

# SCOSA

## Stockton Center on Successful Aging

WINTER ~ SPRING 2014



NURTURING

### Older Adult Education Programs

THROUGH



[STOCKTON.EDU/SCOSA](http://STOCKTON.EDU/SCOSA)

# SCOSA Older Adult Program Brochure 2014

December 15, 2013

Greetings,

Winter has arrived! Ice crystals are forming on Lake Fred, the trees are resting and the birds are foraging for the last of the seeds. To celebrate winter, SCOSA is dusting away the snow to reveal our customary variety of programs in Atlantic County along with some great new programs in Ocean County at the Stockton at Manahawkin Instructional Site.

As you review our Winter/Spring 2014 Older Adult Education Calendar, we hope you will consider joining us for as many events as your schedule and interests allow. The calendar schedule on page 11 gives you a quick look at the offerings. Program descriptions and registration details are listed throughout the booklet.

Be sure to mark your calendar for Tuesday, May 13th – when SCOSA celebrates Older Americans Month with our much anticipated Aging Successfully Festival. This year's event will feature various ways to successfully "Age in Place". Regularly check the SCOSA website for details and updates.

SCOSA is pleased to partner with Stockton's Development Office, Dot Saatkamp, and others in promoting *Go Red For Women* as part of the American Heart Association's efforts to raise awareness and funds in the fight against heart disease and stroke. The programs hosted by Stockton and open to the public are listed on pages 12 & 13 in this brochure.

SCOSA's extensive programming is made possible through our many volunteer presenters, collaboration with other organizations, and financial support from our sponsors and individual donors. Financial supporters include: Stockton's Division of Academic Affairs, the U.S. Administration on Aging through Older Americans Act funds provided by the Atlantic County Division of Intergenerational Services, the Wallerstein Foundation for Geriatric Life Enhancement, WeWorkforHealthNJ, and the sponsors, exhibitors and advertisers at our annual Festivals.

This calendar represents only a portion of SCOSA's efforts to "nurture body, mind, and spirit through research, education, and service". Refer to our website regularly for news of other events, updates and event cancellation procedures. Please join our e-mail distribution list to receive monthly announcements of SCOSA events and news briefs.

Sincerely, the SCOSA Leadership Team

Plans are underway for [professional education programs in 2014](#), some offering continuing education credits for Social Workers, Marriage and Family Therapists, Licensed Professional Counselors, Occupational Therapists and Nurses.

In addition to our *First Wednesdays* and other professional seminars, we will continue to host scholarly research lectures presenting the latest research findings in the areas of aging. Visit the [SCOSA](#) website for complete listings and updates.

SCOSA awarded scholarly fellowships for the 2013 - 2014 academic year to Debra Busacco, Assistant Professor of Health Sciences, to develop a handicap scale for measurement of dual sensory loss in older adults; Lisa Cox, Associate Professor of Social Work & SCOSA Research Chair, for research into resilience and correlates of self-rated successful aging; and Jessica Fleck, Associate Professor of Psychology, to study brain coherence and cognitive ability in adults. Visit the [SCOSA Research web page](#) for details and watch for upcoming presentations of their research findings.

Join our [email distribution](#) list to receive monthly email announcements of upcoming programs.



**Heart Health Awareness  
Familial Hypercholesterolemia**

**Flyer**

**Date:** Thursday, February 6, 2014  
**Time:** 3:30 pm - 4:30 pm  
**Location:** Stockton Campus Center Meeting Room 5  
**Presenter:** Marilyn Viventi, FH Advocate  
**Register:** No registration necessary

Familial Hypercholesterolemia (FH) 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 misconceptions and barriers to early recognition and early treatment of FH.

**Staying Healthy & Happy As You Age**

**Date:** Friday, February 7, 2014  
**Time:** 1:00 pm - 2:00 pm  
**Location:** Stockton Campus Center Meeting Room 5  
**Presenter:** Maryann Prudhomme, RN  
**Register:** No registration necessary

**Flyer**

Join Maryann, a registered nurse with over 30 years of management and clinical experience in health care and nursing in both acute care and home care settings, to learn to help yourself stay healthy and happy by using the things that you love: food, sleep, and active fun. Bring family and friends and have fun learning to be healthy and happy.



**Top 10 Reasons to Smile**

**Date:** Friday, February 14, 2014  
**Time:** 1:00 pm - 3:00 pm  
**Location:** Stockton's Manahawkin Instructional Site  
 712 East Bay Ave, Manahawkin, NJ 08050  
**Presenter:** Mary K. Valis, MA  
 Holy Redeemer Home Care and Hospice  
**Register:** [Email](#) or call 609-626-5590



As we all more savvy about our focus on improved health, here are the top 10 reasons smiling can improve your level of stress, your attractiveness, and your overall health! Join us in learning why smiling is just a fun way to live longer... dark chocolate and hugs included! With the completion of her Master's degree in Psychology, with a specialization in Educational Leadership, Mary's current position with Holy Redeemer Home Care and Hospice allows her to utilize her skills, education, and passion to assist and teach community members to better understand, prepare, and focus holistically on one's end-of-life journey.

**Take Control of Your Health**

*Strategies to improve your health & manage chronic disease.*

**Introductory Sessions**

**Date:** Tuesday, February 4, 2014  
**Time:** 1:00 pm - 2:00 pm  
**Location:** Hammonton Canoe Club Senior Center, 100 Sports Drive, Hammonton, NJ 08037 856-322-7082  
**Presenter:** Angela Bailey, Cape Atlantic Coalition for Health  
**Register:** No registration necessary

**Flyer**

**Date:** Wednesday, February 5, 2014  
**Time:** 2:00 pm - 3:00 pm  
**Location:** Stockton Campus Center Theatre  
**Presenter:** Angela Bailey, Cape Atlantic Coalition for Health  
**Register:** No registration necessary

**Flyer**

**Discussion Sessions**  
 Tuesdays, April 1, April 8, April 15, April 22, April 29, & May 6, 2014

**Flyer**

**Time:** 1:00 pm - 3:30 pm  
**Location:** Hammonton Canoe Club Senior Center, 100 Sports Drive, Hammonton, NJ 08037  
**Presenters:** Angela Bailey, Cape Atlantic Coalition for Health  
**Register:** [Online](#), at introductory sessions or by calling Angela Bailey at 609-653-3923

Do you or a family member have a chronic condition? Would you like to learn more about how to manage pain, fatigue, medication and/or depression due to an on-going health condition? Join us to discuss nutrition, exercise, pain relief, relaxation, emotions, stress, sleeping and other health concerns. Learn strategies and set goals to improve your health and manage chronic disease.

Take Control of Your Health is a FREE evidence based community workshop developed by Stanford University. Workshops are held once a week for six weeks. Please plan to attend all sessions if you register.

**CHIROPRACTIC: What is it, Really?**

**Date:** Thursday, January 23, 2014

**Time:** 11:15 am -12:15 pm



**Location:** Stockton's Manahawkin Instructional Site,  
712 East Bay Ave, Manahawkin, NJ 08050

**Presenter:** Thomas C. McGillick, DC

**Register:** [Email](#) or call 609-626-5590

Chiropractic care is more than just making the pain disappear. It is about learning, understanding and taking care of your body to improve your quality of life.

Dr. McGillick graduated from Ramapo State College of New Jersey 1979, obtaining a B.S. in Biology. He then attended Logan College of Chiropractic College, obtaining his doctorate in chiropractic graduating in 1985. Dr. McGillick is licensed to practice chiropractic in New York and New Jersey settling in his present office location in Forked River, NJ in 1987. He has served his profession as President of the Monmouth Ocean Chiropractic Society as well on the State level obtaining New Jersey's Ethics Chairman as well as Assistant Vice President of the New Jersey Chiropractic Society. Dr. McGillick has obtained diplomate status in Disability and Impairment Rating as well as Diplomate Status with the American Academy of Pain Management practitioners. He has recently obtained certification for MRI spinal interpretation as well as certification for DOT CDL evaluations.

Dr. McGillick is an active member of the Rotary Club of Forked River for 27 years as well as member of Mandorla; a non-profit Christian based outreach support group for community assistance. Dr. McGillick is married to Noreen and has three grown children, all in college.

**Soil to Soul**

**Date:** Friday, April 18, 2014

**Time:** 1:00 pm - 3:00 pm



**Location:** Stockton's Manahawkin Instructional Site,  
712 East Bay Ave, Manahawkin, NJ 08050

**Presenter:** Wendy Kozak, Dietary Researcher

**Register:** [Email](#) or call 609-626-5590

A garden to table demonstration providing information about nutritional contents of garden grown foods for the increased needs of protein (amino acids), antioxidants, and respiratory health. She will demonstrate how to prepare foods right from the garden, minimizing loss of nutrients and providing great flavor for everyday health and wellness. Today we will discover the nutrients of Hummus and Pesto with a small tasting to follow.

**Driver Safety - CarFit at Stockton**



**Date:** Saturday, March 29, 2014

**Raindate:** April 19, 2014

**Time:** 10:00 am - 2:00 pm

**Location:** Stockton Parkway Building  
10 W Jimmie Leeds Rd., Galloway, NJ 08205

**Raindate location:** Stockton Galloway Campus  
Parking Lot 5, 101 Vera King Farris Dr., Galloway

**Presenter:** Kimberly Furphy, DHSc, OT, ATP

**Register:** [stockton.edu/scosa](http://stockton.edu/scosa) or call 609-626-3591

CarFit is an educational program designed to help the older driver attain the proper fit between themselves and their vehicle in order to improve everyone's safety during vehicle operation.

As a participant, you will drive up to the CarFit check-up stations where trained technicians will review twelve key areas in order to attain the proper fit between you and your car. Technicians will evaluate mirror placement, seat height, seat distance from the steering wheel, and steering wheel height, and will highlight actions you can take to make it easier to operate your vehicle.



In the CarFit check out station, licensed Occupational Therapists will provide expert recommendations for equipment that can make vehicle operation easier and safer for those who may not be able to operate their vehicles due to physical limitations.

At this CarFit event, a team of trained technicians from Stockton's Occupational Therapy, Physical Therapy, Speech Therapy, Nursing, Public Health, and Health Science students (led by Kimberly Furphy, DHSc, OT, ATP, Associate Professor and Program Director of the Stockton Master of Science in Occupational Therapy Program), will work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety.

Your participation in CarFit is voluntary, confidential, and CarFit staff will not make any changes to your personal vehicle, although they may recommend some adjustments to get you the right fit. The process takes about 30 minutes.



~Time to Tell~

**Memory in Poetry & Creative Non-fiction**

**Dates:** Saturdays, January 4, February 1, March 1, April 12 & May 10, 2014

**Time:** 10:30 am - 12:30 pm

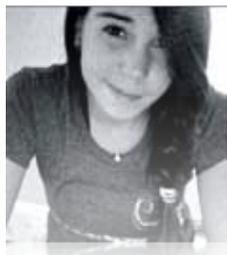
**Location:** The Noyes Museum of Art of Stockton College, 733 Lily Lake Rd, Oceanville (Galloway)

**Presenter:** Jenna McCoy, BA, Stockton Alum

**Register:** Call Noyes Museum 609-652-8848

Visit [SCOSA Time to Tell Senior Writing & Poetry News](#) page for details.

In this series workshop, we will explore memoir, poetry and other creative writing genres. By reading and discussing work by famous and local writers, we will discuss what makes for good writing, and work to apply these techniques as we write and reinvent our own poems, stories, and essays. The workshop structure will give both new and advanced writers the opportunity to share their own work and help one another improve both in craft and creativity. We will write poems and essays inspired by our own memories, stretch our creativity with a number of prompts and activities, and work to create our own community of writers.



Jenna McCoy teaches English in Edison, New Jersey, where she spends her days convincing eighth graders that the world would be a better place if subjects and verbs could just live in agreement. When not teaching or attending classes, Jenna's travels take her around the globe. Her most recent adventures include glacier-climbing in Iceland, backpacking in the Canadian Pacific, and studying abroad in Kashmir, India. Jenna's writing has appeared in *Polaris*, *The Curbside Quotidian*, and *Adventum Magazine*, where her essay "Cinder and Snow" won first-prize in the 2012 Ridge to River contest for outdoor creative nonfiction.



**Autobiographical Memoir Writing**

**Dates:** Fridays, January 31, February 28, March 28 & April 25, 2014

**Time:** 12:30 pm - 3:00 pm

**Location:** Stockton's Manahawkin Instructional Site  
712 East Bay Ave, Manahawkin, NJ 08050

**Presenter:** Gina Maguire, MSW, LSW

**Register:** [Email](#) or call 609-626-5590

Visit [SCOSA Time to Tell Senior Writing & Poetry News](#) page for details.

Participants will be guided and instructed through fourteen life themes. Sharing, support and constructive criticism will be incorporated into the sessions.



**MANAHAWKIN**  
THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



**Tour of Poetry for Seniors**

**Dates:** Saturdays, January 11, February 8, March 8, April 5, May 24 & June 14, 2014

**Time:** 11:00 am - 1:00 pm

**Location:** The Otto Bruyns Public Library of Northfield, 241 W. Mill Road (between Shore & New Road), Northfield, NJ 08225

**Register:** [stockton.edu/scosa](http://stockton.edu/scosa) or call 609-626-3591

Visit [SCOSA Time to Tell Senior Writing & Poetry News](#) page for details.



Participants can look forward to a compelling lecture on poetry and reading from a visiting poet as well as a light luncheon.

On January 11<sup>th</sup> Barbara Daniels will speak on the work involved in getting a book published as well as reading some of her remarkable work to the group. See flyer for all events and details.

At the culmination of the poetry series an Intergenerational Poetry Celebration will take place with participants in the library's High School Poetry Workshop Series.

**Research Study Opportunity - Spring, 2014**

**Your participation will help develop a screening tool for dual sensory loss in older adults.**

Dr. Debra Busacco, SCOSA Research Scholar, is seeking participants over 64 for a 1-2 hour research study at Stockton. Subjects must have BOTH a hearing and visual loss of any degree and will be required to complete a brief evaluation and questionnaire. Please contact Dr. Busacco by January 28th at [dabusacco@aol.com](mailto:dabusacco@aol.com) or 609-626-3591 and leave your contact information.

**Mind Health - Lunch & Learning**



**Now We're Retired, You're Getting on My Nerves**

**Date:** Thursday, January 23, 2014  
**Time:** 12:00 pm - Lunch 1:00 - 2:00 pm - Lecture  
**Location:** Brandywine Senior Living at Brandall Estates  
 432 Central Avenue, Linwood, NJ 08221  
**Presenter:** Marguerite Heaton-Colella, MSW, LCSW, BCPC  
**Register:** [stockton.edu/scosa](http://stockton.edu/scosa) or call 609-626-3591

You are retired and have a lot more free time. Why isn't your relationship getting better? Why are you getting on each other's nerves? Explore why arguments may occur more often between two people once they're both retired, and what they can do about it. Lunch - compliments of Brandywine Senior Living.

**Laughter is the Best Medicine**



**Date:** Wednesday, February 5, 2014  
**Time:** 12:00 pm - Lunch 1:00 pm - 2:00 pm - Lecture  
**Location:** Brandywine Senior Living at Brandall Estates, 432 Central Avenue, Linwood, NJ 08221  
**Presenter:** Maryann Prudhomme, RN  
**Register:** [stockton.edu/scosa](http://stockton.edu/scosa) or call 609-626-3591

**Humor & Laughter - a prescription for living better**  
 Join Maryann Prudhomme, a registered nurse with over 30 years of management and clinical experience in health care and nursing in both acute care and home care settings, to learn how you can use humor and laughter to feel better and age well. Take home laughter guides to share with your family and friends. Join us for lunch - compliments of Brandywine.

**Major Illness Diagnosed, and the whole family suffers....**



**Date:** Thursday, March 6, 2014  
**Time:** 12:00 pm - Lunch 1:00 pm - 2:00 pm - Lecture  
**Location:** Brandywine Senior Living at Brandall Estates, 432 Central Avenue, Linwood, NJ 08221  
**Presenter:** Marguerite Heaton-Colella, MSW, LCSW, BCPC  
**Register:** [stockton.edu/scosa](http://stockton.edu/scosa) or call 609-626-3591

The patient gets the cards, prayers, and the sympathy, but the caregiver(s) also suffer and are forgotten. Dreams for their future, financial pressures, and relationship strain are just some of the stressors while families cope (or not) with major illness. Join Marguerite and explore the emotional and heart-breaking challenges of dealing with major illness in the family. Lunch - compliments of Brandywine Senior Living. See flyer for details on presenter.

**F.O.C.U.S.**



**How to Get Hired in Today's Job Market**

**Dates:** Wednesday, June 4 & June 11, 2014  
**Time:** 2:00 pm - 3:00 pm  
**Location:** Richard Stockton College of NJ  
 Campus Center Meeting Room 1  
 101 Vera King Farris Drive, Galloway, NJ 08205  
**Presenter:** Rosemary Molloy  
**Register:** [stockton.edu/scosa](http://stockton.edu/scosa) or call 609-626-3591

For the mature job-hunter, this two-part course covers most aspects of the job search, including where to find open positions, applications and resumes, interviewing techniques, missteps to avoid, and related topics. The facilitator was manager of employment at Rider University for many years, and is retired herself. Two sessions of one hour each (with breaks), this course is lively, participatory, and fun for participants.

**The aim is to make it easy for you to develop confidence in your ability to be hired into the job you want.**

- F**rame your goals. (What are you looking for?)
- O**rder your priorities. (Why do you want a job?)
- C**ount your assets. (Where do you excel?)
- U**nderstand the process. (Who to contact?)
- S**trengthen your employability.

Rosemary is a native of Ventnor, NJ and a graduate of Rider University, retiring as manager of employment at Rider after 27 years. See flyer for details.



"Some days I miss my work and feel sad because work was also my social life. I miss interaction with people, depending in the past for work to connect me with others and I miss doing something I like."

**Time to Create Art  
Portrait Photography**



**Date:** Wednesday, March 19, 2014

**Time:** 10:30 am - 12:00 pm

**Location:** The Noyes Museum of Art of Stockton College, 733 Lily Lake Road Oceanville (Galloway), NJ 08231

**Presenter:** Judith Heyman

**Register:** Call Noyes Museum 609-652-8848

If you want to learn to take the best digital portraits to enhance your memoirs, please your family and friends or make the most out of an upcoming vacation, join Judith Heyman for an adventure into portrait photography. Learn time-honored techniques and a few of Judith's tips. Participants must have a working knowledge of their camera. **Bring your camera and a few of your recent portrait photos.**

**Travel Photography**



**Date:** Wednesday, June 18, 2014

**Time:** 10:30 am - 12:00 pm

**Location:** The Noyes Museum of Art of Stockton College, 733 Lily Lake Road Oceanville (Galloway), NJ 08231

**Presenter:** Judith Heyman

**Register:** Call Noyes Museum 609- 652-8848

If you want to learn to take the most memorable digital photos to enhance your memoirs, please your family and friends or make the most out of an upcoming vacation, join Judith Heyman for an adventure into travel photography. Learn time-honored techniques and a few of Judith's tips. Participants must have a working knowledge of their camera. **Don't forget to bring your camera and your vacation ideas.**



**Beginner Card Making Class**

**Dates:** Friday, January 17, February 21, March 21 & April 11, 2014

**Time:** 12:00 pm - 2:00 pm

**Location:** Stockton's Manahawkin Instructional Site 712 East Bay Ave, Manahawkin, NJ 08050

**Presenters:** Ann Blazovic & Gina Maguire

**Register:** [Email](#) 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.



**Enough!! No More Plastic Bags**

**Date:** Thursday, February 20, 2014

**Time:** 11:00 am - 12:00 pm

**Location:** Stockton's Manahawkin Instructional Site, 712 East Bay Ave Manahawkin, NJ 08050

**Presenter:** Barbara Reynolds

**Register:** [Email](#) or call 609-626-5590

Learn a bit about the problems caused by plastic bags. Then learn how to create a cool alternative: turning t shirts into cloth bags. You are welcome to bring your own t- shirt. (You could also clean out your closet and donate all the rest of your old t shirts to this cause. A limited supply of extra t- shirts will be available for those who don't bring one of their own.) In five to ten minutes, with no sewing involved, you will have a bag to take with you. Barbara is former Director of the Stockton's Free To Be Child Care Center, now retired and working as a teacher. In her spare time she works on projects that help make the world a better place for children and families. Her newest projects are starting an inter-generational community garden and getting rid of plastic bags.



**Are You Interested?**

**Let's Draw and Paint**

SCOSA has received a special request to present an on-going workshop titled "Let's Draw and Paint" to be modeled after the Time to Tell Creative Writing Workshop. The idea is to offer interested participants a location to practice the art of drawing and painting and an opportunity to meet and share information, resources and techniques.

If you are interested in joining such as group, either as a practicing participant or as an instructor please email [abeckwith@hughes.net](mailto:abeckwith@hughes.net) or call 609-626-3591.

**Time to Experience Local History & Craft**

**Glove Basket**

**Date:** Saturday, January 25, 2014  
**Time:** 10:30 am - 12:30 pm  
**Location:** The Noyes Museum of Art of Stockton College, 733 Lily Lake Road Oceanville (Galloway), NJ 08231  
**Material fee:** \$30.00 collected by Noyes Museum  
**Presenter:** Niki Giberson  
**Register:** Call Noyes Museum 609-652-8848

Learn to weave this 12" x 4" x 8" basket which can be hung on the wall. The interesting woven accent on the front makes this a functional and decorative basket. Never lose another glove.



**Wool Felted Silk Scarf**

**Date:** Saturday, February 8, 2014  
**Time:** 10:30 am - 12:30 pm  
**Location:** The Noyes Museum of Art of Stockton College, 733 Lily Lake Road, Oceanville (Galloway), NJ 08231  
**Material fee:** \$45.00 collected by Noyes Museum  
**Presenter:** Niki Giberson  
**Register:** Call Noyes Museum 609-652-8848

Learn the art of placing wool on a silk scarf and felting it into place to make a one of a kind designer accessory (10" by 55" finished size) using dyed wool and other fibers.



**Wool Drying Basket**

**Date:** Saturday, March 15, 2014  
**Time:** 10:30 am - 12:30 pm  
**Location:** The Noyes Museum of Art of Stockton College, 733 Lily Lake Road Oceanville (Galloway) NJ 08231  
**Material fee:** \$38.00 collected by Noyes Museum  
**Presenter:** Niki Giberson  
**Register:** Call Noyes Museum 609-652-8848

Notched handles and legs make this a useful knitting or chair side basket 14" by 14" square.



**Easter Tree With Felted Ornaments**

**Date:** Saturday, April 5, 2014  
**Time:** 10:30 am - 1:30 pm  
**Location:** The Noyes Museum of Art of Stockton College, 733 Lily Lake Road, Oceanville (Galloway), 08231  
**Material fee:** \$50.00 collected by Noyes Museum  
**Presenter:** Niki Giberson  
**Register:** Call Noyes Museum 609-652-8848

Learn the art of needle-felting. You will complete 7 ornaments and take them home with the tree which is 18" high and 10" at its widest point.



**Tote Basket With Wooden Handle**

**Date:** Saturday, May 17, 2014  
**Time:** 10:30 am - 12:30 pm  
**Location:** The Noyes Museum of Art of Stockton College, 733 Lily Lake Road, Oceanville (Galloway) NJ 08231  
**Material fee:** \$40.00 collected by Noyes Museum  
**Presenter:** Niki Giberson  
**Register:** Call Noyes Museum 609-652-8848

A perfect basket for magazines, file folders, or books. 8" x 15" x 15".



*Niki Giberson  
 SCOSA Art Instructor and Owner/Operator of Swan Bay Farm in Port Republic. Niki has been teaching basket making and felting for many years. The wool used in her felting projects is sheared from the sheep that live on the farm. [Swan Bay Folk Art Center & Farm in Port Republic, NJ](#). (See flyer for information)*

**Water Needle Felted Bag**

**Date:** Saturday, June 21, 2014  
**Time:** 10:30 am - 12:30 pm  
**Location:** The Noyes Museum of Art of Stockton College, 733 Lily Lake Road, Oceanville (Galloway), NJ 08231  
**Material fee:** \$25.00 collected by the Noyes Museum  
**Presenter:** Niki Giberson  
**Register:** Call Noyes Museum 609-652-8848

Learn the art of water felting to create a designer purse 6" wide by 8" high.



**Creating an Artist Book - Japanese Stab Binding and Relief Printing**

**Date:** Tuesday, March 18, 2014

**Time:** 12:00 pm - 2:00 pm

**Location:** Stockton Campus Center, Meeting Room 3  
Vera King Farris Drive, Galloway, NJ 08205

**Presenter:** Jill Sluka, MFA

**Register:** [stockton.edu/scosa](http://stockton.edu/scosa) or call 609-626-3591



Learn to create a book structure using the Japanese Stab Binding technique and create a relief print using techniques you can repeat on your own.

You will start the book in this workshop and complete it with your own manuscript or art work in progress at home.

Workshop is free to older adults. Participants must supply and bring their own materials. See [flyer](#) for materials list.

**Creating an Artist Book - Accordion Fold Book & Watercolor Painting**

**Date:** Tuesday, April 1, 2014

**Time:** 12:00 pm - 2:00 pm

**Location:** Stockton Campus Center  
Meeting Room 3, Vera King Farris Drive  
Galloway, NJ 08205

**Presenter:** Jill Sluka, MFA

**Register:** [stockton.edu/scosa](http://stockton.edu/scosa) or call 609-626-3591



Learn to create a book structure using the Accordion Fold Binding technique and create watercolor images to illustrate the pages.

Bring your ideas for art work. Accordion books are simple to make and require no sewing. Everything is assembled with glue. You can make them any size you want and can use them to display art, use as a working journal or memoir, for a scrapbook or as a piece of art. You will start the book in this workshop and complete it with your own manuscript or art work in progress at home.

Workshop is free to older adults. Participants must supply and bring their own materials. See [flyer](#) for materials list.

**Creating an Artist Book - Alternative Bookmaking, Watercolors, and Collage**

**Date:** Tuesday, April 15, 2014

**Time:** 12:00 pm - 2:00 pm

**Location:** Stockton Campus Center, Meeting Room 3  
Vera King Farris Drive, Galloway, NJ 08205

**Presenter:** Jill Sluka, MFA

**Register:** [stockton.edu/scosa](http://stockton.edu/scosa) or call 609-626-3591



Learn to create alternative book structures such as Instant Book and Signature with Accordion Fold pop outs. Create watercolor images with artist pens to illustrate the pages and be able to creatively add collaged materials into the structure. Workshop is free to older adults. Participants must supply and bring their own materials. See [flyer](#) for materials list.



**Jill Sluka**  
**SCOSA Art Instructor and Stockton School of Arts & Humanities Adjunct Instructor**  
(see flyers for details)

**Time to Create Art - Create an Image Using Different Charcoal Techniques**

**Date:** Tuesday, April 29, 2014

**Time:** 12:00 pm - 2:00 pm

**Location:** Stockton Campus Center, Meeting Room 3  
Vera King Farris Drive, Galloway, NJ 08205

**Presenter:** Jill Sluka, MFA

**Register:** [stockton.edu/scosa](http://stockton.edu/scosa) or call 609-626-3591



Workshop is free to older adults. Participants must supply and bring their own materials. See [flyer](#) for materials list.



**Experiment, Create works of art, Illustrate your memoirs.** Learn to create images using charcoal subtractive and additive techniques.

**Time to Create Art**



**Pom Pom Floral Craft**

Learn how to make various sizes of wool pom poms using simple techniques. Mix and match to create your own floral arrangement in your selected vase supplied by instructor.

**Level: Beginner.**



**Seasonal Candle Cozy**

Create a felt seasonal candle cozy for any standard large jar candle using hearts, stars and clover appliques. Basic stitching techniques to be used. **Level: Beginner.**

**Woven Mason Jar & Flowers**

**Must register for both sessions.**

Session 1: Using natural materials with colorful additions and original over/under weaving techniques we will cover a mason jar.

Session 2: Using a specially designed flower frog we will use fresh flowers and greens to create a floral arrangement for your jar. All materials and tools provided by instructor. **Level: Intermediate. No photo available.**



**South Jersey Berry Basket**

Create a 3" round heirloom basket with unique handle using natural materials and colorful accents with three different weaving techniques.

**Level: Intermediate.**



**Stockton at Kramer Hall**

30 Front Street, Hammonton, NJ 08037 (609-626-3840)

Register: [stockton.edu/scosa](http://stockton.edu/scosa) or call 609-626-3591

**Material fees collected by instructor.**

Date	Time	Class	Fee
1/30/14	10:30 - 12:30	Pom Pom Floral Craft	\$8
2/27/14	10:30 - 12:30	Seasonal Candle Cozy	\$10
3/27/14	10:30 - 12:30	Woven Mason Jar 1	\$30
4/17/14	10:30 - 12:30	Woven Mason Jar 2	
6/19/14	10:30 - 1:30	South Jersey Berry Basket	\$20

**Diamond Frandsen**

**SCOSA Art Instructor, Fiber Artist/Custom Designer & Owner of The Ivy Cottage.**

*Specializing in mixed media baskets, sculptures & gifts hand-made from wool, felt & yarns including needle felted wools, paper folding & embroidery.*

*(See flyer for more information).*



**The Noyes Museum of Art of Stockton College**

733 Lily Lake Road, Oceanville (Galloway), NJ 08231

Register: Call 609-652-8848

**Material fees collected by The Noyes Museum.**

Date	Time	Class	Fee
1/16/14	10:30 - 12:30	Pom Pom Floral Craft	\$13
2/13/14	10:30 - 12:30	Seasonal Candle Cozy	\$15
3/13/14	10:30 - 12:30	Woven Mason Jar 1	\$40
4/24/14	10:30 - 12:30	Woven Mason Jar 2	
6/12/14	10:30 - 1:30	South Jersey Berry Basket	\$25

**MANAHAWKIN**  
THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



**Stockton's Manahawkin Instructional Site**

712 East Bay Ave, Manahawkin, NJ 08050 (609-626-3883)

Register: [Email](mailto:scosa@stockton.edu) or call 609-626-5590

**Material fees collected by instructor.**

Date	Time	Class	Fee
1/9/14	12:00 - 2:00	Pom Pom Floral Craft	\$8
2/6/14	12:00 - 2:00	Seasonal Candle Cozy	\$10
3/6/14	12:00 - 2:00	Woven Mason Jar 1	\$30
4/3/14	12:00 - 2:00	Woven Mason Jar 2	

## SCOSA Winter-Spring 2014 Older Adult Education Program SCHEDULE AT A GLANCE

Date & Time	Workshop	Page	Location	Register
<b>1/4, 2/1, 3/1, 4/12 &amp; 5/10</b> 10:30-12:30	Time to Tell Creative Writing	5	The Noyes Museum of Art	Call 609.652.8848
<b>1/9</b> 12:00-2:00	Pom Pom Floral Craft	10	<i>Stockton's Manahawkin Instructional Site</i>	<a href="#">Email</a> or Call 609.626.5590
<b>1/11, 2/8, 3/8, 4/5, 5/24 &amp; 6/14</b> 11:00-1:00	Tour of Poetry for Seniors	5	Otto Bruyns Public Library-Northfield	<a href="#">Online</a> or Call 609.626.3591
<b>1/16</b> 10:30-12:30	Pom Pom Floral Craft	10	Noyes Museum/Oceanville	Call 609.652.8848
<b>1/17, 2/21, 3/21 &amp; 4/11</b> 12:00 - 2:00	Beginner Card Making Class	7	<i>Stockton's Manahawkin Instructional Site</i>	<a href="#">Email</a> or Call 609.626.5590
<b>1/23</b> 11:15 - 12:15	CHIROPRACTIC: What is it, Really?	4	<i>Stockton's Manahawkin Instructional Site</i>	<a href="#">Email</a> or Call 609.626.5590
<b>1/23</b> 12:00-2:00	Lunch & Learning-We're Retired	6	Brandywine Senior Living	<a href="#">Online</a> or Call 609.626.3591
<b>1/25</b> 10:30-12:30	Basketmaking - Glove Basket	8	Noyes Museum/Oceanville	Call 609.652.8848
<b>1/30</b> 10:30-12:30	Pom Pom Floral Craft	10	Kramer Hall/Hammonton	<a href="#">Online</a> or Call 609.626.3591
<b>1/31, 2/28, 3/28, &amp; 4/25</b> 12:30-3:00	Time to Tell Memoir Writing	5	<i>Stockton's Manahawkin Instructional Site</i>	<a href="#">Email</a> or Call 609.626.5590
<b>2/4</b> 1:00-2:00	Take Control of Your Health Intro	3	Hammonton Canoe Club Senior Center	Not Required
<b>2/5</b> 12:00-2:00	Lunch & Laughter is Best Medicine	6	Brandywine Senior Living	<a href="#">Online</a> or Call 609.626.3591
<b>2/5</b> 2:00 - 3:00	Take Control of Your Health Intro	3	Stockton Campus Center Theatre	Not required
<b>2/6</b> 12:00-2:00	Seasonal Candle Cozy	10	<i>Stockton's Manahawkin Instructional Site</i>	<a href="#">Email</a> or Call 609.626.5590
<b>2/6</b> 3:30-4:30	Heart Health Awareness - FH	3	Stockton Campus Center MR 5	Not Required
<b>2/7</b> 1:00-2:00	Stay Healthy & Happy as You Age	3	Stockton Campus Center MR 5	Not Required
<b>2/8</b> 10:30-12:30	Wool Felted Silk Scarf	8	Noyes Museum/Oceanville	Call 609.652.8848
<b>2/13</b> 10:30-12:30	Seasonal Candle Cozy	10	Noyes Museum/Oceanville	Call 609.652.8848
<b>2/14</b> 1:00-3:00	Top 10 Reasons to Smile	3	<i>Stockton's Manahawkin Instructional Site</i>	<a href="#">Email</a> or Call 609.626.5590
<b>2/20</b> 11:00-12:00	Enough!! No More Plastic Bags	7	<i>Stockton's Manahawkin Instructional Site</i>	<a href="#">Email</a> or Call 609.626.5590
<b>2/27</b> 10:30-12:30	Seasonal Candle Cozy	10	Kramer Hall/Hammonton	<a href="#">Online</a> or Call 609.626.3591
<b>3/6 &amp; 4/3</b> 12:00-2:00	Woven Mason Jar & Flowers	10	<i>Stockton's Manahawkin Instructional Site</i>	<a href="#">Email</a> or Call 609.626.5590
<b>3/6</b> 12:00-2:00	Lunch & Learning-Illness Diagnosed	6	Brandywine Senior Living	<a href="#">Online</a> or Call 609.626.3591
<b>3/13 &amp; 4/24</b> 10:30-12:30	Woven Mason Jar & Flowers	10	Noyes Museum/Oceanville	Call 609.652.8848
<b>3/15</b> 10:30-12:30	Wool Drying Basket	8	Noyes Museum/Oceanville	Call 609.652.8848
<b>3/18</b> 12:00-2:00	Artist Book: Binding & Printing	9	Stockton Campus Center MR 3	<a href="#">Online</a> or Call 609.626.3591
<b>3/19</b> 10:30-12:30	Portrait Photography	7	Noyes Museum/Oceanville	Call 609.652.8848
<b>3/27 &amp; 4/17</b> 10:30-12:30	Woven Mason Jar & Flowers	10	Kramer Hall/Hammonton	<a href="#">Online</a> or Call 609.626.3591
<b>3/29</b> 10:00-2:00	Driver Safety - CarFit at Stockton	4	Stockton Parkway Building	<a href="#">Online</a> or Call 609.626.3591
<b>4/1, 4/8, 4/15, 4/22, 4/29 &amp; 5/6</b> 1:00-3:30	Take Control of Your Health	3	Hammonton Canoe Club Senior Center	<a href="#">Online</a> or Call 609.626.3591
<b>4/1</b> 12:00-2:00	Artist Book: Accordion & Watercolor	9	Stockton Campus Center MR 3	<a href="#">Online</a> or Call 609.626.3591
<b>4/5</b> 10:30-1:30	Easter Tree with Felted Ornaments	8	Noyes Museum/Oceanville	Call 609.652.8848
<b>4/15</b> 12:00-2:00	Artist Book: Alternative & Watercolor	9	Stockton Campus Center MR 3	<a href="#">Online</a> or Call 609.626.3591
<b>4/18</b> 1:00-3:00	Soil to Soul	4	<i>Stockton's Manahawkin Instructional Site</i>	<a href="#">Email</a> or Call 609.626.5590
<b>4/29</b> 12:00-2:00	Charcoal Drawing Techniques	9	Stockton Campus Center MR 3	<a href="#">Online</a> or Call 609.626.3591
<b>5/13</b> 9:00-4:00	SCOSA 2014 Festival	5	Stockton Campus Center	Not Required
<b>5/17</b> 10:30-12:30	Tote Basket with Wooden Handle	8	Noyes Museum/Oceanville	Call 609.652.8848
<b>6/4 &amp; 6/11</b> 2:00-3:00	F.O.C.U.S. Get Hired in Today's Market	6	Stockton Campus Center MR 1	<a href="#">Online</a> or Call 609.626.3591
<b>6/12</b> 10:30-1:30	South Jersey Berry Basket	10	Noyes Museum/Oceanville	Call 609.652.8848
<b>6/18</b> 10:30-12:30	Travel Photography	7	Noyes Museum/Oceanville	Call 609.652.8848
<b>6/19</b> 10:30-1:30	South Jersey Berry Basket	10	Kramer Hall/Hammonton	<a href="#">Online</a> or Call 609.626.3591
<b>6/21</b> 10:30-12:30	Water Needle Felted Bag	8	Noyes Museum/Oceanville	Call 609.652.8848

SCOSA's Online Registration page contains all of the programs that require registration on the same page. You need only enter your registration choices once. You will be contacted to confirm registration.

Stockton plans to **GO RED FOR WOMEN** as part of the American Heart Association's efforts to raise awareness and funds in the fight against heart disease and stroke. All events listed here will be held in the Stockton Campus Center (101 Vera King Farris Drive, Galloway, NJ 08205) and are free and open to the public (unless otherwise noted).

No registration is necessary.

### **Take Control of Your Health**

**Date:** Wednesday, February 5, 2014

**Time:** 2:00 pm - 3:00 pm

**Location:** Theatre

**Presenter:** Angela A. Bailey, Program Coordinator  
Cape Atlantic Coalition for Health (SCOSA)

Do you or a family member have a chronic condition? Would you like to learn more about how to better manage pain, fatigue, medication and/or depression due to an on-going health condition? Join us to discuss nutrition, exercise, pain relief, relaxation, emotions, stress, sleeping and other health concerns. Learn strategies and set goals to improve your health and manage chronic disease. Take Control of Your Health is a FREE evidence based community workshop developed by Stanford University. This is an introductory session. With 20 or more participants, workshops are held once a week for six weeks. Bring a friend.

### **Heart Health Awareness - FH Familial Hypercholesterolemia**

**Date:** Thursday, February 6, 2014

**Time:** 3:30 pm - 4:30 pm

**Location:** Meeting Room 5

**Presenter:** Marilyn Viventi, FH Advocate (SCOSA)

Familial Hypercholesterolemia (FH) 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 misconceptions and barriers to early recognition and early treatment of FH.

### **WEAR RED DAY**

**Date:** Friday, February 7, 2014

**Time:** 10:00 am - 4:00 pm

**Location:** Meeting Room 4

**Presenter:** "Go Red for Women" – Fundraising and Awareness Campaign Activities

- Blood pressure screening sponsored by AtlantiCare
- "Fit Test" conducted by Stockton Athletics
- "Red Dress" pins available with donation
- Information distribution on prevention and symptoms of heart attack and stroke.

### **Women's Wellness**

**Date:** Friday, February 7, 2014

**Time:** 12:00 pm - 1:00 pm

**Location:** Meeting Room 4

**Presenter:** M. Alysia Mastrangelo, PT, PhD, FACSM  
Location: Meeting Room 5

### **Staying Healthy & Happy As You Age**

**Date:** Friday, February 7, 2014

**Time:** 1:00 pm - 2:00 pm

**Location:** Meeting Room 5

**Presenter:** Maryann Prudhomme, RN (SCOSA)

Join Maryann, a registered nurse with over 30 years of management and clinical experience in health care and nursing in both acute care and home care settings, to learn to help yourself stay healthy and happy by using the things that you love: food, sleep, and active fun. Bring family and friends and have fun learning to be healthy and happy.



### **Soul Line Dancing**

**Date:** Friday, February 7, 2014

**Time:** 7:00 pm - 9:00 pm

**Location:** Event Room

**Presenter:** Alpha Kappa Alpha Sorority, Inc.  
Theta Kappa Omega and Pi Chi Chapters  
Instructor: Ms. Diane Epps

**Cost:** \$5.00

Exercise to great "Soul" music. Learn how to Wobble, Cupid Shuffle, and more. You don't need a partner but you can bring all of your friends and have lots of fun.

### **Love, Hugs and Kisses**

**Date:** Monday, February 10, 2014

**Time:** 12:00 pm - 1:30 pm

**Location:** Coffee House Lounge

**Presenter:** Members of the Stockton Community

Come hear love poems and love songs during an "Open Mic" session. Does someone need a hug or kiss? Stop by for Hugs (from willing participants) and Kisses (from the Hersey's factory).

Events are also being planned at Stockton in Hammonton, Stockton in Manahawkin, Stockton in Woodbine, Stockton Seaview Hotel & Golf Club, Dante Hall and the Arts Garage in Atlantic City.

Please check the website for the most up-to-date information: [www.stockton.edu](http://www.stockton.edu) and search "heart".

### **Heart Healthy Brown Bag Luncheon**

**Date:** Tuesday, February 11, 2014

**Time:** 12:30 pm - 1:30 pm

**Location:** Meeting Room 5

**Presenter:** Kimberly Raring, M.S., R.D., Nutritionist

Bring your lunch and join us as Kim Raring explains some small changes that can make a big difference.

### **Managing Stress with Meditation**

**Date:** Tuesday, February 11, 2014

**Time:** 4:30 pm - 5:30 pm

**Location:** Meeting Room 5

**Presenter:** Luanne Anton, M.S., Health Educator

Luanne will help you identify the indicators of stress and provide tools, including meditation, to effectively manage stress for a healthier you.

### **Brain Correlates to Emotion and Cardiac Responses**

**Date:** Wednesday, February 12, 2014

**Time:** 3:00 pm - 3:30 pm

**Location:** Meeting Room 5

**Presenter:** Elizabeth Shobe, Ph.D.

Associate Professor of Psychology

### **Heart Health and Stress Management**

**Date:** Wednesday, February 12, 2014

**Time:** 3:30 pm - 4:30 pm

**Location:** Meeting Room 5

**Presenter:** Christine A. Gayda-Chelder, Ph.D.

Assistant Professor Psychology

SCOSA Service Chair

Managing stress is one important factor in keeping your heart healthy. Learn to make the best of your stress and maintain heart health.

The following event will be held at the **Stockton Manahawkin Instructional Site** at **712 East Bay Ave, Manahawkin, NJ 08050 (609-626-3883)**

### **Top 10 Reasons to Smile**

**Date:** Friday, February 14, 2014

**Time:** 1:00 pm - 2:00 pm

**Location:** Room 1

**Presenter:** Mary K. Valis, MA

Holy Redeemer Home Care and Hospice

As we all more savvy about our focus on improved health, here are the top 10 reasons smiling can improve your level of stress, your attractiveness, and your overall health! Join us in learning why smiling is just a fun way to live longer... dark chocolate and hugs included!

With the completion of her Master's degree in Psychology, with a specialization in Educational Leadership, Mary's current position with Holy Redeemer Home Care and Hospice allows her to utilize her skills, education, and passion to assist and teach community members to better understand, prepare, and focus holistically on one's end-of-life journey.



### **2014 Older Americans Month**

#### **Stockton Center on Successful Aging 2014 Festival**

**Tuesday, May 13, 2014**

**9:00 am to 4:00 pm**

**Campus Center  
Richard Stockton College of NJ**

[SCOSA Website](#) for Updates

[Sponsor, Donor, Exhibitor & Advertiser Prospectus](#)

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## Stockton Center on Successful Aging

The Richard Stockton College of NJ

101 Vera King Farris Drive

Galloway, NJ 08205-9441

Director - David Burdick 609.652.4311 [David.burdick@stockton.edu](mailto:David.burdick@stockton.edu)

Atlantic County Programs - 609.626.3591 Ocean County Programs - 609.626.5590

[stockton.edu/scosa](http://stockton.edu/scosa)

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