

STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Stockton Center on Successful Aging Presents *Maintaining a Healthy Mind*

Free Information Workshops on Memory Functioning ,
Confidential Memory Screening Scheduled for November, 2011

For Immediate Release

Thursday, October 20, 2011

Contact: Tim Kelly
Office of Public Relations
Galloway Township, NJ 08240
Tim.Kelly@stockton.edu
(609) 652-4950

The Stockton Center on Successful Aging (SCOSA) is offering free informational seminars on memory functioning beginning in November. The goal of the program is to enhance successful aging throughout the region.

Free, confidential memory screening will be offered after the talk by Christine A. Gayda, Ph.D., a NJ licensed psychologist and neuropsychologist. Dr. Gayda is also a Visiting Assistant Professor of Psychology at The Richard Stockton College of New Jersey and is the Service Chair for the Stockton Center on Successful Aging.

The following workshops have been scheduled for November, 2011:

- November 1, 2011; 10:30am - Buena Senior Center, 600 Central Avenue, Buena, 856-697-0698.
- November 8, 2011; 10:30am - Hammonton Senior Center, 310 Bellevue Avenue, Hammonton (609) 567-3200.
- November 15, 2011; 10:30am - Dr. Leinweber Senior Center, 235 Dolphin Avenue, Northfield, 609-645-5954.
- November 29, 2011; 10:30am - Egg Harbor City Senior Center, 341-351 Cincinnati Avenue, Egg Harbor City, 609-965-1457.

This program is being offered as part of National Memory Screening Day, an annual initiative of the Alzheimer's Foundation of America (AFA) to promote proper detection of memory problems.

This program builds on SCOSA's mission and past efforts to "nurture the mind" through programs such as ASA's MindAlert (with funding from MetLife), PositScience BrainTraining

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Stockton Healthy Mind Workshops/page 2

(a computer based program that helps older adults to keep their minds active and sharp), and our participation in the annual Alzheimer's Association Memory Walks.

For more information, please contact: Dr. Christine Gayda at 609-626-6075 or SCOSA at 609-626-3591. Visit the SCOSA website for program updates: www.stockton.edu/scosa.

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