

SAGE Eldercare is a nonprofit 501(c)(3) organization. The Caring Connection is a publication for SAGE's friends and supporters.

SAVE THE DATE! Theatre Night to Benefit SAGE October 19, 2017

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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

Casino Night Benefits SAGE

SAGE Eldercare hosted its third annual Casino Night at Berkeley Plaza on April 20. With about 120 in attendance, the fun evening raised awareness of the organization and contributions for SAGE, which will help the organization provide resources for older adults to remain independent and safe at home as they age.

The evening included casino games with Tumbling Dice, jazz music by Jackie Jones, more than 40 prizes donated by local businesses and individuals, and silent auction items.

Sponsors of Casino Night included Dun & Bradstreet, Brandywine Living, Athene TeleHealth, Brightview Senior Living, J.P. Morgan, Lois Schneider Realtor, Overlook Medical Center, Salerno Duane, as well as Chatham Hills Subacute Care Center, Michael J. Foncannon, Mutual of America, Right at Home, Shop-Rite – Village Super Market, Vincent Ursino, Dental Home Services, Green Hill, John C. Hoffman, J.R. Prisco, Juniper Village of Chatham, Lantern Hill, and The Mavins Group.

“We are grateful for our sponsors and attendees of Casino Night. Because of everyone’s generosity, the evening was a success and will help SAGE provide support for older adults and their caregivers in our community,” said Angela Sullivan, Executive Director of SAGE.

A full listing of sponsors and advertisers was provided in the Casino Night program, which is available on the SAGE website, along with photographs from the evening.



The Four Old Parts, pictured here with Betty Butz, performed for the Lunch, Learn, and Listen program and for Spend-A-Day participants.

Lunch, Learn, and Listen

Thanks to a grant from Meals on Wheels America and Subaru, SAGE Eldercare hosted a “Lunch, Learn, and Listen” program for isolated older adults.

The Driving the Movement grant allowed for an expansion of the SAGE Meals with Friends program. People who have benefitted from SAGE services, including Meals on Wheels, were picked up at their homes, brought to SAGE for lunch with peers and volunteers, and enjoyed quality entertainment. Three programs have been offered so far and included entertainment by barbershop quartet The Four Old Parts, singing sisters The Pettets, and soul/jazz vocalist Rhonda Denet.

The grant enabled SAGE to invite about 25 participants for each program and gave them the chance to meet new people, interact with volunteers, and take part in activities at SAGE that they are otherwise unable to attend due to challenges like limited mobility and access to transportation.

“Meals on Wheels and Subaru’s generosity enabled us to expand Meals with Friends, which is our friendly visitor program. It has been the catalyst for long-lasting friendships between our participants and their dedicated volunteers,” said Marianne Kranz, SAGE’s Director of Volunteers, Meals on Wheels, and Home Support Services.



SAGE Eldercare Board Members: David Bomgaars, Chris J. Cotter, Christine Gottesman, and John C. Hoffman

Message from the Executive Director

Dear Friends,

The month of May was Older American's month and the theme was Age Out Loud. The theme is appropriate – Older Americans are working longer and focusing on remaining independent and making healthier living choices, while engaging and contributing to their communities and speaking up about issues relevant to their lives. SAGE supports aging "out loud!"

We celebrate older adults every day at SAGE – those who work, volunteer, and participate in our programs – they help make SAGE a trusted community resource. A glimpse into the accomplishments of our programs and services are included in this edition of The Caring Connection, especially the HomeCare success story and the Lunch, Learn, and Listen program.

While we celebrate older adults, there has been much discussion in the news regarding the future funding or elimination of federal programs that support seniors who are income insecure and would feel the effects of the funding cuts most severely. Some of the recipients of these funds are individuals and families that SAGE serves through Meals on Wheels, HomeCare, Spend-A-Day, and S.H.I.P. (Medicare counseling) programs. These programs are important for individuals and families to remain in their homes safely and independently. We ask for your continued support in meeting the changing needs of older adults in our community. There are many ways you can help, such as the SAGE Resale Shop, as mentioned in this newsletter. Other ways to help are listed on the back page or are online: www.sageeldercare.org.

In closing, I would like to thank all the older adults who continue to share their wisdom, engage in life, and inspire us to Age Out Loud.



Executive Director, SAGE Eldercare



SAGE Resale Shop Encourages Spring Cleaning Donations

It's that time of year when "spring cleaning" and de-cluttering are inviting ideas, and the SAGE Resale Shop offers a place to go with unwanted items.

The Resale Shop, located at 31B Chatham Road, Summit, and open Monday through Saturday, 10 am to 5 pm, accepts donations during business hours of furniture, bric-a-brac, jewelry, shoes, gifts, decorations, housewares, china, and in-season, gently used, and current fashion.

In addition to seeking individual's donations, the shop accepts entire or partial estate donations, and offers an ever-changing selection of quality goods, at reasonable prices, for shoppers.

"One of the best benefits of giving unwanted items to (or shopping at) the Resale Shop is that the funds go directly back to the community for programs and services for older adults and their caregivers at SAGE Eldercare," said Rose Rittweger, manager of SAGE's Resale Shop.

Support Groups at SAGE

Pre-registration is required.

For more information, or to register, please call: 908.598.5509.

Bereavement Support Group for Spouses

For people age 60 or over who have lost a spouse in the last year
Meets weekly, May 25 through July 27, 2 - 3:30 pm

Caregiver Support Group for Spouses

Meets every other Monday, May 22 through August 28, 2 - 3:30 pm

Caregiver Support Group for Adult Children

Meets every other Monday, June 5 through August 28, 7 - 8:30 pm

Alzheimer's New Jersey Caregivers Support Group

Meets on the fourth Tuesday of each month, 10 - 11:30 am

More programs can be found online at: www.sageeldercare.org

A SAGE Success Story

Rahway Woman Credits HomeCare with Helping Regain Independence

Just a few months ago, Peggy, of Rahway, was in excruciating pain and not able to get out of bed. With help from a SAGE Eldercare home health care aide, Peggy is back on her feet and making daily progress.

"Everybody thought I was down and out for the count and would never get up again. I was bedridden to now being up on my feet; now that's a success story!" the 76-year-old said.

Due to post-polio syndrome, Peggy fell in June while living in North Carolina. She underwent operations and therapy in North Carolina, but wasn't improving. "Based on what the doctors were saying, I wouldn't be able to get back up, ever ... so I made the move to New Jersey to try something else," Peggy said. Her daughter living in Rahway converted her dining room into a bedroom and the Summit-based non-profit SAGE was hired in December.

Peggy was paired with SAGE certified aide Schideline Altenor, who she calls "Lin, dear." Altenor worked with her every week day for six hours until February when, due to her progress, her need for an aide was reduced to four hours each week day. They walk around the house together, and Altenor makes her lunch and bathes Peggy.

"When we began in December, we never imagined her mobility would improve to this point. We are grateful for the role SAGE has played in this," her daughter, Sue, said.

Peggy is thrilled to be able to get in and out of bed on her own with the help of a walker after working with Altenor. "She's always saying, 'let's just try' and 'do the best you can.' I would recommend Lin to any friend, she's very good," she said.



Peggy and Schideline Altenor



She celebrates each milestone of progress, like being able to sit in a wheelchair for two hours and get in and out of her family's car. This enables her to sit out on the deck when the weather is nice, go to church, and go shopping with her family. Her goals include going to see the movie The Shack, get a stair lift for her daughter's home, and eventually move into a senior apartment on her own. "All we can do is go step-by-step," she said.

"Nothing makes us happier than to have another success story like Peggy. The SAGE Eldercare aim is to always help older adults lead healthier, independent lives at home," said SAGE HomeCare Director Shirley Cabildo, RN, MS, LNHA.

SAGE HomeCare is accredited by the New Jersey Commission on Accreditation for Home Care and offers a range of flexible personal care services with hourly, overnight, or live-in aides, provided by Certified Home Health Aides and supervised by Registered Nurses, for short-term or ongoing needs. The aides meet a spectrum of needs including personal care, meal preparation, light housework, exercise and therapy compliance, medication reminders, and maintaining a safe home environment. For more information about SAGE HomeCare, please call 908.273.8400.