



MCADA is a private, non-profit agency dedicated to strengthening the foundations of individuals and families by empowering them to successfully handle difficult, everyday life situations and the impact of substance abuse. MCADA actively provides quality alcohol, tobacco and other drug abuse prevention & early intervention services in partnership with individuals, families, schools, communities, businesses, and professionals throughout Mercer County.

Contact Information:

Address:

1931 Brunswick Ave.
Lawrence Twp., NJ 08648

Phone:

(609) 396-5874

Fax:

(609) 396-3451

Email:

mcada@mercercouncil.org

Website:

www.mercercouncil.org

Addictions Hotline of NJ:

1-877-652-1148

Mercer Council on Alcoholism and Drug Addiction
1931 Brunswick Ave.
Lawrence Twp., NJ 08648

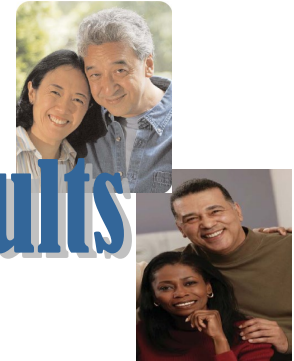
**Are you 60 or older
and looking for an
opportunity to
learn how to
stay healthy
and meet
people
?**



*A
wellness
program for
Older Adults*



Celebrating healthy aging and educating older adults



The WISE Program is a wellness and prevention program targeting older adults created by New Jersey Prevention Network (NJPN).

The WISE Program is designed to help older adults in New Jersey celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse.

The curriculum is designed to take place once per week over a six-week period. Each lesson is one hour and participants receive a \$25 gift card for attending 5 out of 6 sessions.

...Increasing Knowledge

- Participants will learn how their bodies age and how this process affects their ability to metabolize alcohol and medications.
- Participants will recognize the early signs and symptoms of depression.

.....Increasing Social Support

- Participants will develop an appreciation for cultural and generational diversity, including their own increasing age.
- Participants will demonstrate increased social guidance and social integration.

.....Positively Changing Behavior

- Participants will learn how their lifestyle choices and behaviors impact their health.
- Participants will learn how to use new tools and feel empowered to manage their healthcare, particularly regarding their use of medications.

Curriculum

Lesson One:

Understanding the Changes Associated with Aging

Lesson Two:

Aging Sensitivity

Lesson Three:

Valuing Cultural and Generational Diversity

Lesson Four:

Medication and the Older Adult

Lesson Five:

Addiction, ATOD (Alcohol, Tobacco and Other Drugs) and the Older Adult

Lesson Six:

An Enhanced Quality of life