
SageLINK

Seniors Association of Greater Edmonton

September - October 2014

SAGE HOME SERVICES

Sage Home Services provides referrals to registered service providers for a variety of home support and maintenance needs. Service categories include: carpentry and renovations, companionship and home support, computer service, furnace repair, hairdressing, handyman, housecleaning, junk removal and small moves, move management, plumbing, realtors, transportation, window cleaning, yard maintenance and many more.

Call Home Services at 780-701-9011 for more information

Fall Yard Cleanup and More!

Do you need your eaves troughs cleaned? Would you like to have your garden or flower beds cleaned out? Our registered Yard Maintenance companies can help you prepare your lawn and yard for the long winter ahead. Call Sage Home Services to book your fall clean up.

Snow Removal Services

Sage Home Services can help with the challenge of snow removal. Our Home Services program has two options for snow removal. The first option is to provide referrals to screened snow removal contractors. Contractors set their own rates and have the manpower to provide reliable and timely snow removal.

Sage Snowbusters Program



SNOWBUSTERS

Community leagues or groups sign up to provide seniors with timely, affordable snow removal in their communities. And it's an opportunity for seniors to support their local community.

Call Home Services if you need help with snow removal or to see if there is a Snowbusters group in your neighborhood.

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Message from the President

D. Lynn Skillen

Intercultural. Intergenerational. Interprofessional.

The Board of Directors at Sage will be thinking in these terms as we conduct our strategic planning sessions with Sage staff, consider desired key results and outcomes, and set priorities.

Intercultural is about changing our mindset from “living beside” (multicultural) to “reaching across boundaries” (intercultural). An intercultural approach fosters dialogue, interaction, and connections at community and organizational levels, enhancing our sense of belonging and identity. Thinking interculturally, the Board will consider issues related to relations within the seniors sector and connectedness.

Intergenerational activities encourage a mix of youth and mature adults in various settings. An intermingling of generations reduces isolation and is nourishing for young and old. Youth share their energy; mature adults share their wisdom and demonstrate stability. As the Board considers priorities and opportunities, it will explore avenues for the mix of generations to promote respect and help each generation feel valued.

Interprofessional activities work especially well for a team-based approach to chronic mental, physical, and social challenges. Each professional on the team works to full scope and communicates respectfully with other team members. The Board at Sage is one example of an interprofessional team that draws upon members’ experience and knowledge to arrive at evidence-informed decisions about Sage’s direction and activities.

At Sage we may come to create an intercultural seniors working group, offer an event with different ethnic foods and have seniors talk about their significance, or develop programs of education and community building intentionally to learn from each other. The GeriActors and Friends are already an intergenerational theatre group that began at Sage in 2001. The United Way’s focus on creating pathways out of poverty will stimulate opportunities for Sage programming that might assist seniors to promote children’s literacy skills, volunteer as grandparents, or even share a love of music with youth. To promote Sage’s interprofessional activities, the Board has been overseeing the development of a proposal for a Wellness Centre at Sage in collaboration with established seniors’ clinics. The year ahead will be stimulating.

Sage Board of Directors 2013-2014

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Executive Director	Roger Laing

Is it time to renew your membership?

Sage Membership fees directly support seniors living in Edmonton and area, and gives you easy access to our programs, activities, and courses. For more information, contact:

JoLynn Parenteau at 780-701-9017

Sage Staff Directory

Main Switchboard 780-423-5510

Life Enrichment - Rachel Tassone 780-701-9016

Home Services - Jeannie Karayiannis 780-701-9007

Home Services Assistant - Alexa Balen 780-701-9011

Home Service Requests 780-701-9011

Social Work Services

Support & Information 780-701-9019

Outreach - Deborah Miville 780-701-9020

This Full House (Hoarding) - Doneka Simmons 780-701-9005

Guardianship/Trusteeship & Co-Decision Making 780-701-9006

Karin Tully and Shelley McGowan

Housing & Multicultural Seniors Outreach 780-701-9018

Theresa Goba

Safe House 780-426-3746

Anjulie Talwar and Amanda Gravel

Food Services 780-701-9022

Duncan Scott - Manager 780-701-6022

Uma Nath

Jacqueline Giesbrecht

Ernest Manning

Sage Savories Orders 780-701-9025

Volunteer Services - Barb Carroll 780-701-9014

Administration

Executive Director Roger Laing 780-701-9001

Director of Operations Bernice Sewell 780-701-9002

Administrative Coordinator Emily Weisbrot 780-701-9009

Director of Community Relations Karen McDonald 780-701-9008

Communications Coordinator Nicole Smith 780-701-9012

Asst. for Community Relations JoLynn Parenteau 780-701-9017

Manager, Finance Colleen Jahns 780-701-9003

Board Highlights

May-June 2014

- Revised bylaws were passed at the Sage Annual General Meeting.
- All three board committees (financial, nominating, and executive) will undertake evaluations that will be used to generate a report in September.
- The board received the Wellness Centre feasibility and business plans developed by K. MacDonald, Director of Community Relations.

Staff Changes

Emily Weisbrot has joined Sage as our Administrative Coordinator.

Volunteer with Sage!

At Sage, a powerful sense of mission influences everything we do. We want every senior to live a full and healthy life, to do as much as they can, as well as they can, for as long as they can. To do this well, we need great volunteers who are eager to join that mission. Sage offers a wide range of interesting, fun, and engaging opportunities for **volunteers of all ages**.

Interested in learning more? Contact Barb Carroll by phone at 780-701-9014 or email bcarroll@mysage.ca.

Questions about seniors programs and services?



Many organizations in the Edmonton area serve seniors, but people often don't know where to begin their search. You can now call one number to be connected to info, programs, and resources in the community. Have a

question about resources and supports for seniors? Just dial 2-1-1.



Wellness Matters

Barb Rankin

A Lot of Healthy Talk:

The Importance of Social Wellness

Wellness is an active process of change and growth, and not just the absence of disease or infirmities. Wellness has several dimensions: physical, mental, spiritual, emotional, intellectual, occupational, environmental and social.

In recent years, neuroscientists have caught up with the wisdom of the 17th century. Back then, John Donne wrote, "No Man is an Island".

It is important to understand how essential it is for us to stay connected and engaged with other people, especially as we age. Many studies have shown that maintaining meaningful relationships and social interactions are some of the key ingredients in the recipe for cognitive sharpness.

Seniors face challenges when it comes to situations where they may experience loneliness and isolation, and this poses serious dangers to the healthy aging process. Even in prime conditions, seniors can still face these challenges. Unfortunately, it is when the aged are most in need of the cognitive benefits afforded to them by interacting with other people that they tend to isolate themselves and shrink back from their social lives. Retirement, death of a loved one, and a number of other factors make this tendency understandable, but it doesn't mean it has to be that way. Most times, it's very difficult to weather sorrows all alone, so having social connections make one's journey easier to accept and work through. Socializing will help us remember more, and think more clearly, thus improving our focus.

So make sure to actively make social connections, because social connections play an important role in emotional wellness!

Tips for Building your Social Wellness

- Actively schedule social interactions.
- Make an effort to meet new people.
- Become a volunteer or take a course - it's an excellent way to meet new people.
- Join a support group.
- Take short walks or hop the LRT - invite a friend along.
- Go out for lunch - try something new.
- Visit an art gallery or a museum - make it an outing for the day with chums.
- Mingle at a seniors' centre - perhaps play cards or scrabble or just relax and chat.
- Keep an open mind.
- Maintain as healthy a body as possible, and seek medical care, if needed.
- Cope effectively with stress - exercise daily, as appropriate.

Tip: Laughter is the best medicine. Belly laughs and giggles release endorphins. These are chemicals that our bodies produce that make us feel good.

Is it time to renew your membership?

Sage Membership fees directly support seniors living in Edmonton and area, and includes a subscription to the SageLink newsletter, easy access to our programs, activities and courses, and free use of our public access computers.

Membership fees are:

- \$26.25 per year/person
- \$78.75 for 3 years
- \$131.25 for a lifetime (age 65+).

Contact JoLynn Parenteau at 780-701-9017.

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PARTNERSHIP PROFILE



When asked about his company's relationship with Sage, Sumeet Shinde, Director of Strategic Partnerships for Northern Alberta for Pharmacare, says that it works because it is such a good fit. "Our visions align," he responds when asked why Pharmacare supports Sage. "We want to deliver the wrap-around care, support, and services that can provide seniors with an enhanced quality of life, and so does Sage."

Pharmacare is a specialty pharmacy group that has been working in the greater Edmonton area for 40 years, providing products, services, and programs focused on demographic groups with differentiated care needs, including seniors.

When they first became aware of Sage's strong reputation, they reached out to support us. "Sage is well recognized as doing good work," says Mr. Shinde. "We're fans."

The relationship began with general support from Pharmacare, who - in addition to sponsoring our annual Sage Awards - have organized two independent fundraising events on behalf of our organization. This year, they provided funding that made it possible for a member of our staff to attend specialized training on Hoarding, and for Sage to run an exhibitor booth at the same conference.

Over time, the partnership has evolved, and they came to realize that they could have an immediate and important connection with the residents of our Safe House. "It's a natural connection that emerged as the result of a good relationship," he says. "It is a good fit."

A Pharmacare pharmacist works with our Safe House residents to evaluate their prescriptions and needs, to dispense medicine on-site, and to provide them with wellness education and information about resources and support as needed. The pharmacists who visit our Safe House are backed by a team of professionals at Pharmacare who can help our seniors understand a wide range of issues related to wellness, including which medical subsidies they may qualify for.

Pharmacare emphasizes the importance of partnership, and Mr. Shinde encourages other people to get involved with Sage and to support Edmonton's seniors. "As that particular demographic grows," he says, "it will be important that we have strong connections between people and organizations to ensure that voices are heard, innovative practices are supported, and our seniors continue to receive the care they require to have a good quality of life."

Save the Dates!

Understanding Seniors' Benefits

Friday, Sept 19 1:00 - 4:00 pm

For seniors turning 65 or those who already are! Learn about eligibility, and how and where to apply for Old Age Security (OAS) and Guaranteed Income Supplement (GIS).

Please pre-register.

Flu Clinic

Wednesday, October 8

9:30-11:30 am

Help fight the flu bug battle and get your flu shot! Bring your Alberta Health Care number immunization record.

No appointments required.

Legal Documents You Should Have

Tuesday, October 21 at 10:00am

Join us to hear a lawyer presenting on essential planning documents, including personal directives, power of attorney and wills. Please pre-register.

LIFE ENRICHMENT

Please call Rachel (780-701-9016) or Sage reception (780-423-5510) for more information or to register for classes or activities.

SAGE PROGRAMS, COURSES and more: September - October

Better Balance Classes (Slips, Trips & Falls Prevention) - presented by U of A student clinic. Is your balance less than it used to be? Is changing a light bulb too difficult to perform? Do you tire easily by performing a simple task? Join us for a one hour intense balance and exercise class to restore your balance! The Better Balance Classes will help older adults reduce falls, and improve physical function and balance. Register by Tuesday, September 2.

Date: Mondays, Sept 8 - Dec 1

Time: 2:30 - 3:30 pm

Location: Sage Auditorium

Cost: \$55 (\$5/session for 11 sessions)

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Walk Your Way to Better Health - a "Talk 'n Walk" Intro to Pole Walking. Like cross-country skiing without the skis, you will learn the Urban Poling Technique that is equally as valuable on paved trails and city sidewalks as rugged paths to mountain peaks! There will be a 30 minute presentation & 30 minute urban-pole trial (dress for the weather). Pole walking improves core strengthening and posture, reduces stress on hips and knee joints, and increases stability and balance.

Date: Wednesday, September 3

Time: 10:00 am

Location: Sage Auditorium

Cost: \$5.00

Sage Walking Group (with poles or no poles) - a great opportunity to get out and get moving with a fun group of people! Open to everyone. Bring your Nordic Poles if you have them. Group goes rain or shine (the ped-ways in the rain). Meet in the Sage lobby.

Date: Wednesdays

Time: Depart Sage at 10:00 am

Fire Safety Smarts - presented by Edmonton Fire Department. Topics include: proper use of space heaters, smoking, smoke alarm importance and use, a fire safety plan, candles, cooking safety, what to do in the event of a fire, plus a few other items. Please pre-register.

Date: Thursday, September 4

Time: 10:00 am

Location: Sage Room

Cost: Free

Conversational Chat Group - for seniors learning English. This informal chat group is a great chance to practice your conversation skills with others. Hosted by a volunteer group leader. Refreshments provided.

Date: Tuesdays, starting September 9

Time: 12:00 pm

Location: Sage Sunshine Café

Cost: Free

Foot Care & Comfort Presentation by Sweet Soles Inc. Learn about the importance of addressing foot and leg needs such as compression stockings, arch supports, diabetic socks, proper slippers, and more.

Date: Wednesday, September 10

Time: 1:00 pm

Location: Sage Room

Cost: Free

Spanish Classes for Seniors - For traveling & fun! Want to learn SPANISH? Want to explore new cultures? Like to meet new people? Sage is offering 8 sessions of Spanish for seniors that are Basic/Intermediate and Conversational. Register by September 10.

Small class size (minimum 4)

- Music classes to learn Spanish songs
- Latin-American cultural activities
- Taught by experienced and qualified Spanish-speaking teacher

Date: Thursdays, Sept 18 - Nov 6

Time: 1:00 pm – 3:00 pm

Location: Classroom A

Cost: \$10 for all 8 sessions

Understanding Seniors' Benefits - for seniors turning 65 (primarily low-income seniors), or those who already are! Learn about eligibility, how and where to apply for Old Age Security (OAS) / Guaranteed Income Supplement (GIS): Can I continue to work? If so, how much of my employment income is clawed back? How does my employer's pension plan affect my eligibility for OAS/GIS? As a senior, what other health benefits am I entitled to? How do I report Seniors' Benefits on my Income Tax Return? How can I access other financial and community resources? Please pre-register.

Date: Friday, September 19

Time: 1:00 - 4:00 pm

Location: Sage Room

Cost: Free

Learn to Paint Series - a 12 week class teaching the basics of drawing, how to paint, colour mixing, and more. Designed for beginners. Must register by Sept. 12.

Date: Mondays, Sept 22 - Dec 15

Time: 1:00 pm

Location: Craftroom

Cost: \$109.00 including art supplies

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!

Dates:

September 17 - Dealing with Today

October 1 - Communication 1

October 15 - Communication 2

October 29 - Self Esteem

Time: 1:30 pm

Location: Craftroom

Cost: \$1.00 per session

Beginner Computers - 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: September 8-24, October 6-29

Time: 2:30 pm Mon/Fri; 1:00 pm Wed

Location: Computer lab

Cost: \$5.00 - thanks to ECALA grants

Computer Sessions - Beginner Internet, Facebook, Skype or Twitter are being offered at Sage. Classes will be offered in small groups or one-on-one sessions. These classes will be lead by a volunteer instructor and only cost \$5 each thanks to ECALA grants. Please call Rachel 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. Call Rachel for more info or to register. You MUST register for lessons.

Date: Wednesdays & Fridays

Time: 10:00 -11:00 am

Location: Sage Raye Dolgoy Room

Cost: \$50.00 for 20 Comprehensive lessons (learn to play bridge) or \$5.00 for specific/refresher lesson.

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. Register now for the September 2014 session - spaces are limited so register early!

Date: Mondays, Tuesdays and Fridays

Time: am and pm class available

Location: Sage Computer Lab

Cost: Only \$75 - thanks to ECALA grants.

Fit Forever Festival - join the fun! An Age Friendly Edmonton event. The purpose of the festival is to:

- connect/educate people to existing program options, equipment and adaptation.
- provide fitness information to seniors.
- offer a chance to sample innovative programs.

Date: Tuesday, October 7

Further details to be announced. Contact Rachel at 780-701-9016 for information.

Flu Clinic - help fight the flu bug battle and get your flu shot! For Sage's clinic please: wear a short-sleeve shirt/blouse, bring your Alberta Health Care Number and Immunization Record (white card).

Date: Wednesday, October 8

Time: 9:30 am - 11:30 am

Location: Auditorium

Cost: Free

Legal Documents You Should Have -

Lawyer presenting on essential planning documents: for example, personal directives, power of attorney, and wills.

Date: Tuesday, October 21

Time: 10:00 am

Location: Sage Room

Cost: Free

Frauds & Scams Prevention - designed to teach seniors about the frauds and scams that are circulating by mail, telephone, in person, or on the internet. The goal is to help seniors discover how these scams work and arm you with questions to ask, so that you can avoid victimization and spread the word among your friends. Presented by the Financial Empowerment Network (a group of social workers and professionals working in senior serving agencies). Please pre-register.

Date: Monday, October 27

Time: 10:30am

Location: Sage Room

Cost: Free

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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

SAGE LUNCHES PARTIES and more: September - October

Open to members and non-members.

Thanksgiving Buffet - give thanks at Sage as we enjoy a delicious, deluxe Thanksgiving Dinner Buffet with all the trimmings, plus salads, cranberry sauce, dessert and coffee/tea. Enjoy live music from "Music for the Soul" performed during dinner. Purchase your tickets by October 6. Entertainment sponsored by Churchill Revera.

Date: Thursday, October 9

Time: 11:30am

Location: Sage Auditorium

Cost: \$15.95 members, \$17.95 non-members

Halloween Party - get out your Halloween costumes and join in the fun (or come as you are)! There will be live music, prizes, Halloween treats and more! Please pre-register for catering purposes.

Date: Thursday, October 30

Time: 1:15pm

Cost: Free - thanks to Dignity Memorial

\$8 Monthly Lunch Deal - join Sage the third 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 luncheon free. Purchase tickets by the preceding Fridays - September 12 and October 17

Date: Tuesdays - Sept 16 and Oct 14

Time: 11:30 am

Location: Sage Café

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

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

September 9 - The Manor Casual Bistro (10109-125 St)

October 14 - Characters Fine Dining (10257-105St)

Sage Monthly Birthday Party: Sage celebrates birthdays the last Thursday of every month at 1:00 pm with birthday cake and live entertainment. This party is for everyone, so join in the fun, even if it isn't your birthday month!

Date: September 25,
October 30 (also our
Halloween Party!)

Location: Sage Café

Cost: FREE Cake and Live
Music!

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DROP-IN ACTIVITIES AT SAGE

September - October

***New* 'Brainiacs' Drop-in Activity group** - have fun learning to challenge your brain with training

games, and new tips & tools on how to maintain an active, healthy brain. Also a great chance to meet people and share some laughs. Held the third & last Thursday of the month.

Date: September 18 & 25; October 16 & 30

Time: 10:00 am

Location: Sage Café

Cost: Free

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: Second & fourth Wednesdays of the month

Time: 1:30 pm

Location: Sage Café

Cost: Free

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

Date: First Thursday of month

Time: 10:00 am

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 second Wednesday of the month.

Date: September 10; October 8

Time: 10:30 am

Location: Sage Café

Cost: Free

Monthly Movie & Popcorn - come and join us for a movie and popcorn on the third Friday of the month for just \$1.00!

Dates:

Sept. 19, Son of God (PG-13)

October 17, Chef (R) - a comedy

Time: 1:00 pm

Location: Auditorium

Cost: 1.00

Jennie Wilting Discussion Group - a discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. This group meets on the third Tuesday of the month. Dates: September 16, October 21

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

Date: Every Monday

Time: 1:00 pm

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.

Avon Calling! join Sage the third Thursday of the month to look at the latest Avon products, and to place or pick-up orders.

Date: September 18, October 16

Time: 11:00 am -1:00 pm

Location: Sage Café

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

Dates: September 16, October 21

Time: 1:00 pm

Location: Sage Café

Cost: Free

The Happy Travelers Slide and Video Shows are on the third Thursday of each month in the auditorium. There are many superb narrated slideshows from around the world. There is no need to reserve a spot - just come on down and join us! The club accepts loonie/toonie donations for Sage.

September 18: Jordan

October 16: Churchill (summer & winter)

*If you can offer a couple hours of your time on the 3rd Thursday of the month, please call Rachel to be a part of the Happy Travellers. Volunteers get to enjoy the slide show and get a free cup coffee, too!

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 last Tuesday of the month.

Date: September 30, October 28

Time: 10:00 am

Location: Sage Café

Cost: Free

Weekly Crib Game - a great chance to play crib while meeting other people. Join us every Wednesday!

Date: Wednesdays

Time: 10:30 am

Location: Sage Café

Cost: Free

SAGE DAY TRIPS September - October

Lougheed Hotel and Camrose area - enjoy Guinness World Record winning schnitzel for lunch at the Lougheed Hotel, followed by an afternoon touring Camrose area and Augustana College. A great Autumn day! Register by September 4.

Date: Friday, September 12

Time: depart Sage at 9:00 am

Cost: \$30.00 (\$36.00 non-members) including bus, tour, and lunch. Thanks to a donation from Connelly-McKinley Funeral Homes.

Smokey Lake Pumpkin Festival - back by popular demand! Every October, the Town of Smoky Lake hosts the Great White North Pumpkin Festival. In addition to the gigantic pumpkins and gourds, there is also a threshing demonstration, a farmers' market, fair grounds, car show, delicious lunch, and more! Ticket sales deadline is Thursday, October 2.

Date: Saturday, October 4

Time: depart Sage at 9:00 am

Cost: \$5.00 (you must purchase your own lunch and gate admission at festival). Thanks to a donation from Connelly-McKinley Funeral Homes.

SAGE FIELD TRIPS September - October

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

St. Albert Farmers' Market - a day to wander downtown St. Albert and the Farmers' Market at your own pace. The St. Albert Farmers' Market is the largest outdoor market in Western Canada, with a variety of top market-quality products that are home baked, home grown, or handmade. Must pre-register.

Date: Saturday, September 6

Time: Depart Sage 9:30am; return 1:30pm

Cost: \$15 member (\$18 non-member) bus only. Lunch, purchases, etc. not included.

City Hall Tour - this guided tour provides insight into Edmonton's local government and offers the opportunity to experience first-hand what happens at City Hall. There might even be a chance to sit in on a Council session! Must pre-register.

Date: Wednesday, September 10

Time: Depart Sage at 12:30 pm

Cost: Free

Imax Seniors' Silver Screen Tuesdays - spend a relaxing afternoon at the movies, watching IMAX films on Alberta's largest IMAX screen, while enjoying a special treat from the café. Package Includes: 2 IMAX films, 1 coffee or tea, 1 muffin or cookie. Must register by September 17.

Date: Tuesday, September 23
Time: depart Sage at 12:30 pm
Cost: \$25.00 plus ETS bus fare

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: September 29 and October 27
Time: Depart Sage at 10:00 am
Cost: \$5.00 payable to Lions bus at departure

GROUPS AND CLUBS

Sage Members Only

The Raye Dolgoy Bridge Club meets each Wednesday and Friday from 11:30 am - 4:00 pm 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 9:00 -11:30 am. They are currently focusing on knitting and crocheting. Come and join these amazing women (men are welcome!) as they create beautiful pieces. Guidance and instruction is available.

The Sage Singers perform sing-a-long favorites every Thursday in the Sunshine Café. This fun group meets from 10:45 am -12:30 pm 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 1:00 pm 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.



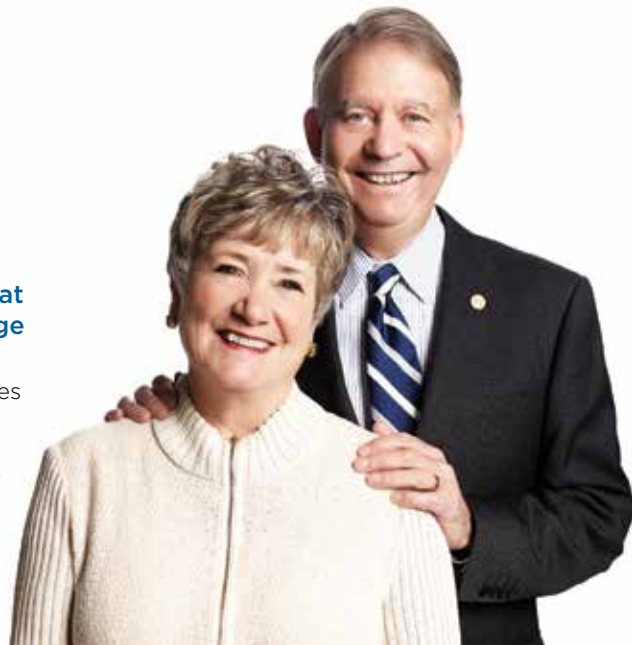
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The Next Page Book Club will meet for a new reading adventure on the second Thursday of every month at 1:00 pm in the Raye Dolgoy Room. The style of book will vary from mystery to biographies. Please register at the front desk. Dates: September 11, October 9

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 10:30 am in the Raye Dolgoy Room. This group is free to join! Dates: September 11, October 9

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. We meet every Thursday at 1:00 pm in the Sage

Craftroom. You can just drop by, phone Jeff at (780)474-8240 or email at tuff69@telus.net.



SOME BEHAVIOUR JUST DOESN'T CUT IT!

Clean it Up. Fix it Up.

Being a responsible neighbour means maintaining your property, whether you own or rent. It's also the law. City bylaw officers will be out this season making our community better by enforcing the bylaw.

Find out more at:
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Call 311 to report a nuisance property.



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SENIORS' HOUSING FORUM

Saturday, September 27 Central Lions Seniors Recreation Centre 11113-113 Street

Registration for the Forum is recommended and opens on September 1. To register call 780-423-5510, ext. 310 or email jparenteau@mysage.ca.

Enjoy tea, coffee, and a free boxed lunch, as well as door prizes at the end of the day. Exhibitor booths are open until 2:00 pm. There is limited free parking on site as well as some street parking in the neighbourhood. Read more online at <http://seniorshousingforum.blogspot.ca>.

Doors open at 9:00 am to this FREE full-day event, which runs until 3:00 pm. Visit over 50 seniors-serving organizations' exhibitor booths, and attend up to three guest speaker presentations on the following topics:

Home & Independent Living: Health and Home

This session will focus on seniors' housing options for home living in apartments, condos, and houses, and will discuss home living supports such as day programming and personal care services.

Safe Home Design

This session features a panel of presenters on the topics of Fall Prevention and new breakthroughs in technology that can assist in monitoring your safety at home.

Legal Documents You Should Have

This session offers guidance on future planning options including Guardianship, Trusteeship, Co-Decision Making, Personal Directives, Power of Attorney, and Wills.

Supportive & Facility Living: Health and Home

This session will provide an overview on supportive living, facility living, and designated assisted living options to help address the questions and concerns seniors face when choosing the optimal environment in which to live beyond independent living, as well as health supports available to complement these environments.

Caregiver Support & Family Dynamics

This session outlines supports available to families and caregivers as seniors transition from one housing environment to another. Strategies for handling family dynamics, positive transitions, caring for the caregiver, and stress related to moving will also be discussed.

Financial Literacy and Housing

This session provides information on strategies for planning finances to support housing choices. Guidance will also be offered on accessing income supports, other financial benefits, and avoiding frauds and scams.

Preventative Health

Learn about accessing seniors' centres, fitness programs for older adults, technology and the Boomer generation, and preventing isolation.

Community Resources

This session will give an overview of some practical resources that allow seniors to age-in-place and receive support in the community. It will describe city-wide services offered by senior-serving organizations that provide resources designed to help seniors live safely and independently.

Supports and Accessibility in the Home

Learn about private home care and home-making services that complement Alberta Health Services home care. Hiring reliable contractors, as well as programs available for affordable residential accessibility renovations will also be discussed.

Break-out Session Transportation

This new break-out session will be repeated throughout the day for small groups. Sit in on this presentation to learn about the many city-wide public and private transportation options available to older adults and those with limited mobility.



Save The Date!
Saturday, September 27th
9:00 AM—3:00 PM

Central Lions Seniors Recreation Centre
11113 113 Street, Edmonton, Alberta

SENIORS' HOUSING FORUM

Seniors, their families and caregivers are invited to attend this **ONE-DAY FREE EVENT!**

Participants can enjoy:

- ✓ Free parking & admission
- ✓ Free lunch & refreshments
- ✓ Door prizes & take-home tote bag
- ✓ 50+ senior organizations' exhibitor booths!

Speaker information sessions on:

- ✓ Housing Options
- ✓ Health & Wellness Supports
- ✓ Financial Literacy
- ✓ Community Supports & Transportation
- ✓ Legal Documents You Should Have
- ✓ Caregiver Support & Family Dynamics
- ✓ Safety in the Home

Pre-registration opens September 1st

RSVP line: 780.423.5510 ext. 310
or email jlparenteau@mysage.ca

www.mysage.ca/events/seniors-housing-forum

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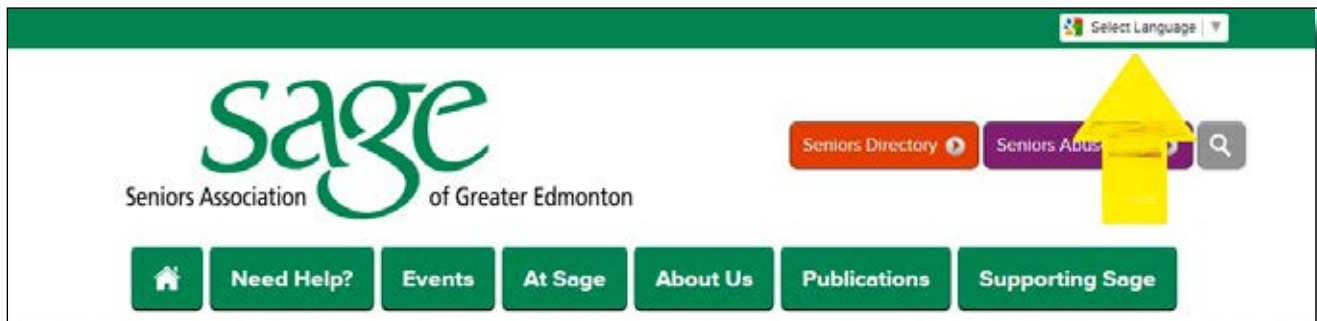
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DID YOU KNOW? www.MySage.ca

Sage has an award-winning website that keeps you up to date on the programs, services, activities, and events at Sage. The website is also an excellent and convenient place to find information and resources, including an online version of our Seniors' Directory.

The website uses Google Translate to make it easier to navigate for people who are more comfortable using a language other than English. Just type your language of preference into the box at the top right-hand side of the screen, and watch the language change!



GUARDIANSHIP AND TRUSTEESHIP

Planning ahead helps your family

Imagine if something happened to you, either an accident or illness where you were no longer able to competently make important decisions about your life. No one likes to imagine the possibility of a life event that takes away their ability to make decisions, but it does happen. And when that happens, families are often in crisis and want to ensure that any decisions they make reflect your wishes. The law in Alberta does not allow for another person to automatically make decisions for anyone over 18, even if they are close family members.

It seems that almost everyone understands what a Will is - it's our legal document that comes into effect after our death - but we do not always understand the importance of having a Personal Directive and Power of Attorney.

A Personal Directive is a legal document you make where you gain greater control over your future personal matters such as health care, living arrangements, legal matters (not financial), etc. It allows you to decide about the person/s you choose to be legally entitled to make personal decisions on your behalf in the event you become

mentally incompetent in the future. Having a Personal Directive will not only protect your wishes, it will also reduce the uncertainty for your family during a time of crisis. Along with your family, health care providers will rely on your Personal Directive to ensure your wishes are carried out.

The benefit to having a Personal Directive is that a family member may not need to make a court application for Guardianship.

A Power of Attorney is also a legal document where you can specify the person/s to be legally entitled to make financial decisions, such as bill payments, depositing or investing your money, and/or selling property on your behalf in the event you become mentally incompetent. It can be effected immediately or in the future, depending on your wishes.

The benefit to having an Enduring Power of Attorney is that a family member may not need to make a court application for Trusteeship.

Sage hosts FREE information sessions about these important legal documents. Call Sage to register.

NEXT SESSION:

Legal Documents You Should Have

Tuesday, October 21 at 10:00 am



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