

sage LINK

What's Inside

Message from the Executive Director	2
Announcements	3
Volunteer Services	4
Bus Routes Changes	5
Life Enrichment Programming	6
Edmonton Seniors Services Pandemic Response	10
Fraud Awareness	10
2020 Sage Donors	11



We are currently working off-site but our hours are the same. The Seniors Safe House is operating as normal.

Please note that Sage will be closed on the following days:

Friday, April 2
Good Friday

Monday, April 5
Easter Monday

Monday, May 24
Victoria Day

THE PANDEMIC PACKAGE PROGRAM

On Monday, March 16, 2020 Sage restricted access to our building as a result of the COVID-19 pandemic and began altering how we provide services. At the time, so much was unknown and things were changing quickly. On Tuesday, March 17, the Government of Alberta issued its first health emergency and our province went into lockdown.

Fast forward to one year later. COVID-19 is still with us and almost every aspect of our lives continues to be disrupted. Truly,

it has been a year unlike any other. But amidst the change and uncertainty, Sage has continued to serve and engage seniors, albeit in new and novel ways.

Early on, senior-serving organizations began meeting to discuss and strategize ways to coordinate a community-wide response to the pandemic to help minimize disruption to existing services and address emerging needs.

continued on page 10...

MESSAGE FROM THE EXECUTIVE DIRECTOR



As we pass the one year mark since Sage's services and our community were first impacted by the COVID pandemic, we see glimmers of hope on the horizon. Older adults in Alberta have begun to be vaccinated and we're seeing the number of positive cases in supportive

living and long term care drop. The impact of the pandemic has been disproportionately born by seniors and there are many who have lost cherished loved ones and many more who have gone months without seeing family and friends. It's difficult to understand the toll on individuals, families, and communities. This makes the hope of mass vaccinations such a critical beacon of light during such dark times.

I encourage you to get vaccinated when you qualify. If you're not sure how to book an

appointment, call 811 or call Sage. As access to the vaccines expand, we will continue to assess the safety and timing of reopening face-to-face services at Sage. We are anxious to return to 'normal', and we all look forward to seeing you as soon as we can do so safely.

2020 was Sage's 50th anniversary year, and it seems somewhat fitting that we weathered one of the most challenging years in the history of the organization. I'm so grateful for the collective efforts of the Board, staff, volunteers, and program participants who have stretched to quickly learn new skills, to reimagine the way we work, and to support each other in creative ways. Much like the spirit of Sage over the past fifty years.

Wishing you all good health.

Karen McDonald

DIRECTORY

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How to contact us:

15 Sir Winston Churchill Square
Edmonton, AB
T5J 2E5

e-mail info@mysage.ca

online www.mysage.ca

Facebook Sage Seniors Association

Twitter @sageyeg

Main Switchboard	780-423-5510
Fax line	780-426-5175
Life Enrichment	780-423-5510
Safe House Intake	780-702-1520
Social Work Services	587-773-1764
Volunteer Services	780-701-9014
Guardianship / Trusteeship	780-423-5510 x.404



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ANNOUNCEMENTS

SAGE AWARDS DURING SENIORS WEEK! JUNE 7-14, 2021

The 2021 Sage Awards will take place during Seniors Week. Seniors Week is a celebration of older adults where Albertans are encouraged to show appreciation for seniors and recognize their important contributions. We're re-imagining the Sage Awards this year to showcase the amazing achievements of seniors during this unprecedented time - stay tuned for more info!

PRIDE WEEK TEA CANCELLED

Being mindful of the health of our seniors, Sage will not be holding a Pride Week Seniors Strawberry Tea this year. We hope that we can continue this annual tradition in 2022.

STAFF ANNOUNCEMENTS

Help us welcome Shelby Kirillo, our new Seniors' Safe House Follow Up Coordinator, and welcome back from maternity leave Emily Weisbrot, Office Coordinator.

TELEPHONE INCOME TAX CLINIC

Through our Telephone Income Tax Clinic, low-income seniors can get their taxes done at no cost. To book an appointment with one of our registered income tax volunteers, call 780-809-9424 and leave a message with your name and phone number.

Please note: this tax clinic is operating entirely over the phone and you will be asked to share tax information, including your social insurance number, over the phone.

2021 ANNUAL GENERAL MEETING

Sage's Annual General Meeting will be held virtually on Tuesday, May 11 at 10:00 am. Advanced registration is required. Members and other guests are invited to RSVP by emailing info@mysage.ca or leaving a message at 780-809-9417. We will confirm your membership, and send you a copy of the meeting package, along with instructions on how to join via Zoom or by phone.

WORLD ELDER ABUSE AWARENESS DAY

June 15, 2021

(WEAAD)



NEGLECT

Failure to provide life necessities, such as food, shelter, clothing, medical or dental care

SOCIAL

Restricting or stopping social contact with others (friends, family members or loved ones)

EMOTIONAL

Language or actions that intimidate, cause fear of violence, isolation or feelings of powerlessness

PHYSICAL

Non-accidental actions resulting in physical pain or injury

SIGNS OF ABUSE

SEXUAL

Non-consensual sexual contact, language or exploitative behaviour

FINANCIAL

Illegal or improper use of a person's money or assets

CHEMICAL

Misuse of drugs, alcohol, medications and prescriptions

What is WEAAD?

World Elder Abuse Awareness Day. WEAAD is marked each year on June 15. It is an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue.

Definition of Elder Abuse

Any action or inaction by a person(s) in a trusting relationship that causes harm and distress to an older adult (Alberta Elder Abuse Awareness Council)

Who Do I call?

Call the Seniors Abuse Helpline available 24/7

780-454-8888

VOLUNTEER SERVICES



Barb Carroll
Volunteer Coordinator

It has been a year since Sage closed its building due to the pandemic. And what a challenging year it has been! Even though we are unable to meet up in person, know that **we miss you** and are looking forward to seeing you when the building re-opens.

Although in-person volunteering has been put on hold for the time being, some volunteers have been able to provide support to Sage through virtual and remote roles:

Thank you to the Friendly Check-In Callers who have provided seniors with regular check-in calls to help combat isolation and loneliness during the pandemic.

Thank you to the dedicated Income Tax volunteers who are providing tax prep over the phone to low-income seniors.

Thank you to the admin volunteers supporting the virtual income tax clinic by answering calls and booking appointments.

Thank you to the Life Enrichment volunteers who are providing Zoom Online / Phone-in programs and assistance with technology challenges.

Thank you to the volunteers who are providing admin and data entry support.

Thank you to the volunteers, in various roles, who provided assistance in the production of the 2020-21 Directory of Seniors' Services.

Thank you to our Board Members.

Thank you to the volunteers who assisted with the virtual Seniors' Forum in the fall.

Thank you to the Sage Archivist for sharing Sage's history in the LINK.

National Volunteer Week 2021

National Volunteer Week in Canada is from April 18 - 24 this year. To celebrate our amazing Sage volunteers during National Volunteer Week, we are inviting our volunteers to join our weekly Zoom Staff Meeting on **Wednesday, April 21 at 10:00 am**. You can connect to the Zoom meeting using your computer or tablet, or by telephone with our toll-free number. If you are interested in attending please RSVP to Barb Carroll at bcarroll@mysage.ca or leave a message at 780-701-9014.

Volunteer Service Milestones

Congratulations and **thank you** for everything you do!

Five Years:

Celia Daniels
Rosemary Grimwood
Elsie McLeod
Axcella Zed
Darlene Peterson
Patricia O'Reilly
Hubert K.

Ten Years:

Chad Kidner
Celia Gogonea
Heather Peden
Pat Pitman
Jim M.

Fifteen Years:

Pauline Hahn

Become a Friendly Caller!

The Friendly Check-In Program connects isolated seniors to volunteers who foster a genuine human connection that can help combat loneliness. Friendly Callers chat with seniors, provide emotional support, and connect them to Sage services and programs, and other community resources. If you would like to learn more about this volunteer role, please email bcarroll@mysage.ca or call 780-701-9014.



NATIONAL VOLUNTEER WEEK
APRIL 18-24, 2021
#VolunteersBringChange



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780.429.2020

On April 25, 2021, Edmonton Transit is launching its new bus network and On Demand Transit service, which means all bus routes across the city are changing. For many seniors this may affect how they visit friends and family, go to medical appointments, grocery stores, and recreational activities.

The bus stops are all within five to seven minute walking distance for the majority of customers. There are nine new community bus routes that go to nearby shopping and amenities with closer bus stops. Starting March 17, a trip planner will be available online so residents can plan their new trips in the new bus network and see how their transit travels will change. Members with smartphones can also use third-party tools like Transit app or Google Maps. By mid-April, there will also be printable route brochures available for print and download.

On Demand Transit service will be available at sixteen large seniors' residences that won't have their current community bus route starting April 25, as well as 37 neighbourhoods around the city. On Demand Transit will provide accessible shuttle bus service that will take customers to and from a nearby transit hub where they can connect to the regular transit network.

Customers simply need to book a ride up to 60 minutes in advance to access this service, seven days a week. Trip booking tools for On Demand Transit will be ready for viewing in mid-April.

More information is available online at edmonton.ca/ondemandtransit or by calling 780-496-2400

Source: ETS

LIFE ENRICHMENT PROGRAMMING

Due to the ongoing pandemic and requirement to physically distance, we have moved our Life Enrichment program online. For a complete, updated list of programs please call 780-423-5510 or visit the Sage website at www.mysage.ca/events

No computer? No problem! Most programs offer a call-in option. Here's how to join by phone:

1. Find the program you want to join
2. Call the toll-free number (1-855-703-8985)
3. Enter the meeting ID and press the # key
4. Press the # key again when asked for participant ID
5. Say your name and press the # key again

LIMITED EDITION SERIES

Sage's Telephone Tax Clinic Info Session

Learn how Sage completes income tax returns, get information about processing times, criteria, and ask questions and help alleviate concerns you might have. Drop in.

When: Wed, Apr 14, 1:00-2:00 pm

Meeting ID: 657 878 2877

Legal Documents You Should Have

Join a lawyer for this discussion of important documents for you to have, and learn about Personal Directives, Power of Attorney, Wills and more. Drop in.

When: Apr 26 and Jun 21, 1:00-2:00 pm

Meeting ID: 657 878 2877

Meditation with Sonia

In these monthly sessions group leader, Sonia, will guide the group through meditative exercises and breathing.

When: Third Friday of the month starting April 16, 12:15 -1:00 pm

Meeting ID: 657 878 2877

PHYSICAL ACTIVITY DISCLAIMER

This symbol indicates that the activity requires some physical exertion. It is your responsibility to be aware of the risks associated with the activity and to safely guard yourself by ensuring that you are physically capable of the activity, exercise safely, and do not participate beyond your capabilities. Consult a medical professional before beginning any exercise regime.

Connecting Through Writing Workshops

Join author and instructor Adele Fontaine in this free, four-week workshop as she shares how writing is a great tool for expressing yourself, connecting and healing. Pre-register by emailing rtassone@mysage.ca or calling 780-701-9016.

When:

Series 1: Thursdays, Apr 8-29, 3:15-4:15 pm (registration deadline Apr 5)

Series 2: Thursdays, May 20 -Jun 10, 3:15-4:15 pm (registration deadline May 18)

Computer & Technology Classes

Presented by YMCA Digital. Classes are offered monthly, take place from 1:00-2:00 pm, are drop-in, and can be joined by phone or online.

When:

Apr 12: How to buy a cell phone

May 10: Online scams and virus protection

Jun 14: iPhone and iPad basics

Meeting ID: 657 878 2877

Better Choices Better Health - Chronic Pain Self-Management Program

This is a free, six-week virtual workshop provided by Alberta Health Services. Participants will learn techniques to better control pain, ideas on how to become more active, and much more! Pre-registration is required: to register please email selfmanagement@ahs.ca or call 780-735-1080.

When:

Mondays, Apr 12-May 17, 6:00-8:30 pm

Tuesdays, Apr 13-May 18, 9:30am-12:00 pm

ONGOING PROGRAMMING

Tai Chi with Master Ken

Good for the mind and body, these classes are great for all skill levels. Join us online or by phone (you will hear his explanations but not be able to see Master Ken performing the Tai Chi movements).

When: Mondays, 11:15 am -12:15 pm

Meeting ID: 657 878 2877

Line Dance Monday Drop-in

Join instructor Nancy in this unique class that mixes Tai Chi movements and easy dance moves set to a mix of popular songs.

When: Mondays, 11:15 am -12:15 pm

Meeting ID: 657 878 2877

Everyday Fitness (mostly seated) Drop-in

Phone-in or online. This exercise class uses simple movements to stretch the body, strengthen muscles, and improve balance. Great for all skill and ability levels.

When: Fridays, 11:15-12:15pm
(11:15-12:05pm on weeks with Mediation with Sonia)

Meeting ID: 657 878 2877

Busy Fingers & Craft Group with Tanya

Work on your knitting, crocheting, crafts or doodling while visiting. Drop in.

When: Tuesdays, 11:00 am-12:00 pm

Meeting ID: 657 878 2877

Sing-a-long with Elaine Drop-in

Join Elaine and friends for all of your sing-a-long favourites. Drop-in.

When: Tuesdays, 1:00-2:00 pm

Meeting ID: 225 573 6467

Live Music with Margaret Drop-In

Join Sage's volunteer Margaret as she shares her love of music by singing and playing her ukulele. Enjoy listening or singing along from your own home.

When: Every 2nd and 4th Friday, 1:00 - 1:45 pm

Meeting ID: 657 878 2877

Gentle Yoga with Sonia

Gentle and simple yoga movements, exercises and stretches. Seated or standing.

When: Wednesdays, 1:00 - 2:00 pm

Gentle Yoga with Sydney

Gentle and simple yoga movements, exercises and stretches. Seated or standing.

When: Tuesdays, 2:30 - 3:30 pm

Meeting ID: 657 878 2877 Meeting ID: 657 878 2877

Zumba Gold with Carina

Zumba Gold takes the popular Latin dance inspired workout of Zumba and makes it accessible for seniors, beginners, or others needing modifications in their exercise routine.

When: Wednesdays, 2:00 - 3:00 pm

Meeting ID: 657 878 2877

Line Dance Thursday Drop-in

Not your typical line dancing! Join instructor Nancy in this unique class that mixes tai chi movements and easy dance moves set to a mix of popular songs.

When: Thursdays, 10:45 –11:45 am

Meeting ID: 657 878 2877

Ukulele classes with Elaine

A great way for ukulele enthusiasts to come together and learn. Pre-registration is required; please e-mail rtassone@mysage.ca or call 780-701-9016. Not suited to absolute beginners.

Group 1 - Novice

When: Thursdays, 12:30 - 1:30 pm

Meeting ID: 657 878 2877

Group 2 - Intermediate

When: Thursdays, 2:00 - 3:00 pm

Meeting ID: 657 878 2877

Coffee Group Drop-in

A weekly get together to have discussions, chat, and visit.

When: Fridays, 10:00 - 11:00am

Meeting ID: 657 878 2877

Device and Computer Help with Dennis

Phone-in or on-line. Questions on how to use your device or computer, email, sending attachments and so much more in this digital world? Maybe our volunteer Dennis can help!

Contact Sage Main Reception at 780-423-5510 and request to set up an appointment with

UPCOMING OPPORTUNITIES

Stress Management Class Recovery College is offering a one-hour online class just for seniors on stress management. The class is held via Zoom, so participants need a computer/tablet and internet connection. The class will be held in partnership with Sage. It is free of charge and will be run by two trained facilitators.

When: Fri, May 7, 10:00-11:00 AM

Register here: <https://recoverycollegeedmonton.ca/course/stress-management-online-2/>

SHAPES Program

This online pilot will begin in May or June! This was a successful project from the University of Alberta where seniors were taught modules on healthy living, eating, engagement and more. If you are interested in learning more, please email rtassone@mysage.ca.

PARTICIPATING ONLINE OR BY PHONE

Please note that by registering and participating in Sage online programming, you are providing Sage with access to any personal information that you may share. You give Sage permission to use this info to contact you, and to keep track of your participation for internal purposes. You can stop participating, and withdraw your personal information at any time. Remember that any online programming may be less private and confidential than face-to-face programming, as you may not know everyone who is listening or watching. By using the Zoom link or toll-free number to call in or join activities online, you acknowledge the risks involved.

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At-Home Care – the Preferred Choice During the COVID Pandemic

Do you feel safe at home during the coronavirus pandemic -- safe from falling, slipping, or just being alone? Now may be a good time to consider having a personal assistant or caregiver in your home to help out. Assisted-living facilities have always been an option, but now many people are concerned with catching an illness if they're in a facility with numerous other residents, and they are uncertain about how the facility will be managed as the pandemic continues. For many, living in the safety of their own home and having someone come in to help out is the better choice.

Home Care Assistance is ready to be a support during the pandemic by providing a personally committed, professionally trained and supervised caregiver.

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The Home Care Assistance Difference

Specialized COVID-19 Response Efforts

Our Care Team is constantly updating protocols and communicating best practices to our caregivers, often through our caregiver app, to help keep our senior clients safe at home.

One-on-One Care and Attention

Caregivers are matched specifically to clients, increasing the level of attention they receive and minimizing their risk of infection.

Personalized Services from Independent to Cognitive Care

In addition to personal care activities, care plans can include light housekeeping, transportation, medication reminders, meal preparation, and companionship. Our Balanced Care Method™ care approach includes physically and mentally-stimulating activities tailored to each person's interests and abilities.

How Home Care Assistance Supports Well-Being for Older Adults

We expertly match clients with caregivers based on needs and personality

During our initial, complimentary care consultation, we get to know someone's care needs as well as what brings meaning to their life so that we can find a caregiver who supports both.

We plan each day to promote health and happiness in a safe place: Home

Caregivers can pick up groceries, medications, or other crucial items so clients can live comfortably without needing to leave home.

We offer more than just caregiver placement services

When you work with us, you have access to a complete care team. Your Care Manager develops a personalized schedule of daily activities and provides quality assurance throughout the length of service. Your Scheduling Manager selects the caregiver who is the best fit for your loved one's needs and personality.

Want to Learn More?

Our Care Team is available to answer your questions. We can schedule a care consultation with a Care Manager to determine your needs and develop a care plan that's right for you. For more information, **call 780-490-7337 today.**

Home Care Assistance Edmonton
www.HomeCareAssistanceEdmonton.ca
16953 - 127 Street, Edmonton, AB
780-490-7337

PANDEMIC PACKAGE PROGRAM

The Edmonton Coordinated Pandemic Response Group was created, and a number of innovative initiatives were started.

The Pandemic Package Program is a wonderful example of these efforts. The program, which started last April, has distributed over **25,000** packages to Edmonton seniors so far.

The packages consist of hygiene products, home-based activities, safety resources and personal protective equipment. Through the

distribution of these packages, Sage is working alongside our partners to make a difference for seniors in Edmonton and help older adults get through this very trying time.

If you are interested in receiving a package, please call 780-701-9007 and leave a message: a staff member will call you back to organize delivery and confirm which supplies are still available.

THE EDMONTON COORDINATED PANDEMIC RESPONSE GROUP



FRAUD AWARENESS

Source: RCMP

Almost anyone can be deceived by a well-developed scam. Statistically, however, seniors are more likely to be targeted. Thankfully, knowing the signs and being prepared with a few key questions can help you avoid these traps.

Spot the scam

Fraudulent telemarketers use basically the same five basic techniques:

Scarcity: If you don't accept the prize immediately (and pay a "handling charge") the runner-up will get the prize instead.

Hype: The telemarketer shows an uncommon amount of excitement and enthusiasm.

Authority: The scammer passes the phone to their "boss" to confirm that the offer is "legitimate".

Phantom Fixation: The prize is too good to pass up and the targeted person becomes fixated on it.

Reciprocity: The scammer explains that they won't receive their commission unless you

accept the prize and pay the handling fee.

Ready-made responses

"Why are you asking for personal information over the phone? I'll contact the company directly."

"Why am I being asked to pay for something that's free?"

"I'll think about it and call you back. What's your number?"

"I can't make a decision until I receive written information."

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2020 SAGE DONORS

Thank you to the following people and organizations who donated to Sage in 2020! Because of your generous support we are able to more fully realize our Mission - **to inspire and support seniors to be the best they can be.**

SILVER THREADS MAKE BEAUTIFUL TAPESTRIES

Contact us to become a Silver Threads donor by setting up a monthly, pre-authorized gift of \$25. This simple act can help us sustain important programming over time - and adds up to a nice tax credit for you at the end of the year!



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www.mysage.ca

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- Vijay Prashar

Donated to Sage in 2020 and don't see your name listed here? Let us know! Call 780-504-7850 or email communications@mysage.ca or and we'll be sure to feature you in the next Link.



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