

CONTACT: Sue Brooks, Communications Manager

Aging Insights TV Episode 123: “NJAAW Holiday Special – Gift Ideas for the Older Adults in Your Life”



Trenton, NJ (December, 2021) – The holidays are here! What gifts would be best for older adults? Aging Insights TV host Cathy Rowe, DrPH, asked older NJ residents and experts on aging what they would love/recommend.

Watch Episode 123, “NJAAW Holiday Special – Gift Ideas for the Older Adults in Your Life,” to see why gift cards, experiences, help with a special project or transportation, easy-to-use gadgets for the kitchen and to video chat with family, tech tools for people with low vision, gentle fitness gear, items grandparents can enjoy with grandchildren, and audiobooks/ebooks were among the top picks.

The half-hour holiday special can be viewed on NJAAW’s website at njaaw.org/aging-insights, YouTube channel at youtube.com/njadvocatesforagingwell and more than 70 public-access stations across NJ (check local listings for channels and times).

NJ residents providing gift suggestions on this Aging Insights episode are:

- Tonia Moore (**South Orange**), Chair, South Orange Senior Citizens Advisory Committee
- Ed Moore (**South Orange**) AARP Tax Volunteer; SOMA: Two Towns for All Ages
- Cat Fisher (**South Orange**), Kitchen a la Mode
- Renie Carniol (**New Providence**), Director, Grotta Fund for Senior Care
- Karen Alexander (**New Brunswick**), Managing Director, NJ TIP @ Rutgers
- Jo Goldin (**Califon**), Physical Therapist
- Tracy Carroll (**South Orange**), Leader, Morrow Church Caregiver Support Group
- Risa Olinsky (**Maplewood**), President, FreeWalkers NJ
- Sue Brooks (**Ewing**), Communications Manager, NJAAW
- Armand Burghard (**Burlington**), 93-year-old great grandfather
- Cathy Rowe (**Maplewood**), Executive Director, NJAAW

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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, older adults and their families to community-based services and resources. The show is available on NJAAW’s [YouTube channel](https://youtube.com/njadvocatesforagingwell), [website](http://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 offering development opportunities and best practices for professionals entrusted with caring for aging adults