



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 Episode 31, Addiction and Seniors*

**Trenton**-- NJFA is pleased to announce the release of the 31<sup>st</sup> episode of *Aging Insights* TV program, *Addiction and Seniors*. This episode will be broadcast during April 2014. The program is available to public access stations and may be seen directly on NJFA's website, [www.njfoundationforaging.org](http://www.njfoundationforaging.org) or on NJFA's YouTube channel.

The New Jersey Foundation for Aging (NJFA) is a public charity 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 outreach and educational tools to highlight resources to *age well*. For example, *Aging Insights* is a ½ hour TV program that is produced monthly by the Foundation

This *Aging Insights* episode is hosted by NJFA Program Manager, Melissa Chalker and she is joined by Steve Drzewoszewski, IOP (Intensive Outpatient Program) Coordinator, Carrier Clinic and Jeff Beck, Assistant Director for Clinical Services, Treatment & Research, Council on Compulsive Gambling of New Jersey

In the show our guests cover the definitions of addiction to drugs, alcohol and gambling. The symptoms, as well as solutions were addressed. In addition, the challenges specific to seniors were discussed.

The work of the NJ Foundation for Aging is possible by donors. To make a donation to NJFA, please visit our website, [www.njfoundationforaging.org](http://www.njfoundationforaging.org) or call the office, 609-421-0206 for more information. Sponsorships spots are also available for future shows.

Viewers may also visit NJFA's website to take the new 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](http://www.njfoundationforaging.org) or call 609-421-0206. 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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