
SageLINK

Seniors Association of Greater Edmonton

July - August, 2009

15 Sir Winston Churchill Square

Edmonton Alberta T5J 2E5



WELCOME TO Summer AT SAGE

SAGE AWARDS

Nominate that senior who impresses you with their skill, vision and passion. The deadline is July 30. For forms please visit our website www.MySage.ca or phone Jane at 780-701-9009. This year we are having a luncheon celebration on Wednesday, November 4th at The Sutton Place Hotel. The event details will be advertised in the next Link.

LEASE EXTENSION

We are pleased to announce that **SAGE** has signed a 5 year lease with the Provincial Government for our current facility. The lease also provides the opportunity to renew for a further 5 years.

BRAINFIT

A new **SAGE** class is making a difference. The first group of "Brainfit" students had just passed their class midway point when they stopped to reflect on the class. "That tired feeling is beginning to fade away," "I have been rescued," "I pay attention now and I didn't before." "I am back from the abyss." "I had a habit of not listening, now I do and I am brighter." "I gave to everyone all my life and I was waiting for someone to give to me. Instead I am doing it for myself." "I am beginning to retain things now." Several of the students expressed having gained the ability to be more assertive – to ask people for what they needed. Some developed mottos like, "If it is going to be, it is up to me". Class members look forward to Part 2 in the autumn.



Led by Leslie Lambert, 6 students spent 40 hours working on memory enhancement through the use of a dynamic computer program by Posit Science called "Brainfit." **SAGE** received a grant from ECALA – the Edmonton Community Adult Learning Association to purchase the program.

For those interested in this program: no previous computer skills are required – only a positive attitude and the desire to have a "younger", healthier brain. Watch for future updates. It has truly been an amazing journey. One that proved energizing and exciting.

ACCESS TO SENIORS' PROGRAMS AT THE YMCA

Have you heard of the amazing opportunity at **SAGE**? If you are a member of **SAGE** and 55+, you can access the 55+ programs at the Don Wheaton YMCA for just \$120.00 per year. This is a fabulous price and you can pay it \$10 a month. Sign up at **SAGE**.



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MESSAGE FROM THE PRESIDENT



This past year has seen several changes at **SAGE** but more significantly, there has been consistency with our values, vision and strategic plan. The staff and Board members have worked to enhance the quality of life of our members and other older persons. The changes in

global economic circumstances have affected everyone and your ongoing support will be required for **SAGE** to continue to serve you well.

The 38th Annual General Meeting was well attended and the new format well received. The displays are great and gave us a chance to learn more about **SAGE** and talk to staff about their work. The sleeker Annual Report is readable as well as informative. The GeriActors and Friends are always entertaining and that day spoke deeply about a tough topic, Alzheimer's.

I want to acknowledge the tremendous contribution of the Board and to thank those retiring from the Board: Tom Campbell, Shirley Redmond, and Ken Hodgins. They consistently served **SAGE** with dedication and support. Congratulations and welcome to new members of the Board Diana McIntyre, John Schiel, and Lynn Skillen. I also offer thanks on behalf of the Board to the staff members for their hard work and enthusiasm.

There are many challenges for the coming year with many changes on the horizon. My compliments to ESCC for taking the initiative to meet some of those challenges in framing a future concept for seniors.

At **SAGE** we recognize seniors as human beings with dignity, rights and a role that is crucial to a modern, productive, culturally enriched society. This year we will continue to deliver programs and services that are within our area of expertise and sustain your confidence and trust in **SAGE**.

Brent Abbott

President of **SAGE**

HIGHLIGHTS OF THE BOARD

March, April, May 2009 and the AGM

- The final report on Home Services Redesign has been received by **SAGE**. Staff are reviewing the recommendations and are planning the redesign.

SAGE Board of Directors 2009 - 2010

Executive

President	Brent Abbott
Treasurer	Bill Mailo
Secretary	John Schiel
Past President	H.R. David Beckman
President Elect	Diana McIntyre

Members at Large

Mohamed Assaf	John Schiell
Lily Simpson	Bill MacDonald
Don Junk	Radhe Gupta
Lynn Skillen	

SAGE Staff Directory

Main Switchboard

780-423-5510

Executive Director	Roger Laing 780-701-9001
Director of Operations	Bernice Sewell 780-701-9002
Manager, Admin	Jane Noonan 780-701-9009
Communications	David Loper 780-701-9012
Customer Services	Sandy Sherman 780-701-9017
Manager, Corporate Relations	Karen McDonald 780-701-9008
Manager, Finance	Colleen Jahns 780-701-9003
Food Services	Wayne Sand 780-701-9022
Food Services Asst.	Jacqueline Giesbrecht
Food Services Asst.	Ernest Manning
Food Services Asst.	Vince Appel
Guardianship	Karin Tully 780-701-9006
Home Services	Giselle Turner 780-701-9007
Home Service Requests	780-701-9011
Housing	Debby Marcus 780-701-9018
Intake Social Worker	Soon-il Kwon 780-701-9019
Member Services	Theresa Fielden 780-701-9016
Multicultural Seniors Outreach	Mi-eun Kwak 780-701-9021
	Zdravka Brnada
	Susana Runge
	Jalal Barzanji
Office Services	Ivett Campos 780-701-9004
Seniors' Safe House	Heather Shupe 780-702-1520
Seniors' Safe House	Tanya Brett 780-702-1520
Social Worker	Doneka Simmons 780-701-9005
Event Coordination	Karolina Hanula ext 340
Urban Gardening Assist.	Shannon MacLeod 780-292-2449
Urban Gardening	Maureen Elhatton 780-701-9018
Volunteer Services	Christine Poirier 780-701-9015

- A Seniors Employment Services opportunity was analysed with the basic conclusion that there is no business opportunity in this social enterprise.
- The Forum on Supportive Living produced by the Board and lead by the Advocacy Committee was received with much thanks. That committee will be reviewing various government papers and reports to see if there are implications for seniors and/or for **SAGE**.
- The Policy Committee was active with several new and changed policies adopted by the Board. They also brought forward changes to the **SAGE** Bylaws. These were adopted at the Annual General Meeting. To better plan, the Board will be conducting an environmental scan at every board meeting.
- The **SAGE** Board self-evaluation was completed with excellent response.
- Fran Swendseid, Volunteer Coordinator, has resigned and moved to Calgary.
- The Executive Director, Roger Laing, met with the Honourable Lindsay Blackett, Minister of Culture and Community Spirit and MP for Calgary-North West and David Xaio, MLA Edmonton-Mcclung to tour **SAGE** Seniors' Safe House and discussed funding of **SAGE** programs.
- The Executive Director and the Director of Operations made a fruitful visit to Calgary attending the Multicultural Seniors Speak-out and visiting Kerby Centre, Calgary Family Services and the University of Calgary Professor Carol Austin.
- Theresa Fielden, Member Services Coordinator, has resigned as of June 9, 2009.
- Ken Hodgins, Shirley Redmond and Tom Campbell were thanked for their service on the Board and retired at the AGM.
- The Board elected the following officers: Brent Abbot – President, Diana McIntyre – President Elect, Bill Mailo – Treasurer, John Schiel – Secretary, and David Beckman – Past President.
- ESCC, **SAGE** and others met to discuss the strategic plan and sectoral redesign. The resulting document, Services for Edmonton's Seniors: Creating a Strategic Plan Towards 2015 was reviewed by the **SAGE** Board and staff.
- At the AGM, the bylaws were approved and Board members elected to full terms: Diana McIntyre, John Schiel, Lynn Skillen, Lily Simpson. Thanks were given to David Beckman for his work recruiting new Board members.

STAFF CHANGES

Welcome to two new staff in STEP positions:

Karolina Hanula is working in Event Coordination with Karen McDonald. She most recently was a student at University of British Columbia in Honours English and Near-Eastern Archeology and will be entering University of Alberta in the autumn. She thinks the muffins at **SAGE** are great and loves tea, literature and bicycles.



Shannon MacLeod is excited to begin working in our Urban Gardening Project. She grew up on a farm in Southern Alberta and is thrilled to be spending the summer outdoors in the gardens. She will be graduating the end of 2009 from University of Alberta in Biological Sciences and will continue her studies to become a Physical Therapist.



SAGE is pleased that we are partnering with Grant McEwen and their new Holistic Health Care program. In May and June we were privileged to have two practicum students, Laya Brochu and Michelle Nyholt, who offered Holistic therapies for members and staff of **SAGE**. Those who took advantage of the services praised them. The students were glad to be part of the **SAGE** community and to offer their services.



We also welcome two new full time staff Christine Poirier, Volunteer Coordinator, and Leslie-Anne Fendeleit, Life Enrichment Coordinator. Look for more in the next link.

SUMMER AT SAGE

Welcome to summer at **SAGE**. For any information please contact our **SAGE Life Enhancement Coordinator at 780-701-9016**

Beginners Computer Course Level 1

- Naming and reviewing what each component of a work station does.
- Building confidence in using the mouse and major keyboard commands.
- Identifying different functions of the Control Panel.
- Creating simple documents, opening and closing them, saving deleting and editing them, copy and pasting items.
- Organizing documents and creating folders. Formatting commands.
- Working with inserting photos and clip art into documents.
- Simple introduction to the Internet. Navigating a web site and creating e-mail messages.



Register today:

Dates: July Monday/Wednesday 13th, 15th, 20th, 22nd

Time: 9:00 a.m. to 11:00 a.m.

Cost: \$45.00

Minimum: 4 per class

Instructor: Chris Jackson

Computer Internet Course

We will focus on the Internet, learning the fundamentals, using WWW. to search for information and introducing email. This is an introductory internet course.

Dates: July Monday/Wednesday 13th, 15th, 20th, 22nd

Time: 11:00 a.m. to 1:00 p.m.

Cost: \$45.00

Minimum: 4 per class

Instructor: Chris Jackson

HEALTH SERVICES AT SAGE

Nursing Service: Dear Members: We currently do not have a Registered Nurse available at **SAGE**. Sorry for any inconvenience this may cause you.

VON Footcare Clinic:

If you need your toenails clipped, or have other footcare needs, make an appointment by calling VON @ 780-466-0293. The clinic is at **SAGE** the 1st Tuesday of each month from 9:00 a.m. to 3:00 p.m.

Cost: \$35.00 per visit.

Posit Science Brain Fitness Program.

SAGE is excited to continue offering this amazing program for our members. Your self-confidence will soar as you think faster, focus better, and remember more. **The Brain Fitness Program Classic** is Posit Science's original program for the auditory system of the brain. It improves the quality and quantity of the information our brain absorbs from our ears. Instructor Lesley Lambert is a registered nurse specializing in neurosciences and all aspects of care of the brain. Our brain needs and deserves at least the same care, attention and respect as the rest of the body - especially in our more senior years. Let's get "brain fit"

Dates: Mondays/Tuesdays/Fridays starting September 14th (13 weeks)

Time: 12:30 p.m. to 2:30 p.m.

Cost: \$75.00 **SAGE** members only

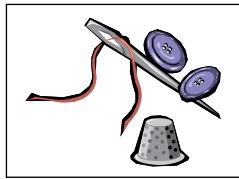
GROUPS AND CLUBS AT SAGE

SAGE Members only

SAGE has many common interest groups and clubs that meet regularly. Membership is required to join these groups.

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.

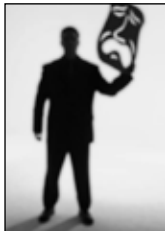
The **Busy Fingers** group continues to run through the summer. Join this group of amazing women as we share our expertise and talent with the people around us. Meet every Thursday morning in the Craft Room from 9:00 a.m. to 11:30 a.m. Currently this group is making canvas tote bags for children in isolated northern communities. We could use your help. Our focus for 2009 is helping in our community and in the world around us.



The **SAGE Singers** meet each Thursday from 10:30 a.m. to 12:30 p.m. First they warm up by practicing their songs, and then they sing to everyone at **SAGE**. The group accepts singing invitations for special events in our community. If you are interested in joining, feel free to come to the main floor lobby on Thursday mornings! Club members make a small donation at each meeting.



The **Geri Actors and Friends** are a dynamic theatre group with stories to tell and dreams of performing for engaged audiences. If you can relate, consider joining this group that just loves to have fun! No experience is required. The Geri Actors meet every Thursday afternoon at 1:00 p.m. in the auditorium. All dramatic scenes and storytelling are based on real-life experiences. This fall, the group will be joined by a student ensemble from the University of Alberta to create an exciting intergenerational theatre experience. For more information or to join, please call the Life Enrichment Coordinator at 780-701-9016. The cost is \$20.00 per year. The Geri Actors have opened up their rehearsals to the public.



The **Happy Travelers Slide and Video Shows** are screened on the third Thursday of each month from 1:00 p.m. to 2:30 p.m. in the auditorium. There are many superb shows from around the world with a host or hostess giving a narrative. There is no need to reserve a spot -

just come on down and join us! We accept loonie or toonie donations.

Let's Do Lunch convenes on the second Tuesday of each month from 12:30 p.m. to 2:30 p.m. and ventures out to delectable restaurants in Edmonton.

We are planning on having a **Let's Do Lunch** for men, what do you think?

Come join us in the **Games Room** every Wednesday morning from 10:00 a.m. to 12:00 noon in the main lobby to play scrabble, Sudoka, puzzles, and other brain games. Feel free to bring along other games and bring a partner and get started! **Nintendo Wii** is here, so come on in and we will make you a Mii to get you started playing Wii.

The Wednesday Morning Walk Group

Meet our new Life Enhancement Coordinator and stroll the city streets. Call 780-701-9016 for details.

What's in the News

The last Friday of the month meet us in the Sunshine Café at 10:00 a.m. and discuss those issues in the news that matter most.

Don't miss this opportunity. Take Some Pictures and Share Your Insights!

You're invited to be part of a small research project looking at "**mobility, healthy aging and built environments**" through pictures and discussion. Show what features of your community affect your ability to get around and do the things you want (and need) to do. You don't need any photography experience, and cameras will be supplied. Training will be provided **July 6**, with picture-taking the week of **July 6-10**. Expected total time commitment is less than 10 hours, including a discussion about the photos and what they represent. If you're interested in participating, please contact **SAGE's** Life Enrichment Coordinator for more information or to register.



Edmonton Cemetery Tour

Accompany Margaret and Norman. Enjoy a guided tour of Edmonton's first and oldest cemetery, located on 118 Street and 107 Avenue. This site contains the City's oldest and most architecturally diverse monuments, and many of the City's original settlers and founders are buried here.

Date: Thursday August 6th

Time: TBA

This is a walking tour. Who's buried there? Wop May for one. Check it out.

Stanley Milner Library Tour

Learn about the Heritage Record Room and other great things the library has to offer.

Date: Tuesday July 14th.

Time: Meet at **SAGE** @ 10:00 a.m.



Rutherford House Tour

Come see the home of Alberta's first Premier.

Date: TBA

Time: TBA

Cost: \$3.00 Admission. \$7.00 Tea/scone
Bus fare required.

Max. 12 people including guide.

STARS Tour

Get a behind the scenes understanding of the STARS air ambulance organization. **Must wear closed toed shoes.**

Date: Tuesday August 18th.

Time: Meet at **SAGE** @10:00

Bus fare required.

Fort Edmonton Park

Come explore Edmonton's living history museum.

Date: Sunday July 12th.

Time: Meet at **SAGE** @ 8:45 a.m.

Cost: \$10.00 admission.

Bus fare required. Due to this trip being on a week-end, please register in advance so transportation plans can be made.

2nd Annual Celtic Festival at Hawerlak Park

Join Barb and Jim at this great event.

Date: Saturday August 15th

Time: Gates open at noon.

Register today at **SAGE**

ETS Bus Tour of Edmonton

Seniors on the Go!

Tour Edmonton on an ETS bus. Visit local sites and stop for ice cream on your way home.

Date: Tuesday July 28th

Cost: n/c for the bus tour

Take your own money for ice cream, etc. This is a 3 hour trip. Wheel chairs/walkers welcome.

Minimum: 10 people

Note: All participants are invited to an ETS Mobility Session August 11.

For further information about these up and coming trips please call our Program Information Line at 780 423-5510 Ext. 338 for a recorded message.

Any further information please contact our SAGE Life Enhancement Coordinator @ 780-701-9016

Royal Albert Museum

Come see the exciting exhibits at our Royal Albert Museum.

Date: TBA

City Hall Tour

Meet us for a guided tour of City Hall.

Date: TBA

Tour of Edmonton's China Town

We will take a guided tour of China Town to learn more about the history of Edmonton.

Date: TBA.

Ride Edmonton's Streetcar

Ride the top of the High Level Bridge on Edmonton's Streetcar for a 35 minute round trip tour.

Date: TBA

Time: TBA

Bus fare required.

River Valley Bagged Lunch Picnic

Enjoy a bagged lunch in Edmonton's beautiful River Valley.

Date: TBA

Edmonton Valley Zoo

What's new at the zoo? Come with us to find out. Don't go to the zoo alone. Meet up with the gang from **SAGE**.

Register today

Date: Sunday July 26th.

Cost: Admission to be paid at the gates.

Bus fare required.

DAY TRIPS

Ellis Bird Farm

Ellis Bird Farm (an all-time favourite) is both a working farm and a non-profit organization dedicated to the conservation of Mountain Bluebirds, Tree Swallows and other native cavity-nesting birds. Visit the beautiful tea house for a delightful lunch.

Ellis Bird Farm is living proof that industry, agriculture and conservation interests can enjoy a workable and beneficial partnership!

Date: Wednesday, July 29th

Registration: July 16th 10:00 a.m.

Costs: Members \$45.00

Non-members: \$65.00

Trip to Donalda / Meeting Creek

Light up your life with a trip to Donalda. Follow the old rail line to Meeting Creek. The Meeting Creek railway station was built by the Canadian Northern Railway in 1913 to its standard third-class station plan.

Date: Thursday, August 27th

Registration: Thursday August 13th 10:00 a.m.

Costs: Members \$45.00

Non-members: \$65.00

Mayerthorpe / Memorial Park / Lac St. Anne

Head down Highway 43 to Richford Bridge and have lunch in the town of Mayerthorpe. Visit the **Fallen Four Memorial Park**. Tour the **Lac St.**

Anne Pilgrimage site grounds. A long-

established annual meeting place for Aboriginal peoples, this lake became a Catholic pilgrimage site in the late 19th century. Since 1889, First Nations and Métis people have travelled here in late July to celebrate the Feast of Saint Anne. The Cree called the lake "**Manito Sakahigan**" or "Spirit Lake". The Sioux living nearby named it "**Waka Mne**" or Holy Lake.

Date: Tuesday, September 15th

Registration: September 3rd 10:00 a.m.

Costs: Member \$45.00

Non-member: \$65.00

For more information on any of these trips please call SAGE's Life Enrichment Coordinator at 780 701-9016.

All registrations will start at 10:00 a.m. at SAGE

Living Better Everyday

If you are living with one or more chronic conditions, you are probably facing many challenges. Capital Health is offering this six-week workshop series on planning for everyday living. Learn how to "**LIVE BETTER EVERY DAY**"

Dates: TBA 6 weeks of sessions

Times: 9:30 a.m. to 12 noon

Location: **SAGE**

Facilitator: Alberta Health Services

Cost: No Charge

Call 780-701-9016 to register

The Bucket List

A series of inspirational and motivational information sessions to assist you with your "bucket list".

Date: TBA

Cost: \$25.00

Min. 6 people

Lunch at the Friendship Centre

Join Bill and enjoy a lunch of bannock and soup at the Native Friendship Centre.

Date: Wednesday July 15th and Wednesday August 12th

Time: Meet at **SAGE** @ 10:30 a.m.

Pre-register for this event one week in advance

Cost: \$2.00 for lunch.

Bus fare required.

Lunch at the Bent Arrow Traditional Healing Society

Join Bill as he travels to the West End

Dates: Thursday July 23rd and Thursday August 20th

Time: Meet at **SAGE @ 10:30 a.m.**

Pre-register for this event one week in advance

Cost: No charge

Bus fare required

Birthday Parties for July and August

SAGE Thursday July 30th, and Thursday August 20th. Members, if you have a birthday in either of these months be sure to sign up for your complimentary birthday cake and party.

Personal Directive

Do you have one? What is it?

A personal directive is a legal document you write in case you cannot make your own personal decisions. What does it mean?

Take control of your life and learn how this critical document may save your life.

For more information call Karin at 780-701-9006

Date: TBA

Time: TBA

Have fun this summer, seize the moment.

Expect the unexpected...

Do something for the first time.

Challenge yourself.

Live... Love... Laugh...

NEWS AND NOTES

SAGE member, Shirley Chow was the winner of the 50/50 draw at the **SAGE** Spring Fling. She was very happy to be able to sign up for the **SAGE – YMCA Program**. Congratulations, Shirley.

Lil Stewart – 20 Year Volunteer at SAGE.

Many, many thanks to Lil for her 20 years of volunteer service to **SAGE!** We hope you know how much we appreciate your time and dedication to our organization. Thank you!

PROGRAMS AND SERVICES

The New Adult Guardianship and Trusteeship Act.

In our previous newsletter we included an article about Personal Directives written by the Honorable Mary Anne Jablonski, Minister of Seniors and Community Supports. In it she described how Personal Directives allow us to prepare ahead ensuring our personal and health related wishes are documented and followed, should we lose capacity through illness or injury, to make those decisions ourselves. Without a Personal Directive our friends or family members may then need to consider application under the new Adult Guardianship and Trusteeship Act.




FREEWILL
SHAKESPEARE
FESTIVAL
PLAYS FOR A HIGHER HOUR.

**FREEWILL
SHAKESPEARE FESTIVAL
HAWRELAK PARK
HERITAGE AMPHITHEATRE
SENIORS MATINEE
SATURDAY JULY 11
1:00 PM - 4:30 PM**

\$15 TICKET INCLUDES:

- SPECIAL PRESENTATION FOR FREEWILL YOUNG PLAYERS SUMMER CAMP
- AFTERNOON TEA AND LIGHT PICNIC
- PRE-SHOW CHAT WITH ARTISTIC DIRECTOR MARIANNE COPITHORNE
- COMEDY OF ERRORS MAIN STAGE PRODUCTION

For more information and to purchase tickets, visit www.freewillshakespeare.com or call the Freewill office at 780.425.8086.



The new Adult Guardianship and Trusteeship Act (AGTA) is expected to be proclaimed this fall and will replace the current Dependent Adults Act. It responds proactively to the changing needs of Albertans who must have assistance or require a substitute for personal and financial decisions.

Under the four new guiding principals, capacity is presumed; a person's method of communication does not determine capacity; autonomy is maintained through least intrusive and restrictive measures; and fourthly, decisions are based on the best interests and how the person would have made the decision if capable.

Level of capacity will be determined using new standardized assessment tools based on a continuum of decision making options and the protective measures initiated to guard against the abuse of the elderly and of persons with disabilities. The new Act balances autonomy and protection for those in need of support.

We will keep you informed as these changes come into effect.

Karin Tully RSW
Guardianship Coordinator

SAGE SENIORS' SAFE HOUSE

Where flowers bloom so does hope.

- Lady Bird Johnson

Since I am writing this on a cloudy & cold day at the end of May, I am extremely hopeful for summer. And in thinking about summer, sunshine and flowers, I think about the miracles that happen here at the Seniors' Safe House. I've often noticed that people who come to stay at the Seniors' Safe House tend to bloom like summer flowers while they are here. The Seniors' Safe House provides temporary accommodation to older adults (60+) who are needing a safe place to stay, when experiencing abuse.

Usually a week after moving in, once they've had some rest and know that they're really safe, our residents start to find themselves again. They reconnect with their most vulnerable self, which

has usually been hiding due to fear or to the need to protect themselves. During their stay, the residents also connect to resources, find their inner strengths, learn and grow, and then move on to safer environments. By the time residents move out, they are once again becoming themselves, and have greater confidence in their abilities and greater hope for the future. As a staff person who has the honour of getting to know our residents, and has the opportunity to provide support, it is a pleasure to see the changes that these seniors make while they are at the **SAGE** Seniors' Safe House. Many continue to stay in touch and continue to learn and grow through our ongoing lunch group, Seniors Overcoming Abusive Relationships.

An unsafe, threatening and abusive environment or situation can make any flower wilt. Abuse includes: yelling and calling names, or making threats in order to get you to do something. It can include physical intimidation or assault. It can be a loved one spending your money without permission, or making threats so that you feel you have to give in to avoid a larger fight or the threat of escalation.

Abuse can be difficult to recognize, because it is often a loved one (like a spouse or adult child), who is trying to control your actions. If you have questions about abuse, you can call the Seniors Abuse Help Line 24 hours a day at 780-454-8888 and speak with someone knowledgeable. If you need a safe place to stay, to be free from abuse, call the **SAGE** Seniors' Safe House at 780-702-1520.

Many thanks to the new and ongoing supporters of the Seniors' Safe House. These include the Donate-A-Ride program, which once again provided bus tickets to our residents. We also lovingly remember Margaret Shupe, lifetime member of **SAGE** and supporter of the Seniors' Safe House.

Heather Shupe, RSW, Safe House Coordinator
Soon-Il Kwon, RSW, Safe House Coordinator / Intake Worker.

Tanya Brett, Intake Worker / Safe House Coordinator

CORPORATE RELATIONS

SAGE Awards

The 2008 **SAGE** Awards presented by Servus Credit Union were a resounding success, honouring 13 seniors for their outstanding contributions and accomplishments.

On November 4th, 2009 the **SAGE** Awards will once again honour older adults in our midst whose contributions make a difference.

GET INVOLVED WITH THE **SAGE** AWARDS!

We encourage **SAGE** members to be a part of this important event. Take a moment to nominate a senior in one of nine categories and help bring recognition to their efforts and accomplishments.

Do you have a friend or family member who holds a senior position in the Edmonton corporate community? Are you involved with an organization which would benefit from being involved with the Awards? Support the **SAGE** Awards by helping to make potential sponsors aware of this important fundraising event. Funds raised by the Awards sponsorships support essential **SAGE** programs and services throughout the year such as the Seniors Safe House for seniors experiencing abuse.

Seniors' Housing Forum

Save the date! The Seniors' Housing Forum will be held on Saturday, September 26, 2009 at the Central Lions Senior Citizens Recreation Centre. Topics will include an overview of the types of seniors housing, the resources available to allow you to stay in your current home, creating accessible homes, safety in the home and much, much more! Watch for the September edition of the **SAGE** Link for more information.

Connections

The "Connections" program is designed for seniors living in the community who are feeling isolated due to: 1) health limitations, 2) lack of family/community support, 3) recovery from recent surgery or other rehabilitative programs.

"Connections" has a dual purpose, to provide educational, recreational and social opportunities in a supportive and friendly atmosphere, and to help seniors reconnect and stay connected with the community. We will be starting in September. Make referrals to Doneka Simmons 780-701-9005.

This Full House participants now have a Monthly Lunch Group where they can discuss common themes and interests and learn more about our program. Call Doneka at 780-701-9005

Senior Immigrant Gardening Project

Thanks to one of our Korean seniors, we're already harvesting the spinach she planted last year at our Wagner School community garden site! We're entering the third summer of our project with Maureen Elhatton, Project Coordinator, and this year's Step Student, Shannon MacLeod, hard at work despite the weather. Our Spanish speaking seniors have returned to their Park West site and the Eritrean seniors are awaiting word from the City about a possible permanent home for us where we can help establish our central community garden.

Got a green thumb? If anyone is interested in being a part of this fun/exciting project and would like an opportunity to get outdoors, get some exercise, make new friends and grow organic veggies, please contact Debby @ **SAGE** @ 780-701-9018.

COME be apart of the **SAGE** community.

Volunteer your time to help enhance the lives of others while enhancing yours.

SAGE has a variety of opportunities for you to choose from.

Reception, Cashier, Kitchen Assistant, Meal Delivery and many others.

Contact Christine at 780-701-9015

THE SUNSHINE CAFE



Best Home Cooking in Town

We offer a full menu including:
Fresh baking daily, breakfast and
lunch specials, soups, salads,
sandwiches, desserts and more!

**Try our full line of Frozen Meals,
Soups and Desserts**

COMPLETE MEALS

Baked Glazed Ham	Quiche Lorraine
Breaded Port Cutlet	Chicken Stir Fry
Roast Chicken & Stuffing	Roast Pork Loin
Roast Alberta Beer	Beef Stew
Salisbury Steak	Vegetarian Parmegiana
Shepherd's Pie	Grilled Liver & Onions
Chicken Pot Pie	Corned Beef & Cabbage
Ukranian Plate	Baked 3 Cheese Lasagna
Poached Salmon	Roast Turkey & Stuffing

\$5.50 each or buy 10 or more
for \$4.95 each

SOUP & DESSERTS

Beef Vegetable Barley	Navy Bean & Bacon
Chicken Noodle	Green Split Pea with Ham
Tomato Vegetable Rice	

Rice & Raisin Pudding	Bread Pudding
Strawberry Slice	Lemon Slice
Apple Crumble	

\$3.25 each or buy 5 or more
for \$2.75 each.

(All prices include G.S.T.)

**All items are ready to pick up
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2008 DONORS

THANK YOU DONORS!

SAGE is grateful to all individuals, associations, foundations, corporations, and business for their continued charitable support.

We hope you are aware of the Enhanced Charitable Tax Credit, part of the Alberta government's Community Spirit Program. Effective January 1, 2007, this increased the provincial charitable tax credit on eligible annual donations above \$200. Including the federal tax credit, Albertans now receive a 50-cent tax credit for every dollar donated over the \$200 threshold.

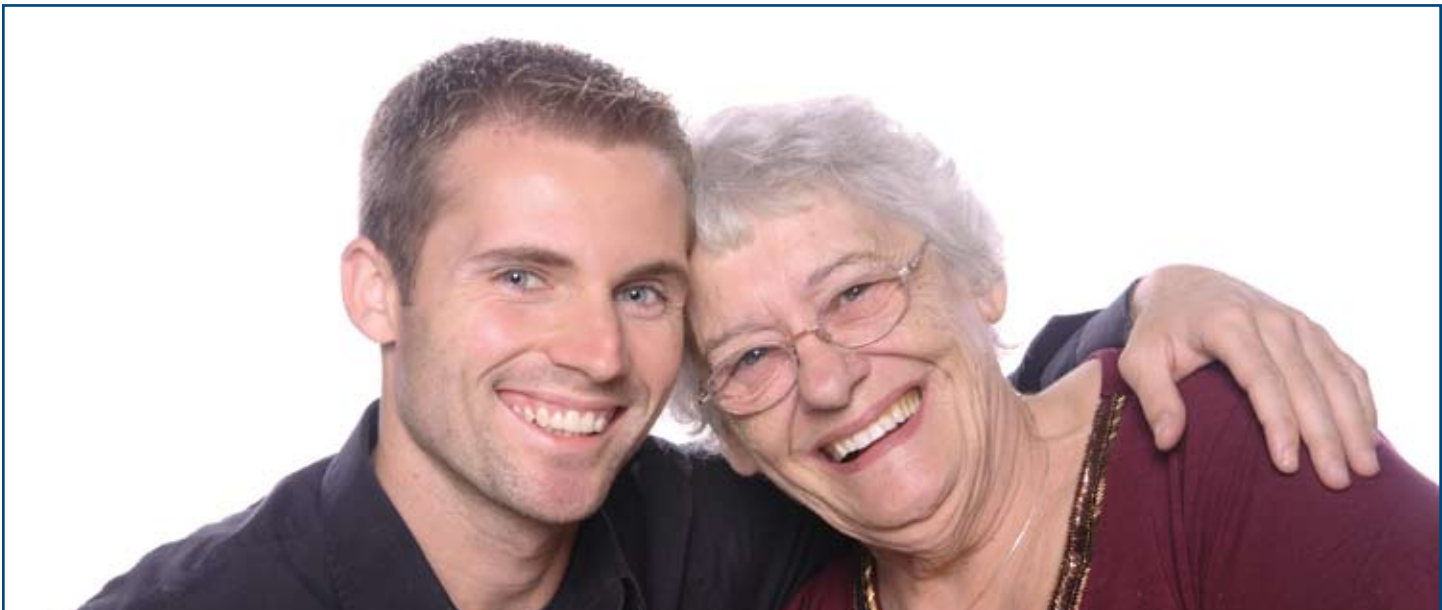
Also, your donations to **SAGE** help us to qualify for matching dollars from the Alberta Government through the Donation Grant Program, another part of the Community Spirit Program. So there are three good reasons to donate. Thank you so much.

Every effort has been made to ensure this list is accurate. If a name has been omitted or misspelled, please accept our apologies and let us know so we can correct our records.

Friends (Less than \$ 100.00)

Abramenko, Margaret
Agustin, Dionisia
Ahmed, Karim
Alderman, John & Diane
Allan, Pamela
Allen, Kathleen
Almas, Dorothy
Amato, Margaret
Anders, Klaus
Anderson, Elnora
Anderson, Marion
Arason, Beatrice
Ariks, Aimo
Armstrong, Kenneth
Atkinson, Doreen
Babiuk, Jean
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Basaraba, Caroline	Carter, Lois	Duff, William
Batchelor, Winifred	Carty, Gail	Duquette, Lionel
Beaudoin, Lillian	Champion, Dennis	Eastwood, John & Jean
Beckwith, Dorothy	Chase, Gordon	Eberle, Adelaide
Behan, Maryanne	Cheniawsky, Olga	Eichner, Edith
Bell, W. Alan	Cherwoniak, John	Emmerling, Peter
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Belliveau, Albert	Chow, Shirley	Enokson, Raold
Bennett, Douglas	Chumak, Olga	Epp, Lorne
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Bensted, Joan	Cinats, Ludmilla	Evenden, Marguerite
Bergen, John	Clark, C.	Evers, Helen
Berger, Winnie	Clark, Joyce	Ewanyk, Annie
Bernard, Adrienne	Clarke, Norma	Ezeji-Okoye, Rita
Bertoli, Isidoro	Clayton, Patricia	Farr-Jones, Morris
Bettcher, Patricia	Clyde, Bernice	Fasenko, Angela
Beveridge, Evelyn	Cochrane, Anita	Fedorkiw, Helen
Bhullar, Gurpal	Collins, Alexander	Fehsl, Olga
Bialas, Dr. Marian	Compton, Lillian	Ferguson, Francis
Bielecki, Stanley	Cooke, William	Ferguson, William
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Gilligan, Frank	Ireland, Sylvia	Leask, Melvin
Gingerich, Frank	Iriye, Yukiye	Lechowicz, Winena
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Gould, Olga	Johnson, Irene	Low, Rennie
Graham, Harold	Johnson, Robert & Kateryna	Lubane, Ilda
Grams, Jane	Joiner, Angela	Luchak, Mavis
Grams, Lydia	Jones, Albert	Lumnitzer, Karl
Gravelle, Madeleine	Jones, Arthur	Luxford, Patricia
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Gressel, Norman	Kaminsky, Sonia	Lysak, Morris & Edna
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Haller, Nel	Khaner, Valentine	MacKay, Doris
Halwa, Laurel	Kitzul, Frances	Maclean, Jean
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Holte, Glynis	Lacoste, Rosemary	Matel, Anne/Nick
Horobec, Christopher	Lamoureux, Peter	Matheson, Margaret
Hossein, C.	Langkamp, John & Johanna	Matiowsky, Michael
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