



## Aging Insights Episode 100: Looking Back and Moving Forward



**Trenton**— The newest episode of *Aging Insights (Episode 100)* is titled **Looking Back and Moving Forward**. On this program, NJFA's Executive Director Melissa Chalker reviews the history of *Aging Insights* and shares some favorite clips with our audience. Join us as we stroll down memory lane, as well as talk to a few surprise guests!

NJFA is very proud of this milestone, but we know we have much more work ahead of us. Please join us in 2020 as we explore more topics such as financial planning, age discrimination in the workplace, moving and downsizing, food and income security, inter-generational communication and so much more!

Thanks for watching!

[Watch here](#)





## **MEDIA ADVISORY**

### **Senior Housing Forum, 1/16/20 Coverage requested; advanced registration required**

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#### ***Who:***

The New Jersey Foundation for Aging, sponsor

#### ***What:***

Senior Housing Forum, Thursday, Jan. 16, 2020

#### ***Where:***

Robert Wood Johnson Foundation, 50 College Road East, Princeton, NJ 08540

#### ***When:***

- 8:30 a.m.: Registration
- 9-9:30 a.m.: Opening remarks
- 9:30-10:30 a.m.: Panel 1, "Issues and Policy Implications" with Christine Newman, AARP NJ; Courtney Christensen, Corp. for Supportive Housing; Jenny Dunkle, Stockton University School of Social Work
- 10:45-11:45 a.m.: Panel 2, "Programs and Solutions" with Katie York, Lifelong Montclair; Maria DiMaggio, NJ Housing and Mortgage Finance Agency; Lisa Blum, Homesharing
- Additional panelists may be added.

#### ***Why:***

"The increase in the aging population coupled with the lack of affordable and accessible housing in New Jersey has left many older adults wondering how they will be able to age in their own communities," says NJFA's Executive Director, Melissa Chalker, MSW. "This is why we need to talk about solutions and ask policy makers to focus on aging-in-place initiatives. We are grateful to the Robert Wood Johnson Foundation for hosting this timely discussion."

#### ***Info:***

- Attendees will include professionals who work in aging or housing
- Advanced media registration is required by **1/7/20** due to RWJF security requirements and limited space (as of distribution time).
- To register, contact Michele Chalker at [mchalker@njfoundationforaging.org](mailto:mchalker@njfoundationforaging.org) or 609-421-0206.
- Visit [njfoundationforaging.org](http://njfoundationforaging.org)

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## February Episode of **Aging Insights,** **"Money Matters** **When Memory Fades,"** Begins Airing 2/3



***February programming explores how the banking industry is addressing cognitive decline in clients.***

TRENTON, NJ (January 28, 2020) – What if an aging loved one showed signs of mishandling his/her finances, and mental decline was suspected? Personnel at financial institutions are being trained to spot these types of challenges in their clients and customers, and provide the right kind of response and help.

In “Money Matters When Memory Fades,” episode 101 of the New Jersey Foundation for Aging’s monthly TV program **Aging Insights**, host Melissa Chalker talks with Bank of America’s Director of Financial Gerontology, Cynthia Hutchins. Chalker, who also produces the show, is Executive Director of the nonprofit NJFA, founded in 1998.

**Aging Insights** is an award-winning half-hour show, launched in 2011, that promotes dialogue and provides resources on critical issues for older adults and caregivers. “Money Matters When Memory Fades” will be available beginning **Monday, Feb. 3**, on more than 70 public-access stations across NJ as well as on NJFA’s website at [www.njfoundationforaging.org/aging-insights](http://www.njfoundationforaging.org/aging-insights) and YouTube channel at [www.youtube.com/njfoundationforaging](http://www.youtube.com/njfoundationforaging).

Hutchins explains that after 20 years as a financial **adviser**, she realized that she wanted to specialize in retirement. She decided to pursue a master’s in gerontology so she could understand how longevity had forced a change in the types of questions clients had been asking her. When Merrill Lynch named Hutchins Director of Financial Gerontology, it became the first firm on Wall Street to employ a gerontologist, she notes.

Among the areas Hutchins discusses is how she trains bank personnel to identify clients and customers who may be experiencing changes in their thought processes, and the types of programs they have set in place to assist them. “It’s interesting how the banking industry is responding to, and is interested in promoting, safety and planning in older adults, from retirement to financial planning,” Chalker says.

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New Jersey Foundation for Aging ([www.njfoundationforaging.org](http://www.njfoundationforaging.org)) is the only statewide organization focused solely on providing leadership in public policy and education to enable older adults to live with independence and dignity in their communities. In addition to its policy leadership role, NJFA produces the award-winning **Aging Insights**, a monthly half-hour TV program promoting dialogue on critical issues for older adults and caregivers. The show can be seen on more than 70 public-access stations, [www.njfoundationforaging.org/aging-insights](http://www.njfoundationforaging.org/aging-insights) and [www.youtube.com/njfoundationforaging](http://www.youtube.com/njfoundationforaging). NJFA also presents an annual conference in June (June 5, 2020) offering development opportunities and best practices for professionals entrusted with caring for seniors.



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## ***NJ housing advocates discuss Affordable and Accessible Housing in the March episode of Aging Insights***

*[High-res photo available]* Caption: In Episode 102 of **Aging Insights**, on *Affordable and Accessible Housing*, host Melissa Chalker (left) is joined by (clockwise) Diane Riley, Executive Director of the Supportive Housing Association of NJ; Ann Lippel, Chair of the Montclair Senior Citizens Advisory Committee, and Staci Berger, President and CEO of the Housing and Community Development Network of NJ.



TRENTON, NJ (March, 2020) – Older adults around the Garden State face a housing dilemma, unable to afford their current housing, but equally unable to afford a new and appropriate home.

In Episode 102 of the New Jersey Foundation for Aging’s monthly TV program **Aging Insights**, host Melissa Chalker is joined by three expert advocates to discuss *Affordable and Accessible Housing*. Guests are Staci Berger, President and CEO of the Housing and Community Development Network of NJ (<https://www.hcdnnj.org/>); Diane Riley, Executive Director of the Supportive Housing Association of NJ (<https://www.shanj.org/>), and Ann Lippel, Chair of the Montclair Senior Citizens Advisory Committee (<https://scacmontclair.org/about/>).

“This episode stemmed from a statewide group the NJFA convened in 2018,” Chalker explains. “My three guests were among that group. We published a Senior Housing Stakeholder Group Recommendation Report, which is posted on our website at <https://www.njfoundationforaging.org/policy-reports/>.”

In January of this year, the NJFA also held a Senior Housing Forum with panelists from other agencies and organizations who are working to solve housing challenges for the state’s aging population. “This **Aging Insights** episode focuses on a broad range of services available to help older adults impacted by the housing crisis,” says Chalker.

Launched in 2011, **Aging Insights** is an award-winning, half-hour show that promotes dialogue and provides resources on critical issues for older adults and caregivers. *Affordable and Accessible Housing* will be available the first week of March on more than 70 public-access stations across NJ (check local listings for channels and times) as well as on NJFA’s website at [www.njfoundationforaging.org/aging-insights](http://www.njfoundationforaging.org/aging-insights) and YouTube channel at [www.youtube.com/njfoundationforaging](http://www.youtube.com/njfoundationforaging).

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*High-res photo available*

## **NJ Foundation for Aging Airing Encore Presentation of *Census 2020* Aging Insights Episode**

TRENTON, NJ (March 30, 2020) – The U.S. Constitution mandates that a headcount, as well as a count of all housing units, be conducted throughout the nation every 10 years. Census 2020 invitations are arriving. Why should households complete the Census and what impact will the results have on the Garden State?



To provide additional information to the public during this critical time, the New Jersey Foundation for Aging (NJFA) is airing an encore presentation of the *Census 2020* episode of **Aging Insights**, its monthly TV program, beginning today.

On Episode 103, which originally premiered in Oct. 2019 – before the COVID-19 crisis hit – host Melissa Chalker [pictured, at left] discusses why the Census is so vital with guests Jeff Behler, Director of the New York Regional Office of the U.S. Census Bureau, and The Hon. Tahesha Way, New Jersey Secretary of State. Launched in 2011, *Aging Insights* is an award-winning, half-hour show that promotes dialogue and provides resources on critical issues for older adults and caregivers. Census 2020 can be seen on more than 70 public-access stations across NJ [check local listings for channels and times] as well as on NJFA’s website at [www.njfoundationforaging.org/aging-insights](http://www.njfoundationforaging.org/aging-insights) and YouTube channel at [www.youtube.com/njfoundationforaging](http://www.youtube.com/njfoundationforaging).

On **Aging Insights**, Secretary Way explains that in New Jersey, about \$22 billion in funding for about 55 federal programs is at stake. She cites such examples as \$1.5 billion federal dollars for transportation and highway infrastructure, an estimated \$80 million in federal funds for meals for seniors and people with disabilities and a combined estimated \$12 billion for Medicare and Medicaid. These federal funds are also tied with senior service centers, she says.

In a statement sent to the NJFA on March 27, Secretary Way said, “Our response to the Census doesn’t just determine how we are represented in government and how federal funds are distributed in our communities. It is also used for emergency planning, including for public health crises like the one we all face right now.”

Two new methods of completing the Census were added this year, Behler points out on **Aging Insights**. In addition to being completed on paper, the Census can also be done online (in English and 12 non-English languages) or be reported by phone (also in English and 12 non-English languages). U.S. Census Bureau Director Steven Dillingham indicated in a press statement dated March 18 that slightly more than a week prior, “... more than 11 million households [in the United States] have responded. America is stepping up to shape our future and ensure families and communities are counted.”

Behler explains that if a household has not completed the Census by late May, teams of enumerators – federal employees with official identification – would be “knocking on doors to ask the same information available online, over the phone or on paper.” However, Director Dillingham, in his March 18 statement, said, “As we continue to monitor the evolving COVID-19 outbreak, we will adjust Census taker and survey operations as necessary in order to follow the guidance of federal, state and local health authorities.”

“For the first time ever, we can respond to the U.S. Census online or over the phone,” urged Secretary Way in her statement to the NJFA. “Doing so now will prevent the need for a Census taker to come to your door and ask you to respond in person. We should all do our part to make sure our communities are prepared for whatever we face in the next decade by answering the U.S. Census for our households today.”

Behler reminds households that Census data are protected under federal law and cannot be used against anyone. Additionally, the information is reported in statistical summaries and never at a personal or household level. For more information on Census 2020, visit [census.nj.gov](http://census.nj.gov).

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***May Aging Insights TV program,  
“Special Edition: Doctors Share Advice on COVID-19”***

TRENTON, NJ (May 1, 2020) – The COVID-19 pandemic is causing upheaval in everyday living and taking the lives of people young and old. Learn more about the crisis directly from two NJ Foundation for Aging-affiliated physicians on the May Aging Insights TV show, “Special Edition: Doctors Share Advice on COVID-19” (Episode #104). Guests Dr. Joshua Raymond and Dr. Vikranta Sharma are Board members of the nonprofit NJFA, which produces this program. Host Melissa Chalker, NJFA’s Executive Director, who has been working from home during this pandemic, interviewed Drs. Raymond and Sharma in their offices via video conferencing.

Launched in 2011, Aging Insights is an award-winning, half-hour monthly show that promotes dialogue and provides resources on critical issues for older adults and caregivers. The May “Special Edition: Doctors Share Advice on COVID-19” episode can be viewed on NJFA’s YouTube channel at <https://youtu.be/wec08Lgy1t4>, website at <https://www.njfoundationforaging.org/aging-insights/> and more than 70 public-access stations across NJ (check local listings for channels and times).

Dr. Joshua Raymond is Associate Professor of Medicine and Geriatric Fellowship Director at Robert Wood Johnson Medical School/Rutgers University/CentraState Medical Center. He is board certified in Family Medicine and holds a Certificate of Added Qualification in Geriatric Medicine as well as a Certificate of Added Qualification in Palliative Care Hospice Care. He is also Medical Director at The Manor nursing facility of the CentraState Medical Center in Freehold, NJ.

*Dr. Raymond advises that family members should “stay connected to loved ones” and if someone is in a nursing home, “reach out to staff at the facility.” He also recommends consulting reliable resources such as [cdc.gov](http://cdc.gov) or designated help lines for accurate information on COVID-19. Additionally, Dr. Raymond confirms the importance of making your personal medical care requests known to others.*

Dr. Vikranta Sharma is the Medical Director of Hospice and Palliative Care at the [Visiting Nurse Association Health Group](http://www.vnahg.org) (VNAHG) and Palliative Care at CentraState Healthcare System. The VNAHG is NJ’s largest not-for-profit provider of home health, visiting physicians, hospice and community-based care. Dr. Sharma diagnoses and treats patients suitable for hospice and palliative care in the service areas of the agency, within private residences, extended-care facilities, hospitals and other facilities. She also develops and provides educational programs for community physicians and medical/agency staff regarding palliative and hospice care.

*Dr. Sharma believes that people who feel they may be sick or have been exposed to COVID-19 should “behave as if you have the disease and not over-expose others.” She recommends “the basics,” such as “quarantine/staying in one room and opening the windows,” but also “going outside into the sunshine.” She says people need to have a general care plan and that it’s “crucial to address your healthcare proxy.”*

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## Free June webinar series on “Learning from COVID-19: Lessons from Experts in the Field of Aging”

*Registration is open for June 5 with Dr. David Barile, Laurie Facciarossa Brewer and Gwen Orlowski: “Impact on Long-Term Care and Medical Decision-Making”*

TRENTON, NJ (May 21, 2020) – The New Jersey Foundation for Aging is hosting a free webinar series in June on “Learning from COVID-19: Lessons from Experts in the Field of Aging.” The webinars –sponsored by Archer Law Office, LLC, and AARP New Jersey – will take place from 10 a.m. to noon on Fridays June 5, 12 and 26. Melissa Chalker, Executive Director of the NJFA, will moderate.

Topics covered are “Impact on Long-Term Care and Medical Decision-Making” on June 5, “Impact on Age-Friendly Communities and Immigrant Families” on June 12 and “Scams and Benefit News” on June 26. For more information and to register, visit [www.njfoundationforaging.org](http://www.njfoundationforaging.org) or call 609-421-0206.

Registration is now open for Session One on June 5, “Impact on Long-Term Care and Medical Decision-Making.” Speaking will be Dr. David Barile, Founder and Chief Medical Officer of [Goals of Care Coalition of NJ](http://Goals of Care Coalition of NJ) (GOCCNJ); Laurie Facciarossa Brewer, [NJ's Long-Term Care Ombudsman](http://NJ's Long-Term Care Ombudsman), and Gwen Orlowski, Executive Director, [Disability Rights NJ](http://Disability Rights NJ).

Dr. Barile will discuss the NJ Practitioner Orders for Life-Sustaining Treatment (POLST) form and its importance for at-risk people. A NJ POLST form can be downloaded at [goalsofcare.org](http://goalsofcare.org).

Laurie Facciarossa Brewer and Gwen Orlowski will address the [impact of the ongoing COVID-19 crisis on long-term care residents and their families](http://www.njfoundationforaging.org/aging-insights), providing details on how their respective organizations and other advocacy groups have responded. They will also be highlighting innovative practices and collaborations, as well as outlining broader policy changes needed to avert future crises.

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### June's Aging Insights TV program, *"Gambling to Escape: Know the Risks"*

**TRENTON, NJ (June 2, 2020)** — There are some seniors who gamble away their pensions or opt to not fill prescriptions or even buy food so they can gamble.

Neva Pryor (pictured), the Executive Director of the [Council on Compulsive Gambling of New Jersey, Inc.](https://www.njfoundationforaging.org/), commonly known as 1-800-GAMBLER, revealed this to Melissa Chalker, host of the monthly TV program, **Aging Insights**. You can see Pryor's interview on June's episode, #105, *"Gambling to Escape: Know the Risks."* Produced by NJ Foundation for Aging, **Aging Insights** is being recorded via video conferencing due to the pandemic.

Launched in 2011, **Aging Insights** is an award-winning, half-hour monthly TV show that promotes dialogue and provides resources on critical issues for older adults and caregivers. Episode 105, *"Gambling to Escape: Know the Risks"* can be viewed on NJFA's website at <https://www.njfoundationforaging.org/aging-insights/> and more than 70 public-access stations across NJ (check local listings for channels and times).

Pryor, who has 20 years of experience in behavioral health, has led the Council since May 2015. She explains that seniors often go on casino bus trips because their spouses, parents or friends have died and they're looking to fill a void. "A lot of time, it's not the money – it's the bet or the lifestyle. You get on the bus and you go to the casino," she says.

"People escape to gamble. 'I don't like what's going on in my life,'" says Pryor. She feels that when people hit age 65, they begin to wonder, "What is my role in life?" "You have to reinvent yourself as you age," she says, adding that you need to look within to make yourself happy.

Pryor also addresses signs of a gambling problem as well as internet and illegal gambling, among other topics.

This episode of **Aging Insights** also marks the debut of *"Tips,"* featuring Occupational Therapist Dr. Claire Mulry from Kean University discussing coping during COVID-19.

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*Two free webinars in “Learning from COVID-19: Lessons from Experts in the Field of Aging” series,  
June 12: “Impact on Age-Friendly Communities and Immigrant Families”  
June 26: “Scams and Benefit Updates” plus “Caregiving During COVID-19”*

TRENTON, NJ (June 4, 2020) – The New Jersey Foundation for Aging (NJFA) is hosting two free webinars in their June series on “Learning from COVID-19: Lessons from Experts in the Field of Aging” series. Sponsored by Archer Law Office, LLC, and AARP New Jersey, the webinars will take place from 10 a.m. to noon on Fridays June 12 and 26. Melissa Chalker, Executive Director of the NJFA, will moderate.

Topics covered are **“Impact on Age-Friendly Communities and Immigrant Families” on June 12** and **“Scams and Benefit Updates” plus “Caregiving During COVID-19” on June 26**. For more information and to register, visit [njfoundationforaging.org](http://njfoundationforaging.org) or call 609-421-0206.

“Impact on Age-Friendly Communities and Immigrant Families” on June 12 features **Katie York**, Lifelong Montclair, and **Jonelle Rodriguez**, American Friends Service Committee.

York of Lifelong Montclair will cover the most pressing issues her organization has faced during the COVID-19 crisis, such as food security and social isolation. She will explain how these issues were addressed with partners like the local soup kitchen, Kiwanis chapter, library, and local businesses and organizations that donated time and resources. Keeping older residents engaged and active at home was paramount. York will also discuss how they worked with seniors to determine the best virtual platform for programming, resulting in a strong turnout for online classes.

Rodriguez of American Friends Service Committee will talk about the barriers faced by immigrant seniors in accessing need-based services and benefits that can assist in preventing vulnerability. Navigating public benefit systems while adhering to immigration-based policies for these benefits can be a complex process, she notes. She will show how the COVID-19 pandemic has complicated this process even further, and how service providers assisting with increasing access for their clients can be effective in providing support and guidance.

“Scams and Benefits Update” plus “Caregiving During COVID-19” on June 26 features **Charles Clarkson**, Senior Medicare Patrol of NJ; **Frank Winter**, Centers for Medicare & Medicaid Services (CMS), and **Christine Newman**, AARP New Jersey (not pictured).

Medicare loses an estimated \$60 billion each year to fraud, errors and abuse, notes Charles Clarkson of the Senior Medicare Patrol of NJ. Every day, these issues affect countless beneficiaries nationwide. Now, with the health care crisis that's affecting everyone, there's a new twist to Medicare fraud: COVID-19. Clarkson will show how to protect yourself against Medicare fraud and how to detect and report it.

Frank Winter of CMS will discuss how you can help your clients navigate Medicare enrollment and access care during the COVID-19 pandemic. He will also present information on Medicare's resources, accessing telemedicine and preparing for "virtual open enrollment" in the fall.

Christine Newman of AARP NJ will explain how COVID-19 emphasizes the need for accessible tele-health services for caregivers and earned sick leave to allow workers to care for loved ones/care recipients. She will also cover questions to ask if your loved one is in a nursing home, why better transparency in nursing homes is needed, the importance of having an established caregiving plan and what elements should be in that plan.

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**Free webinar in the "Learning from COVID-19:  
Lessons from Experts in the Field of Aging" series,  
June 26: "Scams and Benefit Updates" plus  
"Caregiving During COVID-19"**

TRENTON, NJ (June 19, 2020) – The New Jersey Foundation for Aging (NJFA) is hosting a free webinar in the "Learning from COVID-19: Lessons from Experts in the Field of Aging" series, taking place from 10 a.m. to noon on Friday, June 26.

"Scams and Benefit Updates" features Charles Clarkson, Senior Medicare Patrol of NJ, and Frank Winter, Centers for Medicare & Medicaid Services (CMS). "Caregiving During COVID-19" features Christine Newman, AARP New Jersey.

The webinar is sponsored by Archer Law Office, LLC, and AARP New Jersey. Melissa Chalker, Executive Director of the NJFA, will moderate. For more information and to register, visit [njfoundationforaging.org](http://njfoundationforaging.org) or call 609-421-0206.

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### July's Aging Insights TV Program on “*Learning Together*”

TRENTON, NJ (July 1, 2020) – For some older adults “the golden years” may mean a time to rest and relax, or even check off items on a proverbial “bucket list.” For others, it may mean that due to circumstances, they’ve had to step up and care for or raise their school-aged grandchildren. Enter COVID-19 and grandparents are being tasked with a new responsibility: helping their grandchildren with virtual learning.

Dr. Charisse Smith, an Instructional Coach with the Hamilton Township (Mercer County) Public Schools and President of the ETE–Excellence Through Education of Hamilton Township, discusses this new wave of “learning together” on the July episode of **Aging Insights**, with host Melissa Chalker.

Launched in 2011, **Aging Insights** is an award-winning, half-hour monthly TV show produced by NJ Foundation for Aging, which promotes dialogue and provides resources on critical issues for older adults and caregivers. Episode 106, “*Learning Together*,” can be viewed on NJFA’s website at [njfoundationforaging.org/aging-insights](http://njfoundationforaging.org/aging-insights) and more than 70 public-access stations across NJ (check local listings for channels and times).

Dr. Smith, of Trenton, earned a Ph.D. in Education with a specialization in Professional Studies and serves on the boards of NJ Foundation for Aging and Notre Dame High School in Lawrenceville, NJ.

She notes that many children where she works are being raised by their grandparents. “A bonus to our students and schools is to have our grandparents as part of our teaching partnership,” Dr. Smith says.

Grandparents do face unique challenges and added stress in this new homeschooling/teaching role. “Technology alone has been a very large mountain many of us have had to climb – especially for those populations that are not tech-savvy or comfortable with technology,” Dr. Smith says. She adds that in some households, a grandparent may be caring for and teaching a grandchild while also caring for a sick spouse.

In response to the struggles faced by multi-generational households, Dr. Smith launched “Coaching Corner,” a virtual Friday afternoon meet-up where she shares dos and don’ts, provides motivation and inspiration, and discusses self-care.

On “*Learning Together*,” Dr. Smith also gives tips and fun resources to help grandparents keep their grandchildren engaged over the summer to combat summer slide, “so they don’t fall behind.”

To read more about this topic and obtain additional resources, see Dr. Smith’s guest blog at [blog.njfoundationforaging.org](http://blog.njfoundationforaging.org).

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**Insights**, a monthly half-hour TV program promoting dialogue on critical issues for older adults and caregivers. The show can be seen on more than 70 public-access stations and [njfoundationforaging.org/aging-insights](http://njfoundationforaging.org/aging-insights). The NJFA also presents an annual conference offering development opportunities and best practices for professionals entrusted with caring for seniors.



## ***Free Healthcare Proxy Document Clinic Webinar on July 17***



TRENTON, NJ (July 14, 2020) — During COVID-19, having healthcare decision-making documents in place is particularly vital — and appropriate for all ages, notes elder law attorney Carl Archer (pictured), principal of [Archer Law Office](http://Archer Law Office). Archer will present a free webinar on how to organize and run a healthcare proxy document clinic on **Friday, July 17, from 10 to 11 a.m. ET**. This event is part of NJ Foundation for Aging’s “Continuing to Learn from COVID-19” series. To register, visit [www.njfoundationforaging.org](http://www.njfoundationforaging.org).

“Healthy people should have these documents in case of a catastrophe, older people need them most often, and even very young people, just over 18, will often want them just because their parents are still making important decisions for them if they cannot do so,” Archer says.

Healthcare documents include proxy documents (who makes decisions for me?) and instruction documents (what decisions do they make?). Archer will review these documents and describe how anyone can organize and run a document clinic, with minimal training.

Healthcare proxy document clinics are often presented by professionals in the community, such as those who work in assisted-living settings, but also municipalities and groups, including senior centers, nonprofit organizations and library program directors, Archer says.

“Those sponsoring healthcare proxy document clinics are providing a public service by helping many people get these documents together in a short period of time — without the need for a lawyer or legal advice,” says Archer. “Towns and communities with extensive outreach efforts regarding healthcare decision-making documents have consistently shown less healthcare spending and increased quality of life and patient outcomes. We want people to have access to these documents at little or no cost, and these clinics are the best way to make them widely available, quickly.”

Carl Archer is a graduate of Rutgers University and Rutgers School of Law-Camden. He’s a member of the NJ State Bar Association, Elder and Disability Law Section, and Past President of the NJ chapter of the National Academy of Elder Law Attorneys. Archer practices in the areas of Medicaid applications and litigation, veterans pension applications, guardianships, estate planning and administration, and related litigation. He was one of three professionals appointed by Gov. Christie to serve on the NJ Task Force on Abuse Against the Elderly and Disabled. Archer also provides pro bono work to low-income caregivers in need through Legal Services of New Jersey; is Treasurer for Jersey Cares, a nonprofit that increases civic engagement by organizing and staffing volunteer projects in urban areas throughout the state, and is a Trustee of JFS Middlesex County.

# # #

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## August's Aging Insights "Conversation of Your Life" Encore

### *Episode 107 spotlights end-of-life planning*

TRENTON, NJ (July 31, 2020) – Have you made your end-of-life decisions and let them be known? If not, why not? What if a crisis occurs and you're not able to express your wishes?

The August episode of [Aging Insights](#) is an encore broadcast of "**Conversation of Your Life**" from 2018, which covered these often-sensitive and very timely issues. Host Melissa Chalker interviewed Deborah Levine, MPH, then the Director of Community Health at the [New Jersey Health Care Quality Institute](#), and Chaplain Ted Taylor, Director, Pastoral Care and Training, [Robert Wood Johnson University Hospital Hamilton](#). The two guests discuss the Quality Institute's Conversation of Your Life (COYL) program, why it's important to talk about end-of-life planning, various end-of-life planning documents available and why your wishes should be put in writing.

Launched in 2011, **Aging Insights** is an award-winning, half-hour monthly TV show produced by NJ Foundation for Aging, which promotes dialogue and provides resources on critical issues for older adults and caregivers. Episode 107/"**Conversation of Your Life**" can be viewed on [NJFA's website](#) and more than 70 public-access stations across NJ (check local listings for channels and times).

On the show, Levine explained that several years back, the Quality Institute, in partnership with the Rutgers Eagleton Center for Public Policy, conducted research on NJ's attitudes on end-of-life care. Sixty-percent of adult respondents said they were comfortable discussing end-of-life wishes at a wellness visit or at the dinner table, but the same number had never done that before.

The [COYL](#) program provides mayors and community partners with tools to develop community conversations around end-of-life-planning in a culturally sensitive and accessible way. COYL, now in 14 counties across New Jersey, has also developed innovative programs to continue these critical conversations during the global pandemic and the need for social distancing. COYL's COVID-19 resources are available [here](#).

Levine said that people are often afraid to have this conversation. "Talking about death or end-of-life wishes is intimidating, sometimes taboo—even among doctors—so it can be really hard to bring this up, even if you'd like to. If you don't talk about it, then your family, your loved ones, your doctors are going to give it their best guess and you might not receive the care that you truly want."

Taylor echoed her sentiments. "Time and again, day by day, I and a lot of my colleagues in health care chaplaincy, as well as ethicists, have the experience of families coming to these crisis events with their loved ones, at the end of life and usually in an ICU, without having thought through all of this," he said. "And the crisis becomes even more painful because there has not been a direction."

"Sometimes, days and weeks can go by. You just see the suffering in that family because there hadn't really been a conversation about what it's supposed to be like. And I also see the suffering on the faces of my colleagues who are nurses and doctors because we're trying to do the right thing—doing it without direction from that person," Taylor added. "It's become a passion of mine to give people information so they can make wise choices that align with their values and might not align with the values of some of their family members, and so there needs to be clarity. I encourage anyone who's of legal age to consider writing their advance directive. We never know what will happen."

# # #

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**“2020 Vision for Successful Aging” is Theme for NJFA’s 22nd Conference, Online Aug. 13-14**  
***Topics: health and caregiving, long-term care, ageism and elder abuse, the impact of climate change on older adults, stereotypes and stigmas, government policies and senior immigrants***

TRENTON, NJ (Aug. 7, 2020)—NJFA’s 22nd Annual Conference for professionals in the field of aging has been moved online this year due to COVID-19. The event, “2020 Vision for Successful Aging,” will take place on Thursday, Aug. 13, and Friday, Aug. 14, from 9 a.m. to noon ET. The conference fee is \$50 for one day or \$85 for both. A discount is available for county and senior center staff. NJFA is an approved provider of LNHA/CALA continuing education credits in accordance with N.J.A.C. 8:34-7.3(a). This program will award LNHA/CALA, 4 credits. Social Workers are asked to contact Melissa Chalker at [mchalker@njfoundationforaging.org](mailto:mchalker@njfoundationforaging.org) for information about continuing education credits for social workers.

To register for the conference, visit [njfoundationforaging.org](http://njfoundationforaging.org).

The schedule is the same for both days: a brief welcome, the keynote address with Q&A time, a break to visit virtual exhibitors and a choice of one of two workshops, also with Q&A time.

**THURSDAY, AUG. 13**

The keynote presentation on Thursday, Aug. 13, which is sponsored by the Silver Century Foundation, is on **“Health and Caregiving in the Age of Longevity.”** **Speaker Cynthia Hutchins is Director of Financial Gerontology, Bank of America Merrill.** Hutchins earned an MA in Gerontology from the University of Southern California. She was appointed the first gerontologist at a major financial services firm in 2014. She works closely with Merrill financial advisors to provide training, education, resources and thought leadership to engage clients on such topics as aging, longevity, retirement and later-life planning. Hutchins will address the pressing need to educate, equip and empower older adults and current/future caregivers to better plan for and manage their caregiving journeys. She will outline the most common types of caregiver groups—women, spouses, adult children, long-distance caregivers, dementia caregivers, those in the LGBT community and financial caregivers—and the unique challenges they face.

The first workshop option for Aug. 13 is **“Long-Term Care Trends: Settings, Challenges and Policy”** with **Laurie Facciarossa Brewer and Amy Brown, Esq., office of the NJ Long-Term Care Ombudsman; Gwen Orlowski, Esq., Disability Rights New Jersey, and Ryann Siclari, Esq., Central Jersey Legal Services.** Presenters will discuss issues that older New Jerseyans receiving long-term care services are facing—both in institutional and community-based settings. They will also cover current advocacy trends, challenges, and anticipated policy changes, as well as offer practical tips to overcome individual and structural barriers to receiving quality long-term care services.

The second workshop option for Aug. 13 is **“Confronting Ageism Head-On to Prevent Elder Abuse”** with **Colleen Beach, Dr. Cory Cummings, Christa Hogan, Kaitlyn Strobel and Dr. Paul Urbanski of Monmouth University, and Maria E. Aberasturi of the Bergen County Board of Social Services.** Presenters will speak about the Elder Justice Roadmap, funded by the U.S. Department of Justice. They’ll also share diverse experiences with confronting ageism head-on through intergenerational public-private partnerships that can be replicated—including specific examples used in education, training and public outreach.

**FRIDAY, AUG. 14**

The keynote presentation for Friday, Aug. 14, which is sponsored by the New Jersey Climate Change Resource Center at Rutgers University, is on **“Creating a Vision for Successful Aging that is Supported by a Sustainable, Resilient Future.”** **Speakers are with the New Jersey Climate Change Resource Center at Rutgers University: Jeanne Herb, Karen Alexander, Dr. Patricia Findley and Dr. Marjorie Kaplan.** Climate change is increasing temperatures, causing heavier rainfall events and raising sea level, impacting the health, welfare and economy of NJ. Though research shows that the health of all people living in the U.S. will be affected by climate change, the health of some populations, including seniors, will be affected more than others. The 65+ population is set to nearly double in the U.S. by the year 2050, and at the same time, changing climate conditions are expected to increase. Seniors, the communities that they live in and the organizations that serve them are facing a growing crisis. The presenters will review climate change trends and projections in NJ, and the specific disproportionate impact that it has on seniors. Feedback on the types of challenges faced by organizations at this conference, and older New Jerseyans, which are exacerbated by changing climate conditions, will be used to help identify the priority issues that should be addressed as part of the Climate Change Resource Center.

The first workshop option for Aug. 14 is **“Addressing Stereotypes”** with **Dr. Katie York of Lifelong Montclair, along with Dr. Ashley Ermer and Katharine Mauro of Montclair State University.** Communities can work toward becoming more age-friendly by attempting to change the culture surrounding beliefs on ageism and related stigmas. Presenters will show how intergenerational performing arts interventions may be a method to lessen age stereotypes among both the young and the old.

The second workshop option for Aug. 14 is “**The Influence of Immigration Policies on the Economic Security of Aging Immigrants**” with **Jonnelle Rodriguez of American Friends Service Committee**. There are presently more than 7 million U.S. residents who are immigrants. Despite the improvement in economic security among the senior population in the U.S. over recent years, foreign-born seniors are twice as likely to live in poverty compared to their native-born counterparts. Rodriguez will explain about the government policies that directly impact immigrant seniors’ access to programs and benefits—based on their status and date of entry into the U.S.—and how service providers can effectively help them navigate the public benefits system.

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## LGBTQ Senior Bill of Rights Explored at Free Webinar, 8/25

Trenton, NJ (August 20, 2020) -- Many lesbian, gay, bisexual, transgender and queer (LGBTQ) older adults and seniors living with HIV/AIDS have concerns about residing in a long-term care facility. These two vulnerable populations will be protected by NJ's newly introduced LGBTQ Senior Bill of Rights.

On **Tuesday, Aug. 25, from 10 to 11 a.m.**, NJ Foundation for Aging will present a free webinar about the bill and what long-term care facilities can do to support these efforts. The webinar, sponsored by [Archer Law Office, LLC](#), will be facilitated by [Garden State Equality's](#) Health and Wellness Coordinator, Bianca Mayes (pictured, left). Discussing the implementation of this policy will be Laurie Facciarossa Brewer (center), the [NJ Long-Term Care Ombudsman](#) (LTCO), and Amy Brown, Senior Policy Director for the Office of the [LTCO](#). Register for the webinar [here](#).

According to research, there are more than 3 million LGBTQ people age 55 and up living in the U.S. That number is expected to double in the next two decades as the Baby Boom generation reaches retirement age. The LGBTQ Senior Bill of Rights would provide protections to Garden State LGBTQ seniors and seniors living with HIV/AIDS, establish certain minimum rights protections for LGBTQ seniors and seniors with HIV/AIDS who reside in long-term care facilities, mandate biennial training for employees of long-term care facilities and much more.

**Bianca Mayes** earned her Masters of Public Health with a concentration in Community Health Education from Montclair State University. She is a Certified Health Education Specialist for the health and wellness of the LGBTQ community. Prior to joining Garden State Equality in 2017, Mayes served as a Health Educator and Research Associate for the Community Education and Population Health Department, respectively, at Atlantic Health System.

**Laurie Facciarossa Brewer** served as the Chief of Staff of the LTCO from 2010 to 2019 before being appointed Ombudsman. She has served in several senior management positions in NJ state government, including Director of Communications for the NJ Department of the Public Advocate, Director of Public Affairs for the NJ Department of Human Services (DHS), and Deputy Project Manager for Health Care Reform in the DHS Division of Medical and Health Services.

**Amy Brown** earned her J.D. from Rutgers School of Law. She joined the NJ LTCO's Office as a staff attorney in 2010, specializing in such legal issues as residents' rights, improper discharges and transfers, and end-of-life ethical conflicts. She also advocates for NJ's most vulnerable nursing home residents who wish to return to community living in her role with the I Choose Home NJ program. Prior to joining the Ombudsman's Office, Brown worked as a staff attorney for the Department of the Public Advocate.

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## September Aging Insights: "Expert Guidance for Medicare Open Enrollment in 2020"

TRENTON, NJ (Sept. 1, 2020) – Did you know that you are able to change your Medicare plan for the following year, during open enrollment, Oct. 15 to Dec. 7? Plans can change and it's a good idea to review your coverage.

NJ's State Health Insurance Assistance Program (SHIP) Director **Mary McGeary** (pictured, right) and Senior Medicare Patrol NJ Project Director **Charles Clarkson** (left) team up for "Expert Guidance for Medicare Open Enrollment in 2020," September's episode of **Aging Insights**, hosted by **Melissa Chalker** (center).

Launched in 2011, **Aging Insights** is an award-winning, half-hour monthly TV show, produced by NJ Foundation for Aging, which promotes dialogue and provides resources on critical issues for older adults and caregivers. Episode 108, "Expert Guidance for Medicare Open Enrollment in 2020," can be viewed on NJFA's website [here](#) and more than 70 public-access stations across NJ (check local listings for channels and times).

Noting that Medicare is "complex," McGeary and Clarkson stressed the importance of reviewing your current Medicare health and drug coverage, adding that not every plan offers every benefit. They also noted that the public will be seeing lots of ads during this period, but warned that plans are not supposed to call you. "Take the mail and throw it away," said Clarkson. "Call SHIP or go to [medicare.gov](#) to find a plan."

SHIP provides free help to NJ Medicare beneficiaries who have problems with, or questions about, their health insurance. A statewide program with offices in every county, SHIP is administered by the NJ Department of Human Services with financial assistance through a grant from the U.S. Administration for Community Living. SHIP counselors can be reached at 1-800-792-8820. Visit [state.nj.us/humanservices/doas/services/ship/](http://state.nj.us/humanservices/doas/services/ship/).

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. SMP of NJ at JFS is part of the national SMP network, funded by the U.S. Administration for Community Living. SMP of NJ can be reached at 1-877-SMP(767)-4359. Visit <http://seniormedicarepatrolnj.org/>.

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**"Supportive Housing Needs in NJ" Report Findings and Recommendations are Topic of Free Webinar, 9/23**

*Research reveals that NJ needs more than 17,000 additional supportive housing homes for older adults.*

TRENTON, NJ (Sept. 17, 2020) – Earlier this year, the Corporation for Supportive Housing (CSH) conducted research on the supply and quality of supportive housing to meet the need of older adults across New Jersey. What they discovered was that more than 17,000 additional supportive housing homes are needed.

These findings, plus recommendations, will be presented in "Supportive Housing Needs in NJ," a free webinar that is part of [NJ Foundation for Aging's Policy Webinar Series/Policy Issues in the Field of Aging](#). The webinar, featuring Courtney Christenson and Cassandra Warney from CSH, takes place on Wednesday, Sept. 23, from 10:30 to 11:30 a.m. To register, click [here](#). The series is sponsored by [Archer Law Office, LLC](#).

"Taking a deeper look at the need for supportive housing in our state will help inform future decisions for housing programs, and ultimately, provide safer, more affordable homes for older adults and those living with disabilities," says Melissa Chalker, Executive Director, [NJ Foundation for Aging \(NJFA\)](#).

The [CSH](#) defines supportive housing as "Very affordable rental housing forming a platform of stability for vulnerable people who do not have a home or are leaving institutions or hospitals. It is linked to intensive case management and voluntary, life-improving services like health care, workforce development and child welfare."

Christenson and Warney will present the data analysis as well as key recommendations that were developed by a diverse stakeholder group. The six recommendation topics are COVID-19, service funding, capital financing, eligibility criteria, workforce development and "NIMBY-ism." These topics will serve as the foundation for further dialogue between stakeholders and advocacy groups throughout NJ, leading towards finding solutions for meeting the housing and service needs of vulnerable older adults.

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