

# The Heart of Aging with Wisdom and Vitality

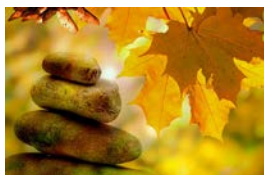
## Sage-ing Circle™ Facilitators (SCF) Curriculum

*"Old age is like everything else. To make a success of it, you've got to start young."*

~ Theodore Roosevelt

### What is Sage-ing®?

Sage-ing is a wisdom and vitality-based approach to living our lives, particularly at mid-age and beyond, with meaning and contribution. In Sage-ing, the stories, experiences and lessons accumulated throughout the journey of our lives builds a tapestry through which to celebrate and build upon as we design the years yet ahead. Much of today's positive aging, healthy aging, and conscious aging initiatives strongly align with the Sage-ing philosophy.



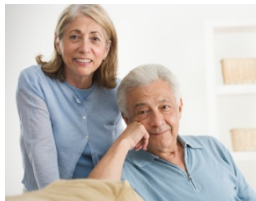
### What is a Circle?

In indigenous cultures, circles were the sacred gathering place for wise elders to hold and share important conversations and connection. Sage-ing circles are where wise adults share important and powerful conversations about life. Personal, family, community, aging, and global issues are explored with wisdom, maturity, and compassion.

*The Heart of Aging with Wisdom and Vitality* is a dynamic interactive positive aging program where many:

- find community
- explore inner wisdom
- become more spiritually and physically vital
- gain insights about life lessons
- develop a new perspective on healthy and conscious aging
- and navigate the second part of life with purpose, awareness, and celebration.

Sage-ing and other included principles are non-denominational, however, may enhance a personal sense of spirituality.



### About The Heart of Aging with Wisdom and Vitality:

This award-winning turn-key curriculum provides all needed information and materials to implement a 12-session Sage-ing Circle series (positive aging program) and includes:

- Facilitator guide, resources, and handouts (electronic and hard copy)
- Practical skills for leading and supporting a dynamic group and productive conversation
- Outcome measurement tools
- 18 training hours including marketing, group facilitation, and a brain foundation
- A network of peers with similar interests and views on cultivating wisdom throughout life.

### Now even more relevant!

Recent additions include how the topics within this program have been associated with research in neuroscience. Potential benefits are increased cognitive resilience, sharper mental focus, and improved health and wellbeing.

*"The facilitator training was way up on my gratitude list this Thanksgiving. I became acquainted with a part of me I had forgotten or never known... Studying the modules has been an amazing experience. I feel like I am opening up a zip file. There is so much there. Being a facilitator is taking on new meaning." -- Carolyn*



### Who Uses This Curriculum?

Those that routinely attend include:

- Individuals who focus on or serve older adults and the issues faced in the second half of life,
- Senior residential and independent living leaders
- Social service and Hospice professionals
- Educators and coaches,
- Clergy and lay leaders
- Healthy aging industry professionals
- YOU – for your own growth

*"Make wisdom your provision for the journey from youth to old age, for it is a more certain support than all other possessions."*

—Bias, philosopher

*An award-winning program that teaches practical skills in leading and supporting groups to create dynamic future focused conversations.*

**The Principles:**

The curriculum is steeped in principles from:

Psychology	Neuroscience
Indigenous Rituals	Sage-ing
Conscious Aging	Adult Development
Compassion	Wisdom
Multiple Intelligences	Positive Psychology

**Topics Include:**

- Developing a healthy self-concept
- Building a positive life vision
- Tapping inner wisdom and spirituality
- Forgiveness
- Creating a personal legacy for future generations
- Finding meaning from life experience
- Becoming leaders and healers in the community
- The neuroscience of healthy conscious aging and cognitive longevity.

**Your BrainWorks Facilitation Team includes BrainWorks team members, plus some of the valued and wise members of the BrainWorks Sage-ing Council (and SCFs):**

- Rosemary Cox, L.C.S.W
- Roger Cox, M.Ed
- Penny Krug, MSA
- Shauna Luthringer
- Carolyn Peterson, M.Ed. **plus**
- Debra Raybold, CHIC, ACC, Director of BrainWorks with over 25 years experience in leadership, and over 10 years experience coaching for personal life wellbeing.

**Continuing Education Credit**

The Indiana Social Worker, Marriage & Family Therapist and Mental Health Counselor Board has approved this organization to provide Category I Continuing Education for LSW, LCSW, LMFT and LMHC. However, licensees must judge the program's relevance to their professional practice. Memorial BrainWorks is also approved to offer 18 CEUs for Health Facility and Nursing Home Administrators. Certificates of Attendance are available.

**Date and Location for Facilitator Training**

The Pfeil Innovation Center  
420 N. Niles Ave.  
South Bend, IN 46617

Friday, November 6, 2015 • 1:00 p.m. – 7:00 p.m.  
Saturday, November 7, 2015 • 9:00 a.m. – 5:30 p.m.  
Sunday, November 8, 2015 • 9:00a.m. – 3:00 p.m.

**Lodging Options**

[Inn at Saint Mary's](#) (2.21 miles from training)  
53993 Indiana SR 933  
South Bend, IN 46637  
574-232-4000 (shuttle available)

[Hilton Garden Inn](#) (2.21 miles from training)  
53995 Indiana SR 933  
South Bend, IN 46637  
574-232-7700

[Double Tree Hilton South Bend](#)  
(.57 miles from training)  
123 S. St. Joseph St.  
South Bend, IN 46637  
574-234-2000

**Curriculum Fee:**

Early Bird by September 16	\$500
On or after September 17	\$575

This includes a hard copy of the program manual including facilitator guides, all user handouts, a PDF of the a PowerPoint program, and a jump drive of the full manual.

Plus includes a comprehensive immersion in The Heart of Aging with Wisdom and Vitality program experience, the neuroscience background, learning activities, the relationship and history with Sage-ing, tips for group success, marketing ideas, and a personal experience of meaningful conversatins through the 2.5 days. Three meals and CEU's for 18 contact hours included.

Full registration with payment must be received by October 5th.

In an effort to value your resources, we will confirm by October 5th so you may book flights without concern. A full refund will be made if the minimum number of individuals needed to proceed is not achieved (hasn't happened yet).

# The Heart of Aging with Wisdom and Vitality

## Sage-ing Circle™ Facilitators (SCF) Curriculum

### The Heart of Aging with Wisdom and Vitality: Sage-ing Circle Facilitator Training

#### Registration Form *(please print)*

Name \_\_\_\_\_ Title \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Total Due: \_\_\_\_\_

Add me to the BrainWorks event schedule list.

**CEU registration**  please check if you need CEU credits.

Please make check payable to:  
Memorial BrainWorks  
534 North Michigan Street  
South Bend, IN 46601



To pay by credit card, go to [www.memorialbrainworks.com](http://www.memorialbrainworks.com) and click on the calendar of events link.

For more information, contact Debbie Raybold at 574-647-1355, or via email at [brainworks@beaconhealthsystem.org](mailto:brainworks@beaconhealthsystem.org)

Memorial BrainWorks identifies, develops and provides programs and services that emphasizes brain health and vibrant aging as a part of the greater mission to improve overall health, and wellbeing, and quality of life.

*"The Sage-ing work helped me put into words the ideas about spirituality and wisdom that I've held for years. Thank you."*

**Memorial**  
**BrainWorks**<sup>SM</sup>

*"The years teach much which the days never know."*

*-Ralph Waldo Emerson*