



145 West Hanover Street, Trenton, NJ 08618  
Phone 609-421-0206 Fax 609-421-2006  
Email: [office@njfoundationforaging.org](mailto:office@njfoundationforaging.org)  
[www.njfoundationforaging.org](http://www.njfoundationforaging.org)

### Press Release

For Immediate Release  
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Contact: Grace Egan or  
Melissa Chalker  
609-421-0206

## Aging Insights, Social Security Boot Camp

**Trenton--** The New Jersey Foundation for Aging (NJFA) is pleased to announce the release of a new episode of *Aging Insights*. This episode titled, **Social Security Boot Camp** will air throughout September. The guests on this episode talk explain how Social Security works, who is eligible, how to apply and much more.

This show and other Aging Insights shows are broadcast on more than 60 public access stations and may also be seen on NJFA's website, [www.njfoundationforaging.org/aging-insights](http://www.njfoundationforaging.org/aging-insights). The shows are also on YouTube. We are interested in expanding the broadcast network to other municipal public access stations.

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* vary widely. Consequently, the Foundation uses several messaging platforms to highlight resources to *age well*. Particular examples of NJFA's work include *Aging Insights* a 30 minute TV program that is produced monthly, and Renaissance magazine a quarterly publication can also be found online at [www.njfoundationforaging.org/renaissance-magazine](http://www.njfoundationforaging.org/renaissance-magazine).

On September's program NJFA's Deputy Director, Melissa Chalker speaks with two representatives from the Social Security Administration, David Vinokurov, Trenton District Manager and Carl Robinson, NJ Public Affairs Specialist.

This show and the work of the NJ Foundation for Aging are 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, [www.njfoundationforaging.org](http://www.njfoundationforaging.org) or call the office at 609-421-0206 for more information.

Viewers are invited to provide feedback by taking the online survey on *Aging Insights* on our website. To learn more about the work of the Foundation visit [www.njfoundationforaging.org](http://www.njfoundationforaging.org) or call 609-421-0206.

### **my Social Security**

Your Online Account ... Your Control ...  
[socialsecurity.gov/myaccount](http://socialsecurity.gov/myaccount)



*my Social Security* is an easy-to-access, easy-to-use portal to view and update some of your own Social Security information.

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