



Stockton Center on Successful Aging News & Upcoming Events

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April, 2015 - Volume 4, Issue 4

Older Adult Calendar April, 2015

Thu, April 9, 16, 23, 30
9:30-10:30

[Have Fun While Relaxing Your Body & Mind](#) (Weekly)
Galloway Senior Center

Thu, April 9, 16, 23, 30
11:30-12:30

[Mindfulness, Meditation & Being in the Now](#) (Weekly)
Woodview Estates Assisted Living

Thu, April 2 12-2

[Art: Needle Felted Daisy Brooch](#)
Manahawkin Instructional Site

Fri, April 3 11:30-1:00

[Beginner's Knitting](#)
Manahawkin Instructional Site

Fri, April 10, 10-11

[Staying Healthy & Happy as You Age](#)
Hammonton Senior Center

Sat, April 11, 11-1

[A Tour of Poetry for Seniors](#)
Otto Bruyns Library-Northfield

Tue, April 14, 2-4

[Time to Tell: Writing Memory Stew](#)
Stockton Kramer Hall

Fri, April 17, 12-1:30 (Session 1) & 1:30-3 (Session 2)

[Beginner's Card Making Class](#)
Manahawkin Instructional Site

Sat, April 18, 10:30-12:30

[Art & Food: Brûlée Tray Basket](#)
Noyes Museum of Art

Mon, April 20, 10-11

[Laughter is the Best Medicine](#)
Buena Senior Center

Fri, April 24, 1:30-3

[Time to Tell Memoir Writing](#)
Manahawkin Instructional Site

[Winter/Spring 2015 Older Adult Program Schedule](#)

Upcoming Professional Education

Health Care Disparities within the LGBT Older Adult Community

This free seminar is presented by Carolyn Bradley, PhD, LCSW, LCADC & Melissa Mutter, MSW student and LGBT OAP intern and is scheduled for April 29, 2015 from 4:30pm - 7:00pm at Brandywine Senior Living at Brandall Estates, 432 Central Avenue, Linwood, NJ 08221. [Online registration required](#). For program details [click here](#).

Participants in this seminar will develop knowledge and skills that will enhance their ability to serve members of the LGBT older adult community. Presented by the LGBT Older Adult Project at Monmouth University.

This seminar is free of charge and includes dinner. Upon completion, participants will receive 2 CE's for Social Workers, Marriage and Family Therapists, Licensed Professional Counselors and Occupational Therapists*, and 2 Contact Hours for Nurses*.

*Stockton University is an approved provider of continuing nursing education by New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. P#P288-11/13/16. Stockton University is an approved provider of Social Work continuing education credits. OT and Nursing CEs are pending approval as of 3/23/15.

NEWS BRIEFS

Planning Ahead for our Main Event of the Year...

Save the Date: May 13, 2015 for SCOSA's [Successful Aging Festival](#)

Mark your calendar and plan to join us on May 13th in Stockton's Campus Center for a full day of educational presentations, demonstrations, music and exhibits. Keynoter Dana Burr Bradley, Director of the Center for Gerontology at Western Kentucky University, will discuss pathways to developing age-friendly communities. See the left panel notice for current information and check our website [festival page](#) often for updates.

SCOSA encourages fragrance-free environments in all of our programming.

Chemical fragrances in many personal care, household and institutional cleaning products can cause severe reactions for some individuals and can be harmful to everyone in less apparent ways. SCOSA is in the process of developing a [values statement and guidelines](#) and we encourage participants in our programs to minimize their use of products containing chemical fragrances.

Atlantic County Needs Assessment - needs your input. The Atlantic County Division of Intergenerational Services is developing a service plan for years 2016-2018. In order to provide the best service to seniors and focus needed attention where it will do the most good, your input is requested. [Click here](#) to take the survey. It should take you about 5-8 minutes to complete. The deadline submission is May 1st. The county has provided funding to support SCOSA's Older Adult Education Program for the past 8 years, as well as support for several other important community-based programs for older adults.

Congratulations to Belinda Manning



SAVE THE DATE

SCOSA Annual Successful Aging Festival May 13, 2015

Presentations:

Keynote Address - *Making Atlantic County an Age-Friendly Community*, Dana Burr Bradley, Director of the Center for Gerontology at Western Kentucky University, will discuss pathways to developing age-friendly communities, an initiative of the World Health Organization.

Adaptive Technologies That Help Keep You in the Act, Stockton Occupational Therapy Students

Atlantic County Office on Aging Programs & Services, Marilu Gagnon & Cindy McNellis

Be Pro-Active: Using Wills, Trusts & Powers of Attorneys, Grayson H. Heberley, III

Celebrating Older Adult's Voices and Creativity, Lisa Cox, PhD & SCOSA Time to Tell Creative Writers

Mindfulness, Meditation, and Being in the Now, Linda Schwartz

Preparing for the Next Big Disaster - Be Ready, Jess Bonnan-White

The Best Places to Visit in the US & World Today, Chuck Sawicki, Road Scholar Ambassador

The Power of Music & Memory: An Olde Tyme Sing-Along, Nancy Fiedler with Mary Koenke

Music by the *Stockton Faculty Band Unplugged*

Partner: SJ Senior Marketing Group

Sponsors:
[The Shores at Wesley Manor](#)

New Exhibitors:
Alzheimer's Association Delaware Valley Chapter, American Red Cross, Atlantic Adult Day Health Care, Bacharach Institute for Rehabilitation, Brandywine Senior Living, Caring, Inc., Compassionate Care Hospice, DePaul Healthcare

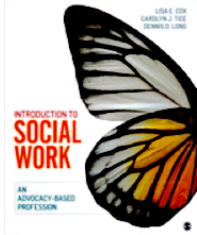


SCOSA congratulates Belinda Manning for her work entitled, *The Long Journey Home*, as it has been selected as one of the winning entries of the 21st Annual New Jersey Wordsmith Competition. Belinda's essay is the product of her involvement in SCOSA's Time to Tell creative writing workshop, "Tapping the Source", facilitated by Cynthia Graham. Belinda exclaimed, "SCOSA provided an environment that opened the door for new adventures: an instructor focused and dedicated to tapping my individual potential; and a learning community of honest peers that were open to hear and provide constructive criticism, share resources and motivate me to continue to move forward." Her piece will be presented by members of the Unlimited Potential Theatre Company during the Joyce Indik New Jersey Readers Theatre in New Brunswick.

Belinda would like to add that she has also taken a bookmaking class taught by Jill Sluka (ARHU Adjunct Instructor) through SCOSA that she called "Awesome". She proudly mentioned, "I used the techniques I learned to create a mixed media project which actually won 'Best in Show' for state Senior Art Competition last year."

And ... Congratulations to Dr. Lisa Cox

Dr. Cox is the founder of all of SCOSA's guided autobiography and oral histories projects. Her current project of conducting oral histories with retired garment workers at Kramer Hall in Hammonton recently received [excellent coverage](#) in the Press of Atlantic City.



Even more impressive, Dr. Cox's new textbook, "Introduction to Social Work: An Advocacy-Based Profession" (Sage, 2015) has received rave reviews and is positioned to become a leading introductory textbook in social work departments across the country. Dr. Cox thanked SCOSA in her acknowledgements and included some case studies mentioning the center on aging in the chapter on Aging. SCOSA assisted by placing two GERO students as research assistants to Dr. Cox.

UPCOMING in March thru May: Events and Services of Interest

Stockton's 15th Annual Days(s) of Scholarship
March 24th & 25th - Several sessions on aging

The Stockton Day of Scholarship showcases research conducted by faculty, staff, and students at Stockton University. The event, free and open to the public, runs from 10am to 3:30pm on Tuesday and 10:30am to 4:30pm on Wednesday in the Campus Center. Plentiful parking is available in Lot 3 on Tuesday as there are no classes that day. More than 70 presentations will fill both days. Topics relating to aging include dementia, perceptions of growing older, rheumatoid arthritis and hand exercises, indicators of cognitive reserve in healthy adults and the power of autobiography. [Click here](#) for full schedule.

The Making of the Affordable Care Act: An Insider's Account of Healthcare Policy Making

Ruth J. Katz, Director, Health, Medicine and Society Program, The Aspen Institute. Free and open to the public - April 6, 2015 in the Campus Center Theatre. RSVP to [Stockton's William J. Hughes Center for Public Policy](#).

Alan Moskin: World War II Soldier Speaks Out - Open to Public - April 8th

Stockton's Student Veteran Organization is proud to host World War II veteran Alan Moskin at Stockton in the Alton Auditorium on April 8th at 7:00pm. Alan is a member of our American occupation of Europe team who helped to liberate concentration camps. This energetic 89 year old hero, recounts with vivid detail, the horror of liberating a concentration camp in his powerful presentation, which also includes the bigotry and racism he encountered as a young soldier. The presentation is free and open to the public. SCOSA had committed travel/honorarium funds to this program, but the Veterans Organization was able to procure enough other support so that we can conserve our limited resources. [Click here](#) for details.

Me, My Brain, and I... Building a Healthy Brain for Today & Tomorrow

Join us on campus for a brain health event on Tuesday, April 14th from 4:30-6:00pm in Stockton's Campus Center Board of Trustees Room. Student presentations on the science behind keeping the brain healthy will include topics on nutrition, exercise, depression, changes in thinking, and cognitive reserve. Attendees can choose to attend two of the six presentations. For details contact [Dr. Jessica Fleck](#). Dr. Fleck is a SCOSA Research Fellow and regularly includes students in her work.

at Woodview Estates, Fox Rehabilitation, Hafetz and Associates, Healthsouth of Vineland, JFS Village by the Shore, Our Lady's Multi-Care Center, Right at Home, Road Scholar, Royal Suites Healthcare and Rehab, Seashore Gardens Without Walls, South Jersey Geriatric Care & SJSMG, The Law Offices of Grayson H. Heberley, III, The Shores at Wesley Manor, Visiting Angels

Exhibitors are donating gifts to visitors including a \$250 gift certificate toward a Road Scholar adventure.

[Click here](#) for information on presentations, exhibits & updates.

For Service Agencies, Organizations & Businesses: [Click here](#) for the Exhibitor, Sponsor, Donor & Advertiser Prospectus

SCOSA Sponsors National Healthcare Decisions Day Events in Atlantic & Ocean Counties

SCOSA has planned several events to commemorate National Health Care Decisions Day (NHDD) on April 16, 2015. Designed to inspire, educate and empower the public and healthcare providers about the importance of advance care planning, it encourages citizens to express their wishes regarding healthcare before they become seriously ill. [NHDD National Initiative](#).

Our main program, "Advance Directives Lecture and Gerontology Commemoration" is free and open to the public and takes place on April 16th, from 4:45-5:30pm in room L-112 (across from the Stockton PAC). Stockton's Gerontology Program will honor this year's students completing their GERO Minors and some long-time faculty who are retiring before the session.

SCOSA will also present a lecture on the 16th for the Southern Ocean County Ethics Alliance (SOCRETES) at Seacrest Village. Additionally, the 16 students in SCOSA's online Certificate in Elder Care Coordination will plan and present programs in their communities across the U.S.

Our initiative is being spearheaded by Sally Nunn, RN, who will be the featured speaker at both events on April 16th. To contact Sally, write to nunnsal41@comcast.net.

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Buddhism and End-of-Life Care: a Compassionate Approach

The Stockton Buddhist Club will present a free public lecture on end-of-life care and the role of Buddhism on Friday, April 24th from 6-9pm in Stockton's Campus Center Theatre. In this talk, Rev. Issan Koyama will share the view of death in Buddhism, practice, and hospice experience. Refreshments will be provided. [Click here](#) for information or contact Professor of Philosophy and Religion [Jongbok Yi](#).

A special thanks to our newsletter co-editor Danielle Oesterle who will be graduating in May.



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