

January - March 2022

## What's Inside

Message from the Executive Director	2
Announcements	3
Volunteer Services	4
Reopening In-Person Services at Sage	5
Life Enrichment Programming	6

### IMPORTANT UPDATE

In-person group programming delayed. See page 5 and 6 for details.

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

**Monday, Jan 3**  
New Years Day

**Monday, Feb 21**  
Family Day

# sage LINK

REVISED JANUARY 31



## 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*

## 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, Hanukkah, 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

### Board of Directors

President	Kathleen Thurber
President Elect	Michael Solowan
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Secretary	Gregory Springate
Treasurer	Gregory Springate

### Members at Large

Sharon Anderson	Kathy Classen
Cathy Giblin	Arielle Whitham
Anne Smith	Paul Taylor
Faye Dewar	

### How to contact us:

15 Sir Winston Churchill Square  
Edmonton, AB  
T5J 2E5

**Email** [info@mysage.ca](mailto:info@mysage.ca)

**Online** [www.mysage.ca](http://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](http://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** 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](http://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** or visit [www.mysage.ca](http://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](mailto:knutting@mysage.ca).

### AMAZING ELDERERS

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](mailto:knutting@mysage.ca).



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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](mailto:info@montessori-alzheimer.ca)

<https://www.montessori-alzheimer.ca>

*All trainings are offered in both official languages.*

## VOLUNTEER SERVICES



**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

## IMPORTANT UPDATE

In the most recent edition of the Sage Link newsletter mailed to members, we outlined our phased approach to reopening our building to in-person services. This included messaging about reopening in-person group programming as of January 17

Throughout the COVID-19 pandemic, Sage has prioritized the health and safety of volunteers, staff, and the people we serve. As an organization that works with a vulnerable population, we know it is important to move forward with an abundance of caution, and reevaluate our approach as context and information changes.

The number of active COVID-19 cases in the community has increased dramatically, including the hospitalization rates of individuals who have been vaccinated. This has resulted in continued pressure on hospitals and the health-care system. As such, we determined the need to reassess the timing of the reopening strategy, and have made the decision to delay the opening for in-person group programming.

The Seniors Safe House programming will continue to function as normal. Essential in-person appointments will proceed onsite. Our volunteer program and social work and health services supports will continue to be delivered remotely. Our Life Enrichment program will continue to offer accessible, virtual programming. Please see page 6-8 for more details.

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.

## HAVE QUESTIONS?

For the most up to date information regarding service delivery and phases of reopening, please call 780.423.5510 or visit [www.mysage.ca](http://www.mysage.ca).



## WHY SHOULD YOU CALL 211?

- I can't pay my utility bill
- I'm hungry and have no food
- I'm an isolated senior
- I need mental health support
- I have nowhere to stay

[ab.211.ca](http://ab.211.ca)

**Help Starts Here.**

24/7 | Free | Confidential | Live Answer  
170+ Languages | Daily Online Chat



## TFSA's explained

**Your savings. Your choice.**

With a Tax-Free Savings Account – you have options. You can save up to \$6,000<sup>1</sup> a year that grows tax-free. It's part of a complete financial plan.

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## LIFE ENRICHMENT PROGRAMMING

**IMPORTANT UPDATE:** At the time of publication, we planned to open the Sage building to the public for limited hours starting in January. However, we determined the need to reassess the timing of the reopening strategy, and have made the decision to delay the opening for in-person group programming. For the most up to date information about Life Enrichment programming, phone 780.423.5510.

Our Life Enrichment program will continue to offer accessible, virtual programming. Pre-register by email at [life@mysage.ca](mailto:life@mysage.ca), or by phone at 780.701.9016.

**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

### ONLINE PROGRAMMING

#### **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  
(in-person postponed at this time)

**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.

**When:** Wednesdays, 2-3pm

**Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

#### **Sage SING Singalong (Drop-in)**

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

**When:** Tuesdays online (in-person postponed at this time), 10:30-11:15am

**Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

**6**

#### **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.

#### **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](mailto:life@mysage.ca) or call 780.701.9016.

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

#### **Busy Fingers & 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, 9-10am (no group Feb 15 or 22)

**Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

### **\*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](mailto:agingwithpride@pridecentreofedmonton.ca) or call 780.701.9016.

**Date:** Thursdays, 11-12:00pm

- Feb 3 - Lindy Pratch (Edmonton Public Library)
- Feb 10 - Angel (ASPECC - Alberta Sex Positive Education and Community Centre)
- Feb 17 - Janis Irwin/Lori Sigurdson (MLAs)
- Feb 24 - Basel/Sara (EMCN - Edmonton Mennonite Centre for Newcomers)
- Mar 3 - Laurie Winder (Ashbourne Residence)
- Mar 10 - Joan Whitecalf/Kristy Harcourt (Pioneering hosts of CJSR's GayWire program)
- Mar 7 - Roger Helfrick (musical guest)
- Mar 24 - Dr Michael Marshall (founder and medical director of The LGBTQ+ Wellness Centre in Edmonton)
- Mar 31 - Edmonton Pride Seniors Group- Housing Update. Speaker TBA.

### **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

**Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

### **Connecting Through Writing Workshops with Adele (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](mailto:life@mysage.ca) or 780.701.9016 to receive Zoom or phone-in information.

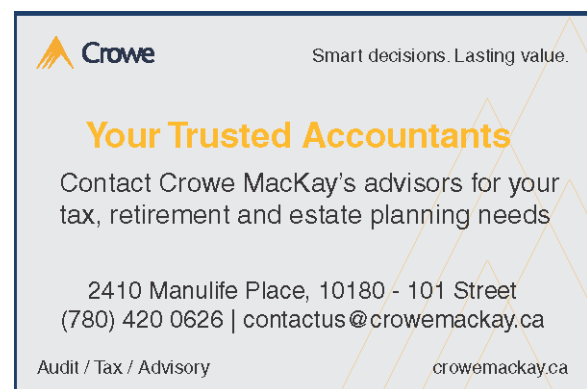
**Time:** 3-4 pm

**Series 2:** Thursdays, Feb. 24 - Mar 17

(Registration deadline Feb. 22) Online (in-person postponed at this time)



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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.

## LIFE ENRICHMENT PROGRAMMING

### **Meditation and Pranayama with Sonia (Drop-in)**

In these sessions group leader, Sonia, will guide the group through meditation, gentle exercises and breath work. Meditation helps us to live in the present moment and to relax the mind. In meditation you let things be as they are, without judgment, and in that way you yourself learn to be. We will meditate together and learn some tools you can use at home. Pranayama is the yogic practice of focusing on breath. Gentle meditation and breathing techniques will help you slowly experience the grace within you. Join and let's meditate together from the comfort of your home.

**Dates:** Monthly, the 4th Monday of the month (Feb 28, Mar 28), 12:20-1:10pm

**Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

### **Gentle Yoga and Mindfulness 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, 12-1pm

**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. This is fun and easy for almost anyone to be able to do.

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

**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, 1-2pm online  
(in-person postponed at this time)

**Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

### **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:** Wednesdays (1st & 3rd Wednesdays of the month), 1:10-1:55pm

**Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

### **Gentle Yoga Seated with Sydney (Drop-in)**

In these weekly sessions group leader, Sydney, will guide the group through gentle and simple yoga movements, exercises and stretches.

**When:** Fridays, 11:30-12:30pm, online  
(in-person postponed at this time)

**Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985



**ACCESS TO THE SAGE  
BUILDING IS SUBJECT TO  
CHANGE**

We strongly encourage you to check our access and hours before you come to Sage. We will keep our main phone line and website updated—just call or click to confirm! For the most up to date information about Life Enrichment programming, phone 780.423.5510.





### **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.



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**780-220-5420 [greenpathmed.com](http://greenpathmed.com)**



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

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[www.thewaterford.ca](http://www.thewaterford.ca)**



[www.mysage.ca](http://www.mysage.ca)

The **Resilience Fund** strengthens a network of support with and for 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



**sage**  
Sage Seniors Association