

What's Inside

Message from the Executive Director	2
Directory	2
Announcements	3
Volunteer Services	4
Friendly Wellness Check in Program	5
Life Enrichment Programming	6
The Power of Partnership	8
2020 Virtual Seniors Forum	8
Program Spotlight: DRAGONFLY	11

We are currently working off-site but our hours are the same.

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

October 12
November 11
December 25 - January 1

sage LINK



Sage Vignettes: Historical Glimpses

Meeting the need – 2006-2020 (Part 1)

Val Chymko

This is the fourth installment in a series of vignettes looking back at the history of Sage Seniors Association during our 50th year. All through this retrospective, a common theme has come to mind: *meeting the need*. During the past fifteen years the society

has proven its flexibility in responding to a great many immediate and long-term needs of seniors in the community. This first installment will cover endeavors in which Sage has taken the lead to *meet the need*.

continued on page 10...

MESSAGE FROM THE EXECUTIVE DIRECTOR



It's now been six months since the COVID-19 pandemic disrupted services at Sage, and profoundly impacted the lives of community members, staff, and volunteers in so many ways.

While it's been a time of unprecedented challenges (at least in my lifetime), it has also been a moment that has shone a light on the best of our community. Even though we have been physically apart, the efforts made by so many people to build virtual connections and to reach out to others to offer a hand, has been extraordinary.

It's been heartening to see many of you participating, often for the first time, in virtual Life Enrichment and Ageing to Sageing programs by phone and computer. Skills, friendships, and connections are being made in new ways!

I've been inspired by the deepening of collaboration and partnership between organizations working together to respond rapidly to the changing needs in our community during the pandemic. Examples include

partnering with Drive Happiness, the Edmonton Seniors Coordinating Council, Meals on Wheels and others to package and deliver over 500 personal protective equipment packages, 250 hygiene packages and 400 activity packages to seniors who are physically distancing or isolating during the pandemic.

The summer and autumn have provided a bit of a reprieve by allowing for meetings with family and friends outdoors. As we move into winter, I encourage you to prioritize creative ways of staying connected to Sage, as well as family and friends. Check out the calendar of virtual programs at Sage, as well as at many other seniors' centres in Edmonton, for new and interesting programming.

Nothing will replace the pleasure and deep connection that comes with seeing you all face to face. Please know that Sage is still 'here', in a somewhat different way, working hard to provide the services and programs that are needed during these difficult times. Please reach out and connect with us!

All the best,

Karen McDonald

DIRECTORY

Board of Directors

President	Joyce E. Tustian
President Elect	Kathleen Thurber
Secretary	Tammy Pidner
Treasurer	Tammy Pidner

Members at Large

Sharon Anderson	Kathy Classen
Cathy Giblin	Hubert Kammerer
Peg Quinn	Gregory Springate
Michael Solowan	

Main Switchboard	780-423-5510
Fax	780-426-5175
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
Guardianship / Trusteeship	780-423-5510 x.404

email: info@mysage.ca **website:** www.mysage.ca

Social Media

Facebook: Sage Seniors Association
Twitter: @sageyeg

15 Sir Winston Churchill Square
Edmonton, AB T5J 2E5



ANNOUNCEMENTS

DIRECTORY OF SENIORS SERVICES

The 2020-21 Directory of Seniors Services is nearing completion - we plan to send out copies of this essential resource in October. For more information, or to request a copy, please call **780-423-5510**.

STAFF ANNOUNCEMENTS

Help us welcome the following new staff, and existing staff in new roles:

Kimberley Punko

Housing & Assessment Coordinator

Gabriela Sanchez Castro

Administrative Coordinator

Grace Lam

Assessment, Multi-Cultural Outreach Supports & Housing Coordinator

Laura Schultz

Intensive Care Coordinator

Theresa Goba

Triage Coordinator

Lorelle Wittingham

Community Relations Coordinator

Hersi Hamdi

Project Coordinator - Directory

ANNUAL GENERAL MEETING

The 2020 AGM will take place virtually on Tuesday, October 27 at 10am. Proposed changes to the bylaws will be voted on at the meeting. Members are invited to RSVP by leaving a message at **780-809-9417**. Please note that advanced registration is required.

Sage will call you back to confirm your membership, and send you a copy of the meeting package, along with instructions on how to join via Zoom or by phone. Proposed changes to the bylaws will also be made available for review by members on request.

Sage's Board of Directors has determined that given the current context of COVID-19, a virtual meeting poses less risk to Sage's members, given that older adults are more at risk of severe outcomes should they contract the virus.

Responsible *stewardship.*

We are comforted knowing our endowment with Edmonton Community Foundation is professionally managed. The proceeds will always be directed to specific causes we have identified.

This is important to our family.

Salma & Dr. Zaheer Lakhani



Give. Grow. Transform.

Call 780-426-0015 or visit our website www.ecfoundation.org

**EDMONTON
COMMUNITY
FOUNDATION**

VOLUNTEER SERVICES



Barb Carroll
VOLUNTEER COORDINATOR

While the Sage building is closed, we miss the constant activity provided by seniors and (especially!) our volunteers. We miss the chatter. We miss the sound of laughter. We miss the sharing of stories. We miss the social activity. We miss the sound of singing and ukuleles. We miss the ideas and feedback. We miss connecting in person.

During this pandemic, Sage volunteer roles have been suspended or have been modified to be done virtually or remotely. Life Enrichment volunteers are providing activities virtually via Zoom Online/Phone-in programs. Friendly Check-In Callers, Income Tax Volunteers, and Admin Support Volunteers are providing essential services remotely.

A big shout out and thank you to the volunteers who have been able to help us out during the pandemic. One thing never changes – we can't do it without you!

Friendly Check-In Callers: Anita, Anusha, Brenda, Carolyn, Elsie, Gail, Janetta, Jolene, Marion, Nicole, Patricia, Sabrina, Seamus, Shannon, and Wilma.

Admin Support: Carol, Lauren

Life Enrichment: Margaret, Brenda, Sonia, and Tanya

Income Tax: Bones

During this quickly evolving COVID 19 pandemic, information changes from day to day and minute to minute. As we follow the recommendations of the Chief Medical Officer of Health to practice physical distancing and limit the number of times that we leave our home, you may find yourself feeling socially isolated and lonely. Most of us are used to getting out daily, perhaps coming to Sage for a volunteer shift or to participate in Life Enrichment activities or to just meet our friends for coffee or lunch in the Sunshine Cafe. To have all of that stop suddenly is harsh, to say the least. It's normal to feel isolated and lonely

when it is recommended that we stay indoors and interact less with people plus dealing with the uncertainty about how long this all will last.

It is important to take care of your mental health and the roller coaster of emotions that we are all feeling.

Here are some small steps that you can take every day to address your emotional and mental health needs:

Get Physically Active Go for a walk, try home work out programs, participate in Gentle Yoga or Zumba through Sage's virtual Zoom calendar.

Maintain Social Connections. Chat by phone, use social media, video chats, send a letter or card through the mail, attend on-line or by phone activities, receive a regular check-in call from one of Sage's Friendly Check-In Callers.

Keep the Big Picture in Mind This pandemic will not last forever, restrictions will end.

Be Selective About Your Media Consumption Consuming constant content about the coronavirus can cause heightened distress. Limit TV news, be mindful of social media posts and where the info is coming from, read articles or watch programs who focus on helping, inspiring and staying positive.

Focus On Things You Can Control What measures are you taking to keep yourself and family safe? Examples include washing hands, wearing a mask when indicated, physical distancing, and limiting unnecessary social contact.

Find Support If you are concerned about your mental health, seek support. Some options: Sage Social Work Team 587-773-1764, Health Link 811, AB Mental Health Helpline: 1-877-303-2642, CMHA Distress Line: 780-482-4357

FRIENDLY WELLNESS CHECK-IN PROGRAM

The Friendly Check-In Program connects isolated seniors to volunteers who foster a genuine human connection that can help combat loneliness. A Friendly phone call not only provides an informal chat and emotional support but also helps the senior maintain connection to their community.

Friendly Callers can assist seniors with connection to Sage services and programs as well as community resources and information. Currently, over 400 seniors receive a regular check-in call from a Sage volunteer. Call **780-423-5510 ext. 5** to be added to the list.

BECOME A FRIENDLY CALLER!

Friendly callers brighten the days of lonely seniors in the community, enhance their well-being, and connect them to resources. If you have a some extra time and want to put it to good use, please contact Barb Carroll at bcarroll@mysage.ca or leave a message at **780-701-9014**.

St. Andrew's Centre

12720 - 111 Avenue Edmonton, AB T5M 3X3

Providing comfortable & quality housing to independent seniors for over 20 years.

Call us to today and find out why we're the best choice for dynamic seniors.



For more information
(TEL) 452 - 4444
(FAX) 452 - 7567

Veritas

Seniors Concierge



Some services are:

Companions	Personal Care	Dementia Care
Healthy Meals	Respite Care	Alzheimer's Care
Errands	Mobility & Exercise	Hospital Discharge
Housekeeping	Palliative Care	Live-In Care

Peace of mind care occurs where you call home.

Meaningful Work,
Meaningful Relationships

Call: **780-975-7927**
for your Complimentary Home Visit

care@veritasseniors.ca
www.veritasseniors.ca

Bonded Licensed & Insured

LIFE ENRICHMENT PROGRAMMING

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

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

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

UPCOMING PROGRAMS: OCTOBER THROUGH DECEMBER

PLEASE NOTE: By registering and participating in any online programming provided by Sage, you are providing Sage with access to your name, contact information, and other personal information that you may share. You give Sage permission to use this info to contact you, and to keep track of your participation for internal purposes. You can stop participating, and withdraw your personal information at any time. Online programming may be less private and confidential than face-to-face programming, as you may not know everyone who is listening or watching.

Everyday Fitness Drop-in with Brenda

Stay seated while keeping fit with simple movements, exercises, and stretches.

When: Mondays, 10-11 am

Meeting ID: 657 878 2877

Busy Fingers & Craft Group with Tanya

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

When: Tuesdays, 11 am–12 pm

Meeting ID: 657 878 2877

New Day

Sing-a-long with Elaine Drop-in

Join Elaine for all of your sing-a-long favourites. Special Christmas sing-along Dec 15 and 22

When: Tuesdays, 1-2 pm

Meeting ID: 225 573 6467

Gentle Yoga with Sydney

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

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

Meeting ID: 657 878 2877

New!

By using the Zoom link or toll-free number to call-in or join in the activity online, you acknowledge the risks involved.

Please also note that it is your responsibility to be aware of the risks associated with the activity and to safely guard yourself by ensuring that you are physically capable of the activity, that you exercise safely, and that you do not participate beyond your capabilities. Please consult a medical professional before beginning any exercise regime.

Gentle Yoga with Sonia

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

When: Wednesdays, 1-2 pm

Meeting ID: 657 878 2877

Zumba Gold with Carina Drop-In

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

When: Wednesdays, 2-3 pm

Meeting ID: 657 878 2877

Ukulele classes with Elaine

A great way for ukulele enthusiasts to come together and learn. Must pre-register.

Level 1 - Beginners

When: Thursdays, 11:00am-12:30 pm

Meeting ID: 657 878 2877

Level 2 - Beyond Beginners

When: Thursdays, 1:30-3:00 pm

Meeting ID: 657 878 2877

DATE-SPECIFIC PROGRAMS

Coffee Group Drop-in

A weekly get together to have discussions, chat, visit, and even see some friendly faces or hear familiar voices over the computer or over the phone.

When: Fridays, 10-11am
Meeting ID: 657 878 2877

New Day

Live Music with Margaret Drop-in

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

When: Every 2nd and 4th Friday 1-1:45 pm
Meeting ID: 657 878 2877

Dinner and a Movie

Watch the suggested movie, buy the suggested ingredients, and ZOOM together! To get the movie suggestion, ingredient list, recipe and Zoom Link, just email rtassone@mysage.ca at least one week before the program date.

When: 1st and 3rd Friday 4pm (online only)
Meeting ID: 657 878 2877

Love to Learn Monthly Series Drop-in

October How to buy a cell phone: tips and advice to consider before you buy. Presented by YMCA Digital.

November How to buy a computer: Getting the right technology. Presented by YMCA Digital

When: Last Mon every month, 1:30-2:30 pm
Meeting ID: 657 878 2877

Staying Well & Thriving during Uncertain Times: Finding Opportunities for Positive Change Workshop Series

Libby Kostromin, Grief and Loss Facilitator at Jewish Family Services Edmonton, facilitates this free webinar that focuses on building our strengths and wellbeing in the midst of, and Please join for all 4 sessions. Space is limited to 15 participants. Pre-registration is required. E-mail rtassone@mysage.ca or call 780-701-9016 to register .

When: Oct 19, 26, Nov 9,16, 1-3 pm

Healing Through Writing Workshop

Join author and instructor Adele Fontaine for this free, 4-week workshop as she shares how writing is a great tool for healing. Space is limited to 12 participants. Pre-register by email rtassone@mysage.ca or calling 780-701-9016.

When: Thurs, Oct 22-Nov 12, 3:15-4:15pm

Managing Mental Health & Wellness Series

Join Sage's mental health therapist to discuss topics related to mental health and wellbeing for eight weeks in October and November. Drop-in.

When: Fridays in Oct and Nov
11:15am-12:30pm

Meeting ID: 657 878 2877

Climate Change Focus Group

Join us for an interactive discussion about how climate change is affecting your community. Maximum 10 people per session. A \$25 gift card will be mailed to all attendees. Pre-register today by emailing rtassone@mysage.ca or Calling 780-701-9016.

When: Friday October 30, 2:15pm

TED Talks

Watch interesting talks about a wide variety of topics and discuss afterwards. Online participation recommended.

When: 3rd Monday of the month
Meeting ID: 657 878 2877

Introduction to Ancient Egypt

Join Dr. David Silverman, Professor of Egyptology, on a guided tour of the mysteries and wonders of this ancient land.

When: Wednesdays, Nov 18-Dec 16, 3:30 pm
Meeting ID: 657 878 2877

“Go Ahead and Shoot Me” Book Reading and Discussion

Join author Doug Heckbert, a former probation officer, as he shares a collection of stories about real people that convicted of real crimes Please RSVP by emailing rtassone@mysage.ca

When: Monday, November 23, 1:30pm
Meeting ID: 657 878 2877

THE POWER OF PARTNERSHIP

Sage has worked closely with the Multicultural Health Brokers since 2006, when the Multicultural Seniors Outreach Program was created to serve isolated, at-risk immigrant and refugee seniors. The program provides support to enhance seniors' capacity to access resources and broaden their social networks through collaborative case management with a Sage Social Worker, English language classes, collective kitchens, urban gardening and other community development projects. COVID-19 has had a profound impact on this group of seniors.

The Multicultural Health Brokers also operate a Grocery Run program to assist clients experiencing food insecurity by providing culturally appropriate food on a weekly basis. In April, Sage received a small amount of funding from HelpAge Canada to allow the Grocery Run program to be able to serve 180 immigrant and refugee seniors through the Multicultural Health Brokers. This funding allowed the Grocery Run program to provide weekly food hampers to 180 seniors for a period of three months.

With assistance from the School of Public Health at the University of Alberta, the Multicultural Health Brokers have also created a nutritional calculator to ensure that each

person is receiving enough food. By inputting the age, gender, and number of people into the family, the calculator will output the nutritional requirements based on the food items commonly distributed. Fortunately, the Multicultural Health Brokers also received additional funding through the Edmonton Community Foundation to continue providing food hampers at an increased capacity to those in need throughout the COVID-19 pandemic.

In the true spirit of partnership, Sage also facilitated a connection between Drive Happiness, Edmonton's non-profit seniors assisted transportation organization, and the Multicultural Health Brokers, which allowed Drive Happiness' volunteer drivers to be able to safely deliver the food hampers to seniors across the city.

Sage has also been able to increase its social work capacity with funding provided through the Government of Alberta's Social Services Support for COVID-19 grant. Through this, we have been able to increase the capacity of the Multicultural Health Brokers to serve immigrant and refugee seniors who have been further isolated due to the pandemic. If you would like more information on the Multicultural Seniors Outreach program, please call **780-701-9018**.

2020 VIRTUAL SENIORS FORUM

Registration Opens October 6!

Join us for a free, four-day online Seniors' Forum November 18 - 21. This forum will include breakout sessions, musical performances, and facilitated conversations about wellness, self-care, housing, and community support.

What does health and wellness look like during a pandemic? Join us for a variety of sessions that focus on strength, ability, information-sharing, and problem-solving. This four-day virtual forum will create a safe space for seniors to connect, access resources, and have questions answered.

- Join us by phone or online!
- Connect with seniors and over 50 seniors-serving organizations
- Discover valuable skills and resources to build resiliency
- Listen to uplifting stories from seniors in your community
- Get the answers you need to important questions you have

Registration opens October 6, 2020

Call **780-701-9020** for information.

KEEP YOUR INDEPENDENCE. STAY IN THE HOME YOU LOVE

STAIRLIFTS

PORCH LIFTS



**RAMPS
POWER CHAIRS
POWER SCOOTERS
ELECTRIC BEDS
PATIENT LIFTS
LIFT CHAIRS
AIDS FOR
DAILY LIVING
...AND MORE**



FINANCING & GOVERNMENT FUNDING AVAILABLE



**FREE
"NO OBLIGATION"
QUOTES**

NORTH - Northgate Center
9499 - 137th Avenue
Phone: (780) 406-3500

SOUTH
5920 Gateway Boulevard NW
Phone: (780) 434-3131

Shop online: www.healthcaresolutions.ca

Meeting the need – 2006-2020 (Part 1)

... continued from page 1

Development of Senior Social Work Services

Assessment and Support is the first point of contact for seniors, their families, friends, and caregivers who have identified a need for information, guidance, and support. Since 2004, staff have helped seniors navigate what are often complex systems that can be confusing and overwhelming. In our Housing program, social workers assist seniors to increase their knowledge of housing options in the Edmonton area, including information, referrals, and help to secure safe and affordable housing.

This Full House

In 2007, funding was received for delivery of a new program designed to help seniors dealing with the effects of hoarding behaviour. This Full House also offers a monthly drop-in support group for seniors who are negatively impacted by hoarding behaviour.

LGBTQ Drop-in Group

In 2011, Sage initiated a weekly drop-in group for members of the LGBTQ community, followed in 2012 by the beginning of the very popular annual Strawberry Tea.

Multi-cultural, Immigrant and Refugee Outreach; English as Another Language

In 2006, Sage became more extensively involved in Multicultural Seniors Outreach. The purpose of this program is to seek out and enhance the wellbeing of at-risk immigrant and refugee seniors. Sage began offering classes in English as another language, then shifted to providing space for the Mennonite Centre for Newcomers to teach their classes. In 2017, at the suggestion of an instructor, Sage began the SING! Intercultural Choir. This intercultural chorus helps immigrant, refugee, and newcomer seniors practice their English skills and make social connections with others.

Ageing to Sageing

This program leverages the strengths of seniors and nurtures relationships between older people, schools, other agencies, families and children in Edmonton. Sage's Community Animators host processes, make connections to larger systems, and find resources to support seniors working to make a difference.

Men's Shed

In 2017, Sage's Community Navigators began working with community volunteers to explore the idea of creating a Men's Shed in the Edmonton area. Sheds are welcoming, inclusive spaces that allow men to share skills, participate in informal learning, and build relationships; thereby decreasing loneliness, depression, and isolation. Since then Sage has helped to start five Men's Sheds across Edmonton.

Seniors' Wellness Centre

In 2010 exploration began on the possibility of a Seniors' Wellness Centre at Sage. In 2018, approvals, planning and renovations had come to fruition and Sage launched the Health Services program, based on a model where Nurse Practitioners provide services that are offered at any medical centre. These include annual check-ups, health assessments, treatment of chronic and acute illness, prescriptions and refills, and referrals to specialists. Health Services at Sage focuses on holistic health and makes referrals to our social workers when needed - and the social workers are also able to refer clients to Health Services.

Join Val on Oct 22 as she presents the History of Sage to celebrate Sage's 50th Anniversary!

Drop-in by phone or online 10:30 - 11:30am

Join Zoom Meeting at
<https://zoom.us/j/6578782877>

Meeting ID: 657 878 2877

Staying vital during a pandemic

When the WHO declared that the spread of the Covid-19 virus had reached pandemic proportions, no one could have anticipated how much our lives would change, or for how long. These are uncertain times. But over the past several months, even though its doors have been closed, Sage has continued to support seniors by:

- Continuing to offer the opportunity to consult with Social Workers and Health Services staff
- Producing a weekly Health and Wellness newsletter loaded with invaluable information on how to cope physically and mentally during the isolation and uncertainty of the pandemic
- Continuing to maintain operations at the Seniors Safe House

- Offering opportunities to connect, learn, and participate in Life Enrichment activities via Zoom (on-line or by phone)
- Recruiting *Friendly Callers* to bring a weekly ray of light into the lives of isolated seniors
- Continuing to work collaboratively with other groups and agencies to monitor ongoing developments during the pandemic

Suffice it to say, that during this 50th year of Sage's existence, we see an organization that continues to do whatever is necessary to meet the needs of seniors.

Stay tuned for Part 2, which will cover projects Sage has either played a role in, collaborated on, or acted upon to benefit seniors as a social demographic now and into the future.

PROGRAM SPOTLIGHT: DRAGONFLY

DRAGONFLY (Building Resilience and Responding to Seniors Frailty) is a quality improvement project designed to identify older adults with moderate frailty, and work with them to improve their resilience and health.

What is Frailty?

Frailty is a medical condition of reduced function and health in older individuals. Getting older doesn't necessarily mean someone is frail, but it does increase the odds of developing frailty. Things like inactivity, poor nutrition, social isolation or loneliness, and multiple medications can contribute to frailty. When you are frail, your body does not have the ability to cope with minor illnesses that would normally have minimal impact if you were healthy. With frailty, these minor stressors may trigger rapid and dramatic deterioration.

The DRAGONFLY project includes health and social work staff who do assessments on the phone and/or in person, and refer seniors to needed resources. The project is open to seniors who wish to refer themselves, and to those with or without current health supports.

Call the Sage DRAGONFLY team for more information: **780-809-9402**

How to AVOID Frailty

from the Canadian Frailty Network

A

Activity: Strengthen your muscles, get your heart beating.

V

Vaccinate: Help your body to fight infections.

O

Optimize Medication: Multiple medications may interact poorly, leading to unwanted side effects.

I

Interact: Older adults with strong social relationships live longer, healthier lives.

D

Diet & Nutrition: Food is fuel - and medicine!

sage

Sage Seniors Association



We're doing things a little differently,
and we're staying safe.

**NOW OWNED BY VRS COMMUNITIES
AND UNDER NEW MANAGEMENT**

Our 'new normal' way of living at Garneau Hall, though different for the time being, continues to offer seniors the benefits of a safe, connected, service-oriented community, with the security of knowing that someone is available 24/7 should they need assistance. A premium walkable location close to shopping and amenities, **call us today to book your private tour 780.433.3177**

**ALL INCLUSIVE LIVING • DINING
SOCIAL ACTIVITIES • HOUSEKEEPING**



sales@garneauhall.com | 780.433.3177
garneauhall.com | 10923 Whyte Avenue, Edmonton