**SAGE's Adult Day Program marks 40 years in service to community**

SAGE eldercare adult day program

Pictured (from left) are Rita Hoyt of Mountainside, Kathy Ferguson of Clark, Rosario Malarky of Plainfield and Barbara Padilla of Summit who are gearing up to help SAGE Eldercare celebrate 40 years of community access to SAGE Eldercare’s adult day program, the Spend-A-Day Adult Day Health Center in Summit. (courtesy photo)

**Ledger Local**By **Ledger Local**
**Email the author**
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This year marks 40 years of community access to SAGE Eldercare's adult day program, the Spend-A-Day Adult Day Health Center in Summit.

As part of the organization's recognition for this milestone, the center will be open on Tuesday, Sept. 15, at 2 pm to the public for an open house, including tours and a celebration marking the anniversary during National Adult Day Services Week.

In 1983, former President Ronald Regan proclaimed the third complete week of September to be set aside in order to raise awareness of the availability and accessibility of adult day programs nationwide. For 2015, National Adult Day Services Week is being celebrated Sept. 13-19.

"SAGE's adult day program was designed four decades ago by leading professionals and offers a day of stimulating, structured activities which are individualized to each participants' needs," stated Fred Jenny, Executive Director for SAGE Eldercare. "An adult day program is often a more reasonably priced option for senior care and very beneficial to caregivers in providing respite during a work day or so that other tasks can be completed.

"Additionally, medical research has pointed to the various benefits of structured social, physical, and cognitive activities, especially for individuals who may have or be at risk for some form of dementia."

The benefits to an adult day program are that the participants continue to live in their own homes and can go to a safe environment during the day, while providing valuable respite for spouses, adult children, families, and other caregivers.

At SAGE, the Spend-A-Day program is staffed by a group of caring, experienced professionals, including registered nurses, a full-time geriatric social worker, a registered dietician, and several employees who are Certified Dementia Practitioners.

"What's great about SAGE's Spend-A-Day program is that there is never a dull moment – there's always something going on in our center. The day is packed with activities, from arts and crafts, to musical entertainment, sing-a-longs, games that are mentally stimulating, discussion groups on a variety of topics, exercise, holiday and birthday celebrations, and more," noted Deanna Butters, Director of Spend-A-Day at SAGE.

The Spend-A-Day adult day program is available during the week on Monday to Friday from 9:30 am to 4 pm, with the availability for extended hours from 8 am to 5 pm. In addition, transportation and financial assistance are available and Medicaid and Veterans benefits are accepted. To attend the open house on Tuesday, Sept. 15, or to obtain more information, call 908-598-5520.

Since 1954, SAGE Eldercare has been helping make the communities it serves an amazing place to age. The organization provides a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible.

From helping with errands, to exercise classes, community programs, care planning, and home health care, SAGE's expertise helps older adults remain independent in their own homes. SAGE is committed to being the leading provider of programs and services to meet the changing needs of older adults, their families, and caregivers throughout Union, Essex, Morris, and Somerset counties. For more information, call 908-273-5550 or visit**www.sageeldercare.org**.

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