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# sage LINK



## SENIORS' WEEK IN ALBERTA: REOPENING, RECONNECTING, AND REACTIVATING

Seniors' Week in Alberta will be celebrated from June 6 to 12, 2022, and is an opportunity to show appreciation for older adults and the many contributions they make to our communities.

Last year during Seniors' Week, Sage delivered pandemic packages: this year we are reopening doors, reconnecting, and activating healthy aging partnerships.

Many organizations have organized ways to recognize and support seniors in their communities during Seniors' Week.

Engagement initiatives during the week include: recognition events and celebrations, campaigns that promote community awareness of seniors' issues, information sessions relevant to aging and combatting ageism, screening age positive films, musical performances, performing acts of kindness, and so much more!

Read on to learn about more about what's happening during Seniors' Week and how you can celebrate!

*...continued on page 10*

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

**Friday, Jul 1**  
Canada Day

**Monday, Aug 1**  
Heritage Day

**Monday, Sep 5**  
Labour Day

**Friday, Sep 30**  
National Day for Truth and Reconciliation

## MESSAGE FROM THE EXECUTIVE DIRECTOR



The month of June starts with Seniors Week – June 6-12: a celebration of the value and contribution of older adults in creating vibrant and healthy communities across our province. We don't need a reminder here at Sage to celebrate the brilliant, amazing

and important role of seniors in our community – but it is nice to have a special week to say an extra big thank you and congratulations! So be sure to check out upcoming events, both online and in-person, for Seniors Week 2022!

It might seem a bit jarring to go from celebrating Seniors Week to acknowledging World Elder Abuse Awareness Day on June 15, which is recognized internationally by the United Nations. However, I believe that raising awareness of the cultural, social, economic, and demographic processes that can lead to elder abuse and neglect is an excellent way of demonstrating our how we value older adults in our communities. Reach out to older adults in your community. If you or someone you know is at immediate risk or harm, call 911.

If you are concerned that someone you know is experiencing abuse, call the Family Violence Information Line at 780.310.1818 or visit [albertaelderabuse.ca](http://albertaelderabuse.ca) to find resources in your area.

It's been wonderful to see some of our program participants returning to in-person, pre-registered group programming at Sage. We have received a grant from the New Horizons For Seniors' program to install technology in the large classroom spaces that will allow for hybrid programming. This will ensure that people who are not able or comfortable attending in-person programming, are able to attend programs virtually in 'real time'.

I look forward to seeing you – in person or virtually – sometime this summer!

**Karen McDonald**

## DIRECTORY

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15 Sir Winston Churchill Square  
Edmonton, AB T5J 2E5

### Phone

Main Switchboard	780.423.5510
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

**Email** [info@mysage.ca](mailto:info@mysage.ca)

**Online** [www.mysage.ca](http://www.mysage.ca)

**Facebook** Sage Seniors Association

**Twitter** @sageyeg

## ANNOUNCEMENTS

### STAFF UPDATE

We welcome Megan Sutherland as our Grants and Evaluation Coordinator as Shelaine Sparrow moves into her new role in Stewardship and Development; and Shelah Kwok as Temporary Assessment, Supports, and Housing Triage Coordinator.

### CLOSURE OF GUARDIANSHIP AND TRUSTEESHIP PROGRAM

As a result of changes in government funding, Sage has been offering the Guardianship and Trusteeship program using a cost-recovery model since May 2020. Our hope was that the transition to a fee-for-service social enterprise would allow Sage to continue assisting people through the complex process of applying for Guardianship and/or Trusteeship, without relying on the grant funding that had previously supported the program.

Due to ongoing challenges with operating costs and the increased number of organizations in community that are now providing this service, we have made the difficult decision to end the Guardianship and Trusteeship program as of April 15, 2022. We would like to take this opportunity to thank everyone for their support of this program for the past 35 years.

### 2021 COMMUNITY IMPACT REPORT

Sage's 2021 Community Impact Report is now available! Visit [www.mysage.ca](http://www.mysage.ca) to find out about what we've been up to during this unprecedented year.

### WORLD ELDER ABUSE AWARENESS DAY

At Sage, we will spend Seniors' Week celebrating the strength, resilience, and contributions of seniors in our community - see [page 10 for more details!](#)

As the week draws to a close, our attention will turn to the ways in which the basic human rights of seniors are also threatened every day, by recognizing World Elder Abuse Awareness Day (WEAAD) on June 15. We, as a community, benefit from the contributions of older adults, and we, as a community must also use our voice to protect them.

**Please join us!** Here are some things you can do on June 15 to join the conversation and help raise awareness about elder abuse:

- Wear purple to show your support!
- Promote Elder Abuse Awareness online.
- Learn more about elder abuse and prevention.
- Support the Sage Seniors Safe House.



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Have your caregiving duties become too much to manage on your own? Qualicare Edmonton East offers a comprehensive selection of home care services in Edmonton and the neighbouring areas. Let us lift the weight from your shoulders while ensuring your loved one remains safe and comfortable at home.

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*We'll take care of the everyday tasks so families can simply enjoy time together.*

  
**CALL 780 328 6655**



**Barb Carroll**  
Volunteer Coordinator

A special **thank you** to all of the volunteers who were involved in the 2022 Telephone Income Tax Clinic. Since the Sage building was temporarily closed in 2020 due to the pandemic, the Sage Income Tax program has continued to offer income tax services for low-resourced seniors over the telephone.

Volunteers have dedicated their time and skills to another successful tax clinic. Admin volunteers worked tirelessly behind the scenes by retrieving messages from seniors requesting assistance with tax preparation, and then scheduling tax appointments.

Thank you to the following volunteers for their commitment and support of the Tax Clinic:

- Diane Johanson
- Elsie McLeod
- Carol Benoit
- Eric Story
- Janetta Lynch
- Marg Armstrong
- Joan Bennett
- Margaret Rutherford

Many, many thanks to the following volunteers who provided their expert skillset to complete over 1,500 taxes during March and April:

- Donna C.
- Jeff Weber
- Heather P.
- Colleen Jahns
- Dennis Meleshko
- Doug Quinn
- Bones
- Janet M.

Income Tax preparation for low-resourced seniors will continue on a much smaller scale, until the end of the year.

## Connect and Contribute!

### Help fundraise for Sage! Casino Volunteers needed!

**When:** Sunday, October 2 and Monday, October 3, 2022

**Where:** Starlight Casino at West Edmonton Mall

Various positions and available shifts:

- General Manager, Banker, Cashiers, Chip Runners: 10am-7pm; 6:30pm-3:30am.
- Count Room: 11pm-3:45am.

If you are interested in volunteering for the casino or would like to learn more, contact:

Barb Carroll, Volunteer Coordinator at **780.701.9014** or **[bc Carroll@mysage.ca](mailto:bc Carroll@mysage.ca)**.





Sage's 2021 Community Impact Report is now available!

Visit [www.mysage.ca](http://www.mysage.ca) to find out about what we've been up to during this unprecedented year!



Throughout the COVID-19 pandemic, the way in which we delivered our programs and services may have changed, but the approach to our work did not.

We continue to adapt our programs according to the emerging needs and strengths of seniors and their families, and find ways to continue to be...

**RESPONSIVE, RESOURCEFUL,  
RESILIENT, AND REFLECTIVE.**



## LIFE ENRICHMENT PROGRAMMING

Sage's building remains closed at this time, however some programs (pre-registered only) have now resumed in person at Sage. Other programs will remain online/phone-in on Zoom. See details below on how to register.

As always, circumstances may change. For the most up to date information, including our monthly calendar, please visit [www.mysage.ca](http://www.mysage.ca) or call 780.423.5510.

### VIRTUAL PROGRAMMING

#### 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.

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

**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

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

#### 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

#### 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

**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

#### Aging with Pride (Pre-register)

A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. See the meeting schedule on Sage's 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.

**When:** Thursdays, 11-12pm

- Jun 2: MP Blake Desjarlais will be talking about supporting LGBTQ2S+ seniors.
- Jun 9: Darrin Hagen: Behind the Scenes with Darrin Hagen
- Jun 16: Pride Week celebration with musical entertainment Northern Heart
- Jun 23: Sydney Goss
- June 30: Year end open discussion with Rachel, Jan, and Eric

Aging with Pride will break for the Summer and return in September (hopefully in-person at Sage and streamed on Zoom simultaneously.) Pre-registration is required each week to get Zoom information. Please email [rtassone@mysage.ca](mailto:rtassone@mysage.ca) or call 780.701.9016.

#### 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.

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

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

**When:** Wednesdays starting Jul 6, 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. This is fun and easy for almost anyone to be able to do.

**When:** Thursdays, 10:45-11:45am

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

 **Meditation and 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. In meditation you let things be as they are, without judgment, and in that way you yourself learn to be. We will meditate together every month and learn some tools you can use at home. Pranayama is the yogic practice of focusing on the breath. Gentle meditation and breathing techniques will help you slowly experience the grace within you. Join and let's meditate together from the comfort of your home.

**When:** 4th Monday of the month (Jul 25, Aug 22, Sep 26) 12:20-1:10pm

**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 the series deadline by emailing [life@mysage.ca](mailto:life@mysage.ca) or 780.701.9016 to receive Zoom information. Registration deadline is Oct 11.

**When:** Thursdays, Sep 22-Oct 13, 3-4 pm

**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.

To register call [825.404.7460](tel:825.404.7460) (press 3).

**When:** Chronic Pain: Jun 7,14,21,28, Jul 5,12  
Tuesdays 1:30-4pm

Chronic Pain: Jul 5,12,19,26, Aug 2,9  
Tuesdays 6-8pm

Chronic Pain: Aug 3,10,17,24,31, Sep 7  
Wednesdays 9:30 - 12:00pm



**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

To attend in-person programming you must **pre-register** in advance (space permitting). To register email [life@mysage.ca](mailto:life@mysage.ca) or call 780.701.9016. Please note:

- Sage's doors remain closed at this time and only pre-registered participants will be permitted entry.
- Doors will only be open for entry up to half an hour before program start times and participants are asked to leave Sage upon program completion.
- The Sunshine Café remains closed at this time.
- Participants must not attend programming if they have any new signs and symptoms of illness at all, Covid or otherwise.
- Masks must be worn at all times.
- Maintain social distancing while in the building and during classes.
- Class sizes will be limited to help maintain social distancing measures.

### IN-PERSON PROGRAMMING

Please note that Dominos, Crib Games, Ballroom Dancing, Senior Social Dance as well as other Life Enrichment programs are not returning in-person at this time with current restrictions and safety precautions in place.

Watch our website [www.mysage.ca](http://www.mysage.ca), monthly calendars, and newsletters for future updates.

#### **Tai Chi with Master Ken (Pre-register)**

Good for the mind and body, these Tai Chi classes are great for all skill levels and help to build balance and strength through gentle movements.

**When:** Mondays (no class Jul 4, Aug 1, Sep 5)  
9:30-11:00am

**Location:** Sage Auditorium

#### **Line Dance with Nancy Mondays Class A & Class B (Pre-register)**

Not your typical line dancing! 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 (no class Jul 4, Aug 1, Sep 5),  
11:30-12:30pm (Class A), 1-2 pm (Class B)

**Location:** Sage Auditorium

#### **Fun & Fitness with Mykieng (Pre-register)**

These classes are great for all skill levels and help to build balance and strength through fun and easy movements.

**When:** Thursdays, 11-12pm

**Location:** Sage Auditorium

#### **Gentle Yoga with Sydney (Pre-register)**

Sydney will guide the group through gentle and simple yoga movements, exercises, and stretches. It is seated or standing with the support of a chair.

**When:** Fridays (no class Jul 22, 29)

11:30-12:30pm

**Location:** Sage Classroom C

#### **Zumba Gold with Carina Fridays (Pre-register)**

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:** Fridays, 1-2 pm

**Location:** Sage Auditorium



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### Live Music with Margaret & Friends Jam Session (Pre-register)

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

**When:** Usually 1st & 3rd Thursdays of the month but Jul-Sep dates are the 3rd & 5th Thursdays of the month from 1-2pm:

- Jul 7, 21
- Aug 4, 18
- Sep 15, 29

**Location:** Sage Auditorium

### 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 are currently 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](mailto: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)

**When:** Tuesdays, starting Sep 13

**Location:** Sage Auditorium

### Sage SING (Pre-register)

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

**When:** Tuesday, Sep 20, 10:30-11:30am

**Location:** Sage Auditorium

### Fall Welcome Back (Pre-register)

Join our Fall Welcome Back celebration for a fun-filled hour where our talented seniors get to show off and share their musical skills.

Please contact Rachel by September 6 if you are interested in performing a song.

**When:** Tuesday, Sep 13, 10:30-11:30am

**Location:** Sage Auditorium

### Aging with Pride (Pre-register)

A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. See the meeting schedule on Sage's 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.

**When:** Thursdays starting in Sep, 11-12pm  
Aging with Pride is hoping to return in-person at Sage and streamed on Zoom simultaneously in the Fall.

Pre-registration is required each week. Please email [rtassone@mysage.ca](mailto:rtassone@mysage.ca) or call 780.701.9016.

For more information on virtual Aging with Pride programming, see page 6.



## ACCESS TO THE SAGE BUILDING IS SUBJECT TO CHANGE

At the time of publication, the Sage building is open for limited hours for pre-registered group programming and social services appointments.

However, this is subject to change, and we strongly encourage you to check our access and hours before you come.

We will keep our main phone line and website updated.

**Just call or click to confirm!**

# SENIORS' WEEK CELEBRATIONS

## WAYS TO CELEBRATE SENIORS' WEEK

- reach out to seniors who may be isolated;
- recognize a senior that brings value to your community;
- participate in seniors activities;
- champion intergenerational experiences in your community;
- learn more about seniors resources and healthy aging supports; or,
- support your local senior-serving organization.

## SUPPORT SAGE

Did you know we have a few different ways you can support Sage?

- ⇒ **SkipTheDepot** offers free bottle pick up service and you can even have the proceeds donated to Sage. Visit [skipthedepot.com](http://skipthedepot.com) or call **780.328.3865** to arrange your free pick up.
- ⇒ **Donate a Car** accepts vehicle donations for Sage. Visit [donatecar.ca](http://donatecar.ca) or call **1.877.250.4904**
- ⇒ Help us win **The Great Canadian Giving Challenge**: You could WIN \$20,000 for Sage! From June 1-30, every \$1 donated online through CanadaHelps gives Sage a chance to win \$20,000.
- ⇒ Share your gifts! If are you interested in volunteering at Sage, whether it be in-person or virtual/remote roles, check out our website for various volunteer opportunities at [www.mysage.ca](http://www.mysage.ca) or contact **780.701.9014**.

## Check out these exciting Seniors' Week events happening at Sage and in community!

**Date:** Monday, Jun 6, 11am

- Age Friendly Seniors' Week kick off event at City Hall.
- Sage Special Announcement.

**Date:** Tuesday, Jun 7

- Celebration of Seniors with Sing! Ukulele singalong. Connect via Zoom!

**Date:** Thursday, Jun 9

- Zumba Gold through the pandemic: an inspiring story (pending.)

**Date:** Jun 10-12

- THIRD ACTION Film Festival: Age Positive films available to attend online. Visit [thirdactionfilmfest.ca](http://thirdactionfilmfest.ca) for more information.



# *The Waterford of Summerlea*



The Waterford of Summerlea is a senior residence located on beautiful mature grounds in West Edmonton. We provide Red Seal Chef nutritious and delicious meals, afternoon tea time with snack, 24-hour in house monitored emergency call bell/security system, free shuttle bus service, lots of fun activities/exercise classes and weekly housekeeping. Offering bachelor (\$1800 includes all 3 meals!), studio, 1 & 2 bedroom suites.

**Call to learn about our move in bonus!**

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**Edmonton, AB**

**780-444-4545**

**[www.thewaterford.ca](http://www.thewaterford.ca)**



[www.mysage.ca](http://www.mysage.ca)



SAVE THE DATE!

# SENIORS SATURDAY

**OCTOBER 1, 2022**

**conversation | connection | celebration**

Free information and resources  
about aging well in community.

*More information coming soon!*

