

sageLINK

Seniors Association of Greater Edmonton

November - December, 2009

15 Sir Winston Churchill Square

Edmonton Alberta T5J 2E5



Greetings to the wonderful season of winter at **SAGE**. Activities and events sparkle and there are indeed some great surprises planned. Check out this Link for great information about **SAGE** and about our advertising sponsors

SAGE AWARDS – PLAN TO ATTEND

The nominations have all been submitted and the recipients have been chosen, so it is time to purchase your tickets. This year's luncheon Awards celebration will be Wednesday, November 4th at The Sutton Place Hotel. Tickets are only \$50. The winners and all the nominees will be recognized. Other highlights include Emcee Carrie Doll, Honourary Chair Greg Christenson, and a great meal. Call 780-701-9009 for information and tickets.

DIVERSITY POTLUCK



We're having a Diversity Potluck on Friday, December 18 from 11:00 a.m. to 12:30 p.m. in Classroom "B" to celebrate with the seniors from our Immigrant Seniors English classes and CHAT conversation circle. **SAGE**

members, staff and volunteers are invited to bring a favorite Holiday dish, meet someone from another culture and sample food from around the world. Be sure to register either by phone, or in person, at main floor reception by Friday December 4 and join us for the fun! Hope to see you there.

Christmas Gift Idea!

Looking for that perfect gift idea for someone in your life who doesn't like to cook? We have a suggestion:

SAGE Savouries

**Home Cooked Meals.
Simply Heat and Enjoy**

Sold

- 5 meals for \$27.50
- 10 meals for \$49.50
- 20 meals for \$99.00



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MESSAGE FROM THE PRESIDENT



Fall has arrived with concerns about finances and flu, changes to our expectations, and the need to have fun. The finance part first. **SAGE** has been favoured with good budgeting and popular programs but we are concerned about funding for charities like **SAGE** that

depend on the support of various levels of government.

There are indications of constraints in 2010. The experience of the Boys and Girls Club is one indicator. Another will be the United Way Campaign. I encourage your support. As a Member Agency of United Way, **SAGE** is directly impacted by the campaign results. Besides donating, what else can we do to help? Volunteering and membership are vital to working thru this tough period. Thanks to all our members and to all our volunteers. You are giving a great effort.

In order to best utilize our resources, **SAGE** continues to explore opportunities and to connect with other organizations and agencies to reinforce our individual strengths. One **SAGE** objective is to find additional ways of enabling seniors to age in the right place and live independently as long as possible. The pending reorganization of Home Services and its new Snow Busters program are innovative responses to this goal. **SAGE** was also a leading organizer of the highly successful Housing Forum, which provided many good ideas and opportunities.

And as for the fun, **SAGE** has a full array of programs to engage seniors and provide good times. The **SAGE** Awards are November 4th at the Sutton Place Hotel. This year it is a lunch event and we have a great group of nominees. Hope to see you at the Awards.

Brent Abbott

President of **SAGE**

HIGHLIGHTS OF THE BOARD

August & September 2009

- The President and the Executive Director met on June 9th with Premier Ed Stelmach and the Honourable Mary Anne Jablonski, Minister of Alberta Seniors and Community Supports and spoke to them about issues of concern to seniors.
- The Provincial Registration office reviewed the **SAGE** bylaws and the required changes, which were approved by **SAGE** membership at a September General Meeting.

SAGE Board of Directors 2009 - 2010

Executive

President	Brent Abbott
President Elect	Diana McIntyre
Treasurer	Don Junk
Secretary	John Schiel
Past President	David Beckman

Members at Large

Mohamed Assaf	Bill MacDonald
Lily Simpson	Radhe Gupta
Lynn Skillen	

Executive Director

Roger Laing

SAGE Staff Directory

Executive Director	780-701-9001
Director of Operations	780-701-9002
Manager, Corporate Relations	780-701-9008
Food Services	780-701-9022
Home Services	780-701-9007
Home Service Requests	780-701-9011
Life Enrichment	780-701-9016
Seniors' Safe House	780-702-1520
Advertising Sales	780-701-9010
Volunteer Services	780-701-9015

Social Work Services

Co-decision Making	780-701-9006
Housing	780-701-9018
Intake Social Worker	780-701-9019
Long Term Support	780-701-9005
Multicultural Seniors Outreach	780-701-9018
This Full House	780-701-9005



- The **SAGE** building lease has been renewed.
- The Edmonton Seniors Coordinating Council (ESCC) led work on a Seniors' Framework is progressing. **SAGE** feedback was incorporated.
- City of Edmonton has given **SAGE** parkland for a community garden.
- The Board accepted the feasibility study of "**SAGE**'s Frozen Food Enterprise" and authorized the hiring of a chef and the purchase of freezers and equipment.
- The Advocacy Committee this year will focus on the issues of Aging in Place and the Supportive Living Continuum.
- The Board support the Snow Busters pilot project of Home Services which will provide snow removal services for seniors and test new ideas and structures in partnership with the Community Leagues.
- The Board approved the new **SAGE** Pandemic Plan.

STAFF CHANGES

We bid farewell to Leslie-Anne Fendelet who has departed from her Life Enrichment position at **SAGE** to take a position with the RCMP. Farewell also to our two STEP students Karolina Hanula and Shannon MacLeod who have gone on to further study. We have appreciated all these three have contributed to **SAGE**.

Katrina Damer began at **SAGE** Safe House as a social work student and now is a Registered Social Worker and one of the Coordinators of Safe House. She enjoys working with seniors in all areas to improve quality of life. Welcome back, Katrina.



We welcome Emma Mawdsley as Special Events Assistant working with our Manager of Corporate Relations on the Housing Forum and the **SAGE** Awards. Always looking for new challenges, she has found **SAGE** a great place to work.



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COURSES AND OUTINGS

Live Better Everyday

October 29th – December 3rd

Every Thursday from 10:00 a.m. – 12:00 noon

This program is facilitated by Alberta Health Services. Live Better Everyday is a chronic disease self management program for individuals suffering from chronic health conditions, or those seeking information on how to support their loved ones. This course will teach participants practical skills such as problem solving, communication skills, dealing with anger, fear, frustration and depression and many other valuable skills.

Cost: \$10.00

Tour of the Edmonton Garrison Military Base November

Visit the Edmonton Garrison to have a tour of the base and to view some of the vehicles and equipment used by our troops in action. The date and time of this tour will be announced in mid October.

Cost: TBA

Rodeo Week Chili Cook Off

Friday, November 6th

Gallop on over to Scotia Place on Jasper Ave to join in on some Rodeo Week festivities as you savour the taste of some of the best chili in the city! While your taste buds are tantalized, help decide who takes home the title of the best chili in Edmonton!

Cost: \$2.00 per bowl of chili with all proceeds going to the Alberta Council of Women's Shelters. (Pay at event)

Digital Camera Course Monday November 9th

Learn the basics of operating your digital camera and how to load those pictures onto your computer to share with friends and family. Mondays & Wednesdays from 10:00 – 11:00 AM for a total of 3 classes

Cost: \$45.00 for members. \$65.00 for non-members



Jennie Wilting Lecture Series

Tuesday, November 10 – Neuroses

Tuesday, November 24 – Anger

1:00 p.m. in the **SAGE** Mezzanine

Cost: \$3.50 for refreshments and snacks

An Afternoon at the Festival of Trees

Thursday, November 26th

Departs **SAGE** @ 12:30 p.m.

Take in the spirit of the holidays at the famous Festival of Trees at the Shaw Conference Centre. Free gift and complimentary refreshments.

Please register by November 19th

Cost: Seniors \$3.00. Other adults \$6.00.

The Butterdome Craft Sale

Thursday, December 3rd

Departs **SAGE** @ 12:30 p.m.

Experience one of Western Canada's biggest craft sales. It takes place at the University of Alberta Butterdome. Look for some new holiday décor or find unique gift ideas for your loved ones - all in one afternoon!

Cost: Tickets to be purchased at the door. \$5.00 for Seniors. Other adults \$7.00.

Deck **SAGE** Halls!

Christmas Tree Decorating Extravaganza

Monday, December 7th. @ 10:00 AM

Gather a group of friends in the **SAGE** Lobby and claim a Christmas Tree to decorate. Enjoy an afternoon taking part in this time cherished tradition. You and all **SAGE** visitors will enjoy your creativity for the remainder of the holiday season as the sparkling trees will remain on display Lobby to bring good cheer for the holidays!



Gingerbread House Contest

Monday, December 14th

10:00 a.m. **SAGE** Auditorium

Team up with a friend or work alone for a little friendly competition to see who can build the best Gingerbread House! A basic kit with four walls and a roof will be provided to get you started, and the rest is left to your creative mind! Your creation will remain on display for the week and **SAGE** visitors will vote for their favourite. The winner will be announced on Friday December 18th!

Cost: \$10.00 per kit

Christmas Candy Canes and Hot Chocolate Tuesday, December 22nd

Come in from the cold and gather around with friends to enjoy some hot chocolate and Christmas treats. A classic Christmas movie will entertain in the background.

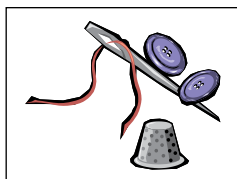
Cost: \$3.50

Groups and Clubs at SAGE

SAGE Members Only

The **Raye Dolgoy Bridge Club** meets each Friday from 11:30 a.m. to 4:00 p.m. in the Mezzanine. Club members gather to enjoy a few games of bridge and to share fellowship. Anyone wishing to learn how to play is welcome to do so by arranging a lesson. The cost is \$1.00 per play.

The **Busy Fingers** group continues to run through the winter. Join this group of amazing women as they endeavour to find projects that make a difference in our community. Currently they are working on knitted items to keep inner city kids warm, as well as knitted hats for the Twin and Triplets Club of Edmonton. Meet every Thursday in the craft room from 9:00 a.m. to 11:30 a.m..



The **SAGE Singers** meet every Thursday from 10:30 a.m. to 12:30 p.m. in the auditorium where they warm up their voices and practice for their weekly performance in the Sunshine Café immediately following practice. If you are interested in joining, please feel free to come by and join in! Club members make a small donation at each meeting.



The **Geri Actors and Friends** meet Thursdays at 1:00 p.m. in the auditorium. This is a dynamic theatre group with stories to tell and the passion for performing in front of engaged audiences. If this is of interest to you, consider joining a group that loves to have fun! No experience is required and this fall the group will be joined by a student ensemble from the University of Alberta to create an exciting intergenerational theatre experience. The cost to join is \$20.00 per year.



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**Jerry Smolyk, President
Kirstie Smolyk, Vice President**

The **Happy Travelers Slide and Video Shows** take place the third Thursday of each month from 1:00 p.m. to 2:30 p.m. in the auditorium. There are many intriguing shows from around the world with a host or hostess giving the narrative. There is no need to reserve a spot just come on down and join us. The club accepts loonie or toonie donations for **SAGE**.



Its Game Time! Every Wednesday in the Games Room in the **SAGE** Lobby from 10:00 a.m. to 12:00 p.m.. Come and play some scrabble, Suduko, or other brain games! Don't forget, at **SAGE** we have a **Nintendo Wii** that is free for you to use at anytime! Just stop by the front desk reception at **SAGE** and ask for the key and for help to get started! This is a fun way for you to keep moving!

Let's do Lunch is a group of lovely ladies who come together on the second Tuesday of each month from 12:30 p.m. to 2:30 p.m. and venture out to new and unfamiliar dining experiences.



Feel free to join us by calling **SAGE** to sign up for this month's outing! November's choice: That's Aroma, December's choice: Sutton Place Hotel



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SAGE AND THE DON WHEATON YMCA

Keep Fit with SAGE and the YMCA!

SAGE has partnered with the Don Wheaton YMCA to make fitness affordable and fun for everyone! All you need to do is

- 1) at **SAGE**, get your membership card and a two week free pass to the Y,
- 2) at the Y, pay for one year at \$120 or set up an installment plan with at \$10 per month. Then you are ready to go.

Enjoy the use of the Don Wheaton YMCA facility including the professionals to help you stay fit, and the drop in classes specifically for Active Older Adults. The schedule of these courses is:

Tai Chi – Tuesdays:

Level 1 @ 10:00 a.m.

Level 2 @ 11:00 a.m.

Aqua fit – Mondays & Wednesdays @
10:30 a.m.

Cardio & Strength – Tuesdays & Thursdays @
9:30 a.m.

Total Fitness – Fridays @ 10:30 a.m.

NEWS AND NOTES

SAGE is grateful for donations and wishes to acknowledge the donation of Tomasa Houle. Thank you.

SAGE's English as Another Language (EAL) classes are going gang-busters. Thanks to teacher Lesley Lambert for her valued leadership.

Assisted Waste Collection: a new City service

The City of Edmonton has begun a new Assisted Waste Collection. Elderly citizens and persons with disabilities can have their waste collected from their porch. The City's Collection teams are already in action. For more information and to apply via a very user-friendly online method go to:

www.edmonton.ca/for_residents/garbage_recycling/assisted-waste-collection-form.aspx
or phone either 780-496-5698 or 780-495-1967.

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Greater Edmonton Foundation
Housing for Seniors

SAGE's Diversity Committee

Greetings from **SAGE's Diversity Committee!**
Staff from a number of our programs come together to meet on a monthly basis. The purpose of the committee is to promote equality among all seniors at our centre and to create a welcoming space for those who come from underrepresented groups such as:

- Aboriginal people
- People who are lesbian, gay or transgendered
- People of colour
- People whose mother tongue is neither English nor French
- People with disabilities
- People with low literacy levels

One of the goals is to provide opportunities for mutual learning between seniors from all backgrounds. So check out our Diversity Potluck on the front page of this LINK.

PROGRAMS AND SERVICES

HOME SERVICES

Snow... As much as we try and avoid thinking about it, it always makes its appearance sooner than many of us would like. If you are a senior who is looking for reliable, affordable snow removal services for this season, **SAGE** Home Services can help!

Our Home Services program connects seniors who need help with home maintenance workers who can provide those services at an affordable rate. These workers include university students, retired professionals, professional contractors, individuals starting their own business, and part-time handymen. Each worker who is registered with **SAGE** has been interviewed, reference-checked, and required to provide a current Edmonton Police security clearance. Rates are variable and are negotiated between the worker and the customer. In addition to providing snow removal services, Home Services workers can also assist with yard work, carpentry, painting, plumbing, general repairs, companionship, and housekeeping.

THE SUNSHINE CAFÉ

At



**Open Monday through Friday
8:00 a.m. to 3:00 p.m.**

Open to the public.
Everyone is welcome!

We offer a full menu including...

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Annual Christmas Feast

Dec 9 & 16 from 11:30 till 1:00

\$10.95 per person

Tickets available from Café Cashier
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Just Heat and Enjoy

**\$5.50 each or buy
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6 or more for \$2.75 each

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Delivery Available to **SAGE** Members

SAGE is also piloting a new program this year to better meet the need for snow removal services for older adults in Greater Edmonton. Through **SAGE's** new **Snow Busters Program**, seniors who require their sidewalks cleared in the winter months will be matched to someone from their community to provide the service at a discounted monthly rate. The benefit to seniors is that they will receive reliable and affordable snow removal service while at the same time supporting their local Community League. To receive more information about the Home Services, the Snow Busters Program or to arrange for service, please call (780) 701-9011.

SAGE BAKE SALE FOR UNITED WAY

Hopefully you will have this Newsletter in time to participate (bake or buy) in the United Way Bake Sale, Friday, October 30, beginning at 8 a.m. Staff, volunteers and members are asked to donate baking, homemade jams, jellies and

relishes to will be sold at **SAGE**. All proceeds will be donated to the United Way.

Staff will all be dressed in costume for Halloween and everyone is invited to join the fun by wearing their costume.

SAGE SENIORS' SAFE HOUSE

The **SAGE** Seniors' Safe House provides temporary free accommodation for seniors in need of a place to stay due to abuse or neglect. The holidays are a time to spend with loved ones but for the seniors staying at the Safe House often that is not an option and the holidays are spent alone. Donations are always needed and appreciated - especially during the holiday season to help spread cheer to those in need. Please consider dropping off unused items at the **SAGE** front desk and know that you are adding some joy to our resident's holiday season. You can also reach Safe House staff at 780-426-3746. A warm thank you to all!

Some suggestions for donations:

- scribblers / journals
- pens / pencils
- large print word searches / crosswords
- nail clippers
- men / women's toiletries
- earrings
- key chains
- perfume / aftershave
- wallets
- candles
- teddy bears
- women / men's underwear
- men / women's pyjamas
- socks
- slippers
- bathrobes
- bedding / pillows

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- chocolate / sugar free candy
- packets of tea / coffee
- seniors bus tickets
- gift cards (coffee shops, Smitty's, Albert's, Safeway, Sobeys, Zellers)

Other items always needed at the Safe House:

- toilet paper
- Kleenex
- paper towels
- coffee / tea
- laundry supplies
- cleaning supplies
- garbage bag

VOLUNTEERING

How to Get Involved at **SAGE**

Try **VOLUNTEERING**

SAGE is looking for vibrant, friendly people. Just like YOU!

Opportunities available:
Switchboard, Main Reception,
Sunshine Café Cashier, Meal Delivery
Call Christine at 780-701-9015

The Season of Giving is upon us.

During the Holiday season

SAGE would like to offer everyone the chance to win 2 tickets to see the Citadel's presentation of

"Rock 'n' Roll" or "Wingfield's Lost and Found"

Donors of \$50 or more to **SAGE** during the months of November and December will be entered into a draw.

For more information on how to make a donation please contact Christine at 780-701-9015

Happy Holidays from the Staff and Volunteers at **SAGE**

Talking to yourself... (It's okay we all do it!)

How do you talk to yourself? Do you use the words "can't", "won't", "don't need to", or "why try"? Many people do. Do you find that what you say to yourself turns out to be true?

Or do you use empowering words when you talk to yourself?

You see your brain is like a computer that you feed each day. It doesn't always know what's real or not unless you tell it. Your brain files this information for reference. It's data, little zeroes and ones and no column that asks "true or false".

Words can be empowering: I can, I love to, I want to, I will, I must, I am.

We can reach a new level of living, if we feed ourselves empowering words and practice saying them until they become a habit. Try it for a week. Catch yourself saying, "I can't", when you don't really mean it and instead try, "I can", and see how you think and feel about yourself.

Remember, the words you use to empower yourself will have a lasting effect only if you practice them and they become a habit.

It is said it takes at least 28 days to develop a habit. After a week, you will see that it becomes easier. It's a mindset and you can control your thoughts. Be proactive and not reactive - give yourself some good words.

Dream big and empower yourself!

Believe you can and you will. Christine

Have a Christmas tree collecting dust?

Consider donating it.

SAGE requires 4 artificial trees. They would be decorated by our members and placed around **SAGE** to add a festival touch.

The tree must be in good condition and available before November 30.

Please call Christine at 780-701-9015 to make arrangements.

Alberta's Steps to Prevent Influenza



1 Stop the spread:

Wash your hands, cover your cough, stay home if you are sick.



2 Seasonal influenza immunization:

High risk groups will be immunized at immunization clinics beginning mid October.



3 H1N1 influenza immunization:

Free for all Albertans, immunization clinics available following seasonal influenza clinics.

No appointment needed. For clinic dates visit
www.albertahealthservices.ca or call Health Link Alberta at:

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Phone: (780) 437-3300 for more information

MEDChair Edmonton

5711 - Calgary Trail

Edmonton, Alberta.

www.edmonton.medichair.com



Casino Volunteers Wanted!!!

SAGE will host its next Casino February 12th and 13th, 2010.

Volunteering at a casino is fun and easy. Training is provided on the day of the event. Absolutely no experience is needed.

Please call Christine Poirier for more details at 780-701-9015.

FLU CLINIC – SAGE has **NOT** been requested to hold a Flu Clinic this year. Alberta Health Services is having fewer but larger clinics due partly to the necessity to have both Flu and H1N1 virus clinics. Please see the ad on page 12 of this Link for further information on clinics.

SAGE received this letter of thanks:

“As you know, they had a Bucket List Party last month. It was an excellent outing. I was fortunate enough to win 2 prizes – a canoe trip and one hour of instruction to climb mountains on an indoor training facility.

I wish to thank Giselle Parker for arranging the canoe trip as it was her Dad that took me out. You don't know if you can do these things at this age or not. It went real good with great camaraderie and laughter. When you fall in 5 times you must have had a good time. I did.

I also wish to thank Karolina Hanula for arranging the climbing wall instruction. I always wanted to try this but it needed to be when I was younger. Well I took the challenge and did ok. First try I just got started up 10 feet and slipped off. Good thing I was belayed off as was my safety climber. She is real good, just like a spider all the way to the top. I did make it a little over ½ way twice. Not too bad. You need to be in good shape.

Thank you greatly for the opportunity and challenge. I did it.” – Ron O'Neill

Driving Angel Program

Edmonton partners announce program to recognize drivers who provide rides for seniors



Access to transportation can be a challenge for seniors. Once they no longer drive, it can become difficult to get to appointments, social engagements and other important events.

The “Driving Angel” program, launched by the Alberta Motor Association, the City of Edmonton and the Edmonton Seniors Coordinating Council, will recognize and thank people making a difference in seniors' lives by providing them rides.

“Edmonton is full of angels! This program is a great way to recognize the commitment of Edmontonians to our senior population,” said Mayor Stephen Mandel. “These volunteers, these angels are giving the gift of accessibility, which truly affects the quality of life of Edmonton's seniors.

Seniors who wish to nominate someone who has provided transportation for them can register their Driving Angel by visiting the Edmonton Seniors Coordinating Council website at www.seniorscouncil.net.

A driver can be a neighbour, friend or family member who takes seniors to medical appointments, essential services or social or recreational activities. This program also recognizes excellent customer service to seniors by other transportation providers including taxi or bus drivers and other driving services. Once the name has been registered, the nominator will receive a Driving Angel pin and certificate to personally present to their Angel.

For more information, contact:
AMA at 780-430-4856, or ESCC at 780-423-5635





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Alberta Blue Cross introduced **Seniors Plus** specifically in response to requests from Alberta seniors. **Seniors Plus** plans complement your government-sponsored benefits with **extra** coverage to help you maintain your health and manage costs.

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