

ANNUAL SUCCESSFUL AGING FESTIVAL CONNECT, CREATE, CONTRIBUTE



THURSDAY, MAY 16, 2019



The William J. Hughes Center for Public Policy proudly supports SCOSA's 2019 Annual Successful Aging Festival



The William J. Hughes Center for Public Policy at Stockton University serves as a catalyst for research, analysis and innovative policy solutions on the economic, social and cultural issues facing New Jersey, and promotes the civic life of New Jersey through engagement, education, research, and public opinion surveys. The center is named for William J. Hughes, whose distinguished career includes service in the U.S. House of Representatives, Ambassador to Panama and as a Distinguished Visiting Professor at Stockton.

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Hughes Center Stockton

WELCOME TO THE SUCCESSFUL AGING FESTIVAL 2019



May, 2019

Dear Friends of Stockton University,

Welcome to Stockton University and SCOSA's Annual Festival. As exemplified by today's plenary session on "The Age Friendly University (AFU) Pathway to Successful Aging," SCOSA's work continues to be timely and meaningful as demographic shifts near and far reinforce the importance of addressing the needs and tapping the talents and active participation of older citizens in the life of our communities, including our universities.

Stockton has a long history of commitment to those matters that impact our aging population. Our award-winning gerontology minor, established in 1978, has provided training, certificates and minors to thousands of students, many of whom now work for organizations, facilities and businesses serving older adults. Nineteen students graduated last week at Boardwalk Hall with their GERO minor and majors in fields including health sciences, social work, psychology, and criminal justice.

In 2007, we developed SCOSA with a mission to promote, conduct, and provide research, education, and service that encourages older residents to "age successfully" through involvement and engagement in their community. As you will learn at today's festival and from SCOSA's website, the center's multidimensional programming fully embraces this year's Older Americans Month theme and encourages you to "Connect, Create and Contribute" with your families, communities and with Stockton.

As you will learn in today's 12:00 noon plenary session, Stockton University recently joined the Age-Friendly Global Network and has committed to the 10 guiding Age-Friendly principles. Many of these principles align well with Stockton's evolving strategic plan, which will be finalized in the next few months, and with some of the priorities of the New Jersey Office of the Secretary of Higher Education (OSHE). We welcome your input on these initiatives during the session's Q&A period.

I would be remiss if I did not acknowledge the leadership and dedication of Dr. David Burdick, SCOSA Director and Professor of Psychology. Dave just celebrated his 35th anniversary with the University. Dave's equally dedicated and hard-working team includes Gina Maguire, Trish Collins, Anne Crozier, and Jeff Quattrone, and is enriched with the involvement of numerous faculty, staff, students, and community partners.

Thank *you* for joining us today and for supporting SCOSA and the University.

Best regards,

Harvey Kesselman, Ed.D.

President

WELCOME TO THE SUCCESSFUL AGING FESTIVAL 2019

May, 2019

Welcome to SCOSA's Annual Successful Aging Festival. Today we celebrate the Older Americans Month theme "Connect, Create, Contribute" and offer sessions related to SCOSA's mission to "Nurture Body, Mind, & Spirit through Research, Education & Service." While the entire program will be of interest to many, we especially invite you to participate in our Noon Plenary Session in the Theatre as it connects the Age Friendly University (AFU) Global Network to your Successful Aging, and encourages you to learn and share your thoughts and wishes as we encourage Stockton to become more Age Friendly.

We extend our abundant gratitude to all who contribute to the success of these annual events and SCOSA's offerings throughout the year. Today's sponsors, exhibitors, presenters, faculty, staff, and student volunteers truly embody the theme of Connect, Create, and Contribute. Besides being a fun day, this is our annual fundraiser – financial support from exhibitors, sponsors, and advertisers help to keep our programs free of charge to you, and present other programs for students, faculty, and providers. So please visit the exhibitors today and express your appreciation. Stockton provides roughly half of our funding and we must make up the rest with grants, contracts, and today's Festival revenues.

Special thanks to our Plenary Session Keynoter Carrie Andreoletti and panelists Provost Lori Vermeulen, Hughes Center Director John Froomjian, and Ambassador William J. Hughes for making time in their busy schedules. Ambassador Hughes is the embodiment of an Elder Hero as he continues to serve our communities long after his retirement from public service in the U.S. House of Representatives and as Ambassador to Panama. While in Washington, Bill briefly chaired the House Select Committee on Aging (until several committees were disbanded under Speaker Gingrich), and served on the Policy Committee of the 1995 White House Conference on Aging – the first such conference that focused extensively on the importance of diversity, the value of intergenerational collaborations, and the need to nurture continued involvement of elders in the life of our communities. The final report, *The Road to an Aging Policy for the 21st Century*, is available free online from books.google.com.

Throughout the day, volunteers with name-badges are available to answer questions and give assistance. Please be sure to visit and thank our Exhibitors who help make today and our other programs possible! And, remember to have each exhibitor you visit sign off on your prize entry ticket! You'll need to have 20 vendor initials to be eligible for entry into the prize drawing.

SCOSA's Older Adult Education, Socialization, and Recreation programs receive partial funding from Stockton and the Older Americans Act through an ongoing contract from Atlantic County government. Federal regulations require us to inform you that donations are accepted today and throughout the year to help us to expand our programs. Last year in these programs, SCOSA planned and delivered 176 sessions that attracted over 1500 participants offered by 38 volunteer presenters at 21 sites throughout Atlantic County and in Manahawkin (Ocean County). If you're not on our e-mail and mailing lists, please provide your contact information at our registration desk to can receive our latest updates.

Best wishes,
Dave, Gina, Trish, Anne and Jeff

Stockton Center on Successful Aging Team



Dave Burdick
Director



Gina Maguire
Professional Services
Specialist



Trish Collins
Community Liaison



Anne Markel-Crozier
Temporary Employment
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Jeff Quattrone
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SCHEDULE AT A GLANCE

Location	8:30-9:30	9:30-9:50	10:00-10:40	10:50-11:30
Grand Hall	Registration and Seating			
Event Room	Vendors		Vendors	
	Diversity in Aging & Therapeutic Arts in Aging Trifold Poster Displays			
Theatre		Veterans Aging (SW & LPC CEs)	Nourishing Body and Soul: Historical Stories	
Meeting Room 2		Lotus Flower Art Making Workshop	Lotus Flower Art Making Workshop	
Meeting Room 3	Medical Marijuana (CEs for SW, CALA, LNHA, & CM)	Tapping the Source Readings		
Meeting Room 5	Private Event: SURA		Chair Yoga	
Meeting Room Hallway	Masters Occupational Therapy Students' Activity Tables: SCOSA Rocks: Painting, Walk Around Lake Fred, TimeSlips/NextGen Project, Staying Active, Fitness Trail, Creative Aging thru Crafts, Creative Aging thru Music & Dance, Community Service, Brain Health, & Community Engagement			

	11:30-12:00	12:00- 1:10	1:20 - 2:00
Lunch Break Visit Exhibits in the Event Room	Registration and Seating		
	Vendors		Vendors
	Diversity in Aging & Therapeutic Arts in Aging Trifold Poster Displays		
	Plenary Session: The Age Friendly University Pathway to Successful Aging (SW & LPC CEs)	Fact and Fiction: A Writer's Perspective	
	Memories in the Making: An Art Program for those Living with Dementia		
	Internet Security		
	Masters Occupational Therapy Students' Activity Tables		

PROGRAM DESCRIPTION & PRESENTER PROFILES

8:30^{am} – 9:30^{am} Campus Center Meeting Room 3 Use of Medical Marijuana in Older Adults

The use of medical marijuana among older adults is on the rise. This course will provide an overview of the numerous health benefits of medical marijuana in older adults and the legal and ethical issues associated with the use.

Anne Markel-Crozier

ANNE CROZIER, BSW, CSW, CECC, director of Care Coordination at Bratton Law Life Care Planning. Ann is a graduate of SCOSA's Certificate in Elder Care Coordination (CECC), elder care coordinator and recently elected vice president of the Life Care Planning Law Firms Association (LCPLFA).

Anne has over 25 years of experience working with the elderly in diverse facets of health care, including adult day care, long term care, behavior management, hemodialysis, sub-acute rehab, ventilator, hospital settings, and assisted living. At Bratton Law, Anne assists clients and their families in coordination of their health and long-term care and serves as their advocate by empowering them with the knowledge to attain the highest quality of life.

Anne graduated from Monmouth University with a degree in social work, and received her Gerontology Certificate from Florida State University. She was recently elected Chair of the Tri-County Regional Ethics Committee.

9:00^{am} – 2:00^{pm} Meeting Room Hallway Activity & Information Tables

Professor Megan Foti's Masters Occupational Therapy Students' Activity Tables include SCOSA Rocks: Painting, Walk Around Lake Fred, TimeSlips/NextGen Project, Staying Active, Fitness Trail, Creative Aging thru Crafts, Creative Aging thru Music & Dance, Community Service, Brain Health, & Community Engagement.

10:00^{am}–2:00^{pm} Event Room Diversity in Aging and Therapeutic Arts in Aging Trifold Poster Displays

Adjunct Instructor Gina Maguire's Fall 2018 Aging & Health students studied issues of aging diversity.

The trifold poster display shares their research. Gina Maguire's Spring 2019 Therapeutic Arts in Aging students share their Service Learning Projects.

10:50^{am} – 11:30^{am} Campus Center Meeting Room 5 Chair Yoga

Yoga can promote flexibility, strength, balance, & relaxation! Chair yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. Join us for this gentle chair yoga session that eliminates getting down and up off the floor. We will practice basic yoga postures sitting in our chairs or standing using the chair for support. You will learn yoga postures, breathing techniques, meditation and ways of relaxation with the aid of a chair. Chair yoga is beneficial for those with limited mobility and for those looking to incorporate yoga at their workplace.

Luanne Anton, MS

Luanne Anton has a Master of Science degree in Psychology and has worked as a Health Educator for over twenty-five years providing a wide variety of seminars on health and life skill related topics. In addition to being a Certified Yoga Teacher (CYT) she is also a Certified Meditation Instructor, Certified Clinical Aromatherapy Practitioner, a Life Wellness Coach/Holistic Health Consultant, and a Reiki Master who conducts Reiki level I and II certification trainings. Luanne is dedicated to helping others achieve their maximum in health, fitness, and a holistic way of life.

10:00^{am} – 10:40^{am} and 10:50^{am} – 11:30^{am} Campus Center Meeting Room 2

Korean Lotus Flower Workshop

Make your own beautiful lotus flower out of colorful Korean "hanji" paper.

This Lotus Flower workshop is based on the Korean tradition of making "jihwa," or flowers made from "hanji" or mulberry paper, often in the form of peonies, chrysanthemums and lotuses. The tradition of making hanji flowers is believed to have begun in ancient times when flowers were not available off season, so Buddhist rituals used paper flowers, which can be made at any time. This tradition also ties in with a respect for life, regardless of whether it is an animal or a plant.

PROGRAM DESCRIPTION & PRESENTER PROFILES

Art supplies are courtesy of the Yeon Deung Hoe Preservation Committee of South Korea and Jongbok Yi, Associate Professor of Asian Philosophy at Stockton University.

Saskia Schmidt

Saskia Schmidt is Director of Education of the Noyes Museum of Art at Stockton University. Saskia Schmidt has served as the director of education at The Noyes Museum of Art of Stockton University for over 12 years. She develops and manages art education programs for children, college students, teachers, and diverse public audiences and creates Museum exhibition, education and promotional materials. Her work at the Museum and in the community includes training student interns, conducting tours, running teachers' professional development workshops, artists talks, art classes, summer camps, community festival art projects, poetry readings, writing workshops, panel discussions and film festivals. She previously worked at the Noyes Museum as the assistant to both the curator and the director of education. Prior to her work at the Museum, she worked as a graphic designer in marketing for AT&T and advertising agencies as well as in visual merchandising for Macy's in New York. She studied industrial design and jewelry design at The Academy of Visual Arts, Arnhem, The Netherlands and graduated with a BA in Art from Rowan University.

10:00^{am} – 10:40^{am} Campus Center Meeting Room 3 Tapping the Source Readings

Cynthia Inman Graham and the Atlantic County SCOSA Time to Tell writers will share short stories, essays, memoirs, and poetry created in response to prompts and discussion generated in their monthly "Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom" workshops. Writers will share a range of prose and poems that explore faith, memory, love, and loss.

Cynthia Inman Graham

Creative Non-Fiction Writer Cynthia Inman Graham is a wife, mother of two, and retired teacher. She has traveled the world, living and teaching in Israel, Kenya, Laos, and Outback Australia where a part of her heart was left. Her creative nonfiction essays and opinion pieces have been published in FATE, Brevity,

The Notebook: a progressive journal about women & girls with rural & small town roots, Andrea Reads America, The Sandpaper, various blogs, and The Stockpot 2012. She is the 2012 winner of the Mimi Schwartz Creative Nonfiction Award.

10:00^{am} – 10:40^{am} Campus Center Theater Veterans Aging

Most of the more than 20 million living American veterans are men with a median age of 64 years (National Center for Veterans Analysis and Statistics, 2015). In 2016, the journal entitled "The Gerontologist" published a special issue that included 15 articles devoted to the meaning of military service to veterans and their families. Multiple variables associated with wartime experience affect the aging process. Therefore, a life-span perspective is important to understanding a veterans experience as they age. This session will highlight intergenerational views of "Veterans Aging." Knowledge gained from student veterans connected with Stockton University, and other sources will be shared, in an effort to appreciate the array of questions civilians need to consider and ask about one's military experience and life course.

Lisa E. Cox, PhD, LCSW, MSW

Dr. Lisa Cox is Professor of Social Work and Gerontology, and the Research Chair and Fellow for Stockton's Center on Successful Aging (SCOSA), at Stockton University. She teaches undergraduate and graduate level courses focused on clinical social work practice, health, gerontology, and psychopathology. Dr. Cox is the primary author of a book chapter entitled "Veterans: Their Families and Military Social Work" (Cox, Tice, & Long, 2019), and has presented nationally on the experience of Veterans. Dr. Cox is a governor appointee to the NJ Board of Social Work Examiners and is a long-standing member and leader in the National Association of Social Workers. For six years, Dr. Cox served as the long-term care liaison to The Joint Commission on Health Care and she has authored books, chapters, and journal articles about gerontology and health related issues.

PROGRAM DESCRIPTION & PRESENTER PROFILES

Ashley Jones

Ashley Jones is a 2016 graduate of Stockton University in Psychology. She currently works in the Office of Military and Veteran Services aiding student veterans in their transition from service in addition to their families. A student in Stockton's MSW program, her research interests are first generation college students and student veterans' transition into higher education.

10:50^{am} – 11:30^{am} Campus Center Theatre Nourishing Body and Soul: Historical Stories of the People Who Feed South Jersey

Food fuels our body, stories feed our soul. It's a symbiotic relationship that's always been a part of our existence. For many generations in southern New Jersey, rivers, bays, fields, and woods have provided food, and created important stories about the people who built a local food system. It's an honorable legacy being challenged by development, loss of food biodiversity, and climate change. By recording The historical stories of those who built the local food system, this project honors their legacy, and provides guidance and inspiration to meet the challenges facing those sustaining and creating our future food system.

Jeff Quattrone

Jeff Quattrone, (BA, Visual Arts, Stockton University) is an artist and heirloom seed activist who works on preserving local heirloom food biodiversity with his Library Seed Bank (LSB) project, and as the co-chair of Slow Food USA's (SFUSA) Ark of Taste (ARK) Northeast Regional Committee. In 2014 with the launch of LSB, Jeff brought seed libraries to southern New Jersey. A seed library has small packages of heirloom and open pollinated seeds that are free to the public. SFUSA is part of Slow Food International (SFI), a food advocacy group that supports good, clean, fair food. The ARK is a catalog of local foods threatened with extinction. Jeff is a member of SFI's Slow Food Seed Working Group, is leading the development of public outreach programming about seeds for SFUSA and was on an international seed saving panel at SFI's 2018 Terra Madre Food Conference in Turin, Italy. Jeff is currently

leading a SCOSA-sponsored oral history project on Food Sovereignty in South Jersey and has been a frequent SCOSA presenter.

1:20^{pm} – 2:00^{pm} Campus Center Meeting Room 3 Internet Security: Connecting Online Safely

In this session, we will discuss the dangers facing individuals in today's online space. There are many threats, and we will cover the most common ones out there today – and how to recognize them quickly. Additionally, we will cover a few steps to “harden” your digital presence in order to make yourselves a smaller target and keep your personal information safe.

Ben Brotsker

Ben Brotsker grew up in South Jersey, and is a graduate of Stockton University with a degree in Computer Science. He has worked for private sector IT Support, the Department of Homeland Security and now works for Stockton University's Office of Information Security.

1:20^{pm} – 2:00^{pm} Campus Center Meeting Room 2 Memories in the Making: An Art Program for those Living with Dementia

Memories in the Making helps participants rediscover their voice, which often becomes muffled by the communication deficits related to dementia. Through the process of creating art, participants are able to express their feelings and emotions in a language that requires no words. Thus, Memories in the Making is an effective expression of emotions, plus an opportunity to socialize with peers.

Maria Garcia

Maria Garcia is the Community Liaison for CARING Adult Healthcare, the CARING for Caregivers program. She is a NJ Certified Assisted Living Administrator, has been trained in Dementia Care the Right Way, is a Master Trainer: Train the Trainer for Habilitation Therapy practices, and is Co-Chair of the Atlantic County Caregivers Coalition.

PROGRAM DESCRIPTION & PRESENTER PROFILES

1:20^{pm} – 2:00^{pm} Campus Center Theatre

Fact and Fiction: A Writer's Perspective

Readers of historical fiction want accuracy. But what to do when accuracy gets in the way of a good story? Mary Ann Trail will use examples from her own work to show how authors can combine fact and fiction to develop stories combining mysteries, suspense or love, yet set in a different era.

Mary Ann Trail

Mary Ann Trail is an author, traveler, mother and lover of history. She is a lifelong resident of southern New Jersey, having spent most of her professional life at Stockton University teaching students the intricacies of academic research.

She loves living equidistant from the Philadelphia and Newark International airports—both jumping off points for travel that allows her to explore, first hand, the settings for her stories. Frequent trips to England with her sister fanned her interest in English history as they strolled through Bath, followed Roman roads in Wales, and wandered prehistoric mounds in Dorset.

The early nineteenth century (1800–1815) remains her favorite era because of its similarities to today, especially comparisons in the social and political arenas.

She is currently finishing her third novel in her Enemies series. Using the Alien Office, a network of information gatherers that predate MI5, as a background, her characters face danger and romance as Napoleon sets his sights on invasion. She can be reached through her webpage Maryanntrail.com or her Facebook page, Mary Ann Trail, Writer.



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PROGRAM DESCRIPTION & PRESENTER PROFILES

12^{noon} – 1:10^{pm} Campus Center Theatre

Keynote and Plenary Panel

The Age Friendly University (AFU) Pathway to Successful Aging

Beginning with the keynote lecture discussing how the Ten Principles of Age Friendly Universities help to nurture successful aging (through positive attitudes at all ages, by creating opportunities for many forms of engagement, and by encouraging health and well-being among older adults), the session will then turn to reactions from a distinguished panel that considering how the AFU relates to national, statewide, local and Stockton needs, priorities and initiatives. A question and answer session will follow. Would you like to make Stockton more “Age-Friendly”? This is your chance to learn more and join the movement.

Keynote Speaker



Carrie Andreoletti

Carrie Andreoletti, Ph.D., Professor of Psychological Science and Coordinator of Gerontology at Central Connecticut State University, received her PhD in Social and Developmental Psychology from Brandeis University. She is currently serving on the Executive Committee of the Academy for Gerontology in Higher Education, the educational unit of the Gerontological Society of America. Dr. Andreoletti joined the CCSU faculty in 2004 and teaches courses in lifespan development, positive psychology, and gerontology. Her current research examines the benefits of intergenerational service-learning programs for reducing ageism and promoting

generativity and well-being. She has authored or co-authored 15 published articles and chapters, co-edited the Handbook of Adult Development, and given more than 35 presentations at regional and national conferences. Dr. Andreoletti spearheaded the creation of CCSU's Graduate Certificate in Gerontology as well as efforts to have CCSU be the first university in Connecticut to join the Age-Friendly University Global Network, with the goal of enhancing the lives of older adults in our community.

Plenary Panel



Ambassador William J. Hughes

Ambassador William J. Hughes, (JD, Rutgers University School of Law). A native of southern New Jersey, Ambassador Hughes lives in Ocean City, NJ, where he and his late wife Nancy were married for 61 years and raised their four children. A public servant for over 50 years, Ambassador Hughes has been dedicated to the prosperity and freedom of the American people. Prior to his election to Congress in 1974, he was president of the law firm of Loveland, Hughes and Garrett in Ocean City. He then served for 10 years as First Assistant Prosecutor in Cape May County and established a record of never being reversed on appeal.

Throughout his career Bill Hughes has sponsored numerous projects and initiatives to create jobs, protect the environment and improve the quality of life in southern New Jersey. Serving in the U.S. House of Representatives for two decades and under five presidents, he was a prominent leader as Chairman of the House Judiciary Subcommittee on Crime, House Aging Subcommittee on Retirement Income and Employment, and later the Judiciary Subcommittee on Intellectual Property and Judicial Administration. He served on the Policy Committee of the 1995 White House Conference on Aging.

PROGRAM DESCRIPTION & PRESENTER PROFILES

As Congressman, Bill sponsored legislation to prohibit ocean dumping, protect our beaches, and enhance the region's tourism industry. Bill coauthored the historic legislation that established NJ's Pinelands National Reserve and spearheaded the efforts that led to the National Wild and Scenic Rivers designation of the Manumuskin and Menantico Rivers.

He co-founded the South Jersey Economic Development District and won approval of a program that established the nation's premiere aviation test and evaluation facility in South Jersey, now named the William J. Hughes Federal Aviation and Aeronautics Technical Center. Bill was instrumental in restoring rail passenger service and creating international airport service to Atlantic City – critical building blocks that allowed Atlantic City to re-establish itself as the tourism mecca it is today.

During his tenure as Chairman of the House Judiciary Subcommittee on Crime, Congress passed more than 40 major anticrime laws dealing with drug trafficking, child pornography, money laundering, product tampering, arson, terrorism, and juvenile offenders. During this chairmanship Congress also passed laws governing government procurement fraud, computer crime, firearms offenses and the banning of cop-killer bullets.

Bill was appointed U.S. Ambassador to Panama by former President Bill Clinton in 1995. During this period, one of his greatest contributions to insure democracy was his direct involvement in the return of the Panama Canal to Panamanian control.

Lori A. Vermeulen



Lori A. Vermeulen, Ph.D., has served as Stockton's Provost and Vice President for Academic Affairs since June 2016. Bringing over 20 years' experience in higher education to her primary responsibility as chief academic officer, she oversees Stockton's seven Schools and numerous offices, centers, and institutes that support Stockton's academic mission.

Prior to Stockton, she served as Dean of the College of Arts & Sciences at West Chester University of Pennsylvania, and at Southern Illinois University Carbondale, where she held several roles, including Chair of the Department of Chemistry and Biochemistry.

Prior to her work in higher education, Dr. Vermeulen was a chemist in pharmaceuticals, working for industry giants such as Merck and Merck, Sharpe, & Dohme Research Laboratories. She has received various grants in support of her research, has been awarded three patents, and has authored numerous scholarly publications. Dr. Vermeulen earned an M.A. and Ph.D. in chemistry from Princeton University and holds a bachelor's degree from the University of Scranton. She has served as a consultant and workshop facilitator providing leadership training in higher education and in mindfulness practice.

John Froonjian



John Froonjian, Ed.D., was recently named Interim Executive Director of the William J. Hughes Center for Public Policy at Stockton University. Previously, he worked as a researcher at the Hughes Center, where he managed the Stockton Polling Institute since the academic public opinion polling center was established in September 2012.

Before joining the Hughes Center in October 2011, Froonjian worked for 32 years as a reporter and editor at The Press of Atlantic City, including as a New Jersey Statehouse political reporter, investigative reporter, long-term projects reporter, database journalist and city editor. He teaches journalism as an adjunct professor at Stockton University.

He received a Doctor of Education degree (Ed.D.) from the Stockton University Organizational Leadership program on May 7, 2019 and earned a Master of Public Administration degree from Rutgers University-Camden.

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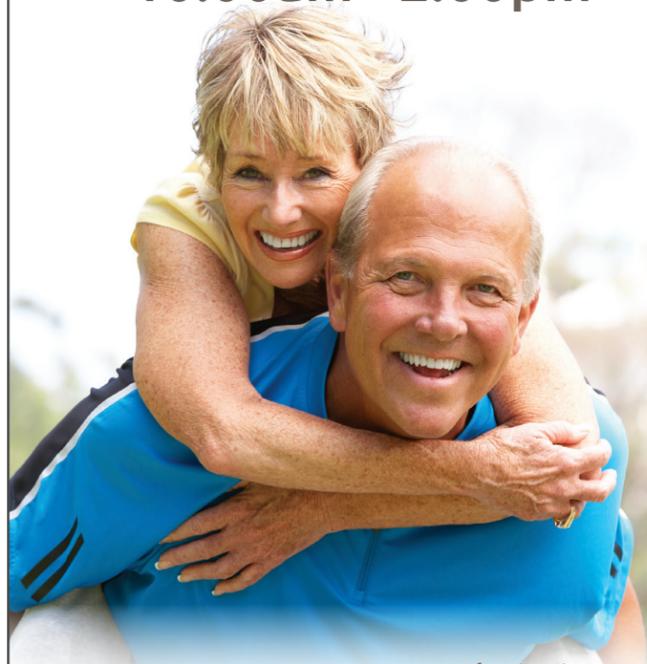


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