

sageLINK

Seniors Association of Greater Edmonton

January - March 2009

15 Sir Winston Churchill Square

Edmonton Alberta T5J 2E5

WINTER AT SAGE

What treasures are just a warm bus ride away to **SAGE**. Or drive down and find a convenient parking spot. You will be met by welcoming hosts and you will find services for seniors and activities and programs that delight. The Sunshine Café will warm you with a great meal or a cup of coffee. Come and join us for a wonderful time.

Membership Benefits Via Email

Do you like to correspond by e-mail? Would you like to receive **SAGE** information by e-mail instead of Canada Post? **SAGE** is developing a method of providing our membership the opportunity to receive the Link and other agency information by e-mail. If you are interested in this method, send an e-mail to Sandy Sherman at ssherman@mysage.ca to be added to the list of 115 members who have already provided their e-mail addresses to her.



One of the **SAGE** Award recipients, Wanda Cree, with presenter Chi Loo, Assistant Deputy Minister of Alberta Seniors and Community Supports



The **SAGE** Awards presented by Servus Credit Union

The **SAGE** Awards were presented November 12 to 13 deserving recipients:

Arts & Culture to **Kathryn Chase Merrett**,
Business & Entrepreneurship to **Kenneth Sears**,
Community Building to **Peter Kossowan** and to **Harold Shaw**,
Education to **Sister Lea Desharnais**,
Health & Wellness 23 year volunteers at Ronald McDonald House – **Pat Robb**, **Sophie Rytz**, **Maude Flight** and **Louise Blair**,
Public Service to **Wanda Cree**,
Science & Technology to **Dr. William D. Gunter**,
Social Justice & Peace to **Jagjeet Bhardwaj** and
Sport & Leisure to **Ronald (Rollie) Ulmer**.

A second highlight of the evening was the entertainment - Charlie Austin on piano, Chance! – Women's Quartet and impersonator Tracey Bell who had us all up on stage with her. It was a delightful evening. Big thanks to the organizing committee and especially to Chair, Pat Covington. Thanks again to all our sponsors.

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MESSAGE FROM THE PRESIDENT



With the approach of the Christmas season, our thoughts turn to the wonderful feelings that Christmas brings. The joy of sharing a meal and a good time with family and friends will happen as it has in the past. Some will argue that this year the economic

uncertainty will change things. I suggest that the only things that will change are material expectations. The other intangible factors remain constant.

Perhaps as seniors we are better equipped to handle this economic change. We each have different recollections but for me and my family, in our early years there was a requirement to find work-arounds, to restrain our choices, and to find happiness in other than purely material things. Mark Twain is credited with the remark, *"I have suffered many disasters in my life, and most of them never happened."* Perhaps there is some truth in that statement given our current circumstances.

That said, the reality at **SAGE** is in the budget and the efforts of the volunteers and staff. We are making provision for reduced budget inputs and looking at options to keep the level of satisfaction for all as high as possible. I sat with the Assistant Deputy Minister of Alberta Seniors and Community Supports, Chi Loo, at the **SAGE** Awards. He indicated that **SAGE** has a great reputation for developing programs, meeting program objectives and maintaining focus. It is very reassuring to receive such great words of praise for **SAGE**.

The successful third presentation of the **SAGE** Awards was at the Sutton Place Hotel on 12 November. My congratulations goes again to the winners in each category. The purpose of the awards is to acknowledge the tremendous contribution seniors make to our society.

I suggest that this requires the application of informed ignorance in the sense that each recipient has persisted at their "work" while being advised by others to slow down and take it easy. They have taken an informed decision to ignore that advice and keep contributing through volunteer activities in support of causes from which they get satisfaction. It is a great example. My congratulation goes as well to the staff and committee who contributed so many hours to ensure the success of this gala event.

In closing, I wish each and every one of you a wonderful Christmas season. May the New Year bring you joy and happiness.

Brent Abbott
President of **SAGE**

HALLOWEEN AT SAGE



At **SAGE**, Halloween brought out something very unusual (or not), Tom Jones himself! (Roger Laing, Executive Director)

The Spider Queen also made an appearance. (Bernice Sewell, Director of Operations).



BOARD MEETING HIGHLIGHTS: August through November 2008

- The Board worked on **SAGE** Future Directions and accepted the Executive Director's strategic plan.
- Ideas are being explored to increase discretionary income.
- Jerry Moran resigned but will continue to have committee involvement.
- The Advocacy Committee held a successful Forum on Supportive Living with 57 attending and the good information was appreciated by all.
- The Policy Committee has worked on a number of revisions and changes.
- A consultant is being retained to develop a plan for expanding the frozen meal service.
- John Schiel was appointed and welcomed to fill Jerry Moran's term on the board until the next AGM.
- Discussion on renewing the building lease is progressing with the provincial government.
- Diana McIntyre was appointed and welcomed to the Board. She will stand for election at the next AGM.
- Several by-law changes were accepted by the Board and will come to the AGM for approval. One would enable membership to be one year from when purchased instead of a calendar year.
- The **SAGE** Awards evening went well and also made money. The **SAGE** Awards committee is looking at some innovative ideas for next year.
- The Minister of Seniors and Community Supports visited Seniors Safe House.

Dr. Ken Hodgins, Board Secretary



STAFF CHANGES: **SAGE** has welcomed two new staff members. Candy Martel is coordinating Home Services and Vince Appel has joined the Sunshine Café staff.



SAGE Board of Directors 2008-2009

Executive

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

Members at Large

Mohamed Assaf	Tom Campbell
Radhe Gupta	Bill MacDonald
Bill Mailo	Shirley Redmond
Lily Simpson	Diana McIntyre
John Schiel	

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
Corporate Relations	Sherril Will	780-701-9008
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	Candy Martel	780-701-9007
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	Jalal Barzanji	780-701-9021
	Zdravka Brnada	
	Susana Runge	
	Mi-eun Kwak	
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
Volunteer Services	Fran Swendseid	780-701-9015

WINTER PROGRAMS AND ACTIVITIES AT SAGE

Register at the main desk for most of these classes. See Theresa for other information 780-701-9016.

HEALTH & WELLNESS

Mental Health Lecture Series

Join us for a series of lectures presented by **Jennie Wilting RN, BScN**. Jennie specializes in mental health and has a lot of experience in the field. This lecture series runs for 4 Wednesdays at **SAGE** from 9:30 a.m. - 10:30 a.m. Each lecture costs \$5.00 and includes beverage and a snack.



Problem Solving

Often we create unnecessary problems or pseudo problems. We will discuss how to help ourselves solve these.

Date: Wednesday, February 4

Time: 9:30 a.m. - 10:30 a.m.

Cost: \$5.00 (beverage/snack provided)

Assertiveness

Assertiveness enables people to act in their own best interests, stand up for themselves, and exercises their rights without denying the rights of others.

Date: Wednesday, February 11

Time: 9:30 a.m. - 10:30 a.m.

Cost: \$5.00 (beverage/snack provided)



Stress

We need a certain amount of stress in our life to survive, but too much stress can result in unhappiness and illness.

Date: Wednesday, February 18

Time: 9:30 a.m. - 10:30 a.m.

Cost: \$5.00 (beverage/snack provided)

Communication

We have two ears and one mouth, which enable us to spend twice as much time listening as talking.

Various communication skills will be presented.

Date: Wednesday, February 25

Time: 9:30 a.m. - 10:30 a.m.

Cost: \$5.00 (beverage/snack provided)



For Her and Him at SAGE: Because we care about our members, it's up to **YOU** to attend.

Breast Cancer Screening

Date: Thursday, February 5

Time: 1:00 p.m. - 2:00 p.m.

Cost: Your life

Facilitator: Alberta Health Services

Did **YOU** know that 8 out of 10 breast cancers occur in women age 50 and over? If you are over the age of 50 you should be getting screened. Come and learn what it is, risk factors and ways to get screened. There will also be an opportunity at the end to discuss ways to improve screening services and to increase rates of screening.



Colorectal Cancer Screening

Date: Thursday, February 12, 2009

Time: 1:00 p.m. - 2:00 p.m.

Cost: Your life

Facilitator: Alberta Health Services

Did **YOU** know that colorectal cancer is the second leading cause of cancer deaths in Alberta? If you are over the age of 50 you should be getting screened. Come and learn what it is, risk factors and ways to get screened. There will also be an opportunity at the end to discuss ways to improve screening services and to increase screening rates.

New to SAGE: Facilitator Marlene Skaley B.Ed.

Background: My focus was in Psychology, and I have studied many different approaches. I have devoted more than 30 years of my life to the study of meditation, healing, and self-improvement. I have been teaching meditation for the past 8 years. I have taken Dale Carnegie Communication Workshops and many energy

healing courses including Quantum Touch, 3rd Level Reiki and more.

Relaxation Therapy... healing for body, mind and soul.

Research has shown that a regular program of relaxation will lower stress, reduce anxiety, lower blood pressure, improve the immune system, relieve insomnia, improve memory, increase positive emotions, prevent depression, and improve our overall quality of life. In this course you will learn techniques to relax at a deeper level than you thought possible. You'll leave each class feeling like a new person!

Free introductory class February 4, 11:00 a.m.

Dates: Wednesdays, February 11, 18, 25 April

Time: 11:00 a.m. - 12:00 p.m.

Cost: \$20.00

Location: TBA

Min. 6 per session



Sleepless in Edmonton

Having difficulty sleeping? Attend this session offered by Alberta Health Services and learn some great do's and don'ts of having a great nights sleep.

Date: Wednesday February 18

Time: 10:00 a.m. - 11:30 a.m.

Facilitator: Lorraine Dawe RN



February is Heart Month

How's your heart? Information session from the Heart & Stroke Foundation

Date: Tuesday, February 24

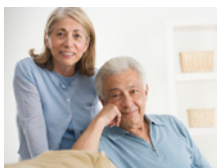
Time: 1:00 p.m.

Cost: Free



Gratitude Attitude

If you could find a magic key to greater happiness, health, and aliveness how much would that be worth to you? Developing an attitude of gratitude is one of the most important things you can do to create the kind of life you want. In this class you will discover the power of gratitude by learning and practicing a few simple



techniques that can attract infinite blessings into your life. You will be amazed when you see the changes in your life when you learn to practice a gratitude attitude

Free introductory class Wednesday, March 11th @ 11:00 a.m.

Dates: Wednesday, March 18th, 25th April 1st, 8th.

Time: 11:00 a.m. -12:00 p.m.

Cost: \$20.00

Location: TBA

Min. 6 per session

STEP BY STEP BEREAVEMENT SUPPORT SERVICES

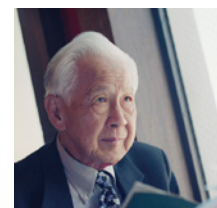
Fall and Winter Groups

Men and Grief

The loss of your wife after years of marriage is a devastating experience. This group provides an opportunity for men to learn from one another about how to handle this challenging new phase of life. Topics include: dealing with loneliness, maintaining good health, coping with grief, and maintaining a social support system.

Dates: Fridays, January 9 to March 13

Location: **SAGE**



For more information or to register call Step by Step Bereavement Support Services

780-932-8565 or sbys@shaw.ca

Past group members have said *"I was able to move forward and think more positively."*

"The group was not what I expected... we cried for sure but we laughed too and rejoiced in the memories of the people we had lost."

SPECIAL EVENTS

Monthly Church Service

Date: Fridays, January 16,

February 13, March 13

Time: 10:00 a.m. - 11:00 a.m.

Location: **SAGE** Auditorium

A Non-Denominational Church Service will be held every 2nd Friday of the month.



Happy Birthday!

SAGE celebrates our members' birthdays the fourth Thursday of every month at 1:30 p.m.

Dates: January 29, February 26, March 26.
If you have a birthday in these months, register at the main desk or by calling Theresa @ 780-701-9016.



Robbie Burns Day

Join **SAGE** in celebrating this amazing meal of haggis and roast beef, accompanied by the music of bag pipes. Get out your kilt and join us.

Date: Friday, January 23
Cost: \$8.00 (includes beverage/dessert)
Tickets available Tuesday, January 6 and must be purchased by Wednesday, January 18.
Min. 20 people



Sweet Heart Dance

Date: Friday, February 13
Time: 1:30 p.m. - 4:00 p.m.
Location: Auditorium
Cost: \$5.00 (Refreshments will be served.)
Min. 20 people. Door Prizes



Shrove Tuesday

Date: Tuesday, February 24
Time: 8:30 a.m. - 2:30 p.m.
Location: Sunshine Café
Cost: \$3.00 (pancakes and sausages)

Meet Margaret and Tour the Reuse Centre

Time to clean out your drawers/closets

Date: Wednesday, February 25th
Time: 1:00 p.m.
Cost: Free

Note: There will be a follow-up class to this session Wednesday March 4, 2009.

Location: **SAGE** main floor
Remember New Year, new you.



St. Patrick's Day Tea

Date: Tuesday, March 17
Time: 2:00 p.m.
Cost: \$5.00 per person.
Location: Auditorium

Tour the scenes of Ireland and sing the Celtic sounds of the Irish. Door Prizes, Entertainment and a Get-Green Contest.
Tickets are available at the main desk Monday, February 16



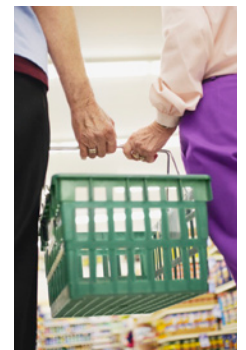
Be Aware with Barb

Date: Friday, March 27
Time: 1:00 p.m. - 3:30 p.m. Register at front desk
Cost: Free
Location: Classroom B
Facilitator: Constable Dale Brenneis
Seniors learn the Do's and Don'ts of identity theft and how you can protect yourself.

The Cost of Being Healthy- Let us help you make it affordable.

Date: March TBA
Time: TBA
Cost: Free
Location: Classroom B
Facilitator: Alberta Health Services

Learn the tricks of affordable shopping and healthy preparation of meals to ensure a healthy lifestyle for YOU.



Let's Do Lunch

Every month a group of ladies dine at a different Edmonton restaurant. We experiment with different cuisine, enjoy cultural foods and have an ethnic experience. Why not join us this year, make 2009 a year for trying something new!

Dates: 2nd Tuesday of each month.
Time: Meet at **SAGE** 12:30 p.m.
Location: Restaurants throughout Edmonton.
Please phone to confirm your attendance at least one day prior to the luncheon at 780-701-9016.
Bring your bus pass.



We are planning a **Let's Do Lunch** for men, what do you think?
Call Theresa 780-701-9016 to register.

LEARNING TECHNOLOGY

**Membership is required to use the computers available on the third floor.
Register at the main desk or call 780 701-9016**

Basic Computer Learning

In this introductory course you will learn the basics of computer use: starting-up, starting a document, copying and pasting, printing, deleting files, editing a document, saving a document, setting margins, and spell-checking.

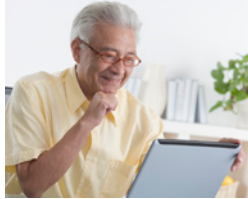
Dates: Mondays starting February 2, 9, 16, 23, and March 2

Time: 9:15 a.m. - 11:30 a.m.

Cost: \$45.00

Instructor: Chris Jackson

Minimum: 5 per class



Level II of Basic Computer Learning

Have you taken at least one level of computer learning, and are ready to move on? This class will help you learn to use more functions of the computer. You will also learn to use the internet – search, set up email and attach documents to your email.

Dates: Mondays starting February 2, 9, 16, 23, and March 2

Time: 12:00 p.m. - 2:15 p.m.

Cost: \$45.00

Instructor: Chris Jackson

Minimum: 5 per class

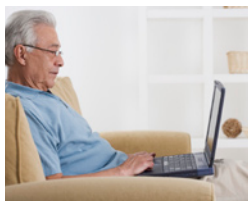
Computer Internet How to! Email Family and Friends...

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

Dates: Mondays March 9, 16, and 23

Time: 9:15 a.m. - 11:30 a.m.

Cost: \$45.00



Instructor: Chris Jackson

Minimum: 5 per class

Digital Camera Class

Take a basic course on some of the features of digital cameras.

Dates: Monday, March 9, 16, and 23

Time: 12:00 p.m. - 2:00 p.m.

Cost: \$45.00

Instructor: Chris Jackson

Minimum: 4

Watch for our Scavenger Hunt using Digital Cameras next month

JUST FOR FUN

RL Studios Presents

The Beautiful You for 2009

Ladies and Gentlemen, it's portrait time at **SAGE**

Dates: Wednesday to Friday, January 21, 22, 23

Times: 11:00 a.m. - 4:00 p.m.

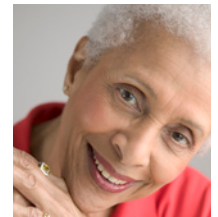
Book Your Appointment today at the front desk. Only pre-paid appointments accepted. Proceeds from this shoot will go to **"Make a Wish Foundation"**

Cost: \$35.00 for an 8 x 10 portrait

Hair and make-up professionally done for you.

Don't miss out on this amazing offer.

780-701-9016.



Great gift giving ideas for your children.

New You / Make Over

Learn some basic skin care techniques and tricks of the trade.

Date: Friday, January 30, 2009

Time: 10:00 a.m. - 12:00 p.m.

Location: SAGE

Cost: FREE

Register at the main desk.



FITNESS

Let's Get Physical! Before you begin an exercise program, please check with your physician.



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.

Dates: Wednesdays, January 21 - March 11

Time: 12:00 p.m. - 1:00 p.m.

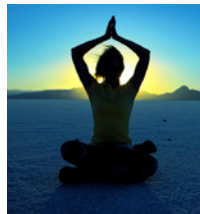
Cost: \$35.00 for members, \$55.00 non-members

Instructor: Sylva Jelen

Minimum: 8 per class

Stretch and 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, January 12 to April 6

Time: 12:30 p.m. - 1:30 p.m.

Cost: \$40.00 for members,
\$65.00 for non-members

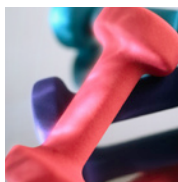
Instructor: Susan Redl

Minimum: 7 per class

No classes February 16th - Family Day

Cardio and Strength

This class provides a good workout for older adults. We will concentrate on cardio-conditioning, and work with hand held weights.



Dates: Tuesdays/ Thursdays, January 13 to April 2

Time: 9:30 a.m. - 10:30 a.m.

Cost: \$40.00 for once a week for members,
\$65.00 non-members

\$80.00 for twice a week for members,
\$100.00 non-members

Instructor: Susan Redl

Maximum 18 per class

Gentle Moves Dance Class

If you love to **dance** and you are looking for a **fitness** program that is fun, challenging and **energizing**, look no further! This class incorporates all the elements of a fitness program including warm up, stretch, floor exercise, upper body workout (weights optional), cardiovascular segment, cool down, stretching and relaxation.

Date: Mondays, January 12 - April 6

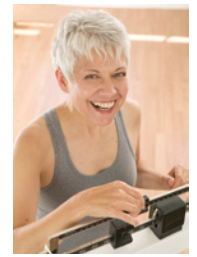
Time: 11:00 a.m. - 12:00 p.m.

Cost: 12 classes for \$70.00.

Location: **SAGE**

If you pre-register and pre-pay by January 5 you can save \$5.00!

Drop-Ins welcome - \$8.00 per session.



No classes February 16th Family Day

Senior's Aquafit at the YMCA and More.

Enjoy all the Y has to offer this year. This class 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).

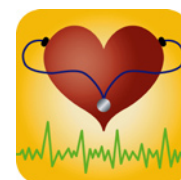
Dates: Mondays and Wednesdays,
January 12 - April 8

Time: 10:30 a.m. - 11:15 a.m.

Cost: \$45.00

Minimum: 6 per class

Must be a **SAGE** member



GROUPS AND CLUBS

Challenge yourself to do something new and different this year.

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.

Busy Fingers convenes

Thursdays from 9:00 a.m. to 11:30 a.m. in the Craft Room. Our focus for 2009 will be helping in our community and world around us. We will be knitting hats/socks/mitts and scarf's for Edmonton area organizations who help people in need. We need your help. Our first task will be to make baby items and blankets for young mothers up north through an organization called "On Eagles Wings". Join us for a presentation from Anne Zimmerman from Eagles Wings February Feb 5 at 9:30 a.m. in the craft room.



The **SAGE** Singers want you.

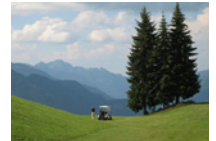
SAGE Singers meet each Thursday from 10:30 a.m. to 12:30 p.m. There is a warm up in the auditorium and then the group sings to everyone on the main floor at **SAGE**. The group accepts singing invitations for special events in our community. If you are interested in joining, feel free to come to the 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.

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 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. 2009 starts with our January presentation to Cambodia, February off to New Zealand North/South Islands, March journey down the Panama Canal, Santiago, and Fort Lauderdale.



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. For more information see page 6.

Come join us in the **Games Room** every morning from 10:30 a.m. - noon. We meet on the main floor lobby to play scrabble and build puzzles. If there are other games you'd like to play, bring them along, grab a partner and get started. Grab a book, sit and read a bit or take it home and return it when you're done.

Nintendo Wii is here!

Make 2009 the year for change and adventure, come on in and learn how to play. Imagine your grand-children's face when you challenge them to a game. Come try your hand at virtual bowling, tennis, boxing, baseball and so much more. It is fitness and fun rolled into one. Come in and let us help you make a **Mii**, your own character. Any day of the week just ask a staff to show you how to play.

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.



HEALTH SERVICES AT SAGE

Nursing Service: The nurse is in Mondays from 8:30 a.m. to 11:30 a.m. Come have your blood pressure and weight checked. No appointments necessary. No cost.

VON Footcare Clinic: If you need your toenails clipped, or have other footcare needs, make an appointment by calling VON at 780-466-0293. The clinic is at **SAGE** the 1st Tuesday of each month from 9:00 a.m. - 3:00 p.m. The cost is \$35.00 per visit.



DAY TRIPS 2009

Have you thought about getting your children to purchase you a gift like a trip six-pack from **SAGE**? **YOU** don't need or want another ornament or a sweater you will never wear. A trip a month for six months would be great. Call Theresa to arrange for gift certificates for our **Day Trip Excursions** for 2009. Here is a sneak preview of the adventures Irl has in mind for you this coming year.

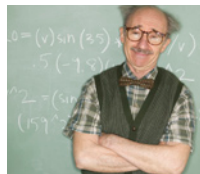
April - Enjoy a beautiful trip to Devon, Calmar, and the French community of Beaumont.

May - Tour the Honey Bee Factory at Spruce Grove and then off to the Devon Botanic Gardens.

June - A picnic in Peaceful Valley sounds heavenly

July - Ellis Bird Farm (an all time favourite). Visit the beautiful tea house for an afternoon tea.

August - Light up your life with a trip to Donalds. Follow the old rail line to Meeting Creek and Buffalo Lake



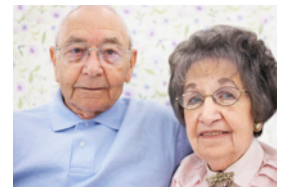
September - Head down Highway 43 to Richford Bridge and have lunch in the town of Mayerthrope. Tour the Pilgrimage grounds at Lac St. Anne and head off to Villeneuve en route to Edmonton.

October - Let's do it again. Smokey Lake Pumpkin Festival.

For more information on these trips watch for your **SAGE** Link information.

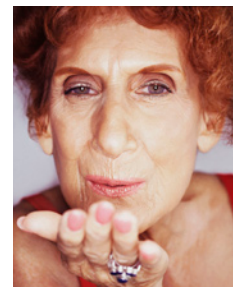
MEMBERS CORNER

Happy New Year! Make 2009 a year of change, a year of challenge, a year of carefree living, a year of taking care of you. When is the last time you put yourself first. Your needs, your wants, and your desires - have you laid them aside to accommodate something or someone else? 2009 is the year for **YOU**. At **SAGE** we are going to commit ourselves to caring for **YOU**. Will you also commit to care for **YOU**?



In 2008 we talked about change and how we at **SAGE** are constantly challenged by change. I am still waiting for a winner in "**A Dime for Your Time**". Tell me what you would like to change or challenge yourselves to change. Speaking of change, don't forget to change your clock to daylight saving times March 8.

We care about the programs and services we are offering for our members. Help us to help **YOU** by giving suggestions and feedback on our programs and activities for our members. Please remember to enclose your dime to be entered for this contest. The winner will receive "**Two frozen Meals**" from the Sunshine Café'.



This year **SAGE** has something really special in store for you, so I challenge you, to stop in, bring a friend and see WHY **SAGE** is the place to be.

You will get a lot of mileage out of your **SAGE** membership in 2009. We will collaborate with wonderful organizations such as AMA and YMCA just to name a few.

A New Year and A New You.

Looking forward to working with you all in 2009

“Sing like no one is listening and dance as if no one is watching”



Happy New Year

VOLUNTEER CORNER

SAGE is recruiting volunteers who have a variety of skills. If you have some of the following skills, we need you!

- Cashier experience
- Good customer service
- Good organizational skills
- Some computer knowledge

There are a variety of positions and shifts available. You will meet new people, learn more about **SAGE** and community resources for seniors, strengthen or learn new skills, and have an opportunity to attend social events for our volunteers.

Volunteer positions currently available are:

Cafe Cashier - Operate cash register to accept payment from customers for beverages and meals. Prepare coffee, and light kitchen duties.

Front Desk Reception - Greet the public, answer inquiries, register public in courses, enter information into computer, general office duties.

THE SUNSHINE CAFE

at
sage
Seniors Association of Greater Edmonton

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 Pork Cutlet	Chicken Stir Fry
Roast Chicken & Stuffing	Roast Pork Loin
Roast Alberta Beef	Creole Beef Sausage
Salisbury Steak	Vegetarian Parmagiana
Shepherd's Pie	Grilled Liver & Onions
Chicken Pot Pie	Corned Beef & Cabbage
Ukrainian 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
780-701-9022**

Safe House Donations Room - Organize donations received for Safe House in the Donations Room at **SAGE**. Put together move-in and move-out bundles for residents.

For all of the above positions, please contact the Volunteer Services Coordinator at 780-701-9015.

Supportive Living for Older Persons - Report from the SAGE forum

A **SAGE** Forum was held on October 12, 2008 to bring awareness to the issues surrounding “supportive living”. In recent years various terms have emerged to describe the different types of accommodations and services for seniors. Some of these terms are “assisted living”, “enhanced assisted living” and “designated assisted living”. Previously terms like “nursing homes” and “lodges” were in common use and were generally understood in terms of care offered. With the emergence of newer terms questions have arisen regarding the offerings of the different categories. In addition, the emergence of privately funded “Assisted Living” facilities has added to the confusion.

The Advocacy Committee at **SAGE** recognized a lack of knowledge regarding the terms used for senior’s services and housing in the *supportive living* category. Supportive living, in this context, does not include long term care facilities (*facility living*) or home care (*home living*). In an effort to

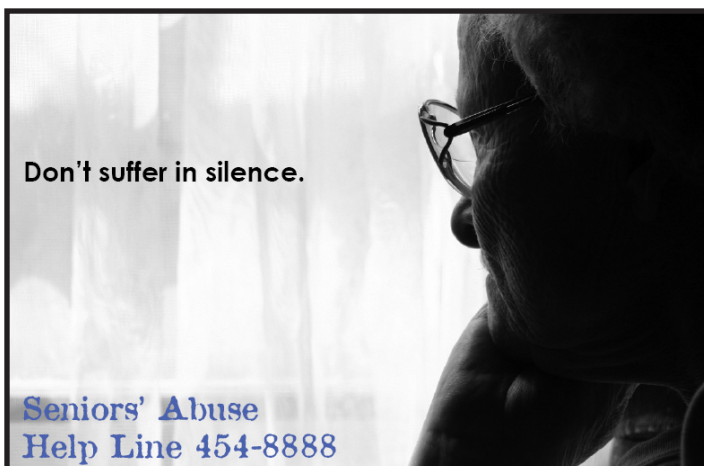
help clarify what is available for *supportive living* **SAGE** decided to plan a forum to increase understanding of available services. This was to include speakers from both government and health care agencies who deliver the care. The audience participants were mainly those who deliver services and/or operate facilities. Fifty-nine registrants attended to hear two panels of speakers involved with seniors’ care. Panel participants were:

- Representatives from Alberta Health and Wellness, Alberta Housing and Urban Affairs, and Alberta Seniors and Community Supports.
- Speakers representing Capital Health, Shepherd’s Care Foundation, and Alberta Seniors Citizens Housing Association.

A consultant, Maureen Osis, RN summarized the presentations and questions.

While a number of issues were addressed at the Forum, the major discussion included the supportive living categories developed by the Alberta Government. These categories of *Supportive Living* consist of four levels of care with differences between these levels. The Forum clarified that these levels deliver the following.

- Level 1 - individuals are able to manage their own care and make their own decisions, but may need some support services. This usually includes living in a facility providing at least one meal per day and may have other services available such as laundry, housekeeping and social activities.
- Level 2 - individuals make their own decisions and can handle most of their care but require some support services such as meals, laundry, housekeeping and social activities.
- Level 3 - individuals need assistance with many daily activities and decision making.
- Level 4 - enhanced assisted living. “Designated Assisted Living” (DAL) is part of this category. Persons requiring this level of care need assistance with daily living and decision making and require health professionals on staff at the facility.



These four levels of *supportive living* exist in both the subsidized and non-subsidized assisted living facilities. The offerings of services and types of accommodation and costs vary from one facility to another. For information contact the Housing Program at **SAGE**.

The outcome of the **SAGE** Forum was an excellent report by the consultant which can be accessed from the **SAGE** web site. In addition, the participants at the forum and those involved from **SAGE** gained greater knowledge and awareness of the services offered. The Board of **SAGE** identified areas to follow-up related to supportive living issues. Efforts will be made to keep members informed of future developments. *Submitted by Shirley Redmond, Co-Chair, Forum Planning Committee*

PROJECTS AND SERVICES

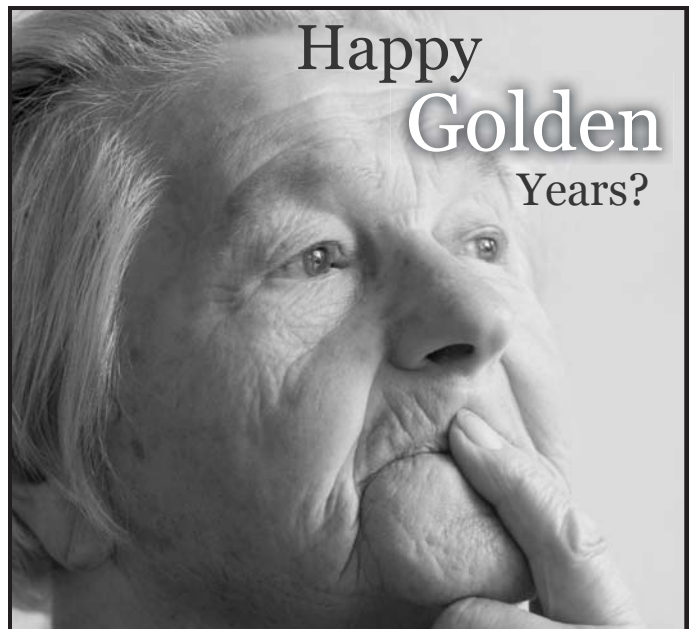
INCOME TAX PROGRAM 2009

SAGE will be offering income tax assistance to older adults with lower incomes who have simple returns. The service is staffed by volunteers who have been trained by the Canada Revenue Agency and have past experience in completing returns.

Income must be below \$35,000 for a single person and \$45,000 for a couple. Tax returns cannot include income from rented property or farm income or capital gains, except for capital gains reported on slips such as T5 or T3's.

What to bring when you come to get your taxes done:

- The tax package if you receive one
- 2007 tax return if possible
- All your T3, T4 and T5 slips
- Receipts for medical expenses including a printout from your pharmacy for drug costs for the year
- Receipts for charitable donations
- Bus pass receipts for monthly or annual pass

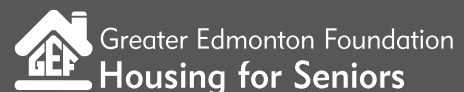


Edmonton's booming economy and shortage of affordable housing has seen our wait list soar. As the leading provider of affordable supportive living residences for seniors on fixed incomes - GEF needs your help.

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 780-482-6561 to register.



www.housingforseniors.org

Couples returns must be completed together. Couples must report their spouses net income, name and social insurance number.

There is no cost for the Income Tax Program, but donations are gratefully accepted.

Important Dates:

Start booking appointments: February 17

Please make sure you let the receptionists know the number of returns you need completed.

First appointments: March 2

The program will run March 2 - April 30 (Mondays to Thursdays)

REMEMBER: It is important to complete an income tax return for you and your spouse every year as the information is shared with other government services. Your income tax information will be used to determine your eligibility for all the following programs:

- Guaranteed Income Supplement
- Allowance for spouses or partners
- GST credit
- Alberta Seniors Benefits and related programs
- Reduce bus passes

Phone for income tax appointment:
780-423-5510 after February 17
Email: Info@MySage.ca

SENIORS SOCIAL WORK SERVICES – BUILDING TRUSTING RELATIONSHIPS

Like any successful human interaction, trust is the cornerstone of building a relationship that is strong and healthy. In providing Social Work Services to seniors, where relationships can last for many months or years, trust is always the key ingredient. Whether it is over the phone or in-person, a one-time call or multiple visits, at the office or in your home, trust remains the cornerstone of our relationship with you. You may be a senior who needs some

information and you don't know where or whom to call. Our Intake Social Worker can provide you with information. Sometimes, your question may require the Intake Social Worker to ask you certain questions. You may be a senior who needs some information and you don't know where or whom to call. Our Intake Social Worker can provide you with information. Sometimes, your need may require the Intake Social Worker to ask you certain questions. These questions may seem personal but are necessary to judge what services you need to access. The questions may include your name, age, income, whether you live alone and where you live, what supports you have already and how and whether or not you are managing your activities of daily living (e.g. grocery shopping, paying bills, cooking, cleaning, etc..) You may be the adult child of a senior, a friend or neighbour of a senior, a person who is under the age of 65 or a professional who works with seniors. In all cases, you have a reason to be contacting **SAGE** and our Intake Social Worker will help determine what that is and how **SAGE** can help you.

Some of the reasons people call the Intake Social Work Line include housing, transportation, social isolation, legal issues, abuse, health issues, finances, help in the home, help in filling out forms, hoarding, issues in relationships with adult children or within families, looking for social and recreation activities, and resource information such as names and contact information of programs and services for seniors.

After the initial gathering of information and assessing the need, the Intake Social Worker will identify whether the information or resource can be provided in that single phone call or office visit. If your request will require more than one phone call or visit, you would be referred to the program best suited for that ongoing support. This could include our Long Term Social Work Program (which includes This Full House, Connections Program and Eldercare Academy), Housing Program, **SAGE** Safe House, Guardianship Program, or the Multicultural Outreach Program.

Our Seniors Social Work Services Intake line, provided 432 client contacts in the period between August - October 2008. Of those 432 client contacts, 82 were in-person contacts, 348 of those were by telephone and 2 by email. The 432 client contacts were as follows:

Service User

- Service User - 65+ = 187
- Service User - Adult Children, Family or Neighbours = 143
- Service User - Age 50-64 = 54
- Service User - Agency professional = 48

Intake

- Housing = 214
- Other Issues = 213
- Safe House = 40
- Internal referral = 23
- External Referral = 1
- Forms = 17
- Long Term Social Work = 13
- Long Term Housing = 21
- Scheduled Appointments = 15
- Supportive Listening = 38

There are many, many reasons why you have contacted **SAGE** in the past and will do so again, today or in the days ahead, knowing that you can trust and rely upon a comprehensive array of programs and services to suit your individual needs. When you contact our Seniors' Social Work Services Program, you will know that our relationship with you is one that starts and ends from a place of trust. We value the courage you demonstrate by reaching out for the information and support you need. We trust that our relationship with you is enhanced by the skills and knowledge we offer you in return.

Connecting Edmontonians to City Government and decision making

The City of Edmonton is committed to involving people in the decisions that affect them. Whether it's being informed about a City decision to build a road in an area, or an invitation to add your views on how we move people, goods and services through our City, your insights are needed to

provide decision makers with the broadest spectrum of information informed opinion possible.

We are pleased to inform you and your organization that the City of Edmonton has a new tool to make it easier to plan when, where and how you can become involved in making your and your organization's views known on the issues that affect you, your neighbourhood and your city.

The City of Edmonton's Public Involvement Calendar lists public involvement events sponsored by the City. It's available on the new City of Edmonton web site by going to www.edmonton.ca/PublicInvolvementCalendar. You can search the calendar by date, neighbourhood and/or City Department to see the range, location and timing of public involvement events throughout the City.

All City of Edmonton print advertising for public involvement events will carry the following tagline:

Learn more about and get involved on City issues affecting you and your neighbourhood. Go to www.edmonton.ca/PublicInvolvementCalendar for a list of City of Edmonton public involvement opportunities.

The City of Edmonton believes knowing where, when and how to get involved is critical to effective public involvement. If you have any questions regarding the City of Edmonton's public involvement programs please do not hesitate to contact me.

Jill Bradford Green
Office of Public Involvement
Deputy City Managers Office
780-944-0300

Place Your Ad in the SAGE Link

The **SAGE** Link - Advertising at low cost to an attentive audience. Contact Sherril Will, Corporate Relations Representative, at 701-9008 or SWill@MySage.ca

SAGE Seeks Business Partnerships

When faced with major life changes, seniors and their adult children turn to **SAGE** for help. Thousands of families find themselves unprepared to face the unique and often daunting challenges of helping make their seniors' life-change decisions. **SAGE** has realized through many years of caring for seniors that innovative programs and services are necessary to help guide a senior and their family. Here are a few statistics about our organization:

- Approx. 1,800 **SAGE** members
- 20,000 **seniors or adult children of seniors** are served per year
- **SAGE** offers more than vital 15 programs

- Safe House (Shelter for Abused Seniors) has 7 units housing up to 9 Seniors.
- Three Publications;
 - Directory of Senior Services (circulation 45,000)
 - Seniors' Housing Guide (circulation 30,000)
 - **SAGE** Link – Newsletter (1,800 mailed to membership)

Partner with **SAGE** because, no matter who you are trying to reach – seniors directly, their adult children or both – **SAGE** allows you to reach that audience when they are most likely to respond. Whether your goal is to develop top-of-mind awareness, build interest in your product or service, or increase sales, there is no better way to reach and influence this highly targeted audience of key decision makers.

Sherril Will, Corporate Relations Representative
780 701-9008 SWill@MySage.ca

COURSE REGISTRATION Clip and Send to **SAGE** with your Cheque.

Name:	Phone:
Address:	Postal Code:
Current Membership Number	Senior Centre:
<input type="checkbox"/> Cheque <input type="checkbox"/> Cash <input type="checkbox"/> Visa - Visa #	Expiry date
Course name(s)	
Membership Renewal - \$21 – (one year from date)	
Total Amount	