

# sageLINK

Seniors Association of Greater Edmonton

January/March 2011

15 Sir Winston Churchill Square

Edmonton Alberta T5J 2E5



Do you know an Edmonton area senior who is making a special contribution to our community?

presented by  **servus** credit union

## NOMINATE A SENIOR FOR A Sage AWARD!

NOMINATIONS DEADLINE: JANUARY 14, 2011

### Awards Categories:

Social Justice & Peace • Science & Technology • Health & Wellness • Business & Entrepreneurship  
Community Building • Education Arts & Culture • Public Service • Sports & Leisure • Environment

Nominees and Award Recipients will be honoured at our fifth annual

**Sage Awards Luncheon Celebration** held on May 11, 2011

### Nomination forms are available:

- Sage 780.701.9009 or jnoonan@mysage.ca
- Online at [www.MySage.ca](http://www.MySage.ca) • Edmonton Area Servus Credit Union Branches



Planting Roots is the **Sage** community gardening project at Queen Mary Park. It welcomes community members and seniors from all cultures. **Sage** provides garden space, water and encouragement for people to grow their own organic produce and flowers. For more information call Debby Marcus at 780-701-9018. The program would not be possible without the generous support of the **Canadian Multicultural Education Foundation** and the **Rotary Club of Edmonton** nor without the guidance and coordination of Maureen Ellhatton. Thank you all.

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## GREETINGS FROM THE PRESIDENT

In my short time as President of **Sage** I have begun to understand what a very complex organization this is and I appreciate the opportunity to work with the Board, Staff and Volunteers to continue to strengthen the work of **Sage**.

As members of **Sage**, we all need to make people aware of what **Sage** has to offer. One of my areas of interest is health education and **Sage** is offering two new health programs. **Sage** Savouries, a frozen meal service, now has several choices that have the Health Check label guaranteeing that the food meets health standards. Home delivery is available to members. The Stand Strong Fall Prevention program offers audits to ensure your home is safe from falls. Call **Sage** today for an audit of your home - 780-701-9014.

These programs address lifestyle issues vital to seniors. They inspire us to take action for our own health and well-being. **Sage** will continue to offer programs, health classes and good food for seniors. Now it is your turn to take action to make healthy lifestyle choices.

Edmonton City Council, as part of its vision, has declared Edmonton an "Age Friendly" community. There are many opportunities at **Sage** to volunteer toward making that vision a reality for seniors who are isolated, lonely and in need of help.

Thank you for accepting the challenge.

Diana McIntyre

## BOARD HIGHLIGHTS

September to November 2010

- Edmonton Journal has a two page spread on seniors each month. **Sage** contact information is provided.
- The Heritage Status application for our building is progressing.
- Various new publications were reviewed:
  - Helping Seniors Age in Place Report: The report provides a mechanism to work with other centres and is consistent with the direction of **Sage**.

- Aging Population Policy Framework: With adequate resources, the framework will help Alberta meet the needs of Seniors in the coming years.
- Addressing Elder Abuse in Alberta: A Strategy for Collective Action. **Sage** supports the direction outlined in this report.
- Edmonton Seniors: A Portrait: This has very valuable statistics.
- **Sage** has many partnerships with other organizations and is creating partnership and collaboration frameworks to guide these types of relationships.
- Policies on Partnership and Collaboration and Guiding Principles for **Sage** were passed by the Board.
- Thanks were given to Michael Francon for his work on the Provincial Barrier Free Council representing **Sage**.
- The Advocacy Committee is focusing on Aging in Place, The Economics of Aging, and a Decision Making Framework.
- Occupational Therapy students from University of Alberta are evaluating **Sage** Programs: Safe House, the **Sage** Link and the **Sage** Awards. Two of these students are also working with the Fall Prevention program and are researching Aging in Place literature.



### **SAGE BOARD OF DIRECTORS 2009 - 2010**

#### **Executive**

President	Diana McIntyre
President Elect	John Schiel
Secretary	Barb Burton
Treasurer	H. R. David Beckman
Past President	Brent Abbott

#### **MEMBERS AT LARGE**

Mohamed Assaf	Bill MacDonald
Lily Simpson	Radhe Gupta
Lynn Skillen	Bauni Mackay
Don Junk	

#### **Executive Director**

Roger Laing

## STAFF CHANGES

**Katrina Damer** has resigned from her position as Social Work Services Assessment Coordinator and we thank her for the work she did at **Sage**.



**Anjulie Talwar** is a new member of the staff working as **Sage** Safe House Coordinator. She says, "I am excited to start out my social work career in an organization that values the dignity and worth of seniors. In my short time at **Sage** I have experienced much support and I feel welcomed in this environment. As a new university graduate, I am privileged to be a part of the **Sage** team. I know I can bring valuable skills and knowledge to complement the excellent resources already in place."

Welcome, Anjulie.

We also welcome **Alexa Balen** who joins **Sage** as the Temporary Home Services Assistant. She has volunteered in the Home Services program for the past 5 years while working at other jobs and is excited to join the staff. Her interest in working with seniors began when she was in university. She enjoys assisting seniors so they can age in their own homes.



## LIFE ENRICHMENT

**Please call Rachel @ 780-701-9016 for more information or to register for classes or activities.**

## GROUPS AND CLUBS AT SAGE

**Sage** members only

The **Raye Dolgoy Bridge Club** meets each Friday from 11:30 am to 4:00 pm 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. Lessons are available on Fridays from 10:00 am to 11:00 am for \$5 per lesson.

The **Busy Fingers** is a year round crafting group that meets every Thursday in the craft room from 9:00 am to 11:30 am. Currently they are focusing on knitting and crocheting. Come and join these amazing women (Men are also welcome) as they create beautiful pieces. Guidance and instruction is available.



Do you love to sing? Come join the **Sage Singers**, a fun-loving choir for all skill levels. The **Sage Singers** meet every Thursday from 10:30 am to 12:30 pm in the auditorium where they warm up their voices and practice for their weekly Sunshine Café performance immediately following practice. If you are interested please come by and join in! Club members make a small donation at each meeting.



### Sage Staff Directory

#### Main Switchboard

**780-423-5510**

Executive Director	Roger Laing 780-701-9001
Director of Operations	Bernice Sewell 780-701-9002
Manager, Administration	Jane Noonan 780-701-9009
Manager, Community Relations	Karen McDonald 780-701-9008
Manager, Finance	Colleen Jahns 780-701-9003
Manager, Food Service	Wayne Sand 780-701-9022
Food Services	
Jacqueline Giesbrecht	
Ernest Manning	
Assistant for CR & LE	JoLynn Parenteau 780-701-9017
Communications	David Loper 780-701-9012
Home Services	Giselle Parker 780-701-9007
Home Services Assistant	Alexa Balen 780-701-9007
Home Service Requests	780-701-9011
Life Enrichment	Rachel Tassone 780-701-9016
Office Services	Ivett Campos 780-701-9004
Seniors' Safe House	Tanya Sinclair-Gibson 780-702-1520
Seniors' Safe House	Anjulie Talwar 780-702-1520
Volunteer Services	Christine Poirier 780-701-9015

#### Social Work Services

Guardianship	Karin Tully 780-701-9006
Housing	Debby Marcus 780-701-9018
Assessment Social Worker	780-701-9019
Long Term Support	Doneka Simmons 780-701-9005
Multicultural Seniors	
Outreach	Debby Marcus 780-701-9018
This Full House	Doneka Simmons 780-701-9005
Coordinator	Heather Shupe 780-701-9014

The **GeriActors and Friends** meet on Thursdays at 1:00 pm in the auditorium. This is a dynamic theatre group with stories to tell and the passion for performing in front of live audiences. Consider joining a group that loves to have fun! A student ensemble from the U of A has joined to create an exciting inter-generational theatre experience. The cost to join is \$20.00 per year.



The **Next Page Book Club** will meet the second Thursday of every month at 1:00 pm in the **Sage** Mezzanine. We will discover a new literary adventure each month. The style of book will vary from mystery to biographies. Please register at the front desk.



The **Happy Travelers Slide and Video Shows** are on the third Thursday of each month at 1:00 pm to 2:30 pm in the auditorium. There are many superb narrated slideshows from around the world. There is no need to reserve a spot just come on

down and join us. The club accepts loonie or toonie donations for **Sage**.

**January 20 - destination TBA**

**February 17- destination TBA**

**March 17- destination TBA**

You can also join the **Happy Travelers** committee and help keep the group travelling, including booking upcoming presentations or serving as treasurer or secretary.

### **DROP-IN ACTIVITIES AT Sage - JANUARY, FEBRUARY AND MARCH:**

(Open to members and non-members)

#### **\*\*New\*\* G.L.B.T.Q Gay Seniors Meeting/ Discussion Group!**

This Group will be for Gay Seniors, and/or Seniors who would like to better understand their Gay sons, daughters, grandchildren, etc. The group leader is Jeff Bovee, who has been in a same sex relationship for more than 41 years and works with the Edmonton Pride Centre. Jeff says "I look forward to seeing some of you at our first meeting. Gay people come in all ages, sizes and from every walk of life. I would like to help you understand that we all have something in common, whoever we are." Tel. Jeff @ 780 488 3234, leave a message or email at [tuff@shaw.ca](mailto:tuff@shaw.ca)

**Date:** Every Wednesday, starting January 5th

**Time:** 1:00 pm to 3:00 pm.

**Location:** Sage Classroom B

**Cost:** FREE

#### **\*\*\*ATTENTION MOVIE LOVERS\*\*\***

Come and join us in the **Sage** Lobby every third Friday of the month for a movie on the big screen and popcorn for just \$1.00!



**January 21: "Mamma Mia"**

**February 18: "Eat, Pray, Love"**

**March 18: "Grumpy Old Men"**



## **McKay's Seniors Choice**

*Independent Living Consultant*

**Wendy Swanson**

**Specializing in Senior Care**



**Offering in-home assistance with maintaining healthy lifestyles for seniors.**

**Services may include (but are not limited to); meal prep, fitness, personal and respite care, etc.**

**My mission is to assist you, supporting your dignity and independence, by providing quality and trusting care.**

*Please contact me at:*

**Home: 780 428-0566**

**Cell: 780 490-8530**

**Email: [wenda\\_59@hotmail.com](mailto:wenda_59@hotmail.com)**



### **Sage Monthly Birthday Party:**

**Sage** celebrates our members' birthdays the last Thursday of every month at 1:30 pm with birthday cake and **live entertainment**. This party is open to everyone, so join in the fun even if it isn't your birthday month!



**Date: January 27th**

**Date: February 24th**

**Date: March 31st**

**Cost: FREE**

### **Mental Health Lecture Series**

This is a lecture series on topics related to your mental well-being, presented by Jennie Wilting (a retired nurse with a wealth of knowledge and experience related to the matters of the mind and with a sense of humor sure to hit the funny bone!). Come to one or come to all, enjoy coffee tea and muffins at each! Held in the **Sage** Mezzanine. Please register at least 1 day in advance.

**Date:** Tuesdays - 1:00 pm to 2:00 pm

**Jan. 11** - Passive Aggressive Behavior

**Jan. 25** - Manipulation

**Feb. 8** - Neurosis

**Feb. 22** - Anger

**March 8** - Guilt

**March 22** - Worry

**Cost:** \$3.50/session.

**Jennie Wilting Discussion Group** - a discussion group featuring interesting, controversial and thought-provoking topics. Jennie will not lecture, only facilitate this group. Cookies and refreshments provided. Please register at least one day in advance.

**Date:** Tuesdays: January 18th, February 15th, March 15th

**Time:** 1:00 pm to 2:00 pm

**Location:** **Sage** Mezzanine

**Cost:** \$3.50/session.

**Learn to Play Bridge** - have you ever wanted to play Bridge, but didn't know how? Join **Sage's** Bridge Club leader, Henry Chung, on Friday from 10:00 am to 11:00 am to learn. Lessons are in the **Sage** Mezzanine and cost \$5 each. Call Rachel at 780-701-9016 for more info or to register.

**Drop-in Travel Films** - join us on Mondays as we travel around the globe.

**Time:** 1:00 pm

**Location:** **Sage** Lobby

**Cost:** FREE

**\*\*NEW\*\* Let's Play Crib** - drop-in to the **Sage** Café on Wednesdays from 10:00 am to 12:00 pm and join in a game of cribbage.

**Its Game Time!** The Games Room is on the main floor of **Sage**. Come and play scrabble, checkers, board games, or do puzzles or pick up a book to read from our library.

**\*\*NEW\*\* Wii Bowling League** - come on your own or bring some friends and join the **Sage** Wii Bowling League. It is easy to do and a great way to get out and have some fun.

**Date:** Tuesdays, starting January 4th

**Time:** 10:30 am to 12:00 pm

**Location:** **Sage** Lobby

**Cost:** FREE

### **Sage FIELD TRIPS - JANUARY**

(Open to members and non-members)

Please join us as we venture out and about:

**Sea Lion Show and Sea Life Cavern Tour** - Join **Sage** as we head to West Edmonton Mall for a fun-filled afternoon. Registration deadline is Wednesday, January 26th.

**Date:** Friday, January 28th

**Time:** Depart **Sage** at 12:00pm

**Location:** West Edmonton Mall

**Cost:** \$12.00 plus ETS bus fare

**Let's do Lunch** is a group that comes together on the second Tuesday of each month at 12:30 pm and ventures out to new dining experiences. Call **Sage** to sign up for this month's outing.



**January 11th:** The Creperie

## **JANUARY - Sage PROGRAMS, COURSES AND MORE:**

(Open to members and non-members)

**Robbie Burns Day Tea** - Join **Sage** for our Robbie Burns Day celebration, including a piper, haggis, poetry, and refreshments. Tickets available until January 21st.

**Date:** Tuesday, January 25th

**Time:** 1:00 pm

**Location:** Sage Cafe

**Cost:** \$7.00

**Belly Dancing Demo** - an exciting opportunity to try belly dancing without the commitment of registering for a class. (Classes offered in Feb.)

**Date:** Wednesday, January 19th

**Time:** 10:30 am to 11:30 am

**Location:** Sage Auditorium

**Cost:** FREE

**\*NEW\* Live Better Everyday- Chronic Pain Self-Management** - presented by Alberta Health Services. Do you or someone you love suffer from chronic pain? This 6 week workshop is designed to help better manage life with pain. Register by Thursday, January 6th.

**Date:** Mondays, January 10th - February 14th

**Time:** 1:00 pm to 3:30 pm

**Location:** Sage Classroom B

**Cost:** FREE

**\*\*NEW\*\* Success Over Stress** - Feeling overwhelmed? Unable to find time for yourself?

Come and learn about how stress affects you, how to achieve balance in your life and cope with everyday stressors. Discover relaxation techniques and other ways to enjoy life. Classes are held once for 2 hours a week for 5 weeks. Registration deadline is Friday, January 7th.

**Date:** Wednesdays, Jan. 12th - Feb. 9th

**Time:** 1:30 pm to 3:30 pm

**Location:** Sage Classroom A

**Cost:** FREE

**Alzheimer's Presentation** - January is Alzheimer's Awareness Month. Join **Sage** for an informative presentation from the Alzheimer's Society. Please register by Tuesday, January 11th.

**Date:** Thursday, January 13th

**Time:** 1:00 pm to 2:00 pm

**Location:** Sage Classroom B

**Cost:** FREE

## **GENEALOGY SERIES with Kathleen Rae**

### **Part 1: INTRODUCTORY GENEALOGY**

This introductory hands-on workshop covers the basic rules of genealogy: pedigree charts; Family Group sheets; where to look for information from all over the world.

Discussion will include related books, and viewing of actual genealogical records. (Genealogy Levels 2 & 3 are to follow in February/March). Register by Monday, January 10th.

**Date:** Wednesday, January 12

**Time:** 9:00 am to 12:00 pm

**Location:** Sage Classroom A

**Cost:** \$30 (\$38 non-members) + \$10 manual

## **DOWNTOWN HEARING CENTRE LTD.**

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**INCREDIBLE hearing aids at AFFORDABLE prices!**



## COMPUTERS FOR BEGINNERS

Starting in January, **Sage** will be offering introductory computer classes taught by instructor Shawn Gramiak. Call Rachel @ 780-701-9016 for more information. Register by Monday, January 3rd. Level 2 to be offered in April/May.



**Date:** Wednesdays, Jan. 5th - 26th

**Time:** 1:00 pm to 4:00 pm

**Location:** Sage Computer Lab

**Cost:** \$65 (for all four 3 hour sessions)

## FEBRUARY- Sage PROGRAMS, COURSES AND MORE:

(Open to members and non-members)

**Raye Dolgoy Room Dedication** - join **Sage** as we honour the memory of our longest serving volunteer, Raye Dolgoy. Raye was instrumental in founding **Sage's** bridge club. The Mezzanine, where the bridge club currently meets on Fridays, will be renamed in Raye's honour. Please join us for refreshments and a ribbon cutting ceremony.

**Date:** Friday, February 4th.

**Time:** 10:00 am to 11:00 am

**Location:** Sage Café

**Cost:** Free

**Belly Dancing for Seniors** - Back by popular demand!! Wiggle and giggle your way to fitness in this senior-friendly class. Please register by Monday, January 31st.

**Date:** Wednesdays, Feb. 2nd - March 23rd

**Time:** 10:30 am to 11:30 am

**Location:** Sage Auditorium

**Cost:** \$60 (members) \$80 (non-members) for 8 sessions

## GENEALOGY SERIES with Kathleen Rae

### Part 2: INTERNET GENEALOGY

No computer experience required!

Information will be presented on a large screen.

Topics will include: where to find good research sites and mailing lists; how to post proper queries; discussion about the Privacy Laws in Canada; and what you will or will not find compared to other countries. Participants may bring a list of family names, dates and places to class for the instructor to research. Please register by Friday, Feb. 4th.

**Date:** Wednesday, Feb. 9th

**Time:** 9:00 am to 12:00 pm

**Location:** Sage Computer Lab

**Cost:** \$30 (\$38 non-members) + \$10 manual

**Oral Health Presentation** Find out the importance of proper oral health. Learn helpful tips on caring for natural and artificial teeth. Topics will also include whitening products, proper toothbrushes to use and more!


Please register by Friday, February 11th.

**Date:** Monday, February 14th

**Time:** 10:30 am to 11:30 am

**Location:** Sage Classroom A

**Cost:** FREE (includes free toothbrush!)



**Your Legacy – Your Way**

**Are there charitable causes that are particularly important to you?**

Recreation & Leisure • Arts, Culture & Heritage • Education & Learning  
Social & Community Services • Health & Wellness • Faith • Environment

Your will may be an ideal way to provide a lasting gift to charities that are important to you. And, as long as the charity is 'registered' your estate will receive a valuable charitable donation credit that can significantly reduce income tax payable at death.

Establishing an endowment fund is easy and creates a truly permanent legacy. It can be named for an individual, family or loved one. Your gift is invested, not spent, and its earnings support your charities of choice for generations to come.

*To create an endowment fund that supports the charitable causes important to you, contact Donor Services at the Edmonton Community Foundation.*

Call (780) 426-0015 or visit [www.ecfoundation.org](http://www.ecfoundation.org)

**Brainfit and Insight Programs are back!** These are 40 session computer programs designed to stimulate the mind and enhance visual memory. Feedback from previous students has been very positive. These programs require no previous computer experience and are guided by an instructor.

**Date:** Mondays, Tuesdays, and Fridays, February 28th to June 7th

**Time:** 12:30 pm to 2:00 pm

**Location:** Sage Computer Lab

**Cost:** \$75

**Valentine's Day Tea** - Join **Sage** for a lovely afternoon of refreshments, dessert and live music. Tickets on sale until Friday, February 11th.

**Date:** Monday, February 14th

**Time:** 1:00 pm

**Location:** Sage Cafe

**Cost:** \$7.00

## **FEBRUARY- FIELD TRIPS AT Sage:**

(Open to members and non-members)

Please join us as we venture out and about

**Muttart Conservatory** - Join **Sage** as we escape the winter cold and tour four pyramids filled with tropical beauty. Please register by Wednesday, February 23rd.

**Date:** Monday, February 28th

**Time:** Depart **Sage** at 1:00 pm

**Location:** Meet at **Sage**

**Cost:** \$17 for Lions bus and Muttart entry

**Let's do Lunch** is a group that comes together on the second Tuesday of each month at 12:30 pm and ventures out to new dining experiences. Call **Sage** to sign up for this month's outing.

**February 8th: Westmount Tony Roma's**

## **MARCH- Sage PROGRAMS, COURSES AND MORE:**

(Open to members and non-members)

**St. Patrick's Day Party** - Join **Sage** for some St. Paddy's fun, including dessert and live entertainment. Tickets available until March 14th.

**Date:** Thursday, March 17th

**Time:** 1:00 pm

**Location:** Sage Café

**Cost:** \$7.00

**Soapstone Carving (Intro course)** - **Sage**, in association with local artist Clare O'Sullivan, will be hosting a series of three day workshops to introduce you to the art of soapstone carving. All tools and materials will be provided for you to complete a soapstone tea-light holder. It uses the same movements as washing dishes! This is an easy, instructor-lead intro class. Please register by Friday, March 4th.

**Date:** 2 sessions: March 7 & 8 or March 21 & 22

**Time:** 12:00 pm to 2:00 pm

**Location:** Sage Craftroom

**Cost:** \$40.00/person



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**Nagel Tours Presentation** - Hear about the exciting trips and excursions Nagel Tours has planned for the 2011 travel season. Free door prize draw. Please Register by Monday, March 7th.

**Date:** Wednesday, March 9th

**Time:** 1:00 pm

**Location:** Sage Auditorium

**Cost:** FREE

(Also, visit the Edmonton Travel Show c/o Nagel Tours on Sunday, April 10th at 2:00 pm at the Edmonton Ramada North - Kingsway Ave.)

**Computers for Beginners** - introductory computer classes taught by instructor Shawn Gramiak. Call Rachel @780-701-9016 for more information. Register by Monday, February 28th. Level 2 to be offered in April/May.

**Date:** Wednesdays, March 2, 16, 23, 30th

**Time:** 1:00 pm to 4:00 pm

**Location:** Sage Computer Lab

**Cost:** \$65 (for all four 3 hour sessions)

## **GENEALOGY SERIES with Kathleen Rae**

### **Part 3: ADVANCED GENEALOGY**

For the advanced researcher with genealogical experience who has the basics of a family tree in place. Participants will have an opportunity to collect in-depth information from land title records, census records and vital statistics documents to add finer details to their personal family history. Please register by Friday, March 11th.

**Date:** Wednesday, March 16th

**Time:** 9:00 am to 12:00 pm

**Location:** Sage computer lab

**Cost:** \$30 (\$38 non-members) + \$10 manual

**\*NEW\* Capturing Your Life Stories** - Put your pearls of wisdom to paper in this fun and easy, guided autobiography writing group lead by a member of the Alberta Writer's Guild. The group will begin meeting in March 2011. Please call Rachel at 780-701-9016 for more information.

## **MARCH- FIELD TRIPS AT SAGE:**

(Open to members and non-members)

Please join us as we venture out and about

**Citadel Theatre** - *Another Home Invasion* is a piercingly accurate play that interrogates how our society is really serving our seniors at a time when they most need our help. This one woman show explores the delicate and real challenges of aging, candidly and with great humor. A remarkable new play by Joan MacLeod, one of Canada's most cherished playwrights. Please pay at **Sage** to reserve your ticket by Wednesday, January 18th.

**Date:** Sunday, March 6th

**Time:** meet at 1:00 pm at Citadel box office

**Location:** Citadel Theatre

**Cost:** Adult \$57, Senior \$52

**River Cree Casino** - Join **Sage** as we venture to the River Cree casino, a casino known for more than just gambling - it has many fabulous restaurants, entertainment venues and a beautiful hotel. A free lunch special or \$5 lunch voucher, \$5



### **Millennium Pavilion**

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780-472-4526

[www.smhg.ca](http://www.smhg.ca)



gambling money, and a small parting gift will be provided by the casino. Please register by Friday, March 18th.

**Date:** Tuesday, March 22nd

**Time:** Depart **Sage** at 10:30 am return 3:30 pm

**Location:** River Cree Casino

**Cost:** \$10.00

**Let's do Lunch** is a group that comes together on the second Tuesday of each month at 12:30 pm and ventures out to new dining experiences. Call **Sage** to sign up for this month's outing.

**March 8th: Sicilian Pasta Kitchen Downtown**

**\*NEW\* Life After Loss Support Group** - this spring **Sage** will be offering a support / educational group for people who have been widowed. This will be a group that offers helpful information on a variety of topics as well as a chance to meet others who are going through similar life experiences. Please call Rachel at 780-701-9016 for more information.



## Meadowcroft Seniors' Residence

### Clean, Secure & Friendly

Is your retirement income stretched too far? Starting at only \$515 per month, you can save money and enjoy your retirement. See for yourself the difference Meadowcroft will make.

For more information call **780-454-5505**.  
*Income restrictions apply.*

11445 - 135 Street (just north of Westmount Mall)

## HEALTH AND WELLNESS

### Free Driving Assessment! Healthy Female Volunteers Needed for University of Alberta Driving Study

Help dispel the myth that all older drivers are bad drivers. Rather, the focus should be on how illnesses, such as dementia, affect driving. In recent years, a number of 'self-screening tools' have been developed for older drivers to help them assess their own driving ability. Dr. Dobbs' research team is interested in determining whether these tests are accurate or not. They are looking for healthy women, 60 years of age and older, who have taken over as the primary driver in the household within the last 5 years. Participants are required to hold a valid driver's license. Importantly, **participation does not jeopardize the status of anyone's driver's license, and there is no cost to participate.** If you are interested in taking part in this study, or would like more information please contact Stephanie Skinner at 780-492-5892 or Tara Pidborochynski at 780-248-1728.

## NEWS AND NOTES

For any senior who takes taxis, in Schedule A of the Taxi Commission's Bylaws, the drivers **can** offer a **10% discount to seniors**. It is however at the discretion of the driver. So ask, and choose someone who does. Then say thank you.

Mr. Landolin A. Ohnemus was inadvertently left off our 2009 donors list. Great thanks to him for his donation.

**Sage** Seniors Safe House would like to graciously thank the "Grandma Plus Knitting Group" at The Churchill by Revera Retirement.

These wonderful ladies provided many lovely handmade Afghans, which will warm the hearts and lives of the seniors in the Safe House.

Special appreciation to the following knitters: Iris Edey, Jaclin Smith, Nadeya Bodnar, Margaret Reydahl and Leanna Howden, as well as all the others who donated materials, rolled balls and provided other types of support, and encouragement for those who worked on their projects.



# sage. savories



## HEALTH CHECK™ MENU OPTIONS

### **SOUPS**

#### **Beef Vegetable Barley Soup**

Calories 140 | Total Fat 2g | Saturated Fat 1g  
Trans Fat 0g | Sodium 350mg | Fibre 3g

#### **Chicken Noodle Soup**

Calories 110 | Total Fat 2g | Saturated Fat 0.5g  
Trans Fat 0g | Sodium 210mg | Fibre 2g

#### **Green Split Pea with Ham Soup**

Calories 260 | Total Fat 2g | Saturated Fat 0.5g  
Trans Fat 0g | Sodium 340mg | Fibre 17g

#### **TomatoVegetable Rice Soup**

Calories 100 | Total Fat 1.5g | Saturated Fat 0.3g  
Trans Fat 0g | Sodium 450mg | Fibre 2g

### **MEALS**

#### **Beef Stew**

Tender chunks of beef simmered in a rich beef gravy with vegetables.  
Served with parsley potatoes and green peas.  
Calories 360 | Total Fat 9g | Saturated Fat 4g  
Trans Fat 0g | Sodium 290mg | Fibre 7g

#### **Roast Alberta Beef**

Thin slices of slow roasted beef served with a rich pan gravy, mashed potatoes and carrot coins.  
Calories 290 | Total Fat 8g | Saturated Fat 4g  
Trans Fat 0g | Sodium 230mg | Fibre 5g

#### **Roast Pork Loin**

Slices of lean roasted pork loin with an apple stuffing and gravy.  
Served with mashed potatoes, peas and carrots.  
Calories 420 | Total Fat 12g | Saturated Fat 6g  
Trans Fat 0g | Sodium 550mg | Fibre 6g

#### **Roast Turkey & Stuffing**

Roasted light and dark turkey served on savoury bread stuffing. Served with mashed potatoes, gravy, peas and carrots.  
Calories 430 | Total Fat 10g | Saturated Fat 4g  
Trans Fat 0g | Sodium 560mg | Fibre 6g.

#### **Salisbury Steak**

Homemade, lightly seasoned, chopped sirloin steak in a browned onion gravy.  
Served with mashed potatoes and green beans.  
Calories 350 | Total Fat 7g | Saturated Fat 3.5g  
Trans Fat 0g | Sodium 440mg | Fibre 5g

#### **Shepherd's Pie**

British-style meat pie lightly seasoned and full of vegetables. Topped with mashed potatoes and gravy, served with a vegetable medley.  
Calories 330 | Total Fat 10g | Saturated Fat 5g  
Trans Fat 0g | Sodium 300mg | Fibre 6g

#### **Poached Salmon Filet**

Wild salmon filet in a dill cream sauce.  
Served with rice pilaf and green beans.  
Calories 280 | Total Fat 4g | Saturated Fat 2g  
Trans Fat 0g | Sodium 480mg | Fibre 3g

#### **Vegetarian Chili**

A mildly spiced chili with roasted vegetables and beans. Served with brown rice and green peas.  
Calories 340 | Total Fat 4.5g | Saturated Fat 1.5g  
Trans Fat 0g | Sodium 520mg | Fibre 12g

#### **Chicken & Veggie Stir Fry**

Oriental cut vegetables and chicken in a ginger oyster stir fry sauce.  
Served with rice and green peas.  
Calories 350 | Total Fat 4.5g | Saturated Fat 1.5g  
Trans Fat 0g | Sodium 710mg | Fibre 8g

**ALL MEALS** \$5.75 ea. Or order 10 or more for \$5.25 ea. | Extra Gravy (Beef, Turkey or Chicken) \$0.75

**ALL SOUPS** \$3.25 ea. Or order 6 or more for \$2.95 ea. **ALL DESSERTS** \$3.25 ea. Or order 6 or more for \$2.95 ea.

**For more information, complete menus or to order meals call 780-701-9025.**

## PROGRAMS AND SERVICES

### Sage Food Services Go Health Check

This past year the **Sage** Food Services Program has been developing our **Sage Savories** line of healthy and nutritious meals, soups and desserts. Part of that process was to create nutritional labels for each item. Once the scientists and dietitians completed the nutritional information, we realized that we had very healthy and nutritious menu items. **Sage** then started working with the Heart and Stroke Foundation to certify most of our **Sage Savories** menu as "Health Check™" items, ensuring that the meals we present are not only tasty, but also a healthy nutritional meal option.

**Sage's** Sunshine Café, located in Edmonton's Churchill Square, is among the first restaurants in the Health Check™ Alberta Restaurant Program. The Health Check™ logo can be found on our **Sage Savories** menu items that meet Health Check™ nutrient criteria based on recommendations in Canada's Food Guide.

"The Heart and Stroke Foundation is thrilled to be working with the Alberta Government to help

provide healthy options in restaurants in Alberta," Diana Krescy, CEO of the Heart and Stroke Foundation of Alberta, NWT & Nunavut said. "We know that Albertans want these healthy choices and we congratulate **Sage** for stepping up and providing menu items for their customers that meet the Health Check™ nutrient criteria."

We wish to thank Alberta Minister of Health and Wellness, Gene Zwozdesky for his support of this initiative.

Health Check™ is one way the Heart and Stroke Foundation helps Canadians make healthy choices. All Health Check™ items meet nutrient criteria developed by the Foundation's registered dietitians based on recommendations in Canada's Food Guide. Health Check™ works directly with food companies and restaurants to improve the food supply by challenging them to meet stronger nutrient criteria and offer Canadians more healthy choices. Health Check™ is the only non-profit, independent, and neutral food information program in the country. For more information on Health Check™ as well as healthy eating resources, tips and recipes visit [www.healthcheck.org](http://www.healthcheck.org).



The logo and the following information will be on the label of every certified product: "The Heart and Stroke Foundation's registered dietitians have reviewed the **Sage Savories Health**

**Check™ menu options** to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in Canada's Food Guide. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program. For more information, visit [healthcheck.org](http://healthcheck.org)."

### INCOME TAX PROGRAM 2011

**Sage** will once again be providing income tax preparation services 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. The tax preparation service will be provided in March and April 2011, and is by appointment only.

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In order to access the income tax programs, income levels must be in the range of \$35,000 or less for singles, and \$40,000 or less for a couple. Tax returns cannot include income from rented property, farming or capital gains, except for capital gains reported on a slip such as a T3 or T5.

What to bring when you come:

- The 2010 tax package if you receive one.
- Your 2009 tax return, if possible
- All your information slips (T3, T4, T5)
- Information about any other income not included on a "T" slip)
- Receipts for medical expenses. (A printout for the year from your pharmacist is ideal for prescription expenses).
- Receipts for charitable donations
- Bus pass receipts for monthly or annual passes

Couples returns should be completed together. If we are completing the return of only one member of a couple, you must provide the name, Social Insurance Number, birth date and net income of your spouse.

**To make an appointment, call 780-423-5510 beginning February 14, 2011**

### Income Tax Volunteers

If you are interested in assisting in this program by preparing income tax returns a few hours per week, please contact Christine Poirier, Volunteer Services Coordinator at 780-701-9015.

Previous experience in completing tax returns is required. Training on tax software and information on changes for the 2010 tax year will be provided to all tax volunteers.

For more information about this program, contact Colleen Jahns, Finance Coordinator at 780-701-9003 or Christine Poirier, Volunteer Services Coordinator at 780-701-9015.



## VOLUNTEERING ...

Come VOLUNTEER, make friends, and be a part of a community and help others.

**Sage** is looking for  
friendly people who want to learn.  
People just like YOU!

Opportunities available include:  
Reception, Home Services Clerk,  
This Full House Assistant,  
And Drivers (vehicle provided).

Call Christine at 780-701-9015 to get involved.



**Edmonton Oilers Community Foundation** and **Sage** are teaming up to help the **Sage Seniors Safe House**.

On April 5, 2011, **Sage** will host a 50/50 raffle as the Edmonton Oilers battle the Vancouver Canucks

You can be part a part of the action!  
It's easy, it is fun and it will help support **Sage**.

Contact Christine at 780-701-9015 for more info.

In 2011 **Sage** will be undertaking a Membership Survey to find out what YOU really want. We will ask you a variety of questions about your likes, dislikes, thoughts for the future and what you see as important. **Sage** is an innovative service provider and this is just one of the many ways we can anticipate your needs and desires.

### The Garden

Written by Kevan Lyons – the poet of Churchill Square and Member of **Sage**

I sit in my Garden among  
The trees and flowers  
Tucked away from the busy street  
Hid between the office towers  
The birds visit me to feed  
They do not judge my way  
Hopping at my feet they sing  
And do not mind I stay  
They know me as a safe  
And unassuming man

---

As I sit on my bench  
The sun my face does tan  
I contemplate life  
The good time and the bad  
The things that made me happy  
The things that made me sad

We all have our regrets  
And events that we rejoice  
But only we can justify  
The reasons for our choice  
So I come here for the answers  
And the peace I seek  
Talk to my feathered friends  
For a secret they can keep

For no man is perfect  
And no man is a saint  
Our choices are the brushes  
And life is the canvas  
That we paint

### **This Full House Lunch Group**

At our group I took the opportunity during the introductions to make a note of some of the comments shared in terms of what the group means to them, what they've learned and continue to learn. We started with 5 people one year ago; we had 22 people registered for this group but still 15 people showed up. With the permission of the participants, I share their comments. Doneka

- I realize that I have conquered a lot but am still open to new ideas.
- I am a paper and book person and that's where my problem starts.
- When I come to this group, I feel like I don't have to lower my eyes when I'm speaking.
- Since coming to this group, I am not ashamed to speak of where I am at.
- I've learned how important it is to keep focused.
- This group provides a social opportunity for me as otherwise, I wouldn't go anywhere.
- I like the relaxed atmosphere of the group. I have been going to groups for years and this one is the best.
- I wish we could meet every week.

The **Snow Angels Program** is now being coordinated by the City of Edmonton's Capital City Clean Up Staff. This program encourages citizens to be good neighbours and keep Edmonton moving by shovelling the walk of a senior or person with disabilities. It also asks that anyone that has had the support of a Snow Angel contact the City to nominate them for recognition and a chance to win prizes.

For details: Call 311 or visit  
[www.edmonton.ca/snowangels](http://www.edmonton.ca/snowangels)

### **Free Mental Health Services**

Make an appointment for a time to chat with a geriatric mental health worker from Alberta Health Services. A referral from one of the social workers at **Sage** is required. Call 780-701-9019 for more information or for an appointment.

### **Public Access Computers**

If you are a member of **Sage** you can have free computer access – including internet and email. Printing is available. Please bring your own paper. Occasional help with questions is also available. Once you are a member, contact David in person or call 780-701-9012.

### **Sage Seniors' Legal Clinic**

**Sage** is pleased to announce that we have partnered with the Edmonton Community Legal Centre, to provide free legal service to low-income seniors. Volunteer lawyers are available once a month at **Sage**, and can meet to assist with completing Personal Directive and Power of Attorney documents, as well as landlord and tenancy issues, immigration and small claims.

If you would like to book an appointment to meet with a volunteer lawyer, contact Heather Shupe, RSW, at 780-701-9014. The **Sage** Seniors' Legal Clinic provides legal service to seniors who otherwise would not be able to hire a lawyer, and is available for specific legal matters. This does not include criminal law, family law, separation/divorce or separation of property.

Sport and Wellness

**MAC**EWAN


## MacEwan Rehabilitation Services

*Assessment • Prescription • Guidance***Healthy Joints Program** \$300 » 5 x 1 hr, one-on-one sessions

- This program assists with recovery from hip and knee replacements or joint injuries including hips, knees and shoulders.
- Sessions help with the management of arthritis and back pain.
- Home-based or gym-based exercise prescription available; all one-on-one sessions take place at MacEwan.

**Heart Health Orientation** \$150 » 2 x 1 hr, one-on-one sessions

- This program consists of two, one hour sessions for individuals transitioning from cardiac rehabilitation to active day living.
- The sessions include facility tour, nutritional consultation and exercise supervision.

To register please call 780-497-5300. For more information please call Susanne at 780-497-5134.

[www.MacEwanCentre.ca](http://www.MacEwanCentre.ca)**COURSE REGISTRATION    Clip and Send to Sage with your Cheque.**

<b>Name:</b>	<b>Phone:</b>
<b>Address:</b>	<b>Postal Code:</b>
<b>Current Membership Number</b>	<b>Senior Centre:</b>
<input type="checkbox"/> Cheque <input type="checkbox"/> Cash <input type="checkbox"/> Visa   - Visa #	<b>Expiry date:</b>
<b>Course name(s)</b>	
<b>Membership Renewal - \$25 plus GST (one year from date)</b>	
<b>Total Amount</b>	