

SCOSA

Stockton Center on Successful Aging

Celebrates Older Americans Month

First Annual

Successful Aging Festival

May 29, 2008

10:00am - 3:00pm

Stockton College Campus
Galloway Township, NJ



STOCKTON

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY

Stockton Center on Successful Aging

May 29, 2008

Welcome to Stockton and our First Annual Festival on Successful Aging. We hope you will enjoy your visit, attend some informative and stimulating presentations, gather information from many exhibitors, listen to some great music, and learn more about everything that Stockton has to offer. Throughout the day you'll experience opportunities that demonstrate SCOSA's mission of "Nurturing Body, Mind, and Spirit through Research, Education and Service". As you'll see in the enclosed schedule there is something for everyone!

Today's Festival serves several purposes:

- Celebrates May as Older Americans Month.
- Celebrates the 30th Anniversary of our Gerontology Program, which has graduated over 600 students since its inception.
- Celebrates the end of a very productive first year for the Stockton Center on Successful Aging (SCOSA).
- Helps us highlight all that SCOSA has to offer and invite you to join in our upcoming events, and consider becoming a member of "SCOSA Scholars" (details inside).
- Raise some needed revenues for the growth of SCOSA during some lean budget years due to the state's tight budget.

This year, thanks to the support from our sponsors and today's exhibitors all SCOSA events have been free-of-charge. This has included computer training, memoir writing, several informative lectures at locations throughout the county, etc. Our main sponsor, the U.S. Administration on Aging, asks us to let you know that donations to SCOSA to enhance future programs are always welcome. (See details inside).

Today's Festival represents only a small portion of SCOSA's efforts. Please refer to our website regularly for news of all events (stockton.edu/scosa). Also, by registering at today's event, we'll have your name and contact information so we can keep you up-to-date on various offerings. Consider joining SCOSA Scholars, and please let us know if you have suggestions as we continue to grow.

Sincerely,



Dave Burdick
SCOSA Director



Anita Beckwith
Project Manager

www.stockton.edu/scosa

PO Box 195 Jim Leeds Road Pomona NJ 08240-0195 Ph: 609.626.3591

Festival Sponsors



Nurturing Body, Mind, & Spirit
through
Research, Education & Service

The Stockton Center on Successful Aging promotes education, research, and services to respond to local, regional, and statewide needs and opportunities related to population aging.

The Center's core mission is to encourage older residents to "age successfully" through vital involvements and engagement in their community.

www.stockton.edu/scosa

Stockton Center On Successful Aging
Richard Stockton College of NJ
PO Box 195, Pomona, NJ 08240
609-626-3591



The Division of Intergenerational Services addresses the needs of youth, families, disabled and senior citizens. Trained staff are available to provide such services as information and referral, outreach, case management and juvenile/family crisis intervention to eligible individuals.

FOR INFORMATION &
ASSISTANCE

Dial 1-888-426-9243 (TOLL-FREE)

www.aclink.org

Marilu Gagnon, Division Director
101 S. Shore Road, Shoreview Building
Northfield, NJ 08225
609-345-6700 x 4700



Senior and Social Services

Located in the Municipal Complex, providing a variety of services to meet the needs and interests of the senior population, disabled persons, and low-income individuals and families, including: classes, seminars and social programs; senior luncheons; trips; outreach services; assistance with HEAP, PAAD, income & property tax, and intergenerational programs.

www.gallowaytpw-nj.gov

Carla Dow, Director of Senior Services
300 E. Jimmie Leeds Road
Galloway, NJ 08205
609-652-9262



The Wellness Center
in the West Quad Building

Staffed by two part-time physicians, one part-time nurse practitioner, two full-time registered nurses, a part-time nutritionist and, a full-time health educator, we are an out patient clinic open to all currently enrolled students, with no charge for the services rendered. Funds to operate this facility are provided through a health-services fee paid by all students. We are dedicated to the holistic approach to health care.

www.stockton.edu/wellness

Richard Stockton College of NJ
PO Box 195, West Quad Bldg.,
Suite 108 Pomona, NJ 08240
609-652-4701

Festival Presenters

AARP, NJ, Sy Larson: *Divided We Fail*

Atlantic Audubon & Friends of the Edwin B. Forsythe Wildlife Refuge, Chris Arcuri: *Birding Tour of Lake Fred*

Atlantic County OEM, Ed Conover & Michael Cronin (Stockton): *Disaster Preparedness*

Byron Home, Inc., Donna Willmann: *Downsizing & Moving to Reduce Stress*

Cadbury at Home, Craig Kinsey: *The Importance of Long-Term Care Planning*

Contact Cape Atlantic, Ann Magee: *Opportunities to Volunteer and Help Others*

Design for Generations, LLC, Jack Carman: *Get Back Outside - Seniors Can Garden*

Elderhostel, Ina Marantz: *Elderhostel Adventures in Lifelong Learning*

Family Service Association, Robin Mayo Hermanson: *Vision Health*

Leukemia & Lymphoma Society: *Getting the Best Cancer Care At Any Age*

Mary Schapker: *Benefits for Seniors from the Practice of Tai Chi Chih Joy Thru Movement*

Michael Weinraub, P.C.: *Elderlaw, A General Discussion*

National Arthritis Foundation, *Physical Activity & Arthritis - You Can Do It*

Ocean City Home Bank, Patty Ferry: *Protecting Your Financial Identity*

Rutgers Extension, Joanne Kinsey: *Good Nutrition / Healthy Lifestyles*

Seniors On The Move, LLC, Lois Edmund: *What's in Your Closet? Tips on Downsizing Before You Move*

Social Security Administration, Oscar P. Ernst, Jr.: *Social Security Online*

South Jersey Gas Energy Programs, Bruce Grossman: *Reward Yourself, Reward the Environment*

South Jersey Geriatric Care, Lori Heberley: *Caring For Parents with Dignity & Respect*

South Jersey Seniors (WOND-AM 1400), Joe McDermott: *How Being a Caregiver Changed My Life*

Vince Poisella: *Exploring the Spirituality of Aging*

Yoga Nine, Laurie Greene: *Chair Yoga, Meditation, Gentle Yoga*

Stockton Energy & Sustainability Program, Alice Gitchell: *Geothermal Discussion & Tour*

Stockton Action Volunteers for the Environment (S.A.V.E.): *The Story of Stuff*

Stockton Faculty Band: *Pop Quiz*

Stockton Holistic Health, Elaine Bukowski: *Reiki & Stress Relief Massage*

Stockton Holocaust Resource Center, Gail Rosenthal: *Presentation & Video*

Stockton Library

Stockton Performing Arts Center

Stockton Physical Therapy Program, Patricia McGinnis: *Tai Chi for Improved Balance and Fall Prevention*

Stockton Psychology Program, Jessica Fleck: *Brain Health*

Stockton Student, Jake Langone: *Musical Presentation*

Festival Exhibitors



We're not hoping for a difference.
We're making one.

AARP, Business Roundtable, Service Employees Union (SEIU), and National Federation of Independent Business (NFIB) are engaging the American people, businesses, non-profit organizations, and elected officials in finding bi-partisan solutions to ensure affordable, quality health care and long-term financial security – for all of us.

The need for health and financial security is something we all share, not just for ourselves, but for future generations.

It is the promise of America.

AARP

Divided  WeFail.org

Festival Exhibitors

**Calling Samaritan doesn't
mean you're giving up.**

It means you're getting help.

Some people think picking up the phone means giving up hope
But in reality, the call is a powerful first step
in taking control and getting help.

With a single call to Samaritan Hospice you will
experience the benefit of expert medical attention,
and emotional and spiritual support comfort
in your home when you or a loved one is
coping with a chronic, progressive illness.

Our services are covered by Medicare, Medicaid and
most health insurance so there is no need to
miss out on a single day of help and support.

Samaritan Provides:

- Care at your home, assisted living residence or nursing home.
- House calls by doctors, nurses, social workers, chaplains, home health aides, specially trained volunteers and bereavement counselors.
- Medical equipment and medications delivered to your door.
- 24-hour, 7-day telephone access to on-call staff.
- Massage, music, pet and aroma therapies.



1-800-609-9935
samaritanhospice.org

Serving Atlantic, Burlington, Camden, Gloucester and Mercer counties.

Welcome home.



Sunrise Senior Living has been serving seniors for over 20 years. We started with a simple vision—to create a new approach to senior living that emphasizes a better quality of life. As we have grown in experience and size, we have continued to improve our services, understanding and perspective every single day. Most of all, we take living personally—starting with some of the most big-hearted staff you'll find anywhere. We also offer a variety of communities and living arrangements, amenities and services, and personalized assistance and care. In short, we're there to help you live on your terms and choose the new home that's right for you.

Sunrise Senior Living Principles of Service
Nurturing the Spirit Celebrating Individuality
Enabling Freedom of Choice Encouraging Independence
Involving Family and Friends Preserving Dignity

46 W. Jimmie Leeds Road, Galloway, NJ 08205
Phone: (609-)404-1099 Fax: (609-)404-1477

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HEALTH CARE
"Delaware
Valley's Leader
in Compassionate
Senior Healthcare"

ABSECON MANOR
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With a focus on "Supported Independence," Absecon Manor provides expert, compassionate care for our residents.

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• Rehabilitation
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Woodview Estates
Assisted Living

Our Active Community provides independence while recognizing sometimes a helping hand is needed.

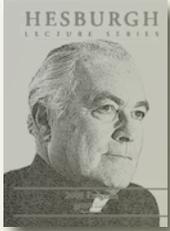
Call today for a Complimentary Lunch & Tour.

For more information, please call (609) 625-4878

a Place for Living

5030 Unami Blvd. • Mays Landing, N.J. 08330

Notre Dame Club of South Jersey



Thanks for 3 Hesburgh Lectures
in the last 4 years!

Since 1986 the Hesburgh Lecture Series has brought a taste of Notre Dame's academic excellence to alumni and their local communities.

The lectures, hosted by Notre Dame Clubs, have perpetuated the example of President Emeritus Rev. Theodore Hesburgh, CSC, as a lifelong learner and strong proponent of civic engagement for all ages.

The Stockton Faculty Band



"Pop Quiz"

— the new CD by
the
Stockton Faculty
Band

Proceeds benefit the
Stockton Federation
of Teachers' Student
Scholarship Fund

www.stockton.edu/~sfacband/



**The Leukemia &
Lymphoma Society**
Fighting Blood Cancers

The Leukemia & Lymphoma Society offers a comprehensive array of services to patients and families touched by blood cancers, including:

- **Information Resource Center (IRC):** provides patients, families and healthcare professionals with the latest information on blood cancers. Connect with our information specialists by phone (800.955.4572), via email (infocenter@lls.org); or chat online at www.lls.org (click on "Live Help").
- **Patient Education Programs:** Providing up-to-the-minute information to patients and their caregivers.
- **First Connection:** A peer support program for patients and survivors.
- **Web site (www.LLS.org):** The definitive resource for information on blood cancers. Log on to find the latest news on disease characteristics, diagnosis and treatment, clinical trials and breaking research findings.
- **Family Support Groups:** for patients and their loved ones.
- **Patient Financial Aid.**

THE SOUTHERN NEW JERSEY/SHORE REGION CHAPTER

528 Fellowship Road, Suite B, Mount Laurel, NJ 08054
(856) 638-1250
(888) 920-8557 (Toll Free)
(856) 638-1255 (Fax)

SCOSA Successful Aging Festival Presentation Schedule

Visit Festival Exhibitors Throughout the Day - Located in Galleries

10:00	Getting the Best Cancer Care at Any Age Leukemia & Lymphoma F 111	Protecting Your Financial Identity Ocean City Home Bank K 141	Opportunities to Volunteer & Help Others Contact Cape-Atlantic K 102	What's in Your Closet? Tips on Downsizing Seniors On The Move K 101	Benefits from Tai Chi Chih Joy of Movement Mary Schapker H 113
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10:15	Birding Tour of Lake Fred (approx. 1-2 hours) 	Introduction to Performing Arts Center PAC	Introduction to Stockton Library Meet at F Wing Entrance 	Tour of Stockton Campus by Admissions 	Meditation Yoga Nine Studio H 113
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Visit Festival Exhibitors Throughout the Day - Located in Galleries

11:00	Brain Health Jessica Fleck, PhD K 102	Social Security Online Social Security K 141	Adventures in Lifelong Learning Elderhostel K 101	Reward Yourself, Reward the Environment SJ Gas Energy Program F 111	Gentle Yoga Yoga Nine Studio H 113
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11:45	Sy Larson, State President, AARP NJ - Divided We Fail PAC	Music by Jake Langone (throughout day) 	"Pop Quiz" - Stockton Faculty Band Performance 12:00 pm to 2:00 pm 
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12:30	Good Nutrition - Healthy Lifestyles Rutgers Extension F 111	Elder Law A General Discussion Michael Weinraub, H 118	Disaster Preparedness Atl County OEM & Michael Cronin, PhD K 102	The Story of Stuff Stockton Action Volunteers for the Environment (SAVE) K 101	Chair Yoga Yoga Nine H 113	Stress Relief Massage* F 106
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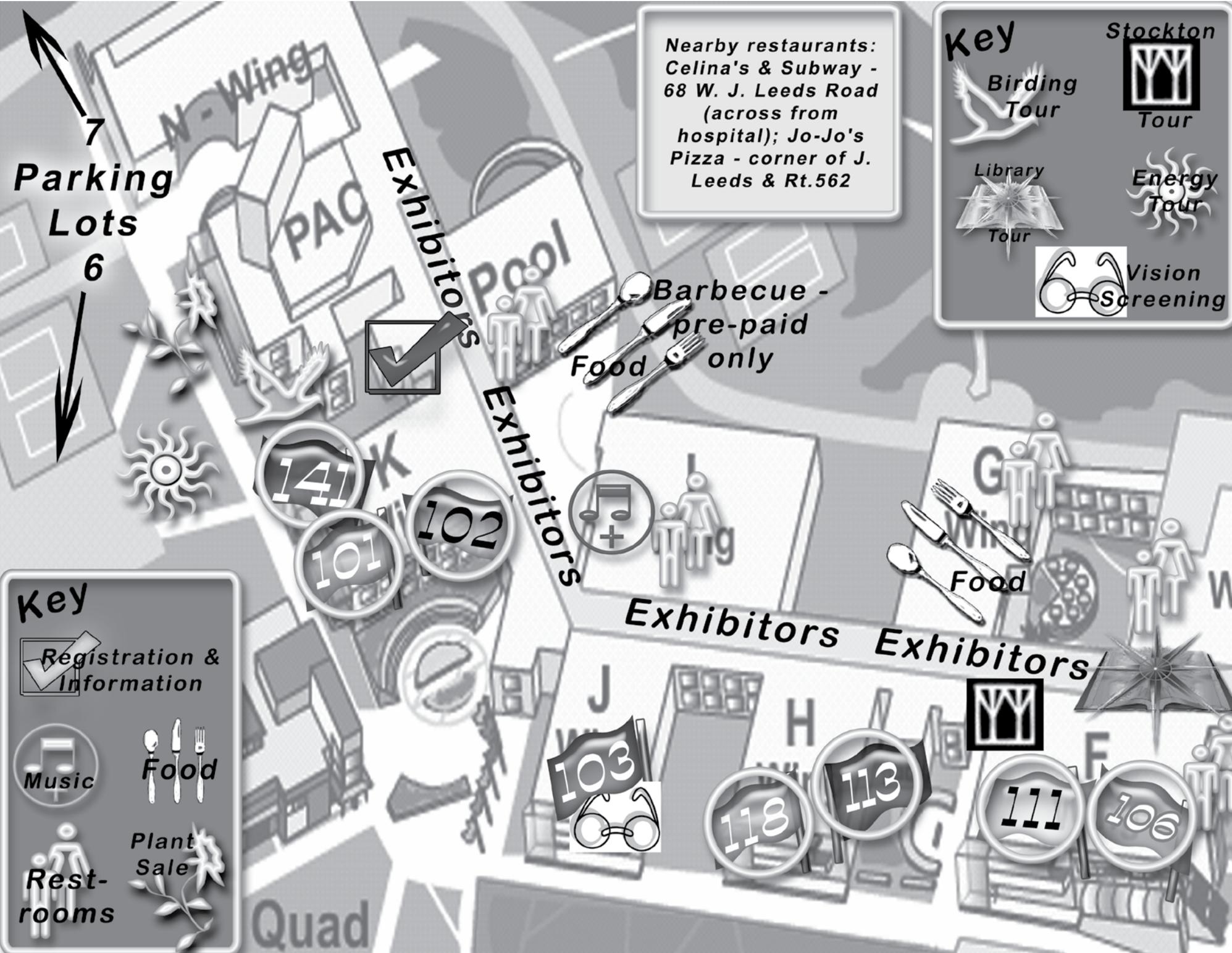
* Stress Relief Massages in F106 - \$1.00 per minute / \$5.00 for 6 minutes - funds to benefit Physical Therapy Faculty Scholarship Fund

1:30	Vision Health Family Service Association K 102	The Importance of Long-Term Care Planning Cadbury at Home H 118	How Caregiving Changed My Life Joe McDermott F 111	Downsizing & Moving to Reduce Stress Byron Home, Inc. K 101	Reiki Presentation Elaine Bukowski H 113	Stress Relief Massage* F 106
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1:45	Stockton's Energy Efficient Systems: Discussion & Tour Alice Gitchell, Stockton 	Preview of Performing Arts Center - Upcoming Season at the PAC, Summer at the Ocean City Music Pier PAC	Introduction to Stockton Library - Meet at Entrance to Library (F wing) 	Get Back Outside Seniors Can Garden Design for Generations 
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2:30	Physical Activity & Arthritis - You Can Do It Arthritis Foundation H 118	Exploring the Spirituality of Aging Vince Poisella F 111	Caring for Parents with Dignity & Respect SJ Geriatric Care K 102	Holocaust Center Presentation Gail Rosenthal K 101	Tai Chi - Improved Balance & Fall Prevention Pat Quinn McGinnis H 113
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Visit Festival Exhibitors Throughout the Day - Located in Galleries



7
Parking
Lots
6

Nearby restaurants:
Celina's & Subway -
68 W. J. Leeds Road
(across from
hospital); Jo-Jo's
Pizza - corner of J.
Leeds & Rt.562

key

- Birding Tour
- Energy Tour
- Library Tour
- Vision Screening
- Stockton Tour

key

- Registration & Information
- Music
- Food
- Rest-rooms
- Plant Sale

Barbecue -
pre-paid
Food only

Food

Exhibitors Exhibitors

Quad

Festival

Arthritis Foundation, NJ Chapter,
200 Middlesex Tpk, Iselin NJ 08330
732-283-4300

Atlantic Adult Day Healthcare, 331
Tilton Road, Northfield, NJ 08232
609-383-3313

Atlantic Audobon, PO Box 63,
Absecon NJ 08201 www.freewebs.com/atlanticaudubonsociety/

Atlantic County Division of
Intergenerational Services, 101 S.
Shore Road, Shoreview Building,
Northfield NJ 08225 609-345-6700

Atlantic County Division of
Public Health, 201 S. Shore Road,
Northfield NJ 08225 609-645-7700

Atlantic County Office of
Emergency Management, 5033
English Creek Avenue, Egg Harbor
Twp. NJ 08234 609-407-6742

Bayada Nurses, 2 West Glendale
Avenue, Pleasantville NJ 08232
609-407-6801

Byron Homes, Inc., 112 Avondale
Avenue, Haddonfield NJ 08033
856-216-1780

Cadbury at Home Senior Services
2150 Route 38, Cherry Hill NJ
08002 800-422-3287

Cape Atlantic Continuing Care
Alliance, 144 Magnolia Drive,
Cape May Court House, NJ 08210
609-780-0293

Care One, 874 East Route 70,
Marlton NJ 08053 856-988-2400

CARING, Inc., 407 West Delilah
Road, Pleasantville NJ 08232
609-484-7050

Carrier Clinic, 252 Rt. 601, Belle
Mead NJ 08502 908-625-8305

Doshi Diagnostic Imaging Services,
434 New Jersey Avenue, Absecon NJ
08201 609-827-4485

Edwin B. Forsythe Wildlife Refuge,
Great Creek Road, Oceanville NJ
08231 609-652-1665

Family Service Association 312 E.
White Horse Pike, Absecon Nj
08201 609-652-1600

Fox Rehabilitation, Geriatric Therapy
at Home, 801 N Kings Highway,
Cherry Hill NJ 877-407-3422

Friends of Peace Pilgrim, PO
Box 2207, Shelton CT 06484
203-926-1581

Galloway Township Senior Services,
300 E. Jimmie Leeds Road,
Galloway NJ 08205 609-652-9262

Generations Adult Day Health
Services, 40 E. New York
Avenue, Somers Point NJ 08244
609-653-9700

Griswold Special Care, Cape-
Atlantic Office, PO Box 441, Ocean
City NJ 08226 609-398-2424

Heartland Hospice, 2 Braddock
Drive, Somers Point NJ 08244
609-385-5683

Exhibitors

Holy Redeemer, 6550 Delilah Road,
Suite 501, Egg Harbor Township NJ
609-761-0280

Home Instead Senior Care, 600 New
Road (2nd FL), Somers Point NJ
08244 609-927-0203

Innova Health & Rehabilitation,
405 Cedar Lane, Teaneck NJ 07666
201-410-1504

Jersey Shore Seniors Radio Program
(Sat. 1-2pm) Joe McDermott
WOND News Talk Radio 1400AM

Jewish Family Services of Atlantic
& Cape May Counties, 607 N.
Jerome Ave., Margate NJ 08402
609-822-1108

Lolla Chiropractic Center, 161 W.
White Horse Pike, Galloway NJ
08205 609-748-8800

Michael D. Weinraub, P.C., Elderlaw,
6601 Ventnor Ave., Suite G3,
Ventnor NJ 08406 609-823-4900

Ocean City Home Bank
service@ochome.com
609-927-7722 or 800-771-7990

Pashley Financial Services
1314 South Shore Road, Marmora
NJ 08223 609-335-5044

Royal Suites Healthcare & Rehab,
214 West Jimmie Leeds Road,
Galloway NJ 08205 609-748-9900

Rutgers Cooperative Extension,
6260 Old Harding Highway, Mays
Landing NJ 08330 609-625-3646

Senior Care Centers of America,
76 W. Jimmie Leeds Road, Galloway
NJ 08201 609-652-3600

Senior Helpers, 505 Bay Avenue,
Suite 201, Somers Point NJ 08244
609-927-5001

Shore Memorial Hospital
Cancer Center, 1 East New York
Avenue, Somers Point NJ 08244
609-653-3923

Shore Memorial Hospital Sleep
Center, 710 Center Street, 2nd
Floor, Somers Point NJ 08244
800-SLEEP-RX

South Jersey Geriatric Care, PO
Box 25, Somers Point NJ 08244
856-429-3494

Stockton College Alumni, The
Richard Stockton College of New
Jersey, P.O. Box 195, K-210, Pomona
NJ 08240 609-652-4974

The Health Center at Galloway, 66
W Jimmie Leeds Road, Galloway NJ
08205 609-294-4550

The Richard Simon Center for
Alzheimer's, 22 W Jim Leeds Road,
Galloway NJ 08205 609-748-4618

Visiting Angels Living Assistance
Services, Egg Harbor Township, NJ
800-365-4189

*Twenty additional exhibitors, not
listed here, are on hand for Employee
Wellness Day*

SCOSA Vision and Mission for Older Adult Education Programs

The Stockton Center on Successful Aging, in collaboration with the College's School of Graduate and Continuing Studies hopes to dramatically increase the college's educational offerings for older adults. While there is no age-restriction upon enrolling in any of the college's undergraduate or graduate courses, we recognize that short courses, seminars, lectures, study tours, and other activities designed specifically for older learners are all needed in our area.

In order to meet the growing demand for such programs, we are happy to introduce "SCOSA Scholars" – an Annual Membership Program that will offer a variety of educational opportunities for those who are 50 and over. The core offerings of SCOSA Scholars will involve intellectually stimulating, non-credit courses specifically designed for students over 50 years of age who are interested in personal enrichment. Emphasis will be placed on learning for the joy of learning and on keeping in touch with a larger world. In addition, SCOSA Scholars who are 65 or older will have the opportunity to enroll tuition-free on a space available basis in selected undergraduate and graduate credit-bearing courses at the college (additional fees are required).

Financial Support For SCOSA

Contributions to the Teski Gerontology Fund are tax deductible and support various activities of the Stockton Center on Successful Aging and Gerontology Program. Named in honor of Professor Marea Teski, founder of Stockton's Gerontology Program, the fund is a lasting tribute to this early visionary and driving force in the program until her untimely death from heart disease in 1997.

Please make checks to "RSCNJ/Teski Gerontology Fund" and send to: Stockton Center on Successful Aging, College of Social and Behavioral Sciences, The Richard Stockton College of NJ, PO Box 195, Pomona, NJ 08240. If you would like make a donation via stock transfer, bequest, remainder trust, or other means, please contact us at (609) 652-4311.

Mission

The Stockton Center on Successful Aging promotes education, research, and services to respond to local, regional, and statewide needs related to population aging. The Center's core mission will be to encourage older residents to "age successfully" through vital involvements and engagement in their community.

SCOSA Scholars Membership Application

SCOSA Scholars membership provides members with priority registration for SCOSA's expanding educational offerings for older adults, subscription to the quarterly newsletter, and other benefits.

Details at www.stockton.edu/scosa
or call 626-3591



Stockton Center on
Successful Aging
RSCNJ
SOBL/SCOSA
PO Box 195
Pomona, NJ 08240

Name

Address

City State Zip Code

Phone email

Date of Birth

Annual Membership Fee: \$20.00

Membership is open throughout the year and is renewed annually. Membership allows you to register for courses for a small fee, receive all communications, and to be eligible for privileges such as library services and special events.

Optional Tax Deductible Contribution to the Teski Fund

Total billed to my credit card

Accepted payment methods: checks (made payable to RSCNJ/SCOSA) or credit card (Mastercard, Discover or American Express). If paying by credit card fill out below:

Card Number

Name (as it appears on card)

Zip Code where bill is received MC Discover AX

Expiration Date Signed By _____

Cut Here

Please Help Us Improve Our Programming

Complete this form and send it to the address provided below. Thanks!

Stockton Center On Successful Aging
Richard Stockton College of NJ - SCOSA/SOBL
PO Box 195, Pomona, NJ 08240



Phone: 609-626-3591

Fax: 609-626-3620

Date:

Name:

Address:

City/State/Zip:

Please check all that apply to your experience at the festival and your participation in other SCOSA events.

- Presentations were challenging and caused you to learn new things
- Instructors were knowledgeable about their subject
- Climate was friendly and you felt safe and comfortable
- There was a good variety of presentations
- Information was useful and will help you
- Presentations were too long Presentations were too short
- Location of the events allows you easy access and accessibility
- Attending SCOSA programs has positively changed the way you feel about aging.
- Your overall expectations were met & you enjoyed the experience.
- You will attend the festival again next year and other SCOSA events.
- You intend to become a SCOSA Senior Scholar.
- You would like to become a SCOSA Volunteer.

How did you hear about the festival?

Please use this space to comment on your experiences and offer ideas for improvement in our programs.

Cut Here

-Notes-