

*wellness
caregiving
support
education
information
exercise
planning
resources*



**sage eldercare**

Because your home is a great place to age

290 Broad Street, Summit, NJ 07901
www.sageeldercare.org | 908.273.5550

SENIOR RESOURCE GUIDE

FINK ROSNER ERSHOW-LEVENBERG, LLC

ATTORNEYS AT LAW

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WWW.FINKROSNERERSHOW-LEVENBERG.COM

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PLANNING
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PLANNING
PRESERVING
PROTECTING...
Your Life's Most
Valuable Assets

Certified Elder Law Attorneys,
Certified by the National
Elder Law Foundation*

*An ABA approved organization
approved by the NJ Supreme Court



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“Trusted by families in the Union, Morris, Essex, and Somerset communities for more than 60 years.”

MISSION

SAGE Eldercare is a unique community resource that offers a comprehensive array of programs and services for older adults and caregivers, promoting independence and quality of life.

VISION

SAGE Eldercare will be the leading provider of innovative services and programs that meet the changing needs of older adults and families.

HISTORY

Since 1954, SAGE has been helping make your community an amazing place to age. Our nonprofit organization is committed to being the leading provider of programs and services to meet the changing needs of older adults, their families, and caregivers. Initially, SAGE grew out of a two-year study 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 the community on issues affecting older residents. Council representation came from civic groups, churches, social agencies, and interested residents and resulted in the formation of SAGE - Summit Association for Gerontological Endeavor.

SAGE Eldercare is distinguished among its field as being one of the oldest eldercare agencies in New Jersey and also one of a few nonprofit eldercare agencies in the United States that offers a comprehensive array of services under one roof.

SAGE is a pioneer in providing care for older adults, beginning with its HomeCare services in 1954. SAGE started one of New Jersey's first Meals on Wheels programs in 1966 and opened New Jersey's first adult day health care program in 1975. Many of the services and programs provided by SAGE have served as models for those used by other public and private agencies. Annually, the nonprofit serves more than 7,000 older people and their families in Union, Essex, Morris, and Somerset Counties, and beyond.

A Message...



SAGE is committed to making your home a great place to age. We provide a wide array of information, support, programs

and services designed to promote independence and quality of life for older adults, as well as support and respite for families and caregivers. This guide provides information on the resources of SAGE and we hope you find it useful. Thank you to the sponsors of the Resource Guide for their generous support of our organization. Please contact us if you or your loved ones could benefit from the services of SAGE.

Best,

A handwritten signature in black ink that reads "Angela Sullivan". The signature is fluid and cursive, with a large initial 'A'.

Angela Sullivan
Executive Director, SAGE Eldercare

BOARD OF TRUSTEES

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Community Representative

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Point View Wealth Management, Inc.

SAGE ELDERCARE

Angela Sullivan
Executive Director



SAGE HOMECARE

“SAGE Eldercare does more than help take care of my mother...her aide has become part of the family and brings joy into my mom’s life.”

One of New Jersey’s most trusted providers.

SAGE Eldercare pioneered **home care services** in our region and has been trusted by families for more than 60 years.

We provide a broad range of flexible personal care service options and unsurpassed quality. We offer hourly, overnight, and live-in aides for both short-term assignments and ongoing needs.





Our Registered Nurses and Certified Home Health Aides (CHHA), licensed through the New Jersey Board of Nursing, see their jobs as not only caring for their clients, but also bringing joy into their lives.



Our CHHAs assist with a broad range of needs, such as:

- Personal care (bathing, dressing, and shaving)
- Meal preparation
- Light housekeeping
- Personal laundry
- Exercise
- Compliance with therapy
- Medication reminders
- Accompanying to doctor's visits
- Maintaining a safe home environment

FUNDING YOUR HOME CARE

SAGE accepts Medicaid, VA benefits, and Long-term Care Insurance. Additional funding sources may be available for those who qualify. Please call us at 908.273.8400 to discuss.



Call us at
908.273.8400
for more
information
about our
HomeCare
services.



ADULT DAY PROGRAM

Spend your days at SAGE and your nights at home.

Program Hours:
Monday through Friday
9:30 am - 3:30 pm

Extended Hours:
Monday through Friday
8:30 am - 5 pm

SAGE Eldercare
290 Broad Street
Summit, NJ 07901
908.598.5520

Transportation and financial assistance available. Medicaid, VA benefits, and Long-term Care Insurance accepted.

Designed by leading professionals, our **Spend-A-Day Adult Day Health Care program** offers a day of stimulating, structured activities - including arts and crafts, musical entertainment, sing-a-longs, mentally stimulating games, discussion groups (books, films, current events), exercise, and holiday and birthday celebrations - individualized to each participant's needs. Often, adult day programs provide a significant cost advantage over other alternatives. In addition, more and more medical research is pointing to the benefits of structured social, physical, and cognitive activities for individuals with, or at risk for, memory issues. Judging by the number of smiles we see each day, we must be doing something right!



WHO SHOULD CONSIDER THE SPEND-A-DAY PROGRAM?

Spend-A-Day helps older adults remain living in their homes by offering a safe place to spend the day. It also provides valuable respite for spouses, adult children, their families, and other caregivers. Spend-A-Day may be an especially good choice when your loved one:

- Is isolated and desires companionship
- Can no longer structure his or her own daily activities
- Cannot 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
- Needs care due to Alzheimer's disease; early-, middle- or late- stage dementia; post-stroke; post-orthopedic surgery; cardiac illness; and, diabetes management

THE PROGRAM INCLUDES:

- A handicapped-accessible center
- Daily exercise and walking programs on an indoor stroll path
- Light breakfast, hot lunch, and snacks served daily
- On-site Physical, Occupational, and Speech Therapy provided by geriatric rehabilitation specialists
- Scheduled and maintenance visits provided by a podiatrist, beautician, dietician, and pharmacist
- Referrals for laboratory, x-ray, ophthalmology, and podiatry services (billed directly to the client)
- Transportation assistance may be available to and from SAGE

A TEAM OF PROFESSIONALS

SAGE's Spend-A-Day Adult Day Health Care program is staffed by caring, experienced, interdisciplinary professionals, including:

- Registered Nurses provide on-site monitoring, including medications, blood pressure, and weight management, as well as coordinating health care plans with the participant's primary physician
- A full-time Geriatric Social Worker is on-site daily to assist and support participants, families, and caregivers
- Registered Dietician plans all meals
- Certified Dementia Practitioners: Most staff have certification from the National Council of Certified Dementia Practitioners



SAGE CARE PLANNING

“With the caring support of GPS, our family has been able to arrange appropriate care for Dad which gives us enormous peace of mind. We no longer feel alone and Dad is safer and much happier.”

The right plan can make all the difference.

Our **Guidance, Planning, and Support (GPS) Services** provide personalized care planning to maximize independence, safety, and well-being. Figuring out what is right can be difficult; our program helps you make the best choices by evaluating your specific situation.

EXPERIENCED, TRAINED PROFESSIONALS

SAGE's GPS Care Navigators are Registered Nurses who specialize in geriatric care. They provide a personalized, comprehensive assessment which includes guidance, care planning, and support to evaluate current and future needs.



An assessment includes everything from medication review to checking to make sure nutritional needs are being met. A care plan includes referrals to services such as meal support and assistance with Activities of Daily Living (ADLs) in the home.

WHO SHOULD CONSIDER GPS SERVICES?

Anyone who has concerns about a loved one's care should consider GPS. This service is especially helpful during a time of transition, for example:

- Returning home after a hospital or rehabilitation stay
- Receiving a new diagnosis and/or medication regimen
- When a loved one is experiencing medical and/or behavioral changes
- When a loved one can no longer remain at home alone
- Planning for future care
- When assistance is needed for long-distance care giving

WHAT DO OUR GPS CARE NAVIGATORS DO FOR EACH CARE PLAN?

- Assess physical, social, nutritional, and cognitive health
- Conduct a medication review and regimen evaluation
- Evaluate home safety
- Prepare an emergency medical information packet (Vial of Life)
- Coordinate care from hospital and sub-acute facilities
- Ensure hospital discharge plan compliance
- Provide guidance when considering sub-acute, assisted living, and long-term care facilities, if warranted
- Provide support networks, community resources, and referrals
- Act as a liaison for local and long-distance caregivers, as warranted
- Coach effective communication skills with health care providers
- Consult on end-of-life-care issues
- More options: Medication management, wellness visits by nurses, social work support, and nutritional counseling

GPS can assist caregivers who live locally or long distance from their loved ones. Consultation information is available at 908.598.5522.



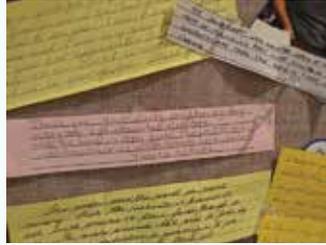
MEALS ON WHEELS

*“The reliable,
delicious meals
and kind people
brighten my days
and give my
family peace
of mind.”*

More than a meal...

At the core of SAGE’s **Meals on Wheels service** is a nutritious meal, companionship, and a watchful eye on the health and safety of our clients who are frail, homebound, or disabled. 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.

Meals on Wheels provides thorough in-home support with ancillary services like licensed Social Work Support, Meals with Friends, Grocery Shopping, Errands, and an Emergency Food Pantry. Caregivers also gain peace of mind and respite as SAGE partners with them in caring for their loved ones. Now in its 51st year, the program is expanding its Meals with Friends initiative to provide daytime visits to SAGE for the most isolated older adults.



SAGE ELDERCARE CURRENTLY DELIVERS MEALS TO:

Berkeley Heights

New Providence

Chatham

Short Hills

Madison

Springfield

Millburn

Summit

Mountainside

Meals are planned by a registered dietician. In some areas, we are able to provide special diets, including diabetic and renal meals. All meals are relatively low in fat and sodium. The meals are delivered Monday through Friday and can be scheduled for a short time or indefinitely. Extra food for the weekend can be delivered with the Friday meal for those in need.

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

**Call us at
908.273.5554,
Monday to
Friday, between
7:30 am and
3:30 pm to make
arrangements.
Delivery can
usually begin
within a few
business days.**



GROCERY SHOPPING AND ERRAND SERVICE

“We look forward to the cheerful volunteers who devote so much of their time to keeping us well. Our shopping volunteer brings all the groceries to the kitchen and leaves with words of encouragement and a cheery smile.”

Need things done? Let SAGE do the run.

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

This service includes:

- Grocery shopping
- Errands to the post office, library, city hall, and pet store
- Laundry and dry cleaning pick up and delivery
- Check-in/safety visits
- More – just ask! All requests will be considered.



SERVICES ARE OFFERED IN THE FOLLOWING AREAS:

Berkeley Heights	New Providence
Chatham	Short Hills
Madison	Springfield
Millburn	Summit
Mountainside	

SHOPPING SERVICE

Deliveries can be once a week or once in a while, whatever you need. Occasional participants, once enrolled in the program, simply need to call SAGE by Friday morning to request service for the following week.

If possible, mail, fax, or email your shopping list to us. Or, we can pick it up at your home early in the week. Orders are delivered Wednesday or Thursday morning, depending on the town in which you live.

A nominal fee is charged for this service. You can send in a check for your groceries with your shopping list, or we can pick it up at your home. For those who have a family member, attorney, or guardian overseeing their finances, checks can be sent in advance for four to six weeks of service.



To learn
more about
our Grocery
Shopping and
Errand Service,
call us at
908.273.5554.



INFORMATION AND REFERRALS

*If you don't know where to turn,
ask SAGE.*

If you need assistance or information, are overwhelmed by health care choices, or not even sure what to ask, we can help. Our staff will provide social service support, referrals, resources, and more. **InfoCare** - our information and referral service - provides older adults and family caregivers with support, information, consultations, and referrals through telephone outreach.

*“SAGE put us on the
right path for the best
care. InfoCare was
a lifesaver.”*

When you contact InfoCare, your concerns will be addressed by a Licensed Clinical Social Worker (LCSW) who understands the complexities of navigating community resources, as well as the psychosocial issues related to aging and caregiving. The social worker will provide consultation, guidance, and follow-up, to address your needs.



INFOCARE CAN ASSIST YOU WITH QUESTIONS OR CONCERNS ABOUT:

- Adult Day Health Care
- Senior living options
- Transportation
- Home care
- Entitlements
- Legal issues
- Support Groups



InfoCare is part of SAGE Guidance, a grouping of SAGE’s services including InfoCare, GPS Services, and Education and Support. SAGE Guidance is a comprehensive approach to reaching older adults and caregivers in their homes and helping them thrive with long-term wellness and independence, through social work support and free referrals, medical care planning, and a full calendar of educational programs.

While the department assists callers from across the country, InfoCare is contracted to provide direct social work support to aging adults, particularly those who are frail and isolated, in Summit, New Providence, and Mountainside.



Call us at
908.598.5509
 to get answers to
 your questions.

MEDICARE



HEALTH

1-800-MEDICARE (1-800-633-)

NAME OF BENEFICIARY
JANE DOE

MEDICARE CLAIM NUMBER
0000-0000-A

SEX
FEMALE

EFFECTIVE DATE
07-0

MEDICARE COUNSELING

Do you have questions about Medicare? SAGE has the answers.



LOCAL HELP FOR
PEOPLE WITH MEDICARE

*“The SHIP office
at SAGE has been
like a guiding light
in the dark. I’d be
overwhelmed without
SAGE’s help.”*

**SHIP OF UNION COUNTY (STATE HEALTH
INSURANCE ASSISTANCE PROGRAM)**

Do you have problems or questions regarding your health insurance?

If you are a **Medicare beneficiary** and a resident of Union County with questions about Medicare, contact us and speak to the SHIP office at SAGE for free, objective, and confidential assistance.



WE CAN HELP ANSWER QUESTIONS SUCH AS:

- How much insurance do you really need?
- What can you do if Medicare denies payment for a claim?
- Who do you call if you have questions about a claim?
- What are the gaps in Medicare coverage?
- Does Medicare pay for nursing home care?
- What is the difference between original Medicare and Medicare Advantage plans?
- What do you need to know before selecting a prescription drug plan?
- Do you qualify for low income subsidies to cover premium and co-pay costs?

The State Health Insurance Assistance Program (SHIP) is a statewide program administered by the New Jersey Department of Human Services, Division of Aging Services, with financial assistance through a grant from the U.S. Administration for Community Living (ACL). SAGE is the sponsoring organization for the program in Union County.

SHIP counselors do not provide legal advice, sell, recommend, or endorse any specific insurance product, agency, insurance company, or HMO. They provide information and assistance so that clients can make their own decisions.

Presentations can be arranged for counselors to speak with organizations.

MEDICARE



Part A:
Hospital Insurance



Part B:
Medical Insurance



Part C:
Medicare Advantage Plan



Part D:
Medicare Prescription Drug Coverage



Call us at
908.273.6999
 or email [ship@
 sageeldercare.org](mailto:ship@sageeldercare.org)
 for more details.



EDUCATION AND SUPPORT

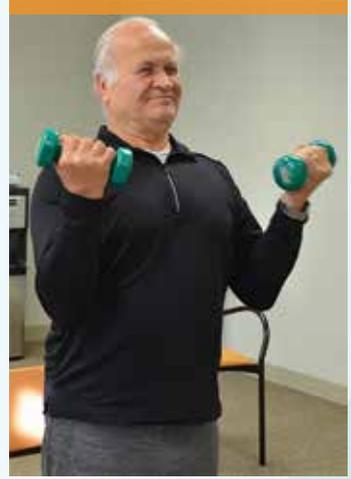
The information and events you want. The support you need.

COMMUNITY EDUCATION

SAGE hosts **programs and events** to help educate and provide resources for local residents. Outside professionals are often brought in to discuss topics that are relevant to older adults, their families, and caregivers.

For more information or to receive our calendar of events, call 908.598.5529 or email: education@sageeldercare.org.

“My family is always learning something new at SAGE. The variety and quality of programs and instruction are exceptional!”



EXERCISE CLASSES

SAGE's exercise classes are offered to help with strength, balance, and fall prevention. They are open to anyone 60 years of age and older. Current classes include Fun-to-be-Fit, Gentle Chair Yoga, and Tai Chi.

The exercise programs are open to the public and are designed with a gentle approach for all fitness levels to improve strength, flexibility, and overall conditioning in an effort to prevent falls. **For information on current exercise class offerings, pricing, or to register, call 908.598.5529 or email education@sageeldercare.org.**

Education and support is part of SAGE Guidance, a grouping of SAGE's services including InfoCare, GPS Services, and Education and Support. SAGE Guidance is a comprehensive approach to reaching older adults and caregivers in their homes and helping them thrive with long-term wellness and independence, through social work support and free referrals, medical care planning, and a full calendar of educational programs.

SUPPORT GROUPS

SAGE offers caregiver support groups, led by a licensed clinical social worker, for family caregivers or to help with bereavement. **Please call 908.598.5509 for the current group schedule and to pre-register.**



Please call
908.598.5529
to learn
more about
our exercise
classes and
908.598.5509
to learn more
about our
support groups.



SAGE RESALE SHOP

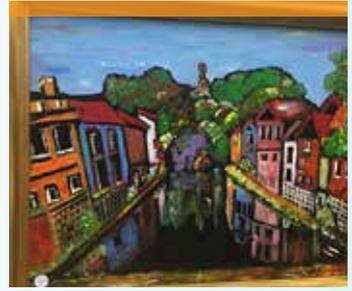
You can help older adults with your donations.

The **SAGE Resale Shop** often has a variety of goods for sale. Items shown in this guide are examples of what can typically be found at the shop.

Donations of these items are always accepted. Entire and partial estate donations can also be arranged.

Hours: Please call ahead for large or heavy item donations. Items can be delivered to the store during normal business hours. Call 908.273.5564 to arrange for a pick-up.

31B Chatham Road
Summit, NJ 07901
908.273.5564



Since 1959, the SAGE Resale Shop has helped provide funds for SAGE's programs and services. They offer an unusual variety and exceptional quality of goods, along with reasonable prices, which attracts shoppers and collectors from Summit and the surrounding region. Regular visits to the store ensure the opportunity to find and purchase ever-changing merchandise and special treasures.



You can shop for or donate the following types of items:

- Bric-a-brac
- China
- Clothing and shoes
- Collectibles
- Furniture
- Gift items
- Housewares
- Jewelry and purses
- Linens
- Rugs
- Small Appliances





FURNITURE RESTORATION WORKSHOP

Expert craftsmanship for repairs and restoration.

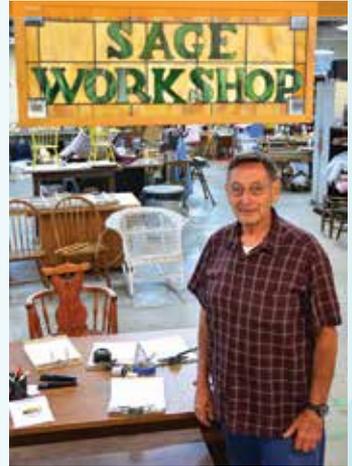
Do you have a chair that needs to be repaired, re-glued, caned, or rushed? Does a table need a new leg? The volunteer artisans at the **Furniture Restoration Workshop** can help!

Hours:
Monday Friday
8:30 am - 11:30 am

SAGE Eldercare
290 Broad Street
Summit, NJ 07901
908.598.5531

Items can be left with SAGE's receptionist until 4:30 pm.

Since 1961, the workshop has offered fine-quality furniture restoration at exceptional prices and has earned a reputation for its fine reweaving of caned and rushed chairs.



Pricing is based on the condition of the furniture item and the materials and labor necessary for restoration.

All funds received for workshop services benefit the programs and services of SAGE Eldercare.

We will consider repairing almost any piece of furniture or wooden item. Feel free to bring it in for an evaluation and estimate. If you think your job is out of the ordinary, please call us to inquire about the repair.

OUR WORK: CHAIR SEAT REPAIRS, FINISH RESTORATIONS, AND GENERAL REPAIRS

Hand caning has a series of closely spaced holes at the material edge.

Pressed cane is machine-woven cane that has continuous edging and no visible holes.

Rushing uses craft fiber rush, which is easier to work with and less costly.

Split reed is a flat reed from rattan used to produce the look of a homemade country chair.



All funds received for workshop services benefit the programs and services of SAGE Eldercare. Call 908.598.5531 or visit us to learn more today!



VOLUNTEER OPPORTUNITIES

“The camaraderie and dedication of the staff and other volunteers is a community in itself. We are all looking out for our older neighbors and I get back so much more than I put in!”

You can make a difference in your community.

Annually, more than 300 **volunteers** help SAGE fulfill its mission. Some volunteers deliver food as part of our Meals on Wheels program, others have learned how to recane chairs and repair furniture, others shop and run errands for older members of the community who cannot do so on their own, and some serve as receptionists in our lobby.

They all have one thing in common. They have discovered how incredibly rewarding it is to help SAGE ... to make a difference in the lives of older members of our community who need support.

Whatever it is you want to do, you can be sure we want and need your help.



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

- Deliver Meals on Wheels
- Lend a hand to the Grocery Shopping and Errand Services
- Repair furniture at SAGE's Furniture Restoration Workshop
- Work as a salesperson at SAGE's Resale Shop
- Assist receptionist or provide clerical assistance
- Serve as a program assistant in Spend-A-Day, our adult day health care program
- Train to become a counselor for SHIP of Union County (State Health Insurance Assistance Program) and assist people with Medicare and health insurance questions
- Help with mailings
- Apply computer expertise to assist with Internet research and data analysis
- Help with fundraising and other events
- Photograph our events
- Coordinate a corporate or community group project



If you are interested in volunteering at SAGE, call 908.598.5514 or fill out the application on our website. You'll be glad you did...and so will SAGE!



WAYS TO GIVE



“LIKE” SAGE Eldercare, SAGE Furniture Restoration Workshop, and SAGE Resale Shop on Facebook and follow us on LinkedIn, Twitter, and Instagram to get the most current information on our services and programs.

Help us help your neighbors.

Every day older members of our community are struggling to remain where they want to be most – in their own homes.

SAGE Eldercare is here to help!

When our clients cannot afford our services, we rely on the generosity of our donors to allow everyone to benefit from our resources.

Check out the many ways you can help donate to SAGE today!

SAGE is an incorporated, nonprofit organization in the state of New Jersey with 501(c)(3) federal exempt status. Gifts to SAGE are tax-deductible to the extent allowed by law. Our Development Office can be reached at 908.598.5504 for more information.

GIVING OPTIONS:

- **DONATE** by credit card at www.sageeldercare.org or mail a check to SAGE
- **DOUBLE THE DONATION:** Check to see if your company participates in a matching gift program by visiting www.doublethedonation.com/sageeldercare
- **TRIBUTE GIFTS:** Celebrate a milestone or honor the memory of a loved one
- **PLANNED GIVING:** Call us to learn more.
- **VEHICLE DONATION:** Donate your car, truck, or other vehicle to SAGE. The donor gets a tax deduction and free towing and SAGE receives a portion of the vehicle's value. Vehicles can be picked up from anywhere in the contiguous United States. Call 908.598.5504 for more information.
- **MERCHANDISE DONATION:** Donate clothes, furniture, or other merchandise to our SAGE Resale Shop. And don't forget to shop ... you'll find great bargains on great merchandise!
- **VOLUNTEER:** Give your time to SAGE (see page 24). Your company or organization can also contribute community service time as a group by helping deliver Meals on Wheels, assisting with adult day care programs, collecting pantry items, or participating in an intergenerational program.
- **SHOPPING PARTNERSHIPS:** Give to SAGE without it costing you a cent!

AmazonSmile: The AmazonSmile Foundation donates a percentage of purchases made on Amazon.com to SAGE. Go to: <http://smile.amazon.com/ch/22-1657929>

Givenik.com: An exciting way to get discount tickets, premium seats, and group rates to Broadway and Off-Broadway shows. Support SAGE and we get five percent of every ticket purchase.

GoodSearch.com: GoodSearch offers three programs. GoodSearch donates money to your favorite cause when you search the Internet. GoodShop donates a percentage of every purchase and offers coupons when you shop at GoodShop.com. And GoodDining donates a percentage of your restaurant bill when you eat at participating restaurants.

FundPhotos.com: FundPhotos donates up to five percent from Shutterfly purchases to SAGE.



SAGE makes effective use of your philanthropic support, receiving top ratings from several organizations – such as GreatNonprofits, Charity Navigator, and GuideStar Exchange – year after year.



RESOURCES

Local and online resources for the information you need most.

AGING GRACEFULLY

Astonishment: Life in the Slow Lane

Jan Slepian (2009). *Humorous and sage reflections on the astonishment of being old and living in a retirement community.*

Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age

Jo Ann Jenkins (2016)

How to be Old: A Beginner's Guide

Jan Slepian (2012)

I Remember Nothing: And Other Reflections

Nora Ephron (2011)

Go For It!: 100 Ways to Feel Young, Vibrant, Interested and Interesting After 50

Mary McHugh (2012)

The books and organizations listed here are a sampling of the many resources available to caregivers and older adults.

If you have additional suggestions, please call us at 908.273.5550.

Books

AGING GRACEFULLY

Astonishment: Life in the Slow Lane

Jan Slepian (2009). *Humorous and sage reflections on the astonishment of being old and living in a retirement community.*

Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age

Jo Ann Jenkins (2016)

How to be Old: A Beginner's Guide

Jan Slepian (2012)

I Remember Nothing: And Other Reflections

Nora Ephron (2011)

Go For It!: 100 Ways to Feel Young, Vibrant, Interested and Interesting After 50

Mary McHugh (2012)

ALZHEIMER'S-RELATED

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Related Dementias, and Memory Loss

Nancy L. Mace and Peter V. Rabins (2012)

Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease

Joanne Koenig Coste (2004)

On Pluto: Inside the Mind of Alzheimer's

Greg O'Brien (2014). *Reflections about living with Alzheimer's disease, not dying with it – a book of hope, faith, and humor.*

Before I Forget: Love, Hope, Help and Acceptance in Our Fight Against Alzheimer's

B. Smith and Dan Gasby (2016)

The Dementia Concept: A Caregiver's Guide for Improving Life for Individuals with Alzheimer's

Joshua Freitas (2015)

The Alzheimer's Prevention and Treatment Diet: Using Nutrition to Combat the Effects of Alzheimer's Disease

Richard Isaacson, MD and Christopher Ochner, PhD (2016)

Still Alice

Lisa Genova, PhD (2007). *A fictional story about an accomplished 50-year-old professor diagnosed with Alzheimer's disease; a major motion picture in 2014.*

Dementia Beyond Drugs: Changing the Culture of Care

G. Allen Power, MD (2010)

Inside the O'Briens: A Novel

Lisa Genova (2016). *An intimate, fictional account of life with Huntington's disease.*

Living with Lewy Body Dementia

Esther Chang and Amanda Johnson (2013)

CAREGIVING

You and Your Aging Parent

Barbara Silverstone and Helen Kandel Hyman (2008)

Assisted Living: Everything You Need to Know to Compassionately Care for Your Elderly Parent

Davis Zavik (2016)

On My Own

Diane Rehm (2016). *Memoir about her late husband's battle with Parkinson's and how she rebuilt her life after 54 years of marriage and dealt with his decision to die when the disease deprived him of his ability for self-care.*

Passages in Caregiving: Turning Chaos into Confidence

Gail Sheehy (2011)

Chicken Soup for the Caregiver's Soul: Stories to Inspire Caregivers in the Home, Community and the World

Jack Canfield and Mark Victor Hansen (2012)

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30 Days To Total Brain Fitness

Cynthia Green PhD (2011)

2 Weeks to a Younger Brain: An Innovative Program for a Better Memory and Sharper Mind

Gary Small, MD and Gigi Vorgan (2016)

Your Best Brain Ever: A Complete Guide and Workout

Michael S. Sweeney and Cynthia Green PhD (2013)

END OF LIFE CARE

The Conversation: A Revolutionary Plan for End of Life Care

Angelo Volandes, MD (2016)

Being Mortal: Medicine and What Matters in the End

Atul Gawande (2014)

FOR CHILDREN

What's Happening to Grandpa?

Maria Shriver (2004)

Weeds in Nana's Garden: A Heartfelt Story of Love that Helps Explain Alzheimer's

Kathryn Harrison (2016)

When My Grammy Forgets, I Remember: A Child's Perspective on Dementia

Toby Haberkorn (2015)

Organizations

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National Adult Day Services Association

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NJ Department of Health and Senior Services

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www.caringinfo.org

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Family Caregiver Alliance

(National Center on Caregiving)

www.caregiver.org

National Alliance for Caregiving

www.caregiving.org

National Council on Aging (NCOA)

www.ncoa.org

National Institute of Senior Centers (NCOA)

www.ncoa.org/national-institute-of-senior-centers

National Institute on Aging (NIH, U.S. Department of Health & Human Services)

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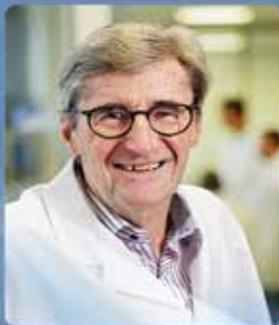
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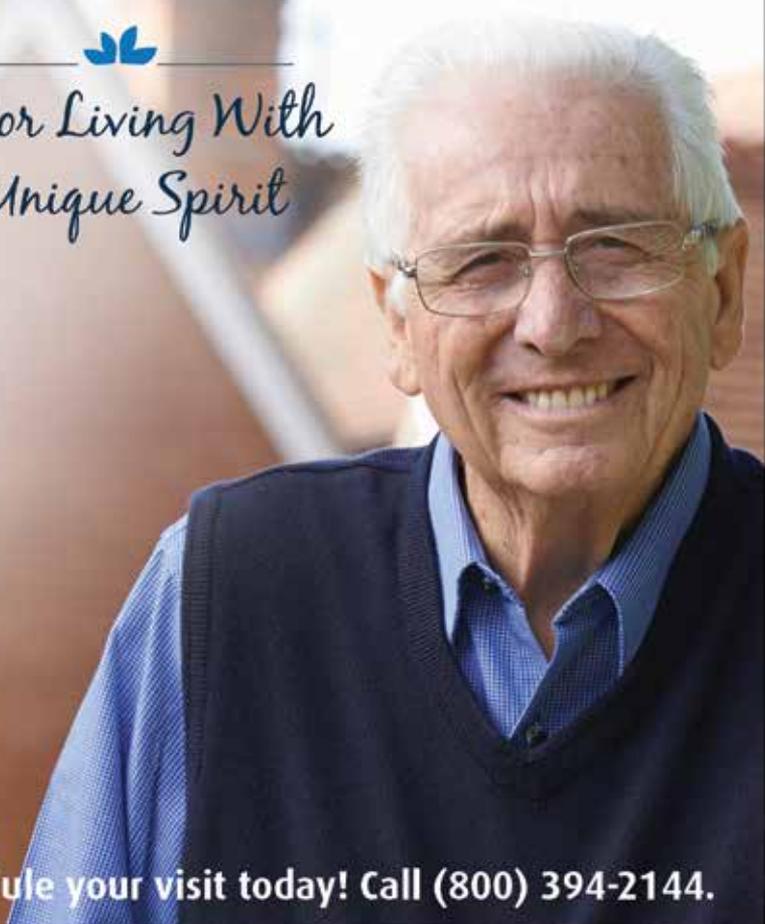
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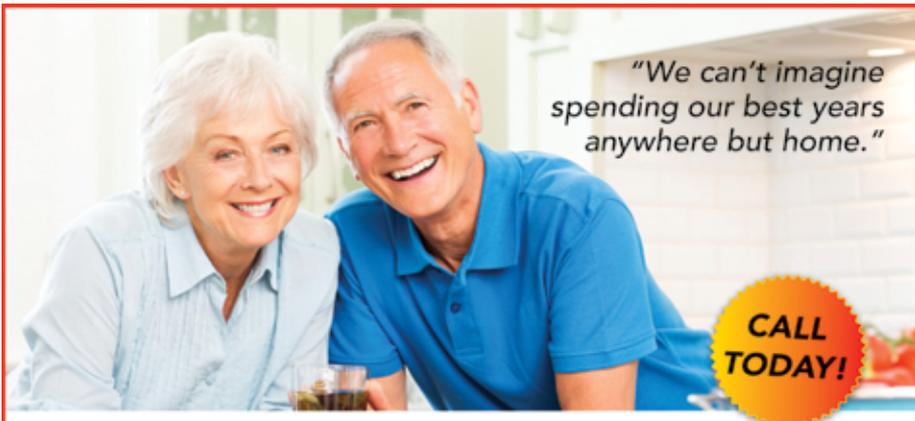
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