



sage **LINK**

What's Inside

Volunteer News
page 4

Trips & Outings
pages 5-6, 8

Body & Brain Health
pages 8-10

Creativity & Learning
pages 11-13

Social Opportunities
pages 13-14

Parties & Luncheons
pages 14, 16

Computer Courses
page 16

Sage Awards
Pages 18-19

In Memoriam
page 21

Sage Vignettes
page 22

Celebrating 30 years of Volunteer Service at Sage!

In 1988, **Jennie Wilting** was working as a Mental Health Registered Nurse. Through a connection with Sage's Board Chair, Jennie was asked if she would be interested in volunteering as an advisor on the Health Committee. This was the beginning of Jennie's volunteer experience at Sage. She then moved on to the Advisory Committee, a group which provided feedback to Sage program staff.

With Jennie's wealth of knowledge, expertise with mental health issues and great sense of humour, she also began providing wellbeing presentations. Some topics discussed at these sessions are guilt, worry, depression, and stress. Along with her presentations, Jennie facilitates monthly discussion groups featuring interesting, controversial, and thought-provoking topics.

"We all at one point or another deal with the topics Jennie covers. She delivers the information in an easy to understand way so it's easy to grasp. One concept I learned is that nobody 'makes' us feel angry, sad, happy etc. We 'choose' to feel that emotion. Very eye opening and beneficial," says Lorraine, a regular participant of Jennie's presentations.

Jennie has enjoyed volunteering over the past 30 years. "I really enjoy volunteering. It makes me feel good and there is definitely a need for it."

Along with volunteering, Jennie loves to crochet rugs, create jigsaw puzzles, is an avid reader of non-fiction books, and her cat, Rufus, rules the roost.

Jennie is an amazing volunteer and we sincerely thank and appreciate her years of dedication to Sage. Her wit and wisdom have provided on-going support and connection to seniors.



Welcome to Summer at Sage!

FROM THE EXECUTIVE DIRECTOR

As you flip through this edition of the Link, you will find so many beautiful examples of how people contribute to the Sage community.

For example, the Life Enrichment program and our volunteer instructors invite you to join others who share your interests or maybe to discover a new talent. The In Memoriam section honours individuals who have helped to build Sage into the community that we now enjoy. The Sage Awards piece highlights the outstanding contributions that seniors are making to our community at large.

Some time ago, a Sage volunteer shared these words of wisdom about Sage's community. "Sage is a community. I think of belonging when I think of community. I believe it's wonderful. We become a big family, an extended family in the community. There were less people that were left lonely or apart."

I hope somewhere in the pages of this newsletter, you also feel a sense of connection, belonging, and a warm welcome to this community we call Sage.

Karen McDonald
Executive Director

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

STAFF ANNOUNCEMENTS

We are pleased to welcome new Health Services Team Lead **Duncan Maguire**, and two new Medical Office Assistants, **Shay Brooks** (Clinical) and **Iriny Khairalla** (Reception)!

Rachel Pereira joins the Community Engagement Team as the new Grants and Evaluation Coordinator, while **Amanda Harriman-Gojtan** steps into the new 2nd role of Life Enrichment Coordinator! Correction: Welcome, new Nurse Practitioner, **Lily Lo**! We apologize for misspelling Lily's last name in the Spring issue.

Board of Directors

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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	780-423-5510
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 Wednesday
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



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VOLUNTEER NEWS

BARB CARROLL
VOLUNTEER COORDINATOR



On April 18, during National Volunteer Week, we rolled out the red carpet for our amazing STAR VOLUNTEERS. During the event, volunteers enjoyed a delicious meal, some fun entertainment provided by the GeriActors and we celebrated years of service with some special gifts.



Charles Bidwell 10 yrs., Jennie Wilting 30 yrs., Irl Miller 15 yrs., Margaret Roberts 14 yrs., Diana Bacon 25 yrs., Clare Quinn 10 yrs., and Justin Robinson 5 yrs. Absent from photo: John Grootelaar 15 yrs., Michael Phair 5 yrs., Dan Morrow 5 yrs., Joyce Tustian 5 yrs., Reg Joseph 5 yrs., Donna C. 6 yrs., Kevan L. 5 yrs., and Linda Ambrose 5 yrs. pictured below



Current Volunteer Opportunities

- **Sage Ambassadors**
Ambassadors help to ensure that all current and new visitors feel welcomed and are informed about Sage programs, services and events.
- **Musical Director for Sage Singers Choir**
- **Receptionists**
- **Sunshine Café Cashier**
- **Food Prep Assistants**
- **Data Entry**
- **Computer Class Assistant**
- **Housing Forum on September 22**
- **Cards/Games Leaders**

If you are interested in volunteering for any of these positions or would like further information on volunteering at Sage, please visit our website www.MySage.ca or contact:

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

LIFE ENRICHMENT PROGRAMS

Open to everyone - no membership required!

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, and meet some great people.

Please register at main reception or call 780-423-5510 ext 301. Refunds are not guaranteed. Please see Life Enrichment Coordinator for details.

Join us as we venture out and about on these day trips and city trips! Must be able to go up and down several stairs and uneven ground. Must pre-pay to register.

TRIPS & OUTINGS - DAY TRIPS

Day Trips are a longer trip and out of the city

Lacombe's Historic Main Street

Enjoy strolling Lacombe's historic Edwardian buildings, including the oldest operating Blacksmith, shops, tours, lunch and more! Must pre-register by June 1.

Date: Tuesday, June 5

Time: depart Sage at 9am

Cost: \$59 members, \$70 non-members (includes lunch, coach bus and tours)

Devonian Gardens Tour

Join Sage for a lovely day 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. Must pre-register by June 28.

Date: Tuesday, July 3

Time: Depart Sage at 10am - approx 3pm

Cost: \$5.00 for coach bus, admission and guided tour thanks to Dignity Memorial Sponsorship! Must purchase your own lunch or bring a bagged lunch.

Athabasca Area and Amber Valley Tour

A tour and lunch in Amber Valley, followed by some historic sights in Athabasca and scenic views of the river. Register by July 20.

Date: Friday, July 27

Time: depart Sage at 9am

Cost: \$55.00 members, \$65 non-members

Mallaig, Alberta's "Haying in the 30s"

Festival – See what it was like to be a farmer in the 1930s! Events include horseshoe-making & demos, haying, wood splitting, grain & thrashing demos, face-painting, viewing zoo, beef on a bun dinner & more. Festival is a fundraiser for people living with cancer.

Date: Saturday, August 4

Time: Depart Sage at 8:30am (return approx. 10pm with drop-off at Sutton Place Hotel)

Cost: \$45.00 (hotdogs and hamburger lunch free at the festival, beef on a bun dinner, but bring snacks or other lunch if you desire. Coach bus, lunch & dinner, and festival admission included in cost).

Fort Saskatchewan Heritage Precinct

Learn some Fort Saskatchewan history in this tour including the exteriors of the North West Mounted Police Fort and the buildings in the Historical Village. Lunch provided. Must register by August 9.

Date: Thursday, August 16

Time: depart Sage at 9am

Cost: \$47.00 members (\$52 non-member). Price includes coach bus, tour, and lunch

Hutterite Colony at Warburg Lunch & Tour

A visit to the Warburg Hutterite colony that includes a homemade lunch and tour. Bring some money if you wish to purchase fresh produce and homemade goods. Finish the day with a beautiful drive down country roads. Must pre-register.

Date: Wednesday, August 29

Time: depart Sage at 9:30am

Cost: \$48.00 members, \$53.00 non-members

WILLS, ESTATES & NOTARY.



MARRAZZO LAW OFFICE

Lina Marrazzo B.A, LL.B



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Email: mlo@marrazzolawoffice.com

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

DAY TRIPS continued

Stettler Train Ride - Senior's Special (No.41 Steam)

A once a year seniors-only trip you don't want to miss! Enjoy a scenic, fall drive to Stettler and then a train ride with all of the extras, including a buffet style Alberta roast beef meal, sight-seeing in Big Valley, on board entertainment, and a train robbery. Definitely worth the early morning wake-up! Register by August 22 to get your seat!

Date: Sunday, September 9

Time: Depart Sage at 8am

(Departs Stettler 11am & returns to Stettler 3:55 pm). Evening drop-off will be the Sutton Place Hotel

Cost: \$138 (\$156 non-member) including coach bus to and from Stettler, train, dinner, and entertainment, etc.

Smoky Lake Pumpkin Festival

The Town of Smoky Lake hosts the Great White North Pumpkin Festival. In addition to the gigantic pumpkins and gourds, there is also a farmers market, fair grounds, car show and more! A former Pumpkin Champ won with a 900 pounder! Must pre-register.

Date: Saturday, October 6

Time: Depart at 9am

Cost: \$20 for coach bus (plus your own lunch and \$10 admission if you want see pumpkins)

TRIPS & OUTINGS - CITY TRIPS

Legislature Seniors Week Tea and Tour

Join Sage as we enjoy a lovely tea at the Federal Building and then head to the Legislature for a tour. Must pre-register.

Date: Wednesday, June 6

Time: Depart Sage by 9:15am or meet at Federal Building for 10am

Location: Federal Building 9820 107 St.

Cost: \$2.00 plus ETS bus fare

Greenland Garden Center Tour

Get your summer flowers while browsing the gift shops filled with unique and interesting items, stroll the rose gardens, or relax at the café.

Must pre-register.

Date: Monday, June 11

Time: 10:30am

Cost: \$15.00 (\$18.00 non-members) for coach bus. Pay own lunch, purchases, etc.

Olde Towne Beverly Interpretive Centre

Learn about this historical Edmonton neighborhood including a presentation on what life was like in this mining community during the 30s and 40s. Must pre-register.

Date: Friday, July 6

Time: depart Sage at 12:45pm

Cost: \$9.00 (includes tour & school bus)

Jubilations Dinner Theatre presents *Rock & Roll Heaven*

The music of great legends lost: Buddy Holly, Elvis Presley, Janis Joplin, Michael Jackson & more! Feast on a gourmet meal and then sit back and enjoy live on-stage performances. Limited seats. Must pre-register by July 14.

Date: Wednesday, July 25

Time: meet at 6:15pm at Jubilations, Phase I Upper Level West Edmonton Mall

Cost: \$55 members, \$62 non-members

High Tea at Fort Edmonton

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

Date: Wednesday, August 22

Time: depart Sage at 12:45pm (or meet at Fort Edmonton Selkirk Hotel High Tea at 3pm

Cost: \$39 (includes tax and tip, high tea and park admission) plus ETS bus fare

Fringe Theatre Performance

See a play at the Fringe Theatre Festival! Join Sage for a unique theatre experience. Plays are announced in July. Show will be between August 17-27. Must pre-register to be contacted about show details and tickets

Date: Pre-register by August 2



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CITY TRIPS continued

River Cree Casino Outings

Hop on Intrepid Charter's bus the 4th Monday of every second 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, July 23 & September 24

Time: Depart Sage at 10am

Cost: \$5.00

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

PHYSICAL ACTIVITY OFFERINGS

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 and playfulness between participants.

Give it a try and have some fun!

Date: 1st & 3rd Fridays monthly

Time: 11am-11:30am

Location: Classroom B

Cost: Free

Gentle Yoga

Gentle, senior-friendly yoga. Can be done on a yoga mat or adapted to a chair. Open to all.

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!



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

PHYSICAL ACTIVITY OFFERINGS continued

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

Seniors Line Dancing Classes

A great opportunity to learn some line dances, have fun and meet new people! Work out 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 – dates TBA

Time: 2pm **Location:** meet in Sage lobby

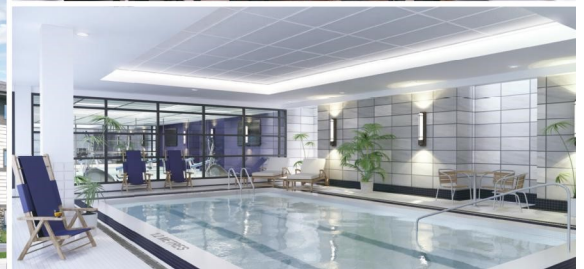
Cost: Free (donations are welcome)

Walk & Talk Group

Meet new people and get some fresh air and exercise with this group that takes a weekly stroll. Open to all skill levels. Walking poles may be provided.

Date: Walks are Wednesdays, depart at 1pm

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MARCH—MAY 2018

Open to members and non-members

BRAIN HEALTH

***New Date* Word Games**

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: 3rd Wednesday of the month at 11am

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 the Classroom A the 1st and 3rd Wednesday of the month. Cost is \$1.00.

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: June 19, July 17, August 21

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)

June 4 - June 29

(no classes July and August)

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 mind. **Cost:** Free!

Date: 2nd & 4th Fridays monthly

Time: 10am **Location:** Classroom B

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Sakaw Terrace

February 1, 2018
Applications Open*

Early 2019
Building Opens*

**Dates listed are tentative*



For more information

780-482-6561

www.gef.org

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

GAMES AT SUNSHINE CAFÉ

Games are open to everyone to join in!

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.

Date: Mondays, Wednesdays & Thursdays

Time: 1pm

Cost: Free

Crib Games

Play some crib and have some fun!

Date: Wednesdays

Time: 1pm

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!

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

Time: 1pm

Cost: Free

Scrabble Time

Join in a fun game of scrabble and spend time with some great people.

Date: Thursdays

Time: 10am

Cost: Free

Dominos with Udo & Jeff

Drop-in each week and enjoy the fun of dominos. Instruction or a game - join in!

Date: Wednesdays

Time: 10am-1pm

Cost: Free

The Raye Dolgoy Bridge Club

Club members gather to enjoy games of bridge and have fun.

Date: Mondays, Wednesdays and Fridays

Time: 11:30am-4pm

Cost: \$1.50 per play

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.

CREATIVE OPPORTUNITIES

New Millinery (Hat Decorating) workshop

See details under Parties & More section. Stay for the Mad Hatter Toonie Tea following workshop!

GeriActors 3rd Annual Summer School

GeriActors Summer School is back! Learn how to turn your stories into plays, learn about acting, improvise, create dynamic characters, perform (if you want to!) If you've EVER acted or NEVER acted, this is the program for you! Stress free acting - no lines to be learned, lots of laughs to be had! Please pre-register.

Date: Fridays, July 13 - August 3

Time: 1pm-3pm

Location: Classroom C

Cost: \$20

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 critique or help support others. Group leader is Melle Huizinga.

Date: last Tuesday of the month

Time: 10am

Location: Café

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!** Choir sings until mid-July and returns in September.

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: Class A

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



Like us on Facebook!
Sage Seniors Association

MARCH - MAY 2018

Open to members and non-members

more CREATIVE OPPORTUNITIES

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

Ukulele Jam Sessions

Grab your ukulele and join the fun in our newest drop-in group! Strum & hum along.

For all skill levels & open to all.

Date: Tuesdays

Time: 2pm

Location: Café

Cost: Free

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 main reception at 780-423-5510 ext. 301 for details.

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.

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!

Date: Tuesdays

Time: 9am-11:30am

Location: Classroom A

LEARNING OPPORTUNITIES

Funeral Pre-planning and Important Conversations

Nothing is certain but death and taxes, isn't that what they say? And yet dying, last wishes, funerals and important documents are hard conversations to have. Join Connelly-McKinley for a this free presentation.

Please pre-register by June 10

Date: June 13

Time: 1:30pm

New TED Talks Discussion group

TED Talks are influential videos from expert speakers on science, tech, creativity and more. In this free, monthly group we will watch and then discuss a thought-provoking video.

Date: Wed. June 27, July 25, August 29

Time: 1:30pm

Location: Classroom A

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 and all skill levels.

Date: Tuesdays

Time: 12pm

Location: Classroom A **Cost:** Free

New Here's to Your Health Presentations

Join Sage for presentations on different health related topics including diet, exercise, wellbeing & more. Offered 4th Tuesday monthly at 1:15pm

Understanding the Rainbow: What does LGBTQ Stand For?

LGBTQ, Transgender, Cisgender, Gender-queer... what do these terms 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 LGBTQ Activist. Pre-registration suggested.

Date: TBA

Time: 10:30am

Location: Sage Room

Cost: Free

LEARNING OPPORTUNITIES

Investment Institution Paperwork: Understand What You Have Signed

The average person often doesn't understand what they have signed and the Big 5 banks are coming across as unethical in recent times. Join Wei Woo as he helps to clarify the processes and paperwork that can make investing overwhelming.

Date: Wednesday, June 13

Time: 10:30am

Cost: Free

Legal Documents you Should Have

A lawyer presenting on wills, personal directives, power of attorney & more. What are these important documents and why should you have them?

Date: Wednesday, August 8

Time: 1:30pm

Cost: Free

Types of Housing Explained

Condos, apartments, long-term care, supportive living, assisted living... what do they mean?

Join Sage's Housing Coordinator for this free, informative presentation.

Pre-registration preferred.

Date: Wednesday, August 22

Time: 11am

SOCIAL OPPORTUNITIES

New Downtown Men's Shed

Men's Sheds are an opportunity for men to have a welcoming 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 at 2pm in Sage's Classroom A / Tuesdays at 7pm at the Churchill Residence.

Cost: Free

EAL Chat Group

A great chance to get out of the classroom and practice speaking English while meeting friends. Group has a volunteer leader.

Open to all, drop-in.

Date: Fridays **Time:** 10am-11am

Location: Classroom C **Cost:** Free

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 - dates to be announced.

Call 780-423-5510 ext 301 or see calendar for future dates.

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

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.

Dates: June 28, July 26, August 30

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

MARCH - MAY 2018

Open to members and non-members

more SOCIAL OPPORTUNITIES

Avon Calling!

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

Dates: June 21, July 19, August 16

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.

PARTIES, LUNCHEONS & MORE

Seniors Week featuring Sage's Super Seniors (further details are in listed throughout the Link newsletter):

Monday, June 4 - Celebration of Seniors

AM Intergenerational Zumba Gold & snacks

PM- Live music & cake in the Café

Tuesday, June 5 - Lacombe Daytrip

Wednesday, June 6 - Legislature Tour & Seniors Tea at the Federal Building

Thursday, June 7

AM Poetry Reading & Story Telling Café feat. Sage Award winner Kevan Lyons & Blue Pencil Café instructor Melle Huizinga

PM SING! Intercultural choir & Sage Ukulele group performances

Thursday, June 14 - Pride Week Seniors' Strawberry Toonie Tea

Celebration of Seniors "Sage's Super Seniors" is a fun-filled day highlighting all of the good things that come with aging! Includes intergenerational Zumba Gold (show those kids how to move!), entertainment, cake, and more! Come see the great things Sage seniors are up to! Sponsored by The Churchill by Revera.

Date: Monday, June 4

Time: Zumba Gold & snacks 11:20am in the Auditorium, Live music & cake 12:30pm in Café

Cost: Free

Poetry Reading & Story Telling Café

Featuring Sage Award winner Kevan Lyons and Blue Pencil Café instructor Melle Huizinga. Be an audience member or come prepared to share!

Date: Thursday, June 7

Time: 11am

Pride Week Seniors Strawberry Toonie Tea

Join as we celebrate our LGBTQ seniors and pride week with live music from Northern Heart, fun performances, tea, strawberry dessert & more! Hosted by Sage's Over the Rainbow group.

Date: Thursday, June 14

Time: 1pm-3pm

Location: Café

Cost: \$2.00

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 (Hainstock's, Memories & Harmony Chapel). Open to everyone!

Date: Thursday, June 28

Time: 1pm

Location: Café

Cost: Free

Klondike Kate Performs

Nothing brings back Klondike memories like a musical performance by Klondike Kate! Come as you are or throw on your Klondike gear and help us kick off K-Days! Purchase own goodies & drinks. Free!

Date: Friday, July 20

Time: 12:30pm

"Pink Tea" & Suffrage Discussion

Enjoy light refreshments while guest speaker Shirley Lowe discusses the history of the suffrage movement in Canada.

Please pre-register.

Date: Friday July 13

Time: 1pm

Cost: \$2.00



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At Touchmark, residents say living well means:
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“I find that if I don’t stay active, I don’t have the energy I need. Being active makes you more alert and focused on yourself and your surroundings. Exercise makes you a more active member of your community.”

— Dick Olafson, Touchmark resident

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

PARTIES, LUNCHEONS & MORE

***New* Millinery (Hat Decorating) Workshop and History of Millinery Presentation**

Join Marjorie Marshall, a local professional milliner for this fun, informative morning. Bring a hat and get decorating help and tips (decorating materials will be provided). Stay for the Mad Hatter Toonie Tea following workshop!

Pre-register.

Date: Tuesday, August 21

Time: 11am

Location: Classroom A

Cost: \$2.00

Mad Hatter Toonie Tea Party

Put on a fun, pretty, or silly hat...whatever you like! Join us for an afternoon of merriment including tea, entertainment, and goodies! If you don't have a hat, join our Hat Decorating Workshop with a professional Milliner!

Pre-registration preferred.

Date: Tuesday, August 22

Time: 1pm

Location: Café

Cost: \$2

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.

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

Date: June 28 (Canada Day party), July 26, August 30

Time: 1pm

Location: Café

Cost: Free Cake and Live Music!

Let's do Lunch is a group that comes together on the second Tuesday of each month at 12:30pm (or 1pm at restaurant) and ventures out to new dining experiences.

Must pre-register by the Friday before.

Cost: must pay own lunch costs +ETS

June 12 - Upper Crust Café (109 St.)

July 10 - Wishbone (Jasper Avenue).

Must be able to go up/down 10 steps

August 14 - Louisiana Purchase (111 St.)

COMPUTERS

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 6,8,11,13,15,18,20
July 4,6,9,11,13,16,18
(no August class)

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. Please contact main reception at 780-423-5510 ext 301 for info.)

ANNUAL WORLD ELDER ABUSE AWARENESS DAY EVENT

Friday, June 15

11:30 AM—1:00 PM

@ City Hall

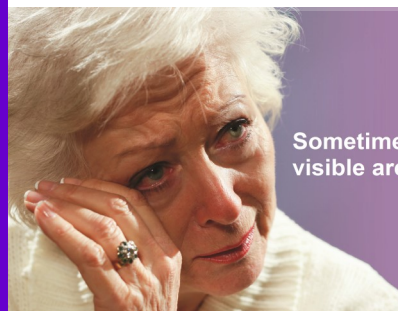
Light lunch served

Be sure to wear purple

My World... Your World... Our World

Free of Elder Abuse

**In support of the International Network
for Prevention of Elder Abuse**



Sometimes the only things
visible are the tears...





SATURDAY, SEPTEMBER 22, 2018

9:00AM TO 2:30PM

**Central Lions Seniors Recreation Centre
11113 113 St. Edmonton, Alberta**

FREE

WHAT IS THE SENIORS' HOUSING FORUM?

The Seniors' Housing Forum Planning Committee, comprised of key community stakeholders, is presenting the 12th Annual Seniors' Housing Forum for seniors, their families and caregivers, free of charge!

The goal of the Forum is to educate participants about the range of housing options and community resources available for older adults and to guide individuals in planning appropriate future housing for themselves and/or significant others.

Registration Opens
September 1st, 2018

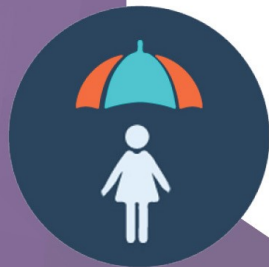
www.mysage.ca

Call to register
780.809.8604

JUNE 15

WORLD ELDER ABUSE DAY

For more information on elder abuse visit the Sage website and look under NEED HELP? tab.



www.mysage.ca

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SAVE THE DATE!

Sage's Annual General Meeting
is **Wednesday, May 23**

10am @ Auditorium

Please RSVP at 780-423-5510

NEED HELP?

We're here to support seniors.

At Sage, we work to ensure that the needs of seniors and their families are being met in all areas of life.

Our social work staff provide information, support, and assistance to our clients, and help connect them to resources they need to live their best lives possible.

www.MySage.ca

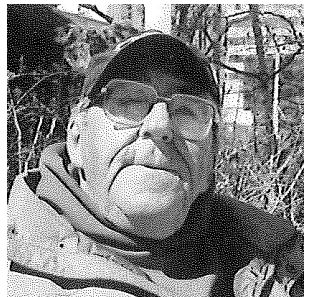
780.423.5510



Sage



CONGRATULATIONS TO THE 2018 SAGE AWARDS RECIPIENTS!



Arts & Culture
Mr. Kevan Lyons



Public & Non-Profit
Mrs. Sharon Brown



Community Building
Ms. Jeanne Frances
Murray



Science & Technology
Dr. Margaret-Ann
Armour



Education
Dr. Michael Alpern



Social Justice & Peace
Mr. Satya Brata Das



Health & Wellness
Mr. Ted Rempel



Truth & Reconciliation
Rev. Rick Chapman

Sage applauds all the Nominees for their outstanding achievements!



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- Annual check-ups
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- Health information and education
- Home visits for health services (if mobility is an issue)
- Health assessments
- Diabetes and respiratory health program
- Mental health services
- Urgent care

Monday through Friday, 8:30 a.m. – 4:00 p.m.

Drop-in or by appointment.



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www.footmedic.care**



Elvina Acorn passed away April 2, 2018, after a brief illness. Elvina had been a member and volunteer at Sage Seniors Association for the last decade. As a volunteer, Elvina strived to put a human face on the issue of mental illness - Hoarding Disorder in particular. She passionately wished to reduce the stigma surrounding this issue, and felt education was the key.

She faced life's challenges with a wry sense of humour and a fierce sense of independence. Her empathy, love of animals, and nature were well known to her colleagues and friends. Her insight and unique spirit will be missed.

.....

It is with sadness that we acknowledge the passing of **Alice Henbest**, who served as Executive Director for the Society for 17 years, from 1976 until her retirement in 1993. Mrs. Henbest was born in Lamont, Alberta and attended the UofA and UBC during the 1950s to obtain her certification as a professional social worker. Throughout her life, Mrs. Henbest saw opportunities to respond to concerns and needs of people from all walks of life. Over the years she accepted responsibility for such projects as improving living conditions for needy families and developing drop-in centres with social and recreational facilities for senior citizens in Edmonton's inner city. It was through her involvement with Operation Friendship that she became known to the Society for the Retired and Semi-retired (as we were known at that time). As Executive Director, her primary responsibility was to implement and direct policies and programs formulated by the Board of Directors. She also supervised and provided leadership to Society staff and many volunteers. Fostering a team spirit was very important to Alice, as she once stated: "In working with staff and volunteers, I believe strongly in a team concept whereby we make use of everybody's ability, experience and particular expertise." During her tenure, the Society saw tremendous growth – in membership, in the size of its premises, and in the programs and services which were offered. Throughout all these changes, Mrs. Henbest provided capable leadership and administration. We gratefully acknowledge her valuable contribution to the history of our organization.



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“VITAL SENIORS”



SAGE VIGNETTES (Historical Glimpses)

VAL CHYMKO VOLUNTEER CONTRIBUTOR

During the process of archiving records (which is my volunteer work here at Sage) I came across an interesting article in the June 1988 edition of *News for Seniors*, the newspaper that was produced by volunteers from 1972 to 1998. At that time, the Society was involved in giving input to a City initiative called *Services for Seniors – Year 2000*. A quote from the article reads, “The request of Edmonton Social Services for input concerning the services that senior citizens will need by the Year 2000 requires the active consideration of every group of seniors throughout the country.” This is a very heartening statement in that it indicates that seniors should indeed have a say in what sort of services they are needing and seeking. The article goes on to say, “A system of services for seniors must focus on three major concerns of seniors: the maintenance of our **health**, the maintenance of our **independence**, and the maintenance and further development of the positive relationship of **interdependence** between ourselves and the rest of society”.

That was as true thirty years ago as it is today.

Let’s take a look at the elements mentioned in this article:

Health: “a state of physical, mental & social well-being”.

Independence: For the majority of seniors, Independence is a prerequisite for being able to maintain a satisfactory level of physical, mental and social well-being.

Interdependence: is inextricably tied to the concept of independence. Seniors may depend upon support from the family and larger society in order to maintain their independence as long as possible. Being independent enables them to contribute their energy, experience, wisdom and skills to the rest of society.

How very fortunate we are to have an organization like Sage Seniors Association to offer the programs & services required to help seniors maintain their health, independence, and interconnectedness.

Pictured to the left are two able-bodied seniors volunteering in preparation for the Society’s Giant Garage Sale in August 1986. Thanks to their efforts and those of countless others involved, this event garnered a total \$17,500 - a significant contribution to the Society’s budget. According to the originator and director of the sale, the other benefits were “a spirit of fellowship, meeting new friends and working together to accomplish a task”.

— *News for Seniors*, June 1988





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