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Engage SAGE

WINTER/SPRING 2021

290 Broad Street, Summit, NJ 07901 908-273-5550 • www.sageeldercare.org

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

FURNITURE RESTORATION WORKSHOP CELEBRATES 60 YEARS

2021 marks the 60th year of service for our Furniture Restoration Workshop. The Workshop began as a place for retired men to gather, learn a new skill and maintain a "regular" schedule. Today, the Workshop provides the same outlet, but now it includes women artisans as well. Since 1961, our Workshop staff are all volunteers and as it has been since its inception, proceeds from the Workshop benefit SAGE programming. We thank our volunteers for their fine work and commitment to SAGE.

Since 1961, we have achieved a reputation for our excellent craftsmanship. Whether it is a furniture repair, caning or rushing, stop by our shop or call 908-598-5531 to discuss your project Monday – Friday, 8:30 am – 11:30 am.



At left: Our original volunteers from 1961. Above: Our Furniture Restoration Workshop volunteers today.



WE HAVE A NEW WEBSITE!

We're excited for you to visit the new www.sageeldercare.org—a user-friendly resource with all you need to learn about SAGE's services and programs.

Visit www.sageeldercare.org and let us know how we can help you!



Adam Psichos

We have a lot of exciting news to share with you in this newsletter. First I would like to introduce myself to you as the newly appointed President of the Board of Trustees. I am truly honored to serve in this role, and I follow a long line of past Presidents including my predecessor, Christopher Cotter, who have helped shape and sustain SAGE's mission.

I am very pleased to announce that after a long and comprehensive search, led by former Trustee Christine Gottesman and current Board Vice President Leslie Hardin, we welcome Dr. Thomas Buckley as SAGE's new Executive Director. Dr. Buckley brings to SAGE an extensive amount of experience and knowledge in dementia care and other challenges facing older adults.

Since 2019, Dr. Buckley has been the Director of Population Health at Young Adult Institute (YAI) in New York City. Founded in 1957, YAI remains at the forefront of an extraordinary movement aimed at empowering people with intellectual and developmental disabilities and their families in New Jersey, New York and California. In this role, Dr. Buckley led the way to providing complex health care coordination between the organization's five health clinics. Prior to joining YAI, Dr. Buckley's distinguished 30-year career had been spent, for the most part, in Florida where he was appointed by Florida's governor as the Chair of the state's Alzheimer's Advisory Committee. Additionally, he is the recipient of the Federal Government Administration for Community Living federal grant awards. For the past 20 years, Dr. Buckley has served on the Board of Directors of the Commission on Accreditation of Rehabilitation Facilities (CARF), an international independent, nonprofit organization responsible for accreditation of 57,700 health and human service programs. Dr. Buckley's ongoing leadership on CARF's International Board of Directors will help to create new partnerships for SAGE.

"I am quite confident, and even excited, that as we collectively emerge and heal from last year...SAGE will not only carry out its mission but will adapt and forge new paths."

-Adam Psichos

Beyond his substantial credentials, Dr. Buckley brings great passion and energy to everything he does. He moved to New Jersey to be closer to his daughter who is a physician. His family resides in Morristown.

On behalf of the Board of Trustees, our staff and our tireless volunteers, I want to thank you for your long-standing support of our agency. For the last 67 years, we have successfully navigated many challenges, and without a doubt 2020 will go down as one of the most notable of those years, not just for SAGE but for our entire community. I am quite confident, and even excited, that as we collectively emerge and heal from last year, and guided by Dr. Buckley, SAGE will not only carry out its mission but will adapt and forge new paths. I look forward to working closely with him to build a new and bright future for our beloved SAGE.

Please enjoy our newsletter to learn about current SAGE news, and be sure to visit our updated website at www.sageeldercare.org to find information on our services and programs.

Sincerely yours,


Adam Psichos

President of the Board of Trustees



Dr. Thomas Buckley

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SAGE ELDERCARE

Dr. Thomas Buckley
Executive Director

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EMPLOYEE SPOTLIGHT

MEET ROSE RITTWEGER SAGE RESALE SHOP MANAGER



ROSE RITTWEGER,
SAGE RESALE SHOP MANAGER

SAGE: When did the Resale Shop open?

Rose: 1959

SAGE: How long have you worked there?

Rose: Since 2004. I've been the manager since 2006.

SAGE: Prior to COVID-19, how many customers visit the Shop daily?

Rose: Between 50-75.

SAGE: Of those customers how many come in more than once a week?

Rose: I'd say 30. Some come twice a day. They know we put out new inventory all day.

SAGE: What are most people shopping for?

Rose: Clothing and home accessories.

SAGE: How long do items usually last in the Shop?

Rose: Two days.

SAGE: How do your prices compare to other second hand stores?

Rose: We are much less expensive. I shop around constantly to make sure we are competitive.

SAGE: What has been the most surprising donation?

Rose: Gucci and Louis Vuitton luggage.

SAGE: What was the rarest item donated?

Rose: A pair of diamond earrings.



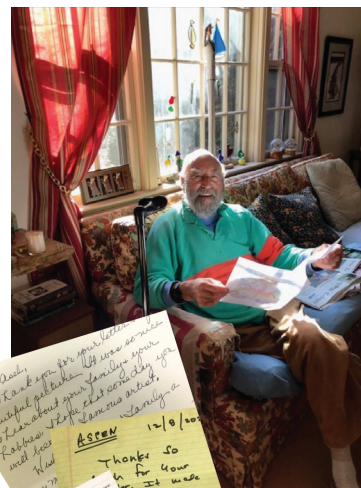
The SAGE Resale Shop is open daily 10:00 am to 5:00 pm (except Tuesday and Sunday). We gladly accept donations during Shop hours and are planning a Shop upgrade soon. Stay tuned!

SAGE'S PEN PALS

In an effort to combat the loneliness and isolation older adults experience far too often, SAGE Eldercare recently began a new pen pal program called "SAGE Buddies." To jump start it, we partnered with fifth grade students at Lincoln Hubbard Elementary School in Summit. Sixty students created letters and/or drawings that were delivered to SAGE's Meals on Wheels clients. A number of clients sent a reply letter back to their new buddy.

"The pandemic has been extremely hard on many of our clients as many live alone and are so isolated. We wanted to do something to let them know someone cares," said Nina Tiger, coordinator of SAGE's Your Decisions Matter, who helped organize SAGE Buddies.

"SAGE Buddies is a great way for kids to learn about the challenges of older adults and how much their act of kindness means to these older people," said Helen Griffith, 5th Grade Parent Chair at Lincoln-Hubbard Elementary School. Kent Place signed on next to send letters and cards for Valentine's Day.



sage  Buddies

For more information about how your school or organization can become a part of SAGE Buddies, please contact Nina Tiger at ntiger@sageeldercare.org or 908-598-5511.

SPEND-A-DAY GIFT GIVING



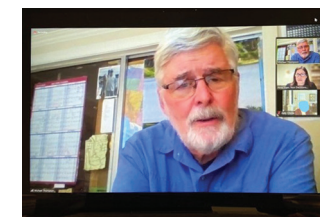
Spend-A-Day Recreation Manager Susan Wirth sorts through gifts for program participants.

During Giving Tuesday last December we asked our supporters to donate to our Spend-A-Day program. Spend-A-Day has been temporarily closed due to COVID-19, but thanks to our telehealth program we are able to stay in touch with those participants who still want daily/weekly contact. We raised enough funds to create "Winter Activity Bags" for all of our Spend-A-Day participants. Each bag was customized with things individual participants like doing, including drawing and activity supplies, puzzles and more. The goal was to find items that would stimulate and challenge as well as offer opportunities for success.

To learn more about Spend-A-Day, please call 908-598-5520.

GRANDPARENTING DURING COVID-19

SAGE's Your Decisions Matter recently hosted a webinar with more than 100 participants titled, "How To Be A Grandparent During The Pandemic," with NY Times bestselling author, Dr. Michael Thompson. Dr. Thompson discussed the unique difficulties grandparents face communicating with grandchildren during the pandemic. He—and the webinar participants—shared helpful suggestions and success stories:



Dr. Michael Thompson

- ★ If your grandchild doesn't like to talk over ZOOM, call them on the phone. Many children are ZOOM-ed out after a day of remote learning.
- ★ Find postcards your grandchild would enjoy and send them regularly.
- ★ Be a good listener. You often have time to listen when parents don't.
- ★ Ask questions that require more than a one word answer to stimulate the conversation.
- ★ Don't take it personally if your grandchild doesn't want to talk at a designated time. Everyone is over tired and stressed out.
- ★ Ask the parents for help. They might want you to help with schoolwork or an art project, or have suggestions about the best time to call.
- ★ If there are siblings, set up a time to speak to each child individually instead of in a group. Everyone likes to feel special.
- ★ Help with lessons such as language or math or read together.
- ★ Share Shabbat or a prayer time with them.

HEMOCARE DEPARTMENT GETS AN



Every year our HomeCare department is assessed by CAHC (Commission on Accreditation for Home Care) to ensure that SAGE complies with the care services established by state regulations, industry, and best practice guidelines. We thank our HomeCare team for once again achieving "Full Accreditation." The outstanding service we expected from our home health aides back in 1954 is the same quality care we expect from them today.

Give us a call at 908-273-8400 to discuss your home care needs.

GUIDANCE FOR CAREGIVERS: SAGE INFOCARE IS HERE FOR YOU

When family members are called on to be caregivers for a loved one, it doesn't come with a book of instructions. Our Social Worker and InfoCare manager, Kathy Larkin (LCSW), is available via phone or Zoom to offer guidance and emotional support one-on-one or through a number of support groups hosted by SAGE. Our InfoCare department can answer your questions, including where and how to start. We can help you navigate the complexities of the healthcare system, teach you the tools for communicating with your loved one and other family members, direct you to helpful community resources and introduce you to the team at SAGE who can help assist with your individual needs. Please call 908-598-5509 for more information.

MEALS ON WHEELS OUR 2021 SWEETHEARTS ANGELA & JEFF SCHROEDER



Pictured from left: Jack, Mary Margaret, Angela, Jeff, Grace and Billy Schroeder. Missing from the photo are Kaitlin and Kelsey.

The 13th annual Meals on Wheels Sweethearts for 2021 are Angela and Jeff Schroeder of Summit. Local residents for 24 years, the couple started volunteering at SAGE's Meals on Wheels during the COVID-19 lockdown. The parents of six children—four daughters and two sons, ages 16, 18, 19, 20, 22 and 25—the whole family has gotten involved in the program. Whether it is sorting food donations, filling bags with non-perishables, driving a route or making beautifully printed labels to make packages look extra special, all eight Schroeders have devoted time and energy to the program. "It's such an easy thing to volunteer to do," said Angela. "And it makes a tremendous impact."

Angela shared a favorite story of a delivery she and Jeff made to a gentleman client in Summit, Mr. A. Mr. A did not get many, if any, visitors. On this particular day, Mr. A was outside on his porch talking with a neighbor when Angela and Jeff arrived. Jeff got out of the car with the meal and called out, "Looking good Mr. A." The smile on the client's face was priceless. He was so happy and proud to share with his neighbor that the Schroeders were there just to see him. "You could tell this was a real boost for him," said Angela. "That's the magic of Meals on Wheels."

For more information about getting involved at SAGE, please call 908-273-5554.