



Stockton Center on Successful Aging News & Upcoming Events

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May, 2015 - Volume 4, Issue 5

Older Adult Calendar May, 2015

Wed, May 6, 2-4

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

Stockton Galloway Campus

Thu, May 7, 14, 21, 28
9:30-10:30

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

Galloway Senior Center

Thu, May 7, 11:30-12:30

[Meditation Group](#)

Woodview Estates Assisted Living

Sat, May 9, 11-1

[A Tour of Poetry for Seniors](#)

Otto Bruyns Library-Northfield

Wed, May 20, 10-11

[Continue to Live Independently](#)

Galloway Senior Center

Sat, May 30, 10:30-12:30

[Art & Food: Scone Serving Basket](#)

Noyes Museum of Art

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

Upcoming Professional Education

Is Aging the Same for Everyone? 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 and CEUs. [Click here](#) for approved CEUs.

NEWS BRIEFS

Presenting our Main Event of the Year... 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. We will also hold "Drop In" Focus Groups designed to receive input on public perceptions and suggestions about SCOSA's Service and Education programs. See the left panel notice for current sponsors and exhibitors. Check our website [festival page](#) often for updates. No parking worries -- no classes are in session. (SCOSA encourages fragrance-free environments in all of our programming.) [Click here](#) for a printable Schedule at a Glance.

Presentations:

- * Keynote Address - *Making Atlantic County an Age-Friendly Community*, Dana Burr Bradley PhD, 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.
- * *A Better You... A Better Community*, Cape Atlantic Coalition for Health
- * *Adaptive Technologies That Help Keep You in the Act*, Stockton Occupational Therapy Students
- * *Aging and the Baby Boom Generation: Jobs, Education & Lifestyles*,



SAVE THE DATE

SCOSA Annual Successful Aging Festival May 13, 2015

Exhibitor Deadline - May 1st - Register Now [Exhibitor](#), [Sponsor & Donor Prospectus](#)

Sponsors:

[The Shores at Wesley Manor](#)

[Atlanticare](#)

[Compassionate Care Hospice](#)

[New Jersey Institute for Successful Aging](#) Department of Geriatrics and Gerontology, Rowan University School of Osteopathic Medicine

Southern New Jersey Council on Issues of Aging Endowment Fund

Wallerstein Foundation for Geriatric Life Improvement

Music by the **Stockton Faculty Band Unplugged**

Exhibitors:

Aetna, Alzheimer's Association Delaware Valley Chapter, American Red Cross, Atlantic Adult Day Health Care, Atlanticare, Bacharach Institute for Rehabilitation, Bayada Home Health Care, Brandywine Senior Living at Brandall Estates, Cape Atlantic Coalition for Health, Caring, Inc., Compassionate Care Hospice LLC, Contact Cape-Atlantic, DePaul Healthcare at Woodview Estates, Fox Rehabilitation, Garden State Medical Supply, Gitterman Wealth Management, LLC, Hafetz and Associates, Healthsouth of Vineland, Holy Redeemer Home Care and Hospice, JFS Village by the

Michael Kuhlman, National Council on Aging

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

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

* *Building a Healthy Brain - The Role of Cognitive Reserve in Long-term Brain Health*, Professor Jessica I. Fleck*

* *Celebrating Older Adult's Voices and Creativity*, Cynthia Inman Graham with the SCOSA Time to Tell Creative Writers & Lisa Cox, SCOSA Research Chair

* *Effects of Financial Exploitation on the Elderly*, Alayna Berg

* *How May We Serve You Best?* Drop In SCOSA Focus Groups, Professor Christine Gayda-Chelder, Professor Evonne Kruger, Professor Diane Holtzman

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

* *National Senior Health & Fitness Day: Walk Around Lake Fred*, Christine Ferri, SCOSA Education Chair

* *Preparing for the Next Big Disaster - Be Ready*, Professor Jess Bonnan-White, Stockton Professor and American Red Cross

* *Put Your Best Brain Forward: Tips for a Healthy Mind & Free Cognitive Screenings*, Christine Gayda-Chelder

* *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

Stay in the Act... Long Term Care Financing Options, Professor Charles C. Weeks, Jr., JD, CFP

*For those who missed Dr. Fleck's presentation on April 14th: *Me, My Brain & I... Building a Healthy Brain for Today & Tomorrow*, which drew over 140 attendees to the student presentations in the Stockton Campus Center.

NJ Public Input Sessions for White House Conference on Aging

The NJ Foundation for Aging is coordinating sessions to provide input to the White House Conference on Aging. The first session is scheduled for May 15th at Meadow Lakes in East Windsor. Program registration begins at 9:00 AM, and the panel presentations will begin at 10:00. The program will feature four panelists offering information regarding four different topics. [Click here](#) to access a registration form. The deadline to register is May 1st. Space is limited.

SCOSA joins Stockton's Gerontology Program in honoring and thanking four retiring faculty members.

Four faculty members are retiring this year who have supported gerontological education, Stockton's gerontology program and the establishment of SCOSA in 2007. Linda Aaronson (Associate Professor of Nursing) and Nancy Davis (Professor of Pathology and former Dean of Professional Studies) both began teaching Introduction to Gerontology and Aging & Health in the mid-1980s and continued for nearly 20 years until teaching and administrative needs in Nursing forced them to curtail their GERO teaching. Will Jaynes (Professor of Social Work and African American Studies and former Acting Dean of Social and Behavioral Sciences) taught Aging and the Family for over 20 years, and Ralph Werner (Associate Professor of Biology) has taught Biology of Aging for nearly a decade.

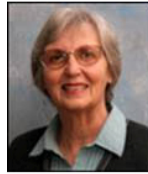
Shore, Our Lady's Multi-Care Center, Right at Home, Road Scholar, Royal Suites Healthcare and Rehabilitation, Seacrest Village, Seashore Gardens Without Walls, South Jersey Geriatric Care, The Fountains at Cedar Parke, The Law Offices of Grayson H. Heberley, III, The Shores at Wesley Manor, Visiting Angels

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

[Click here](#) for time & location of presentations, exhibits & updates.

[Click here](#) for a printable "Schedule at a Glance".

Exhibitor Deadline - May 1st
[For Service Agencies, Organizations & Businesses](#)



Linda Aaronson



Nancy Davis



Will Jaynes



Ralph Werner

Day of Scholarship presentation featured SCOSA sponsored program 'The Power of Autobiography Groups'



Older adults from Lisa Cox's 'The Power of Autobiography' group presented at the 15th Annual Day of Scholarship at Stockton. These attendees from the community who've attended SCOSA sponsored writing sessions have enthusiastically received the

empirical methodology of guided autobiography. This session's goal was to introduce attendees to the concept of guided autobiography and to have older adults share visual aids and snippets from their writings. Each piece was unique and showcased the individual author. A clothesline was used to display each writing piece.



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