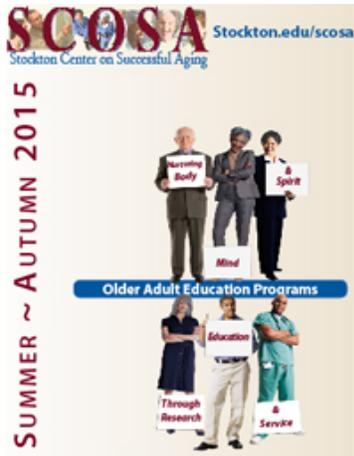


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 Sept, 2015 - Volume 4, Issue 9



Adult Education Calendar August, 2015

Thu, Sept 3, 10, 17 & 24, 9:30am-10:30am

[Chair Yoga - Have Fun While Relaxing Your Body & Mind](#)
 Galloway Senior Center

Thu, Sept 3, 11:30am-12:30pm

[Meditation Group](#)
 Woodview Estates Assisted Living

Tue, Sept 8 & Mon, Sept 14, 21 & 28, 10am - noon

[Find, Get & Keep the Job You Want... A New Environment Calls for New Strategies](#)
 Stockton Kramer Hall

Tue, Sept 8, 15, 22, 29 & Oct 13, 20, 11am-1pm

[Knit with Lois - Six Weekly Sessions](#)
 Manahawkin Instructional Site

Wed, Sept 9, 16, 23, 30 & Oct 7, 14, 21 & 28, 10am-noon

[Learn to Draw](#)
 Egg Harbor Twp Library

Wed, Sept 9, 12-2pm

[Fall Still Life: Paint & Party](#)
 Manahawkin Instructional Site

Fri, Sept 11, 12-1:30pm & 1:30-3pm

[Beginner's Card Making Class](#)
 Manahawkin Instructional Site

Sat. Sept 12, 10:30am-12:30pm

[Art & Food: Casserole Basket](#)

NEWS BRIEFS

SCOSA Offers Free Employment Strategies Workshop to Address Changing Economic Environment in Atlantic County

This four-session workshop is designed to equip older adults with the strategies to get hired in the right position in today's job market.

Find, Get and Keep the Job You Want: A New Environment Calls for New Strategies will take place at Stockton Kramer Hall in Hammonton on September 8, 14, 21 & 28, from 10 am to noon. [Register online](#) or call 609-626-3591. [Flyer](#).

Michael Kuhlman with the National Council on Aging will facilitate the workshops. Participants will identify obstacles, discover their competitive edge in a changing work environment, learn what employers need in their employees, develop strategies for resume writing and interviews, and practice their presentation skills with the group.

For Professionals: Save the dates for Professional Education offerings!

This fall, SCOSA presents three informative programs for professionals, paraprofessionals, and those who care for older adults. On September 30th, **New Guidelines in Defining Cognitive Changes in Late Adulthood** will be presented by Christine Gayda-Chelder, PhD, Assistant Professor of Psychology, SCOSA Service Chair & New Jersey Licensed Psychologist at Brookdale-Cape May. On October 5, **Is Aging the Same for Everyone? Aging Experiences and Health Care Disparities within the LGBT Older Adult Community** will be presented by Carolyn Bradley, PhD, LCSW, LCADC at a Southern Ocean County location TBA. On November 5th, **The Benefits of Socialization for Older Adults, Especially During Winter and Holiday Seasons** will be presented by Patricia Ayers, MSW, LCSW, Stockton adjunct faculty member, a medical Social Worker at Shore Medical Center who has taught an undergraduate course at Stockton University entitled "Exploring the Dying Process" for the past six years. Programs are free of charge and provide a meal and various professional CE credits. Go to: www.stockton.edu/scosa and click on the Education-Professionals link for more details and online registration links.

For Stockton Employees Only*: Lunch & Workshop Strategies and Tools for Caregiving Success with Elders

Thursday, September 10, 2015, 12 noon-1:00pm, Campus Center Meeting Room 3. This educational seminar will review essential information for caregivers. Topics will include the following: the importance of self-care; empowering oneself to engage in self-care; resources for assistance; preventing financial mistakes. Presented by Dr. Christine Gayda-Chelder, Assistant Professor of Psychology and SCOSA Service Chair, with assistance from Gina Maguire, MSW, SCOSA's program assistant and adjunct instructor of gerontology. Dr. Gayda is a NJ licensed psychologist with a specialty in neuropsychology. In her private practice she conducts neuropsychological evaluations and provides counseling to older adults.

Space is Limited and Pre-registration Required by noon on Tuesday, September 8th - send an e-mail to Gina.Maguire@stockton.edu including name, position, department and phone of each registrant. *Depending on interest, this may evolve into an ongoing Caregiver Support Group open to the public.

1st Annual Ability Fair

Friday September 18, 2015, noon - 5pm, Stockton University Campus Center Event Center. Free, showcasing 30 vendors and products that help seniors and the physically challenged to live more mobile and fulfilling lives. Pre-registration is required. For details and to register, go to: <http://www.eventbrite.com/e/bacharach-ability-fair-hosted-by-stockton-university-tickets-17082295606>

Join TEAM SCOSA for An Autumn Walk with a Great Cause!

Pumpkins...mums...cool air...it must be time for a lovely Fall walk on the Boardwalk! Please join Team SCOSA for the Alzheimer's Association Delaware Valley Chapter Walk to End Alzheimer's on Sunday, October 11th at 9:00 am in Atlantic City. We welcome everyone to walk with us and/or to make a donation to support our team. Details may be found on the link below: http://act.alz.org/site/TR/Walk2015/PA-DelawareValley?team_id=290108&pg=team&fr_id=7746

Noyes Museum of Art

Wed, Sept 16, 11:30am-1:30pm
[Learn Handcrafted Lace Crochet](#)
Anatolia Art & Craft Studio, Atlantic City

Wed, Sept 16, 1-3pm
[Food For Thought: Avoiding Scams & Identity Theft](#)
Woodview Estates Assisted Living

Fri, Sept 18, 12-2pm
[Introduction to Computers Smart Phones & the Internet](#)
Stockton Kramer Hall

Sat, Sept 19, 11am-1pm
[A Tour of Poetry for Seniors](#)
Otto Bruyns Library - Northfield

Sat, Sept 26, 10:30am-12:30pm
[Time to Tell Creative Writing: Tapping the Source](#)
Noyes Museum of Art

SCOSA and ARHU to Present Come & Dance on Tuesday, October 6, 2015 from 2:30pm – 3:30pm in Stockton's Dance Studio (M205 - Near PAC). Come take a basic dance movement class with Gallim Dance, a New York based contemporary dance company. Participants in the workshop receive a coupon for two discounted tickets to a performance of the company in Stockton's PAC on Friday, October 9th. Space is limited - [register now](#). Click image to access flyer.



Introducing SCOSA's New Graduate Intern

Please join us in welcoming Edith Giberson, a lifelong Ocean County resident, as a SCOSA intern for the 2015/16 school year. Edith is a second-year MSW social work student at Monmouth University with a concentration in international and community development. She earned her Bachelor's degree in Sociology at Montclair University in 2014. In addition to attending school, Edith has worked the last five years at Community Options Inc. supporting adults with developmental disabilities. According to Edith "It is the most rewarding job I've ever had. I love being able to help and support these individuals be able to live the life they want." In her free time, she likes to read, spend time with family, and scrapbook.

Congratulations to Bonnie Lee Camp

Bonnie, a Stockton GERO alumna, early SCOSA volunteer, and original Time to Tell and GAB participant, recently had an original poem "[A Social Worker Will Be There](#)" published in The New Social Worker magazine, Summer Edition.



Stockton University's Constitution Day Celebration

Wednesday, September 16, 2015 6:30-8:00 pm, Campus Center Event Room

Keynote Speaker Bryan Stevenson is one of the country's most visionary legal thinkers and social justice advocates. A MacArthur fellow and founder of the Equal Justice Initiative, Stevenson is a founding leader of the movement against mass incarceration in the U.S. He recently served on President Obama's President's task force on 21st-century policing. This remarkable twenty-minute TED Talk on the subject of injustice has been viewed over 2.7 million times; *The New Yorker* named it one of five essential TED Talks. View it [here](#). The event is free, open to the public and registration is not required.

'Studying the Holocaust at Stockton University' Airs on Comcast Channel 288

Jewish Life TV has produced an hour-long special, "Studying the Holocaust at Stockton University," which airs on Comcast Channel 288 through late December.

A crew came to Stockton's Sara and Sam Schoffer Holocaust Resource Center last fall, meeting with some local Holocaust survivors, faculty from Holocaust and Genocide Studies and about 15 students. According to center director Gail Rosenthal, "Many who have viewed this film say its power lies in the interviews with students who have completed courses and/or have participated in study tours related to the Holocaust. Their statements underscore how this field of study has changed their lives."

Viewing schedule in southern New Jersey: Monday, Sept. 14 at 9 pm, Friday, Sept. 25 at 7 pm, Sunday, Oct. 11 at 6 pm, Saturday, Oct. 24 at 10 pm, Sunday, Nov. 15 at 9 pm, Sunday, Nov. 29 at 4 pm, Thursday, Dec. 10 at 3 pm, and Sunday, Dec. 27 at 10 pm.

NIA to Host Go4Life Month

The National Institute on Aging (NIA) has designated September as Go4Life Month to highlight its national exercise and physical activity campaign for people 50+, which seeks to empower older adults to become more physically active. Go4Life is based on studies showing that older adults can exercise safely and should exercise regularly to help prevent many of the chronic conditions and disability associated with aging. Despite the growing list of benefits of exercise for people of all ages, U.S. adults tend to become less active as they age. The centerpiece of the Go4Life campaign is an interactive website, [Go4Life.nia.nih.gov](#), with sample exercises, success stories, and free materials to motivate the growing numbers of Baby Boomers — and their parents — get ready, start exercising, and keep going to improve their health and achieve a better quality of life. (Source: [GSA News](#), 8/20/15)

WHCoA Videos Posted Online

The Obama Administration has now archived video recordings of the [2015 White House Conference on Aging](#), (WHCoA) which was held in Washington, DC, on July 13. These include the president's opening remarks. The White House also released a [fact sheet](#) that details new federal initiatives geared toward older Americans and their families. This includes the launch of [www.aging.gov](#), which is intended to serve as a one-stop resource for government-wide information on helping older adults live independent and fulfilling lives. It links to a broad spectrum of federal information, including how to find local services and resources in the community for everything from healthy aging to elder justice to long-term care, as well as how to find key information on vital programs such as Social Security and Medicare. (Source: [GSA News](#), 8/20/15)



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