



Division of Multi-Service Program on Aging

*A Woodbridge Township Social Work Division Providing Senior Services to Township Residents
Designed to Support Older Adults in Leading Independent Lives With Dignity during Challenging Times*

Michele Morgan, M.S.W., Division Head
400 Inman Avenue, Colonia, NJ 07067
732-726-6262

You are invited to attend a free seminar:

Expressions Educational Seminar

A free, educational, supportive and informative program designed to support older adults.

Pre-registration is required.



**Have you
had the
CONVERSATION?**

*The importance of discussing
and documenting your
Advance Care Plans early.*

- It is time to have the **Conversation of Your Life** to let your family, friends and providers understand your wishes through **Advance Care Planning**.
- The Conversation of Your Life program provides pertinent information you need to **communicate** your end-of-life care wishes ahead of time, saving your loved ones from making emotionally taxing decisions on your behalf when the time comes.
- The **5 WISHES** document will be handed out.

Presenting: **Tracy Grafton,**
Social Worker, Haven
Katie Budelman, VNA



FREE Presentation at a **SENIOR CENTER**
NEAR YOU:

SYCAMORE SENIOR CENTER

290 Old Road, Port Reading

Wednesday, November 13, 2019 at 11am-1pm

EVERGREEN SENIOR CENTER

400 Inman Avenue, Colonia

Tuesday, November 19, 2019 at 11am-1pm

Pre-Registration Required by contacting Division of
Multi-Service Program on Aging at 732-726-6262

The New Jersey Health Care Quality Institute runs a program called Conversation of Your Life (COYL) in 13 New Jersey Counties. The goal of COYL is to encourage more individuals to engage in fruitful conversations – *the Conversation of Your Life* – to let individuals' friends, family, and health care providers understand and respect their end-of-life wishes through advance care planning. COYL is generously supported by The Horizon Foundation for New Jersey.



***Senior Transportation of Woodbridge**
NOW available to Township residents 60 years of age and older.
If you need transportation, please contact STOW at 732-726-2394