

Stockton Center on Successful Aging 2016 Festival



Thursday, May 19, 2016

9:00 am to 4:00 pm

Stockton University Campus Center

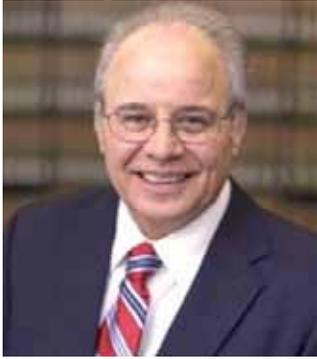
Blaze a Trail to Stockton

Celebrate Older Americans Month



Dear Friends of Stockton University,

We are pleased to welcome you to the Stockton Center on Successful Aging's Sixth Annual Festival.



Stockton is committed to those matters which impact our aging population. In 2007, we opened the Stockton Center on Successful Aging with a mission to encourage older residents to "age successfully" through involvement and engagement

in their community. We do this through the development of various programs that promote healthy, successful and civically-engaged aging, as well as through the sharing of experiences with peers.

I want to acknowledge the leadership and dedication of Dr. David Burdick, SCOSA Director and Professor of Psychology and Dr. Christine Ferri, Coordinator of Gerontological Studies and Associate Professor of Psychology, as well as SCOSA's staff, and other faculty, staff, students, and community partners for their commitment to promoting research, education, and services in response to local, regional, and statewide needs related to our aging population.

The success of SCOSA is in no small way due to the excellence with which the Center operates and engages with the community. Most importantly, I would like to take this moment to thank you for supporting SCOSA and the University and to encourage you to enjoy the impressive schedule of programs and activities.

With best regards,

Harvey Kesselman, Ed.D. President



Welcome to Stockton University and to our Sixth Annual Successful Aging Festival. Today you will find sessions related to SCOSA's mission to "Nurture Body, Mind, & Spirit through Research, Education & Service". And we celebrate the Older Americans Month theme – Blaze a Trail as well as the recent

reauthorization of the Older Americans Act. Join us as we Blaze a Trail by promoting activities, inclusion, and wellness for older South Jersey residents.

Please review the schedule so you don't miss sessions of interest. Volunteers with name-badges are available to answer questions.

Remember to thank our Exhibitors - they help make today and our other programs possible! We also receive funding for our Older Adult Education programs from Stockton University and Older Americans Act funds through the kind support of Atlantic County Government. Last year over 2500 participants attended over 200 sessions at 16 sites throughout Atlantic County and in Manahawkin (Ocean County). If you're not yet on our mailing and e-mail lists, please be sure to provide your contact information at our registration desk so you can receive our latest updates.

SCOSA has made remarkable progress in our short nine years and we are beginning plans for a 10 year anniversary celebration! Over 75 Stockton faculty, administrators, or staff have presented, performed, or conducted research for SCOSA. At least that many volunteers have presented in our Older Adult Education Program. We thank them all!

In last year's welcome message, we bid a fond farewell to Former President Herman Saatkamp and his wife Dot. I'm happy to report that both are doing well. Herman is busy with writing and speaking engagements after successful heart surgery and knee replacement, and they are both enjoying some quality time in Tennessee in a mountaintop condo with breathtaking views of the Smoky Mountains.

Last year we also said goodbye to Acting President Harvey Kesselman ('79) as he prepared to become President at the University of Southern Maine. In a stroke of good fortune for Stockton, and a testament to the work of Trustee Chair Madeleine (Mady) Deininger ('80) and her fellow board members, Dr. Kesselman agreed to stay on at Stockton and was subsequently named Stockton's 5th President. First Lady Lynne Kesselman has jumped right into her new role, spearheading a new "Women in Philanthropy" initiative and lending her time and talent to numerous other projects.

We are fortunate to host President Kesselman's 11:00am presentation in the Campus Center Theatre where he will discuss Stockton's past and the University's trailblazing plans for the future. Dr. Kesselman has had a unique experience in higher education, having worked closely with and learned from each of Stockton's past presidents. Maxwell & Dornan (1997) write that becoming a person of influence involves cultivating 10 characteristic approaches. The last is to "reproduce other influencers". This message of intergenerational collaboration and honoring ones forebears is central to SCOSA's mission, so this presentation should be a program highlight.

Today's Festival represents only a small portion of SCOSA's efforts. Please refer to our website regularly for news of all events (stockton.edu/scosa). Also, by registering at today's event we can keep you up-to-date on various offerings and program changes.

Sincerely,

David Burdick, Ph.D., SCOSA Director

Keynote Address

Stockton University's Past, Present, and Future

11:00 - 11:30 - Theatre

Harvey Kesselman, Ed.D., President, Stockton University

President Kesselman will share highlights of Stockton's past and present, and give a glimpse into its future.

Harvey Kesselman is Stockton's fifth President. He has more than 35 years of experience in higher education and is a tenured Professor in Stockton's School of Education. His senior leadership roles at Stockton have included: Provost and Executive Vice President, Dean of the School of Education, Interim Vice President for Administration and Finance, CEO of the Southern Regional Institute (SRI) and Educational Technology Training Center (ETTC), and Vice President for Student Affairs.

President Kesselman is involved in many national academic organizations and is a frequent presenter at the American Association of State Colleges and Universities (AASCU), the American Council on Education (ACE), and the Society for College and University Planning (SCUP). He also serves as a reviewer for the Middle States Commission on Higher Education (MSCHE). He has served on numerous national grant reviews, authored and promoted policies for legislation, maintains a strong record of successful grant preparation, and continues to serve as a consultant and speaker.

Panel Discussion

Weaving the Tapestry of your Retirement

11:35 - 12:15 - Theatre

David Carr, R.S. Wang and Dan D'Auria

A panel discussion of how one can creatively use their interests to weave together a meaningful foundation for an active, engaged retirement. This panel will be illustrated with a small selection of the panelists' art work.

Dr. David Carr is Professor of Political Science and former provost at Stockton University. He is from San Diego where he grew up scuba diving and spearfishing. David spent a life enjoying the outdoors as a hiker, road cyclist, fly fisherman, kayaker, and nature photographer. His travels have taken him throughout the southwest, the Rockies, Canada, Alaska, Tanzania, and Europe.

Dr. R.S. Wang was born in 1940 in China, came to this country by the end of 1963, and received a Ph.D. in Engineering Mechanics in 1969 from Virginia Tech. He has lived in Egg Harbor Township for 24 years, and retired from the Hughes Federal Aviation Technical Center in 2006.

Dr. Dan D'Auria was born in 1957 on Staten Island, New York and raised in Central New Jersey, moved to Southern New Jersey to complete his medical training in 1983. He graduated in 1985 from Rutgers Medical School and went on to complete a residency in internal medicine and a fellowship in gastroenterology at Cooper

Hospital/University Medical Center. He is the founder of Digestive Health Physicians, PA which was purchased by Virtua Health Systems just last year. His books are written under the pseudonym, "DrDADBooks." He enjoys giving presentations to local kindergarten through 4th grade classes, but his greatest passion is still being out in the field with cameras and nature.

Celebrating Older Adults' Voices and Creativity, Blazing a Trail into Retirement

Time to Tell: Trailblazing

9:30 - 10:10 - Meeting Room 5

In this featured reading, SCOSA Manahawkin Instructional Site Time to Tell writers will share trailblazing-themed short stories, essays, memoirs, and poetry created in response to prompts and discussion generated in their monthly workshops facilitated by Gina Maguire, SCOSA program assistant and Stockton Adjunct.

Time to Tell: Celebration

12:45 - 2:15 - Meeting Room 5

Cynthia Graham and Emari DiGiorgio

SCOSA Time to Tell and Tour of Poetry writers will share Celebration-themed short stories, essays, memoirs, and poetry created in response to prompts and discussion generated in their monthly "Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom" and "A Tour of Poetry" workshops. Writers will share a range of prose and poems that explore faith, memory, love, and loss. Cindi Graham, SCOSA volunteer instructor, and Emari DiGiorgio, Associate Professor of Writing, will co-lead this session, describing how they engage community-based educational program participants and instructors.

"Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom", facilitated by Cindi Graham, is offered at Stockton University, and "A Tour of Poetry for Seniors", facilitated by Emari DiGiorgio, is hosted by the Otto Bruyns Public Library of Northfield.

The Garment Workers of Hammonton

2:25 - 3:05 - Meeting Room 5

Lisa E. Cox & Hok Chau

Dr. Cox and Hok Chau will talk about the process of locating, interviewing and transcribing in-depth interviews with nine older adults who worked in some capacity in the South Jersey Garment industry when such work was booming in the Hammonton area. Copies of the book will be available at this session.

Dr. Cox has taught at Stockton University, in both the undergraduate social work program and gerontology minor for 16 years. She teaches the Aging: Advanced Practice graduate

class in the MSW program. Dr. Cox has served as Research Chair for SCOSA since 2007 and she has also served as a SCOSA Fellow and Research Scholar. During the spring semester, Dr. Cox collaborated with Vineland based historian, Patricia Martinelli, Stockton's South Jersey Culture & History Center, and Kramer Hall personnel to publish a book entitled *Garment Workers of New Jersey: Nine Oral Histories*. Her most recent book, *Introduction to Social Work: An Advocacy Based Profession* (Cox, Tice, & Long, 2016) features an entire chapter on gerontological social work.

Hok Chau, M.S.W. graduated from Stockton University's Bachelor's in Social Work program in the spring of 2015. As an undergraduate she majored in social work, and minored in gerontology and holistic health, graduating from Stockton's MSW program in the Spring of 2016. She conducted one of the interviews featured in the newly published book entitled *Garment Workers of South Jersey: Nine Oral Histories*.

Mosaic of Fabric Demonstration

12:45 - 1:25 - Meeting Room 1

R.S.Wang

The Mosaic of Fabric pictures are created by making use of beautiful fabrics. Because this art is created with different fabrics of large and small pieces of various shapes, the picture looks "free" and has a different flavor. The pieces are put together on polystyrene board. The process is easy and free, but takes time to complete. This art form was developed in Atlantic County by R.S. Wang.

Please see bio above.

One Stroke Painting Demonstration

9:30 - 10:10 - Meeting Room 1

Lois Allen

One Stroke is a multi-loading style of acrylic decorative painting on metal, plaster, glass, wood, fabric and ceramic surfaces that is user-friendly to novice painters. You will be excited when you discover the ease of the One Stroke process. Imagine, blending, shading, and highlighting all in One Stroke.

Lois Allen is a Certified One Stroke Painting instructor, who was personally trained by Donna Dewberry. One Stroke Painting classes are offered at the Manahawkin Instructional Site.

Learn to Dance: The Cha Cha

10:20 - 10:55 - Meeting Room 5

Lois Allen

Join Lois to learn the basics of dancing, with emphasis on the Cha Cha. The Cha Cha can be practiced with or without a partner.

Lois Allen, Ms. Senior NJ in 1998, studied dance from a young age. At 18, she opened her own dance studio in Clark, NJ, which is now run by her daughter.

Paramount Escapes Ocean Breeze of Manahawkin Art Club Art Show

9:30 - 12:30 - Meeting Room 3

Join the residents of Manahawkin's Paramount Escapes Ocean Breeze in their gallery-like showing of paintings. Instructor, Liz Paserer, teaches basic techniques of acrylic painting and allows her students to follow their instincts and talents to paint a variety of subjects. She explains that any mistakes can be fixed and encourages "happy accidents" as her students explore and experiment with color, design and technique. Most students in the class are new to painting, some bring experience and or innate talent while others are learning the fun and magic of a paintbrush on a canvas.

Stockton Trailblazers

Yosemite National Park

10:20 - 11:00 - Meeting Room 2

Kate Ogden

Kate Ogden will discuss her new book "Yosemite" and the Yosemite Valley in the U.S. national park system. In 1864, Yosemite was the first park to be set aside primarily for its spectacular scenery. Originally intended to focus on the artists of Yosemite, past and present, Ogden's book evolved into a study of Yosemite's discovery, geological origins, religious symbolism, and position in the debate over "preservation vs. use" of our national parks. Signed copies of the book will be available for purchase.

Kate Ogden, professor of art history at Stockton, visited Yosemite National Park several times while researching her dissertation and the book that was based on it. She has published numerous articles and essays on 19th century landscape paintings and photographs, including several about the artists of Yosemite.

Stockton Faculty Band- Unplugged

11:35 - 1:25 - Exhibit Hall

David Pinto (retired Library Director), Peter Hagen (Director, Center for Academic Advising), Rodger Jackson (Professor of Philosophy, former Faculty Senate President), Anne Pomeroy (Professor of Philosophy, President of the Stockton Federation of Teachers), and Frank Cerreto (Professor of Mathematics) regularly delight audiences and demonstrate the joy of making music as members of several musical ensembles, including the Stockton Faculty Band. This unplugged version of the band gives the musicians a chance to perform their more acoustic repertoire.

The band, in various configuration and numbers, performs at events throughout the year. Instead of paying the band, organizers regularly are invited to make donations to the Stockton Foundation SFT Scholarship Fund. Festival patrons will be able to donate at the Festival Registration Table.

Appreciative Joy Meditation

12:45 - 1:25 - Meeting 3

Pat Donahue

Buddha taught that life involves suffering often caused by our attachment to negative emotions and to cravings for all the things we don't have. By focusing on the quality of appreciative joy for ourselves and others, being able to be happy for others' good fortune no matter our own situation, we expand our capacity for joy in every area of our lives.

Patricia has been with Stockton University since 2006 as assistant director in the Career Center. She also teaches a General Studies course, Meditation: Theory and Practice, and in collaboration with Health and Wellness educator Luanne Anton, offers weekly meditation sessions for students, staff, and faculty at Stockton.

A Small World Poster Display

Throughout the Day - Great Hall

Gerontology students from Gina Maguire's Spring 2016 Aging & Health class display interesting facts about aging around the world.

Ukelele Lessons

1:35 - 2:15 - Meeting Room 3

Tori Hendrickson, Stockton student

Join Tori and learn the basics of playing the ukulele. *Ukulele Lessons* will instruct on the basics of the ukulele as well as teach the audience how to play a fan favorite, "Somewhere Over the Rainbow".

Tori is a sophomore at Stockton University, majoring in Public Health, Health Administration. Music has been her life's passion since she was eight. She developed her presentation as a final project in her Aging & Health course last fall.

Jammonton

2:00 - 4:00 (approx.) - Exhibit Hall

Jim McCarthy

On the 3rd Thursday of each month from 6:00 – 8:00 pm, Jim McCarthy hosts an impromptu acoustic music jam, nicknamed Jammonton, at Stockton's Kramer Hall in Hammonton. Jammonton is an open acoustic jam that welcomes everyone. Jim and a few of the Jammonton regular participants will be on hand to share a few tunes along with their love of music.

Jim McCarthy, retired Associate Provost, Stockton University and dobro player with the group Pan Gravy.

Decoding Nature on Stockton's Lake Fred Trail

Walking Tour

1:00 - 2:15 - Meet in Great Hall

Susan Allen

The Stockton Biodiversity Project decodes Stockton's natural world by highlighting a selection of plant and animal life along Lake Fred. Scan the QR codes to listen to the vocalization of the spring peeper frog and the call of the red-winged blackbird, and watch an osprey dive for fish and wood ducklings leaving their nest. Stockton's campus is located in the Pinelands National Reserve and offers habitat for several unique species. Enjoy the nature trails and be sure to take nothing but pictures and leave behind nothing but footprints. Use the #StocktonBiodiversity hashtag on social media to share your sightings and scenic views.

Suggested: Comfortable shoes, water, camera and a smartphone.

Susan Allen is a two-time graduate of Stockton University with a Bachelor of Science in Mathematics (2009) and a Master of Arts in Instructional Technology (2014). She has worked in the University Relations and Marketing Office since 2009 doing photography, writing and social media.

Adaptive Technologies and Environments for Fall Prevention in Everyday Activities

Throughout the day - Hallway outside Meeting Rooms 1 - 4

Stockton Advanced Adaptation and Assistive Technology students led by Kimberly Furphy, Director and Associate Professor of Occupational Therapy.

"Each year, millions of older people—those 65 and older—fall. In fact, one out of three older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again."

One way to reduce the potential for falls is by adapting environments and using adaptive equipment to make environments and tasks safer to perform. Students will present a general overview of falls, statistics, precursors to falls, and an overview of Evidence Based Falls Prevention Programs and will demonstrate technology and environmental accommodations to prevent falls in different environments (i.e. bathroom, kitchen, house/community mobility, and recreation).

*The Amazing Power of Physical Activity in
Enhancing Cognitive Functioning*

10:20 - 11:00 - Trustees Room

Christine Gayda-Chelder & Lisa Cox

Evidence-based research has clearly and unequivocally supported the role of physical exercise in enhancing the health of the human brain. Recent studies will be reviewed as well as the specific manner in which the brain changes physiologically through exercise.

Christine A. Gayda-Chelder, Ph.D., Assistant Professor of Psychology and SCOSA Service Chair; NJ Licensed Psychologist #4146/Clinical Neuropsychologist, graduated Drexel in 1998 and maintains a private practice in which she conducts neuropsychological assessments for the evaluation of dementia and also provides counseling for caregivers of those with dementia. She teaches a variety of psychology courses at Stockton University.

Lisa Cox, PhD, LCSW and Barry Keefe, M.S.W. will introduce attendees to the rules and benefits of playing Pickle-ball. In this session, participants will learn how to be part of Stockton University's beginning Pickle-ball games.

Community Trailblazers

*Blazing a Trail for Peace: the Life and Journey
of the Peace Pilgrim*

2:25 - 3:05 - Trustees Room

Bruce Nichols and Helene Young

In January of 1953 an Egg Harbor City, NJ woman began what she sometimes referred to as her "retirement project." For the next 28 years this silver haired woman calling herself only "Peace Pilgrim" walked more than 25,000 miles on a personal pilgrimage for peace. She vowed to "remain a wanderer until mankind has learned the way of peace, walking until given shelter and fasting until given food." In the course of her pilgrimage she touched the hearts, minds, and lives of thousands of individuals all across North America. Her message was both simple and profound. It continues to inspire people all over the world.

"This is the way of peace: Overcome evil with good, and falsehood with truth, and hatred with love." Peace Pilgrim

Bruce Nichols serves as board member of Friends of Peace Pilgrim. He has walked several thousand miles himself, on wilderness trails, pilgrimage routes, and peace walks. Inspired by Peace Pilgrim, he regularly shares the story of her life and message with interested groups.

Helene Young is the sister of Peace Pilgrim. At 101 she continues to live an active life of service and enjoys riding her bicycle from five to ten miles several times a week.

Chair Yoga

9:30 - 10:10 - Trustees Room

Teddy Piotrowski

Suitable for all experience levels, this class is designed to bring yoga to your day. Come as you are and utilize some of your time to maintain health and revitalize your body systems. Yoga develops a union connecting body, mind and breath. In essence, it is an entire body tune-up.

Barbara "Teddy" Piotrowski is a Registered Nurse, Board Certified Holistic Nurse, and Certified Yoga Therapist and Instructor with more than 25 years of experience. Teddy practiced yoga before it was mainstream, a trailblazer in her field.

Food Drive for the Hungry

All Day - Great Hall Registration Table

Bring non-perishable food items and drop off at the Festival Registration Table for a Food Drive for the Hungry, co-sponsored by Stockton's Center for Community Engagement.

Special Thanks

SCOSA wishes to acknowledge all who have contributed their time, expertise, gifts and resources to help make this event successful: Our Sponsors for the additional funds they provided, our Advertisers and Exhibitors (several also provided gift baskets and raffle prizes). The staff from the Office of Events Services, the Office of External Affairs, the Department of Plant Management, the School of Social & Behavioral Sciences (Dean Cheryl Kaus), the Print Shop, the Mailroom, the Media Center, Chartwells. All of the other volunteers who helped out. Lastly, all of the fantastic faculty, staff, students, and community friends who presented, performed, exhibited, or volunteered.

Presentation	9:30 - 10:10	10:20 - 10:55	11:00 - 11:30	11:35 - 12:15	12:45 - 1:25	1:35 - 2:15	2:25 - 3:05
Keynote: <i>Stockton University's Past, Present & Future</i> , Harvey Kesselman			Theatre				
Panel: <i>Weaving the Tapestry of Your Retirement</i> , David Carr, R.S. Wang and Dan D'Auria				Theatre			
Adaptive Technologies & Environments for Falls Prevention	Outside Meeting Rooms 1-4 Throughout the Day						
Appreciative Joy Meditation Patricia Donahue					Room 3		
Paramount Escapes Ocean Breeze of Manahawkin Art Club <i>Art Show</i>	Room 3						
A Small World Poster Display	On Display in the Great Hall Throughout the Day						
Blazing a Trail for Peace: the Life and Journey of the Peace Pilgrim Bruce Nichols and Helene Young							Trustees Room
Chair Yoga , Teddy Piotrowski	Trustees Room						
Decoding Nature on Stockton's Lake Fred Trail Walking Tour, Susan Allen					Great Hall 1:00, return at 2:15		
Jammonton , Jim McCarthy						Exhibit Hall	
Learn to Dance: The Cha Cha , Lois Allen		Room 5					
Mosaic of Fabric Demonstration R. S. Wang					Room 1		
One Stroke Painting Demonstration Lois Allen	Room 1						
Stockton Faculty Band: Unplugged				Exhibit Hall			
The Amazing Power of Physical Activity in Enhancing Cognitive Functioning Christine Gayda-Chelder & Lisa Cox		Trustees Room					
The Garment Workers of Hammonton , Lisa Cox and Hok Chau							Room 5
Time to Tell: Celebration Cynthia Graham and Emari DiGiorgio					Room 5		
Time to Tell: Trailblazing	Room 5						
Ukelele Lessons , Tori Hendrickson						Room 3	
Yosemite National Park , Kate Ogden		Room 2					

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609-748-6865 bacharach.org

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609-926-4600 bayada.com

Caring Adult Healthcare

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609-484-750 x 215 caringinc.net

Center for Vein Restoration

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267-581-3535 centerforvein.com

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609-625-4878 woodviewestates.com

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Garden State Medical Supply

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856-512-0768 gsmedicalsupply.com

Genesis Healthcare

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Hafetz and Associates

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Linwood, NJ 08221
609-872-0001 hafetzandassociates.com

**Healthsouth Rehabilitation Hospital
of Vineland**

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Vineland, NJ 08360
856-896-2003 rehabnj.com

Holy Redeemer Health System

12265 Townsend Road
Philadelphia, PA 19154
856-831-6177 holyredeemer.com

JFS Village by the Shore

607 North Jerome Avenue
Margate, NJ 08402
609-822-1109 jfsvillagebytheshore.org

**Mental Health Association in
Atlantic County**

4 East Jimmie Leeds Road, Suite 8
Galloway, NJ 08205
609-652-3800 x 301 mhaac.info

**Our Lady's Center for Rehabilitation
and Healthcare**

1100 Clematis Avenue
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Rothamel Bratton

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856-857-6000 rothamelbratton.com

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609-457-0278 seacrestvillagenj.com

Seashore Gardens Living Center

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Galloway, NJ 08205
609-404-4848 seashoregardens.org

Seashore Gardens Without Walls, LLC

22 West Jimmie Leeds Road
Galloway, NJ 08205
609-748-4619
seashoregardens.org/home-health-care/

Senior Care of Galloway

76 West Jimmie Leeds Road
Absecon, NJ 08201
609-652-3600

South Jersey Geriatric Care, P.C.

PO Box 25
Somers Point, NJ 08244
856-429-3494

The Health Center at Galloway

66 West Jimmie Leeds Road
Galloway, NJ 08205
609-437-6140 gallowayhc.com

The Shores

2201 Bay Avenue
Ocean City, NJ 08226
609-399-8505 TheShoresRetirement.org

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A Special Thanks to our exhibitors for donating gifts to our attending participants.

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TerracesLiving.com


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Food Drive for the Hungry

All Day - Great Hall Registration Table

Bring non-perishable food items and drop off at the Festival Registration Table for a Food Drive for the Hungry, co-sponsored by Stockton's Center for Community Engagement.

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.

Stockton Center on Successful Aging at Stockton University
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