

sageLINK

Seniors Association of Greater Edmonton

Fall Edition November-December 2013

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Coming soon!

Directory of Senior Services 2013/2014



sage
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www.MySage.ca

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Enjoy Christmas Carols by our Sage Singers

Sage President's Column –

Bauni Mackay

Reports of Edmonton seniors being the victims of crimes perpetrated by scam artists give cause for concern.

The recent scam in Northeast Edmonton is an example of how vulnerable seniors are preyed upon by such unscrupulous individuals.

The young woman in question would approach seniors and relate a hard luck story about why she needed money, and inevitably many would give her money to help her out. While this may seem naive, and perhaps even stupid, on the part of the seniors involved, I would submit that it instead is a reflection of the value system held by older adults, a value system that sometimes makes us vulnerable to the vagaries of those who lack the moral fibre to behave in a decent and honest way.

I don't consider myself either naive or stupid, but I too fell prey to such a scam: One evening about a year ago I opened my door to a well-groomed young man who introduced himself as a neighbor who had recently moved into the rental duplex across the street. He said he had knocked on other doors, but no one was home and he wondered if I could help him. He proceeded to tell me that he had locked his keys, including his house key, in his car and needed to take a cab to the workplace of his fiancé, who had the second set of car keys. The details in his story were believable and since he said he would return later that evening to repay the twenty dollars he needed, I went to my purse to get the money while he stood by the front door. When I heard him say, "If you could make that twenty-five, that would be even better," I knew I was being scammed. However, since I wasn't sure how he would react if I now refused the money, I decided to err on the side of caution and my personal safety and give him the money. He grabbed the money, left immediately, and of course I never saw him again.

Should I have given him the money, even after I realized the situation? Should I have doubted his story immediately and closed the door in his face? Should I have opened the door in the first place? All of these questions nagged at me, but my inclination would still be to help out a

SAGE BOARD OF DIRECTORS 2013 - 2014

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neighbor.

Age shouldn't be a factor in a situation like this, but it is. I, like many seniors, especially those who grew up in rural communities, still believe that helping one's neighbours is part of a code to live by, and it is this belief that makes us vulnerable. Perhaps we have to adopt the radar that younger and more worldly people have to recognize scams and not open our doors to strangers. Perhaps this is the reality of urban life. I personally don't want to live that way, but common sense tells me that, as a senior, I may have to be less trusting, more suspicious, and less inclined to help out a stranger.

Board Highlights August 2013

- There was a staff presentation on the Life Enrichment program by Life Enrichment Coordinator, Rachel Tassone. The program ensures that there are classes, events, clubs and activities that relate to each of the dimensions of people's lives. 79 different programs were offered in the last year. Goals include decreasing social isolation and increasing talents, skills and experience. Life Enrichment is now working more closely with social work clients.
- Board Orientation of new Board members was held on September 4
- The Board heard a presentation and discussed the government's proposed Family Care Clinics and how they fit with our Wellness Clinic plans. Sage is involved in the planning process for all 3 Edmonton FCCs.

- The Board evaluation results summary will be on the agenda for the September meeting.
- The Executive Director provided an update on staffing
- Renovations are under way at Sage. 4 new offices on the third floor have been completed.
- Contracts for the Safe House upgrade have been awarded. Suite renovations will begin mid-September and take 6-8 weeks to finish
- Vision for an Age Friendly Edmonton Workplan is underway. Sage is involved in a number of the Action Committees.

LIFE ENRICHMENT

Please call Rachel @ 780-701-9016 or main floor reception for more information or to register for classes or activities.

SAGE DAY TRIPS November - December

(Open to members and non-members)
Please join us as we venture out and about:

Greenland Garden Center- Greenland decorates for Christmas like no other, so come along and get in the festive spirit! They also have a beautiful selection of poinsettias, a delicious café, and an amazing selection of Christmas decorations, giftware and home decor to suit every need. Please pre-register.

Date: Friday, November 29th

Time: Depart Sage at 10:30am

Location: Greenland Garden Center

Cost: \$12 for Lions bus- pay own lunch, etc.

Christmas Light Tour- sponsored by Dignity Memorial. Join Sage as we take in some of Edmonton's beautiful Christmas light displays and enjoy some hot chocolate and goodies. Spaces are limited so book early!

Date: Tuesday, December 17th

Time: Depart Sage at 6:00pm, return approximately 8:00pm

Location: Meet at Sage

Cost: \$5.00

Sage Staff Directory

Main Switchboard 780-423-5510

Life Enrichment and Home Services

Life Enrichment Rachel Tassone 780-701-9016

Home Services Barb Carroll 780-701-9007

Home Services Assistant Alexa Balen 780-701-9011

Home Services Requests 780-701-9011

Social Work Services

Support & Information Tammy Houle 780-701-9019

Support & Information Amanda Gravel 780-701-9006

Guardianship/Trusteeship Karin Tully 780-701-9006

Guardianship/Trusteeship Shelley McGowan 780-701-9006

Co-Decision Making Karin Tully 780-701-9006

Co-Decision Making Shelley McGowan 780-9006

Housing Eric Storey 780-701-9018

Multicultural Seniors 780-701-9018

Seniors' Safe House Anjulie Talwar 780-426-3746

Seniors' Safe House Tanya Sinclair-Gibson 780-426-3746

This Full House Doneka Simmons 780-701-9005

Food Services

Manager Wayne Sand 780-701-9022

Uma Nath Hot Kitchen/Savouries

Jacqueline Giesbrecht

Ernest Manning

Sage Savories Orders 780-701-9025

Volunteer Services

Volunteer Services Laura Byrtus 780-701-9014

Administration

Executive Director Roger Laing 780-701-9001

Director of Operations Bernice Sewell 780-701-9002

Manager, Administration Jane Noonan 780-701-9009

Director, Community

Relations Karen McDonald 780-701-9008

Communications David Loper 780-701-9012

Assistant for CR JoLynn Parenteau 780-701-9017

Manager, Finance Colleen Jahns 780-701-9003

Staff Changes

Please welcome Shelley McGowan to the position of Guardianship/Trusteeship Coordinator. She will be working Wed to Friday. Amanda Gravel will take on the role of Temporary Social Work Support and Outreach Coordinator. Eric Storey will continue in the role of Housing Coordinator for an undetermined length of time.

Wine Tasting and Tutorial at Wine and Beyond- A great trip for enthusiasts as well as uncertain shoppers. Try a sampling of a few types of wines, learn ideal wine and food pairings from a wine specialist. They are ready to help you find the perfect wine, spirit or beer for every occasion for any budget! Pre-register.
Date: Wednesday, November 13th
Time: Depart Sage at 12:30pm
Location: Wine and Beyond- Sherwood Park
Cost: \$20.00 includes bus and wine tasting

Citadel Theatre- A Christmas Carol- Edmonton's Favourite Holiday Tradition continues for an unprecedented fourteenth year. With an unforgettable story, rich characters, and dazzling special effects, A Christmas Carol is exceptional entertainment. Hurry! Seats available! Pre-register!
Date: Wednesday, December 11
Time: Depart Sage 11:15am
Cost: Member \$45, Non-member \$54

ESO and Winspear Overture Session- The Edmonton Symphony Orchestra and the Winspear Centre invite you to a one-hour information session and backstage tour. At the Overture session, you will hear from 2 or 3 speakers about the history of the ESO and the Winspear and their vision for the future. You will then be taken on a fascinating backstage tour. Lunch and beverages are provided! Register early as spaces are limited!
Date: Monday, November 4th
Time: Depart Sage at 11:30am
Location: Meet at Sage
Cost: Free- includes lunch and tour

River Cree Casino Monthly Outing- hop on the Lions bus the last 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: Last Mon. of the month- no trip in Dec.
Time: Depart Sage at 10:00am
Cost: \$5.00 payable to Lions bus at departure

SAGE PROGRAMS, COURSES and more: November - December

(Open to members and non-members)

A History of Canadian Aboriginals- Do you know what the first Europeans discovered when they came ashore in North America early in the 16th century? Come learn how the aboriginals lived before the French and British arrived, and what took place subsequently. This is an interesting perspective on the influences the English and French had on Aboriginal culture over time. Presented by retired U of A professor, Desmond Brown, over 3 weekly sessions. Register by Nov.13th.
Date: Fridays, November 15, 22 & 29th
Time: 1:00pm
Location: Craftroom
Cost: \$5.00 for all sessions

***New* Drop-in Drama-** a group for all ability levels. They will focus on creating characters, stories and scenes based on participant's memories and reminiscences using theatre games, improv, laughter and fun. Light refreshments provided. Wraps-up at the end of November with a Potluck Celebration. Drop-in and give it a try!

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Date: Tuesdays - October 15 to December 10th
Time: 10am - 12pm
Location: Sage Auditorium
Cost: \$2 weekly drop-in fee

Christmas Craft and Gift Sale- a great opportunity to get some Christmas shopping done – or better yet- spoil yourself! Everything from homemade knit and crocheted goods to Avon and more!

Date: Thursday, November 28th
Time: 10-2:30pm
Location: Sage Café
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 2nd Wednesday each month.
Date: Wednesdays- Nov.13th and Dec.11th
Time: 10:30am
Location: Sage Café
Cost: Free

Identity Theft- the Myths and Realities- an information session that lists the 5 key forms of identity theft and some steps one can take to prevent it from happening. Please pre-register.
Date: Tuesday, November 5th
Time: 1:00pm
Location: Classroom B
Cost: Free

Deck Sage's Halls- join Sage as we decorate for Christmas and listen to carols. Decorating will begin at 10:00am in the Sage lobby.
Date: Monday, December 3rd

Christmas Carol Sing-a-long- join Sage for a fun-filled morning of carols, cookies and hot chocolate and students from Mother Theresa Elementary School. A true meaning of Christmas opportunity! Sponsored by the Churchill.

Date: Thursday, December 5th
Time: 10:00am
Location: Sage Café
Cost: Free

Hidden Gems- Electronic Databases at the Library- Did you know the library has an extensive list of databases that, with a current card, you can access on the EPL website? Have fun searching online resources including: audio books, international newspapers, magazine articles, genealogy resources, medical information and more...all only a button away!
Register by Monday, Nov.18th
Date: Wednesday, November 20th
Time: 1:30-3:00pm
Location: Sage computer lab
Cost: Free

Reminisce about the Newspaper – Were you a newspaper carrier? Play in the Edmonton Journal Paper Boys Band? Have a favorite comic strip? Faithfully do the cross-word puzzle? Follow your favorite sports hero through the sports pages? Clip recipes or the Anne Landers columns? Students from EJ (Edmonton Journal) School would like to meet and interview you about your stories and memories of the newspaper. Students will be visiting on Wed. afternoons. They would need about an hour of your time. Coffee provided.

Date: Wednesdays- Nov. 20, Nov. 27, Jan. 15, Jan. 29, Feb. 5 and Mar. 5.



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Time: 1:00pm
Location: Sage Café
Cost: Free

Remembrance Day Celebration- join Sage as we honour those who have served and continue to serve for our country. There will be music by the Sage Singers as well as poems from Kevan Lyons.

Date: Thursday, November 7th
Time: 1:00pm
Location: Sage Café
Cost: Free

Wellbeing Talks with Jennie Wilting- a series of topics related to your well-being. Jennie is a retired nurse with a wealth of knowledge and experience related to the matters of the mind and a sense of humor sure to hit the funny bone! Come to one or come to all. Held at 1:00pm in the Craftroom. Please register at least one day in advance for sessions. Cost: \$1.00 per session
Dates: Wednesdays
November 6- Self Esteem
November 20- Problem Solving
December 4- Creating Unnecessary Problems

***New* Scrabble Time-** join in a fun, monthly game of scrabble. If you've never played, this is a great time to start!
Date: 1st Thursday of month- Nov.7th, Dec.5th
Time: 11:00am
Location: Sage Café
Cost: Free

Computer Sessions- Beginner Internet, Facebook, Skype or Twitter are being offered at Sage on the 3rd Wednesday of the month. Classes will be offered in small groups. These classes will be led by a volunteer-instructor and only cost \$5. You must call Rachel at 780-701-9016 to register for the session you need.

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 on Wednesdays and Fridays from 10:00-11:00am to learn. Call

Rachel at 780-701-9016 for more info or to register. You **MUST** register for lessons. Cost: \$50.00 for 20 Comprehensive lessons (learn to play bridge) or \$5.00 for specific/ refresher lesson
Location: Sage Raye Dolgoy

DROP-IN ACTIVITIES AT SAGE November - December

(Open to members and non-members)

Holistic Twist- an informal, twice per month, gathering to share ideas or articles on wellness and holistic lifestyle topics- from nutrition to exercise to brain teasers.

Date: 2nd & 4th Wednesdays of the month
Time: 1:30pm
Location: Sage Café
Cost: Free

\$8 Monthly Lunch Deal- join Sage the 3rd Tuesday of the month for an opportunity to meet other members and enjoy a delicious lunch including your main meal, dessert, and tea/coffee



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for just \$8!! Plus a draw to win next month's lunch for free. Stay for a Sage tour at 12:30pm. Purchase tickets by Fridays- November 15th & December 13th.

Date: Tuesdays, Nov.19 & Dec. 17th

Time: 11:30am

Location: Sage Café

Cost: \$8 members/ \$10 non-members

*****ATTENTION MOVIE LOVERS*****

Come and join us in the Auditorium at 1:00pm the third Friday of the month for a movie and popcorn for just \$1.00!

November 15th: "42- The Jackie Robinson Story" (features Harrison Ford)

December 20: "The Big Wedding" (Romantic-Comedy- Robert DeNiro and Dianne Keaton)

Sage Monthly Birthday Party:

Sage celebrates birthdays the last Thursday of every month at 1:15pm 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: November 28 and December 19 at 11am (*date and time change for December)

Cost: FREE Cake and Live Music!

Jennie Wilting Discussion Group-a discussion group featuring interesting, controversial and thought-provoking topics. Jennie will not lecture, only facilitate this group. Please register at least one day in advance.

Cost: FREE

Date: 3rd Tuesday of the month

Time: 1:00-2:00pm

Location: Sage Raye Dolgoy Room

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

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 do puzzles.

Cost: Free

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. Call Sage to register. November 13th- Szechuan Paramount

Restaurant 12901-97St

December 10th- Taste of Christmas- Sutton Place Hotel- must pre-pay by Nov. 29th

The Happy Travelers Slide and Video Shows are on the 3rd Thursday of each month at 1:00pm to 2:30pm 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.

November 21- Destination TBA

December 19- Destination TBA

Poet's Corner- hosted by Kevan Lyons- do you write poems, have a favorite poem you would like to recite, or want to be an audience member? Join Sage the third Tuesday of the month for our newest drop-in program.

Date: Tuesdays- November 19, December 17

Time: 1:00pm

Location: Sage Café

Cost: Free

***New* Share the News**- a weekly opportunity to visit, meet new people, discuss events in the news and even enjoy a cup of coffee.

Date: Mondays at 10am in the Sage Café.

Cost: Free

Tile Rummy Game- a twist on the original card game! Find a way to get rid of all your tiles first- a great chance to work your brain while making friends! Held on the 4th Tuesday of the month.

Date: November 26 and cancelled December

Time: 10:00am

Location: Sage Café

Cost: Free

Monthly Crib Game- a great chance to play crib while meeting other people. The 2nd Friday of each month.

Date: November 8th & December 13th

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111 STREET SW

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32ND ST NW

22ND AVE

SILVER BERRY RD NW



Time: 1:00pm
Location: Sage Café
Cost: Free

GROUPS AND CLUBS AT SAGE

(Sage Members Only)

The Raye Dolgoy Bridge Club meets each Wednesday and Friday from 11:30- 4:00pm in the Raye Dolgoy Room. Club members gather to enjoy games of bridge and have fun. The cost is \$1.00 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 to 11:30am. Currently they are 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 10:45-12:30pm for a warm-up and then performance. This is a fun-loving choir for all skill levels.

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 \$20.00 per year.

The Next Page Book Club- meets the second Thursday of every month at 1:00pm in the Raye Dolgoy Room for a new reading adventure each month. The style of book varies from mystery to biographies. Please register at the front desk. Cost: Free

Snap-Happy Photography Group- do you love to take pictures and want a chance to show them off or discuss then with a great group of people? Do you need some help operating your digital

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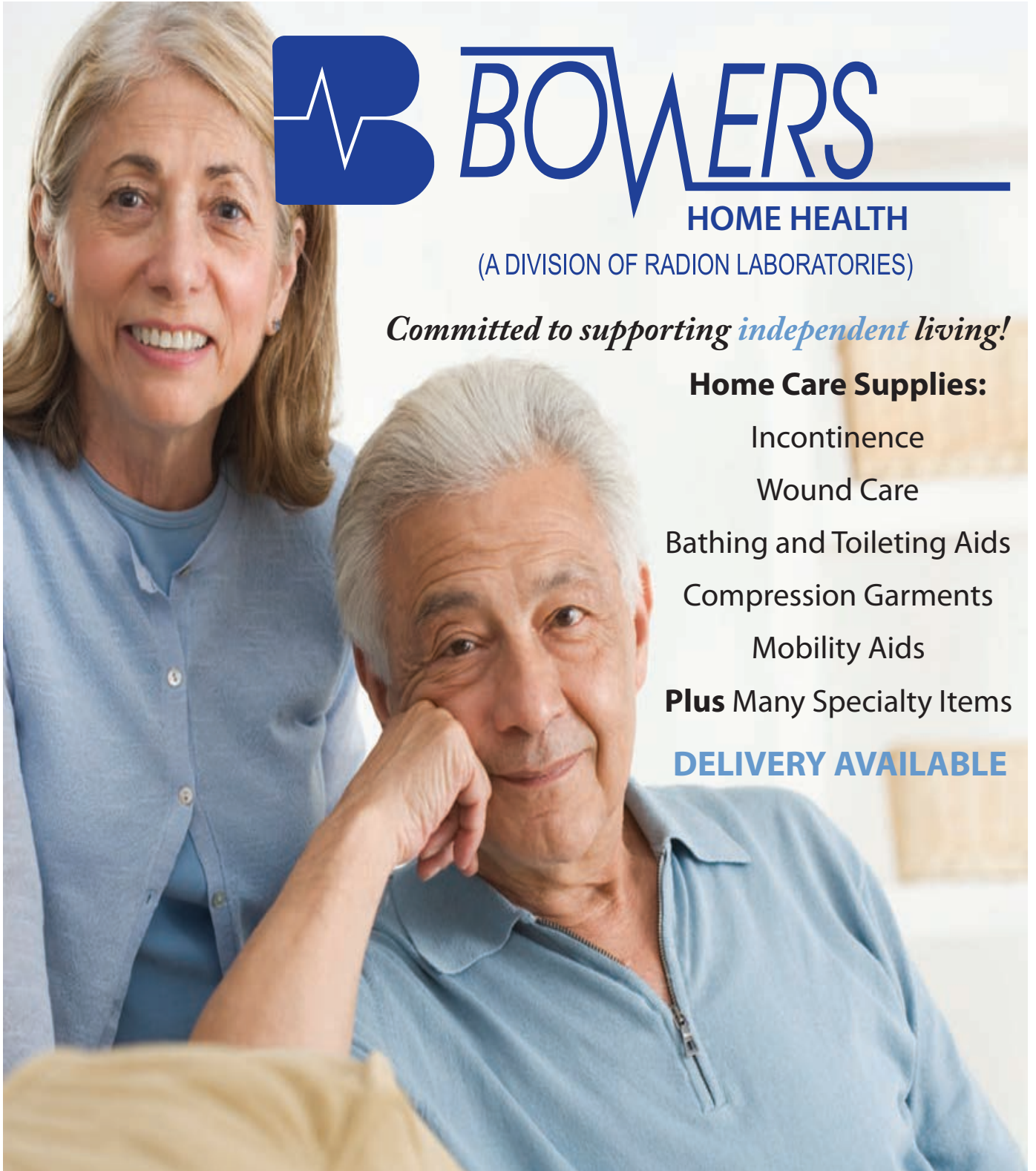
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camera? Join Sage's NEW photography group. We will meet the second Thursday of every month at 10:30am in the Raye Dolgoy Room. This group is free to join! Dates: October 10 and November 14

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 tuff@shaw.ca

Date: Every Thursday

Time: 1:00pm

Location: Sage Craftroom

Cost: FREE

SAGE PROGRAMS AND SERVICES

Sage Seniors Safe House

The **Sage Seniors Safe House** is a shelter for men and women 60 years of age and older who require safety due to an abusive relationship. Older adults can stay for up to 60 days during which time staff assist them in exploring the

various aspects of their lives that might have been impacted by the abuse. During their stay they are provided with meals and snack items, emotional support, housing, financial assistance, advocacy, physical health consultation and assistance with getting to appointments.

The older adults who come into the Safe House have experienced many different types of abuse; most often from someone they love and trust. Abuse rarely looks the same for any individual. Forms of abuse include: Emotional abuse (name calling, put-downs, threats), financial abuse (money being taken without permission, being threatened or manipulated into giving money away), physical abuse (being pushed, threats of bodily harm, and assault), sexual abuse (being forced into non-consensual acts), neglect (failing to provide basic needs either intentionally or unintentionally), or medication abuse (taking the older adults meds or refusing to give needed medication).

Regardless of the type of abuse experienced, it is equally damaging to the individual(s) and should be taken seriously. If you or someone

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you know is experiencing abuse and they need a safe place to stay or simply want to explore the situation, please call the Safe House intake line at 780-702-1520 or call the 24 hour Seniors Abuse Help Line at 780-454-8888

News from Safe House

We are welcoming back Tanya Sinclair-Gibson who has been off on maternity leave this past year. Safe House is happy to have her back in the program. At the same time the Safe House program bids farewell to Amanda Gravel who will now be working out of the Sage main office in the Information and Support program.

Last year the Sage Safe House was the recipient of generous donations from many corporate sponsors including:

Allard Foundation \$3,500
Edm. Oiler's Community Foundation \$13,247
Edmonton Strathcona Lion's Club \$2,000
Golden Eagles Hockey Club \$1,500
Home Depot \$25,000
New Horizons for Seniors \$1,599
No Room in the Inn \$68,453
Rotary Club of Edmonton \$2,050
St. Paul's Foundation \$10,000
Stollery Foundation \$30,000

Through the support of the whole community we raised enough money for renovations at the Safe House. They will include much needed new flooring, paint, cabinets, senior friendly hardware, and new furniture. The suite for persons with disabilities is getting revamped to increase accessibility.

At the Safe House everyone is already beginning preparations for the annual Christmas Celebration. Residents will put up a Christmas tree and decorate the lounge area with festive glitter and lights. Past and current residents are invited to a festive lunch put on by the Sage Sunshine Café. All attendees receive a stocking full of useful goodies. The residents who are at the Safe House on Christmas day will be treated to a basket of gifts. These presents are a great fresh start and supply residents with much

needed items for a new home. Thanks to so many of you who support the Safe House with your generous donations of gifts and money. Every year we have smiles, tears and joy as each resident feels truly cared for and special. A comment from someone last year was that they were so scared of experiencing Christmas alone at the Safe House. What they discovered was that they were not alone, they were with others experiencing the same things as they did and experienced the best Christmas they ever had.

Thanks goes out to all who have supported the Safe House program through donations of time, money or in-kind items. If you would like to donate to the Safe House program there is always a need for the following items: Gift cards (coffee shops, department stores, grocery stores), coffee, tea, towels, face cloths, house coats, small appliances, dishes, bedding (single sized sheets, pillow cases, pillows), pajamas, slippers, garbage bags, laundry detergent (liquid HE high-efficiency detergent), toiletries, toilet paper and paper towel.

Bus tickets and Taxi vouchers are also always welcomed. Please note that Safe House requires all donated items to be new.

INCOME TAX PROGRAM 2014

Each year in March and April, Sage provides free preparation of income tax returns for low income seniors, as a partner agency with the Canada Revenue Agency Community Volunteer Income Tax program.

Sage is looking for volunteers for this program who have previous experience in completing simple tax returns and who can commit to at least one half-day per week during March and April. You will be required to take a webinar training session provided by Canada Revenue Agency, and attend a volunteer training session provided by Sage.

For more information about this program, contact Colleen Jahns, Finance Manager, at 780-701-

*“We all say,
‘Why did we
wait so long?’”*

– Joan J.

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Believes in keeping well, staying active



REST{FULL}

“I really, really researched retirement options. I almost overdid it, but I’m glad I did. When I got here, I thought, ‘Ahhhh, this is home.’ I couldn’t be happier. I’m really glad I made the choice. I really feel at home here.”

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9003. To apply to volunteer for the program, call 780-423-5510 and ask to speak to the Volunteer Services Coordinator.

INFORMATION AND SUPPORT SERVICES

Information and support services provides information, resources and support to older adults and their family members. The social work staff in the program offers assistance with an array of issues. Were you aware that staff members are available to help fill out a variety of forms, can assist you if you are not safe or can support you as you work through issues of loss? If you are not able to come to Sage, home visits can be provided in special circumstances.

The program staff begin by completing a comprehensive review of an individual's needs. This ensures that staff are providing the type of service the person is asking for and connecting them to the appropriate resources. Referrals for further assistance are also made to Sage's other internal programs or to external programs as necessary.

Information and Support Services also help seniors and their families address social, emotional, and psychological issues that impact their lives. They provide information on: what you need to know when turning 65, financial issues, elder abuse, housing, counselling and hoarding and can assist in accessing and filling out forms that are required. Referrals are made for issues of physical or mental health and emotional wellbeing.

Seniors and their families can contact the Information and Support Services staff by phone, email, or by coming to Sage. For your own convenience we encourage you to book appointments, however, walk-in appointments can be accommodated.

For more information, please call 780-701-9019 or email thoule@mysage.ca

Volunteer Coordinator

"Someone asked the anthropologist Margaret Mead (1901-1978), 'What is the first sign you look for, to tell you of an ancient civilization?' The interviewer had in mind a tool or article of clothing. Ms. Mead surprised him by answering, a 'healed femur.' When someone breaks a femur, they can't survive to hunt, fish or escape enemies unless they have help from someone else. Thus, a healed femur indicates that someone else helped that person, rather than abandoning them and saving themselves. Isn't that what we [who volunteer] are all about? Healing femurs of one sort or another?" – Submitted by Leslie Paige to www.energizeinc.com

Volunteer Appreciation Events

Save the date! This year's Volunteer Snowflake Gala will be held on Wednesday, December 4, 2013. Sage appreciates its volunteers and celebrates their efforts in this annual event. Details to follow by mail. Please RSVP to the Volunteer Coordinator before November 29, 2013. (lbyrtus@mysage.ca or 780.701.9014.)

CASINO 2013

Sage is working a casino on Wednesday November, 27 and Thursday, November 28 at Baccarat Casino. This event is one of Sage's biggest fundraisers and we need your help! Working a casino is easy to learn, very enjoyable and a great opportunity to volunteer to help Sage!

If you are interested in volunteering, please sign up at reception, or contact the Volunteer Coordinator at 780-701-9014.

Laura Byrtus | Volunteer Coordinator

Volunteer with Sage as a Home Services Clerk!

Some of the things you get to do:

- Receive and retrieve telephone requests from

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SRES 

Seniors Real Estate Specialist®



Debra Moon, REALTOR®
Re/Max Excellence
17718-64 Avenue
Edmonton, AB T5T 4J5
Cell 780-399-9452
Website www.debmoon.com
Email 2debmoon@gmail.com

voice mail

- Fill out request forms and give clients' referrals to service providers
 - Input information into our computer system (helpful, but not required)
 - Make follow-up calls to clients
 - Attend Home Services monthly meetings
 - Direct difficult client requests to the Home Services Coordinator
 - Attend meetings as required by your supervisor
- You even get a free meal from the Sunshine Café when you work a 4 hour shift!

We're looking for friendly, organized volunteers who are available 9:00-12:30 or 12:30-4:00 on weekdays.

If you are interested in this position, or other volunteer opportunities with Sage, fill out a volunteer application form at the front desk or contact Laura at 780-701-9014.

NEWS AND NOTES

Falls at Home

Each year, thousands of seniors fall at home. Many of them are seriously injured. Falls are often due to hazards that are easy to overlook but also easy to fix. Check the list of hazards below for any you can fix or avoid in your home.

- Place furniture so you don't have to walk around it.
- Remove throw rugs or use double-stick tape.
- Pick up objects from the floor.
- Coil or tape wires and cords against the wall.
- Don't leave anything on the stairs.
- Check for broken, loose or uneven steps.
- Have a switch at both ends of the stairs.
- Fix loose or torn carpet.
- Replace or fix loose handrails.
- Replace burned out light bulbs.
- Don't store things of high shelves.
- Use a steady step stool.
- Put a non-slip rubber mat in the bathtub.
- Install and use hand rails.
- Place bedroom lights where easily reached.
- Put nightlights where needed.

Other things you can do to prevent falls

- Exercise regularly.
- Check your medicines with your doctor or pharmacist.
- Have your vision checked regularly.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house.
- Improve the lighting in your house. Uniform lighting is best
- Paint the edge of stairs with a contrasting paint colour.
- Keep emergency numbers near your phone.
- Place a phone near the floor in case you fall and can't get up.



The Sage Annual Report
is published for members and
is available for viewing at Sage or on our
website
www.mysage.ca
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ABC83110 2013/01

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by Terrie Shaw

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\$10.00 for print (does not include frame)

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Size of picture is 9"x11.25"



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Both are available for purchase at Sage.

Delivery Available

Sage Members
\$5.00 +GST
Non Sage Members
\$10.00 +GST

sage. savories

Heat-up-at-home meal solutions

Many of our menu options are "Health Checked" by the Heart and Stroke Foundation. Please see message below for more information.

Baked Glazed Ham

Glazed with a sweet mustard sauce. Served with scalloped potatoes and green beans.

Breaded Pork Cutlet

Smothered in a mushroom gravy. Served with mash potato, peas & carrots.

Roast Chicken and Stuffing

Roasted chicken legs and thighs served with a savory bread stuffing, gravy, mash potato and kernel corn.



Roast Alberta Beef

With a rich pan gravy, mash potato and carrot coins.



Salisbury Steak

Smothered in a browned onion gravy. Served with mash potato and green beans.



Shepherd's Pie

Topped with mash potato and gravy. Served with a vegetable medley.

Chicken Pot Pie

Served with rice pilaf and peas & carrots.

Ukrainian Plate

Cheese perogies in sour cream onion sauce, baked cabbage rolls, meatballs in a mushroom gravy and glazed turnips.



Poached Salmon

A wild Salmon filet in a dill cream sauce. Served with rice pilaf and green beans.

Grilled Liver & Onions

Served with mash potato, gravy and brussels sprouts.



Roast Turkey and Stuffing

Served with gravy, mash potato and peas & carrots.



Roast Pork Loin

With an apple stuffing, smothered in gravy. Served with mash potato and peas & carrots.



Chicken Stir Fry

Oriental cut vegetables and chicken in a ginger stir fry sauce. Served with rice & peas.



Vegetarian Chili

Roasted vegetables and beans in a mildly spiced chili. Served with rice pilaf and green peas. Very Healthy!



Beef Stew

Served with parsley potatoes and peas.

Corned Beef & Cabbage

Topped with a mustard cream sauce. Served with parsley potato and green beans.

Baked 3 Cheese & Meat Lasagna

Served with a vegetable medley.

Quiche Lorraine

Fresh mushrooms and ham baked in a rich egg & cheese pie.

Served with rice pilaf and peas and carrots.

Prices and menu subject to change. All meals are \$5.95 each. Buy 10 and get 1 FREE

SOUPS - \$3.25 each



- Beef Barley
- Chicken Noodle
- Green Pea & Ham
- Tomato Vegetable Rice

DESSERTS - \$3.50 each

- Rice Pudding
- Bread Pudding
- Apple Crisp
- Sticky Toffee Pudding
- Lemon Slice
- Strawberry Slice



The Heart and Stroke Foundation's registered dietitians have reviewed the **Sage Savories** Health Check menu options to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in Canada's Food Guide. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program.

For more information, visit healthcheck.org.

Available at the Sunshine Cafe at Sage or delivered to your door

Website: SageSavories.ca Email: sagesavories@MySage.ca For Delivery Orders: 780.701.9025

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