
SAGE's Adult Day Program celebrates National Caregiver Month



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In celebration of National Caregiver Month this November, SAGE Eldercare's adult day program, Spend-A-Day Adult Day Health Center, is distributing "LifeSong" books to each of the families who participate in the program.

"LifeSong," created by Suzanne Lyon, a former SAGE employee and memory care director, is a multi-sensory scrapbook for improving memory and cognition through reminiscing.

"Personal memories are embedded in music, so it is natural to think that it can have a powerful effect on a listener," noted Lyon. "I was happy to donate a book to each person who attends SAGE's adult day program. Music is magical when it comes to memory, especially when it is meaningful to the individual – it can be said that music helps put the 'me' back in 'memory.' "

"LifeSong" is a scrapbook, but with a purpose. Within the 12-page memory book, you can tell a person's life story with photographs and 60-second recordings on each page, unlike novelty versions of this idea.

This approach has proven to be a treasure to the individual, family members, and caregivers because they can add their own voices, music, recordings, and recitations which offers emotional support and brings happiness to the family. "LifeSong" books were designed and manufactured as a tool for adults with Alzheimer's or a form of dementia and can be ordered at www.LifeSongs.info [<http://www.LifeSongs.info>] .

"We are very grateful to Suzanne Lyon for sharing this book with our families," noted Deanna Butters, Director of Spend-A-Day at SAGE. "We are planning to distribute them at our upcoming pot luck dinner with all of our adult day program families later this month. It will certainly be a nice activity for them to do and a keepsake for years to come."

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 participant's needs. 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.

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 obtain more information on Spend-A-Day, call 908-598-5520.

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