



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 Receives Mention for 2014 Annual Report

The August 7th issue of the Stockton Times reports: "SCOSA Announces Year of Program Success".

Read the article [here](#).

Read the full report [here](#).

SCOSA Research Chair Dr. Lisa Cox Co-Directs Tim Howard NJCTS Leadership Academy

[Read the story](#) in the Stockton Times

The Atlantic City Walk to End Alzheimer's

takes place on Sunday, Oct. 26th 2014 at Boardwalk Hall & Kennedy Plaza. SCOSA hopes to sponsor a large team and raise significant funds to fight Alzheimer's. To join TeamStockton/SCOSA to donate and/or walk with us please see announcement @

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

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Upcoming Professional Education Programs

Aging Sensitivity Training

Friday, September 12, 2014 1:00pm - 3:00pm

Gina Maguire, MSW, LSW, Presneter

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

Registration is required. To register:

email Gina.Maguire@stockton.edu or call 609-626-5590.

Aging sensitivity training is a compilation of individual activities designed to engage the participant in the process of growing older, by experiencing some of the pathologies typically described by many older adults. This training should be experienced by everyone, especially those who have taken on the important task of working with aging adults. Join other participants in feeling older for the event. You will never view older adults the same way again.

Working with LGBT Older Adults for Professionals

Wednesday, October 1, 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.Maguire@stockton.edu or call 609-626-5590.

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.

Upcoming Older Adult Education Programs

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

Thursdays, September 4, 11, 18, 25, 2014 9:00am - 10:00am

Galloway Community Services Senior Center

621 W. White Horse Pike, Egg Harbor, NJ 08215 (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,

disease call the Alzheimer's Association 24/7 Helpline at 800.272.3900.

Fundraiser: CONTACT Cape-Atlantic provides telephone reassurance and community support for the elderly and disabled. On Friday, September 12th from 6-9pm, they are hosting a BBQ/Beer Tasting Fundraiser at the Deauville Inn in Strathmere. Cost is \$35.00. For details visit their web-site <http://contactcapeatlantic.org/> and click on "Special Events".

Interested in more lifelong learning than we offer at SCOSA? Consider the following:

Anyone interested in lifelong learning/education, along with issues or topics relating to religion, the arts, and recreation will find the Chautauqua Institution in Western New York State to be an exciting and invigorating place to be. More details on their website: <http://www.ciweb.org/>

SCOSA is a member of the **Road Scholar Institution Network**. Road Scholar, formerly known as Elderhostel, provides a wide variety of interesting travel/education options throughout the world. See www.roadscholar.org for details and program schedules.

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.

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.

Let's Draw & Paint - Learn to Draw

Wednesdays, September 10, 17, 24 and October 1, 8, 15, 22, 29, 2014 10:00am - 12:00pm
Atlantic County Library System, Egg Harbor Township Branch
1 Swift Drive, Egg Harbor Twp., NJ 08234 (609-927-8664)
[Register Online](#) or Call 609.626.3591.

Tom Sandor, Instructor [Flyer](#)

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 (see flyer for list). No experience necessary, however, those with a sample of previous work are encouraged to bring it to the class. A fee of \$5.00 per person per session will be charged and collected by the instructor.

Get Connected Technology Seminar

Wednesday, September 10, 2014 1:00pm - 2:00pm
Mark Pezzotta, MIS Technical Assistant, Instructor
Manahawkin Instructional Site (MIS) 712 East Bay Avenue
Manahawkin, NJ 08050

Registration is required. To register:

email Gina.Maguire@stockton.edu or call 609-626-5590.

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

A Tour of Poetry for Seniors

Saturday, September 13, 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 Diane Lockward will lead a creative writing group titled "Workshop: Exploiting a Fruit" at the Otto Bruyns Public Library of Northfield. Participants will be engaged in an activity which focuses on memory, descriptive details, and metaphors and similes. Lockward will share some of her own poetry, including "Blueberry," and participants will discuss the work, noting the details and the figurative language. Participants also will note where the poem turns and moves into memory. After this close reading and discussion, Lockward will lead participants through a step-by-step writing activity and offer take-home revision suggestions. Participants will share a light luncheon, compliments of [Ventura's Offshore Cafe](#) and the library.

Food For Thought: Health Care and Your Retirement

Tuesday, September 16, 2014 5:30pm - 7:00pm
Brandywine Senior Living at Brandall Estates
432 Central Avenue, Linwood, NJ 08221.

beckwithanita@gmail.com

If we do not hear from you with your contact permission we will remove you from our mailing list.

Noteworthy

Purple Heart Recipients Sought for National Database

The Veterans History Program, which is sponsored by the Library of Congress, is asking for those who earned a Purple Heart, in any war, to register through

www.thepurpleheart.com, so they may be recognized. The Purple Heart Wall of Honor is located on the Hudson River, in new Windsor, New York. There is no charge to become a part of the Wall of Honor, applicants are asked to submit the DD-214 or other discharge forms listing awards, medical forms or a photograph of the back of the medal bearing the recipient's name. Help honor those who served and were injured by spreading the word.

Links to Stockton/et al. Events

[Arts & Humanities on Facebook](#)

[Performing Arts Center](#)

[Holocaust Resource Center](#)

[Art Gallery](#)

[Veteran Affairs](#)

[Hughes Center](#)

[BayAtlanticSymphony.org](#)

[Register Online](#) or Call 609.626.3591.

Jason Kiefer, Instructor [Flyer](#)

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. Covers 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.

Beginner's Card Making Class

Friday, September 19, 2014 12:00pm - 2:00pm

Ann Blazovic & Gina Maguire, Presenters

Manahawkin Instructional Site (MIS) 712 East Bay Avenue

Manahawkin, NJ 08050

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 - Farmer's Market Basket

Saturday, September 20, 2014 10:30am - 12:30pm

The Noyes Museum of Art of Stockton College

Lily Lake Road Oceanville (Galloway), 08231.

Call 609.652.8848 to register. Niki Giberson, Instructor. [Flyer](#)

Materials Fee \$40.00 (Collected by Noyes Museum). 10"x10"x14" rectangular basket with oak grip handle which is very useful for gardening or carrying home your produce from market.

Let's Draw & Paint - Learn to Paint With Watercolors

Tuesdays, September 23, 30 and

October 7, 14, 2014 10:00am - 12:30pm

Stockton at Kramer Hall, 30 Front Street, Hammonton, NJ 08037

(609-626-3840). [Register Online](#) or Call 609.626.3591.

Note: There is a waiting list for this class.

Alice White-Marks, Instructor [Flyer](#)

Learn the fundamentals of painting with watercolors in this course. You must purchase and bring your own materials.

Time to Tell - Creative Writing Workshop: Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom

Saturday, September 27, 2014 10:30am - 12:30pm

Cynthia Inman Graham, Instructor [Flyer](#)

The Noyes Museum of Art of Stockton College

Lily Lake Road, Oceanville (Galloway), 08231.

Class currently full - waiting List only - call 609.652.8848 to register.

Poetry and Memoir (Creative Non-Fiction) will be the tools we use to shape the thoughts and experiences which have inspired our writing. Prompts and activities will allow our stories to surface, then critiquing by group members and revision will "fine tune" our work in this non-threatening community of fellow writers, both amateur and experienced. Our goal will not only be self-expression, but communication with our readers, whether they be grandchildren, friends, or a future publisher. Resources will be presented to help answer the question- "I've written it. Now, what

do I do with it?" Writers will be encouraged to submit their work to journals, blogs, or local publications.

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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