



VOLUNTEER NEWS
Page 4



HEALTH SERVICES AT SAGE
Centerfold

sage LINK

What's Inside

Volunteer News
page 4

Trips & Outings
pages 5-6

Body & Brain Health
pages 6-7

Creativity & Learning
pages 9, 14-15

NEW Health Services
Centerfold

Social Opportunities
page 15

Parties & Luncheons
page 16

Computer Courses
page 16

Sage Vignettes
page 18



12th ANNUAL Sage AWARDS

Presented by servus credit union



12th ANNUAL SAGE AWARDS HONOUR COMMUNITY SENIORS

Celebrate with outstanding seniors who make our community a better place to live, work and play!

Nominees and Award Recipients will be honoured at our

12th Annual Sage Awards Luncheon

Tuesday, May 8, 2018

11am-1:30pm

Chateau Lacombe Hotel, Edmonton

Tickets on sale now!

phone: 780-701-9017 email: jlparenteau@MySage.ca



SAVE THE DATE!

Sage's Annual General Meeting is Wednesday, May 23

10am @ Auditorium

Please RSVP at 780-423-5510



Welcome to Spring at Sage!

FROM THE EXECUTIVE DIRECTOR

As the year recently came to a close, Sage's team of volunteers and staff reflected on our work and efforts over the past year to continue to build Sage's vibrant and dynamic community. I feel a deep sense of gratitude for the opportunity to work with this exceptional team and all of you.

We also look ahead to the coming year, which promises many exciting changes and opportunities at Sage. The introduction of Health Services, renovations of our space at Sage, and increased staff to support the delivery of our existing services, will all allow Sage to continue to provide comprehensive, high quality supports and opportunities.

My personal thanks to all of you who helped make last year such a success and I look forward to sharing our 2018 adventures with you!

Karen McDonald



Randy Boissonnault MP/Député
Edmonton Centre

Constituency/Circonscription
10235 - 124 Street/Rue
Suite/Bureau: 103
Edmonton AB T5N 1P9
780 442 1888



Ottawa office/bureau
House of Commons
Chambre Des Communes
Ottawa ON K1A 0A6
613 992 4524

   

Randy.Boissonnault@parl.gc.ca

Proud to serve the people of Edmonton Centre
- - -
Fier de servir les résidents d'Edmonton-Centre

STAFF ANNOUNCEMENTS

Muno Osman has departed on Maternity Leave. Congratulations on baby, Muno! Jen Schroers joins the Pegasis Team to cover Muno's maternity leave. Welcome, Jen! Sage welcomes new Director of Health Services, **Anne Summach**, and new Nurse Practitioner, **Lily Lu. Dr. Tammy O'Rourke** returns to support the launch of Health Services. Welcome, Anne, Lily, and Tammy! Food Services welcomes **Shawn Brunet** as the new Cold Kitchen Cook. **Amanda Trace** steps into the role of Intensive Case Management Coordinator at the Safe House.

Board of Directors

President	Reg Joseph
President Elect	Joyce Tustian
Past President	Barb Burton
Treasurer	Tammy Pidner

Members at Large

Daniel Morrow	Jean Waters
Michael Phair	Hubert Kammerer
Gabrielle Betts	Raj Pannu
Greg Springate	Kathleen Thurber
Peg Quinn	

Executive Director Karen McDonald

Connect with Sage!

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

PHONE DIRECTORY

Main Switchboard 780-423-5510

Life Enrichment	780-701-9016
Volunteer Services	780-701-9014
Assessment and Housing Support Services	587-773-1764
Health Services	780-701-9020
This Full House (Hoarding)	587-773-1764
Outreach Support	587-773-1764
Guardianship/Trusteeship & CoDecision Making	780-701-9013
	780-701-9006
Safe House Intake	780-702-1520
Food Services	780-701-9022

Administration

Executive Director	780-701-9008
Director of Operations	780-701-9002
Director of Health Services	780-701-9001
Director of Research and Community Engagement	780-701-9012
Finance Manager	780-701-9003
Safe House Manager	780-628-1139
External Relations Coordinator	780-701-9010



Did you know?

You can call
780-423-5510
ext. 338
to hear a recording of
current & upcoming
Life Enrichment
activities!

Free Drop-in Single
Session Counselling
is available at Sage
every Thursday from
10am—3pm

Building success.

Our fund at Edmonton Community Foundation (ECF) enables us to contribute to building success in our community. The fund encourages our children to demonstrate our values of sharing and appreciation for our own good fortune.

Thank you ECF!

Maggie & John Mitchell



Give. Grow. Transform.

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

**EDMONTON
COMMUNITY**
FOUNDATION



VOLUNTEER NEWS

BARB CARROLL
VOLUNTEER COORDINATOR



Sage Ambassadors

Are you a Sage fan?

Do you enjoy chatting with people?
Would you like to help support a welcoming and inclusive environment at Sage?

Sage Ambassadors help to ensure that all current and new visitors feel welcomed. Ambassadors increase awareness and share information about Sage programs, services and events.

If you are interested in volunteering as an Ambassador or would like more information on other volunteer opportunities at Sage, please visit our website www.MySage.ca or contact:

Barb Carroll, Volunteer Coordinator
780-701-9014 or bcarroll@mysage.ca

Flexible schedules, short term or regular commitment. Find one that works for you!

Meaningful engagement with a sense of ownership

Volunteer with Sage

Use your skill & knowledge base or learn new ones

Volunteering is FUN and a great way to meet new people!



VOLUNTEERS...SAVE THE DATE

Spring Volunteer Appreciation Event will be held

April 18, 2018 1 – 3pm

Sage Auditorium



Celebrating our amazing Volunteers! National Volunteer Week April 15-21

LIFE ENRICHMENT PROGRAMS

Open to members and non-members

TRIPS & OUTINGS—CITY TRIPS

It's never too late to try new things (or age pro-actively)! Here are some opportunities at Sage to keep your body and brain sharp, try new things, as well as meet some great people.

Open to everyone, no membership required. Please register at main reception or call 780-423-5510, ext 301. Refunds cannot be guaranteed. Please see Rachel for details.

TRIPS & OUTINGS—DAYTRIPS

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. Trips are rain or shine.

Senior Choir Fling – back by popular demand! Every year seniors' choirs from across small town Alberta get together for a concert. We will do a driving-tour of Legal's murals, lunch buffet at the Westlock Inn and end the day with the choir performance in Barrhead. See small-town Alberta even if you don't watch the choir!

Date: Friday, May 4

Time: depart Sage at 9:00am

Cost: \$48.00 includes buffet lunch and bus

Stony Plain – see Stony Plain's beautiful murals, the Pioneer museum (a 1930's street, lamp collection, restored buildings, etc.) & tasty lunch. Register by Friday, April 20.

Date: Wednesday, April 25

Time: depart Sage at 9:30am

Cost: \$39.00 member, \$45.00 non-member

Ellis Bird Farm Daytrip – Ellis Bird Farm (an all-time favourite) is both a working farm dedicated to the conservation of Mountain Bluebirds, Tree Swallows and other native cavity nesting birds. Visit the beautiful tea house for a delightful lunch, stroll through the gardens and enjoy some bird-watching. Registration deadline is Monday, May 21

Date: Tuesday, May 29

Time: Depart Sage at 9am

Cost: Members \$58.00/\$69.00 non-members

“Blue Stockings” play & discussion – “Blue Stockings” is a moving, comical story of four young women fighting for the right to education against the larger backdrop of women's suffrage. Play is presented by Jasper Place high school. Register by March 10.

Date: Wednesday, March 14

Time: depart Sage at 5:45pm (play is 6:30pm)

Cost: \$12 includes bus and play

ESO & Winspear Overture Tours – a one-hour info session & tour. Hear the history of the ESO & the Winspear and their vision for the future. You will be taken on a fascinating backstage tour. Spaces are limited!

Date: Thursday, April 5

Time: depart Sage at 12:30pm (1pm tour)

Location: meet at Sage

Cost: Free

Shumka presents “Ancestors and Elders” Dance Performance – a bold new production by Shumka will pair Indigenous and Ukrainian cultures in a program making its world premiere at the Jubilee Auditorium! Hurry! Limited tickets available.

Date: Friday, April 27

Time: meet at Jubilee Auditorium North doors at 6:30pm (show is 7pm)

Cost: \$20 for tickets and fees

Italian Pranzo Lunch at Santa Maria Goretti – a delicious, traditional, 7-course Italian pranzo lunch including antipasto platter, pasta, salad, meat & potatoes, dessert and coffee/tea.

Date: Sunday, April 29 (Register by April 25)

Time: Depart Sage at 11am

Cost: \$25.00 per person plus ETS

LaRonde Brunch – a delicious Sunday brunch with spectacular revolving views. Meet in hotel lobby at 11:15am. Must pre-register by May 24.

Date: Sunday, May 27

Time: reservation is 11:30am

Location: 10111 Bellamy Hill Rd

Cost: pay own meal costs at restaurant (approx. \$45 including tax and tip)

Pre-register by calling 780-423-5510 ext 301
or visit Main Reception

CITY TRIPS continued

Ukrainian Days – Edmonton’s first Ukrainian Festival featuring food, music, performances & more. Held at Borden Park. Information to come. Place name at main desk for info.

Date: Saturday, May 26 – details TBA

River Cree Casino Monthly Outing – hop on Intrepid Charter’s bus the 4th Monday of the month for a fun day at the casino. If you stay for four hours, you get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. You must pre-register.

Date: Mondays- March 26, April 23, May 28

Time: Depart Sage at 10am

Cost: \$5.00



Like us on Facebook!
Sage Seniors Association



**Follow us @sageyeg
on Twitter!**

BRAIN HEALTH

Wellbeing Series with Jennie Wilting – join Jennie, a retired nurse with a great sense of humour, as she discusses various topics relating to overall wellbeing. Talks are held at 1:30pm in Classroom A. Cost is \$1.00.

March 7 - Guilt

March 21 - Worry

April 4 - Depression

April 18 - Stress

May 2 - Summary

Jennie Wilting Discussion Group – a discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. Meets at 1pm on the 3rd Tuesday monthly.

Dates: March 20, April 17, May 15

***New* Word Games** – a fun group where you work together to find all of the words you can make from the letters in a large word. This is a great way to meet people and test your brain!

Date: 2nd Monday of the month at 1pm

BrainFitness Classes – keep your brain in shape with these computer games designed to help you remember more, think faster and have better recall! No previous computer experience necessary. Pre-register.

Date: Mondays and Fridays (4 weeks)

Session 1: March 19-April 20

Session 2: April 27-May 25

Session 3: June 4-June 29

Time: 12:30pm-2pm

Location: Sage Computer Lab

Cost: \$29.00 each 4 week session

‘Brainiacs’ Drop-in Activity group - challenge your brain with games and new tips & tools on how to maintain an active, healthy brain.

Date: 2nd & 4th Fridays monthly

Time: 10am **Cost:** Free

Location: Classroom B



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PHYSICAL ACTIVITIES

***New* Laughter Yoga Workshop** – this yoga practice involves prolonged voluntary laughter, which is good for your mind and body. Laughter yoga is done in groups, with eye contact, jokes and playfulness between participants. Give it a try and have some fun!

Date: Fridays, March 6 & 20

Time: 11am-11:30am

Location: Classroom B

Cost: Free

Everyday Fitness (Sit and be Fit) – stay active with this easy and fun exercise series. Build strength and balance. All skill levels welcome.

Date: Thursdays **Time:** 10:30am **Cost:** Free

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

Date: Mondays **Time:** 9:30am

Location: Auditorium **Cost:** Free

Gentle Yoga – gentle, senior-friendly yoga. Can be done on a yoga mat or adapted to a chair. Open to everyone.

Date: Fridays **Time:** 12pm-1pm

Location: Classroom C

Cost: Free

Zumba Gold – a fun dance party with Latin-inspired dance styles. Zumba Gold simplifies the steps and makes them adaptable to all abilities. This is a great workout for everyone.

Date: Mondays

Time: 11:20am

Location: Auditorium

Cost: Free! Bring a friend!

Walk & Talk Group – meet new people, get fresh air and even get some exercise with this group that takes a weekly stroll. Open to all skill levels. Walking poles may be provided.

Date: Walking group will resume in the spring on May 16th. Walks are Wednesdays, depart Sage at 1pm.

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

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 your brain learning new steps. Limited spaces are available.

Location: Auditorium

Cost: \$2.00 a month

Classes:

A) Advanced: 12:15pm Wednesday & Friday

B) Intermediate: 2pm Wednesday & Friday

C) Beginner: 1pm Mondays & 10am Tuesdays

Senior Social Dance – a drop-in, multicultural opportunity for people who love social dance to come together and have some fun!

Date: Thursdays and Fridays

Time: 9am-10:30am

Location: Auditorium

Cost: Free

YiXue Holistic Practice – focus 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: 1:30pm

Location: meet in Sage lobby

Cost: Free (donations are welcome)

MARCH—MAY 2018

Open to members and non-members

GAMES AT SAGE

***New* Ludo** – a fun board game that is a great chance to meet people and is easy for all skill levels to learn. Instruction provided. Drop-in. Mondays, Wednesdays & Thursday 1pm.

Crib Games – play some crib and have some fun each Wednesday at 1pm in the Café. Open to everyone! **Cost:** Free

Mahjong (Tile Game) Drop-in – 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.

Date: Tuesdays (although tiles are available for play anytime Sage is open)

Time: 1pm **Location:** Café **Cost:** Free

Scrabble Time – join in a fun game of scrabble and spend time with some great people. If you've never played, this is a great time to start!

Date: Thursdays

Time: 10am

Location: Café **Cost:** Free

Dominos with Udo & Jeff – drop-in each week and enjoy the fun of dominos. Instruction or a game- open for everyone to join in!

Date: Wednesdays

Time: 10am-1pm

Location: Café **Cost:** Free

The **Raye Dolgoy Bridge Club** meets each **Wednesday and Friday** from 11:30am-4pm. Club members gather to enjoy games of Bridge and have fun. The cost is \$1.50 per play. Open to everyone.

Games & Puzzle Room! The Games Room is on the main floor of Sage. Come and play crib, scrabble, checkers, board games, mahjong or work on puzzles.

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Sakaw Terrace

February 1, 2018
Applications Open*

Early 2019
Building Opens*

**Dates listed are tentative*



**Seniors
Housing**

For more information

780-482-6561

www.gef.org

Pre-register by calling 780-423-5510 ext.301
or visit Main Reception

CREATIVE OPPORTUNITIES

Blue Pencil Café (Writing classes) – wanted to write but didn't know where to start or lacked the motivation? Join our weekly writing circle where your stories, poems, memoirs take center stage. You will find a supportive environment where you will receive constructive feedback from your classmates and instructor, Melle Huizinga. Small class size and no writing experience necessary.

Date: Tuesdays, March 6- April 17 (7 weeks)

Time: 9:30am-11:30am **Cost:** \$42

Poetry Series – learn the basics of how to write a poem, types of poetry and help with your poem writing. Format will be flexible to accommodate the desires and experience of participating poets.

Date: 2nd & 4th Tues. monthly March-May

Time: 1pm-2:30pm

Location: Classroom B

Cost: \$20 (or pay what you can)

Writer's Group – a drop-in, monthly group to help each other with your writing- memoirs, stories and more. A chance to share your work for critiquing or help support others. Group leader is Melle Huizinga.

Date: last Tuesday of the month at 10am in Sage's Café starting May.

***NEW* GeriActors Workshop: Introduction to Storytelling and Acting** – Learn how to turn your stories in plays, improvise on the spot, create dynamic characters and share your ideas through performance. STRESS FREE ACTING, NO LINES TO BE LEARNED, LOTS OF LAUGHS TO BE HAD, NEW PEOPLE TO MEET! If you've EVER acted or NEVER acted, this is the program for you!

Date: Fridays, March 2–May 11 (not March 30)

Time: 3-5pm

Location: Classroom C

Cost: \$40 per person or pay-what-you-can

GeriActors and Friends an exciting inter-generational theater experience! A student ensemble from the U of A is joined with seniors-

no acting experience required, just stories to tell and the passion for performing in front of audiences. Consider joining a group that loves to have fun! The cost to join is \$30.00 per year. Give it a try! Thursdays at 1pm in the Auditorium.

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-12pm **Location:** Classroom A

Cost: Supply costs only (Approx \$8/canvas and \$10 for paint and brushes as needed)

Colouring Group – colouring is not just for kids! This is a great chance to express your creativity, de-stress and meet new people.

Date: Tuesdays and Thursdays

Time: 10am **Location:** Café **Cost:** Free

***New Date* Poet's Corner** – Find fellow poets in this free drop-in group. Come to the new Poetry Series too!

Date: 3rd Tuesday monthly

Time: 11am **Location:** Café **Cost:** Free

Ukulele Classes – Sage is strumming and humming! Come and join the fun with instructor Elaine Mann. 2 class options:

1) Absolute Beginner: Never held a ukulele and wonder if you'd like it? **Time:** 3:15pm-4pm Several soprano ukuleles are available for you to try, and the **first class is free.**

2) Multilevel: For those with a little or a lot of experience. There will be strumming and picking styles for everyone. **Time:** 2pm-3:15pm

Date: Thursdays, 12 weeks: April 5-June 21

Cost: \$55.00

Ukulele Jam Sessions – grab your ukulele and join the fun in our newest drop-in group! Strum & hum along. Open to all skill levels.

Date: Tuesdays

Time: 2pm **Location:** Café **Cost:** Free



Introducing Health Services at Sage

Who: Nurse Practitioners working with seniors to support health and wellbeing.

What: All of the same services that you would get at a medical centre, including:

Annual check ups

Health assessments

Treatment for chronic and acute illness

Prescriptions and refills

Health information and education

Diabetes and respiratory health programs

Urgent care

Where: Sage Seniors Association, a centrally-located, one-stop resource hub for seniors. Home visits will be available when appropriate.

When: Monday through Friday, 8:30 a.m. – 4:00 p.m., beginning early March 2018.

Why: Because health is about the whole person, and when you come to Sage, we can also help you with housing and financial concerns, connect you to social supports, and offer opportunities to meet people and get involved!

How: Drop-in or by appointment.

Call 780-423-5510

or email

healthservices@mysage.ca

Frequently Asked Questions

HOW ARE HEALTH SERVICES AT SAGE DIFFERENT FROM GOING TO A DOCTOR'S OFFICE OR TRADITIONAL MEDICAL CLINIC?

At Sage, we are able to consider all aspects of a senior's life and wellbeing. We understand that access to benefits can impact whether or not a senior is able to pay for their medication or eat nutritious meals. We know that safe, appropriate, and affordable housing is essential to quality of life.

We recognize the value of information when it comes to things like preventing falls or managing difficult life transitions. We appreciate the importance of social connection and a sense of belonging, and value the contributions that seniors make to our communities.

Because Health Services at Sage is just one of the many services we offer to help seniors live where and how they choose, our healthcare providers have access to resources and expertise that they would not have elsewhere.

“Instead of referring you to another organization for help with something that is not a physical health-related concern, our staff can just walk down the hall to consult with a colleague.”

Our healthcare providers can connect you to staff and volunteers who help with:

- Filling out forms and filing income tax
- Guardianship and Trusteeship
- English as another language
- Planning for the future and managing crisis
- Hoarding behaviour
- Finding housing
- Accessing and using computers
- Elder abuse
- Financial literacy
- Activities, groups, and courses
- Volunteer opportunities and community involvement

Health Services at Sage will be led by Nurse Practitioners, which means that you can ask all of your health-related questions when you see them, even if it takes a bit longer than an average appointment. You do not need to limit your questions to one issue per appointment.



“At Sage, you can discuss the full range of your health challenges, learn more about managing your health, and have your needs addressed more holistically.”

WHAT IS A NURSE PRACTITIONER?

Nurse Practitioners are health professionals with advanced education, who can offer a full range of comprehensive health services. They consult with and can refer to specialists and other healthcare providers.

Nurse Practitioners conduct comprehensive health assessments, diagnose health concerns, and treat and manage acute and chronic illness. They also order and interpret screening and diagnostic tests, perform procedures, and prescribe medication.

Nurse Practitioners can offer health promotion, illness and injury prevention, and curative, rehabilitative and supportive services to their patients.

Nurse Practitioners have an in-depth understanding of acute and chronic illness, and are able to work holistically with patients who have complex health needs.

WHAT IS THE DIFFERENCE BETWEEN A REGISTERED NURSE AND A NURSE PRACTITIONER?

A Nurse Practitioner can do everything a Registered Nurse can, but can also provide the following additional services:

Advanced health assessment

Nurse practitioners assess and diagnose health conditions or illness, including acute illness, injuries, chronic disease, and emergency health needs.

Diagnosis

Nurse Practitioners discuss diagnoses, prognoses, and treatments with you.

Ordering/interpreting diagnostic tests

Nurse practitioners order and interpret laboratory and other diagnostic tests.

Prescribe medication

Nurse Practitioners prescribe medication.

Provide treatment and advanced medical interventions

Nurse Practitioners perform both invasive and non-invasive procedures, including suturing, incision and drainage, excisions, intubation, limb immobilization and casting, and reducing dislocation of joints.

Monitor client outcomes

Nurse practitioners work with their patients to monitor their response to medical interventions, adjust those interventions as needed, and provide ongoing and follow-up care.

CAN A NURSE PRACTITIONER DO EVERYTHING A DOCTOR CAN DO?

A Nurse Practitioner can do the things that a doctor can do. They do consult with, and are consulted by, doctors. They can also refer you to specialists if needed.

For some seniors, the Nurse Practitioners at Sage may be your primary healthcare provider, rather than a family doctor. For others, Health Services at Sage may complement the existing medical care you receive from your family doctor or other healthcare service providers.

DO I HAVE TO MAKE AN APPOINTMENT?

No. You can drop-in to Health Services at Sage. But you can also make an appointment with your Nurse Practitioner, just like you would with your doctor. To make an appointment, call **780-423-5510**.

WILL THERE BE OTHER HEALTH AND WELLNESS SERVICE PROVIDERS AVAILABLE?

Yes. We hope to have the following mobile services available starting in March:

Podiatrist
Foot Care Nurse
Dental Hygienist
Denturist



MARCH—MAY 2018

Open to members and non-members

more CREATIVE OPPORTUNITIES

Ukulele or Guitar Private Lessons – work one on one with instructor Elaine Mann to learn either your choice of ukulele or guitar. Elaine can teach from absolute beginner to advanced. It's never too late to get started and learn! Call Rachel at 780-701-9016 for details.

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!

SING! Seniors Intercultural & Newcomers Gathering – enjoy sharing music while practicing English and meeting new friends.
Date: Thursdays **Time:** 11:45am-1pm
Location: Auditorium **Cost:** Free

Busy Fingers is a year round crafting group that meets every Tuesday in the Classroom A from 9am-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. Knitting and crocheting are great ways to keep your hands and fingers nimble while exercising your brain!

LEARNING OPPORTUNITIES

***New* TED Talks Discussion group** – TED Talks are influential videos from expert speakers on science, tech, creativity and more. In this monthly group we will watch and then discuss a thought-provoking video. Held last Wed monthly
Date: March 28, April 25, May 30
Time: 1:30pm **Location:** Classroom A

Spanish for Beginners – a great, fun, easy way to learn a new language. This course is a great introduction if you want to travel or just try something new. Learning a new language is great for your brain too! Pre-register.
Date: Fridays, April 27-June 8 (7 weeks)
Time: 12:30pm **Cost:** \$20.00

Cree Conversation Group – learn Cree at this weekly gathering that is a great, informal opportunity to learn and share one of Canada's original languages as well as to exercise your brain. Group is open to everyone & all skills.
Date: Tuesdays **Time:** 12pm
Location: Classroom A **Cost:** Free

Happy Travellers – Sage will no longer be offering the Happy Travellers program.

PREVENTATIVE OFFERINGS

***New* Smart Seniors Series (Monthly Presentations on Things you Should Know):**
Date: 2nd Wednesday monthly **Time:** 1:30pm
March – Electrical & Wiring in Your Home: before you sell or buy things you should know.
April – Vision Loss Presentation: learn about resources available. April 11
May – Legal Documents you Should Have: a lawyer presenting on wills, personal directives, power of attorney and more. May 9

Financial Presentations with Wei Woo:
1. Investing in a socially responsible and ethical way – The fastest growing investment trend among seniors is responsible investing. People want to feel good about the type of companies they invest in, while still potentially generating decent returns.
Date: March 14 **Time:** 10am

2. Technology and innovation investments in your retirement portfolio – Artificial intelligence, blockchain, robotics, electric cars, cloud, big data and internet of things. Emerging technology trends, and how to prudently add them to your retirement portfolio as they have been one of the best performers in the markets for past few years. **Date:** April 11 **Time:** 10am

3. 2018 Global Financial Market Semi-Annual Review – latest updates on political, economic & market developments in the world that are currently affecting your retirement savings and investment strategies now and into the future.
Date: May 9 **Time:** 10am

Pre-register by calling 780-423-5510 ext.301
or visit Main Reception

more PREVENTATIVE OFFERINGS

***New* Here's to Your Health Presentations** – join Sage for presentations on different health related topics including diet, exercise, wellbeing & more. Offered the 2nd and 4th Tuesdays monthly at 1:15pm.

SOCIAL OPPORTUNITIES

Kookum Senior Women's Group – a group for senior women to get together, share stories, connect and enjoy a cup of tea. Kookum is the Cree word for grandma. This group is open to everyone to join and led by Sophie Laboucan from Bent Arrow Healing Society.

Date: Mondays – March 5, 12, April 9, 16

Time: 12:30pm

Location: Classroom A

Cost: Free

News & Views Group – drop-in for interesting conversation and a great chance to meet new people. Participants are encouraged to bring news clippings to discuss. Coffee available in café for purchase if you like.

Date: Tuesdays

Time: 10am

Location: Café

Cost: Free

EAL Chat Group – a great chance to practice speaking English while meeting friends. Group has a volunteer leader. Open to all. Drop-in.

Date: Fridays

Time: 9am-10am

Location: Classroom C **Cost:** Free

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: March 26, April 26, May 31

***New* Laughter Yoga Workshop** – see description under Physical Health section

***New* Men's Shed at Sage** – Men's sheds are an opportunity for men to have a space to meet, have a coffee, visit and decide on meaningful projects for the group to work on. Open to all skill levels and ages.

Date: Fridays

Time: 1pm

Location: Classroom A

Cost: Free

Sage Monthly Birthday Party – Sage celebrates birthdays the last Thursday of every month at 1pm 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.**

(Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert)

Date: March 26, April 26, May 31

Time: 1pm

Location: Café

Cost: Free Cake and Live Music!

Monthly Movie & Popcorn – we apologize but the Monthly movie program has been cancelled due to Public Broadcasting restrictions.

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

Date: Every Monday

Time: 1pm

Location: Café

Cost: Free

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

Dates: March 15, April 19, May 17

Time: 11am-1pm

Location: Café

The Next Page Book Club will meet for a new reading adventure on the 2nd Thursday of every month at 1pm. The style of book will vary from mystery to biographies.

Please register at the front desk.

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

PARTIES, LUNCHEONS & MORE

St. Patrick's Day Party – join us for a party that includes live music and cake! Stew is available for purchase for lunch in Café.

Date: Thursday, March 15

Time: 12:30pm **Location:** Café **Cost:** Free

Easter Dinner – celebrate Easter with a delicious lunch including ham, scalloped potatoes, carrots, dessert (birthday cake) and coffee/tea. Stay for the birthday party!

Date: Thursday, March 29

Time: 11:30am-1pm **Cost:** \$10.95

Let's Do Lunch – come together on the 2nd Tuesday of each month at 12:30pm (or 1pm at restaurant) and venture out to new dining experiences. Pre-register by Friday before.

Cost: must pay own lunch costs + ETS

Mar 13 – Characters Fine Dining (10257 105 St)

April 10 – Normand's Bistro (Citadel)

May 8 – Yianni's Greek Taverna (Whyte Ave)

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COMPUTERS

iPad classes (6 weeks) – learn the basics of how to use an iPad in this 6 week course taught by an EPL community librarian.

Please pre-register as space is limited.

Date: May 2-June 6

Time: 2pm-3:30pm **Cost:** \$2.00 for all 6 weeks

TelusWise Seniors – a great new program for Seniors that teaches general phone and computer tips, safety tips, Social networking safety tips, protecting from identity theft, using public wi-fi tips, creating safe passwords, on-line dating, gaming website and more!

Date: Tuesday, April 24 (register by April 20)

Time: 10:30am-12pm (approximately)

Cost: Free

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: March 7,9,12,14,16,19,21

April 4,6,9,11,13,16,18

May 2,4,7,9,11,14,16

Time: 2:30pm

Cost: \$5 (for each set of 7 classes)

Thanks to ECALA grants

Device and Computer help – drop-in for some 1-1 volunteer help- whether it is a computer question, Microsoft Word, emails, internet, laptops, ipads, cell phones, etc.

Date: Wednesdays **Time:** 10am-12pm

Location: Computer lab **Cost:** Free

(Device and Computer help pre-booked 1-1 sessions are available if the drop-in sessions don't work for you. Call Rachel at 780-701-9016 to book or for more information.

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— Dick Olafson, Touchmark resident

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FROM RUNNING OUT OF SPACE, TO AGING IN PLACE

SAGE VIGNETTES (Historical Glimpses)

VAL CHYMKO

VOLUNTEER CONTRIBUTOR

Whether you're a long-time member of Sage, or have just recently started coming through our doors, you can't help but notice that we've been undergoing a facelift. "Lots of renovations going on here," you might think – "must be going through some major changes". This is partly true, but in fact Sage has always been growing and changing ever since its inception in 1970. The organization was formed with the intention of continually adjusting to the needs of Edmonton's seniors. Our original objectives were as follows:

- the provision & co-ordination of services to meet the needs of the senior citizen; and
- enabling the integration of senior citizens with all facets of the community.

In order to begin working towards these goals in 1970, Sage (or The Society for the Retired & Semi-retired, as we were first known) opened a two-room office in the YMCA next door (upper right in the collage below). The immediate response to this new seniors' services coordinating body was slow at first, but over the course of two years, it became clear that "if you build it, they will come". Soon it was necessary to move to larger quarters in the Phillips Building at 104 St, north of Jasper (upper left in collage). The proximity of this location (as with all of Sage's residences to date) was chosen in keeping with the original plan – to be accessible for the largest number of seniors in Edmonton – no matter where one lives, there's bound to be a route downtown.

But it didn't take long for us to outgrow the Phillips quarters as well, so in 1979 the Society

re-located to The Baker Annex on 105 Street & 100 Ave (bottom left photo). This facility, with its ample social area, offices, classrooms, and a functional kitchen, allowed for significant growth in the services we were able to offer & the number of seniors we were able to accommodate. It was said that people lined up outside the door on the days of program registration. And with the ability to provide food services (run by volunteers), there was even a monthly dinner & dance. An increase in membership and staff saw an increase in the social work services the organization provided. Once again, we began to outgrow our space, and in 1989 we moved to our present location, formerly known as the Land Titles Building (lower right). This has ensured the ability of our organization to continue to grow to its current size, and to stay in the same place for almost 30 years. The undercurrent of "inspiring and supporting seniors to be the best they can be" has also stayed in place. Are we still growing and changing? Kinda looks like it, doesn't it? But this time, instead of running out of space, we're aging in place.





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