

January - March 2022

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sage LINK



A FRIENDLY CONNECTION - ONE PHONE CALL AWAY

The winter months can be challenging - especially for seniors who are most at risk of experiencing social isolation and loneliness. The ongoing pandemic has compounded this, and is a reminder that community is about connectedness. And for some, like those experiencing mobility issues, the best way to connect is by phone.

Sage's Friendly Wellness Check program connects isolated seniors to volunteers who foster a genuine human connection that can help combat loneliness.

Volunteers have connected with thousands of seniors

participating in the program, which underscores the need for this kind of engagement. Because, it's not just a phone call - for some, it's a lifeline.

Join the program!

To join the Friendly Wellness Check program, phone **780.423.5510** and leave a message requesting to be added to the list.

To volunteer as a Friendly Caller, phone **780.701.9014**.

"...and it's lovely to know someone cares about me."

- Program Participant

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

Monday, Jan 3
New Years Day

Monday, Feb 21
Family Day

MESSAGE FROM THE EXECUTIVE DIRECTOR



This edition of the Link Newsletter encompasses several months that include celebrations in our community. Many will be looking forward to celebrating Christmas, Hanukah, Orthodox Christmas, Lunar New Year, and many more. After a long year of challenges, I hope it is a season filled with hope, health, cherished memories, new and old connections, and anticipation of the New Year ahead.

For the team at Sage, it surely is a season of hope. It was a challenging autumn when wave four of the pandemic dashed much effort and planning for reopening group programming and in-person gatherings at Sage. 'Tis the season of anticipation of a better New Year, as the team works towards a modified reopening plan for in-person programming for mid-January.

Let's all do our best to continue to keep ourselves and each other safe and healthy so that we can meet again in person soon. We can't wait!

Sage continues to meet the needs and engage with seniors despite the pandemic, but boy, will we be happy when life returns to 'normal'.

Part of coming back together as a community is our Annual President's Appeal Campaign. Every year you would have seen a special insert in this edition of the Link, however this year, you can watch for a special letter to be mailed separately from the Link. I hope you will consider supporting the Resilience Fund and essential services that Sage provides to our community, if you are able.

I hope to see you at Sage soon, and that this holiday season will be a step closer to times that bring us all together again.

Karen McDonald

DIRECTORY

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Members at Large

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Cathy Giblin	Arielle Whitham
Anne Smith	Paul Taylor
Faye Dewar	

How to contact us:

15 Sir Winston Churchill Square
Edmonton, AB
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Email info@mysage.ca

Online www.mysage.ca

Facebook Sage Seniors Association

Twitter @sageyeg

Main Switchboard	780.423.5510
Fax	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

SENIORS HOME SUPPORTS PROGRAM

Six Edmonton seniors organizations provide seniors with referrals to businesses, community groups and individuals which offer:

HOME REPAIR & MAINTENANCE
SNOW REMOVAL
YARD HELP
HOUSEKEEPING
MOVING HELP
PERSONAL SERVICES

Referrals are free, but seniors pay for the work that is done.

Find the seniors organization that serves your area of the city:
Call 211
www.SeniorsHomeSupports.com



ANNOUNCEMENTS

STAFF UPDATE

We welcome Bal Dhakal as our Case Management Coordinator; Coordinated and Community Response; Stella Efe-Vgiagbe as our Safe House Coordinator; Veniece James and our Assessment, Supports, and Housing Coordinator; and Mara Steiner as our temporary Office Coordinator.

2021 INCOME TAX CLINIC

Sage is continuing to offer free income tax services year-round for low-resourced seniors. Bookings for the 2021 income tax clinic will begin mid-February. Appointments will begin March 1, and are available to any qualifying seniors in Alberta, including those who are hospitalized or in care facilities. Services will be offered primarily by phone, but we may offer some in-person appointments.

For more information, or to book an appointment, please call [780.809.9424](tel:780.809.9424) and leave a message with your name and phone number. We will return your call to confirm your eligibility, and schedule an appointment with one of our registered income tax volunteers.

PRODUCTION OF THE 2021-22 DIRECTORY OF SENIOR SERVICES

Due to the COVID-19 pandemic and its impact on distribution and advertising revenues, Sage has made the difficult decision to postpone production of the Directory of Senior Services for 2021-22. Print copies of the 2020-21 Directory of Senior Services continue to be available, and can be picked-up at various locations across the Capital Region, or mailed directly to readers at no cost. As always, the Directory is free, and can be accessed in its entirety online at www.mysage.ca/publications/directory.

We apologize for any inconvenience this may cause, and thank you for your patience and understanding as we navigate these uncertain times together. For more information on how to order a print copy of the 2020-21 Directory of Senior Services, please phone [780.423.5510](tel:780.423.5510) or visit www.mysage.ca.

GRANDPARENTS WHO PARENT SUPPORT GROUP

Sage, in partnership with the Seniors' Centre Without Walls, facilitates a Grandparents Who Parent Support Group. The group explores the complexities of parenting grandchildren. Join a small group of people moving through a series of educational topics and sharing experiences each week. This support group will begin Feb 3 and runs once a week every Thursday morning from 10:00 - 11:15am on Zoom until Apr 7. For more information, or to register, please contact Kristine Nutting at knutting@mysage.ca.

AMAZING ELDERS

Amazing Elders is an arts and education series curated by seniors for seniors. Programming runs every Friday from 1:00 - 2:00pm beginning Feb 4, and will be available via Zoom and in person. For more information, or to register, please contact Kristine Nutting at knutting@mysage.ca.



Learn about a new paradigm of memory care.

We offer Intensive Training programs for residence staff and management, professionals, and caregivers working with people affected by dementia.

Available Online or On-site.
info@montessori-alzheimer.ca
<https://www.montessori-alzheimer.ca>

All trainings are offered in both official languages.



Barb Carroll
Volunteer Coordinator

A Centenarian Milestone: Happy 100th Birthday, Doris Lynch

This is an incredible milestone, but not nearly as incredible as you are!

Sage has many dedicated volunteers who are a big part of our mission: inspiring and supporting seniors to be the best they can be. Doris will be celebrating her centenarian milestone on February 28.

Doris became a member and started volunteering at Sage 35 years ago, shortly after she retired in 1987. Her first volunteer role was as Switchboard Operator, answering and redirecting phone calls. Over the years, she has also volunteered in the Home Services Program and as Receptionist. She is eager to return to her Receptionist role on the main floor once Sage reopens the main building.

Doris was born and raised in Ensign, a small hamlet east of High River, Alberta. She left home at the age of 15 to upgrade her education in Fort Macleod in order to follow her aspiration of becoming a nurse. She graduated from nursing at Holy Cross in Calgary and used her skills to provide specialized nursing services in people's homes. Doris met the love of her life, Tommy, and they were married in 1944. Over the years, Tommy's work took them all over Alberta, and they ended up settling in Edmonton in the '70s. They lived in the Strathearn community and were proud parents of two sons, Dan and Larry.

Doris was an active community and church member and volunteered on numerous committees. She worked for the provincial government as a Revenue Officer for the Department of Agriculture for over 18 years and

used her nursing skills to act as First Aider while she worked there.

Doris has enjoyed her time at Sage over the years, as a volunteer, lifetime member, and as a participant in many Life Enrichment activities: writer's groups, art classes, calligraphy, community outings, and so much more. She has made many friendships through her participation at Sage and has been a dedicated ambassador out in the community. Doris has not only given her time and skills as a volunteer over the last three decades, but also supports Sage through annual donations.



When asked to reflect on what has contributed to her longevity, Doris replied, "Genes and the way we were brought up. We didn't have pop or chocolate bars. I am turning 100 and I still have all of my own teeth! I've had an interesting life. I've always been very active in my community and church and enjoyed volunteering for lots of things. I always like to be around people."

May 2022 bring new happiness, new goals, new achievements and a lot of new inspirations in your life. May the New Year be filled with love, laughter, brightness and hope.

Please note, Volunteer Supervisors will be contacting their volunteers in the near future to discuss the return to in person volunteering, when that might be, and what it will look like. For more information, please see next page.

REOPENING IN-PERSON SERVICES AT SAGE

Throughout the COVID-19 pandemic, Sage has prioritized the health and safety of volunteers, staff, and the people we serve. As such, Sage is taking a phased approach to reopening our building to in-person services. This approach includes risk mitigation and preventative measures, and it will continually evolve as context and information changes.

We have initiated plans to reopen Sage's main building to in-person services starting January 17, 2022. This initial phase will include **pre-registered** group programming, and social work and other one-on-one supports by phone and appointment only. Please note that at this time, Sage's Sunshine Cafe will remain closed to the public and program participants.

As of December 1, 2021, everyone entering Sage's main building or participating in Sage programming offsite is required to be fully vaccinated against COVID-19, and must provide **proof of vaccination** at point of entry. Proof of vaccination will not be required to access the Seniors Safe House. Residents of the Safe House who are not vaccinated will be required to use a rapid test for COVID-19 every 72 hours.

As per Sage's Pandemic Vaccination Policy, fully vaccinated means:

- having received two doses of a vaccine considered valid by Health Canada in a two dose COVID-19 vaccine series, or one dose of a vaccine considered valid by Health Canada in a one dose COVID-19 vaccine series; and
- having fourteen days elapsed since the date upon which the person received the second dose of the COVID-19 vaccine considered valid by Health Canada of a two dose series, or one dose of the COVID-19 vaccine considered valid by Health Canada in a one dose vaccine series.

Proof of vaccination means:

- a) a copy of an individual's Alberta Health COVID-19 Immunization Record, which can

be obtained from their MyHealth Records account; or

- b) a vaccine record with QR code, which can be obtained at <https://covidrecords.alberta.ca/home>; or

- c) Where applicable, proof equivalent to (a) or (b) of this definition that is from another Canadian Province or Territory, or the Canadian Armed Forces.

If you need one of Sage's essential services, but cannot provide proof of vaccination, alternate forms of service delivery, including service over the phone, will be explored.

Sage will continue to monitor the impact of this approach throughout each phase of reopening and adjust accordingly. The building will fully open when we are confident that it is safe to do so. Sage staff and volunteers look forward to serving the community in-person again. For the most up to date information regarding service delivery and phases of reopening, please call 780.423.5510 or visit www.mysage.ca.



TFSA's explained

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With a Tax-Free Savings Account – you have options. You can save up to \$6,000¹ a year that grows tax-free. It's part of a complete financial plan.

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LIFE ENRICHMENT PROGRAMMING

ONLINE PROGRAMMING

Legal Documents You Should Have (Pre-register)

Join lawyer Erin LaFuentes presenting on important legal documents such as Wills, Personal Directives, and Enduring Power of Attorney.

When: Monday, Jan 31, 1:00pm. To register, email life@mysage.ca or call 780.701.9016. Thursday, Mar. 24 at 11am (co-sponsored by the Aging with Pride group). To register, email agingwithpride@pridecentreofedmonton.ca or call 780.701.9016.

Device & 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.

Sage SING (Drop-in)

Join Elaine and friends for music and a chance to share all of your sing-a-long favourites.

When: Tuesdays, 10:30-11:15am
Online Jan 11, 18, 25 and Feb 1, 8, 15, 22.
In-person starting Mar. 1.

Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

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 in person, phone-in (you will hear his explanations but not be able to see Master Ken performing the Tai Chi movements) and online.

When: Mondays, 9:30-11:00am. Online Jan. 10, 17, 24, 31, and in-person starting Feb. 7.

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

Meditation & Pranayama with Sonia (Drop-in)

In these monthly sessions, group leader Sonia will guide the group through meditation, gentle exercises, and breath work.

When: The 4th Monday of the month, starting Jan 24, 12:20-1:10pm

Zoom Meeting ID: 657 878 2877

6 Toll-Free Phone-in: 1.855.703.8985

Life Enrichment Focus Groups (Drop-in)

We would love for you to join these online or phone-in small group sessions to share your thoughts and experiences with the Zoom programming over the last year. There will be a short Q&A as well as an opportunity to share.

If you can't attend but want to share your feedback, please email life@mysage.ca or call 780.701.9016.

When: Mon, Jan 10, 1:00pm and Fri, Jan 14, 10am

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

Zumba Gold with Carina Wednesdays (Drop-in)

Enjoy music, fun and dancing! 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. Please note: Wednesday Zumba Gold classes will remain online, only Friday class will be switching to in-person in February (see page 9).

When: Wednesdays, starting Jan 12, 2-3:00pm
Meeting ID: 657 878 2877

Coffee Group (Drop-in)

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

When: Fridays, 10-10:45am starting Jan 14 (Jan. 14 will be a Life Enrichment Feedback Group)

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

Busy Fingers and Crafts (Drop-in)

Join Sage's Busy Finger and Craft Group volunteers 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, 9-10:00am, starting Jan 11.

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985



Cannabinoid Therapy

Locally owned and operated since 2018. Our highly qualified doctor can assess patients anywhere in Alberta. Your appointment is covered by Alberta Health Care. We treat arthritis, chronic pain, anxiety, insomnia, PTSD, fibromyalgia among many other symptoms. We manage these conditions with medical grade cannabis medicines from Canada's top licensed producers. Short wait times. Ask us if you're covered.



*Dr. Jacqueline Rohloff MD CCFP
Edmonton physician since 1998*

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Have your caregiving duties become too much to manage on your own? Qualicare Edmonton East offers a comprehensive selection of home care services in Edmonton and the neighbouring areas. Let us lift the weight from your shoulders while ensuring your loved one remains safe and comfortable at home.

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- **Family Care Coordination**

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enjoy time together.*

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CALL 780 328 6655

LIFE ENRICHMENT PROGRAMMING

***New* Aging with Pride (Pre-register)**

A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. See meeting schedule on Sage monthly calendar for more weekly topics. Aging with Pride is a partnership between The Pride Centre of Edmonton, Edmonton Pride Seniors Group (EPSG) and Sage Seniors Association. Pre-registration **required** each week to get Zoom information. Please email agingwithpride@pridecentreofedmonton.ca or call 780.701.9016.

Date: Thursdays, 11-12:00pm

Aging with Pride Schedule (subject to change)

- Jan 6 - Ron Byers: Local Gay History, Gay Clubs in Edmonton
- Jan 13 - Richard Boulet: Creativity and Mental Health
- Jan 20 - Lorelle Whittingham: Sage Seniors Association Programs and Services
- Jan 27 - Duncan Mills: PrimeTimers Information

Ukulele Classes with Elaine (Pre-register)

A great chance for ukulele enthusiasts of varying skill levels to come together and learn. Two multilevel groups currently offered. Both groups will explore a variety of strumming and picking patterns to accompany singing. Not suitable for absolute beginners. Pre-registration **required**. Email life@mysage.ca or call 780.701.9016.

Ukulele classes will be in-person starting Mar 1.

- Group 1 is for more experienced players (Tuesdays, 12:30-1:30pm)
- Group 2 is for less experienced players (Tuesdays, 2-3:00pm)

Connecting Through Writing (Pre-register)


This is a free, 4-week workshop where writing prompts are given, there are a few minutes to write, and then everyone shares and discusses with the group (if comfortable). It is a great tool for learning, expressing yourself, connecting and sharing. 8-12 participants max. Pre-register before series deadline by email life@mysage.ca or call 780.701.9016 to receive Zoom or phone-in information.

Time: Each series below is from 3-4:00 pm:

- Series 1 - Thursdays, Jan 13 - Feb 3, Registration deadline Jan 11 (online.)
- Series 2 - Thursdays, Feb 24 - Mar 17, Registration deadline Mar 14 (in-person.)



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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.

Live Music with Margaret & Friends (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. 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: 1st and 3rd Wednesdays of the month, 1:15-2:00pm. Starts Jan 21

Toll-Free Phone-in: 1.855.703.8985

Meeting ID: 657 878 2877

Gentle Yoga Seated with Sonia (Drop-in)

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

Date: Wednesdays, 12-1:00pm starting Jan 12

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

Line Dance with Nancy (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 put to a mix of popular songs. It's is fun and easy for almost anyone to do!

Date: Mondays, 11:15-12:15pm, and Thursdays, 10:45-11:45am (starts Jan 10.)

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

Zumba Gold with Carina Fridays (Drop-in)

Music, fun, and dancing! 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, 1-2:00pm online Jan 14,21,28 (in-person starts Feb 4)

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

IN-PERSON PROGRAMMING

All in-person programming at Sage requires:

- proof of double vaccination against COVID-19 to enter building;
- pre-registration by or before listed registration date (some classes have limited numbers);
- mask or face covering worn at all times;
- maintaining social distancing.

Please note, in-person programming is subject to change without notice. Please visit www.mysage.ca or call 780.423.5510 for updated information.

Tai Chi with Master Ken (Pre-register)

Good for the mind and body, these Tai Chi classes are great for all skill levels. Join us in person starting Feb 7. Pre-registration required to join this class, no drop-in. Call **780.701.9016** or email life@mysage.ca to register for February and March. Limited spaces available.

When: Mondays, 9:30-11:00am. Online Jan 10, 17, 24, 31. In-person starting Feb 7.

In-Person Registration Deadlines: Feb classes: Jan 31, Mar classes: Feb 28.

The Foot Clinic (Pre-register)

Edmonton Foot Care Academy is having their students provide free Foot Care! Each appointment will include general and diabetic foot assessments, nail cutting and shaping, corn and callus reduction, assistance with ingrown and fungal nails, and moisturizing and foot massage.

Pre-registration required for clinic. Call Sage's Assessment and Intake line at **587.773.1764** to request a foot care clinic appointment and leave your contact information. Someone will call you back to book your appointment. Appointments are limited and first come, first serve.

When: Jan 25

Location: Sage Auditorium

LIFE ENRICHMENT PROGRAMMING

Zumba Gold with Carina Fridays (Pre-register)

Enjoy music, fun, and dancing! 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. Join us in-person starting Feb 4. Pre-registration required to join this class, no drop-in. Call [780.701.9016](tel:780.701.9016) or email life@mysage.ca to register for February and March. Limited spaces available.

When: Fridays, 1-2:00pm. Online Jan 14, 21, 28. In-person starting Feb 4.

Location: Sage Auditorium

In-Person Registration Deadlines: Feb classes: Jan 28, Mar classes: Feb 25.

Gentle Yoga Seated with Sydney (Pre-register)

In these weekly sessions group leader, Sydney, will guide the group through gentle and simple yoga movements, exercises and stretches. Join us in-person starting Feb 4. Pre-registration required to join this class, no drop-in. Call [780.701.9016](tel:780.701.9016) or email life@mysage.ca to register for Feb and Mar. Limited spaces available.

When: Fridays, 1:30-12:30pm. Online Jan 7, 14, 21, 28. In-person starting Feb 4.

Location: Sage Auditorium

In-Person Registration Deadlines: Feb classes: Jan 28, Mar classes: Feb 25.

Sage SING (Pre-register)

Join Elaine and friends for music and a chance to share all of your sing-a-long favourites. Join us in person starting Mar 1. Pre-registration required to join this class, no drop-in. Call [780.701.9016](tel:780.701.9016) or email life@mysage.ca to register for March.

When: Tuesdays, 10:30-11:15am. Online Jan. 11, 18, 25, Feb 1, 8, 15, 22.

In-person starting Mar 1.

Location: Sage Auditorium

Connecting Through Writing (Pre-register)

This is a free, 4-week workshop where writing prompts are given, there are a few minutes to write, and then everyone shares and discusses with the group (if comfortable). It is a great tool for learning, expressing yourself, connecting and sharing. 8-12 participants max. Pre-register before series deadline by email life@mysage.ca or call [780.701.9016](tel:780.701.9016) to receive Zoom or phone-in information.

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Registration deadline Mar 14 (in-person)

Ukulele Classes with Elaine (Pre-register)

A great chance for ukulele enthusiasts of varying skill levels to come together and learn. Two multi-level groups currently offered. Both groups will explore a variety of strumming and picking patterns to accompany singing. Not suitable for absolute beginners. Call [780.701.9016](tel:780.701.9016) or email life@mysage.ca to register for March.

When: Tuesdays, online Jan 11, 18, 25 and Feb 1, 8, 15, 22. In-person starting Mar 1.

In-Person Registration Deadline: Feb 22

Location: Sage Auditorium

- Group 1 is for more experienced players
Tuesdays, 12:30-1:30pm
- Group 2 is for less experienced players
Tuesdays, 2-3:00pm



ACCESS TO THE SAGE BUILDING IS SUBJECT TO CHANGE

At the time of publication, we are planning to open the Sage building to in-person programs for limited hours starting in mid-January. However, this is subject to change, and we strongly encourage you to check our access and hours before you come. We will keep our main phone line and website updated -just call or click to confirm!

The Waterford of Summerlea



The Waterford of Summerlea is a senior residence located on beautiful, mature grounds in west Edmonton. We provide Red Seal Chef delicious and nutritious meals, weekly housekeeping, activities, shuttle bus services & 24-hour in house monitored emergency call bell/security system. Bachelor suites (\$1800.00 including all 3 meals!), studio, 1- & 2-bedroom suites. Accepting applications for ages 55+.

Sign a month-to-month lease & move in before February 1st, 2022 to participate in our “Pick a Christmas Ball” promotion!

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www.mysage.ca

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seniors.

Your contribution is a
silver thread that
weaves healthy aging
into the fabric of our
community.

Thank you.

Silver Threads
of Sage Seniors Association



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Sage Seniors Association