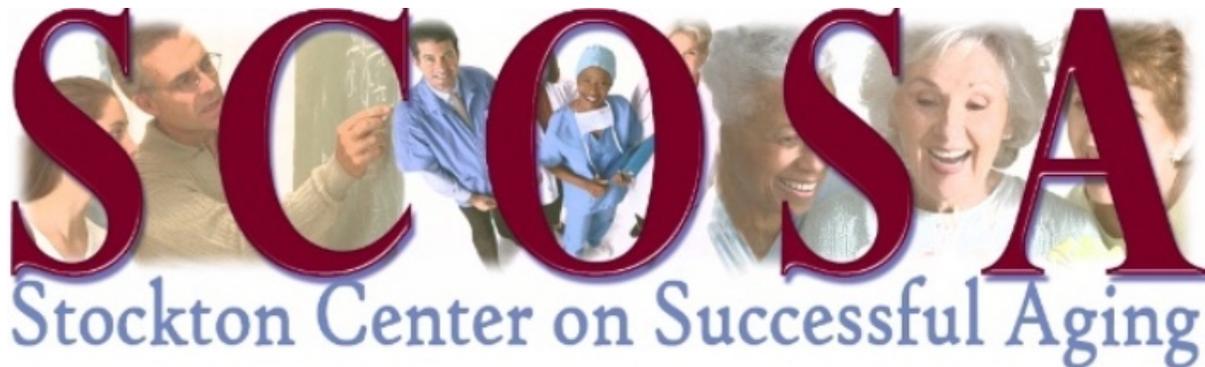


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 May 2016 - Volume 5, Issue 5



SCOSA News & Upcoming Events



Access the [online version](#).

Adult Education Calendar May 2016

Tue, May 3, 10am-3pm
[Quartet of Program to Help You Age in Place](#)
 Stockton Kramer Hall, Hammonton
 (See description below)

Wed, May 4, 1-3pm
[Managing Credit](#)
 Woodview Estates

Sat, May 7, 10:30am-12:30pm
 Time to Tell - Creative Writing
 Workshop: [Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom](#)
 Stockton Campus Center Room 1

SCOSA Programs

Festival Central: Updates on SCOSA's Big Annual Event

"Blaze a Trail" ... Older Americans Month Theme Captured Throughout the Day

Join us at SCOSA's Annual Successful Aging Festival, which celebrates Older Americans Month and its theme "Blaze a Trail". For full Festival Details and specific schedule information go to www.stockton.edu/scosa. The full schedule will be online by Monday May 3rd. We have a wonderful array of programs this year and hope you will take a look, think about joining us and please do spread the word!

Beginning with the opening of the Exhibit Hall at 9:00am, the festival demonstrates various ways to "Blaze a Trail". Informative sessions to choose from begin at 9:30am and end at about 3:00pm. Sessions including Yoga & Meditation, Time-to-Tell biography readings, poetry, and a presentation on Egg Harbor City's Peace Pilgrim, who blazed a trail for world peace as she walked the globe, are just some of the highlights. Additional sessions on Pickleball & GetFit Stockton and physical fitness to promote brain fitness, Dance with Lois, and a reading and book signing by Stockton professor Kate Ogden on her new book "Yosemite", and the public release of a new book on oral histories of South Jersey's Garment Workers prepared by professors Lisa Cox and Tom Kinsella. And, we have a guided walk on the Lake Fred Interpretive Nature Trail, led by its designer Susan Allen.

More trailblazers join us for the "Main Event" in the Campus Center Theatre from 11:00am-12:15pm. Stockton's Fourth President, Dr. Harvey Kesselman, a member of Stockton's first graduating class, which began its studies in the Mayflower Hotel on the AC Boardwalk, will discuss his vision for Stockton University's future role in South Jersey and beyond. A true trailblazer, Harvey has spent his entire career at Stockton, holding leadership roles in academics, student development, and administration and finance, uniquely preparing him to lead Stockton into the future.

President Kesselman is immediately followed at 11:30am by a distinguished panel who discuss the importance of developing meaningful hobbies and leisure pursuits before one retires. Former provost (and soon to retire) David Carr, Ph.D., retired Hughes FAA Tech Center engineer R S Wang, Ph.D., and practicing physician Daniel A. D'Auria, MD demonstrate the importance of mindfully developing and cultivating hobbies during a

Thu, May 12, 1-3pm

[LGBTQ Intergenerational Group](#)
Manahawkin Instructional Site

Sat, May 14, 10am-12pm

[Learn Basketry, Experience Local History & Culinary Delights](#) - Brûlée Tray Basket
Swan Bay Folk Art Center

Tue, May 17, 10:30-11:30am

[Staying Healthy & Happy as You Age](#)
Hammonton Senior Center

Thu, May 19, 9am - 4pm

[SCOSA 2016 Aging Successfullly Festival](#)
Stockton University Campus Center

Sat, May 21, 11am - 1pm

[A Tour of Poetry for Seniors](#)
Otto Bruyns Library, Northfield

Tue, May 24, 2-3pm

[LIVE Independently, Vibrantly & Educated](#)
Village Grande, EHT

Last Chance to Register for SCOSA's Quartet of Programs to Help You Age in Place

Tuesday, May 3, 2016 at Stockton Kramer Hall, 30 Front Street, Hammonton
Space is limited, please [register online](#) (or call 609-626-3591) for these free programs and tasty lunch, compliments of Stockton Kramer Hall. [Click here](#) for full description of presentations.

* *To Give and to Get... Reassurance: a service that works both ways*

10 – 11, Ann P. Magee, Executive Director of CONTACT Cape-Atlantic: Give Back to your community. There are benefits of how this service can work both ways for individuals and our community.

* *Continue to Live Independently*

11 – 12 noon, Pat Laychock, RRT, CSA, CDCP: Plan to “age in place” ... Aging in Place means you continue to live in the home of your choice safely and independently as you age.

* *Tips for Moving & Downsizing*

1 - 2, Jared Willmann: Downsize smoothly and efficiently by breaking the process into manageable pieces..

* *LIVE Independently, Vibrantly & Educated*

2 - 3, Cape Atlantic Coalition for Health: Plan for success.

busy career that can then take on new meaning and value during the retirement years.

At lunch time buy a bag lunch, bring your own, or visit the food court, and listen to the ever-popular Faculty Band (Unplugged), and peruse the exhibit hall. A new musical addition this year is a dedicated group of banjo and guitar pickin' musicians in “Jammonton on Main”, which will start at around 1:30pm.

Festival Food Drive

SCOSA and the new Stockton University Retirees Association (SURA) are partnering with the Stockton Center for Community Engagement (SCCE) to sponsor a Food Drive at the Festival. Please bring your non-perishable donations and drop them at our registration desks in the Campus Center Great Hall. Collecting food is a natural extension of the college's mission to serve, so we thank you for your contributions. Donations will be delivered to the Family Service Association and the Beacon Church food pantry, both located in Galloway.

Acceptable donations include, but are not limited to, high-protein items, like peanut butter, canned tuna and chicken, and dry or canned beans; canned and dried fruits and vegetables, as well as apple sauces; breads and cereals (whole grain), like pasta, rice, quinoa, pancake and stuffing mixes, and bread; mixed items, like macaroni and cheese and canned soups, stews, chili, and ravioli; and miscellaneous essentials, like vegetable oil, powdered milk, eggless baking mixes, and spices.

Professional Education offerings

This spring, SCOSA, partnering with Right at Home, presents two informative programs for professionals, paraprofessionals, and those who care for older adults. On Tuesday, May 17th, we will be offering “Strength for the Journey: the Spirituality of the Therapist and the Client” at Brandywine Senior Living at Brandall Estates, 432 Central Avenue, Linwood, NJ 08221. Then, on May 25th, we will be offering “Special Populations of Older Adults” at Brookdale-Cape May, 591 South Route 9, Cape May Court House, NJ 08210. Both will be presented by Carolyn Bradley, PhD, LCSW, LCADC. Programs are free of charge and provide a meal and various professional CE credits, Social Workers are reminded that this is a relicensing year, and both of these programs will offer “Ethics” CEs. Please check the SCOSA website often for updates: www.stockton.edu/scosa . Please contact Gina.Maguire@stockton.edu for more information.

Programs Offered by SCOSA's Community Partners

[The Outlast Project](#) will be coming to Stockton's Dante Hall on Wednesday, May 4th from 6:00pm-9:00pm. The event is free and open to the public. The Outlast Recovery Squad, led by poet, activist, and mental health advocate Rachel McKibbens, performs their original work and then offers an interactive art/writing workshop, helping give voice to survivors of sexual assault.

From Stockton's Office of Veterans Affairs

Please join the VA office on Friday May 6th for their 8th annual Veterans Golf Tournament at Stockton's Seaview Country Club. If you wish to sponsor a student veteran to play golf or contribute a donation please [click here](#). All money raised goes toward student veteran's scholarships.

New Alzheimer's Association Program

The Alzheimer's Association, Delaware Valley Chapter aims to improve Alzheimer's patients' care through educating 300 unpaid family caregivers about the care their love ones receive from the primary physician. The topic of discussion will be “Conversations about Dementia” at both sessions. To register, call: 800 272 3900. Two sessions: 1. 9:30am to 11:00am on May 10, 2016, Galloway Senior Center, 621 W White Horse Pike, Galloway, NJ 08215 2. 6:00pm – 7:30pm, June 28, 2016, Royal Suites Healthcare & Rehabilitation Center, 214 W Jimmie Leeds Road, Galloway, NJ 08205.

Annual South Jersey Dementia Conference

The Alzheimer's Association Delaware Valley Chapter presents its annual conference on Monday, June 6, 2016 at the Crowne Plaza in Cherry Hill, NJ. The program features Keynote Presenter Tam Cummings, Ph.D.,



author, gerontologist, and internationally recognized educator. Join the Association for a full day education conference with specialized workshops and learn tips & tools to help along the caregiving journey! For more information call the 24/7 Helpline 800.272.3900. SCOSA is organizing transportation for Stockton employees who wish to attend the event – please contact Gina.Maguire@stockton.edu for more information.

Lifelong Learning at Corpus Christi College, Cambridge, England this summer

If you're thinking about visiting England this summer there are still a small number of places available on a one or two-week lifelong learning summer school (28 August – 10 September 2016), and the registration deadline is 15 June 2016.

According to the organizers, the Corpus Christi Lifelong Learning Summer School promises to be a wonderful opportunity to experience Cambridge college life (in the University's sixth oldest college; founded in 1352), to take some fascinating classes (all class outlines are now available on their website here:

<http://www.corpus.cam.ac.uk/conferences/cambridge-lifelong-learning/academic-courses/>, and to meet some extraordinary lifelong learners from around the world.



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.

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