

SENIOR RESOURCE GUIDE



**sage eldercare**

Because your home is a great place to age

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

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Supreme Court

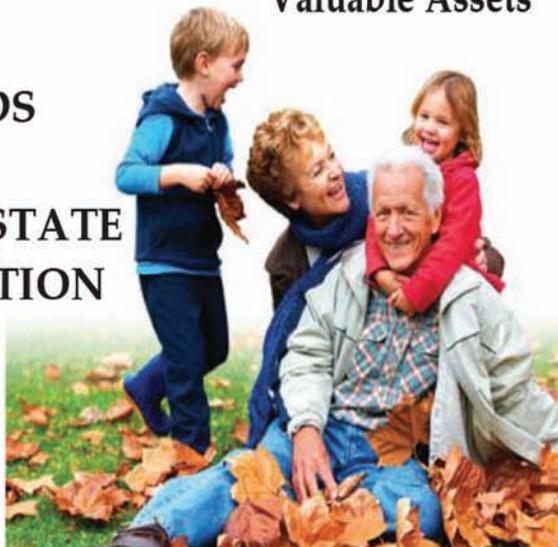


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“Trusted by families in the Union, Morris, Essex, and Somerset communities for more than 60 years.”

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 Eldercare offers a comprehensive array of programs and services that promote quality of life and independence for

older adults. Our programs and services are designed to be complementary and provide direct care support, information and referrals, education, navigation through the health care system and support and counsel for families and caregivers. This guide provides detailed information on the resources available at SAGE. Please contact us if you or your loved one could benefit from our services.

Thank you to the sponsors of this Resource Guide for their generous support of our organization.

Best,

Angela Sullivan

Executive Director, SAGE Eldercare

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SAGE ELDERCARE

Angela Sullivan
Executive Director

SAGE HOMECARE

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.

“SAGE helped give my aunt her independence and enabled her to stay in her home for as long as she could. SAGE and the home health aide went above and beyond.”





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 CERTIFIED HOME HEALTH AIDES 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 private payment, Medicaid, VA benefits, and long-term care insurance. Additional funding sources may be available for those who qualify.

 Hourly, overnight and live-in care available. Please call 908.273.8400 to discuss your needs.

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

SAGE ADULT DAY PROGRAM

Spend your days at SAGE
and your nights at home.

With more than four decades of experience, the SAGE Spend-A-Day Adult Day Medical Health Center provides an interactive environment for clients to enjoy memory enhancement activities, group discussions, active games, exercise programs, and holiday celebrations. Individual needs and interests are incorporated to provide a comprehensive program for each participant. Spend-A-Day also provides an excellent opportunity for increased socialization. Judging by the number of smiles we see each day, we must be doing something right! In addition, medical research continues to advocate for the benefits of structured social, physical and cognitive activities for individuals with, or at risk for, memory challenges. Often, adult day programs can provide this type of support with a significant cost advantage over other alternatives.



PROGRAM HOURS:

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

EXTENDED HOURS:

Monday through Friday
8:30 am - 5 pm



WHO SHOULD CONSIDER THE SPEND-A-DAY PROGRAM?

Spend-A-Day supports older adults living in their home, or with a caregiver, by providing a safe home away from home. It also provides a welcome respite for spouses, adult children, their families, and other caregivers. Spend-A-Day may be an especially good option when your loved one:

- Is feeling isolated and desires more socialization
- Can no longer structure his or her own daily activities
- Cannot be safely left alone in the home
- Would benefit from care related to dementia (including Alzheimer's), post-stroke, post-surgery, cardiac illness, diabetes management, or other conditions



A TEAM OF PROFESSIONALS

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

- A full-time Registered Nurse who provides monitoring and assistance with medications, blood pressure, diabetes, and weight management
- A full-time licensed Geriatric Social Worker who provides assistance and support to clients, families, and caregivers



THE PROGRAM INCLUDES:

- A fully accessible facility
- Light breakfast, hot lunch, and snacks served daily
- Nursing support for medical conditions, including medication administration
- Social work support for participant's families and caregivers
- On-site Physical, Occupational, and Speech Therapy provided by licensed rehabilitation specialists who are experienced with older clients
- An interactive activities program provided by a recreation team
- Daily exercise and walking programs on an indoor stroll path
- Transportation assistance may be available to and from Spend-A-Day

Care plans are developed by nursing, social services, the recreation team, and caregiver input under the guidance of the client's primary physician. All meals are planned by a Registered Dietician.

i Financial assistance available for those who qualify.

Medicaid, VA benefits, and Long-term Care Insurance accepted.

SAGE CARE PLANNING

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 (RNs) who specialize in geriatric care. We begin with a detailed assessment of your physical and emotional health, support networks, and community resources. The RNs will review your medications and healthcare regimen, conduct a home safety evaluation, and assess your individual needs. You will then be given a detailed written care plan as well as guidance and support to help you implement the plan.



“GPS service has been a lifesaver to me because I was so overwhelmed... I could not imagine caring for my parents without GPS support. GPS is a godsend and worth its weight in gold.

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



An assessment includes everything from a 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.

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, and social work support



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

SAGE MEALS ON WHEELS

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 people recuperating from an illness, cognitively or physically impaired, without family or friends to shop for them, or people needing a special diet. There are no income requirements.

"The caregivers who deliver our meals are wonderful, cheerful, caring and just unbelievable. We love them and look forward to their visits each day. Please keep up what you do and how you do it."



SAGE 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.

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.

**SAGE ELDERCARE
CURRENTLY DELIVERS
MEALS TO:**

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



i **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.

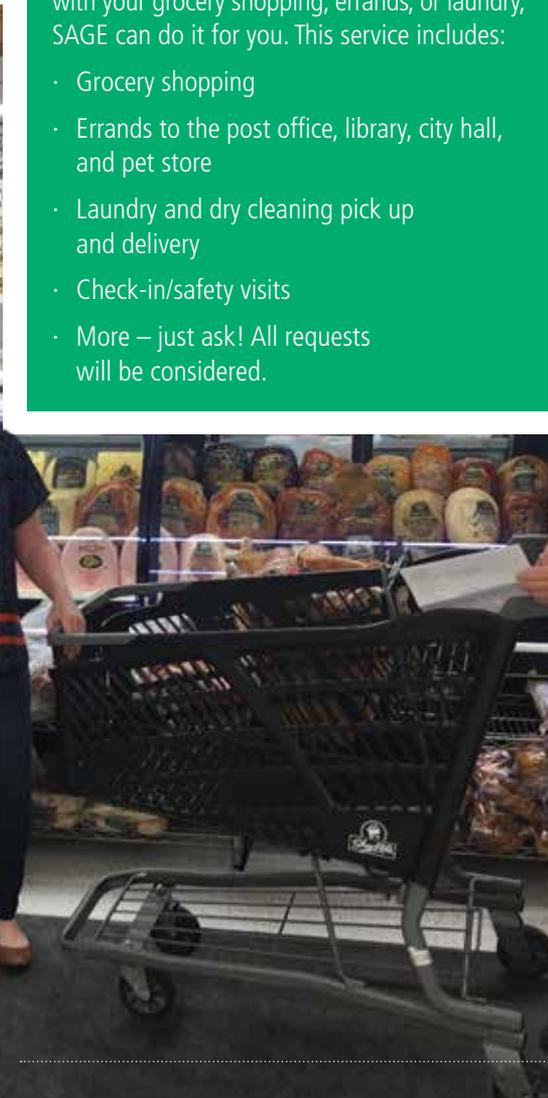


SAGE GROCERY SHOPPING & ERRAND SERVICE

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.



“The service has been extraordinary. The volunteers are very courteous, sincere and friendly. I just can’t thank them enough. They are beautiful, caring people.”

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



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.

SERVICES ARE OFFERED IN THE FOLLOWING AREAS:

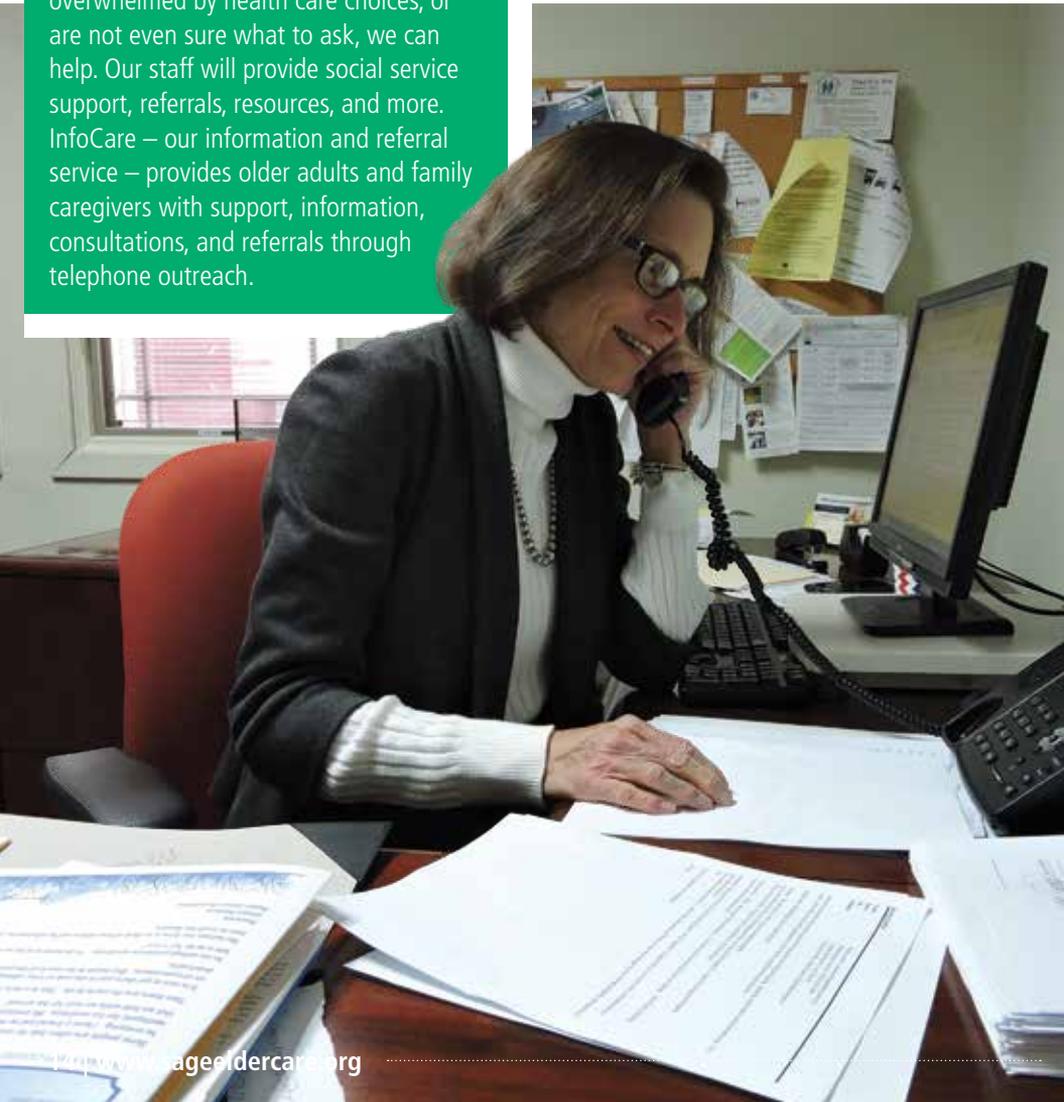
Berkeley Heights
Chatham
Millburn
Mountainside
New Providence
Short Hills
Springfield
Summit

SAGE INFORMATION & REFERRALS

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

If you need assistance or information, are overwhelmed by health care choices, or are 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.

“People know SAGE as a local community agency that they can look to for support and information. In these impersonal times, it is comforting to know that a person will answer the phone.”



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.

Call us at
908.598.5509
to get answers
to your
questions.



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.



SAGE MEDICARE COUNSELING

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

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:

908.273.6999 or ship@sageeldercare.org



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.”

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?

MEDICARE



Part A:
Hospital Insurance



Part B:
Medical Insurance



Part C:
Medicare Advantage
Plan



Part D:
Medicare Prescription
Drug Coverage



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, or 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.

SAGE EDUCATION, SUPPORT & EXERCISE

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 908.598.5548 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 908.598.5548 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 spouse and adult children’s support groups and bereavement support led by a licensed clinical social worker.

 Please call 908.598.5509 for the current support group schedule and to pre-register.

Please call
908.598.5548
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 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.

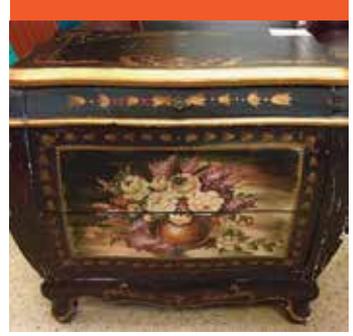
Please call ahead for large or heavy item donations. Items can be delivered to the store during normal business hours. Call 908.273.5564 to arrange for a pick-up.

 HOURS: 10 am - 5 pm
Monday through Saturday
908.273.5564

 31B Chatham Road
Summit, NJ 07901



“I love dropping in to the Resale Shop to see what new things they have. The turnover is constant, you never know what treasures you’ll find.”



Since 1959, the SAGE Resale Shop has helped provide funds for SAGE’s programs and services. The Resale Shop offers 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



The SAGE Resale Shop is located about two miles from our main SAGE facility.

SAGE 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!

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.



HOURS: 8:30 am - 11:30 am
Monday through Friday



290 Broad Street
Summit, NJ 07901

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





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

The Furniture Restoration Workshop is located on the lower level of SAGE Eldercare.

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

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.

“I have peace of mind. SAGE has been our guardian angel.”



SAGE volunteers 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.



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
- 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



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.

Help us help your neighbors.

Support from our donors ensures that older adults – our mothers and fathers, grandparents, siblings, neighbors and friends – and their caregivers benefit from the capable hands and caring hearts at SAGE.

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





“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.

GIVING OPTIONS:

- **DONATE** by credit card at www.sageeldercare.org/donate 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:** Have you considered leaving a legacy to SAGE? Call us at 908-598-5503 to learn about how to make an estate gift to SAGE including a bequest in your will or naming SAGE as the beneficiary of a life insurance or retirement plan.
- **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 908.598.5503 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. 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.
- **AmazonSmile:** The AmazonSmile Foundation donates a percentage of purchases made on Amazon.com to SAGE. Go to: <http://smile.amazon.com/ch/22-1657929>



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 908.598.5503 for more information.

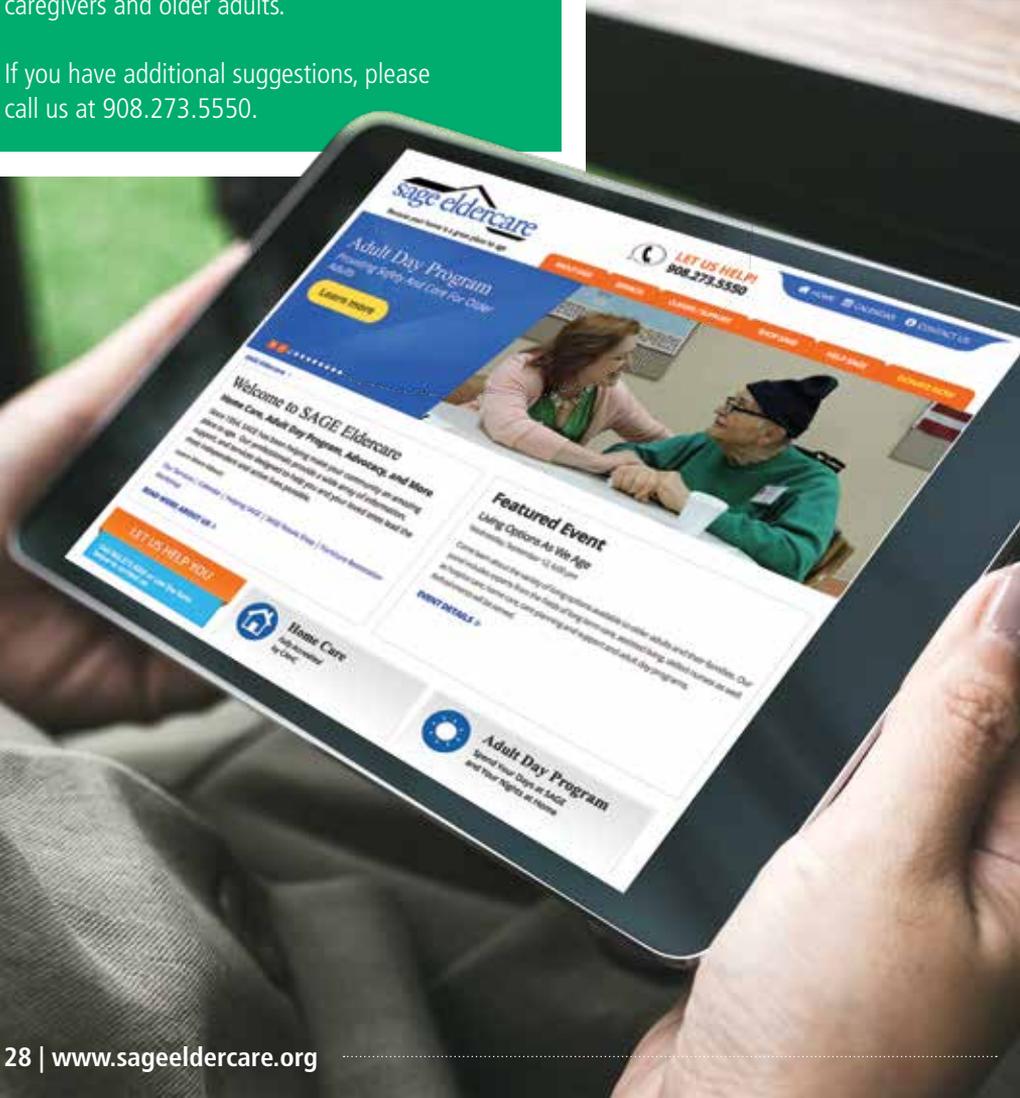
RESOURCES

Local and online resources for the information you need most.

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.

“I don’t know what we would do without SAGE. Everyone is so loving and caring. The staff treat my mother like they would their own grandparent.”



Books

AGING GRACEFULLY

70 Candles! Women Thriving in Their 8th Decade

Jane Giddan and Ellen Cole (2015)

Ageless Soul: The Lifelong Journey Toward Meaning and Joy

Thomas Moore (2017)

Aging Thoughtfully: Conversations about Retirement, Romance, Wrinkles, and Regret

Martha C. Nussbaum and Saul Levmore (2017)

Encore Adulthood: Boomers on the Edge of Risk, Renewal and Purpose

Phyllis Moen (2016)

Essential Retirement Planning for Solo Agers: A Retirement and Aging Roadmap for Single and Childless Adults

Sara Geber (2018)

On the Brink of Everything: Grace, Gravity, and Getting Old

Parker J. Palmer (2018)

The New Senior Man

Thelma Reiss and Barbara Fleisher (2017)

The Palgrave Handbook of the Philosophy of Aging

Geoffrey Scarre, editor (2016)

The Promised Landing: A Gateway to Peaceful Dying

Bart Windrum (2018)

Senior Citizen: Mastering the Art of Aging

Sebastian de Assis (2016)

DEMENTIA & ALZHEIMER'S

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)

MEMORY, HEALTH AND FITNESS

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

AGING

National Adult Day Services Association

www.nadsa.org

New Jersey Adult Day Services Association

www.njadsa.org

National Association of States United for Aging and Disabilities

www.nasud.org

NJ Department of Health and Senior Services

www.state.nj.us/health

Complaint Hotline: 800.792.9770

Aging and Disability Resource

Connection: 877.222.3737

NJ Department of Human Services, Division of Aging Services

County Agencies on Aging

Essex County: 973.395.8375

Morris County: 973.285.6848

Somerset County: 908.704.6346

Union County: 908.527.4870

ALZHEIMER'S/DEMENTIA

Alzheimer's Association
Greater New Jersey Chapter

www.alz.org/nj
973.866.8143
24/7 Helpline: 800.272.3900

Alzheimer's Disease Education &
Referral Center (National Institute
on Aging)

www.nia.nih.gov/alzheimers

Alzheimer's Foundation of America

www.alzfdn.org
866.232.8484

Alzheimer's Music Connect

www.alzheimersmusicconnect.com

Alzheimer's New Jersey

www.alznj.org
888.280.6055
24/7 Helpline: 973.586.4300

The Cognitive and Research Center
of New Jersey

www.theCRCNJ.com
973.850.4622

Creutzfeldt-Jacob Disease Foundation

cjdfoundation.org
Help Line: 800.659.1991

Dementia Care Central
(National Institute on Aging)

www.dementiacarecentral.com
(video caregiving tips)

Lewy Body Dementia Association

www.lbda.org
800.539.9767

Teepa Snow Dementia & Alzheimer's
Care Expert

www.teepasnow.com

CAREGIVER COALITIONS

United Way Caregivers Coalition
Northern NJ

www.unitedwaynj.org
Morris County and Somerset County:
973.993.1160 ext. 534
Suburban Essex: 973.993.1160 ext. 209

CAREGIVER INFORMATION

Caregiver Action Network

www.caregiveraction.org

Caring Connections (National Hospice
and Palliative Care Organization)

www.caringinfo.org

Eldercare Locator
(U.S. Administration on Aging)

www.eldercare.gov
800.677.1116

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)

www.nia.nih.gov

ELDER ABUSE

National Center on Elder Abuse
(U.S. Administration on Aging)

ncea.acl.gov

Office of the Ombudsman for the
Institutionalized Elderly (NJ)

www.nj.gov/ooie
Elder Abuse Hotline: 877.582.6995

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American Association of Retired Persons (AARP)

www.aarp.org
National: 888.687.2277
New Jersey: 866.542.8165
Tax Aid Counseling Program: 888.227.7669

American Bar Association (ABA)/ Commission on Law and Aging

www.americanbar.org/groups/law_aging

Community Health Law Project (NJ)

www.chlp.org
North Jersey (Bloomfield): 973.680.5599
East Jersey (Elizabeth): 908.355.8282

Legal Services of New Jersey

www.lsnj.org
888.576.5529

Medicare State Health Insurance Assistance Program (SHIP)

state.nj.us/humanservices/doas/services/ship
New Jersey: 800.792.8820
Union County: 908.273.6999

National Academy of Elder Law Attorneys

www.naela.org

Quackwatch (international watchdog for scams)

www.quackwatch.com

Senior Medicare Patrol – NJ (fraud)

877.767.4359

NEUROLOGICAL SUPPORT RESOURCES

Huntington's Disease Society of America

www.hdsa.org
212.242.1968

National Parkinson Foundation

www.parkinson.org
800.473.4636

MENTAL HEALTH SERVICES

Academy of Clinical and Applied Psychoanalysis (NJ)

www.acapnj.org
973.629.1001

Caring Contact (NJ's Caring & Crisis Hotline)

www.caringcontact.org
General Hotline: 908.232.2880
Suicide Prevention Lifeline:
800.273.8255

Geriatric Mental Health Foundation

www.gmhfonline.org
703.556.9222

Substance Abuse and Mental Health Services Administration (U.S. Department of Health & Human Services)

www.samhsa.gov
877.726.4727

SUPPORT GROUPS

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Greater NJ Chapter: 973.866.8143

Alzheimer's New Jersey

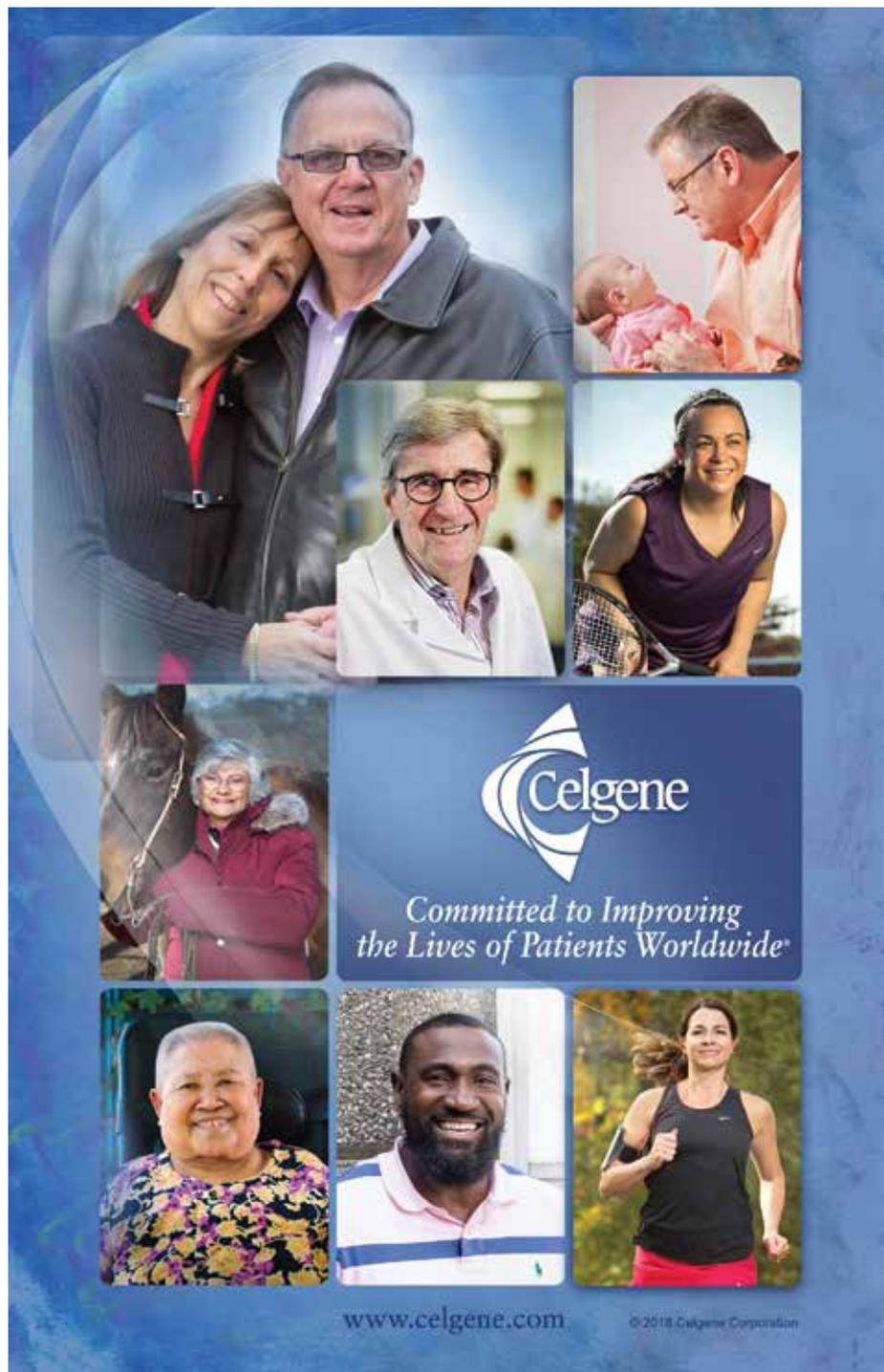
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SAGE HomeCare	908.273.8400
SAGE Information & Referrals	908.598.5509
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