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# sage **LINK**



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## **Celebrating the 30th Anniversary of Seniors' Week!**

Seniors make an immense difference in our community. Seniors' Week, held from June 6-9, is an opportunity to acknowledge and show appreciation for Alberta's seniors. Join us at Sage for the many activities we have planned to celebrate seniors and the contributions they make to our community.

### **Seniors' Week at Sage**

- **June 1:** Celebration of Seniors
- **June 6:** Free Zumba Gold, Councilor Knack Visit (treats provided), Understanding the Rainbow with Michael Phair

- **June 7:** Emergency Preparedness and Internet Safety Presentations
- **June 8:** Legislature Senior's Tea
- **June 9:** Pride Week Senior's Strawberry Tea and Vaudeville Show

Watch for works from our Photography Group and Oil Painting Classes displayed in the Sunshine Café!

For more detailed information and list of activities, **please see page 10.**

## MESSAGE FROM THE PRESIDENT

### HONOURING SENIORS BARB BURTON

Seniors' week is a wonderful opportunity to celebrate the invaluable contributions of older adults to the vibrancy of our community. At Sage, we understand the importance of recognizing the immense impact seniors have and how this contributes to reducing misconceptions and stereotypes surrounding aging. The 10<sup>th</sup> Annual Sage Awards were held on May 10, 2016, and the recipients of this prestigious award truly exemplify the values of a senior leader, and the many ways individuals make a difference in their community regardless of age.

Recipients of the 10<sup>th</sup> Annual Sage Awards include seniors who use artistic talents to improve the lives of others and make an imprint for social change, devote themselves to emergent issues, dedicate themselves to environmental protection, enhancement and stewarding, and excel in educating and mentoring others.

The eclectic and diverse assortment of award recipients only speaks to the distinct contributions seniors make to our community. By showcasing these amazing individuals, we not only celebrate their achievements, we inform and advance dialogue surrounding the stigma of aging.

Sometimes celebrating the contributions of seniors to our society is as easy as saying "thank you." Seniors not only make contributions to our community through their vast skill sets and wealth of knowledge, they devote their time through volunteering and caregiving. On April 13, Sage held the Spring Volunteer Appreciation Event, an event dedicated to honouring the many volunteers who devote their time to Sage. Many of our volunteers are seniors, and without their continued support and generous donation of time, our programs and services would not be able to operate.

Seniors' Week is an excellent opportunity to celebrate all seniors and to honour their contributions to our community. We hope through celebration we not only showcase the invaluable difference seniors make, we highlight how seniors truly enrich our communities and lives.

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<b>Main Switchboard</b>		<b>780-423-5510</b>
<b>Life Enrichment - Rachel Tassone</b>		780-701-9016
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<b>Housing &amp; Multicultural Seniors Outreach - Laura Hamilton</b>		780-701-9018
<b>Guardianship/Trusteeship &amp; CoDecision Making - Shelley McGowan</b>		780-701-9013
<b>Guardianship/Trusteeship &amp; CoDecision Making - Lana Gerbrand</b>		780-701-9006
<b>Safe House Intake</b>		<b>780-702-1520</b>
<b>Safe House Manager - Michele Markham</b>		780-628-1139
<b>Safe House Coordinators - Anjulie Talwar and Amanda Gravel</b>		780-426-3746
<b>Safe House Outreach - Lana Gerbrand</b>		780-628-1126
<b>Food Services</b>		<b>780-701-9022</b>
<b>Food Services Manager - Roman Bobocel</b>		780-701-6022
<b>Sage Savories Orders - Uma Nath</b>		<b>780-701-9025</b>
<b>Volunteer Services - Barb Carroll</b>		780-701-9014
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<b>Community Relations Coordinator</b>	JoLynn Parenteau	780-701-9017
<b>Community Relations and Donor Stewardship Coordinator</b>	Carlina MacInnis	780-701-9007
<b>Communications Coordinator</b>	Nicole Smith	780-701-9012

## MATERNITY LEAVE COVERAGE

It is a pleasure to welcome Lana Gerbrand and Laura Hamilton to the Sage team! Laura and Lana are both covering one year maternity leave positions. Lana's role is part-time Guardianship/Trusteeship Coordinator and part-time Safe House Outreach. Laura's role will be Assessment and Housing Coordinator/Multicultural Liaison. Welcome to Sage, Lana and Laura!

## BY LAW CHANGE NOTICE

At the 2015 AGM, members voted in favour of changing the name of the Association to Sage Association. This name was rejected by the Province of Alberta for not being specific enough. Instead, we have registered the name Sage Seniors Association. The choice of this name needs to be ratified by our members at the AGM on May 25.



## WELLNESS MATTERS

### **FORGIVENESS** **BARB RANKIN**

One of the things that I have learned throughout my life is that some family dynamics are more complex than others. Many families are extremely caring and committed but there are many families that are dysfunctional and harmful.

Forgiveness is a decision to let go of resentment and thoughts of retaliation. The effect of the deed may still remain and be part of your life. But if you are able to forgive, you can concentrate on more positive areas of your life. Forgiveness could provide you with more understanding and compassion towards the person that hurt you. You can forgive a person without excusing the act.

Several benefits of forgiving someone and where it leads: Healthier relationships, lower blood pressure and improved cardiac health, lessens anxiety, lessens intensity of depression, increases self-esteem and maintains a stronger immune system.

There are many reasons to carry a grudge, but not the legacy that you wish to leave. Practicing kindness and forgiveness is always appreciated.

Becoming ready to forgive may be an extremely difficult process. You may ask yourself, how do I become comfortable enough to reach a state of forgiveness? Consider your life at this point and time and the value of forgiveness. Give yourself space and focus on the present. Analyze your reaction to the situation how it's affected your health and well-being. Actively choose to forgive the person that hurt you when you are sufficiently comfortable.

It may take a long time to forgive as it is not easy but you will be thankful. Give yourself time to mend and then unload your bitterness and exasperations. The old saying "forgive and forget" isn't easy but it does take more effort to be angry and upset and harbor grievances forever than maintaining a peaceful and caring life. We all make mistakes. No longer should you define your life by how you have been traumatized.

Instead of focusing on your previously wounded feelings, remember that a life well lived is your best revenge. Each time that you narrate the story and the tale becomes the grievance story when it becomes your preoccupation. Then the grievance story locks us in the past and we become victims. Experiencing negative feelings in the past when the original hurt occurred, it will condemn us to reclaim the pain and anger and resentment each and every time we narrate our story. So open your heart to the possibility of forgiveness.

Learn to look for beauty, love and kindness around you. Forgiveness is about personal power. Alter your story to become less of a dysfunctional grievance story and more of a healthful forgiveness story. Modify your tribulations to remind you that it was the heroic choice you made to forgive.



## PARTNERSHIP PROFILE

**REALTORS® Community Foundation  
Edmonton & Area**



“Alone we can do so little; together we can do so much” - Helen Keller. Sage’s approach to collaboration is exemplified by Helen Keller’s famous statement. Through partnership and collaboration, we are able to build healthy communities. The Realtors Community Foundation has been a continuous partner of Sage, providing funding to support essential services to at-risk seniors.



**Bernice Sewell, Director of Operations at Sage accepting a cheque from the REALTORS® Community Foundation**

Their partnership with Sage has provided a safe place for seniors to live free of elder abuse, support to those with hoarding behaviors, and to showcasing the invaluable contributions of older adults to the vibrancy of our community.

The Realtors Community Foundation has recently partnered with Sage on a new endeavor which provides essential, extended, and ongoing support for participants of Sage’s This Full House program. This program provides support to managing hoarding behaviors that erode quality of life by placing the individual at risk of eviction, homelessness, and isolation.

The new component that is being funded by the Realtors Community Foundation is a structured therapeutic group that would work through a specific curriculum focused on maintaining a clutter-free home. This partnership will ensure an outside therapist can be contracted to operate the therapeutic group and execute its curriculum. This therapeutic support group would not have been possible without the support of the Realtors Community Foundation.

Collaborating with organizations like the Realtors Community Foundation is essential to Sage. Together we are able to build strong communities within Alberta by providing vital support, programming and services that allow seniors to live their best lives possible.

Thank you, Realtors Community Foundation for your continued support of Sage and seniors in the Greater Edmonton area.

## PRO-ACTIVE AGING: MIND & BODY HEALTH

**Tai Chi Introduction with Master Ken** Introduction to Tai Chi, which includes 10 simple Tai Chi movements, warm up exercises, sitting & walking Tai Chi movements. Health benefits include improving balance, coordination and range of movement!

**Date:** Mondays - June 6,13,20,27

**Time:** 9:30am - 11:00am

**Location:** Auditorium

**Cost:** \$15 for 4 weeks or \$5 weekly drop-in fee

**Zumba Gold** Celebrate Senior's week with a **free** Zumba Gold class! Includes many different dance styles and music with moves for every ability. Monday, June 6 at 11:20am.

**Zumba on the Square** Have some free summer fun and fitness! Join a group from Sage for some fun, Latin-dance inspired exercise. Head over to Churchill square (may be moved to behind the library). Fridays at 12:00pm. Zumba is a fun dance party with Latin-inspired dance styles.

**Mahjong (Tile Game)** A great chance to play the world's most popular tile game. Mahjong is very similar to gin rummy. Caution: highly addictive! Open to everyone. (No gambling allowed).

**Date:** Tuesdays

**Time:** 1:00pm

**Location:** Café

**Cost:** Free

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

**Date:** First Thursday of month

**Time:** 10:00am

**Location:** Sage café

**Cost:** Free

**Senior's Line Dancing Classes** A great opportunity to learn some line dances, have some fun and meet new people! Workout your body while you workout you brain learning new steps. Limited spaces are available.

**Classes:**

Advanced 12:15pm - Wednesday & Friday

Intermediate 2:00pm - Wednesday & Friday

Beginner 1:00pm - Mondays

**Location:** Auditorium

**Cost:** Suggested \$2 drop-in fee

**'Brainiacs' Drop-in Activity Group** Have fun learning to challenge your brain with training games, and new tips & tools on how to maintain an active, healthy brain. Also a great chance to meet people and share some laughs. Held the third Thursday of the month.

**Date:** June 16 (Not July & August)

**Time:** 10:30am

**Location:** Raye Dolgoy Room

**Cost:** Free

**Conversational Cree Group** Cree is the aboriginal language with the highest number of speakers in Canada. This is a weekly gathering that is a great, informal opportunity to learn and share one of Canada's original languages. Group leader is Andre L'Hirondelle (780-421-7915). Please pre-register.

**Date:** Tuesdays

**Location:** Sage Craftroom

**Time:** 12:00pm

**Cost:** Free

**Dominos with Udo** Drop-in each week and enjoy the fun of dominos. Instruction or a game. Open for everyone to join in!

**Date:** Wednesdays

**Time:** 10:00am

**Location:** Sage Café

**Cost:** Free

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

**Big 5 in Brain Health Group (formerly Holistic Twist)** A discussion on how physical fitness, nutrition, socialization, stress management and mental stimulation impact brain health. There is a presentation, discussion & sharing of ideas or articles on wellness and holistic lifestyle topics.

**Date:** June 8 & 22 (not July & August)  
**Time:** 1:30pm  
**Location:** Craftroom  
**Cost:** Free

**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 second Wednesday monthly.

**Date:** June 8 (not July & August)  
**Time:** 10:30am  
**Location:** Sage Room  
**Cost:** Free

**Xi Yue Holistic Practice** Simple, refreshing and ideal for any age group. Focusses on your body's Qi and creating a light, balanced energy. Persons with limited mobility are also encouraged to participate. Drop-in. Open to all.

**Date:** Fridays  
**Time:** 2:00pm  
**Location:** Classroom B  
**Cost:** Free

**GeriActors Summer School** Join GeriActors for their first ever Summer Session: **Introduction to storytelling, acting, and improv.** This is stress free acting – No lines to be learnt – Lots of laughs to be had! No experience necessary and all abilities welcome. Please pre-register.

**Date:** Thursdays, June 16 - July 14  
**Time:** 1:00pm - 3:00pm (Final Performance on July 14)  
**Location:** Auditorium  
**Cost:** \$20

**Oil Painting Drop-In** Classes will focus on creating small oil paintings. Topics such as use of colour, composition, and contrast will be taught. Drawing experience is not necessary and all skill levels are welcome.

**Date:** Fridays  
**Time:** 9:30am - 12:00pm  
**Location:** Craftroom  
**Cost:** Supply costs only (Approx. \$8/canvas and \$10 for paint and brushes as needed)

**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. to register. You **MUST** pre-register for lessons.

**Date:** Mondays, Wednesdays & Fridays  
**Time:** 10:00am - 11:00am  
**Location:** Sage Raye Dolgoy Room  
**Cost:** \$50 for 20 Comprehensive lessons (learn to play bridge) or \$5 or specific/refresher lesson

**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 Sage the third Tuesday of the month for this great drop-in program.

**Dates:** June 21, July 19, August 16  
**Time:** 1:00pm  
**Location:** Sage Café  
**Cost:** Free

**Pole Walking Group (Poles Optional)** A great opportunity to get out and get moving with a fun group of people! Open to everyone. A work-out that strengthens core, improves posture, reduces stress on hip and knee joints and increases stability and balance. Group goes rain or shine (the pedways in the rain).

**Date:** Wednesdays  
**Time:** Meet in Sage Lobby. Depart at 1:00pm

## DAY TRIPS

Please join us as we venture out and about. Must be able to go up and down several stairs and some ground may be uneven.

**Devonian Gardens Tour** Join Sage for a lovely afternoon at the Devonian Gardens touring the flower gardens, relaxing on a bench and reading a book, a guided trolley tour, the butterfly house, or stroll the Japanese gardens. This trip is sponsored by Dignity Memorial (Hainstock's Funeral Home & Memories Funeral Home Trail). Must pre-register- seats are limited!

**Date:** Tuesday, July 5

**Time:** Depart Sage at 10:00am-approx.3pm

**Cost:** \$5 (normally \$40 for bus, admission and guided tour). Must purchase your own lunch or bring a bagged lunch.

**A Day at Sylvan Lake** Includes lakefront lunch at Pier 7 restaurant. After lunch feel free to stroll the boardwalk, maybe pop into some shops ... even buy yourself an ice cream treat from the Big Moo. Stop at Sylvan Star Cheese Factory on the way home. Must pre-register.

**Date:** Monday, June 20

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

**Cost:** \$25 member, \$30 non-member (includes lunch and Connelly-McKinley bus)

**Highway 43 North** Enjoy a day heading North on Highway 43. Includes George Pegg Gardens, lunch at Rochfort Bridge Trading Post Restaurant and the Mayerthorpe Fallen Four Memorial. Pre-register.

**Date:** Tuesday, July 26

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

**Cost:** \$49 - member, \$58 - non-member (includes lunch and Alan's bus)

**Seba Beach Tour** The Summer Village is located on the western end of Lake Wabamun (Cree word for White Whale Lake). Enjoy lunch at Pine Ridge Golf Course. Pre-register.

**Date:** Monday, August 29

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

**Cost:** \$47 members (\$56 non-member) (includes lunch and Alan's bus)

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Devonian Botanic GARDEN | UNIVERSITY OF ALBERTA

## SENIORS' WEEK at the Garden

Half-Price Admission For Seniors  
June 6-10, 2016 | 10am - 6pm

**Seniors' Date Night**  
Thursday, June 9 | 6 pm till dusk

Enjoy "music the way it used to be played"  
with keyboard player Ron Wunder.  
Add a tasty meal from Viva Café to  
complete the evening! Advance  
registration required for dinner,  
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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

### **Sage City Tours: June, July & August**

**Ikea Shopping Trip** Spend a day at Ikea. See the store, enjoy some delights in the cafe, maybe even get some shopping done! Please register by June 20.

**Date:** Tuesday, June 21

**Time:** Meet at Sage at 10:00am

**Cost:** \$15 for Alan's bus- pay own lunch, etc.

### **Legislature Seniors Week Tea and Tour**

Join Sage as we head to the legislature for a tour and lovely tea with goodies. Must pre-register.

**Date:** Wednesday, June 8

**Time:** Depart Sage by 9:15am (tea is 10:00am-2:00pm)

**Cost:** \$2 plus ETS bus fare

**Taste of Edmonton** Get a taste of what Edmonton's food scene has to offer! Sample savoury dishes, desserts and much more while soaking up the summer sun on Churchill Square. Pre-register.

**Date:** Friday, July 29

**Time:** Depart Sage at 11:00am

**Cost:** Purchase your own tickets at the festival. Food items are purchased with tickets.

**Fringe Theatre Performance** Have you always wanted to see a play at the Fringe Theatre Festival? Here's your chance! Join Sage for a unique theatre experience. Plays are announced in July. Show will be between August 11-21. Must pre-register to be contacted about show details and ticket purchase.

**Date:** Pre-register by August 2

**Time:** TBA

**Cost:** Pay own festival costs plus ETS bus fare

**High Tea at Fort Edmonton** Enjoy tea, finger sandwiches, scones and some delicious goodies in the historic Selkirk Hotel. Take some time to sight-see at Fort Edmonton Park, too. Limited spaces available.

**Date:** Wednesday, August 24

**Time:** TBA

**Location:** Meet at Sage

**Cost:** Approx. \$30 plus ETS bus fare

**River Cree Casino Monthly Outing** Hop on the Lions bus the 4th 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:** Mondays, May 23 (May casino moved to June 6), June 27, July 25, August 22

**Time:** Depart Sage at 10:00am

**Cost:** \$5 - Must pay at time of registration

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## LUNCHES, PARTIES & MORE

**Celebration of Seniors** A fun-filled morning including the presentation “Zip-line into Aging” & stand-up comedy with Jennie Wilting’s “Humour and Aging”. Includes free coffee. Live music and cake following presentations.

**Date:** Wednesday, June 1

**Time:** 10:30am

**Location:** Auditorium

**Cost:** Free

### **Senior’s Week:**

**June 1:** Celebration of Seniors

**June 6:** Free Zumba Gold, Councilor Knack visit with treats, Understanding the Rainbow with Michael Phair

**June 7:** Emergency Preparedness and Internet Safety Presentations

**June 8:** Legislature Senior’s Tea

**June 9:** Pride Week Senior’s Strawberry Tea and Vaudeville Show

\*Watch for works from our photography group and oil painting classes displayed in the Café.

**Pride Week Seniors Strawberry Tea and Vaudeville Show** Join our LGBTQ seniors celebrating pride week with live music from Northern Heart, fun performances, tea, strawberry dessert & more!

**Date:** Thursday, June 9

**Time:** 1:00pm-3:00pm

**Location:** Sage Auditorium

**Cost:** Free (pass the hat donations)

\*If you are interested, attend Michael Phair’s Understanding the Rainbow: What does LGBTQ stand for? Presentation on June 6

**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.**

**Date:** Thursday, June 30

**Time:** 1:00pm

**Location:** Sage Cafe

**Cost:** Free

**GerActors Summer School Performance** Come and watch the GeriActor’s Summer students perform a mixture of stories, improv and skits... Definitely will be laughter! Please pre-register for catering purposes.

**Date:** Thursday, July 14

**Time:** 1:30pm

**Location:** Auditorium

**Cost:** \$2 (includes coffee and cookies)

**Klondike Pancake Breakfast** Enjoy a delicious breakfast before watching the parade or joining our Klondike party! We will be serving pancakes with sausages, scrambled eggs and fresh fruit all for \$7.50! (Or for just \$1.00 more include coffee with bottomless refills).

**Date:** Friday, July 22

**Time:** 8:30am-11:00am

**Location:** Sage Café

**Cost:** \$7.50 or (\$8.50 with refillable coffee)

**K-Days Parade** Join Sage in our ‘reserved’ seating for the parade.

**Date:** Friday, July 22 Parade runs from approx. 11:00am-12:00pm. Must 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. Sponsored in part by The Churchill by Revera.

**Date:** Friday, July 22 (following the parade)

**Time:** 1:30pm

**Location:** Sage Cafe

**Cost:** \$2 (includes cake & entertainment)



**Like us on Facebook!**  
Sage Seniors Association

**Sage Monthly Birthday Party** Sage celebrates birthdays the last Thursday of every month at 1:00pm 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:** June 30 (Canada Day Party), July 28, August 25

**Location:** Sage Café

**Cost:** Free Cake and Live Music!

**Let's do Lunch** A group that comes together on the second Tuesday of each month at 12:30pm (or 1:00pm at restaurant) and ventures out to new dining experiences. Must pre-register. Call Sage to register.

**Dates:** June 14 - Dadeo's on Whyte

July 12 - Upper Crust Café (109 street)

August 9 - Tiramisu Bistro (124 Street)



**DROP-IN SINGLE SESSION  
COUNSELLING**

*Here When you Need us Most*

Welcome to Drop-In Single Session Counselling!

**DID YOU KNOW?**

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

**THANK YOU!**

Thank you to our friends at Dignity Memorial, who fund Sage's monthly birthday parties so that we are able to provide cake and live music for free!

**DIGNITY MEMORIAL**

Hainstock's Funeral Home

Memories Funeral Home

First Memorial Funeral Services

**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 12:30pm. Meet at main floor reception.

**Date:** June 30, July 28, August 25

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## PRESENTATIONS, COURSES & INFORMATION SESSIONS

**Understanding the Rainbow: What does GLBTQ Stand For?** GLBTQ, Transgender, Cisgender, Genderqueer...what do these mean?! Gays and Lesbians (and many others) have burst out of the 'closet' and into our midst. This session will go over words like those above and the social changes that have 'unlocked' the closet door. Presented by Michael Phair - Sage Board member and GLBTQ Activist. Pre-registration suggested.

**Date:** Monday, June 6  
**Time:** 10:30am  
**Location:** Sage Room  
**Cost:** Free

**Summer Storms, Power Outages & Floods - Be Prepared!** An emergency preparedness workshop from Barb Rankin. Find out what you need in case of emergency.

**Date:** Tuesday, June 7  
**Time:** 10:30am  
**Location:** Boardroom  
**Cost:** Free

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

**Date:** Tuesday, June 14  
**Time:** 10:00am  
**Location:** Sage Room  
**Cost:** Free

**"Go Solo" Travel Program Information Session** Presented by AMA. This new program is for solo travelers who want to explore the world on their own but not alone. Learn about great program features for solo travelers as well as exciting upcoming trips. Must pre-register by June 14. Refreshments will be provided. Feel free to stay for the Happy Travelers travel slideshow presentation at 1pm.

**Date:** Thursday, June 16  
**Time:** 10:30am  
**Location:** Auditorium  
**Cost:** Free

**Landlord and Tenant Rights Presentation** Know your rights as a tenant or landlord as well as get a better understanding of landlord/tenant legislation. Pre-register.

**Date:** Wednesday, June 15  
**Time:** 10:00am  
**Location:** Sage Auditorium  
**Cost:** Free

**Types of Housing Explained** Condo, life-lease, assisted living and more...learn about the different types of housing and housing options for seniors in this informative presentation . Please pre-register.

**Date:** Thursday, July 28  
**Time:** 10:30am  
**Location:** Classroom B  
**Cost:** Free

**JUNE 2016 - AUGUST 2016**

(Open to members and on-members)

**Photo Organizing Workshop (2 parts)** Did you know that one shoebox holds about 1000 photographs? Now think about how many your personal collection must hold. Don't be overwhelmed, this two-part workshop is a great chance to get expert advice and help organizing your photos. Register by July 28.



**Part 1. Sorting & Organizing** Not sure where to begin? Learn techniques that professional photo organizers use and receive a list of supplies and ideas to make your project run smoothly. Please bring a shoebox of photos and an old photo album filled with difficult to remove photos to the workshop...so start now hunting and gathering your photos!

**Part 2. Planning, Scanning & Saving the Memories** Wondering what's next, now that you have your photos organized? Learn creative and fun ways to share your life story and reminisce along the way. Bring a selection of your favorite photos to share and start designing your first project.

**Date:** Thursdays, August 4 & 11

**Time:** 10:00am

**Location:** Classroom B

**Cost:** \$19 (for both parts)



**Healthy Aging Phone Chats** Free Presentations! Enjoy an interactive educational session via telephone in the comfort of your own home.

- Connects socially isolated or homebound seniors and their caregivers to health and wellness information from knowledgeable professionals.

- Promotes healthy living and providing a unique opportunity to strengthen social connections.
- Interactive, small group sessions, with a simple telephone call
- Free to all seniors and caregivers
- Topics include: healthy aging, medication management, leisure, and stress management.

**For more information, or to register for session(s) please contact:**

**Dauna Thompson**

**780-735-3061**

**[Dauna.Thomson@albertahealthservices.ca](mailto:Dauna.Thomson@albertahealthservices.ca)**



# POWER{FULL}

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Providing more than just funeral services, they are dedicated to bringing comfort and guidance during difficult times.

**For information, please visit:**

[www.dignitymemorialfuneralbenefit.org](http://www.dignitymemorialfuneralbenefit.org)



*“Dignity Memorial gives back to Sage’s seniors more than they will ever know.”*

**Support of Sage** Dignity Memorial is an important supporter of Sage programs. They sponsor the events and activities that help keep our members active, engaged and vibrant. Dignity Memorial provides the entertainment that makes our monthly birthday parties such lively and entertaining events.

Dignity Memorial also provides gifts and door prizes to help us honour our dedicated volunteers, sponsor a bus for regular outings and committed to Gold Sponsorship of the Sage Awards for a five-year period. It is their way of giving back to the community, and of contributing to happy moments filled with laughter and enjoyment.



**Thank You Dignity Memorial by Rachel Tassone, Life Enrichment Coordinator at Sage** “Dignity Memorial gives back to Sage’s seniors more than they will ever know. The trip to Devonian gardens that they sponsor brings together seniors from many of Sage’s programs such as the Safe House, EAL classes, Multi-Cultural Senior’s Outreach (MCSO), the Photography group, the Rainbow group...just to name a few. This is a day away from it all that they may not have been able arrange on their own (most of our seniors do not drive) or be able to afford.

Dignity Memorial also sponsors Sage’s Christmas Light tour which again brings together a mix of Sage’ members and clients from a wide spectrum of Sage’s programs. The light tour allows the senior’s to enjoy the Christmas season, enjoy hot chocolate and treats and to meet new people - free of charge. The light tour is held in the evening, which has even allowed some of the seniors to enjoy the trip with their family members. Two years ago we had a Safe House client bring her granddaughter. She told me at the end of the tour, with tears in her eyes, that this was the first trip she has ever been able to take her





# The Affinity Program

**EXCLUSIVE  
OFFER**

## Exclusive Offer to Sage Staff, Members, Volunteers and Family Members

Dignity Memorial's support of Sage extends well beyond support of programming. **The Affinity Program provides exclusive cost saving opportunities to Sage staff, members, volunteers and their family members on funeral and cremation products and services.**

### The Offer

- 10% off funeral or cremation goods and services.
- Compassion Helpline (provided by Charles Nechtum & Associates, Inc.)
- Personal Planning Guide.
- Bereavement Travel Program.
- 10% off location's retail price list, if purchased by Sage member/volunteer or their spouse.

### Items Excluded from the 10% Savings



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# EDMONTON

## Seniors at Risk

Any time a vehicle strikes a pedestrian, it result in injuries. The sad truth is that seniors are particularly at risk of being injured fatally.

As people get older, their vision may diminish, reflexes may slow and the ability to move quickly and agilely may decrease. It can take longer to cross roads and may become harder to deal with situations that require evasive action.



### Tips for Pedestrians

#### Cross at intersections

- Use crosswalks at all times, if possible, where there are traffic lights
- Start crossing at the beginning of the walk signal so you have enough time

#### Drivers need to see you

- Make eye contact and wait until drivers stop

#### Stay alert

- Watch for drivers turning and stay alert all the way across
- Watch for vehicles backing out of driveways or parking spots

### Be prepared

- Use walking canes or other aids as needed
- Wear suitable footwear to increase your balance
- Cross with someone when possible

### When Walking After Dark

- Wear bright-coloured or reflective clothing
- Use reflective stickers on your bag, jacket or walking aid
- Use a flashlight: It will help you see and helps others see you

*VISION ZERO: working towards zero traffic fatalities and major injuries*  
[edmonton.ca/visionzero](http://edmonton.ca/visionzero)



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**Miriam**

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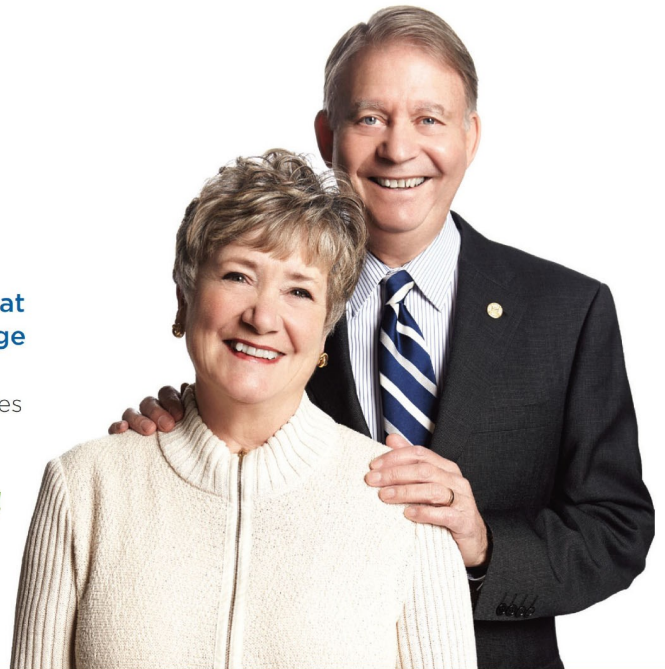


## Giving legacy.

Edmonton Community Foundation (ECF) has a great reputation and a great governance model to manage **endowment funds for donors**. ECF has taken the administration and investment management responsibilities and allowed our family to focus on identifying and supporting community causes which we wish to assist.

*The relationship is efficient, professional, and successful in meeting our family objectives.*

Gay & Ralph Young



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Call 780-426-0015 or visit our website [www.ecfoundation.org](http://www.ecfoundation.org)





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12604 - 118 Ave

## DROP-IN ACTIVITIES AT SAGE

**Conversational Chat Group** For seniors 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.

**Date:** Tuesdays - Ends May 24

**Time:** 12:00pm

**Location:** Café

**Cost:** Free

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

**“Unfinished Song”**- June 17

**“Brooklyn”**- July 15

**“Imitation Game”** - August 19

**Jennie Wilting Discussion Group** A discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. Meets at 1:00pm on the third Tuesday monthly.

**Dates:** June 21 (Not in July & August)

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

**Date:** Every Monday

**Time:** 1:00pm

**Location:** Sage Lobby

**Cost:** Free

**Its Game Time!** The Games Room is on the main floor of **Sage**. Come and play scrabble, checkers, board games, or work on puzzles.

**Avon Calling!** A chance to look at the latest Avon products, and to place or pick-up orders.

**Dates:** June 16, July 21, August 18.

**Time:** 11:00am-1:00pm

**Location:** Sage Café

**The Happy Travelers Slide and Video Shows** are on the third 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/toonie donations for Sage.

**June 16:** Iceland (photos from March 2016)

\*Come early for the AMA ‘Go Solo’ travel program presentation at 10:30am (no Happy Travellers shows July & August).

**Coffee Group** Start your week off right with a Monday morning cup of coffee and a chance to meet new people. This is a drop-in group that is open to everyone, is led by a friendly volunteer and encourages people to visit, share, connect all while enjoying your morning coffee. While here, you can try the delicious breakfasts and baking in the café, check-out Sage, enjoy the games and puzzles, enjoy our free Wi-Fi...and so much more!

**Date:** Mondays

**Time:** 9:30am-10:30am

**Location:** Sage café

**Cost:** Free (purchase your own drinks, etc.)

**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 [tuff69@telus.net](mailto:tuff69@telus.net).

**Date:** Every Thursday

**Time:** 1:00pm

**Location:** Sage Craftroom

**Cost:** Free

## COMPUTER CLASSES

**Join us in the Sunshine Café** The Sunshine Café at Sage is open every Monday through Friday (not including holidays) from 8:00am - 3:00pm.

Chef Roman prepares an affordable and hearty lunch special every day, and on Wednesdays, the house-made cinnamon buns are out of the oven by 10:00am! Come and sit in a sunbeam, have a cup of coffee, and maybe join one of the many drop-in activities that are often on hand.

**Food for Thought: Quick Chicken Salad on a Bun** This tasty sandwich is a great way to use up leftover chicken and vegetables from your fridge. You can use pre-roasted chicken from the grocery store instead of chicken breast.

### Ingredients

- 2 Whole wheat hot dog buns
- 2 Lettuce leaves
- ½ cup Cooked chicken breast, diced
- ¼ cup Red pepper, diced
- 1 Celery stalks, diced
- 2 Tbsp. Plain 1% Yogurt
- 1 Green onion, chopped
- ¼ tsp Paprika
- ¼ tsp Dill weed, dried
- 1 tsp Balsamic vinegar

### Directions

1. Cut open the hot dog buns and place lettuce on the bun.
2. Toss together chicken breast, red pepper, celery, yogurt, green onion, paprika, dill, and balsamic vinegar.
3. Divide the chicken filling between the buns.
4. Wrap in plastic film or parchment and refrigerate until ready to serve.

Makes 2 servings.

Written by Registered Dietitians, Edmonton Zone.  
Courtesy of Alberta Health Services

**Internet Safety** Tips on internet safety and awareness. Covers topics like password/personal information management, scams, spam, websites to avoid, etc.

**Date:** Tuesday, June 7  
**Time:** 2:00pm - 3:30pm  
**Location:** Sage Room  
**Cost:** Free

**iPad for Beginners Session presented by EPL** For those who want 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 there will be a few to demo. Come to one session or both. Please pre-register.

**Date:** July 19 and 26  
**Time:** 2:00pm  
**Location:** Boardroom  
**Cost:** \$2 total for both sessions

**Computers for Beginners** An introduction to computer basics including learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups. You must pre-register.

**Dates:** June - 6,8,10,15,17,20,22  
July - 4,6,8,13,15,18,20  
August - No Class  
**Time:** 2:30pm Monday/Friday, 1:00pm Wed.  
**Cost:** \$5 - thanks to ECALA grants

**Device and Computer Help** Drop-in for some 1-1 volunteer help - whether it is a computer question, laptops, iPad's, cell phones, etc.

**Date:** Wednesdays  
**Time:** 10:00am - 12:00pm  
**Location:** Computer lab  
**Cost:** Free

## GROUPS AND CLUBS

The **Raye Dolgoy Bridge Club** meets each Monday, 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 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-11:30am. They are currently 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 10:45am-12:30pm for a warm-up and then performance. Join in! This is a fun-loving choir for all skill levels! The choir does not meet in August.

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 theater experience. The cost to join is \$30 per year. GeriActors are holding their first-ever summer school starting in June. Register today!

The **Next Page Book Club** will meet for a new reading adventure on the second Thursday of every month at 1:00pm in the Raye Dolgoy Room. 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 1pm in the Raye Dolgoy Room. This group is free to join!

Questions about seniors programs and services?

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



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## Seniors Housing

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Phone: 780-482-6561

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**Phone Scam Alert** Please be aware that if you receive a phone call saying that you owe money to the Canada Revenue Agency (CRA), it may be a scam. For the last several months, people in Edmonton and area have been receiving phone calls from someone claiming to be from the CRA (or from the police department) calling because of an outstanding debt to the CRA.

The callers can be very insistent, and may threaten you with criminal charges if you do not act immediately. This is a **scam**.

The CRA will **never**:

- Ask for personal information by email or text message;
- Request payment by prepaid credit card;
- Share your tax information with another person or organization, unless you have agreed that it can be shared;
- Leave personal information on an answering machine;
- Threaten or use nasty language.

**If you receive a call like this, and are concerned that you may owe the CRA money, you can call them at 1-800-959-8281 to discuss your account.**



## VOLUNTEER SERVICES

**BARB CARROLL**  
VOLUNTEER COORDINATOR

**Spring Volunteer Appreciation Event** Twice a year, we hold a Volunteer Appreciation event to acknowledge and thank our remarkable volunteers.

Our spring Volunteer Appreciation event was held on April 13. We “Headed back to the 50s” to celebrate the dedication and contributions volunteers make towards Sage’s programs and services. Volunteers were treated to a luncheon, served by staff and the Grade 6 SPARKS leadership group from St. Phillip school, and enjoyed entertainment by the Mad Cat Swing dance team. Fun was had by both staff and volunteers during the hula hoop contest.



## Why Volunteer?

*Sage Volunteers Share Their Story* National Volunteer Week was held April 10-16, 2016. In celebration of National Volunteer Week, The Edmonton Chamber of Voluntary Organizations developed a campaign to highlight the diverse volunteers in the Edmonton area. Three of our amazing volunteers were interviewed for this campaign. Here are their stories on why they volunteer:



### *Jeff's Story*

“Volunteering keeps me involved in the community and there’s a good feeling that comes with that. I think it was my Dad who first taught me about volunteering. He always visited people in the neighbourhood and helped out the elderly, even when he was 80 something. I started volunteering as an entertainer. A friend and I visited seniors’ centres – sang songs, told jokes and got some audience participation going. Now I volunteer at Sage. I run the drop in scrabble group, the GLBTQ group for seniors, and the photography club. Volunteering keeps me active and I feel like I’m doing well.”



### *Monica's Story*

“Two days a week you’ll find me volunteering at Sage. If I’m not there, I might be down the street volunteering at the Winspear Centre or around the corner at the Don Wheaton YMCA. I arrived in Canada three years ago and knew nobody. I stopped by the restaurant at Sage one day and thought, “oh, I like this place”. Before I knew it, I had signed up to volunteer. I’ve met new people and after 49 years working as a nurse, volunteering has broadened my horizons. I’ve been an usherette, a receptionist, and at the moment I’m learning to be an aqua aerobics instructor.”



### *Barbara's Story*

“I’m Barbara. One day I went to Sage thinking I’d volunteer for a half day a week. That was eight years ago. Now I’m there all the time. I instruct brain fitness classes, fall prevention and emergency preparedness. For me, volunteering is the definition of happiness. It gives me a sense of purpose - something to get my teeth into. When I get up in the morning, I know I’m off to Sage. If you’re thinking about volunteering, get active first. Start by joining a program, hang out with the people, then when you’re ready – volunteer!”


[www.mysage.ca](http://www.mysage.ca)



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