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# sage LINK



## SENIORS SATURDAY: A TIME FOR CONVERSATION, CONNECTION, AND CELEBRATION

On Saturday, October 1, Sage, Age Friendly Edmonton, and the Edmonton Federation of Community Leagues will mark the International Day of the Older Person by launching Seniors Saturday, presented by Servus Credit Union – a city-wide event to support seniors aging in community.

During Seniors Saturday, five free community events will occur across the city, connecting seniors to information, resources, and each other – and support strong neighborhood connections.

Each year in Edmonton, the Seniors Housing Forum and Seniors Health and Wellness

Forum have been flagship seniors' information events. In response to COVID 19-related restrictions, we combined the Forums in 2020 and presented them through Zoom as the Virtual Seniors Forum. The response was excellent, and what started as a way to keep seniors safe during the pandemic has now become a staple of Sage's information programming - and the Virtual Seniors Forum will be hosted online again November 15 and 16, 2022.

While some seniors gained access through the virtual venue, we know that many others were

*... continued on page 13*

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

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

**Monday, Oct 10**  
Thanksgiving

**Friday, Nov 11**  
Remembrance Day

**Monday, Dec 26 -  
Tuesday, Jan 3**  
Winter Holidays

## MESSAGE FROM THE EXECUTIVE DIRECTOR



I hope that many of you have had the opportunity to begin to venture back to Sage for some of the in-person programming. The staff and volunteers are excited to see an increase in program offerings in the building this fall, for the first time since the start of the pandemic,

including a return to drop-in programming in October.

Everyone continues to choose between in-person or virtual programming for a variety of different, personal reasons, and therefore Sage's team is working towards continuing to offer both options. Online/phone and virtual programming continues to be available for those who aren't comfortable or ready to return to in-person programming in the building.

We know that maintaining public health measures like masking is important to our program participants and their comfort in attending in-person programming, as well as ensuring the health and safety of volunteers and staff.

Please continue to check the website or call Sage for updates on current public health measures in place to ensure the health and safety of everyone in the building.

### Join us for Seniors Saturday and the Virtual Seniors Forum!

Offered in partnership with community partners across the city, Seniors Saturday is an in-person opportunity for seniors to connect with resources, each other, and their community. The Virtual Seniors Forum is a virtual opportunity to learn, share, and connect with a vast range of resources. Learn more about both exciting events in this edition of the Link Newsletter – we hope to see you there!

**Karen McDonald**

## DIRECTORY

### Board of Directors

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President Elect	Michael Solowan
Past President	Joyce Tustian
Secretary	Gregory Springate
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### Members at Large

Anne Smith	Kathy Classen
Arielle Whitham	Paul Taylor
Cathy Giblin	Sharon Anderson

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

**This Full House Drop-in Support Group** offers information and strategies around hoarding disorder and the anxiety that accompanies the decluttering process in a safe setting. The group is held the last Thursday of the month starting September 29 from 11:30am-1pm. Please call Colleen Derksen at 780.701.9005 if interested.

**This Full House Therapeutic Support Group** follows the Buried in Treasures curriculum. Sessions will include information around exploring the reasons behind hoarding disorder and acquiring behaviours, as well as developing strategies to address both these challenges. Ten sessions held every second week beginning in October. Registration required. Please call Colleen Derksen at 780.701.9005 if interested.

**Sage's Friendly Wellness Check Program** connects isolated seniors to volunteers who foster a genuine human connection that can help combat loneliness.

To join the Friendly Wellness Check program, phone 780.423.5510 and leave a message requesting to be added to the list. To volunteer as a Friendly Caller, phone 780.701.9014.



### STUDIO SUITES AVAILABLE

For a tour call:  
780-442-3122



**Independent living for seniors in a supportive Christian retirement community.**

- 375 square foot suites for single residents.
- Includes full kitchen, combined living/bedroom area, and bathroom.
- Wide range of activities within the community.
- Access to home care, meal plans, parkade, and other services.

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



## Qualicare<sup>®</sup> Home Care

Of Edmonton East and Area

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.

- **Daily Tasks and Household Management**
- **Specialized Health Care**
- **Companionship & Outings**
- **Family Care Coordination**

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



**CALL 780 328 6655**

## VOLUNTEER SERVICES



**Barb Carroll**  
Volunteer Coordinator

### IN MEMORIAM



It is with a very sad heart that we share with you the passing of Pearl Edwards. Pearl was an active member of the Sage community since 2015, both as a volunteer and participant in various Life Enrichment programs.

Pearl volunteered in the Life Enrichment program as the Everyday Fitness Assistant, and also volunteered annually as an Income Tax Preparer during the Income Tax Clinic in February and March.

In addition, she was a passionate and dedicated member of the GeriActors group. Pearl was energetic, enthusiastic, and enjoyed engaging with people. Sage would like to send our condolences to Pearl's family.

She will be dearly missed but never forgotten.

### HELP FUNDRAISE FOR SAGE: CASINO VOLUNTEERS NEEDED!

Sunday, October 2 and Monday, October 3, 2022 at Starlight Casino at West Edmonton Mall.

Are you a night owl? There are various volunteer roles still available for the night shifts, including:

- Banker, Cashier, Chip Runner (6:50pm-3:30am); and,
- Count Room roles (11pm – 3:45am).

Training is provided for all of the positions.

Night shifts are fun and a great chance to socialize! It is a wonderful way to meet new people. Gather your family/friends and volunteer together! Transportation to the casino and/or back home is available. Free meal, snacks and beverages.

If you are interested or require further information, contact Barb Carroll at [bcarroll@mysage.ca](mailto:bcarroll@mysage.ca) or 780.701.9014.

### VOLUNTEERING AT SAGE

If you are interested in volunteering at Sage, check our website [www.mysage.ca](http://www.mysage.ca) for current volunteer opportunities or call/email Barb Carroll, Volunteer Coordinator at [bcarroll@mysage.ca](mailto:bcarroll@mysage.ca) or 780.701.9014.



### ACCESS TO THE SAGE BUILDING IS SUBJECT TO CHANGE

At the time of publication, the Sage building is open for pre-registered group programming, social services appointments, and some drop-in classes.

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!**

# Now Renting!



- Independent senior's living
- Immediate availability
- Christian community
- Newly renovated suites
- Amenities: games room, recreation, dining rooms, hair salon
- Located near shopping, parks, and recreation

Senior's Living by:  SHEPHERD'S CARE FOUNDATION



**Book a tour of one of our three locations today!**

Millwoods, Kensington, Southside Locations **587-596-0580** | [www.ShepherdsGardens.ca/RentNow](http://www.ShepherdsGardens.ca/RentNow)

## LIFE ENRICHMENT PROGRAMMING

In September, the in-person Life Enrichment programs are pre-registered only. Other programs will remain online/phone-in on Zoom.

In October, we hope to add a few drop-in programs and have our puzzle and games area open. See details below on how to register and more.

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

#### **Tai Chi with Master Ken (Drop-in on Zoom, Pre-register In-Person)**

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 starting Sep 12 in-person, offered on Zoom starting Oct 17, 9:30-11am

**Location:** Sage Auditorium (in-person) or

**Zoom Meeting ID:** 657 878 2877

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

#### **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 done seated or standing with the support of a chair. Sonia also leads the group through meditative exercises and breathing.

**When:** Wednesdays, Sep only, 12-1pm

**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

**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

#### **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

#### **SING at Sage**

##### **Drop-in on Zoom, Pre-register In-Person**

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

**When:** Tuesdays, starting Sep 13 in-person, offered on Zoom starting Oct 11, 11:30am-12:15pm

**Location:** Sage Auditorium (in-person) or,

**Zoom Meeting ID:** 657 878 2877

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

##### **Ukulele Classes with Elaine (Pre-register)**

A great chance for ukulele enthusiasts of varying skill levels to come together and learn. A multi-level group is currently offered and 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 to receive Zoom information.

**When:** Tuesdays, starting Sep 13 in-person, offered on Zoom starting Oct 11, 1:30-3pm

**Location:** Sage Auditorium (in-person)

### **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 starting Oct 6: the group will meet in-person at Sage and be live-streamed on Zoom simultaneously. Pre-registration is required each week to get Zoom information or to attend in-person. Please call 780.701.9016 or email [agingwithpride@pridecentreofedmonton.ca](mailto:agingwithpride@pridecentreofedmonton.ca).

### **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, 10-10:45 am

**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.

- Series 1: Thursdays, Sep 22 - Oct 13 (Registration deadline is Sep 16), 3-4pm
- Series 2: Thursdays, Nov 3-24 (Registration deadline is Oct 28), 3-4 pm

### **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.

He can help over the phone/computer or book an in-person appointment at Sage Wednesdays 1-3pm starting Oct 5.



#### **Mobile Professional Foot Care Ltd.**

**Mandy/Sandeep**

Certified Foot Care Nurses

**780-996-7285/780-807-7882**

[edmontonmpfc@gmail.com](mailto:edmontonmpfc@gmail.com)

**Certified foot care nurses offering you the best foot care without leaving the comfort of your home.**

Services include: lower leg screening (diabetics and non-diabetics), nail trim and file, callus reduction, fungal nails, massage to enhance circulation and referrals to specialist if needed.

**Call or email to book an appointment.**



#### **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. In October, the puzzle and games area will be open for drop-in from 10am-2pm.
- 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.
- Social distancing is recommended where possible.

### IN-PERSON PROGRAMMING

#### Foot Care Clinic (Pre-register)

Edmonton Foot Care Academy is having its students provide free Foot Care! Each appointment will include general and diabetic foot assessments, nail cutting and shaping, corn and callus reduction, assistance with ingrown and fungal nails, and moisturizing and foot massage.

Pre-registration is required for each session. Call Sage's Assessment and Intake line at 587.773.1764 to request a foot care clinic appointment and leave your contact information. Someone will call you back to book your appointment. Appointments are limited and first come, first served.

**When:** Sep 28, 10am-12pm

**Location:** Sage Auditorium

#### 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 (also available on Zoom starting Oct 17) 9:30-11:00am

**Location:** Sage Auditorium

#### Crib Games with Margaret (Drop-in)

Join our volunteer Margaret for a game of crib or crib lessons if you want to learn this fun and easy game. Begins Wednesday starting Oct 5, 1-2pm at the tables on the main floor.

#### Dominos (Drop-in)

If you love to play dominos or want to learn how, our dominos drop-in will resume Wednesdays starting Oct. 5, 10am-12 pm at the tables on the main floor.

#### 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 too!

**When:** 1st and 3rd Thursdays of the month, 1-2pm : Sep 1, 15; Oct 6,20; Nov 3,17

**Location:** Classroom C

Mahjong, the Puzzle Room, and Scrabble will be available again starting in Oct, 10am-2pm.



**780-807-5883**  
Advanced Manicurist/Pedicurist,  
21 years of experience!  
*Affordable, professional  
nail care, provided in  
the comfort of your  
home. Serving  
Edmonton and  
surrounding areas*  
*We Care About Your  
Nails, Naturally!*  
**[www.nnchs-edmonton.com](http://www.nnchs-edmonton.com)**



### **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 starting Oct 6; group will meet in-person at Sage and be live-streamed on Zoom simultaneously. Pre-registration is required each week to get Zoom information or to attend in-person. Please email [agingwithpride@pridecentreofedmonton.ca](mailto:agingwithpride@pridecentreofedmonton.ca) or call 780.701.9016.

### **⚠ 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

- Class A: 11:30am-1pm
- Class B: 1:15-2:45pm

Wednesdays

- Class A: 11:45am-1:15pm
- Class B: 1:30-3pm

**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 having fun and doing easy movements.

**When:** Thursdays, 11am-12pm in the Sage Auditorium until the end of Sep. Starting Oct 6 classes will be 11:30am-12:30pm in Class C.

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

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

**When:** Fridays, 1-2pm

**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 done seated or standing with the support of a chair.

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

**Location:** Sage Classroom C

### **SING at Sage**

#### **Drop-in on Zoom, Pre-register In-Person**

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

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**Zoom Meeting ID:** 657 878 2877

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A great chance for ukulele enthusiasts of varying skill levels to come together and learn. A multi-level group is currently offered and 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.

**When:** Tuesdays, starting Sep 13 in-person, offered on Zoom starting Oct 11, 1:30-3pm

**Location:** Sage Auditorium (in-person)

### **Computer Classes for Beginners**

If you are interested in learning computer basics - from typing, to emailing, to using the internet - these are the classes for you! These are also great classes if you already know how to use a computer but want to refresh your skills. Classes are instructed by a volunteer and are free.

If you are interested in a class please email [life@mysage.ca](mailto:life@mysage.ca) or call 780.701.9016. Classes will begin in October or November.

# SILVER THREADS

## FAMILY VIOLENCE PREVENTION MONTH

In recognition of Family Violence Prevention month (November) consider donating to the Seniors Safe House.

The Seniors Safe House provides temporary housing for older adults who are leaving abusive situations. The items and supplies listed below are needed year-round to support Safe House residents on their recovery journey.

To donate (new items only, please) call the Safe House Manager at 780.628.1139. To make arrangements for drop off, call 780.701.9014.

## YOU CAN MAKE A BIG DIFFERENCE WITH A LITTLE PLANNING

Creating or revisiting your will is the perfect time to consider the lasting impact you would like to have in community.

Did you know that supporters of any age can plan their legacy to include improving lives of seniors by naming Sage as a beneficiary?

Contact Shelaine Sparrow, Stewardship and Development Specialist, for information at [ssparrow@mysage.ca](mailto:ssparrow@mysage.ca) or 780.701.9006.

### NEW ITEMS NEEDED AT THE SAFE HOUSE YEAR-ROUND

#### Personal Care Items

Bath robes  
Pajamas  
Underwear (men's and women's)  
Socks  
Bath towels and Face cloths  
Razors and shaving cream  
Wallets (men's and women's)  
Purses and tote bags  
Non-slip slippers - *knit slippers without non-slip soles are a fall hazard and will not be accepted*

#### Gift Certificates

Coffee shops  
Grocery stores  
Department stores

#### Basic Consumables

Coffee and Tea  
Sugar  
Garbage bags  
Toilet paper  
Paper towels  
Bleach

#### Household Items

Pillows, single comforters and deep pocket sheet sets (min 20")  
Dish soap  
Hard plastic laundry baskets  
Toasters, kettles, coffee makers, tea pots  
Glasses, dishes, pots, cooking utensils  
Calendars

**For safety reasons we can only accept new items.** For donating slightly used goods or large furniture items, contact Find at 780.988.1717; for clothing donations, contact the Bissell Centre Thrift Shoppe at 780.471.6644.

If you or a senior you know is being abused, please call Safe House Intake at 780.702.1520. In an emergency, call 911. For 24-hour support, call the Seniors Abuse Helpline at 780.454.8888.

For non-urgent call or further information, please call 780.426.3746.

# WILLPOWER WILLS WEEK



Edmonton Community Foundation is pleased to present Wills Week October 3 - 7. Join us for **free** seminars on the importance of having a valid, up-to-date will.

Missed an online session? Webinar recordings will be available online after the seminar date. Visit [www.ecfoundation.org/initiatives/wills-week](http://www.ecfoundation.org/initiatives/wills-week) to watch them.

## FREE SEMINARS:

### Estate Planning 101 – A General Overview

Mon Oct 3 | 1:30 pm to 3:00 pm  
Terwillegar Recreation Centre,  
2051 Leger Rd NW

Tues Oct 4 | 6:30 pm to 8:00 pm  
Northgate Lions Senior Recreation Centre,  
7524 139 Ave NW

Wed Oct 5 | 1:30 pm to 3:00 pm  
Westend Seniors Activity Centre,  
9629 176 St NW

Wed Oct 5 | 6:30 pm to 8:00 pm  
Online session. Registration is required in advance.  
Visit [www.ecfoundation.org/initiatives/wills-week](http://www.ecfoundation.org/initiatives/wills-week)

Thurs Oct 6 | 6:30 pm to 8:00 pm  
Telus World of Science, 11211 142 St NW

### The Right Tax Planning Could Lead to a Bigger Estate

Mon Oct 3 | 6:30 pm to 8:00 pm  
Online Session. Registration is required in advance.  
Visit [www.ecfoundation.org/initiatives/wills-week](http://www.ecfoundation.org/initiatives/wills-week)

### No Plan is Still a Plan...

Tues Oct 4 | 10:00 am to 11:30 am  
Online Session. Registration is required in advance.  
Visit [www.ecfoundation.org/initiatives/wills-week](http://www.ecfoundation.org/initiatives/wills-week)

### New Rules of Probate

Thurs Oct 6 | 10:00 am to 11:30 am  
Online Session. Registration is required in advance.  
Visit [www.ecfoundation.org/initiatives/wills-week](http://www.ecfoundation.org/initiatives/wills-week)

### Fighting the Terms of a Will

Thurs Oct 6 | 2:00 pm to 3:30 pm  
Online Session. Registration is required in advance.  
Visit [www.ecfoundation.org/initiatives/wills-week](http://www.ecfoundation.org/initiatives/wills-week)

PLEASE NOTE: Sessions are subject to change. In-person sessions are first-come, first served.  
For current details, please visit [www.ecfoundation.org/initiatives/wills-week](http://www.ecfoundation.org/initiatives/wills-week)

# *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!**

**9395-172 Street NW**

**Edmonton, AB**

**780-444-4545**

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



... continued from front page.

cut off by the pandemic, isolation deepened, and valuable connections were lost.

For years, seniors have come to the Forums to access valuable information and resources: this year, we want to take the Forum to them, and use it to foster conversation and connection between neighbours.

On October 1, five Seniors Saturday venues across Edmonton will host a different presentation on a topic of interest to seniors. Topics include living well with frailty, advanced planning, preserving keepsakes while downsizing, ways to identify elder abuse and neglect, and financial literacy workshops with information about preparing for the future and protecting yourself from financial abuse, exploitation and fraud, and more.

Community Hosts confirmed for the inaugural Seniors Saturday include:

- Alberta Avenue Community League
- Calder Park Community League
- Malmo Plains Community League
- Sherbrooke Community League
- South West Edmonton Seniors Association

In addition to informative presentations by knowledgeable and engaging speakers, each venue will host an hour of coffee and connection with complimentary refreshments – a great opportunity to meet people, share stories, and celebrate the International Day of the Older Person!

Seniors Saturday is event planning in community with community, to share resources and information, foster authentic connections between individuals, and strengthen the resilience of the community overall.

To register to attend Seniors Saturday, please phone 780.809.9405.

For more information about the Virtual Seniors Forum, or to register to attend the event, please visit [www.seniorsforum.ca](http://www.seniorsforum.ca).

# The Virtual Seniors Forum

PRESENTED BY



November 15 and 16, 2022  
from 9:00 a.m. - 4:00 p.m.

The Virtual Seniors Forum is a free two day event that connects seniors, their families, professionals, and caregivers to vital information and resources pertaining to housing, health, wellness, and social supports for older adults.

Registrants will be able to participate online or by phone via Zoom.

To register, or learn more about the Forum, visit [www.seniorsforum.ca](http://www.seniorsforum.ca) or phone 780.423.5510.



## REOPENING IN-PERSON GROUP PROGRAMMING AT SAGE: FREQUENTLY ASKED QUESTIONS

### **Who will have access to Sage's main building?**

At the time of publication, Sage's main building is open for pre-registered group programming, and social work and other one-on-one supports by appointment only.

In October, we hope to add a few drop-in programs and have our puzzle and games area open.

### **I don't want to wear a mask and/or I have a mask exemption. Can I come to Sage?**

No. If you cannot or choose not to wear a mask at Sage, you will be asked to leave the premises and alternate forms of service delivery, including service online or over the phone, will be explored.

Please note, if you do not have your own mask or face covering, or staff determine that the mask you are wearing is not effective, we will provide you with a mask to wear. Please clean your hands with hand sanitizer before and after putting your mask on.

### **Is the Sunshine Café open?**

No. We are asking people to stay masked at all times while they are in the building, so the Sunshine Café will not reopen at this time.

### **Do I need to be vaccinated to come to Sage?**

The full course of the COVID-19 vaccination is strongly encouraged for your own health and safety. Proof of vaccination is not required for program participants to access Sage's main building. Sage staff, students, and volunteers are required to be vaccinated.

### **How do I book an appointment at Sage?**

If you do not have an appointment, please call 780.423.5510, extension 323 or 587.773.1764 to leave a voicemail, and we will return your call within two business days.

### **How do I pre-register for Life Enrichment programming?**

To register, or for more information on which Life Enrichment programs will remain on Zoom and which programs will be held at Sage, require pre-registration, or are drop-in, please visit [www.mysage.ca/life-enrichment](http://www.mysage.ca/life-enrichment), email [life@mysage.ca](mailto:life@mysage.ca), or call 780.701.9016.

### **I have an appointment at Sage. How can I be sure the building is still open when I get there?**

You will be contacted the day before your appointment and staff will do a health screening to confirm that nothing has changed for you since the appointment was made. We will also have Sage staff members and volunteers positioned at the main door to let you in and direct you further.

For example, if you have an appointment with a social worker, they will meet you at the door at your appointment time.

If you are early to your appointment due to DATS, you can wait inside the main waiting area until your appointment.

### **I need help with Guardianship and/or Trusteeship. What should I do?**

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 at Sage as of April 2022.

We encourage you to contact the Office of the Public Guardian and Trustee (OPGT) for referral information regarding assistance with Guardianship and/or Trusteeship applications:

Edmonton Main Office (Adult Guardianship)  
Phone: 780.427.0017

Edmonton Main Office (Trusteeship)  
Phone: 780.427.2744

**I am experiencing a crisis (abuse, homelessness, food insecurity, etc.) What should I do?**

If you or a senior you know is experiencing abuse, please call Safe House Intake at 780.702.1520.

Please note, Sage does not provide immediate assistance for crisis and/or emergency situations. In these situations, we recommend that people call 211 for community resources. If you require emergency housing, please contact:

- Homeward Trust: 780.496.2630
- Hope Mission (Shelter): 780.422.2018
- WEAC (Women's Emergency Accommodation Shelter): 780.423.5302

**Do I go to Sage for my Income Tax Appointment?**

All income tax appointments are offered via telephone. If you have turned up to Sage at the time of your appointment, you have likely missed the phone call from the income tax preparer. Please call 780.809.9424 to reschedule your appointment.

**Is there going to be a 2022-23 Directory of Senior Services? Where can I get a copy?**

Production of the 2022-23 Directory of Senior Services has not started. Print copies of the 2020-21 Directory of Senior Services continue to be available and can be picked-up at Sage or various locations across the Capital Region - for example, every branch of the Edmonton Public Library, Alberta Motor Associations, other seniors centres, etc. Please call these locations first to ensure they have stock available.

If you are unable to pick up a copy, we will mail you one as long as supplies last. Please call 780.423.5510, or email [info@mysage.ca](mailto:info@mysage.ca) with your request (including full name, mailing address, and phone number.)

**Mandatory public health measures in Alberta have been lifted, why is Sage still adhering to health measures?**

Throughout the COVID-19 pandemic, Sage has prioritized the health and safety of volunteers, staff, and the people we serve. As mandatory public health restrictions are lifted in Alberta, Sage will continue to adhere to public health recommendations and preventative measures to help mitigate the spread of COVID-19. These measures have proven to be the safest and most effective way of protecting our communities.

**How long will Sage be adhering to transmission prevention measures (e.g., masking, social distancing recommended, etc.)?**

Sage will adhere to transmission prevention measures until we are confident that the health and safety of staff, volunteers, and the people we serve are no longer compromised by the COVID-19 pandemic.

**I have questions about Sage's main building reopening. Who do I contact?**

For the most up-to-date information about service delivery and the phases of reopening Sage's main building for in-person services, please call 780.423.5510 or visit [www.mysage.ca](http://www.mysage.ca).

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



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