

CONNECT • INSPIRE • CONTRIBUTE

Dear **FAMILY** and **FRIENDS** of Sage,

The vision of a community where all seniors are valued and have the opportunity to live according to their beliefs, abilities, and aspirations is not ours alone.


It is a shared vision that has emerged over time from our members, clients, donors, partners, and volunteers.

From you.

We want all seniors to be celebrated for their unique perspective, for their potential, and for their contributions - past and present. But we know that not all seniors are being heard, understood, respected, and supported.

We're here to help when help is needed, and to encourage seniors to contribute as much as possible wherever possible. We're here to help seniors continue to reach their full potential.





We are building better communities together.

Seniors are vibrant, essential components in the fabric of our society and continue to build our communities every day.

We all experience vulnerability in at different times and indifferent ways. Life changes and transitions can require a variety of services and supports that allow seniors to continue to live their best possible lives.

We all also have strengths, abilities and passion, and we know that when those things are fostered and supported, it can lead to brilliant examples of community building.

Sage engages with seniors to meet both of these equally important aspects of aging: to increase resilience and reduce vulnerability when needed, and to inspire and support seniors to continue to contribute and build community every day.

Ageing to Sageing, for example, was an intergenerational community development opportunity for seniors to explore their gifts and possibilities for supporting children living in poverty in northeast Edmonton. The project successfully showed how mutually beneficial intergenerational relationships can be, how older people can support their community, and how valuable their contributions are.

The Annual Sage Awards are another great example of how seniors build better communities, as the recipients of this prestigious award truly exemplify the many ways individuals make a difference in their community regardless of age.

Recipients of the most recent Sage Awards included seniors who use artistic talents to improve the lives of others and make an imprint for social change, devote themselves to emergent issues, dedicate themselves to environmental protection and excel in educating and mentoring others. The eclectic and diverse assortment of award recipients only speaks to the distinct contributions seniors make to our community.

The Pan-Edmonton Group Addressing Social Isolation of Seniors (PEGASIS) project aims to reduce social isolation of low-resourced seniors in Edmonton. For this project, outreach workers are working in neighbourhoods and communities to help create more opportunities for seniors to connect and be supported.

For us to remain responsive to social trends and the unique needs of people as they age, to make a difference in people's lives, and to help seniors continue to build better communities, we need your support.

By supporting Sage, you are helping seniors in Edmonton live their best lives possible. Together, we not only make a difference in the lives of Edmontonians, we build healthy communities.

With gratitude,

Barb Burton

Volunteer Board Chair, Member and Donor



Jan's Story

When Jan's daughter and son-in-law decided to move away from Edmonton, she took it as an opportunity to leave an abusive situation without compromising the relationships that are the most important to her. While living with her daughter, Jan had been subjected to emotional and verbal abuse from her son-in-law, and had watched both her daughter and granddaughter suffer the abuse (sometimes physical) as well. She thought that declaring a need to stay in Edmonton to be close to her doctor was a good way to escape without 'making waves' - that way, she would be allowed to stay in touch with her daughter and granddaughter.

Sage operates a Seniors Safe House, and Jan was certainly eligible to stay there while she looked for housing. But she was afraid that knowing she had sought shelter from abuse would lead her son-in-law to break off contact, and that was the one thing she could not bear.

Instead, we worked with Jan to apply for her senior's pensions and benefits, and to expedite affordable housing for her so that she could leave the abusive situation as soon as possible.

A social worker from our Seniors Safe House Outreach program joined Jan's team, and worked with her as she got settled and began to live her life free from abuse.

Now she spends her days working with the social committee in her building, attending Life Enrichment programs at Sage, and volunteering with us twice a week. When she sees friends in need, she brings them here to us.

Jan worked with the social workers at Sage to safely leave an abusive situation while remaining connected to her daughter and granddaughter. And once she was safe and settled, she was able to use her independence and experience with Sage to better support them both.

This summer, Jan has a safe and stable home, a thriving social life, and the ability to contribute meaningfully to a community she cares about. And she doesn't worry anymore, she says, because she knows she has "Sage on my side".

WHEN YOU SUPPORT SAGE YOU SUPPORT SENIORS

- connections to information and resources
- support for seniors looking for safe and affordable housing
- help for people who are dealing with hoarding behaviours
- mentorship for students learning to work with seniors and older adults
- English language learning for immigrant, refugee, and newcomer seniors
- a safe place for seniors seeking refuge from elder abuse
- income tax preparation for low-income seniors
- help filling out government forms
- a welcoming space for seniors to stay mentally, physically, and socially active
- outreach to lonely, isolated, and vulnerable seniors



YES! I want to support seniors.

Name

Address

City

Prov

Postal Code

Email

Phone Number

- I want to join the **Silver Threads** program with a monthly gift of \$25.00. Please contact me.
- Contact me about a gift of **stocks, securities, or bequest.**
- Please send me email updates about Sage.

I want to make a

one-time monthly quarterly annual

donation in the amount of _____

Cheque enclosed

Credit Card

Credit Card No.

Expiry Date

Signature