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 September 2016 - Volume 5, Issue
 9



SCOSA News & Upcoming Events



Access the [online version](#).

Adult Education Calendar September 2016

Fri, September 2, 12-1:30pm & 1:30-3pm

[Beginner Card Making Class](#)
 Manahawkin Instructional Site

Wed, September 7, 14, 21, 28 &
 October 5, 12, 19, 26, 10am--12pm

[Learn to Draw](#)
 Atlantic County Library - Egg Harbor
 Twp

Wed, September 7, 14, 21, 28,
 11:30am-1:30pm

SCOSA Updates

2016 Walk to End Alzheimer's – October 9 2016, Atlantic City Boardwalk

Please mark your calendars and plan to join a team, participate, and/or donate to this worthy cause. Again this year SCOSA will sponsor a team led by our Service Chair, Dr. Christine Gayda-Chelder. Last year SCOSA/Stockton was honored in the College/University category and we hope we can do even better this year. To join our team, support one of our members, or make a donation please [click here](#). For additional event details [click here](#).

Thanking & Patronizing our Festival Sponsors, Exhibitors, and Advertisers on Stockton Channel 9

As we have noted in past E-Newsletters, and in our Annual Festival Program Booklet, the funds provided by our Festival supporters are vital to help us make budget each year. As a token of our appreciation for their support, a listing of their names is included on the Bulletin Board that airs from 6-9am on the Stockton Channel (Comcast Cable Channel 9). You can also view a list with contact information and hyperlinks to their websites by [clicking here](#). Don't forget that we air two informative programs on Channel 9 on Monday through Friday from 5:30-6:30pm. New episodes of CMS and You, and Aging Insights replace old ones early in each month, and repeat throughout the month. Monthly topics are posted near the top of the [SCOSA Homepage](#).

Pickleball Play Dates for September/October

We are pleased to announce the available dates for our older adult Pickleball play for September and October. The following Mondays and Wednesday dates are available for play from 8:00-10:00am in the Stockton Sports Center: September 12th, 14th, and 19th, and October 3rd, 5th, 12th, 17th, 19th, 24th, 26th, and 31st. Note that pre-registration is required. Please [click here](#) for complete details and the registration link.

Stockton Institutes New Parking Permit Requirements

Starting on September 5, 2016 Stockton will institute a new parking permit system, which will be in effect on the Main Campus in Galloway. During designated hours and days (currently 7:30am – 4:30pm on Monday through Thursday, and 7:30am until 3:30pm on Fridays) all Stockton employees and students who park on campus must display a valid parking permit from their rear-

[Time to Create Art: One-Stroke Painting](#)

Manahawkin Instructional Site

Wed, September 7, 1-3pm

[Live Independently, Vibrantly & Educated](#)

Woodview Estates

Thu, September 8, 10am-12pm

[LGBTQ Intergenerational Group](#)

Manahawkin Instructional Site

Thu, September 8, 15, 22, 29 &

October 6, 13, 10am-12pm

[Crochet with Lois](#)

Manahawkin Instructional Site

Thu, September 9, 16, 23, 30 &

October 7, 14, 10am-12pm

[Knitting with Lois](#)

Manahawkin Instructional Site

Sat, September 10, 10am-12pm

[Learn Basketry, Experience Local History & Culinary Delights](#) - Apple Pie Basket

Swan Bay Folk Art Center

Sat, September 10, 11am-1pm

[A Tour of Poetry for Seniors](#)

Otto Bruyns Public Library of Northfield

Tue, September 13, 2-3pm

[Avoiding Scams & Identity Theft](#)

Outsmart the Scammers Village Grande at Little Mill, EHT

Wed, September 14, 10:30-11:30am

[Older Adults & Heart Disease](#)

Briquantine Senior Center

Wed, September 21, 10:30-11:30am

[Avoiding Scams & Identity Theft](#)

Galloway Senior Center

Sat, September 24, 10:30am-

12:30pm

Time to Tell - Creative Writing

Workshop: [Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom](#)[Wisdom](#)

Stockton Campus Center Room 1

SCOSA Pickleball Schedule

September 12, 14, 19

October 3, 5, 12, 17, 19, 24, 26, 31

8-10am - Stockton University Sports Center

You must be registered to play. If you have not registered please [click here](#) and register. You will be contacted with details.

view mirror. Guests who park on campus during these times must also register their vehicle, placing a valid temporary parking permit on their dashboard. SCOSA is working with the parking committee and administrators to minimize the inconvenience to our guests, perhaps modifying the hours and/or allowing us to issue temporary permits to our participants via e-mail. We will also investigate whether a SCOSA Membership Program, with modest annual dues, would allow us to obtain more permanent permits for our members. Presently you would need to park in a 15 minute parking spot in front of the campus center or Building 70 (corner of CR575 and Vera King Farris Drive), go to the information desk to register your car and receive a temporary permit, and then return to your car and proceed to park in any lot open to commuters. To learn more, go to www.stockton.edu/parking and click on "Visitors and Guests" in the list on the left entitled "Where Should I Park". SCOSA will also post any changes on our homepage and do our best to make your visits to campus hassle-free, educational, and enjoyable.

SCOSA Winds of Change & Tentative Help Wanted Notice

As we move into the Fall Semester, SCOSA is looking at some new programming opportunities and funding sources, as well as changes to our staffing. We are awaiting notice on a funding request to expand our Ocean County Older Adult Education Program. Also, the Stockton Federation of Teachers will consider negotiating with Stockton University to provide course releases to our currently volunteer chairs of Research, Education, and Service. By the end of 2016, we will need to replace our retiring independent contractor who plans and implements our Atlantic County Older Adult Education Program and assists with web-site management and other important functions. We will also be seeking volunteers who would like to present their hobbies, interests, and expertise in our 2017 older adult education programs, and other volunteers to help us celebrate our 10th Anniversary. And, we would like to develop some intergenerational programming with Stockton undergraduates to promote environmental sustainability. Please send a brief e-mail to david.burdick@stockton.edu to express your interest in any of these opportunities. We'll provide additional details and updates in our October eNews.

Noting the Passing of Two South Jersey Elder Heroes, SCOSA Supporters

By David Burdick

"Dishonor not the old, for one day you will be among them" (Ancient Jewish Proverb)

Two very important South Jersey "Elder Heroes" died recently. We note their passing with a deep sense of gratitude and honor for their profound impact on South Jersey's communities and older adults.

An "Elder Hero" is someone who in their older years continues to lead, inspire, and contribute to the well-being of others and the community; or who, upon retirement finds new opportunities for "third age" pursuits or "encore careers" that provide personal meaning and social impact. Howard Berger and Victor Bressler were two such giants among us who have left their legacies.

[Howard Berger](#), who died in June just shy of his 90th birthday, was a founding member of SCOSA's Community Advisory Board in 2006, but I had grown to know and appreciate his kind spirit and great work years before. As chair of the Atlantic County Senior Citizens Advisory Council and writer for the Jewish Times and the local Gannett newspapers, this former award winning radio broadcaster regularly contacted me and asked "How can I help you inform the public about the great work of Stockton's Gerontology Program?" I've never known a writer who did a better job listening to their subject and then writing a perfect story that captured all the key points and nuances. Moving into the SCOSA era, he was our strongest public advocate.

I had the great honor of serving with Howard as a NJ Delegate to the 1995 White House Conference on Aging. My admiration for him deepened further as we traveled and roomed together in DC, having many lively conversations about the many resolutions delegates were asked to discuss and vote upon.

Howard didn't view his duty as done once the conference was over. Instead, he tirelessly worked to help implement the conference's [resolutions](#) and recommendations for years. Ambassador William J. Hughes, who nominated Howard (and me) to serve as delegates, was a member of the Conference Planning Committee and for a time, Chair of the House Select Committee on Aging. A longtime friend of Howard, Ambassador Hughes wrote in the Foreword of Howard's autobiography: "I have been privileged to know Howard Berger for over 40 years ... he became one of our most respected and admired radio hosts (who) was always knowledgeable, fair, and respectful in his dealings with his

guests and the public at large. [As a Member of Congress] I was frequently a guest on his show ... Howard became one of our area's experts on issues which affect the aging in our society, and his contributions to the elderly were legion. (Source: Berger, H. (2015). (Off) On the Record With Howard Berger. Unpublished, available through Seashore Gardens Living Center).

[Victor Bressler, MD](#), passed away at the age of 92 in May. A tireless advocate for Atlantic City, the health care needs of the less fortunate, and concerns of older adults, he had a particular passion and conviction for educating the medical residents at Atlantic City Medical Center to take a holistic, ethical and caring approach. Many graduates of this program cite Victor's influence as being crucial in their careers, and remember fondly the annual Physician Retreats that he organized and ran for almost two decades.

With a handful of other area physicians, Victor founded New Jersey's first multi-specialty HMO. When the HMO was acquired in 1986, the non-profit Southshore Foundation was created. I had the great fortune of serving as a trustee from 1988 until the foundation closed in 1996 (as VP from '91-'96). While in operation, we gave about \$50,000 per year in grants to local organizations such as ACCC, Stockton, APMC, Shore Memorial Hospital, Burdette Tomlin Hospital, and local chapters of the American Red Cross, the American Cancer Society, and so many others. Often these were seed grants, encouraging the development of new and innovative programs. One of my favorites was to purchase a "Humor Cart" to lift the spirits of patients young and old at Shore Memorial Hospital. Now, years later, we have ample evidence that medical outcomes are greatly improved when patients are in good spirits and more motivated to succeed in treatment. When the foundation closed down, its remaining assets were transferred to fund scholarships for health care students at Stockton and ACCC, and to continue to provide funding for the Medical Residency Program at ARMC. All told, I believe that the foundation donated nearly \$5,000,000 to worthy community endeavors ... all made possible by Victor Bressler's visionary leadership and care for his community.

Benefits of Yoga for Osteoporosis?

A recent episode (Show #1043) of The People's Pharmacy from American Public Radio interviewed physiatrist Loren Fishman, MD, about his research findings on the benefits of yoga for building bone mineral density and reducing osteoporosis. According to his research published in Topics in Geriatric Rehabilitation, three common yoga poses provide many benefits and none of the side effects of pharmaceutical treatment of this condition. [Click Here](#) to read more or to listen to the podcast of the broadcast.

A Time for Change: Civil Rights in South Jersey

This new exhibit at the African American Heritage Museum of Southern New Jersey (AAHMSJ) at the Noyes Arts Garage, 2200 Fairmount Avenue, Atlantic City, profiles the historic roles played by our region in the struggle for African-American Civil Rights. It was funded by the New Jersey Council for the Humanities and Stockton 2020 funds, with additional support from the Stockton schools of General Studies and Arts and Humanities, this exhibition. The Exhibition will run through September 28 at the AAHMSJ, then will open on campus at the Bjork Library on October 4, running through December 15.

Entries Sought: Exhibit organizers invite artists (high school, amateur, and professional) to enter work in a juried community exhibition. Hand-delivered entries are due Sept. 30 at the Noyes Arts Garage in Atlantic City. There are no costs involved to participate. Monetary awards will be offered to the public (Stockton employees may participate but are ineligible to receive awards). For details [click here](#): High School, Amateur and Professional Artists Sought for Exhibit on Economic Inequality.

Cape Atlantic Caregiver's Coalition

The Cape Atlantic Caregiver's Coalition meets on the third Thursday of each month at the Galloway Library from 10am-12pm. The group welcomes new members, and includes professionals who work with caregivers and caregivers. For more information, please call the Mental Health Association 609-652-3800 ext. 304, or email cmiller@mhanj.org



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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Arts & Humanities on [Facebook](#) and on [Youtube](#), [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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