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sage LINK



We are currently working off-site but our hours are the same. The Seniors Safe House is operating as normal.

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

Thursday, July 1
Canada Day

Monday, August 2
Heritage Day

Monday, September 6
Labour Day

SENIORS' WEEK IN ALBERTA: A VIRTUAL CELEBRATION

Seniors' Week in Alberta will be celebrated from June 7 to 13, 2021, and is an opportunity to celebrate seniors and their contributions to our communities.

Following public health measures, many organizations have organized safe ways to recognize and support seniors in their communities.

Engagement initiatives during Seniors' Week include:

virtual recognition events, campaigns that promote community awareness of seniors' issues, information sessions relevant to ageing and combatting ageism, theatre shows with curbside takeout, performing acts of kindness, and so much more!

Read on to learn about more about what's happening during Seniors' Week!

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MESSAGE FROM THE EXECUTIVE DIRECTOR



Warmer weather and longer days is the balm we all need after such a challenging winter.

June saw us celebrate Seniors' Week, which ran from June 7 to 13 and was a time for Albertans to show appreciation for seniors and all that they contribute to our

province. I hope you had the opportunity to participate in some of the special virtual programs that Sage hosted for Seniors' Week – including our Sage Awards! Congratulations to all of our award recipients and nominees. This year's awards recognized and celebrated older adults who have stepped forward during the pandemic to inspire and support each other and their communities. Hearing the stories of contributions from older adults throughout the pandemic has been inspiring for our team.

I hope over the warmer months you are able to get outside and safely enjoy all that Edmonton has to offer. We are so fortunate to have outdoor spaces like the river valley and other parks that allow us to gather with family and friends. Please continue to follow public health guidelines as we start to get back to our new normal and book your appointments for second doses of vaccines as soon as you are eligible.

I am hopeful that our Fall Link Newsletter will include details of a return to in-person programming. Over the coming months our team will work hard to ensure that our new normal will feature safe, accessible programs and services for our community. We know how important in-person connections are and we look forward to seeing you all again in our building. Wishing you all good health and a happy summer.

Karen McDonald

DIRECTORY

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President Elect	Michael Solowan
Past President	Joyce Tustian
Secretary	Gregory Springate
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Sharon Anderson	Kathy Classen
Cathy Giblin	Hubert Kammerer
Anne Smith	Arielle Whitham
Faye Dewar	Paul Taylor

How to contact us:

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Edmonton, AB
T5J 2E5

Email info@mysage.ca

Online www.mysage.ca

Facebook Sage Seniors Association

Twitter @sageyeg

Main Switchboard	780.423.5510
Fax line	780.426.5175
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



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ANNOUNCEMENTS

ANNUAL GENERAL MEETING

Sage held its Annual General Meeting on May 11, and welcomed four new board members Anne Smith, Arielle Whitham, Faye Dewar, and Paul Taylor.

We would like to thank our departing board members Tammy Pidner and Peg Quinn for their service to Sage over the years.

Kathleen Thurber has now moved into the President Role, with Joyce Tustian now serving as Past-President. We would like to welcome Michael Solowan as our new President-Elect, and Gregory Springate as our new Treasurer/Secretary.

STAFF UPDATE

Welcome back Carlina MacInnis, who has returned to Sage in the new Strategic Communications and Design position.

FREE WILLS CLINIC

Sage, in partnership with Pro Bono Students Canada (PBSC), is offering assistance with the completion of Power of Attorney, Personal Directives, and Wills for low-resourced seniors who qualify for this service. An income assessment will be completed by the students to verify qualification for this free service. All documentation will be completed virtually by the students with the senior and reviewed and signed by a lawyer to ensure accuracy. For more information, or to book an appointment, please call **780.492.8287**.

SENIORS' VIRTUAL FORUM

From September 27, 2021 - October 1, 2021, Sage will host a free, virtual Seniors Forum from 9am-5pm daily. The Forum will include presentations and facilitated conversations about wellness, self-care, housing, and community support.

For more information, please visit: www.seniorsforum.ca.

LIFE ENRICHMENT SUMMER BREAK

Sage's Life Enrichment program will be taking a break from:

- **July 26 to August 6; and,**
- **August 23 to September 6.**

If you would like to join in programming during those times, the Edmonton Seniors' Center Without Walls might be a suitable option. The Edmonton Seniors' Center Without Walls offers a variety of interactive telephone-based social and health programming, free of charge. You can access all these programs with your phone from the comfort of your own home.

For more information, or to register, please call the Edmonton Southside Primary Care Network at **780.395.2626**.

A program calendar can be found on their website at www.espcn.ca/SCWW.

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VOLUNTEER SERVICES



Barb Carroll
Volunteer Coordinator

A warm hello to all of the volunteers, from all of us.

You're on our minds and in our hearts and you mean so much to Sage. We really miss "seeing" you in person and are hoping that it will not be too long before we are all together again at Sage. We know the community of Sage volunteers continues to support each other outside of Sage during these uncertain times. Together we will get through this.

Would you like to connect up and see each other, engage in some socialization and catch up with each other?

A **Virtual Volunteer Gathering** has been organized for **Wednesday, June 23 from 1-2pm on Zoom**. If you have access to the internet, you can join in using your computer, tablet or Smart phone or you can participate by phone-in (everyone can hear you and you can hear them, there is just no video component).

If you are interested in attending, **please RSVP by June 21** to Barb Carroll via email at bcarroll@mysage.ca, or call and leave a message at **780.701.9014**.

A big thank you goes out to our volunteers who dedicated their time and skills to remotely providing another successful Telephone Income Tax Clinic this year.

Diane Johanson, Donna D., Lori Holowaychuk, Margaret Rutherford, Eric Storey and Carol Benoit provided essential behind the scenes admin support to record phone messages and book the income tax appointments.

Income Tax Preparers provided their expert skill set over the telephone to complete over 1300 taxes for low income seniors. Many, many thanks to: Colleen Jahns, Donna C., Heather P., Jeff Weber, Wendy Miller-Journault and Bones. Your continued dedication to this program, year after year, is so greatly appreciated!

Income Tax preparation for low income seniors will continue, on a much smaller scale, until the end of the year.

For more information on income tax preparation services, please visit: www.mysage.ca/help/income-tax-preparation.



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SENIORS' WEEK IN ALBERTA: A VIRTUAL CELEBRATION

Celebrate Seniors' Week by joining in on a variety of events happening in Alberta:

VIRTUAL LUNCH 'N' LEARNS

Age Friendly Edmonton is hosting a free, virtual series of Lunch 'n' Learns during Seniors' Week. The Lunch 'n' Learns will be hosted on Zoom and livestreamed on Facebook:

- **Ways to Succeed in Aging in Place:** June 7, 12-1pm. To register on Zoom: <https://bit.ly/3wIlye8>. To watch live on Facebook: <https://www.facebook.com/events/2591652254304998/>.
- **Ageism and Aging: Upsides-Downsides:** June 9, 12-1pm. To register on Zoom: <https://bit.ly/3bF8ulz>. To watch live on Facebook: <https://www.facebook.com/events/615994946026909/>.
- **Building Connections in a Post-COVID World:** June 11, 12-1pm. To register on Zoom: <https://bit.ly/3u3velo>. To watch live on Facebook: <https://www.facebook.com/events/159240452745678/>.

THE SAGE AWARDS

The 14th Annual Sage Awards, presented by Servus Credit Union, will take place during senior's week, virtually on Friday, June 11, 2021, from 10:30a.m. - 12:00p.m., and will be free of charge to all who wish to attend.

Every year, the Sage Awards recognize older adults who are trailblazers, and this year is no different. As our world grapples with the COVID-19 pandemic, we hear stories daily of how seniors have stepped forward to continue to inspire and support each other and their communities. For ticket information, please visit: www.mysage.ca/events/awards.

HINTON DRIVE-THRU BARBEQUE

On June 7, the Hinton Centre (965 Switzer Drive) located in Hinton, Alberta, is hosting a free, drive-thru barbeque lunch! Drive to the parking lot, and lunch will be delivered to your car. Free ticket is required, please call **780.865.6036** for more information.

OLDS SENIORS' WEEK SPECIAL TREAT

From June 7 - 11, the Town of Olds is celebrating seniors by giving them free treats during Seniors' Week!

To get your free treat on each respective day, please go to each drive through and ask for the Seniors' Week Special Treat:

- Monday: Tim Hortons - medium coffee/tea (East location by Wendy's);
- Tuesday: A&W- Buddy Burger;
- Wednesday: Dairy Queen - small cone;
- Thursday: McDonalds - small fries;
- Friday: Bean Brokers - muffin or cookie.

For more information on events happening in Alberta, please visit: <https://www.seniors-housing.alberta.ca/events/>.



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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! Most 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

NEW PROGRAMS

Shared Mic Podcast Series

What is a podcast? Join us and find out! A podcast is like the old days of radio but available online. And this specific podcast series, The Shared Mic, is Edmonton's first unscripted, intergenerational podcast. Two people of different ages and stages come together to interview each other about shared life experiences to find connection. A wide variety of interesting topics are covered. This podcast series is hosted by Age Friendly Edmonton. Each session we will learn about podcasts, listen to a specific Shared Mic podcast and then have a discussion about the podcast's content. This is a great opportunity to learn, discuss, and to meet new people. Pre-register. Available online or phone-in. To register, email life@mysage.ca or call 780.701.9016 and receive the Zoom link and information package.

When: 2nd Monday monthly: July 12 (register by July 5), August 9 (register by August 10), September 13 (register by September 7).



PHYSICAL ACTIVITY DISCLAIMER

This symbol indicates that the activity requires some physical exertion. 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, exercise safely, and do not participate beyond your capabilities. Consult a medical professional before beginning any exercise regime.

Do's and Don'ts on Funeral Planning Ahead

Join us for a candid conversation about planning a funeral ahead of time so your family will be better prepared. We will walk you through a few easy steps on how to protect you and your family by planning ahead. Everyone who attends will receive a Free Personal Planning Guide and a no obligation private consultation with a Family Service Counselor in person or virtually. Presented by Dignity Memorial. Available by drop-in, online, or by phone,

When: Monday, July 19, 1-2pm

Meeting ID: 657 878 2877

Better Choices Better Health: Chronic Pain Self-Management Program

This is a pre-registered, free, 6 week virtual workshop provided by Alberta Health Services. You will learn techniques to control your pain, tips for healthy eating and becoming more active, strategies for talking with your health care team, methods for dealing with your difficult emotion, options for making your everyday tasks easier, ways to take care of yourself to enjoy a better quality of life. Workshop is done with the online platform Zoom (www.zoom.us). Support persons, family and friends are also welcome! To join you need a device (e.g., computer, laptop, smartphone) that connects to the internet and has a camera and a microphone. You will want a private space to attend the workshop. To register, email selfmanagement@ahs.ca or call 780.735.1080.

When: June 21 - July 26: Mondays, 9:30am-12pm.

Connecting Through Writing Workshops

Join author and instructor Adele Fontaine in this free, 4-week workshop as she shares how writing is a great tool for expressing yourself, connecting, and healing. She will encourage participants to write, share, and work through life experiences. 12 participants max. Pre-register before each series deadline by emailing life@mysage.ca or calling Rachel at 780.701.9016 and you will be sent the Zoom link or phone-in information.

When: Series 1 - Thursdays, June 24 - July 22 (no class July 1), 3:15-4:15pm. Registration deadline June 22. Series 2 - Thursdays, September 9 - 30, 3:15-4:15pm. Registration deadline September 7.

Meditation with Sonia Drop-in

Available online and by phone. In these monthly sessions group leader, Sonia, will guide the group through meditative exercises and breathing. Please see waiver for Physical Activity before joining this activity.

When: The 3rd Friday of the month starting September 17 (no classes July and August,) 12:15-1pm

Meeting ID: 657 878 2877

ONGOING PROGRAMS

Tai Chi with Master Ken Drop-in

Good for the mind and body, these Tai Chi classes are great for all skill levels. Join us via phone-in (you will hear his explanations but not be able to see Master Ken performing the Tai Chi movements) and Online. *Please see waiver for Physical Activity listed below before joining this activity.

When: Mondays, 9:30-11am. No class July 26, August 2, 23, 30, and September 6.

Meeting ID: 657 878 2877

Device and Computer Help with Dennis

Do you have questions about how to use your device or computer? Our volunteer Dennis can help! Contact Sage Main Reception at 780.423.5510 and request to set up an appointment with Dennis.

Line Dance Mondays Drop-in

Not your typical line dancing, especially now when it is individual and from your own home! Join instructor Nancy in this unique line dancing class that mixes tai chi movements and easy dance moves accompanied by a mix of popular songs.

When: Mondays, 11:15-12:15pm. No class July 26, August 2, 23, 30, and September 6.

Meeting ID: 657 878 2877

Busy Fingers and Craft Group with Tanya

Drop-in by phone or online. Join Sage's Busy Finger and Craft Group volunteer Tanya as you work on your knitting, crocheting, crafts or doodling while enjoying a visit. Teaching help with some projects may also be available.

When: Tuesdays, 11-12pm. No group July 27, August 3, 24, 31.

Meeting ID: 657 878 2877

Sing-a-long with Elaine

Drop-in by phone or online. Join Elaine for all of your sing-a-long favorites.

When: Tuesdays, 1-1:45pm. No group July 27, August 3, 24, 31.

Meeting ID: 657 878 2877

(New) Gentle Yoga Seated with Sydney

Drop-in by phone or online. In these weekly sessions, group leader Sydney, will guide the group through gentle and simple yoga movements, exercises and stretches seated or standing with the support of a chair. No class May 26, June 15, July 27, August 3, 24, 31.

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

Meeting ID: 657 878 2877

Coffee Group

Drop-in by phone or online. A weekly get together to have discussions, chat, visit, and even see some friendly faces over the computer or phone. Join us!

When: Fridays, 10-11:00am. No group on July 30, August 6, 27. September 3.

Meeting ID: 657 878 2877

LIFE ENRICHMENT PROGRAMMING

Gentle Yoga Seated with Sonia

Drop-in by phone or online. In these weekly sessions group leader, Sonia, will guide the group through gentle and simple yoga movements, exercises and stretches seated or standing with the support of a chair. Sonia also leads the group through meditative exercises and breathing.

When: Wednesdays, Time: 12-1pm. No class July 28, August 4, 25, September 1.

Meeting ID: 657 878 2877

Zumba Gold with Carina - Wednesdays

Drop-in by phone or online. 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, 2-3pm. No class July 28, August 4, 25, September 1.

Meeting ID: 657 878 2877

Line Dance Thursdays Drop-in

Not your typical line dancing, especially now when it is individual and from your own home! Join instructor Nancy in this unique line dancing class that mixes tai chi movements and easy dance moves accompanied by a mix of popular songs.

When: Thursdays, 10:45-11:45am. No class July 29, August 5, 26, September 2.

Meeting ID: 657 878 2877

Ukulele Classes with Elaine

Must pre-register, no drop-in. Online participation preferred. A great chance for ukulele enthusiasts of varying skill levels to come together and learn. Email Rachel at life@mysage.ca to register. Limited spaces available so register early! Two multi-level groups currently offered. Both groups will explore a variety of strumming and picking patterns to accompany singing. Group 1 is for more experienced players. Less experienced players are more suited to Group 2. Please note: not suitable for absolute beginners.

When: Thursdays, (Group 1) 12:30-1:30pm, (Group 2) 2-3:00pm. No class July 29, August 5, 26, September 2.

Zumba Gold with Carina - Fridays

Drop-in by phone or online. 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: Fridays, 2-3pm. No class July 30, August 6, 27, September 3.

Meeting ID: 657 878 2877

Live Music with Margaret and Friends

Drop-in available only by phone. 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. If you have a song you'd like to share we'd love to hear from you! There will be the opportunity at the end of each session, time permitting.

When: Fridays (2nd and 4th Fridays of the month). * no program August 27th Time: 1:00pm

Meeting ID: 657 878 2877

Summer Monthly Film Group

Each month join a small group of people to meet and discuss our chosen film for the month. This is nice chance to put that Netflix time to good use, or to use Kanopy (from EPL) to watch some films you might not otherwise try. A nice and welcoming small group.

When: This group meets virtually once a month on Mondays. For more information, please contact Kristine at 780.446.3569 or knutting@mysage.ca.

Fall Amazing Elders: Arts and Education Speaker Series

This series is curated by seniors for seniors. Join us in the fall as we engage with speakers, and topics that satisfy the curious mind. This series will run from September through to December online and via telephone. It is our hope to transition back to an in person group in January of 2022. For more information, please contact Kristine at 780.446.3569 or knutting@mysage.ca.

SUPPORTING GRANDPARENTS WHO PARENT

BRIDGING GENERATIONS SUPPORT GROUP FOR GRANDPARENTS

The Indo-Canadian Women's Association has introduced the Bridging Generations Support Group for Grandparents. This new, bi-weekly support group is for grandparents who are parenting or taking care of their grandchildren.

During this program, participants can expect to:

- Learn parenting skills within a Canadian context with bi-weekly subject experts;
- Learn creative problem solving skills;
- Discover resources; and,
- Find meaningful connections through peer support.

Pre-registration for the group is required.

To register, please call [780.707.9696](tel:780.707.9696) or email krishna.icwa.edmonton@gmail.com.

GRANDPARENTS WHO PARENT SUPPORT GROUP

Sage, in partnership with the Family Centre and the Seniors' Centre Without Walls, also facilitates a Grandparents Who Parent Support Group.

The support group will begin October 14, and run once a week every Thursday morning from 10-11:15am. The group explores the complexities of parenting grandchildren. Grief and loss as well as guilt and anger can accompany this transition.

Join a small group of people moving through a series of educational topics and sharing experiences each week. The group is available via Zoom call or video.

For more information, and/or to reserve a spot, please call [780.446.3569](tel:780.446.3569).

211 WHY SHOULD YOU CALL 211?

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- I'm hungry and have no food
- I'm an isolated senior
- I need mental health support
- I have nowhere to stay

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THE 2021 CENSUS

Source: *Statistics Canada*

Census collection started on May 3, 2021, and is now well underway! It's still not too late to complete your census and by doing this you help your community.

As you know, census information is important to all communities and is vital for planning schools, daycare centres, family services, public transportation and skills training for employment. Information from the 2021 Census will be even more crucial, because it will help all levels of government evaluate the impact of the COVID-19 pandemic and better plan for the future.

In response to the pandemic, the 2021 Census has been redesigned to ensure that Canadians and census employees are safe by limiting the amount of contact needed to participate in this important exercise.

Completing the census questionnaire online is the best way to stay home and stay safe while fulfilling the census obligation. Respondents without reliable Internet access can call the Census Help Line at **1.855.340.2021** to complete their questionnaire over the phone or to request a paper questionnaire by mail.

Starting in late May, enumerators will follow up with households that have not completed their census questionnaire online, on paper or by phone. Enumerators will do as much follow-up over the phone as possible.

In cases where in-person follow-up is required, a new no-contact protocol will be followed. Under this protocol, census employees will not conduct any interviews inside respondents' dwellings. Interviews will be physically distanced, and census employees will be required to wear masks, in accordance with public health guidelines. **For more information, visit: <https://bit.ly/3fsHoHu>.**



HOME CARE ASSISTANCE

CHAMPIONS OF AGING WELL

At-Home Care – the Preferred Choice During the COVID Pandemic

Do you feel safe at home during the coronavirus pandemic -- safe from falling, slipping, or just being alone? Now may be a good time to consider having a personal assistant or caregiver in your home to help out. Assisted-living facilities have always been an option, but now many people are concerned with catching an illness if they're in a facility with numerous other residents, and they are uncertain about how the facility will be managed as the pandemic continues. For many, living in the safety of their own home and having someone come in to help out is the better choice.

Home Care Assistance is ready to be a support during the pandemic by providing a personally committed, professionally trained and supervised caregiver.

- No Long-Term Contracts
- Trusted by the Medical Community
- Experts in 24-Hour Live-In Care
- Care Managers available 24/7
- Carefully-Selected, Trained Caregivers
- Specializing in Alzheimer's & Dementia Care

The Home Care Assistance Difference

Specialized COVID-19 Response Efforts

Our Care Team is constantly updating protocols and communicating best practices to our caregivers, often through our caregiver app, to help keep our senior clients safe at home.

One-on-One Care and Attention

Caregivers are matched specifically to clients, increasing the level of attention they receive and minimizing their risk of infection.

Personalized Services from Independent to Cognitive Care

In addition to personal care activities, care plans can include light housekeeping, transportation, medication reminders, meal preparation, and companionship. Our Balanced Care Method™ care approach includes physically and mentally-stimulating activities tailored to each person's interests and abilities.

How Home Care Assistance Supports Well-Being for Older Adults

We expertly match clients with caregivers based on needs and personality

During our initial, complimentary care consultation, we get to know someone's care needs as well as what brings meaning to their life so that we can find a caregiver who supports both.

We plan each day to promote health and happiness in a safe place: Home

Caregivers can pick up groceries, medications, or other crucial items so clients can live comfortably without needing to leave home.

We offer more than just caregiver placement services

When you work with us, you have access to a complete care team. Your Care Manager develops a personalized schedule of daily activities and provides quality assurance throughout the length of service. Your Scheduling Manager selects the caregiver who is the best fit for your loved one's needs and personality.

Want to Learn More?

Our Care Team is available to answer your questions. We can schedule a care consultation with a Care Manager to determine your needs and develop a care plan that's right for you. For more information, call **780-490-7337 today.**

Home Care Assistance Edmonton
www.HomeCareAssistanceEdmonton.ca
16953 - 127 Street, Edmonton, AB
780-490-7337

www.mysage.ca



Seniors' Virtual Forum

Facilitated conversations about wellness, self-care, housing, and community support.

The Seniors' Virtual Forum will be free to attend, accessible virtually, and will be held September 27, 2021 - October 1, 2021 from 9am-5pm daily.

For more information, please visit:
www.seniorsforum.ca.

