

Aging Insights TV Celebrates Older Americans Month with Episode 128 – “Meet the FreeWalkers”



May is Older Americans Month and this year’s theme is “Age My Way.” Thousands of older (and younger) New Jersey residents are opting to do that by walking, but with a twist: going the distance.

On “[Meet the FreeWalkers](#),” the 128th Episode of Aging Insights TV, host Cathy Rowe, DrPH, gains insights on endurance walking from members of one NJ group whose mission is “To advance the health and well-being of the public by educating, motivating and challenging people to participate in long-distance walking events.”

Aging Insights, now in its 11th year, is produced by [NJ Advocates for Aging Well](#) (NJAAW) with [Piscataway Community Television](#) (PCTV).

Founded a dozen years ago by Paul Kiczek of Morristown, and now under the direction of Risa Olinsky of Maplewood, FreeWalkers (freewalkers.org) hosts upwards of 50 events each year that range from a few to over 60+ miles, inside and outside of the Garden State.

Joining Olinsky to discuss their reasons for starting and continuing endurance walking, favorite walks, and more, are Louise Karger, MD, and John Codd of Morristown; Diane Glace of Allentown; Edward Purcell from Summit, and Adriane Berg, host of the weekly podcast, *Generation Bold, The Fountain of Truth About Aging*, formerly of Lebanon (NJ). All guests are over age 60.

Aging Insights can be viewed on NJAAW’s website at njaaw.org, YouTube channel at youtube.com/njadvocatesforagingwell and public-access stations across NJ (check local listings for channels and times). Aging Insights is now also a [podcast!](#) Find it on your favorite podcast app as “Aging-Insights-NJ.”

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About NJAAW

NJ Advocates for Aging Well (NJAAW, njaaw.org) 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, the direct care workforce, older workers and transportation. *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](#) at youtube.com/njadvocatesforagingwell and [website](#), as well as public-access stations across NJ (check local listings for channels and times). *Aging Insights* is now also a podcast! Find it on your favorite

podcast app as "Aging-Insights-NJ." NJAAW also presents educational forums and an Annual Conference (June 13, 2022) offering development opportunities and best practices for professionals entrusted with caring for aging adults. Follow NJAAW on Facebook and Instagram @njadvocatesforagingwell and Twitter @njagingwell.