



Formerly NJ Foundation for Aging

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## **Ageing Insights TV Episode 127 – “Healthcare Decisions: Having ‘The Talk’”**

**Trenton, NJ (April 14, 2022)** – National Healthcare Decisions Day, April 16, was created to inspire, educate and empower healthcare providers and the general public about the importance of advance care planning. The April episode of Ageing Insights TV was designed to help viewers understand the importance of being prepared.

Ageing Insights is produced by NJ Advocates for Ageing Well (NJAAW), with Piscataway Community Television, and hosted by NJAAW’s Executive Director, Cathy Rowe, DrPH.

On this year’s episode, “Healthcare Decisions: Having ‘The Talk,’” viewers meet “Evelyn,” played by Tonia Moore of South Orange, Chair of the South Orange Senior Citizens Advisory Committee. Evelyn, a divorcee in her early 60s who has two grown children, is still working and has no major health issues. The show follows her through the years and captures her thoughts about planning ahead at various stages of ageing and health challenges. The episode relays how life experiences change priorities and ideas over time.

The expert commentator for the episode, Goals of Care Coalition of New Jersey (GOCCNJ) Board Member Tracy Grafton, LCSW, ACHP-SW, is a clinical social worker with over 20 years of experience in end-of-life care.

[GOCCNJ \(goalsofcare.org/patients-family/4step-icare-plan/\)](http://goalsofcare.org/patients-family/4step-icare-plan/) is a non-profit partnership of leading healthcare providers, government agencies and community organizations dedicated to “helping patients get the care they need and no less, and the care they want and no more.”

Throughout the program, Grafton analyzes Evelyn’s views on advance care planning and how they change, providing feedback on how people can use this to help their conversations with loved ones. Grafton noted that family members faced with making decisions about a loved one in ICU who doesn’t have any advance care plans, have often suffered from Post-Traumatic Stress Disorder following the experience.

Grafton recently joined the Hackensack Meridian Health Palliative Care Program at Ocean University Medical Center after having worked at Haven Hospice at JFK Medical Center since 2000. After earning her MSW from Rutgers, The State University of New Jersey, Grafton worked in oncology, child/ adolescent/adult bereavement, hospice and then palliative care, providing support for patients and families facing life-limiting illness across the lifespan. As an adjunct faculty member at both Rutgers University and The College of New Jersey, she has taught classes on advance care planning, ageing, oncology, end-of-life, and bereavement for all ages.

Ageing Insights can be viewed on NJAAW’s [website](http://njaaw.org) at njaaw.org, [YouTube channel](https://www.youtube.com/njadvocatesforagingwell) at youtube.com/njadvocatesforagingwell and public-access stations across NJ (check local listings for channels and times).

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### **About NJAAW**

*NJ Advocates for Aging Well (NJAAW, [njaaw.org](http://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](https://youtube.com/njadvocatesforagingwell) and [website](#), as well as public-access stations across NJ (check local listings for channels and times). 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.*