

April - June 2024

# sage LINK

## What's Inside

Message from the Executive Director 2

Announcements 3

Life Enrichment Programming 4-7

NARCHA Update 8

Donor List 10-11

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

**Monday, Apr 1**  
Easter Monday

**Monday, May 20**  
Victoria Day

## WORLD ELDER ABUSE AWARENESS DAY

World Elder Abuse Awareness Day is recognized each year on June 15. This day was designated by the United Nations General Assembly, and each year, recognition events are held worldwide to promote awareness of this important issue, offer education and advocacy, and support those who have experienced elder abuse.

In Edmonton, High Level Bridge will be lit in purple to honour this significant day.

Join us at Sage during the week of June 10-14 for an educational event on elder abuse and to make your pledge to take ongoing action against elder abuse. Keep an eye out for more details as the date gets closer.

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

**Elder Abuse is any action or inaction by a person in a trusting relationship who causes harm and distress to an older adult.**

# WORLD ELDER ABUSE AWARENESS DAY

## JUNE 15, 2024

## WEAAD



### SIGNS OF ABUSE

#### NEGLECT

Failure to provide life necessities, such as food, shelter, clothing, medical or dental care

#### SOCIAL

Restricting or stopping social contact with others (friends, family members or loved ones)

#### EMOTIONAL

Language or actions that intimidate, cause fear of violence, isolation or feelings of powerlessness

#### PHYSICAL

Non-accidental actions resulting in physical pain or injury

#### SEXUAL

Non-consensual sexual contact, language or exploitative behaviour

#### FINANCIAL

Illegal or improper use of a person's money or assets

#### CHEMICAL

Misuse of drugs, alcohol, medications and prescriptions

#### What is WEAAD?

World Elder Abuse Awareness Day. WEAAD is marked each year on June 15. It is an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue.

#### Definition of Elder Abuse

Any action or inaction by a person(s) in a trusting relationship that causes harm and distress to an older adult (Alberta Elder Abuse Awareness Council)

#### Who Do I call?

Call the Seniors Abuse Helpline available 24/7

**780-454-8888**

## MESSAGE FROM THE EXECUTIVE DIRECTOR



Since the last edition of the Link, it has been encouraging to see more and more people taking advantage of programming in our building, engaging in the expanded Community Animation Program, and taking advantage of increased access to supports through the Social Prescribing and Seniors Outreach Program.

We were excited to host Minister Nixon in November for an announcement on increased funding for the Safe House program that will allow the program to expand and add additional capacity. Sage is also pleased to be working with Unison and the Alberta Elder Abuse Awareness Network to support the development of a provincial program funded by the Government of Alberta to create Sage Spaces across Alberta for seniors experiencing elder abuse.

A major milestone was achieved with the completion of the Hoarding Behaviour and Housing Insecurity in Older Adults research paper by Sage's Director of Research, Nicole Smith. With funding from the Canada Mortgage and Housing Corporation, Sage was able to undertake this long overdue project and fill an important gap in the literature on the intersection between housing and homelessness. More information on this report can be found on the resources section of Sage's website at [www.mysage.ca](http://www.mysage.ca)

As we look ahead to spring, I hope to see some of you at the upcoming Tax Program, or perhaps at the hybrid AGM on May 16<sup>th</sup>. There are many programs and opportunities to get involved in this edition of the Link! I hope you'll take advantage and get connected in some way with Sage this Spring.

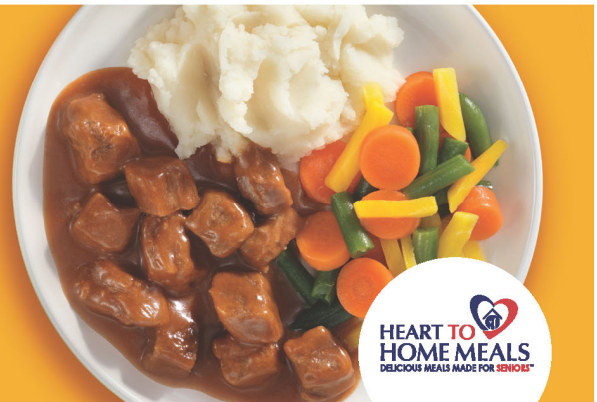
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## DIRECTORY

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Paul Taylor	Joanna Cave
Cathy Giblin	

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

**X (Twitter)** @sageyeg

## ANNOUNCEMENTS

### STAFF UPDATES

Sage Seniors Association is pleased to welcome our new Director of Community Supports, Sadia Sameeullah. We are very excited to add this new position to our leadership team.

Sage has regrettably said farewell to longtime Finance Manager Ashley Peden. We thank her for her dedicated service to Sage Seniors Association and wish her well in her new position. We would like to welcome our new Finance Manager, Lezette Zafra. We are excited to have her leading our Finance team. We would also like to give a big shout out to our previous Finance Manager Colleen Jahns for coming in to assist with training and our annual audit during this transition time.

Sage has also regrettably said farewell to Social Work Specialist Samantha Molen. We welcome Eryn Petracek into this role with the Regional Center for Healthy Aging team. Finally, we would like to welcome back Emily Weisbrot who is joining us temporarily on a special project. We have also recently welcomed Student Project Assistants Laurence Espallardo and Nadia Browne who will be joining us temporarily.

### VOLUNTEER WEEK IS APRIL 14-20!

Thank you to **all** of our amazing volunteers who help our organization run smoothly! Please join us in congratulating the volunteers who are reaching a milestone this year - we appreciate you all so much!

#### Volunteer Milestones

##### 10 Years

Margaret Roberts

##### 5 Years

Joan Bennett

Hershell Dillon

Mable Gordon

Marion McKenzie

Michael Solowan

Carol Benoit

Cathy Giblin

Aixiao Lu

Wilma Ramon-Nair

### CASINO VOLUNTEERS NEEDED

Sage is looking for volunteers to help with the casino we are hosting at Starlight Casino on August 24-25. If you are interested in volunteering for this event, please contact Jade at [volunteer@mysage.ca](mailto:volunteer@mysage.ca).

## Tiny Beautiful Things

Apr 24 - May 12, 2024



Online columnist "Sugar" receives thousands of letters asking for advice, and helps those seeking guidance with life's obstacles both large and small.

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### GET INVOLVED!

Do you have ideas or skills you want to share? Let's connect and bring your ideas to life! Call 780-423-5510 and press 0 to leave a message for the Community Animation team at Sage.

## LIFE ENRICHMENT PROGRAMMING

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

In-person Life Enrichment programs require pre-registration unless they are listed as Drop-In. If registration is required for a program please call 780.701.9016 or email [life@mysage.ca](mailto:life@mysage.ca).

Please note that while masking is not mandatory, Sage recommends masking and social distancing to prevent the spread of infection. Please stay home if you are not feeling well or have tested positive for COVID.

**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

If registration is required for a program, please call Rachel at 780-701-9016 or email [lif@mysage.ca](mailto:lif@mysage.ca).

## ZOOM PROGRAMMING: ONLINE OR PHONE-IN

### **Busy Fingers & Crafts (Drop-in, Zoom Only)**

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

**When:** Tues 9:00am-10:00am

**Zoom Meeting ID:** 657 878 2877

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

### **⚠ Zumba Gold with Carina Fridays (Drop-in, Zoom only)**

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:** Fri 1:00pm-2:00pm

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703. 8985

**Virtual Men's Shed (Drop-in)** Join the "Shedders" group for some discussion, learning opportunities, friendly chat, and a chance to meet new people. For information email Brian Christianson at [bchristianson7003@gmail.com](mailto:bchristianson7003@gmail.com).

**When:** Fri 11:00am-12:30pm

**Zoom Meeting ID:** 657 878 2877

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

**Connecting Though Writing Workshops with Adele (Pre-Register, Zoom only)** 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). It is a great tool for learning, expressing yourself, connecting, and sharing! Maximum 8-12 participants. \*Pre-register by the Friday before the series begins.

**When:** Mondays, 2:00-3:00pm

Series 1: March 18-April 15

Series 2: May 6- June 3



### 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.



## IN-PERSON PROGRAMMING

### Sunshine Café

The Café is a space where you can sit, visit, play games, relax, and consume outside food and beverages. The space is available Monday to Thursday from 10am-2pm. Please remember to sanitize frequently.

### Let's do Lunch (Pre-Register)

This group comes together on the third Monday of each month at 11am at Sage (or 11:30am at restaurant) and ventures out to new dining experiences. **Must pre-register by the Wednesday before. Spaces are limited.**

**Cost:** Pay for your own lunch + ETS

- **Apr 15** Guru Kitchen & Bar (10111 104 Ave)
- **May 27** Dalla Tavola Zenari (10166 100a St)
- **June 17** De Dutch (10030 Jasper Ave)

### River Cree Casino Outing (Pre-Register)

Join us the third Wednesday of every month to catch the bus for a fun day at the casino. You get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. Minimum of 15 people required (the bus can hold up to 24 passengers, including some walkers but no wheelchairs). Registration cut-off is the Monday before the trip or when the trip is sold out.

**Cost:** \$5.00 (includes bus to and from casino, lunch and \$5 free play voucher).

**When:** Wednesdays Apr 17, May 22, & June 19

**Time:** Depart Sage at 9:30am and 2:00pm departure from River Cree. Must stay for the entire four hours to get deal.

### Parole in Canada Course: The Realities (Pre-Register)

This 7-session, 15-hour course is offered by retired Criminal Justice professor Doug Heckbert. He will discuss the realities of parole in Canada. Learn where parole fits into the criminal justice system, the facts and figures about parole, what a parole officer does in their work, how Parole Board members make their decisions, what it is like to be on parole from a parolee. You will be able to attend a Parole Board hearing via video-conference. Please register by May 13 - spots are limited!

**When:** May 16, 23, 30 & Jun 6, 13 at 1:00 pm

**Where:** Sage 3rd Floor

**Cost:** \$25 pre-pay at reception (cash or cheque only)

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

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

**When:** Wed 1:00pm-2:30pm

**Where:** Sage Main Floor

### Seniors in the Square Senior's Week Celebration (In-person, Drop in)

Celebrate senior's week in Churchill Square with live music, goodies, display booths and more! Watch the calendar for more details.

### Coffee Group (Drop-in)

A weekly get-together to have discussions and see some friendly faces. Donations for coffee are welcomed. We are looking for a volunteer to lead the coffee group. Please contact Jade or Rachel if you are interested.

**When:** Wed 10:15am-11:00am

**Where:** Sage Main Floor

### Mindful Colouring & Doodling (Drop in)


Enjoy colouring and doodling. Pictures and pencil crayons provided. A great chance to express creativity, meet new people, or to let your mind relax. Join volunteer Axcella at the table Tuesdays and Wednesdays. Available Mon-Thurs 10am-2pm.

### Pride Week Senior's Strawberry Tea (Drop in)

Presented by Aging with Pride. Enjoy a musical performance, strawberry shortcake, and tea/coffee. Everyone welcome! **Cost:** Free.

**When:** Thursday June 13, 1:00pm

**Where:** SAGE Auditorium

 **\*New\* Self-Defense for Us (Drop in)** Join Katherine Whitbread and other Sage members to practice physical self-defense appropriate for our abilities and workshop self-defense scenarios that concern us. Class starts at 11 am but beginners are invited to start at 10:30 for an easy introduction. Let's discover what we can do to protect ourselves and others!

**When:** Wednesdays, 10:30am-12:00pm

**Where:** Classroom B

### **Rummikub (Tile Rummy) (Drop-in)**

Join our volunteer Jim for some easy and fun games in this weekly drop-in group. If you don't know how to play, he will gladly teach you!

**When:** Thurs 12:30pm-2:00pm

**Where:** Sage Main Floor

### **Live Music with Margaret & Friends Jam**

**Session (Drop-in)** Sage's volunteer Margaret shares her love of music by singing & 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 Thurs 1-2:00pm

**Where:** Main Floor

### **⚠️ Line Dance with Nancy (Pre-Register)**

Not your typical line dancing! Join instructor Nancy in this class that mixes Tai Chi movements and easy dance moves put to a mix of popular songs.

**When:** Class A: Mon 11:30-1:00pm and  
Wed 11:45-1:15pm

Class B: Mon 1:15-2:45 pm and  
Wed 1:30-3:00pm

**Where:** Auditorium

### **⚠️ Fitness & Drumming group (Pre-register)**

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

**When:** Mon 11:15-12:45pm

**Where:** Sage Classroom B

### **⚠️ Fun & Fitness with Myeking (Pre-Register)**

Great for all skill levels! Help build your balance and strength through having fun and doing easy movements.

**When:** Thurs 11:00-12:00pm

**Where:** Auditorium

### **⚠️ Zumba Gold with Carina Tuesdays (Drop-in)**

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:** Tues 1:00-2:00pm

**Where:** Auditorium

### **⚠️ Ballroom Dance with Melissa (Pre-register)**

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

**When:** Tues 11:15-12:45pm

Practice is Wed 9:00-9:45am

**Where:** 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:** Wed 1:00-2:00pm

**Where:** Classroom B

### **\*NEW\* DISSC Bereavement Group**

We understand that grieving a loss of any kind can be a challenging and painful experience, however it does not have to be done alone. When we are together with others on the healing journey, we honour everyone's unique experiences and provide support while working towards change and coping strategies. A safe space is created to work through thoughts and feelings using psychoeducation, conversation, and connection. All participants must be over the age of 18. Please register early as only 8 spaces are available. Interested participants will have to do a 30-minute pre-program interview to provide information, consent, and to set up goals for what you hope to get out of the group.

**When:** Thurs March 7-April 25 (8 weeks)  
10:00am-12:00pm

**Where:** Classroom A

**WILLS, ESTATES & NOTARY.**



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## HYBRID PROGRAMMING: ONLINE AND IN-PERSON

**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 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 to register.

**When:** Thurs 11:00am-12:00pm

**Where:** Sage Room or Zoom

 **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.

**When:** Mondays. Offered simultaneously on Zoom and in-person

**Time:** 9:30-11:00 am

**Where:** Sage Auditorium (In Person) or

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.

**Device and Computer Help with Dennis** Do you have questions about how to use your device or computer? Our volunteer Dennis can help! Call Sage at 780.423.5510 to set up an appointment. Over the phone/computer or in-person at Sage each Wed from 1:00-3:00pm.

**Uke n' Sing (In-Person and on Zoom, Pre-Register)** If you like strumming on ukuleles, or singing along to familiar tunes, this group is for you. All the warmth of singing around a campfire without the smoke or mosquitos! Everyone welcome.

**When:** Tuesdays 11:45am-1:00pm

### ANNUAL GENERAL MEETING

Sage's AGM will be held Thursday, May 16 at 12:30pm. It will be held in a hybrid format, with the in-person option having a social mixer at the end. All attendees need to register which can be done in-person at Main Reception, by phone:780-423-5510 ext.326, or by emailing [info@mysage.ca](mailto:info@mysage.ca).

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"It's one of the first things I recommend to both patients and caregivers. The First Link® program and the Alzheimer Society, give my patients and their families support that goes beyond my office. And that's important." Dr. Roland Ikuta – Geriatrician (retired)

### FIND ANSWERS

[alzheimer.ca/firstlink](http://alzheimer.ca/firstlink)  
Toll Free: 1-866-950-5465

## NARCHA UPDATE

The **Northern Alberta Regional Centre for Healthy Aging (NARCHA)** is a collaborative project among Sage Seniors Association, the University of Alberta Faculty of Nursing, and Athabasca University.

As one of four regional centres in Canada, we strive to streamline assessment practices, mobilize and build on seniors' strengths, and implement interventions to support seniors to live well as they age.

As we get older, our needs and quality of life can change. It can be difficult to know where to start or what to do to address these changes. Accessing appropriate information and resources can help us maintain a higher level of wellbeing as we age.

These tools help older adults identify ways to strengthen their independence and receive resources and interventions tailored to their specific needs. **How does it work?**


- Complete a healthy aging assessment
- Read your personalized report
- Develop healthy aging goals
- Access the resources
- Monitor your progress

To learn more about NARCHA or the Healthy Aging Portal, please email [cmayer@mysage.ca](mailto:cmayer@mysage.ca) or call 780. 809. 9410.

### How to navigate the Healthy Aging Portal to participate in the healthy aging assessment:

1. Visit <https://healthyagingcentres.ca/>
2. Click Register > Northern Alberta Region > Member
3. Create an account and verify your email address (you will receive an email with a link to do so as soon as you register!).
4. Login to your account once verified by visiting <https://healthyagingcentres.ca/> and clicking Login > Northern Alberta Region Login
5. Type your login information in the top left-hand corner.
6. Once you login, there should be instructions on how to complete the healthy aging assessment.
7. Begin the healthy aging assessment. Please note, you can save your progress and return to the assessment at any time.
8. Once you complete the assessment, you will see a report with personalized recommendations tailored to your specific needs.

Please note: We are in the testing phase of this project, which means the Healthy Aging Portal is a work-in-progress. Your feedback is essential—and welcomed!



**Seniors Eye Care**

### Doctor's Note:

*"Most eye diseases have no early signs or symptoms that you'll notice. But I will."*

Dr. Nimrit Nijjar, Optometrist

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**wildroseseniors.ca**

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## Country Cottage

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75 Cranford Way, Sherwood Park



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# **Now** is the time to **ignite your potential!**

Join the YMCA and find a supportive community with no hidden fees, no contracts, just the opportunity to shine.

YMCA Enhanced membership includes access to the pool, hot tub, fitness centre, indoor track and unlimited group fitness in a kind, supportive atmosphere

[ymcanab.ca/join](http://ymcanab.ca/join)



Shine On 