

---

---

# sageLINK

Seniors Association of Greater Edmonton

April-June 2008

15 Sir Winston Churchill Square

Edmonton Alberta T5J 2E5

## WELCOME TO SPRING AT **SAGE!**

What a great time to be alive. Spring! Get a jump on the season and visit **SAGE** where you will find plenty to get you going like a great selection of classes, activities and special events. Make some new friends as you share interests you have in common or find an opportunity to learn new things. You will find it all here in the **SAGELINK**. We look forward to meeting you.

## **SAGE AWARDS**



*presented by Servus Credit Union*

The 2008 **SAGE** Awards Gala will be held Wednesday, November 12, 2008 at the Sutton Place Hotel.

The **SAGE** Awards honour the contribution seniors make to our community in their senior years. If you know about an outstanding seniors, nominate them! The 2008 Nomination Forms are available at **SAGE**, by calling 701-9012, or by downloading one from the **SAGE** website at [www.MySage.ca/SAGEawards.cfm](http://www.MySage.ca/SAGEawards.cfm).

## VOLUNTEER APPRECIATION LUNCHEON

The annual **SAGE** Volunteer Appreciation Event is Wednesday, April 23 at 1:00 pm. We will honour you with a wonderful

lunch and great entertainment.

If you have provided volunteer service for **SAGE** in 2007 or 2008, you are invited to attend. Please come in to register your name at the front desk by April 16. We'd love to see you here!

## **SAGE AGM - MAY 9**

Our Annual General Meeting is scheduled for Friday, May 9 beginning at 1:30 pm in the Auditorium. The keynote speaker this year will be Anne Smith, President and CEO of United Way of the Alberta Capital Region. Refreshments will be served after the meeting. Mark your calendars and plan to attend.

## IN THIS ISSUE

Message from the President	2
Board of Directors	2
Board Highlights	3
Staff Directory & Changes	3
Truly Yours	4
Home Services	4
This Full House	4
Volunteer's Corner	5
Groups and Clubs	6
Members' Corner	7
Calendar of Events	7
<b>SAGE</b> News Bites	13
Safeway Partnership	13
Wild Rose Foundation	13
VON Footcare	14
<b>SAGE</b> Membership Form	15
Course Registration	15

---

## MESSAGE FROM THE PRESIDENT



As I write this column for the **SAGE** Link, I realize it is my last message because my term as President will end on May 9th when we hold our Annual General Meeting.

Please mark that date on your calendar and join us at 1:30 pm in

the auditorium. We need your support as we will be reporting on **SAGE** business during the past year and outlining our financial position and plans for the 2008-2009 term.

In addition, Anne Smith, President and CEO of the United Way will speak to us about the United Way and how **SAGE**, as a new member agency, can make a difference in the lives of less fortunate citizens in our city.

Since I wrote my last column, I have noticed that seniors are eagerly awaiting the arrival of spring. I know that **SAGE** staff members are preparing to launch the second year of the Urban Farming Project in partnership with the Multicultural Health Brokers. This successful program is designed to help isolated refugee seniors improve their social interaction and English language and to provide an opportunity for income. In addition, the Income Tax program to help lower-income seniors will run from March 3 to April 30. The new Full House project is helping many clients deal with hoarding problems behaviours.

Further to the above activities, Capilano Safeway, a new sponsor, offered to support **SAGE** programs through their WE CARE initiative. As a result, many **SAGE** staff, volunteers and Board members worked on Saturdays in January,

February and March to help raise money through this program.

When I leave the role of President, I will assume a new role and face new opportunities as a Board member. The challenges for **SAGE** in the future will become increasingly complex as statistics indicate that by year 2026 the number of seniors will be close to 10 million or 21.2 % of Canada's population. With the cost of living, particularly housing, escalating and the task of finding appropriate health care more challenging, the number of seniors needing help from **SAGE** is certain to increase. This means the Board and staff will face new challenges to meet the needs of this "tsunami" of seniors.

In closing, I want to thank my team of dedicated Board members who have contributed during the past year to ensure we have an effective plan, policies and resources to support **SAGE** programs. I also want to acknowledge the hard work of the staff and volunteers who are continuously helping seniors to live a better-quality life. Together you are the people who make **SAGE** a terrific organization. Let us continue to pursue the opportunities presented to us to ensure that the caring tradition of **SAGE** continues.

Warm regards,  
David Beckman, President

### **SAGE Board of Directors 2008 Executive**

H.R. David Beckman	President
Brent Abbott	President-Elect
Don Junk	Treasurer
Dr. Ken Hodgins	Secretary
Jerry Moran	Past President

### **Members at Large**

Bill MacDonald	Bill Mailo
Tom Campbell	Shirley Redmond
Lily Simpson	Radhe Gupta

## BOARD HIGHLIGHTS

The Board held regular meetings on January 23 and February 27, 2008. Increased funding has been received from FCSS and new funds have been provided by provincial government agencies to facilitate the development of a business plan for employment services for seniors.

Capilano Safeway invited **SAGE** representatives to attend the store for three Saturdays as a fund raising project. Customers were encouraged to talk to **SAGE** representatives about our programs and to donate money to **SAGE**. This was a very successful activity.

The Board has decided to hold an Information Forum on Care for the Elderly later this year. This topic has seldom been debated publicly despite obvious shifts taking place in government policy.

The Auditor met with the Board to present the annual Financial Statement and following his review of the records, reported all matters in order and to his satisfaction. Ken Hodgins, Secretary

### Serving on the Board

The Board of Directors is the legal authority for **SAGE** and is responsible for the effective governance of the organization. As a Policy Governing Board it establishes and implements policies that promote **SAGE** vision and goals.

People serve on the **SAGE** Board because they are passionate about addressing the needs of seniors and, working in partnership with **SAGE** staff and with other agencies, finding and implementing solutions to those needs.

If you have a passion for working with and on behalf of older people, consider sending your resume to **SAGE** for consideration.

### **SAGE** STAFF DIRECTORY

Main Switchboard		423-5510
Executive Director	Roger Laing	701-9001
Director of Operations	Bernice Sewell	701-9002
Manager, Admin.	Jane Noonan	701-9009
Finance Coordinator	Colleen Jahns	701-9003
Food Services Coordinator	Wayne Sand	701-9022
Food Serv. Asst.	Jacqueline Giesbrecht	701-9022
Food Serv. Asst.	Ernest Manning	701-9022
Guardianship Services	Angela Ward	701-9006
Home Services	Scott Hauptman	701-9007
Housing Coordinator	Debby Marcus	701-9018
Information Services	David Loper	701-9012
Member Services	Theresa Fielden	701-9016
Multicultural Outreach	Jalal Barzanji	701-9021
	Zdravka Brnada	701-9021
	Susana Runge	701-9021
	Mieun Kwak	701-9021
Office Services Coordinator	Ivett Campos	701-9004
<b>SAGE</b> Safe House	Heather Shupe	702-1520
<b>SAGE</b> Safe House	Karin Tully	702-1520
Social Worker	Doneka Simmons	701-9005
Customer Services	Sandy Sherman	701-9017
Truly Yours Manager	Lori Germaine	701-9008
Volunteer Services	Fran Swendseid	701-9015
Intake Social Worker	Soon-il Kwon	701-9019

### **A Further Note On Staff Changes**

Seven new staff members have joined the **SAGE** team: Soon-il Kwon - Social Worker/ Safe House Intake Coordinator; Lori Germaine - Manager of Truly Yours with Judy Jeffrey and Donna Trenholm working with her, David Loper - Information Coordinator, Mieun Kwak - Multicultural Outreach and Ernest Manning - Food Services Assistant.

Look throughout the LINK for thoughts from **SAGE** staff.

## TRULY YOURS BY **SAGE**

A Cleaning Service

Exclusively for Seniors

We are pleased to introduce to you our cleaning company, Truly Yours by **SAGE**. We have been developing this service since last year and have just celebrated our first anniversary. Truly Yours by **SAGE** is available only to **SAGE** members.

Pricing: Bi-weekly \$50.00 per clean  
Monthly \$75.00 per clean

Customized services are available - please ask for a quote

### TRULY YOURS SERVICES

Kitchen	
Sweep/wash floor	Clean counters, sink and stove top
Spot clean cupboard fronts	Clean microwave
Wipe all doors	Walls corners wiped
Fans (ceiling & stove)	Garbage cans washed
Wipe all wall vents	
Bathroom	
Complete cleaning of tile, tub, sink, toilet, vanity mirror, light fixture and floor	
Bedroom/Living Room	
Vacuum and/or wash, visible baseboards	Light dusting
Other Services	
Special requests can be arranged at an additional charge	Jacuzzi tubs/2 <sup>nd</sup> baths are an additional \$10.00

We will assist seniors who qualify for Alberta Special Needs Assistance with the application process required to secure benefit funding. We are registered with Veteran's Affairs and will bill Veteran's Affairs directly for our services.

Call **Lori Germaine** - Phone **701-9008**

## HOME SERVICES

The Seniors Association of Greater Edmonton (**SAGE**) is looking for individuals to do spring yard cleaning, grass cutting and gardening for seniors in the Edmonton area. If you would like to help seniors remain in their homes and make some extra spending money in the process, please call Scott Hauptman, Home Services Coordinator at 701-9007 for more information.

Applicants will need to provide a current Police Clearance check, 3 references and arrange an interview.

## THIS FULL HOUSE

This Full House – Information for older adults whose “stuff” fills their house and limits their lives. It is possible to get help to reduce the collection and retention of things in your home.

## The Parkinson's Society of Alberta

· Since 1973 ·

**Our goal is to assist people living with Parkinson's by educating, supporting, advocating, and promoting research.**

**Your donations help to enhance the quality of life for the people served by the Parkinson's Society of Alberta.**

### How To Contact Us

Room 3Y18 Edmonton General  
11111 Jasper Avenue • Edmonton, AB • T5K 0L4  
Phone: 780-482-8993 • Toll-free 1-888-873-9801  
e-mail: [info@parkinsonalberta.ca](mailto:info@parkinsonalberta.ca) • Fax: 780-482-8965  
[www.parkinsonalberta.ca](http://www.parkinsonalberta.ca)

Charitable Registration #13534 2621 RR0001

 **The Parkinson's  
Society of Alberta**

### Ideas and Approaches:

- Seek assistance. The problem won't go away by itself.
- Develop an organizational plan to make home more functional and safe.
- Work in one area at a time. Sort items into categories.
- Be patient – take small steps.
- Reduce buying and collecting of new possessions.

**SAGE** can help you by working through these steps with you. You don't have to do this alone. We can develop an individualized action plan that suits your needs and will provide you with ongoing support even after an initial clean-up.

Even if you just want to find out more information before you ask for help, we are most happy to provide you with information. For more information please call **Doneka** directly at **701-9005**. Changes can be made!

## VOLUNTEERS' CORNER

**SAGE** is recruiting volunteers. Here is a great opportunity to learn a new skill, work with a supportive team, do interesting work in a safe environment and make some new friends. If you have any of the following skills, there are many opportunities available:

- Telephone customer service
- Reception customer service
- Microsoft word, excel.
- Database-Access
- Companion Care
- Office equipment experience

**SAGE Bingos** - at West Edmonton Mall Caesar's Bingo. The Bingos are held during the day from 11:30 am - 4:00 pm A variety of positions are available.

**SAGE Casino**- May 16 and May 17- at West Edmonton Mall. There are a few

positions still available, we also need people who may work as spares. Most available positions are for chip runners or countroom workers.

**Sunshine Café - SAGE** is looking for volunteer kitchen helpers. There is availability of 1 or 2 - three hours shifts a week.

For all of the above positions, please contact the Volunteer Services at **701-9015**. You may also fill in the Volunteer Inquiry and mail or bring it in.

## VOLUNTEER INQUIRY FORM

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_ PHONE \_\_\_\_\_

INTEREST AREAS: \_\_\_\_\_

AVAILABILITY: \_\_\_\_\_

SKILLS YOU HAVE: \_\_\_\_\_

### Scott Hauptman, Home Services:

"I have just recently passed my one year anniversary here at **SAGE**. It is an honour to work for such a passionate and caring organization. Leaving the Volunteer Coordinator position was bittersweet, but was tempered by the fact that I would still be working with our great **SAGE** volunteers. My first day on the job in Home Services was in January during a bitter -50 degree winter blizzard. That experience impressed upon me the great need that seniors in our city have for help in and around their homes. This position is as challenging as it is rewarding. I look forward to helping our members find reliable, safe and reasonably priced workers to do odd jobs in and around their homes"

---

## GROUPS AND CLUBS AT **SAGE**

**SAGE** has many common interest groups and clubs that meet regularly. As long as you are a member of **SAGE**, you can join any one of them!

**The Raye Dolgoy Bridge Club** meets each Friday from 12:15 pm to 4:00 pm 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.

**Busy Fingers** convenes Thursday from 9:00 am to 11:30 am in the Craft Room. Members create beautiful knitted and crocheted products in a friendly, social atmosphere. Those who would like to learn how to crochet or knit will be taught by one of the members. There is no cost to join. We are looking for some donated wool, yarn etc. Ladies join this great group.

**The Down Home Singers** meet each Thursday from 10:30 am to 12:30 pm. First they warm up by practising their songs, and then they sing to all at **SAGE**. The group even 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 pm. 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. 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 pm to 2:30 pm 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.



Slide Shows start at 1:00 pm

- Thursday, April 17 Pacific Ocean Views; B.C., Oregon, California, & Hawaii.
- Thursday, May 15 Australia, Part 2
- Thursday, June 19 Feature show is presented by Lucille Stewart & Joan McNice West Coast Trail/Chilkoot Trail
- Following the show you are welcome to come upstairs for a beverage.

**Games Room** Life's a game, play it safe. We've got a variety of different games being played on Wednesday mornings. Come in for an informal morning. Scrabble, puzzle building, dominoes, whatever your game is. Watch for our new Nintendo Wii coming soon.



Time: 9:00 am – noon  
Dates: Wednesdays ongoing  
Fee: no cost

**Let's Do Lunch** convenes on the second Tuesday of each month from 12:30 pm to 3:00 pm and ventures out to delectable restaurants in Edmonton.



Times: 12:30 pm, meet at **SAGE**  
Tuesdays, April 8, May 13 & June 10

Please phone to confirm with the Member Services Coordinator at least one day prior to the luncheon. We will take the city bus to our restaurant. Come join us.

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

## MEMBERS' CORNER

Wow, we had over 1800 members for 2007, let's beat that for 2008. How many of you have told your friends about **SAGE**?

Hello everyone. I am thrilled to be in my new job at **SAGE**, however I miss talking to a lot of you in the Home Services and Truly Yours Programs. At **SAGE** we like CHANGE. It keeps us inspired, motivated, energized, enthusiastic, creative and the list goes on. Please tell us what you think - positive and negative. Help us grow into the amazing organization we will be.

A penny for your thoughts. For every comment you send us, please send a penny along. Remember we like CHANGE. For every entry I receive, your name will be entered into a draw for a special gift.

Mail to Theresa Fielden, Member Services #15 Sir Winston Churchill Square Edmonton, AB. T5J 2E5  
Or stop into **SAGE** and drop it off to me.

Thanks I look forward to your thoughts, ideas, comments, compliments, and suggestions. I encourage you to stop in and visit me at **SAGE**.

P.S. As of April 2, 08 and every Wednesday there after I will have a beautiful, intelligent German short hair pointer at work with me. Come in and meet Oscar.

Sincerely, Theresa Fielden,  
Member Services Coordinator

## CALENDAR OF EVENTS



SPRING into **SAGE** - With programs and activities.

We will begin registration for spring courses the first week of April and will continue registering until courses begin.

**Note:** You must be a 2008 member of **SAGE** to register for the courses. We will also accept 2008 memberships from all other Edmonton senior centre.

**Registration:** You can mail or phone in your course registration or register at the **SAGE** main desk (unless course description says otherwise.) For more information on any of the following offerings phone **Theresa, 701-9016**. Or to register any time call 423-5510 ext. 338 and leave a message.

Please see the inside back page for course registration and membership renewal forms.

---

## Computer Internet



Do you know the computer keyboard? Do you want to use email or do some research on the internet? Register for this basic level of internet use.

Dates: April 9, 16, 23, 30  
- 9:15-11:15

Fee: \$40.00 Minimum: 4 per class  
Instructor: Chris Jackson

## Health/Happiness

### Are you taking your prescriptions correctly?

Join Naila of My Ros Pharmacy  
Date: Monday April 21, 08  
Time: 10:30 am  
Cost: n/c - Everyone  
Welcome



## Living Better Every Day

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. So join and learn how to Live Better Every Day. Program is at **SAGE**.

Dates: Wednesdays, April 16 – May 21  
Times: 9:30 – noon

Facilitator: Occupational Nurses – Capital Health  
Cost: N/C 8 spots available

## Wellsprings of Happiness

What determines one's personal happiness? How much can you deliberately "boost" or improve your happiness? How can you go about doing it? If you want to know the answers to these questions, then this session is for you! Presenter: Joyce B. Kryswaty PhD  
Date: April 23 1:30 - 3:00 pm N/C

## Living with Loss

Date: Wednesdays, May 7 - June 25  
Time: 10:00-12:00

A safe non-judgmental and supportive atmosphere

## Walking With Grief

A 7 week small group series which teaches about the grief process and helps individuals to understand and deal with their own grief. The course requires your ability to commit to the 7 week series

and willingness to discuss your own issues within a group setting. Facilitated by the Edmonton Bereavement Centre.  
Fee: N/C. Register by calling 454-1231 Ext. 224



## Memory Magic

Capital Health Presentation  
Date: May 8 - Time: 10:00  
N/C

## LECTURE SERIES

All lectures are 10:30 am to noon, include coffee and a snack and cost \$5.00 per person. They are all facilitated by Jennie Wilting.

Join us for an interesting and dynamic discussion on issues relevant to all of us.

## Anger

Suggestions will be made for dealing with one's own anger and the anger of others.  
Date: Wednesday, April 16

---

## Depression

Feeling blue or suffering from depression, which is it? Guidelines will be given to identify the difference.

Dates: Wednesday, April 23

## Neurosis

Is the behaviour of other people a problem for you? "She drives me nuts" Learn some ways of dealing with non-productive behaviour in yourself and others.

Dates: Wednesday, April 30

## Guilt

Guilt is a useless emotion. Comments such as "woulda", "coulda", and "shoulda" indicate problems with guilt feelings. Ways to eliminate these thoughts will be discussed.

Dates: Wednesday, May 7

## Worry and Related Problems

Worry, another useless emotion. In this session, worry will be discussed along with other related problems.

Dates: Wednesday, May 14



## WORKSHOPS

### Girls, Need a Lift?



Ladies, when have you had your bra measured, or have you? A proper fitting bra is a smart choice. Join us and Ellen from Bijou Lingerie  
Date: May 8 - Time: 1:30 pm  
Fee: \$3.00 - Refreshments provided.

## Not seeing like you used to?

What you should know about aging and vision loss. Don't be left in the dark!

Date: June 12 -

Time: 9:00 am

Cost: \$2.00 -

refreshments served



## FITNESS - LET'S GET PHYSICAL

Before you begin an exercise program, please check with your physician.

### Easy Does It Yoga

Yoga combines gentle stretches, breathing exercises, and relaxation techniques. Benefits are improved posture, balance, strength, flexibility, coordination and concentration. You will use a mat only if you are comfortable on the floor, otherwise you will use a chair.

Dates: Mondays, April 7- June 16

Time: 1:30-2:30 pm

Fee: \$35.00 for members

\$55.00 for non-members

Minimum: 7 per class

Instructor: Kurt Petruich

### Cardio and Strength

This class provides a good workout for older adults. We will concentrate on cardio conditioning, and work with hand held weights. Not a drop-in program, please register

Tuesdays/Thursdays, April 15- May 22

Time: 9:30-10:30 am

Fee: Once/week: \$35 members, \$55 non

Twice/week: \$70 members, \$90 non

Instructor: Susan Redl - Maximum 18/ class

---

## Drop In Yoga

June/July - available for \$5.00 per person  
Dates TBA

## BS at **SAGE**

### Balance with Susan at **SAGE**

As we age, our balance skills deteriorate. So it is important to do exercises to improve and maintain balance throughout our lives. Balance exercises should be performed daily. Let me show you how.



Tuesday April 15- June 17  
Fee: \$40.00 Time: 1 pm- 2 pm  
Instructor: Susan Redl Maximum 18

## Senior's Aquafit at the YMCA

This class taught by YMCA staff is for older adults who are looking for a low-impact workout in the water. You set your own pace. Focus is on increasing stability and cardio endurance. The class runs at the Don Wheaton YMCA on 102 Ave. and 102 St. Please register at **SAGE**. (Bring a lock for the locker).

Time: 10:30 -11:15 am  
Dates: Wednesdays, until April 30  
May-summer session TBA  
Fee: \$45.00 Minimum: 6 per class

## Tai Chi Level 1

Tai Chi involves slow and gentle movements to develop balance, flexibility, greater circulation, and a higher level of energy. Instructor: Janice Fawcett



Time: 10:45 - 11:45 am  
Date: Tuesdays, April 15-  
June 24  
Fee: \$35.00 Minimum: 8  
per class

## Tai Chi Level 2

If you have taken at least one level of Tai Chi, then join this next level for progression of Tai Chi. Instructor: Janice Fawcett Time: 11:45 am-12:45 pm  
Dates: Tuesdays, April 15 - June 24  
Fee: \$35.00 Minimum: 8 per class

## Fit for Life

Join this group for older adults who want a slower paced exercise program. You will work with lightweights, bands, and do low impact exercises. Instructor: Sylva Jelen

Time: 12:00 noon - 1:00 pm  
Dates: Wednesdays, April 9- May 14  
Fee: \$23 for members, \$43 non-members  
Minimum: 8 per class

## SOCIAL ACTIVITIES

### A Hole In One At **SAGE**

Date: April 30 - 2: 00 pm  
Fee: \$ 3.00 with refreshments Be creative with your swing. Let Art New from Highlands Golf Course teach you stretching and exercise techniques that you can do at home. Get the edge on some tips from a pro. Opportunities available for the adventurous seniors.



## Great Human Race Team

5KM Walk - 10KM Run. Great Human Race generates operating funds through registration fees, sponsorships and withholding 20% of all pledges collected as an administration fee. It is also designed to encourage volunteerism and citizenship. All individuals are empowered to walk or run on behalf of the cause of their choice.

The Great Human Race is a community initiative of United Way and the YMCA  
Race Day Details

Date: Saturday May 3  
Gather at Churchill Square  
8:30 AM - Warm up / Parade  
9:00 AM - Run begins  
9:10 AM - Walk begins  
10:30 AM - Noon - Snacks & Presentations

Call Theresa by April 1 to register and arrange to pick-up a donor sheet #701-9016. Pick-up walker package at the **SAGE** main desk. Join **SAGE'S** staff and volunteers for this event.

## Calling All Mothers

Entertainment will be supplied by the Down Home Singers. We will have a special surprise for you and door prizes. This will be a fabulous event you don't want to miss because Moms deserve the best.

Wednesday May 7, 08 -1:30  
Cost: \$6.00 at the main desk

## Let's Do Tea



Tour the Parliament Grounds for Seniors Week. Call Theresa by the end of May Max. 20 Date: TBA - Week of June 2-6

Watch for non-stop activities this **Seniors' Week** June 2-6. You'll be hopping.

## Father's Day Tea

Dad's, you deserve an afternoon out. Don't miss this special event. Surprises in store. Cost: \$6.00  
Date: Friday June 13 - Time: 1:30 pm

## **SAGE** is Hosting a Dance

Friday June 13  
Time: 6:00 -10:00 pm  
\$10.00 for members, non members \$25.00 Dance to the tunes of a mystery band. Mini Bar & lunch available



## Let's Play Ball

**SAGE** and the Cracker Cats  
We are thrilled to announce this amazing fundraising opportunities. Purchase tickets in advance at the main desk starting May 1  
Thursday June 26, 08 - Time: 7:30 pm  
Cost: \$10.00 (hotdog, pop, rain poncho)  
Tell all your friends and family. Get tickets beginning April 15.

## Day Trippers Destinations

It's that time of the year again to get on the road and enjoy the scenery, each other, and the hospitality we receive when we go out. We will have our day tours from May to September. Irl Miller will be our tour guide and host for the tours. Luciak Charters will provide the transportation.

There are **registration days** for each of the tours. This assists us to organize at one time all of you who would like to attend a tour. Due to the overwhelming response for our Day Trips we will be doing a lottery draw to see who gets the tickets. Please be at **SAGE** at 10:00 am on the registration day to register.

- There are no names taken prior to registration day. We usually take between 40-45 people depending on the tour.
- You can only register for yourself and one other person.

- When you register, you will receive an itinerary with departure times.
- All trips go - rain or shine.

### **Mundare: Small Town with a Big Heart**

Thursday, May 27,  
Cost: \$35 members,  
non-members \$45.  
Includes lunch,  
transportation and  
tour. Mundare is home  
to the world's largest  
Ukrainian Sausage,  
great tasting Kubasa,  
Basilian Fathers Museum. This is a 8  
hour day. Registration Day for Mundare  
Tour is: Thursday, May 8 at 10:00 am



### **Red Deer/Innisfail**

Date: Wednesday, June 18  
Cost: \$ 35.00 members, \$45 non-  
members. Includes transportation, lunch  
and tour. Welcome to Red Deer, hub of  
tourism, culture, entertainment, Red  
Deer Museum + Art Gallery tells the story  
of the diverse peoples of the Red Deer  
River Valley, from the early First nations  
Enjoy lunch at the Golden Circle Senior  
Resource Centre. RCMP Police Dog  
Training Demonstrations in Innisfail. This  
is a 8.5 hour day. Registration Day for  
Red Deer /Innisfail Tour is Thursday, May  
29 at 10:00 am

Call 423-5510 and press 2 for information  
on upcoming events

### **Tour the City**

Coming to **SAGE** this May: mini tours  
including:

- Stars Air Ambulance
- Fort Edmonton Park
- Muttart Conservatory
- Rutherford House

- River Valley
- Telus World of Science
- Devon Botanic Gardens

### **WHAT'S NEW:**

#### **Wednesday Walk Group**

You'll be in shape for  
May 3 - The Great  
Human Race  
Let's Get Active. Meet  
the crew Wednesday morning @ 9:00 am  
at **SAGE**. Starting April 2 and even have  
a k-nine walking with you.

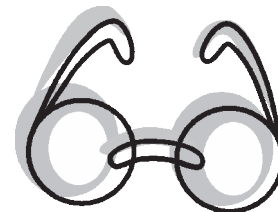


#### **"What's in the News"**

Current Event issues discussed by you  
and a group of seniors in the Sunshine  
Café. Newspapers and coffee provided.  
April 25, May 30, June 27, 10:00 am

### **WATCH FOR NEW PROGRAMS**

And events and  
activities. Call 423-  
5510 – then press  
# 2 for updated  
recorded information  
on activities, courses  
and events. I look  
forward to talking  
to you about your needs - please don't  
hesitate to call or drop by for a coffee.



#### **Lori Germaine: Truly Yours:**

"I feel that **SAGE** provides wonderful  
programs and services for seniors and  
I am pleased to be a part of Truly Yours  
which provides a vital link between  
seniors and their independence."

## GUARDIANSHIP SESSION WHAT'S NEW?

The Guardianship Program at **SAGE** provides information, referrals, and support for Dependent Adult Guardianship Orders and related matters such as: Personal Directives, Enduring Power of Attorney and Wills. The Guardianship Coordinator offers orientation sessions on a monthly basis to Guardians who are using the Self Help Kits to obtain an initial Guardianship Order or to Review an existing Order. The Program focuses on offering support and guidance to Proposed Guardians and Guardians throughout the Guardianship application process. Cost: n/c. Date: June 27 - Time: 10:00 - 12:00 pm. Contact Angela Ward at 701-9006 for more information.

## **SAGE** NEWS BITES

### **World Elder Abuse Awareness Day**

To be held at City Hall on June 13th.  
Mark your calendar.

We are saddened by the death of **Harriet Winspear**, who has for many years been Honourary Chair of **SAGE**.

The **Cops In The Kitchen II**—A Healthy Living Cookbook project is requesting recipes. Seniors can drop recipes off at the **SAGE** main desk and see the flyer with more information.

**Seen in the news:** Thanks to David Beckman for his nice comments about **SAGE** in the Edmonton Senior newspaper, in the Housing section

**EDITOR'S MESSAGE:** Comments to the editor? Contact David at dloper@MySAGE.ca or at 701-9012

## SAFEWAY WE CARE PROGRAM

Volunteers and staff at **SAGE** have now finished volunteering at Capilano Safeway in the Safeway We Care Program. Thirty-six volunteers were involved in talking to customers about **SAGE**, and assisting with Safeway's national events. The dates were January 26, February 9, and March 1, 2008. We are very pleased to have been chosen by Capilano Safeway for this fundraising campaign. **SAGE** will be presented with a cheque in May for the funds raised through the campaign. Please visit the Capilano Safeway when you have a chance.

*Sign at Capilano Safeway.  
Current total is \$9735*



## WILD ROSE FOUNDATION

A generous grant from the Wild Rose Foundation has enabled **SAGE** to upgrade its technology: a wonderful new telephone system, 6 new computers with LCD monitors and a steamer counter for the Sunshine Café (as below with Chief Wayne Sand.) **SAGE** greatly appreciates this grant that helps us serve seniors.



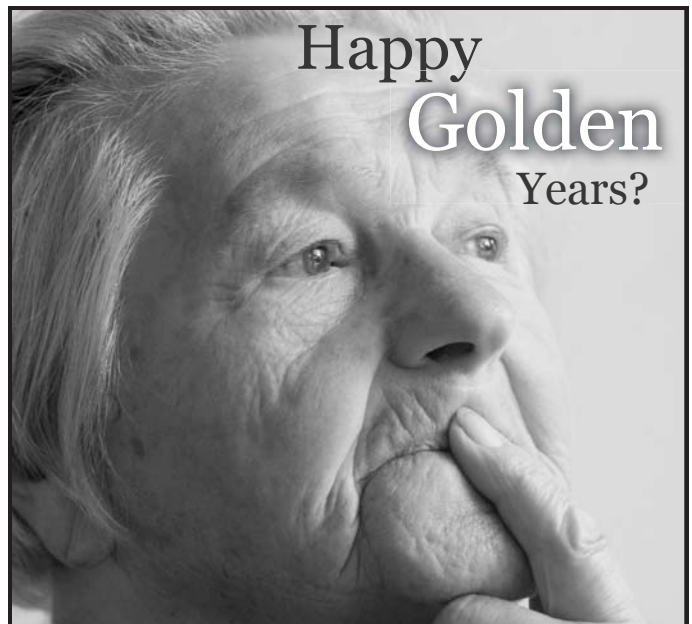
## **VON Footcare A Step Above The Rest**

If you had calluses or corns that made it too painful to walk, what would you do? If you had difficulty cutting your nails and had to wear slippers instead of shoes, who would you turn to for help? What if you had diabetes, arthritis or circulation issues that made it difficult to care for your basic foot needs? These are all situations that VON (Victorian Order of Nurses) foot care nurses see every day. At VON we understand the importance of footcare. (See page 16 a booking.)

Our specially trained foot care nurses provide a wide range of high quality hands-on foot care including, assessments (first visit and on-going assessment), clipping and filing of toenails, treatment of corns, calluses, ingrown and thickened toe nails, padding as necessary to protect the feet, preventative foot care for high risk individuals with diabetes, arthritis and circulation problems, referrals to doctors and other health care professionals and other health education including recommended socks and shoes.

VON nurses are responsible for conducting brief but detailed health assessments, which include a client's health history, medication list and thorough foot assessment. Additionally, for all diabetics, the VON nurse will provide frequent monofilament tests to observe changes in the patient's circulation and nerve sensation in their feet. This service is provided at no additional cost to the client.

VON footcare staff have all completed VON footcare courses and are extensively trained and mentored by experienced VON footcare nurses. VON follows the Public Health Agency of Canada's Infection Control Guidelines for foot care.

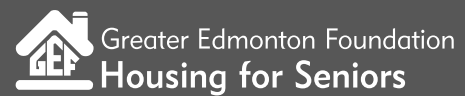


**E**dmonton's booming economy and shortage of affordable housing has seen our wait lists soar. As the leading provider of affordable supportive living residences for seniors on fixed incomes - GEF needs your help.

To learn more about Greater Edmonton Foundation and our goal to provide more affordable housing for this growing demographic group, join us for a **GEF Experience Information Session & Tour** at one of our senior's residences.

Our one hour information session will heighten your awareness of what we do in your community and how we improve the quality of life for seniors.

To see how you can get involved and learn more about our vision, call 482-6561 to register.



[www.housingforseniors.org](http://www.housingforseniors.org)



The coverage you  
need...the  
protection  
you deserve



Without a **Seniors Plus** plan from Alberta Blue Cross, you could face significant out-of-pocket costs for dental care, eyeglasses, preferred hospital accommodation and more.

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. It is affordable, and there is **no** medical review to qualify.

**Seniors Plus** includes coverage for:

- dental care
- preferred hospital accommodation
- eye glasses
- chiropractor and podiatrist
- accidental death benefit
- other important health benefits

Join the thousands of Albertans ages 65 and over who are already enjoying the practical and affordable benefits provided through **Seniors Plus**.

**Call us today for your free information package!**

**Edmonton 498-8008**

**Toll-free 1-800-394-1965**



[www.ab.bluecross.ca](http://www.ab.bluecross.ca)

ABC 82219 (02/2007)

## THE SUNSHINE CAFÉ

At

*sage*

Seniors Association of Greater Edmonton

**Open Monday through Friday  
8:00 am to 3:00 pm**

Open to the public.  
Everyone is welcome!

**We offer a full menu including...**  
Fresh baking daily, breakfasts and hot lunch specials, soups, sandwiches, salads, desserts and more!

**Try our Delicious Home-Cooked  
FROZEN MEALS**

**Complete Meals  
Just Heat and Enjoy**

**\$ 4.95 each or buy  
10 or more for \$ 4.50 each**

**FROZEN SOUPS OR DESSERTS**

5 Soups and 3 Desserts to choose from  
\$ 2.95 each or 6 or more for \$ 2.50 each

All Meals Are Ready To Go  
Just Pick Them Up.

**Celebrate VON Nursing Week** with a special day for your most prize possession and least valued asset - your feet.

Available to members.  
May 21, 9:00 - 3:30 pm  
\$35.00. Home visits available if you have difficulty attending a foot care clinic. Call 423-5510 to book.



**United Way**  
Member Agency

Soon-il Kwon - Social Worker/  
Safe House Intake Coordinator:

"**SAGE** is a great place to work and learn. My work gets very busy some times, but everybody (especially Debby and Doneka) is very supportive. I like where I am, and what I am doing."