

14th | sage ANNUAL

AWARDS

Presented by



Celebrating stories of resilience,
community building, and leadership
among seniors who inspire.

Friday, June 11, 2021
10:30 a.m. - 12:00 p.m.



ALBERTA
SENIORS AND HOUSING

*Office of the Minister
MLA, Calgary-Beddington*

June 11, 2021

Dear Sage Award Nominees and Recipients:

On behalf of the Government of Alberta, I am pleased to extend my heartfelt congratulations to all of the outstanding nominees and award recipients of the 14th annual Sage Awards. This year's awards focus on recognizing the significant contributions each of you has made during the COVID-19 pandemic. You have worked so hard to shine a light during this difficult time, and in doing so, you make our families, communities, and province stronger.

Through your many contributions, you have helped pave the way toward healthy and connected communities. We see wisdom, knowledge, and resilience in the older adults honoured by Sage today. I say it all the time – seniors are the strength of Alberta. Thank you for continuing to inspire and support Albertans with your work as community champions.

June 2021 is a much more optimistic time. As we move forward with Alberta's recovery, we acknowledge the many older adults who bravely endured this difficult year with grace and fortitude. This month, we recognize and celebrate the significant contributions of all Alberta seniors, not only through the Sage Awards, but also in marking the 35th annual Seniors' Week.

Congratulations again to all the nominees and award recipients of this prestigious award. I salute you!

Sincerely,

Josephine Pon
Minister of Seniors and Housing

404 Legislature Building, 10800 - 97 Avenue, Edmonton, Alberta T5K 2B6 Canada Telephone 780-415-9550
Unit 106, 8220 Centre Street NE, Calgary, Alberta T3K 1J7 Canada Telephone 403-215-7710



Greetings from Andrew Knack

It is my deepest pleasure to congratulate the 2021 nominees and recipients of the 14th Annual Sage Awards. Through my years of being the City Council representative of the Seniors Initiative, my interactions with seniors throughout our community have lamented the sentiment that regardless of age everyone deserves the opportunity to contribute. Through the lived experiences of our seniors community we are able to become a better, smarter, healthier and more inclusive city.

It is no secret that the COVID-19 pandemic has been especially hard on our senior residents, however they have shown incredible resilience and creativity to find more ways to connect and contribute. Their guidance will continue to lead us and we are incredibly grateful to have a strong network of seniors who contribute their time, offer assistance and advice during even the most difficult of times.

The Annual Sage Awards highlights their outstanding work where they have gone above and beyond and I truly thank each and every one of you for your continued dedication to making our community, city and province a better place for current and future generations.

Sincerely,

Andrew Knack
Councillor, Ward 1, City of Edmonton

Greetings from Karen McDonald



At Sage, we know that it takes a community to build a community: the board, staff, and volunteers at Sage have a deep understanding of the power of connection and community, and are invested in connecting people to information, resources, opportunities, and each other.

We see the results of this work every day, and take great pride in it. But never is the power of connection and community more apparent than it is at the Sage Awards, where we celebrate the work that others are doing. Each year, we are awed, inspired, and humbled (but never surprised) by the deep impact that seniors have across our city.

2020 was a year of change and challenge, with seniors-serving organizations like Sage facing unprecedented uncertainty and complexity. The impact of the pandemic has been disproportionately born by seniors and there are many who have lost cherished loved ones and many more who have gone months without seeing family and friends.

The continued support of community, staff and volunteers this year has had an outsized impact on individuals in our community as we navigated a very challenging year as professionals. I'm personally so grateful for people's willingness to try new ways of doing things, to contribute in new and creative ways, and for the collective efforts to create a sense of stability within the community through ongoing commitment and support. Our community has come together to support older adults, while also personally navigating a pandemic, social distancing, and in some cases, illness and loss.

We are honoured to be able to shine a spotlight on that tireless and commendable work, and to celebrate it with you too. On behalf of the staff, volunteers, and Board of Directors of Sage, I would like to thank you for joining us today. I would like to thank the volunteers and sponsors who make this event possible, and all of the Award nominees and recipients who give us reason to celebrate. Today, we honour the commitment, experience, effort, and impact of seniors - seniors who demonstrate every day what can happen when a community comes together to build community.

Karen McDonald
Executive Director, Sage Seniors Association

Who we are

Sage is a multi-service senior-serving organization that works from and with the strengths and needs of individuals and communities in the greater Edmonton area. Since 1970, our vision at Sage is a community where all seniors are valued and have the opportunity to live according to their beliefs, abilities, and aspirations.

At Sage, we believe that all of us - no matter our age - have strengths, abilities, and gifts to share. We also know that everyone experiences vulnerability in different times and different ways as we transition through life. Through more than 100 programs and services, we work with seniors to meet both of these equally important aspects of aging: increasing resilience and reducing vulnerability when needed, and inspiring seniors to continue to engage in brilliant community building.

Our commitment to seniors has not changed throughout COVID-19. Sage is still working to inspire and support seniors to be the best they can be. As we continue through 2021, we look forward to continuing to build on our unique model of integrated programs and services to ensure that they optimize health, agency, and inclusion for seniors.

To learn more, please visit:
www.mysage.ca or call 780.701.9010.

How we help

- Filling out forms
- Income tax
- Help with guardianship/trusteeship
- English as another language
- Planning for the future
- Hoarding behaviour
- Activities, groups, and courses
- Finding housing
- Support for newcomer seniors
- Information and resources
- Drop-in counselling
- Computer access
- Volunteer opportunities
- Elder abuse resources and support
- Community connection and support
- Community building

Sage Awards Program

WELCOME

Lisa MacGregor

OPENING PRAYER

Kathy Hamelin, Kokhom Kisewatisiwin

LAND ACKNOWLEDGEMENT

Karen McDonald, Sage Seniors Association

CALL TO ACTION

Kathleen Thurber, Sage Seniors Association

MINISTER ADDRESS

Josephine Pon, Minister of Seniors and Housing

GREETINGS

Crystal Johnson, Servus Credit Union

SHORT FILM PRESENTATION

Directed by Katie Cutting

AWARDS PRESENTATION

Eric Storey

Presented by Kelly Caicedo, Servus Credit Union

Nominee Recognition

Deb Alloway and Kelly Holland

Terry Ferguson

Presented by Hari Jagadeesan, Servus Credit Union

Nominee Recognition

Renate Sainsbury and Catherine Armstrong

Brian Christianson

Presented by Anne Summach, Faculty of Nursing University of Alberta

Nominee Recognition

Stuart Brown and Linda Brown

Marsha Paradis

Presented by Sofia Yaqub, The Shaama Centre For Seniors and Women

Bonnie Herring-Cooper and Peggy Follisbee

Presented by Michael Phair, Edmonton Pride Seniors Group

CLOSING REMARKS

Lisa MacGregor

Eric Storey



Eric Storey, a driving force in advocating for ending ageism, has been significantly involved as a volunteer and advocate in the Edmonton Pride Seniors Group (EPSG). EPSG is volunteer-led and was founded eight years ago to address a significant gap in connecting older GLBTQ2S+ persons with safe and appropriate seniors services, centers, and housing. In addition to participating in group meetings and working groups, Eric has both developed and presented a number of informative presentations to other seniors groups, provincial government agencies, and within the community. He is also a member of the Edmonton Seniors Coordinating Council, and volunteers with the Edmonton Prime Timers, where he has stepped up to become the program coordinator. And his volunteerism doesn't stop there. For many years, Eric was a board member of Big Sisters and Big Brothers as well as a Big Brother to many youth where he gave countless hours to mentor, guide, and help others. Eric Storey is a living example of the definition of advocate, and the work that he has done, and is doing, will have a lasting impact for generations to come.

Marsha Paradis

Last fall, Marsha Paradis stepped up to offer her expertise to a cohort of learners that were facing homeschooling due to the pandemic. As a retired elementary school teacher, Marsha's expertise was invaluable to the learning cohort, as she fostered immense growth in each student by taking into consideration their individual strengths and interests. Her contribution will have lifelong positive impacts on these children as they reflect back on the worldwide pandemic and how they learned during it. She also seeks out opportunities to help community organizations or to provide care, a listening ear, meals, and support to friends, family, and acquaintances as they face various challenges in life. In her "retirement," Marsha has continued to contribute to her community with the most humble heart and kind approach. She is someone who ensures change and goodwill continue in her own community and within those that surround her.



Terry Ferguson

When COVID-19 first hit, Terry Ferguson took initiative to sew masks and ear savers for nurses before any mandatory mask bylaws were implemented. To date, Terry has sewn and donated over 600 masks to the community using expenses from her own pocket. When she is not making masks, she is sewing and knitting other things for the community, like baby items for the Grey Nuns Community Hospital. But her community contributions don't stop there. Terry wanted to do more for the frontline workers fighting COVID-19. In September 2020, she organized a Glass Facemask Gratitude Award Event, to recognize first responders, including firefighters, police, and paramedics for their work throughout the pandemic. On top of that, she asked a local goldsmith to design a lapel pin to be awarded to frontline workers to express her gratitude and appreciation. With the help and generosity of her community, Terry has given away 450 pins, along with a card she designed. Terry's character and generous nature is apparent and reflected in the countless lives she has positively impacted, not just during the pandemic, but throughout her entire life.



Brian Christianson

Brian Christianson is an unstoppable social connector and pioneer in bringing the Men's Shed Movement to Edmonton: a community-based project where men can learn, share, and make long-lasting friendships. Mindful of the terrible impact of social isolation on men's health, Brian found safe ways for men to connect throughout the pandemic through an innovative and accessible approach: introducing Zoom. For those unable to participate on Zoom, he would press his phone against his computer speaker so everyone had the opportunity to listen in and connect. He also built local and international relationships to bring top-notch presenters to Shed Meetings, and began to attend online sessions with Sheddors from the UK to learn from their extensive experience with Sheds. If not for Brian's dedication and determination, the Men's Shed movement would not have grown throughout the pandemic. Other municipalities are noticing his model for running a Shed, and Brian will be an inspiration for them to foster social connectedness and fight the scourge of social isolation among men in our community.



Bonnie Herring-Cooper and Peggy Follisbee

Bonnie Herring-Cooper and Peggy Follinsbee are long-standing community leaders who have dedicated countless hours toward community connection and neighbourhood development through volunteer opportunities that benefit natural areas. They have helped Lendrum Community League with the development and implementation of community events as part of the TD Park People Grants program, which connects communities to nature and each other. For example, Bonnie and Peggy helped organize: a spring clean-up and community walk-through featuring a plant expert (and ice cream); a Saskatoon Berry festival that saw an Indigenous elder lead the community in a beading activity while providing an information session about local plant life; and spearheading a harvest festival. Despite the pandemic, these two community champions found safe ways to continue to contribute to their communities. Bonnie and Peggy bring a deep sense of care, love, and devotion to the land, and inspire others to contribute to their own neighborhoods and community in tangible ways.



Congratulations to all who were nominated for a Sage Award!

Deb Alloway

“...It is not one particular thing that makes Deb a valuable volunteer for Mill Woods Seniors Association. But rather, it is through her guidance and untiring commitment to all seniors”

- Nominator

Kelly Holland

“...Kelly has always been the person that goes above and beyond for marginalized and vulnerable individuals, and her response to the COVID-19 pandemic was no different.”

- Nominator

Renate Sainsbury

“...Renate always leads by example, and this past year when COVID-19 hit, she tirelessly inspired frontline staff and residents of Lifestyle Options Retirement Communities.”

- Nominator

Catherine Armstrong

“...Catherine joined our Drive Happiness volunteer team in May of 2020, at a time when many older adults needed help and our organization was in desperate need of volunteers, Catherine jumped in to help and never stopped.”

- Nominator

Stuart and Linda Brown

“...After Terry had a stroke, he couldn't dial a telephone, his speech was impaired, and then COVID-19 hit. When I brought him home, Stuart and Linda Brown had welcome home signs with balloons on the trees and had their children and grandchildren standing on the driveway to welcome him... The Browns continued to help... Fantastic human beings and the best neighbours ever.”

- Nominator

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Thank you

Today's celebration would not have been possible without the generous support of our sponsors and supporters.

Thank you to Recipient Selection Committee members Punch Jackson, Sheila Clifford-MacKay, and Wilma Raman-Nair.

Thank you to Kathy Hamelin for her thoughtful opening prayer in today's program.

Thank you to Lisa MacGregor for her support of the Sage Awards.

Thank you to Katie Cutting for directing a beautiful short film highlighting the contributions of Sage Award Recipients.

Thank you to Stephanie Obasuyi and Shaad Al-Abousi from the University of Alberta, Community Service Learning, for implementing the event's social media campaign.

Our sincere appreciation goes out to all those who took the time to nominate a deserving senior in our community.



Alberta Association
of Optometrists



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When you support Sage you support seniors.

- Connections to information and resources
- Seniors looking for safe and affordable housing
- Seniors who are experiencing the effects of hoarding behaviours
- Outreach to lonely, isolated and vulnerable seniors
- Seniors seeking refuge from elder abuse
- Help with filling out government forms
- Income tax preparation for low-resourced seniors
- A welcoming space for seniors to stay mentally, physically, and socially active
- Students who are learning to work with seniors and older adults
- English language learning for immigrant, refugee, and newcomer seniors
- Seniors planning for the future

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- ☐ Please contact me about a gift of **stocks**, **securities**, or **bequest**.
- ☐ Please send me email updates about Sage.

Email _____



www.mysage.ca

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☐ quarterly ☐ annual

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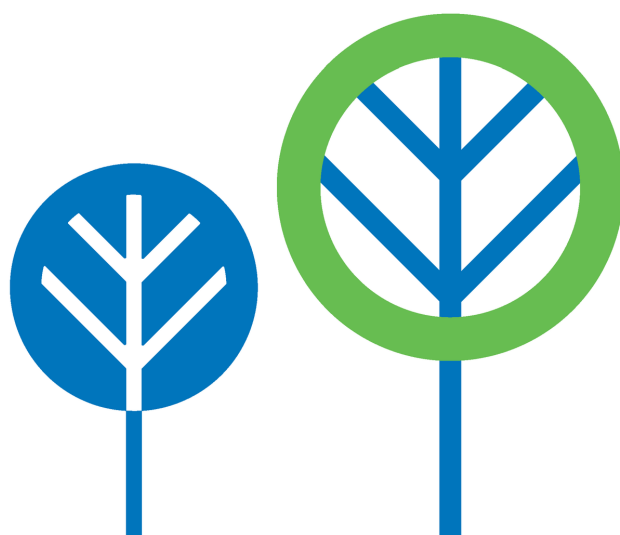
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in the communities
we serve.

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