

sage LINK

SENIORS ASSOCIATION OF GREATER EDMONTON

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Serving Seniors for 45 Years

On May 27, we held our Annual General Meeting to report to members on the work of Sage in the last year, and to look forward to the coming year. In 2015, Sage will celebrate 45 years of service to seniors in the Greater Edmonton Area. While our programs have changed and grown over time to meet the needs of a changing population, we continue to focus on inspiring and supporting seniors to be the best they can be.

At Sage, we help connect seniors to resources that assist them with accessing appropriate housing, services and programs that support wellbeing, and meaningful opportunities to engage.

Almost all of the work that we do is provided in collaboration with other organizations, and we are proud of the connections we have made within and between communities. We know that with our partners and through our programs, seniors are able to access the supports they need, when they need them, so that they can continue to be valued, engaged members of our community.

As we move into our 45th year, the power of collaboration remains as important to us as ever, because we know that connection not only strengthens Sage, but contributes to build a stronger, healthier community overall.

MESSAGE FROM THE PRESIDENT

INTRODUCTION

BARB BURTON

I am honoured to serve as President of the Sage Board of Directors commencing June 2015, and wish to introduce myself. I was introduced to the Board by a friend, and have been a member since 2009.

I have served on non-profit Boards for many years, and was drawn to Sage for a number of reasons. My parents are in their late eighties, and I was very interested in learning about services for seniors, including housing options. Although my parents still live in their own home, I have found the Sage Directory to be a fabulous resource for assessing housing options and future planning. The social services provided to vulnerable seniors was also a consideration and area of interest. I was pleased to learn that Sage partners with the other non-profit agencies with which I have been involved.

I am retired from employment, having worked as a human resources leader for over 35 years. I

had a rewarding career in various industries, including the City of Edmonton, EPCOR, ATB Financial and healthcare. However, like many other seniors, I am not totally retired and still undertake contract work in the human resources field. This work, combined with my volunteer commitments, keeps me active and engaged in our community.

My experience as a Sage Board member has been very positive. Sage has a fabulous Executive Director and an excellent staff team who plan and deliver outstanding services to the community. We also have a Board comprised of individuals with diverse experience and backgrounds who contribute to effective the governance of Sage. I have always enjoyed the discussion of important strategic issues during our meetings, where everyone expresses their views in our efforts to reach consensus. I am also proud of the reputation held by Sage and the work we have done over many years to be a strong partner, leader, and collaborator in the seniors' sector.

As we move forward, I am interested in the opportunities we have at Sage to find and support isolated seniors, assess the needs of the next wave of Boomer seniors, and explore the continuing need for increased resources for human services agencies like Sage.

I look forward to my term as President of the Sage Board and the opportunity to contribute my time, leadership and effort to this valuable organization.

Board of Directors 2015-2016

President	Barb Burton
President Elect	Reg Joseph
Past President	D. Lynn Skillen
Secretary	TBD
Treasurer	Lindsay McGill

Members at Large

Daniel Morrow	Bauni Mackay
Michael Phair	Joyce Tustian
Tammy Pidner	Anne Fanning
Gabrielle Betts	
Executive Director	Roger Laing

15 Sir Winston Churchill Square
Edmonton, AB T5J 2E5
Tel: 780-423-5510 Fax: 780-426-5175
email: info@mysage.ca www.mysage.ca

Main Switchboard		780-423-5510
Life Enrichment - Rachel Tassone		780-701-9016
Home Service Requests		780-701-9011
Social Work Services		
Assessment and Housing - Kathleen Kelly		780-701-9019
Outreach - Doneka Simmons		780-701-9020
This Full House (Hoarding) - Doneka Simmons		780-701-9005
Housing & Multicultural Seniors Outreach - Theresa Goba		780-701-9018
Guardianship/Trusteeship & CoDecision Making - Shelley McGowan		780-701-9013
Guardianship/Trusteeship & CoDecision Making - Jill Hoselton		780-701-9006
Safe House Intake		780-702-1520
Safe House Manager - Michele Markham		780-628-1139
Safe House Coordinators - Anjulie Talwar and Amanda Gravel		780-426-3746
Food Services		780-701-9022
Roman Bobocel - Manager		780-701-6022
Sage Savories Orders - Uma Nath		780-701-9025
Volunteer Services - Barb Carroll		780-701-9014
Administration		
Executive Director	Roger Laing	780-701-9001
Director of Operations	Bernice Sewell	780-701-9002
Administrative Coordinator	Emily Weisbrot	780-701-9009
Director of Community Relations	Karen McDonald	780-701-9008
Manager, Finance	Colleen Jahns	780-701-9003
Community Relations Coordinator	JoLynn Parenteau	780-701-9017
Communications Coordinator	Nicole Smith	780-701-9012

BOARD AND AGM HIGHLIGHTS

Our Annual General Meeting was held on May 27:

- We said goodbye and thank you to John Schiel, who retired after 7 years on the board
- Dr. Anne Fanning and Dr. Gabrielle Betts were welcomed as new Directors
- 2014 Financial Statements were approved; Crowe-Mackay was selected as auditor for 2015

- A motion was passed to change our name from the Seniors Association of Greater Edmonton to Sage Association

WELCOMING NEW STAFF

Roman Bobocel has joined Sage as the new Food Services Manager. Drop by the Café to say “Hello” - Roman is featuring homemade cinnamon buns for just \$2.50 every Wednesday!



WELLNESS MATTERS

A BUCKET OF FUN! BARB RANKIN

Summer is fleeting! With only 94 days to enjoy all that it has to offer, we must be wise when making decisions on how we want to spend it. We wouldn't want to get all the way to winter and wonder why we didn't do all the things that we wanted to do! To help make sure that this doesn't happen to you, and to make sure that you maximize your summer schedule, I enthusiastically suggest that you create a "Super Summer" bucket list.

What's a bucket list? If you've never heard of one before, it's a list of experiences or achievements that a person hopes to have or accomplish during a specific period of time. The items on your list can be anything from the simple and straightforward to the sophisticated and sublime. Essentially, if it is something you love or long to do, then add them to the list!

Here's my list for this summer:

1. Enjoy a cinnamon bun (or two) at the Sugar Bowl! They have the best cinnamon buns ever! Their breakfasts are also delicious. Happily, I might have to go there more than once!

2. Attend multiple festivals in Churchill Square! This includes the International Street Performers Festival, Symphony in the City, and a Taste of Edmonton.

3. Go for ice cream! Doesn't a cone a day keep the doctor away? My favorite place to go is Scoops on Whyte (by the Princess theatre) and my favorite flavours are Strawberry Swirl, Pralines & Cream and Tiger Tail!

4. Drive the boats at Rutherford Park! I'd like to go down and watch the model boats on the pond in Rutherford Park. I'd also like to drive one!

5. Picnic in the river valley! A picnic in the park is a classic summer pastime. I'll gather up a great group of friends (and kites, of course) and we'll settle in for an afternoon of fun and frolic.

6. Read a bunch of books! On my list this summer are: *She's Come Undone* by Wally Lamb, *What Looks Like Crazy on an Ordinary Day* by Pearl Cleage, *Autobiographical Notes* by Albert Einstein, , and *The Girl on the Train* by Paula Hawkins.



7. Visit the Art Gallery! What a wonderful way to while away a hot summer day.

8. Spend an afternoon with my niece! We'll visit Crank Pots and create some wild and memorable things!

9. Dine on a patio! Summer's not summer without pleasantly passing some time on a patio! Top of my list: High Level Diner and the Fairmont Hotel Macdonald.

10. Travel to Calgary for the weekend! I'd like to meet my daughter from Medicine Hat in Calgary for a weekend away. We'll drive to the mountains and shop for the day!

I'm really looking forward to enjoying the items on my list! I hope that you get a chance to focus on what you want to do this summer and have fun creating a "Super Summer" bucket list for yourself! What will you add to yours?

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after our seniors?* ”

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Seniors Housing Forum

PARTNERSHIP PROFILE

Since 2006, Sage has been working with a number of community partners to host an annual Seniors' Housing Forum. The Forum is a one-day event held every September, and is open to the public, free of charge. The goal of the Housing Forum is to ensure that seniors, their families, and their caregivers have the information and resources they need to stay well in their existing homes, as well as the opportunity to learn more about the different types of seniors' housing that is available.

Together, the committee works to ensure that meaningful, relevant information is provided during the Forum. In 2014, sessions were held on seniors' housing options for home living in apartments, condos, and houses; home living supports such as day programming and personal care services; supportive and facility

living; and safe home design. Presentations related to falls prevention and preventative health, caregiver support, financial literacy, and legal documents you should have were also available, and an exhibitors hall with over 50 booths offered an opportunity for attendees to gather information on items of interest throughout the day.

This year's Forum will be held on September 26 at the Central Lions Seniors Recreation Centre. Sessions run from 10:00 am - 3:00 pm, and a complimentary boxed lunch is provided. Last year, over 800 people attended the Housing Forum, so we recommend that you register early!

To learn more about this year's Housing Forum, visit our website at www.mysage.ca.

HOUSING FORUM COMMITTEE

Alberta Association On Gerontology
Alberta Health Services
City of Edmonton
Government of Alberta – Seniors
Alberta Continuing Care Association
Lifestyle Options
Excel Society
GEF Seniors Housing



Seniors' Housing Forum Saturday, September 26, 2015

Central Lions Seniors Recreation Centre
11113-113 Street

Registration opens September 1!

To register, call JoLynn Parenteau at 780-423-5510, ext. 310 or email jlparenteau@mysage.ca

Accessing Trusted Health Advice Now as Easy as 8-1-1

Getting trusted health advice around the clock just got simpler with the introduction of the 811 phone number for Health Link, Alberta's free, 24/7 health information and advice line.

The new number replaces the existing 10-digit local numbers in Calgary and Edmonton as well



It's Game Time!

The Games Room is on the main floor of Sage. Drop by anytime to play scrabble, checkers, board games, or work on puzzles.



Affordable coverage for Albertans ages 65+

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

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as the province-wide toll-free number. The old numbers will continue to direct callers to Health Link for the time being. In a medical emergency, Albertans should continue to dial 911 or visit the nearest emergency department.

Health Link supported more than one million Albertans last year, often preventing unnecessary trips to the emergency department. Of those who called with a health concern, nearly half (48%) were given advice to care for themselves at home, 36% were told to visit their doctor or another health care provider, and just 16% were advised to go to the emergency department.



Alberta Health Services has introduced a new telephone number for Health Link

Health Link staff provide advice and navigation services via telephone free of charge as well as online health information to the public through www.MyHealth.Alberta.ca.

“We are very pleased to be able to offer 811 dialling for Health Link,” said Vickie Kaminski, Alberta Health Services President and CEO. “We know this service has a huge impact on improving the health of Albertans. Health Link provides caring and trusted advice, connecting people to the right care by the right provider at right time and place. It also helps reduce pressures on other parts of the health system, such as emergency departments.”

Several other provinces, including B.C. and Saskatchewan, also use 811 for access to non-urgent health care services. Alberta's adoption of 811 will create consistency for those travelling to and from neighbouring provinces.

Source: Alberta Health Services
<http://www.albertahealthservices.ca/11408.asp>

Join us as we venture out and about! Please **PRE-REGISTER** for our field trips by calling Rachel at **780-701-9016** or **780-423-5510**.
Open to members and non-members.

FIELD TRIPS

Taste of Edmonton Get a taste of what Edmonton's food scene has to offer! Nibble on dishes from 60 locally owned restaurants and food trucks. Sample savoury dishes, desserts, and much more while soaking up the summer sun on Churchill Square. Cost: Purchase your own food item tickets at the festival.

Date: July 23, Depart Sage at 10:45am

Once Upon a Time in Graceland at the Jubilations Dinner Theatre A night of fun, live music, dancing and a delicious, 3-course meal, all served by dinner theatre cast and set to the music of the king of rock and roll, Elvis Presley! Must pre-pay for your ticket. **Hurry! Limited seats available!** Cost: \$57 members, \$64 non-members.

Date: July 31, 6:00 pm at Jubilations, Phase II, Upper Level West Edmonton Mall

Fringe Theatre Performance Have you always wanted to see a play at Edmonton's Fringe Theatre Festival? Here's your chance! Join Sage for a unique theatre experience. Plays are announced in July. Show will be between August 13-23. Cost: Pay own festival costs plus ETS bus fare.

Date: Pre-register by July 27

LRT Training Have you always been too afraid to take the LRT? Always wondered what was at the ends of the line? Join us for a ride on the rails! Ride the LRT line in its entirety from north to south. Learn about the stops and what can be accessed from each stop. Includes a brief presentation on transit accessibility and safety (bus and LRT). Please pre-register by August 6. Cost: Free - must purchase own snack.

Date: August 12, 10:00 am in the Sage Room

River Cree Casino Monthly Outing Hop on the Lions bus at 10:00 am the 4th Monday of the month (Jul 27 & Aug 24) for a fun day at the casino. Includes a voucher for free lunch at Tap 25 restaurant and a \$5.00 gambling voucher. Cost: \$5.00 (pay at the time of registration).

DAY TRIPS

Devonian Gardens Tour Join us for a lovely afternoon at the Devonian Gardens, sponsored by Dignity Memorial (Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert Trail). Tour the flower gardens, relax on a bench and read a book, or enjoy a guided trolley tour, the butterfly house, or the Japanese gardens. Register early - seats are limited! Cost: \$5.00 - must purchase your own lunch or bring a bagged lunch.

Date: July 13, Depart Sage at 10:00 am

Peaceful Valley and Mameo Beach BBQ lunch and relaxing afternoon taking in the scenic views of Peaceful Valley and sightseeing at Mameo beach (south end of Pigeon lake). Please register by July 17. Cost: \$39 members (\$47 non-member) includes bus and picnic lunch.

Date: July 21, Depart Sage at 9:00 am

Hutterite Colony Visit A tour of the Warburg Hutterite colony, including a delicious lunch and a chance to buy some homemade goods. Enjoy a scenic drive in the Genesee area. Register early, spaces fill up quickly! Cost: \$49 members, \$58 (non-members)

Date: August 6, Depart Sage at 9:30 am

open to members
and non-members

LUNCHES, PARTIES & MORE

Canada Day Party Join the fun celebrating Canada's birthday - just a little early! There will be live entertainment, goodies, prizes, fun facts and more! Sponsored by Dignity Memorial. FREE

Date: June 25, 1:00 pm in the Sunshine Café

Klondike Pancake Breakfast (proceeds to United Way) Enjoy a delicious breakfast and support a great cause! We will be serving pancakes with whipped cream and strawberries, as well as a coffee/tea - all for \$5.00!

Date: July 17, 9-11:00 am in the Sunshine Café

K-Days Parade join Sage in our 'reserved' seating for the parade on July 17. The parade runs from approximately 11:00 am-noon. Please pre-register for saved seating.

Klondike Party with Klondike Kate Get out your Klondike gowns and gear (or come as you are) and join us for an afternoon of fun! There will be singing and dancing with live music and delicious cake for only \$2.00! Sponsored in part by The Churchill by Revera.

Date: July 17, 1:30 pm in the Sunshine Café

Italian Cultural Dance Performance Enjoy a performance by the Italian Appennini Dancers. Dancers range in age from 6-20 years-old, and feature beautiful cultural dances and costumes. Please register by July 22. Cost: \$5.00 (includes performance, Italian pastries and coffee/tea).

Date: July 24, 6:30 pm in the Auditorium

Sage Tours New to Sage? Want to meet new people? Enjoy a tour of Sage lead by one of our friendly volunteers. Stay after the tour and enjoy "reserved" seating and live music at our monthly birthday party. Tours are the last Thursday of the month at 12:30 pm. Meet at the main floor reception desk.

Date: July 30 and August 27

Sage Monthly Birthday Party: At Sage, we celebrate birthdays on the last Thursday of each month with birthday cake and live entertainment in the Sunshine Café. This party is for everyone, so join in the fun, even if it isn't your birthday month! Sponsored by Dignity Memorial. (Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert) FREE


Date: July 30 and August 27 at 1:00 pm

Let's do Lunch is a group that gathers on the second Tuesday of each month at 12:30 pm (or 1:00 pm at restaurant) and ventures out to new dining experiences. Call 780-423-5510 to pre-register.

- **July 14 - Canteen**
- **August 11 - Violino Gastronomia Italiana**


Welcome Home!

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SAGE PROGRAMS, COURSES AND MORE

Summer Storms, Power Outages & Floods - Be Prepared! Join Barb Rankin for Sage's Emergency Preparedness workshop, to find out what you need in case of emergency. Register by July 15. FREE

Date: July 16, 1:00 pm in Classroom A

The Realities of Crime and Criminal Justice in Edmonton An exciting new course! If you like CSI and Law & Order you'll love this! Learn some facts about criminal justice in Edmonton in a series of six classes (every Tuesday) and two tours (Criminal Court and Edmonton Institution For Women) as well as real case studies. Learn that what you see and hear in the media and information you already have about criminal justice may not be accurate. You will become more informed, feel more confident about criminal justice services in Edmonton and less concerned about issues of safety and the fear of crime. Please register by August 18. Cost: \$38.00 (does not include tour costs)

Date: Starts Aug 25, 1:00 pm in Classroom A

Senior's Line Dancing Classes A fun opportunity to learn some line dances, have some fun and meet new people! Workout your body while you workout your brain learning new steps. Limited spaces are available. Suggested \$1.00 Drop-In Fee.

Date: Every Wed and Fri in the Auditorium
 Advanced 12:00-1:15 pm
 Beginner 1:30-3:00 pm

Zumba on the Square Enjoy some FREE summer fun and fitness! Join a group from Sage for some latin-dance inspired exercise, as we head over to Churchill Square (may be moved to behind the library).

Date: Fridays, Depart Sage at 12:00 pm

Pole Walking Group (poles optional) A great opportunity to get out and get moving with a fun group of people! Open to everyone. Bring your Nordic Poles if you have them for a work-out that strengthens core, improves posture, reduces stress on hip and knee joints and increases stability and balance. Group goes rain (pedway) or shine. Meet in the Sage lobby.

Date: Wednesdays, Depart Sage at 1:00 pm

BrainFitness Information Session A great opportunity to learn about Sage's one-of-a-kind program that helps to keep your brain sharp. BrainFitness has been proven to help you think faster and improve memory. Classes begin in September. Please pre-register. FREE

Date: August 27, 10:30 am

BrainFitness Classes Keep your brain in shape with these computer programs designed to stimulate the mind, sharpen hearing, and enhance visual memory. Students in previous classes have reported great results. No previous computer experience is required. The classes are held in the computer lab, and are guided by an amazing instructor who focuses on holistic health. Register now for the September 2015 session - spaces are limited so register early!

Date: Mondays, Tuesdays and Fridays
Time: am & pm class available

Bridge Lessons An opportunity to learn to play the game of bridge, or to freshen up your skills. Offered by Raye Dolgoy Bridge Club's game director Henry Chung. You MUST pre-register for lessons. Cost: \$50.00 for 20 Comprehensive lessons (learn to play bridge) or \$5.00 for a specific/refresher lesson.

Date: Every Mon, Wed and Fri at 10:00 am

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10 Summer Health Tips

Drink plenty of liquids. Drink eight or more glasses of water and/or fruit juices every day to stay hydrated.

Avoid drinking caffeinated and alcoholic beverages. Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather.

Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.

Sunblock. When outdoors, protect your skin from damage by wearing a hat, sunglasses and a sunscreen of SPF 30 or higher.

Stay indoors during extreme heat. During extreme heat and high humidity, the body must work extra hard to maintain a normal temperature.

Air conditioning. If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall a friend or relative's home or a community senior center are all good options.

Avoid extreme outdoor heat. If you need to get out of the house and don't drive, call a taxi, a friend or a transportation service. Do **NOT** wait outside for the bus in extreme heat.

Take a cool shower or bath. If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.

Keep your home cool. Temperatures inside the home should not exceed 29°C for prolonged periods of time.

Signs of heat stroke. Know the signs of heat stroke (flushed face, headache, high body temperature, nausea, rapid pulse, dizziness and confusion) and take action immediately if you feel them coming on.

Call Rachel at 780-701-9016 to
PRE-REGISTER for computer classes

COMPUTER CLASSES

Beginner Computers An introduction to the basics, including learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups in the Computer Lab. You must pre-register.

Date: July 6, 8 13, 15, 17, 20, 22
August 12, 14, 17, 19, 21, 24, 26

Device Day Need help operating some of your new high-tech gizmos, gadgets, devices, laptop, or computer? Then Sage's new program is for you! Work one-on-one with a volunteer to help learn more about your new-fangled-technology!
FREE

Date: Thursdays (Drop-In)
Time: 1:00-3:00 pm in the Computer Lab

Facebook, Skype or Twitter Sessions A great chance to learn more about social media or get help creating and editing your profile. Classes will be offered in small groups or in one-on-one sessions. These classes are lead by a volunteer instructor.

Social Media Overview An EPL presentation describing different forms of Social media, what they are and how to use them. Topics will include Facebook, Twitter, Pinterest and more. Cost: 2.00

Date: July 14, 10:30 am in the Sage Room



FIND US ON FACEBOOK!

Facebook is a great way for us to share news, events, and activities with you! Remember to like our Facebook page and stay connected!

FOLLOW US ON TWITTER!



@sageyeg

FREE DROP-IN ACTIVITIES AT SAGE

The **Happy Travelers Slide and Video Shows** are on the 3rd Thursday of each month 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 or toonie donations for Sage. **NO PRESENTATIONS IN JULY AND AUGUST.**

Poet's Corner: hosted by Kevan Lyons - do you write poems, have a favorite poem you would like to recite, or want to be an audience member? Join us in the Sunshine Café at 1:00 pm on the third Tuesday of the month for this great drop-in program. **NO MEETINGS IN JULY AND AUGUST.**

Mahjong (Tile Game) Sage has a Mahjong table as well as Mahjong set (English) in our game area for use at any time. Drop in with some friends and enjoy the world's most popular tile game (very similar to gin rummy). Caution: highly addictive! Open to everyone.

Scrabble Time Join in a fun, monthly game of Scrabble on the first Thursday of the month at 10:00 am in the Sunshine Café. If you've never played, this is a great time to start!

Monthly Movie & Popcorn Come and join us in Classroom B at 1:00 pm on the third Friday of the month for a movie and popcorn. Cost is \$1.00 for popcorn.

July 17 **Big Eyes**
Aug 21 **The Theory of Everything**

Drop-in Travel Films Join us on Mondays at 1:00 pm in the Sage Lobby as we travel around the globe.

Avon Calling! A chance to look at the latest Avon products, and to place or pick-up orders. July 21 and Aug 18 from 11:00-1:00 pm in the Sunshine Café.

Sage's 2014 Annual Report is now available online!

Visit www.mysage.ca and look under "Publications".

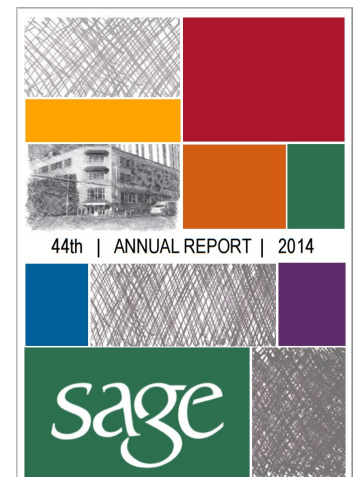
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Our family has been fortunate to benefit from all that Edmonton has to offer. Through Edmonton Community Foundation, the Berger Family Fund contributes to new community needs as they arise. *This helps maintain and strengthen Edmonton now and into the future.*

Joanne Berger



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Seniors Housing

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GEF Seniors Housing is a not-for-profit registered charity providing safe, affordable, quality housing and services to low-income seniors for more than 55 years.

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Donate online at www.gef.org

GROUPS AND CLUBS

The **Raye Dolgoy Bridge Club** meets every Mon, Wed and Fri from 11:30-4:00 pm in the Raye Dolgoy Room. Club members gather to enjoy games of bridge and have fun. Anyone wishing to learn how to play or refresh their bridge skills is welcome to register for lessons. Register by calling (780)701-9016. Cost is \$1.00 per play.

The **Busy Fingers** is a year round crafting group that meets every Tuesday in the Craft room from 9:00-11:30 am. They are currently focusing on knitting and crocheting. Come and join this amazing group as they create beautiful pieces. Instruction and guidance is available.

The **Next Page Book Club** meets for a new reading adventure on the second Thursday of the month (Jul 9 and Aug 13) at 1:00 pm in the Raye Dolgoy Room. Please register at the front desk.

The **Sage Singers** perform sing-a-long favorites on Thursdays in the Sunshine Café. The group meets from 10:45 am - 12:30 pm for a warm up and performance. Fun for all skill levels! **The Sage Singers' do not meet July & August.** They will be returning September 3 for the Fall Welcome Back event - watch for details in the next Sage Link!

Snap-Happy Photography Group Do you love to take pictures and want a chance to show them off or discuss them? Do you need some help using your digital camera? Join Sage's new photography group! We meet the second Thursday of the month (Jul 9 and Aug 13) at 10:30 am. Free to join!

Over The Rainbow Discussion Group is a support group for gay, bi-sexual, or transgendered seniors, and/or seniors who would like to understand their gay family members. We meet every Thursday at 1:00 pm in the Craft room. Drop by, call Jeff at 780-474-8240, or email tuff69@telus.net. FREE

The **GerActors and Friends** meet on Thursdays at 1:00 pm in the auditorium. This is a dynamic theatre group with stories to tell and a passion for performing! A student ensemble from the University of Alberta has joined to create an exciting inter-generational experience. The cost to join is \$20.00 per year. **GerActors do not meet in July and August.**



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Income restrictions apply.

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Questions about seniors programs and services?

211 now provides enhanced information and referrals for a variety of seniors resources



Dial 2-1-1 to be connected to the Seniors Information Phone Line

PURPOSE{FULL}

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our criteria
for retirement
living.”*

— Jean and Max Jenkins,
Touchmark residents



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FREE - everyone welcome!
call 780-701-9016 to **PRE-REGISTER**

PRESENTATIONS & INFORMATION SESSIONS

Legal Documents You Should Have Lawyer presenting on essential planning documents, for example personal directives, power of attorney, and wills. Please pre-register. FREE

Date: July 15, 10:30 am in the Sage Room

Overview of Edmonton's Mosquito Control Program Have you ever been curious about the science behind these pesky critters? This is a look at the biology of mosquitoes, including the difference between different species, and how the City uses that biology to target the most annoying species. Plus, a look at the tools and chemicals that the City uses to manage those insects. Please pre-register. FREE

Date: July 23, 10:00 am in the Sage Room

Managing Your Move Explore the issues involved in downsizing, selling your home, and choosing a new home, and get valuable tips to save you time, money, and stress. Pre-register. FREE

Date: August 7, 11:00 am in the Sage Room

TeleCare Presentation Whether you are older or younger, living alone or with others, medically at risk or simply concerned about your personal safety, find out how Good Samaritan TeleCare can provide you peace of mind. Devices include a call-button system, fall detection, a stove monitor, and more. Goodies provided. Please pre-register. FREE

Date: August 7, 1:00 pm in the Sage Room

Travel Resources at the EPL Learn about the great travel resources that are right at your fingertips! Everything from travel guides to language learning, and foreign newspaper and magazines! Please pre-register. Cost: \$2.00

Date: August 25, 10:30 am in the Sage Room

**Personalized service to help seniors
downsize, organize,
and relocate.**

Call Shannon Lang at 780.668.9767

 **eldermove**
we take your move personally

www.eldermove.ca

DID YOU KNOW? Free Drop-in Single Session Counselling is available at Sage every Tuesday from 10:00 am - 2:00 pm

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for a fair price
"Choose your date!"

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780-484-6040



SPRING FIESTA VOLUNTEER APPRECIATION EVENT

Our volunteers fill Sage with their life experiences, skills, compassion, and humour, and give so much of themselves to our members, clients, and staff. At our Spring Volunteer Appreciation event in April, we not only wanted to honour their commitment to Sage, but remind them to take care of themselves as well. Our theme of “self-care” included goody bags filled with treats to help them do just that!



Taking care of me means the people in my life get the best of me, instead of the rest of me.

A **BIG THANK YOU** to Dignity Memorial for donating the bouquets we were able to give to for service recipients!



Ian Peacock
10 years of service

Congratulations to our
**Service Award
Recipients**

Not pictured:

Alexa Balen
10 years

Margaret Rutherford
5 years



Thank you to Mr. Charrois and the Grade 5&6 SPARK team from St. Phillip School for serving our volunteers!



Marjorie Lilley
25 years of service

And thanks to every one who donated our fabulous **door prizes!**

- Dignity Memorial
- Rehab and Retreat
- Sunshine Junk Removal
- Solutions Home Buyers
- Dust Queen
- Avon
- AMA



Entertained by the Salvadorian Folklore Dance Group Raices Salvadorenas!



VOLUNTEER SERVICES

BARB CARROLL
Volunteer Coordinator

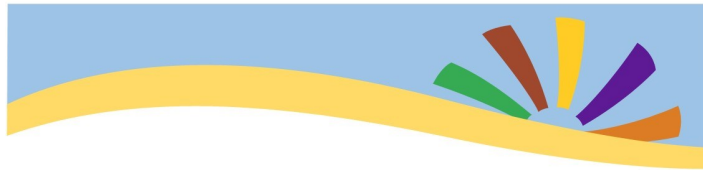
780-701-9014
bcarroll@mysage.ca

The Act of Kindness

The act of kindness...Volunteers, through the act of kindness, give back. They give back not only to their community, to organizations like Sage, to people in need but most of all they give back to themselves.

from What We Get When We Give
Christine Carter, Ph.D.

Researchers spend a lot of time debating whether any altruistic act is ever truly selfless because we benefit so much when we are kind to others.



Help Fundraise for Sage!

Casino Volunteers Needed

When: September 22 & 23

Where: Baccarat Casino, 10128-104ave.

Available Shifts:

- General Manager: 9:00am-7:00pm or 6:30pm-4:00am
- Banker: 9:00am-7:00pm or 6:30pm-4:00am
- Cashiers: 9:10am-7:00pm or 6:15pm-3:30am
- Chip Runners: 9:25am-7:15pm or 6:50pm—3:30am
- Count Room Volunteers: 11:00pm—3:45am

CONTACT

Barb Carroll bcarroll@mysage.ca 780-701-9014

I think of kindness like laughter: we might be laughing because we want someone else to feel good about their joke, but mostly we laugh because it feels good. Like laughter, kindness is a terrific *happiness* habit, good for both our physical and emotional well-being.

Did you know that kinder people actually live longer, healthier lives? People who volunteer tend to experience fewer aches and pains. Giving help to others protects overall *health* twice as much as aspirin protects against heart disease. People 55 and older who volunteer for two or more organizations have an impressive 44% lower likelihood of dying - and that's after sifting out every other contributing factor, including physical health, exercise, gender, habits like smoking, marital status, and many more. This is a stronger effect than exercising four times a week; it means that volunteering is nearly as beneficial to our health as quitting smoking!

...We feel so good when we give because we get what researchers call a “helpers high,” or a distinct physical sensation associated with helping. About half of participants in one study report that they feel stronger and more energetic after helping others; many also reported feeling calmer, with increased feelings of self-worth. Finally, nearest and dearest to my heart, kindness makes us happy. Volunteer work substantially reduces symptoms of depression; both helping others and receiving help is associated with lowered anxiety and depression.

It isn't just that kind people also tend to be healthier and happier, or that happy, healthy people are more kind. Experiments have actually demonstrated again and again that kindness toward others actually *causes* us to be happier, improves our health, and lengthens our lives.