

sageLINK

Seniors Association of Greater Edmonton

September - October, 2009

15 Sir Winston Churchill Square

Edmonton Alberta T5J 2E5

WELCOME TO Autumn AT SAGE

Autumn is my favourite time of year. The green begins to fade but the excitement at **SAGE** revs up again. Programs, activities and services return to full swing. Join us.

SAGE AWARDS – PLAN TO ATTEND.

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

VOLUNTEERS OF EXCELLENCE

Thanks to these volunteers who have each given over twenty years of service to **SAGE**.



Pictured Left to right – Standing: Jennie Wilting, Doris Lynch, Roger Laing, Executive Director, Margaret Pollock and May Isherwood

Left to right – Seated: Marjorie Lilley, Marion Youell, and Raye Dolgoy.



Seniors' Housing Forum
Saturday, September 26th
8:30 am —2:00 pm

Free Event! Register Today!

Registration forms available online www.MySage.ca
For more information, please call 423 - 5510 ext. 340

Come and learn about the various housing options available to seniors in our community!

Housing Overview	Transition
Community Supports	Accessible Homes
Planning for the Future	Safety in your Home

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MESSAGE FROM THE PRESIDENT



SAGE is always working to satisfy our mandate, deliver services to our members, and anticipate changing circumstances.

In June, the Board held a study session to evaluate our Future Directions. The role of the Board is to identify issues, to work with the

Executive Director and staff, and to provide good governance. From this time last year much has changed. The full impact of the economic activity was not clear but some challenges were evident.

Recently, two significant documents have been released: the Special Senate Study on Canada's Aging Population and the Provincial Service Optimization Review. The Senate document, based on extensive interviews across Canada, identified major issues for both urban and rural areas. The Provincial review addressed options to help resolve perceived future health care costs. Both documents call for evidence-based methodology utilizing new technology to improve information gathering and enable informed decision making. At **SAGE**, this need was anticipated and we are implementing the HOMES data base. This makes available specific data which **SAGE** will use to support our programs and to identify the need for others.

Need is often related to resources. This year, contrary to our initial expectations, the resources available to **SAGE** have kept up with our requirements. Historically, not-for-profit organizations experience economic reversals later in the process and we have planned for that challenge.

In our review, we identified that collaboration with other agencies in the delivery of programs offers benefits to seniors and to the cost of delivery. Fifty-five **SAGE** members participating in the YMCA partnership attests to this. **SAGE** will be exploring additional opportunities. The Future Directions Statement is available on the **SAGE** website, which is being redesigned to improve your experience when you visit it.

I would like to take this opportunity to acknowledge Mr. Bill Mailo. Bill recently stepped down from Board duties. During his tenure on the Board, he provided valued judgments and insights based on his years as a Chartered Accountant. He is a solid supporter of **SAGE** and on behalf of the Board, I wish him good luck and good health in his future endeavours.

In closing, I have two points to make. First, the coming year promises to be challenging and we look forward to your continued support. Second, the **SAGE** Awards will be celebrated on November 4, as a luncheon. Information is on the website. Think young and stay young at heart.

Brent Abbott

SAGE Staff Directory

Main Switchboard

780-423-5510

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

SAGE Board of Directors 2009 - 2010

Executive

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

Members at Large

Mohamed Assaf	Bill MacDonald
Lily Simpson	Radhe Gupta

Lynn Skillen

Members at Large

Roger Laing

STAFF CHANGES

Christine Poirier enthusiastically joins **SAGE** with 10+ years experience in the Volunteer Sector. **SAGE** is an ideal setting for her as she is passionate about seniors and about providing them with purposeful opportunities. She has an open door philosophy and believes everyone has something to offer.



Welcome to Hyunhee Song, working with the Multicultural Outreach Program.



The Parkinson's Society of Alberta

- Since 1973 -

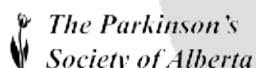
Our goal is to assist people living with Parkinson's by educating, supporting, advocating, and promoting research.

Your donations help provide the much needed products and services we have to offer.

Please Contact Us Today With Your Support

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 • Fax: 780-482-8969
www.parkinsonalberta.ca

Charitable Registration #13534 7623 RR0001



SuperWalk for Parkinson's is the single most important national awareness and fundraising event for The Parkinson's Society of Alberta & Parkinson Society Canada. Cities and communities across Canada organize walk/runs raising money through individual pledges and corporate sponsorship. Edmonton's SuperWalk for Parkinson's 2009 will be Saturday, September 12. Contact the Parkinson's Society of Alberta's office to find out how you or your family can help support this important event.

- **Saturday, September 12, 2009**
- **ACT Recreation Centre**, Rundle Park (2909-113 Ave, Edmonton)
- Registration: 8:30 a.m. – Walk/Run starts: 10:30 a.m.
- Event: 3 or 5 km walk or 5 km run
- After the Event: All participants are invited for a barbecue immediately following the walk Entertainment and fun for all ages: live music, clowns, mascots and prizes.

Online registration starts April 1, 2009

@ www.superwalk.com

Pre-Registration Dates:

Running Room (109 Street location) – Sept. 3, 2009 12 p.m. – 7 p.m.
The Parkinson's Society of Alberta office – Sat. Sept. 5, 2009.
Tues. Sept. 8, 2009 and Wed. Sept. 9, 2009. All from 10 a.m. to 6 p.m.
Rm 3Y18, Edmonton General
11111 Jasper Avenue
Edmonton, AB T5K 0L4
P: 780-482-8993 • TF: 1-888-873-9801
www.parkinsonalberta.ca • info@parkinsonalberta.ca

GROUPS AND CLUBS AT SAGE

SAGE Members Only

ATTENTION MOVIE LOVERS

SAGE is excited to announce a new club! Come and join us in the Auditorium every third Friday of the month for a movie on the big screen and popcorn! Look for posters at **SAGE** to find out what movie is playing next, or phone Leslie-Anne at 780-701-9016 to make a suggestion!

Please sign up for this club at reception!

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. The cost is \$1.00 per play. Anyone wishing to learn how to play is welcome to do so by arranging a lesson.

The **Busy Fingers** group continues to run through the Fall. This summer the group assembled bags for under-privileged children attending summer camps! Join this group of amazing women as they endeavour to find projects that make a difference in our community. Meet every Thursday in the craft room from 9:00 a.m. to 11:30 a.m.

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

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

Happy Travelers Slide & Video Shows resume this fall with screenings 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 the narrative. No need to reserve a spot, just come on down and join us. The club accepts loonie or toonie donations for **SAGE**.

Let's do Lunch is a group of lovely ladies that come together on the second Tuesday of each month 12:30 p.m. to 2:30 p.m. and venture out to new and unfamiliar dining experiences. Feel free to join us. Call **SAGE** to sign up for this months outing!

Its Game Time! Every Wednesday in the **SAGE** Lobby Games Room, 10:00 a.m. to 12:00 p.m. come and play some scrabble, Sudoku, or other games!

Don't forget, **SAGE** has a **NINTENDO WII** that is free for you to play at anytime! Just stop by the front desk reception and ask for help to get started! This is a fun way for you to keep moving!

COURSES AND WORKSHOPS

The Bucket List Movie & Seminar on Gratitude

Date: September 11 in the auditorium

Time: 1:00 p.m.

Come enjoy an afternoon movie complete with popcorn! **The Bucket List** features two men with different backgrounds who find commonality while battling terminal illness. They decide to escape the mental and emotional confines of their hospital room and together experience all of the things they always wanted to do before they die. In the process, they become unlikely friends, heal each other and ultimately find the joy of life. During a movie intermission hear from Marlene Skaley on how to appreciate your life and all that surrounds you, and live life to the fullest.

ANDERSON VACATIONS COUPON OFFER

Extended to the valued readers of the **SAGE** Link.

DOUBLE YOUR EARLY BOOKING DISCOUNT on tours of 6 days or longer, or SAVE \$25 when booking 2 tours of 4 days or less.

Valid for new bookings only. Book by September 30/09.
Must mention this coupon at time of booking.

Call 1-866-814-7378
or visit

www.canadatravelsolution.com



ANDERSON VACATIONS.ca

Steady as You Go - Fall Prevention Program

Date: Thursdays September 10 & September 24
10:00 a.m. – 12:00 p.m.

Place: Classroom A

Cost: \$3.50 for Coffee & Muffins

SAYGO is a two part program delivered by Alberta Health Services designed to help seniors reduce the possibilities of falling by assessing their risks and by learning about what causes a risk for falling.

Mental Health Series with Jennie Wilting

Join Jennie Wilting in a series of sessions on your mental wellbeing. Jennie is a retired nurse with a wealth of knowledge and experience related to the matters of the mind and with a sense of humour sure to tickle the funny bone! Come to one or come to all, enjoy coffee tea and muffins at each!

Dates:

Dealing with Today - Tuesday September 15th

Assertion - Tuesday September 29th

Passive Aggression - Tuesday October 13th

Manipulation - Tuesday October 27th

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

Places: to be announced

Cost: \$3.50 per Session for coffee and muffins.

Art Classes

Enjoy learning the skills of watercolour painting, or basic drawing with your talented instructor, Doug Lester. This fall, **SAGE** is pleased to offer to members the following two Art Classes:

Learn to Paint with Watercolours

- Have fun learning the basics of watercolor.
- How to use your materials;
- How to organize your work;
- Principles of colour and mixing;
- Reliable tricks for painting.
- Build confidence in popular painting techniques.
- Elementary composition.

Date: Mondays for 6 weeks: starts September 14th

Time: 12:30 p.m.-2:30 p.m. – Place to be announced

Cost: \$60.00 (Includes Materials)

Minimum of 10 to run class

Learn To Draw

- Learn the basic techniques and strategies of drawing.
- Practical exercises to build confidence.
- Why thumbnail sketches and studies can improve results.
- Easy tricks for shading and roughing-in forms.
- Guidelines for creating more life-like faces.
- Strategies for composition.

Date: Wednesdays for 6 weeks: starts September 16th,

Time: 12:30 p.m.-2:30 p.m. – Place to be announced

Cost: \$60.00 (Includes Materials)

Minimum of 10 to run class

Success Over Stress

Success over Stress is a 4-week stress management course provided by Alberta Health Services for adults living in the community. This course will explore the importance of self-awareness in managing stress, ways to manage chronic health conditions by maintaining control over stress, how to achieve balance so it's easier to cope with life's everyday hassles, and how to practice relaxation techniques to restore a relaxed state of mind and body.

Date: Thursdays September 17th to October 8th

Time: 1:00 p.m. - 3:00 p.m.

Cost: \$10.00 for coffee and muffins

This Full House: A Session on Hoarding

Many people enjoy collecting "treasures" and have a hard time throwing them out due to an emotional attachment to these personal belongings. Join **SAGE's** Doneka as she explains what hoarding is and how to find a balance between keeping valuables and discarding unnecessary clutter.

Date: Tuesday September 22nd

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

Cost: \$3.50 for coffee and cookies

Beginners Computer Course Level 1

Fills up Fast! Join instructor Chris Jackson to learn the basics of your computer! By the end of the course you will be familiar with everything from turning on your computer and personalizing settings, to emailing and browsing the internet!

Dates: October 19th, 21st, 26th & 28th.

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

Cost: \$45.00 for all 4 classes

Minimum of 4 needed to run class

Christmas Card Making Workshop

Get ready for Christmas early this year! Create cards for your friends and family that have your personal touch! Join Pat from the Urban Scrapbook as she uses a hands-on approach to creating unique Holiday Greetings.

Date: Friday October 23

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

Cost: \$25.00 - includes materials used in class to make a variety of projects

Minimum of 6 to run class

Christmas Gift Making Workshop

Looking for something small and different to give to your friends this holiday season? Join Pat from the Urban Scrapbook and learn how to create a unique gift for each of your friends made with your labour and love.

Date: Friday October 30th

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

Cost: \$25.00 - includes materials used in class to make a variety of projects

Minimum of 6 to run class

Living Better Every Day - Chronic Disease Self-Management Workshop

Living Better Every Day is a fun and practical 6 week workshop provided by Alberta Health Services. It helps people with chronic health conditions overcome daily challenges, and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. They are provided with information, strategies and techniques, the tools they need to help themselves.

Date: Thursdays - October 29th, November 5, 12, 19, 26, & December 3

Time: 9:30 a.m. - 12:00 noon

Cost: \$10.00 for coffee & muffins

EXCURSIONS

The Rutherford House Tour

Dine like the Rutherfords did in the first Premier of Alberta's very own home. Indulge in traditional

courses... tea sandwiches, turkey pot pie, sweet scones with raspberry butter, cookies, dainties, fresh fruit and a pot of tea. Afterwards enjoy a tour of this historic house with guidance from the house staff.

Date: Tuesday September 8th

Time: 12:30 p.m.

Cost: \$26.00

An Afternoon at the Pottery Guild

Ever wanted to try your hands at the pottery wheel? Now is your chance! Learn the tricks of the trade on how to create your own piece of pottery. The project you complete is yours to take home and enjoy!

Date: Wednesday September 9th

Time: 1:00 p.m. - 4:00 p.m.

Cost: \$30.00

Maximum of 11 participants

Edmonton Materials Recovery Centre Tour

The Materials Recovery Facility (MRF - pronounced "merf") is an almost 6,000 square metres (64,000 square feet) recycling plant at the Edmonton Waste Management Centre. Capable of processing 40,000 tonnes per year, the MRF is one of the most advanced plants in North America for recycling mixed materials. It processes all types of recyclables accepted in the City's Blue Bag, Blue Bin and Recycling Depot collection programs.

Date: Friday September 11th

Time: 1:00 p.m.

The Royal Alberta Museum

The Royal Alberta Museum is one of Canada's most popular museums and offers a full range of exhibitions and activities for every age level and interest. Visit the exciting exhibit on Hummingbirds and meet with the curator for an interactive experience.

Date: Wednesday September 16th

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

Cost: \$8.00 & Bus Fare

Ride Edmonton's Historic Street Car and Lunch at the High Level Diner

Take a ride into times past on the Old Strathcona Street Car as it takes you over the High Level Bridge! Hop off at the High Level Diner for lunch and after you have had your fill, catch the street car to enjoy the ride through Old Strathcona

before heading back to the North side of the river.

Date: Friday September 18th

Time: 11:00 am

Cost: \$4.00 & the cost of lunch

Tour of CKUA Radio Station

**This tour requires some stair climbing.*

Visit Canada's longest running public broadcaster with a full tour of their building including one of largest music libraries in the country, the recording studio, and the control room. See behind the scenes and how everything comes together for your listening pleasure!

Date: Monday September 21st

Time: 10:00 a.m.

Cost: No Charge

Fall Colors - Stettler Rail Way Tour.

Enjoy the fall colors of the country-side like no other ride can provide as you travel behind an old time steam engine. All this including live entertainment. Stop in Big Valley for a steak supper and experience the heart-racing (and humorous) excitement of a train robbery by bandits on horseback!

Date: Friday September 25th

Time: TBA – This is a full day excursion returning later in the evening. Register by September 7th
Minimum of 25 guests required for tour to go

Mayfield Dinner Theatre and Brunch Buffet

Enjoy a delicious full buffet for brunch and grab your dessert and coffee before the big show starts! "Nashville Icons" will be a show you will remember!

Date: Wednesday October 7th

Time: 10:00 am (Arrive at **SAGE** @ 9:30 am)

Cost: \$65.00 plus bus fare

An Afternoon at the Corn Maze

Enjoy lunch in the autumn country before you endeavour on a tour of the Prairie Garden's farm via a Hay Ride! Afterwards test your sense of direction by attempting to conquer the Corn Maze!

Date: Thursday October 15th

Time: 11:00 am

Minimum of 25 guests required

Tour of the Provincial Archives of Alberta

Take a tour of Alberta's history, documented in records stored at the Provincial Archives. This is society's memory and the accumulated record of

the lives and activities of individuals, businesses, associations and government. Learn why it is important for the archives to be kept and how they are used today.

Date: Monday October 19, 2009

Time: 10:00 am (departs **SAGE** at 9:15 a.m.)

Cost: Bus Fare

DAY TRIPS

Remember the Fallen Four in Mayerthorpe

Travel up Highway 43 over to Rochfort Bridge and see the longest wooden train trestle in North America. Continue on to Mayerthorpe to lunch at the Lariat and afterwards pay your respects at the Fallen Four Memorial Park. On your way back to Edmonton pass the Paddle River Dam and drive through the historical Lac St. Anne Pilgrimage Site.

Trip Date: Tuesday September 15th

Time: 9:00 a.m.

Registration Date: September 3rd

An October day trip to the **Smoky Lake Pumpkin Festival** on Saturday October 3rd is pending. Please call Leslie-Anne if you would be interested in attending. 780-701-9016.

SAGE AND THE DON WHEATON YMCA

Keep Fit with **SAGE** and the YMCA!

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

- 1) at **SAGE**, get your membership card,
- 2) at the Y, show your **SAGE** membership card and pay for one year at \$120 or set up an installment plan at \$10 per month.

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

Tai Chi - Tuesdays:

Level 1 @ 10:00 a.m.

Level 2 @ 11:00 am

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

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

Total Fitness - Fridays @ 10:30 a.m.

NEWS AND NOTES

Where have all the flowers come from?

The flowers in ½ barrels outside **SAGE** are an Alberta Infrastructure project in association with the Edmonton Downtown Business Assoc. They are distributed through Hole's Greenhouses as part of the downtown rebeautification program called "Ride the Wave" as they are wave petunias in the baskets

PROGRAMS AND SERVICES

SENIORS SOCIAL WORK SERVICES

How Does Your Garden Grow? – Doneka Simmons, Social Worker, Long Term Support

Do you remember the nursery rhyme, "Mary, Mary, quite contrary, how does your garden grow? With silver bells and cockle shells, and pretty maids all in a row." When I think of this rhyme, of the potential of a seed turning into a beautiful flower, I think about the seeds we plant, seeds for new growth, seeds for change and seeds for healing, in the lives of the people we interact with every day.

The values of the Social Work profession are built on strong roots of a basic belief in the rights and equity of all people, justice, inclusion, self-determination and respect.

As with all growing processes, the caring and cultivating of the garden is as equally important as the planting process. As a senior and sometimes their families work with a Social Worker on the development of this planting process, the seed grows and over time, growing into the beautiful garden desired by the client. We see evidence of this every day in the positive changes seniors and their families make toward more security in areas such as housing and finances, better relations with family and friends, better living conditions, improved quality of life and peace of mind.

Social Work Programs at **SAGE**, offer a wide variety of opportunities to embrace growth. Maybe it is time to do a bit of weeding, or to sow some new seeds, or to tend to the one's already planted. Whatever the status of your garden, it can always be bettered by your ongoing observations and review of its health and vitality.

If you are feeling that your garden needs a little more attention but you may be struggling with how to get started, a Social Worker can help guide you through this process.

May your garden reflect the best within each and every day. As Noah BenShea said, "What grows never grows old." To learn more about the Seniors' Social Work Services offered at **SAGE**, contact our Social Work Intake Coordinator at 780-701-9019.

HOUSING PROGRAM

Greetings from the Housing Program! Although Edmonton has experienced more vacancies since the end of the economic boom, rents have remained high and finding affordable housing continues to be a challenge for many. Our program provides information, referrals and support to seniors and their families around housing options and the different levels of care available to them in Edmonton. We can help with the decision making process around whether or not it's time to move and how to apply for seniors' housing. Check out **SAGE'S** Housing Guide available online at www.MySage.ca or call **SAGE** for a copy @ 780-701-9012.

Anyone renting at market rates can apply for the rental subsidy and rent supplement through Capital Region Housing @ 780-420-6161. The program provides help for people with low incomes.

Watch for the Seniors' Housing Forum, a free event, September 26 at Central Lions Senior Citizens' Recreation Centre from 8:30 a.m. - 2:00 p.m. See the ad on page 1. There will be lots of information available on the topic of senior housing.

PERSONAL DIRECTIVE INFORMATION SESSION

Did you know that relatives and friends do not automatically have the legal right to make decisions for you? A Personal Directive is a legal document that you can write yourself that ensures your written instructions are known. It allows you to choose another person(s) to carry out your decisions when you can no longer make them yourself.

When: Tuesday, October 6th 1-3 p.m.

Where: **SAGE** Classroom A

Call **SAGE** at 780-423-5510 or come to the main floor reception.

VOLUNTEERS

How about a FREE Lunch??? Meal Delivery volunteers receive a free lunch on every shift. Are you friendly, reliable and kind? Do you like fresh air and getting a bit of exercise? Come talk to Christine or call her at 780.701.9015 & discuss how you can join **SAGE's** volunteer family.

THE GREAT HALF-PRICE SALE

When the topic of tax arises, most people welcome any strategy to minimize the amount they pay. Making charitable gifts is one of those strategies, and, as a bonus you can support charitable endeavours important to you and your community.

In Alberta, the combined provincial and federal charitable tax credit is 50 percent for donations after the first \$200 donated. This means that if you donate \$10,000 to a charity, you will receive a tax credit of \$5,000 and your after tax cost is only \$5,000!

The Edmonton Community Foundation works with donors who are interested in supporting charitable organizations through permanent endowment funds. Endowments are "gifts that are not spent". The initial gifts are carefully invested and earnings from these investments provide ongoing support to charities, now and forever.

People often equate "endowment" with "millions of dollars". In fact, at the Foundation we can create endowment funds beginning at \$10,000. Some individuals chose to build their funds over time, beginning with an initial investment of \$1,000 and growing their fund over a ten-year period. Once a fund reaches \$10,000 it starts making disbursements to charities. Donors can support the charity or charities of their choice, such as **SAGE**. Our fund agreements are tailor-made for each donor and are flexible to ensure that these community investments have maximum impact.

Our donors come from all walks of life but they have one thing in common - a passion for our community and the desire to make it better. They support creative solutions to emerging issues and effective responses to age-old challenges.

If you would like to know more about the possibilities of creating your own endowment fund or supporting the Edmonton Community Foundation and **SAGE**, please contact Karen Good, Donor Services at the Edmonton Community Foundation at 780-426-0015.

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**

**All items are ready to pick up
780-701-9022**



WALLINGTON

DENTURE CLINIC

YOUR SMILE EXPERTS

Sid S. Pura, DD

Denturist

Main Floor, Baker Centre

10025 - 106 Street

Edmonton, AB T5J 1G4

780-425-1507

Wallington Denture Clinic

- Complete & Partial Denture Services
- Home / Hospital Visits
- Free Consultations
- Senior Assistance
- All Dental Plans Accepted

2008 DONORS THANK YOU DONORS!

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

Every effort has been made to ensure this list is accurate. If a name has been omitted, misspelled, or included against your request, please accept our apologies and let us know so we can make the correction.

Friends (up to \$ 100.00)

May, Elsie	Morrow, Muriel	Pedlar, Ilene
McCormick, Laura	Mucha, Jean	Pelech, Anne
McDermott, Marguerite	Mulholland, James & Elizabeth	Penchuk, Mary
McDonald, Angus	Muller, Reinhard/Lynn	Perkins, Louise
McGeachy, William & Alice	Murray, Carol	Perrault, Leona
McGilvray, Joyce	Murray, Sheila	Phyllis, Dony
McKay, Sheila	Nadon, Jean	Piche, Pauline
McKeand, Audrey	Neelands, Hamilton & Josephine	Pidge, Sheila
McKie, Ken	Nelson, Peter	Pierson, Helen
McKinnie, Jean	Newbert, Grace	Pinto, Raymond
McLaren, Alexander	Nicholson, Helen	Pitchko, Betty
McMahon, Frances	Nordli, Keith	Podmore, Pearl
McMullen, Bernice	Noyen, Kathy	Pollock, Margaret
McMurchy, Elaine	Oak, Karen	Pollock, Rick
McNamara, Jeanne	Ochman, Cecile	Potter, Carmella
McNamara, Maurice	Ochotta, Stella	Prashar, Vijay
McNeilty, Josephine	Oddson, Lucille	Purdue, Janet
Meckley, Vera	O'Donnell, Patricia	Quickfall, Brian
Mellec, Daniel	Olson, Frances	Radisic, Doris
Miles, M Adam	Olson, Norman	Raflant, JoeAnn
Miles-Dixon, Ewa	Olson, Roy	Rajotte, Mary
Militar, Rosario	O'Neill, Madeline	Rakkar, Avtar
Miller, Gabriel & Sandra	O'Neill, Ron	Rankin, Barbara
Milligan, Grace	Opstad, Albert & May	Rattie, Edgar
Minkler, Eunice	O'Reilly, Anthony	Rebus, Helen
Minnice, Catherine	O'Reilly, Pat	Rector-Hui, Judith
Misener, Alice	Ostafichuk, Katherine	Redmond, Shirley
Mitchell, Henry	Oxley, Mr. & Mrs. David	Reid, M
Mitchell, Josephine	Palipane, Gemunu	Reike, Dorothy
Moes, Roeli	Pappe, Mossie	Remillard, Maurice
Moisan, Anne	Parker, Lillie	Rempel, Joyce
Moledina, Mohamed	Patrick, John & Betty	Retallack, Gordon
Molstad, Cora	Patterson, Bernice	Reynolds, Frances
Mooney, Margaret	Pawell, Cora	Reynolds, Julie
Moran, Jerry	Pawlick, Eleanor	Rhoades, Irene
Morgan, Lois	Pawlikowski, Hanna	Richardson, Tanya
Morin, Susan	Payne, Sheila	Riechers, Heiner
Moroz, Margaret	Pedersen, Anne	Riecken, Marlene
		Ritco, Penny

Riznyk, Stella
Robak, Peter
Robertson, Dr. Jean
Robinson, Mabel
Rodenburg, Cornelius
Rodrigue, Alice
Rodriguez-Britto, Alejandrina
Roe, Mabel
Romanchuk, John
Ross, Audrey
Rossol, Molly
Roy, Antoinette
Roy, Marie
Runtzer, Robert & Helen
Rusnak, David & Mary
Russell, Albert & Sonia
Ruzicka, Evelyn
Ryan, Catherine
Salloum, Laverna
Sara, Karam
Sauchenko, Barbara
Sawchuk, Katherine
Schadeck, Helene
Scheideman, Lilly
Schmidt, Erwin
Schur, Helen
Schurman, Marjorie
Schwab, Tony
Scott, Sophie
Sekulich, Anne
Sharuga, Adam
Shirt, Edna
Short, Carole
Skidmore, B Marian
Skulsky, Phyllis
Smith, Don
Smith, George
Smith, Kenneth
Snider, Dorothy
Soenen, Betty
Spitzer, Edith
Stallknecht, Henry & Dorothy
Stamper, Rose
Starre, Michael
Stearns, Edith
Steber, Gweneth
Steinhauer, Robert/Maria
Stephen, Frances

Stevenson, Doreen
Stevenson, Wilma
Stinson, J
Stokopoulos, S
Stoll, Joseph
Story, June
Story, Timothy
Strang, Josephine
Strutt, Lawrence
Stuart, Alan
Sullivan, Paul
Sully, Faith
Sumka, Lilian
Sundstron, Ella
Sutherland, Yvonne
Suttle, Gwen
Swann, Sylvia
Szvoboda, Maria
Szydowski, Joseph
Taube, Irma
Teise, Marjorie
Therou, Fred & Marylou
Thibaudeau, Margaret
Thivierge, Dominique
Thompson, Delbert
Tkachyk, Elia
Todd, Pearl
Topilko, Anne
Tourand, Paul
Tremain, Kenneth
Trott, Peter
Trumpener, Mary
Tucker, Nancy
Tymchyshyn, Anne
Van Huystwe, Bernadette
Van Rij, Philip
Vanderwal, Eileen
Vanderzonbrower, Jim
Wade, Eileen
Waidman, O.
Walker, John
Walker, Loris
Walker, Winona
Wang, Shiou
Ward, Kathryn
Ward, Muriel
Wasmuth, Lorla
Webb, Clayton

Weleschuk, Annie
Welling, Helge
Wheatley, Josephine
White, John
Wignall, Kathleen
Wilson, Dr Natalie
Wilson, Evelyn
Woloschuk, Gloria
Wong, Mary
Wong, Sin
Woolgar, Gilbert
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Yanish, Rowena
Yurkowski, Wally
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Zemmrch, Irene & Hans
Zukiwsky, Marie

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Bakshi, Trilochan
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Bezanson, Norman
Boberg, Julia
Boytinck, Margaret
Buchwald, Joyce
Cameron, Irene
Campbell, Thomas
Colville, Alma
De Jongh, Herman
Dick, Robert & Mabel
Dieckmann, Carl
Edwards, Donald
Fillion, Lillian
Froitzheim, Ruth
Gill, Sukhminder
Graham, Charles
Gulacsi, Steven
Hahlweg, Rita
Hamilton, Alex
Harle, Graham
Hill, William

Hodgins, Ken
 Hooke, Frank & Joan
 Horne, Ron
 Junk, Donald & Shirley
 King, Martha
 Koster, Stella
 Leah, Barbara
 Lilley, Marjorie
 Lloyd, Donald
 Losie, Bob
 MacDonald, Bill
 Mailo, William
 Makarewicz, Tadeusz
 McCaughey, Bart
 McClure, Herbert
 McLennan, William
 Meagher, Mary
 Nicholson, Myrtle
 Nicpon, Teresa
 Ohnemus, Landolin
 Oldford, Nelson
 Ondrack, Esther
 Pachal, Ann
 Pavlic, John
 Prescott, Frank

Raboud, Helen
 Selesky, Phyllis
 Shnitka, Dr. Theodor
 Sloane, Elizabeth
 Stevenson, Mildred
 Strang, Sheila
 Sugiura, Jacqueline
 Swann, Valerie
 Thorap, Einar & Kirsten
 Topolnisky, Eugene
 Trembley, Mary
 Troje, Lucille
 Vanmeer, George
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ABC 82549 (02/2009)

PROPOSED BYLAWS CHANGES
to be voted on at a special General Meeting Sept. 23, 2009 at 11:30 a.m.

Current	Proposed
<p>2.1 Definitions</p> <p>2.1.3 <u>“Executive” shall refer to the Executive Committee of the Board of Directors of SAGE</u></p> <p>2.1 Definitions</p> <p>2.1.4 <u>“Officer” shall refer to an elected member of the Executive Committee.</u></p>	<p>2.1 Definitions</p> <p>2.1.3 “Director” shall refer to the elected members of the Board.</p> <p>2.1 Definitions</p> <p>2.1.4 “Officer” shall refer to a Director who is elected by the Board to the position of President, President Elect, Secretary, Treasurer or who holds the position of Past President</p>
<p>6.3 Annual General Meeting</p> <p>d. elect new <u>members</u> to the Board.</p>	<p>6.3 Annual General Meeting</p> <p>d. elect new Directors to the Board.</p>
<p>7.1 Board of Directors</p> <p>7.1.2 The Board shall normally consist of twelve (12) <u>members</u>.</p> <p>7.1.3 Each elected <u>member</u> of the Board shall hold office for a term of three (3) years. <u>Members</u> are eligible for election for a second three (3) year term.</p> <p>7.1.4 A <u>member</u> of the Board, having served as a director for two consecutive terms of three years shall not be eligible for re-election until one year has elapsed.</p> <p>7.1.5 The immediate Past President of SAGE, in the event he or she is not eligible by reason of terms of service, shall be an additional <u>member</u> of the Board.</p> <p>7.1.6 In the event of withdrawal of any <u>member</u> of the Board, the Board shall, upon recommendation of the Nominating Committee, be empowered to appoint a person to the vacant position until the next Annual General Meeting.</p>	<p>7.1 Board of Directors</p> <p>7.1.2 The Board shall normally consist of twelve (12) Directors.</p> <p>7.1.3 Each elected Director of the Board shall hold office for a term of three (3) years. Directors are eligible for election for a second three (3) year term.</p> <p>7.1.4 A Director of the Board, having served as a director for two consecutive terms of three years shall not be eligible for re-election until one year has elapsed.</p> <p>7.1.5 The immediate Past President of SAGE, in the event he or she is not eligible by reason of terms of service, shall be an additional Director of the Board.</p> <p>7.1.6 In the event of withdrawal of any Director of the Board, the Board shall, upon recommendation of the Nominating Committee, be empowered to appoint a person to the vacant position until the next Annual General Meeting.</p>
<p>7.2 Meetings of the Board</p> <p>7.2.4 A quorum for meetings of the Board shall be a simple majority (50% + 1) of <u>members</u> of the Board, excluding those who are on an extended leave of absence. (See 7.3.3)</p>	<p>7.2 Meetings of the Board</p> <p>7.2.4 A quorum for meetings of the Board shall be a simple majority (50% + 1) of Directors of the Board, excluding those who are on an extended leave of absence. (See 7.3.3)</p>
<p>7.3 Duties Board Members</p> <p>7.3.1 Board <u>members</u> shall attend regular and special meetings of the Board. Failure to attend three (3) consecutive meetings or to maintain sixty percent (60%) attendance throughout the year without providing due reason may <u>lead to loss of Board membership on approved motion of the Board.</u></p> <p>7.3.2 Board <u>members</u> shall choose or be assigned duties appropriate to their interests and capabilities</p>	<p>7.3 Duties Directors</p> <p>7.3.1 Directors shall attend regular and special meetings of the Board. Failure to attend three (3) consecutive meetings or to maintain sixty percent (60%) attendance throughout the year without providing due reason may be removed from the Board by a 2/3 majority vote by the Board</p> <p>7.3.2 Directors shall choose or be assigned duties appropriate to their interests and capabilities.</p>

<p>7.3.3 If a <u>member of the Board</u> anticipates absence from meetings of the Board for two (2) or more consecutive meetings, a written notice must be sent to the Board President and Secretary so that the number for quorum can be adjusted as per bylaw 7.2.4. The Board shall at its next meeting record the requested leave of absence</p>	<p>7.3.3 If a Director anticipates absence from meetings of the Board for two (2) or more consecutive meetings, a written notice must be sent to the Board President and Secretary so that the number for quorum can be adjusted as per bylaw 7.2.4. The Board shall at its next meeting record the requested leave of absence</p>
<p>7.4 Officers</p> <p>7.4.2 Officers of the Board shall be elected from among its <u>members</u> at its first meeting following the Annual General Meeting of SAGE.</p> <p>7.4.5 A <u>member</u> of the Board having served as an Officer for two consecutive terms shall not be eligible for re-election to the same office until one (1) year has elapsed.</p>	<p>7.4 Officers</p> <p>7.4.2 Officers of the Board shall be elected from among its Directors at its first meeting following the Annual General Meeting of SAGE.</p> <p>7.4.5 A Director having served as an Officer for two consecutive terms shall not be eligible for re-election to the same office until one (1) year has elapsed.</p>
<p>New addition</p> <p>7.7 Removal of Board Directors and Officers</p> <p>7.7.1 In the event a Director is unable to fulfill the duties of a Director, he/she may be removed from the Board by a 2/3 majority vote of the Board.</p> <p>7.7.2 In the event an Officer is unable to fulfill the duties of an Officer, he/she may be removed from office by a 2/3 majority vote by the Board.</p>	
<p>10.2 Inspection of Books – Board Members</p> <p>Every <u>member</u> of the Board shall, at appropriate times, have the right to inspect the books and records of SAGE.</p> <p>ARTICLE 14. REMUNERATION</p> <p><u>Members of the Board</u> shall serve without remuneration.</p>	<p>10.2 Inspection of Books – Board Director</p> <p>Every Director shall, at appropriate times, have the right to inspect the books and records of SAGE.</p> <p>ARTICLE 14. REMUNERATION</p> <p>Directors and Officers shall serve without remuneration.</p>

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

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

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

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

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

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

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

See ad on page 15.

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