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IMPORTANT UPDATE

We have initiated plans to reopen Sage's main building to in-person services starting in April. This initial phase will include pre-registered group programming, and social work and other one-on-one supports by phone and appointment only. For more information, please call **780.423.5510** or visit www.mysage.ca.

Interested in participating in a Sage Building Re-opening Survey? [See page 4 for more details.](#)

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

Friday, Apr 15
Good Friday

Monday, Apr 18
Easter Monday

Monday, May 23
Victoria Day

sage LINK



Volunteering is Empathy in Action

Barb Carroll

National Volunteer Week in Canada will be celebrated from April 24 - 30, 2022, and is a great opportunity for us at Sage to acknowledge and show our appreciation to the volunteers who are valuable members of our team. Volunteers are critical to the health and sustainability of Sage and are essential in achieving our mission: inspiring and supporting seniors to be the best they can be.

It has been a challenging two years since the Sage building has been closed for volunteers who normally support Sage through in-person volunteer roles.

But even with in-person volunteering on hold, in 2021 over 100 volunteers have dedicated more than 5,300 hours to assist in remote and virtual volunteer opportunities such as: Friendly Callers, Life Enrichment Instructors via Zoom, Income Tax preparation over the telephone, admin volunteers supporting the Income Tax Program, data entry, archivist and our dedicated board members.

...for more Volunteer News see pages 4-5

MESSAGE FROM THE EXECUTIVE DIRECTOR



One of the positive things that the pandemic has reinforced is that Sage's community is not exclusively tied to a physical place: the connections, sense of belonging, and affinity we feel for this community is more than a building. While in-person group programs and the Café at

Sage have been closed during the pandemic, we've seen and felt Sage's community continue to thrive and blossom as it always has, and in new and exciting ways.

In this edition of the Link, we recognize donors who have supported our community over the last year. As a charitable organization, we rely on donations and fundraising to provide many of the services and programs that Sage offers. I am so grateful that our donors choose Sage as the organization and community that is worthy of their support. I hope you feel a sense of belonging and connection to this big Sage community!

Sage's volunteers continue to be the lifeblood of Sage's community, even when we are not gathering in person. Seeing the commitment of time and talents that volunteers make to Sage, despite the challenges of the pandemic and the impact it has had on them personally, as well as

on their volunteer roles, reminds us of the power of connection to one another through our community. As we celebrate our volunteers during National Volunteer Week in April, this edition of the Link honours and recognizes one special volunteer, who dedicated many, many years of service towards creating a Sage community that is inclusive and welcoming. Jennie's legacy has been especially felt during the challenges of the past two years and we are forever grateful for her dedication and contributions.

Karen McDonald

STAFF UPDATE

We welcome Kim Muir as our temporary Office Coordinator; Charlene MacDonald has returned to Sage as our new Sharepoint Specialist; and, Bal Dhakal has moved into the position of Assessment and Case Management Coordinator.

ANNUAL GENERAL MEETING

Save the date! Sage will be holding its Annual General Meeting virtually on Tuesday, May 10 at 10am, where we will provide an update on Sage's work through 2021 and look ahead to the rest of 2022.

DIRECTORY

Board of Directors

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President Elect	Michael Solowan
Past President	Joyce Tustian
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Phone

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Fax	780.426.5175
Life Enrichment	780.423.5510
Safe House Intake	780.702.1520
Social Work Services	587.773.1764
Volunteer Services	780.701.9014
Guardianship / Trusteeship	780.423.5510

Email info@mysage.ca

Online www.mysage.ca

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VOLUNTEER SERVICES



Barb Carroll
Volunteer Coordinator

In Memoriam

It is with a very sad heart that we share with you that one of our long time Sage volunteers, Jennie Wilting, passed away on January 5, 2022.

In 1988, Jennie Wilting was working as a Mental Health Registered Nurse. Through a connection with Sage's Board Chair, Jennie was asked if she would be interested in volunteering as an advisor on the Health Committee. This was the beginning of Jennie's volunteer experience at Sage.



From the Health Committee, Jennie moved on to the Advisory Committee, a group which provided feedback to Sage program staff. With Jennie's wealth of knowledge, expertise with mental health issues, and a great sense of humour, she also began providing Wellbeing presentations. Some topics discussed at these sessions were guilt, worry, depression, and stress. Along with her presentations, Jennie also facilitated monthly discussion groups featuring interesting, controversial, and thought provoking topics. Participants who attended Jennie's Wellbeing presentations always felt she delivered the information in an easy to understand way so it

was easy to grasp, very eye opening and definitely beneficial. Jennie always said she enjoyed volunteering because it made her feel good and that she liked associating with people who were younger than she was. Jennie was 95 when she passed away.

Jennie loved to crochet rugs, challenge herself with jigsaw puzzles, and was an avid reader of non-fiction books. Jennie always said that her special companion, Rufus the cat, ruled the roost.

Sage would like to send our condolences to Jennie's family and express our gratitude and appreciation for the volunteer work that Jennie provided over the last 34 years.

Jennie will be deeply missed but never forgotten.

Sage Building Re-opening Survey

Effective March 1, Alberta is lifting many of the public protection actions related to the COVID-19 pandemic, and many organizations are beginning to return to in-person programming.

Throughout the pandemic, Sage has taken a proactive approach to public health measures that are meant to keep program participants, volunteers, and staff safe. We continue to monitor the situation and are currently evaluating how and when we should return to full-scale in-person programming at Sage.

Please help inform our decision-making by taking a short survey. There are 10 questions and should only take about five minutes to complete. Your responses will be anonymous.

To complete the survey online, please visit www.mysage.ca. To request a hard copy of the survey, including a return envelope, please call **780.423.5510**.

For the most up to date information regarding service delivery and phases of reopening, please call **780.423.5510**.

Volunteer Appreciation

Volunteers, we are eager to organize a volunteer gathering and celebration, but at this time we are not quite sure what that may look like with the challenges of the pandemic.

We continue to prioritize the health and safety of volunteers and staff. We will continue to keep in contact with all of you and share any updates about the Sage building reopening plan and how we may best connect up for a safe, volunteer gathering. Stay tuned!

Thank You

Thank you to all of our volunteers who have been able to provide support to Sage through remote/virtual roles and to those who are eagerly awaiting to recommence their in-person volunteer roles when the building reopens.

Your on going dedication to Sage is invaluable and we miss you all so much. We can't wait till we are all together again, in person, working alongside each other, supporting Sage.

Virtual Staff and Volunteer Gathering

Volunteers you are invited to join a Virtual Staff and Volunteer gathering on Zoom on Wednesday, April 27 from 10-11:00am during National Volunteer Week. It will be a great opportunity to socialize, see each other, meet some of the new staff and catch up.

If you are interested in attending, please contact Barb Carroll via email at bcarroll@mysage.ca or leave a message on 780.701.9014.



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Volunteer Service Milestones

Congratulations and **thank you** for your time and efforts to support Sage!

YEARS OF SERVICE:

35 years

Doris Lynch

15 years

Chantal L.

Joan Carlson

10 years

Diane Johanson

Donna C.

Maureen Saunders

5 years

Andrew Magnaye

Cleide Grossi

Dom Mao

Donna D.

Eva Peters

Greg Springate

Kathleen T.

Laurel Raulin

Maria Fernandez

Mary T.

May N.

Norma Gallardo

Shirin Walji

Shui-Ying Suen

Sonia Sinha



LIFE ENRICHMENT PROGRAMMING

Our Life Enrichment program will continue to offer virtual programming held on Zoom.

Please check the monthly calendar on our website at www.mysage.ca or call 780.423.5510 for updates on transitions back to in-person programming.

ONLINE PROGRAMMING

⚠️ Tai Chi with Master Ken (Drop-in)

Good for the mind and body, these Tai Chi classes are great for all skill levels. Join us in person, phone-in (you will hear his explanations but not be able to see Master Ken performing the Tai Chi movements) and online.

When: Mondays, 9:30-11am

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

⚠️ Zumba Gold with Carina (Drop-in)

Enjoy music, fun, and dancing! Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners, or others needing modifications in their exercise routine.

When: Wednesdays, 2-3pm, Fridays 1-2pm

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

Sage SING (Drop-in)

Join Elaine and friends for music and a chance to share all of your sing-a-long favourites.

When: Tuesdays, 10:30-11:15am

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

Device and Computer Help with Dennis

Do you have questions about how to use your device or computer? Our volunteer Dennis can help! Contact Sage Main Reception at 780.423.5510 and request to set up an appointment with Dennis.

No computer? No problem! Most programs offer a call-in option. Here's how to join by phone:

1. Find the program you want to join
2. Call the toll-free number (1.855.703.8985)
3. Enter the meeting ID and press the # key
4. Press the # key again when asked for participant ID
5. Say your name and press the # key again

Ukulele Classes with Elaine (Pre-Register)

A great chance for ukulele enthusiasts of varying skill levels to come together and learn. Two multi-level groups offered. Both groups will explore a variety of strumming and picking patterns to accompany singing. Not suitable for absolute beginners. Pre-registration required. Email life@mysage.ca or call 780.701.9016.

- Group 1 is for more experienced players. (12:30-1:30pm)
- Group 2 is for less experienced players. (2-3pm)

Coffee Group (Drop-in)

A weekly get together to have discussions, chat, visit, and even see some friendly faces over the computer or over the phone.

When: Fridays, 10-10:45am

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

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 **Gentle Yoga Seated with Sonia (Drop-in)**

In these sessions, group leader Sonia will guide the group through meditative breathing and gentle and simple yoga movements, exercises, and stretches. It is seated or standing with the support of a chair.

When: Wednesdays, 12-1pm

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

 **Line Dance with Nancy (Drop-in)**

Not your typical line dancing, especially now when it is individual and from your own home! Join instructor Nancy in this unique line dancing class that mixes Tai Chi movements and easy dance moves put to a mix of popular songs.

When: Mondays, 11:15-12:15pm and

Thursdays, 10:45-11:45am

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

Live Music with Margaret & Friends (Drop-in)

Join Sage's volunteer Margaret as she shares her love of music by singing and playing her ukulele. Enjoy listening or singing along from your own home. If you have a song you'd like to share we'd love to hear from you!

When: 1st & 3rd Wednesdays of the month:

Apr 6,20; May 4,18; Jun 1,15

Time: 1:05-1:50pm

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

 **Gentle Yoga with Sydney (Drop-in)**

In these weekly sessions, group leader Sydney, will guide the group through gentle and simple yoga movements, exercises, and stretches.

When: Fridays, 11:30-12:30pm

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

Connecting Through Writing Workshops with Adele (Pre-Register)

This is a free, 4-week workshop where writing prompts are given, there are a few minutes to write, and then everyone shares and discusses with the group (if comfortable). It is a great tool for learning, expressing yourself, connecting, and sharing. 8-12 participants max. Pre-register before series deadline by email life@mysage.ca or 780.701.9016 to receive Zoom or phone-in information.

When: 3-4pm

- Series 1 - Thursdays, Apr 7-28 (Registration deadline Apr 5)
- Series 2 - Thursdays, May 19 - Jun 9 (Registration deadline May 17)

Busy Fingers & Crafts (Drop-in)

Join Sage's Busy Finger and Craft Group volunteers as you work on your knitting, crocheting, crafts, or doodling while enjoying a visit. Teaching help with some projects may also be available.

When: Tuesdays, 9-10am

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

 **Meditation & Pranayama with Sonia (Drop-in)**

In these sessions, group leader Sonia will guide the group through meditation, gentle exercises, and breath work. Meditation helps us to live in the present moment and to relax the mind. Join us and let's meditate together from the comfort of your home.

When: 4th Monday of the month, 12:20-1:10pm
Apr 25, May 30 as Sage is closed the 23, Jun 27

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

PHYSICAL ACTIVITY DISCLAIMER



This symbol indicates that the activity requires some physical exertion. It is your responsibility to be aware of the risks associated with the activity and to safely guard yourself by ensuring that you are physically capable of the activity, exercise safely, and do not participate beyond your capabilities.

LIFE ENRICHMENT PROGRAMMING

***New* Aging with Pride (Pre-Register)**

A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. See meeting schedule on Sage monthly calendar for more weekly topics. Aging with Pride is a partnership between The Pride Centre of Edmonton, Edmonton Pride Seniors Group (EPSG) and Sage Seniors Association.

Date: Thursdays, 11-12pm
Pre-registration **required** each week to get Zoom information. Please email agingwithpride@pridecentreofedmonton.ca or call 780.701.9016.

Aging with Pride Schedule (subject to change):

- Apr 21 - Erin LaFuente: Important Legal Documents You Should Have
- May 5 - Kris Wells, Darrin Hagen: Edmonton Pride History Project
- May 26 - Joanne Rauschenberger: Pride Bus History
- Jun 2 - GEF Seniors Housing
- June 16 - The Jeff Bovee Pride Seniors Strawberry Tea

Please note, the topics for the following Aging with Pride presentations are to be determined:

- Apr 7, 14, and 28
- May 12 and 19
- Jun 9, 23, and 30



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Celebration of Seniors (Drop-in)

Join our Senior's Week celebration for a fun-filled hour where our talented seniors get to show off and share their musical skills. Please contact Rachel by May 31 if you are interested in performing a song (will be held on Zoom, must have mic and camera capabilities to perform).

When: Tuesday, Jun 7, 10:30-11:30am

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

The Jeff Bovee Pride Seniors Strawberry Tea hosted by Aging with Pride (Pre-Register)

Sage's Pride Week Senior's Strawberry Tea was started many years ago by our dedicated and hard-working volunteer, Jeff Bovee. Words cannot express how greatly he is missed and the appreciation we had for all of the many, many ways he gave back to the community. To resume and honour the work Jeff started, the Aging with Pride group will hold a Senior's Strawberry Tea for LGBTQ2S+ seniors and allies. Many details are still unknown, from whether it will be online or in person to can we serve food to who will perform? One thing we do know is that we'd love for you to join us! Details to come closer to the date. Watch Sage's website for the monthly calendar with updates, Edmonton Pride center's website, or call Rachel at **780.701.9016** or email rtassone@mysage.ca to inquire about updates or to register.

When: Thursday, Jun 16

Criminal Justice System Course (Pre-Register)

Doug Heckbert was a Criminal Justice professor at McEwan University. Learn basic information about criminal law and process. This free, four week class will feature an overview of the criminal justice system, including crime defined as well as the four components that make up the criminal justice system in Canada (community, police, courts, corrections). Register by May 16 to be sent the Zoom link to join.

When: 1-3pm, May 19,26; Jun 2,9

Legal Documents You Should Have (Pre-Register)

Join lawyer Erin LaForte presenting on important legal documents such as Wills, Personal Directives and Enduring Power of Attorney, as well as a Question and Answer opportunity.

When: Thursday, Apr 21 at 11am (co-sponsored by the Aging with Pride group). To register email agingwithpride@pridecentreofedmonton.ca or call **780.701.9016**.

Better Choices, Better Health® Chronic Pain Self-Management Program (Pre-Register)

Free virtual Zoom workshops presented by Alberta Health Services. Each workshop is 6 weeks. Learn:

- techniques to control your pain and other symptoms;
- tips for healthy eating and becoming more active;
- strategies for talking with your health care team;
- methods for dealing with your difficult emotions;
- options for making your everyday tasks easier; and,
- ways to take care of yourself to enjoy a better quality of life.

Support persons, family, and friends are also welcome to register! To join you need a device (e.g., computer, laptop, smartphone) that connects to the internet, and has a camera and a microphone. You will want a private space to attend the workshop. More information can be found at www.ahs.ca/bcbh. To register call **825.404.7460 (press 3)**. Spots are limited!

Upcoming Virtual Workshops:

- Chronic Pain: Apr 13,20,27; May 4,11,18 Wednesdays 6pm-8:30pm.
- Chronic Pain: Apr 21,28; May 5,12,19,26 Thursdays 1:30pm-4pm.
- Chronic Pain: May 18,25; June 1,8,15, 22 Wednesdays 930am-12pm

2021 DONORS

Thank you to the following people and organizations who donated to Sage in 2021!

Your generosity helps us remain responsive to the unique needs of older adults.

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