

## Good Mobility is Important for Healthy Aging

September is Healthy Aging Month. We all need to have the ability to stay connected to our communities, healthcare, shopping and social opportunities. Healthy aging depends on it!

How to help yourself or the seniors in your life:

1. Encourage everyone to keep walking. Maintaining mobility is a lot easier than regaining mobility.
2. Promote Complete Streets in your town so that safe walking is possible.
3. Keep driving skills sharp by signing up for a driver refresher course through [AARP](#).
4. Learn how to use public transportation. Greater Mercer TMA has a [mobility guide](#) online that'll describe what you need to know to use public transportation. It will be much easier to "put down the keys" if it should become necessary. Contact [GMTMA](#) to learn about our travel training classes.
5. Learn about senior ride services like [TRADE](#) and [RideProvide](#) in Mercer County and [Ocean Ride](#) in Ocean County.
6. Advocate for improved transportation options for seniors.
7. Have a positive attitude!

### Quick Links

[Programs & Services for Employers](#)

[NJ Smart Workplaces](#)

[Commuter Tax Benefit](#)

[Commuter Rewards](#)

[Carpooling](#)

[Vanpooling](#)

[Zline](#)



## Do You (or your employer) Have What It Takes To Join This List Of Employers?

A-1 Limousine Inc.  
Albridge Solutions an affiliate of Pershing LLC a BNY Mellon Company  
Amazon

Bank of America  
Bloomberg LP  
Educational Testing Service  
Greater Mercer TMA  
Horizon NJ Health  
Janssen Pharmaceuticals  
Johnson & Johnson  
Naval Air Warfare Center Aircraft Division Lakehurst  
Munich Reinsurance America Inc.  
Municipality of Princeton  
New Jersey Department of Transportation  
New Jersey Manufacturers Insurance Group  
TYCO  
Princeton University  
Princeton HealthCare System



They're all 2015 NJ Smart Work Places. Businesses, government entities and educational institutes who are committed to providing commuter benefits to their employees to help reduce traffic and improve air quality.

You or your employer could be a Smart Workplace too and not even know it. Interested in joining this group of community leaders? Here's what you need to do: Complete the [online application](#) or call us at 609 452-1491 X and we'll walk you through the application. That's it!

After that your application is processed and categorized as bronze, silver, gold or platinum. Awardees receive a framed certificate and are recognized at our Annual Luncheon.

---

## Riders Wanted

A vanpool set-up by Greater Mercer TMA is looking for additional passengers. The vanpool originates in Toms River with a stop in Jackson and travels to downtown Trenton and NJDOT in Ewing. If you are interested in joining this vanpool or learning more about vanpooling in general, call our Customer Service Manager, Adele Clark at (609) 452-1491 ext. 224.

---

## Save the Date!



## SAVE THE DATE

GMTMA Annual Luncheon,  
RideProvide 10th Anniversary  
and  
NJ Smart Workplaces Awards

October 28, 2016  
11:00AM - 1:00PM  
Hyatt Regency Princeton

Invitation to follow



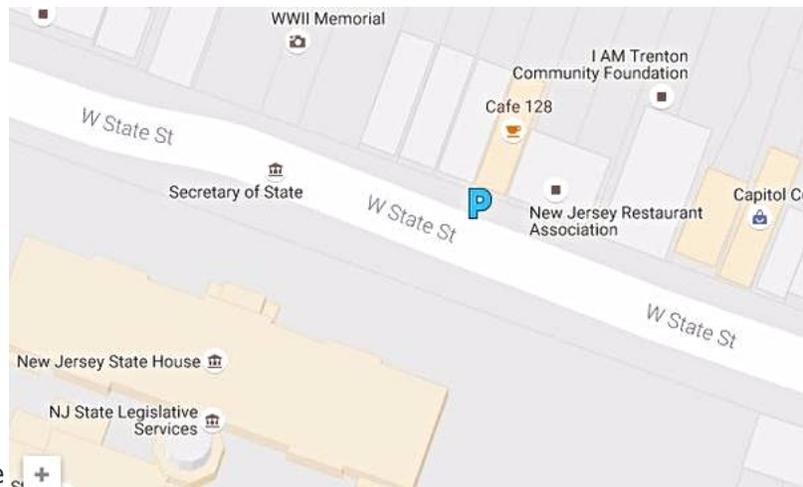
---

## Park(ing) Day

Park(ing) Day is an annual worldwide experiment that transforms on-street parking spaces into pop-up parks -- just for one day. Dreamed up by San Francisco art group Rebar, the event challenges the public to reimagine metered parking spots as mini parks.

**This year, the Isles in Trenton is planning on participating by having a pop-up park at the 128 Café - 128 W. State Street, Trenton, NJ, where a metered parking space will be transformed into a temporary public space.**

Past Park(ing) Day participants have built free health clinics, planted temporary urban farms, built art installations, opened free bike repair shops and some showed their love for the environment (and each other) by holding a wedding ceremony in one of these transformed spaces.



It may be too late this year to participate, but plan to visit the Isle's space to get ideas for next year. Park(ing) day is always the third Friday in September.

Check out how some captured the spirit of [Park\(ing\) Day 2015](#).

---

## Just PARK it!

September 22, is National Car Free day. Car Free day is exactly what it sounds like, leave

your car at home. If you already don't drive your car when you go to work, shopping, etc... every day is Car Free day for you – congratulations! For others, it may take some planning. Greater Mercer TMA can help by offering alternative ideas that will allow you to participate in Car Free day. You might like Car Free day so much, you may make every day Car Free Day.

Call Greater Mercer TMA at (609) 452-1491 x 224 for assistance.

*How do you plan to participate in Car Free Day? Send us a tweet, email, Facebook post and let us know how you plan on getting around September 22. Pictures would be great. Our October newsletter, will feature some of the best that just may inspire you.*

---

## Summer is Over

Greater Mercer TMA Safe Routes to School Coordinators partnering with Mercer County Public Health have wrapped up their safety presentations at summer camps for the year. This summer, children at CYO-Bromley, Family Transition Services, CYO East State Street, Wilson Summer Camp, Lenape Camp in Plainsboro, CYO-Yardville, and the Princeton Police Youth Academy learned important lessons on how to be safe while walking and biking.

Now, our Safe Routes to School Coordinators will be headed back to the classroom this fall. Our coordinators have a number of programs for schools they will be happy to present.

Along with teaching sessions on safe walking practices and bicycling skills, they can help organize "walking school buses" plan out best walking paths and demonstrate the TMA's walking school bus app to parents.



Don't wait to schedule, our Safe Route To School outreach program is extremely popular and fills up quickly. Contact Jerry at [jfoster@gmtma.org](mailto:jfoster@gmtma.org) or Ian Henderson at [Ihenderson@gmtma.org](mailto:Ihenderson@gmtma.org) or call (609) 452-1491.

*We also offer Environmental education programs as well.*

Photo credit: Princeton Police

---

---

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) to forward this email to a friend

Greater Mercer TMA  
15 Roszel Rd  
Princeton, New Jersey 08540  
US

[Read](#) the VerticalResponse marketing policy.

**vertical** DELIVERED BY  
**response**  
Try It Free Today!