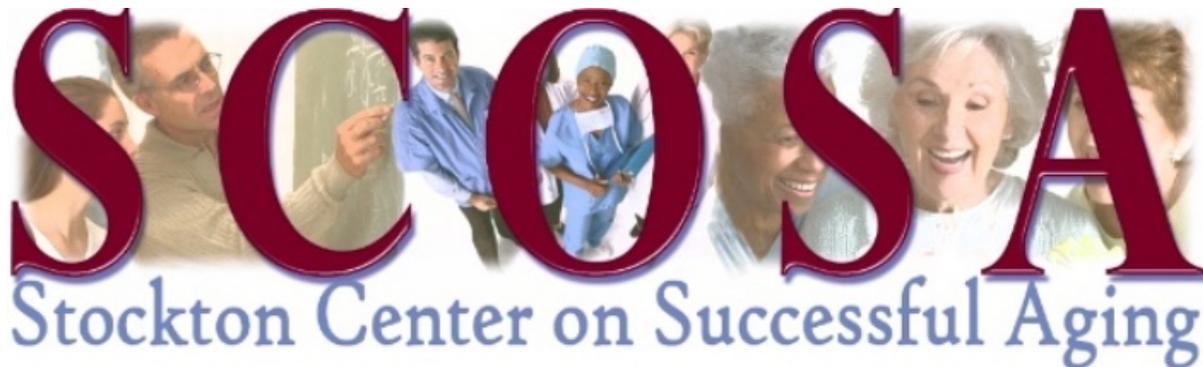


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 July 2016 - Volume 5, Issue 7



## SCOSA News & Upcoming Events



Access the [online version](#).

### Adult Education Calendar July 2016

Wed, July 6, 1-3pm

[Let Your Imagination Soar - Start Telling Stories](#)

Woodview Estates

Thu, July 7, 11am-12pm

[Avoiding Scams & Identity Theft](#)  
 Hammonton Canoe Club Senior Center

Fri, July 8, 11am-12pm

Tech Workshop: [Learn Microsoft Applications](#)

Stockton Carnegie Center, Atlantic City

### SCOSA Updates

#### SCOSA Older Adult Education

SCOSA: July – December Older Adult Education Program Catalog Mailed, Available Online: If you are on our mailing list, you should have received SCOSA's 16-page booklet recently. If not [Click Here](#) for the online version.

#### SCOSA Volunteer Corp- We Want YOU!

From time to time, SCOSA needs assistance. Tasks vary from helping us mail out our brochures to greeting folks at our events, or representing us at other organizations' events. If you have enjoyed SCOSA programming and would like to assist us occasionally please e-mail your name, phone number and email address to [Gina.Maguire@stockton.edu](mailto:Gina.Maguire@stockton.edu).

#### LGBTQ Intergenerational Group

SCOSA's graduate intern, Edith Giberson, began SCOSA's LGBTQ Intergenerational Group ([FLYER](#)) this spring. The group seeks to expand its membership and invites anyone with interest to contact [Gina.Maguire@stockton.edu](mailto:Gina.Maguire@stockton.edu). The group meets on the second Thursday of each month (next is July 14th) from 10am until 12pm at Stockton's Manahawkin Instructional Site.

#### SCOSA Event Photos Now Online

Susan Allen from Stockton's University Relations and Marketing department recently compiled photos from various SCOSA events online. If you would like to view the pictures [Click Here](#).

#### SCOSA Pickleball Summer Schedule

Mondays & Wednesdays, July 6, July 11, July 13, July 18, July 25, August 10, August 15, August 17, 2016 from 8:00 am to 10:00 am at the Stockton University Sports Center (101 Vera King Farris Drive, Galloway 08205).

Online advance registration is required. [Click Here](#) to register (remember to select the option to receive SCOSA email and printed announcements in order to receive updated scheduling information). Registrants will receive an email confirmation with play dates. Do not attend until you receive confirmation. Play will begin on the first play date listed in your email confirmation. Players must sign-in upon arrival at the registration desk before being allowed to play. You may be required to show identification.

Fri, July 8, 12:30-1:30pm  
 Tech Workshop: [Introduction to Microsoft Word](#)  
 Stockton Carnegie Center, Atlantic City

Sat, July 9, 10am-12pm  
[Learn Basketry, Experience Local History & Culinary Delights](#) - Blueberry Baskets  
 Swan Bay Folk Art Center

Sat, July 9, 10:30-11:30am  
[Staying Healthy & Happy as You Age](#)  
 Spring Village at Galloway

Mon, July 11, 18, 25, Aug 1, 8, & 15, 10am - 12pm  
[Wire and Beading Jewelry with Lois](#)  
 Manahawkin Instructional Site

Tue, July 12, 11am  
[A Wing and a Prayer: Film Screening](#)  
 Manahawkin Instructional Site

Wednesdays, July 13, 20, 27, Aug 3, 10, & 17, 11:30am-1:30pm  
[Time to Create Art: One-Stroke Painting](#)  
 Manahawkin Instructional Site

Thu, July 14,, 10am-12pm  
[LGBTQ Intergenerational Group](#)  
 Manahawkin Instructional Site

Sat, July 16, 10:30am-12:30pm  
 Time to Tell - Creative Writing Workshop: [Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom](#)  
 Stockton Campus Center Room 1

Sat, July 16, 11am-1pm  
[A Tour of Poetry for Seniors](#)  
 Otto Bruyns Public Library of Northfield

Mon, July 18, 10:30-11:30am  
[Older Adults & Stroke Disorders](#)  
 Brigantine Senior Center

Tue, July 19, 9:30-10:30am  
[When Income Decreases, But the Bills Don't](#)  
 Galloway Senior Center

Fri, July 22, 11am-12pm  
 Tech Workshop: [Introduction to the Internet](#)  
 Stockton Carnegie Center, Atlantic City

Fri, July 22, 12:30-1:30pm  
 Tech Workshop: [YouTube.com](#)  
 Stockton Carnegie Center, Atlantic City

Tue, July 26, August 2, 9, 16, 23, 30, 10am-12pm  
[Crocheting with Lois](#)

Traditionally, pickleball is played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is like a wiffle ball, but a bit smaller. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to "test their mettle." Unlike the power of the serve and higher net in tennis, in Pickleball players must bounce the ball once on each side before volleys are allowed. This opens the game to more players and extends play for more fun.

### SCOSA Partner Updates

#### Annual South Jersey Dementia Conference

The Alzheimer's Association Delaware Valley Chapter held its annual conference on Monday June 6, 2016 at the Crowne Plaza in Cherry Hill, NJ. The program featured Keynote Presenter Tam Cummings, Ph.D., author, gerontologist, and internationally recognized educator. SCOSA was an Elite Sponsor of the Conference and awarded three Family Caregiver Sponsorships and three Professional Scholarships allowing complimentary attendance. Gina Maguire, MSW, LSW, SCOSA's Program Assistant attended and thanks the Alzheimer's Association for a well planned, educational and entertaining conference. For more information on the Alzheimer's Association Delaware Valley Chapter call the 24/7 Helpline 800-272-3900.

**"The Social Worker as Entrepreneur: 10 Steps to Start a for-Profit Geriatric Care Management Agency"** will be presented by Cathy Cress, MSW, geriatric care management Consultant and author of the Handbook of Geriatric Care Management on Thursday, July 21, 2016, from 9am until 5pm at the Stockton Seaview Hotel and Golf Club. The event is cosponsored by SCOSA!

In this all day seminar, you will learn: business skills needed to design and run a profitable GCM agency, how to do a competition and market survey to see if you would have enough clients to launch a GCM Agency, the 10 steps to writing effective GCM business, marketing and sales plans, and the forms and operations manual needed to run a successful GCM agency. Cost: \$199; applied For NASW CEUs Questions? Email Cathy Cress at: [cressgcm@got.net](mailto:cressgcm@got.net).

#### Ability Fair 2016

Bacharach Institute for Rehabilitation's Second Annual Ability Fair will be held Wednesday, July 20, 2016 from 11am until 4pm at Stockton University's Campus Center, 101 Vera King Farris Drive, Galloway, NJ. It will showcase 60+ exhibitors featuring abilities products, and providers and services meant to improve the health and well-being of seniors and those who are physically challenged. The Expo is scooter, walker and wheelchair friendly. [Click here for Event Flyer](#) or, for more information, call 609-748-5250.

**Atlantic County Veterans History Project:** Atlantic County Historical Society ([www.AtlanticCountyHistoricalSocietynj.org](http://www.AtlanticCountyHistoricalSocietynj.org)) in conjunction with the Veterans History Project of the Library of Congress is interviewing veterans of all eras and branches of service. For more information: Phone: 609-927-5218 or email: [VHP907@gmail.com](mailto:VHP907@gmail.com).

### National Initiatives

**Valuing Vaccines Across the Generations**, a campaign led by Generations United in partnership with The Gerontological Society of America and the American Academy of Pediatricians, has released a new downloadable discussion guide designed to spark conversations among generations about the importance of getting timely and life-saving vaccinations at all ages. [Click Here](#) for the guide.

According to the [Leading Edge Newsletter](#) June 15, 2016 was **World Elder Abuse Awareness Day**, not quite a celebration, but a hope and sharing of knowledge. Some important facts to know: 5 million Americans age 65+ have been subjected to elder abuse. As few as 1 in 5 cases is reported. There is no typical victim, and 90% of abusers are known by the elder. A fast growing population, thanks to the aging Baby Boomers, could lead to an increasing number of abused and/or at risk older adults. Please share this important information, as knowledge is power!

**For Researchers:** The Centers for Disease Control and Prevention (CDC) has launched a new Healthy Aging Data Portal. It offers users easy access to CDC data on key indicators of health and well-being for older adults, including overall

Manahawkin Instructional Site

Thu, July 28, 12-1:30pm & 1:30-3pm

[Beginner Card Making Class](#)

Manahawkin Instructional Site

physical health, nutrition/physical activity/obesity, screenings and vaccines, smoking and alcohol use, mental health, and cognitive health. Public health professionals and policymakers can readily attain national, regional, and state data about chronic diseases and risk factors that have a substantial impact on public health. The portal supports custom reports and visualizations, data downloads, and much more. [Click Here](#) to access the Healthy Aging Data Portal.



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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