

Sage LINK

Seniors Association of Greater Edmonton January - March 2015

Call for Support

Sage's Support and Assessment program

One morning not so long ago, our Assessment Coordinator received a call from a senior who was angry and frustrated, and wasn't afraid to show it: he was calling for information on a request he had made regarding a subsidy that would help him pay to have his house cleaned. He had submitted an estimate of what it would cost to have someone come in and do a "spring clean" for him, and it was well past the time he should have heard back from us.

There was just one problem: Sage does not offer subsidies. This gentleman had called us in error. Our staff member let him know that he had called the wrong number, but didn't leave it there. She stayed on the line with him, and learned more about his situation. After speaking with him for a while, she let him know that while we couldn't offer him a subsidy, we could certainly help him find out what was happening with his request.

When we contacted the organization he had submitted his request to, we discovered that our senior had not followed the proper procedure, and as a result, his application was not being processed. More - he did not meet the minimum age requirement (85) to be eligible for the service, and had not submitted the information he needed to prove a medical need for it.

He had been waiting for a call that was never going to come.

People come to Sage for a variety of reasons. Often, the reason they come is not the reason they stay.

Our Assessment Coordinator got back in touch with the senior, who was understandably upset - if he had been frustrated and angry when he first called us, he was even more unhappy now! Still, our Coordinator stayed on the line with him, and because she did, she discovered that the problem the senior was dealing with was much bigger than finding a subsidy to get his apartment cleaned.

This senior was facing eviction. His landlord had told him that his "clutter" was causing an infestation of cockroaches, and that he needed to clean it up and have pest control come in to exterminate them.

But for our senior, this wasn't "clutter" - it was his collection, and he refused to allow exterminators through the door. He didn't understand that the cockroaches were a health hazard to both himself and to other tenants in his building. He was doing his best by trying to get a subsidized cleaning service.

Our Assessment Coordinator explained his efforts to the landlord, and asked him to postpone the eviction. We committed to supporting and advocating for this senior, and began to work on connecting him to the resources and services that could help him through this difficult time in his life.

...continued on page 5

Become a member of our new **SILVER THREADS** program! Turn to this issue's special insert for more details.



MESSAGE FROM THE PRESIDENT

D. Lynn Skillen

Active living. Optimal aging. Focus on wellness – phrases to guide Sage Board deliberations. To help seniors achieve strength in body, mind, and spirit, the Sage Board has overseen the development by Sage staff of a proposal for a Wellness Centre that would support all aspects of assisting seniors to be the best they can be for as long as they can. In 2013-2014, Sage staff members and the Board's liaison with the Edmonton Seniors Coordinating Council worked hard with the City of Edmonton, seniors and senior-serving organizations to develop the *Vision for an Age-Friendly Edmonton Action Plan*, an initiative to improve seniors' quality of life. A city that is friendly to seniors, is friendly for all ages, and contributes to wellness. Wellness is intimately connected with social, physical, psychological, and emotional health, and seniors' resilience for confronting life's challenges is affected by their level of wellness. Physical activity enhances wellness and encompasses many aspects of daily life, including the areas that are occupational, recreational, and domestic.

Sage Board members lead busy lives and know that they too need to build resilience for dealing with their responsibilities on a personal and professional level. Some are already seniors, others are years away from becoming seniors, but a recent poll demonstrated that Sage Board members are actively pursuing wellness. If not running, cycling, swimming, dancing, or golfing, they are going to aqua-fit, practising yoga, enjoying a therapeutic massage, or downhill skiing. Many do daily workouts, including power walks, elliptical exercise, or time on a treadmill, stationary bicycle, or exercise ball. Walking, aiming for 10,000 steps daily, and walking with dogs are favourites. Yard work, and gardening or snow shovelling keep them active too. For mental health and wellbeing, Board members describe time with family and friends, playing with grandchildren, meditating, reading, writing, listening to music, using Lumosity brain games and training, and trying to learn something new each day. Sage Board members are well aligned with Sage goals for optimizing seniors' health and wellbeing.

Board of Directors 2013-2014

| | |
|-----------------|-----------------|
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| President Elect | Barb Burton |
| Past President | Bauni Mackay |
| Secretary | John Schiel |
| Treasurer | Lindsay McGill |

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| Michael Phair | Joyce Tustian |
| Tammy Pidner | Anne Fanning |

Executive Director Roger Laing

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BOARD HIGHLIGHTS

The board and staff met for a strategic planning session in September, which was then followed by a board strategic planning session in October .

Roger Laing, Lynn Skillen, and Barb Burton met with Councilor Sohi and Councilor Knack to discuss Sage's role in the delivery of senior services, and the challenges to creating a more coordinated system of services.

The Sage Board welcomes Anne Fanning, who will stand for election to the board at the 2015 AGM.

STAFF CHANGES

Angela Clissold has joined our team as a Guardianship and Trusteeship Coordinator.

We welcome Carlina MacInnis as Sage's new Home Services Coordinator.

JoAnne Putko will be providing (casual) social work support for Sage, and Elaine Mann joins us as our English as Another Language Instructor.

Sage Staff Directory

| | |
|--|-------------------------------|
| Main Switchboard | 780-423-5510 |
| Life Enrichment - Rachel Tassone | 780-701-9016 |
| Home Services - Carlina MacInnis | 780-701-9007 |
| Home Services Assistant - Alexa Balen | 780-701-9011 |
| Home Service Requests | 780-701-9011 |
| Social Work Services | |
| Assessment and Housing - Kathleen Kelly | 780-701-9019 |
| Outreach - Deborah Miville | 780-701-9020 |
| This Full House (Hoarding) - Doneka Simmons | 780-701-9005 |
| Guardianship/Trusteeship & Co-Decision Making | 780-701-9013 |
| Shelley McGowan | |
| Guardianship/Trusteeship & Co-Decision Making | 780-701-9006 |
| Angela Clissold | |
| Housing & Multicultural Seniors Outreach | 780-701-9018 |
| Theresa Goba | |
| Safe House Intake | 780-702-1520 |
| Safe House Manager - Michele Markham | 780-628-1139 |
| Coordinators - Anjulie Talwar and Amanda Gravel | 780-426-3746 |
| Food Services | 780-701-9022 |
| Duncan Scott - Manager | 780-701-6022 |
| Uma Nath | |
| Jacqueline Giesbrecht | |
| Ernest Manning | |
| Sage Savories Orders | 780-701-9025 |
| Volunteer Services - Barb Carroll | 780-701-9014 |
| Administration | |
| Executive Director | Roger Laing 780-701-9001 |
| Director of Operations | Bernice Sewell 780-701-9002 |
| Administrative Coordinator | Emily Weisbrot 780-701-9009 |
| Director of Community Relations | Karen McDonald 780-701-9008 |
| Manager, Finance | Colleen Jahns 780-701-9003 |
| Community Relations Coordinator | JoLynn Parenteau 780-701-9017 |
| Communications Coordinator | Nicole Smith 780-701-9012 |

UNITED WAY FALL FUNDRAISING CAMPAIGN

Great thanks to everyone who contributed to our fundraising campaign to help raise money for the United Way!

As a community partner, Sage receives funding from the United Way for our Housing and Home Services programs,

and we are proud to be able to do our part to support all of the amazing work that the United Way does throughout our city and province.

Thanks to your generous support, we were able to **exceed** our goal of 4,000.00!





WELLNESS MATTERS

RESILIENCE

Barb Rankin

One day, without warning, Trish was laid off. She was shocked! She was frightened, angry, confused, and extremely stressed out. She felt like going to bed, and just staying there forever. Although she would have liked to have done nothing else but that, she knew that wouldn't be the solution. After taking a few deep breaths, she decided she needed to take some time to think about her situation. She also reminded herself not to panic.

Trish then decided to take the weekend to figure things out and make a decision on Monday. On Saturday, Trish called her sister for support and asked her for some advice.

One of the benefits of adopting a wellness lifestyle is that it makes you stronger: physically, mentally and socially. And from these strengths comes resilience.

On Sunday, Trish went for a long walk and visited a friend. On both evenings, she spent time searching the internet for job opportunities and avenues of financial support.

On Monday, Trish felt much more empowered and aware of her options. By Friday, she had found a part-time position that would allow her to earn some money while she was looking for full-time work. Trish knew that it would not be easy, but with the moral support of her friends and family, and a willingness to try, she knew she would be alright. She knew she was on the right track, and she knew that she was bouncing back!

All individuals bounce back differently from traumatic and stressful events. This ability to bounce back is known as resilience. Resilience is the process of adapting well in the face of adversity or significant sources of stress, such as serious health problems, family problems, financial stressors, and tragedies.

We are not born with this characteristic, therefore individuals must learn it by combining thoughts, behaviours, and actions. Happily anyone, with a little faith, can develop and nurture resilience.

Some factors associated with resilience are: the ability to make realistic plans that can be carried through, having a positive attitude, and possessing confidence in your abilities. Other beneficial factors are communication skills and being open to problem solving. All of these attributes can be developed with mindfulness and practice.

Tips for "Building Resilience"

- Maintain good connections with friends and family members that are close to you.
- Accept support from others when needed.
- Accept that change is part of living.
- Develop some realistic goals, and work on them regularly. Small accomplishments count!
- Maintain a positive view of yourself and remain flexible.
- Keep things in perspective. Try not to blow an event out of proportion.
- Look after yourself; tend to your needs and emotional feelings.
- Meditate and observe spiritual practices.

Keep in mind that this article is simply a guide to assisting you with developing your personal **Journey to Resilience**.

FEATURE PROGRAM

...continued from the cover

Because our Assessment and Support staff took the time to follow through on that first call to Sage (wrong number or not!) we were able to help this senior feel heard, connected, and confident.

Our staff were able to help him because we have important information about programs and resources, and can help seniors negotiate their way through what can be a complex system of supports.

By working together with this senior and his landlord, our Assessment Coordinator was able to help take care of the pest infestation issue, which prevented eviction. More than this, we were able to connect him to our This Full House program, where he is starting to address his hoarding issue and ensure that his home remains a safe and healthy place to live.

The social work staff in our Assessment and Support program offer assistance or resource information with many issues, including:

- health
- grief
- finances
- relationship issues
- mental health/emotional well-being
- elder abuse
- decision making options
- legal matters
- safety
- housing
- social and recreational opportunities
- filling out forms (CPP, OAS, GIS, etc.)

Call **780-425-5510** or visit our website for more information.

ASSESSMENT AND SUPPORT

Our mission at Sage is to inspire and support seniors to be the best that they can be. To do that, we have always looked beyond the category of “senior” to the person him- or herself.

We understand that we all age differently: we each have different needs, strengths, hopes, and interests, and life’s transitions will impact us in unique and sometimes unexpected ways. For that reason, we consider the whole person in all of the work that we do.

The extensive program of activities that are listed in this newsletter are just one part of a greater whole, a small but integral part of who we are. Much of our work today involves programs with a social work focus - programs that help older adults and their family members connect to the resources, services, and supports they need. We offer assistance and/or resource information with many issues, including health, finances, grief, mental health, emotional well-being, elder abuse, safety, legal matters, and social or recreational issues.

Our Assessment and Support program provides information, resources, and support to older adults and their family members. The social work staff in the program offer assistance with an array of issues. We begin by completing a comprehensive review of an individual’s needs, so that we can be sure that we are connecting our clients to the appropriate resources or services that they need. We help seniors and their families address the social, emotional, and psychological issues that impact their lives.

Clients who have more complex, ongoing needs are connected to our Outreach staff, who can offer longer-term and more comprehensive support.

Seniors and their families can contact our Assessment and Support Services staff by phone, email, or stopping by Sage. For your own convenience, we encourage you to book an appointment, however walk-in appointments can be accommodated.

PARTNERSHIP PROFILE

Sage is very happy to be able to announce a new partnership that will allow us to provide free, drop-in counselling sessions for people seeking help when they need it most.

This single-session therapy program is here when you are ready. The counselling team will support you, drawing upon your own strengths and abilities, and provide you with information that can help you create a plan for the change you most want in your life. They can also direct you to other services that are available in our community

This new service has been made possible through a partnership between Sage and five other Edmonton organizations: The Family Centre, Boys and Girls Clubs Big Brothers Big Sisters, the John Howard Society, and the Canadian Mental Health Association.

Counselling will be offered by Intern Therapists who are completing their Masters or PhD in therapy or other counselling areas. In addition to the extensive individual and group supervision these Intern Therapists receive, the service will use a team approach so that you can benefit from many perspectives to help you make the change you desire.

WHEN IS COUNSELLING AVAILABLE AT SAGE?

Drop-in Counselling is available at Sage every Tuesday between 10:00 am and 2:00 pm.

Please note that the last session is **one hour** prior to closing.

The service is drop-in only, and we are unable to take appointments.

Visit www.mysage.ca for more info, or contact the service team directly:

website: www.dropinyeg.ca
email: info@dropinyeg.ca

DROP-IN COUNSELLING

What to Expect

- Single Sessions are about 1 hour long. There is NO COST to you.
- The drop-in model works on a first come first served basis, so you may need to wait while the Intern Therapist serves someone else. We recommend bringing a book or something to pass the time.
- The Intern Therapist will consult a team of therapists during the session to ensure you receive the best possible service.
- When you come to this service, what you and the Intern Therapist talk about is private and confidential. The therapist cannot, and will not, freely share any information about you to others outside this service.
- If you need to come back for additional service, you may not get the same Intern Therapist, but the team is always available.
- Individual, couple and family therapy is available. Referrals to additional supportive services are provided if required.
- Call 2-1-1 for information on this, and other resources available for seniors in Edmonton.

DROP-IN SINGLE SESSION COUNSELLING

Drop-in counselling for individuals, couples and families at *No Cost*

For locations, dates and times or more information, please contact us

@ www.dropinyeg.ca
Call 211®



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“I love living here. I’ve really enjoyed the people I’ve met at the different programs as well as on the trips!”

— *Joan Schnettler, Touchmark resident*



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SAGE FIELD TRIPS JANUARY - MARCH 2015

Join us as we venture out and about! Day trips are open to members and non-members. We ask that you **PRE-REGISTER** for our field trips. Please call Rachel at **780-701-9016** or main floor reception at 780-423-5510 for more information or to register.

Dim Sum Lunch Pacific Rim Mall Chinatown

Date: Tuesday, January 27
Time: Depart Sage 11:00 am

Enjoy a delicious Dim Sum lunch featuring delicacies like steamed dumplings, pork buns, and more. Best for those seeking an adventure for their taste buds! Must register by January 26.

Cost: \$17 members, \$20 non-members (plus cost of ETS bus fare)

ESO & Winspear Overture Session

Date: Thursday, February 5
Time: Depart Sage 11:30 am

The Edmonton Symphony Orchestra and the Winspear Centre invite you to a one-hour information session and backstage tour. Hear about the history of the ESO and the Winspear, and their vision for the future, and take a fascinating backstage tour. Lunch and beverages are provided! Register early as spaces are limited!

Cost: Free - includes lunch and tour

St. Josaphat Cathedral Tour

Date: Tuesday, March 24
Time: Depart Sage 12:30 pm

This Ukrainian Catholic cathedral in McCauley, Edmonton is one of the best examples of Byzantine Rite church architecture in Canada.

Cost: \$5.00 plus ETS bus fare

Cabaret at Mayfield Dinner Theatre

Date: Wednesday, April 22
Time: Depart Sage 9:45 am

A delicious, elaborate brunch buffet followed by a show featuring the Broadway smash-hit "Cabaret". Hurry! Limited seats available. A bus will take us directly from and back to Sage.

Cost: \$90.00 including brunch, show and bus

River Cree Casino Monthly Outing

Date: Jan 26, Feb 23, Mar 23
Time: Depart Sage 10:00am

Hop on the Lions bus the 4th Monday of the month for a fun day at the casino. Includes voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. You **must** pre-register.

Cost: \$5.00 payable to Lions bus at departure

LUNCHES, PARTIES & MORE open to members and non-members

Chinese New Years Celebration: join an amazing celebration ringing in the Chinese New Year featuring dancers, line dancing, Mahjong demo, goodies and more!

Date: Friday, February 20

Time: 1:00 pm

Location: Auditorium

Cost: Free

St. Patrick's Party: join Sage for a 'mostly' Irish celebration. Get up and dance a jig or just sit back and enjoy the live music. Food and drinks can be purchased at the Café, where the monthly lunch will have a St. Patrick's theme.

Date: Tuesday, March 17

Time: 1:00 pm

Location: Sage Café

Cost: Free

Monthly Lunch Group: join Sage the 3rd Tuesday of every month for an opportunity to meet other members and enjoy a delicious lunch, including a main course, dessert and tea/coffee for just \$8!! Enter a draw to win the next month's lunch for free. Purchase tickets by the Fridays before.

Date: January 20, February 17, March 17

Time: 11:30 am

Location: Sage Café

Cost: \$8 members/ \$10 non-members

Let's do Lunch is a group that gets together on the second Tuesday of each month at 12:30pm (1:00pm at restaurant) and ventures out to new dining experiences. Call Sage to register.

Jan 13: Yianni's Greek Taverna (Whyte Ave)

Feb 10: Cactus Club (Jasper Ave)

Mar 10: Boston Pizza (Mayfield Common)

Sage Monthly Birthday Party: help us celebrate birthdays the last Thursday of every month at 1:00pm with birthday cake and **live entertainment**. 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) and Memories Funeral Home (13403 St. Albert).*

Dates: January 29, February 26, March 26

Location: Sage Café

Cost: FREE Cake and Live Music!

IT'S GAME TIME!

The Games Room is on the main floor of Sage and is always open to members and non-members alike. Come and play scrabble, checkers, board games, or work on puzzles!

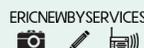
SAGE SNAPSHOTS



In October, Sage partnered with **Eric Newby Services** to offer affordable portrait sessions for seniors. Each session included help with hair and makeup, one 8X10, and two 4X6 photographs for only 10.00!

We are hoping to offer a second session this spring, and include an opportunity for multiple people and family portraits!

Please contact Rachel at **780-701-9016** to learn more about this great opportunity!



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SAGE PROGRAMS, COURSES AND MORE January - March

Learn to Paint Series: a 12 week class on the basics of drawing, how to paint, mixing colour and more. Designed for beginners. Must register by January 5.

Date: Mondays, January 12 - April 13

Time: 1:00 pm

Location: Craftroom

Cost: \$119.00 including art supplies

Zumba Gold: a fun dance party with Latin-inspired dance styles. Zumba Gold simplifies the steps and adapts them to all abilities. This is a great workout for everyone! Made possible with a Women in Motion grant.

Date: Wednesdays, January 14 - February 18

Time: 11:30 am

Location: Auditorium

Cost: Free (snacks included)

We All Fall Down - Easy Steps to Prevent Falls: don't wait until it is too late! Everyone is at risk of falling, even if you are perfectly healthy. Join retired nurse Barb Rankin to find out some simple steps to keeping safe and a few good habits to remember. Pre-register.

Date: Wednesday, January 21

Time: 10:30 am

Location: Sage Room

Cost: Free

Better Balance Classes (Slips, Trips & Falls Prevention) presented by a U of A Physical Therapy student clinic: is your balance less than it used to be? Is changing a light bulb too difficult to do? Do you tire easily by performing a simple task? Join us for a one hour intense balance and exercise class to help restore your balance! The Better Balance Classes will help older adults reduce falls, and improve physical function and balance. Please call Rachel for details: 780-701-9016.

Date: Mondays, January 12 - March 30

Time: 2:30 - 3:30 pm

Location: Sage Auditorium

Cost: \$5 per session - drop-ins welcome!

Senior's Line Dancing Classes: a great opportunity to learn some line dances, have some fun and meet new people! Workout your body while you workout your brain learning new steps.

Date: Wed & Fri starting Feb 4

Time: 1:15 - 3:15 pm

Location: Auditorium

Cost: Free

Strum & Hum - Ukulele for Beginners: learn the basics of ukulele as an instrument to accompany singing. This course will teach you ukulele basics, a few chords, picking and strumming styles, and how to play a major scale. Ukulele skills can be transferred to a guitar. Classes to begin in February. Phone Rachel at 780-701-9016 for details.

Spanish Classes for Seniors: for traveling and fun! Six sessions of Spanish for seniors: Basic/Intermediate and Conversational. Also, learn some Spanish songs and Latin-American cultural activities. Taught by an experienced and qualified Spanish-speaking teacher. Space is limited - register early!

Date: Fridays, February 20 - March 27

Time: 12:30 - 2:30 pm

Location: Classroom B

Cost: \$20 for 6 sessions

BrainFitness Information Session: thinking of signing up for BrainFitness but want to learn about it first? This is an opportunity to learn about Sage's one-of-a-kind program to help keep your brain sharp. BrainFitness has been proven to help you think faster, and improve memory and balance. Spring classes begin in April. Pre-register.

Date: Thursday, February 26

Time: 10:30 am

Location: Craftroom

Cost: Free

BrainFitness and Insight Classes: keep your brain in shape with these computer programs designed to stimulate your mind and enhance visual memory. Students in previous classes have reported great results! These programs require no previous computer experience and are guided by an amazing instructor who focuses on holistic health. Register now for the January 2015 session - spaces are limited so register early!

Date: Mondays, Tuesdays and Fridays
Time: am/pm class available starting Jan 9
Location: Sage Computer Lab
Cost: Only \$75 - thanks to ECALA grants

Mahjong (Tile Game) Lessons: a great chance to learn the world's most popular tile game. Mahjong is very similar to gin rummy. Caution: highly addictive! Open to everyone. (No gambling allowed). Pre-register.

Date: Fridays, March 6 - 27
Time: 10:00-11:30 am
Location: Craftroom
Cost: Free

Bridge Lessons: an opportunity to learn to play the game of bridge or freshen up your skills. Offered by Raye Dolgoy Bridge Club's game director Henry Chung. Call 780-701-9016 for more information. You **must** pre-register.

Date: Wednesdays & Fridays
Time: 10:00 - 11:00 am
Location: Sage Raye Dolgoy Room
Cost: \$50.00 for 20 learn to play lessons, or \$5.00 for a specific/refresher lesson.

Biblical Interpretation of Scripture: How can we effectively interpret the Bible? Join us for a series of *non-denominational* classes focusing on using principles found in the Bible to correctly interpret Scripture. Learn this 'art and science', presented by Rev. Harry Maik, and discover the true meaning of what the Scriptures present. Everyone welcome! Please pre-register.

Dates: January 16, 23, 30
February 6, 13, 20, 27
March 6, 13, 20
Time: 2:00 - 3:30 pm
Location: Craftroom
Cost: FREE

COMPUTER CLASSES

open to members and non-members

iPad for Beginners Session - presented by EPL: for those who want to learn more about using an iPad and the many features it offers. Also learn to access EPL info, books and more from your iPad. Bring your own iPad if you can or use one of the few demos. Pre-register.

Date: Wednesdays, January 7 or February 4
Time: 2:00 pm
Location: Boardroom
Cost: FREE

iPad Advanced Session - presented by EPL: hands-on session on iPads for those who have their own iPad and want to learn more about it. Must bring your own iPad. Pre-register.

Date: Wednesday, March 11
Time: 2:00 pm
Location: Boardroom
Cost: FREE

Beginner Computers: 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. Call Rachel at 780-701-9016 for class dates and times and to pre-register.

Location: Computer lab
Cost: Only \$5.00 thanks to ECALA grants

Device Day: need help operating some of your new high-tech gizmos and gadgets? Then Sage's new program is for you! Work one-on-one with high school students to learn more about your new-fangled-technology! For more information, call Rachel at 780-701-9016.

Computer Sessions: Beginner Internet, Facebook, Skype or Twitter are being offered in small groups or one-on-one sessions. These classes will be lead by a volunteer-instructor and only cost \$5 each thanks to ECALA grants. Please call Rachel at 780-701-9016 to register for the session you need.

FREE DROP-IN ACTIVITIES AT SAGE open to members and non-members

Conversation & Connections Group a weekly group that is a great chance to meet new people and visit. Coffee and tea provided.

Date: Wednesdays, February 4 - March 25

Time: 10:00-11:00 am

Location: Small Meeting Room

Conversational Chat Group for seniors learning English. This informal chat group, hosted by a volunteer group leader, is a great chance to practice your conversation skills with others. Refreshments provided.

Date: Tuesdays

Time: 12:00 pm

Location: Sunshine Café

'Brainiacs' Drop-in Activity group have fun challenging your brain with training games, and learning new tips and tools on how to keep an active, healthy brain. A great chance to meet people and share some laughs. Held the 3rd Thursday of the month.

Date: January 15, February 19, March 19

Time: 10:00 am

Location: Raye Dolgoy Room

Holistic Twist an informal, twice per month gathering to share ideas or articles on wellness and holistic lifestyle topics, including nutrition, exercise and brain teasers.

Date: 2nd & 4th Wednesdays of the month

Time: 1:30 pm

Location: Craftroom

Scrabble Time join in a fun, monthly game of scrabble. If you've never played, this is a great time to start!

Date: 1st Thursday of month

Time: 10:00 am

Location: Sunshine Café

Avon Calling! A chance to look at the latest Avon products, and to place or pick-up orders.

Dates: Jan 15, February 19, March 19th

Time: November 10-2pm, December 11-1pm

Location: Sage Café

Sudoku Class learn how to do these simple math puzzles, or come and sharpen your skills. They are not only fun but keep your brain sharp too! Offered the 2nd Wednesday of the month.

Date: January 14, February 11, March 11

Time: 10:00 am

Location: Sage Room

Monthly Movie & Popcorn come and join us in Classroom B at 1:00pm on the third Friday of the month for a movie and popcorn. Cost is \$1.00 for popcorn. (Note: No movie in February due to Sage's Chinese New Year's celebration).

Jersey Boys January 16

Monuments Men March 20

The **Jennie Wilting Discussion Group** features interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group, which meets on the 3rd Tuesday monthly.

Dates: January 20, February 17, March 17

Drop-in Travel Films join us each Monday as we travel around the globe.

Date: Mondays

Time: 1:00 pm

Location: Sage Lobby

The **Happy Travelers Slide and Video Shows** are on the 3rd Thursday of each month 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 and toonie donations for Sage.

January 15: Spain and Portugal

February 19 & March 19 - Destination TBA

Poet's Corner: hosted by Kevan Lyons do you write poems, have a favorite poem you would like to recite, or want to be an audience member? Join Sage the 3rd Tuesday of the month for this great drop-in program.

Dates: January 20, February 17, March 17

Time: 1:00 pm

Location: Sunshine Café

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What is Biidly?

Biidly is an online marketplace helping non-profits like Sage raise money to support our programs, by providing a way for donors like you to support the things you care about while receiving something of value in exchange.

On **Biidly**, we partner with businesses who offer products, services, and event opportunities at a wholesale cost. Any money raised above the wholesale price goes to support Sage. It's that easy! Support a local business and a great cause simultaneously through one simple online purchase!

Sage's online auctions start **December 1**. Visit www.biidly.com to find out more, and register to bid on these fabulous travel packages - all from the comfort of your home:

- Golf Getaway for two at Arnold Palmer's Bay Hill Club and Lodge in Orlando, Florida
- Enjoy a Broadway Package (for two) of your choice in New York
- Escape the Winter to white beaches in Mazatlan Mexico (for two)
- Enjoy what Hawaii has to offer (for two)
- Go to a live taping of Dancing with the Stars in LA (for two)

Share the love! If you know anyone who loves unique experiences and would like to support Sage at the same time, tell them to visit **Biidly!** You can find all our listings by entering 'Sage' in the search bar on the **Biidly** homepage.

Give us your feedback. **Biidly** is being built around the needs of non-profits and charities and they're asking for your feedback. Let us know what you like, don't like, or would like to see available on **Biidly**. Any suggestions are welcome!

GROUPS AND CLUBS Sage members only

The **Raye Dolgoy Bridge Club** meets every Mon for Competitive Bridge, and Wed and Fri for less formal Bridge games, from 11:30 am-4:00pm. Cost is \$1.00 per play. Anyone wishing to learn how to play or wanting to fresh their bridge skills is welcome to register for lessons. Register by calling (780)701-9016.

The **Busy Fingers** is a year round crafting group that meets every Tuesday in the craft room from 9:00-11:30am. They are currently focusing on knitting and crocheting. Come and join this amazing group as they create beautiful pieces. Instruction and guidance is available.

The **Next Page Book Club** meets for a new reading adventure on the 2nd Thursday of every month at 1:00pm. The style of book will vary. Please register at the front desk.

Snap-Happy Photography Group: do you love to take pictures and want a chance to show them off or discuss them? Do you need some help using your digital camera? Join Sage's

photography group! We meet the 2nd Thursday of every month at 10:30am.

Over The Rainbow Discussion Group

A support group for gay, bi-sexual, or transgendered seniors, and/or seniors who would like to understand their gay family members. We meet every Thursday at 1:00pm. Drop by, phone Jeff at 780-474-8240 or email tuff69@telus.net. This group is free to join!

The **Sage Singers** perform sing-a-long favorites every Thursday in the Sunshine Café. This fun group meets from 10:45am-12:30pm for a warm up and then performance. Join in! This is a fun-loving choir for all skill levels!

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



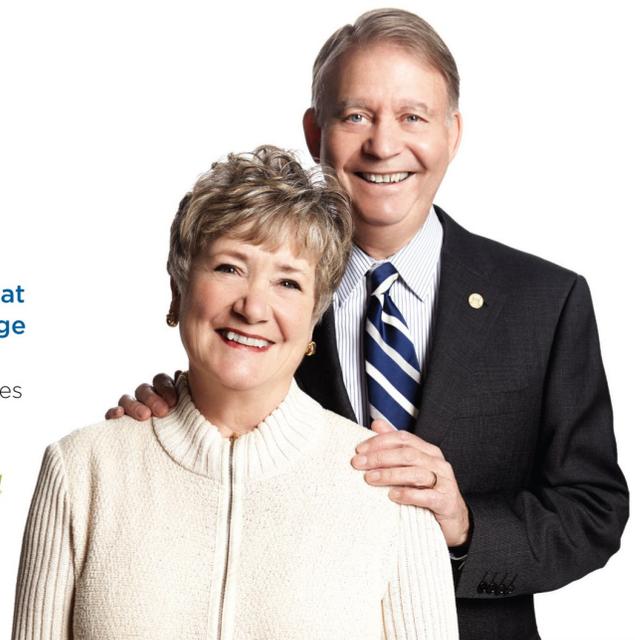
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As a health and wellness therapist, I enjoy helping seniors maintain a rich quality of life while they reside in their homes. I believe that wellbeing and mental health can be encouraged through building close relationships, socialization, and participating in stimulating engaging activities. With my psychology background and experience/education in Recreation and Art Therapy, I am passionate about senior's wellness and eager to enrich lives one by one through these approaches.

Benefits:

- increased coping skills
- lowers stress and anxiety
- lowers depression
- increased self-confidence

Offering:

- Private art/recreation therapy sessions (mentally stimulating activities such as arts and crafts, music, reading, games, and walks)
- Mentoring/companionship (One on one emotional and psychological support)

The initial consultation is free; as a personalized assessment and follow through is my priority for your individual need.

Contact info

Office: 780.490.8530

wendy_msc@shaw.ca

PRESENTATIONS & INFORMATION SESSIONS everyone welcome!

Seniors Information Session: topics include Alberta Seniors Benefit, Property Tax Deferral Program, Dental and Optical Assistance for Seniors, and Special Needs Assistance. Pre-register.

Date: Thursday, January 22

Time: 1:00 pm

Location: Classroom B

Cost: Free

Service Canada Presentation: a presentation on Government of Canada benefits like CPP, OAS and GIS, including info on the application process and more. Pre-register.

Date: Thursday, January 22

Time: 2:15 pm

Location: Classroom B

Cost: Free

Foot Care & Comfort Presentation by Sweet Soles Inc. Learn about the importance of addressing foot and leg needs, such as arch supports, compression stockings, diabetic socks, proper slippers, and more. Pre-register.

Date: Tuesday, March 10

Time: 10:00 am

Location: Sunshine Café

Cost: Free

Fraud and Identity Theft Prevention:

Presenter: Edmonton Police Detective Bill Allen with cohost Weichurn Woo of Mackie Research: Learn how to protect yourself and your loved ones from the most common scams, frauds, and identity theft that target seniors. The presentation will include common internet scams, such as sites impersonating RCMP or Police requiring payment to avoid persecution, telephone scams, Nigerian 419 scams, lotteries and inheritance requiring advance payment, and door-to-door sales scams. Pre-register.

Date: Tuesday, February 24

Time: 10:30 am

Location: Boardroom

Cost: Free

Wellbeing Talks with Jennie Wilting: a series of topics related to your well-being. Jennie is a retired nurse with a wealth of knowledge and experience related to matters of the mind, and a sense of humor sure to hit the funny bone! Come to one or come to all. Held at 1:30 pm in the Craftroom. Register at least one day prior to the session.

Dates:

- January 7 - Passive Aggressive Behavior
- January 21- Manipulation
- February 4 - Neurosis
- February 18 - Anger
- March 4 - Guilt
- March 18 - Worry

Cost: \$1.00 per session

Legal Documents You Should Have: Lawyer presenting on essential planning documents like personal directives, power of attorney, and wills. Pre-register.

Date: Tuesday, February 3

Time: 10:00 am

Location: Sage Room

Cost: Free

MEMBERSHIP SURVEY

From time to time, seniors' centres increase their membership fees. Sage's membership price is currently among the lowest in Edmonton.

We are exploring the idea of only charging members for benefits they would use, rather than increasing the price of our membership for everyone.

We invite you to fill out a survey and give us feedback on the ideas that we are considering. The survey is available at Sage and on our website (mysage.ca) until **January 30, 2015**.

Tell us what you think!



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HEALTHY U - reading ingredients and nutrition labels

Ingredients lists are useful for people with food allergies and for people who want to avoid or limit certain ingredients for health reasons.

Reading labels and using Canada's Food Guide is a great way to make the healthiest food choices for your family. Read the ingredients label and the nutrition facts label before you purchase food. You will learn different things from each label.

Ingredients label

Food packages list all the ingredients that are used to make the food. This list is always written in order of amounts: the package will contain the most of the first ingredient and the least of the last ingredient listed.

Read the ingredients list and avoid foods that use the words: shortening, hard margarine, butter, hydrogenated oil or partially hydrogenated oil. They will contain unhealthy fat.

Nutrition facts label

The nutrition facts label provides information about one serving of the food. Each package usually holds more than one serving. The label will tell you the amount of fat, cholesterol, sodium, carbohydrates (fibre and sugar), protein, vitamins (A and C) and minerals (calcium and iron) contained in one serving.

The % daily value shows whether a food is high or low in nutrients. As a quick guide,

- 5% is low - the food provides a small amount of the nutrient.
- 20% is high - the food provides a large amount of the nutrient.

Food terms

Saturated fat: a solid fat that makes unhealthy fats in your body.

Trans fat: similar to saturated fat, but usually made artificially. Trans fat is found naturally in small amounts in milk and some meat, but most of the trans fats we eat comes from processed foods.

Unsaturated fat: sometimes called mono-unsaturated or polyunsaturated fats, these types of fats are healthy fats.

Unsaturated fat is found in olive and canola oil, flax seeds, peanuts, avocados, seafood, fish, nuts and sunflower seeds.

Non-hydrogenated margarine: a healthy fat/margarine choice because it is not made with hydrogenated oil.

Carbohydrate: includes starch, sugar and fibre.

Carbohydrates are nutrients found in grains, vegetables, fruits and milk products.

Fibre: a material found in plant foods. It helps food move all the way through your digestive system.

Protein: a material found in meats and meat alternatives such as eggs, lentils and nuts. It helps build many parts of the body, including muscle, bone, skin and blood.

Sodium: a mineral found in our soil (dirt). It is used in table salt and packaged foods. Our bodies need a little bit of sodium, but too much is not healthy.



The information on this page has been taken from Healthy U - a public education program that supports Albertans in leading healthier lives by providing them with access to information on healthy eating and active living. Visit their website at www.healthyalberta.ca to see resources, activity ideas, recipes, and more!

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Questions about seniors programs and services?

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CAREGIVING

A caregiver is a family member or friend who provides unpaid care for a loved one living with challenges due to disability, illness, or aging.

Sometimes, when we are busy taking care of someone else, it can be easy to set our own needs aside, and that can threaten our own physical, emotional, and mental health and wellbeing.

Jo Horne's "**Caregiver's Bill of Rights**" reminds to include our own wellbeing in our consideration of care.

If you are or know of a caregiver who needs support, resources, or information, visit the **Alberta Caregivers Association** online at www.albertacaregivers.org, or contact them at 780-453-5088 or (toll free) 1-877-453-5088.

A Caregiver's Bill of Rights

by Jo Horne

I have the right:

- To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my loved one.
- To seek help from others even though my loved one may object. I recognize the limits of my own endurance and strength.
- To maintain facets of my own life that do not include the person I provide care for, just as I would if he or she were healthy. I know that I do everything I can for this person and I have the right to do some things just for myself.
- To get angry, be depressed and express other difficult feelings occasionally.
- To reject any attempt by my loved one [either conscious or unconscious] to manipulate me through guilt, anger or depression.
- To receive consideration, affection, forgiveness and acceptance for what I do for my loved one for as long as I offer these qualities in return.
- To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.
- To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer needs my full time help.
- To expect and demand that as new strides are made in finding resources to aid physically or mentally challenged and ill persons in our country, similar strides will be made toward aiding and supporting caregivers.

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DIRECTORY OF SENIOR SERVICES 2015

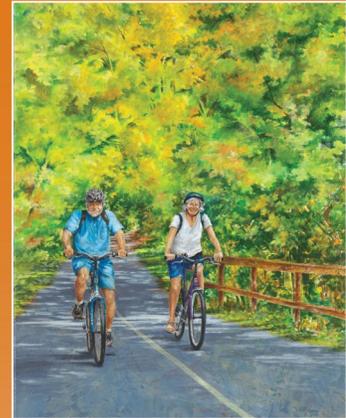
Sage's Directory of Senior Services contains over 250 pages of information on seniors' services - including a one hundred page section dedicated to housing. This **FREE** resource can be picked up at 600 locations across Edmonton, including seniors centres, grocery stores, government offices, Sage, and other senior serving organizations.

Look for it on our website at www.mysage.ca.

- Finance
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- Transportation
- Clubs, groups, and centres
- Help at home
- Volunteer opportunities
- Checklists and guides
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Directory of Senior Services 2014/2015



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VOLUNTEER SERVICES



If you are interested in volunteering with Sage, please contact Barb Carroll, Volunteer & Human Resources Coordinator at **780-701-9014** or by email **bcarroll@mysage.ca**.

A powerful sense of mission influences all that we do at Sage. We want every Edmonton senior to live a full and healthy life, to do as much as they can, as well as they can, for as long as they can. To do this well, we need great volunteers who are eager to join that mission. Sage offers interesting, fun, and engaging opportunities for volunteers of **all ages**.

Current Volunteer Opportunities:

- Communications Assistant
- Food Services
- Sunshine Café Host/Hostess
- Home Services Referral Clerk
- Receptionist
- Computer Instructors (one on one)
- Cards and Games Coordinator
- Book Club Coordinator
- Photography Group Coordinator
- This Full House Assistant



Looking for something fun and friendly? Try ZUMBA Gold!

Thanks to a grant from Women In Motion, Sage was able to offer a **free** Zumba Gold class throughout November. The class has been a popular opportunity for people to get together and get active, and includes time to socialize over snacks afterwards! We are happy to be able to continue to offer the class in January and February. See **page 10** for details!

2014 INCOME TAX VOLUNTEERS WANTED!

Sage partners with the Canada Revenue Agency through the Community Volunteer Income Tax Program to provide free tax preparation services for lower income seniors with simple tax returns. Our income tax preparation clinic runs from **early March through the end of April, from 9:00 am to 4:00 pm, Monday through Thursday**. The clinic is run by appointment only, and Sage provides all necessary equipment (computer, printer, and software).

We are currently looking for volunteers who can commit to at least one half-day per week during March and April, and who have some experience in preparing simple income tax returns.

We also would welcome a volunteer who would be willing to provide income tax preparation services in the residences of seniors who have mobility issues. Your own vehicle is required and Sage will reimburse for kilometers driven. Sage will also provide the computer, printer and software.

Training sessions will be provided through a webinar by Canada Revenue Agency, with additional on-site training provided by Sage.

To volunteer for this important program, please contact Barb Carroll in Volunteer Services. For more information about how the program can help, contact Colleen Jahns, Finance Manager, at **780-701-9003**.



FIND US ON FACEBOOK!

Facebook is a great way for us to share news, events, and activities with you! **Joan Carlson**, who has been a Sage volunteer since 2007, will be helping us keep our page current and full of news and ideas! Like our Facebook page and stay connected!



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Awards Categories

Arts & Culture • Community Building • Education • Environment
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Sport & Leisure • Transportation

Nominees and Award Recipients will be honoured at our 9th Annual Sage Awards Luncheon on April 15, 2015. Nomination forms are available:

phone: 780-701-9017 email: jlparenteau@MySage.ca online at www.MySage.ca