519) 615-1367



THE  
ASSOCIATION OF IROQUOIS AND ALLIED INDIANS  
PRESENTS THE:

# VIRTUAL ELDERS GATHERING 2020

Every Wednesday at 10:00 a.m. from July 8<sup>th</sup> – August 26<sup>th</sup>

## REGISTRATION FORM

**\*\*\*Please note to participate by Zoom you will need an internet connection and a valid email address OR you can participate by telephone by calling the number provided at a later date.\*\*\***

(See attached information sheet for further details)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

First Nation: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please send your completed registration form to the attention of  
Shayna Phillips, Interim H/SAB-CDS Coordinator, via email at  
[sphillips@aiai.on.ca](mailto:sphillips@aiai.on.ca) no later than **June 26, 2020**.

**Background:**

As per the recommendation of the Health/Social Advisory Board (H/SAB) and the approval of the AIAI Chiefs Council, the 2020 Annual Elders Gathering has been postponed until 2021 due to the COVID-19 Pandemic. In order to continue to engage the Elders and ensure their input can continue to guide our work, AIAI will be hosting a 2020 Virtual Elders Gathering.

**What we are doing:**

Every **WEDNESDAY at 10 a.m.**, starting **JULY 8<sup>TH</sup>** until **AUGUST 31<sup>ST</sup>**, AIAI will host a live virtual session that elders can participate in online or by telephone from the safety of their homes. Each week, registered participants will be sent a web link and/or telephone number to participate in the live sessions, but each session will also be recorded, so those who are unable to participate live can watch later at their convenience.

The weekly session schedule will be provided in advance and will cover a variety of topics pertaining to health, wellness, and culture. The usual Elders' dress up contest will be included in the series as well with the theme '**WHO IS YOUR HERO?**' in recognition of all the heroes amongst us during this pandemic.

The 2020 Virtual Elders Gathering will also feature an Elder/Youth Pen Pal Program and a Recipe Exchange, which elders can opt to participate in outside of the Wednesday sessions (flyers will be sent to your attention via a separate email from Ira Timothy, AIAI Communications Coordinator).

**When:**

Live sessions will run every **WEDNESDAY at 10 a.m.**, starting **JULY 8<sup>TH</sup>** until **AUGUST 31<sup>ST</sup>**. Participants will be given ample notice of the topic of the session via the completed schedule.

Each week, a link will be sent to the participants that have registered so they can participate. A recording of each session will be made available and copies mailed to the member Nations to share with their Elders at their convenience and according to their own safety protocols and precautionary measures.

**Recipe Exchange:**

To encourage sharing between our communities, AIAI will be making its first Elders Cookbook composed entirely of recipes submitted to us by the Elders in our member Nation communities.

We are putting out the call to Elders to share your favourite recipe to be included in the cookbook. We are hoping Elders will include a story or a memory tied to the recipe that explains why it's so important to them, what occasion it is best for, or why it is so delicious! Elders are also invited to submit a picture of the dish, so everyone can see what it looks like. We

look forward to seeing and sharing your recipes and very much appreciate every submission. All will be included in the book if received prior to the deadline. The deadline to submit a recipe will be **JULY 31<sup>ST</sup>, 2020**.

Once complete, the cookbook will be printed, bound, and distributed to all AIAI communities.

### **Elder/Youth Pen Pal Program**

In the spirit of increased youth involvement, the Elder/Youth Pen Pal Program is designed to pair up youth and elders from different AIAI communities. Registered participants in this program will be paired up at random and exchange letters sent by snail mail. It is our hope that this older style of communication will encourage learning and sharing about each others' communities and generations, and increase interaction between Youths and Elders through the exchange of stories, thoughts, and experiences.

Many seniors are not very comfortable with technology and newer forms of communication and enjoy having something they can read, hold in their hands, and treasure. The youth, who may be new to letter writing, will get to experience the joys of this slower type of communication. In addition to letters, participants can send drawings, crafts, or other mementoes as they get more comfortable.

Once a registered, youth will be provided with the name and address of their pen pal to initiate the exchange. We suggest a simple one-page letter to introduce themselves and say hello to their new Elder pen pal. AIAI will follow up with registered Elders one month into the program to ensure that their new pen pals have been able to get in touch.

**Should you have any questions regarding the virtual Elders Gathering, please do not hesitate to contact Shayna Phillips, Interim H/SAB-CDS Coordinator, via email at [sphillips@aiai.on.ca](mailto:sphillips@aiai.on.ca) or by phone at 519-615-1367.**

# THE ELDER & YOUTH PEN PAL PROGRAM!!



**JOIN AIAI'S ELDER-YOUTH PEN PAL PROGRAM TODAY!**

**REGISTER NOW AT [AIAI.ON.CA](http://AIAI.ON.CA)**

*Beginning August 4th, registered Elders and youth will be paired up with participants from another AIAI community to participate in a letter or email exchange. This program is part of a series of virtual initiatives happening this summer in place of AIAI's annual Elders Gathering. For more information, visit [AIAI.ON.CA](http://AIAI.ON.CA) or email [ITimothy@aiai.on.ca](mailto:ITimothy@aiai.on.ca)*



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# VIRTUAL ELDERS GATHERING 2020

ELDER & YOUTH PEN PAL PROGRAM

## REGISTRATION FORM

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

First Nation: \_\_\_\_\_

Postal Address

Street Address: \_\_\_\_\_

City, Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

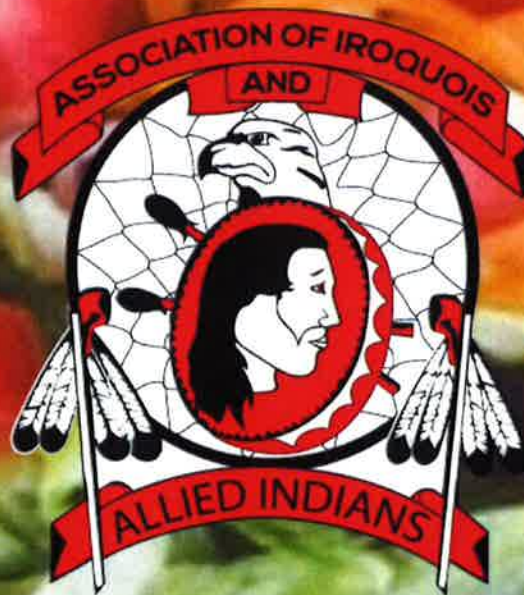
\*Note: Postage for 10 stamps will be provided to Elders and Youth that register for the program

Please send your completed registration form to the attention of  
Ira Timothy, Communications Coordinator, via email at  
[itimothy@aiai.on.ca](mailto:itimothy@aiai.on.ca) no later than **June 30<sup>th</sup>, 2020**

THE ASSOCIATION OF IROQUOIS  
AND ALLIED INDIANS

# ELDERS' RECIPE EXCHANGE

*Share your favourite recipe with us*



Let others try out your fry bread, corn soup, or another one of your other favourite dishes without leaving home

Simply submit your recipe to AIAI, and share a story or memory with this recipe, add photos or special tips, and look forward to it appearing in the AIAI Elders Cookbook

This exchange is part of a series of virtual initiatives happening this summer in place of AIAI's annual Elders Gathering. For more information visit [AIAI.ON.CA](http://AIAI.ON.CA) or email [iTimothy@aiai.on.ca](mailto:iTimothy@aiai.on.ca)