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. Sage-ing evolved out of studying diverse cultures and beliefs throughout history and across the globe that value, respect and experience, and teach members of a community how to cultivate their wisdom and pass it on to future generations.

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 Sage-ing Circle is a dynamic interactive program where many:

- find community
- explore wisdom and expand compassion
- become more spiritually and physically vital
- gain insights into 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 principles are non-denominational; however, they can enhance spiritual maturity for those who do hold a faith or denominational preference.

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 and includes:

- Facilitator guide and resources (electronic and hard copies)
- Practical skills for leading and supporting a dynamic group and productive conversation
- Participant handouts
- Outcome measurement tools
- CD with PowerPoint Presentation (use is optional)
- 18 training hours including marketing tips
- A network of peers with similar interests and views on cultivating wisdom, compassion, and vitality throughout life.

Plus!
Recent additions include how the activities and lifestyle of sage-ing have been proven by neuroscience to promote and extend brain health. 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

Aging and Compassion
We can become more compassionate people when we more deeply notice the journey of another, when we feel the experience of another, and when we act in a way that is present and engaged. In The Heart of Aging with Wisdom and Vitality, we “deep dive” into an awareness of our own concerns with aging, explore our personal feelings and thoughts about older people, and then consider how to integrate our expanded insights into our relationships at work and throughout life. From a neuroscience perspective, our brains are making new connections throughout life; therefore, growth in compassion is possible at every age and stage of life.

“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

Topics Include:
- Learning to foster 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 Partners
Rosemary Cox, LCSW, holds a Master’s degree in Counseling and Human Services. She is a Brain Health Educator and Wisdom School Coordinator for Memorial BrainWorks. Rosemary has developed and taught workshops, and curriculum on the topic of brain health and healthy aging for more than 20 years. In 2013 she received the Reb Zalman Leadership Award from Sage-ing International for her significant contributions and dedication to the field of healthy aging.

Kim Bloom, holds a Master of Divinity degree and a B.S. in Biology. She is a Brain Health Educator for Memorial BrainWorks. Kim has experience as a classroom teacher and workshop leader. She has a special interest and experience in topics about life transitions and working with people to develop, and draw upon, emotional and spiritual resources through the changes life brings.

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

Friday, January 24, 2014 • 8:00 a.m. – 6:00 p.m.
Saturday, January 25, 2014 • 8:00 a.m. – 6:00 p.m.

The Pfeil Innovation Center is 15 minutes away from the South Bend Regional Airport (SBN) and is served by taxi service.

 Lodging Options
Inn at St. Mary’s or Hilton Garden Inn
53993 or 53995 Indiana SR 933, South Bend, IN 46637 (2.21 miles from Pfeil)
574-232-4000 (St. Mary’s) or 574-232-7700 (Hilton)

Double Tree Hilton South Bend
123 St. Joseph St, South Bend, IN 46637 (.57 miles from Pfeil)
574-234-2000

The Residence Inn by Marriott
716 Niles Ave, South Bend, IN 46617
(0.4 miles from Pfeil)
574-289-5555

Program Fee: $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.

This training includes a comprehensive immersion in the sage-ing philosophy, the neuroscience background, activity experiences, tips for group success, marketing ideas, and activities through the 2 days. Two meals and CEU’s for 18 contact hours included.

Registration with full payment must be received by December 20th.

In an effort to value your resources, we will confirm by December 20th so you may book flights without concern.

A full refund will be made if the minimum number of registrants to hold this event is not achieved. Note this has not been cancelled in South Bend in the last 5 years.
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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 N. Michigan Street
South Bend, IN 46601

Or register online at www.memorialbrainworks.com

For more information, call 574-647-6628 or email Rosemary Cox at rcox@beaconhealthsystem.org.

Memorial BrainWorks identifies, develops and provides programming that emphasizes brain health and vibrant aging as a part of Memorial’s greater mission to improve the quality of life for the people in our community.

“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™

“The years teach much which the days never know.”
- Ralph Waldo Emerson