This year will be the twelfth time in my life that I cast a vote for the governor of NJ. I remember back in 1973 being forced to vote two weeks ahead of time by absentee ballot because my polling place was not accessible. I remember in 1992 being challenged at the poll because of my disability, and I remember the empowerment I felt by

CONTINUED ON PG 7
Miss Suzanne Peins will be officially retiring at the end of July 2017. Suzanne is a founding board member who became PCIL’s first full-time staff member. After PCIL was founded, she left the board to become the first Independent Living (IL) Specialist. She has been working for PCIL part time for several years now.

When I first started at PCIL as a part time IL Specialist, I worked closely with Suzanne who taught me a lot about independent living resources and advocacy topics. I have known her now for 18 years and have seen her be extremely committed to assisting people with disabilities and working on disability issues. Of course, she “gets it,” because she “lives it” through having a son with a significant disability and her husband also volunteers his time helping us at various events!

Suzanne has been an excellent asset for PCIL and our consumers, and a great teammate who will be sorely missed by everyone at PCIL. At lunch time, PCIL staff try and eat together, when possible, and Suzanne always seems to provide the spark for a good deal of laughter through the words she uses, her north jersey twang and funny stories!

Everyone at PCIL wishes Suzanne the best of luck. We can’t wait to see and hear from her about the great adventures she has planned for the coming years!
MEET KIM

Hi everyone! I am Kim Such and I joined PCIL in June 2017. I am a licensed social worker in NJ and PA and have over 10 years’ experience working with people with disabilities. I have worked in many agencies including Legacy Treatment Centers, Community Options, Oaks Integrated Care, and even DDD. I have also worked in many social service areas involving direct service, administration, clinical therapy, advocacy, and disability policy in NJ. I have been a Support Coordinator for over 2 years and am so excited to bring my knowledge and experience to PCIL!

MEET SARA

Hey everyone! My name is Sara Olexsak, a new Support Coordinator for PCIL. Although I started at PCIL in May of this year, I have been working with the at-risk youth and developmentally disabled population for quite some time now. I received my B.S. in Psychology in May of 2013 from Old Dominion University in Norfolk, VA. While living in Virginia, I worked as a PCA for adults with varying disabilities. Since moving back to NJ in 2014, I have held positions funded through the Children’s System of Care and the Division of Vocational Rehabilitation. All of the positions I have held have focused on multiple aspects of independence. I am thoroughly enjoying the work I am doing here at PCIL, and excited to be a member of this team!

MEET REED

Hello, my name is Reed Thomas. I began working at PCIL in July of 2017 as an Independent Living Resource Specialist. In 2014, I served as the Manager of the music program for The Arc Mercer. The Arc was my first position working exclusively with people with special needs. I found it very rewarding on a personal level. I really enjoyed not only helping the consumers learn and achieve their goals, but also getting to know the people I served, and helping them explore their interests and abilities. I am a musician and have worked in the music field for many years. After getting a degree in music with a focus on guitar, I not only perform professionally, but also managed a retail music store and taught music lessons. I am in the process of completing a degree in communications which will further my ability to work with and understand people from many different backgrounds and situations. I look forward to continuing to help people here at The Progressive Center and promoting integration and independence.
Neshaminy Creek is the official hand-crafted brew sponsor!

Craft brewery hosting tours & other events, with a tasting room, gift shop & growlers for sale.

909 Ray Ave, Croydon, PA 19021
(215) 458-7081

Neshaminy Creek is the official hand-crafted brew sponsor!

Thank you to the 2017 Taste for Success In-Kind Sponsors

2017 local produce sponsor for the 2017 Taste for Success Event.

1034 State Highway 202 | Ringoes, NJ
908-806-FARM (3276).

The official wine sponsor for the 2017 Taste for Success Event.

46 Yard Rd, Pennington, NJ 08534
(609) 737-4465

2017 fresh bread sponsor for the 2017 Taste for Success Event.

http://www.cowsoutside.com/
Milford, NJ
We are proud to be the lead event sponsor for
The Progressive Center’s
A Taste For Success Fundraising Event

Robbinsville Town Center Branch
2300 Route 33, Robbinsville, NJ
Peggie Shader Gother, Branch Manager
609.259.1930  myinvestorsbank.com

2017 Sponsors for A Taste for Success

Supporting and Empowering People With Disabilities
Robbinsville, Hamilton, Lawrenceville, Woodstown,
Hopewell, Toms River and Westampton
www.projectfreedom.org
On June 29th 2017, PCIL held a recreation event at Arm and Hammer Park in Trenton, NJ. This is the home of the Trenton Thunder. We all enjoyed a great game and the Thunder won 8-2 with the help of a great pitching performance by Justus Sheffield and crew. We were also able to witness Mike Ford hit a great home run as well. A wonderful time was had by everyone and PCIL would like to thank the Trenton Thunder for assisting us with this event. We look forward to returning next year.

In May, there was tour of both the indoor and outdoor galleries at Grounds for Sculpture in Hamilton. There were games, food, and fun at the annual PCIL picnic in July at Mercer County Park. This year’s event featured pontoon boat rides, a magician, a wide variety of games and Barbara Thornton, professional caricature artist! (http://barbarathorntonart.com/)

UPCOMING REC EVENTS

AUG 9 - The Annual PCIL softball game will be held at YMCA/Sawmill Miracle League baseball field.

SEPT – Dinner and karaoke at Momma Rosa’s Pizza in Hamilton

OCT – Pottery painting at Color Me Mine ceramics studio

NOV – Bowling returns!
calling a state hotline while at the poll to “fix” the situation to my satisfaction.

Times have changed for people with disabilities in terms of voting ease. Now most polling places and polling booths are accessible. Voting early by mail is encouraged for everyone in many states. Yes, there are still barriers to voting, especially in other states, but there is no excuse for any person with a disability not to vote.

Yet LAST YEAR, I read an article FROM the Arizona Capital Times about people with disabilities voting and it cited a report from the Research Alliance for Accessible Voting. The report said that in 2012 people with disabilities voted at a lower rate than their able-bodied peers. The rate was 56.9% in the able community vs 48.1% for people with disabilities. Our vote was 12% less compared to people who were able-bodied, and we wonder why some elected officials do not pay attention to us!

The article also contained a quote from Phil Pangrazio, a person with a disability and the CEO of an Arizona-based center for independent living. Pangrazio said, “With barely half of our community voting in any given election, it is critical that we each take our civic right, and our duty, seriously. Not voting may just be one of the most selfish and irresponsible acts a citizen could commit.”

I agree with Pangrazio, especially with what is at stake these days in Washington and right here in our own town, Trenton.

Nothing about us, without us, right? Well, the decision process for our issues is moving ahead at all levels of government. The Progressive Center for Independent Living (PCIL) does our best to represent people with disabilities in these policy decisions, but we need you, the person/voter with a disability to be involved too. You need to vote.

We all need to be involved from the start by voting! Before we demonstrate, before we sit-in, before we get arrested, WE NEED TO VOTE!!! The rest is meaningless unless we exercise our right to vote.

To paraphrase our great leader Justin Dart: We need to vote as if our lives depend on it! We all need to vote on November 7!

Norman A. Smith, President PCIL
ProjectFreedom1@aol.com
Follow me on Twitter @normansmith02
Follow us On Twitter @PCIL_NJ
Like us on Facebook at www.Facebook.com/progressivecenternj/

Photo included in this article is from the National Disability Voter Registration Week Kickoff 2017 — in Trenton, New Jersey organized by Rev Up NJ and the Alliance Center for Independence.
PROGRESSIVE CENTER FOR INDEPENDENT LIVING'S

A TASTE FOR SUCCESS

CORK & KEG EDITION

Event Sponsored by Investors Bank

Raising money for people living with disabilities in Mercer and Hunterdon Counties.

SEPTEMBER 23, 2017 | 2 PM - 6 PM

The Barn at Gravity Hill in Titusville, NJ

6 CHEF-MANNED GOURMET FOOD STATIONS
5 CRAFT BREWS FROM NESHAMINY CREEK
5 WINES FROM HOPEWELL VALLEY VINEYARDS

$125 per person in advance | $150 at the door

WWW.PCIL.ORG | INFO@PCIL.ORG | 609-581-4500
**Could you qualify for a free cell phone and service?**

The Lifeline program is available to eligible consumers in selected states and territories through SAFELINK WIRELESS®, individuals can obtain a cell phone and service if they meet certain eligibility requirements. SafeLink Wireless offers two programs:

<table>
<thead>
<tr>
<th>If you use your own phone:</th>
<th>Receive a Free Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>350 Free Monthly Minutes</td>
<td>350 Free Monthly Minutes</td>
</tr>
<tr>
<td>Free SIM Card</td>
<td>Free Smartphone* (WiFi &amp; Data Compatible)**</td>
</tr>
<tr>
<td>1GB/month of Free Data for Internet Usage for the first 3 months of service and 500MB/month thereafter*</td>
<td>500MB/month of Free Data for Internet Usage</td>
</tr>
<tr>
<td>Unlimited Texts Every Month!</td>
<td>Unlimited Texts Every Month!</td>
</tr>
<tr>
<td>Voicemail/Caller ID/3-way Calling</td>
<td>Voicemail/Caller ID/3-way Calling</td>
</tr>
<tr>
<td>Free 911</td>
<td>Free 911</td>
</tr>
<tr>
<td>411 Directory Assistance at No Additional Cost</td>
<td>411 Directory Assistance at No Additional Cost</td>
</tr>
<tr>
<td>Nationwide Coverage on America’s Best Networks and 4G LTE† capable.</td>
<td>Nationwide Coverage on America’s Best Networks and 4G LTE† capable.</td>
</tr>
</tbody>
</table>

**How to qualify**-

Actual requirements vary by state, but in general, to qualify for Lifeline, subscribers must either have an income that is at or below 135% of the federal Poverty Guidelines, or participate in one of the following assistance programs:

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP) Food Stamps
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)
- Veterans and Survivors Pension Benefit
- Some states have additional eligibility under the following Tribal programs:
  - Bureau of Indian Affairs General Assistance (BIA)
  - Tribally Administered Temporary Assistance for Needy Families (Tribal TANF)
  - Tribal Head Start (only those households meeting its income qualifying standard)
  - Food Distribution Program on Indian Reservations (FDPIR)

*For more information on this program, go to www.safelinkwireless.com*
The Miracle League of Mercer County (MLMC) is a baseball league for children with disabilities (both intellectual and physical). They are the local chapter of The Miracle League, a nationwide organization that was founded in Conyers, Georgia in 1998 and has about 300 Miracle Leagues across the USA as well as in Puerto Rico, Canada, and Australia. The MLMC is sponsored by the YMCA with the help of the Rotary Club of Robbinsville/Hamilton Townships and was started in 2005.

I started playing at the Miracle League when I was fifteen years old because I wanted to be able to play baseball as a kid and this was the only league where handicapped kids could play. Most of the players in the MLMC are intellectually disabled and there are some players who are both intellectually and physically disabled meaning there are fewer players who are just physically disabled like I am. I enjoyed my time playing at Miracle League because it was the first experience I had of playing in a baseball league. Before that, I was not able to play organized baseball because I was in a wheelchair. I was only able to watch baseball on TV or attend baseball games. My younger brother used to play baseball in the Little Leagues and I went to a lot of his games and practices; I also played catch with him and my dad sometimes. In the MLMC, each player gets a turn to play every position. As a player, I enjoyed being able to play different positions because it allowed me to get the feel of each.

I have been volunteering as a coach for the MLMC Yankees for seven years, before that I was a player for the same team for three years. After I graduated high school, I decided to become a coach for the MLMC Yankees and I coach either first/third base (whichever base is closer to my team’s dugout). Recently, the MLMC was honored at a Trenton Thunder game towards the end of the spring season in June and the entire league (both players and coaches along with some volunteers) got to go onto the Thunder field at Arm & Hammer Park.

The Miracle League of Mercer County: http://www.miracleleaguemercer.org/

Axel McNamara coaching first base.
Photo credits: Hamilton Post
MELLOW MUSHROOM TRIP
By Jennifer Freund, PCIL Consumer

On May 28, 2017, my mother and I got a chance to go and try out this pizza restaurant, The Mellow Mushroom, in Toms River New Jersey. I had heard about it from a friend who had been there many times before. After they told me, I couldn’t wait for a chance to visit with my family or friends.

The day had finally come and when we arrived, the place was more amazing then how I pictured it or had seen in pictures online. It’s a big building in a shopping complex. Its decorations remind me of the beach, which went well with its theme on the inside. It was a combination of the boardwalk and the Jersey Devil. Along with some fantasy-themed furniture and a well-made dragon figure on the outside on the front doing an ‘I love you’ sign with one of its claws. We were seated the moment we walked in and treated kindly by everyone there. Not just in the usual way that comes with those who are trained. They treated us like we’ve been best friends for years. The service is as friendly and energetic as the atmosphere the place gives off when you first walk in.

The menus were different compared to others we’ve seen, yet unique. Even the names of the dishes served were interesting. The menu included gluten-free pizza and they marked how many calories are in each meal, all while still being delicious. They also have a bar where the bartender is running, it was both funny and fun. There are even a lot of tv’s there that would be great for a game night! We can’t wait to go back again!!

“A GLANCE AT MELLOW MUSHROOM

“The service is a friendly and as energetic as the atmosphere the place gives off when you first walk in!” - Jennifer Freund
We are proud to have brought the “Dish’n on Nutrition” workshop series to our community, thanks to a generous grant from the Wawa Corporation. This twelve session program began in early May 2017 and featured presentations at Project Freedom in Hamilton and Robbinsville, as well as Hamilton’s Jersey Girl Café. Topics included planning a balanced meal, applying for the S.N.A.P. program, food and fire safety, accessible kitchen tools, as well as informative and fun live cooking demonstrations.

Each workshop was accompanied from an expert in their field who presented first-hand knowledge to the attendees. These guest speakers included B.J. Lahovick, Registered Environmental Health Specialist from Hamilton Township; Fred Tchang, Director of Assistive Technology services from Advancing Opportunities, Chef Kathy from Jersey Girl Café, and many others. Each speaker brought handouts, used Power Point presentations, and displayed samples related to the specific topics that they covered. At both the middle and final workshop of the series the group met at the Jersey Girl Café for a lesson and demonstration by Chef Kathy on preparing a full dinner including a salad, entrée, side dish, and dessert.

We are happy to report a larger group was in attendance for this second go-round. When asked to share their feelings on what they enjoyed from the series participants said “the informative hands on demonstration”, “I loved learning simple tricks to make cooking easier”, “I loved cooking with my friends” and “we should do more of these”. Nutrition, kitchen safety, and accessibility are topics that concern everyone in our community. We are proud to have been able to keep providing education and awareness and we hope to see you at this program in the future!

Left: Timika (a PCIL Consumer) enjoys a balanced, healthy meal at the Jersey Girl Café’ cooking demo.

Right: Faryl (a PCIL Consumer) helps prepare roasted cauliflower as part of the Jersey Girl Café’ cooking demo.
Advocacy Prevails... Keep At It!

By Eileen E. Doremus,
Executive Director, Mercer County Office on Aging/ADRC

The Good News
Congress hears us! After aggressive local, state and national advocacy efforts by the aging network all the programs that were targeted for elimination in the President’s FY 2018 budget have been restored, albeit partially, by Congress.

The Meat of the Matter
Consider the following observations from our membership organizations the National Association of Area Agencies on Aging (n4a) and the National Association of Nutrition and Aging Services (NANASP), our tireless advocates in Washington, D.C.:

• Despite what may look like an increase above the FY 2017 funding levels, it is most likely due to the movement of the Senior Community Service Employment Program (SCSEP) from the Department of Labor to the Administration for Community Living. In actuality, there are cuts to the State Health Insurance Program (SHIP) and the Elder Justice support activities.

Continued on page 15
While summer time is an adventurous and fun filled time for most, the hot weather can be quite dangerous, especially for older adults. With the warm weather comes the desire to get outdoors for some fun in the sun but many people ignore the dangers that warm weather can bring. Every single summer, nearly 200 Americans die of health problems caused by high heat and humidity. Hot weather is more likely to cause health problems in adults age 50 and older due to aging-related physical, chronic health conditions, and side effects of medications. As the temperatures rise near and above 90°F, older adults need to be proactive and take certain precautions. Be on the look out for warning signs and keep in mind the following tips so that summer can remain a safe and enjoyable time of year.

The National Institutes on Aging at The National Institute on Health suggest what to look out for:

- Heat cramps: Exercising in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes used to the heat.
- Heat syncope or fainting: Anyone not used to exercising in the heat can experience a quick drop in blood pressure that can lead to fainting. As with heat cramps, the cure is to take it easy.
- Heat exhaustion: Losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness and weakness. Heat exhaustion is more likely after a few days of a heat wave than when one is just beginning.
- Heatstroke: In some cases extreme heat can upset the body’s temperature to rise to 105 degrees or higher. Symptoms are lethargy, confusion and unconsciousness. Even a suspicion that someone might be suffering from heatstroke requires immediate medical aid. Heatstroke can kill.

Tips on Keeping Cool in Hot Weather:

Continued on page 11
Advocacy Prevails...Keep At It!

Continued from page 9

• In a win for advocacy, funding for the Older Americans Act Title III programs remained flat. There were no cuts!

• Elder Justice and Adult Protective Services programming remain level funded; this was a primary focus of the Obama administration and the reauthorization of the Older Americans Act.

• Funding for the Aging and Disability Resource Center activity stays level.

• Prevention and public health programs, Senior Corps (RSVP, Foster Grandparents and Senior Companion), and block grant programs remain funded as in FY 2017.

The Rest of the Story

Members of Congress still need to hear from us! We have an uphill battle ahead of us with those “up on the Hill!” The message to keep on keeping on resonates nationwide. The immediate successes will need strong reinforcement. Continue conversations with your members of Congress.

Follow up-to-date legislative news about all this activity and other issues for older adults by visiting www.n4a.org and www.nanasp.org.

Staying Safe in the Summer Heat

Continued from page 10

• Drink plenty of water: Keep drinking water even if you don’t feel thirsty because this can prevent you from becoming dehydrated. Avoid alcoholic, hot or sugary drinks (including tea and coffee) because these can make dehydration worse.

• Keep your body cool: Keeping as cool as possible can help you prevent heat-related illness. Make sure you stay out of the sun. Drinking cold drinks and eating smaller, cold meals, such as salads and fruit, can also help you to keep cool. Also try wearing light colored and loose-fitting clothes made from natural fibers such as cotton, and taking cool showers or baths.

• Keep your house cool: You can help keep your house cool by shutting curtains and blinds during the day. If you don’t have air-conditioning, purchase fans or go to a cool place such as a library, shopping center, cinema or swimming pool. Stay in the coolest room in the house and use the stove and oven as little as possible.

• Stay out of the sun: If possible, wait to go out until the sun starts to set or until early the next morning. Adjusting when you go outside could mean a difference of several degrees.

“Hot fun in the summer fun” takes on new meaning – take heed and enjoy!
Mercer County TRADE Transportation

By Martin DeNero, Director of TRADE

TRADE Transportation is pleased to offer our services as a County agency that is a partner to the Mercer County Aging and Disability Resource Connection! TRADE Transportation provides non-emergency transportation to residents of Mercer County who are seniors (age 60+) and to adults with disabilities. Eligibility can be established over the phone. Service is available county-wide and up to 5 miles beyond the border of Mercer County. Our business hours are Monday through Friday, from 7:00 a.m. to 5:00 p.m. The following is general information about TRADE:

• TRADE employs 25 full-time drivers and 2 stand-by drivers. All drivers have a Commercial Driving License. All TRADE vehicles are accessible via passenger lifts. Transportation is provided free, while a donation of $1.00 is suggested for each trip.

• Reservations are provided on a first-come, first-served basis. Reservations can be made up to 14 days in advance. While some service requests can be made with less notice, advance notice is suggested. TRADE does maintain a waiting list for trip requests that exceed our capacity.

• Service is provided on a demand responsive (occasional) or subscription (repeating) basis. TRADE provides subscription service to customers traveling frequently to County Nutrition Centers, Dialysis Centers, shopping and work.

• Service is provided for a variety of trip purposes including medical, dialysis, nutrition centers, employment, recreation, education & shopping.

• TRADE does provide weekly shopping trips to residents of some senior housing sites.

Contact Information

For reservations, dial 609-530-1971 and press 1 for reservations. Reservation staff receives more calls than can be immediately answered. Please leave a message. We will return your call.

For dispatch, dial 609-530-1971 and press 2 for dispatch. Contact dispatch if you need to get an update on the vehicle assigned to provide your ride, if you wish to cancel, or if you are concerned that you may have missed your ride.

Residents who suffer from speech or hearing loss may access New Jersey Relay service by dialing 711. More information is available on the Mercer County website, www.mercercounty.org.
Keisha B. uses Mercer County TRADE daily to commute to her job in Ewing. She leaves her home in Jersey City at 6:30 a.m. every day and vanpools to Trenton! TRADE then picks her up downtown and transports her and a small group of co-workers to their office in Ewing. Keisha has a visual disability and she has been using TRADE now for more than 12 years!

Keisha’s journey with TRADE began in 2005 when her office moved from downtown Trenton to an area in Ewing without any public transit. Her supervisor had four employees whose jobs were threatened if transportation could not be located. Trying to help, her supervisor found out about TRADE and made a call to request assistance. TRADE was able to make arrangements to transport Keisha and her co-workers from a location in Trenton where they all met. Mobility is a challenge that all of us face and it can be a particular challenge for seniors and people with disabilities. The three co-workers TRADE picks up with Keisha get to the location downtown by either NJ Transit bus, cab or someone drops them off to meet the TRADE bus. And then, there is Keisha, traveling down by vanpool every day from Jersey City!

Keisha’s office moved again several years ago, and TRADE continued the arrangement with Keisha and her co-workers because no public transit was available in the new location. Keisha is “very satisfied” with the dependability of TRADE. She has never missed her ride home, although there were “about three times” over the past 12 years when TRADE was running very late and a co-worker volunteered to drive her down to Trenton. Keisha says “the drivers are always very pleasant” and “all TRADE employees go above and beyond what is required of them. It has helped me to keep my employment and enabled me to get to work and back home so I can take care of myself.”

When asked if TRADE could do anything different to assist her, Keisha said, “No, I’m happy.”
In my work as a social worker, much of my career has been working with older adults and their caregivers. The focus has been on disease-related conditions and the effects these have on quality of life. The immeasurable consequences of how one’s life is lived have many variables that include family upbringing, education, marital status, financial security and health status to name a few. Add to those, religious and cultural aspects of aging and disease-related concerns and one is comforted knowing there is a plethora of research that offers sufficient guidance for social work to succeed.

More and more one can read about an increasing trend in the social work perspective among our aging and disabled population …that of isolation and loneliness. In the past two years several notable publications, such as Psychology Today, Forbes and Fortune have spotlighted these as the modern day epidemic.¹ AARP has dedicated a campaign entitled “connect2affect” that prompts the site visitor (www.connect2affect.org) to increase the use of technology as a means to turn loneliness into connectedness and suggests that volunteerism combats loneliness. CareMore, a health plan and delivery system that operates in several states, is implementing awareness to treat loneliness as they would any other chronic disease or condition. This is a vision shared “to effectively address this ailment and improve patient lives across the country,” states their chief medical officer, Zubin J. Eapen.

Are older Americans becoming increasingly lonelier? Statistics say, yes. Is it because we are also more isolated? Studies again say, yes. Studies agree but isolation, AARP notes, “is more than being alone. It is the result of feeling detached physically or psychologically, or being disconnected from support groups of family, friends and community.”

Let us take stock … in future issues of this newsletter, we will explore together ways in which older adults, those living with disabilities and their caregivers ARE staying connected. Perhaps you have a suggestion, a program or idea to combat loneliness and isolation. Email us at adrc@mercercounty.org and let us know!

¹ (Chronic Loneliness Is a Modern-Day Epidemic, Fortune, June 22, 2016 and Loneliness, Chronic Illness and Growing Older, Psychology Today, January 12, 2015).
The Mercer County Office on Aging
Your Aging and Disability Resource Connection

The Mercer County Office on Aging, like all of New Jersey’s Area Agencies on Aging, is considered as your local Aging and Disability Connection (ADRC). The sole purpose of the ADRC is to connect older adults, those living with disabilities and their caregivers with the services they need to continue living independently in the community of their choice.

The ADRC:
• helps consumers find home and community-based services
• offers information about Medicare, Medicaid and other insurance options
• assists in planning for consumers’ care needs now and in the future
• supports caregivers throughout their caregiving journey
• promotes health and wellness and disease prevention programs
• helps consumers become eligible for programs and services

Mercer County’s Office on Aging/ADRC can be reached by calling 609-989-6661. The staff will listen to your concerns to help you determine what help you may need. If there is a need to come to the office, our staff will gladly arrange an appointment with you.

For a comprehensive statewide resource, go to www.adrcnj.gov.

2017 Mercer County Senior Art Show
By Eileen E. Doremus

What an extraordinary 2017 Mercer County Senior Art Show! Held at Meadow Lakes in East Windsor, this year’s event gathered over 90 pieces of art in a variety of mediums. Michael Madigan, himself an artist and instructor, was the juror for the show. He shared, “Clearly, lifetimes of experiences, memories and beliefs have provided rich content for these works...” The art show was open to anyone over the age of 60 and is an annual event leading up to the State Senior Art Show that is also held at Meadow Lakes. To the left you can see the pieces that were awarded Best In Show, Janis Purcell, Mixed Media Professional for “Quan Yin Goddess of Mercy” on the top and Helen Bilinski Watercolor Non-professional for “Houdini Octopus” on the bottom.
FREE COMPUTER WINNERS

Congratulations to James Walker (left) and Dan Rappoport (right) winners of the PCIL computer give away! Both winners were happy to get new computers. Dan is an avid cyclist (who was recently featured in the cycling magazine Tradewinds) and plans to use his new computer to help keep track of the statistics from his bicycling trips as well as map out routes and calculate distances.

Progressive Center for Independent Living
3525 Quakerbridge Road
Suite 904
Hamilton, NJ 08619

Phone: 609-581-4500
Fax: 609-581-4555
E-mail: info@pcil.org
Site: www.pcil.org