



Stockton Center on Successful Aging News & Upcoming Events

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SCOSA Summer-Autumn 2014 Older Adult Education Brochure

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News Briefs

SCOSA Research Fellow & Associate Professor of Psychology Jessica Fleck

recently had a poster-session accepted for presentation at the Annual Scientific Meeting of the Gerontological Society of America. Dr. Fleck's poster, entitled "The relationship between Peak Alpha Frequency and Cognitive Ability in Normal Adults" will be presented in a session entitled "Biomarkers of Aging and Age-Associated Disease" on November 7th in Washington, DC.

SCOSA Research Chair & Scholar and Associate Professor of Social Work Lisa Cox

was recently appointed by NJ Governor Christie to the New Jersey Board of Social Work Examiners.

The Atlantic City Walk to End Alzheimer's takes place on Sunday, Oct. 26th 2014 at Boardwalk Hall & Kennedy Plaza. SCOSA and the student GEROS Club hope that Stockton will be represented by a large team and will raise significant funds to fight Alzheimer's. To join Stockton's team or to donate and/or walk with us please [click here](#) or see announcement at www.stockton.edu/scosa. For questions on TeamStockton/SCOSA contact SCOSA Service Chair Christine.Gayda@stockton.edu. If you have general questions about the Walk or Alzheimer's disease call the Alzheimer's Association 24/7 Helpline at 800.272.3900.

SCOSA to Host Public Input Session for Governor's Alzheimer's Disease Study Commission

November 13, 2014, mid to late afternoon. The Commission is currently formulating a State Plan on Alzheimer's disease. For more information, check [SCOSA website](#) in mid-October when plans have been finalized.

SCOSA Hesburgh Lecture Planned for November 19, 2014

6:00pm - 7:00pm in Stockton Campus Center Theatre

The Global Freshwater Crisis - Challenges and Solutions Gary A. Lamberti, Ph.D., Professor and Chair, Biological Sciences, University of Notre Dame.

Fresh water is arguably the planet's most imperiled resource, with more than one billion people lacking access to clean water. How will the environment and human populations

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Upcoming Professional Education Programs

Working with LGBT Older Adults for Professionals - No CEs

Wednesday, October 9, 2014 11:00am - 1:00pm

Presented by the [LGBT Older Adult Project](#)

Manahawkin Instructional Site (MIS) 712 East Bay Avenue Manahawkin, NJ 08050

Registration is required. To register: email Gina.Maquire@stockton.edu or call 609-626-5590. Note that there are no CEs for this event.

Is aging the same for everyone? Should we treat all older adults exactly alike? This workshop introduces participants to issues of aging that are specific to older adults within the LGBT community. Attendance at this workshop will provide participants with information which will help the client feel more comfortable and trusting of the provider and increase the provider's awareness of needs specific to this population.

Who should attend this training? Anyone working with the older adult population! Attendance, training and materials are free, courtesy of Monmouth University's LGBT Older Adult Project. Time: Approx 2 hours depending on group size and level of participation.

Organizational Leadership in the Healthcare Setting - FREE CEs

Thursday, October 16, 2014 4:30 pm - 7:00 pm

The Shores at Wesley Manor, 2201 Bay Avenue, Ocean City, NJ

Presented by Linda Coppinger, M.A., Executive Director, South Jersey Alzheimer's Association Delaware Valley Chapter

[Online advanced registration](#) is required by 5:00 pm on Friday, October 10, 2014. [Flyer](#)

SCOSA is happy to present a repeat of this important and well-received presentation.

This presentation is designed for administrators, managers, and first-line supervisory personnel and will address leadership styles, decision-making, and conflict management techniques.

Upon completion of the course participants will be able to identify leadership styles used in the work place and determine which style they use. Information discussed will help participants to create an action plan for a personal work situation.

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

*The Richard Stockton College of NJ 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#P288-1/13/16.

The Richard Stockton College is an approved provider of Social Work continuing education credits.

Upcoming Older Adult Education Programs

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

Thursdays, October 2, 9, 16, 23, 30, 2014 9:00am - 10:00am

Galloway Community Services Senior Center

621 W. White Horse Pike, Egg Harbor, NJ (609-568-5073)

[Register Online](#) or Call 609.626.3591.

Linda Schwartz, Certified Yoga and Meditation Instructor [Flyer](#)

Fee: \$5.00 per session, collected by presenter. No mats needed. Wear comfortable clothing.

The practices you learn in the classes consist of experiential exercises and gentle movements including breathing exercises, mindfulness, stress reduction, gentle movement, 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.

Fall Décor- Needle Felted Acorns

Thursday, October 2, 2014 12:00pm - 2:00pm

Presented by: Diamond Frandsen, owner of Ivy Cottage

Manahawkin Instructional Site (MIS) 712 East Bay Avenue Manahawkin, NJ

Registration is required. To register email: Gina.Maquire@stockton.edu or call 609-626-5590

Materials fee: \$15.00 (collected by instructor).

Bring the soft touch of wool into your home by making the season's cutest décor accessory.

Using needle felting techniques make a bowl of wool acorns to top your Fall table or to give as a bread and butter gift. Various wool colors will be provided from naturals to "pop". Instructor will provide selection of small dishes and bowls to select from to use in your completed project.

"There's No Crying in Baseball!"

Friday, October 3, 2014 1:00pm - 4:00pm

Presented by: Dr. Debra Dagavarian

Manahawkin Instructional Site (MIS) 712 East Bay Avenue Manahawkin, NJ

Registration is required. To register email: Gina.Maquire@stockton.edu or call 609-626-3883

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)

deal with this fresh water crisis, and what are possible solutions to ensuring a plentiful supply of clean fresh water for future generations?

The lecture is co-sponsored by the Notre Dame Club of South Jersey and is presented as part of Global Awareness Week.

A distinguished panel on the topic of water quality issues "Glocal: Water Quality as a Local and Global Issue" will take place from 4:30 pm to 5:30 pm. Panelists are United Nations Development Program Water and Ocean Governance Program Director Andrew Hudson, Notre Dame Chair of Biological Sciences Gary Lamberti, Director of Water Programs for the Pinelands Preservation Alliance Richard Bizub, and Stockton Professor Patrick Hossay. For more information on Glocal contact [India Karavackas](#).

A reception is planned for 5:30 pm - 6:00pm.

Presented by Others

Crossing the BLVD

Actor/writer Judith Sloan will perform this multimedia exploration of immigration, in the **Campus Center Theatre on Tuesday, September 30, at 6 PM**. Her performance is based on interviews of new immigrants who live in Queens, NYC. Through dialogue, music, sounds, and visuals, she will dramatize their stories of coming to America. [Flyer](#)

Death Café

October 30, 2014 6:30pm - 7:30pm. The Noyes Museum of Art of Stockton College, 733 Lily Lake Road, Oceanville.

Join other life explorers to share thoughts, bucket lists, and ideas about death in the European intellectual salon tradition. Facilitated by Debra Silver from Compassionate Care Hospice. For more information contact Debra at debra.silver@cchnet.net or 609-442-0039.

Links to Stockton/et al. Events

[Arts & Humanities on Facebook](#)
[Performing Arts Center](#)
[Holocaust Resource Center](#)
[Art Gallery](#)
[Veteran Affairs](#)
[Hughes Center](#)
[BayAtlanticSymphony.org](#)

Help Us Protect You

SCOSA Updates Mailing List with Spam Protection

In an on-going effort to protect you from unwanted and unsolicited email we are updating our mailing list to include only those people who have given us express permission to contact them. If you have not already been contacted via an email with the subject line: "SCOSA Request for Permission to Contact" and you wish to continue receiving monthly email announcements and periodic printed brochures please use this link to complete an [online form](#) or click the email link below and send us your current contact information. beckwithanita@gmail.com If we do not hear from you with your contact permission we will remove you from our mailing list.

Time to Create Art - Needle-Felted Pumpkins

Saturday, October 4, 2014 10:30am - 12:30pm
 The Noyes Museum of Art of Stockton College
 Lily Lake Road Oceanville (Galloway)
 Call 609.652.8848 to register. Niki Giberson, Instructor. [Flyer](#)
 Materials Fee \$20.00 (Collected by Noyes Museum). Create 2 needle felted pumpkins for fall decorating, made from wool from Niki's sheep farm.

Food For Thought: Navigating Your Next Adventure: Managing your income in retirement

Tuesday, October 7, 2014 5:30pm - 7:00pm
 Brandywine Senior Living at Brandall Estates
 432 Central Avenue, Linwood, NJ
[Register Online](#) or Call 609.626.3591.
 Jason Kiefer, Instructor [Flyer](#)
 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.

Time to Create Art - Let's Draw & Paint: Drawing Fundamentals

Wednesday, October 8, 2014 1:30pm - 3:30pm
 David Rhodes [Flyer](#)
 The Noyes Museum of Art of Stockton College, Lily Lake Rd, Oceanville (Galloway)
 Call 609.652.8848 to register.
 Fee: \$10.00 (Collected by Noyes Museum).
 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.

A Tour of Poetry for Seniors

Saturday, October 11, 2014 11:00am - 1:00pm
 The Otto Bruyns Public Library of Northfield [Flyer](#)
 241 W. Mill Road (between Shore & New Road) 609- 646-4476.
[Register Online](#) or Call 609.626.3591.
 Guest Poet: Harmer B. Cole, Jr.
 Participants will share a light luncheon, compliments of [Ventura's Offshore Cafe](#) and the library.

Time to Create Art - Fall Décor - Needle Felted Acorns

Wednesday, October 15, 2014 10:30am - 12:30pm
 Diamond Frandsen, Instructor [Flyer](#)
 The Noyes Museum of Art of Stockton College, Lily Lake Rd, Oceanville (Galloway)
 Call 609.652.8848 to register. Materials Fee \$20.00 (Collected by Noyes Museum).
 Needle Felted Acorns in Display Bowl: Use needle felting techniques to make colorful wool acorns to display in your selected bowl. Level: Beginner

Beginner's Card Making Class

Friday, October 17, 2014 12:00pm - 2:00pm
 Ann Blazovic & Gina Maguire, Presenters
 Manahawkin Instructional Site (MIS) 712 East Bay Avenue Manahawkin, NJ
 To register: email Gina.Maguire@stockton.edu 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. Registration required, maximum of 16 in the class.

Time to Create Art - Fall Décor - Needle Felted Acorns

Wednesday, October 22, 2014 10:30am - 12:30pm
 Diamond Frandsen, Instructor [Flyer](#)
 Stockton Kramer Hall, 30 Front St, Hammonton
 Register [Online](#) or Call 609.626.3591. Materials Fee: \$15.00 (Collected by Instructor).
 Needle Felted Acorns in Display Bowl: Use needle felting techniques to make colorful wool acorns to display in your selected bowl. Level: Beginner

Come and Dance

Tuesday, October 28, 2014 10:00am - 11:00am
 Stockton Galloway Campus Dance Studio (H104), 101 Vera King Farris Drive, Galloway, NJ
 Dance Now! Miami [Flyer](#)
 Register [Online](#) or Call 609.626.3591.
 Come take a basic dance movement class with Dance Now! Miami, a professional dance company from Miami, FL. Wear clothes that are comfortable to move in.
 This class is part of the Dance Company Residency taking place at Stockton College for two weeks in Fall 2014. The residency culminates in a performance of the company in Stockton's Performing Arts Center on Saturday, Nov. 8th. Participants in the workshop receive a coupon for two discounted tickets to the performance.
 Dance NOW! Miami creates, promotes and produces contemporary dance of the highest caliber and through performance, arts education, community leadership and innovative programming, nurtures new talent, fosters artistic collaborations and makes the art of dance accessible to diverse audiences locally, nationally and internationally. Dance NOW! Miami, in residence at Miami's Little Haiti Cultural Complex, was founded in 2000 by Diego Salterini and Hannah Baumgarten through a chance encounter at a South Florida dance collective. The two quickly became dance partners and creative collaborators; their work bridges their diverse backgrounds in ballet, modern dance, and jazz, creating poetic narrative and theatrical artistry filled with fierce athleticism.

Heart Health Awareness - Familial Hypercholesterolemia

Thursday, October 30, 2014 11:00am - 12:00pm

Hammonton Canoe Club Senior Center, 100 Sports Drive, Hammonton, NJ 856-322-7082.

No registration necessary.

Marilyn Viventi - FH Foundation Advocate [Flyer](#)

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 misperceptions and barriers to early recognition and early treatment of FH.

SCOSA Event Cancellation Procedure

Check the [Stockton Homepage](#) for campus wide closures. Check the [SCOSA website](#) for SCOSA off-campus event cancellations & rescheduling.

Stockton Center on Successful Aging

Richard Stockton College of New Jersey

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[David C. Burdick](#), Director 609.652.4311

Programming: [Anita Beckwith](#) 609.626.3591 / [Gina Maguire](#) 609.626.5590



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