



## Stockton Center on Successful Aging News & Upcoming Events

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### SCOSA Winter-Spring 2014 Older Adult Education Brochure

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### News Briefs

#### SCOSA Faculty Research Scholars Named

In March, three SCOSA Faculty Research Scholars were selected by a sub-committee of Stockton's Research and Professional Development Committee for projects to commence in July, 2014. Dr. Emari DiGeorgio, Associate Professor of Writing will coordinate "A Tour of Poetry for Seniors," continuing and expanding a program started this year by SCOSA in collaboration with the Otto Bruyns Public Library of Northfield. Two other projects build on SCOSA's growing portfolio related to telling one's life-stories. Dr. Christine Ferri, Associate Professor of Psychology, Coordinator of Gerontology and SCOSA Education Chair will conduct a project titled "Evaluation of Three Years of Handwritten Journals by a Older Woman with Dementia," and Dr. Megan Foti, Assistant Professor of

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### Upcoming Older Adult Education Programs

#### ***CarFit at Stockton - Last Chance to Register***

**Saturday, March 29, 2014 10:00am - 2:00pm**

**(Raindate: 4/19/14 10:00am - 2:00pm) [Flyer](#)**

Stockton Parkway Building Parking Lot (Access via Laurel Ave.) 10 West Jimmie Leeds Road, Galloway, NJ 08205.

Kimberly Furphy, DHSc, OT, ATP, Associate Professor & Program Director, Master of Science in Occupational Therapy Program.

[Register Online](#) or call 609-626-3591.

Raindate Location: Parking Lot 5, Stockton Galloway Campus 101 Vera King Farris Dr., Galloway, 08205.

CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility when they hit the road.

#### ***Time to Create Art - Creating an Artist Book - Accordion Fold Book & Watercolor Painting & Collage***

Tuesday, April 1, 2014 12:00pm - 2:00pm

Stockton Galloway Campus, Campus Center Meeting Room 3 Vera King Farris Drive, Galloway, NJ 08205.

[Register online](#) or call: 609-626-3591.

Jill Sluka, Instructor. [Flyer](#)

***Hand Bind & Illustrate your memoirs or artwork.*** Learn to create a book structure using the Accordion Fold Binding technique and create watercolor images and collages 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.

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

Tuesdays, April 1, 15, 22, 29, & May 6, 2014 1:00pm - 3:30pm

Hammonton Canoe Club Senior Center, 100 Sports Drive Hammonton, NJ 08337 856-322-7082 [Register online](#) or call 609-626-3591. Workshops are held once a week for six weeks - must attend all sessions.

Angela A. Bailey, Program Coordinator, Cape Atlantic Coalition for Health & Shore Medical Center, Instructor. [Flyer](#)

FREE evidence based community workshop developed by Stanford University.

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

Occupational Therapy will investigate "Occupational Storytelling to Improve the Quality of Life and Quality of Care of Older Adults with Dementia.

### **SCOSA Successful Aging Festival 2014 & Arthritis Foundation Health Summit**

*"Staying Happy & Healthy in Home & Community"*

Tuesday, May 13, 2014  
9am-4pm, Stockton College Campus Center  
[Click here](#) for Save the Date Flyer.

Two Events in One: We are again joining forces with the Arthritis Foundation. This year, we are proud to work with the Eastern PA Chapter, headquartered in Philadelphia.

Two New Festival Partners: The South Jersey Senior Marketing Group (offering free memberships and discounts on exhibitor table fees - [click here](#) to join). [Village by the Shore](#), a JFS Initiative.

Please consider supporting SCOSA's main annual fundraising effort by joining our annual festival as a supporter, donor, sponsor, exhibitor or advertiser. [Click here](#) for Prospectus. [Click here](#) for online application.

### **My German Grandma Made the Best Italian Food!**

Do you have family recipes that have great stories to go along with them? Did you learn to cook from a special person in your life? Growing up, did you enjoy Sunday dinners at a relative's house? Then YOU have stories to tell about your life and food! If you are interested in sharing recipes and learning some of the stories that made them special, join us in this project! Please contact Gina

chronic disease.

### **Time to Create Art - Easter Tree with Felted Ornaments**

Saturday, April 5, 2014 10:30am - 1:30pm  
The Noyes Museum of Art of Stockton College, 733 Lily Lake Rd Oceanville (Galloway), 08231. Materials Fee: \$50.00 (Collected by Museum). Call 609-652-8848 to register.  
Instructor: Niki Giberson, Swan Bay Farm. [Flyer](#)  
Learn the art of needle-felting. You will complete 7 ornaments and take them home with the tree.

### **A Tour of Poetry for Seniors**

Saturday, April 5, 2014 11:00am - 12:30pm [Flyer](#)  
The Otto Bruyns Public Library of Northfield, 241 W. Mill Road (between Shore & New Road), Northfield, NJ 08225 609-646-4476. [Register online](#) or call 609-626-3591.  
An ongoing series hosted by the Otto Bruyns Public Library of Northfield, offering the poetry enthusiast an opportunity to enjoy the works of local artists while writing and sharing their own work with an audience of their peers. Participants will share a light luncheon, compliments of Ventura's Offshore Cafe and the library. Poetry Gathering for readings of personal poetry and open discussion.

### **Beginner's Card Making Class**

Friday, April 11, 2014 12:00pm - 2:00pm  
Stockton's Manahawkin Instructional Site, 712 East Bay Avenue Manahawkin 08050. [Email](#) or call 609-626-5590 to register.  
Ann Blazovic & Gina Maguire, Instructors.  
You will make greeting cards suitable for sending to your friends and family. No experience is necessary, so come and enjoy the art of paper crafting.

### **Time to Tell - Creative Writing Workshop: Memory in Poetry and Creative Nonfiction**

Saturday, April 12, 2014 10:30am - 12:30pm  
The Noyes Museum of Art of Stockton College, Lily Lake Rd Oceanville (Galloway), 08231. Call 609-652-8848 to register.  
Jenna McCoy, Instructor. [Flyer](#)  
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.

### **Soil to Soul Lecture and Tasting**

Friday, April 18, 2014 1pm  
Stockton's Manahawkin Instructional Site, 712 East Bay Avenue Manahawkin, NJ 08050.  
Wendy Kozak of Dietary Research, Instructor.  
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. Wendy 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. REGISTRATION REQUIRED. For more information or to register, contact Gina Maguire via email: [Gina.Maguire@stockton.edu](mailto:Gina.Maguire@stockton.edu).

Maguire at [Gina.Maguire@stockton.edu](mailto:Gina.Maguire@stockton.edu) for more information about this upcoming program we are hoping to begin in the Fall 2014.

Diamond Frandsen, owner of Ivy Cottage, would like to reward older adults who attend 6 "cultural" events sponsored by SCOSA, with AT LEAST one being a craft class by Frandsen. The reward will be in the form of a \$15 gift certificate to the Ivy Cottage. A cultural event would be defined as an event that engages the senses and involves them in the arts. Diamond wishes to include any crafts classes, writing classes/lecture, or art classes/ lecture, sponsored by SCOSA. Her goal for this year is to get folks to "try something new in 2014," she hopes this will help. Each event attended counts as one.

### Noteworthy

**Bay-Atlantic Symphony Life Cycles Performances**  
March 23 at 2:00pm in Stockton PAC. Call 609-652-9000 for tickets.

### Links to Stockton/et al. Events

[Arts & Humanities on Facebook](#)  
[Performing Arts Center](#)  
[Holocaust Resource Center](#)  
[Art Gallery](#)  
[Veteran Affairs](#)  
[Hughes Center](#)  
[BayAtlanticSymphony.org](http://BayAtlanticSymphony.org)

### Time to Tell Autobiographical Writing Session

Friday, April 25, 2014 12:30pm - 3:00pm  
Stockton's Manahawkin Instructional Site, 712 East Bay Avenue Manahawkin 08050. [Email](#) or call 609-626-5590 to register. Gina Maguire, Instructor.

Join us for personalized instruction with monthly meetings to help you chronicle the stories of your life. Creative writing styles, including poetry and photographs, can also be used to tell your story. April's theme is number three, Home Life. No need to worry about being behind, you can begin this program at any point.

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

Tuesday, April 29, 2014 12:00pm - 2:00pm [Flyer](#)  
Instructor: Jill Sluka.

Stockton Galloway Campus, Campus Center Meeting Room 3  
Vera King Farris Drive, Galloway, NJ 08205.

[Register online](#) or call: 609-626-3591.

Experiment, create works of art, illustrate your memoirs. Learn to create images using charcoal subtractive and additive techniques. Workshop is free to older adults. You must supply and bring your own materials. See flyer for list.

### Reminders

#### Save the Date

[Senior Theatre USA](#) Festival and Conference June 8-12 at Bally's Atlantic City.

### SCOSA Event Cancellation Procedure

Check the [Stockton Homepage](#) for campus wide closures. Check the [SCOSA website](#) for SCOSA off-campus event cancellations & rescheduling.

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### Stockton Center on Successful Aging

Richard Stockton College of New Jersey  
101 Vera King Farris Drive, Galloway, NJ 08205 609.626.3591 Fax: 609.626.3620  
[David C. Burdick](#), Director 609.652.4311  
Programming: [Anita Beckwith](#) 609.626.3591 / [Gina Maguire](#) 609.626.5590



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Try it FREE today.

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