

sageLINK

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

Sept 3 Labour Day

Oct 8 Thanksgiving Day

Nov 12 Remembrance Day



SENIORS' HEALTH AND WELLNESS FORUM RETURNS!

On Saturday, November 3, the Seniors' Health and Wellness Forum is returning to the Central Lions Seniors Recreation Centre. For this event, Sage partners with Age Friendly Edmonton and other key community stakeholders to offer presentations and panel discussions on health, wellness, and social supports vital to healthy aging.

This free event, which is open to the public, provides an opportunity to showcase a holistic and proactive approach to healthy aging.

The event features organizations and businesses providing information and resources at exhibitor-style booths, as well as

informative sessions on a variety of health and wellness topics. All sessions at the Forum will be closed captioned to ensure they are accessible, and participants will also enjoy a free lunch, coffee and tea, and door prizes.

There is no charge to attend the Seniors' Health and Wellness Forum, however registration for general attendance numbers is encouraged.

Registration opens October 1. Please call 780-809-8604 to register.

MESSAGE FROM THE EXECUTIVE DIRECTOR

Karen McDonald

This edition of the Link Newsletter highlights how our staff and volunteers have been working collaboratively with a variety of organizations to offer services and programs for seniors in the community.

For example, the Seniors' Housing Forum and the Seniors' Health and Wellness Forum are two well-attended and much anticipated free events that take place every fall. While Sage takes a lead in coordinating the events and managing the many details that are required to host an event for 900+ people, the planning and topics for the presentations are coordinated by two planning committees. These committees are comprised of organizations that serve older adults in a variety of ways and they each bring unique insights and knowledge to the planning process.

This collaborative approach to event planning is a key reason that these events have been so well-received by the community for many, many years.

Thank you to our partners for their dedication to this important work!

This edition of the Link also highlights the support of our sponsors and supporters for the annual Sage Awards. These organizations share Sage's commitment to honouring and celebrating the contributions that seniors make to our communities every day. The Awards help to diminish negative stereotypes that many people hold about aging and seniors, while also raising funds through the support of our sponsors. The funds provided by our sponsors help to ensure that Sage is able to provide essential programs and services to seniors, caregivers and communities throughout the year.

Please join us in thanking and celebrating our many community partners!

Board of Directors 2018

President	Reg Joseph
President Elect	Joyce E. Tustian
Past President	Vacant
Secretary	Vacant
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Members at Large

Daniel Morrow	Jean Waters
Michael Phair	Hubert Kammerer
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Raj Pannu	Kathleen Thurber
Peg Quinn	

Main Switchboard	780-423-5510
Food Services	780-701-9022
Guardianship/Trusteeship	780-701-9013
Health Services	780-809-9402
Life Enrichment	780-423-5510
Safe House Intake	780-702-1520
Social Work Services	587-773-1764
Volunteer Services	780-701-9014

DIRECTORY

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ANNOUNCEMENTS

STAFF ANNOUNCEMENTS

Congratulations to Theresa Goba (Program Lead) and Colleen Derksen (Social Work Manager) for their new positions at Sage!

We would also like to welcome Janet Askin as our new main floor Administrative Coordinator, Laine Wannechko, who is joining our Life Enrichment program, and Nurse Practitioner, Krista King.

MARGE LILLEY RETIRING

Just like a piano missing one of its keys, or a guitar missing one of the strings, our songs will never be the same again without her. After almost 30 years of dedicated volunteer service with Sage, Marge Lilley is retiring. Marge, who will be 95 years old in September, has been part of Sage since 1989 (then known as the Society for the Retired and Semi-Retired). Over the last 30 years, Marge has volunteered with Sage in a variety of roles, including:

- Secretary for Happy Travelers Group
- Secretary for Retirement Registry which became Home Services
- Member of the Nominating Committee for the Board of Directors
- Sage Singers Choir Director and pianist

The staff, Board of Directors, and volunteers of Sage would like to thank Marge Lilley for her years of dedicated service. **We will miss you!**

2018-19 DIRECTORY COMING SOON!

The latest edition of our Directory of Senior Services will be available early this fall. Each year, we distribute 45,000 copies to seniors and senior serving organizations across the city for free - pick yours up at Sage, or ask us about where it is available in your neighbourhood!





VOLUNTEER SERVICES

BARB CARROLL
VOLUNTEER COORDINATOR

Volunteer Services is a dynamic and vibrant program at Sage. So much of our work and impact depends on the talent and efforts of volunteers committed to making Sage the best it can be. We are able to offer many of our programs, classes, and activities for free because they are run by volunteer instructors. We have volunteers who help with administrative work and communications; volunteers who help people fill out forms and submit their income tax returns; and volunteers help us host events and celebrations.

There are so many great reasons to volunteer, and so many ways to engage your talents here at Sage. If you might be interested in volunteering, visit Barb to explore some options!

Reasons to Volunteer

Do your part
Meet new people
Join the excitement
Be a positive Influence
Raise Awareness
Develop new talents
Grow from the experience
Learn and Serve
Personal satisfaction
Work for a cause
Be part of a Team
Face new challenges
Pass along Wisdom
Preserve the environment
Keep Active
Raise Awareness
Share your vision

CURRENT VOLUNTEER OPPORTUNITIES

- **Event Volunteers** for the Seniors Housing Forum on **September 22** and the Seniors' Health & Wellness Forum on **November 3** Forums are held at Central Lions Seniors Recreation Center 11113 - 113 Street. Various volunteer positions are available for these events both for event set up on the Friday and for the event day on Saturday.
- **Directory of Senior Services Proof Readers and Assistants**
- **Life Enrichment Program Assistants**
- **Sage Ambassadors**
Do you enjoy chatting with people? Would you like to help support a welcoming and inclusive environment at Sage? Sage Ambassadors help to ensure that all current and new visitors feel welcomed. Ambassadors share information about Sage programs, services and events.

If you are interested in learning about these or other volunteer opportunities at Sage, please visit our website at www.MySage.ca or contact:

Barb Carroll, Volunteer Coordinator
780-701-9014
bcarroll@mysage.ca

I volunteer at Sage because...

- *I feel like I contribute and that I am valued.*
- *I learn about what is going on in the community.*
- *It feels great!!*

- from our volunteers



TOUCHMARK
SINCE 1980

At Touchmark, residents say living well means:
Exercising more.

"I find that if I don't stay active, I don't have the energy I need. Being active makes you more alert and focused on yourself and your surroundings. Exercise makes you a more active member of your community."

— Dick Olafson, Touchmark resident

What does living well mean to you?

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LIVING
SUITES NOW
AVAILABLE!**

Bungalows & Suites • Independent Living • Assisted Living
Memory Care • Long-term Care

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780-809-3241 • TouchmarkEdmonton.com

TOUCHMARK AT WEDGEWOOD
Full-service Retirement Community
18333 Lessard Road NW • Edmonton, AB T6M 2Y5

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HOUSING FORUM

Join us on Saturday, September 22 for the Seniors' Housing Forum - a free event providing valuable information to seniors, their families and caregivers.

The Forum will feature presentations and panel discussions on the range of housing options and community resources available for older adults, and guide individuals in planning appropriate future housing for themselves and/or significant others. Information sessions relevant to aging in the right place will be presented, featuring topics such as: seniors' housing options, financial literacy, caregiver support, practical resources that allow seniors to age in place and receive support in the community, and information on aging in place and home modifications.

Participants will also enjoy a free lunch, coffee and tea, and door prizes.

Attendees will also have the opportunity to speak with close to 50 exhibitors about topics related to helping seniors sort out their living arrangements as they age.

This event grows in popularity each year, so registration for general attendance numbers is encouraged. Please call 780-809-8604 to register.

Seniors' Housing Forum

Saturday, September 22

9:00am – 2:30pm

Central Lions Seniors Recreation Centre
11113 113 Street

All sessions at the Forum will be closed captioned for your convenience.



Sakaw Terrace

February 1, 2018
Applications Open*

Early 2019
Building Opens*

**Dates listed are tentative*



**Seniors
Housing**

For more information

780-482-6561

www.gef.org

SAGE VIGNETTES

LIFE-LONG LEARNING VAL CHYMKO

“Live as if you were to die tomorrow. Learn as if you were to live forever”

- Mahatma Gandhi

As we age, it's important to remember that we're never too old to learn something new. Life-long learning is about keeping an open mind, embracing change, and nurturing curiosity and creativity.

Opportunities for learning at Sage started off shortly after its formation in 1970. Early on, the 'Tuesday Forums' became popular occasions to assemble for discussions on topics such as retirement living, current events, travel and health. With the move to the Baker Annex facility in 1979, the Society was able to offer classes requiring more space, such as ballroom and square dancing. Tai chi, yoga, and line dancing were introduced, and have all seen a revival here of late! These types of physical activities have proven to be of great benefit for physical and mental health, as well as cognitive stimulation through learning new movements and routines.

Learning a new language is also excellent for maintaining cognitive function. Over the years, the Society has offered classes in French, German, Spanish, and Cree. In 1995, English as a second language also became a valuable addition to Sage's life enrichment program.

Yoga class at Sage - May 1982



And without a doubt, the steepest learning curve we've encountered to date is the introduction of computer technology. An article in the January 1982 edition of our *News for Seniors* invited members to the “fascinating experience” of seeing a *real* computer and a demo of the educational opportunities it would be able to provide. (So much more can be said about how computers have changed the way we live and learn. A future edition of *Sage Vignettes* will be devoted entirely to the history of computer integration at the Society.)

These are just some of the ways that Sage has provided opportunities for life-long learning as it continues to serve seniors in the maintenance and improvement of their mental, physical and social well-being.



Dementia Advice
Available through Health Link

811 Health Link
Health Advice 24/7

NEW & EXCITING

Indigenous Canada Course An exciting 12 week class, presented from the Indigenous perspective, that explores Indigenous histories and contemporary issues in Canada. Offered online through the University of Alberta (but held at Sage).

Date: Fridays, Sept 21 - Dec 7

Time: 9:30am - 12:00pm **Location:** Sage Room

Cost: \$10 for entire course

Move to the Music Join Pearl and move to the rhythms of Caribbean and African music. For all skill levels - there is no wrong way to move!

Date: Wednesdays at 10:00am

Location: Auditorium **Cost:** Free

Poetry Series An informal tutorial and discussion about poem-crafting, with time allocated to group writing exercises. A great chance to learn popular poetry styles, get resources, and share your work if you choose.

Date: Tuesdays at 2:00pm - 4:00pm

- Sept 11 and 18
- Oct 9 and 23
- Nov 13 and 27

Cost: \$5.00

Writer's Sharing Group A monthly chance to share your work and get feedback from the group. Melle H. will facilitate sharing and critiquing, but no instruction will be given. (Please see Blue Pencil Café Course or Poetry Workshop Series offered this Fall if you want more formal instruction).

Date: Last Thurs of the month

Time: 10:00am **Cost:** Free

Better Balance Classes Join Physical Therapy students from the U of A for classes on helping to improve balance and strength. For all skill levels. Call Rachel at 780-701-9016 for more information.

Halloween Party and Birthday Party Get out your Halloween costumes and join in the fun (or come as you are)! Live music, door prizes, Halloween treats and more!

Date: Wednesday, Oct 31

Time: 1:00pm **Location:** Sage Café

Cost: Free - thanks to Dignity Memorial!

Thanksgiving Dinner and Fall Welcome

Back Give thanks at Sage and enjoy a delicious Thanksgiving Dinner with all the trimmings, plus dessert and coffee or tea. Enjoy live music and entertainment from Sage's amazing groups! Please purchase your tickets for dinner by October 1 for catering purposes. Tickets can still be purchased day of event.

Date: Thursday, October 4 **Time:** 11:30am

Location: Sage Café **Cost:** \$12.00

Flu Shot Clinic Getting your flu shot is an important and easy way to help yourself stay healthy this winter! Stay tuned for more details on Sage's flu shot clinic coming this fall.

El Salvador Lecture Series presented by Carlos R. Colindres:

- **Archeology in El Salvador** - Oct 2 10:00am
- **Gangs in Central America** - Oct 9 10:00am

Please pre-register for these free presentations.

Councilor Knack Visit Join City Councilor Andrew Knack as he shares updates from city hall, and listens to your interests and concerns.

Date and Time TBA

THE VOICE OF SENIORS IN ALBERTA

Seniors' Advocate for: financial concerns, income thresholds, home care, continuing care, long term care, subsidized housing, public pensions, property tax deferment

ATTEND A MEETING - EVERYONE WELCOME!

www.seniorsunitednow.com

15, 2016 Sherwood Drive
Sherwood Park
Alberta T8A 3X3



780-449-1816
Toll Free: 1-855-786-8669
Email: unitenow@telus.net

Open to everyone - no membership required!
Register at main reception or call 780-423-5510

DAY TRIPS & OUTINGS

Please join us as we venture out and about on these Day Trips and City Trips. Must be able to go up and down several stairs and ground may be uneven. Trips are rain or shine. Refunds are not guaranteed. Must pre-pay to register.

Stettler Train Ride Enjoy a scenic, fall drive to Stettler and then a train ride with all of the extras, including a buffet-style Alberta roast beef meal, time for sight-seeing in Big Valley, onboard entertainment, and a train robbery. Register by Aug 22 to get your seat!

Date: Sunday, Sept 9

Time: Depart Sage at 8:00am (Departs Stettler 11:00am and returns to Stettler 3:55pm). Evening drop-off will be the Sutton Place Hotel

Cost: \$138 (\$156 non-member)

Smoky Lake Pumpkin Festival The Town of Smoky Lake hosts the Great White North Pumpkin Festival. In addition to the gigantic pumpkins and gourds, there is a Farmers' Market, fair ground, car show and more! Must pre-register.

Date: Saturday, Oct 6

Time: Depart at 9:00am

Cost: \$20 for coach bus (plus your own lunch and \$10 admission if you want see pumpkins)

St. Albert Farmers' Market A day to wander downtown St. Albert and the farmer's market at your own pace. The St. Albert Farmers' Market is the largest outdoor market in Western Canada. Must pre-register.

Date: Saturday, Sept 15

Time: Depart Sage at 10:00am, return 2:00pm

Cost: \$15 coach bus only. Lunch, purchases, etc. not included.

Italian Pranzo Lunch at Santa Maria Goretti A delicious, traditional, seven-course Italian pranzo lunch.

Date: Sunday, Oct 21

Time: Depart Sage at 11:00am

Cost: \$30.00 per person including school bus

Airport Outlet Mall Trip Check out Edmonton's newest shopping attraction and do some Christmas shopping, treat yourself, or just browse. Must pre-register.

Date: Tuesday, Nov 20

Time: Depart Sage at 10:00am, return 2:00pm

Cost: \$15 for bus - must pay own lunch, etc.

Greenland Garden Center Greenland decorates for Christmas like no other, so come along and get in the festive spirit! They also have a beautiful selection of poinsettias, a delicious café, and an amazing selection of Christmas decorations, giftware, and home decor to suit every need. Please pre-register.

Date: Wednesday, Nov 28

Time: Depart Sage at 10:00am

Location: Greenland Garden Center

Cost: \$15 for bus - must pay own lunch, etc.

Let's do Lunch is a group that comes together to venture out to new dining experiences. Must pre-register by the Friday before.

Date: Second Tuesday of the month

- **Sept 11** LUX Steakhouse (101st)

- **Oct 9** Oil Lamp Greek Restaurant (97st)

- **Nov 13** Kids in the Hall Bistro (The Hallway)

Time: Leave Sage at 12:30pm or meet at the restaurant at 1:00pm

Cost: Pay own lunch costs + ETS

River Cree Casino Outings Hop on Intrepid Charter's bus for a fun day at the casino. If you stay for four hours, you get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. You must pre-register.

Date: Monday, Sept 24 and Nov 26

Time: Depart Sage at 10:00am

Cost: \$5.00

QUESTIONS?

Give us a call! 780-423-5510

CLASSES

BrainFitness Classes Keep your brain in shape with these computer games designed to help you remember more, think faster, and improve recall! No previous computer experience necessary. Must pre-register.

Date: Mondays and Fridays for 4 weeks:

- Sept 7- Oct 1
- Oct 12- Nov 5
- Nov 19 - Dec 14

Time: 12:30-2pm

Location: Sage Computer Lab

Cost: \$29.00 each 4 week session

Blue Pencil Café (writing class) Join instructor Melle in this very popular writing course. Melle will offer guidance and direction on whatever type of written work you happen to be interested in. Must pre-register.

Date: Tuesdays, Sept 25 - Nov 13

Time: 9:30-11:30am **Cost:** \$40

Ukulele Classes Sage is strumming and humming! Come and join the fun with instructor Elaine Mann. Two class options:

- **Absolute Beginner:** Never held a ukulele and wonder if you'd like it? Several soprano ukuleles are available for you to try, and the first class is free! **Time:** 3:15-4pm
- **Multilevel:** For those with a little or a lot of experience. There will be strumming and picking styles for everyone. **Time:** 2-3:30pm

Date: Thursdays, 12 weeks starting Sept 13

Cost: \$20.00 - thanks to the [Edmonton Community Foundation](#).

Ukulele or Guitar Private Lessons Work one on one with instructor Elaine Mann to learn your choice of ukulele or guitar. Elaine can teach from absolute beginner to advanced. It's never too late to get started and learn! Call us for details.

Spanish for Seniors (Beginner and Intermediate) A great, fun, easy way to learn a new language. This course is a great introduction if you want to travel or just try something new! Must pre-register.

Date: Fridays - Sept 21 - Nov 9

Time: 12:30pm **Cost:** \$20.00

Computers for Beginners An introduction to computer basics, including learning how to use the mouse and working up to using the internet and e-mail. Classes will be offered in small groups. Must pre-register.

Dates: Sept 5,7,10,12,14,17,19

Oct 3,5,10,12,15,17,19

Nov 7,9,14, 16,19,21, 23

Time: 2:30pm

Cost: Only \$5 (for each set of 7 classes) thanks to ECALA grants.

Internet Security A free presentation from Edmonton Public library on how to stay safe on-line and on your computer. Must pre-register.

Date: Oct 31 at 2-3:30pm

Cost: Free

Social Media Basics Twitter, Facebook, Instagram...what are they? How do you use them? How do you create a profile and stay safe? Must pre-register.

Date: Nov. 14 at 2-3:30pm

Cost: Free

TED Talks Discussion Group TED Talks are influential videos from expert speakers on science, tech, creativity, and more. In this monthly group, we will watch and discuss a thought-provoking video.

Date: Last Wednesday of the month

Time: 1:30pm **Cost:** Free

Cree for Beginners Learn Cree at this weekly gathering! A great, informal opportunity to learn and share one of Canada's original languages, as well as to exercise your brain. Group is open to everyone and all skills.

Date: Tuesdays **Location:** Classroom A

Time: 12:00pm **Cost:** Free

iPad classes (6 weeks) Learn the basics of how to use an iPad in this 6 week course taught by an EPL community librarian. Must pre-register.

Date: Wednesdays, Sept 5 - Oct 10

Time: 2-3:30pm **Cost:** \$2.00 for all 6 weeks

Open to members and non members
Register at main reception or call 780-423-5510

INFORMATION SESSIONS

***New* Here's to Your Health Presentations**

Join Sage for presentations on different health related topics including diet, exercise, wellbeing and more. Offered the 4th Tuesday of the month at 1:30pm in the 3rd floor Boardroom.

- Sept 25 Activity & Home Exercise
- Oct 23 Cognition
- Nov 27 De-prescribing: when you are taking too many medicines

Legal Documents You Should Have A lawyer presenting on wills, personal directives, power of attorney and more. What are these important documents and why should you have them?

Date: Nov 20 at 10:30am Cost: Free

Types of Housing Explained - condos, apartments, long-term care, supportive living, assisted living...what do they mean? Join Sage's Housing Coordinator for this free, informative presentation. Pre-register.

Date: Oct 18 at 1:00pm

Mind Your Money: Monthly financial presentations with Wei Woo.

- Sept 12 Understanding Investment Fees with your Financial Institution 10:30am
- Oct 10 The Role of Mutual Funds in Retirement: Changing Trends 10:30am
- Nov 14 Mindful Investing: How to weather and prosper in fragile markets 10:30am

Funeral Pre-planning and Important

Conversations Nothing is certain but death and taxes, isn't that what they say? And yet dying, last wishes, funerals, and important documents are hard conversations to have. Join Dignity Memorial for a this free presentation. Must pre-register.

Date: TBA - either Oct 9 Time: 1:00pm

Canadian Seniors Benefits Learn about federal benefits and programs for seniors, and how to qualify for them.

Date: Mon, Sept 24 Time: 10:00 am Cost: Free



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OLD FAVOURITES

Tai Chi Introduction with Master Ken

Introduction to Tai Chi, including simple Tai Chi movements, warm up exercises, sitting and walking Tai Chi movements. Health benefits include improved balance, coordination and range of movement!

Date: Mondays **Time:** 9:30am

Location: Auditorium **Cost:** Free

Gentle Yoga Gentle, senior-friendly yoga. Can be done on a yoga mat or adapted to a chair. Open to everyone.

Date: Fridays **Location:** Classroom C

Time: 12-1pm **Cost:** Free

Zumba Gold A fun dance party with Latin-inspired dance styles. Zumba Gold simplifies the steps and makes them adaptable to all abilities. This is a great workout for everyone.

Date: Mondays **Location:** Auditorium

Time: 11:20am **Cost:** Free! Bring a friend!

Everyday Fitness (Sit and be Fit) Stay active with this easy and fun exercise series. Build strength and balance. All skill levels welcome.

Date: Thursdays **Time:** 10:30am **Cost:** Free

Seniors Line Dancing Classes A great opportunity to learn some line dances, have fun and meet new people! Workout your body while you workout your brain learning new steps. Limited spaces are available.

Location: Auditorium **Cost:** \$2.00 a month
Classes:

- **Advanced:** 12:15pm Wed & Fri
- **Intermediate:** 2:00pm Wed & Fri
- **Beginner:** 1:00pm Mon & 10:00 am Tue

Senior Social Dance A drop-in, multicultural opportunity for people who love social dance to come together and have some fun!

Date: Thursdays and Fridays

Time: 9-10:30am **Location:** Auditorium

Cost: Free

Walk & Talk Group Meet new people, get some fresh air and exercise with this group that takes a weekly stroll. Open to all skill levels. Walking poles may be provided.

Date: Wednesdays 1:00pm until end of October.

Wellbeing Series with Jennie Wilting Join Jennie, a retired nurse with a great sense of humour, as she discusses various topics relating to overall wellbeing. Talks are held at 1:30pm in the Classroom A on the 1st and 3rd Wednesday of the month. Beginning Sept. 19
Cost: \$1.00.

Jennie Wilting Discussion Group A discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. Meets at 1:30pm on the 3rd Tuesday monthly.
Dates: Sept. 18, Oct. 16, & Nov. 20

‘Brainiacs’ Drop-in Activity Group Challenge your brain with games and new tips and tools on how to maintain an active, healthy mind.

Date: 2nd & 4th Fridays of the month

Time: 10:00am **Cost:** Free

Location: Classroom B

The Sage Singers perform sing-a-long favorites every Thursday in the Sunshine Café. Join in! This is a fun-loving choir for all skill levels! Choir usually returns in September but are currently looking for a choir director.

Ludo A fun and easy board game that is a great chance to meet people. Instruction provided. Drop-in. Mon, Wed & Thurs at 1:00pm.

Crib Games with Margaret Play some crib and have some fun every Wed at 1:00pm in the Café.

Mahjong (Tile Game) Drop-in A great chance to play the world’s most popular tile game. Mahjong is very similar to gin rummy. Caution: highly addictive! Open to everyone.

Date: Mon - Thurs, lessons available on Wed.

Time: 1:00pm **Location:** Café **Cost:** Free

Drop-in groups, classes, games, and more that have become staples at Sage!

Scrabble Time Join in a fun game of Scrabble and spend time with some great people. If you've never played, this is a great time to start! Thursdays at 10:00 in the Café.
Cost: Free

Dominos with Udo & Jeff Drop-in and enjoy the fun of dominos. Instruction or a game - open for everyone to join in! Wednesdays from 10:00am - 1:00pm in the Café. **Cost:** Free

The Raye Dolgoy Bridge Club meets each Mon, Wed, and Fri from 11:30am - 4:00pm. The cost is \$1.50 per play. Open to everyone.

Ukulele Jam Sessions Grab your ukulele and join the fun in our newest drop-in group! Strum and hum along. All skill levels - open to all!
Date: Tuesdays **Time:** 1:45pm
Location: Café **Cost:** Free

Downtown Men's Shed Men's Sheds are a welcoming space for men to meet, have a coffee, visit, and decide on meaningful projects for the group to work on. Open to all skill levels and ages.
Date: Fridays at 2:00pm in Sage's Classroom A and Tuesdays at 7:00 pm at the Churchill Residence. **Cost:** Free

Kookum Senior Women's Group A group for senior women to get together, share stories, connect, and enjoy a cup of tea. Kookum is the Cree word for grandma. This group, led by Sophie Laboucan from Bent Arrow Healing Society, is open to everyone to join.
Time: 12:30pm **Location:** Class A
Cost: Free **Date:** Mondays - dates TBA. Call Sage or see calendar for future dates.

News & Views Group Drop-in for interesting conversation and a great chance to meet new people. Participants are encouraged to bring news clippings to discuss.
Date: Tuesdays **Time:** 10:00am
Location: Sage Café **Cost:** Free

EAL Chat Group A great chance to get out of the classroom and practice speaking English while meeting friends. Group has a volunteer leader. Open to all. Drop-in.
Date: Fridays at 10:00am
Location: Classroom C **Cost:** Free

Sage Tours New to Sage? Want to meet new people? Enjoy a tour of Sage lead by one of our friendly volunteers. Stay after the tour for reserved seating and live music at our monthly birthday party. Tours are the last Thursday of the month at 12:30pm. Meet at main floor reception. **Date:** Sept. 27, Oct. 25, Nov. 29

Questions about seniors programs and services?

211 now provides enhanced information and referrals for a variety of seniors resources



Dial 2-1-1 to be connected to the Seniors Information Phone Line

The Next Page Book Club meets the 2nd Thursday of every month at 1:00pm. The style of book will vary and is chosen by the group. All participants bring their own books. Held in the 3rd floor Boardroom.

Avon Calling! A chance to look at the latest Avon products, and to place or pick-up orders.
Dates: the 3rd Thursday of the month
Time: 11-1:00pm **Location:** Sage Café

Colouring Group Colouring is not just for kids! This is a great chance to express your creativity, de-stress, and meet new people. Tuesdays and Thursdays at 10:00am in the Café. **Cost:** Free

Oil Painting Drop-in Classes focus on creating small oil paintings. Use of colour, composition, and contrast will be taught. Drawing experience is not necessary and all skill levels are welcome.

Date: Fridays **Time:** 9:30am - 12:00pm

Location: Class A **Cost:** Supplies only (approx \$8/canvas and \$10 for paint and brushes as needed)

Device and Computer Help Drop-in for some one-to-one volunteer help: whether it is a computer question, Microsoft Word, emails, internet, laptops, iPad, cell phones, etc.

Date: Wednesdays **Time:** 10:00am - 12:00pm

Location: Computer Lab **Cost:** Free

Device and Computer help pre-booked 1-1 sessions are available if the drop-in sessions don't work for you. Call us for more for info.

Sage Monthly Birthday Party The last Thursday of the month at 1:00pm. This party is for everyone, so join in the fun, even if it isn't your birthday month! Sponsored by Dignity Memorial (Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert).

Date: Sep 27, Oct 31 (Halloween Party), Nov 29

Time: 1:00pm **Location:** Sage Café

Cost: Free Cake and Live Music!

SING! Seniors Intercultural & Newcomers

Gathering Enjoy sharing music while practicing English and meeting new friends.

Date: Thursdays **Time:** 11:45am-1:00pm

Location: Auditorium **Cost:** Free

Busy Fingers is a year round crafting group that meets every Tuesday in the Classroom A from 9:00 - 11:30am. Guidance and instruction is available.



*Taking you from
overwhelmed to settled;
chaos to calm.*

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PARTNERSHIP PROFILE



On May 9, 2018, we hosted the 12th Annual Sage Awards, *presented by Servus Credit Union*, to celebrate the outstanding contributions and accomplishments of people after reaching the age of 60. The celebration showcased the invaluable contributions of seniors, highlighting how deeply they enrich our communities and lives. Among Award Recipients this year, local pastor, trailblazer, and community champion Reverend Rick Chapman received the first ever Sage Award for his outstanding contributions to *Truth and Reconciliation* in our province.

CTV has been a strong supporter of the Sage Awards since their inception, helping us to promote both the event and the amazing work of the Sage Award Recipients. For the past several years, Stacey Brotzel, one of the anchors on CTV Morning Live, has been the enthusiastic champion and charming host of the Awards - her quick wit and warm personality continue to ensure that the Awards are truly a celebration worthy of the Nominees and Recipients.

Did You Know?

Headquartered in Edmonton, CTV Television reaches over 1.2 million viewers across north central Alberta. In May 1957, CFRN-TV fed the first Alberta network program. The live network arrived via microwave in 1957 in time for the World Series Baseball game. On October 1 1961, CFRN-TV became an affiliate of the CTV Network. Network colour transmission started September 1966 and mobile colour television units became operational in 1975. The Noon Show of the 1950s-60s had Don Brinton, Ed Kay, Norris MacLean and George Kidd.

In 1954, Morning Magazine had Laura Lindsay and Virginia Macklin. In 1994, it became Day by Day with Terry Lynne Meyer, and was then hosted by Seanna Collins. Also in 1990, CFRN-TV established regional newscasts located in Grande Prairie, Fort McMurray and Red Deer. 1997 saw Baton Broadcasting and Electrohome merge. In 1999, Baton Broadcasting changed its corporate name to CTV Inc, and by 2000, BCE (Canada telephone giant) through its subsidiary BGM (BellGlobeMedia) purchased CTV Inc.

THANK YOU TO ALL OF THE SPONSORS OF THE 2018 SAGE AWARDS!

Your partnership and financial support of the annual Sage Awards helps us deliver programs and services to the many seniors in our community who are experiencing abuse, isolation, and poverty. **We thank you!**



HEALTH SERVICES

9 QUICK SAFETY TIPS TO MANAGE YOUR MEDICATIONS

Johanna Trimble and Janet Currie
Canadian Deprescribing Network

Track your meds. It's up to you or your family to keep track of the drugs you are taking. Your medication list is unlikely to be available to all health professionals online!

Keep a list. For your safety, carry your own *updated* list and keep one on your fridge. Make sure to include over-the-counter drugs, as well as drugs prescribed by specialists.

Stick to one pharmacy. Try to fill prescriptions from one pharmacy so drug interactions are easily checked. Any pharmacy's list will only show what their pharmacy has dispensed to you and won't include everything you take.

Don't start a new drug when you're alone. It's rare, but if you have a severe allergic reaction you'll need immediate help. Never take a prescription drug that was prescribed to someone else.

Check your prescription. When you pick up your prescription order, check both your name and the drug name on the bottle. At times, people who have the same name have received the other person's drug.

Be aware of side effects and adverse effects. If you have a new symptom after taking a new drug, tell your doctor or pharmacist right away. It could be adverse effects from the drug itself or an interaction with another drug you already take.

Beware of the prescription cascade. Sometimes new drugs might be prescribed to deal with symptoms caused by a drug you are already taking. This is called the "prescription cascade" – a common example is being prescribed a new drug for stomach upset, which may be caused by a

drug you are already taking. Ask your doctor to consider whether new symptoms could be the result of the drugs and whether you should consider stopping a medication or reducing the dose.

Look out for changes. Tell your doctor how new drugs affect you and whether there's been a change for better or worse. If you see something (or feel something), *say something* (just like at the airport!).

Seniors are more sensitive to medications. Due to age-related changes in liver and kidney function, drugs should sometimes be prescribed to seniors at a reduced dose. Adverse drug reactions can start even if you have been taking a drug for a long time. Your doctor depends on you to raise issues of concern.

Do you have health-related concerns or questions? Visit our clinic and talk to one of our Nurse Practitioners!



HOME SUPPORTS

Winter is coming! Get referrals to reputable service providers who can do work around your home.

The **Seniors Home Supports Program** is a referral service that provides referrals to vetted service providers who offer snow removal, yard help, housekeeping, home repair and maintenance, personal services, and moving help.

Six seniors organizations across the city of Edmonton recruit, screen, and vet service providers to ensure they are reputable, and refer them to seniors requesting those services.

When you request a referral, you will be given a minimum of three options (if providers are available) to contact to discuss price and service options.

Westend Seniors Activity Centre	780-483-1209
North West Edm Seniors Society	780-482-1958
North Edm Seniors Association	780-944-7470
South East Edm Seniors Assoc	780-468-1985
Mill Woods Seniors Association	780-496-2997
South West Edm Seniors Assoc	780-860-2931

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6. Hunter's Chicken (pg. 19)
7. Baked Potato with Cheddar and Broccoli Sauce (pg. 33)

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