



Pro-Active Aging
courses and activities
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Seniors Housing Forum
registration opens Sept 6
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sage LINK

SENIORS ASSOCIATION OF GREATER EDMONTON

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Some of the participants in a recent Zumba Gold class at Sage

INTERNATIONAL DAY OF OLDER PERSONS

Recent statistics indicate that 14% of the Canadian population is 65 years of age and older. By 2050, one in four of us will be a senior. And while seniors are more vibrant and engaged than ever before, many must deal with the effects of ageism - negative attitudes and stereotypes about aging and older people that lead to discrimination.

In a recent survey (2012), seniors reported that they are regularly ignored (41%), are often treated as though they have nothing to contribute (38%), and have to deal with people who assume they are incompetent (27%).

Aging is an individual experience, and making assumptions about a

person or group of people based on their age can have the same personal and social impacts as any other form of discrimination.

In 1990, the United Nations declared October 1 of each year the International Day of Older Persons to help dispel the stereotypes about aging that can lead to active discrimination and social exclusion.

This year's theme, *Leaving No One Behind: Promoting a Society for All*, highlights the importance of ensuring that our public spaces and services consider people of all ages and abilities. To learn more about ageism, see our Wellness Matters column on page 4.

MESSAGE FROM THE PRESIDENT

CELEBRATING 45 YEARS OF SAGE

BARB BURTON

In October 1970, a small group of seniors came together to form the Society for the Retired and Semi-Retired (SRSR) to provide information, referral services, education, and co-ordination for seniors in the city of Edmonton.

During its earliest years, members of SRSR worked on seniors' housing issues, visited schools to share stories about the early days of our city and province, spent time with isolated seniors, made and sold handicrafts, and planned activities, events, and trips for seniors in our city.

That small organization has evolved over time into what we know today as Sage. And while much of the work that we do now is different from those early days, our purpose is essentially the same: *to inspire and support seniors to be the best they can be.*

Today, that includes connecting seniors to community resources; assisting them in their search for safe, affordable, and appropriate

housing; and supporting them as they negotiate new beginnings and meet new challenges. Our work has grown to include English Language Learning classes and multicultural seniors outreach, a Safe House for seniors experiencing abuse, and a program to support seniors who are dealing with the effects of hoarding.

Stay tuned and help us

Celebrate 45 Years of Sage

Visit Sage, our website, or our Facebook page to stay up to date on the anniversary events we have planned for the fall!

We provide information for seniors and for the people who care for and work with them, including our annual Directory of Seniors Services and Housing Forum, as well as regular information sessions for professionals working in the social services sector.

Sage is an important and effective resource for seniors, and we want to ensure that it continues to evolve in ways that respond to and reflect the changing needs of seniors. During this special anniversary, we look forward to finding creative ways to build on the success of our first 45 years, and I invite you to support us in this endeavor. Together, we can make sure that Sage is as strong tomorrow as it is today.

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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 - Colleen Derksen		780-701-9020
This Full House (Hoarding) - Colleen Derksen		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

STAFF CHANGES

The staff spent some time over the summer shifting offices: the community relations team, which includes communications and volunteer services, is now on the main floor, and social work services has joined our guardianship and trusteeship program on the third floor.

To recognize the change and growth in her responsibilities, Karen McDonald (Community

Relations Director), has been appointed to the position of Assistant Executive Director.

Doneka Simmons, Sage's Outreach worker and This Full House Coordinator, has taken a leave of absence, and her role will be assumed by Colleen Derksen until her return.



WELLNESS MATTERS

AGEISM BARB RANKIN

Most seniors, regardless of their age, remain mentally and physically active, and have a great deal to contribute to society. Unfortunately, we still have to deal with some societal norms that treat us with disrespect and do not welcome us with open arms.

Examples of ageism:

- Advertisements depicting seniors as out of touch or lacking in knowledge of modern culture and new technologies
- Doctors talking to adult children as if the senior is not in the room.
- Comedians making jokes about seniors and memory loss).
- Sometimes the way adult children respond to their parents may be ageist.

'Ageism' is a form of discrimination experienced by many seniors. It is defined as stereotyping and discriminating against individuals or groups on the basis of their age. This stereotyping can shape the perceptions that people, both young and old, have with regard to aging adults. In some cases, it can even convince people to have disdain for and/or avoid older individuals altogether. Because of these misconceptions, ageism can deprive seniors of their choices, independence, and dignity.

Just like racist and sexist attitudes assume that all people of a certain race or gender are the same, ageist attitudes make assumptions about older people, portraying them in unrealistic or negative ways. The more these attitudes are accepted, the more likely older people will come

to accept them as well. Accepting these ageist attitudes as 'true' can prevent seniors from participating in productive activities - they may begin to believe that being less active is how an older person *should* behave, and then find themselves at an intellectual, social, and sexual stalemate. As a result, they may avoid nurturing new relationships, ideas and/or activities, and reduce their productivity and socializing. This decrease in activity can lead to loss of self-esteem and depression.

Ageism can be very powerful and very negative. It is necessary to raise public awareness about its existence, and to dispel common stereotypes and misconceptions about aging.

Ways to challenge ageism:

- Raise public awareness about the existence of ageism to help dispel common stereotypes and misperceptions about aging
- Be open to friendships and relationships with people of all ages
- Question policies and practices that stereotype older people and see them as less equal members of society.
- Watch your own ageist language. Seniors tend to use terms such as "over the hill" or "ancient" when describing themselves or others.
- Question the ageist attitudes of friends, family members, and colleagues.

Ageism can be defeated. The stereotypes and misconceptions about aging can be disproven through discussion, education, and action. It is important that seniors remember that only we can define ourselves. Doing so will help us maintain a positive attitude and healthy lifestyle, and ensure that we continue to embrace the social, physical, and spiritual qualities of our lives as we go through the different stages of aging. Ultimately, it will be living our lives to the fullest that will go the farthest in dispelling the misconceptions and myths that are associated with ageism.

PARTNERSHIP PROFILE

In 2010, the City of Edmonton became a part of the World Health Organization's (WHO) global network of Age-Friendly cities - a worldwide movement to make cities friendlier for people of all ages.

The network now has 145 members across 22 countries worldwide, and Canada is home to over 900 communities using the Age-Friendly approach, which ensures that the needs of seniors are considered and planned for from the beginning of all projects and plans.

Co-led by the City of Edmonton and the Edmonton Seniors Coordinating Council, Age Friendly Edmonton is a partnership of 50 organizations, including Sage, committed to building a city that values, respects, and actively supports the well-being of seniors.

It is widely recognized that a city that is friendly to its seniors is a city that is friendlier to all

ages. To that end, Age Friendly Edmonton is an important part of improving Edmonton's overall livability, and Sage is a proud partner in this endeavour.

Age friendly Edmonton is working to create a connected, caring, safe city where people of all ages, abilities, and backgrounds can celebrate life and contribute to an attractive, sustainable city.

Age-Friendly Areas of Focus:

- Civic Participation, Volunteerism and Employment
 - Communications and Information
 - Community Support Services
 - Health Services
 - Housing
 - Outdoor Spaces and Buildings
 - Respect and Social Inclusion
 - Social and Recreation Participation
 - Transportation
-

Sage is helping with that work by participating in several of the nine key areas that have been established to ensure that older Edmontonians have a purpose, a greater sense of wellbeing, and feel at home and well connected with their communities.

We value the collaborative nature of these efforts, the relationships that have developed through the working groups, and the increased knowledge that we have gained in a variety of areas of practice and theory.

We know that our community is better able to ensure that seniors are living their best lives possible because of the efforts of the many organizations and individuals dedicated to achieving the goals and vision for an Age Friendly Edmonton.

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PRO-ACTIVE AGING: MIND & BODY HEALTH

Better Balance Classes - Slips, Trips & Falls Prevention Presented by a U of A student clinic. Is your balance less than it used to be? Is changing a light bulb too difficult to perform? Do you tire easily by performing a simple task? Join us for a one hour intense balance and exercise class to restore your balance! The Better Balance Classes will help older adults reduce falls, and improve physical function and balance. Cost: \$55 for 11 sessions. Classes start September 14 - please pre-register.

Date: Every Mon, 2:30 - 3:30 in the auditorium

Zumba Gold A fun, Latin-inspired dance party! Zumba Gold simplifies the steps and makes them adaptable to all abilities. This is a great workout for everyone. Made possible with a Women in Motion grant. Free - snacks included! Starting date to be announced,

Date: Every Mon at 11:20 am in the auditorium

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. These programs do not require previous computer experience, and are guided by an amazing instructor who focuses on holistic health. There is a morning and an afternoon class available. Space is limited, so now for the September session!

Date: Every Mon, Tues & Fri in the computer lab

'Brainiacs' Drop-in Activity Group Have fun learning to challenge your brain with training games, and new tips and tools on how to maintain an active, healthy brain. This is also a great chance to meet people and share some laughs. Held on the 3rd Thursday of the month (Sept 17, Oct 15, Nov 19) at 10:30 am in the Raye Dolgoy room. FREE.

Senior's Line Dancing Classes An excellent opportunity to learn some line dances, have some fun, and meet new people! Workout your body while you workout you brain learning new steps. Cost: suggested \$1.00 drop-in fee. Limited spaces are available.

Date: Every Wed and Fri in the auditorium

- Beginner 12:00 - 1:15pm
- Advanced 1:30 - 3:00pm

Spanish Classes for Seniors For traveling & fun! Want to learn Spanish? Want to explore new cultures? Like to meet new people? Sage is offering 8 sessions of Spanish for seniors that are Basic/Intermediate and Conversational. Cost: \$20 for all 8 sessions. Pre-register by September 10.

- Small class size (minimum 4)
- Music classes to learn Spanish songs
- Latin-American cultural activities
- Taught by an experienced and qualified Spanish-speaking teacher.

Date: Every Fri (Sept 25 - Nov 13) at 12:30 pm in Classroom A.

Conversational Cree Group Cree is the aboriginal language with the highest number of speakers in Canada. This a weekly gathering (Sep 22 - Oct 27) is a great, informal opportunity to learn and share one of Canada's original languages. Please pre-register. FREE.

Date: Tuesdays at 1:00 pm in the Sage room

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. The group goes rain or shine (the ped-ways in the rain). Meet in the Sage lobby.

Date: Every Wed, depart Sage at 1:00 pm

Classes, courses and more to keep your brain and body sharp

Big 5 in Brain Health Group This group (formerly Holistic Twist) meets on the 2nd and 4th Wednesdays of the month to discuss how physical fitness, nutrition, socialization, stress management and mental stimulation impact brain health. There is a presentation followed by discussion and sharing ideas or articles on wellness and holistic lifestyle topics. FREE

Time: 1:30 pm in the Craftroom

The Realities of Crime and Criminal Justice in Edmonton An exciting new course! If you like CSI and Law & Order you'll love this class! Learn some facts about criminal justice in Edmonton in a series of six classes 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 the 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. Cost: \$38.00 (does not include tour costs) Starts Aug 25 - must register by Aug 18.

Date: Every Tues at 1:00 pm in Classroom A

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. The group goes rain or shine (the pedways in the rain). Meet in the Sage lobby.

Date: Every Wed, depart Sage at 1:00 pm

Scrabble Time Join in a fun, monthly game of scrabble on the first Thursday of the month. If you've never played, this is a great time to start! FREE.

Time: 10:00 am in the Sunshine Café

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! Join us at 10:30 am on the 2nd Wed (Sep 9, Oct 14, Nov canceled) of the month in the Sage Room. FREE.

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

Learning Resources at the EPL From novels to on-line newspapers and magazines to DVDs, CDs and film - learn more about the amazing treasures hiding at your local library! Cost: \$2.00. Please pre-register.

Date: October 14, 1:00 - 2:30 pm



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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.

DAY TRIPS

Vegreville and Elk Island National Park Tour

See the town of Vegreville including the famous 5000 pound Pysanka that reflects Ukrainian folk tradition. After a delicious lunch, enjoy the sights of Elk Island National Park, which is home to a wide variety of wildlife, and maintains standing herds of 450 plains bison and 350 wood bison. Cost: \$58 (members) \$69 non-members.

Date: September 18, depart Sage at 9:00 am

Smokey Lake Great White North Pumpkin Festival

Back by popular demand! The Town of Smoky Lake hosts this Pumpkin Festival every October. In addition to the gigantic pumpkins, there is also a threshing demonstration, farmers' market, fair grounds, car show, delicious lunch, and more! A former Pumpkin Champ won with a 751 pounder! Register early - seats fill up fast! Cost: \$15 for coach bus (you must purchase your own lunch and gate admission at festival).

Date: October 5

The Wardens at Holden Dinner Theatre The Wardens are a Banff National Park based Trio, whose stories rise from the land they have protected in Canada's mountain national parks for the past 60 years. They connect the audience to the importance of these landscapes through songs, stories, and slides. Dinner follows the show. Seats are limited - register early! Cost: \$59 (includes school bus, show & meal).

Date: November 15, depart Sage at 12:00 pm

Greenland Garden Center Greenland decorates for Christmas like no other, so come along, and get in the festive spirit! They have a beautiful selection of poinsettias, a great café, and a great selection of Christmas decorations, giftware, and home decor to suit every need. Cost: \$15 for Lions bus (you must purchase your own lunch, etc.).

Date: November 20, depart Sage at 10:00 am



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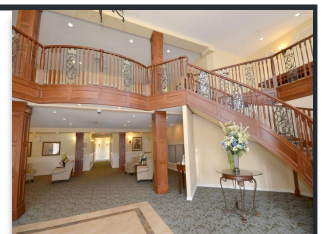
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The master suite has 3-piece bath + large walk-in closet and will easily fit a king-size suite.

Please call Michelle Gillespie for complete list of upgrades and personal



LUNCHES, PARTIES & MORE

Fall Welcome Back A chance to 'sample' some of the great things at Sage, from Line Dancing to Brainfitness to the Sage Singers Choir to Chef Roman's cinnamon buns and Sage Savories! A Daytrip giveaway and other great door prizes too! Watch for more details to come.

Date: Sept 3 at 11:00 am

Thanksgiving Buffet Give thanks at Sage as we enjoy a delicious Thanksgiving Dinner Buffet with all the trimmings! Includes dessert and tea or coffee. Live music provided by the Sage Singers. Cost: \$14.95 members (\$16.95 non-members). Purchase your tickets by October 5.

Date: Oct 8, 11:30 am in the auditorium

Halloween Party Get out your Halloween costumes and join in the fun (or come as you are)! There will be live music, prizes, Halloween treats and more! Please pre-register for catering purposes. FREE!

Date: Oct 29, 1:00 pm in the Sunshine Café

Canadian Finals Rodeo Lunch Yee-haw! Get out your western wear, enjoy a Buffalo burger (with fries and salad) and Saskatoon pie, listen to live country music and support the United Way! Cost: \$12.00 (\$1 from each meal will be donated to the United Way). Purchase tickets by Nov 9.

Date: Nov 12, 11:30 am - 1:00 pm in the Café

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 start at 12:30 pm on the last Thursday of the month. Meet at main floor reception.

Date: Sept 24, Oct 29, Nov 26

Christmas Craft & Gift Sale Enjoy this great opportunity to get some Christmas shopping done - or better yet - spoil yourself! Everything from homemade knit and crocheted goods to Avon, Fifth Avenue Jewelry and more!

Date: Nov 25, 10:00 am - 2:00 pm in the Café

Christmas Lunch Buffet A Christmas dinner like no other! A delicious turkey dinner with all the trimmings - including desserts, and coffee and tea. You'll need to bring your appetite! Cost: \$14.95. Tickets go on sale Nov 2.

Date: (Two dates!) Dec 9 and 16, 11:30 am in the Sunshine Café

Let's do Lunch is a group that gets together 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 Sage to register.

- Sept 8 - Lazia
- Oct 13 - Pazzo Pazzo
- Nov 10 - Red Lobster (\$15 for Alan's bus)

Sage Monthly Birthday Party Sage celebrates birthdays on the last Thursday of every month at 1:00 pm with live entertainment and birthday cake. This party is for everyone, so join in the fun, even if it isn't your birthday month! FREE.

Date: Sept 24, Oct 29 (Halloween Party!), and Nov 26 in the Sunshine Café



Alberta Health Services
Flu Clinic
October 7 9:30 - 11:30
Sage Auditorium
Please bring your Alberta
Health Care Card

SAGE PROGRAMS, COURSES AND MORE

Bridge Lessons An opportunity to learn to play the game of bridge, or to freshen up your skills. Offered by the 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

Biblical Interpretations of the Scriptures Group Join us for a series of non-denominational classes. Come to discuss, ask questions, and learn about the Bible. Discover the true meaning of the Scriptures. Presented by Harry Maik. FREE.

Date: Every Sunday from 6:30-8:30 pm

Where: Millennium Pavilion Senior's Lodge, 8th Floor, 7408-139 Ave

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 1:30 pm in the Craftroom. Please register at least one day in advance for sessions. Cost: \$1.00 per session.

Dates:

- | | |
|--------------|--------------------|
| September 16 | Dealing with Today |
| October 7 | Communication I |
| October 21 | Communication II |
| November 4 | Self Esteem |
| November 18 | Problem Solving |



You can be part of something great! With your support, we can bring the community together to build affordable housing for seniors.

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.

Contact the Communications Department to discuss how your gift can make a difference.

Email: communications@gef.org
Phone: 780-482-6561

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.

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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 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. Join in! This is a fun-loving choir for all skill levels!

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 at 10:30 am in the Raye Dolgoy room. 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 **GeriActors 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! Consider joining this a group that loves to have fun! 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.

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. Cost: \$5.00.

Class Schedule:

September: Aug 31, Sept 2, 4, 9, 11, 14, 16
1:00 pm (Sept 11 and 14 classes
are at 2:30pm)

October: 14, 16, 19, 21, 23, 26, 28
2:30 pm Mon/Fri and 1:00 pm Wed

November: 9, 13, 16, 18, 20, 23, 25
2:30 pm Mon/Fri and 1:00 pm Wed

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 in our computer lab to help learn more about your new-fangled-technology! FREE.

Date: Thursdays (Drop-In) from 1:00 - 3:00 pm

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 and only cost \$5 each.

Social Media Overview Learn more about some popular social media sites like Facebook, Twitter, and Pinterest. FREE

Date: Nov 16, 10:30 am - 12:00 pm

iPad for Beginners Session (Two-part) presented by the Edmonton Public Library. For anyone wanting to learn more about using an iPad and the many features it offers. Also learn to access EPL info, books, and more from your iPad. Bring your own iPad if you have one, or use one of the few that will be available at the demo. You are welcome to come to one session or both. Cost: \$2.00.

Date: Sept 21 and 28, 10:30 am - 12:00 pm

Thank you!

These organizations provide funding to Sage events and programs so that we can offer them at a reduced rate, or free!

Dignity Memorial

(Hainstock's Funeral Home
Memories Funeral Home)

Monthly Birthday Parties and our
Halloween Party

ECALA

Computer and English Language
Learning classes

In Motion Network

Zumba Gold Classes

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FREE DROP-IN ACTIVITIES AT SAGE

The **Happy Travelers Slide and Video Shows** are on the 3rd Thursday of each month in the auditorium (Sept 17, Oct 15, and Nov 19). 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.

Sept 17 **North by Northwest**
Oct 15 **Japan**
Nov 19 **TBA**

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 (Sept 15, Oct 20, Nov 17) for this great drop-in program.

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.

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.

Sept 18 **Still Alice**
Oct 16 **Into the Woods**
Nov 20 **Heaven is for Real**

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. Sept 17, Oct 15, and Nov 25 (Craft and Gift Sale) from 11:00-1:00 pm in the Sunshine Café.

Conversational Chat Group For seniors who are learning English. This informal chat group is a great chance to practice your conversation skills with others. Hosted by a volunteer group leader. Refreshments provided! FREE.

Date: Tuesdays beginning Sept 15 at 12:00 pm in the Sunshine Café

Jennie Wilting Discussion Group A great discussion group featuring thought-provoking, interesting, and controversial topics. Jennie will not lecture, only facilitate this group.

Dates: Sept 15, Oct 20, Nov 17 at 1:00 pm



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SENIORS' HOUSING FORUM

The annual Seniors' Housing Forum is an opportunity for seniors, their families, and their caregivers to access 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.

Doors open at 9:00 am for this **FREE** full-day event, and runs until 3:00 pm. Visit over 50 seniors-serving organization exhibitor booths and attend up to three presentations on a wide range of topics.

SESSIONS

**CENTRAL LIONS SENIORS
RECREATION CENTRE**
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Home & Independent Living: Health & Home

A focus on seniors' housing options for home living in apartments, condos, and houses, including discussion of home living supports such as day programming and personal care services.

New Housing Models

A panel of experts discussing several innovative seniors' housing models, such as co-housing and the village concept. Panelists will engage participants in a discussion of the merits and limitation of models.

Financial Literacy and Housing

Information on strategies for planning finances to support housing choices. Guidance will also be offered on accessing income supports and other financial benefits.

Supportive & Facility Living: Health & Home

An overview of facility living, supportive living, and designated assisted living options to help address the questions and concerns seniors face when choosing an optimal environment beyond independent living, as well as the health supports that are available to complement these environments.

Dementia Care

A panel of experts will speak to the resources, supports and services for seniors' living with or caring for a person with dementia, including the technology available to allow dementia patients to age in place safely and the housing options specific to dementia.

Caregiver Support & Family Dynamics

Outlining the 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.

Community Resources

An overview of some of the practical resources that allow seniors to age-in-place and receive support in the community, including city-wide services offered by senior-serving organizations that provide resources designed to help seniors live safely and independently.

Legal Documents You Should Have

Guidance on future planning options including Guardianship, Trusteeship, Co-Decision Making, Personal Directives, Power of Attorney, and Wills.

SEPTEMBER 26, 2015
9:00 am - 3:00 pm



Downsizing/Managing Your Move

An overview of things to consider when you are downsizing and planning your move, including resources available to assist with this process, considerations for what to bring to your new home, and practical ways to minimize any associated challenges and stress.

BREAKOUT SESSION - Transportation

This break-out session will be repeated for small groups throughout the day. Learn about the many city-wide public and private transportation options available to older adults and those with limited mobility.

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 2:00 pm. 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 seniorshousingforum.blogspot.ca

Registration (recommended!) opens September 1.

To register call 780-809-8604
or email jlparenteau@mysage.ca

HOME SERVICES TRANSITION

Sage is partnering with the City of Edmonton, the Edmonton Seniors Coordinating Council, and other senior-serving organizations to coordinate a district model for the delivery of home support services. We anticipate that the Home Services program at Sage will be disbanded and moved to six large senior centres by the end of the summer.

Through this collaborative model, agencies will be able to recruit local resources in order to connect seniors with home supports in their area. Not only will this model build district capacity, it will help ensure that there are no gaps or overlaps in the home support services provided for seniors in Edmonton.

The goal of this collaborative model is to ensure that seniors across Edmonton are able to access quality and affordable home services.

When the transition is finalized, seniors will be able to contact 211 directly to be referred to the agency providing home support service referrals in their area. Until then (starting Sept 1), seniors should contact the following agencies:

- **Mill Woods:** Mill Woods Seniors Activity Centre (780) 496-2997
- **South West:** South West Edmonton Seniors Association (587) 987-3200
- **South East:** South East Edmonton Seniors Association (780) 468-1985 ext. 231.
- **West Edmonton:** West End Seniors Activity Centre (780) 483-1209
- **North West and North East:** North West Edmonton Seniors Society (780) 451-1925

We would like to take this opportunity to thank the volunteers who have dedicated their time in Home Services at Sage over the past several years. With your commitment to the Home Services program, you have helped seniors remain independent and in their own homes.

Thank you to our Home Services volunteers!

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Phone: (780) 451-5445

PRESENTATIONS & INFORMATION SESSIONS

New Retirement Realities This presentation provides a look at the new landscape of retirement, and how a changing retirement experience will impact investors, those who are retired, and their families. Discussion includes the evolving family structure, and redefining what it means to be financially stable during the retirement years.

Date: Sept 16 at 10:30 am

Living with Loss - Roads to Healing This two hour presentation provides participants with an overview of how grief is experienced, and introduces ideas on how to deal with one's own experience. There is no prerequisite for joining, and it is open to the public. Must pre-register at least one week in advance.

Date: Sept 23 at 11:00 am in the Sage Room

How Do We Get Past Ageism? Go beyond the stereotypes of aging, and recognize the myths and negative attitudes about older adults. Learn how to challenge the myths and take aging into your own hands. Presented by Barb Rankin.

Date: Sept 24 at 10:30 am

Role of Mutual Funds When Retired – What you may not know What are they, and how do they work? Learn the real ins and outs of how to be successful in mutual fund investing with your retirement portfolio, especially vital now that GIC interest rates are so low! Just as important, learn how your financial advisor or investment advisor is actually compensated and paid with the different fund load types of mutual funds they recommend to ensure that your best interest is truly aligned with their advice.

Date: Oct 7 at 10:30 am

Fraud & Identity Theft Prevention Presented by Detective Bill Allen of the Edmonton Police, with co-host Weichurn Woo from Mackie Research. Learn how to protect you and your loved ones against the most common scams, frauds, and identity theft that specifically target seniors. Presentation includes common internet scams such as sites impersonating RCMP or Police requiring payment to avoid persecution, telephone scams such as spoofing or impersonation of victim's known contact voice, Nigerian 419 scams, lottery winnings and inheritance requiring advance payment, and door to door snake oil sales scams.

Date: Oct 21 at 1:00 pm

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

Date: Oct 28 at 10:30 am in the auditorium

Tax Efficient Investing Get the most out of your investment gains. One of the biggest obstacles to investment growth is tax. Because your investments are important, it's essential to find a vehicle that allows them to grow without being eroded by taxes. This is easy to achieve when you're investing in a tax-advantaged plan such as an RRSP or TFSA. But what about those non-registered dollars that are unable to benefit from the attractive tax advantages of their registered counterparts? There is one solution called corporate class funds. This is extremely important to qualify for government pension low income seniors benefits such as the tax free Guaranteed Income Supplement, no matter how much money you have saved at the bank.

Date: Nov 4 at 10:30 am

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VOLUNTEER SERVICES

BARB CARROLL
Volunteer Coordinator

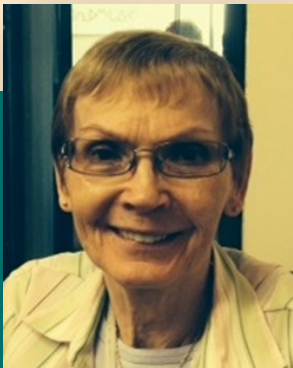
Val's Story

In 2011, Val was semi-retired and joined the Busy Fingers crafting group at Sage. It was a great opportunity to socialize with fellow "knitters".

Val would often have lunch in the Sunshine Café at Sage, and found the atmosphere to be very congenial. Sage, along with community partners, annually produces the Directory of Senior Services, and in 2014, Val became very interested in a volunteer opportunity to become a proof reader for the Directory. She thought this volunteer role would be a good fit for her as, she would be able to use some of the proof reading skills that she acquired in her career.

Val has now taken on an additional volunteer role at Sage as the Archivist/Curator of Sage Publications. This role enables Val to get her "history fix," and provides an opportunity to highlight seniors interests and issues over the course of Sage's history.

"You can always learn new things, or contribute through existing skills to feel valuable," she says.



Adelia's Story

In 2007, Adelia had just retired. She had volunteered at various places throughout her career, but felt that now, with more time on her hands, she wanted to expand her volunteerism.

Adelia's introduction to Sage came when she and a friend came to watch a travel movie. She found there was a very friendly atmosphere at Sage. Adelia discovered that Sage offered a wide variety of programs and services, and decided that she would be honoured to be part of this "family".

Her first volunteer role at Sage was as a Switchboard Operator. There were days when she would answer up to 97 phone calls. When the switchboard was moved up to the third floor

reception desk, Adelia changed her volunteer role at Sage, and became a Receptionist on the main floor. Adelia greeted Sage members and the general public, helped participants register in courses, renewed their memberships, helped them to connect with one of the Social Workers at Sage when needed, and provided other administrative duties.

"I like to deal with people," she says, so this new role was a good fit for her, and it was a pleasure for her to meet and interact with people.

Adelia also volunteers at Canada Blood Services and the Lois Hole Hospital. No matter where she is, Adelia shares with people all the great programs and services offered at Sage, and what an honour it is to be part of the "Sage family".

www.mysage.ca

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Joanne Berger



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