

**Summer 2025**

## International Pain Awareness Month

COPING WITH CHRONIC CONDITIONS

International Pain Awareness Month, which has occurred every year in September since its creation in 2001, is dedicated to raising awareness and educating about the challenges facing people living with chronic conditions. Canadian public health services define chronic pain as pain that lasts for three months or more, and negatively impacts the physical, mental, and/or social spheres of health in major ways. Roughly 8 million Canadians currently suffer from chronic pain. Chronic conditions have the potential to lead to lengthy periods of physical pain, but they also increase the risk of mental illnesses such as depression and anxiety, isolation, and substance abuse. Individuals who experience ongoing pain may also experience stigma regarding their condition, and find it difficult to navigate health care systems. In addition to awareness and advocacy, International Pain Awareness Month aims to improve support methods and treatments for those battling chronic pain conditions.

One common cause of chronic pain, particularly among seniors, is arthritis. One in five Canadians suffer from arthritis, and those with arthritis can be up to five times as likely to suffer from mobility issues as those without. Although there are different types of arthritis, it is generally considered a progressive disease. Because of this classification, a timely diagnosis and intervention can be very beneficial for slowing the progression of arthritis. Managing chronic pain, whatever the source, requires ongoing strategies and support. In addition to medical care, lifestyle changes such as improving your diet, increasing gentle exercise, practicing meditation, and maintaining a healthy sleep schedule can improve symptoms. However, these changes can be difficult to implement alone, in the absence of medical care or informed support systems.

One form of support that can alleviate symptoms are credible online resources that can provide information about chronic conditions, and give readers strategies to take control of their experience with chronic pain.

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### BUILDING HOURS

Mon -Thurs 9:00- 3:00pm  
Staff work off-site on Friday

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

**Tues July 1**  
Canada Day

**Mon August 4**  
Heritage Day

**Mon Sept 1**  
Labour Day

15 Sir Winston Churchill Sq  
Edmonton, AB T5J 2E5

# MESSAGE FROM THE EXECUTIVE DIRECTOR

KAREN MCDONALD



As we welcome the summer season, I want to take this opportunity to reflect on the past year, and share with you some of the important work happening at Sage.

This time of year brings with it a moment for reflection. September 30 is the National Day for Truth and Reconciliation, a day to honour the survivors of residential schools, their families, and their communities. At Sage, we believe that reconciliation is not just a single day, but an ongoing journey. We are committed to listening, learning, and taking meaningful steps to support Indigenous communities. Together, we can build a future rooted in respect, understanding, and healing.

At our Annual General Meeting in May, we had the opportunity to reflect on 2024 – a year of both challenges and accomplishments – and share highlights of how Sage has continued to make a difference in the lives of seniors across Edmonton. Our Outreach Program supported more than 2,500 unique program participants, and an additional 6000 anonymous participants – each with their own story, their own needs, and their own hopes. Our Outreach team provided not just information and referrals, but also kindness, advocacy, and a listening ear when it was needed most.

One of the biggest areas of growth was our Seniors Safe House, where we added four new transition suites. This space continues to be a place of healing and new beginnings for older adults facing crisis or unsafe living situations.

Another exciting development is the work we've done around food services. Food is about more than nutrition, it's about community. During our open house, we heard from many of you about how important accessible and affordable meals are to your health and wellbeing. In response, we've started laying the groundwork to relaunch our food program in a way that's both financially sustainable, and truly responsive to what seniors need.

We've also taken the steps to improve our systems so that we can serve you better. A new client database is helping us track emerging needs and make better decisions, and the newly renovated main floor washrooms have made our space more welcoming and accessible to everyone.

Beyond our walls, Sage has been a strong voice in the broader community. We co-chaired the new National Community Leadership Council and continued to lead work with Healthy Aging Alberta. We've spoken with government leaders about the rising cost of living, the urgent need for affordable housing, and the importance of mental health support for older adults. Your experiences help shape these conversations and ensure that the voices of seniors are heard.

As always, I'd like to say a heartfelt thank you to all of our volunteers. Your time, energy, and care, bring life to everything we do at Sage. It was a joy to celebrate with many of you at our volunteer appreciation event this year.

As we move forward, we remain committed to connection, belonging, and community. Thank you for being a part of the Sage community.

- Karen McDonald

# ANNOUNCEMENTS

## VOLUNTEERS

We recently held our spring Appreciation Luncheon to celebrate the amazing volunteers at Sage. We would not have the impact we do without our volunteers - in 2024, 94 volunteers generously donated 9100 hours of their time!

A big shoutout to the Wild Rose Old Tyme Fiddlers Association for providing the entertainment and donating their fee back to Sage after hearing about the amazing work being done in the community.



## SAGE SUPPORTERS

The Appreciation Luncheon was extra special as we welcomed some of our loyal monthly and annual donors, along with dedicated volunteers. It was a true pleasure to connect in person with those whose generous support helps sustain Sage's mission.



## SENIOR SAFE HOUSE

This year marks the 25<sup>th</sup> anniversary that Sage's Seniors Safe House has been in operation providing shelter, support, and assistance for older men and women seeking safety from abuse.

## TIME FOR ACTION

An estimated 6% of adults over 65 are affected by hoarding disorder. Sage hosted the Time for Action event, connecting housing providers, City staff, and health services in a united effort to build a coordinated response to hoarding. For more information on hoarding and the stigma surrounding this important issue, visit our website at [www.mysage.ca](http://www.mysage.ca) and see "Hoarding or Clutter", found under the "Need Help?" section.

## BOARD OF DIRECTORS

President	Michael Solowan
President Elect	Arielle Whitham
Secretary/Treasurer	Anne Smith

## MEMBERS AT LARGE

Rain Bautista	Marisa Redmond
Joanna Cave	Edwin Ryan
Diana Elniski	Kendrea Sicotte
Danielle Perrault	Paul Taylor
Fayaz Rajabali	RaeChelle-Faith
	Ankamreddy

## 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
Donations and Advertising	780.701.9006

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

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

**Facebook** Sage Seniors Association



...continued from the cover

For example, the AHS Better Choices, Better Health program offers group workshops for Albertans suffering from chronic pain, creating opportunities to share coping strategies, form connections, and learn how to maintain a healthy lifestyle (see page 5).

For some types of pain, physical therapy may be a treatment option. Physical therapy is covered for eligible low-income Albertans via AHS, but anyone can phone the Provincial Rehabilitation Advice Line (1-833-379-0563) for general information regarding injuries or physical therapy. The University of Alberta also offers options for lower-cost physical therapy through their student clinic at Corbett Hall.

When speaking to health professionals about your pain, it may be helpful to keep a “pain diary” in the days leading up to your appointments. Try to take notes about the area of pain, duration, events, and activities you suspect may be influencing your pain. Keeping a pain diary can be very useful for spotting patterns, determining causes of chronic pain, and tracking improvements or worsening symptoms over time. There are also free online apps that can help you keep a virtual pain diary.

Chronic pain can be frustrating and isolating, particularly when your mobility is limited as a result of a chronic condition. Making a regular effort to engage with your community can help to reduce some of the stress you may be feeling. If flare ups of pain or symptoms are making your regular commitments difficult, consider looking into flexible or unstructured activities. Sage offers drop-in activities and coffee groups, and Edmonton Public Libraries host senior’s drop-in activities across the city. Sage and EPL also offer a variety of online activities if your mobility is a barrier to attending in person.

Managing chronic pain requires ongoing effort, but maintaining regular medical care, as well as healthy habits, gentle exercise, and social connections or activities, can help to treat the causes of symptoms of your chronic pain.



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10550 Mayfield Road, Edmonton, AB T5P 4X4

# LIFE ENRICHMENT PROGRAMMING

Life Enrichment programs are free unless a cost is indicated. A Sage membership is **not** required to participate.

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.

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

## ZOOM PROGRAMS

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

Zumba Gold is Latin music and exercises that are accessible for seniors, beginners, or others needing modifications in their exercise routine.

**When:** Fridays 1pm-2pm

**Zoom Meeting ID:** 657 878 2877

### **Connecting Though Writing Workshops with Adele (Pre-Register)**

This free, four-week group is a great tool for learning, expressing yourself, connecting, and sharing! Max 8-12 participants. Pre-register by the Friday before the series begins.

**When:** Mondays 2:15-3:15pm

Sep 8, 15, 22, and 29

### **Better Choices, Better Health Workshops (Pre-Register)**

In these free, 6-week workshops presented by Alberta Health Services, learn lifelong skills to help manage pain and/or your chronic condition, healthy eating and becoming more active, how to talk to your health care team, and more! Call 825-404-7460 (press 3).

Virtual **Chronic Pain** Workshops

Option 1: Jul 22-Aug 26, 1:30-4pm

Option 2: Aug 19-Sep 23, 10-12:30pm

Virtual **Chronic Conditions** Workshops

Option 1: Aug 12-Sep 17, 1:30-4pm

Option 2: Sep 10-Oct 15, 4-6pm

**Virtual Men's Shed (Drop-in)** Join the "Shedders" group for some discussion, learning opportunities, friendly chat, and a chance to meet new people.

**When:** 1st & 3rd Fridays of the month  
11am-12pm

**Zoom Meeting ID:** 657 878 2877

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

## HYBRID PROGRAMS

### **Introductory Computer Classes (Pre-Register)**

In these free 15 weeks of classes, learn how to use the mouse & keyboard, navigate websites using the internet, recognize scams and stay safe online, connect with loved ones through social media & video calls. Call 780-701-9016 or email [life@mysage.ca](mailto:life@mysage.ca) to register.

**When:** TBA

**Where:** Sage Computer Lab

**Aging with Pride** A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. Hopefully returning in October. Email [life@mysage.ca](mailto:life@mysage.ca) or call Rachel at 780.701.9016 for details

**When:** Mondays 1-2:30pm

**Where:** Sage Room or Zoom

### **Tai Chi with Master Ken (Drop-In)**

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.

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

**Where:** Sage Auditorium or on Zoom

**Zoom Meeting ID:** 657 878 2877

### **Legal Documents You Should Have Presentation (Drop-in)**

Lawyer presenting on important documents like Wills, Power of Attorney, Personal Directives and more.

**When:** Thurs, Sep 18, 11am

**Where:** Sage Room or Zoom

**Zoom Meeting ID:** 657 878 2877

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

**Uke n' Sing (Pre-Register)** If you like strumming on ukeleles, or singing along to familiar tunes, this group is for you. Returning in the Fall! Pre-Register at [life@mysage.ca](mailto:life@mysage.ca) or call 780.701.9016 for start date.

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

**Device and Computer Help with Dennis (Pre-register)** Do you have questions about how to use your device or a computer? Our volunteer Dennis can help! Contact Sage reception at 780-423-5510 to request an appointment. He can help over the phone/computer or book an in-person appointment at Sage on Wednesdays between 1:00-3:00pm. Drop-in help is available Wednesdays 1-3pm in the Sage computer lab (priority goes to pre-booked appointments).

## IN-PERSON PROGRAMS

In-person Life Enrichment programs are **pre-registered only**, except when listed as Drop-in.

**\*New\* Edmonton Riverhawks Baseball Game** Join us for a fun night of cheering on the Edmonton Riverhawks! Your \$15 ticket includes the ball game and round-trip school bus to and from Sage. Must be able to go up and down several steps on the bus and at the field. Only \$15 thanks to a donation from The Riverhawks. Register and pay cash at Sage main reception.

**When:** Wed, Jul 23

**Where:** Meet at Sage at 5:30pm. Bus leaves at 5:45pm. Game starts at 6:35.

**River Cree Casino Outing** Hop on the River Cree bus the third Wed of the month for a fun day at the casino. Includes voucher for lunch and a \$5 gambling voucher. The bus can hold some walkers but no wheelchairs. Cost is \$5.

**When:** Wednesdays: Jul 16, Aug 20, Sep 17  
Depart Sage at 9:30am and 2:00pm  
departure from River Cree. Must stay for the entire four hours to get deal.

**\*New\* Peaceful Valley & the Village at Pigeon Lake** Start the morning with a nice drive, a picnic lunch, and a relaxing afternoon taking in the scenic views of Peaceful Valley. End the day strolling the shops of the Village at Pigeon Lake. Bring spending money for any purchases. Cost: \$20. Includes the school bus to and from Sage. Bring own lunch and spending money. Must be able to go up and down several steps

**When:** Tues, Sep 23. Bus leaves Sage at 9:30am

**Book Club** A great opportunity to meet new people and share your love of reading. Group will meet each month to discuss that month's book and get the book for the following month. Will be using book club kits from Stanley Milner Library.

**When:** 3rd Mon of the month, 10:30-11:30am

### **\*New\* Emergency Preparedness**

**Workshop** An interactive and educational workshop that helps you create your own emergency or disaster preparedness plan, begin to prepare a personalized emergency kit and plan, discuss social connections or agencies that can help.

**When:** Mon, Aug 18 10:00am

**Where:** Sage Room

**\*New\* Karaoke Hour** Ever wanted to sing Karaoke but didn't know where to start? Drop-in to sing your favorite song in a welcoming atmosphere. Songs are on YouTube and multiple languages are available.

**When:** Mondays 11:15-12:30pm

**Where:** Sage Main

**Let's do Lunch (Pre-Register)** The third Monday of each month at 11am at Sage (or 11:30am at restaurant) venture out to new dining experiences together. Pre-register by the Wednesday before. Must be able to walk to the restaurant from Sage or meet at the restaurant. Pay for your lunch + ETS.

**When:**

- Jul 21 Old Spaghetti Factory: 10220 103 St
- Aug 18 Craft: 10013-101A Ave
- Sep 15 Hoang Long 888: 9892 Jasper Ave



## ONGOING IN-PERSON DROP-IN PROGRAMS AT SAGE

See the **Monthly Life Enrichment Calendar** or call 780.423.5510 ext. 326 for details.

### **Mindful Colouring & Doodling (Drop-In)**

Tues and Wed

Colouring supplies available Mon-Thurs 10am-2pm.

### **Crib Games with Jim and Axcella (Drop-In)**

Tues 1pm & Wed 11:30-1pm

### **Dominoes (Drop-in)**

Mon 10:30am-12pm

### **Raye Dolgoy Bridge Club (Drop-In)**

Wed 12pm-3pm

### **Mahjong Lessons (Drop-in)**

Thurs 10am-11:30am

Mahjong sets are available for play outside of lesson times, Mon-Thurs 10am-3pm

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

Mon 11:15am-12:45pm

### **Ballroom Dance with Melissa (Pre-register)**

Tues 11:15-12:45pm

Practice is Wed 9:00am-9:45am

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

Class A: Mon 11:30am-1:00pm

Wed 11:45am-1:15pm

Class B: Mon 1:15pm-2:45 pm

Wed 1:30-3:00pm

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

Thurs 11am-12:00pm

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

Tues 1-2:00pm

### **Gentle Yoga with Sydney (Drop-In)**

Wed 1-2:00pm

### **Busy Fingers & Crafts with Carol (Drop-In)**

Tues 9:30am-12:00pm

### **Coffee Group (Drop-In)**

Wed 10:15am-11:30am



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St. Albert 780-458-2222

Preplanning 780-590-0626

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

# IN THE COMMUNITY

Community Animators from Sage offer support to community-driven activities around the city. Join us for events, activities, and gatherings such as *Seniors' Drop-ins* where you can join other seniors for coffee, conversation and activities. Contact the Community Animator in your area to find out what is happening, or to let us know what you want to see in your community!

## Opportunities in Northwest Edmonton

For more info, contact Jan at [jtworek@mysage.ca](mailto:jtworek@mysage.ca) or 780-809-9404

### Seniors' Drop-ins

at various Edmonton Public Library branches:

**Woodcroft** 13420 114 Ave  
4th Tuesday of the month 10:30am

**Castle Downs** 15379 Castle Downs Road  
2nd Tuesday of the month 1:30pm

**Calder** 12710 131 Ave  
1st Friday of the month 10:30am

## Opportunities in northeast Edmonton

Contact Marian at [menow@mysage.ca](mailto:menow@mysage.ca) or [menow@mysage.ca](mailto:menow@mysage.ca)

### Seniors' Drop-ins

#### Evergreen Community Centre

31 Evergreen Park NW  
1st & 3rd Thursday of the month  
10:30am-12:00pm

**Clareview Rec Centre** 3804 139 Ave  
Every Wednesday 10:00am-12:00pm  
In the room next to the C5 office

**Amity House** 9213 146 Ave NW  
Every Wednesday 1:00pm-3:00pm

#### Kilkenny Community League

14910 72 St NW  
1st and 4th Tuesday of the month  
10:00am-12:00pm

Community crafts 6:00pm-8:00pm  
2nd Friday of the month

#### Delton Community League

12325 88 St NW  
1st and 3rd Monday of the month 1-3:00pm

## Opportunities in Southwest Edmonton

For more info, call Theresa 780-809-9405

### Films at the Library

EPL Whitemud Crossing 4211-106 St  
2nd Friday of every month at 2:00pm  
Enjoy classic films that have stood the test of time. Connect with fellow seniors over popcorn and learn about Sage and other community resources.

## Opportunities in Southeast Edmonton

For more info, contact Chris at [cbullough@mysage.ca](mailto:cbullough@mysage.ca) or 780-701-9010

### Cultural Men's Shed

Join a group of men from various cultures coming together for friendship and to increase their understanding of Canadian culture while sharing their traditions. Meet Wednesdays 12:00pm at Sage.

### Amazing Elders Drop-In

This group shares interests and go on field trips to enhance their learning. Everyone is welcome. September start.  
Fridays 1:00pm-3:00pm  
C5 Northeast Community Hub  
14017 Victoria Trail

### Seniors' Drop-in

Every 2nd Friday 2:00pm-3:00pm  
Edmonton Public Library Capilano Branch  
9915-67 St NW

### Senior ACTRA Group

If performing and writing are your passion, this group is for you! Meets monthly.

## Opportunities at Sage

Check out the Monthly Calendar or contact Rachel at 780-701-9016 or [life@mysage.ca](mailto:life@mysage.ca)



# SAGE DIRECTORY OF SENIORS SERVICES

If you haven't picked up the 2025 edition of Sage's Directory of Senior Services, copies are available for free at most senior centers and Edmonton Public Library branches.

Checklists in the Directory that you might find useful:

- To Move or Not to Move (p. 114)
- Supportive Living Information (p. 196)
- Comparing Housing (p. 202)

## SENIORS SHAPING SERVICES

Insightful input from Sage's Seniors Advisory Committee will help shape the next edition of the Directory, set to be released in late fall. Launched in 2024, the Seniors Advisory Committee brings together a diverse group of older adults to integrate the voices and experiences of seniors into the development, execution and evaluation of services that influence their wellbeing.

We are excited to once again invite seniors to participate in drop-in photo sessions at Sage this summer for the opportunity to be featured on the cover of the 2026 edition of the directory. Watch for dates for photos sessions in July/August.

### Welcome Home

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[hsinclair@shepherdsgardens.ca](mailto:hsinclair@shepherdsgardens.ca)

## Did you know?

Sage offers free income tax services for low income seniors year-round. Appointments are available for qualifying seniors including those who are hospitalized or in care facilities.

To book an appointment call 780.809.9424 and leave a message with your name and number.

**sage**  
Sage Seniors Association

# SAGE 2024 ANNUAL REPORT HIGHLIGHTS

Sage's 2024 Community Impact Report was released at our Annual General Meeting in May. It highlights trends we saw, including the challenges created by online forms, and an increase in seniors experiencing homelessness. The report also outlines the growth experienced throughout the Sage. Here are a few highlights:

- Community Animators made connections with almost 14,000 seniors in 106 Edmonton neighborhoods
- The Outreach program triaged 6855 calls and an average of 15 walk-ins a day
- The Seniors Safe House worked to increase awareness of elder abuse by engaging 868 individuals on the topic
- Sage continued to bring attention to urgent issues within the community, such as food security and affordable housing

**In total, 11,000 seniors were served by Sage programs in 2024, and an estimated 79,000 connections were made.**

You can view our entire report on Sage's website, [www.mysage.ca/](http://www.mysage.ca/) or scan this QR code with your phone camera:



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# ADVANCE CARE PLANNING

Imagine if you experienced an accident or illness and were no longer able to make important decisions about your life. No one likes to imagine the possibility of a life event that takes away their ability to make decisions, but it does happen. And when that happens, families are often in crisis, and want to ensure that any decisions they make reflect your wishes. The law in Alberta does not allow for another person to automatically make decisions for anyone over 18, even if they are close family members.

When we discuss advanced planning, a Will may be the first document that comes to mind, but we should also have a personal directive. The Office of the Public Guardian (310-0000) has a free template with instructions to help you create your own personal directive, or you can have a lawyer create one. See page 5 for information on the [Legal Documents You Should Have](#) presentation happening at Sage in September.

## PLANNED GIVING

Regardless of your income, having a Will is essential - and with guidance from a lawyer and financial advisor, it's easy to include a charitable gift. Just one sentence in your Will can help build a more age-friendly future for our community. Even a modest bequest can make a bigger impact than you might expect.

For more information on donating to Sage, please contact Shelaine at 780-701-9006 or [ssparrow@mysage.ca](mailto:ssparrow@mysage.ca).

## Beyond Care Living Inc. Home Health Care Services

At Beyond Care Living, we go above and beyond for you! We are an Approved Agency with Blue Cross Invoicing Program and provide services in Edmonton and surrounding areas at affordable rates.

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- Personal Care
- Palliative Care
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Call: 587-937-1210

Email: [info@beyondcarelivinginc.ca](mailto:info@beyondcarelivinginc.ca)

Visit: [www.beyondcarelivinginc.ca](http://www.beyondcarelivinginc.ca)

## DO YOU HAVE A GREEN SLEEVE?

A Green Sleeve is an identifiable plastic pocket that holds the important advance care planning documents that help outline your goals for healthcare.

A Green Sleeve is for both you and healthcare providers. It allows you to have a say in what you want, and informs healthcare providers quickly about your healthcare wishes.

Keep it on or near your fridge - first responders will know to look for it there.

If you don't already have a green sleeve, go to [dol.datacm.com](http://dol.datacm.com), login by using 'Greensleeves' as both your username and password, then select **Catalogue** and order.



## VOLUNTEER WITH US!

Learn new skills, expand your social network, and make a meaningful difference in your community. Volunteer with Sage.

Call 780.701.9014 or visit [www.mysage.ca](http://www.mysage.ca) for more information.



### SPECIAL EVENT OFFER

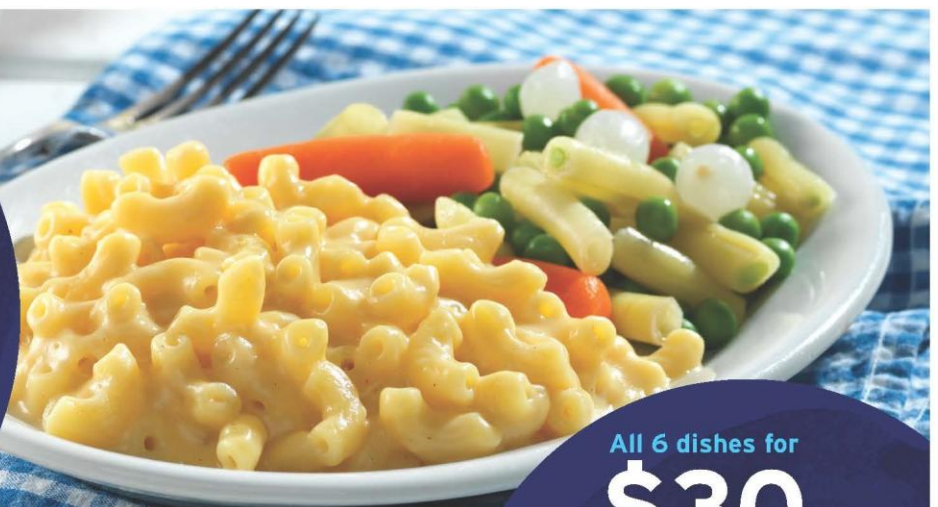
## Customer favourites

**45% Off Trial Pack!** Try these 6 customer favourites for only \$30.

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First time customers only. No cash value. Orders accepted by phone only. Not redeemable online.

**This bundle includes:**



All 6 dishes for

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**HEART TO HOME MEALS  
EDMONTON**

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Beef Stew



Chicken Teriyaki



Traditional Turkey Dinner



Country Chicken



Macaroni and Cheese



Spaghetti with Meat Sauce

