



**FOR IMMEDIATE RELEASE**

Leo Rommel, CMA  
609-297-2217; LRommel@cmasolutions.com

**New Podcast Answers Timeless Question:  
How Do You Age Well in the Garden State?**

*NJAAW's 'Aging Insights NJ' Ensures Older Adults Don't Go it Alone*

**TRENTON, NJ (May, 2022)** – [New Jersey Advocates for Aging Well](#) (NJAAW), a leading resource for older adults and retirees in New Jersey, has launched a groundbreaking podcast series that answers a question nearly a quarter of state residents ask every day: How do you age well in the Garden State?

In each “Aging Insights NJ” podcast, host Cathy Rowe, DrPH, NJAAW’s Executive Director, taps her network of experts to provide listeners with an exclusive, detailed look into the key issues affecting New Jersey’s older adults, their family members and friends. Topics discussed include safety, finances, housing, retirement, longevity, health and security.

“Older adults and retirees in New Jersey now have a new, modern avenue to gain invaluable insight on how they can maximize the joy, minimize the challenges and capitalize on the opportunities that aging successfully has to offer,” Rowe says. “Each episode includes lively, thought-provoking discussions with guests and experts in a range of fields and organizations who connect listeners with the professional guidance they need to reinvent their home and work life in their 60s and beyond.”

The podcast venture allows listeners to tune into the organization’s popular monthly “Aging Insights” TV talk show – produced by [Piscataway Community TV](#) (PCTV) and aired on local-access channels statewide, NJAAW’s [YouTube channel](#) and [website](#) – by accessing it on demand on Spotify, Apple and Google podcasts. Funding for the podcast is provided by the [Wallerstein Foundation for Geriatric Life Improvement](#), along with other supporters and viewers.

“NJAAW and its partners know what our audience wants to learn – how to age and feel well while maintaining independence.” Rowe says. “In every episode, we’ll deliver the nuanced, professional insight they demand. The information and suggestions we share are applicable not just to retirees and older adults in New Jersey but nationwide. This series is the next step in growing our library of timely content with the experienced and incisive perspectives our fast-growing senior population needs to hear.”

###



---

YOUR TRUSTED RESOURCE

# # #

**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). 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.*