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Resale Shop.....	908.273.5564
Special Programs.....	908.598.5503
Spend-A-Day Adult Day Health Center.....	908.598.5520
Support Groups.....	908.598.5509
Volunteers.....	908.598.5514

**HELP SAGE**

More information: 908.598.5504

- Donate by mail: SAGE Eldercare, Attn: Development Office, 290 Broad Street, Summit, NJ 07901
- Visit us online to donate or learn more about shopping/vehicle donations: <http://www.sageeldercare.org/>
- Donate or shop at SAGE's Resale Shop, 31B Chatham Road, Summit, Monday-Saturday, 10 am-5 pm, 908.273.5564
- Bring furniture for repairs to the Furniture Restoration Workshop at SAGE, Monday-Friday, 8:30-11:30 am, 908.598.5531

**SAGE Furniture Restoration Workshop Volunteer Award**

There aren't many projects leaving the SAGE Furniture Restoration Workshop without passing by the hands or watchful eyes of Bob McAnally.

"He does anything imaginable and he's a perfectionist. He's responsible for at least 50 percent of our workshop income either directly or indirectly," said Manager Al Kessler.



Bob McAnally, who is being honored with the Agnes N. Badgley Award, poses with a dollhouse he restored in the SAGE Furniture Restoration Workshop.

A SAGE Eldercare workshop volunteer since 2003 (and deliverer of Meals on Wheels for SAGE before that), McAnally is being honored this fall at the annual SAGE meeting with the Agnes N. Badgley Award, an award created in 1989 to recognize the invaluable contributions of an outstanding SAGE volunteer.

McAnally was surprised to receive the award. "We all work together in the workshop. I'm getting the award, but really the award belongs to all of these guys. Everyone pitches in and helps," he said.

Married for 55 years with one daughter, the Murray Hill resident worked as a glass blower for 40 years at Bell Labs. "There's not a day that I couldn't wait to go to work and I have the same feeling here. As soon as I saw the workshop,

I knew this is where I should be. I just love working with my hands."

His pride in his work shows through happy customers and the workshop's reputation for quality repairs. "People are absolutely overwhelmed with how great everything turns out," said Kessler.

McAnally has worked on wooden statues, repaired wicker, completed rushing and caning, and tackles the unusual projects like repairing doll houses. He's responsible for the stained glass sign that hangs at the entrance of the workshop, which is located in the lower level of SAGE Eldercare, 290 Broad Street.

About 25 volunteer artisans offer furniture repair Monday through Friday, 8:30 to 11:30 am, and items can be left with the SAGE receptionist until 4:30 pm. Pricing is based on the condition of the item and the materials and labor necessary for restoration. All funds from the workshop benefit the programs and services of SAGE Eldercare. Any wooden or furniture item is considered for repair. For more information, please call the Furniture Restoration Workshop at: 908.598.5531.

**Meals on Wheels Celebration**

To commemorate 50 years of Meals on Wheels, SAGE will hold a celebration at the Canoe Brook Country Club, Short Hills, NJ.



The event will take place 6-9 pm, and will include cocktails, dinner, and a silent auction. The honorees of the celebration are the late Joan Hoffmann, the nation's longest-serving Meals on Wheels volunteer, and Kathleen DiChiara, founder and former President and CEO of the Community Foodbank of New Jersey.

For more information, please call: 908.598.5504 or email: [ssharma@sageeldercare.org](mailto:ssharma@sageeldercare.org).

## Message from the Executive Director

Dear Friends,

SAGE has a long tradition of listening to our community and responding by providing programs and services that help older adults and their caregivers. Fifty years ago, SAGE responded to the concern of food insecurity for our older adult neighbors and the Meals on Wheels program was established. This year, we are proud to celebrate 50 years of delivering meals to older adults! We thank the supporters, staff, and many volunteers throughout these 50 years who have been dedicated to bringing nutrition and a safety check to all those enrolled in the program.

Throughout this newsletter, you will find more of the programs and services in the tradition of SAGE. The new edition of the Resource Guide, a valuable tool as a free reference of local service providers, is now available. This fall, we offer new programming and events such as the Medicare open enrollment sessions we have planned for October and November, the Total Brain Health memory classes, and new sessions of caregiver support groups for spouses and adult children that started in September. Our exercise programs continue to offer a gentle approach to overall conditioning in an effort to prevent falls and remain healthy.

Our services and programs -- HomeCare, Spend-A-Day, Guidance, Planning, and Support (GPS), Meals on Wheels, InfoCare, and more -- and future services, depend on your generosity. Thank you to all our donors who have supported SAGE. This fall, please consider renewing your involvement in SAGE as a donor and/or volunteer.



SAGE Eldercare Executive Director



Assuming new roles at SAGE Eldercare in August: Director of HomeCare Shirley Cabildo and Executive Director Angela Sullivan

## Spotlight on HomeCare

SAGE HomeCare has been a pioneer in the home care industry in our region, providing services for more than 60 years. SAGE HomeCare is an accredited agency with the Commission on Accreditation for Home Care and is staffed by Registered Nurses and Certified Home Health Aides, all certified by the Board of Nursing. One of the requirements of accreditation is for the organization to provide in-service training throughout the year. The most recent group training took place at SAGE in September.

New Director of HomeCare, Shirley Cabildo, RN, MS, LNHA, joined SAGE in August. She has extensive experience in all aspects of acute, post-acute, and elder care services.

To find out more about SAGE HomeCare, call: 908.273.8400.

## Upcoming Programs at SAGE

For more information, or to register, please call 908.598.5548 or email: [education@sageeldercare.org](mailto:education@sageeldercare.org). More programs can be found online at: [www.sageeldercare.org](http://www.sageeldercare.org)

### Medication Safety and Polypharmacy, Thursday, October 19, 1-2 pm

A Walgreens pharmacist will discuss the effects of taking multiple medications to manage a variety of health problems.

### Put Your Brain to Work, Thursday, October 20, 7-8 pm

Join Total Brain Health to learn 10 brain-smart things you can do right now to boost your brain power at work.

### Safety Considerations in Alzheimer's Disease, Tuesday, October 25, 10-11 am

During the monthly Alzheimer's New Jersey Caregiver Support Group, a discussion will take place on how caregivers can anticipate potential safety risks and take proactive steps.



## SAGE Spend-A-Day

Spend-A-Day clients and family members enjoyed a "Spring Time in Paris" Senior Prom in June. The yearly event included entertainment by Edgar Montes and nails and makeup done by volunteers.

"It's just a fun day where our clients can get all dressed up and an opportunity for their family members to join them and enjoy the same space," said Deanna Butters, Director of SAGE Eldercare's Spend-A-Day. "It was a great dance party, and this was the best year we've had for family participation."

The Senior Prom is one of many activities planned for Spend-A-Day clients. The fall events will include a Halloween party and Thanksgiving Family Potluck. Spend-A-Day helps older adults remain living in their homes by offering a safe place to spend the day. Days of stimulating, structured activities, individualized to each participant's needs, are offered. Spend-A-Day is staffed by caring, experienced, interdisciplinary professionals. For more information, please call: 908.598.5520.

## Medicare Open Enrollment

The Medicare Open Enrollment Period, October 15 through December 7, is the time to change your Medicare coverage for the following year. Even if you are happy with your current coverage, it is important to explore other options because plans change each year and another plan may better suit your individual needs during the upcoming year.

During Open Enrollment, you can:

- Change the way your Medicare health coverage is delivered -- switch to Original Medicare from an Advantage Plan, or switch to a Medicare Advantage Plan from Original Medicare.
- Add, drop, or change Medicare drug coverage (Part D).
- Join a new Medicare Advantage Plan

How Should You Prepare?

- Read your plan's Annual Notice of Change (ANOC), which will include the revised formulary (the plan's list of covered drugs), and provider/pharmacy network list and changes to premiums and co-pays. Since plans can make changes in their offerings every year, your current plan may not be your best choice for 2017. It is important to remember that membership in your plan automatically renews each year unless you choose to change your coverage.
- Match your needs with the appropriate plan choice. Medicare offers an online Plan Finder tool at [www.medicare.gov](http://www.medicare.gov), or call SHIP of Union County for help.
- Protect yourself from marketing violations and fraud. Medicare has rules about how plans can market themselves and their services during Open Enrollment. Knowing about some of these rules can help you protect yourself from dishonest agents or brokers -- or scam artists posing as agents and brokers. Verify everything a plan agent or broker tells you before making your final decision.



## How SHIP Can Help Free, Confidential, and Objective Counseling

SHIP Hotline: 908.273.6999  
Email: [SHIP@sageeldercare.org](mailto:SHIP@sageeldercare.org)

SHIP of Union County, with offices at SAGE Eldercare, is a state-wide program administered by the NJ Department of Human Services, Division of Aging, with financial assistance through a grant from the U.S. Administration for Community Living.

All services are FREE, CONFIDENTIAL, and OBJECTIVE. Counseling is available at SAGE Eldercare and Senior Council in Union, by appointment. Additionally, counseling services are available by telephone, with interpretation services in all languages.

## Free Community Program

Medicare Open Enrollment: Time to Review Your Medicare Coverage with SHIP Counselors

Thursday, October 20, 12-1:30 pm

SAGE will also offer this program November 9 and November 14.