



Stockton Center on Successful Aging News & Upcoming Events

[Join Our Mailing List](#)

[Older Adult Program Schedule](#) for Winter/Spring, 2015

Older Adult Calendar February, 2015

(Click the links for program and registration information.)

Wed, March 4, 10-12

[Art: Learn to Draw](#)

Egg Harbor Twp Library

Thu, March 5, 12, 19, 26

9:30-10:30

[Have Fun While Relaxing Your Body & Mind](#) (Weekly)

Galloway Senior Center

Thu, March 5, 12, 19, 26

11:30-12:30

[Mindfulness, Meditation & Being in the Now](#)

Woodview Estates Assisted Living

Thu, March 5, 12:30-3:00

[Art: Woven Mason Jar & Fresh Flowers](#)

Manahawkin Instructional Site

Fri, March 6, 11:00-1:00

[Advanced Knitting](#)

Manahawkin Instructional Site

Sat, March 7, 10:30-12:30

[Art & Food: Irish Soda Bread Basket](#)

Noyes Museum of Art

Tue, March 10, 2-4

[Writing Memory Stew](#) (Monthly)

Stockton Kramer Hall

Tue, March 10, 5:30-7

Dinner & Lecture: [Health Care & Your Retirement](#)

Brandywine Senior Living

Thu, March 12, 10-11

[Continue to Live Independently - Aging in Place](#)

Galloway Senior Center

Thu, March 12, 12:00-1:30

[Benefits of Gardening](#)

Manahawkin Instructional Site

Sat, March 14, 11-1

[A Tour of Poetry for Seniors](#)

Otto Bruyns Library - Northfield

Wed, March 18, 10-11

[Laughter is the Best Medicine](#)

Brigantine Senior Center

Fri, March 20, 12-1 or 1:30-3

[Art: Beginner's Card Making](#)

Manahawkin Instructional Site

Mon, March 23, 12:30-2:30

[Art: One Stroke Painting \(1\)](#)

Manahawkin Instructional Site

Wed, March 25, 12:15 pm

Dr. Lisa Cox (SCOSA's Research Chair) explores the **Power of Autobiography Groups** as part of Stockton's Day of Scholarship. Dr. Cox will introduce Writing Instructor and Stockton alumna, Cynthia Inman Graham. Members of SCOSA's *Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom* creative writing group will read selected works featured on a clothesline display.

Stockton Galloway Campus Center Meeting Room 1

Fri, March 27, 1:30-3

[Memoir Writing](#) (Monthly)

Manahawkin Instructional Site

Mon, March 30, 12:30-2:30

[Art: One Stroke Painting \(2\)](#)

Manahawkin Instructional Site

Tue, March 31, 12-2

Lunch & Lecture: [My Body Says I'M Old But My Mind Says 35](#)

Brandywine Senior Living

The Art of Knitting & Crochet - join our group in Meeting Room 4 of the Stockton

NEWS BRIEFS

Introducing Rich Jeffries and Sally Nunn: SCOSA's New Volunteers

SCOSA is pleased to introduce two new volunteers who will be working with us over the next year. Rich Jeffries will assist with various aspects of SCOSA programs and services. Sally Nunn will spearhead our efforts related to advance directives for health care and National Health Care Decision Day (story below).

After 28 years in the casino industry, Rich retired and returned to school at the age of 48, planning to become an Occupational Therapist. He graduated with High Honors from Atlantic Cape Community College last May and was accepted into Stockton's Honors Program this fall.

In the casino business he started out as a bus greeter handing out coupons mainly to older adults. He later was the General Manager of a Tribal Gaming casino in California and has worked in Atlantic City casinos. Many have told him that he has the patience of Job; he's able to adjust his training style to accommodate individual clients. Case in point: with his help Rich's 99 year old grandmother is rather adept at using her various remotes and electronic devices.

Sally Nunn retired to Four-Seasons Smithville a few years back, has assisted at past SCOSA Festivals, and guest lectured in Director Burdick's Environmental Psychology course. She has [extensive experience](#) in end-of-life planning and conflict resolution at the University of Pennsylvania Center for Bioethics, Shore Medical Center, and many other medical facilities. In April 2008 she received the Lifetime Achievement Award bestowed by the South Jersey Ethics Alliance (SOJEA) at an important conference on end-of-life care co-sponsored by SOJEA, University of Penn. Medical School, the Stockton Division of Continuing Studies, ARMC, and SCOSA.

I'll be Me Screenings Draw nearly 500 Students, Faculty, and Community Members

On Monday February 9th, SCOSA co-hosted a screening of "I'll be Me," a poignant documentary about country music legend Glen Campbell's struggle with Alzheimer's disease and his final concert tour. Over 280 community members, faculty, staff, and students viewed the film at Stockton. After the showing, GERO Coordinator Christine Ferri led a great panel discussion. A showing on Feb 11th at Congregation Beth Israel in Northfield drew another 200 guests, including Professor Cassel's Stockton class.

The film was presented by Seashore Gardens Foundation as a way to build awareness about Alzheimer's and as a fundraiser for a sensory garden at the Seashore Gardens Living Center. See the story from this week's Stockton Times. <http://1drv.ms/1MmmGm8>

Certificate in Elder Care Coordination

SCOSA recently began the 4th installment of its successful 15-week online Certificate in Elder Care Coordination (CECC) designed to train elder care coordinators at law firms throughout the nation.

This semester's sixteen participants are from Alabama, Arizona, Arkansas, Florida, Georgia, Indiana, Kentucky, Mississippi, New Jersey, New York, Pennsylvania, and Tennessee. Many are new to the elder care coordinator position, most have extensive experience in diverse fields. Several have also been family caregivers to their own loved ones.

The program, led by SCOSA program assistant Gina Maguire and director Dave Burdick, was the [lead story](#) in the Stockton Times this time last year.

Stockton University: What it means for SCOSA

Stockton has been evolving toward the classification as a comprehensive university for over a decade, qualifying at least 5 years ago. Our evolution has most notably been of enhanced community focus, with several community-based initiatives and instructional sites. SCOSA has embraced this evolution since our founding in 2007. In fact, our goals have been perfectly aligned with Stockton's evolution. University status and the Island Campus open several avenues consistent with our mission of "nurturing body, mind, and spirit through research, education, and service" and we look forward to enthusiastically exploring these opportunities.

UPCOMING in March thru May: Events and Services of Interest

SCOSA's Successful Aging Festival

Mark your calendar and plan to join us on May 13th in the Campus Center at Stockton for a full day of educational presentations, demonstrations, music and exhibits. Keynote Dana Burr Bradley, Director of the Center for Gerontology at Western Kentucky University, will discuss pathways to developing age-friendly communities. Chuck Sawicki, Road Scholar Ambassador, will be presenting "The Best Places to Visit in the US & World Today".

Stockton's 15th Annual Day of Scholarship Open to Public - March 24th

The Day of Scholarship showcases research projects conducted by faculty, staff, and students from all fields of study at Stockton. The event, free and open to the public, runs from 10 a.m. to 4:30 p.m. in the Campus Center on the main campus in Galloway. Plentiful parking is available in Lot 3 as there are no classes that day.

A light breakfast will be served prior to the President's opening remarks at 10 a.m. Throughout the day, more than 70 presentations will be delivered by faculty, staff and students. Topics relating to aging include dementia, perceptions of growing older, rheumatoid arthritis and hand exercises, and indicators of cognitive reserve in healthy adults. Many other topics of interest to everyone are covered throughout the day. [Click here](#) for a detailed schedule.

SCOSA Participates in National Healthcare Decisions Day 2015

SCOSA is planning several events to commemorate National Health Care Decisions Day (NHDD) on or around April 16, 2015. Designed to inspire, educate

Campus Center on Tuesday nights from 8-9pm. Come and share your tips and techniques, completed projects, and enjoy meeting other knitters and crocheters. Beginners or experienced - all are welcome. Upcoming schedule: March 3, 10, 17, 24, 28 and April 7, 14, 21 and 28.



SAVE THE DATE

SCOSA Annual Successful Aging Festival May 13, 2015

Partner: SJ Senior Marketing Group

New Sponsor: [The Shores at Wesley Manor](#)

New Exhibitors: DePaul Healthcare at Woodview Estates, Comfort Keepers of Galloway, Royal Suites Healthcare and Rehabilitation, Road Scholar

Exhibitors are donating gifts to visitors including a \$250 gift certificate toward a Road Scholar adventure.

[Click here](#) for information on presentations, exhibits & updates.

For Service Agencies, Organizations & Businesses: [Click here](#) for the Exhibitor, Sponsor, Donor & Advertiser Prospectus

and empower the public and healthcare providers about the importance of advance care planning, it encourages citizens to express their wishes regarding healthcare before they become seriously ill. You can find out more about the national initiative at www.nhdd.org. The [SCOSA homepage](#) will contain information about SCOSA programs. Our initiative is being spearheaded by Sally Nunn, RN (See lead story above). To contact Sally, write to nunnsal41@comcast.net.

The 2015 White House Conference on Aging; Get Involved!

2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging ([WHCoA](#)) recognizes the importance of these key programs and looks ahead to the issues that will help shape the landscape for Older Americans for the next decade. The conference will focus on four broad policy areas: [retirement security](#), [healthy aging](#), [long-term services and supports](#), and [elder justice](#).

Even if you're not a delegate to the conference, you can get involved online. The [WHCoA Get Involved](#) link offers three ways for citizens to contribute to the success of the 2015 conference (sign up for weekly updates, share written thoughts about issues being addressed at the conference, and view written or short video stories from older Americans and their caregivers about issues being addressed at the conference.)

Tax Filing Assistance

Filing your taxes can be a daunting task. Take heart - help is available via trained volunteers who provided personalized assistance to file your taxes at many assistance sites throughout New Jersey. [Click here](#) to find a list of participating locations.

Announcing SCOSA's Older Adult Participant Pool

SCOSA has a new resource for faculty researchers - the **SCOSA Older Adult Participant Pool**. A common barrier to investigating issues relevant to aging is gaining access to a group of participants. The process of recruiting participants can be expensive and time consuming. Recently, SCOSA has begun to build a database of older adults (65 and older) willing to participate in scholarly research.

With upcoming grant opportunities due soon ([See Stockton's Fund Times for details](#)), this is the perfect time for faculty to begin or expand their research project on aging. Interested faculty researchers should contact john.bulevich@stockton.edu for more information about the process of requesting older adult participants.

Older adults wishing to be considered as research participants can also contact John Bulevich (john.bulevich@stockton.edu; 609-626-3591 for more information or visit www.stockton.edu/SCOSA/recruit.pdf.



[Arts & Humanities on Facebook](#)

[Performing Arts Center](#)

[Holocaust Resource Center](#)

[Art Gallery](#)

[Veteran Affairs](#)

BayAtlanticSymphony.org

[Carnegie Center, Atlantic City](#)

[Manahawkin Instructional Site](#)

[Kramer Hall, Hammonton](#)

[Anne Azeez Hall, Woodbine](#)

[The Noyes Museum of Art](#)

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