

SAGE Eldercare is a 501(c)(3) nonprofit organization. *Engage SAGE* is a publication for SAGE's friends and supporters.

## Dear Friends,

Thank you to all who helped make SAGE's 65<sup>th</sup> year of service a memorable one. Whether you were with us at SAGE volunteering, participating in our programs, attending the Birthday Bash or with us in spirit, your love for SAGE reinvigorated the pursuit of our mission and has inspired us as we move forward.

The theme for this year's Older Americans Month in May is *Make Your Mark!* It is a call for all of us to engage, no matter what age, to strengthen our community. Is there ever an age where we don't want to make an impact? We believe the answer is no. That is why SAGE continues to strive to make a mark in the lives of the members of our community. Take a look inside and see how our volunteers, partners, program participants—old and young—are making their mark.

*"Count your age by friends, not years. Count your life by smiles, not tears."*  
*-John Lennon*

SAGE strives to foster the Older Americans Month theme, *Make Your Mark*, not just in May but throughout the year—to remain a support and advocate for all the older adults and families who need us. Many of you have been loyal friends for a number of years, others are newer friends. Together, we can ensure that SAGE continues to evolve to meet the challenges ahead.

*Please consider making a donation today.*

Sincerely,

*Angela Sullivan*

Angela Sullivan  
 Executive Director

## A NIGHT OF CELEBRATING 65

We concluded 2019 with a lovely 65<sup>th</sup> birthday celebration at Canoe Brook Country Club in Summit. The evening highlighted the important work SAGE has done as an advocate for older adults in our community since 1954. It also gave SAGE an opportunity to highlight and thank our donors for helping us make our work possible. We are looking forward to the next 65 years!

Clockwise from top: Susan Watts of Summit spoke about the SAGE founders, who fought for the rights of older adults before anyone else in New Jersey. Overlook Medical Center President Alan Lieber, Dr. Robert Rubino and Summit Mayor Nora Radest were special guests. Volunteer honoree Kitty Hartman sharing a moment with SAGE Board President Christopher Cotter and SAGE Executive Director Angela Sullivan. PNC Wealth Management was also honored for their years of support and partnership with SAGE. Accepting the honor on PNC's behalf was SAGE Trustee and PNC Wealth Management VP Michael Foncannon (standing center).



## THANK YOU!



## A heartfelt thank you to our supporters.

♥ Because of you, older adults and families receive care, support and guidance when they need it most. Thank you!

SAGE is pleased to announce our 2020 Board of Trustees and Executive Officers:

**Christopher J. Cotter, President**  
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Angela Sullivan, SAGE Executive Director

## 2020 SAGE SWEETHEARTS OF THE YEAR BEV AND RAY CASARICO



SAGE is excited to name Bev and Ray Casarico of New Providence our 2020 "Sweethearts of the Year." Originally from the Pittsburgh area, the couple met through mutual friends when Bev was a nursing student and Ray was studying for his CPA. They tied the knot in 1967 and have been married for 52 years. They have two children and five grandchildren. The Casarico's became SAGE volunteers three years ago after retiring as they thought it would be a nice thing to do together. Every Friday the pair make their Meals on Wheels rounds to clients in Springfield. "We've gotten to experience the good work SAGE does and are so happy to be a part of it," Bev said. We thank the Casarico's for their time and dedication. **To learn more about becoming a volunteer at SAGE call 908-273-5554.**





We are very excited about a new program SAGE recently launched, Your Decisions Matter, a community-based initiative to engage the public in conversations about end-of-life care and decision making. The program launched in late 2019 and workshops and events have begun. Your Decisions Matter is funded by a 3-year grant from Atlantic Health System's Chilton and Overlook Medical Centers Community Advisory Boards.

The goal of Your Decisions Matter is to encourage individuals to talk with loved ones about what matters to them most in their final days, ideally before a medical crisis occurs.

Your Decisions Matter will host workshops in safe and informal places such as cafes, YMCAs, local libraries or houses of worship. Additionally, Your Decisions Matter will provide resources on relevant topics including advanced directives, palliative care and hospice care, and follow up with all participants with additional help and resources.

Workshop participants will be provided with a Starter Kit containing valuable tips and tools to help them begin talking to family members about end-of-life decision making.

**For information about attending a workshop, please call (908) 598-5511 or email us at [yourdecisionsmatter@sageeldercare.org](mailto:yourdecisionsmatter@sageeldercare.org). You can also find us on Facebook: [@yourdecisionsmatter](https://www.facebook.com/yourdecisionsmatter).**

## EMPLOYEE SPOTLIGHT:

### MEET HOMECARE DIRECTOR ALICE SLOOP



ALICE SLOOP, RN

#### **SAGE: How long have you been a Registered Nurse?**

AS: 37 years with ten years experience in home care.

#### **SAGE: What drew you to SAGE?**

AS: SAGE's roots are in home care. We began as a home care agency 65 years ago. SAGE's outstanding reputation is what made me want to work here.

#### **SAGE: What is it about working with the older adult population that you enjoy?**

AS: I genuinely enjoy the company of older adults. Helping them remain in their homes is very important to me.

#### **SAGE: What upcoming challenges do you see in home care?**

AS: People are living longer which makes our work increasingly challenging and more important than ever.

#### **SAGE: How do our home health aides stand apart from the rest?**

AS: Almost 50% of our home health aides have worked with SAGE for more than five years, and some have been with SAGE for as long as 28 years. That's very unique in the home care industry. Along with longevity, our aides feel a strong commitment to their clients and SAGE as a whole.



## Giving Salad Day

This past year SAGE held a "Giving Salad Day" to raise funds to purchase fresh green salads for our Meals on Wheels recipients. Public support was overwhelming and because of our generous donors, SAGE is delivering a healthy salad to Meals on Wheels recipients every Tuesday for a year.



In March, SAGE's Meals on Wheels program will participate in the 18<sup>th</sup> annual March for Meals, a month long, nationwide coming together of local organizations, businesses, government officials and individuals to ensure that homebound and vulnerable older adults are not forgotten. **If you would like to volunteer to deliver Meals on Wheels in March, please call 908-598-5514.**



### In Memoriam

SAGE extends its deepest condolences to family and friends mourning the passing of John Mell Jr. of Summit. John was a volunteer artisan in the SAGE Furniture Restoration Workshop for four years. His passion for woodworking, his friendly, helpful attitude and wonderful laugh will be missed at SAGE for years to come.

## SENSITIVITY TRAINING AT SAGE

This year marks the tenth year SAGE has teamed with fifth grade students from Lincoln Hubbard Elementary School in Summit as part of an annual program connecting the older with the younger generations.



Through hands on exercises, including breathing through a straw to experience shortness of breath and wearing glasses coated with wax on the lens to experience vision loss, students learn firsthand the challenges older adults face. Students also spend time visiting with participants of SAGE's Spend-A-Day program where they put into practice all they have learned.



"This field trip is one of the highlights of their school year," said fifth grade teacher, Carmela Valles. "Each class has come back with a greater awareness of the aging process and an understanding of caring for others that cannot be taught in the classroom." **For more information about the program please call 908-598-5514.**

## PARTNER SPOTLIGHT:

### THE BOURAS FOUNDATION

SAGE Eldercare would like to recognize the Nicholas J. and Anna K. Bouras Foundation for their long-term commitment to supporting SAGE's programs and services. The Summit-based foundation, founded in 1998 by the late Nicholas J. Bouras, has been a leader in philanthropical giving to charities serving individuals and communities in the Summit area and around the world.

After his successful career in the military and at the U.S. Steel Company, Nicholas and Anna started manufacturing steel for the commercial real estate industry, contributing to the construction of key buildings that shaped the New York skyline. Their successful business endeavors provided them with the opportunity to contribute to communities, causes and individuals in need, resulting in their receiving the highest honors and accolades from various organizations.

The Bouras Foundation has been a dedicated supporter of SAGE Eldercare since 2001 and has generously supported our Spend-A-Day, Meals on Wheels and HomeCare programs. Their consistent support has enabled SAGE to continue meeting the needs of older adults and caregivers in our community.

SAGE is excited to announce our Spring programs for 2020. Unless noted, programs take place at SAGE Eldercare. Registration is required. Please contact us at [education@sageeldercare.org](mailto:education@sageeldercare.org) or call 908-598-5548.

#### **AARP Tax Assistance**

**THURS: Feb. 20, 27, Mar. 5, 12, 19, 26, Apr. 2, 9**

Free tax counseling and preparation for middle and low income tax payers, with special attention to those 60 and older. **To schedule, please call 908-598-5502 (no walk-ins).**

#### **Medicare 101**

**WED: Mar. 18, Apr. 15, May 20, Jun. 17**

Come have your Medicare questions answered by a SHIP (State Health Insurance Assistance Program) counselor from Union County including: different plan options, when and how to make changes and how to choose the right prescription plan for you.

#### **Long-Term Care and Estate Planning Blunders**

**THURS, Apr. 16, 6:30pm - 8:00pm**

How to educate yourself so you make the right choices for you and your family. Conducted by Elder Law Attorney Laurie Hauptman, Esq., Hauptman and Hauptman, P.C.

#### **Advances in Alzheimer's Disease & Dementia Treatments**

**WED, Apr. 22, 6:00pm - 7:30pm**

Alicia O'Connor of the Cognitive and Research Center of New Jersey will discuss symptoms of Alzheimer's disease and dementia and highlight advances in research and clinical trial opportunities. Participants may participate in a cognitive self-assessment with results available the following day.

#### **Fraud 101: Identity Theft, Cyber Safety, Investment Scams & More**

**THURS, Apr. 23, 2:00pm - 3:00pm**

A speaker from AARP will help empower individuals with proven resources and tools to help you spot and avoid identity theft and other fraud.

#### **EXERCISE CLASSES: \$10 per class**

**Gentle Chair Yoga: MON/WED: 11:30am - 12:30pm**

**Tai Chi: TUES: 11:30am - 12:45pm**

**Fun-To-Be-Fit: TUES: 10:15 am-11:15am and FRI: 11:30am-12:30 pm**

#### **CAREGIVER & BEREAVEMENT SUPPORT GROUPS**

**Caregiver support group for spouses**

**Caregiver support group for adult children**

**Bereaved caregiver spouses who have lost a loved one in the past year**

Contact Kathy Larkin at 908-598-5509 for dates and times for all support groups.



**To learn more about SAGE Eldercare, visit: [www.sageeldercare.org](http://www.sageeldercare.org)**