

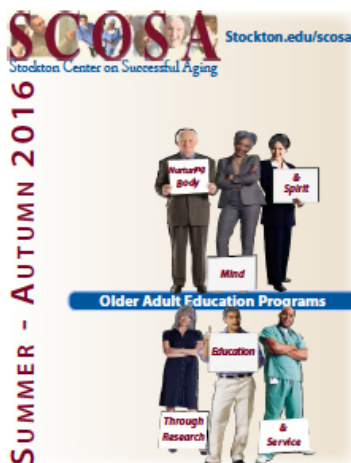
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 August 2016 - Volume 5, Issue 8



SCOSA News & Upcoming Events



Access the [online version](#).

Adult Education Calendar August 2016

Wed, August 3, 1-3pm

[Laughter is the Best Medicine](#)
 Woodview Estates

Thu, August 4, 10:30-11:30am

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

Fri, August 5, 11am-1pm

Tech Workshop: [Introduction to Personal Computers for Beginners](#)
 Stockton Carnegie Center, Atlantic City

Sat, August 6, 10am-12pm

SCOSA Updates

Congratulations, Emari DiGiorgio!

SCOSA Faculty Research Scholar Emari DiGiorgio, Associate Professor of Writing, and Facilitator/Host, World Above was recently interviewed "In The Spotlight." In the Spotlight highlights Association of Writers and Writing Program members who are making exceptional contributions to the literary community. Among other topics, the interview briefly discusses our "A Tour of Poetry for Seniors", which Emari has organized with SCOSA funding for the past three years. Read the interview [here](#).

A Tour of Poetry for Seniors is presented by Emari at the Otto Bruyns Public Library of Northfield on 241 West Mill Road in Northfield one Saturday each month from 11:00 am to 1:00 pm. Registration is not necessary. [Click here](#) to access the flyer with guest speakers.

SCOSA Presents a Quartet of Innovative Programs for Older Adults and Extends a Special Invitation to Community Older Adults & Professionals

On Wednesday, August 17, 2016 from 10:00 am – 3:00 pm SCOSA will present the following programs at Stockton Kramer Hall on 30 Front Street in Hammonton. Each of these innovative programs will be shared and discussed by Stockton faculty. Lunch is provided by Stockton Kramer Hall. [Register online](#) or call 609-626-3591. [Click here](#) to access flyer.

Sharing Across Generations - SCOSA's Intergenerational Service Project
 Time: 10:00 am - 11:00 am Presenter: Christine Ferri, PhD, SCOSA Education Chair
 Christine will describe SCOSA's Intergenerational Service Project at Stockton University. The program pairs older adults in the community with students to work together on service projects throughout the school year, creating lasting connections that make a positive impact on community organizations and agencies in need.

Let Your Imagination Soar - Start Telling Stories

Time: 11:00 am - 12:00 pm Presenter: Christine Ferri, PhD, SCOSA Education Chair
 TimeSlips is an innovative storytelling intervention that replaces the pressure to remember with the freedom to imagine. Used by families and health care

[Learn Basketry, Experience Local History & Culinary Delights](#) - Zucchini Bread Baskets
Swan Bay Folk Art Center

Tue, August 9, 9:30-10:30am
[Social Security: What You Need To Know](#)
Spring Village at Galloway

Thu, August 11, 10am-12pm
[LGBTQ Intergenerational Group](#)
Manahawkin Instructional Site

Thu, August 11, 11am-12pm
[Medical Care in Retirement: Take Care Of Yourself So Others Won't Have To](#)
Hammonton Canoe Club Senior Center

Thu, August 11, 2-4pm
[Being Mortal - Film Screening](#)
Manahawkin Instructional Site

Sat, August 13, 11am-1pm
[A Tour of Poetry for Seniors](#)
Otto Bruyns Public Library of Northfield

Fri, August 12, 11am-12pm
Tech Workshop: [Thumb Drives](#)
Stockton Carnegie Center, Atlantic City

Fri, August 12, 12:30-1:30pm
Tech Workshop: [Internet Banking](#)
Stockton Carnegie Center, Atlantic City

Tue, August 16, 2-3pm
[When Income Decreases, But the Bills Don't](#)
Village Grande at Little Mill, EHT

Wed, August 17, 10am-3pm
[Quartet of Programs for Older Adults](#)
Stockton Kramer Hall (Includes Lunch)
Sharing Across Generations - SCOSA's Intergenerational Service Project, 10-11am
Let Your Imagination Soar - Start Telling Stories, 11am-12pm
Guided Autobiography (GAB), 1-2pm
Origami Art Therapy, 2-3pm

Sat, August 20, 10:30am-12:30pm
Time to Tell - Creative Writing Workshop: [Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom](#)
Stockton Campus Center Room 1

Wed, August 24 & 31, 11:30am-1:30pm
[One-Stroke Painting August Project: Trifle Bowl](#)
Manahawkin Instructional Site

SCOSA Pickleball August

professionals, TimeSlips provides everyone with an opportunity to engage in storytelling in a joyful and fun way. When memory loss separates us from people we love, the emotional, symbolic language of the imagination can bring us back together.

Guided Autobiography (GAB)

Time: 1:00 pm - 2:00 pm Presenter: Lisa Cox, PhD, SCOSA Research Chair
Guided Autobiography was designed to assist individuals to recall, organize and share the contents of their life experiences. The Guided Autobiography method was developed more than 30 years ago within the context of university education and has served the entire adult age range. Join Lisa as she describes GAB and how she has used the method in her classes, in SCOSA programs and in the Garment Workers' Project at Kramer Hall.

Origami Art Therapy

Time: 2:00 pm - 3:00 pm Presenter: Norma Boakes, EdD, 2016 SCOSA Research Scholar
Origami, the art of paper folding, is not only fun but beneficial to the mind and hands, practitioners say. "Creating art can aid seniors in communicating with caregivers and family, promoting awareness and self-expression, relieving anxiety, and coping with transition, confusion, illness, or discomfort. It can be a fun experience that residents look forward to and take great pride in. Everyone can participate, not just those with prior artistic experience" (American Art Therapy Association).

Employees as Family Caregivers: Support and Understanding Needed as this Phenomenon Grows

Over the past several years SCOSA has received a growing number of calls and e-mails from Stockton employees and others who are caring for their aging relatives and in need of support, suggestion, and referrals. Some of these caregivers are in the "Sandwich Generation" facing the burden of caring for both their young offspring still living at home and for their aging parents. Many others are middle-aged or nearing retirement themselves, free of the burden of child care, but now facing significant new burdens finding quality and affordable care for their loved ones and coping with a new set of stressors.

Working adults are as likely to be caring for aging parents as for young offspring. These responsibilities are complex and require compassion, flexibility, and support from employers and co-workers. We also sometimes need to overcome a form of ageism, where individuals are much more likely to "get it" with respect to caring for children, but be insensitive to parent-care issues.

SCOSA's leaders do our best to provide support and referrals through informal individual consultations. We recently provided free registration and transportation for Stockton employees to the Alzheimer's Association – Delaware Valley Chapter's Annual Meeting. Additionally, last year SCOSA helped to form the Cape Atlantic Caregiver Alliance.

Here are a few good resources for managers, employees, and caregivers:

- [National Elder Care Locator](#)
- [County of Atlantic Social Services Aging Services](#)
- [State of New Jersey Caregivers Assistance Program](#)
- [Protecting Family Caregivers from Employment Discrimination](#) - A monograph from the AARP Public Policy Institute.

Welcome To Two New Social Work Professors:

Dean Cheryl Kaus, School of Social and Behavioral Sciences, recently informed us that two new professors recently hired into Stockton's Social Work program have credentials and interest in aging. Dr. Ted Alter recently earned his Ph.D. at the Wurzweiler School of Social Work and has substantial experiences working in the long term care sector, most recently as director of Resident Services at Springpoint Senior Living in Monroe Township, NJ. Jenny Dunkle, MSW, expects to complete her Ph.D. in Social Work at Fordham University this fall. She has been an adjunct instructor of social work at Monmouth University. Her doctoral dissertation relates to the experiences of older LGBT adults in central New Jersey with receiving supportive and community-based services.

Exercise and Brain Health:

Which Type of Exercise Is Best for the Brain? - [The New York Times](#)

As in most things related to health, it pays to diversify experience. Fitness

Schedule

Wed, August 10, Mon, August 15, &
Wed, August 17, 8-10am
Stockton University Sports Center

measures improve quickly with short, high intensity interval exercise.

But brain cell growth seems to be driven by longer (> 30min) exercise of moderate intensity. A more detailed article on the study cited here demonstrated that longer exercise unleashes the burning of fat which produce ketones which unlock neuron cell growth. [Click here](#) to read the story.



Some of the older adult programs offered by SCOSA are partially funded under Title III of the Older Americans Act of 1965, as amended, through a grant by the Division of Intergenerational Services, Atlantic County, New Jersey. You may make voluntary donations to SCOSA. Such donations are not a fee and are not required. Any donations received will be used to develop and operate future programs. If you wish to donate directly to SCOSA please make your checks payable to SCOSA and send them to: SCOSA/SOBL, Stockton University, 101 Vera King Farris Drive, Galloway, NJ 08205-9441.

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