



145 West Hanover Street, Trenton, NJ 08618
Phone 609-421-0206 Fax 609-421-2006
Email: office@njfoundationforaging.org
www.njfoundationforaging.org

Press Release

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Contact: Grace Egan or
Melissa Chalker
609-421-0206

Aging Insights, Travel: see the sights from home or abroad

Trenton-- The New Jersey Foundation for Aging (NJFA) is pleased to announce the release of a new episode of *Aging Insights*. This episode, Travel Near or Far, will air in December. We discuss the resources at your local library and what tips you might expect to learn from a travel agent.

Aging Insights programs offer information about aging issues and services. The show is broadcast on over 60 public access stations and may also be seen on NJFA's website, www.njfoundationforaging.org/aging-insights.

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*. For example, *Aging Insights* is a ½ hour TV program that is produced monthly by the Foundation, or Renaissance magazine which can also be found online at www.njfoundationforaging.org/renaissance-magazine.

NJFA's Executive Director, Grace Egan hosts this episode with guests Berry Versfeld from Travelong of Summit and Kate Baker from the Piscataway Library. Berry and Kate discuss the resources for either the Armchair Traveler or Adventurous Traveler to experience the sights and culture of faraway places.

This show and the work of the NJ Foundation for Aging are made possible by donors. To make a donation to NJFA, please visit our website, www.njfoundationforaging.org or call the office, 609-421-0206 for more information. Sponsorship spots are also available for future shows.

Viewers may also visit NJFA's website to take the online survey on *Aging Insights* to provide comments on the show and to suggest future topics the program should address. To learn more about the work of the Foundation visit www.njfoundationforaging.org or call 609-421-0206.



Berry Versfeld on the left with Kate Baker

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

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