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## A Message from SAGE Eldercare

As one of the oldest and most respected elder service agencies in New Jersey, SAGE Eldercare helps thousands of frail, older adults and their caregivers each year. We are proud to offer a wide range of programs and services that support seniors in the challenges they face during the later stages of life. SAGE Eldercare is meeting the most critical needs of the aging community today while looking ahead to meet the changing needs of tomorrow.

SAGE Eldercare supports the independence, well-being and quality of life of older adults, their families and caregivers, through the provision of client-centered health, social and support services. SAGE Eldercare is a nonprofit organization that has served Union, Essex, Morris and Somerset county residents since 1954. Through the years our programs and services have expanded to serve the needs of clients in our communities.

Our “Caregiver’s Guide to Services” addresses some of the ways that we can help ourselves and loved ones in dealing with issues related to growing older and providing care. It is our hope that this guide will be informative and helpful in planning for later years. In addition to information in this publication, please check SAGE InfoCare for information on community resources, housing and legal issues, support groups, visiting nurses and case managers, and many more services. Furthermore, our newest service, Eldercare Planning and Guidance, assists older adults and caregivers by assessing individual needs, creating a plan of care to meet those needs, and offering guidance through the system of services available to seniors and caregivers.

We express our gratitude to Schering-Plough for its tremendous generosity in printing this Guide. We hope you find it useful. Please feel free to contact us if you or your loved one could benefit from our services. We are here to help.



Jessica L. Rosenzweig, MPH  
Executive Director

# WHO SAGE ELDERCARE HELPS

- ♥ Independent, Healthy people 60+
- ❖ Active Caregivers for a Senior (family or friend)
- \* People of all ages concerned about a Senior (family or friend)
- ★ Seniors needing direct care or assistance

## WHICH SERVICES ARE AVAILABLE TO HELP

Spend-A-Day Adult Health Day Care Center ❖ ★

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HomeCare: Certified Home Health Aides ★

Meals on Wheels ❖ ★

Grocery Shopping & Errand Service ❖ ★

Small Home Repair ♥ ❖ ★

Bill Paying Service ♥ ❖ ★

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Health Screenings and Workshops ♥ ❖ \* ★

Health Education Programs & Lectures ♥ ❖ \* ★

Home Safety and Fall Prevention ♥ ❖ \* ★

SHIP of Union County: Free Medicare help ♥ ❖ ★

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InfoCare: Free Information and Referrals ♥ ❖ \* ★

Eldercare Planning and Guidance ❖ ★

Community Social Work Services ❖ ★

PREP Caregivers Support Group ❖

Caregiver Education and Training ❖

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## 2009 SAGE Eldercare Board of Trustees

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SAGE Eldercare is licensed by the New Jersey Division of Consumer Affairs and New Jersey Department of Health and Senior Services; accredited by the Commission on Accreditation for Home Care; Charter Member of the Home Care Council of New Jersey and the New Jersey Adult Day Services Association; a member of the Home Care Association of New Jersey, the New Jersey Chapter of the Meals on Wheels Association of America, the NJ Business and Industry Association, the Alzheimer's Foundation of America, Dementia Care Professionals of America; and is a United Way Member Agency.

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## The SAGE Eldercare Mission

SAGE Eldercare supports the independence, well-being and quality of life of older adults, their families and caregivers by offering a broad range of client-centered health, social and support services.

## The History of SAGE Eldercare

Incorporated in 1954, SAGE Eldercare is a private, nonprofit organization concerned with the health and general welfare of older citizens and their families. SAGE Eldercare grew out of a two-year study initiated by the social studies department of the Summit College Club. A local council on aging emerged from the Club's commitment to educate itself and members of the community on issues affecting the elderly. Council representation came from civic groups, churches, social agencies and interested residents. These community efforts resulted in the formation of SAGE, the Summit Association for Gerontological Endeavor.

SAGE Eldercare is distinguished among elder service providers in being not only the oldest agency in New Jersey, but also one of the few in the United States that offers a comprehensive array of services under one roof.

SAGE Eldercare is a pioneer in providing community-based care for the elderly, beginning with the introduction of its HomeCare services in 1954. SAGE started one of New Jersey's first Meals on Wheels programs in 1966 and opened one of New Jersey's first adult day health care programs in 1975. Many of the services and programs provided by SAGE Eldercare have served as models for those used by other public and private agencies. Now in its 54th year of operation, SAGE Eldercare offers 12 programs that serve more than 5,000 older people and their families annually in Union, Morris, Somerset and Essex counties.

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## Services at a Glance

### Help at Home

Home Care, CHHA with RN Supervision.....	908 273-8400
Meals on Wheels .....	908 273-5554
Grocery Shopping and Errands .....	908 273-5554
Small Home Repair Service .....	908 598-5501
Bill Paying /Organizing Finances .....	908 598-5514

### Spend-A-Day Adult Day Health Center

Socialization, Health Monitoring, Activities, .....	908 598-5520
Nutritious Meals, and Beauty Salon	

### Information and Assistance

InfoCare (Information and Referrals) .....	908 598-5509
SHIP/Medicare and Health Insurance Assistance .....	908 273-6999
Caregiver Support Groups .....	908 598-5509
Fall Prevention and Safety.....	908 598-5552
Education Programs .....	908 598-5548
Eldercare Planning & Guidance.....	908 598-5542
P R E P Support Group.....	908 598-5509

### Other Services

The Resale Shop .....	908 273-5564
Furniture Restoration Workshop .....	908 598-5531
Volunteer Opportunities.....	908 598-5514

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# Spend-A-Day Adult Day Health Center

Live at home...spend your days with us.

Spend-A-Day provides a day of social and stimulating activities for frail or impaired adults in a medically supervised, secure, comfortable setting. Licensed by the Department of Health and Senior Services as an adult medical day care, we combine skilled services with extensive recreational, educational, and group programming to offer a viable option to in-home, nursing home, or assisted living care.

## Why choose Spend-A-Day?

Since 1975, Spend-A-Day has provided a safe, secure environment in which seniors enjoy group and individual activities that stimulate mind and body and provide peer support.

Not only do Spend-A-Day participants display improvements in mental and physical health, but the full schedule of activities, comprehensive array of services, and expert nursing care also maintain or enhance the level of independence of its participants.

Spend-A-Day offers several programs simultaneously to accommodate the diverse interests and needs of its participants.

## When is it time for Spend-A-Day?

Spend-A-Day lets seniors remain in their homes while providing valuable respite for stressed adult children, their families, and other caregivers.

It's time to consider Spend-A-Day when one:

- Can no longer structure his or her own daily activities.
- Is isolated and desires companionship.
- Can't be safely left alone at home.
- Needs supervision or care when living with someone who works outside the home or who is otherwise frequently away from home.

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## Is Spend-A-Day right for my loved one?

Spend-A-Day is a great option for older adults who can participate in a full schedule of group activities and for people who need additional assistance due to physical or mental limitations. The program offers appropriate individual and group activities that reinforce basic skills while reducing the anxieties and frustrations that often accompany advancing illness. The professional, courteous staff members are experts in dealing with a multitude of conditions including:

- Early, middle, and late stages of dementia
- Limited mobility
- Incontinence
- Diabetes
- Depression
- Cardiac illnesses

### Spend-A-Day offers:

- Experienced, interdisciplinary staff certified as Dementia Care Professionals of America.
- Registered nurses on-site to monitor medications, blood pressure and weight management and to coordinate health care plans with primary physician.
- Full time, geriatric social worker to assist and support participants, families and caregivers.
- Full calendar of activities including: arts and crafts, musical entertainment, sing-a-longs, mentally stimulating games, discussion groups (books, films, current events), men's group, holiday and birthday celebrations.
- Daily exercise and walking program on indoor stroll path.
- Modern, custom-designed, safe and handicapped-accessible center.
- Transportation assistance to and from Spend-A-Day as well as to physical, speech and occupational therapy appointments.
- Breakfast, hot lunch and snacks directed by dietician.
- Referrals for laboratory, x-ray, dental, ophthalmology and podiatry services which are billed directly to the client.

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## Here's how caregivers describe Spend-A-Day...

"The experience has been wonderful for my mother. Her spirits and mood have been tremendously elevated and she looks forward to getting up and waiting for the bus."

"I haven't seen her this happy in a long time and I believe the environment has improved her memory as well."

"She loves all of the people who are working at SAGE and enjoys spending time with the other adult members in the program."

"My mother adores SAGE. Our family really appreciates how full and loving you help make her life."

Program Hours: Monday — Friday, 9:30 am — 3:30 pm

Extended Hours: Monday — Friday, 8:00 am — 5:00 pm



Spend-A-Day  
(908) 598-5520 • [spad@sageeldercare.org](mailto:spad@sageeldercare.org)

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## HomeCare

Care in your home that supports your independence

SAGE HomeCare is accredited by the Commission on Accreditation for Home Care.

SAGE Eldercare's HomeCare includes a wide range of personal, care, and homemaking services provided by Certified Home Health Aides (hourly or live-in) supervised by Registered Nurses.

Did you know that HomeCare:

- Can be used after a hospital stay to assist with your comfortable recovery at home?
- Allows you to maintain your independence without the worry of a nursing home or assisted living facility?
- Provides respite care, so caregivers can have time off or take a much needed break?
- Is available 24 hours a day, 7 days a week

Working as a team with the client and an appropriate family member, our nursing staff develops an individualized care plan for each client. SAGE home health aides, who are certified by the New Jersey Board of Nursing, assist with personal care such as bathing, dressing and shaving, meal preparation, light housekeeping, personal laundry, exercise, compliance with therapy and medication schedules, going to and from doctors' visits, and maintaining a safe home environment.

The SAGE HomeCare Solution provides:

- Experienced and caring staff, supervised by registered nurses, bonded with clear background checks, who attend ongoing in-service training.
- Personalized and compassionate care encouraging your independence.
- Nursing assessments for HomeCare evaluations.
- Flexible scheduling, from a one-hour bath service to 24-hour care.
- Care coordination with physician, family members, care managers or nursing facility staff.
- Professional monitoring including initial nursing assessment

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- and RN visits every 60 days.
  - Ongoing evaluation of health care and environmental needs.
  - Emotional support for both the client and family caregivers.
  - Assistance in finding financial aid, where qualified.
  - Affordable rates.

### Care Coordination

SAGE Eldercare can also help you and your family plan and manage your care. Our care management service can help you determine what your medical and social needs are, and arrange, coordinate and monitor any and all necessary services.

SAGE Eldercare HomeCare services are available in your home, hospital, nursing home or assisted living facility.

Are you unsure of what type of care or how much is needed?  
Call our HomeCare Department and we'll be glad to assist you.

When it's time for home care...we care!



HomeCare  
(908) 273-8400 • [homecare@sageeldercare.org](mailto:homecare@sageeldercare.org)

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## InfoCare

Free information and referrals for older adults and their families

If you are an older adult or a family caregiver and don't know where to turn for help, or if you cannot manage the bureaucracy of existing senior services, SAGE Eldercare's InfoCare program can help. A knowledgeable and caring professional will address your concerns.

Often people calling for the first time don't know what they're calling for – they are often in crisis mode. They may request one service but realize after discussing their situation that they need other services as well. InfoCare offers information, outreach, supported services, and consultations to those caring for the frail or disabled older adult. InfoCare can help you identify problems and find solutions.

InfoCare provides the following information:

### Community Resources:

- Adult Day Care
- Home Care
- Nursing Homes
- Transportation
- Geriatric Assessment Centers

### Information:

- Entitlements
- Seminars
- Housing Options
- Support Groups
- Legal Issues
- Long Term Care Insurance

### Eldercare Specialists:

- Elder Law Attorneys
- Case Managers and more!
- Visiting Nurses

### Resource Library:

- Open daily, 9:00 am – 5:00 pm
- General information for seniors and caregivers

InfoCare

(908) 598-5509 • [infocare@sageeldercare.org](mailto:infocare@sageeldercare.org)

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## Eldercare Planning and Guidance

Eldercare Planning and Guidance is coordinated by a Registered Nurse with extensive experience in geriatric care management who will provide in-home support through education and consultation directly to older adults and/or those involved in the provision of their care. Assistance will include a comprehensive needs assessment along with an individualized care plan to meet those needs. This will include guidance and referrals to community resources and coordination with local agencies. If required, follow-up home visits and health monitoring can be provided. Caregivers will also receive personal support and resources.

Eldercare Planning and Guidance  
(908) 598-5542 • [epg@sageeldercare.org](mailto:epg@sageeldercare.org)

**P. R. E. P.**  
(People Responsible for Elderly Persons)

Caring for an elderly loved one can be a demanding and stressful responsibility. Help is available at P.R.E.P., a monthly caregiver support group led by a professional elder care specialist.

PREP holds meetings for caregivers and includes occasional informational sessions by outside speakers.

The SAGE Eldercare PREP support group provides opportunities to:

- Meet others with similar concerns.
- Share common problems and solutions.
- Acquire knowledge of available community resources.
- Learn effective problem-solving and coping skills.
- Receive emotional support from other caregivers.

The PREP Group Meets:

Third Wednesday of each month, 7:00 pm – 9:00 pm

SAGE Eldercare

290 Broad Street, Summit

Cost: free to the public (donations are welcome!)

**P. R. E. P.**  
(908) 598-5509 • [infocare@sageeldercare.org](mailto:infocare@sageeldercare.org)

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## Meals on Wheels

### Hot meals with a warm smile

SAGE Eldercare's Meals on Wheels was established in 1966 and was one of the first meal delivery programs in New Jersey. Professionally planned and prepared meals are delivered to individuals age 60 or older who are unable to food shop or cook for themselves, or who may need respite services following a hospitalization.

Adults who are 60 years or older and possibly frail, homebound or disabled are eligible for Meals on Wheels. This includes those recuperating from an illness, those who are mentally or physically impaired, those without family or friends to shop for them, or those needing a special diet. There are no income requirements.

SAGE Eldercare delivers meals to:

- Berkeley Heights
- Chatham and Chatham Township
- Millburn
- Mountainside
- New Providence
- Short Hills
- Springfield
- Summit

Meals are delivered Monday through Friday. They can be scheduled for the short term or indefinitely. For those in Union and Essex County, we can deliver a Saturday meal if the client is alone and has no additional help. Volunteers deliver between 11:00 am and 12:30 pm. Clients must be home to receive their meals, unless special arrangements are made. It is important that contact is made each day to ensure the client's safety.

Call the Meals on Wheels office at 908.273.5554, Monday through Friday between 8:30 am and 4:00 pm, to make arrangements. Information will be taken and delivery can be started within two business days later. In emergency situations, we can often supply a meal or food items sooner.

Menus are planned by a registered dietician. Residents of Morris and Essex Counties receive hot lunch and cold supper, the equivalent of two-

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thirds of the daily recommended allowance. In Union County, residents have the choice of receiving just the hot meal, or the hot meal and cold supper. All meals include milk. In some areas we are able to provide special diets, including diabetic, pureed, renal and cardiac. All meals are relatively low in fat and sodium.

Caring Meals on Wheels volunteers deliver meals and visit briefly with program participants.

SAGE Eldercare receives funding from some government agencies, the United Way and private contributions, which helps underwrite the cost of the Meals on Wheels program. Each month a statement is mailed asking for a suggested contribution.



Meals on Wheels  
(908) 273-5554 • [mow@sageeldercare.org](mailto:mow@sageeldercare.org)

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## SHIP/Medicare and Health Insurance Assistance

- Do you have problems or questions regarding your health insurance?
- How much insurance do I really need?
- What do I do if Medicare denies payment for a claim?
- Who do I call if I have a question about a claim?
- What are the gaps in Medicare coverage?
- Does Medicare pay for nursing home care?
- Should I stay in original Medicare or choose Medicare + Choice Plan?
- Should I consider adding the new Medicare Prescription Drug (Part D) Coverage?

If you are a Medicare beneficiary and a resident of Union County with questions about Medicare claims, supplemental policies or long-term care insurance, SHIP can help. SHIP is the State Health Insurance Assistance Program, a statewide program administered by the New Jersey Department of Health and Senior Services, Division of Senior Affairs, with major funding from the U.S. Department of Health and Human Services, Centers for Medicare & Medicaid Services. SAGE Eldercare is the sponsoring organization for the program in Union County.

Call the Union County office of SHIP at (908) 273-6999 for assistance. The program is free, objective and confidential. Volunteer counselors, trained by the New Jersey Department of Health and Senior Services and/or the Centers for Medicare and Medicaid Services, will provide information and assistance for dealing with claims and evaluating health insurance needs. SHIP counselors can also discuss options such as whether to remain in a traditional Medicare plan or choose a Medicare + Choice plan. Volunteer counselors do not provide legal advice, sell, recommend or endorse any specific insurance product, agent, insurance company or HMO. They provide information and assistance so that clients can make their own decisions. Counselors are also available on a regular basis at SAGE Eldercare, 290 Broad Street, Summit, and at specific locations throughout Union County.

State Health Insurance Assistance Program of Union County  
(908) 273-6999 • [ship@sageeldercare.org](mailto:ship@sageeldercare.org)

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## Small Home Repair Service

SAGE Eldercare's Small Home Repair Service helps older adults with small home repairs so that they can continue to live safely in their own homes. Using a safety checklist, our staff can identify problem areas and offer solutions. Seniors can also call to request a specific service. The Home Repair Service is unable to handle emergencies or large jobs that require a licensed technician.

Services provide:

### Safety

- Install grab bars in shower, toilet area, etc.
- Install or re-secure inside handrails.
- Install smoke alarms and carbon monoxide detectors.
- Install handheld showerheads or other bathroom accessories.
- Replace light bulbs and install lighting and other ceiling fixtures.
- Make minor repairs to steps, flooring, walkways and driveways.
- Replace toilet seats.
- Repair sticky doors and windows.
- Change batteries in alarms, detectors, remotes, clocks, etc.
- Hang fire extinguishers.
- Manage electrical cords.

### Security

- Install door locks, safety chains and door viewers.
- Repair doorbell – installation of wireless only.
- Install auto-timers for lighting.
- Hang blinds or shades.

### Savings

- Replace washers and repair/install leaky faucets.
- Repair running toilets.
- Repair windows – replace broken glass or caulk for drafts.
- Adjust storm and screen windows and doors (each season)
- Remove and replace air conditioners.
- Change filters for heating and air conditioning.

Call for a Small Home Repair Service evaluation and an estimate on time and materials needed. We provide simple in-home repair solutions—call us!

Small Home Repair Service  
(908) 598-5501

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## Bill Paying Service

SAGE Eldercare's Bill Paying Service assists seniors who are able to make responsible decisions about their financial affairs but who may be physically impaired, have a debilitating illness, or have recently lost their spouse who was the sole manager of the household finances.

SAGE Eldercare's trained volunteers can help with:

- Sorting mail.
- Reviewing bills to determine proper payment.
- Preparing checks for client signatures.
- Reconciling checking accounts.
- Budgeting monthly income and expenses.
- Setting up files and organizing paperwork.
- Organizing financial records for use in tax preparation or estate planning.
- Providing instruction for managing finances independently and efficiently.

The Bill Paying Service is available to people age 60 and over who are residents of Union County or live in the towns of Millburn, Short Hills or Chatham.



Bill Paying Service  
(908) 598-5514

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## Grocery Shopping and Errand Service

If you are over the age of 60 and would like help with your grocery shopping, errands or laundry, SAGE can do it for you.

Grocery Shopping and Errand Service includes:

- Grocery shopping for the homebound or those recuperating from surgery or illness.
- Errands to the post office, library, city hall, pet store, etc.
- Laundry and dry cleaning pick up and delivery.
- Check-in/safety visits.

Don't see a service listed? Just ask! All requests will be considered.

This service is available to the elderly or disabled who reside in Union County (Berkeley Heights, Mountainside, New Providence, Springfield, and Summit), Essex County (Millburn and Short Hills), and Morris County (Chatham and Madison).

- Non-regular participants must call SAGE Eldercare by Friday morning to request service for the following week.
- Personal shopping lists and checks can be picked up early in the week. Orders are delivered Wednesday or Thursday, depending on grocery store and town.
- A nominal fee is charged for this service.
  - √ Shopping Service – \$10.00 per shopping trip plus \$2.00 each additional errand. (Funding is sometimes available)
  - √ Errand Service alone is \$7.00.

For those who have a family member or an attorney/guardian overseeing their finances, checks are sent to us in advance for 4-6 weeks of service. Shopping lists and checks can be picked up at the client's home. However, in order to keep the program running efficiently, we prefer the lists to be mailed, faxed or e-mailed.

Shopping Service  
(908) 273-5554

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## Volunteers

Accepting the challenge to serve

“The best way to find yourself is to lose yourself in the service of others.”  
-Gandhi

SAGE Eldercare offers a variety of ways for you to make a difference in our community. Your commitment can be long-term, short-term, or a single project.

The following are just a few of the projects and volunteer opportunities available:

- Drivers or servers for Meals on Wheels.
- Shoppers for the SAGE Eldercare Shopping Service.
- Furniture repair at the SAGE Furniture Restoration Workshop.
- Receptionists or clerical assistance.
- Program assistants at Spend-A-Day.
- Salespeople at The Resale Shop.
- Train to become knowledgeable about Medicare and health insurance issues assisting the SHIP (State Health Insurance Assistance Program).
- Help with mailings.
- Assist in the Bill Paying Service.
- Apply computer expertise to assist with Internet research and data analysis.
- Help with special fundraising events.
- Use handyman skills for Small Home Repair Service projects.
- Corporate and community group projects.

Do you have a special skill you'd like to share? Call us!

If you are interested in volunteering at SAGE Eldercare, please call the Director of Volunteers at (908) 598-5514. You'll be glad you did... and so will SAGE!

Volunteers  
(908) 598-5514

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## Educational Programs

### Fall Prevention

Seniors generally feel vulnerable to falls, which are the leading cause of injury-related deaths for older adults. Each year one-third of adults 65 and older living in the community experience a fall—an occurrence that can severely impact quality of life.

In response to this concern, SAGE's Fall Prevention Initiative educates seniors in ways to reduce their chances of falling. In addition to making community presentations, SAGE hosts a series of Fall Prevention Forums for seniors. These events are part informational seminar and part health care screening. Participants not only learn how to modify their lifestyle and home environment to reduce their chances of falling, but also build awareness of their increased risk of falling. They also take part in exercise demonstrations, vision screening, blood pressure screening, bone density screenings and balance assessments.

Program topics vary, but generally include medical screenings and information on the following topics:

- Reducing fears of falling
- How exercise helps prevent falls
- Prescription medications and falls – is there a link?
- How vision plays a role in falling
- Home safety is critical to fall prevention
- Your clothing can make a difference
- Take your time – you will be glad you did!
- You have fallen, now what?

For more information about Fall Prevention programs call 908-598-5552.

### Brain Health

Brain Fitness is a key component of independent living. This educational series teaches strategies to improve memory for seniors. Topics include dementia versus normal forgetfulness, understanding how memory works, factors that impact upon memory loss, and strategies for memory enhancement and memory fitness.



### Health and Wellness

SAGE offers a variety of educational forums for caregivers, seniors, and adults preparing for the future. Topics such as transitions, retirement, community resources, and health issues will be presented. Additionally throughout the year screenings for memory and hearing as well as balance assessments will be offered. All programs are free and held at SAGE Eldercare at 290 Broad Street, Summit. For information about upcoming programs call 908-598-5548.

Educational Programs  
908-598-5548

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## The Resale Shop

A good buy for a good cause

Since 1959, The Resale Shop has helped provide funds for SAGE Eldercare's programs and services. Currently, The Resale Shop provides funding for Spend-A-Day Adult Day Health Center, HomeCare, InfoCare, Bill Paying Service, Small Home Repair Service, Fall Prevention and Shopping Service programs.

The Resale Shop's unusual variety and exceptional quality of goods, along with reasonable prices, have attracted shoppers and collectors from Summit and surrounding areas. Regular visits ensure the opportunity to find and purchase our daily-changing merchandise and special treasures.

The Resale Shop welcomes your donations of:

- Furniture
- Housewares
- Small Appliances
- China
- Linens
- Jewelry
- Clothing
- Bric-a-brac
- Collectables
- Books

The Resale Shop is a major funding source for SAGE Eldercare. Donations are accepted daily during regular store hours. Entire and partial estate donations are accepted. New and one-of-a-kind items are always welcome. Please call ahead for large or heavy items.

Tax-deductible gift receipts are available.

Hours: Monday through Saturday, 10:00 am – 5:00 pm

The Resale Shop  
31B Chatham Road, Summit  
(908) 273-5564 • resale@sageeldercare.org

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## Furniture Restoration Workshop

### Volunteer Crafters

Do you have a chair the needs to be re-glued, caned or rushed? Does a table or bookcase need some attention? If you have furniture you would like repaired, the volunteer craftspeople at the SAGE Furniture Restoration Workshop can help.

Since 1961, The Workshop has offered fine-quality furniture repairing. The volunteers will work on any piece of furniture that can be carried into the Workshop. The Workshop has earned a fine reputation for repairing and reweaving cane chairs. Prices are reasonable and depend upon the condition of the item to be repaired and the materials necessary for the restoration process.

None of the Workshop volunteers are carpenters or furniture restorers by vocation - they have all gained their skills through years of experience in woodworking and furniture repair as a hobby. New volunteers with basic skills and a love of craftsmanship are always welcome. If you are interested, stop by for a visit any weekday morning.

The Workshop is located in the basement of the SAGE Eldercare building at 290 Broad Street, Summit, NJ.

For more information about services offered call (908) 598-5531.

Hours: Mondays through Friday, 9 am — 12 noon



Furniture Restoration Workshop  
(908) 598-5531

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## Giving Opportunities

“There are two ways of spreading light: to be the candle or the mirror that reflects it.”

--Edith Wharton

SAGE Eldercare, a nonprofit organization, accepts donations of cash as well as with a check, credit card or securities. SAGE Eldercare is also a United Way member agency. If your company has annual United Way campaigns, you can participate and designate your gift to SAGE Eldercare through our United Way Code number 018380. All gifts are tax-deductible to the extent permitted by law. Information on SAGE Eldercare’s nonprofit status may be obtained from the Attorney General of the State of New Jersey by calling 973-504-6215.

### SAGE Eldercare Opportunities for Giving:

- The Annual Fund is the foundation of philanthropic support for SAGE Eldercare. Gifts to the Annual Fund constitute the most important source of unrestricted funds and underwrite a significant portion of the general operating budget. Giving to the Annual Fund is an opportunity to contribute to SAGE Eldercare and provide ongoing support for its mission.
- The 1954 Society was established in 2004 in celebration of SAGE Eldercare’s 50th Anniversary and recognizes major donors to the Annual Fund. The SAGE Eldercare Board of Trustees established this fund to express heartfelt appreciation to major donors, publicly recognize the generosity of the 1954 Society members for making a significant contribution to the community’s quality of life, and to generate annual leadership support for SAGE Eldercare programs that improve the quality of life for the elderly.

### Giving levels include:

Associate	\$500 - \$999
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Patron	\$1,500 - \$2,499
Benefactor	\$2,500 - \$4,999
Star	\$5,000 and above

- 
- The Care Fund was created in 2006 to financially support low-income seniors wishing to participate in SAGE Eldercare programs. Care Fund donations are used strictly for seniors with low income. Seniors who are in financial need should contact SAGE to apply.
  - Matching Gifts programs through your employer encourage giving to charitable organizations. Most programs match contributions dollar for dollar and some will double or even triple the amount of your gift. If your company matches charitable contributions, please mail a completed matching gift form back to SAGE Eldercare with your gift.
  - Endowment Gifts provide a stable source of revenue to ensure the financial security of SAGE Eldercare. Our endowment fund is used to support program initiatives and sustainability of SAGE for the future.
  - Legacy Society The benefactors of the SAGE Eldercare Legacy Society either donate or bequeath at least \$5,000 to SAGE Eldercare, or name SAGE as the ultimate beneficiary of a planned gift, such as our new Charitable Gift Annuity vehicle.
  - Charitable Gift Annuity A Gift Annuity is a simple contract between yourself and the Community Foundation of New Jersey, naming SAGE as the ultimate beneficiary. You are assured a personal income for life while also helping others. If you are at least 55 years of age, your minimum gift of \$10,000 will guarantee for life a return usually higher than that from the usual “safe” investments such as CDs. You will also be entitled to a 40 to 50 percent tax deduction of the amount invested for that year. A portion of the yearly return is also normally tax-deductible. For the amount invested, capital gains taxes can also be reduced, as can state or federal estate taxes.
  - Stocks By giving stocks, bonds, mutual fund shares or other appreciated property, you receive an income tax charitable deduction for the full, fair market value, no matter what you originally paid, while avoiding capital gains tax on any appreciation. Be smart—buy low and give high!

- 
- Memorial and Honor Gifts can be an appropriate and lasting tribute to a beloved friend or family member. In addition to marking an important milestone such as a birthday or anniversary, or commemorating a loved one, Memorial and Honor gifts also support the mission of SAGE Eldercare. Each gift is acknowledged with a card to the honored person or, when appropriate, to their family. In addition, the donor also receives a separate acknowledgment of his or her contribution.

To make a gift or pledge, or for more information about giving opportunities at SAGE Eldercare, please contact:



The Office of Development  
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## Public Relations Information

### Our Publications:

“The Caring Connection,” a newsletter of SAGE Eldercare, is produced four times per year and is distributed to over 8,000 community members, donors and clients.

The “Caregiver’s Guide of Services” is published annually and distributed to individuals, community centers, houses of worship, professional offices, and public agencies. SAGE Eldercare distributes 6,000 copies in Union, Essex, Morris and Somerset counties. The Caregiver’s Guide of Services is a free reference guide that offers important information for older adults wishing to maintain independence at home and for caregivers and family members who often don’t know where to turn. The Caregiver’s Guide of Services is an excellent way to promote your business and support SAGE Eldercare at the same time.

Annual Report. SAGE Eldercare is audited each year and an Annual Report is produced for donors and the community.

Website. SAGE Eldercare’s website lists all programs and services, news and special events. Please visit [www.sageeldercare.org](http://www.sageeldercare.org) for more information.



Please Note: The information in Caregiver’s Guide of Services is not medical advice and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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## The Importance of Social Connectedness; the Key to Longevity and Well-Being

Healthy aging is linked to meaningful activity and a sense of belonging. The less involved someone is, the more at risk he or she is for being socially isolated or feeling disconnected from the community. Social isolation can negatively impact the quality of a person's life. Studies have shown that older persons who have close connections and relationships not only live longer but also cope better with health conditions such as heart problems, and experience less depression and anxiety. In a recent study by the Center for Cognitive and Social Neuroscience at the University of Chicago, researchers found that lonely people have blood pressure readings that are as much as 30 points higher than non-lonely people.

As we age, there are a number of life transitions that can impact upon social and community networks. This isolation can happen either gradually or suddenly depending on life circumstances. Changes in health and mobility, changes in work status and income, and changes in living arrangements are just a few examples. Loss of family and friends, particularly a spouse, can also significantly impact on feelings of isolation. In addition, seniors can unexpectedly become the primary care givers for their loved ones and feel shut out from the rest of the world. Transportation is also linked to social connectedness. When driving is no longer an option, isolation becomes a significant factor, especially in communities where there is a lack of access to transportation.

Does this mean that everyone will be isolated as they age? Of course not! It is just that the more active and engaged that you are, the easier various life transitions (such as retirement) can be. You can actually take steps to become less isolated. Studies have shown that people do adjust and find new ways to make friends. The key is to expand your criteria for defining friendships and begin to sustain friendships in different ways. For example, it might not be possible to sustain face-to-face contact with a friend, but communications through letters, email and phone calls can work to sustain closeness.

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Here are some suggestions to help reduce loneliness and feeling of isolation:

- Get involved in your community. There are a number of civic and volunteer opportunities available. When you are working with people with similar interests and commitments, it is likely that you will make connections. Take the men and women who volunteer at SAGE's Furniture Restoration Workshop, for example. Every time I visit them they are talking, having cake and drinking coffee! Of course they are working hard and love to work repairing furniture, but I suspect they look forward to seeing each other as well.
- Learn something new - Take a course in something that interests you. Chances are you will meet like-minded people. Various universities, hospitals and community agencies including SAGE offer a variety of lectures and workshops. If you are homebound, consider taking a "class without walls" where you join a group of other homebound seniors for lecture and discussion through teleconferencing.
- Exercise – Not only is exercise vital in fall prevention, it is an amazing way to meet other people. SAGE offers an exercise class for older adults that meets twice a week. During the past several months I have noticed a camaraderie among the participants and friendships are blossoming!
- Get a Pet – Pets can offer unconditional love and companionship. It can also provide opportunities to meet others. It's amazing how many people talk to you when you are out and about with a dog!
- Consider Various Housing Options – Even if you are comfortable in your home you may be geographically isolated from others. It might make sense to consider a different kind of arrangement where there are opportunities to meet and socialize with others.
- Keep a Positive Attitude - Sure it can be intimidating to meet new people but what do you have to lose? Staying positive serves as a motivator to explore new social avenues.

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People who remain active and connected in their community are generally happier and healthier. Consider joining a new group, exercise class, lecture, or volunteer program today. You have nothing to lose and everything to gain!

Julie Reich, MSW, LSW  
Senior Coordinator of Community and Professional Education  
SAGE Eldercare



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## Creative Planning For The Second Half Of Your Life

By Rosalind S. Dorlen, Psy.D., ABPP

Clinical Psychologist, Summit New Jersey

Member, Allied Professional Staff, Overlook Hospital

Each stage in your life presents new and differing challenges. For example, getting married, having a baby, caring for elderly parents or grandparents, interacting with grandchildren, or planning for retirement, provide opportunities for growth and self-awareness. As you mature in life, your attitudes, values, and character change and evolve. You could say that we age like a bottle of fine wine. The process takes time and most people mature and develop through a series of stages. The stage of retirement presents many opportunities for the evolution of our personality, spiritual values, and psychological growth.

A major influence in planning for the “second half of your life” is whether or not you are a member of the baby boom generation. A baby boomer will hit age 50 every seven seconds until 2014. According to statistics from AARP there are less and less “real” retirements. Only 13 % of people do not work at all, which means that 87% of retirees continue to work for financial need, enjoyment, to keep busy, or because of new interests. Today, due to the financial down-turn, it makes good sense to consider creative choices, e.g., multiple retirements, bridge-jobs, consulting work, job sharing, part-time work, and volunteering. These options provide new opportunities for fulfillment and offer creative ways of planning your time and your life.

Presented here are a few practical suggestions to help you plan and experience this new stage in your life so that you can experience positive opportunities for growth, hope, and enhanced joy:

- **BUILD YOUR RELATIONSHIPS:** Good relationships with close family members, friends, and colleagues are important. Being able to accept help and support from those who care about you and listen to you, strengthens your resilience. If you have a partner or significant other, focus on enhancing your relationship and allow each other opportunity for growth. Think creatively about making choices that support independence, flexibility, and quality in your life. It also makes sense to

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get acquainted with other pre-retirees and retirees to obtain differing viewpoints and look at options that are right for you.

- **LIVE HEALTHFULLY:** Take responsibility for preserving and enhancing your life through creating a healthy balance between good nutrition, exercise, regular medical/dental care, active participation in civic or cultural groups, faith-based organizations, and other local groups. All of these can offer you social support and provide worthwhile use of your time.
- **INCORPORATE LEARNING IN YOUR LIFE:** Keep yourself mentally fit and add challenge to your life. Learn a new skill, develop a new interest, pursue an activity e.g., painting, playing or learning a musical instrument, that you really would like to do but have postponed because of lack of time.
- **LEARN TO ASK FOR HELP:** While it may be hard to ask family, friends, and neighbors for help, you will likely find that once you ask, people are grateful for the opportunity to assist you. You may want to start with a small task, such as asking the person to perform a small errand on your behalf.
- **MAINTAIN A HOPEFUL OUTLOOK:** An optimistic outlook enables you to expect that good things will happen in your life. Try to learn to visualize what you want instead of just worrying about what you fear.
- **ENRICH YOUR TIME WITH FAMILY AND FRIENDS:** The chance to spend quality time with your adult children, your grandchildren, old friends, and new friends provides some of the greatest opportunities to find renewed joy and pleasure in your life. Try to keep as “tuned in” and flexible in your relationships so that you can continue to derive fun, joy, and enrichment in them.
- **CONSIDER LONG-RANGE PLANNING:** Envision the life you would like to lead one year from now and five years from now and plan the steps necessary to achieve that life.

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## Aromatherapy in Alzheimer's Care

By Benjamin Pearce, CEO Potomac Homes

Fragrance is an essence of long-term memories. One whiff of a childhood aroma can set the memory in motion, bringing back thoughts, faces, and feelings long forgotten. Fragrance consists of volatile molecules that float in the air. Millions of olfactory receptor cells line the nose, and aroma causes these nerves to fire and send messages to the limbic area of the brain. From there, the messages travel to other parts of the brain, activating thought and memory. The pituitary gland is also stimulated to release chemical messages that travel via the blood to glands and organs that create physical body responses. This means that a scent has the potential power to activate a number of physical and emotional responses.

Aromatherapy is the ancient art of using essential oils to benefit your physical, spiritual and psychological well-being. Essential oils have been used for centuries as healing agents, fragrance for promoting health and relaxation, as well as a guard against bacteria, molds, fungi and other microorganisms.

Scientists have referred to essential oils as the life force of a plant. Many essential oils are very complex molecules. A single oil can contain hundreds of constituents that are molecularly aligned in exactly the right manner to trigger a number of responses in the human body. Essential oils are stored in minute quantities in special cells, ducts, or glandular hairs that are distributed among the roots, leaves, bark, stems, and flowers of the plant. When concentrated, a single drop or two of distilled therapeutic-grade oil can produce quick and significant results.

Essential oils can be absorbed in several ways; through our sense of smell, through our skin, even as a dietary supplement. Aroma is absorbed through our nose to the brain where memory, hunger, moods, and even sexual responses are evoked. Before knowing we smell an aroma, our subconscious mind reacts to it. Aromatherapy can benefit stress-related problems and promote a positive state of energy, health and well-being.

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Because of their molecular structures, essential oils are rapidly absorbed when applied to the skin. Silky smooth to the touch, they penetrate the outer layer of the skin. It is often possible to smell some oils on the breath shortly after applying them to the body. The combination of touch therapy with the right essential oils can have a very natural therapeutic effect on someone, rather than treating the resident with psychotropic prescription drugs.

All essential oils are “GRAS” – Generally Regarded as Safe (by the FDA) for internal use or certified as Food Additives, which can be safely taken internally as a dietary supplement. Some oils such as valerian, lemon, grapefruit, orange and tangerine are more effective when taken orally.

There is ample research to demonstrate the human response to essential oils. Some oils such as Peppermint, Rosemary, Jasmine, Lemongrass and Grapefruit stimulate and have an uplifting effect on the body. Others such as Lavender, Rose, Geranium, Sandalwood and Ylang-Ylang have a relaxing or sedating effect on the body. With Alzheimer’s residents, we can use uplifting oils in the morning to stimulate residents’ appetites and energy levels by diffusing the oils into the room or applying them directly to clothing or tissues. In the afternoon when many dementia sufferers often experience anxiety or “sundowning”, relaxing oils can be used for individuals or in a small group setting to relieve the anxiety without the use of psychotropic medications. Blends of oils have been developed specifically for this purpose, such as the blend of Peace and Calming, which includes the essential oils of Tangerine, Orange, Ylang-Ylang, Patchouly and Blue Tansy. Residents who have a habit of wandering during the night or with interrupted sleep cycles can find relaxation with a spritz of lavender oil on their pillowcase. A few drops on a tissue or diffused into their room can actually help with insomnia.

Other oils can be used to boost self-esteem and create a grounding effect for tearful residents. A special blend of Spruce, Rosewood, and Frankincense called Valor has been used successfully to restore confidence and well-being in people. Another blend called Thieves was created based upon research about four thieves in France who protected

(Continued on page 38)



MY HUSBAND  
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themselves with Cloves, Rosemary, Lemon and Cinnamon while robbing plague victims. This blend was tested at Weber State University, Ogden, Utah, and found to have a 99.96 percent effective rate against airborne bacteria. Diffusing these oils can be very effective during the cold and flu season. Many hospitals in Europe routinely diffuse essential oils to purify the air. Simply put, essential oils act as the blood stream of the plant to ward off bacteriological attacks in their own natural environment.

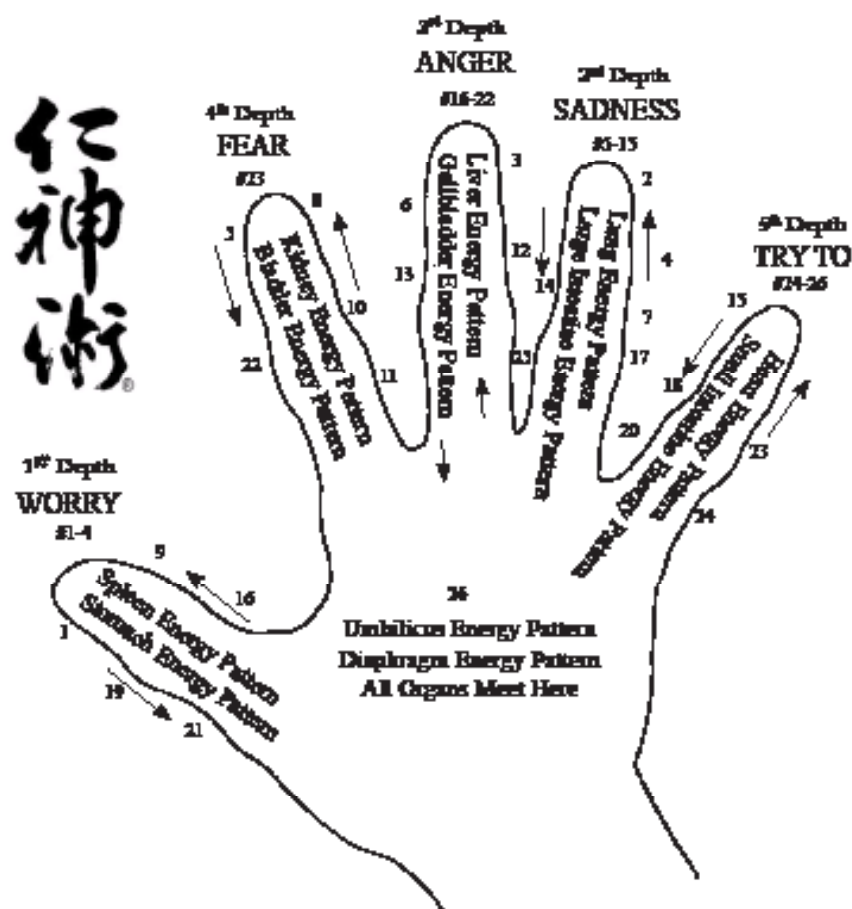
Revered for centuries for their restorative properties to the body, mind and spirit, essential oils have been used by healers to treat a multitude of symptoms. We have found that the sense of scent combined with the sense of touch will reach the inner most parts of the person through the fog of Alzheimer's disease. When fear, agitation, restlessness, or anxiety mounts for our residents, the use of aromatherapy can often help to control or ease the effects of these common behavioral issues in a natural, harmless, holistic approach. For our residents and families, that just makes good "scents."

For more than a decade, Potomac Homes has made it possible for those with Alzheimer's disease or dementia-related illnesses to enjoy the benefits of full-time professional care in a comfortable residential setting. To learn more about Potomac Homes call us at (800) 935-9898 to arrange a private tour or visit us on our website at [www.potomacgrouphomes.com](http://www.potomacgrouphomes.com) for a virtual tour. To order oils [www.youngliving.us/](http://www.youngliving.us/) Sponsoring Distributor Member #795088

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## Harmonizing Of Attitudes Through Fingers



### Get rid of worry F.A.S.T.

**THUMB:** Corresponds to worrying, depression, anxiety. Physical symptoms may be stomach aches, headaches, skin problems and nervousness.

**INDEX FINGER:** Corresponds to fear, mental confusion, frustration. Physical symptoms are digestive problems and muscle problems like backaches.

**MIDDLE FINGER:** Corresponds with anger, irritability and, indecisiveness. Physical symptoms are eye or vision problems, fatigue, circulation problems.

**RING FINGER:** Corresponds with sadness, fear of rejection, grief, negativity. Physical symptoms are digestive, breathing or serious skin problems.

**LITTLE FINGER:** Corresponds with oversteering it, insecurity, effort, nervousness. Physical symptoms are bone or nerve problems, sore throat.

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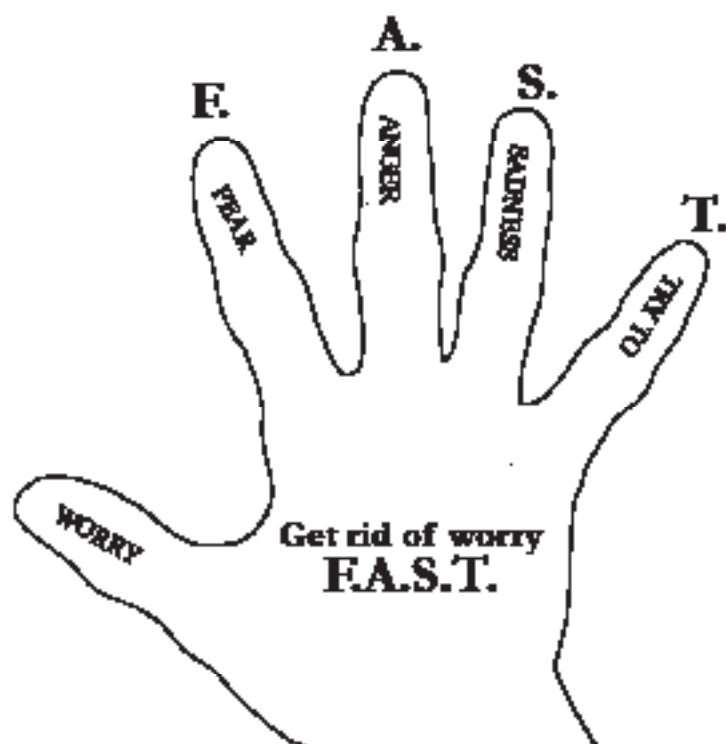
## LATE BLOOMER

I am now officially a senior citizen and loving it! While many of my friends are retiring, I feel I'm just getting going. As a massage therapist my career is blossoming. With the philosophy "massage for all ages" I enjoy teaching infant massage as much as giving a Swedish massage to seniors.

No matter what age the more stress we have in our daily lives, the more we need to make an effort to relax, renew and recharge our batteries... especially for those of you who are caregivers.

I have recently been studying the gentle art of Jim Shin Jyutan, a form of Japanese energy work, and would like to share a simple technique with you. It is called "Get Rid Of Worry F.A.S.T." Just by holding your thumb you can help your worries, hold your index finger to help your fears, hold your middle finger to melt your anger, hold your ring finger for sadness and grief. If you are always trying to do too much, hold your pinky finger. Take a deep breath, try it, feel yourself relax a little. And be good to yourself, have a massage. You deserve it!

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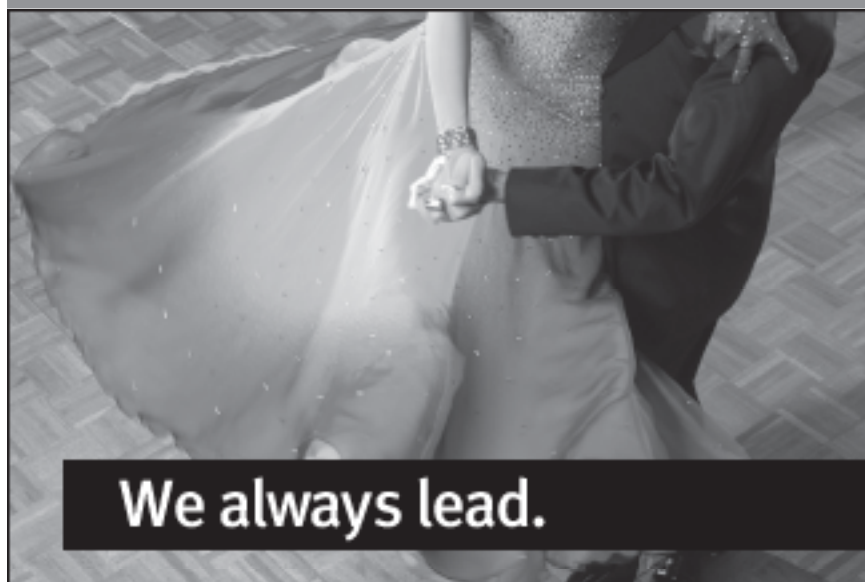
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## SAGE Eldercare Resource Guide

### Comprehensive Guide for Caregivers

The Caregiver Resource Directory: A Practical Guide for Family Caregivers – New Jersey Edition. An expanded version of a prize-winning caregiver guide first published by Beth Israel Medical Center in New York and with additional material developed by the Overlook Hospital Palliative Care Program in collaboration with SAGE, with support from The Healthcare Foundation of New Jersey and the Atlantic Health System Community Benefit Fund.

This comprehensive book covers such topics as the new family care giving role, navigating “the system” and family caregiver self-care. The resource section lists and describes agencies statewide that provide the most commonly needed care and information. Copies are available free of charge while supplies last from SAGE InfoCare at (908) 598-5509.

### Resources for Caregivers

Berman, Claire. *Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive*. New York: Henry Holt & Company, 1996.

Brammer, Lawrence and Marian Bingea. *Caring for Yourself While Caring for Others: A Caregiver’s Survival and Renewal Guide*. New York: Vantage Press, 1999.

Brandt, Avrene. *Caregiver’s Reprieve: A Guide to Emotional Survival When You’re Caring for Someone You Love (The Working Caregiver Series)*. San Luis Obispo, California: Impact Publishers, 1997.

Heath, Angela. *Long Distance Caregiving: A Survival Guide for Far Away Caregivers*. San Luis Obispo, CA: American Source Books, 1993.

Hereema, Carol. *A Caregiver’s Guide to Giving Medicines*. Upper Saddle River: Prentice Hall, 1999.

Ilardo, Joseph and Carole Rothman. *I’ll Take Care of You: A Practical Guide for Family Caregivers*. Oakland, California: New Harbinger, 1999.

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Levine, Carol (Ed.) *Always on Call: When Illness Turns Families into Caregivers*. New York: United Hospital Fund, 2000.

Loveerde, Joy. *The Complete Eldercare Planner: Where to Start, Which Questions to Ask, and How to Find Help*. New York: Three Rivers Press (Random House), 2000.

Meyer, Maria, Paula Derr and Mark Hatfield. *The Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers*. Portland, Oregon: CareTrust Publications, 1998.

Morris, Virginia. *How to Care for Aging Parents*. New York: Workman Publishing Company, 1996.

National Family Caregivers Association. *The Resourceful Caregiver: Helping Family Caregivers Help Themselves*. St. Louis, Missouri: Mosby, 1996.

Olshevski, Jodi, Anne Katz and Bob Knight. *Stress Reduction for Caregivers*. Philadelphia: Brunner/Mazel, 1999.

Schonhoff, Shelly and Joanna Speaker. *Family Caregiver Guide: A Comprehensive Handbook for Caring for Your Loved One at Home*. Dubuque, Iowa: Simon & Kolz Publishing, 1998.

Shanks, Lela Knox. *Your Name Is Hughes Hannibal Shanks: A Caregiver's Guide to Alzheimer's*. Lincoln, NB: University of Nebraska Press, 1996.

Visiting Nurse Associations of America. *Caregiver's Handbook: A Complete Guide to Home Health Care*. New York: DK Publishing, 1998.

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## Books for Caregivers on Alzheimer's Disease

Gray-Davidson, Frena. *The Alzheimer's Sourcebook for Caregivers*. New York: McGraw-Hill, 1999.

Grollman, E. A. and K. S. Kosik. *When Someone You Love Has Alzheimers: The Caregiver's Journey*. Boston: Beacon Press, 1996.

Gruetzner, Howard. *Alzheimer's: The Complete Guide for Families and Loved Ones*. New York: John Wiley & Sons, 1997.

Hendershot, A. *The Reluctant Caregivers: Learning to Care for a Loved One with Alzheimer's*. Westport, CT: Bergin & Garvey, 2000.

Mace, Nancy L. and Peter V. Rabins. *The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life*. Baltimore, MD: Johns Hopkins University Press, 1999.

## Newsletters and Magazines

*The Healthy Caregiver Magazine*. By The Healthy Caregiver, 12 West Willow Grove Avenue, PMB 190, Philadelphia, PA 19118-3952. To subscribe, call (215) 753-1780 or access their website: [www.healthycaregiver.com](http://www.healthycaregiver.com).

*Today's Caregiver*. A magazine dedicated to the family and professional caregiver, published bi-monthly. To subscribe, visit their website [www.caregiver.org](http://www.caregiver.org) or call toll free (800) 829-2734.

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## Useful Websites

### Information for Older Adults

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Administration on Aging (provides local resources and links on caregiving) [www.aoa.gov](http://www.aoa.gov)

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AgeNet Eldercare Network: Solutions for Better Aging [www.agenet.com](http://www.agenet.com)

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American Association of Homes and Services for the Aging [www.aahsa.org](http://www.aahsa.org)

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American Association of Retired Persons [www.aarp.org](http://www.aarp.org)

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American Cancer Society [www.cancer.org](http://www.cancer.org)

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American Medical Association [www.ama-assn.org](http://www.ama-assn.org)

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BenefitsCheckUp (a service of the National Council on the Aging) [www.benefitscheckup.org](http://www.benefitscheckup.org)

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ElderWeb (provides links to elder care sites) [www.elderweb.com](http://www.elderweb.com)

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Extended Care Information Network [www.extendedcare.com](http://www.extendedcare.com)

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Guide to Retirement Living [www.retirement-living.com](http://www.retirement-living.com)

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Medicare [www.medicare.gov](http://www.medicare.gov)

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National Council on the Aging [www.ncoa.org](http://www.ncoa.org)

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Quackwatch: International Watchdog to Protect Consumers from Scams [www.quackwatch.com](http://www.quackwatch.com)

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SAGE Eldercare [www.sageeldercare.org](http://www.sageeldercare.org)

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Social Security Benefits <http://www.ssa.gov>

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## Information for Caregivers

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Alzheimer's Association	<a href="http://www.alz.org">www.alz.org</a>
Alzheimer's Disease Education and Referral Center	<a href="http://www.alzheimers.org">www.alzheimers.org</a>
Alzheimer's Foundation of America	<a href="http://www.alzfdn.org">http://www.alzfdn.org</a>
Caregiver – Information.com	<a href="http://www.caregiver-information.com">www.caregiver-information.com</a>
Caregivers.com	<a href="http://www.caregivers.com">www.caregivers.com</a>
Children of Aging Parents	<a href="http://www.caps4caregivers.org">www.caps4caregivers.org</a>
ElderWeb (provides links to elder care sites)	<a href="http://www.elderweb.com">www.elderweb.com</a>
Eldercare Online	<a href="http://www.ec-online.net">www.ec-online.net</a>
Familycare America	<a href="http://www.caregiverslibrary.org">www.caregiverslibrary.org</a>
Family Caregivers Alliance	<a href="http://www.caregiver.org">www.caregiver.org</a>
Healthy Caregiver.com	<a href="http://www.healthycaregiver.com">www.healthycaregiver.com</a>
InteliHealth: An Aetna Company (information on Alzheimer's and relief of caregiver stress)	<a href="http://www.InteliHealth.com">www.InteliHealth.com</a>
National Alliance for Caregiving	<a href="http://www.caregiving.org">www.caregiving.org</a>
National Family Caregivers Association	<a href="http://www.nfca cares.org">www.nfca cares.org</a>
Today's Caregiver Magazine Online	<a href="http://www.caregiver.com">www.caregiver.com</a>
U.S. Administration on Aging – Caregiver Resources	<a href="http://www.aoa.gov/prof/aoaprof/caregiver/caregiver.asp">http://www.aoa.gov/prof/aoaprof/caregiver/caregiver.asp</a>
Visiting Nurse Associations of America	<a href="http://www.vnaa.org">www.vnaa.org</a>
Well Spouse Foundation	<a href="http://www.wellspouse.org">www.wellspouse.org</a>

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## Helpful Phone Numbers for Caregivers

### Government Services

Essex County Division on Aging	(973) 395-8375
Morris County Division on Aging	(973) 285-6848
Somerset County Division on Aging	(908) 704-6346
Union County Division on Aging	(888) 280-8226
Union County Division of Social Services	(908) 965-2700
Medicaid District Offices Essex County	(973) 648-2470
NJ Department of Health and Senior Services	(800) 792-8820
NJ Department of Health, Division of	
Family Health Services Gerontology Program	(609) 588-3466
NJ EASE	(877) 222-3737
NJ Medicaid Pharmacy	(609) 588-4624
Part D	(609) 588-2732
Durable Medical Equipment	(609) 588-2751
Billing, etc.	(609) 588-3478
Social Security/Medicare, New Jersey Office	(800) 772-1213

### Other Helpful Numbers

#### Alzheimer's Association

Caregiver HelpLine	(800) 883-1180
Greater New Jersey Chapter Office	(973) 586-4300
Alzheimer's Foundation of America	(866) 232-8484
American Association of Retired Persons	(800) 424-3410
New Jersey Office	(609) 987-0744

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American Cancer Society	(800) 227-2345
American Diabetes Association (Bridgewater Office)	(888) DIABETES or (888) 342-2383
Arthritis Foundation—New Jersey Chapter	(732) 283-4300
Cancer Hope Network (toll-free)	(877)HOPENET or (877) 467-3638
CAPS (Children of Aging Parents)	(800) 227-7294
Eldercare Locator	(800) 677-1116
First Call for Help (United Way of Union County)	(908) 353-7171
Jersey Battered Women’s Service	(973) 455-1256
Long Term Care Ombudsman (toll-free)	(877) 582-6995
New Eyes for the Needy	(973) 376-4903
Senior Citizens Council of Union County	(908) 964-7555
SHIP (State Health Insurance Assistance Program) of Union County	(908) 273-6999

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## SAGE Eldercare Services

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Education Programs	(908) 273-5550
Fall Prevention and Safety	(908) 598-5552
Furniture Restoration Workshop	(908) 598-5531
HomeCare, CHHA with RN Supervision	(908) 273-8400
Small Home Repair Service	(908) 598-5501
InfoCare	(908) 598-5509
Meals on Wheels	(908) 273-5554
P.R.E.P. Support Group	(908) 598-5509
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Grocery Shopping and Errands	(908) 273-5554
Spend-A-Day Adult Day Health Services	(908) 598-5520
Volunteer Opportunities	(908) 598-5514

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