

# Telephone Accessible Programming – Edmonton and Area

## Social Engagement and Support

### National Institute for the Care of the Elderly – Talk2Nice Telephone Chats

Call Toll Free: **1 (844) 529 – 7292** or visit website: <https://www.nicenet.ca/talk2nice>

An exceptional team of social work and social work students are here to support you via these telephone chats because YOU MATTER.

Talk2Nice offers a free, over the phone, friendly outreach and brief support services for older adults and persons with disabilities. We all understand that social and physical distancing is hard. Let Talk2Nice help get you started. This team has the knowledge and skills to get you through this!

We can all use a friendly conversation. If you know someone who is socially isolated or lonely in the community, fill out a referral form using the following link:

[https://docs.google.com/forms/d/e/1FAIpQLScgc9mi\\_byhGqoE6fJRtF8mzNENliw2UTUvg\\_04qzdPc9-zEg/viewform](https://docs.google.com/forms/d/e/1FAIpQLScgc9mi_byhGqoE6fJRtF8mzNENliw2UTUvg_04qzdPc9-zEg/viewform)

### SAGE Friendly Phone Calls

For seniors seeking social support, to be added to SAGE's friendly phone call list, call

**780 – 423 – 5510 and press 5 and leave a message** requesting to be added to the list.

### EPL Telephone Socials

Get social with EPL. These [telephone socials](#) provide an opportunity to listen to a presentation and then discuss with other seniors from the community.

**Contact Meg DeForest to register by phone (587) 983 – 2195  
to be given the phone number to attend**

**Next session: Friday, February 12, 2021 from 1:30pm-2:30pm**

*Valentine's Day Concert: Live from the Heart*

### Storytelling Alberta Edmonton (SAE): Tales on a Sunday

Taking place the first Sunday of each month from 2-4pm where 9-10 tellers share any story (folktale, myth, legend, personal, poetical, historical or 100% fictional tales) via Zoom.

**Contact Chapter President Caroline Stuart 780-424-9678 [carolinel.stuart@gmail.com](mailto:carolinel.stuart@gmail.com) for info**

## Seniors' Centre Without Walls (SCWW)

SCWW is a free phone-based program that offers recreational activities, skill-building lessons, health and well-being topics as well as friendly conversation for older adults (55+) who find it difficult to leave their home.

### How to join the program?

- 1) Seniors, family members and professionals, please contact the SCWW program staff to enroll: **780.395.2626**
- 2) Program calendars are sent out at the beginning of each series to those enrolled.
- 3) A few minutes before each session begins, follow the call-in instructions to join.

**We create a new series' calendar every three months, but you can join at any time!**

<http://www.edmontonsouthsidepcn.ca/classes-health-resources/seniors-centre-without-walls/>

### Code of Conduct

The Alberta Seniors' Centre Without Walls is an inclusive environment. This means that we value and support diversity and individuals from all walks of life. We ask each participant to help us by adhering to the following guidelines:

- Allow every participant to contribute.
- Let the facilitator guide and direct the group.
- Contact SCWW staff directly if you have an issue with a group member.
- Please keep all personal information shared confidential.
- Try not to give advice.
- Please do not interrupt when others are speaking.
- Treat each other with dignity and respect.

### Call-in Instructions

- 1) Dial the toll-free number: **1.855.703.8985**
- 2) When prompted, enter Meeting ID: **225.573.6467#**
- 3) Press # if asked for any further numbers
- 4) You will be placed in the Waiting Room before being entered into the call. Please remain on the line. If you are having any trouble getting in - please call staff at **780.395.2626 ext 0.**

### Join-by-computer Instructions

Use the following link to join by computer: **<https://zoom.us/j/2255736467>**

Please ensure your microphone is turned on and your camera is turned off. No video will be used during our sessions.

## What if I can't call myself in, or are worried about missing a session?

- 1) Call SCWW staff to register for each session.
- 2) Before the program starts, you will receive a call from a number that may show as Unknown or Zoom.
- 3) An automated voice will instruct you to **Press "1" to join the meeting**

### Partner Programming

**Aging with Pride:** This group is for LGBTQ2S+ seniors who wish to meet others in their community. Join the conversation from the comfort and privacy of your own home. All topics and concerns welcome. Please contact the Pride Centre at 587-635-2169.

**ConnectAînés:** La Fédération des aînés francoalbertainses père par cette offre permettre à chacun d'entretenir des liens avec des personnes parlant français. Pour plus d'information: 780.465.8965.

**Mandarin/Cantonese Programming:** 聊天室是一個透過電話，將長者連接在一起的互動式平台。進入聊天室的長者可以聆聽主持人的分享，也可以與平台上的朋友互動。內容: 健康訊息, 社區資訊, 交友閒談, 興趣分享. 報名及查詢: (403)269-6122

### SCWW Regular Programming

**Across the Miles:** Join other SCWW participants from all over North America for timely discussions.

**Amazing Elders:** This is a weekly education series on a variety of topics, facilitated by Sage Seniors Association. These topics are explored via virtual presentations and various panel experts. Please be aware that these sessions will have participants joining by phone and video.

**Armchair Travels:** Travel along with guest speakers as they share memories and adventures from places they have visited.

**Beginner French:** For those new to French and who want to learn some useful phrases and vocabulary. More advanced speakers should try our **French Conversation Practice**.

**Break the Ice:** Have fun and get to know other people by answering fun, frivolous, or informative icebreaker questions.

**Canadian Connections:** Travel across the country with Saskatchewan, British Columbia, Ontario & Manitoba seniors.

**Coffee Chats:** Opportunity for informal conversation with other participants.

**Did you Know?** Find out fascinating and unique stories during these one-hour sessions on anything and everything.

**Dinner Theatre:** SCWW will be "hosting" events from time to time at 5:00 – 6:00 PM.

**Exercise:** All exercise sessions have varying levels of difficulty and exercises can be modified to suit your needs! Always inform your family physician before beginning any exercises and be aware of your limits.

**Games:** BINGO, Fact or Fiction, Family Feud, Jeopardy, Name that Tune, Super Sleuths...

**Gratitude Group:** Developing an “attitude of gratitude” takes practice. Join us for 30 minutes to start your day off on a positive note! This session will be call-in only.

**Indigenous Canada:** Developed by the Faculty of Native Studies at the University of Alberta, these sessions explore key issues facing Indigenous peoples today from a historical and critical perspective highlighting Indigenous-settler relations.

**Living with Memory Loss:** Listen to & discuss interviews with individuals living with dementia and memory loss as well as those who share their lives and those who provide their care.

**News and Views:** With so much happening in the news, would you like a chance to talk about it with other people?

**Nutrition for Health:** Get up-to-date healthy eating information from registered dietitians.

**Readers Corner:** A time for book lovers who want to talk about the books they’ve been reading and to get recommendations from other readers.

**Relaxation:** Learn practical stress-reducing exercises, breathing regulation, progressive relaxation techniques. For those interested in more spiritualistic/imaginative programming join our **Beyond Meditation** sessions.

**Seniors Centre Without Walls Advisory Session:** Are you enjoying our programming? Do you have an ideas for additional topics or changes you would like to see?

**Small Town Alberta:** Call in to learn the history of our many small towns throughout the province. We will choose a different town each time to dive into how the town was formed and what it contributes to Alberta today.

**The Storyteller:** For two years Mary Ann, a professional storyteller, has been delighting us with a wonderful variety of old tales, humorous legends, and made-for-Alberta stories.

**Writing for Fun:** For all who like to write anything – short stories, childhood memories, recipes, poetry. We will provide the prompts to get you started, and an appreciative audience.

**Working Through Grief:** Understanding the emotions may help you see that there’s light at the end of the tunnel, and that there are things you can do to work through your feelings.

## **SAGE Telephone Accessible Zoom Programming**

### **To join by phone, follow these steps:**

- 1) Find the program you want to join in the list below.
- 2) Call the Toll-free number - **1-855-703-8985**.
- 3) Enter the meeting ID **657 878 2877** and press the # key.
- 4) Press the # key again when asked for participant ID.
- 5) Say your name and press the # key again.

Most programs are accessible by video as well via Zoom. To access Zoom **by video** click on the link below at the program start time: <https://zoom.us/j/6578782877>

SAGE offers new programs each month as well as “ongoing” programs that are consistent from one month to the next. To access the most current monthly calendar, click on this link:

<https://www.mysage.ca/public/download/files/170578> or visit  
<https://www.mysage.ca/events>

### **SAGE SHORT TERM TELEPHONE PROGRAM LIST**

#### **Managing Mental Health and Wellness Series February 2, February 9, 4:00 – 5:00 pm**

This five-week series will cover topics related to mental health, well-being, and a variety of other topics. The facilitator will share and discuss information on each weekly topic and allow time for group discussion and sharing. Come to one or all. Drop-in. Accessible by phone.

#### **CONTINUING PROGRAMS** \* **Note: For all physical activity programs, see waiver below before participating**

##### **\* Tai Chi with Master Ken Mondays, 9:30 – 11:00 am**

Good for the mind and body, these Tai Chi classes are great for all skill levels. Drop in. Accessible by phone.

##### **\*Line Dance with Nancy Mondays, 11:15 am – 12:15 pm and Thursdays, 10:45 – 11:45 am**

Not your typical line dancing! Join instructor Nancy in this unique class that mixes tai chi movements and easy dance moves put to a mix of popular songs. Drop in. Accessible by phone.

##### **Busy Fingers & Craft Group Tuesdays 11:00 am – 12:00 pm**

Join Sage’s Busy Finger and Craft Group volunteer Tanya as you work on your knitting, crocheting, crafts or doodling while enjoying a visit. Teaching help with some projects may also be available. Drop in. Accessible by phone.

##### **Sing-a-long with Elaine Tuesdays 1:00 – 2:00 pm**

Join Elaine for all of your sing-a-long favorites. Drop in. Accessible by phone.

**\* Gentle Yoga with Sydney      Tuesdays 2:30 – 3:30 pm**

In these weekly sessions group leader Sydney will guide the group through gentle and simple yoga movements, exercises and stretches. All movements can be done while seated, or standing with the support of a chair. Drop in. Accessible by phone.

**\*Gentle Yoga with Sonia              Wednesdays 12:00 – 1:00 pm**

In these weekly sessions group leader Sonia will guide the group through gentle and simple yoga movements, exercises and stretches. All movements can be done while seated, or standing with the support of a chair. Sonia will also lead the group through meditative exercises and breathing. Drop in. Accessible by phone.

**\*Zumba Gold with Carina              Wednesdays, 2:00 – 3:00 pm and Fridays, 2:00 – 3:00 pm**

Zumba Gold takes the popular Latin-dance inspired workout and makes it accessible for seniors. Drop in. Accessible by phone.

**Coffee Group                              Fridays    10:00 – 11:00 am**

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

**\*Everyday Fitness                      Fridays 11:15 am – 12:15 pm**

In these weekly sessions group leader, Brenda, will focus on simple movements, exercises and stretches. Practice a series of simple home exercises, and get tips and tricks on staying fit while staying seated. Drop in. Accessible by phone.

**Live Music with Margaret              Second and Fourth Friday of the month, 1:00 – 1:45 pm**

Join Sage's volunteer Margaret as she shares her love of music by singing and playing her ukulele. If you have a song you'd like to share, we'd love to hear from you! **Please note that this event is phone-in only.**

**SAGE WAIVERS AND ADDITIONAL INFORMATION**

**Online / phone waiver:** By registering and participating in any online programming provided by Sage, you are providing Sage with access to your name, contact information, and other personal information that you may share. You give Sage permission to use this information to contact you, and to keep track of your participation for internal purposes. You can stop participating at any time, and can withdraw your personal information from Sage's records at any time. Please note that online programming may be less private and confidential than face-to-face programming - you may not know everyone who is listening or watching.

By using the Zoom link or toll-free number to call-in or join in the activity online, the participant acknowledges the involved risks, dangers and hazards, which could result in injury or loss, and waives any and all claims for liability for any loss, damage, expense or injury as a result of participating in the class. This program uses video and audio technologies for our sessions rather than asking for participants to come into our building. Sage has purchased the

Zoom plan with the highest level of security settings. We do our best to make sure that any info you give to us during programs is private and secure but want to acknowledge that no video or audio tools are ever completely secure.

By registering and participating in any online programming provided by Sage, you are providing Sage with access to your name, contact information, and other personal information that you may share. You give Sage permission to use this information to contact you, and to keep track of your participation for internal purposes. You can stop participating at any time, and can withdraw your personal information from Sage's records at any time.

**Waiver for physical activity** -By participating in any online or call-in programming provided by Sage, you knowingly and voluntarily assume the risks associated. You acknowledge that it is your responsibility to be aware of the risks associated with the activity and to safeguard yourself by ensuring: 1. That you are physically capable of the activity, 2. That you exercise safety measures appropriate to the activity; and 3. That you do not participate beyond your capabilities. By participating in Sage programming, you release Sage Seniors Association from any liability related to your participation. Please consult your primary care provider/a medical professional before beginning any exercise regime.

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**Need technical support?** Do you have questions on how to use your device or computer, email, access Sage programming virtually, or how to send attachments? Maybe our volunteer Dennis can help! Contact Rachel at [rtassone@mysage.ca](mailto:rtassone@mysage.ca) or call 780-991-1869 to set up an appointment with Dennis.