

# SageLINK

Seniors Association of Greater Edmonton

Fall Edition September-October 2013

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## Seniors' Housing Forum

Saturday, September 28th

Central Lions Recreation Centre

11113 113 Street

This FREE full day event features over 50 seniors-serving organizations' exhibitor booths, as well as guest speaker presentations on seniors' housing, health services, community resources and more!

Look for event details on page 16.



Sage Home Services can help with the challenge of snow removal. Home Services has two options for snow removal service.

- The first option is to **provide referrals to screened snow removal contractors**. Contractors set their own rates and have the people to provide reliable and timely snow removal.

•The second option is the **Sage Snowbusters program**.

**Community Leagues or groups sign up to provide seniors with affordable snow removal in their communities.** This



option also provides timely snow removal plus a chance for seniors to support their local community.

Call Home Services if you need help with snow removal or to see if there is a Snowbusters group in your neighborhood.

Sage Home Services provides referrals for various home support and maintenance needs.

Service categories include: carpentry and renovations, carpet cleaning, companionship and home support, computer service, furnace repair, handyman, housecleaning, move management, plumbing, realtors, transportation, window cleaning, yard maintenance plus many more.

Sage Home Services (780) 701-9011

## Sage President's Column – July

As we enjoy the freedom of warm temperatures, ice-free sidewalks, and the ease of movement that allows us to be out in the world unencumbered by fear of falling or heavy clothing, we need to remember those who are unable to experience this freedom because of physical, mental, or emotional constraints. Seniors who are isolated in their homes, whether those are stand alone dwellings or a multiple housing unit, pose considerable risk to themselves because their lack of contact with others means their safety and well-being are compromised. Seniors who are alone with no family nearby or friends or neighbors who care enough to check on them regularly may be injured or ill, suffering physical and mental anguish for long periods before being detected. While Seniors' Centres exist to provide social outlets for seniors, not everyone chooses to access the recreation opportunities or the camaraderie of fellow seniors in this way. Some seniors form informal coffee groups to give structure to their socialization or they use church clubs, volunteer work, or community and interest groups to do this. However, other seniors, for a number of reasons, do not or cannot participate in any of these. Instead they isolate themselves from human contact and have at best minimal interaction with other people. In addition to the physical risk this isolation poses, there likely is also an impact on their emotional and mental health.

So this summer and fall, while the rest of us are out and about, enjoying this beautiful city and what it has to offer at this time of the year, let's remain vigilant and seek out those seniors who are not doing this and try to entice them to become engaged in the world around them, even if it's in a very limited way. Let's check on our older neighbors regularly to see if there is anything we can do for them. Let's offer to accompany isolated seniors to an event at the community hall or seniors' centre. Let's do everything possible to increase their comfort level, physically, mentally, and emotionally in the hope that by doing so we will encourage them to reach out and take advantage of opportunities to engage with others. Seniors helping seniors can

### **SAGE BOARD OF DIRECTORS 2013 - 2014**

#### **Executive**

President	Bauni Mackay
President Elect	D. Lynn Skillen
Secretary/Past President	John Schiel
Treasurer	Lindsay McGill

#### **MEMBERS AT LARGE**

Daniel Morrow	Barb Burton
Diana McIntyre	Mohamed Assaf
Michael Phair	Adrien Tremblay
Reg Joseph	

<b>Executive Director</b>	Roger Laing
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be the model for improving the lives of those who might otherwise remain unnoticed and unknown.

Bauni Mackay

### **Board Highlights May-June 2013**

- Work on the Wellness Centre has included completing a large scale feasibility study and a financial model that explores Sage's ability to offer this holistic service.
- 320 people attended this year's Sage Awards, 35 people were nominated.
- A summer student will work on grant writing and on the Sage Savories Marketing Plan.
- The Board had an open discussion about the public's knowledge and expectations of Sage. We need a clear concise message that we can deliver to people who don't know Sage.
- Staff involved in the Sage Awards were recognized for their professional handling of such a major event.
- B. Burton is Sage's representative to Alberta Council of Women's Shelters.
- Nominating Committee Report:
  - B. Mackay will continue as President and D.L. Skillen will become President January 1.
  - B. Burton will become President Elect on January 1.
  - J. Schiel will serve as Past President and as Secretary.
  - L. McGill will serve as Treasurer.

- Two models for snow removal are under discussion. Underpinning both models is a community development approach which encourages community members to support seniors.
- There have been staffing changes in Food Services: Wayne will serve as Manager and baker and newly hired Uma Nath as chef. We will no longer be offering short-order items and have purchased a Panini press.
- Policies for volunteers were reviewed and adopted.

## LIFE ENRICHMENT

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

## SAGE DAY TRIPS September - October

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

**“Closer Walk with Patsy Cline” at Mayfield Dinner Theatre-** a delicious, elaborate brunch buffet followed by a show featuring the life story and music of Patsy Cline. Hurry! Limited seats available. Lions bus will take to & from.  
Date: Wednesday, October 30th  
Time: Depart Sage at 9:45am  
Cost: \$80.00 including brunch, show & bus

**The Edmonton Queen Lunch & Cruise-** join Sage for a delicious lunch and then a cruise down the North Saskatchewan to see Edmonton’s beautiful River Valley. Register by Tuesday, September 3rd. Limited seats available. Lions bus to and from Sage.  
Date: Friday, September 6th  
Time: Depart Sage at 10:30am  
Location: meet at Sage  
Cost: \$39.00 including GST, lunch & cruise

**Enjoy Centre and Downtown St. Albert-** The St. Albert Farmers’ Market is the largest outdoor

## 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 Services Assistant Alexa Balen 780-701-9011  
Home Services Requests 780-701-9011

### Social Work Services

Assessment Tammy Houle 780-701-9019  
Guardianship Karin Tully 780-701-9006  
Co-Decision Making Karin Tully 780-701-9006  
Housing Debby Marcus 780-701-9018  
Social Worker Doneka Simmons 780-701-9005  
Multicultural Seniors Debby Marcus 780-701-9018  
Seniors’ Safe House Anjulie Talwar 780-426-3746  
Seniors’ Safe House Amanda Gravel 780-426-3746  
This Full House Doneka Simmons 780-701-9005

### Food Services

Manager Wayne Sand 780-701-9022

Uma Nath Hot Kitchen/Savouries

Jacqueline Giesbrecht

Ernest Manning

**Sage Savories Orders** 780-701-9025

### Volunteer Services

Volunteer Services Laura Byrtus 780-701-9014

### Administration

Executive Director Roger Laing 780-701-9001

Director of Operations Bernice Sewell 780-701-9002

Manager, Administration Jane Noonan 780-701-9009

Director, Community

Relations Karen McDonald 780-701-9008

Communications David Loper 780-701-9012

Assistant for CR JoLynn Parenteau 780-701-9017

Manager, Finance Colleen Jahns 780-701-9003

market in Western Canada, with a variety of top market-quality products that are home baked, home grown, or handmade. There will be a delicious restaurant lunch and then finish the day at the Enjoy Centre. Stroll the grounds filled with plants, flowers and unique shops. Register by September 16th.

Date: Saturday, September 21st

Time: Depart Sage at 9:30am

Cost: \$35 member (\$42 non-member)

Includes bus and lunch

**Smoky 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 pumpkin weighing over 900lbs. Deadline is Wed., October 2nd.  
Date: Saturday, October 5th  
Cost: \$15 for Lions bus (you must purchase your own lunch and gate admission at festival)

**River Cree Casino Monthly Outing-** hop on the Lions bus the last Monday of the month for a fun day at the casino. Includes voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. You must pre-register.  
Date: Last Monday of the month  
Time: Depart Sage at 10:00am  
Cost: \$5.00 payable to Lions bus at departure

## SAGE PROGRAMS, COURSES and more: September - October

(Open to members and non-members)

**\*New\* Drop-in Drama-** Have you always wanted to act? Been too scared to try? Try this fun, amateur drama group that is for all skill levels. The focus is on having a great time! Coming to Sage this fall. Call Rachel at 780-701-9016 for details.

**Sudoku Class-** learn how to do these simple math puzzles or come and sharpen your skills. They are not only fun but keep your brain sharp too! Offered the 2nd Wednesday monthly.

Date: Wednesdays- Sept. 11th and Oct. 9th  
Time: 10:30am  
Location: Sage Café  
Cost: Free

**Wellbeing Talks with Jennie Wilting-** a series of topics related to your 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 1:00pm in the Craftroom. Please register at least one day in advance for sessions.

Dates: September 18- Dealing with Today  
October 2- Communication I  
October 16- Communication II  
November 6- Self Esteem  
Time: 1:00pm  
Location: Craftroom  
Cost: \$1.00 per session

**Strength Training 101-** Why bother to strength train? Strength training can have tremendous health benefits, such as cardiovascular health, bone strength, and balance in addition to encouraging weight loss. This class is designed for people (45 – 95 years) with NO PRIOR weight training experience or those with some questions for the trainer. This is an educational class to learn about proper techniques and gain an understanding. Little participation is required (this is not an exercise class) but dressing comfortably with clean runners may be helpful if you like to give some things a try.

Date: Wednesday, September 4th  
Time: 10:30am  
Location: Sage Auditorium  
Cost: \$2.00

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**Group Fitness Sessions-** a great chance to meet people and get some exercise! Classes are instructed by a personal trainer who can also offer customized tips and exercises. Must have 6 people registered by September 5th.

Date: Mondays starting September 9th

Time: 2:00pm

Location: Auditorium

Cost: \$80 for 8 weeks

**We All Fall Down-** Easy Steps to Prevent Falls- don't wait until it is too late! Everyone is at risk of falling even if you are perfectly healthy. Join retired nurse Barb Rankin to find out some simple steps to keep safe and good habits to remember. Register by Sept. 24th.

Date: Wednesday, September 25th

Time: 10:30am

Location: Craftroom

Cost: Free

**BrainFitness and Insight Programs are back!** Keep your 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 who focuses on holistic health. Spaces are limited so register early!

Date: Mondays, Tuesdays and Fridays

Orientation: September 18th. Classes run

September 20 – December, 2013

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

Location: Sage Computer Lab

Cost: Only \$75- thanks to ECALA grants

**Introduction to E-Readers-** an information session intended for people who are

considering purchasing an e-reader, or who already have one, to learn more and get the most out of your device. It does not go into detail with any particular device. Presented by the Edmonton Public Library. Register by October 1st.

Date: Wednesday, October 3rd

Time: 10:00am

Location: Sage Computer lab

Cost: FREE

**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, various topics, or presentations by volunteers from the group. Coffee/tea and cookies included. Group is facilitated by a U of A philosophy professor.

Date: To Be Announced

Cost: \$3.00 per session

**\*New\* Scrabble Time-** join in a fun, monthly game of scrabble. If you've never played, this is a great time to start!

Date: 1st Thursday of month- Sept.5th, Oct.3rd

Time: 11:00am

Location: Sage Café

Cost: Free

**Spanish for Beginners-** a fun, 7 week course focusing on basic grammar, vocabulary and travel-related topics such as hotels, time, bartering. This is a perfect opportunity to learn a new language or brush-up on Spanish before traveling. Register by Monday, September 9th.

Date: Mondays- September 16th - November 4th

Time: 1:00pm-3:00pm

Location: Classroom B

Cost: \$49 members, \$59 non-members



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**Embroidery on Paper Course-** learn to make 6 cards embroidered with patterns that look beautiful while are simple to make. Instruction, cardstock, patterns, and thread provided- you just need to bring your own scissors. Returning advanced students will get more complex, copyright patterns. Register by Monday, October 7th.

Date: Wednesdays- October 16-30th  
Time: 10:00am-12:00pm  
Location: Sage Craftroom  
Cost: \$15 including supplies (6 registrants max).

**Celebration of Seniors-** Health and Wellness Fair- join Sage's annual event for an afternoon filled with celebrating you! There will be information booths, guest speakers, demonstrations, giveaways, and more!

Date: Wednesday, October 23rd  
Time: 10:00am  
Location: Sage Auditorium and classrooms  
Cost: Free

**Musical Time Travel-** this one hour class offers a musical experience with the emphasis on music,

learning, fun, and hands-on experimenting with musical instruments. Fun and familiar music of the 1940's, 50's, 60's and 70's will be used for this session- taught in specific time-period costuming. Key historical aspects of major musical eras will be explored. Come have an educational and exciting experience! Instructors supply all materials/instruments. Must have 10 registered by Friday, October 4th.

Date: October 9-November 20  
Time: 10:00am  
Location: Classroom B  
Cost: \$45 member, \$54 non-member

**Thanksgiving Buffet-** give thanks at Sage as we enjoy a delicious, deluxe Thanksgiving Dinner Buffet with all the trimmings including salads, cranberry sauce, dessert and coffee/tea. Enjoy live music during dinner. Purchase your tickets by October 8th.

Date: Friday, October 11th  
Time: 11:30am  
Location: Sage Auditorium  
Cost: \$14.95 members, \$17.95 non-members



**Unable to get to a voting station  
on Monday, October 21, 2013?**

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Voters can request a special ballot package starting August 1, 2013. To request a package or for more information, visit [edmonton.ca/specialballot](http://edmonton.ca/specialballot) or call **780-442-VOTE (8683)**.



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**Chinese Water Colour Level II-** create another beautiful picture with techniques that are simple to do. Instruction and materials provided by the Confucius Society of Edmonton. Call Rachel at 780-701-9016 for more information. Register by Sept. 18th.

Date: Monday, September 23rd

Location: Sage Craftroom

Time: 10:00am

Cost: \$10.00

**Legal Documents You Should Have-**

lawyer presenting on essential planning documents- for example personal directives, power of attorney and wills.

Date: Tuesday, October 15th

Time: 10:00am

Location: Sage Room

Cost: Free

**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: Thursday, October 31st

Time: 1:15pm

Cost: \$2.00

**Beginner Computers-** a course teaching computer basics from starting a computer to word processing and more. These classes will be led by a volunteer-instructor. Classes are Wednesdays & Thursdays.

Date: Classes begin Sept. 18th - October 3rd

Time: 1:00pm

Location: Sage Computer lab

Cost: \$10.00

**Computer Sessions** - Beginner Internet, Facebook, Skype or Twitter are being offered at Sage on Wednesdays and Thursdays. Classes will be offered in small groups. These classes will be led by a volunteer-instructor. Please call Rachel at 780-701-9016 to register for the session you need.

Date: various Wed and Thurs starting Sept.

Time: either 10:00am or 1:00pm

Location: Sage Computer lab

Cost: \$10.00

**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 Chung on Wednesdays and Fridays from 10:00-11:00am. Call Rachel at 780-



## Upcoming Escorted Tours

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Price per person **\$1610**

**Oregon Coast & San Francisco**

13 Days/ 12 Nights

September 23 – October 5, 2013

Price per person **\$2130**

**A Great Escape to Victoria**

8 Days/ 7 Nights

October 20 – October 27, 2013

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*Pricing is per person, based on double occupancy, plus applicable taxes. Early booking discounts apply.*

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701-9016 for more info or to register.  
You **MUST** register for lessons.  
Date: Fridays- you must pre-register  
Time: 10:00am  
Location: Sage Raye Dolgoy Room  
Cost: \$50.00 for 20 Comprehensive lessons  
(learn to play bridge) or \$5.00 for specific/  
refresher lesson

## DROP-IN ACTIVITIES AT SAGE September - October

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

Date: 2nd & 4th Wednesdays of the month  
Time: 1:30pm  
Location: Sage Café  
Cost: Free

**\$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 12:30pm. Purchase tickets by Fridays- September 13th and October 11th.  
Date: Tuesdays, Sept.17th & Oct. 15th  
Time: 11:30am  
Location: Sage Café  
Cost: \$8 members/ \$10 non-members

### \*\*\*ATTENTION MOVIE LOVERS\*\*\*

Come and join us in the Auditorium at 1:00pm the third Friday of the month for a movie on the big screen and popcorn for just \$1.00!  
September 20: "Oz- The Great and Powerful"  
October 18: "The Great Gatsby"

### 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  
Date: September 26th and October 31st  
Cost: FREE Cake and Live Music!

Please join us at the 6th annual

### *Building for Life Breakfast Fundraiser*

Wednesday, October 9, 2013

7:30 AM - 8:30 AM

Fantasyland Hotel ~ Beverly Hills Ballroom  
17700 - 87 Avenue (West Edmonton Mall)

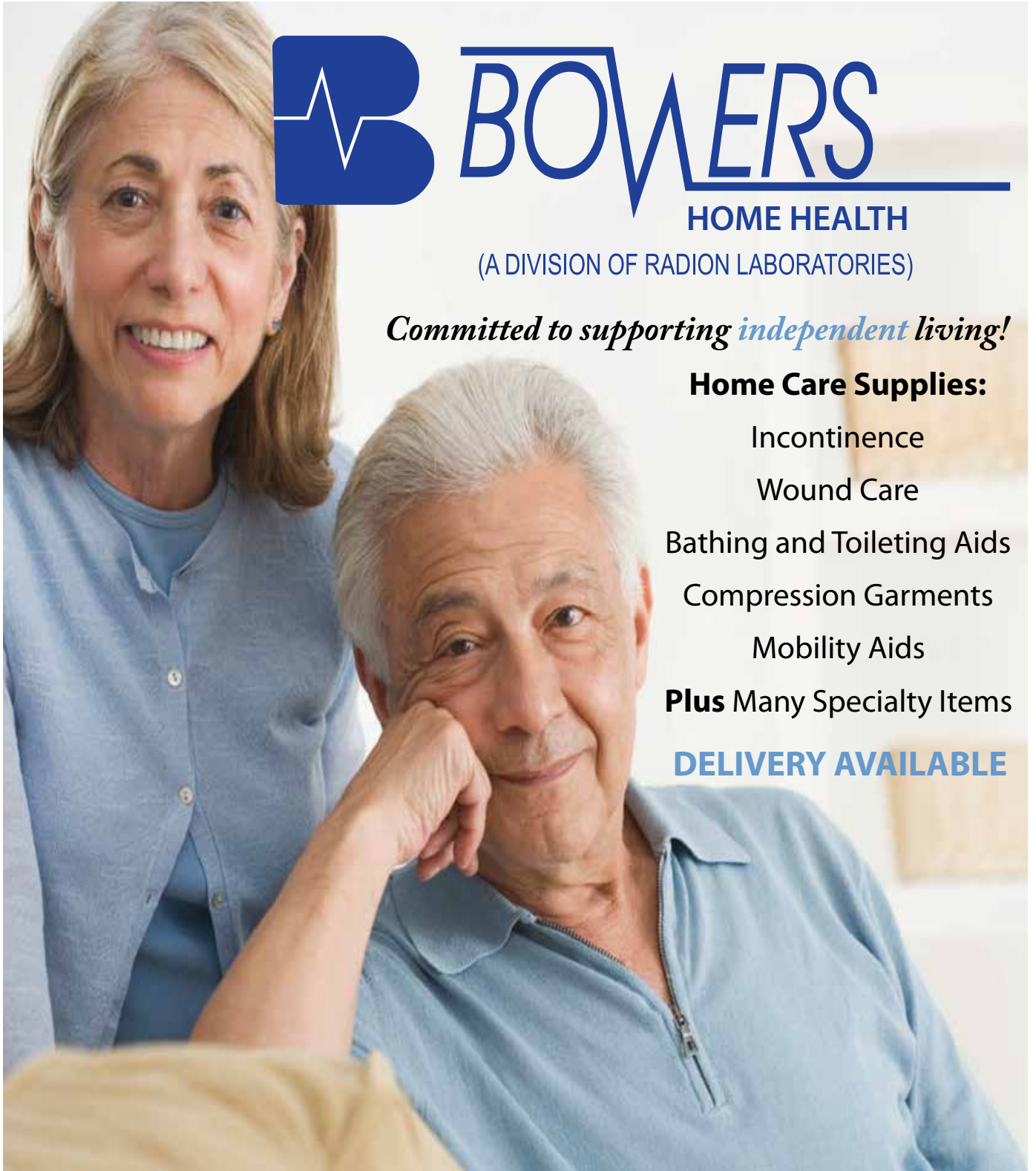
Limited seating; pre-registration is required to attend.

Register online on the **Be Involved** page at [www.gef.org](http://www.gef.org)

*In the "I was invited by" field, please use Sage Link.*

For more information, please contact Carlina MacInnis at 780-447-9303 or [cmacinnis@gef.org](mailto:cmacinnis@gef.org)





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**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

**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 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 register.

Sept. 10- Urban Diner (12427-102Ave)

Oct.8- Swiss Chalet (132 Ave- 98 Street)

**The Happy Travelers Slide and Video Shows** are on the 3rd Thursday of each month at 1:00pm to 2:30pm 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 19th- The British Isles and The Queen's Jubilee

October 17th - Destination TBA

**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 17th, October 15th

Time: 1:00pm

Location: Sage Café

Cost: Free

**Coffee and Conversation**- a weekly opportunity to visit, meet new people and even enjoy a cup of coffee.

Date: Mondays at 9:30am in the Sage café.

**Enjoy Lunch and a Tour ON US!**



Since 1970, Our Mission at Shepherd's Care has been to "celebrate life in a caring Christian environment". We offer seniors supportive housing, home care, assisted living, Alzheimer's/Dementia assisted living, and long term care within a faith-based campus-of-care community.

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**Tile Rummy Game-** a twist on the original card game! Find a way to get rid of all your tiles first- a great chance to work your brain while making friends! Held on the 4th Tuesday of the month.  
Date: September 24th and October 22nd  
Time: 10:00am  
Location: Sage Café  
Cost: Free

**Monthly Crib Game-** a great chance to play crib while meeting other people. The 2nd Friday of each month.  
Date: September 13th and October 11th  
Time: 1:00pm  
Location: Sage Café  
Cost: Free

## GROUPS AND CLUBS AT SAGE

Members Only

**The Raye Dolgoy Bridge Club** meets each Wednesday and Friday from 11:30am- 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 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 Tuesday in the craft room from 9:00am to 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 Sage Singers** perform sing-a-long favorites every Thursday in the Sunshine Café. This fun group meets from 10:30am-12:30pm for a warm-up and then performance. This is a fun-loving choir for all skill levels.

**The GeriActors and Friends** meet on Thursdays at 1:00pm 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 theatre experience. The cost to join is \$20.00 per year.

**The Next Page Book Club-** will meet the second Thursday of every month at 1:00pm 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.

**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: September 12th and October 10th

**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)474-8240 or

email at [tuff@shaw.ca](mailto:tuff@shaw.ca)

Date: Every Thursday

Time: 1:00pm

Location: Sage Craftroom

Cost: FREE

## SAGE PROGRAMS AND SERVICES

### HOUSING PROGRAM

Funding for the Housing Program, which was previously provided by Alberta Seniors, has recently changed over to Alberta Health. The program has been part of Sage since 1982 and is very busy! We provide information, referrals, and support to seniors looking for accommodations. Two misconceptions about the program are that Sage owns and operates housing units and that we provide crisis housing. We do refer clients to the emergency shelters, which provide temporary accommodation for people who have nowhere else to go. We provide services to anyone 55+. We often

*“I just didn’t think  
we were ready  
for this yet.”*

– **Bette & Tom G.**  
Residents  
since summer 2011



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hear from friends and family members who are concerned about a senior's living situation. Clients contact us by phone and email. We see them through walk-in visits and appointments. The majority of the seniors who contact us are looking for subsidized housing. Sage does not have a Registry that you have to belong to in order to be served. We provide you with information about seniors' subsidized apartments and supportive living accommodations in the community. You contact them yourself and apply where you want. This housing information is listed in the Directory of Senior Services, which we publish yearly at Sage. We distribute them in the community as well as having them here at Sage. You can also access the Directory online at <http://www.mysage.ca/help/housing>.

## PUBLIC ACCESS COMPUTERS

Our NEW COMPUTERS and MONITORS have been installed in the computer lab. They are wonderful and classy. They have the new operating system (Windows 7) and new Microsoft Office (2010). If you need a computer to use, come on in. If you need a computer class, check out the Life Enrichment offerings in this edition of the Link. The Computer Lab is open to all Sage members (no age restriction). 8:00 am to 4:00 pm Monday through Friday.

Contact 780-701-9012 / [dloper@mysage.ca](mailto:dloper@mysage.ca) to check when the computer lab has a class.

## NEWS AND NOTES

### FLU CLINIC

It's That Time of Year: Free Flu Shots  
Sage offers a free flu clinic, open to everyone – bring family, friends, neighbours or co-workers. Protect yourself and those around you with a flu shot this Fall. Wednesday October 9th and 16th from 1:00-3:30pm in the Sage Auditorium.

## 2012 *Sage Donors*

Rose Marie Basaraba	Eva Kiss
David Beckman and Elizabeth Turner	Betty Lou Kitson
Donald Begin	FW Koenil
Barbara Burton	Harold Krechaln
Elsie Clark-Warren	Blanche Kroetch
Jarrold Clayton	Hugo Lehmane
Eunice Couet	Marjorie Lilley
Barb Craig	George D MacKinnon
Gerard Dea	Karen & Dale McDonald
Wilhelmina Dejong	Sylvia McLaren
Judith Demarino	Ronald Melvin
Alison Dinwoodie	Bernice Milner
Ron Dobbin	Dr. Ronald & Elizabeth P. Mullen
Ivan Docker	Paul & Gail Mussieux
Alice Dupuit	Myrtle J Nicholson
Liz Ferguson	Esther S Ondrack
Sibylle Feroze-Odlin	Linda Payne
Vi Fleming	Axe Pedersen
Louise M Ford	Sheila Pidge
Rosemary Fowler	Cornelius Rodenburg
Andy and Blanche Friderichsen	Walter Romaniuk
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Laurel S Hoke	Linda I Vermette
Robert Hunter	Stephan Van Vuuren
Joan Ivany	Deb Wall
Allyson & Jeff Journeaux	Douglas Wilson
Donald & Shirley Junk	Ralph Young
Lorraine Kempton	Anton Zadnik

Thank you to everyone who attended the  
**ANNUAL GENERAL MEETING**  
The Sage Annual Report is available for viewing at Sage or on our website  
[www.mysage.ca/](http://www.mysage.ca/) under **Publications / Annual Report**

## SENIORS' HOUSING FORUM

Saturday, September 28th  
Central Lions Seniors Recreation Centre  
at 11113 113 Street.

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

Doors open at 9:00 am to this FREE full-day  
event which runs until 3:00 pm. Visit over  
50 seniors-serving organizations' exhibitor  
booths and attend up to three guest speaker  
presentations on the following topics:

- A: Home & Independent Living: Housing and Health & Wellness Supports (10:15 am – 11:15 am). This session will focus on seniors' housing options for home living in Apartments, Condos, and Houses, and will also discuss home living supports such as day programming and personal care services.
- B: Home & Independent Living: Safe Home Design (10:15 am – 11:15 am). This session features a panel of presenters on the topics of Fall Prevention, new breakthroughs in technology that can assist in monitoring your safety at home, and programs available for affordable renovations.
- C: Living Well: Legal Documents You Should Have (10:15 am – 11:15 am). This session offers guidance on future planning options including Guardianship, Trusteeship, Co-Decision Making, Personal Directives, Power of Attorney, and Wills.
- D: Supportive & Facility Living: Health and Home (11:30 am – 12:30 pm). This session will provide an overview on supportive living, facility living, and designated assisted living options to help address the questions and concerns seniors face when choosing the optimal environment in which to live beyond independent living, as well as health supports available to complement these environments.

- E: Living Well: Caregiver Support & Family Dynamics (11:30 am – 12:30 pm). This session outlines supports available to families and caregivers as seniors transition from one housing environment to another. Strategies for handling family dynamics, positive transitions, caring for the caregiver and stress related to moving will also be discussed.
- F: Living Well: Financial Literacy and Housing (11:30 am – 12:30 pm). This session provides information on strategies for planning finances to support housing choices. Guidance will also be offered on accessing income supports and other financial benefits.
- G: Home & Independent Living: Community Supports & Transportation (2:00 pm – 3:00 pm). This session will give an overview of some practical resources that allow seniors to age-in-place and receive support in the community. It will describe city-wide services offered by senior-serving organizations that provide resources designed to help seniors live safely and independently.
- H: Living Well: Safety in the Home Panel (2:00 pm – 3:00 pm). This session features a panel of two safety advisors from the Edmonton Police Service and City of Edmonton Fire Department. Learn tips to secure your house and live comfortably and safely in your home.
- I: Living Well: Preventative Health (2:00 pm – 3:00 pm). Learn about accessing seniors' centres, recreation programs for older adults, technology and the Boomer generation, and preventing isolation.

Enjoy a free boxed lunch, plus tea and coffee, as well as door prizes at the end of the day. Exhibitor booths are open until 2:00pm.

There is limited free parking on site as well as some street parking in the neighbourhood.

See event poster for details or read more online at <http://seniorshousingforum.blogspot.com>



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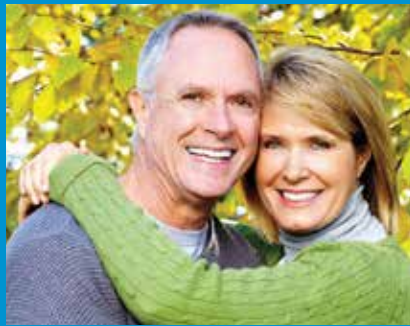
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ABC 83110 2013/01

## 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](http://www.ecfoundation.org)



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# 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 green peas.  
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](http://healthcheck.org).

**Available at the Sunshine Cafe at Sage or delivered to your door**

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