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Press Release

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Aging Insights: Giving and Getting Support

Trenton— The newest episode of *Aging Insights (Episode 99)* is titled ***Giving and Getting Support***. On this program, NJFA's Executive Director Melissa Chalker sits down with Linda Gyimoty, the Executive Director of Interfaith Caregivers of Greater Mercer County, who explains how her agency uses volunteers to meet the needs of older adults in their community. Join us as we talk about the importance of caregiving, what it means to be a caregiver, and how we can best support our caregiving network.

The New Jersey Foundation for Aging (NJFA) is a non-profit with the primary goal to empower elders to live in the community with independence and dignity. The strategies to *age well* are voluminous. Consequently, the Foundation uses several messaging platforms to highlight resources to *age well*. *Aging Insights* is a 30-minute monthly-produced TV program broadcast throughout New Jersey and local surrounding areas. The work of the NJ Foundation for Aging is made possible by donors. Sponsorship spots are available for future shows. To make a donation to NJFA or to become a sponsor, please visit our website at www.njfoundationforaging.org or call the office at 609-421-0206 for more information.

Aging Insights shows are broadcast on more than 70 public access stations and may also be seen on NJFA's website, www.njfoundationforaging.org/aging-insights or at www.youtube.com/njfoundationforaging. We are interested in expanding the broadcast network to other municipal public access stations. Let us know if your town would like to broadcast the show.

To learn more about the work of the Foundation visit www.njfoundationforaging.org or call 609-421-0206.



Melissa Chalker on the set with Linda Gyimoty

The New Jersey Foundation for Aging was established in 1998, its mission is to promote policy and services that enable older adults to live in the community with independence and dignity.

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