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# sage LINK



Interested in participating in a survey about COVID-19 safety measures at Sage? See page 3 for more details.

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

**Friday, Apr 7**  
Good Friday

**Monday, Apr 10**  
Easter Monday

**Monday, May 22**  
Victoria Day

## WORLD ELDER ABUSE AWARENESS DAY

World Elder Abuse Awareness Day (WEAAD) is observed annually on June 15. It is a day designated by the United Nations General Assembly to raise awareness about the issue of elder abuse, promote respect for the rights of older people, and prevent and/or address abuse of older persons.

On June 15, activities and events are organized worldwide to promote awareness, education, and advocacy to prevent elder abuse and support those who have experienced abuse.

**DID YOU KNOW** Elder abuse is any action or inaction by a person(s) in a trusting relationship that causes harm and distress to an older adult.

### Save the date!

Join us on June 15 at Sage in the Auditorium for *It's Not Right: Neighbours Friends and Families for Older Adults* facilitated by Safe House staff members, Shelby and Iris.

The presentation will provide information on:

- identifying elder abuse and neglect;
- ways to keep yourself safe from abuse; and,
- what to do if you or someone you know experiences abuse.

Please visit [www.mysage.ca](http://www.mysage.ca) for elder abuse resources and more information.

## MESSAGE FROM THE EXECUTIVE DIRECTOR



The Spring Edition of the Link is always one of my favourites. We write it when we're still in the depth of winter, but by the time it arrives in your hands, there should be signs of thaw, renewal, and once again, the hope that our winter city will blossom into the beauty that it is every summer!

That same spirit of renewal carries into our hopes for the spring programming and services at Sage. It's been energizing and encouraging to see more and more people coming to scheduled programming on-site, to see familiar volunteers back in the building, and the team is working hard to activate some new programs and services in 2023.

Sage's programs that are funded by Family and Community Support Services (FCSS), through the City of Edmonton will be reorganized going forward to focus on the expansion of the Community Animation Program (formerly known as Ageing to Sageing). While this change in funding has created some challenges (loss of funding for the volunteer coordinator role), it is an exciting opportunity to expand on the excellent community development and animation work that was happening in the Aging to Sageing

program and the Life Enrichment program, which will now primarily be part of the new Community Animation Program.

Spring also means that tax season ramps up, with much support from a skilled and dedicated volunteer team, and with leadership and support from our Jade Allen from the Finance team.

Work is underway to activate grant funding provided by the Max Bell Foundation and the Canadian Frailty Network to continue the work from the DRAGONFLY project in 2020/2021. Sage will now be a Regional Centre for Healthy Aging under the umbrella of the Canadian Frailty Network. The project will continue the work to validate the Healthy Aging Asset Index and expand the use of Frailty Screen tools by non-clinical staff in community-based organizations.

We continue to work to identify opportunities for funding to re-activate the Health Services program, working in partnership with our colleagues at the University of Alberta and Athabasca University.

Members of Sage's team are actively participating in work to improve service delivery models and to improve public policy that impacts older adults, in areas such as elder abuse, outreach and social work practice, primary health

## 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

care, technology and aging, and social prescribing.

We hope you'll attend, virtually or in-person, the AGM on Thursday, May 11, to learn more about all the fantastic work underway at Sage, ways to get involved, and to hear a reflection on the past year.

Wishing you a sunny and early spring!

**Karen McDonald**

### STAFF UPDATE

Sage has welcomed Lucy Jones and Gloria Prymych as Link Workers for the Social Prescribing Project and Navreet Grewal as a Case Coordinator for the Coordinated Community Response (CCR) program working with the South Asian Community.

And a big thank you to previous employees Laura McCann and Shelah Kwok who are stepping in where needed to cover vacation time for the Social Work team.

### ANNUAL GENERAL MEETING

Sage will be holding its Annual General Meeting in-person at Sage in Classroom C and online-virtually on Thursday, May 11 at 11:30am. A meeting package will be made available for review by members at both reception and electronically. If you plan to attend, please RSVP by calling our general phone line **780.423.5510** or email [info@mysage.ca](mailto:info@mysage.ca) by April 20, 2023

### SURVEY: COVID-19 SAFETY MEASURES AT SAGE

We want to hear from you!

Throughout the pandemic, Sage has taken a proactive approach to public health measures that are meant to keep program participants, volunteers, and staff safe.

Please help inform our decision-making by taking a short survey about COVID-19 safety measures at Sage. Your responses will be anonymous.

To complete the survey online, please visit [www.mysage.ca](http://www.mysage.ca). To request a hard copy of the survey, including a return envelope, please call **780.423.5510**. Please note, the survey will not be available until April 2023.

Spring  
2023

## Estate Power Estate Administration Week

EDMONTON  
COMMUNITY  
FOUNDATION

Join Us for **FREE** Estate Administration Sessions  
from April 17-21, 2023

Edmonton Community Foundation is partnering with a team of volunteer estate lawyers to present in-person and virtual sessions that provide valuable information for estate executors or those who are making estate plans.

The sessions will include topics such as:

- Estate Planning 101 and General Executor Duties
  - Estate Accounting & Tax Implications
  - Handling Disputes
  - What NOT To Do as an Executor
- And more!

For session details, webinar recordings, and to register, please visit [ecfoundation.org/estate-administration-week](http://ecfoundation.org/estate-administration-week)

*Session schedule and details are subject to change. See the ECF website for updates.*



## LIFE ENRICHMENT PROGRAMMING

Life Enrichment programs are free unless there is a cost indicated. No Sage membership required to participate.

If registration is required for a program please call **780.701.9016** or email [life@mysage.ca](mailto:life@mysage.ca).

**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

## ZOOM PROGRAMMING (ONLINE OR PHONE-IN)

### Connecting Through Writing Workshops with Adele (Pre-Register)

This is a free, four-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). Call **780.701.9016** or email [life@mysage.ca](mailto:life@mysage.ca) to pre-register and receive Zoom information.

**When:** Fridays, 2pm-3pm  
Series 1: Apr 21 - May 12 (Register by Apr 20)  
Series 2: Jun 2 - 23 (Register by Jun 1)

### Coffee Group (Drop-in)

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

**When:** Thursdays, 10am-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.

**When:** Tuesdays 9am-10am  
**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 able, exercise safely, and do not participate beyond your capabilities.

### Downtown Men's Shed (Pre-Register)

Join the group for some discussion, learning opportunities, friendly chat, and a chance to meet new people. For Zoom link, please email [ahgojtan@mysage.ca](mailto:ahgojtan@mysage.ca) or call **780.446.3964**.

**When:** Thursdays, 10am-12pm

### 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:** Fridays 1pm-2pm  
**Zoom Meeting ID:** 657 878 2877  
**Toll-Free Phone-in:** 1.855.703.8985

### Role of Executor, Estate Planning, and Planned Giving sponsored by Aging with Pride (Pre-Register)

Presented by lawyer Erin Lafuente. Before you make your will, learn about the role of executor, important details for estate planning, and planned giving. Call **780.701.9016** or email [life@mysage.ca](mailto:life@mysage.ca) to pre-register and receive Zoom information. Register by May 24.

**When:** Thursday, May 25, 11-12pm

## IN-PERSON PROGRAMMING

Sage's doors remain locked but staff or volunteers are here to let you in. **We have also added a buzzer to ring for admittance.**

Please do not attend programming if you have any new signs and symptoms of illness at all, COVID or otherwise.

We recommend that you wear a mask at all times while you are at Sage, and physically distance where possible.

Classroom A will be a space provided for participants where they can remove their masks for the purpose of consuming outside food or beverages. The space is available Mon-Thurs from 10am-2pm.

### **NEW Legal Documents You Should Have (Pre-Register)**

Presented by lawyer Erin Lafuente. Learn about important legal documents everyone should have such as Power of Attorney, Personal Directive, and a Will. Plus, a chance for Q&A at the end. Please register by Jun 13.

**When:** Jun 14, 11-12pm

**Where:** Sage Classroom B

### **NEW EPL Library Tour (Pre-Register)**

See the beautiful new Stanley Milner Library and learn some of the amazing things it has to offer beyond books, including a recording studio, kitchen with cooking classes, a movie theater, seed catalogue you can borrow from, and more! Please register by May 29.

**When:** Tuesday, May 30, meet at Sage for 10:45am (tour is 11-12pm)

### **NEW iPad Class (Pre-Register)**

Presented by EPL. Learn iPad basics and the many things you can do on this device in this 5 week course. iPads provided for the course.

**When:** Mondays, May 1, 8, 15, 29, June 5, 11-12pm

**Where:** Sage Classroom B

### **⚠️ NEW Ballroom Dance with Melissa (Pre-Register)**

A partnered, ballroom dance group. For people with some dance ability and fairly high mobility. Those with higher skill levels may be chosen to join in when the group is performing. Dancers are responsible for their own costumes and performance costs.

**When:** Tuesdays, 11:15-12:45pm (practice is Wednesdays, 9-9:45am)

**Where:** Sage Auditorium

### **NEW Love to Learn Series (Pre-Register)**

Presented by EPL community librarians, featuring a variety of educational and fun topics including some armchair travel. First Tuesday of the month from 11-12pm. Pre-registration accepted up to the day before.

**When:** Apr 4 - learn about the constellations;  
May 2 - armchair travel to see and learn about Japan;  
Jun 6 - celebrate Senior's Week by learning about celebrated senior, Dolly Parton.

**Where:** Sage Classroom B

### **Jam Session & Sing-along (Drop-In)**

Enjoy listening or singing along or bring your own instrument. If you have a song you'd like to share, we would love for you to come and share it.

**When:** Thursdays, 1-2pm (except the 1st & 3rd Thursdays of the month when there is Live Music with Margaret and Friends, but you are welcome those weeks too!)

**Where:** Sage Main

### **Scrabble Games (Drop-in)**

Join our volunteer Jim in some scrabble games in this weekly drop-in group.

**When:** Thursdays, 12:30-2 pm

**Where:** Sage Main

### **Pride Week Senior's Celebration**

Presented by Aging with Pride. Enjoy a musical performance from Northern Heart. Details TBA. Contact Rachel at [life@mysage.ca](mailto:life@mysage.ca) or 780.701.9016.

# *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.

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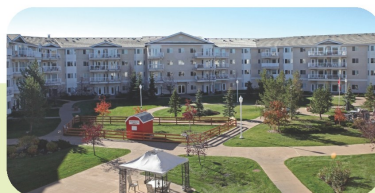


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## LIFE ENRICHMENT PROGRAMMING

### ⚠️ **Fitness & Drumming Group (Pre-Register)**

Gentle exercise and movements while also enjoying some drumming. Drums provided.

**When:** Mondays, 11:15-12:45pm

**Where:** Sage Classroom C

### **Mah-Jong Lessons (Pre-Register)**

Offered by our community partners from ASSIST. Learn how to play fun and popular tile game Mah-Jong in this 6 week series of lessons. Pre-register by April 18.

**When:** Thursdays, Apr 20-May 25, 10:30-12pm

**Where:** Sage Puzzle Room

### **Singalong at Sage (Pre-Register)**

All the warmth of singing around a campfire without the smoke or mosquitos. All voices and harmonies welcome. Masks optional.

**When:** Tuesdays 11:30-12:15pm Will begin in May if there is enough interest. Contact Rachel at [life@mysage.ca](mailto:life@mysage.ca) or 780.701.9016 by Apr 6 to join.

### **Mahjong, Puzzle Room, Scrabble**

Will be available again Monday-Thursday from 10-2pm.

### **Painting With Dale (Pre-Register)**

Join Dale in this 3-week course as you learn to paint a picture. Supplies provided. Pre-register early, only 10 spots available per series.

**When:** 12:30-3pm

April Series - Mondays, Apr 17-May 1

June Series - Mondays, Jun 5-19

**Where:** Sage Classroom A

**Cost:** \$10 cash/series, payable first day of class

### **Mindful Colouring & Doodling (Drop-In)**

Enjoy colouring and doodling with pictures and pencil crayons provided. A great chance to express creativity, meet new people, or to let your mind relax.

**When:** Monday-Thursday, 10-2pm

**Where:** Sage Main

### ⚠️ **Gentle Yoga with Sydney, Tuesdays (Pre-Register)**

Sydney can teach yoga to all levels of ability, all ages, and even with mobility limitations. This class can bring stability and peace as well as help to find more mobility and strength or to maintain the mobility that you already have. Class is mostly seated. Masks optional.

**When:** Tuesdays, 10-11am

**Where:** Class C

### **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 & 3rd Thursdays of the month, 1-2pm **Where:** Sage Main Floor

### ⚠️ **Line Dance with Nancy Mondays Class A and 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:** Class A - Mondays, 11:30-1 pm

Class B - Wednesdays, 1:15-2:45 pm

**Where:** 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, 11-12pm

**Where:** Sage Auditorium

### ⚠️ **Zumba Gold with Carina, Tuesdays (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:** Thursdays, 1-2 pm

**Where:** Sage Auditorium



**⚠ Gentle Yoga with Sydney, Wednesdays (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:** Wednesdays, 1-2pm

**Where:** Sage Classroom C

**Dominos (Drop-In)**

If you love to play dominos or want to learn how, our dominos drop-in will resume Wednesdays.

**When:** Wednesdays, 10-12 pm

**Where:** Sage Main Floor

**Crib Games with Margaret (Drop-In)**

Koin our volunteer Margaret for a game of crib or crib lessons if you want to learn this fun and easy game.

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

**Where:** Sage Main Floor

**HYBRID PROGRAMMING (IN PERSON WITH THE OPTION TO JOIN BY ZOOM)**

**Ukulele Lessons**

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. Will begin Apr 4. Contact Rachel at [life@mysage.ca](mailto:life@mysage.ca) or 780.701.9016 for in-person registration or Zoom info. Masks optional.

**When:** Tuesdays, 1-2:30pm

**⚠ Tai Chi with Master Ken**

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. Drop-in on Zoom, Pre-register for in-person.

**When:** Mondays 9:30am-11am

**Where:** Sage Auditorium (in person) or

**Zoom Meeting ID:** 657 878 2877

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



**NEW HOURS**

The Sage building is open Mon -Thurs from 9:00 am to 4:00 pm. Staff are working off-site on Fridays.

**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!**

**Aging with Pride**

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. Pre-registration is required each week to get Zoom information or to attend in person. Please email [agingwithprideyeg@gmail.com](mailto:agingwithprideyeg@gmail.com) or call Rachel 780.701.9016.

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

**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. Must pre-register.

## 2022 SAGE DONORS - THE SILVER THREADS OF SAGE

Celebrating a community of support:

Brent Abbott  
Shirley Agard  
Alberta Council of Women's Shelters (ACWS)  
Alberta Health Services - Health Link  
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ATCO EPIC Employees participating in communities  
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## 2022 Sponsors of free community seniors information events:

Check out their ads in the  
virtual Marketplace at  
[www.seniorsforum.ca](http://www.seniorsforum.ca).

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Edmonton East  
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Servus Credit Union  
Sutherland Carpentry Services Inc.  
The Tegler Foundation  
The Churchill by Revera  
The Waterford of Summerlea  
(Chantelle Management Ltd.)

## Endowment Funds held at the Edmonton Community Foundation:

Barbara G Blackley Fund  
Cable Family Community  
Endowment Fund  
Douglas Milton Campbell  
Estate Fund

## Volunteer Service Milestones

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

### YEARS OF SERVICE:

**15 YEARS**  
Clare Quinn

**5 YEARS**  
Aixiao Lu  
Carol Benoit  
Hershell Dillon  
Joan Bennett  
Marion McKenzie  
Wilma Ramon-Nair



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

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