

SageLINK

Seniors Association of Greater Edmonton

April - June 2012

15 Sir Winston Churchill Square

Edmonton Alberta T5J 2E5



Spring at Sage



presented by



Sage Awards Tickets on Sale NOW!

The Luncheon Celebration will be held

May 1, 2012

The Sutton Place Hotel

10235 – 101 Street, Edmonton

The Sage Awards celebrate seniors who inspire, empower and engage others in making our community, province, nation and world a better place to live, work and play.

Time: 11:00 am – 1:30 pm

Ticket price: \$60

For tickets and Information contact JoLynn:

jlparenteau@MySage.ca

Tel. 780-701-9017

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Open House

*"A Change of Season and
a Season of Change"*

Thursday, March 8th 1pm-4pm

Check out the renovations and learn about services, program and everything **Sage** has to offer. Cake, Refreshments, Information Booths, Tours, Door Prizes and more

At **Sage**, 15 Sir Winston Churchill Square, NW corner of 100 Street and 102A Avenue

RSVP is appreciated but you can also drop-in

Message from the President

At the end of last year, interviews were conducted with 8 senior service agencies of Edmonton. These interviews attempted to assess the level and quality of collaboration within the senior serving sector and to discuss **Sage**'s role and relationship relative to the other organizations.

President-Elect Bauni Mackay and I were pleased to make these visits. The agencies ranged from large to small and urban to suburban. The clients they served ranged from the most vulnerable (homeless, living in poverty, and/or mentally ill) to a cross-section of our downtown communities, to the relatively affluent seniors who live around large senior centres in the west and south east.

We were very impressed with the facilities, programs, staff and volunteers of these organizations. They have some remarkable programs and we envied that some had a volunteer base provided by the many surrounding homes.

We felt that we were able, in a positive way, to express **Sage**'s desire to foster better collaboration in our work for the seniors of Edmonton. We heard strong support for that collaboration. We also heard the need for **Sage** to clearly articulate its role.

We are thankful for this opportunity to make these visits. We feel that they have furthered our work together for the seniors of Edmonton, and **Sage**'s considerable contribution to that work.

This is my last message in the Link before I hand the reins over to Bauni. I want to thank everyone for the opportunity to be of service to **Sage**, the **Sage** Board and the seniors of Edmonton.

John Schiel

Board Highlights - October 2011- January 2012

- Staff reports were made to the Board about the Wellness Centre, Home Services, This Full House and Seniors Safe House.
- Bauni Mackay, Tanya Sinclair-Gibson, and Bernice Sewell attended a meeting of the Canadian Network of Women's Shelters and Transition Houses in Ottawa, October 12-14. The meeting offered great training on anti-racism and anti-oppression. Our staff through their knowledge and passion represented **Sage** very well.
- The Board President, the Executive Director and **Sage** were introduced to the legislature by the Premier and attended a reception hosted by the new Minister of Health and Wellness.
- Board and Staff attended a Christmas Luncheon.
- Our building, the Old Land Titles Building, was submitted for Historical Designation. Though initially rejected, we are appealing the decision.
- Joan Ivany has resigned from the Board for health reasons. Lilly Simpson will be resigning in May as she is moving to B.C.
- **Sage** Policy statements are regularly reviewed by the Policy and Executive Committee and the Board.
- Current renovations should be done by the end of February.
- **Sage** has had considerable media coverage for the **Sage Awards** especially from CTV.



Sage BOARD OF DIRECTORS 2011 - 2012

Executive

President	John Schiel
President Elect	Bauni Mckay
Secretary	Barb Burton
Treasurer	Don Junk
Past President	Diana McIntyre

MEMBERS AT LARGE

H.R. David Beckman	Brent Abbott
Lily Simpson	Peter Bevilacqua
D. Lynn Skillen	Mohamed Assaf

Executive Director	Roger Laing
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Sage Staff Directory

Main Switchboard 780-423-5510

Life Enrichment and Home Services

Life Enrichment Rachel Tassone 780-701-9016
 Home Services Barb Carroll 780-701-9007
 Home Service Requests 780-701-9011

Social Work Services

Assessment/Guardianship Heather Shupe 780-701-9014
 Guardianship Karin Tully 780-701-9006
 Housing Debby Marcus 780-701-9018
 Long Term Support Doneka Simmons 780-701-9005
 Multicultural Seniors Debby Marcus 780-701-9018
 Seniors' Safe House Tanya Sinclair-Gibson 780-702-1520
 Seniors' Safe House Anjulie Talwar 780-702-1520
 This Full House Doneka Simmons 780-701-9005
 This Full House Tracee Whitford 780-701-9020

Food Services

Manager Wayne Sand 780-701-9022
 Assistant Mgr. Jeannie Landsman 780-701-9022
 Food Services
 Jacqueline Giesbrecht
 Ernest Manning

Sage Savories Order 780-701-9025

Volunteer Services

Volunteer Services Christine Poirier 780-701-9015

Administration

Executive Director Roger Laing 780-701-9001
 Director of Operations Bernice Sewell 780-701-9002
 Manager, Administration Jane Noonan 780-701-9009
 Office Services Ivett Campos 780-701-9004
 Director, Community Relations Karen McDonald 780-701-9008
 Communications David Loper 780-701-9012
 Assistant for CR & LE JoLynn Parenteau 780-701-9017
 Manager, Finance Colleen Jahns 780-701-9003

LIFE ENRICHMENT

Please call Rachel @ 780-701-9016 for more information or to register for classes or activities.

FIELD TRIPS at Sage: April, May, June

(Open to Members and non-members)
 Please join us as we venture out and about:

The Melting Pot: A Fondue Experience- join **Sage** for a fun afternoon sampling fondue favorites in a 3 course meal including cheese fondue, salad and chocolate fondue. Register by Tuesday, May 1st.

Date: Friday, May 4th
 Time: Meet at **Sage** at 11:00am
 Location: 2920 Calgary Trail NW
 Cost: \$43 per person including tax, gratuity and Lions bus to and from the restaurant.

Greenland Garden Center Tour- get your summer flowers while browsing the gift shops filled with unique and interesting items, stroll the rose gardens, or relax at the café. Please register by May 30th. Call Rachel at 780-701-9016 to register or for more details.

Date: Friday, June 1st
 Cost: \$12.00 for bus

Staff changes

Good bye and thanks to Karolina Hanula for her work with the Social Media pilot project.

Jubilations Dinner Theatre- Jailhouse Rock

Featuring the music of Elvis and Johnny Cash plus a delicious meal, dessert and coffee/tea all served by dinner theatre cast! Must register by May 30th. Hurry! Limited seats available!

Date: Wednesday, June 20th

Time: meet at 6:00pm

Location: Jubilations, Phase II Upper Level West Edmonton Mall

Cost: \$50 Members, \$60 Non-Members

Ellis Bird Farm Daytrip- Ellis Bird Farm (an all-time favourite) is both a working farm and a non-profit organization dedicated to the conservation of Mountain Bluebirds, Tree Swallows and other native cavity nesting birds.

We will visit the beautiful tea house for a delightful lunch and then stroll through the gardens. Ellis Bird Farm is living proof that industry, agriculture and conservation interests can enjoy a workable & beneficial partnership!

Registration deadline is Monday, May 14th.

Date: Friday, May 18th

Time: Depart **Sage** at 9:00am

Cost: Members \$50.00/ Non-Members \$60.00

Devonian Gardens Daytrip Tour- delicious lunch at the gardens, a guided trolley tour, the butterfly house, stroll the Japanese gardens and more - a beautiful way to spend a June day. For more information or to register call Rachel at 780-701-9016 by June 25th.

Date: Friday, June 29th

Sage PROGRAMS, COURSES and more: APRIL

(open to Members and Non-Members)

Eastern European Egg Painting and Easter Potluck- join **Sage** as we learn how to decorate beautiful Easter Eggs. Instruction and supplies will be provided. Join us for a delicious potluck lunch before the event. Please register by March 26th.

Date: Wednesday, March 28th

Time: 11:30am

Location: **Sage** Auditorium

Cost: \$2 for supplies

Save money, gain peace of mind.

Why preplanning final arrangements is a good idea. Free presentation by the Memorial Society of Edmonton & District

Date: Thursdays, March 29th & April 19th

Time: March 29 11:00am, April 19 1:00pm

Location: **Sage** Classroom A

Cost: FREE

Easter Dinner- join **Sage** for a delicious Easter dinner including ham, scalloped potatoes, veggies, dessert, coffee/tea and some wonderful entertainment. Ticket deadline is April 2nd.

Date: Wednesday, April 4th

Time: 11:30am

Location: Sunshine Cafe

Cost: \$10 Members, \$12 Non-Members

Downtown Hearing Centre Ltd.

10256 - 100 Street (across from City Hall)

780-422-6641

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Hard Of
Hearing
Salute

Spanish: Introductory Course- a fun, 8 week course focusing on basic grammar and travel-related topics such as hotels, time, bartering and medical needs. This course is taught by a Chilean-born instructor who infuses traditional songs and fun into the learning process. Register before April 11th to receive a \$5 discount. (Must have at least 8 people registered)

Date: Fridays starting April 13th

Time: 1:00pm

Location: **Sage** Classroom B

Cost: \$55 Members/ \$65 Non-Members

Guided Autobiographies: Exploring the Meaning of Our Lives- "Life can only be understood backwards but it must be lived forwards."

(Kierkegaard) This is an opportunity to explore, by writing, reading and listening to supportive others, where you have been, where you are, and where you are going. The leader will guide participants in exploring a number of themes that have been influential in shaping their lives. The course will be 5-6 weeks with 5-8 participants.

Date: Wednesdays starting Feb. 15th

Time: 1pm

Location: **Sage** Craftroom

Cost: \$10

Personal training group fitness

Don't lose it - Use and improve it!

Improve your flexibility, strength and bone density in this fun class introducing the use of weights, stretch bands, group and personalized exercises. This program is great for both able-bodied persons and for those with physical limitations. Come to a free demo April 2nd.

Date: Mondays

Time: 10:00am

Location: **Sage** Auditorium

Cost: \$5/class Members, \$7 Non-Members

Diabetes Self-Management- helping you learn more about diabetes and explore ways to take care of yourself in order to enjoy a better quality of life! Some topics discussed are self-monitoring, nutrition and exercise, talking to your care team, dealing with frustrations or fear, action plans and problem solving. Please register by Friday, April 13th.

Date: April 16th- May 28th (no class May 21st)

Time: Mondays, 9:30- 11:30am

Location: **Sage** Classroom A

Cost: Free

Success Over Stress- a stress management course that explores the importance of self-awareness and managing stress, ways of managing chronic health conditions by maintaining control over stress, ways to achieve balance so it's easier to cope with life's everyday hassles, and practicing relaxation techniques to restore a relaxed state of mind and body. Please register by April 30th.


Date: Tuesdays, May 1- 29

Time: 9:30-11:30am

Location: **Sage** Classroom A

Cost: Free

All-Candidates Forum- Sage will be hosting an all-Candidates forum for the next election. This is a great opportunity to ask questions and discuss important issues. Call Rachel at (780) 701-9016 for more information. Date TBA



Your Legacy – Your Way

Are there charitable causes that are particularly important to you?

Recreation & Leisure • Arts, Culture & Heritage • Education & Learning
Social & Community Services • Health & Wellness • Faith • Environment

Your will may be an ideal way to provide a lasting gift to charities that are important to you. And, as long as the charity is 'registered' your estate will receive a valuable charitable donation credit that can significantly reduce income tax payable at death.

Establishing an endowment fund is easy and creates a truly permanent legacy. It can be named for an individual, family or loved one. Your gift is invested, not spent, and its earnings support your charities of choice for generations to come.

To create an endowment fund that supports the charitable causes important to you, contact Donor Services at the Edmonton Community Foundation.

Call (780) 426-0015 or visit www.ecfoundation.org

Monthly Lunch Deal- join **Sage** the 3rd Tuesday of the month for a delicious lunch including your meal, dessert, tea/coffee and entertainment for just \$10!! Purchase tickets by Friday, April 13th.

Date: Tuesday, April 17th

Time: 11:30am, **Sage** tour at 12:30pm

Location: Sunshine Cafe

Cost: \$10 Members/ \$12 non-members

Zumba Gold- Zumba for the older adult- Latin American & International dance inspired fitness. "Forget the exercise; join the party!" Fun! Safe! Easy, Knee Friendly, Hip Safe. Move to Latin music using simplified steps from basic salsa, merengue and more. Excellent cardio & core workout. No experience necessary. Bring only your smile, and water! Join the fun in this 6 week class!! Details TBA

Call Rachel at (780) 701-9016 for details.

Hand Drumming Circle for Seniors- a great way to relieve stress and have some fun! This is easy, fun and full of health benefits - and all you need to be able to do is tap a drum! Drums are provided. Join a FREE demonstration April 4th at 10:30am. Location: TBA

Date: every 2nd Wednesday

Cost: \$65 for 8 session punch card or \$10/week drop-in fee

Beginner Internet- Sage will be offering several sessions teaching an introduction to the internet as well as a refresher on computer basics. These classes will be lead by a volunteer-instructor and only cost \$10. Please call Rachel at (780)701-9016 for details.

Social Media Classes- Sage will be offering sessions on internet, Facebook, Twitter and more throughout the year. These classes will be lead by a volunteer-instructor and only cost \$10. Please call Rachel at (780)701-9016 for details or if you would like to be a volunteer program mentor.

Thousands of Alberta seniors enjoy the benefits of Seniors Plus. You can, too!

If you're an Albertan age 65 or over, consider the value of a Seniors Plus plan from Alberta Blue Cross.

Our plans fill the gaps in government-sponsored benefits for Alberta seniors—with useful supplementary coverage to help you maintain your health and avoid out-of-pocket costs.

Senior Plus plans are affordable and require no medical review.

Call us for an information package today!



www.ab.bluecross.ca

Edmonton

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accommodation
eye glasses
chiropractor and podiatrist
accidental death benefit
other important
health benefits

Sage PROGRAMS, COURSES and more: MAY

(open to Members and Non-Members)

Chair Yoga for Seniors- the most accessible style of Yoga. Chair Yoga offers all of the benefits of Yoga whilst you sit comfortably in a chair! Ideal for seniors and those with injuries or illnesses that limit ability to move up and down from the floor. Chair Yoga is a great way to strengthen muscles and enhance breathing. Come and try this invigorating ancient practice that will leave you refreshed and restored! All fitness levels are WELCOME take the next step toward total well-being! **Join a FREE demonstration May 1st at 10:30am.** Registration deadline is May 4th.

Date: Classes begin May 8th.

Time: 10:30am

Location: **Sage** Classroom B

Cost: Members \$65 for 8 weeks,
\$78 Non-Members

Monthly Lunch Deal- join **Sage** the 3rd Tuesday of the month for a delicious lunch including your main meal, dessert, tea/coffee and entertainment for just \$10!! Sage tour at 12:30pm.

Purchase tickets by Friday, May 11th.

Date: Tuesday, May 15th

Time: 11:30am

Location: **Sage** Cafe.

Cost: \$10 Members/ \$12 Non-Members

Living with Loss- a workshop presented by the Edmonton Bereavement Centre that focuses on grieving and supporting those who grieve. Register by calling (780) 454-1194 ext 224

Date: Tuesday, May 8th

Time: 1-3pm

Location: **Sage** Classroom A

Cost: FREE

Walking With Grief- a 7 week, small group series that teaches about the grief process and helps individuals understand their own grief.

Register by calling (780) 454-1194 ext.224

Date: Tuesdays- May 15th to June 26th

Time: 1-3pm

Location: **Sage** Classroom A

Cost: FREE

Beginner Computers- **Sage** will be offering several sessions teaching computer basics. These classes will be lead by a volunteer-instructor and only cost \$10. Please call Rachel at (780)701-9016 for details.

Sage PROGRAMS, COURSES and more: JUNE

(open to Members and Non-Members)

What about Shingles? Presentation

This hour long presentation will discuss causes and almost everything else you'd need to know about reducing your risk of developing Shingles and how to treat it if you do.

Date: Tuesday, June 5th

Time: 10-11:00am

Location: **Sage** Room

Cost: Free

Medication and Memory Presentation- In this

hour long presentation you will learn about some medications both prescribed and over-the-counter that adults commonly use and how these can affect your memory. Advice about how to deal with these side effects will be discussed.

Date: Tuesday, June 19th

Time: 10-11:00am

Location: **Sage** Room

Cost: FREE

Creative Age Festival- a festival designed to open your senior years to the arts. The festival highlights senior programs in drama, music, visual arts, dance, and more.

- Arts Café at **Sage** (a variety of free entertainment provided by talented seniors)

-FEST- drama workshops at U of A

For more info call Rachel @ (780) 701-9016

Seniors' Week Celebration- join **Sage** for a wonderful opportunity to celebrate our great seniors! There will be cake, music and a visit from MLA Laurie Blakeman.

Date: Wednesday, June 6th

Time: 1:00pm

Location: Sunshine Café

Cost: Free

Monthly Lunch Deal- join **Sage** the 3rd Tuesday of the month for a delicious lunch including your meal, dessert, tea/coffee and entertainment for just \$10!! **Sage** tour at 12:30pm. Purchase tickets by Friday, June 15th.

Date: Tuesday, June 19th

Time: 11:30am Location: Sunshine Cafe

Cost: \$10 Members/ \$12 Non-Members

(open to Members and Non-Members)



Park Memorial A Family Owned and Operated
Funeral Home Since 1941

We would be honoured to discuss prearranged funeral services with you or answer any questions you may have about our services and products.

24 Hours: 780-426-0050
Toll Free: 1-877-426-0050



www.parkmemorial.com

DROP-IN ACTIVITIES AT Sage APRIL, MAY, JUNE

Wii Bowling League- join **Sage** for this fun bowling league right in **Sage's** Lobby! No Wii or bowling experience necessary. Bring a team, a friend or yourself and join a team!

Date: Wednesdays

Time: 10:30am

Location: **Sage** Lobby

Cost: Free

The Happy Travelers Slide and Video Shows are on the 3rd Thursday of each month at 1:00pm to 2:30pm in the **Sage** auditorium. There are many superb narrated slideshows from around the world. There is no need to reserve a spot, just come on down and join us. The club accepts loonie/toonie donations for **Sage**

April 19th- Tasmania

May 17th- The Amazon River/Panama Canal

June 21st- Ireland- 40 Shades of Green

Snap-Happy Photography Group- do you love to take pictures and want a chance to show them off or discuss them with a great group of people? Do you need some help operating your digital camera? Join **Sage's** NEW photography group. We will meet the second Thursday of every month at 10:30am in the Raye Dolgoy Room. This group is free to join! Dates: April 12, May 10, June 14

Over The Rainbow Discussion Group-

This support group is for Gay, Bi-Sexual or Transgendered seniors, and/or seniors who would like to understand their gay family members. You can just drop by, phone Jeff at (780)488-3234 or email tuff@shaw.ca

Date: Every Thursday

Time: 1:00pm-4:00pm

Location: **Sage** Craftroom

Cost: FREE

*****ATTENTION MOVIE LOVERS*****

Come and join us in the **Sage** Lobby at 1pm every third Friday of the month for a movie on the big screen and popcorn for just \$1.00!

April 20th: "Avatar"

May 18th: "Dream Girls"

June 15th: "We Bought A Zoo"

Sage Monthly Birthday Party:

Sage celebrates birthdays the last Thursday of every month at 1:15pm with birthday cake and **live entertainment**. This party is for everyone, so join in the fun even if it isn't your birthday month! Sponsored by Dignity Memorial.

Dates: April 26th, May 31st, June 28th

Cost: FREE Cake and Live Music!

Jennie Wilting Discussion Group- a

discussion group featuring interesting, controversial and thought-provoking topics. Jennie will not lecture, only facilitate this group. Please register at least one day in advance.

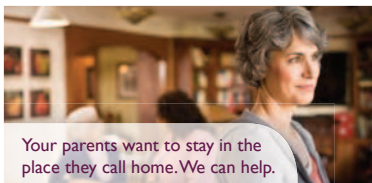
Cost: FREE

Date: 3rd Tuesday of the month

Time: 1:00-2:00pm

Location: **Sage** Raye Dolgoy Room

Learn to Play Bridge- have you ever wanted to play Bridge, but didn't know how? Join **Sage's** Bridge Club leader, Henry Cheung, on Friday from 10:00-11:00 am to learn. Lessons are in the **Sage** Raye Dolgoy Room and cost \$5 each. Call Rachel at 780-701-9016 for more info or to register. You **MUST** register for lessons.



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www.homeinstead.com/edmonton

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Drop-in Travel Films- join us on Mondays as we travel around the globe.

Time: 1:00pm

Location: **Sage** Lobby

Cost: FREE

It's Game Time! The Games Room is on the main floor of **Sage**. Come anytime and play scrabble, checkers, board games, or do puzzles.

Let's Do Lunch is a group that comes together on the second Tuesday of each month at 12:30pm and ventures out to new dining experiences. Call **Sage** to sign up for this month's outing.

April 10- Coliseum Steak & Pizza (8015-118 Ave)

May – Royal Fork Buffet (15061 St. Plain Rd)

June- Chianti's (13712-40 Street)

Armchair Philosophy Discussions- an interesting and thought-provoking opportunity to discuss and share ideas in a group setting. This is a free, drop-in, facilitator-lead group open to everyone. Held the 2nd and 4th Tuesday of the month at 11:30am in the Raye Dolgoy Room.

Poetry Reading- Open Mic- do you write poems, have a favorite poem you would like to recite, or want to be an audience member? Join **Sage** the third Tuesday of the month for our newest drop-in program.

Date: Tuesday, April 17th

Time: 1:00pm

Location: Raye Dolgoy Room

Cost: Free

Friendship Circle- a weekly opportunity to visit, meet new people and even enjoy a cup of coffee. If you are interested in this new group, call Rachel at (780)701-9016 for details.



HOME HEALTH

BETTER HEALTH *begins here...*

we quickly coordinate an array of customized services:

Personal Care - medication reminders, assistance with washing/dressing, in-home exercise

Lifestyle Support - respite for caregivers, homemaking, companionship

Professional Nursing Care - foot care, dementia care, diabetic management

Rehabilitation Services - falls prevention, home ergonomic assessments
and much more!

*to learn what funding options
and services fit with
your lifestyle, please call us!*

1 866 488 7282

www.cbi.ca/homehealth



GROUPS AND CLUBS at Sage

Sage Members only - New Members welcome

The Raye Dolgoy Bridge Club meets each Monday, Wednesday and Friday from 11:30-4:00pm in the Raye Dolgoy Room. Club Members gather to enjoy games of bridge and have fun. The cost is \$1.00 per play. Anyone wishing to learn how to play is welcome to register for lessons which are available on Fridays from 10-11am for \$5 per lesson.

The Busy Fingers is a year round crafting group that meets every Thursday in the craft room from 9:00am - 11:30am. Currently they are focusing on knitting and crocheting. Come and join these amazing women (men are welcome) as they create beautiful pieces. Guidance and instruction is available.

The Next Page Book Club We will meet the second Thursday of every month at 1pm in the Raye Dolgoy Room for a new reading adventure. The style of book will vary from mystery to biographies. Please register at the front desk.

Leather Working Group- do you enjoy leather-working but don't want to do it alone? Join **Sage's** NEW leather-working group! Bring in your own supplies or new projects can be ordered. Some tools provided.

Date: Wednesdays

Time: 9:30am-12 pm

Location: **Sage** Craftroom

The Sage Singers perform sing-a-long favourites every Thursday in the Sunshine Café. This fun group meets from 10:30am-12:30pm for a warm-up and then the performance. This is a fun-loving choir for all skill levels. **They are always looking for new Members to join in.**

The GeriActors and Friends meet on Thursdays at 1:00pm in the Auditorium. This is a dynamic theatre group with stories to tell and a passion for performing in front of audiences. Consider joining a group that loves to have fun! A student ensemble from the U of A has joined to create an exciting inter-generational theater experience. The cost to join is \$20.00 per year.



“We no longer have to cook, clean or shovel the sidewalk. It's really affordable to live here and the staff are so caring. We just love our new home.”

We've been providing seniors with friendly, affordable, secure subsidized apartments and lodges for 51 years. And with rent based on your annual income, you're sure to find something to meet your needs and lifestyle. Contact us to request your application package. We think you'll be pleasantly surprised by what we have to offer for such an affordable price.

Phone • 780-482-6561

Email • housinginfo@gef.org

Web • www.housingforseniors.org



Greater Edmonton Foundation
Housing for Seniors

Delivery
available

sage. savories

Heat-up-at-home meal solutions

Visit us online at
www.sagesavories.ca
for menus, pictures,
nutritional information
and online ordering

Baked Glazed Ham

Glazed with a sweet mustard sauce. Served with scalloped potatoes and green beans.

Breaded Pork Cutlet

Smothered in a mushroom gravy. Served with mashed potato, peas and carrots.

Roast Chicken and Stuffing

Roasted chicken legs and thighs served with a savoury bread stuffing, gravy, mashed potato and kernal corn.



Roast Alberta Beef

With a rich pan gravy, mashed potato and carrot coins.



Salisbury Steak

Smothered in a brown gravy. Served with mashed potato and green beans.

Shepherd's Pie

Topped with mash potato and gravy. Served with a vegetable medley.

Chicken Pot Pie

Served with rice pilaf and peas & carrots.

Ukrainian Plate

Cheese perogies in sour cream onion sauce, baked cabbage rolls, meatballs in a mushroom gravy and glazed turnips



Poached Salmon

A wild Salmon filet in a dill cream sauce. Served with rice pilaf and green beans

Grilled Liver & Onions

Served with mash potato, gravy and brussels sprouts.



Roast Turkey and Stuffing

Served with gravy, mash potato and peas & carrots.



Roast Pork Loin

With an apple stuffing, smothered in a gravy. Served with mash potato and peas & carrots.



Chicken Stir Fry

Oriental cut vegetables and chicken in a ginger stir fry sauce. Served with rice & peas.



Vegetarian Chili

Roasted vegetables and beans in a mildly spiced chili. Served with rice pilaf and kernal corn.

Very Healthy!



Beef Stew

Served with parsley potatoes and peas.

Corned Beef & Cabbage

Topped with a mustard cream sauce. Served with parsley potato and green beans.

Baked 3 Cheese & Meat Lasagna

Served with a vegetable medley.

Quiche Lorraine

Fresh mushrooms and ham baked in a rich egg & cheese pie. Served with rice pilaf and peas & carrots.

Prices and menu subject to change. All meals are \$5.95 each or buy 10 or more for \$5.50 each.

SOUPS - \$2.95 ea.

- Beef Barley • Chicken Noodle
- Green Pea & Ham • Tomato Vegetable Rice
- Navy Bean & Bacon

DESSERTS - \$3.25 ea.

- Rice Pudding • Bread Pudding
- Apple Crisp • Sticky Toffee Pudding
- Lemon Slice • Strawberry Slice



The Heart and Stroke Foundation's registered dietitians have reviewed the **Sage** Savories Health Check menu options to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in Canada's Food Guide. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program. For more information, visit healthcheck.org.

Available at the Sunshine Cafe at Sage or by home delivery

For Information 780.701.9022 or www.sagesavories.ca For Delivery Orders 780.701.9025

Sage PROGRAMS AND SERVICES

HOME SERVICES

*Spring has sprung, the grass has ris',
I wonder where the yard worker is?*

*Mow and trim and rake, rake, rake
My back is going to really ache,*

*Trees and hedges will need a prune,
So they will look amazing in June.*

*I'm alright, I won't fret,
Calling Home Services is my best bet.*

*Names of workers, they can supply,
So my yard will look neat and spry.*

*They're not for free, but that's OK,
'Cause getting the work done, will make my day!*

Sage Home Services provides a referral service for seniors to registered companies for home support and maintenance. In 2011, the Home Services program partnered with the Better Business Bureau to expand our referral list of reliable, professional contractors and to minimize risk for **Sage** clients by improving standards and accountability. Each contractor or company set their own rates and will vary depending on the service provided. Service categories include: yard maintenance, snow removal, housekeeping, general handyman, companionship, home care plus many more.

Call Home Services today for referrals to contractors who can help you with home support or maintenance:
(780) 701-9011.

INCOME TAX PROGRAM 2012

Sage will once again be providing income tax preparation services to older adults with lower incomes who have simple returns. The service is staffed by volunteers who have been trained

by the Canada Revenue Agency and have past experience in completing returns. The tax preparation service will be provided in March and April 2012, and is by appointment only.

To make an appointment, call 780-423-5510.

MULTICULTURAL SENIORS OUTREACH PROGRAM

One of the most outstanding outcomes this past year of MSOP program is the extraordinary leadership and deep community contributions the MSOP seniors are illustrating. Examples include 1) the formal organizing of support Former Yugoslavia seniors are making for seniors in-need, such as helping a senior in poverty move by raising funds to cover the cost and organizing a moving truck. 2) Kurdish seniors who have learned to drive or have employment, now taking seniors to their appointments or helping others find work. 3) Korean seniors organizing themselves to cook and deliver food to seniors in the hospital. 4) One Korean senior who has been most committed in the gardening project, uses the vegetables she grew to make food for newly arrived international seniors from Korean and seniors who live alone. In addition, she donates money she made from selling the vegetables from the garden to her community and to **Sage** as well.

INCOME TAX VOLUNTEERS

Sage is looking for income tax volunteers to help with e-filing income tax for seniors. You must be reliable, detail orientated and enjoy working with seniors.

Please Call Christine at 780-701-9015 if you are interested.

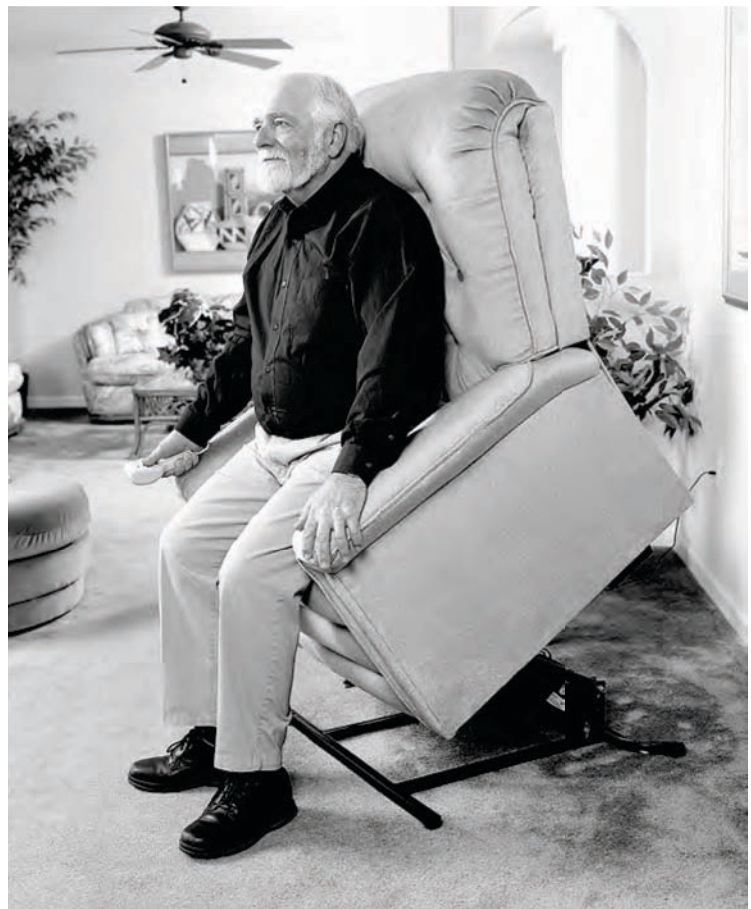
Previous experience in completing simple tax returns is required. You will also be required to attend a training session at Canada Revenue Agency to learn about changes for the 2011 tax year and the tax software used. You will also be required to attend a volunteer training session at **Sage**.



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VOLUNTEER OPPORTUNITIES

How about a FREE Lunch???

Meal Delivery volunteers

receive a free lunch on every shift.

Vehicle provided for those delivering **Sage**.

Savories.

Are you friendly, reliable and kind?

Do you like fresh air and getting a bit of exercise?

Call Christine at 780.701.9015

and discuss how you can get involved.

Come VOLUNTEER, make friends,
be a part of a community and help others.

Sage is looking for

friendly people who want to learn.

People just like YOU!

Volunteer in Reception, Home Services,

Call Christine at 780-701-9015 to get involved.

Volunteers in Bloom

Our Spring Volunteer Recognition event is on April 11, 2012.

Sage will celebrate and honour its volunteers.

A lovely lunch and entertainment is provided.

RSVP required by April 4th, 2012 to Christine.

Guests of volunteers are welcome for a \$10 fee.

Bi-Annual Volunteer/Staff Meeting

Please join us on Thursday May 3rd at 2pm in the **Sage** Auditorium. Roger Laing and Bernice Sewell will host the meeting. Coffee and cookies to be served. RSVP your attendance to Christine Poirier at 780-701-9015

A very special thank you to all of the companies, organizations and individuals who provided **Sage** with wonderful donations for seniors in need and the seniors at **Sage** Safe House.

The spirit of generosity was overwhelming. Items such as pillows, bedding, personal care items, pre-stuffed stockings, slippers, toilet paper, laundry soap, housecoats and gift cards are always needed.

“It can be a gut wrenching experience to make the decision to change your life, to stand up for yourself and step outside of your comfort zone and take the life altering advance – stepping into a new and unfamiliar environment and face the Christmas season in a safe house, but we who spend this Christmas at this safe house were treated to a lovely Christmas tree, a wonderful early Christmas dinner and a basket of gifts that was positively overwhelming, because of the thought that went into the gifts we received that had been so judiciously chosen to make us look forward into a brighter future rather

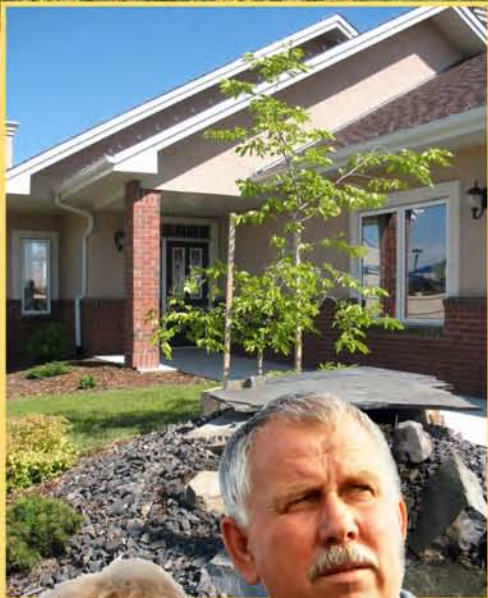


than dwelling on our situation – the luxurious robes and slippers, the bath salts, shampoos, self-care items, the towels and plush blankets to take with us when we take up a new and independent life were so much more than any of us could have ever imagined receiving. The thoughtfulness and kindness that filled those practical laundry baskets, acted for many of us as a springboard toward a better future and eventually a place of our own where those gifts will decorate and warm our hearts (and bodies in the case of the towels, washcloths and wonderful blankets, and even the teddy bears that consoled us were deeply appreciated). The thought that went into them meant so much. Thank you from the bottom of my heart.” **Sage** Safe House Client

Thank-you to: Grandma’s Plus at the Churchill, the residents of the Churchill, Stella and Karen Weber, Hearts of Blue – Alberta Blue Cross, AMA, Taoist Tai Chi Society, Mr. Harry Cramton, Winners, Carol Constant, C. Bounds, EPS, Margaret Roberts, and everyone else who supported the seniors at the Safe House.

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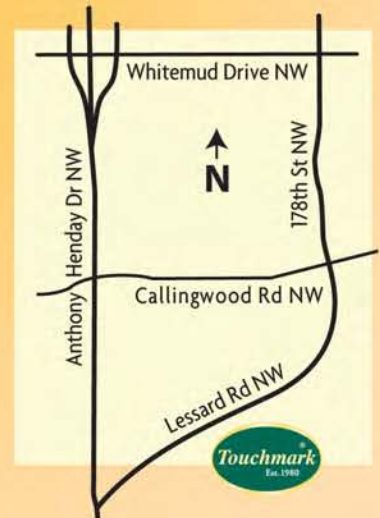
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*Our mission:
To enrich people's lives.*



NEWS AND NOTES

VON Foot Care Clinic

If you have foot care needs, **Sage** has the VON Foot Care Clinic on the 1st Monday of every month from 9:00 am to 3:00 pm. To make an appointment, call 780-466-0293. Current rate is \$35.00 per. Beginning April 1, 2012 the charge will be \$40.00 per clinic.

**Come in for a free tour.
Mention this ad and
you can be entered to
Win 2 Tickets to
Jubilations Dinner
Theatre!**

Ticket offer expires December 31, 2012,
one pair of tickets given away per month.

Ticket contest offer valid only on qualified lease applications.



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