

What is Parsippany LIVE?

Parsippany LIVE (Lifelong Involvement for Vital Elders) helps older residents stay independent and in their own homes for as long as possible. **ALL RESIDENTS OF PARSIPPANY AGE 60+ ARE WELCOME TO PARTICIPATE!**

Offers services and programs tailored to the expressed needs of the community:

- Employment
- Activity and Exercise
- Eldercare Information & Referrals
- Community Involvement & Volunteers

Parsippany LIVE uses person-to-person connections, existing community activities and meetings, and technology like e-mail and online web resources to reach older residents and connect them to new programs and existing services.

Partners:

- United Jewish Communities of MetroWest New Jersey
- Jewish Vocational Service (JVS)
- Jewish Family Service (JFS)
- JCC MetroWest
- RSVP-NORWESCAP
- Township of Parsippany – Troy Hills
- Parsippany-Troy Hills Public Library
- Daughters of Israel - Metro Transport
- The Morris County Division on Aging
- Volunteer Management Center

Parsippany LIVE is a coalition of community and faith-based organizations, government agencies, businesses, non-profit organizations, houses of worship, and resident volunteer leaders working together to strengthen the community and deliver services to older persons in Parsippany.

Funders for Parsippany LIVE include the Administration on Aging, the State of New Jersey, the Grotta Fund for Senior Care of the Jewish Community Foundation of MetroWest New Jersey, the Kiwanis Club of Greater Parsippany Foundation, the Wallerstein Foundation for Geriatric Life Improvement, and the United Jewish Appeal.

CURRENT PROGRAMS

Parsippany LIVE At Work – Senior Employment

Provides job placement assistance to seniors using maturity as an asset in the job search.

Posts and publicizes job openings from local businesses and corporations at the Senior Center in Parsippany.

Matches mature workers to appropriate job openings, based on their interests and availability.

Offers FREE Employment Assistance with resume preparation, interviewing skills, and goal setting.

Contact: Jewish Vocational Service (JVS) at (973) 263-7043; parsippanylive@aol.com

Parsippany LIVE *On the Go!* – Exercise, Activity and Wellness

Opportunities for low-cost or FREE activity, new friends, and improved health are available at sites throughout Parsippany. Working with the JCC, Police Athletic League, local apartment complexes, houses of worship, the public library and the RSVP Volunteer Resource Center, Parsippany LIVE coordinates walking clubs, Gentle Yoga for Seniors, T'ai Chi Ch'uan, and "Healthy Bones" osteoporosis prevention classes, and co-sponsors "Healthy Monday" presentations at the public library.

Contact: Parsippany LIVE at (973) 929-3109. For "Healthy Bones" information call RSVP-NORWESCAP at (973) 784-4900 x 101.

Parsippany LIVE At Home – Eldercare Training and Support

Elderlink helps families identify community resources, review locally available programs, and offers education and support for caregivers. Elderlink helps families and older adults manage the aging process – learning what to expect, how to manage health and wellness, and where to go for help.

Contact: Elderlink at Jewish Family Service of MetroWest at (973) 765-9050 x 511 or email elderlink@jfsmetrowest.org.

Volunteer Matching

Want to make a difference close to home? Know an older person who could use a friendly visitor or regular telephone call?

Contact: RSVP – NORWESCAP at (973) 784-4900 x102 or VMC at (973) 538-7200.

**Everyone is the age
of their heart.
~Guatemalan Proverb**

**Age is an issue of mind
over matter. If you don't
mind, it doesn't matter.
~Mark Twain**

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