

July - September 2024

## What's Inside

Message from the Executive Director	2
Announcements	3
Seniors Week Event	5
Life Enrichment Programming	6-9
Staying Cool this Summer	11

# sage LINK



## COMMUNITY ANIMATION PROGRAM

Sage launched an exciting new, program last year, with the goal of reducing isolation for older adults by creating opportunities for social participation and engagement in ways the older adults determine is important to them. We know that older adults are a skilled resource that can benefit any community they choose to support by sharing their many talents and assets.

Sage works to build relationships with communities, connect with diverse groups, and encourage the growth of self-sustaining programs by providing support and resources via Community Animators. The Animators connect with older adults in the community, provide

opportunities for them to share their many assets, and facilitate projects that are inspired and driven by the seniors themselves.

Five Community Animators focus on different areas of the city to cultivate these relationships, so that older adults don't have to travel out of their community. Some of the exciting projects we have undertaken so far include a pen-pal program between a Seniors Lodge and a Junior High School, a lively coffee group in a westend neighbourhood, and several Wellness Fairs across the city. Community Animation is continuing in full swing this

*...continued on page 4*

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

**Monday, July 1**  
Canada Day

**Monday, August 5**  
Heritage Day

**Monday, September 2**  
Labour Day

## MESSAGE FROM THE EXECUTIVE DIRECTOR



At our Annual General Meeting in May, I provided an overview of the work undertaken by Sage in 2023, and I wanted to share some highlights here for those of you who were unable to join us.

Demand for our services in 2023 had grown dramatically, and staff and volunteers experienced unprecedented pressures: seniors were facing increasingly complex needs, social disorder in downtown Edmonton made in-person services challenging, and the financial resources required to support service delivery were limited. Despite these challenges, Sage's community responded as it always does - with resilience, flexibility, creativity, partnership and cooperation.

A key aspect of Sage's approach to service provision is partnership and collaboration, and in 2023, we saw several existing partnerships expand and some new ones blossom. An excellent example of this is the Regional Centre for Health Aging (RCHA) project, where we work with the University of Alberta, Athabasca University, Healthy Aging Alberta, the Seniors Equity Collective, Strathcona Family and Community Services, Jewish Family Services Edmonton, Edmonton Seniors Coordinating Council, and others to support the development

assessment tools that inform our work as organizations and as a sector.

In 2023, we also began working closely with the Edmonton Seniors Coordinating Council and other partners to establish a Seniors Coordinated Outreach Model. The demand for seniors outreach services continues to grow, and the complexity of need is also increasing, as more and more seniors are seeking assistance with securing income supports, access to housing and addressing houselessness, food insecurity, mental health care, and system navigation. We continue to work within the Seniors Coordinated Outreach Model to manage the demand for services and respond to the needs of older adults in Edmonton who require this essential service.

In the fall of 2023, Sage was asked by the Government of Alberta to partner with Unison (Calgary) and the Alberta Elder Abuse Awareness Council to support the development of a new Safe Spaces program to increase Elder Abuse supports across Alberta. The program pairs local case managers and seniors' lodges across the province to support older adults who are leaving abusive situations. Through this collaboration, Sage has been supporting the organizations.

*...continued on page 10*

## DIRECTORY

### Board of Directors

President	Michael Solowan
President Elect	Arielle Whitham
Past President	Kathleen Thurber
Secretary/Treasurer	Anne Smith

### Members at Large

Favaz Rajabali	Isha Katal
Paul Taylor	Joanna Cave
Diana Elniski	Danielle Perrault
Marisa Redmond	Edwin Ryan
Cathy Giblin	

### 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](mailto:info@mysage.ca)

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

**Facebook** Sage Seniors Association

**X (Twitter)** @sageyeg

15 Sir Winston Churchill Square  
Edmonton, AB T5J 2E5

## ANNOUNCEMENTS

### STAFF UPDATES

Sage has recently welcomed Glenda Gallardo into a casual Social Work position. Emily Ouimet, Jamie MacDonald, and Simran Gill have joined us as new summer students, and Sophia Muller has returned as a summer student as well.

We have said farewell to Social Prescribing Manager Mary Udo, and thank her for her dedicated service to Sage, and wish her well in her new position. Colleen Derksen will now be providing oversight to this program. We have also said farewell to Social Worker Yasmin Farah - we are thankful for her service here and wish her well in her future endeavors. Abhi Thaker finished his temporary term with the Safe House and has moved into a permanent position with another organization. He will be missed.

We have also had some staff move into different positions. With four new transition suites operating under the Safe House umbrella, Iris Irwin has transferred to the position of Safe House Coordinator II. Laura Cawagas will be assuming Iris's previous position of Follow-up Coordinator. Desiree Roberts has joined the Social Prescribing team.

### SAGE AGM AND ANNUAL REPORT

We held our Annual General Meeting on May 26 and it was a great success! Thank you to those of you who were able to join us in-person, online, and over the phone! Also, please visit Sage's website to view our 2023 Annual Report!

### SENIOR'S WEEK

Senior's Week was June 3-9, and Sage set up a tent in Churchill Square on Thursday, June 6. We handed out Directories, over 150 doughnuts, and water bottles. There was even great live music from the Parklanders! Thanks to everyone who came out - we enjoyed connecting with you!

### VOLUNTEER APPRECIATION LUNCH

We hosted a volunteer appreciation lunch on May 27, which was also a great success! Thank you to our sponsor Aspire Care Home Care Services, who made the event possible; Called to Serve Catering for providing a delicious meal; and all our staff for their effort in making the event run smoothly. Thanks especially to our dedicated volunteers - without whom we would not be able to do the work that we do everyday!

### VOLUNTEERS NEEDED

We currently have need of volunteers in the role of Customer Service Reception. We are also looking for a volunteer to help clients fill out application forms for things like CPP, OAS, GIS and Alberta Senior's Benefits. We are looking for a weekly commitment for both of these positions.

**Life Enrichment Volunteers Wanted!** If you are interested in leading anything from card games to book clubs; helping to plan parties and outings, or anything else, please let us know. Specifically, we are looking for Life Enrichment volunteers for Book Club, Ted Talks or other online classes, Coffee Group, Computers for Beginners (or other computer classes).

If you are interested in volunteering at Sage Seniors Association, please contact Jade at [volunteer@mysage.ca](mailto:volunteer@mysage.ca)

**CASINO VOLUNTEERS NEEDED** Aug 24-25 at the Starlight Casino. If you are interested in volunteering for this event, please contact Jade at [volunteer@mysage.ca](mailto:volunteer@mysage.ca).

edmonton  
**meals on wheels**  
fresh. connected. delivered.

### URGENT!

### VOLUNTEER DRIVERS NEEDED

Edmonton Meals on Wheels is urgently seeking volunteer drivers to help us deliver meals to clients in need.



#### DETAILS

- Deliveries are made Monday to Friday between 10:30am-1:00pm.
- Each delivery route covers a neighbourhood and drivers can expect an average of 8-12 deliveries during a shift.
- Recent police information check with vulnerable sector check required.

Whether you can help out several times a week or once a month, your contribution is greatly appreciated!

**FOR MORE INFORMATION OR TO SIGN UP, PLEASE CONTACT US TODAY!**

780-429-2020  
[volunteer@emow.ca](mailto:volunteer@emow.ca)  
[www.emow.ca](http://www.emow.ca)





(...continued from front page) summer, so be on the watch for Sage's Animators looking to make connections and support self-sustaining and independent senior programming in your community!

Community Animators will be present at Sage, in neighbourhoods, and community leagues near you and are eager to hear what you want to see happening at Sage or in your community.

The Animators will also continue to support the things they have already started, like coffee circles, walking groups, book clubs, and more. If you are interested in learning more about current programming near you please contact us!

And please consider us at a really exciting event coming up on August 11:

### **Creative Quest's Teej**

Celebrate a traditional Indian event marking the beginning of Monsoon season at the Woodcroft Community League. Everyone is welcome!

Whether you are passionate about crafting, walking groups, wellness fairs, or anything in between, or if you have ideas about something you want to share or something that you are interested in doing, we want to hear from you!

Join the Community Animation Team at Sage to bring your passion, skills, or ideas to life. Call 780-423-5510 to leave a message for a Community Animator or email: [info@mysage.ca](mailto:info@mysage.ca)

### **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!

# Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free\*.



Locally owned by  
Chetan and Roshni Bahl  
**Get your FREE Menu**  
**780-666-2366**  
[HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

\*Some conditions may apply.





## SENIORS ON THE SQUARE - SENIORS' WEEK CELEBRATION

Every year, the first full week of June is designated as Seniors' Week in Alberta, and this year, Sage celebrated by hosting a free event in Churchill Square on June 6. We handed out water and doughnuts at the Sage tent, and were able to share information about Sage and our programs.

We'd like to thank the Rotary Club North East Edmonton, who provided \$500 to support the event, the Edmonton Arts Council (Live at Lunch), for helping us program the activities, and The Parklanders, for providing the live music! And special thanks to Alan Stewart, one of the Amazing Elders, who took some amazing photos to help us capture the event.



## LIFE ENRICHMENT PROGRAMMING

Life Enrichment programs are free unless there is a cost indicated. No Sage membership is required to participate. In-person Life Enrichment programs are pre-registered only, except where listed as Drop-in.

The café is a space where you can sit, visit, play games, relax, and enjoy outside food and beverages. The space is available Monday to Thursday between 10am and 2pm. Please remember to sanitize your hands frequently.

Please 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.

If registration is required for a program, please call Rachel at 780-701-9016 or email [life@mysage.ca](mailto:life@mysage.ca).

### ZOOM PROGRAMMING: ONLINE OR PHONE-IN

**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

**Virtual Men's Shed (Drop-in)** Join the "Shedders" group for some discussion, learning opportunities, friendly chat, and a chance to meet new people. For information email Brian Christianson at [bchristianson7003@gmail.com](mailto:bchristianson7003@gmail.com).

**When:** Fri 11:00am-12:30pm

**Zoom Meeting ID:** 657 878 2877

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

**Zumba Gold with Carina Fridays (Drop-in, Zoom only)** 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:** Fri 1:00pm-2:00pm

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703. 8985

**Connecting Though Writing Workshops with Adele (Pre-Register, Zoom only)** This is a free, four-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! Maximum 8-12 participants. Pre-register by the Friday before the series begins.

**When:** Mondays, 2:00-3:00pm, Sep 16-Oct 7

### HYBRID PROGRAMMING

#### **Aging with Pride**

A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. See the meeting schedule on Sage's monthly calendar for 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 is **required** each week to get Zoom information or to attend in-person. Resumes in October. Please email [agingwithprideyeg@gmail.com](mailto:agingwithprideyeg@gmail.com) or call Rachel 780.701.9016 to register.

**When:** Thurs 11:00am-12:00pm

**Where:** Sage Room or Zoom

#### **Tai Chi with Master Ken**

Good for the mind and body, these Tai Chi classes are great for all skill levels and help to build balance and strength through gentle movements. Offered simultaneously on Zoom and in-person.

**When:** Mon 9:30-11:00 am

**Where:** Sage Auditorium (In Person) or

**Zoom Meeting ID:** 657 878 2877

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

**Uke n' Sing (In-Person and on Zoom, Pre-Register)** If you like strumming on ukuleles, or singing along to familiar tunes, this group is for you. All the warmth of singing around a campfire without the smoke or mosquitos! Everyone welcome. Resumes in the Fall - watch for the September calendar!

**When:** Tues 11:45am-1:00pm



# MOVING SOON?



- ✓ Professionally Trained Uniformed Crew
- ✓ Keep your belonging secure with our storage solutions
- ✓ Save with our Affordable Rates & No Hidden Fees
- ✓ Licensed & Insured for peace-of-mind
- ✓ Enjoy a stress-free move, the professionals handle it all
- ✓ Flexible scheduling open 7 days a week
- ✓ Rest easy and avoid long days of prep with our Packing Services



## COUPONS

Free boxes on local moves (Call for details) • \$127.97 off long distance moves  
\$37.97 off local move • 2 months of free storage with local moves

**CALL FOR FREE FRIENDLY ESTIMATES & ADVICE!**



**laststopmoving.com**  
**587-602-4858**

## SHADOW THEATRE

## 2024/25 SEASON

**THE TWO BATTLES OF  
FRANCES PEGAMAHGABOW**  
By Neil Grahm  
NOV. 6 - 24, 2024

**BEA**  
By Mick Gordon  
JAN. 22 - FEB 9, 2025

**AFTER MOURNING - BEFORE VAN GOGH**  
By Mike Czuba  
MAR. 19 - APR. 6, 2025

**WHERE YOU ARE**  
By Kirsten DaSilva  
APR. 30 - MAY 18, 2025

**MATINEES  
ONLY \$28**

**780.434.5564**  
**SHADOWTHEATRE.ORG**  
**INFO@SHADOWTHEATRE.ORG**



## PHYSICAL ACTIVITY DISCLAIMER

Please note that some Life Enrichment programs require 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

### Let's do Lunch (Pre-Register)

This group comes together on the third Monday of each month at 11am at Sage (or 11:30am at restaurant) and ventures out to new dining experiences. Must pre-register by the Wednesday before. Spaces are limited.

**Cost:** Pay for your own lunch + ETS

- **July 15 (register by July 10)** Guru Kitchen & Bar (10111 104 Ave)
- **August 19 (register by August 14)** Chianti Café & Restaurant (10501 82 Ave)
- **September 16 (register by September 11)** Harvest Room & Terrace (Hotel MacDonald - 10065 100 Street)

### River Cree Casino Outing (Pre-Register)

Hop on the River Cree bus the third Wednesday of every month for a fun day at the casino. You get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. Minimum of 15 people required (the bus can hold up to 24 passengers, including some walkers but no wheelchairs). Registration cut-off is the Monday before the trip or when the trip is sold out.

**Cost:** \$5.00 (includes bus to and from casino, lunch and \$5 free play voucher).

**When:** Wednesdays Jun 19, Jul 17, Aug 21

**Time:** Depart Sage at 9:30am and 2:00pm departure from River Cree. Must stay for the entire four hours to get deal.

**Smoky Lake Pumpkin Fair** Join Sage as we venture to the small town of Smoky Lake for a day of touring the mid-way, food booths, Farmer's Market, and car show. You can wander the stores in town, and pay for a wristband to watch the giant pumpkins and gourds weigh-off. Watch for all of the trip details available by Aug 15 on Sage's website or at main reception.

**Device and Computer Help with Dennis (Pre-register, in-person at Sage or can be done over the phone/computer)** 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. He can help over the phone/computer or book an in-person appointment at Sage on Wednesdays between 1:00-3:00pm.

### Coffee Group (Drop-in)

A weekly get-together to have discussions and see some friendly faces. Donations for coffee are welcomed. **We are looking for a volunteer to lead the coffee group.** Please contact Jade or Rachel if you are interested.

**When:** Wed 10:15am-11:00am

**Where:** Sage Main Floor

### Mindful Colouring & Doodling (Drop in)

Enjoy colouring and doodling. Pictures and pencil crayons provided. A great chance to express creativity, meet new people, or to let your mind relax. Join volunteer Axcella at the table Tuesdays and Wednesdays. Available Mon-Thurs 10am-2pm.

### Crib Games with Jim (Drop-in)

Join our volunteer Jim for a game of crib or crib lessons if you want to learn this fun and easy game.

**When:** Wed 1:00pm-2:30pm

**Where:** Sage Main Floor

**Mahjong, Puzzle Room, Scrabble, and More** are available Monday to Thursday from 10am to 2pm!

**Self-Defense for Us (Drop in)** Join Katherine Whitbread and other Sage members to explore and practice physical self-defense appropriate for our abilities and workshop self-defense scenarios that concern us. Class starts at 11 am but beginners are invited to start at 10:30 for an easy introduction. Let's discover what we can do to protect ourselves and others!

**When:** Wednesdays, 10:30am-12:00pm

**Where:** Classroom B

**International Day of Older Persons Celebration (In-person, Drop-in)** Celebrate the International Day of Older Persons with some live music, performances, goodies, display booths, and more! Watch the September calendar for more details on this exciting event!

**When:** Tues, Oct 1



### **Rummikub (Tile Rummy) (Drop-in)**

Join our volunteer Jim for some easy and fun games in this weekly drop-in group. If you don't know how to play, he will gladly teach you!

**When:** Thurs 12:30pm-2:00pm

**Where:** Sage Main Floor

**Busy Fingers & Crafts (Drop-in)** Join Sage's Busy Fingers and Craft group while you work on your knitting, crocheting, crafts, or doodling while enjoying a visit. Teaching help with some projects may also be available.

**When:** Tues 9:30am-12:00pm

**Where:** Sage Classroom A

### **Line Dance with Nancy (Pre-Register)**

Not your typical line dancing! Join instructor Nancy in this class that mixes Tai Chi movements and easy dance moves put to a mix of popular songs.

**When:** Class A: Mon 11:30-1:00pm and  
Wed 11:45-1:15pm

Class B: Mon 1:15-2:45 pm and  
Wed 1:30-3:00pm

**Where:** Auditorium

### **Fitness & Drumming group (Pre-register)**

Gentle exercise and movements while also enjoying some drumming. Drums provided.

**When:** Mon 11:15-12:45pm

**Where:** Sage Classroom B

### **Fun & Fitness with Mykieng (Pre-Register)**

Great for all skill levels! Help build your balance and strength by having fun and doing easy movements.

**When:** Thurs 11:00-12:00pm

**Where:** Auditorium

### **Zumba Gold with Carina Tuesdays (Drop-in)**

Music, fun, and dancing! Zumba Gold takes the Latin dance-inspired workout of Zumba and makes it accessible for seniors, beginners, or others needing modifications in their exercise routine.

**When:** Tues 1:00-2:00pm

**Where:** Auditorium

## Looking for Professional Plumbing Services?

Whether it's  
required  
maintenance:

- Hot water tank repair or replacement
- Leaking faucets
- Running toilets
- Pipe repairs
- Sump pumps

Or improvements to  
enhance home  
comfort:

- Comfort height toilet installation
- Handheld shower attachments
- Easy turn handles
- humidifiers

**We're here to help!**

### *Why call us?*

T & V Plumbing has been serving Edmonton seniors since 2007.

Independently Owned and Operated means you'll always get the same experienced and certified plumber to your door.

No high-pressure sales or upselling. Just the work you want completed at a great price.



T&V Plumbing, Heating and Gasfitting

*Wake up to good plumbing*

**780-993-2986**

**Ballroom Dance with Melissa (Pre-register)** A partnered, ballroom dance group for people with some dance ability and fairly high mobility. Practice and learn with the class. Those with higher skill levels may be chosen to join when the group is performing. Dancers are responsible for their own costumes and performance costs.

**When:** Tues 11:15-12:45pm

Practice is Wed 9:00-9:45am

**Where:** Auditorium

### **Gentle Yoga with Sydney (Pre-Register)**

Sydney will guide the group through gentle and simple yoga movements, exercises, and stretches. It is seated or standing with the support of a chair.

**When:** Wed 1:00-2:00pm

**Where:** Classroom B

## MESSAGE FROM THE EXECUTIVE DIRECTOR continued...

development of policies, procedures, and evaluation tools for the program, as well as a provincial Community of Practice for participating Safe Spaces program organizations.

Sage's This Full House program has relied on partnerships and collaboration since its inception to support older adults living with hoarding behaviours. In 2023, we worked with CMHA Edmonton and the Hoarding Disorder Foundation of Alberta to secure a small grant to begin updating the Community Response to Hoarding strategy document that Sage authored in 2013. Through this work, the partners hope to secure ongoing funding to address compulsive hoarding supports in the Edmonton region.

We also continued to invest in the development of the Seniors Equity Collective (SEC), a collaboration between Drive Happiness, Greater Edmonton Foundation, the Multicultural Health Brokers Cooperative, and Sage that is geared toward improving access to services for Edmonton's most vulnerable seniors. This work includes shared staff development, improving client referral pathways and case management, and collaborating to secure much needed funding and resources. The (SEC) is currently establishing a seniors advisory group that can be an ongoing source of community-led expertise and insight.

For over 50 years, Sage's board and leadership team have recognized that our ability to achieve our organizational mission and vision is limited if we are not also committed to investing time and resources into addressing challenges with the systems that impact the individuals and communities that we serve. A deep commitment to system change, sector development, and research have shaped Sage's work historically, and continued to do so in 2023.

For example, Sage was one of four organizations that helped to establish Healthy Aging Alberta (HAA) in 2019 in collaboration with the Government of Alberta and the United Way of Calgary. In the span of three years, HAA has made meaningful progress toward building a sector of community-based seniors-serving organizations. In 2023, I continued to Chair the HAA Community Leadership Council, and am

now formally in the role of Provincial Director of Healthy Aging Alberta. Sage's team also contributes to stakeholder and government relations as part of HAA, and provided support to the Healthy Aging Framework initiative.

In 2023, I also had the opportunity to represent Sage on the Strategic Advisory Committee for the Modernizing Alberta Primary Care System (MAPS) initiative that will inform the transformation of primary care in Alberta. In this role, I had the opportunity to participate on behalf of Sage as a Rapporteur and speaker at the Innovation Forum on Primary Care and Continuing Care for Alberta Health to inform the audience on the needs and strengths of under-served populations.

The Sage team was also focused on internal program development and organizational capacity building in 2023. For example, we were able to expand Sage's Community Animation Program (formerly Aging to Sageing) across the city. The Community Animation Program is foundational to Sage's approach to relational, asset-based, co-created program delivery, and there are so many inspiring stories from this program, where individuals or groups of older adults, with a bit of support from a Community Animator, have developed a program or worked to address a key need in their community.

We were also able to relaunch the Directory of Seniors Services in 2023, after significant evaluation and planning to help the Directory be more financially sustainable while meeting the needs of those who depend on this important resource.

Finally, we were very proud to learn that Sage received the 2023 Vision Award from the Canadian Coalition for Seniors' Mental Health in recognition of the holistic approach to service delivery that our services offer relative the mental health of older adults.

Challenging times remind us why community and connection are so critically important to our wellbeing - as individuals, as an organization, and as a community. Thank you to everyone who contributed to ensuring Sage's community to meet the needs and strengths of older adults in 2023!

**Karen McDonald**





## Connelly-McKinley Funeral Homes Reception Centres & Crematoriums

- Committed to service and value beyond all expectations
- Funeral Director's assistance 24 hrs/day
- Complete personalized funeral & cremation
- Arrangements in our offices or your home
- Professional aftercare services
- Preplanning available

**Healing Hearts, Inspiring Trust,  
Honouring Legacy Since 1908**

**St. Albert: 780-458-2222 | 24 hours**  
**Preplanning: 780-590-0626**

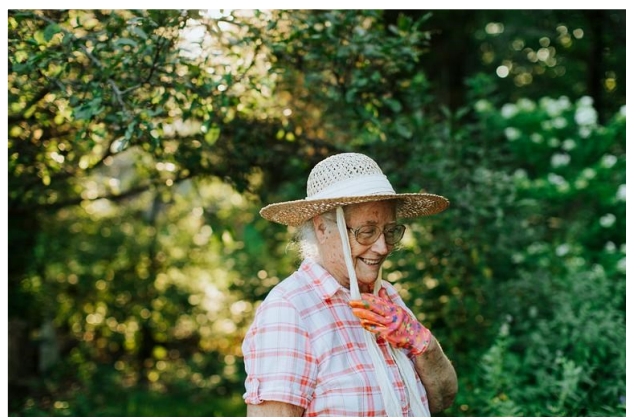
Three locations to serve you:  
Edmonton Central - Edmonton South - St Albert

**[www.Connelly-McKinley.com](http://www.Connelly-McKinley.com)**

## TIPS FOR STAYING COOL THIS SUMMER

Summertime brings lovely, but sometimes very warm weather. Remember to keep your cool this summer!

- Drink plenty of liquids, but avoid alcohol and caffeine.
- Keep your home as cool as possible. If you don't have air conditioning or fans, cover your windows during the hottest part of the day, and try not to use the oven.
- Wear lightweight, loose fitting clothing.
- If your home gets hot during the day, consider visiting a place that has air conditioning – a shopping mall, library, or senior centre, for example.



- Avoid outdoor activities and exercise when it is very hot. If you are spending time outside, stick to the shade and avoid crowded areas. And remember to wear a hat and sunglasses – and sunscreen!
- If you're feeling too warm, take a cool shower, bath or sponge bath. Wetting washcloths or towels with cool water and placing them on your neck, wrists, and ankles can also help.

**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

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



## Who We Are

ElderCare (ECE) is a non-profit organization providing recreational therapeutic day programming for seniors in the community.

## How to Register

A referral is required to register for our programs. A physician or other healthcare provider is able to provide a referral to a Home Care Case Manager, who will ensure that our programs are the best fit for you or your loved one.



## Benefits of Joining

- **Social Interaction:** a sense of community and belonging
- **Mental Stimulation:** increased cognitive functioning and memory retention
- **Physical Activity:** promoting flexibility, balance, and overall health
- **Caregiver Respite:** allowing for caregivers to ensure their own well-being

And so much more!

## Our Locations

**Vitality / Central**  
Mon-Fri 9:00-3:00pm  
Central Lions Recreation Centre  
11113 113 St NW

**Daybreak / Westend**  
Mon-Fri 9:30-3:30pm  
Westend Seniors Activity Centre  
9629 176 St NW

**Connections / Southeast**  
Tues-Fri 9:00-3:00pm  
Southeast Seniors Activity Centre  
9350 82 St NW

