



Formerly NJ Foundation for Aging

145 West Hanover Street, Trenton, NJ 08618
609•421•0206 njaaw.org sbrooks@njaaw.org

Contact: Sue Brooks
FOR IMMEDIATE RELEASE

Aging Insights 116- “Celebrating Strength and Resiliency in our Communities”

TRENTON, NJ (May 6,2021) – In 1963, President John F. Kennedy declared May as the first Older American's Month (at the time, it was called Senior Citizen's Month). Back then, only 17 million Americans lived to see the age of 65. Now, there are more than 50 million Americans over that age, and a 10-year-old child has a 50% chance of living to 100!

For 2021, the Administration for Community Living selected "Communities of Strength" as a theme for Older Americans Month.

On this episode of Aging Insights, NJAAW spotlights strength in communities through examples from favorite past episodes – in such areas as fitness, government leaders and responses to the COVID-19 pandemic.

Celebrating its 10th year, Aging Insights is produced by NJ Advocates for Aging Well (NJAAW) in conjunction with Piscataway Community Television (PCTV). The half-hour TV program can be viewed on NJAAW's [YouTube channel](#), [website](#) and more than 70 public-access TV stations across NJ (check local listings for channels and times).

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About NJAAW

NJ Advocates for Aging Well (NJAAW, njaaw.org), formerly NJ Foundation for Aging, has been at the forefront of revolutionizing the aging experience since 1998. It is the only statewide nonprofit focused solely on providing leadership in public policy and education to enable older adults to live with independence and dignity in their communities. NJAAW's social action issues include senior housing and hunger, elder economic security, older workers and transportation. The award-winning Aging Insights, a monthly topical TV program produced by NJAAW, connects caregivers, seniors and their families to community-based services and resources. The show is available on NJAAW's YouTube channel at youtube.com/c/njadvocatesforagingwell, at njaaw.org and more than 70 public-access stations across NJ (check local listings for channels and times). NJAAW also presents educational forums and an Annual Conference (June 3-4, 2021) offering development opportunities and best practices for professionals entrusted with caring for seniors.