

sage LINK

What's Inside

Announcements	3
Volunteer Services	4
Parties & Events	5
Day Trips & Outings	6
Classes	7
Information Sessions	9
Old Favourites	10

Annual Appeal Inside

Consider donating to Sage!

Please note that Sage will be **closed** on the following days:

- December 24 (noon)
- Dec 25 - Jan 1
- February 17

Looking Forward to Sage's 50 Anniversary

Val Chymko

October 2020 marks the 50th anniversary of our Society – truly something to celebrate! So with this issue of the *Link* we begin a series of historical glimpses into how Sage has become the organization that it is today.

There was a lot of ground work that took place prior to our formation in October, 1970. In the late 1960s, pressure from the community for services for seniors, prompted the Edmonton Social Planning Council to conduct a survey on the needs of older adults in the city.

Public meetings were held in key communities throughout the city and consultations were held with Health & Welfare Canada, the Canadian Welfare Council and other professional bodies. As a result of this study, a steering committee was struck to form an organization to meet the needs that had been identified: a warm, friendly and welcoming climate to provide a focal point for older people, where their needs and suggestions would be dealt with.



Premier Lougheed congratulating Society pioneers at the official opening

This organization would be run by older people with staff support. The first priorities were a place to meet, a budget, and some staff. The first problem was solved when a member of the first Board of Directors (also a member of the YMCA Board) came forward with space in the YMCA building just west of our current location. The Society quickly outgrew that space as well and in 1972 moved to the Phillips Building on 104 street just north of Jasper Ave, until 1978.

....continued on page 11

MESSAGE FROM THE EXECUTIVE DIRECTOR

As we move into the new year, our team has been diligently working on updating our strategic plan and establishing priorities for the next three years. While undertaking this work, we've also had the opportunity to reflect on what we were able to accomplish under the direction of our previous strategic plan.

Over the past three years, we have successfully developed programming that focuses on resiliency and the prevention of vulnerability; we have introduced our health services program; expanded our community development and life enrichment programs; and invested in the research and evaluation we need to better understand the impact of our work on seniors in our community. And over the next three years, we will continue to challenge ourselves to be a standard of excellence for the way in which seniors are supported and engaged in their communities.

As this year draws to a close, I want to say thank you for being a part of a Sage. Whether you visit us for coffee, join in activities, access services, volunteer, donate, or support us in other ways, we are proud to be a part of your community.

Karen McDonald



Sage turns 50 in 2020

Help us celebrate!

Stay tuned for some special events to help us celebrate our golden anniversary

Board of Directors 2019

President	Joyce E. Tustian
President Elect	Kathleen Thurber
Past President	Reg Joseph
Secretary	Tammy Pidner
Treasurer	Tammy Pidner

Members at Large

Hubert Kammerer	Michael Solowan
Gregory Springate	Sharon Anderson
Peg Quinn	
Cathy Giblin	
Kathy Classen	

DIRECTORY

Main Switchboard	780-423-5510
Food Services	780-701-9022
Guardianship/Trusteeship	780-701-9013
Health Services	780-809-9402
Life Enrichment	780-423-5510
Safe House Intake	780-702-1520
Social Work Services	587-773-1764
Volunteer Services	780-701-9014

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

ANNOUNCEMENTS

Welcome new staff!

Please help us welcome our newest staff members:

- Donna Paradowski, Nurse Practitioner
- Marianne Stover, Public Relations Assistant

And congratulations to Carlina and Laura, who have both taken on new challenges at Sage:

- Carlina MacInnis, Life Enrichment Coordinator
- Laura McCann, Safe House Follow Up Coordinator

No Room in the Inn

The Edmonton and District Council of Churches has selected the Sage Senior Safe House Renovation project for their 2019 No Room in the Inn campaign. Every Christmas, churches and individuals from a number of denominations join together to raise money for an organization that

provides housing to the homeless or those at risk of homelessness.

Thank you to everyone who is able to donate and help us serve seniors seeking refuge from abuse.

How to donate

Make a cheque payable to Sage Seniors Association and enter 'No Room in the Inn' in the memo line. Mail to:

Sage Seniors Association
15 Sir Winston Churchill Square
Edmonton, AB, T5J 2E5

Through your Church:

Make a cheque payable to your church and enter 'No Room in the Inn' in the memo line. Drop the cheque in the church collection basket or mail it to your church.

Responsible *stewardship.*

We are comforted knowing our endowment with Edmonton Community Foundation is professionally managed. The proceeds will always be directed to specific causes we have identified.

This is important to our family.

Salma & Dr. Zaheer Lakhani



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

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VOLUNTEER SERVICES



Barb Carroll

VOLUNTEER COORDINATOR

Sage Volunteers please join us at the January 9 staff meeting from 1:30 - 3:00 pm in the auditorium. What a great way to start the New Year - by getting to know the members of the staff and to learn what's new and exciting in the programs offered at Sage. Beverages and goodies provided! Please let Barb Carroll know if you plan on attending. Hope to see you there!



Volunteer Christmas Party



*Brunch...
not lunch*

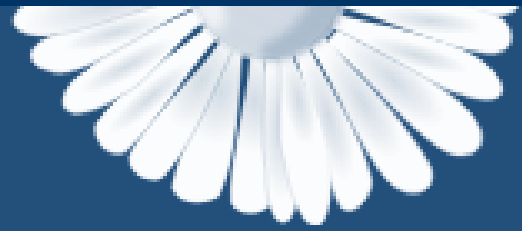


Wednesday, December 4

10:30am - 12:30pm

in the Sage Auditorium

Please RSVP by November 25 at Main Floor Reception or contact Barb Carroll
780-701-9014 or bcarroll@mysage.ca



VOLUNTEER OPPORTUNITIES

Connect and Contribute!

2020 Income Tax Volunteers Needed

Sage partners with the Canada Revenue Agency to provide free income tax preparation services to low income seniors.

Our income tax clinic runs:

Monday through Thursday
March 3 - April 30
9:00 am - 4:00 pm

Training sessions are provided by the Canada Revenue Agency and Sage.

If you have some experience preparing simple income tax returns and would like to volunteer for this important program and are able to commit to at least one half day per week shift for the duration of the clinic, please contact us!

AT SAGE:

- Beginner Computer Class Assistant
- TED Talks Discussion Group Facilitator
- Bridge Group Leader
- MOOC (Massive Open On-Line Course) Facilitator

For more information contact:

Barb Carroll 780-701-9014
bcarroll@mysage.ca

LIFE ENRICHMENT

It's never too late to try new things! Sage offers a variety of opportunities to keep your body and brain sharp, try new things, and meet some great people. Our Life Enrichment programming is open to everyone and there is no membership required. Please register at the main reception desk or call 780-423-5510 ext 301.

Our programs and activities are free of charge, unless otherwise indicated. Refunds are not guaranteed.

Please note that there is a new Life Enrichment Registration process. Registrations for the December-February Link will not be accepted before Nov 21. Registration opens Tues, Nov 21 at 9:00 am by phone or at main floor reception.

PARTIES AND EVENTS

Christmas Dinner at Sage Join us as we enjoy a delicious Christmas Dinner including turkey, stuffing, mashed potatoes, gravy, veggies, cranberry sauce, dessert, and coffee/tea. Enjoy live music sponsored by The Churchill by Revera! Purchase your tickets in the Café (not at main reception) by Dec 12. Please note that tickets cannot be purchased day of event.

Date: Wed, Dec 18
Time: 11:30 am - 1:00 pm **Location:** Café
Cost: 14.00 for meal, dessert & coffee/tea

Christmas Carols and Sing-a-long Our regular Tuesday Sunshine Sing-a-long is going to feature some holiday favorites on Dec 10 & 17. As always, everyone is welcome to join in the singing or just enjoy the music.

Time: 11:15 am **Location:** Auditorium

Chinese New Year Celebration Join us for a celebration that includes various performances, line dancing, and some goodies! Sponsored in part by The Churchill by Revera.

Date: Wed, Jan 22 **Time:** 1:00pm
Location: Auditorium

Coffee with Cops A great chance for EPS to meet the community they serve and for the community to meet their EPS members. Join us for coffee and cookies and a chance to learn and socialize. Please pre-register at main desk for catering purposes, but drop-ins are also welcome.

Date: Wed, Jan 29 **Time:** 1:30 pm - 2:30 pm
Location: Café

Valentine's Day Tea Have a lovely afternoon celebrating Valentine's Day (a few days early) with a delicious cake, coffee/tea, and music from our talented ukulele group. Please purchase your tickets by Feb 10 for catering purposes. (Space permitting, you may be able to purchase tickets on the day of event.) Sponsored in part by The Churchill by Revera.

Date: Tues, Feb 11 **Time:** 1:00 pm
Location: Auditorium **Cost:** 2.00

Kookum Tea Time Kookum means Grandma. Please join Sophie from Bent Arrow for this group that brings women together to share a cup of tea and some activities or crafts.

Dates: Dec 2, Jan 13, 20, Feb 10, 17
Time: 12:30 - 2:30 pm **Location:** Classroom A

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

Dates:
Dec 19 - 11:00 am
Jan 30 - 1:00 pm
Feb 27 - 1:00 pm

Location: Café

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

DAY TRIPS AND OUTINGS

Join us as we venture out and about! Must be able to go up and down several stairs, ground may be uneven, and you will need to be able to walk short distances. Trips are rain or shine. Bring snacks or beverages as needed. Must pre-pay to register. Refunds are not guaranteed.

Christmas in the Country Enjoy a bus tour of rural Strathcona Country for their annual *Christmas in the Country* celebration! Stop at five different communities to visit Christmas markets, enjoy other activities, music and more! This is an indoor/outdoor day so be prepared for the weather. Price only includes bus to and from Sage plus Strathcona county bus around to events. Must purchase own food, etc. Please register by Wed, Dec 4. Hurry, only 20 spots available!

Date: Sat, Dec 7 **Time:** Depart Sage 10:00 am (return to Sage around 4:00 pm)

Cost: 25.00 for bus to and from Sage plus Strathcona County bus (not school buses).

Holden Dinner Theatre: ABBA Experience

Venture to the town of Holden and enjoy a performance with the amazing songs of ABBA performed by a world-renowned ABBA tribute band. Followed by a delicious country dinner. Pre-register, limited seats available!

Date: Sun, Feb 23 **Time:** Depart Sage 12:00pm (return to Sage around 7:30 pm)

Cost: 68.00 members, 79.00 non-members. Includes show, dinner, and coach bus

RAM presents Bugs 101 Join us at the Royal Alberta Museum for a special presentation of live insects. After the presentation, there is time to explore the museum. Lunch will not be provided. Must pre-register.

Date: Fri, Feb 28 **Time:** Depart Sage 9:30 (walking to the RAM) **Cost:** 14.00

Sutton Place Hotel Taste of Christmas Treat yourself to a decadent Christmas feast with all the trimmings! Purchase tickets by Dec 4 - limited seats available. **Time:** TBA

Date: Thurs, Dec 12

Cost: 47.00 (includes tax and tip)

Christmas Light Tour See the beautiful Christmas lights around Edmonton while enjoying hot chocolate and a treat. Special thanks to Dignity Memorial for sponsoring this trip. Must pre-register - spots are limited!

Date: Wed, Dec 18 **Time:** Depart Sage 5:30 pm (return to Sage around 8:00 pm)

Cost: 5.00 (20.00/person subsidized by Dignity Memorial!)

Let's do Lunch is a group that comes together on the second Tuesday of each month at 12:30 pm at Sage (or 1:00 pm at restaurant) and

ventures out to new dining experiences. Must pre-register by the Friday before. **Cost:** pay own lunch costs + ETS

- Dec 10 - The Old Spaghetti Factory
- Jan 14 - The Clever Rabbit (Vegan)
- Feb 18 - *Date Change*

NongBu Korean Eatery

Shadow Theatre presents Happy Birthday Baby J

A comedy that skewers political correctness! Shadow Theatre brings world-class productions to Edmonton - join Sage for an amazing afternoon of live theatre! Pre-register: only 30 tickets available.

Date: Jan 29 **Time:** Depart Sage 11:30 am (show begins at 12:30 pm)

Cost: 20.00 per ticket (regular senior's price is 36.00) plus ETS bus fare

Ernest's at Nait Lunch Enjoy a delicious buffet featuring the culinary talents of the student chefs at Nait. Must pre-register - only 30 spots available.

Date: Fri, Feb 28 **Time:** Depart Sage 10:30 am or meet at Ernest's at 11:00 am.

Cost: 43.00 + ETS fare (includes tax and tip)

CLASSES

Classes, courses and more to keep your brain and body sharp

Healing Through Writing Workshops Back by popular demand! Join author and instructor Adele Fontaine for this four week workshop as she shares how writing poems helped her grieve the loss of her husband. She will help participants learn how to write, share, and work through life experiences. Please pre-register: 12 participant maximum.

Date: Thursdays, Jan 30 - Feb 20

Time: 1:30 - 3:00 pm **Location:** Sage Room

Ballroom Dance Classes Learn many of the different ballroom dances in this fun class. Open to all levels. No partner required. Please pre-register: 50 participant maximum. Space permitting, late-comers may join in weeks 5 & 9.

Date: 12 week session, Jan 8 - Mar 18 (no class March 11). **Time:** 10:00 am - 11:30 am

Location: Auditorium **Cost:** 5.00 for the whole session (or if joining at week 5 or 9)

BrainFitness Classes Keep your brain in shape with these computer games designed to help you remember more, think faster, and have better recall! No previous computer experience necessary. Also includes brain health discussions, tips and snacks. Pre-register.

Date: Mondays and Fridays (4 weeks)

- January Session: Jan 6 - Jan 31
- February Session: Feb 10 - Mar 9

Location: Computer Lab **Time:** 1:00 - 2:30 pm

Cost: 29.00 for each session

ASTRO 101: Black Holes Explore outer space and the mysteries of the universe in this 10 week course provided by the University of Alberta. Course content is on-line but offered in a group format with a facilitator, featuring videos, lectures and handouts. Pre-register.

Date: Fridays, Jan 10 - Mar 13

Time: 9:30 - approx. 11:30 am

Location: Sage Room **Cost:** 10.00 total

Better Choices, Better Health™ - Chronic Disease Self-Management Workshop Do you or someone you care about have an ongoing, chronic health issue like diabetes, high blood pressure, cancer, asthma, anxiety, depression, arthritis, pain, or weight challenges? If so, this program can benefit you! Join us for a free workshop to help you cope with the demands of your illness while enjoying the best quality of life possible! Topics include medication management, dealing with emotions, problem-solving, goal setting, getting a better sleep, handling fatigue and more! Please pre-register, space is limited.

Date: Wednesdays (6 Weeks): Feb 12, 19, 26, Mar 4, 11, 18 **Time:** 9:30 am - 12:00 pm

Ukulele Lessons The ukulele is a small instrument with BIG possibilities - especially when you play with friends! This multi-level class is for beginners and beyond. Participants need to know a few chords. There will be chording, strumming and picking styles for every level. Please note: This class is not suitable for Absolute Beginners. Please call 780-701-9016 if you are looking for an absolute beginner class. Must pre-register.

Session 1: Jan 14 - Feb 25 (7 weeks)

Time: 2:00 - 3:30pm **Cost:** 35.00

Session 2: Mar 3 - Apr 7 (6 weeks)

Time: 2:00 - 3:30 pm **Cost:** 30.00

Paint 'Nite' Enjoy an afternoon of guided painting with Dale. With step by step instructions, you will create a work of art! Supplies and instruction included in cost. Must pre-register, only 15 spots available.

Date: Feb 20 **Time:** 1:00 pm - 3:30 pm

Location: Auditorium **Cost:** 20.00

Spanish for Seniors (Beginner and Intermediate) A fun and easy way to learn a new language. This seven week course is a great introduction if you want to travel or just try something new! Must pre-register, 15 participant maximum. **Cost:** 20.00

Date: Fridays, Feb 21 - Apr 3 **Time:** 12:30 pm

Gentle Yoga Monday Class Please pre-register for each monthly session as there are only 20 spots per class. Each session is 2.00

December Session: Dec 2, 9, 16

January Session: Jan 6, 13, 20, 27

February Session: Feb 3, 10, 24

Time: 1:30 - 2:30 pm **Location:** Classroom C

Gentle Yoga Wednesday Class Please pre-register for each monthly session as there are only 20 spots per class. Each session is 2.00

December Session: cancelled

January Session: Jan 8, 15, 22, 29

February Session: Feb 5, 12, 19, 26

Time: 1:00 - 2:00 pm **Location:** Classroom C

Gentle Yoga Friday Class Please pre-register for each monthly session as there are only 20 spots per class. Each session is 2.00

December Session: Dec 6, 13, 20

January Session: Jan 10, 17, 24, 31

February Session: Feb 7, 21, 28

Time: 1:00 - 2:00 pm **Location:** Classroom C

Zumba Gold A fun fitness class that incorporates many Latin dance styles. Moves can be adapted for all abilities. New class added Fridays (2.00 per person payable directly to the instructor). The Monday class is free.

Time: Fridays 11:30 am - 12:20 pm

Mondays 11:20 am - 12:10 pm

Location: Auditorium

Better Balance Classes Join Physical Therapy students from the U of A for classes focusing on helping to improve balance and strength. For all skill levels. Call 780-701-9016 for details.

Computer Information Sessions Join these informative presentations on a variety of technology and computer related topics. Stay informed and connected in this technology-based world! Held monthly in the Sage Room. Sessions are free. Pre-register.

World of Computers tips to make technology purchases less overwhelming

Date: Jan 23 **Time:** 10:00 - 11:30 am

Setting Up and Using E-mail Accounts (all devices)

Date: Feb 6 **Time:** 10:00 - 11:30 am

Web Browsing and Searching Basics (all devices)

Date: Feb 11 **Time:** 2:00 - 4:00 pm

Device and Computer Help Drop by our computer lab on Wednesdays with your computer, device, or cell phone questions and our volunteer Dennis will help you.

Time: 10:00 - 12:00 pm

Computers for Beginners An introduction to computer basics, including learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups. You must pre-register.

Dates:

December Session: Dec 6, 9, 11, 13, 16, 18, 20

January Session: Jan 8, 10, 13, 15, 17, 20, 22

February Session: Feb 5, 7, 10, 12, 14, 19, 21

Time: 2:30 - 3:30 pm

Cost: 5.00 for each set of 7 classes (thanks to ECALA grants!)

WILLS, ESTATES & NOTARY.



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Email: mlo@marrazzolawoffice.com

INFORMATION SESSIONS

Floral Arranging Presentation Learn great tips on how to make beautiful floral and holiday arrangements - even on a budget! Watch floral expert Bruce in this fun demonstration. Please pre-register.

Date: Thurs, Dec 5 **Time:** 1:00 - 2:00 pm

Location: Sage Room

Getting Ready: Paperwork, Documents and More! Do you have your important documents together in case something happens to you? Learn what to do and how to organize it. Based on a volunteer's personal experience and journey through helping loved ones. Pre-register

Date: Dec 5 and 6 (two-part series)

Time: 10:30 am - 12:30pm

Location: Classroom B

Cost: \$5.00 (includes info folder and handouts)

Councilor Knack Visit & City Update Join Councilor Knack as he shares updates from city council and answers your questions. Goodies provided.

Date: Mon, Dec 9 **Time:** 10:00 am

Location: Sage Room

Speaker Series presented by the Downtown Men's Shed Join these free, interesting learning opportunities on the last Friday of the month. Open to everyone, not just men or members of a Men's Shed!

Time: 1:00 pm **Location:** Classroom A

Topics:

Dec 20 Social Isolation (Coun. McKeen)

Jan 31 Discussion with Indigenous Elder

Feb 28 Bee Houses Presentation

Digital Resources at the EPL Find out all the amazing things offered at your local library - from movies, to international newspapers to magazines, music and more! Please pre-register.

Date: Tues, Jan 14 **Time:** 2:00 - 3:30pm

Location: Sage Room

Fake News! Presentation Do you know if what you see or read is real or not? Come to this free, interesting presentation focusing on the ability to distinguish real news from misinformation or "fake" news. Presented by the EPL. Please pre-register.

Date: Tues, Jan 28 **Time:** 2:00 - 3:30 pm

Location: Sage Room

"It's Not Right!" Neighbours, Friends and Families for Older Adults You may be a neighbour, friend or family member who can make a positive difference in the life of an older adult experiencing abuse. Gain an understanding of what elder abuse is, signs of abuse to watch for, barriers for disclosure, and the role ageism plays in identifying elder abuse. Participants will also learn how to support someone they suspect may be experiencing abuse, practice how to have those difficult conversations and be an ally to that loved one or community member. Resources provided. Please pre-register, maximum 20 participants.

Date: Wed, Feb 5 **Time:** 1:30 - 3:30 pm

Location: Sage Room

Empower Me Presentation Learn the top six energy conservation tips for your home, how to understand your bills, your energy choices, how to run your home more efficiently and safely, and save money too. Eligible participants will get a free energy savings kit (worth approx. 90.00). Please pre-register for this free session.

Date: Wed, Feb 26 **Time:** 1:00 - 2:00 pm

Location: Sage Room

Archeology in El Salvador A free, interesting presentation by Carlos R. Colindres - a librarian, scholar and researcher from El Salvador. Please pre-register.

Date: Feb 11 **Time:** 1:00 - 2:00 pm

Location: Sage Room

OLD FAVOURITES

Governing by Social Media? Join us for this presentation on a common new political phenomenon focusing on Nayib Bukele, the young Salvadoran president who won by a landslide in 2019 and governs by Tweets. Please pre-register.

Date: Feb 18 **Time:** 1:00 - 2:00 pm
Location: Classroom C.

Funeral Pre-planning and Important Conversations Nothing is certain but death and taxes, isn't that what they say? And yet dying, last wishes, funerals, and important documents are hard conversations to have. Join Dignity Memorial for a this free presentation. Please pre-register.

Date: Thurs, Feb 27 **Time:** 11:00 am

Mind Your Money - Monthly Financial Presentations with Wei Woo:

- **Dec 11** Maximizing your Fixed Income Investments
- **Feb 12** 2019 Global Financial Market Review and 2020 Investment Outlook

Time: 1:00 pm **Location:** Sage Room

Old Favorites are regularly occurring programs that are offered at Sage. Full information and details can be found on the Sage monthly calendar or on Sage's website.

- Brainiacs' Drop-in Activity group
- Avon Calling
- Busy Fingers
- Coffee Group
- Colouring and Doodling
- Crib Games
- Device and Computer help
- Dominos with Udo & Jeff
- Downtown Men's Shed
- EAL Chat Group
- Everyday Fitness
- Games & Puzzle room
- Jennie Wilting Discussion Group
- Ludo
- Mahjong (Tile Game) Drop-in
- Next Page Book Club
- Oil Painting Drop-in
- Over the Rainbow Support Group
- Pen Pals
- Raye Dolgoy Bridge Club
- Sage Tours
- Scrabble Time
- Senior Social Dance
- Seniors Line Dancing Classes
- SING! Seniors Intercultural & Newcomers Gathering
- Tai Chi Introduction with Master Ken
- TED Talks Discussion group
- Ukulele Jam Sessions
- Wellbeing Series with Jennie Wilting

Questions about seniors programs and services?

211 now provides enhanced information and referrals for a variety of seniors resources



Dial 2-1-1 to be connected to the Seniors Information Phone Line

Looking Forward to Sage's 50 Anniversary

Val Chymko

...continued from the cover

Then a development fund of \$13,000 was secured from the City of Edmonton, two staff were hired, and the Society for the Retired and Semi-retired was launched.

The Objectives of the Society were:

To do whatever is necessary to help aging people achieve the highest possible quality of living by:

1. Encouraging the integration of the older person into all facets of the community
2. The provision of services to meet the special needs of aging people, and
3. The coordination of services for older people.

The Society's major emphasis was on services, and many started within the first three years. As providing information was considered to be a core service, the Society began producing the booklet *Edmonton Services for Seniors* and started a monthly newsletter, *News for Seniors*. "Tuesday Forums" presented informative talks emphasizing seniors' issues; a public health nurse, provided by the local Board of Health, gave information sessions on Fridays.

Soon the Heritage program was begun, linking seniors with school children to talk about pioneer days in Alberta (one way of meeting objective one above). To assist isolated and homebound seniors, Society volunteers began a visiting service and later a telephone reassurance program; the Society also supported Operation Friendship, a social and visitation program for inner-city seniors. With housing seen as another important issue for older people, the Society (with the assistance of a New Horizons grant) conducted a survey of housing needs of seniors in Edmonton, entitled "Operation New Roof".

Another example of taking action as needs were identified was by gathering input and preparing briefings which were sent to federal and provincial governments. And in the area of leadership and collaboration, the Society organized regular meetings of representatives of other seniors' groups in Edmonton to assist in sharing information about issues they had in common and to coordinate their work (thus meeting the third part of the Society's objectives).

As you can see from the foregoing, these first few years helped to lay the foundation of the Society as a vital, responsive organization, serving the needs of older citizens in Edmonton.



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For more information: 780-809-9402

Sage Directory of Senior Services

The 2019/2020 Directory of Senior Services is now available. The Directory includes information on a wide variety of topics, including:

- Seniors centres, clubs and groups
- Estate planning
- Financial programs and benefits
- Health and wellbeing
- Help at home
- Housing
- Legal resources
- Transportation

Visit www.mysage.ca or phone our main reception desk at 780-423-5510 to find a pick up location near you!



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SENIORS HOME SUPPORTS PROGRAM

Six Edmonton seniors organizations provide seniors with referrals to screened businesses, community groups and individuals which offer:

SNOW REMOVAL
YARD HELP
HOUSEKEEPING
MOVING HELP
PERSONAL SERVICES
HOME REPAIR & MAINTENANCE

Find the seniors organization that serves your area of the city at
www.SeniorsHomeSupports.com



www.mysage.ca



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