

Caldwell LIVE
Lifelong Involvement for Vital Elders
973-403-0972

Are you over 60 or know someone who is?

A federally funded program has come to Caldwell. Located in the Grover Cleveland Senior Center, 1 Provost Square, in Caldwell, Caldwell LIVE is a **FREE** innovative program whose goal is to enhance the lives of older adults, help them connect to services and programs that will help them thrive, and enable older adults to remain independent in the community.

How do we do this?

Through programs and services including:

- Employment Counselor
- Social Worker
- Home Maintenance
- Non-Emergency Medical Transportation
- Fitness Classes
- Educational Activities

What are the benefits to joining Caldwell LIVE?

Any Caldwell resident who participates in Caldwell LIVE can qualify for any of the above services. For example, the Home Maintenance Program will provide a free home safety check-up and a day of free minor home repairs. This includes installing grab bars to prevent falling, changing the batteries in your smoke detectors, changing light bulbs, etc. The Medical Transportation Program provides 6 round trip rides to medical doctors and services for a \$5 per ride co-pay. The Employment Counselor is available to review your resume, help with interviewing skills and link you to possible employers. The Social Worker will provide information about vital benefits that may be available to you as well as discussing issues of concern. The LIVE Program also offers you an opportunity to meet local health professionals through our Feel Good Friday series at the Caldwell Public Library. The series is held in conjunction with Mountainside Hospital and often features doctors as speakers.

How easy is it to participate?

Any Caldwell resident, age 60+, is welcome and encouraged to take part in the programs that Caldwell LIVE offers. Caldwell LIVE, in conjunction with the Grover Cleveland Senior Center, the Caldwell Public Library and other community partners, produces a monthly listing of programs and activities for older adults. To be added to the mailing list, call the

Caldwell LIVE Office at 973-403-0972

Leave your name, address and phone number. Someone will return the call as soon as possible.

Caldwell LIVE is a federal demonstration program whose goal is to help older adults remain in the community. This non-sectarian program is in partnership with the Borough and local organizations. Support provided by the US Administration on Aging and United Jewish Appeal; funded in part through a grant from the Mountainside Health Foundation.