July - September 2023

sageLINK

What's Inside

Message from the Executive Director 3

Announcements 2

Friendly Wellness Call Program 4

Safety Measures 4

Life Enrichment Programming 8

MESSAGE FROM OUR BOARD PRESIDENT

At our Annual General Meeting in May, I provided some highlights of work completed in 2022 on behalf of the Board that reflect the focus of Sage's strategic plan, and I'd like to share them with you here.

Post-pandemic, there have been shifts in revenue sources that reduce the sustainability of the organization's financial position.

This is a common challenge in the charitable, human services sector at this time. As such, the strategic plan prioritizes revenue diversification that helps to ensure that changes in, or a loss of, one source of funding, would be mitigated by having a broader range of funding sources.

The staff team has responded to this by working to build a Stewardship and Development program that recognizes long-term relationships with donors, funders, and our community-at-large.

In 2022, the Board introduced a Stewardship and Development Committee of Board and staff members that work together to advance action items stemming from the Strategic Plan.

A second ad-hoc committee, the Strategic Communications Committee, utilizes shared expertise to advance objectives and develop advocacy strategies.

To undertake issues-based advocacy work, Sage invested considerable effort to secure funding for frailty screening and the use of the Healthy Aging Asset Index. In partnership with the Max Bell Foundation and the Canadian Frailty Network, Sage is now funded as a Regional Centre for Healthy Aging.

...continued on page 7

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

Monday, July 7
Canada Day

Monday , August 7
Heritage Day

Monday, September 4
Labour Day

MESSAGE FROM THE EXECUTIVE DIRECTOR

On the cover of this issue of the Sage Link, Kathleen Thurber shares the update that she gave at our Annual General Meeting in May. I wanted to take this opportunity to provide some context on the systems that Sage's work takes place within, the individuals we serve, and our staff and volunteers.

The health and wellbeing of the individuals accessing programming at Sage has been impacted by inflation and pressures related to the cost of living. The social and community programs that people depend on have been impacted by reductions in funding, and health and housing systems are overwhelmed.

Funding for the human services sector has shifted to short-term project-based grants that are far less likely to be cost recovery or include funding for operational costs. We are working with our colleagues and funders to advocate for a more sustainable funding model. We have also taken time to evaluate to ensure that programs are financially sustainable.

Sage is actively involved in workforce development in our sector, working with our partners Edmonton Seniors Coordinating Council and Healthy Aging Alberta.

Our work would not be possible without funders, donors, and volunteers. Sage is a network of relationships that run deep, and we have so much gratitude for that network. There has been a lot going on this past year, and I hope you'll continue to stay engaged and involved in 2023.

There are lots of changes on the horizon, and we look forward to the journey ahead as a community!

Karen McDonald

BUILDING HOURS
Mon -Thurs 9:00 am - 4:00 pm
Staff work off-site on Fridays

The Sage building is open for pre-registered group programming, social services appointments, and some drop-in classes.

This is subject to change, and we strongly encourage you to check our access and hours before you arrive at the Sage building.

We will keep our main phone line and website updated.

Just call or click to confirm!

DIRECTORY

Board of Directors

President	Michael Solowan
President Elect	To be announced
Past President	Kathleen Thurber
Secretary/ Treasurer	To be announced

Members at Large

Anne Smith	Favaz Rajabali
Arielle Whitham	Paul Taylor
Cathy Giblin	Isha Katal
Joanna Cave	

15 Sir Winston Churchill Square
Edmonton, AB T5J 2E5

Phone

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

Email info@mysage.ca

Online www.mysage.ca

Facebook Sage Seniors Association

Twitter @sageyeg

ANNOUNCEMENTS

STAFF UPDATE

Sage has welcomed Chris Bullough and Velma Roberts onto our Community Animation Team. We are pleased to welcome back Bal Dhakal to the position of Intensive Case Manager with the Safe House.

Sage also welcomes Mary Ann Flett, who joins us as a Link Worker, and Mary Udo, who is the Manager of our Social Prescribing Project. Sage has also welcomed Samantha Molen as a Social Work Specialist. We are also thankful for the assistance of our summer student, Sophia Muller.

Congratulations also to Carlina McInnis, who is the new Project Manager of the Regional Centre for Healthy Aging Project.

Sage has regretfully said farewell to Finance Coordinator Dara Kantypowicz, and Link Worker Lucy Jones. We thank them for their service to Sage and wish them well in their future endeavors.

We also want to shout out Laura McCann and Shelah Kwok for covering vacations for our Social Work team in the last few months – thank you so much!

SUNSHINE CAFE

The Sunshine Café will unfortunately remain closed at this time, (see Executive Directors Message for more information), but will be available for the consumption of outside food and drink, as well as open to participate in activities and classes such as Tile Rummy! Our doors will continue to be locked, and we ask that you use the buzzer upon arrival.

HELP SAGE WIN $20,000!

Every dollar donated online to Sage during the month of June is an entry for Sage to win $20,000 in the Great Canadian Giving Challenge. All you have to do is visit www.mysage.ca and click Donate.

VOLUNTEERS NEEDED!

We need volunteers to help with reception and tax return preparation. If you are interested, contact Jade at volunteer@mysage.ca.

ANNUAL REPORT

We held our Annual General Meeting on May 11th – thank you to those of you who were able to join us online or in person! Please see pages 2 & 3 for the Executive Directors letter from AGM, and visit our website to see Sage's 2022 Annual Report.

DID YOU KNOW?

Sage works with the Family Centre to offer free drop-in counseling every Thursday from 10:00am to 2:00pm. If you need to talk to someone, please come to Sage on Thursdays, no appointment needed!

DIRECTORY OF SENIOR SERVICES

Production of the next Directory is now underway and will be available (print and online) in the fall!

You can still access a digital version of the 2020-2021 Directory our website.

You can also call 211 for resources, or search informalberta.ca.

FRIENDLY WELLNESS CALL PROGRAM

At the beginning of the pandemic, Sage started a friendly caller program to ensure seniors stayed connected and had regular access to accurate information during a very tumultuous time.

The program has since grown to include seniors feeling homebound or isolated, and who benefit from regular conversation with friendly volunteers.

Now that we have reopened our building and shifted operations following the pandemic, we are no longer able to provide this program, so have developed a partnership with Meals on Wheels, who have a similar program.

Starting in June, Meals on Wheels will supervise the Friendly Wellness Call program. Sage will provide training and support through our staff and social work team.

We have met with Meals on Wheels several times and are confident that this will be a positive change for the program.

Working with Meals on Wheels ensures that seniors continue to receive these calls despite changes in funding that make it difficult for us to continue alone.

SAFETY MEASURES UPDATE

Throughout the pandemic, Sage has taken a proactive approach to public health measures that are meant to keep program participants, volunteers, and staff safe. Last fall, we resumed on site programming, while continuing to offer virtual services.

As part of our efforts to maintain a safe and secure environment, we have chosen to keep exterior doors locked, and have installed a new buzzer system to make building access easier.

In April, we asked the Sage community to complete a short survey about these safety measures. We received over 100 responses and have used this feedback to inform out decision-making moving forward. Most survey respondents feel that the decision to wear a mask should be up to the individual.

What we heard in our survey is consistent with the current guidance from Alberta Health Services:

- Stay home if you are sick
- Wear a mask if you have had COVID symptoms in the past 10 days
- If COVID positive, isolate for 5 days
- Sanitize hands and hard surfaces regularly

As a result, effective June 5, the following changes are occurring:

- Stay home if sick or displaying new symptoms
- Masks are strongly encouraged but optional (masks and sanitizer will still be available)
- Staff, volunteers, and program participants may continue to ask for one another to use masks in enclosed spaces or one-on-one situations
- Everyone is encourages to be respectful of the needs of others

Retirement Living at its Finest!

> Renovated Suites
> Weekly Housekeeping
> All Utilities Included
> 120+ HD TV Channels
> Wi-Fi Included
> Complementary Self Laundry
> Pet Friendly Suites Available

> Red Seal Chef
> Custom Meal Plans
> Activities & Entertainment
> Afternoon Tea Time
> Fireside Lounge & Library
> Shuttle Bus Transportation
> Emergency Call System

780-444-4545
thewaterford.ca

The Waterford
OF SUMMERLEA

Now Renting!

- Independent senior's living
- Immediate availability
- Christian community
- Newly renovated suites
- Amenities: games room, recreation, dining rooms, hair salon
- Located near shopping, parks, and recreation

Senior's Living by: SHEPHERD'S CARE FOUNDATION

SHEPHERD'S GARDENS
Independent Living Communities

Book a tour of one of our three locations today!

Millwoods, Kensington, Southside Locations **587-596-0580** | **www.ShepherdsGardens.ca/RentNow**

Try 6 of our favourites...

No time to browse today?
We've assembled 6 customer favourites for you to try and enjoy.

All 6 items only
$59.90

1. Country Chicken *(pg. 20)*
2. Pork Pot Roast with Root Vegetables *(pg. 25)*
3. Meatloaf with Rich Onion Gravy *(pg. 11)*
4. Cauliflower and Broccoli Cheese Casserole *(pg. 33)*
5. Shepherd's Pie *(pg. 9)*
6. Chicken Teriyaki *(pg. 17)*

No contracts.
No obligation.
Delicious choices.
Free delivery.*

Request your **FREE** Menu
780 666 2336
1 800 704 4779
HeartToHomeMeals.ca

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™

*some conditions may apply.

DartNdiSeniors
Dart Independent Seniors
Companionship & Care, You're Home

Spacious Residential Home/ 4-Private bedrooms / Companionship / Meals / Housekeeping / Laundry Service / Activities

Welcome to our independent living home in Parkview!

info@dart.consulting / 780-909-4399 / www.dartndiseniors.com

WILLS, ESTATES & NOTARY.

MARRAZZO
LAW OFFICE
Lina Marrazzo B.A, LL.B
Call us today at (780) 756-5500

Mention this ad and receive 10% off

...continued from cover

Finally, the Strategic Plan aims to "ensure services in Alberta optimize health, agency and inclusion for seniors". Sage recognizes the importance of inclusion, and the need for action towards diversity, and equity.

In 2022, the two-day training of staff on anti-carceral social work practice and decolonization is one example of action in this area, and broadening the recruitment network of the Nomination Committee of the Board is another.

We know this is an area where we are on a journey as an organization.

On behalf of the Board of Directors, I would like to thank the many volunteers who make Sage's programs and services possible, particularly in 2022 when many of our operations continued to be impacted by public health measures and safety challenges downtown.

So many of you step up, and this is truly what makes Sage such a special community.

Kathleen Thurber

LIFE ENRICHMENT PROGRAMMING

Life Enrichment programs are free unless there is a cost indicated. No Sage membership required to participate.

If registration is required for a program please call 780.701.9016 or email life@mysage.ca.

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

ZOOM PROGRAMMING (ONLINE OR PHONE-IN)

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 may be available for some projects.

When: Tuesdays 9am-10am
Zoom Meeting ID: 657 878 2877
Toll-Free Phone-in: 1.855.703.8985

⚠ Zumba Gold with Carina (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: Fridays 1pm-2pm
Zoom Meeting ID: 657 878 2877
Toll-Free Phone-in: 1.855.703.8985

Uke n' Sing Hybrid (Drop-In)

Just like singing around the campfire...without the campfire. Enjoy singalong favorites and instrumental accompaniment.

When: Tuesdays 11:45am-12:45pm until Jul 2
Zoom Meeting ID: 657 878 2877
Toll-Free Phone-in: 1.855.703.8985

⚠ Tai Chi with Master Ken

Good for the mind and body! Increase balance and skill with gentle movements, great for all skill levels.

When: Mondays 9:30am-11:00am
Zoom Meeting ID: 657 878 2877
Toll-Free Phone-in: 1.855.703.8985

Ageing with Pride (Pre-Register)

A group for LGBTQ2S+ seniors and allies to learn, socialize, and connect. See the weekly schedule on Sage's Monthly Calendar for the weekly topics. Meetings in partnership with the Pride Centre of Edmonton, Edmonton Pride Seniors Group, and Sage. Pre-registration required. Email agingwithprideyeg@gmail.com or call Rachel at 780.701.9016.

When: Thursdays until Jun 29 11am-12pm

Device and Computer Help with Dennis (Pre-Register)

Questions about using your device? Dennis can help! Contact Sage reception at 780.423.5510 to request an appointment. Appointments can be conducted over the phone or virtually by computer. In-person appointments are available to book from 1pm-3pm on Wednesdays. Must Pre-Register.

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 able, exercise safely, and do not participate beyond your capabilities.

IN-PERSON PROGRAMMING

In-person Life Enrichment programs are pre-registered only unless it is listed as drop-in. Other programs will remain online/phone-in on Zoom only, or a hybrid of Zoom or in-person. If registration is required, please call Rachel at 780.701.9016 or email life@mysage.ca.

Sunshine Café

The Café is a space where you can sit, visit, play games, relax, and consume outside food and beverages. The space is available Monday to Thursday from 10am-2pm. Please remember to sanitize frequently.

Note that while masking is not mandatory, Sage recommends masking and social distancing to prevent the spread of infection. Please stay home if you are not feeling well or have tested positive for COVID.

Sage's doors remain locked but staff or volunteers will let you in. We have added a buzzer to ring for admittance.

iPad Class (Pre-Register)

Presented by EPL. Learn iPad basics and the many things you can do on this device in a five week course. iPads are provided for the course. Register early as spaces are limited! Starts September 25.

When: Mondays 11am-12pm
Where: Sage Classroom D

⚠ Ballroom Dance with Melissa (Pre-Register)

A partnered, ballroom dance group. For people with some dance ability & fairly high mobility. Those with higher skill levels may be chosen to join when the group is performing. Dancers are responsible for their costumes and performance costs.

When: Tuesdays 11:15am-12:45pm
Practice is Wednesdays 9am-9:45am
Where: Sage Auditorium

Come visit our communities!

Country Cottage and Wild Rose offer Independent and Supportive Living options for seniors.

Our Mission is **to provide intimate, home-style living for seniors**. We seek to provide the best quality of life possible by enabling each resident to experience a full and independent lifestyle.

Watch our websites for open houses

Country Cottage
An OPTIMA LIVING Community
780-417-0757
countrycottageseniors.ca
75 Cranford Way
Sherwood Park, AB

Wild Rose
An OPTIMA LIVING Community
780-443-1234
wildroseseniors.ca
9612 - 172nd Street NW,
Edmonton, AB

People | Place | Community

LIFE ENRICHMENT PROGRAMMING

Coffee Groups (Pre-Register)
A weekly get together to chat and see friendly faces. Contact Jade or Rachel if you are interested in leading the coffee group.

When: Thursdays 10:30am-11:15 am
Where: Classroom A

Mindful Coloring & Doodling (Drop-In)
Enjoy some coloring with provided pictures and pencil crayons. Great space to meet new people, relax, and express yourself creatively.

Date: Mon-Thurs 10am-2pm
Where: Sunshine Café

Downtown Men's Shed (Pre-Register)
Join the "shedders" group for discussion, learning opportunities, friendly chats, and a chance to meet new people. For more info or to join, email Amanda at ahgojtan@mysage.ca or call 780.446.3964

Where: Churchill Revera

⚠ Line Dance with Nancy (Pre-Register)
Join Nancy for unique dancing that mixes Tai Chi and simple dance moves to a mix of songs.

Class A: Mondays 11:30am-1pm
Wednesdays 11:45am-1:15pm
Class B: Mondays 1:15pm-2:45pm
Wednesdays 1:30-3pm

Live Music with Margaret and Friends Jam Sessions (Pre-Register)
Join Margaret as she shares her love for music through singing and playing ukulele. Come sing or bring your own instrument. If you have a song you'd love to hear feel free to share!

When: 1st and 3rd Thursdays 1pm-2pm
Where: Sunshine Café

Mahjong, Puzzle-Room, Scrabble and More! (Drop-In)

When: Mon-Thurs 10am-2pm
Where: Sunshine Café

⚠ Fun and Fitness with Mykieng (Pre-Register)
A class to build balance and strength for all skill levels. Come and do fun and easy movements with Mykieng.

When: Thursdays 11am-12pm
Where: Auditorium

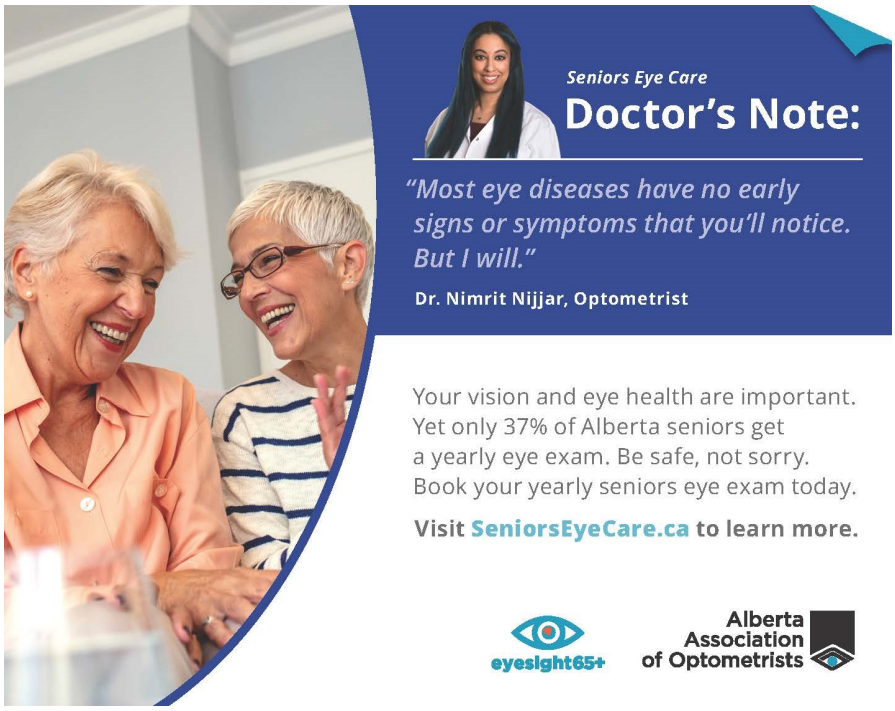
⚠ Zumba Gold with Carina (Pre-Register)
Music, dancing, and fun! A Latin inspired dance workout accessible for beginners, or those requiring modification to their fitness routine.

When: Thursdays 1pm-2pm
Where: Auditorium

⚠ Gentle Yoga with Sydney (Pre-Register)
Gentle yoga, stretches, and exercise. Can participate standing or seated in a chair.

Date: Wednesdays 1pm-2pm
Where: Classroom C

Crib Games with Margaret (Drop-In)
Join our volunteer Margaret for a game of crib, or crib lessons.
When: Wednesdays 1pm-2pm
Where: Sunshine Café



ONLY YOU ARE THE EXPERT IN YOUR CARE.

MANCHESTER ROSE

YOUR PARTNER IN CARE

780-340-4663
AVAILABLE TO SCHEDULE 24/7
VISIT OUR WEBSITE

- NURSING & WELLNESS CARE
- ILLNESS, EMERGENCY, AND OVERNIGHT CARE VISITS
- PERSONAL CARE SERVICES
- RESPITE & COMPANION CARE
- LIVE-IN/LIVE-OUT & OVERNIGHT CAREFIVERS
- ADVANCED FOOT CARE
- WOUND AND POST-OPERATIVE CARE
- MEDICATION ASSISTANCE & ADMINISTRATION
- DEMENTIA CARE & HOSPICE CARE
- DOG WALKING AND PET SITTING
- HOUSEKEEPING & LAUNDRY

FUNDED BY:
PRIVATE PAY
PRIVATE INSURANCE
ALBERTA HEALTH FUNDING/INVOICING
VETERANS/RCMP/EMPLOYER INSURANCE

Ukulele Lessons (Pre-Register)

Space for ukulele enthusiasts to play and learn together. Multi-level group that explores a variety of picking and strumming patterns. Not suitable for absolute beginners.

When: Tuesday afternoons until Jul 25

Painting with Dale (Pre-Register)

Join Dale in this three week course and learn to paint. Supplies provided, only ten spots available. Starts in September (specific dates TBD). $10 per series (payable on first day of class).

When: Mondays 12:30pm-3pm
Where: Classroom A

Connecting Through Writing Workshops with Adele (Pre-Register)

A four week workshop where prompts are given, and individuals will write for a few minutes then share and discuss (if comfortable). Maximum 8-12 people.

When: Mondays 2pm-3pm
Where: Classroom D

Love to Learn Series (Pre-Register)

Presented by EPL community librarians, featuring a variety of educational and fun topics including some armchair travel. Pre-registration accepted up to the Friday before.

When: First Tuesday of the month 11am-12 pm
Where: Sage Classroom B

Rummikob (Drop-In)

Join our volunteer Jim in some easy and fun games. He will gladly teach you to play tile Rummy if you are unsure of the rules.

When: Thursdays 12:30pm-2pm
Where: Sunshine Café

⚠ Fitness & Drumming Group (Pre-Register)

Gently move & exercise while enjoying some drumming (drums provided).

When: Mondays 11:15am-12:45 pm
Where: Sage Classroom C

www.mysage.ca

Qualicare®
Home Care
Of Edmonton East and Area

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.

- **Daily Tasks and Household Management**
- **Specialized Health Care**
- **Companionship & Outings**
- **Family Care Coordination**

We'll take care of the everyday tasks so families can simply enjoy time together.

CALL 780 328 6655