

sage LINK

Seniors Association of Greater Edmonton

December 2007

15 Sir Winston Churchill Square Edmonton Alberta T5J 2E5

WELCOME TO WINTER at SAGE

Winter is always a time to become introspective and reflect on all that we are thankful for. As you think back on 2007 and prepare for the busy Christmas season ahead, keep in mind that **SAGE** has many programs, activities, courses and services for you to enjoy!

VOLUNTEER CHRISTMAS PARTY

SAGE is indebted to all of the wonderful volunteers who make our center a place that people look forward to visiting everyday. In thanks for everyone's support and dedication, we welcome all current volunteers to the annual Volunteer Christmas Party on December 5, 2007 from 1:00 p.m. - 3:00 p.m. in the **SAGE** Auditorium. Join us for an afternoon of Christmas joy! Contact the Volunteer Coordinator at 701-9015 with any questions.

CELEBRATION OF SENIORS



His Honour the Lieutenant Governor Norman Kwong was the keynote speaker at the third annual Multicultural Fair. He spoke about his vision for multiculturalism and the richness it brings to

Canadians. Performances by the African, Korean, Kurdish and Filipino multicultural seniors' groups were featured and the poetry of Jalal Barzanji was enjoyed by all. Guest speakers Linda Sloan, Yvonne Chiu and Sheila Hallett also joined us for brief presentations. This sold-out event was a huge success. We thank everyone for their attendance and participation!

NEW PHONE LINES

SAGE has installed additional phone lines to give everyone an opportunity to contact staff on their own direct line. Please note these changes as you go through the **SAGE** Link. Please note that the main switchboard number (423-5510) will still continue to be in effect.

HOLIDAY HOURS



SAGE will be closed for the Christmas holidays from December 24, 2007 to January 1, 2008. We will re-open again on **Wednesday, January 2, 2008**. Enjoy the Holidays!

IN THIS ISSUE

Volunteer Christmas Party	1
Celebration of Seniors	1
Message from the President	2
Board of Directors	2
Board Highlights	3
Staff Members	3
SAGE Awards Highlights	3
Calendar of Events	4, 5
Members' Corner	6
Volunteers' Corner	6
SAGE Awards Winners	7
Seniors' Housing Forum	7
Sunshine Café Christmas Luncheon	7
Multicultural Outreach Program	8
Message from the Safe House	8
Christmas Wish List	8
News from the ESCC	9
Brain Exercises	9
Fire Safety Tips	9
SAGE News Bites	10
Crossword and Sudoku	10 & 12
Membership Form	11

MESSAGE FROM THE PRESIDENT



It's a busy time of year for all of the members, volunteers and staff at **SAGE** as we gear up for the Christmas season ahead.

I want to take this opportunity to thank all of our wonderful volunteers and members for their support in 2007.

This year, we've seen a record increase in new members from 1,200 to 1,725! We appreciate the trust and faith you have in our organization and look forward to continue providing you with the comprehensive services and programs that make **SAGE** so unique.

Our programs have been a great success this year, especially with the Urban Farming pilot project. Participating seniors had the opportunity to grow everything from carrots and tomatoes to sesame in four gardens across the city. This project has had a profound effect in helping integrate isolated immigrant seniors into the community. We look forward to building on this success and hope to be able offer the program again in the spring.

Now that we are a United Way member agency, **SAGE** is more visible in the community and is even more able to provide members with access to resources. In return, **SAGE** is involved with fundraising activities that support the United Way. A prime example of these initiatives was Multicultural Month at **SAGE**. During October, chef extraordinaire Wayne Sand created culinary classics with several diverse dishes ranging from Spanish to Scandinavian. One dollar from the sale of each dish went towards the United Way of the Alberta Capital Region. Combined with our Halloween Bake Sale and other contributions, a total of \$2,180 was sent in!

The eighth issue of the *Seniors' Housing Guide* is now in distribution. Ask for it here or find it on newsstands throughout the city. We hope you find it useful. The twenty-third issue of the *Directory of Seniors' Services* is slated to be issued in

February 2008 and we look forward to providing you with the most reader-friendly publication yet.

Lastly, I am so thrilled with the second annual **SAGE** Awards. It was a truly memorable evening, thanks in large part to our extraordinary Emcee Bruce Hogle. This event recognized the valuable contribution of eight outstanding seniors in our community.

Please join me in congratulating: Danuta Gasior, Victor Larson, Cecil Mah, Dr. Donald Mayne, Diana McIntyre, Nicholas Spillios, Noel Somerville and Doreen Warwick-Foster for their dedication and hard work.

Thank you to everyone who made this event so special. Next year's **SAGE** Awards is set for Wednesday, November 12, 2008 and we look forward to seeing you there.

We wish you and your families a wonderful Christmas!

Warm Regards,
David Beckman, President

sage Board of Directors June 2007 – May 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	

BOARD HIGHLIGHTS

August - October 2007

The Board held regular meetings on August 22, September 26 and October 31. At the beginning of each Board Meeting, staff members give an update in their program areas to keep Board members informed about the many services provided by **SAGE**.

Affordable housing for seniors continues to be an area of major concern for the Board and there has been correspondence with municipal and provincial government officials on this topic. The funding proposal which was submitted to the Edmonton Community Adult Learning Association has been accepted. The GeriActors will receive new funding from the Cultural Capital Fund which will support their activities and go towards developing plays next spring.

The Board has accepted the recent resignations of two valuable members with regret. Denise Ryan and Hugh Robertson were both strong contributors to Board discussions and activities. We thank them for their efforts. The Nominating Committee is now actively seeking new Board members.

Prepared by K.W. Hodgins, Secretary

sage Staff Members

Please note the new direct lines for staff members.

Main Switchboard	423-5510
Executive Director	Roger Laing 701-9001
Programs Director	Bernice Sewell 701-9002
Executive Assistant	Jane Noonan 701-9009
Guadianship Coordinators	Angela Ward 701-9006
.	Sandy Sherman 701-9017
Home Services Coordinator	Theresa Fielden 701-9007
.	Lindsey Minckler 701-9019
Housing Coordinators	Debby Marcus 701-9018
.	Sandy Sherman 701-9017
.	Lindsey Minckler 701-9008
Information Coordinator	Ani Chakmakian 701-9012
Member Services Coordinator	Fran Swendseid 701-9016
Multicultural Seniors Outreach	Zdravka Brnada
.	Jalal Barzinji, Susana Runge, Soonil Kwon 701-9021
Safe Housing Coordinator	Heather Shupe
.	Karin Tully 426-3746
Seniors' Social Worker	Doneka Simmons 701-9005
Volunteer Coordinator	Scott Hauptman 701-9015
Finance Coordinator	Colleen Jahns 701-9003
Office Services Coordinator	Ivett Campos 701-9004
Food Services Manager	Wayne Sand 701-9022
Food Services Assistant	Jacqueline Giesbrecht 701-9022

CELEBRATING THE CONTRIBUTION OF SENIORS TO OUR COMMUNITY

We all know that seniors are a vital part of the foundation of this city and continue to demonstrate leadership and inspiration through their passion and commitment to making our city work. The **SAGE Awards** is the first and only event of its kind in Canada that recognizes the accomplishments seniors make to their local community in their senior years.

Thank you to all the winners for their tireless efforts and to everyone who supported the event with their nominations, attendance and participation. In particular, we would like to acknowledge Chi



Liu who represented Alberta Seniors and Community Supports and Dr. Raj Pannu for being the Honorary Chair. We would also like to acknowledge Linda Sloan and Bruce Miller's and support for their understanding and recognition of seniors' issues. Finally, we thank our live entertainment, The Swingin' Sisters Club, and our exceptional Emcee for the evening Bruce Hogle who made the event so memorable.

For a complete list of all the winners, please see page 7. Next year **SAGE Awards** is set for Wednesday November 12, 2008.

CALENDAR OF EVENTS

Get involved in any of these great activities this December!

Passive Aggressive Behaviour

Passive aggressive behaviour appears friendly and non-threatening but underneath, there is a veil of hostility. Suggestions are given to help identify this behaviour.

Date: Wednesday, December 5
Time: 10:30 a.m.
Cost: \$5.00 (beverage/snack provided)
Facilitator: Jennie Wilting –
retired Health Educator

GROUPS AND CLUBS

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

The Raye Dolgoy Bridge Club meets each Friday from 12:15 p.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.

Busy Fingers convenes each Thursday from 9:00 a.m. to 11:30 a.m. 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.

The Down Home Singers meet each Thursday from 10:30 a.m. to 12:30 p.m. First they warm up by practicing their songs, 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 GeriActors and Friends are a dynamic theatre group with stories to tell and dreams of performing for engaged audiences. If you can



Affordable Seniors Supportive & Independent Living


Offering Lodge, Apartment, & Duplex accommodations
for people over 65

Independent Living

- Clean, bright, well maintained buildings
- Some buildings located next to supportive living lodges
- Staff on site

Supportive Living

- Social and recreation activities
- Housekeeping & linen service
- Delicious meals and snacks
- Staff on site 24/7

 Greater Edmonton Foundation
Housing for Seniors

Phone: **482-6561**

www.housingforseniors.org

relate, consider joining this group that just loves to have fun! No experience is required. The GeriActors meet every Thursday afternoon at 1:00 p.m. 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 Member Services Coordinator at 701-9016. The cost is \$20.00 per year.

The Happy Travellers 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. During the winter, we stay closer to **SAGE** while in the spring and summer, a bus is taken to any location of choice.

Come join us in the **Games Room** every Wednesday morning from 10:30 a.m. to 12:00 p.m. in the main lobby to play scrabble and build puzzles. If there are other games you'd like to play, feel free to bring them along with a partner and get started!

HEALTH SERVICES

Nursing Services

A nurse from Capital Health is in on Mondays from 8:30 a.m. to 12:00 p.m. to test blood pressure and perform weight checks. No appointment is necessary and there is no cost.

VON Foot Care Clinic

If you have foot care needs, make an appointment with the telephone receptionist by calling at 423-5510. The clinic is located at **SAGE** and operates on the first Tuesday of every month from 9:00 a.m. to 3:00 p.m. The cost is \$30.00 per visit.



Going on a trip this winter? Get travel coverage you can count on.

If you are travelling outside the province this winter, don't leave without emergency medical travel coverage from Alberta Blue Cross.

Enjoy your travels—with *affordable* protection against the high cost of surprise illness, accident or injury.

More Albertans trust Alberta Blue Cross for travel coverage than anyone else—and with good reason. Your health is our *only* business.

**For travel coverage you can
count on this winter,
call Alberta Blue Cross *today*.**

Edmonton 498-8550

Calgary 264-4960

**Toll-free
1-800-661-6995**



ABC 02421 2007/08

MEMBERS' CORNER

SAGE is very excited to tell you that we now have over 1,700 members!

This has been an amazing year of growth. We welcome all of our new and past members to join us at **SAGE** in utilizing all of the services that we have organized for you.

SAGE benefits for members include:

- **SAGE** Link mailed to you
- Easy access to programs, activities and special events
- A reduction in course fees
- Use of our public access computers
- Access to Home Services and Truly Yours home cleaning service
- Participation in many clubs and groups
- Discounted rate for TeleCare 24-hour emergency telephone support
- Entry into draws

You can begin mailing in your membership renewal for 2008. Please fill in the whole form on page 11. **SAGE** is moving into a new database system where we need to enter all of your information. So if you have moved, do let us know your new address.

Thank you for your membership.

Good Samaritan TeleCare

TeleCare is a 24-hour emergency response and support service ideal for seniors who want to remain in their homes. It provides reminders about medications, meals and in the event of emergency, pressing the button will activate a response from the 24-hour monitoring service. **SAGE** members receive a \$20 discount from the cost of installation. Call 1-800-676-8397 to ask for further details. With TeleCare, help is always at hand.

Paper Shredding Services

Identity theft is one of the fastest growing crimes in North America. To help protect yourself, bring your disposable confidential documents to **SAGE** and use our paper shredder free of charge.

VOLUNTEERS' CORNER




SAGE's mission statement is: "to enhance the quality of life of older persons through service, innovation, advocacy and volunteerism."

We would like to thank our dedicated and hard-working volunteers. **SAGE** could not achieve its mission without your dedicated support in 2007!

If you or someone you know is looking for an opportunity to learn new skills, build your resume and get involved with helping others, contact the Volunteer Coordinator at 701-9015. **SAGE** welcomes everyone over the age of 18.

Beverly Denture Clinic



In association with
SAGE - Seniors Association of Greater Edmonton

Are your Dentures:

- not as tight fitting as they used to be
- chewing efficiency not as good as when you first got them
- currently causing you sores

Or just missing a few teeth in which a partial Denture would be best?

*Appointments are available at SAGE
Thursday mornings - Call 423-5510*

Call for your free consultation

Beverly Denture Clinic
4008-118 Avenue **477-7868**
Dentures • Relines • Repairs

SAGE AWARDS WINNERS

We are pleased to recognize the following 2007 **SAGE** Award winners!

Arts & Culture	Doreen Warwick-Foster
Business & Entrepreneurship	Cecil Mah
Community Building	Noel Somerville
Education	Danuta Gasior
Health & Wellness	Diana McIntyre
Public Service	Nicholas Spillios
Social Justice & Peace	Dr. Donald Mayne
Sport & Leisure	Victor Larson

SAGE encourages you to make your nomination for next year's gala by June 30, 2008.

SENIORS' HOUSING FORUM

SAGE and many other senior-serving agencies presented at the second annual Seniors' Housing Forum on September 29, 2007 at the Santa Maria Goretti Community Center.

SAGE was a part of the organizing committee for this event as well as the panel of experts. An information booth was also held at the tradeshow. Staff presented on Assisted Living Facilities and recommends that every senior do their homework before moving anywhere.

"There's just such a variety of Assisted Living Facilities out there," says Sandy Sherman. "People really need to exercise buyer beware."

For more information, please call the Housing Coordinator at 701-9018 and ask for our checklist. You can also read through our 2008 *Seniors' Housing Guide* available in newsstands across the city.



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

Open to the public... Everyone is welcome!

*Join us for our
Annual Christmas
Luncheon Feast!*

**Wednesday, December 12th & 19th
from 11:30 a.m. to 1:00 pm.**

**Tickets are \$9.50 and can be
purchased from the Café cashier.**



**Enjoy the singing of
Christmas Carols by the
Down Home Singers
while you eat!**

MULTICULTURAL OUTREACH PROGRAM

With increased levels of participation in all aspects of the program, the staff is working hard to meet the demand. Luckily, there are always kind samaritans out there who are willing to lend a helping hand.

Take for instance Zdravka Brnada's story, a Health Broker working with seniors from the former Yugoslavia. She is well aware of the desire her clients have to learn English so she started ESL language courses with the help of a volunteer ESL teacher. There is such a high demand in our community for ESL that many of her intermediate and advanced students branched off into their own sub-group classes to teach beginners. Zdravka was touched by their efforts to help. But the best was yet to come.

One afternoon, she received an e-mail from a fellow Edmontonian who expressed her desire to visit seniors in their homes just to teach them English. She offered her services any time and any place despite her exceedingly busy schedule. Zdravka and her clients were so inspired by her willingness to help.

May you all come across such kindly spirited people this holiday season!

MESSAGE FROM THE SAFE HOUSE

SAGE's Edmonton Seniors' Safe House provides secure, temporary accommodations to seniors who are leaving abusive situations. The staff and clients of Safe House would like to thank you for your generous support over the last year. The donations we received have made a big difference in our clients' lives. A special thank you to Alane Overland and other members of Hearts of Blue at Alberta Blue Cross for their continued support. Thank you to Edmonton Transit by providing bus passes to our clients, as well as to Naamat Edmonton and Hugh Robertson for their thoughtful donations.

The work we do could not happen without support from the community. If you would like to find out how you can add a little joy to our resident's holiday season, please call the Edmonton Seniors' Safe House staff at 426-3746, or read the Christmas Wish List below. A warm thanks to all in advance.

The staff and residents wish everyone a peaceful and enjoyable holiday!

SAFE HOUSE CHRISTMAS WISH LIST

If you would like to make a donation to the Safe House this Christmas, take a look at the list below for items that would really help.

Please call 701-9015 to drop off your donation.

Personal Care

- bath robes
- pajamas
- slippers
- socks
- towels
- perfume
- aftershave
- soap

Home

- single comforters & sheet sets
- pillows
- dish cloths
- writing pads
- pens & pencils
- envelopes
- stamps
- small new household items such as toasters, glasses, pots, casserole dishes, tea pots and coffee makers are also always helpful

We always appreciate gift certificates from coffee shops and grocery and department stores.

Items Always In Need... coffee, tea, sugar, garbage bags, toilet paper, paper towels, dish soap, laundry soap, bleach and fabric softener.

NEWS FROM THE EDMONTON SENIORS COORDINATING COUNCIL

By: Sheila Hallett, Executive Director

Senior centers in Edmonton have evolved in order to meet the changing needs in our community. Many centers have grown to become service providers that offer everything from help with completing legal forms, to counseling, to assistance with getting to medical appointments, to providing links to services that enhance a senior's ability to continue living at home. This is all in addition to the many programs, classes, events and volunteer opportunities that they already offer!

The Edmonton Seniors Coordinating Council (ESCC) is working to ensure that senior centers and other senior-service agencies obtain sustainable funding. Our approach is to represent the sector as a whole and to urge increased support from various levels of government. In meeting with member agencies, we have compiled lists of issues related to seniors and will use this information to create briefings that will raise awareness with the right people.

Some of the issues that the ESCC has been working on are transportation and diversity. We recently hosted another Roundtable on Seniors' Transportation which examined how improvements to our transportation system could make our community more senior-friendly. In the area of diversity, we are working with partners in immigrant-serving agencies to create tools which will help senior-serving agencies be more responsive to the needs of isolated multicultural seniors. We are also involved in a U of A study called "Finding Firmer Ground--Support Intervention Preferences of Immigrant Seniors."

This is an exciting time with lots of opportunity to make things better for seniors! Our vision is to facilitate senior-serving agencies with the enhanced capacity to work collaboratively in

delivering accessible services that meet the diverse needs of seniors in our community. We look forward to doing our part in helping to make some of these opportunities a reality.

BRAIN EXERCISES TO WARD OFF AGING

A British company called MindWeavers has created a brain exercise computer game which helps keep the mind healthy longer. MindFit is designed for those who want to slow and protect against the effects of aging.

This scientifically designed brain fitness program targets specific areas and works to improve performance by keeping the mind active. Studies show that our neural systems are constantly changing throughout life. With effective instruction, we can improve the health and function of our brain simply with the proper workout.

If you would like more information, please visit www.mindweavers.com.

TOP 7 FIRE SAFETY TIPS FOR YOUR HOME

These practical tips can help make your Christmas holidays safer and more relaxing!

1. Be sure to install a smoke alarm and check it regularly.
2. Make a fire action plan so that everyone knows how to evacuate in the event of fire.
3. Be careful when cooking with hot oil. Cooking accidents account for 59% of all domestic fires.
4. Ensure lit candles are always attended.
5. Avoid smoking in the home.
6. Keep clothing away from all heating appliances.
7. Exercise caution when you are tired. Half of all deaths related to domestic fires occur between 10:00 p.m. and 8:00 a.m.

For more tips, please contact your local fire department.

SAGE NEWS BITES

Thank You!

SAGE thanks Clara Andrews for her donation in 2006.

We are also grateful to the Wildrose Foundation for providing us with a new steamer as well as new phones for staff and volunteers. The new steamer is a huge timesaver in the kitchen and enables frozen meals to retain more of their flavour and nutritional value. The new phones were also a much-needed addition to the center!

Apology

We apologize for listing Mr. Gordon Andrews as a donor in our last edition as he has passed away. Our condolences to his family.

Clarification

All donor names listed in the July/August and September/October issues were for donations received in 2006.

New Phones

Finally, the day has come when **SAGE** staff and volunteers receive their brand new phones! They are scheduled to be fully operational in December.

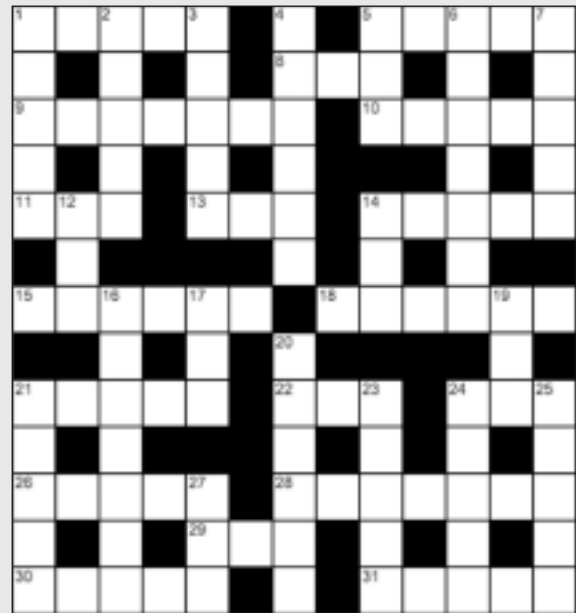
Room Rentals

SAGE has classrooms and meeting rooms that can be rented Monday to Friday from 8:00 a.m. to 4:15 p.m. on an hourly or daily basis. Our rooms fit 5 to 25 people and contain white boards, flip charts and screens. We also offer great catering for your meetings from the Sunshine Café. For more information, contact the Member Services Coordinator at 701-9016.



ACROSS

1. A pain in your muscles.
5. Eskimos keep warm in these.
8. A sister.
9. Vomiting.
10. Hit these into wood.
11. Brand _____.
13. A brownish color.
14. A game with a king.
15. Secret _____.
18. A person that hits living things.
21. Squirrels eat them.
22. An "ocean snake".
24. Short for from.
26. A tool to make holes.
28. A very big ape.
29. Sick.
30. Cops eat them.
31. A truck



DOWN

1. Stay in one of these while camping.
2. A pointed object.
3. Use to give color for a house.
4. Makes the car go.
5. A place to stay for tourists.
6. To hang around.
7. A place with water and trees in a desert.
12. Make an omelet.
14. A yellow car.
16. Wasting away.
17. The first 2-digit positive integer.
19. On your head or in the garden.
20. A brown, black and white dog.
21. To get the sum.
23. Words in a song.
24. True or _____.
25. Lower part of a pistil in a flower
27. To light something.



Seniors Association of Greater Edmonton

15 Sir Winston Churchill Square Edmonton, AB T5J 2E5

2008 New Membership Application or Renewal of Membership Form

2008 Memberships are now available. Please renew by filling out the form below. We require all renewing and new members to fill out all of the information. You may pay by cheque, Visa or Mastercard. Please notify SAGE of your address changes through the year and if you know of a member who is now deceased.

Please clip out and return



Name: _____	Phone number: _____
Address or Address change: _____	
Postal code: _____	Email address: _____
Emergency Contact Name: _____	
Relationship to you: _____	Phone number: _____
Your date of birth: _____	
Month day year	
Where did you hear about SAGE? _____	
Preferred language: _____	
May we contact you to keep you up to date with SAGE's activities and needs?	
<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/> Cheque _____ <input type="checkbox"/> Cash _____ <input type="checkbox"/> Visa/Mastercard _____	
Card #:	Expiry Date:
2008 Membership (Check off one) <input type="checkbox"/> Renewal <input type="checkbox"/> New	
<input type="checkbox"/> 1 yr. (\$20.00) one person	<input type="checkbox"/> For profit organization (\$200.00)
<input type="checkbox"/> 2 years (\$40.00) one person	<input type="checkbox"/> Non profit organization (\$100.00)
<input type="checkbox"/> Lifetime \$100.00 65+ yrs.	
<input type="checkbox"/> Yes! I would like to make a donation	\$
	Total \$
Date Membership card processed: _____	

SUDOKU

This Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit, so must every column, as must every 3x3 square.

			5	6	1	7	4	
2		7						6
					7	8	9	
			8	9	3	1	2	
7			4		6			8
	8	9	7	2	5			
	7	1	6					
8						6		5
	6	5	9	7	8			

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