

## Stockton's Kramer Hall to Host Four Lectures for Older Adults and Professionals on May 3

### *For Immediate Release*

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**Galloway, NJ** - The Stockton Center on Successful Aging (SCOSA) is sponsoring four free workshops for older adults and professionals who work with older adults at Stockton Kramer Hall in Hammonton on **Tuesday, May 3, 2016** from 10 a.m. – 3 p.m.

### **To Give and to Get Reassurance: A Service That Works Both Ways**

Ann P. Magee, executive director of CONTACT Cape-Atlantic [Flyer](#)  
10-11 a.m.

CONTACT Cape-Atlantic is a non-profit agency with a mission to provide telephone reassurance and community support for the elderly and disabled. This presentation will explain how you can volunteer to give back to your community. It will also share information on how the program works for individuals who might want to receive a daily call. There are benefits of how this service can work both ways for individuals in our community. CONTACT Cape-Atlantic is making a difference one call at a time. This service is free. Visit: [contactcapeatlantic.org](http://contactcapeatlantic.org) or call (609) 823-1850.

### **Continue to Live Independently**

Pat Laychock, Registered Respiratory Therapist (RTT), Certified Senior Advisor (CSA) and Certified Dementia Care Practitioner (CDCP) [Flyer](#)  
11 a.m. –noon

Join us to learn how you can plan to age in place or continue to live in the home of your choice safely and independently as you get older. Family impact and the services needed to live at home will be discussed. Laychock has over 20 years of experience dealing with many of the issues people face when trying to remain in their homes. Family members are encouraged to attend.

**-more-**

## **SCOSA Events at Kramer Hall/ page 2**

### **Lunch, compliments of Stockton Kramer Hall**

noon –1 p.m.

### **Tips for Moving and Downsizing**

Jared Willmann, facilitator [Flyer](#)

1-2 p.m.

Facing a move or need to downsize? Do you feel there is so much to do and so little help? This presentation will explain how you can downsize smoothly and efficiently by breaking the process into manageable pieces. The tips Willmann will share are compiled from 18 years of helping seniors downsize and nearly 2,000 moves. Have fun learning while playing a moving game. Take home valuable information that you can use now, save for a future move or share with family and friends.

### **LIVE Independently, Vibrantly & Educated**

Cape Atlantic Coalition for Health [Flyer](#)

2- 3 p.m.

The Cape Atlantic Coalition will help adults prepare for a crisis and share resources and places to go for help. Other topics include preventative care, keeping a personal record, eating healthy, exercise and medication management.

Kramer Hall is located at 30 Front St. in Hammonton. Space is limited, so please [register online](#) or call 609-626-3591 for these free programs and lunch. Visit the SCOSA website at [Stockton.edu/scosa](http://Stockton.edu/scosa) for more information, updates and cancellation procedures.

Visit the [Kramer Hall website](#) for information on the 150th anniversary celebration of Hammonton and programs and amenities for the older adult community.

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