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Stockton Center on Successful Aging News & Upcoming Events

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August, 2015 - Volume 4, Issue 8

Adult Education Calendar

August, 2015

Mon, Aug 3, 10, 17, 24, 10-12 noon

[Find, Get & Keep the Job You Want](#)

Stockton University Campus Center
Meeting Room 2

Tue, Aug 4, 11am-1pm

[Beginning Your Online Presence](#)

Stockton Kramer Hall

Thu, Aug 6, 13, 27, 9:30-10:30am

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

Galloway Senior Center

Thu, Aug 6, 11:30am-12:30pm

[Meditation Group](#)

Woodview Estates Assisted Living

Thu, Aug 6, Noon - 1:00pm

[Hearing Loss & Brain Function](#)

Manahawkin Instructional Site

Thu, August 6, Noon - 1:30pm & 1:30 - 3:00pm

[Beginner's Card Making Class](#)

Manahawkin Instructional Site

Wed, Aug 12, Noon - 2:00pm

[Needle Felted Owl on a Branch](#)

Manahawkin Instructional Site

Wed, Aug 12, 1-3pm

[Food for Thought: Managing Income & Expenses](#)

Woodview Estates Assisted Living

Sat, Aug 15, 11am-1pm

[A Tour of Poetry for Seniors](#)

Otto Bruyns Library - Northfield

Wed, Aug 19, 11:30am-1:30pm

[Learn Handcrafted Lace Crochet](#)

Anatolia Art & Craft Studio

Sat, Aug 22, 10:30am-12:30pm

[Art & Food: Peach Cobbler Serving Basket](#)

NEWS BRIEFS

SCOSA Offers Free Employment Strategies Series in August & September

Each 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 the Stockton University Campus Center in Meeting Room 2 on four consecutive Mondays, Aug. 3, 10, 17 and 24, from 10 a.m. to noon and at Stockton Kramer Hall in Hammonton on four consecutive Mondays, September 7, 14, 21 and 28, from 10 a.m. to noon.

Michael Kuhlman with the National Council on Aging will facilitate the workshops that will take participants through the SELFIE (Self-Empowering Learning for Innovative Enlightenment) model created by Michael Kuhlman. 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.

Seating is limited. [Register online](#) or call 609-626-3591. Visit the SCOSA website at www.stockton.edu/scosa for more information, updates and cancellation procedures.

Professional Education: Save the Dates for upcoming programs!

This fall, SCOSA will present three well researched, informative and interesting lectures for professionals, paraprofessional, and those who care for older adults. Each program is free of charge, includes a meal/refreshments and provides CE's for various disciplines. Please go to the Education for Professionals link at www.stockton.edu/scosa for additional details.

1. On September 30th from 4:30-7:00pm, 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.
2. On October 5th from 1:00-3:30pm, 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 Barnegat Rehabilitation and Nursing Center.
3. On November 5th from 4:30-7:00pm, The Benefits of Socialization for Older Adults, Especially During Winter and Holiday Seasons will be presented by Patricia Ayers, MSW, LSW, Stockton adjunct faculty member, is a medical social worker for Holy Redeemer Home Care and Hospice and is a contributor to their on-line blog for caregivers called Caring with Confidence at The Shores at Wesley Manor.

Congratulations: Manahawkin's Time to Tell Memoir Writing participant Sandy Manuel will exhibit two of her poems, along with an artist's rendition of one

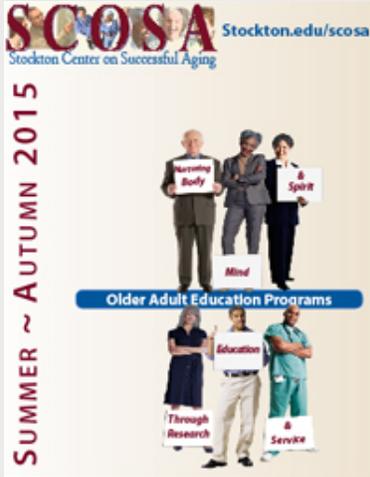
Noyes Museum of Art

Sat, Aug 29, 10:30am-12:30pm

[Time to Tell Creative Writing: Tapping the Source](#)

Noyes Museum of Art

**Summer/Autumn 2015
Older Adult Program Schedule**



[Online](#)

[Printable PDF](#)

poem, in the Painted Poetry II Exhibit at the Ocean County Library, Long Beach Island Branch, 217 S. Central Avenue, Surf City. The exhibit, running from August 1- 30, 2015, involves pairs of fifteen artists and poets, each inspired by the other's work, creating new interpretations through painting and poetry. "Meet the Artists and Poets" reception takes place on August 12th at 6:00pm, followed by poetry reading and slide-show at 7:00pm. Phone 609-494-2480 for details.



On July 30, 2015, Medicare will celebrate 50 years since it was signed into law. In those 50 years, Medicare has provided guaranteed health benefits to millions of older adults and people with disabilities.

Today, 54 million Americans and their families rely on Medicare for basic health and economic security. For additional information on the history of Medicare and recommendations for its future go to www.medicarerights.org, a non-profit advocacy group.

Older Americans Act Reauthorization Passed by U.S. Senate

S. 192, the Older Americans Act Reauthorization Act of 2015 was unanimously approved by the U.S. Senate on July 16, 2015. The Older American's Act, which celebrated its 50th Anniversary this year, funds a wide variety of programs designed to help older Americans maintain their independence and dignity in the community. The act partially funds SCOSA's Atlantic County Older Adult Education Program through a contract issued by the Atlantic County Division of Intergenerational Services. For details and commentary on the Senate Bill's provisions, see the story from Leading Age by [clicking here](#). For additional details on the act, its history, and its progress through Congress [click here](#) to go to the National Council on Aging (NCOA) analysis. The House must now take up its own reauthorization bill, which will hopefully occur during the next session of Congress.



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[Anne Azeez Hall, Woodbine](#)

[The Noyes Museum of Art](#)