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**5th GRADERS LEARN THROUGH HANDS-ON
SENSITIVITY PROGRAM WHAT IT'S LIKE
TO GROW OLD**

SUMMIT, NJ – Eighty fifth graders from Lincoln Hubbard Elementary School in Summit will be attending a Sensitivity Training program **tomorrow, Thursday, March 4th and Friday, March 5th at SAGE Eldercare, 290 Broad Street, Summit, NJ from 1:30 PM to 2:30 PM.** On each day, forty students, as well as their teachers and parents, will participate in hands-on sensitivity training which will help the ten and eleven year olds understand what it is like to age.

The two-day interactive demonstrations are part of the Lincoln Hubbard's Community Service program for the school's four fifth-grade classes. A few parents in the school's PTA were instrumental in setting up this experience for the students with SAGE Eldercare, a major community resource serving the elderly and their families in Union, Essex, Morris and Somerset Counties. Lincoln Hubbard Principal, Mr. Matt Carlin also plans to participate in the two-day training.

The one-hour, two-day program sponsored by SAGE Eldercare, the oldest eldercare agency in New Jersey, will be broken up into two half hour sessions. During Part One, the students will attend a sensitivity demonstration during which they will have the

opportunity to explore how it feels to age by participating in a variety of exercises that simulate hearing and eyesight loss, breathing difficulties, joint and muscle pain and how it impacts daily activities, and much more. The students will then switch and visit clients in SAGE's Spend-A-Day Adult Day Health Center (SPAD), where the two generations will mingle and participate in activities together.

SAGE Eldercare, which supports the independence, wellbeing and quality of life of older adults and their families and caregivers by offering a broad range of client-centered health, social and support services, hopes to use the Lincoln Hubbard's sensitivity training experience as a model and continue to offer it to other children and adults in the community.

For more information about participating in future Sensitivity Training Programs at SAGE Eldercare, or about any of SAGE's other services, please contact Marianne Kranz, Director of Volunteers, Home Support Services and Meals on Wheels at 908-598-5514 or mkranz@sageeldercare.org. Please visit our website at www.sageeldercare.org to see the latest offerings and news at SAGE.

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SAGE Eldercare supports the independence, well being and quality of life of older adults, their families and caregivers, through the provision of client-centered health, social and support services. Founded in 1954, SAGE is both the oldest and one of the few nonprofit eldercare agencies in the United States that offers a broad and comprehensive array of services under one roof that assist elderly, often frail, adults to remain independent in their own homes. SAGE Eldercare programs include: HomeCare; Meals on Wheels; Spend-A-Day Adult Day Health Center; InfoCare free information and referral service; Fall Prevention Initiative; Home Repair Service; Grocery Shopping and Errand Service; Bill Paying Service; PREP caregiver support group; and SHIP (State Health Insurance Assistance Program). SAGE Eldercare serves over 5,000 older people and their families annually in Union, Essex, Morris and Somerset counties. For more information, call 908.273.5550 or visit www.sageeldercare.org.

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