

SCOSA

Stockton Center on Successful Aging

SUMMER ~ AUTUMN 2014



NURTURING

Older Adult Education Programs

THROUGH



STOCKTON.EDU/SCOSA

SCOSA Older Adult Program Brochure 2014

May 1, 2014

Greetings,

We are pleased to present our Older Adult Education Calendar for the 2nd half of 2014. We have scheduled a variety of useful, entertaining, and educational programs delivered at a variety of locations. We hope you will consider joining us for as many events as your schedule and interests allow and that you'll bring friends, and share this booklet with others who may be interested in our programs. The calendar on page 14 gives you a quick look at the offerings. Program descriptions and registration details are listed throughout the booklet with links to online flyers and brochures. More detail on each program is often available on our website (stockton.edu/scosa), where you can also go to join or update your information on our mailing list, register for programs requiring pre-registration, look for updates and cancellation notices, etc.

A special note: we hope you will mark your calendar for Tuesday, May 13th – when SCOSA celebrates Older Americans Month with our much anticipated annual Aging Successfully Festival. This year's event will feature various ways to age in place – the theme is "Happy and Healthy at Home and in the Community." Workshops, lectures, musical entertainment, health screenings, and an extensive exhibition hall make this a great place to visit for the "Over 50 crowd". See page 15 in this booklet for more details. Our sponsors, exhibitors, and advertisers for the Festival not only make the event possible, they help pay the bills for our extensive and almost always free-of-charge programming, which last year reached over 1500 participants in 83 programs at 26 locations.

A word of thanks and special request: SCOSA's extensive programming is also made possible through our many volunteer presenters, collaboration with other organizations, and financial support from our sponsors and individual donors. Financial supporters include the Stockton's President's Office and Division of Academic Affairs, the U.S. Administration on Aging through Older Americans Act funds provided by the Atlantic County Division of Intergenerational Services, and the Wallerstein Foundation for Geriatric Life Enhancement. Please visit the [SCOSA website](http://stockton.edu/scosa) for details on donating to our cause. Or make a check to the Stockton Center on Successful Aging and send to SCOSA/SOBL, Richard Stockton College, 101 Vera King Farris Drive, Galloway, NJ 08205.

Sincerely, the SCOSA Leadership Team

In addition to our **First Wednesdays** and other professional seminars, we will continue to host scholarly research lectures presenting the latest research findings in the areas of aging. Visit the [SCOSA](http://stockton.edu/scosa) website for complete listings and updates.

In March, three SCOSA Faculty Research Scholars were selected by a sub-committee of Stockton's Research and Professional Development Committee for projects to commence in July, 2014.

Dr. Emari DiGiorgio, Associate Professor of Writing, will coordinate "A Tour of Poetry for Seniors," continuing and expanding a program started this year by SCOSA in collaboration with the Otto Bruyns Public Library of Northfield.

Two other projects build on SCOSA's growing portfolio related to telling one's life-stories. Dr. Christine Ferri, Associate Professor of Psychology, Coordinator of Gerontology and SCOSA Education Chair, will conduct a project titled "Evaluation of Three Years of Handwritten Journals by an Older Woman with Dementia," and

Dr. Megan Foti, Assistant Professor of Occupational Therapy, will investigate "Occupational Storytelling to Improve the Quality of Life and Quality of Care of Older Adults with Dementia".

Visit our [Research web page](#) for details and watch for upcoming presentations of their research findings.



Research



&
Service



Learn & Practice Techniques for Health & Well-Being
Have Fun While Relaxing Your Body & Mind



Date: Every Thursday from July 10, 2014 to December 18, 2014 (except November 27, 2014)
Time: 10:30 am - 11:30 am
Location: Galloway Community Services Senior Center
 621 West White Horse Pike, Egg Harbor, NJ 08215
 609-568-5073

Requirements: Fee: \$5.00 per session, collected by presenter. No mats needed. Wear comfortable clothing. We must have a minimum of 12 participants to continue the program so plan to join us, bring your friends and register now.

Register online or call 609-626-3591

Presenter: Linda Schwartz, Certified Yoga and Meditation Instructor

The practices you will learn consist of experiential exercises and gentle movements including breathing exercises, mindfulness, stress reduction, chair yoga, visualizations, meditation, and relaxation. Through the practices, you develop a greater sense of self awareness, hone the attention of your mind, learn new movement skills and tools for better self-observation and monitoring your well-being. These practices open you to experiencing life directly and being at peace.

One hour classes will take place at the Galloway Senior Center once weekly starting on July 10, 2014 and running through to December 18, 2014.

Linda Schwartz has a BA from The College of New Jersey. Her Yoga and Meditation practices began in 1972. Linda is certified in Integrative Yoga Therapy and as a Meditation Instructor. She also successfully completed training in Mindfulness Based Stress Reduction, the program from the University of Massachusetts Medical Center, with John Cabat Zinn and Saki Santorelli. She is IIQTC certified in Tai Chi Easy. Linda started teaching in 2001 and has taught for Yoga studios, department stores,

PAL, corporations, and for her own business through one-on-one individual Yoga Therapy sessions. She is grateful to be able to share the timeless wisdom and practices leading to greater health and well-being and a peaceful and joyful life.



Heart Health Awareness
Familial Hypercholesterolemia (FH)



Date: Thursday, October 30, 2014
Time: 11:00 am - 12:00 pm
Location: Hammonton Canoe Club Senior Center
 100 Sports Drive, Hammonton, NJ 08037
Requirements: Free - No registration necessary
Presenter: Marilyn Viventi, FH Advocate

Familial Hypercholesterolemia is an inherited disorder that leads to aggressive and premature cardiovascular disease. Marilyn will present her perspective as a person living with the disease and explain the misconceptions and barriers to early recognition and early treatment of FH. She will describe the disease, discuss the need to screen family members, and distribute articles and other educational materials. Marilyn is prepared to answer non-medical questions and encourage membership in the FH Foundation.



Healthy Living -
The Mind-Body Approach

Date: Friday, November 7, 2014
Time: 12:00 pm - 1:30 pm
Location: Stockton's Manahawkin
 Instructional Site, 712 East Bay Avenue
 Manahawkin, NJ 08050

Presenter: Doreen L. Greenberg, PhD
 Adjunct Instructor of Psychology, RSCNJ
Register: [Email](#) or call 609-626-5590

Join us for a hands-on class in HEALTHY LIVING! The focus of this workshop is lifelong wellness. You will learn about improving health and increasing your sense of well-being via the physical, mental, social, and environmental aspects of wellness. Together we will explore mind-body health issues, discuss research, experiences and observations, learn skills, strategies, and practice techniques for a healthier life. Some of the topics will include: What Does it Mean to be Healthy?, Stress & Health Coping Strategies for Chronic illness/Pain and Resilience – A Life in Balance.

With a Masters degree in Counseling and Human Relations and a Doctorate in Psycho-Social Interaction in Sport, Dr. Greenberg has always been interested in how your mind can help your body to work. This focus has led to research and work in exploring the complex mind-body relationship, -- from how emotions impact athletic performance to how stress affects susceptibility to disease.

~Time to Tell~

Flyer

Memory in Poetry & Creative Non-fiction

Dates: Saturday, July 12, August 9, October 18,
November 15 & December 13, 2014

Time: 10:30 am - 12:30 pm

Location: The Noyes Museum of Art of Stockton
College, 733 Lily Lake Road, Oceanville (Galloway)

Presenter: Jenna McCoy, BA, Stockton Alumna

Register: Call Noyes Museum 609-652-8848

Visit [SCOSA Time to Tell Senior Writing & Poetry News](#)
web page for details.

In this series, we will explore memoir, poetry and other creative writing genres. By reading and discussing work by famous and local writers, we will discuss what makes for good writing, and work to apply these techniques as we write and reinvent our own poems, stories, and essays. The workshop structure will give both new and advanced writers the opportunity to share their own work and help one another improve both in craft and creativity. We will write poems and essays inspired by our own memories, stretch our creativity with a number of prompts and activities, and work to create our own community of writers.

Autobiographical Memoir Writing

Dates: Thursday, June 26, July 24, August 28
Friday, September 26, October 24, November 21
December 19, 2014

Time: 12:30 pm - 2:30 pm

Location: Stockton's Manahawkin Instructional Site
712 East Bay Ave, Manahawkin, NJ 08050

Presenter: Gina Maguire, MSW, LSW

Register: [Email](#) or call 609-626-5590

Join us for personalized instruction, with monthly meetings, to help you chronicle the stories of your life. Creative writing styles, including poetry and photographs, will also be introduced. Participants will receive a packet of instructions including specific themes with prompts that will guide you in choosing topics. They are guides to help you think of the important experiences and themes in your life. There are no requirements for completing themes. You can write your stories using any of the themes at any time during the program. You can write as many stories as you like.

MANAHAWKIN
THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



**Nurturing
Mind**

Laughter is the Best Medicine

Flyer

Date: Thursday, July 31, 2014

Time: 11:00 am - 12:00 pm

Location: Hammonton Canoe Club Senior Center
100 Sports Drive, Hammonton, NJ 08337
856-322-7082

Requirements: Free - No registration necessary

Presenter: Maryann Prudhomme, RN

Humor & Laughter - a prescription for living better
Join Maryann Prudhomme, a registered nurse with over 30 years of management and clinical experience in health care and nursing in both acute care and home care settings, to learn how you can use humor and laughter to feel better and age well. Take home laughter guides to share with your family and friends.

Tour of Poetry for Seniors

Flyer

Dates: Saturday, July 12, August 9, September 13,
October 11, November 8, December 13, 2014

Time: 11:00 am - 1:00 pm

Location: The Otto Bruyns Public Library of
Northfield, 241 W. Mill Road (between
Shore & New Road), Northfield, NJ 08225

Register: [Register online](#)

or call 609-626-3591

Visit [SCOSA Time to Tell Senior Writing & Poetry News](#) web page in June for details and a list of featured poets.

In a letter to Louis Untermeyer, poet Robert Frost wrote, "A poem...begins as a lump in the throat, a sense of wrong, a homesickness, a lovesickness. It is a reaching-toward expression; an effort to find fulfillment. A complete poem is one where an emotion finds the thought and the thought finds the words."

This monthly poetry workshop invites participants to seek words for thoughts, to find a type of fulfillment with poetry. During each session, an established guest poet will read original work, present an engaging lecture, and encourage participants to write and share something of their own. Light refreshments will be served.

Participants will have an opportunity to have their poetry included in the Tour of Poetry Anthology and will be invited to participate in the intergenerational poetry festival in 2015.

Southern Ocean County Chamber of Commerce Insider Guide to the Past 100 Years & Things to Do In Southern Ocean County

Date: Wednesday, August 27, 2014

Time: 1:00 pm - 2:00 pm



Location: Stockton's Manahawkin Instructional Site
712 East Bay Avenue, Manahawkin, NJ 08050

Presenter: Lori A. Pepenella, DS, CDME of the Southern Ocean County Chamber of Commerce

Register: [Email](#) or call 609-626-5590

Southern Ocean County Chamber of Commerce Insider Guide to the past 100 years: A business organization that was founded by Philadelphia Businessmen in 1914 has grown into one of the top chambers of commerce in New Jersey. Join their Director of Destination Marketing & Communications in a discussion on the top milestones that help define our community. Lori will be discussing the arts and culture venues, specifically pointing out which museums cover what about local history.

Lori Pepenella has been serving as Destination Marketing Director for the Southern Ocean County Chamber of Commerce since April 2008. She currently serves as Statewide Chair of the New Jersey Destination Marketing Organizations, Executive Board Member of New Jersey Travel Industry Association, Commissioner of Ocean County Culture and Heritage, Past Chair of Ocean County Tourism Advisory Board and core committee member Governor's Conference for Tourism. Lori has been a featured lecturer and mentor for both the Philadelphia and New York Non Profit Leadership Summits; Richard Stockton College Jersey ShoreCast, NJ Conference on Tourism, panelist at League of Municipalities, Jersey Arts Marketers, and Huddle Zone Captain for NJ Super Bowl Host Committee. She is a contributing writer to many in and out-of-state magazines as well as producer of LBITV's Beyond the Beach Television Program.

Get Connected Technology Seminar

Date: Wednesday, September 10, 2014

Time: 1:00 pm - 2:00 pm



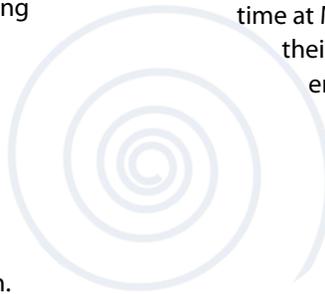
Location: Stockton's Manahawkin Instructional Site
712 East Bay Avenue, Manahawkin, NJ 08050

Presenter: Mark Pezzotta, Technical Assistant

Register: [Email](#) or call 609-626-5590

Have you ever had difficulty using technology to communicate with family and friends? Join our Technical Assistant, Mark Pezzotta, for a FREE seminar discussing how useful technology has become in communicating with others. This workshop will introduce participants to some of the numerous communication programs and applications available.

Mark Pezzotta is currently the Technical Assistant at Stockton's Manahawkin Instructional Site. He is pursuing his Bachelor's degree in Computer Science at Stockton College so that one day he can establish a business offering technological support to individuals and small businesses. In addition to being a student and employee of Stockton, Mark also works and volunteers his time at Murray Grove Retreat and Renewal Center, developing their website and offering technical support. Mark enjoys sharing his expertise in technology with people because he sees the benefits and impact technology has on our everyday lives.



Active Aging Week

September 21 - 27, 2014

Active Aging Week promotes the benefits of a healthy lifestyle on a national scale by giving older adults the opportunity to experience activities and exercise in a safe, friendly and fun atmosphere. Active aging promotes the vision of all individuals—regardless of age, socioeconomic status or health—fully engaging in life within seven dimensions of wellness: emotional, environmental, intellectual/cognitive, physical, professional/vocational, social and spiritual.

Browse this brochure for events scheduled during Active Aging Week.



Food for Thought \$ Financial Management

Defining Your Legacy

An Estate Considerations Workshop



Date: Tuesday, July 15, 2014

Time: 5:30 pm - 7:00 pm

Location: Brandywine Senior Living at Brandall Estates, 432 Central Avenue, Linwood, NJ 08221

Requirements: Free

[Register online](#) or call 609-626-3591

Presenter: Jason Kiefer, Financial Advisor, Edward Jones

Defining your Legacy is a 35 minute seminar that explores the meaning of legacy and why it's important to think about what you want to pass on to future generations - your values as well as your valuables. Discussion includes wills, estate planning, health care directives, trusts and communicating your wishes.

Registration and dinner begins at 5:30 pm. Lecture begins at 6:00 pm. Dinner compliments of Brandywine Senior Living at Brandall Estates.

Health Care & Your Retirement



Date: Tuesday, September 16, 2014

Time: 5:30 pm - 7:00 pm

Location: Brandywine Senior Living at Brandall Estates, 432 Central Avenue, Linwood, NJ 08221

Requirements: Free

[Register online](#) or call 609-626-3591

Presenter: Jason Kiefer, Financial Advisor, Edward Jones

A 45 minute educational program that addresses what steps you should take to prepare for health care costs to help ensure your retirement savings stay healthy. Jason will cover the cost of health care during retirement, preparing for long-term care expenses, using insurance to address long-term care costs, building a healthy retirement portfolio, and pre-Medicare checklist.

Registration and dinner begins at 5:30 pm. Lecture begins at 6:00 pm. Dinner compliments of Brandywine Senior Living at Brandall Estates.



5 Money Questions for Women



Date: Tuesday, August 12, 2014

Time: 5:30 pm - 7:00 pm

Location: Brandywine Senior Living at Brandall Estates, 432 Central Avenue, Linwood, NJ 08221

Requirements: Free

[Register online](#) or call 609-626-3591

Presenter: Jason Kiefer, Financial Advisor, Edward Jones

A 45 minute educational program that shares perspective on a process women can use to identify goals and set a strategy. Answers the questions:

- Where am I today?
- Where would I like to be?
- Can I get there?
- How do I get there?
- How can I stay on track?

Registration and dinner begins at 5:30 pm. Lecture begins at 6:00 pm. Dinner compliments of Brandywine Senior Living at Brandall Estates.

Navigating Your Next Adventure



Managing Income in Retirement

Date: Tuesday, October 7, 2014

Time: 5:30 pm - 7:00 pm

Location: Brandywine Senior Living at Brandall Estates, 432 Central Avenue, Linwood, NJ 08221

Requirements: Free

[Register online](#) or call 609-626-3591

Presenter: Jason Kiefer, Financial Advisor, Edward Jones

A 45 minute workshop designed for people who are thinking about retiring or who have retired recently. The workshop introduces a number of ideas to help build a reasonable and sustainable strategy for managing income during retirement. The workshop also explores how to plan up front for concerns like inflation, health care expenses and market volatility, as well as how to prepare if things don't go as expected.

Registration and dinner begins at 5:30 pm. Lecture begins at 6:00 pm. Dinner compliments of Brandywine Senior Living at Brandall Estates.

Food for Thought \$ Financial Management

Social Security
What you need to know



Date: Wednesday, July 16, 2014
Time: 12:00 pm - 2:00 pm
Location: Woodview Estates Assisted Living
 5030 Unami Boulevard, (corner of Atlantic
 Avenue) Mays Landing, NJ 08330 609-625-4878
Requirements: Free
[Register online](#) or call 609-626-3591
Presenter: Charles C. Weeks, Jr., JD, CFP®
 Assistant Professor of Finance, RSCNJ

Social Security can be very confusing.

- At what age should I collect?
- Are my benefits taxed?
- What happens if I work and collect my benefits?

This presentation will discuss the ins and outs of social security including the various benefits that are available, reductions in your benefits due to working and how your benefits may be taxable. We will also discuss various strategies for optimizing your benefits.

Registration and lunch begins at 12:00 noon with lecture directly after. Lunch compliments of Woodview Estates Assisted Living.



Retirement Planning
Plan now or else



Date: Wednesday, July 30, 2014
Time: 12:00 pm - 2:00 pm
Location: Woodview Estates Assisted Living
 5030 Unami Boulevard, (corner of Atlantic
 Avenue) Mays Landing, NJ 08330 609-625-4878
Requirements: Free
[Register online](#) or call 609-626-3591
Presenter: Charles C. Weeks, Jr., JD, CFP®
 Assistant Professor of Finance, RSCNJ

This presentation will discuss the various factors in retirement planning including portfolio withdrawal rates, investment returns, portfolio construction and inflation.

We will also discuss how modeling your retirement plan around average returns can be dangerous and strategies you can implement to increase the likelihood of not outliving your money.

Registration and lunch begins at 12:00 noon with lecture directly after. Lunch compliments of Woodview Estates Assisted Living.

Medical Care in Retirement: Take Care of Yourself So Others Won't Have To



Date: Wednesday, August 27, 2014
Time: 12:00 pm - 2:00 pm
Location: Woodview Estates Assisted Living, 5030 Unami Boulevard, Mays Landing, NJ 08330 609-625-4878
Requirements: Free [Register online](#) or call 609-626-3591
Presenter: Charles C. Weeks, Jr., JD, CFP®, Assistant Professor of Finance, RSCNJ

This presentation will discuss Medicare, Medicaid, MediGap and Long Term Care Insurance. Many people wrongly assume at age 65 they no longer have to worry about medical expenses, this couldn't be further from the truth. We will explore what is covered and what is not covered, how to accurately project likely medical costs and what options are available to insure against medical catastrophes.

Registration and lunch begins at 12:00 noon with lecture directly after. Lunch compliments of Woodview Estates Assisted Living.

Notes & News

~You Can Use Technology~

Computers and other gadgets

With the volunteer assistance of Ken Goodman, SCOSA would like to help you understand and use technology.

Ken Goodman has been working with computers since 1984, both PCs and Macs. He loves to help family and friends of all ages learn about their computers. He worked in Boston for Tufts University in computer networking for many years, as well as teaching introductory computing and computer networking classes as an adjunct at UMass Boston. Mainly retired now, Ken moved to Atlantic County when his wife began teaching at Stockton College in the Business School. Ken has a BA from Williams College in Massachusetts, as well as an MBA from Yale University.

Ken donated his time in 2013 to teach five workshops in a series called Internet Fun for SCOSA. Those workshops addressed texting, the cloud, digital images, social media and financial information on the internet.

We would like to develop new workshops in Atlantic County for 2015 that address the issues you are facing with technology today. But we need your help to do that. We need to know what you need help with and what you would like to learn.

Please take a few moments to complete a survey that you can access by clicking the SURVEY button below. We expect the workshops to be popular and we will need to limit capacity. If you supply us with your contact information on the survey we will contact you once the workshops have been scheduled and you will have the first chance of registering for any or all of the workshops.

It's our pleasure to offer quality programming that you want. Thanks for helping us do that.

[Survey](#)

Play to Enhance Brain Function

SCOSA is looking for volunteers to teach beginner mahjong, bridge, cribbage, dominoes and chess. If you are interested in volunteering to teach, or know of someone who may be interested, please contact SCOSA via [email](#) or telephone (609-626-3591).



Brand New

Basic Drawing Classes – Drawing Fundamentals

Dates: Wednesdays, June 11, July 9, & August 13, 2014

Time: 1:30 pm – 3:30 pm

Material Fee: \$10.00 per class, collected by Noyes Museum

Presenter: David Rhodes, Local Artist

Location: The Noyes Museum of Art of Stockton College, 733 Lily Lake Road Oceanville (Galloway), NJ 08231

Register: Call Noyes Museum 609-652-8848

Learn the basic skills and techniques of drawing by focusing on observational rendering, use of line, shading, mark making, elements of composition, and creativity. Draw from a variety of subjects, build technical skills, and develop personal expression. This class is geared toward mature adults, but all adults are welcome. Basic supplies provided for use of students. ***If there is an interest, classes will be continued through the fall.***

Attention Artists & Crafters

Diamond Frandsen, owner of the Ivy Cottage, would like to reward older adults for “trying something new” that engages the senses and involves them in the arts.

SCOSA participants who attend 6 or more arts or writing related SCOSA events will receive a \$15.00 gift certificate to the Ivy Cottage. This must include at least one event by Diamond Frandsen.

Contact [Gina Maguire](#) for details at 609-626-5590.

Let's Draw & Paint

Learn to Draw

Flyer

Dates: Wednesday, September 10, 17, 24 & October 1, 8, 15, 22, 29, 2014

Time: 10:00 am - 12:00 pm

Location: Meeting Room, Atlantic County Library System - Egg Harbor Township, 1 Swift Drive Egg Harbor Township, NJ 08234 609-927-8664

Presenter: Tom Sandor, SCOSA Volunteer Art Instructor and local artist

Requirements: \$5.00 per session fee charged and collected by instructor. Participants must bring their own materials (see flyer for list)

Register: [Register online](#) or call 609-626-3591

Guided by Tom Sandor's experience and expertise, you will learn to draw what you "see", at your own pace, developing powers of observation and defining individual style. With emphasis on self-discovery and skill development, the class will focus on building and refining basic skills, exploring a broad range of drawing materials and sharing ideas and techniques. You must purchase and bring your own materials. A fee of \$5.00 per session will be charged and collected by the instructor.

Learn to Paint with Watercolors

BEGINNING Watercolor for Mature Adults...Seniors

Flyer

Dates: Tuesday, September 23, 30 & October 7, 14, 2014

Time: 10:00 am - 12:00 pm

Location: Stockton at Kramer Hall, Room 201 30 Front Street, Hammonton, NJ 08037

Presenter: Alice Whitemarks, SCOSA Volunteer Art Instructor and Local Artist

Requirements: Participants must bring their own materials (see flyer for list)

Register: [Register online](#) or call 609-626-3591

Learn the fundamentals of painting with watercolors in this four week course. We will discuss the selection of brushes, paints and watercolor papers as well as other related topics. Students will learn basic techniques as they begin to paint. The instructor will supply initial painting inspiration, but students are encouraged to develop their own inspirations as well. This class is geared toward mature adults, but all adults are welcome.

Visit the [SCOSA Let's Draw & Paint Website](#) for program calendars, news, events and participant submissions.

Beginner Card Making Class

Dates: Thursday, June 19, July 17, August 14, 2014
Friday, September 19, October 17, November 14, December 12, 2014

Time: 12:00 pm - 2:00 pm

Location: Stockton's Manahawkin Instructional Site 712 East Bay Avenue, Manahawkin, NJ 08050

Presenters: Ann Blazovic & Gina Maguire

Register: [Email](#) or call 609-626-5590

Join us for this free beginner's card making class. You will make greeting cards suitable for sending to your friends and family. This is planned to be a series of classes, so come and enjoy the art of paper crafting.

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Paper Crafting: 2 Pocket Folder Scrapbook

Date: Tuesday, July 1, 2014

Time: 1:00 pm - 4:00 pm

Location: Stockton's Manahawkin Instructional Site, 712 East Bay Avenue Manahawkin, NJ 08050

Presenter: Ann Blazovic

Register: [Email](#) or call 609-626-5590

Learn to take an ordinary pocket folder and turn it into a beautiful, custom scrapbook. It can be made for any occasion, and as a gift for any age. All supplies are included in the class fee. **Choose the theme when you register: Baby, Dog, Cat, Male, Female, Birthday, Beach or Travel.**

\$20 payable to instructor, at start of class.

MANAHAWKIN
THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Paper Crafting: Explosion Box Scrapbook

Date: Tuesday, August 5, 2014

Time: 1:00 pm - 4:00 pm

Location: Stockton's Manahawkin Instructional Site 712 East Bay Avenue, Manahawkin, NJ 08050

Presenter: Ann Blazovic

Register: [Email](#) or call 609-626-5590

Join us to make a cute scrapbook that looks and stores like a 4" square box, then "explodes" into a scrapbook that holds more than 12 photos. It can be embellished later for whatever theme you would like. \$15 payable to instructor, at start of class.

MANAHAWKIN
THE RICHARD STOCKTON COLLEGE OF NEW JERSEY

Shoeless Joe in the Field of Dreams

Date: Wednesday, July 16, 2014

Time: 1:00 pm - 4:00 pm

Location: Stockton's Manahawkin Instructional Site
712 East Bay Avenue, Manahawkin, NJ 08050

Presenter: Deb Dagavarian, PhD

Register: [Email](#) or call 609-626-5590

Students of baseball history know of Shoeless Joe Jackson as an illiterate country bumpkin who happened to be one of the greatest hitters of all time. But he was banned from Major League Baseball by then Commissioner Kenesaw Mountain Landis for his role in throwing the 1919 World Series. Field of Dreams resurrects Joe Jackson through the mind of Ray Kinsella, the protagonist of the film. Ray hears a voice intone, "If you build it, he will come . . .", the "he" referring both to Shoeless Joe and, ultimately, Ray's long-deceased father. Join us to watch Field of Dreams, arguably the best baseball fantasy ever made. Field of Dreams, 1989 (1:47)

In addition to seeing this beautiful film, we will hear from Dr. Deb Dagavarian, who has published two books and several articles on baseball, and teaches a course on baseball each semester.

Deb Dagavarian recently retired from her position as Assistant Provost at the Richard Stockton College of New Jersey. She has been in college administration for over 35 years, and has taught and developed undergraduate and graduate courses on sociolinguistics, social stratification, developmental psychology, the Armenian genocide, and baseball. She has published two books on baseball, and encyclopedia entries and articles on topics ranging from assessment to baseball. Dr. Dagavarian serves on the editorial boards of two scholarly journals, and the Boards of Trustees of three nonprofits. She is married and has a son.



Field of Dreams, 1989 (1:47)

There's No Crying in Baseball

Date: Friday, October 3, 2014

Time: 1:00 pm - 4:00 pm

Location: Stockton's Manahawkin Instructional Site
712 East Bay Avenue, Manahawkin, NJ 08050

Presenter: Deb Dagavarian, PhD

Register: [Email](#) or call 609-626-5590

During WWII, hundreds of ballplayers joined the military and left way for players who might not ordinarily have made it to major league rosters: older men, very young players, men classified as 4F for military service, and seemingly handicapped players. One happy outcome of men leaving to serve our country was the establishment of the All-American Girls Professional Baseball League, which played from 1943 to 1954. Young women from our heartland were scouted for this league, which was based in the midwest. Teams had names like the Racine Belles, the Grand Rapids Chicks, and the Rockford Peaches.

We know a little about this unique phenomenon because of the film we will watch today, "A League of Their Own."

Stockton's Deb Dagavarian interviewed one of the star players in the AAGPBL, Sophie Kurys, over 20 years ago. Ms. Kurys passed away in 2013, but Dr. Dagavarian will share with us what she learned. So come and join us for an entertaining look at this fascinating slice of Americana. A League of Their Own, 1992 (2:08)

Steppin' Out: Tales from the Trail

Date: Wednesday, July 9, 2014

Time: 2:00 pm - 3:00 pm

Location: Stockton's Manahawkin Instructional Site, 712 East Bay Avenue, Manahawkin, NJ 08050

Presenter: Richard O'Meara, PhD

Register: [Email](#) or call 609-626-5590

Join Dr. O'Meara on his journey through a soldier's life through poetry and stories.

Dr. Richard M. O'Meara is a retired soldier and attorney who teaches holocaust and genocide studies at Stockton College. Through the years he has experienced war and peace in multiple locations including Vietnam, Panama and Iraq, raised a family and travelled the world. His book of poetry, *Steppin' Out*, chronicles much of his journey and often resonates with his audiences, young and old.

Field of Dreams, 1989 (1:47)

Time to Experience Local History & Craft

Split Woven Stool

Date: Saturday, July 19, 2014

Time: 10:30 am - 12:30 pm

Location: The Noyes Museum of Art of Stockton College, 733 Lily Lake Road Oceanville (Galloway) NJ 08231

Material fee: \$45.00 collected by Noyes Museum

Presenter: Niki Giberson

Register: Call Noyes Museum 609-652-8848

Each student will receive an oak stool frame 11" x 11" x 13" and will be taught to do a twill weave pattern. Once mastered, this method can be used on any chair or stool.



Needle Felted Pumpkins

Date: Saturday, October 4, 2014

Time: 10:30 am - 12:30 pm

Location: The Noyes Museum of Art of Stockton College, 733 Lily Lake Road, Oceanville (Galloway) NJ 08231

Material fee: \$20.00 collected by Noyes Museum

Presenter: Niki Giberson

Register: Call Noyes Museum 609-652-8848

Create 2 needle felted pumpkins (5" diameter) for fall decorating, made from wool from Niki's sheep farm.



Small Hearth Basket

Date: Saturday, August 23, 2014

Time: 10:30 am - 12:30 pm

Location: The Noyes Museum of Art of Stockton College, 733 Lily Lake Road, Oceanville (Galloway), 08231

Material fee: \$35.00 collected by Noyes Museum

Presenter: Niki Giberson

Register: Call Noyes Museum 609-652-8848

This sloping side basket, (8" x 16") is great for flower arrangements or vegetable gathering.



Niki Giberson

SCOSA Art Instructor and Owner/Operator of Swan Bay Farm in Port Republic. Niki has been teaching basket making and felting for many years. The wool used in her felting projects is sheared from the sheep that live on the farm. [Swan Bay Folk Art Center & Farm in Port Republic, NJ](#). (See flyer for information)

Farmers Market Basket

Date: Saturday, September 13, 2014

Time: 10:30 am - 12:30 pm

Location: The Noyes Museum of Art of Stockton College, 733 Lily Lake Road Oceanville (Galloway) NJ 08231

Material fee: \$40.00 collected by Noyes Museum

Presenter: Niki Giberson

Register: Call Noyes Museum 609-652-8848

10" x 10" x 14" rectangular basket which is very useful for gardening or carrying home your produce from market. It has an oak grip handle.



Wool Felted Silk Scarf

Date: Saturday, November 8, 2014

Time: 10:30 am - 12:30 pm

Location: The Noyes Museum of Art of Stockton College, 733 Lily Lake Road, Oceanville (Galloway), NJ 08231

Material fee: \$45.00 collected by Noyes Museum

Presenter: Niki Giberson

Register: Call Noyes Museum 609-652-8848

Learn the art of placing wool on a silk scarf and felting it into place to make a one of a kind designer accessory (10" by 55" finished size) using dyed wool and other fibers.



Time to Create Art



Salt of the Earth

Creative Writing & Sensory Craft

Bring a story to share with the class that you have written

about your "Salt of the Earth" figure and how they helped you become the person you are today. Discover what "scents" spark memories of your "salt" and create a salt and herbal mix to use at home, rounding out your sensory experience.

Level: Beginner.



Watercolor Woven Brooch

Must register for both sessions.

Session 1: Explore your personality by painting an abstract watercolor on paper while learning color blending & mixing techniques.

Session 2: Return with your watercolor, cut and weave it into a paper brooch, add fix weaving palette onto fabric backing and add a touch of whimsy to complete the brooch. All tools & materials supplied by instructor.

Level: Beginner.



Needle Felted Acorns

Needle Felted Acorns in Display Bowl: Use needle felting techniques to make colorful wool acorns to display in your selected bowl.

Level: Beginner.



Home

Creative Writing & Color Craft

Bring a story you have written about your ideas of "home" to share with the class, then use it to create a color painting as

creative expression to share with family and friends.

Level: Beginner.



Holiday Paper Craft

Create small, medium, and large folded paper stars all using the same techniques. Use these stars to adorn a window, garland or tree in

your home during the holiday season.

Level: Beginner.



Stockton at Kramer Hall

30 Front Street, Hammonton, NJ 08037 (609-626-3840)

Register: stockton.edu/scosa or call 609-626-3591

Material fees collected by instructor.

Date	Time	Class	Fee
7/24/14	10:30 - 12:30	Salt of the Earth	\$12
8/20/14	10:30 - 12:30	Watercolor Woven Brooch 1	\$30
9/24/14	10:30 - 12:30	Watercolor Woven Brooch 2	
10/22/14	10:30 - 12:30	Needle Felted Acorns	\$15
11/19/14	10:30 - 12:30	Home Writing & Color Craft	\$12
12/17/14	10:30 - 12:30	Holiday Paper Craft	\$8

Diamond Frandsen

SCOSA Art Instructor, Fiber Artist/Custom Designer & Owner of The Ivy Cottage.

Specializing in mixed media baskets, sculptures & gifts hand-made from wool, felt & yarns including needle felted wools, paper folding & embroidery.

(See flyer for more information).



The Noyes Museum of Art of Stockton College

733 Lily Lake Road, Oceanville (Galloway), NJ 08231

Register: Call 609-652-8848

Material fees collected by The Noyes Museum.

Date	Time	Class	Fee
7/17/14	10:30 - 12:30	Salt of the Earth	\$17
8/13/14	10:30 - 12:30	Watercolor Woven Brooch 1	\$40
9/17/14	10:30 - 12:30	Watercolor Woven Brooch 2	
10/15/14	10:30 - 12:30	Needle Felted Acorns	\$20
11/12/14	10:30 - 12:30	Home Writing & Color Craft	\$17
12/10/14	10:30 - 12:30	Holiday Paper Craft	\$13

MANAHAWKIN

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY

Stockton's Manahawkin Instructional Site

712 East Bay Ave, Manahawkin, NJ 08050 (609-626-3883)

Register: [Email](mailto:scosa@stockton.edu) or call 609-626-5590

Material fees collected by instructor.

Date	Time	Class	Fee
7/7/14	10:30 - 12:30	Salt of the Earth	\$12
8/7/14	10:30 - 12:30	Watercolor Woven Brooch 1	\$30
9/4/14	12:00 - 2:00	Watercolor Woven Brooch 2	
10/2/14	12:00 - 2:00	Needle Felted Acorns	\$15
11/6/14	12:00 - 2:00	Home Writing & Color Craft	\$12
12/4/14	12:00 - 2:00	Holiday Paper Craft	\$10

SCOSA SUMMER / AUTUMN 2014 OLDER ADULT EDUCATION PROGRAM SCHEDULE AT A GLANCE

Date & Time	Workshop	Page	Location	Register
7/1 1:00-4:00	Paper Craft: 2 Pocket Folder Scrapbook	10	Stockton's Manahawkin Instructional Site	Email or Call 609.626.5590
7/7 10:30-12:30 7/17 10:30-12:30 7/24 10:30-12:30	Salt of the Earth	13	Stockton's Manahawkin Instructional Site Noyes Museum / Oceanville Kramer Hall / Hammonton	Email or Call 609.626.5590 Call 609.652.8848 Online or Call 609.626.3591
7/9 2:00-3:00	Steppin' out: tales from the trail	11	Stockton's Manahawkin Instructional Site	Email or Call 609.626.5590
Thursdays 7/10 to 12/18 10:30-11:30	Techniques for Health & Well-Being...Have Fun While Relaxing Your Body & Mind	4	Galloway Senior Center	Online or Call 609.626.3591
7/12, 8/9, 10/18, 11/15 & 12/13 10:30-12:30	Time to Tell Creative Writing	5	The Noyes Museum of Art	Call 609.652.8848
7/12, 8/9, 9/13, 10/11, 11/8 & 12/13 11:00-1:00	Tour of Poetry for Seniors	5	Otto Bruyns Public Library / Northfield	Online or Call 609.626.3591
7/15 5:30-7:00pm	Food for Thought - Estate Considerations	7	Brandywine Senior Living	Online or Call 609.626.3591
7/16 12:00-2:00	Food for Thought - Social Security	8	Woodview Estates Assisted Living	Online or Call 609.626.3591
7/16 1:00-4:00	Shoeless Joe in the Field of Dreams	11	Stockton's Manahawkin Instructional Site	Email or Call 609.626.5590
7/17, 8/14, 9/19, 10/17, 11/14, 12/12 12:00-2:00	Beginner Card Making Class	10	Stockton's Manahawkin Instructional Site	Email or Call 609.626.5590
7/19 10:30-12:30	Basketmaking - Split Woven Stool	12	Noyes Museum / Oceanville	Call 609.652.8848
7/24, 8/28, 9/26, 10/24, 11/21, 12/19 12:30-2:30	Time to Tell Memoir Writing	5	Stockton's Manahawkin Instructional Site	Email or Call 609.626.5590
7/30 12:00-2:00	Food for Thought - Retirement Planning	8	Woodview Estates Assisted Living	Online or Call 609.626.3591
7/31 11:00-12:00	Laughter is the Best Medicine	5	Hammonton Canoe Club Senior Center	No registration necessary
8/5 1:00-4:00	Paper Craft: Explosion Box Scrapbook	10	Stockton's Manahawkin Instructional Site	Email or Call 609.626.5590
8/7, 9/4 10:30-12:30 8/13, 9/17 10:30-12:30 8/20, 9/24 10:30-12:30	Watercolor Woven Brooch	13	Stockton's Manahawkin Instructional Site Noyes Museum / Oceanville Kramer Hall / Hammonton	Email or Call 609.626.5590 Call 609.652.8848 Online or Call 609.626.3591
8/12 5:30-7:00pm	Food for Thought - Questions for Women	7	Brandywine Senior Living	Online or Call 609.626.3591
8/23 10:30-12:30	Basketmaking - Small Hearth Basket	12	Noyes Museum / Oceanville	Call 609.652.8848
8/27 12:00-2:00	Food for Thought - Retirement Health	8	Woodview Estates Assisted Living	Online or Call 609.626.3591
8/27 1:00-2:00	Southern Ocean County Insider Guide	6	Stockton's Manahawkin Instructional Site	Email or Call 609.626.5590
9/10 - 10/29 10:00-12:00	Let's Draw & Paint... Learn to Draw	10	Egg Harbor Township Library	Online or Call 609.626.3591
9/10 1:00-2:00	Get Connected Technology Seminar	6	Stockton's Manahawkin Instructional Site	Email or Call 609.626.5590
9/13 10:30-12:30	Farmers Market Basket	12	Noyes Museum / Oceanville	Call 609.652.8848
9/16 5:30-7:00pm	Food for Thought - Health Care	7	Brandywine Senior Living	Online or Call 609.626.3591
9/23 - 10/14 10:00-12:00	Let's Draw & Paint... Beginner Watercolor	10	Kramer Hall / Hammonton	Online or Call 609.626.3591
10/2 12:00-2:00 10/15 10:30-12:30 10/22 10:30-12:30	Needle Felted Acorns	13	Stockton's Manahawkin Instructional Site Noyes Museum / Oceanville Kramer Hall / Hammonton	Email or Call 609.626.5590 Call 609.652.8848 Online or Call 609.626.3591
10/3 1:00-4:00	There's No Crying in Baseball	11	Stockton's Manahawkin Instructional Site	Email or Call 609.626.5590
10/4 10:30-12:30	Needle Felted Pumpkins	12	Noyes Museum / Oceanville	Call 609.652.8848
10/7 5:30-7:00pm	Food for Thought - Managing income	7	Brandywine Senior Living	Online or Call 609.626.3591
10/30 11:00-12:00	Heart Health Awareness - FH	4	Hammonton Canoe Club Senior Center	Online or Call 609.626.3591
11/6 12:00-2:00 11/12 10:30-1:30 11/19 10:30-1:30	Home Writing & Color Craft	13	Stockton's Manahawkin Instructional Site Noyes Museum / Oceanville Kramer Hall / Hammonton	Email or Call 609.626.5590 Call 609.652.8848 Online or Call 609.626.3591
11/7 12:00-1:30	Healthy Living - Mind-Body Approach	4	Stockton's Manahawkin Instructional Site	Email or Call 609.626.5590
11/8 10:30-12:30	Wool Felted Silk Scarf	12	Noyes Museum / Oceanville	Call 609.652.8848
12/4 12:00-2:00 12/10 10:30-12:30 12/17 10:30-12:30	Holiday Paper Craft	13	Stockton's Manahawkin Instructional Site Noyes Museum / Oceanville Kramer Hall / Hammonton	Email or Call 609.626.5590 Call 609.652.8848 Online or Call 609.626.3591

SCOSA's Online Registration page contains all of the programs that require registration in Atlantic County on the same page. You need only enter your registration choices once. You will be contacted to confirm registration.



Stockton Center on Successful Aging 2014 Festival

Staying Happy & Healthy in Home & Community

Arthritis Foundation Health Summit



Tuesday, May 13, 2014 - 9:00 am to 4:00 pm

Stockton College Campus Center, 101 Vera King Farris Dr., Galloway, NJ 08205

Ample parking steps away from building. On NJ transit's 508 bus line serving AC & Hamilton Mall.

Free admission and lunch for first 200 registrants - Call 215-574-3060 ext 4724 to register

Presentations Throughout the Day

Partners

Arthritis Foundation
Eastern Pennsylvania Chapter



South Jersey
Senior Marketing Group



Village by the Shore
A JFS Initiative



- * **SCOSA Research Update.** Part 1: Dr. Lisa Cox (SCOSA Research Chair) with John Bulevich, Debra Busacco, Christine Gayda-Chelder, Robert Marsico. Part 2: Dr. Jessica Fleck. SCOSA Research Fellows & Scholars discuss their research projects
- * **Alternative/Complimentary Medicine for Osteoarthritis,** Sharon Kolasinski, MD
- * **Transcatheter Aortic Valve Replacement (TAVR): An Interprofessional Approach for High Risk/Inoperable Elderly Patients with Severe Aortic Stenosis,** Joelle Hargraves, APN
- * **The 10 Warning Signs of Alzheimer's Disease,** Sorida Lopez, MS, Alzheimer's Association
- * **Are You Ready to Retire?** Brian McGuire, AARP-NJ
- * **Healthy Financial Aging: How to Age in Place,** Charles Weeks, JD, CFP, Assistant Professor of Finance
- * **Is Your Home Aging Ready?** Doug Schindler, MS, CAPS
- * **Preparing for the Next Big Disaster,** Jess Bonnan-White, Assistant Professor of Criminal Justice
- * **Osteoporosis vs. Osteoarthritis,** Arthritis Foundation
- * **Fitness and the Active Older Adult,** Arthritis Foundation
- * **Put Pain in its Place,** Arthritis Foundation
- * **Prepare to Age in Place, Pat Laychock,** Director, Visiting Angels
- * **Help Prevent Medicare Fraud and Abuse,** Tunde Akinrolabu, Senior Medicare Patrol
- * **What's the Password to Common Sense Internet Security?** Ken Goodman, MBA
- * **Humor & Laughter – A Prescription for Better Living,** Maryann Prudhomme, RN, CCM, CSA Bayada
- * Contact Cape-Atlantic **Telephone Reassurance Program,** John Oelkers
- * **Preparing for Natural Disasters,** Alayna Berg, Legal Services of NJ
- * **Meditate Your Way to Health & Happiness,** Luanne Anton, Health Educator, Stockton Wellness Center
- * **You'll Be Wowed by This Woman...** the story of Peace Pilgrim, Merry Brennan and Helene Young
- * **Laughter Yoga,** Francine Shore of Laughter Yoga Salon New York City
- * **Demonstrations throughout the day:**
 - * **Explore Your Creativity Through Craft,** Diamond Frandsen, Ivy Cottage
 - * **Create Your Own Greeting Cards,** Ann Blazovic
 - * **You Can Use Technology,** Ken Goodman, MBA
- * **Music by The Lyric Wind Quintet & Members of the Stockton Faculty Band**

Exhibitors

Scores of businesses & organizations providing services to older adults, many offering services and gifts at the festival.

Sponsors



Stockton Center on Successful Aging - Richard Stockton College of NJ
101 Vera King Farris Drive, Galloway, NJ 08205-9441
609.652.4311 FAX: 609.626.3620 david.burdick@stockton.edu



Visit the SCOSA Website often for Festival updates www.stockton.edu/scosa



Stockton Center on Successful Aging

The Richard Stockton College of NJ

101 Vera King Farris Drive

Galloway, NJ 08205-9441

Director - David Burdick 609.652.4311 David.Burdick@stockton.edu

Atlantic County Programs - 609.626.3591 Ocean County Programs - 609.626.5590

stockton.edu/scosa

Various disclaimers and waivers may apply to programs described herein. Please consult SCOSA web-site, individual program flyers, and presenters for additional details.

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