
SageLINK

Seniors Association of Greater Edmonton

September - October 2012

15 Sir Winston Churchill Square

Edmonton Alberta T5J 2E5



Autumn at Sage

Seniors' Housing Forum

Saturday, September 29th
at the Central Lions Seniors Recreation
Centre at 11113 113 Street.

Doors open at 9 am to this FREE full-day event which runs until 3 pm. Visit over 50 seniors-serving organizations' exhibitor booths and attend up to four guest speaker presentations on the following topics:

**Registration for the forum is requested
and opens on September 1st.
To register call 780-423-5510, ext. 310**

- Housing Options (10 am – 11 am) focuses on the various kinds of seniors' housing options.
- Health Services (11:15 am – 12 pm and again at 1 pm – 1:45 pm) will cover publicly funded health services in all types of seniors' housing, and private-pay home care options that complement those available through Alberta Health Services.
- Caregiver & Family Dynamics (11:15 am – 12 pm) outlines strategies and supports available to families and caregivers for handling family dynamics and stress related to moving.
- Financial Planning (11:15 am – 12 pm) will cover strategies for planning finances to support housing choices. Guidance will also be offered on accessing income supports and other financial benefits.

IN THIS ISSUE

	Page
President's Column	2
Board Highlights	2
Board of Directors/ Staff Directory	3
Life Enrichment	4
Field Trips	4
Programs and Courses	5
Drop In Activities	8
Groups and Clubs	12
Programs and Services	14
Volunteering	14
News and Notes	16
Donors & Sponsors to Sage	18

• Staying Well in Your Home (1 pm – 1:45 pm) discusses home adaptations to help seniors live comfortably and safely in their own homes, including design concepts to accommodate the changing ability and mobility needs of aging adults. Home adaptation grants for low-income seniors will also be reviewed.

• Legal Options (1 pm – 1:45 pm) is an overview of future planning options including Guardianship, Trusteeship, Co-Decision Making, Personal Directives, Power of Attorney, and Wills.

• Community Supports for Seniors (2 pm - 2:45 pm) will give an overview of city-wide services that help seniors to age-in-place and live safely and independently in their homes.

Enjoy a free boxed lunch, plus tea and coffee, as well as door prizes at the end of the day. There is limited free parking on site and a park & ride will be available from a nearby parking lot, see event poster for details.

More information about the Forum is available at <http://seniorshousingforum.blogspot.com>

President's Column – June 25, 2012

As I get ready to take over the presidency of **Sage** for the next twelve months, I can't help feeling optimistic and excited about the future of this organization.

Sage has recently embarked on a planning process that involves working with Todd Babiuk and Shawn Ohler of Story Engine to clearly define, in the context of our past, what **Sage** is now and where it wants to be in the future. **Sage** is very much a service-oriented organization providing unique programs like This Full House and Seniors Safe House. At the same time, it is a seniors' centre that welcomes all seniors in the area to participate in many fine programs. We actively seek ways to provide both services and programs that allow seniors to reach their full potential and contribute to their community. This could be by pursuing an interest such as singing, by developing computer skills or acting talents, or by participating in other classes that enhance their physical, mental, and/or emotional health. Or they could simply find human warmth and understanding from our exceptional staff and volunteers as well as from each other.

A few years ago when **Sage** learned that seniors within the gay, lesbian, bi-sexual, transgendered and questioning (GLBTQ) community didn't have a safe place to hold regular meetings, **Sage** reached out to the Pride Centre and offered such a place within our facility. The Over the Rainbow group has been meeting at **Sage** on a regular basis since then. This year, on June 14, the group hosted a Strawberry Tea for all seniors wishing to attend. Mayor Mandel, Michael Phair, M.L.A. Laurie Blakeman, and Councillors Ben Henderson, Don Iverson and Kerry Diotte were among the dignitaries present. Music, dancing, and delicious strawberry shortcake made the event fun for everyone. Perhaps the most significant part of the afternoon was the placing of the rainbow decal by Mayor Mandel on the front door of **Sage** signifying we welcome members of the GLBTQ community to our organization.

The recent victories of the GLBTQ community, namely the restoration of funding for transsexual surgery, the removal from legislation of

homosexuality as a mental illness, and the participation by such high profile political figures as the Alberta Premier in PRIDE week activities have taught us that with increased awareness, education, and interaction come understanding and acceptance. With these qualities come the hope that all Albertans enjoy equal dignity, respect and basic human rights.

As **Sage** moves forward, we will continue to seek ways to better reflect the diverse society we serve. We will do this by encouraging not only more GLBTQ participants but also more multicultural people in our activities, programs and leadership. We will invite all age groups to interact with seniors in an effort to stave off ageism. We hope to show those who view people in the last third of their life, as a liability or burden that we are, in fact, the opposite. The vibrancy, wellness, life experience, and boundless enthusiasm of the baby boomers entering this stage of life is a resource that can only add to the creativity, dedication to service, and quiet guidance of those already deep-rooted in this stage. **Sage** and other organizations like it, will tap this resource. With the assistance of various levels of government and other funders, we will ensure that the full potential of seniors is realized in making the Greater Edmonton Area a better place for everyone. Serving as **Sage's** President as we embark on this exciting journey is truly an exciting and life-enriching adventure for me.

Bauni Mackay, President

Board Highlights – April to May 2012

- Life Enrichment Program: uses the social work Eco-map to ensure Life Enrichment activities and courses address all aspects of seniors' lives. Thanks to ECALA, which funds our GeriActors, Brain Fit, Insight, Senior Net and our EAL classes.

The Life Enrichment program is looking at more ways to increase diversity, like including multicultural sessions and the GLBTQ Group. We also partner with Glenrose Hospital to welcome newly discharged patients to **Sage** so that they have a social community connection.

- We continue to adhere to the Imagine Canada Fundraising Code

Sage BOARD OF DIRECTORS 2011 - 2012

Executive

President	Bauni Mckay
President Elect	D. Lynn Skillen
Secretary	Joyce E. Tustian
Treasurer	Lindsay McGill
Past President	John Schiel

MEMBERS AT LARGE

H.R. David Beckman	Brent Abbott
Barb Burton	Diana McIntyre
Mohamed Assaf	
Adrien Trembley	

Executive Director Roger Laing

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	Tammy Houle 780-701-9019
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
Senior's Safe House	Amanda Gravel 780-701-9021
This Full House	Doneka Simmons 780-701-9005

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 Aubé 780-701-9017
Manager, Finance	Colleen Jahns 780-701-9003

- **Sage** representatives met with the City Community Services, and found them supportive of **Sage**, the Story Engine process, the Strategic Planning Session and of the work of the Executive Director.
- The work of the Kitchen staff was presented. Space is tight, but the area is workable. We are in need of Kitchen volunteers and more clients for catering and **Sage** Savories.
- The **Sage** President and the Executive Director spoke to the Minister of Health who wants to work with **Sage** and is very supportive of our work.
- The Executive Director also met with Alberta Health Services Mental Health who indicated they will explore providing funding for This Full House
- We have had several summer and OT students who have been very helpful.
- We are working with KPMG on the legal and tax structure for our social enterprises.
- We have received excellent reviews about our Guardianship program and the role we play within the community.

Staff Changes

We say a fond farewell to Heather Schupe and to Tracee Whitford. Tracee has fulfilled a temporary position with This Full House. Heather has been at **Sage** for 5 years in several programs.

We welcome back Tammy Houle, a former student at **Sage**. She has a permanent position as Assessment Coordinator. We also welcome Amanda Gravel who is working with **Sage** Senior Safe House.

LIFE ENRICHMENT

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

FIELD TRIPS at Sage September and October

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

Stony Plain Mural Tour and Multicultural Heritage Center- Step back into time and become acquainted with historic figures and events of the "Town with the Painted Past." Experienced tour guides share anecdotes, stories and historical information about Stony Plain's renowned murals and places of historic interest. You have the choice of a leisurely stroll downtown or a bus ride around town. There will be time to browse some of the town's quaint shops plus a delicious lunch and tour at the Multicultural Heritage Centre. Register by September 7th.

Date: Thursday, September 13th

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

Cost: \$35 members, \$42 non-members (Includes coach bus, lunch and guided tour).

Smokey Lake Pumpkin Festival- Back by popular demand! Every October the Town of Smoky Lake hosts the Great White North Pumpkin Festival. In addition to the gigantic pumpkins there is also a threshing demonstration, a farmers' market, fair grounds, car show, delicious lunch and more! A

former Pumpkin Champ won with a 751 pounder! Ticket sales deadline is Friday, October 5th.

Date: Saturday, October 6th

Cost: \$15 for coach bus. (You must purchase your own lunch and gate admission at festival).

Popovich Dinner Theatre Year End show-

Following a delicious roast beef buffet, this incredible "Las Vegas" style show will span "100 Years of Music". You'll be kept in stitches with multiple costume changes and comedic impersonations of Willie Nelson, Johnny Cash, Sonny & Cher, Elvis Presley, the Beatles, the Rolling Stones, and more. Limited seats available! First come, first served.

Date: Sunday October 14th

Time: Meet at **Sage** at 12:00 pm

Cost: \$68.00 members/ \$75.00 non-members

Sorrentino's Cooking Class- learn to cook from one of Sorrentino's great chefs. At the completion of the cooking class, sit down and enjoy the 3-course gourmet meal you have just prepared. Red and white wines will be paired with each course throughout the evening. Plus a take-home recipe booklet, your own La Cucina Italiana apron, education with a winery specialist, specialty coffees and pop, and a goodie bag. Call Rachel at 780-701-9016 for information or to register.

Cost: \$147.00 per person including wine, etc.

Northlands Horse Racing- Join **Sage** for some fun at the thoroughbred horse races including a delicious meal and a great group of people! Must



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have 20 people registered by September 25th.
Date: Saturday, September 29th
Time: depart **Sage** at 11:30 am
Cost: \$7/person (plus ETS & cost of meal)

Sage PROGRAMS, COURSES and more: SEPTEMBER

(Open to members and non-members).

***New* Ideas- Conversation Group-** If you like talking about ideas - your own and other people's - this is the group for you! We will initiate discussions with TED talk videos, or topics and presentations by volunteers from the group. Coffee/tea and cookies included. Registration deadline is September 4th. Date: First and third Thursday of the month, starting September 6, 2012.

Time: 11:30 am

Location: Raye Dolgoy Room

Cost: \$14 for 7 sessions (September 6 - December 6) or \$3 for a single session.

Spanish for Travellers- a fun, 8-10 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, videos and fun into learning. For information or to register please call Rachel at (780)701-9016.

Spanish Conversation Circle- An informal conversation group focusing on group interests, local and current events and reviews from music and videos. Emphasis will be on pronunciation, vocabulary, grammar and concepts. These weekly, one hour sessions, will last for 8-10 weeks with participants of any level from basic to advanced. For information or to register please call Rachel at (780)701-9016.

Brain Fitness and Insight Programs are back! Keep you brain in shape with these computer programs designed to stimulate the mind and enhance visual memory. Students in previous classes have reported great results. These programs require no previous computer experience and are guided by an amazing instructor that focuses on holistic health. Spaces are limited so register early! Call Rachel at (780)701-9016.

Date: Mondays, Tuesdays and Fridays

Orientation September 21st. Classes run September 24, 2012 – January 11, 2013

Time: 10:30-12 pm and 12:30-2 pm

Location: **Sage** Computer Lab

Cost: Only \$75- thanks to ECALA grants.

Memorial Society Presentation- 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, September 20 & October 25

Time: 11:00 am

Location: **Sage** Room

Cost: FREE

Are you living a PASSIONATE life? - Be Positive, Be Inspired and live your life Passionately. We'd all like to feel our life is purposeful, exciting, fulfilling, motivated, entertaining, easy, and fun... tips to live stress free with gratitude, and positive

Are there charitable causes that are important to you?

Your will may be an ideal way to provide a lasting gift to the charities of your choice.

To create an endowment fund that will create a truly lasting legacy please contact Donor Services at the Edmonton Community Foundation.

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



energy. Spend the day with Theresa (formerly of **Sage**). Register today and start living... Snacks and door prizes offered. Please register by September 21st.

Date: September 26, 2012

Time: 9:30- 3:30 pm

Location: **Sage** Craftroom

Cost: \$40.00 members/ \$60.00 non- members

Cost includes Passion Test Book

Compass Caregivers group- a 9 module, information and support group for caregivers that provides information, resources, as well as support. Presented by the Alberta Caregivers Association. Hurry! Limited spaces available!

Date: Tuesdays starting Sept. 25th

Time: 10-12 pm

Location: **Sage** Room

Cost: \$25.00 including the participant workbook

Mental Health Series with Jennie Wilting- A series of topics related to your mental well-being. Jennie is a retired nurse with a wealth of knowledge and experience related to the matters of the mind and a sense of humor sure to hit the funny bone! Come to one or come to all. Held at 1:00 pm in the Raye Dolgoy Room. Please register at least one day in advance for sessions.

Cost: \$1.00 per session

Dates: Sept. 19- Dealing with Today

Oct. 3- Communication I

Oct. 17- Communication II

Oct. 31- Self Esteem

Eat Your Way to Wellness- Learn interesting facts on nutrition and holistic wellness. Emphasis will be on healthy snack options and 'brain food' choices. Sample snacks like herbal tea, dark chocolate and various nuts and seeds. Presented by Barb Rankin. Please register by September 5th.

Date: Thursday, September 6th

Time: 1:00 pm

Location: Classroom A

Cost: \$2:00

Embroidery on paper course- Learn to make 6 cards beautifully embroidered with patterns that look wonderful while are simple to execute. Instruction, cardstock, patterns, and thread provided- you just need to bring your own scissors. Register by Friday, Sept. 14th.

Date: Mondays- September 17, 24, October 1

Time: 10-11:30 am

Location: **Sage** Craftroom

Cost: \$15 including supplies (6 registrants max)

Bridge Lessons- An opportunity to learn to play the game of bridge or freshen up your skills. Offered by Raye Dolgoy Bridge Club's game director Henry Cheung on Wednesdays and Fridays from 10:00-11:00am. Call Rachel at 780-701-9016 for more info or to register. You **MUST** register for lessons. Cost: \$50.00 for 20 Comprehensive lessons (learn to play bridge) or \$5.00 for specific/refresher lesson

Location: **Sage** Raye Dolgoy Room

Zumba Gold- Zumba for the older adult- Latin American & International dance inspired fitness.

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Date: call 780-701-9016

Time: 9:45am

Location: Sage Auditorium

Cost: \$45 members/ \$55 non-members

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 program mentor.

live performances, information booths, door prizes, dessert, refreshments and more! Please register for catering purposes by October 22nd.

Date: Wednesday, October 24th

Time: 1:00 pm

Location: **Sage** Auditorium

Cost: \$2 per person

Thanksgiving Dinner- Come give thanks at Sage as we enjoy a delicious Thanksgiving Dinner Buffet with all the trimmings, including turkey, stuffing, potatoes, veggies, salads, cranberry sauce, dessert and coffee/tea. Entertainment provided. Purchase your tickets by October 2nd.

Date: Thursday, October 4th

Time: 11:30 am

Location: **Sage** Cafe

Cost: \$12 members/ \$15.00 non-members

Sage PROGRAMS, COURSES and more: OCTOBER

(Open to members and non-members)

Celebration of Seniors- join Sage’s annual event for an amazing afternoon filled with musical acts,

Halloween Party- Get out your Halloween costumes and join in the fun! There will be live music, prizes, Halloween treats and a book/bake sale. Please purchase tickets by October 29th.

Date: Monday, October 31st

Time: 1:15 pm

Cost: \$3.00

Clloser to Home

Kimberley Accordion Festival

4 Days/ 3 Nights

July 9 – 12 or July 12 – 15

Price per person **\$595**

RCMP – Past & Present

5 Days/ 4 Nights

July 29 – August 2

Price per person **\$665**

Folklorama in Winnipeg

6 Days/ 5 Nights

August 6 – 11

Price per person **\$1065**

Call our Office for Complete Itineraries or check out our Website!

Eastern Canada Destinations

Cross Canada

27 Days/ 26 Nights

September 3 – 29

Sep 10 – Oct 6

Price per person **\$4195**

Atlantic Provinces

14 Days/ 13 Nights

September 7 – 20

September 14 – 27

Price per person **\$2665**

Atlantic Maritimes Tour

10 Days/ 9 Nights

September 7 – 16

Price per person **\$2446**

Eastern Panorama

18 Days/ 17 Nights

September 7 – 24

September 14 – October 1

Price per person **\$3255**

Fall Travel Show – September 12 at SAGE.
Watch for more details!

Day Tours

Mystery Tour: July 24, August 13

Price per person \$84

Rosebud Anne of Green Gables: July 19, August 9

Price per person \$99

All Pricing is per person, based on double occupancy, plus GST



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Calgary, AB T2R0T9

Memorial Society Presentation- detailed in September Programs & Courses section.
Date: October 25th at 11:00 am

Time: 11:30 am
Location: **Sage** Cafe
Cost: \$8 members/ \$10 non-members

E-Readers Class- An information session describing how E-Readers work, what they are, and how to get the most use out of your product. Presented by the Edmonton Public Library. Please call Rachel at (780) 701-9016 for information or to register.

***New* Holistic Twist-** an informal weekly gathering to share ideas or articles on wellness and holistic lifestyle topics- from nutrition to exercise to brain teasers.

Date: Wednesdays starting September 12th
Time: 10:00 am
Location: **Sage** Cafe
Cost: Free

DROP-IN ACTIVITIES AT Sage SEPTEMBER and OCTOBER

(Open to members and non-members)

\$8 Monthly Lunch Deal- join **Sage** the 3rd Tuesday of the month for an opportunity to meet other members and enjoy a delicious lunch including your main meal, dessert, and tea/coffee for just \$8!! Plus a draw to win next month's lunch for free. Stay for a **Sage** tour at 12:30 pm. Purchase tickets by Friday, Sept. 14th & Friday, October 12th.
Date: Tuesdays, September 18 & October 16

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: Mondays
Time: 10:00 am
Location: **Sage** Lobby
Cost: Free

The Happy Travellers Slide and Video Shows are on the 3rd Thursday of each month at



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949 Rutherford Rd
Edmonton, AB

1:00 pm to 2:30 pm in the 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**.

September 20th- Newfoundland

October 18th- Destination TBA

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 10:30 am in the Raye Dolgoy Room. This group is free to join! Dates: September 13th, October 11th

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 at tuff@shaw.ca.

Date: Every Thursday

Time: 1:00 pm

Location: **Sage** Craftroom

Cost: FREE

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

Come and join us in the Auditorium at 1:00 pm the third Friday of the month for a movie on the big screen and popcorn for just \$1.00!

September 21st: "The Artist"

October 19th: "Iron Lady"

Sage Monthly Birthday Party:

Sage celebrates birthdays the last Thursday of every month at 1:15 pm 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

Date: September 27th, October 25th

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.

I ♥ Seniors

iloveseniors.ca

Seniors Housing

The advertisement features a stylized cityscape background with a woman and a man cartoon character in the foreground. The woman has short hair and glasses, and the man has glasses and a suit. The text 'I ♥ Seniors' is prominently displayed at the top, with 'iloveseniors.ca' below it. In the bottom left corner, there is a logo for 'Seniors Housing' with the letters 'GEF' inside a house shape.

Delivery Available

Sage Members
\$5.00 +GST
Non Sage Members
\$10.00 +GST

sage. savories

Heat-up-at-home meal solutions

Many of our menu options are
"Health Checked" by the
Heart and Stroke Foundation.
Please see message
below for more information.

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 mash potato, peas & carrots.

Roast Chicken and Stuffing

Roasted chicken legs and thighs served with a savory bread stuffing, gravy, mash potato and kernel corn.



Roast Alberta Beef

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



Salisbury Steak

Smothered in a browned onion gravy. Served with mash 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 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 kernel 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 and carrots.

Prices and menu subject to change. All meals are \$5.95 each. Buy 10 and get 1 FREE

SOUPS - \$3.25 each



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

DESSERTS - \$3.50 each

- 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 delivered to your door

Website: SageSavories.ca Email: sagesavories@MySage.ca For Delivery Orders: 780.701.9025

Cost: FREE

Date: 3rd Tuesday of the month

Time: 1:00-2:00 pm

Location: **Sage** Raye Dolgoy Room

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

Time: 1:00 pm

Location: **Sage** Lobby

Cost: FREE

Its Game Time! The Games Room is on the main floor of **Sage**. Come 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 12:30 pm and ventures out to new dining experiences. Call **Sage** to sign up for this month's outing.

September 11- "The King and I" (8208-107St)

October 9- "Red Robins" (11215-104St)

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: Tuesdays, September 18 & October 16

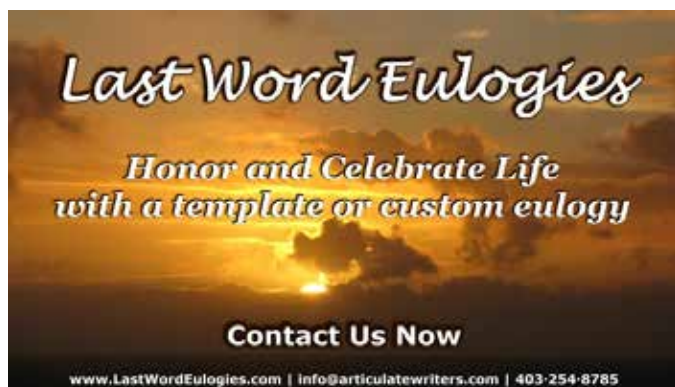
Time: 1:00 pm

Location: **Sage** Cafe

Cost: Free

Friendship Circle- a weekly opportunity to visit, meet new people and even enjoy a cup of coffee.

Date: Mondays at 11:00 am in the **Sage** café.



GROUPS AND CLUBS at Sage

Sage Members Only

The Raye Dolgoy Bridge Club meets each Wednesday and Friday from 11:30- 4:00 pm 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 or refresh their bridge skills is welcome to register for lessons. Register by calling Rachel at (780)701-9016.

The Busy Fingers is a year round crafting group that meets every Thursday in the craft room from 9:00 to 11:30 am. 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 Sage Singers perform sing-a-long favorites every Thursday in the Sunshine Café. This fun group meets from 10:30-12:30 pm for a warm-up

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

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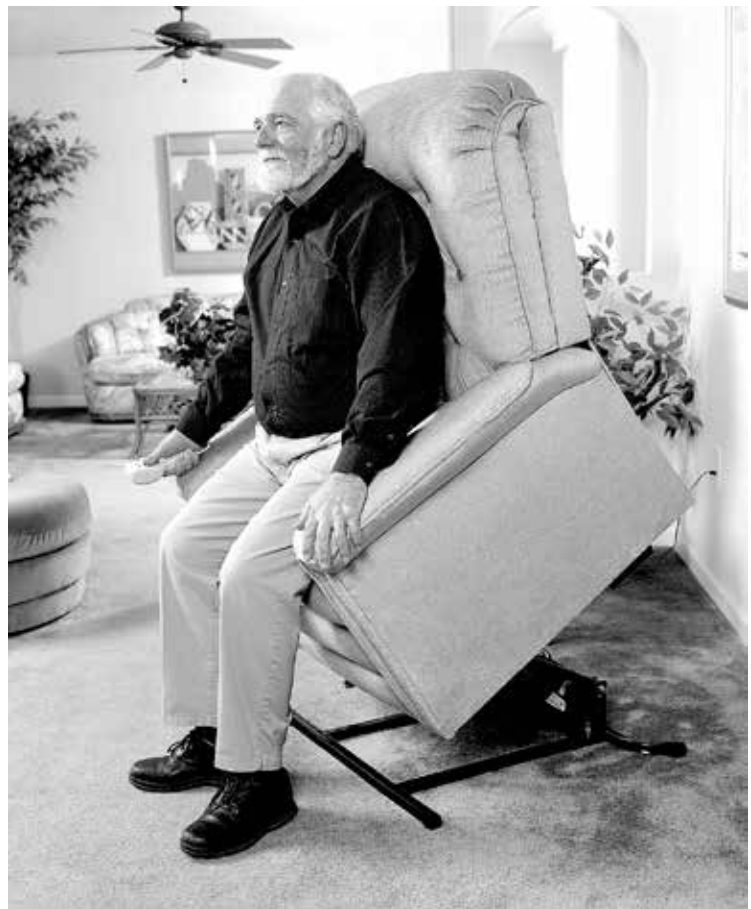
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and then performance. This is a fun-loving choir for all skill levels. We are always looking for new members to join in.

The GeriActors and Friends meet on Thursdays at 1:00 pm in the auditorium. This is a dynamic theatre group with stories to tell and the 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.

The Next Page Book Club

We will meet the second Thursday of every month at 1:00 pm in the Raye Dolgoy Room for a new reading adventure each month. The style of book will vary from mystery to biographies. Please register at the front desk.

Sage PROGRAMS and SERVICES

HOME SERVICES:

When Ken called Home Services requesting help with snow removal for his Mom, he was just one of over 740 snow removal requests that were fulfilled last year. Ken, who lives in B.C., wanted to ensure his mother would have services in place to clear snow. His 75 year old mother attempts to do the shovelling herself; but Ken is concerned with the physical toll and the heightened risk of falling. Ken was delighted to learn that there was a Snow Busters group in his mom's neighborhood. Not only will his mom receive affordable snow removal; but, the service will be provided by someone who lives right in her community.

The Sage Snow Busters Program enables community leagues or groups to raise funds by providing snow removal for seniors. The high demand for snow removal continues to exceed resources available. Home Services is currently enlisting community leagues and other groups to participate in The Snow Busters program. If you would like a Snow Busters group in your neighborhood, encourage your Community League or other community groups to contact the

Home Services Coordinator at 780-701-9007 to receive information about the program. If there is not a Snow Busters group in your community, Home Services can refer you to other registered snow removal service providers.

The Home Services Program helps seniors maintain independence and remain in their homes by providing a referral service to registered companies for home support and maintenance. **Sage** Home Services and the Better Business Bureau have teamed up to expand Home Service's referral list of reliable and trustworthy contractors. This minimizes risk to seniors and improves standards and accountability. If you need help with home support and maintenance, contact Home Services at 780-907-9011.

FREE FLU SHOTS

Come one, come all, no restrictions

The **Sage** Flu Clinic is open to everyone; bring

your family, Friends, co-workers, neighbors or the mail carrier.

Let's protect you and everyone else from seasonal influenza with a free flu shot.

The dates are Wednesday, October 3 and Wednesday, October 10.

WHERE DOES Sage GET THE MONEY TO DO THE AMAZING WORK IT DOES???

The United Way is one of our supporters. Did you know that? The United Way directly funds the Multicultural Seniors outreach program and the Home Services program.

Your donation of \$20 provides 1 hour support to a senior from the Spanish-speaking, Kurdish, Korean, Eritrean or former Yugoslavian communities.

And a donation of \$25 would provide information and home services reference to approximately 5 clients.

Touchmark

Mastering the Art of Living Well



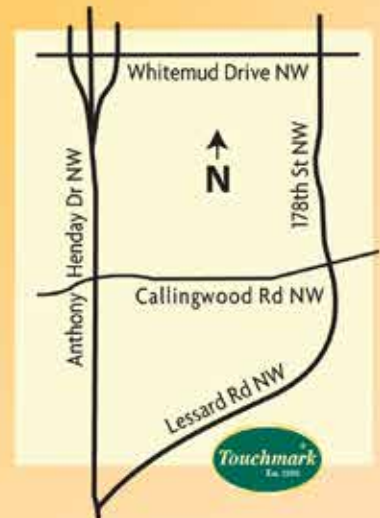
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*Our mission:
To enrich people's lives.*



All donations are gratefully accepted. You can write a cheque to **Sage** and put in the memo line "United Way" or you can directly send your cheque to United Way and specify **Sage** in the memo line if you wish.

The staff at **Sage** also supports the United Way through internal fundraising efforts. This year we have set a goal of \$2700. You are welcomed and encouraged to join our in-house activities. Here are some of our upcoming efforts:

- \$4 Pancake/Sausage breakfast – October 31, and November 8th. Beginning at 8 am.
- Halloween Bake and Book Sale – October 31st, come dressed in costume and enjoy the festivities **Sage** has to offer.
- Empty Your Pockets of Change – Donate your spare change in the Café Carboy. You would be surprised how quickly it adds up. Last year our spare change raised \$100.

VOLUNTEER OPPORTUNITIES

Are you tired of being bored?

Do you want something more out of life?
How about meeting new friendly people?

People volunteer for lots of reasons, but the main reason is Happiness. Volunteering to help others makes you happy. **Sage** offers interesting, fun, and sometimes challenging opportunities to get involved. You would be surprised how something as simple as playing cards would brighten your day and everyone else's. Here are a few ideas of how you can get involved:

Perhaps you drive, can do data entry, play cards, sing, play piano, instruct a class, teach a new skill, lead a walk, movie, lunch or conversation group. Maybe you are super organized and can help put together events, groups or other outings. If any of these interest you or you can think of anything else, please call the Volunteer Coordinator at 780-701-9015.

NEWS AND NOTES

Relationships With Your Adult Children Time To Make Changes!!

Community Services offers a drop in group for women and men, 60+ years who are having challenges in their relationships with their adult children and want to make changes.

This group will help you to:

- Get support from others who are also having challenges as parents of adult children
- Help you set limits.
- Come up with different choices in resolving family issues.

***A Structured 8 week group starting in September as well. Phone 780-496-4777 for details about both groups.

VON Foot Care Clinic

If you have foot care needs, **Sage** has the VON Foot Care Clinic on the 2nd Monday of every month from 9:00 am to 3:00 pm. NOTE: This is a new day. To make an appointment, call 780-466-0293.

PLANNED GIVING - AN INTRODUCTION

Planned Giving refers to gifts and donations that are made at the end of a defined period of time, often at the end of a person's life. Planned Giving allows donors to look to the future, continuing their support of charities like **Sage** beyond their natural life, or even in perpetuity. In addition, Planned Giving can provide substantial tax benefits. Alberta has one of the best donor tax credits in Canada at 25% on the first \$200 of a donation, and 50% on amounts above \$200. Depending on the type of gift, tax credits can be applied in different ways.

There are many different means of Planned Giving: leaving a bequest in a will, donating cash or securities, donating RRSPs or RRIFs, making **Sage** the owner and/or beneficiary of a life insurance plan, and creating an endowment fund are some of the different methods.



Gain Security



River Ridge Seniors Community is an active aging community with services and programs to support independence, assisted living and memory care.

Security + Safety

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Steel and concrete non-combustible construction

Amazing Amenities

Library with computer

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Health and wellness centre

Spa with therapeutic tub

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Guest suite

Secure underground and surface parking

Art studios & Theatre

Recreation lounge

Extensive Meal Choices

Casual bistro

Chef specials daily

Fine dining

Private dining room

Suites

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Creative Aging

Art classes

Music

Interactive creativity

Creative Movement

Life Long Learning programs

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These gifts can also be named or made in memory of someone, connecting an individual or family with **Sage** and creating a legacy. Planned giving has been a great way for people to write themselves into **Sage's** story.

For more information, please contact Karen McDonald, Director of Community Relations. (780) 701-9008.



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Edmonton Oilers Community Foundation
Edmonton Realtors Fund
Edmonton Seniors One Voice
Golden Eagles Hockey Club
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RBC Foundation
Royal Alex Employees Charitable Foundation
United Way - St Albert

GREAT DOWNTOWN EVENTS

... right outside **Sage's** doors!

Sam Steele: The Journey of a Canadian Hero
Experience the untold story of Sir Sam Steele. An Exhibition over three years in the making.
Enterprise Square Gallery
10230 Jasper Avenue
Running through September

Servus Community Access Night:
Enjoy an evening, on the last Thursday of every month, of free admission to the Art Gallery of Alberta. Proudly provided by Servus Credit Union.
Art Gallery of Alberta
2 Sir Winston Churchill Square
September 27th

DT YEG* (Downtown Edmonton) Myth-busters

1. • **myth** There is no parking downtown
• **fact** there are over 42,000 parking stalls downtown; 2,000 on-street and 40,000 off-street
2. • **myth** There are very few people downtown
• **fact** over 70,000 people work downtown and 12,100 people live downtown
3. • **myth** Crime downtown is getting worse
• **fact** during the past 2 years major crimes downtown have decreased by over 30%

*DT YEG = Downtown Edmonton.



Edmonton Economic Development Corp

Missing:

We are looking to complete our collection of all of the **Sage** newsletters (**Sage** Link, SRSR, Seniors News, Etc.) if you have any of these copies we would love to take a photocopy. Let us know

Missing are
1977 – Jan., Jul., Oct.
1979 – Aug.
1981 – June., Jul., Aug.
1983 – Jul., Aug.
1998 – Feb., May, Jun., Sep.
1999 – Jan., Feb., Apr., May, July., Sep., Oct.
2006 – Jan., Feb., Apr., Jun., Nov.
2007 – Nov.

Thank you

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