

SageLINK

Seniors Association of Greater Edmonton

January - March 2014



presented by



NOMINATE A SENIOR FOR A Sage Award

NOMINATIONS OPEN January 2, 2014
and CLOSE January 31, 2014

Awards Categories

Arts & Culture • Community Building • Education
Environment • Health & Wellness • Public & Non-Profit
Science & Technology • Social Justice • Sport & Leisure
Transportation

**Nominees and Award Recipients will be honoured
at our 8th Annual Sage Awards Luncheon
to be held on April 30th, 2014**

Nomination forms are available:

**Sage 780-701-9017 or JLparenteau@MySage.ca
Online at www.MySage.ca**

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Notice of Annual General Meeting

You are invited to the Sage Annual Meeting
June 11, 2014 at 10 a.m.
at Sage

VOLUNTEER WITH SAGE!

Sage offers interesting, fun, and sometimes
challenging opportunities to get involved.

Finding the right volunteer position can help
connect you to your community and to other
people with similar interests. It can also help
you learn new skills and even contribute to your
mental and physical health.



Message from Incoming Sage President

Diverse. Engaged. Committed: words to describe the Sage Board of Directors. I look forward to working with them over the next 18 months as President. Board members bring diverse life experiences, professional backgrounds, and ages to our meetings, all of which help enrich our discussions and deliberations. Among the skill sets are those of a chartered accountant, entrepreneur, gay rights advocate, high school English teacher, realtor, human resources consultant, lawyer, management consultant, nursing academic, politician, and psychologist. We have come together in the spirit of helping older adults be the best that they can for as long as they can.

Sage Board governance practices encourage engagement of Directors by including fiduciary, strategic, and generative components of leadership. The fiduciary component demands good stewardship of Sage's assets and monitoring of the use of its resources. The strategic component requires a logical, planned approach that shapes Sage's direction. Our strategic priorities for 2013-2015 include relationship and image development, stability of funding, adequacy of resources, and diversity of program, staff, and organizational activities to represent the multicultural community Sage serves. The generative component of Board governance draws on the values and insights of Board members to reflect collectively on topics that will help Sage to make a meaningful difference in the community. The Board made a decision to restructure each Board agenda under the headings of fiduciary, strategic, and generative agenda items. Many meetings include up to 30 minutes of open discussion around a topic such as advocacy, risk management, or social enterprise. Respectful listening to the contributions of each Director supports the forward progress of Sage.

Directors demonstrate commitment to Sage through their regular attendance at Board meetings, attendance at functions on behalf of Sage in the Greater Edmonton region, and participation in board leadership conferences that contribute to personal development as Board members.

I look forward to a productive 2014 with the Sage Board of Directors.

D. Lynn Skillen

SAGE BOARD OF DIRECTORS 2013 - 2014

Executive

President	D. Lynn Skillen
President Elect	Barb Burton
Past President	Bauni Mackay
Secretary	John Schiel
Treasurer	Lindsay McGill

MEMBERS AT LARGE

Adrien Tremblay	Daniel Morrow
Michael Phair	Mohamed Assaf
Reg Joseph	Joyce Tustian

Executive Director

Roger Laing

Board Highlights September-October 2013

- The Staff Presentation to the Board was on Food Services by Manager Wayne Sand. Recent changes have been made in staffing, menu development, breakfasts, and building Sage Savories. Volunteer recruitment / retention has been a huge challenge in the past. Fortunately we have two young people and they are both working 5 days a week. Wayne said "tremendous".
- The Board discussed the results of the Board Self Evaluation and explored Board Roles.
- Family Care Clinic planning has concluded the first phase and Sage has been involved.
- 3rd floor renovation / replacement of the compressors in the Café refrigerator/freezer have finished.
- We have received sufficient donations and grants for Safe House renos. Renovations have begun.
- We are now providing the Mennonite Centre for Newcomers with accommodation for its EAL classes.
- Staff Presentation on Social Work by Amanda Gravel and Tammy Houle. Using a holistic, case management approach, the social workers look at each client's needs in every component of life. They encourage and empower clients to be the best they can be.
- Integrated Community Response to Hoarding continues its work as does Age Friendly Edmonton.
- The Housing Forum was a fantastic success.
- Sage representatives made presentations at the Grey Matters Conference.

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 780-701-9006

Housing Eric Storey 780-701-9018

Multicultural Seniors Outreach 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

Uma Nath Hot Kitchen/Savouries 780-701-9022

Jacqueline Giesbrecht

Ernest Manning

Sage Savories Orders 780-701-9025

Volunteer Services

Volunteer Services Nicole Smith 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 780-701-9012

Assistant for CR JoLynn Parenteau 780-701-9017

Manager, Finance Colleen Jahns 780-701-9003

Staff Changes

- Nicole Smith joins Sage as Volunteer Coordinator.
- David Loper leaves Sage after 5 1/2 years in Communications.
- New Staff Shelly McGowan will continue work in Guardianship but will also work with clients who have been discharged from Safe House

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 January - March

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

Royal Tea & Tour at Hotel MacDonald - join Sage for High Tea at the Hotel MacDonald including tea, finger sandwiches, desserts, and an historical tour of the Hotel MacDonald. Must pay and register by March 6th

Date: Saturday, March 8th

Time: meet at 2:15pm

Location: Meet at Hotel MacDonald
(10065-100 Street)

Cost: \$50 per person incl. tax and gratuity

"History of Rock & Roll-Stars and Stripes" at Mayfield Dinner Theatre - a delicious, elaborate brunch buffet followed by a show featuring the evolution of American Rock & Roll. Hurry! Limited seats available. Lions bus will take us to & from.

Date: Wednesday, January 22nd

Time: Depart Sage at 9:45am

Cost: \$80.00 including brunch, show & bus

Evening Out at Kingsway Legion - enjoy a fun evening out at your local Legion hall for dinner. Please pre-register.

Date: Saturday, March 29th

Time: depart Sage at 6:45pm, return to Sage approx. 10:30pm

Location: Kingsway Legion- 14339-50 St.

Cost: \$15 incl. bus to & from and admission, \$20 for non-members

Ernest's at NAIT - a beautiful lunch buffet prepared by the culinary arts students at NAIT.

Register by January 30th

Date: Friday, February 7th

Time: Depart Sage at 10:30am (11:00 seating)

Location: NAIT

Cost: \$34 all-inclusive, \$40 for non-members

ESO & Winspear Overture Session - the Edmonton Symphony Orchestra and the Winspear Centre invite you to a one-hour information session & backstage tour. At the Overture session, you will hear from 2 or 3 speakers about the history of the ESO & 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: Friday, February 14th

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 Monday of the month

Time: Depart Sage at 10:00am

Cost: \$5.00 payable to Lions bus at departure

SAGE PROGRAMS, COURSES and more: January - March

(Open to members and non-members)

Robbie Burns Day Tea - join Sage as we celebrate the life and poetry of Robbie Burns. There will be haggis sampling, bagpipes, dessert, coffee and tea. Please register by Tuesday, January 21st.

Date: Friday, January 24th

Time: 1:00pm

Location: Sage Auditorium

Zumba Gold *FREE* Demo - join Sage February 11th at 10:30am for a free demonstration of the dance/cardio sensation, Zumba Gold.

Zumba Gold - "Forget the exercise; join the party!" Fun! Safe! Easy! Knee friendly and hip safe. Zumba for the older adult - Latin American & International dance inspired fitness. Excellent cardio & core workout. No experience necessary. Bring only your smile and water! Please register by February 14th. Join the Free Demo on Tuesday, February 11th!

Date: Tuesdays starting Feb. 18th

Time: 10:30am

Location: Sage Auditorium

Cost: \$48 member/ \$58 non-members

Legal Documents You Should Have -

Lawyer presenting on essential planning documents - for example personal directives, power of attorney, and wills. You must pre-register as session seating is limited.

Date: Tuesday, January 14th

Time: 10:00am

Location: Sage Room

Cost: Free

Guitar classes - always wanted to learn guitar or need a refresher course? This is a great opportunity for you! Bring your own guitar or one can be provided. Electric guitar lessons also available. Must pre-register.

Date: Thursdays starting Feb. 6th

Time: 1/2 hour lessons starting at 1pm to 3 pm

Location: Classroom A

Cost: \$30.00 per month or \$10/lesson

(Almost) Valentine's Day Tea - Join us for a lovely afternoon of live music, including songs



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from the Sage Singers and other music guests, delicious cheesecake, and coffee/tea. Register by February 11th.

Date: Thursday, February 13th

Time: 1:00pm

Location: Sage Café

Cost: \$7.00 members, \$9.00 non-members

St. Patrick's Party - join Sage for some St. Paddy's fun, including dessert and live entertainment. Purchase tickets by March 13th.

Date: Monday, March 17th

Time: 1:00pm

Location: Sage Café

Cost: \$7.00

Storms, Power Outages & More - Be Prepared!

Join Sage's Emergency Preparedness workshop from Barb Rankin to find out what you need in case of emergency. Please pre-register

Date: Wednesday, February 5th

Time: 1:00pm

Location: Sage Room

Cost: Free

Art Classes - a great chance to explore your artistic side. An introductory art class teaching different forms and styles of art. Supplies included. Must pre-register. Limited spaces.

Date: Mondays until May. Register by Jan. 13th

Time: 11:30am -1:30pm

Location: Classroom B

Cost: Free

iPad Session presented by EPL - hands-on session on iPads (focused on how to get library ebooks onto an iPad). Includes information for people who are considering purchasing an iPad, or who would like to know more about the one they

already own. (Bring your own iPad if you have one.) Please pre-register.

Date: January 29, February 19, March 12

Time: 2-3:30pm

Location:

Cost: \$2.00

Sage Bowling Club - 5 pin bowling every Friday at Bonnie Doon Bowling Lanes in Bonnie Doon Mall. Meet downstairs at Bowling Lanes. Look for the Sage Sign. For more info call Jeff at 780-474-8240.

Date: every Friday until April

Time: meet at 1:15 at Bonnie Doon Lanes

Location: Bonnie Doon Mall

Cost: \$4.50 per game plus shoe rental

Pole Walking Info Session – as easy as going for a walk! Pole walking is revolutionizing fitness and rehabilitation for individuals with chronic conditions, those recovering from injuries, and older adults who require more stability and balance when walking. Pole walking also:

- Improves core strengthening and posture
- Increases stability and balance
- Exercises the upper body, as well as the legs
- Reduces stress on hips and knee joints
- Increases stability and balance
- Increases cardiovascular and calorie expenditure compared to regular walking
- Eases hill climbing, and allows user to walk for longer distances with greater speed.

Date: TBA - Please pre-register.

Cost: \$2.00

*Contact Rachel at 780-701-9016 if you are interested in joining a pole walking group.



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Avon Calling! - join Sage every 3rd Tuesday of the month to look at the latest Avon products and to place or pick-up orders.

Date: January 21, February 18, March 18

Time: 11am-1pm

Location: Sage Café

Eating for a Healthy Heart Presentation - learn about good and bad fats, sodium surprises, label reading, blood pressure targets, and more to keep your heart healthy!

Date: Thursday, February 6th

Time: 10:30am

Location: Sage Room

Cost: Free

Downton Abbey Fan Club - do you love the show and want an opportunity to discuss it with fellow fans? Here's your chance! Join Sage's newest club and meet other enthusiasts!

Date: 1st Thursday of the month - starts Feb 6th

Time: 1:00pm

Location: Sage Café

Cost: Free

Strength Training 101 - Why bother to strength train? Strength training can have tremendous health benefits, such as cardiovascular health, bone strength, and balance, in addition to encouraging weight loss. This class is designed for people (45–95 years) with NO PRIOR weight training experience, or those with some questions for the trainer. This is an educational class to learn about proper techniques and to gain an understanding. Little participation is required (this is not an exercise class), but dressing comfortably with clean runners may be helpful if you would like to give some things a try.

Date: Tuesday Jan. 28th

Time: 11:00am

Location: Sage Auditorium

Cost: Free

Spanish for Beginners- a fun, 8 week course focusing on basic grammar, vocabulary and travel-related topics such as hotels, time, bartering. This is a perfect opportunity to learn a new language or brush-up on Spanish before traveling. Register by Wednesday, February 19th.



the Snow Angel

Say thanks to a neighbour helping you with snow shovelling by nominating them as a Snow Angel.

Visit Edmonton.ca/snowangels for nomination details.

Edmonton Neighbourhood Council, The Home Depot, The City of Edmonton

Date: Mondays- February 24th-April 14th
Time: 1-3pm
Location: Classroom B
Cost: \$49 members, \$59 non-members

Group Fitness Sessions - a great chance to meet people and get some exercise! Classes are instructed by a personal trainer who can also offer customized tips and exercises. Must pre-register.
Date: Mondays starting January 6th
Time: 2:00pm
Location: Auditorium
Cost: \$40/ week or less if you share with a friend.

We All Fall Down - Easy Steps to Prevent Falls - don't wait until it is too late! Everyone is at risk of falling even if you are perfectly healthy. Join retired nurse Barb Rankin to find out some simple steps to keep safe and good habits to remember. Please pre-register.
Date: Wednesday, January 15th and March 19th
Time: 10:30am
Location: Small Meeting Room 3rd floor
Cost: Free

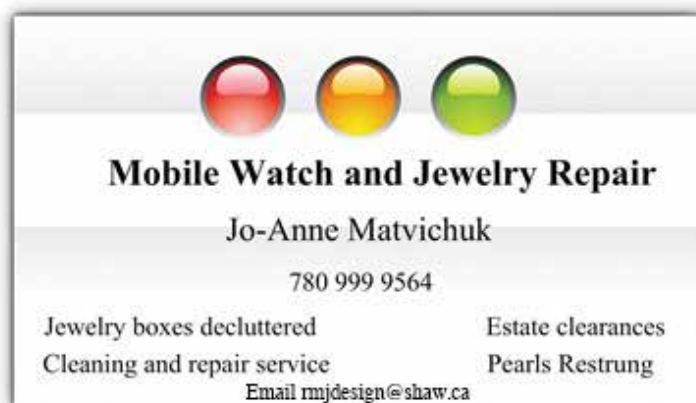
Breathe Easy - learn about your lung health and how to help keep your lungs healthy. Find out what the air quality index means, home radon tests, exercises and more. Learn more about signs and symptoms of asthma, COPD, and pneumonia. Presented by the Alberta Lung Association.
Date: Wednesday, January 29th
Time: 10:00am
Location: Sage Room
Cost: Free

BrainFitness Information session- thinking of signing up for BrainFitness, but want to learn about it first? This is an opportunity to learn about Sage's one-of-a-kind program that helps to keep your brain sharp. BrainFitness has been proven to help you think faster and improve memory. Classes begin in February.
Date: Tuesday, January 28th
Time: 1:00pm
Location: Sage Room
Cost: Free

BrainFitness and Insight Classes - Keep your brain in shape with these computer programs designed to stimulate the mind and enhance visual memory. Students in previous classes have reported great results. These programs require no previous computer experience, and are guided by an amazing instructor who focuses on holistic health. Spaces are limited so register early!
Date: Mondays, Tuesdays, and Fridays
Classes run February 21st – May 30th
Time: am and pm class available
Location: Sage Computer Lab
Cost: Only \$75 - thanks to ECALA grants

Shingles Presentation -This hour long presentation will discuss causes, how to reduce your risk of developing shingles (including vaccines), and treatment.
Date:
Time: To be announced
Location:
Cost: Free

Funeral Pre-Planning - Be prepared and be informed - With today's personal tastes changing from old time traditions, pre-planning funeral arrangements allows all members of the family to be aware of decisions being made. Everyone can think more clearly, plans can be made without emotional spending, and the family is aware of the person's wishes. Please pre-register.
Date: Tuesday, March 11th
Time: 1:00pm
Location: Craftroom
Cost: Free refreshments provided



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Arthritis 101 - learn more about prevention of arthritis, signs and symptoms to look out for, as well as ways to help manage life if you do have arthritis. Please pre-register.

Date: Tuesday, March 4th

Time: 1:00pm

Location: Classroom B

Cost: Free

***New* Drop-in Drama** - a group for all ability levels. They will focus on creating characters, stories, and scenes based on participants' memories and reminiscences using theatre games, improv, laughter, and fun. Light refreshments provided. Drop-in and give it a try! Call Rachel to register.

Date: To be announced

Time: 10-12pm

Location: Sage Auditorium

Cost: \$2 weekly drop-in fee

Sudoku Class - learn how to do these simple number puzzles, or come and sharpen your skills. They are not only fun, but keep your brain sharp too! Offered the 2nd Wednesday of every month.

Date: Wednesdays: Jan. 8th, Feb. 12, Mar. 12th

Time: 10:30am

Location: Small meeting room (3rd floor)

Cost: Free

Reminisce about the Newspaper – Were you a newspaper carrier? Play in the Edmonton Journal Paper Boys Band? Have a favourite comic strip? Faithfully do the cross-word puzzle? Follow your favourite sports hero through the sports pages? Clip recipes or 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: Jan 15, Jan 29, Feb 5 & March 5th.

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

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humor sure to hit the funny bone! Come to one or come to all. Held at 1:30pm in the Craftroom. Please register at least one day in advance for sessions. Cost: \$1.00 per session

Dates:

January 8 - Assertiveness

January 22 - Passive Aggressive Behavior

February 5 - Manipulation

February 19 - Neurosis

March 5 - Anger

March 19 - Guilt

***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

Time: 11:00am

Location: Sage Café

Cost: Free

Computer Sessions - Beginner Internet, Facebook, Skype or Twitter 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 to freshen up your skills. Offered by Raye Dolgoy Bridge Club's game director Henry Chung, on Wednesdays and Fridays from 10:00-11:00am. 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 Room

DROP-IN ACTIVITIES AT SAGE January - March

(Open to members and non-members)

***New* Blood Pressure/Glucose Monitoring & Medication Review** - regularly checking your blood pressure and blood sugar readings is important to maintaining a healthy lifestyle. To help you achieve this, Pharmacare Specialty Pharmacy

Practical Relaxation Classes

\$10 per class (first class is \$1)
at the Unitarian Church, 10814 - 119th Street
Mondays, Wednesdays and Fridays 10 am to Noon
Bring 2 throw pillows and a blanket
Commitment-free, just drop in

quiet your mind, breathe

*move your body and enjoy a sampler of
ancient and modern practices for well-being*

Questions? www.securepeace.org or phone 780.238.9421

will be offering complementary blood pressure and blood glucose testing clinics. Clinical pharmacists will also be able to answer any questions that you have about the medications that you are taking.

Date: 3rd Tuesday of the month: Jan. 21, Feb. 18, Mar. 18

Time: 11-1:00pm

Location: Sage Café

Cost: Free

Holistic Twist - an informal, twice monthly 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 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, Jan. 17, Feb. 14, Mar. 14

Date: Tuesdays, Jan. 21, Feb. 18, Mar. 18

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 Free movie. Popcorn for just \$1.00!

January 17: "The Lone Ranger"

February 21: "Jobs" - bio pic about Steve Jobs

March 21: "The Butler"

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: Jan. 30, Feb. 27, Mar. 27

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

It's Game Time! The Games Room is on the main floor of Sage. Come and play scrabble, checkers, board games, or do puzzles.

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.

January 14 - Le Dutch (10030 Jasper Ave.)

February 11 - Olde Spaghetti Factory (10220 103 St)

March 11 - Red Lobster (10111 171 St)

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.

January- Destination TBA, January 16th

February - Destination TBA, February 20th

March - Destination TBA, March 20th

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

Date: 3rd Tuesday of the Month

Time: 1:00pm

Location: Sage Café

Cost: Free

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***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.

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: Every Tuesday

Time: 10:00am

Location: Sage Café

Cost: Free

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

Date: Jan. 8, Feb. 12, Mar. 12

Time: *New Time* 10:30am

Location: Sage Café

Cost: Free

GROUPS AND CLUBS AT SAGE

(Sage Members Only) Membership is just \$25.00

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 to refresh their Bridge skills is welcome to register for lessons. Register by calling Rachel at 780 701-9016. The group meets Mondays for competitive play.

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 theatre experience. The cost to join is \$20.00 per year.

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

Snap-Happy Photography Group - do you love to take pictures and want a chance to show them off or discuss them with a great group of people? Do you need some help operating your digital camera? Join Sage's NEW photography group. We will meet the second Thursday of every month at 10:30am in the Raye Dolgoy Room. This group is free to join!

Dates: January 9th, February 13th, March 13th

Over The Rainbow Discussion Group -

This support group is for Gay, Bi-Sexual or transgendered seniors, and/or seniors who would like to understand their gay family members. You can just drop by, phone Jeff at (780) 474-8240 or email at tuff69@telus.net

Date: Every Thursday

Time: 1:00pm

Location: Sage Craftroom

Cost: FREE

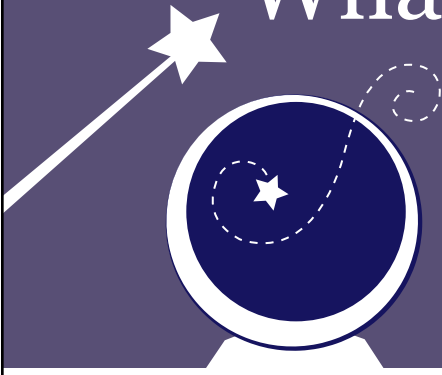
SAGE PROGRAMS AND SERVICES

Information and Support Services

Information and Support Services provides Assessment and Outreach services to older adults and their family members through the provision of resources, information, and support. Social work staff offer assistance with an array of issues. They begin their work by completing a comprehensive review of the individual's

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needs. This assures that they are providing the type of service the person requests. Staff then connect individuals to the appropriate resources or services, by connecting them to internal or external programs for further assistance.

Information and Support Services helps older adults and their families address social, emotional, and psychological issues that impact their lives. The Assessment staff's role is to provide information and support in areas such as: what someone needs to know when turning 65, completing pension forms, helping find the right medical care or in-home supports, and help finding the appropriate housing to meet their needs. Social work staff also help those wanting to find their way out of abusive or hoarding situations. In addition, they assist older adults in identifying other more complex needs. These individuals would then be directed to the Outreach staff.

The Outreach staff work with older adults with longer term, more complex needs, who have multiple barriers requiring more than a few visits. Staff work with the individual through home visits and community visits. Working with other service providers, they do community case conferencing. In providing this type of unconditional support, the goal is to help the older adult achieve their goals, and to ensure that their concerns have been heard and addressed.

Along with other senior-serving Outreach Workers in the community, this program works towards addressing the needs of isolated and/or at-risk seniors within the Edmonton community.

Please contact the Information and Support Services staff by phone, email, or by dropping into Sage.

If you wish to meet with the staff, we encourage you to book an appointment by calling staff at 780-701-9019. This will save you from the inconvenience of having to wait any length of time.

INCOME TAX PROGRAM 2014

During March and April 2014, Sage will once again be providing free income tax preparation services for older adults with lower incomes and simple returns. The service is staffed by volunteers who have been trained by the Canada Revenue Agency, and have past experience in completing returns.

In order to access the income tax program, income levels must be in the range of \$35,000 or less for singles, and \$45,000 or less for a couple. Tax returns cannot include income from rented property, farming, or capital gains, except for capital gains reported on a slip such as a T3 or T5.

To make an appointment, call 780-423-5510 beginning Tuesday, February 18, 2014.

Income Tax Volunteers

Our volunteer tax program can't run without capable volunteers to assist us! We are looking for volunteers who can commit to at least one half-day per week during March and April.

Previous experience in completing simple tax returns is required. You also need to attend a training session provided by Canada Revenue Agency to learn about changes for the 2013 tax year, and to work with the tax software used. Sage also has a training session required for volunteers.

If you are interested in helping in this vital role, please contact Nicole Smith, Volunteer Services Coordinator at 780-701-9014.

For more information about this program, contact Colleen Jahns, Finance Manager at 780-701-9003.

VOLUNTEER WITH SAGE!

Sage is currently seeking friendly, organized volunteers who can work with Home Services on Tuesdays, Wednesday and/or Fridays between 9:00 am and 4:00 pm. Morning, afternoon, and all day shifts are available.

If you are interested in adding your skills (or learning new ones!) to the Sage team, please contact Nicole Smith at 780-701-9014, or by email at nsmith@mysage.ca. Volunteer application forms are also available at the front desk of Sage.

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