

Did you know? Donations may also be made in the following forms:

- Qualified charitable donation from your IRA
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Call 908-598-5504 to learn more!

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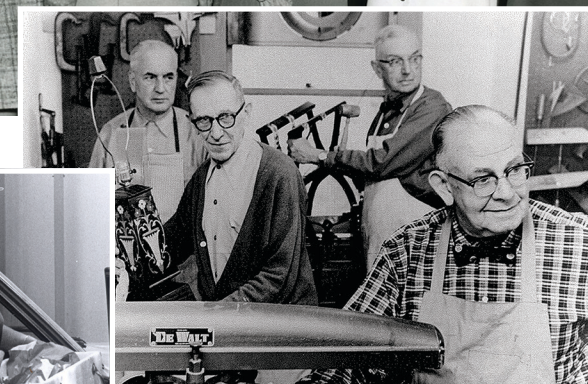
**Engage sage**

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

FALL 2022

## SAGE Continues to Grow its Mission

NOW, MORE THAN EVER, OUR SERVICES ARE NEEDED—AND ARE MAKING A DIFFERENCE!



Some early SAGE memories include a group of visiting homemakers in 1958 (top), the restoration workshop in 1961 (middle) and the beginning of our Meals on Wheels program in the 1960s (bottom).

Dear Friends,

As we make our way through the first half of 2022 and I look into the rearview mirror, I am reminded that progress does not normally happen in great leaps, but more often through small but deliberate steps made in the right direction. That is how I would describe the progress made these last 12 months by Galina Muller, SAGE's Director of Finance and Administration, and the entire staff and team of dedicated volunteers. Without their collective will and dedication to our clients, SAGE would not be where it is today.

One year ago, we re-opened our adult medical daycare program, called Spend-A-Day, with very few clients. The pandemic was raging and people were frightened, especially those in the most vulnerable age groups. During the government-mandated closure of our business, we chose to renovate our premises, make them even more ready for the demands of healthcare in the future, and more appealing and welcoming than before. And now, thanks to the leadership of our Director of Clinical Services, Ellisa Lee, **our homecare and adult daycare programs are at full capacity again.** Please call and ask us for a tour or inquire how we can help your loved one!

SAGE serves a population in need and the adult medical daycare program is of enormous importance to those in our community, and beyond, who seek professional care at an affordable price. **Nearly all our programs serve those who do not have significant means, and so we depend on public support to narrow the difference.** We run a very efficient business, but real costs continue to run ahead of government reimbursement rates.

**Our mission is even more relevant today as it was almost 70 years ago,** which is to provide seniors with a caring home healthcare aid, or to offer an adult daycare program for seniors who require socialization and greater attention throughout the day. Our meal delivery and shopping services round out the mission.

Finally, SAGE provides Medicare assistance and numerous counseling services for caregivers. Our social workers are dedicated to servicing the various towns in our footprint, so please call if you need to talk to someone about caring for a loved one. We'll do our best to help!

SAGE exists due to the foresight of Summit citizens many years ago. They gave their time, money and served on our Board of Trustees for decades. **We are actively seeking a new crop of supporters who will take on this mission and join us as we continue to make a significant difference in the lives of so many seniors.** We hope you will join us!

Please feel free to reach out to Galina or me to learn more about how you can make a positive impact on the lives of seniors.

Respectfully,

*Adam Psichos*

Adam Psichos, SAGE Eldercare Board President

LOOKING TO GET INVOLVED?

## SAGE is actively recruiting Board Members for the 2023-25 term

We are seeking individuals with proven leadership, community relationships and networking experience. Board members will participate in fundraising activities and support SAGE's mission in the community. Time commitment is 7-10 hrs/month.

\* Interested candidates should e-mail a cover letter and resume to **Claire Toth, SAGE Trustee-Governance Chair,** at [ctoath@pgbank.com](mailto:ctoath@pgbank.com).

## Upcoming Events

OCT 15

### PREPARING FOR MEDICARE OPEN ENROLLMENT

Webinars offered Wednesdays at 10am-11am and Thursdays at 6pm-7:30pm during open enrollment (October 15-December 7). Visit [www.sageeldercare.org](http://www.sageeldercare.org) for webinar details.

OCT 18

### CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

Learn practical ways to manage chronic conditions with this FREE, 6-week workshop. October 18 to November 22, 10am-12:30pm. To register or get more information, please call or e-mail Amy Lewis at 908-789-4070 ext. 4080 or [alewis@westfield.gov](mailto:alewis@westfield.gov).

NOV 7-18

### MEALS ON WHEELS PANTRY FOOD DRIVE

Drop off non-perishable, canned and packaged goods, including LOW-SODIUM soups, energy/nutrition drinks and bottled water weekday mornings before 11am. Visit [www.sageeldercare.org](http://www.sageeldercare.org) to learn more.

thank you

We are grateful for the **334 new donations** we've received so far this year which go directly to support the many programs of SAGE. To see the complete list, visit our website: [www.sageeldercare.org/donor-recognition](http://www.sageeldercare.org/donor-recognition).

# Nonagenarian Continues to Volunteer for SAGE

NATALIE CAHOON HAS BEEN A VOLUNTEER FOR ALMOST 20 YEARS

Volunteer Natalie Cahoon of Berkeley Heights celebrated her 90<sup>th</sup> birthday this summer and continues to come in every weekday to volunteer for SAGE Meals on Wheels. Natalie has been a Meals on Wheels volunteer for almost 20 years and said she chose SAGE for her service because of the wonderful home care SAGE provided to her mother years ago. “SAGE helped my mother live to 100,” she said. “Volunteering organizes my life, gives it a sense of purpose, and motivates me. It makes me feel good knowing I am helping people.” Cahoon was a chemist with CIBA for 38 years and has a history of volunteering. Prior to volunteering with SAGE, she volunteered for years with the Federal Credit Union of CIBA and Novartis.

*At right: Natalie Cahoon says volunteering organizes her life, gives it a sense of purpose and motivates her. Thanks for all you do, Natalie!*



# Trustee Claire Toth receives Silver Service Award from Suburban Chamber of Commerce

TOTH HAS BEEN A SAGE TRUSTEE SINCE 2017



SAGE Trustee Claire Toth

For all her volunteerism in the community, SAGE Trustee Claire Toth was honored with the Silver Service Award on May 17, 2022 at Canoe Brook Country Club in Summit by the Suburban Chamber of Commerce. Besides being a trustee at SAGE, she has been an active volunteer with many organizations over the years, including the Summit Bar Association, where she served as President; Summit Educational Foundation and Summit Downtown, Inc., where she served as Treasurer; Impact 100 Garden State, where she sits on the Finance Committees; and the Summit Zoning Board.

# SAGE Summer Internships

THANK YOU TO KAYLA NITTI AND ARYEL RODRIGUEZ

We were very fortunate to have two summer interns this year. We asked both what they enjoyed most and what they learned. Read their answers below.

Kayla is from Fanwood, interned in finance, and is currently a junior majoring in finance at Rhode Island University, Class of 2024. “I enjoy the people here the most. Everyone is very caring and understanding here. They really strive to help me with my learning and development with each task I am given. I learned how to manage the company’s finances and schedules into an online format.”

Aryel is from Summit, interned in communications, and is currently a junior majoring in computer science at the McKelvey School of Engineering at Washington University in St. Louis, Class of 2024. “I enjoyed seeing how the work we do here impacts people’s lives. Going on a Meals on Wheels trip was eye-opening because it showed me the far-reaching impact that SAGE has on many people’s lives. I learned a lot about a field that was new to me, like taking photographs and using graphic design for social media and marketing material. I had some prior experience with social media, but this internship helped me further develop those skills.”



Above: 2022 Summer Interns Kayla Nitti (left) and Aryel Rodriguez (right).



If you or someone you know is interested in interning at SAGE, contact Gerald Lewis at 908-598-5502 or [glewis@sageeldercare.org](mailto:glewis@sageeldercare.org) to learn more.

1

Most effective way to make a difference.

The ongoing support of monthly donors, who we call SAGE Supporters, helps to ensure that SAGE has resources to help seniors receive the help they need, every single day.

2

Easiest and most convenient way to give.

Make one monthly gift today and know your charitable giving is in place for the entire year to come—no further action required.

3

Less stress in December.

By setting up your monthly gift today, you can relax in December knowing your tax-deductible giving plan is already in place for the end of the year.

4

Cancel at any time.

If your situation changes for any reason, you can always change or cancel your gift with a simple phone call.

Giving to SAGE is easy! We are grateful for all of your gifts and offer a variety of donation options. To sign up for monthly giving visit our website or scan the QR code above.

Why making a monthly gift is A GREAT CHOICE!

SCAN ME

# Special Thanks to our Corporate and Foundation Partners

We are especially grateful to receive financial support for our senior services from the following organizations:

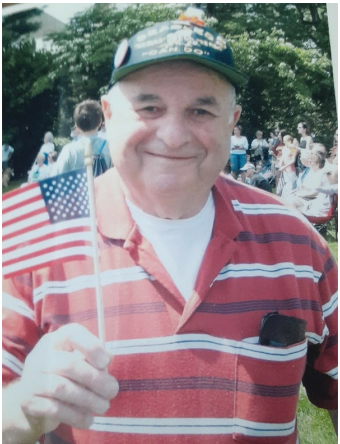
Nicholas J. & Anna K. Bouras Foundation, Bonaventura Devine Foundation, Fred C. Rummel Foundation, Lakeland Charities, Meals on Wheels America, Overlook Foundation, Summit Luminary Fund, The C. Northrop & Alethea Marder Pond Foundation, The Hyde & Watson Foundation and the Union County Office on Cultural & Heritage Affairs

We are also thankful for the support from our major donors:

Kevin Cummings, Investors Foundation and the Estate of R. John Speers

# SAGE Meals On Wheels Delivers More Than Just Meals

Over the course of 2022, our 100+ volunteers will deliver over 43,000 meals—along with care and companionship—to clients. Earlier this summer we received a heartfelt note of gratitude from the family of one of our SAGE Meals on Wheels clients who had recently passed away. The note, signed by Sam L. of Summit, read, “To the wonderful Meals on Wheels staff and volunteers, thank you so very much for all the kind, generous and truly caring people that helped my father, Mario, stay at home as he aged. The office staff were always helpful and easy to work with and the angels that brought Dad his meals, companionship and bright rays of sunshine made his day. Please accept our most sincere and grateful thanks to all who touched his life. There’s a special place in heaven for you all.” Our condolences go out to Sam and his family and our appreciation goes out to all our volunteers and donors that help support SAGE Meals on Wheels and the many seniors who rely on the delivery of meals and companionship.



Remembering Sam’s father, Mario.