

# **FY 2014 Annual Report**

**July 1, 2013 - June 30, 2014**



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# Director's Message

I am pleased to present SCOSA's FY 2014 Annual Report, covering the period of July 1, 2013 through June 30, 2014. As you will see, we had a good year on many fronts as we fulfilled our mission to "nurture

body, mind, and spirit through research, education, and service."

By the numbers: revenues, programs offered and total attendance all increased. We also developed some great new partnerships. But, clearly, most of SCOSA's success this year and since our inception is due to persistence, resilience, hard work, and teamwork among our part-time staff, consultant, volunteer chairs, research fellows/scholars, and other volunteers, with support from Stockton's administration.

Key members of our team include our part-time program assistant Gina Maguire, support and graphic services provided by Anita Beckwith dba Florawoods Design, the SCOSA Chairs for Research, Education and Service (Professors Lisa Cox, Christine Ferri and Christine Gayda-Chelder, respectively).

Thanks to President Saatkamp and Provost Kesselman for their continued support and for increased funding that allowed us to hire Gina Maguire and to participate in a new Fellow program to be implemented in FY15 (SCOSA will have 3 new fellows) and to Social and Behavioral Sciences (SOBL) Dean Cheryl Kaus for ongoing support, oversight, and insights that have helped SCOSA to grow since its inception.

Our financial picture has improved measurably. Our ongoing Older American's Act funds provided through Atlantic County Government partially supports our robust Older Adult Education Program. Outside generous supporters/donors providing \$1,000 or more, included AtlantiCare/The Heart Institute, The Shores at Wesley Manor, Brandywine Living Centers, WeWorkforHealth/NJ, the Wallerstein Foundation for Geriatric Life Improvement, Mr. Richard Gastrowich, and Dr. Jo Frances Stow.

Revenues from our Certificate in Elder Care Coordination coupled with exhibit fees paid by over 30 exhibitors at our Annual Festival have provided necessary additional funding to support our many projects. Our new Southern New Jersey Council on Issues of Aging Endowment Fund will begin to provide additional budgetary support beginning in FY2015.

Again this year, Cynthia McClure, SOBL supervisor of accounts went above and beyond the call of duty, effectively tracking our budgets, managing a growing number of payments to vendors and regularly serving as liaison to various offices in the Division of Administration and Finance. We also depend heavily on and are grateful for assistance from the several caring staff members in SOBL, the Division of Continuing Studies, External Affairs, General Counsel, Computer Services, Bursar's Office, the Print Shop, Plant Management, Chartwells, Stockton Productions, Events Services, Noyes Museum, Kramer Hng n0(e anJETEM)4(thia M)-6(cClur)10(e)1de20(r)5(amer)]T





Professor Vaughn recently reported that this organization's director has retired and they are seeking a new college/university sponsor. SCOSA, Dr. Vaughn and representatives from Senior Theatre USA will meet to discuss options early during FY2015.

**Road Scholar Institute Network:** This year, SCOSA joined the [Road Scholar Institute Network](#) (RSIN, formerly Elderhostel), a voluntary and dues-free association of more than 400 Lifelong Learning Institutes (LLIs) across the country. Road Scholar is a not-for-profit organization dedicated to providing educational travel and lifelong learning opportunities for adults. We regularly review their newsletters and web-site for innovative program ideas. They invited us to present and we considered sending representatives to a June 2014 conference at Amherst College (MA), but were unable to attend this year.

**Southern New Jersey Council on Issues of Aging:** SCOSA leadership and staff from the Development Office met three times during FY2014 and had several correspondences with representatives of the Southern New Jersey Council on Issues of Aging (SNJCIA), which was considering an endowment gift to support SCOSA operations. A gift-signing ceremony and luncheon was held on July 2, 2014 in President Saatkamp's boardroom. SCOSA was represented by Director Burdick, chairs Lisa Cox, Christine Ferri, and Christine Gayda-Chelder, and assistant Gina Maguire. Also representing the college were President Saatkamp, Development Director Philip Ellmore, and Director of Gift Fund Stewardship Peg Fiore. SNJCIA was represented by J. David McCann, John & Betsy Rogge.

Also in attendance were recent donors to SCOSA Dr. Jo Frances Stow and Mr. Richard Gastrowich. An initial donation check of \$18,000 was received on July 10th, and additional contributions are anticipated.

**The Otto Bruyns Public Library of Northfield:** SCOSA developed a relationship with the library in 2014 through the development of a [Poetry Workshop](#) for Seniors. The monthly program featured guest poets from the community and a free luncheon donated by Ventura's Restaurant. Our events are promoted through their [online calendar of events](#). The program will continue through 2014 and 2015 under the direction of SCOSA Fellow Emari DiGregorio.

**B. Budget:**

In response to a request from Janice Cambron, Executive Director of the Seashore Gardens Living Center, SCOSA presented a 3-part staff training series, designed by SCOSA Assistant Gina Maguire, and delivered by Gina and Gene Swilkey, Training & Safety Manager for Stockton's Division of Human Resources. Seashore Gardens will pay SCOSA \$300/lecture.

**Brandywine Senior Living** inquired whether SCOSA seeks organizational sponsorship beyond sponsorship of individual events. Sherry Sullivan, administrator from their Brandall Estates (Linwood) property toured campus in May 2013 and had an impromptu discussion with President Saatkamp. As a result of these discussions, we have begun to offer Older Adult Education programs in 2013-2014 (so far with 73 participants) and financial management lectures scheduled for 2014-2015 with presenter Jason Kiefer, Edward Jones Investments, and they recently provided \$1,000 in SCOSA Festival Sponsorship. This partnership has upside potential that SCOSA will continue to assess and develop during FY15.

the retirement years. SCOSA included a project on this in our Call for Research Fellows last year, but there were no applicants. Recently, Professor Terry Golway, Director of Kean University's Center for History, Politics and Policy has joined the conversation and held a mini-summit to discuss the situation at Kean College on July 21st. SCOSA chairs Christine Ferri and Christine Gayda-Chelder attended and will continue SCOSA's involvement in this important endeavor. With the apparent continuing downsizing of the Atlantic City casino industry, it is possible that our region would have a renewed appeal as a retirement destination for seniors from North Jersey and elsewhere due to anticipated 'buyer's market' in real estate, lower average real estate taxes, and the availability of educational and entertainment activities via Stockton, SCOSA, and other providers.

**Stockton's Manahawkin Educational Site:** As noted above, SCOSA received additional funding of \$15,000 from the college for FY 2014 to further develop programs in Ocean County, particularly at the Manahawkin Instructional Site. Gina Maguire was hired, part-time, to spearhead this effort and as can be seen in the full Older Adult Education report provided on page 20, she implemented several successful programs there with the assistance of Operations Manager Michele Collins-Davies and her staff. Indeed, as this Executive Summary was initially penned, Gina was home sick with a 'bug' and recent Stockton retiree Deb Dagavarian covered for her with over 40 older adults attending the first session of a new Time-to-Tell autobiographical writing series. Time-to-Tell continues to experience excellent success since we self-published a compilation of participants stories and provided it at our 2012 Festival and

we have been forced to create a waiting list for the Manahawkin and Noyes offerings.

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### 3. **Oversee implementation of externally funded programs housed in SCOSA.**

Four externally funded programs generated approximately \$30,000 in gross annual revenue this year in addition to \$17,500 in gross revenues generated by our Festival (see page 33).

- **Continued Older Adult Education Program** with federal funding of \$15,000/year via Atlantic County Division of Intergenerational Services. When combined with our new programming in Ocean County, we delivered 116 programs at 11 locations generating a combined attendance of nearly 1500 participants.
- **Certificate in Elder Care Coordination:** Begun in



Nevertheless, our provision of CEs dipped this year (6 vs. 12 completed) due in part to their standing changes, budget reductions, and policy changes.

Two programs were cancelled due to limited registrations. At the request of

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**8. Disseminate current research and practice through a lecture/workshop series (at least one per semester).**

This year we presented six research/practice oriented lectures. One was on campus, 3 were part of our First Wednesday Series at the Health Center at Galloway, and 2 were initiated by Right-at-Home. The programs were as follows:

*New Guidelines in De ning Cognitive Changes in Late*

**FY2015 Common Fellows:** SCOSA applied for, and received support for three “Common Fellows” from a new Academic Affairs initiative providing a pool of potential fellows to be competitively awarded across Stockton’s various centers and institutes. The SCOSA Director designed and implemented Requests for Proposals, selection, notification, and oversight procedures for this program. We received four applications for three positions. Starting in July 2015 SCOSA’s selected and approved “common” fellows will include:

- Dr. Lisa Cox, Associate Professor of Social Work, will work on publishing Guided Autobiography and Time-to-Tell essays as an ancillary textbook for courses on aging.
- Dr. Christine Gayda-Chelder, Assistant Professor of Psychology, will carry out a number of efforts designed to increase SCOSA’s service-related activities.
- Dr. Evonne Kruger, Associate Professor of Business Studies, will assist SCOSA with strategic planning activities and contemplation/application for funding to encourage continued engagement in the campus community of emeritus/retired faculty, and retired staff.

## **9. Maintain and serve as liaison to SCOSA Community Advisory Board.**

Again this year the Advisory Board, as a whole, was

Basic research provides the foundation for effective educational programs. The synthesis of research and education aids in the development of effective and evidence-based services.

Lisa Eileen Cox, PhD  
SCOSA Research Chair



SCOSA supports basic research and scholarship through: 1. Scholarly and Professional Development Lectures to disseminate cutting edge research findings, 2. Applied Research Fellow/Scholar Program, 3. Consultation and technical support for individuals or organizations seeking assistance with their independent research projects, 4. Initial development this year of an Older Adult Subject Pool.

SCOSA helps to translate and disseminate the latest research on aging into practice through our Scholarly Lectures and an extensive array of Continuing Education Lectures provided in conjunction with Stockton's Division of Continuing Studies, the Health Center at Galloway, Right at Home, Brandywine Assisted Living and other partners. The research committee also encourages publication/presentation of results from various Center-sponsored programs in scholarly journals and at professional conferences.

SCOSA's research chair, director, and program associates also regularly monitor grant opportunities in aging and share this information with potential applicants across the college.

### Scholarly & Professional Development Lectures

Dr. Lisa Cox, SCOSA's Research Chair, coordinates our scholarly lectures on campus. For off campus programs, MOAs with the Health Center at Galloway and Right at Home have resulted in the First Wednesday and Professional CE Seminars. The seminars, designed for professionals, para-professionals, and other caregivers who work with older adults are free of charge. SCOSA's partnership with Stockton's Continuing Studies program has resulted in our ability to offer area professionals CE's for Social Workers, Marriage and Family Therapists, Occupational Therapy (AOTA) and Licensed Professional Counselors. In June of 2013 we offered our first CEs for Nursing.

In October of 2013, SCOSA (with the prompting of Continuing Studies) tested the market by offering 2 professional lectures at the Manahawkin Instructional site for a registration fee of \$35.00 to help cover the additional cost of offering Nursing contact hours. Both lectures were cancelled due to exceptionally low registration. Since most professionals can fulfill their continuing education requirements through free lecture sources, it was determined that SCOSA should continue to offer "free" seminars and lectures to area professionals as long as we can secure adequate funding from co-sponsors.

The following scholarly or professional development lectures were presented this year.

#### *Organizational Leadership in the Healthcare Setting Professional Lecture*

Thursday, May 1, 2014 4:00pm - 6:30pm

Spring Oak Assisted Living of Vineland

Presenter: Linda Coppinger, MA, Executive Director, South Jersey Alzheimer's Association Delaware Valley Chapter

This presentation provided useful information for administrators, managers, and first-line supervisory personnel. Designed to introduce participants to organizational leadership topics, including leadership styles, decision-making, and conflict management techniques. 11 professionals attended.

#### *Developing a Handicap Scale for Measurement of Dual Sensory Loss in Older Adults First Wednesday Professional Lecture*

Wednesday, March 5, 2014 7:30 am - 9:00 am

The Health Center at Galloway

Presenter: Debra Busacco, PhD, Assistant Professor of Health Sciences, SCOSA Research Fellow 2013-2014

This presentation focused on providing information and demographics on dual sensory loss in older adults. Physical, social and psychological impact of dual sensory loss will be shared. Dr. Busacco presented a scale she developed to assess the impact and handicapping effects of hearing and vision loss in this population. Statistical analyses related to the scale development and clinical implications of using the results of this scale to determine an older adult's candidacy for auditory and/or visual rehabilitation programs were addressed. 9 professionals attended.

*The Benefits of Socialization for Older Adults, Especially During Winter and Holiday Seasons*  
*First Wednesday Professional Lecture*

December 4, 2013 7:30 am - 9:00 am

The Health Center at Galloway

Presenter: Patricia Ayers, MSW, LSW, Stockton adjunct faculty member, medical social worker for Holy Redeemer Home Care and Hospice and contributor to their on-line blog for caregivers called Caring With Confidence

This lecture addressed the causes and consequences of increased social isolation in old age, exploring risk factors such as physical, cognitive and psychological losses and how they impact the individual's ability to stay socially connected. 21 professionals attended.

*Successful Aging: How Neighborhoods Can Help Elders and Their Families Thrive*  
*Scholarly Research Lecture*

Monday, October 28, 2013 6:00 pm - 7:30 pm

Campus Center, Stockton Galloway Campus

Co-sponsored by the SOWK and GERO programs

Presenter: Rachel Pruchno, PhD, Director of Research, New Jersey Institute for Successful Aging, Rowan University School of Osteopathic Medicine, "The Gerontologist" Editor-in-Chief

Dr. Pruchno discussed the meaning of "successful aging", the characteristics of neighborhoods that are associated with successful aging, and how those neighborhoods can promote successful aging. 115 professionals, students, faculty & older adults attended.

*Neurocognitive Impairments: Alzheimer's from a Daughter's Perspective*  
*First Wednesday Professional Lecture*

Wednesday, September 4, 2013 7:30 am - 9:00 am

The Health Center at Galloway

Presenter: Norma S. Blecker, EdD, Retired Associate Professor of Education in Special Education, Richard Stockton College of NJ

Dr. Blecker provided her insights and described her experiences in caring for her mother who had Alzheimer's disease.

This year's Research Scholars were psychology professor Jessica Fleck, social work professor Lisa Cox, and health sciences professor Debra Busacco.

**Debra Busacco, PhD**  
**Assistant Professor of Health Sciences**

The goal of this project is to develop a handicap scale that addresses both hearing and vision loss known as dual sensory loss or impairment.

Individuals with dual sensory loss report poorer self-rated health, greater rates of depression, reduced quality of life and fewer interactions with social networks. Older adults with dual sensory loss are more likely than their non-impaired peers to need help with mobility, shopping, personal care, medication management and phone use. They are also most likely to be living with family members. Estimates of the percentage of older adults with dual sensory loss range from 9% to 21%. Due to the growing population of older adults with dual sensory loss, these persons will continue to be part of the audiologists' and vision specialists' caseload over the course of the next several decades.

Dr. Busacco's academic program saw an unprecedented growth in the number of majors this year; coupled with a small faculty, many of whom are new to the college (including Dr. Busacco). As a result, the time-frame from this project was lengthened. At this writing, Dr. Busacco has created a draft survey instrument and has sought Stockton IRB approval for the collection of data. Progress will continue during the Summer and Fall. Dr. Busacco presented her project on March 5, 2014 at the Health Center at Galloway for one of SCOSA's First Wednesday Professional Lecture programs. The enthusiastic audience was interested in her work and asked many questions.

**Lisa Cox, PhD**  
**Associate Professor of Social Work**

Dr. Cox examined how bio-psychosocial variables and childhood experiences influence the physical health, mental health, and resilience of older adults who are living with TS. Her community-based sample has been analyzed. Funding from SCOSA and the Provost's office helped her to travel to and present at a national conference, consult with a statistician to complete a scholarly research article submitted to The Journal of Gerontology, and to build her research library and secure necessary resources/supplies to assist in her continued research. Both her Stockton Day of Scholarship presentation and American Society on Aging poster session highlighted aspects of resilience and environmental factors relevant to the success or challenge of aging with neurobiological challenges.

**Project Highlights:**

- Presented research on "Resilience and Aging" at Stockton's Day of Scholarship (March, 2014).
- Presented a poster session at the American Society on Aging conference in San Diego, CA (March 12, 2014). Numerous conference attendees visited and expressed interest in findings. Staff from the Journal of Gerontology, Dr. Cheryl Wank (Dr) clinic also contacted her for a copy of the research findings.
- Dr. Cox collaborated with her statistician



- August 1-3, Dr. Cox travels to Rutgers-Busch campus to assist with the NJCTS "Leadership Academy" for youth with TS. Throughout the en





- Cox, L. (2013, Dec 18). Phone interview as a "Thought Leader" by representatives of the AARP to "explore how AARP can help its members when faced with a medical or financial challenge – either by aligning to the changing ways people gather information and make decisions, and/or by getting them to change behavior prior to a crisis so they take a more active role in ensuring a better outcome."
- Cox, L. (2014, May 24). Using memoirs and novels to teach advocacy and counsel clients. 26th Annual National Conference on Social Work and HIV/AIDS. Hyatt Regency, Denver, CO.
- Cox, L. & Tice, C. (2013, July 19). Advocacy in rural communities. Rural Social Work Caucus 38th Annual National Institute on Social Work and Human Services in Rural Areas. Millersville University, Millersville, PA.
- Cox, L. (2014, March 12). Resilience and correlates of self-rated successful aging in people with Tourette Syndrome. American Society on Aging Conference, San Diego, CA.
- Cox, L. (2014-15). Participant in Geriatric Education Center (GEC) of the University of Alabama at Birmingham's Faculty Scholar Program.
- Fleck, J. I., Brown, J. L., Kuti, J., Mahon, J. R., & Gayda-Chelder, C. Frontal Coherence as a predictor of executive function in older adults. Manuscript submitted.
- Fleck, J. L. (2014, May). Is age or brain coherence more important in predicting cognitive function in older adults? Manuscript submitted.

### Education

Christine Ferri, PhD  
SCOSA Education Chair



SCOSA Educational Initiatives expand learning opportunities for:

- Stockton students through the Gerontology Minor and Certificate of Completion and Internships and Service Learning opportunities
- Local health care and human services professionals through Continuing Professional Education
- Older adults and their families through Older Adult Education programs

## Student Engagement

Students are involved in, invited to, and/or instrumental in the planning and delivery of much of SCOSA's programming. Here is a brief review of some of the activities with substantial student involvement during the past year:

- David Burdick presented a lecture on [\*Community Engagement as the New/Old Frontier for Engaging Students in Aging Studies\*](#) at the Advising Day Lunch & Lecture on November 6, 2013.
- Once again, we encouraged active participation by students in Alzheimer's Memory Walk. During the Fall 2013 semester SCOSA Service Chair, Dr. Gayda-Chelder, conducted the program with the services of GERO students.
- Gina Maguire's Aging & Health and Introduction to Gerontology classes each hosted 4 older adults to read from their autobiographical writings prepared through SCOSA's Ocean County Time to Tell Writing Program.
- On October 17, 2013 SCOSA's Older Adult Education Program partnered with Stockton ARHU to present [\*Come & Dance\*](#), an intergenerational dance movement class by the Jon Lerher Dance Company brought to campus by Rain Ross.
- On October 28, 2013 over 100 students, faculty and older adults attended SCOSA's Scholarly Research Lecture *Successful Aging: How Neighborhoods Can Help Elders and Their Families Thrive*, presented by Rachel Pruchno, Director of Research, New Jersey Institute for Successful Aging, Rowan University School of Osteopathic Medicine, "The Gerontologist" Editor-in-Chief. The lecture was Co-sponsored by SOWK and GERO.

- Gina Maguire's Aging & Health and Introduction to Gerontology classes researched information and made posters for the Go Red for Women campaign. The posters were displayed in the Campus Center the first two weeks in February.
- In March, 2014 SCOSA sponsored CarFit at Stockton, an event developed by Kimberly Furphy with involvement of students from OT, PT, Speech Therapy, Nursing, Public Health, and Health Sciences.
- Thanks to the support of the GERO Minor, SCOSA, and SOBL's Community Engagement Funds, the April 7th, 2014 Seashore Gardens Living Center Student Engagement event was extremely successful and enjoyable. In attendance were approximately 40 students, 3 staff, and 15 older adult residents.

Participants viewed "Bubbeh Lee and Me" – an inspiring documentary film created by a gay Jewish grandson about his grandmother. The film addressed issues of acceptance; health; historical and familial hardships; couples, family, and intergenerational relationships; positive active aging; and love.

After the film, a vibrant intergenerational group discussion ensued. Residents asked students about how they have, or would handle discussions about the topics explored in the film; and students queried the older adults about how life is for them away from their families.

- Gina Maguire's Aging & Health class presented Multicultural Aging trifolds, depicting aging around the world, which were displayed at the 2014 Festival in May 13th.

### Professional Education Seminars

SCOSA offers a variety of continuing education opportunities for professionals, often in collaboration with Stockton's Division of Continuing Studies, and with other outside partner organizations. We have listed the year's lectures at the top of our Research Section above.

SCOSA's Continuing Education Partnership with The Health Center at Galloway has led to a similar Memoranda of Understanding with Right at Home, and another currently in the works with Seashore Gardens. These collaborations expand our reach and augment our funding, allowing us to reach a broader audience of professionals. Through these partnerships and our Scholarly and Professional Development Seminars, we presented six programs

## Education for Older Adults











## Program Highlights

### Nurturing Body

- SCOSA sponsored three Driver Safety Training Programs developed by AARP and hosted by the Absecon Community Center and the Galloway Senior Services Center in 2013. Fifty-eight older adult participants were awarded certificates of completion allowing them to apply for discounts on their car insurance.
- SCOSA sponsored Car-Fit presented by Stockton's Occupational Therapy, Physical Therapy, Speech Therapy, Nursing, Public Health, and Health Science students & led by Kimberly Furphy, DHSc, OT, ATP, Associate Professor and Program Director of the Stockton Master of Science in Occupational Therapy Program. Seven older adult participants were instructed on methods to make their personal vehicle fit them to increase safety and mobility.
- SCOSA collaborated with Rain Ross, Assistant Professor of Dance, School of Arts and Humanities sponsoring the Come & Dance - Modern Dance Movement Class with Jon Lehrer, Artistic Director of Lehrer Dance, a professional dance company from Buffalo, New York. This class was part of the Dance Company Residency at Stockton College for two weeks in October, 2013. The residency culminated in a performance of the company in the Performing Arts Center on Friday, October 18th. Nine older adult participants in the workshop received a coupon for two discounted tickets to the performance.
- SCOSA collaborated with Cape Atlantic Coalition for Health in presenting a 6 week program developed by Stanford University titled *Take Control of Your Health*, a free evidence based workshop to discuss health concerns shared by older adults. The introductory lecture took place at Stockton as part of Stockton's Go Red For Women Fundraising event at Stockton in February, 2014 drawing 12 older adult participants and the workshop was hosted by the Hammonton Canoe Club Senior Center in April and May with 14 participants.

- SCOSA collaborated with the FH Foundation in presenting a workshop on Familial Hypercholesterolemia during Stockton's Go Red for Women Fundraising event at Stockton in February, 2014.
- Debra Busacco, Ph.D., Assistant Professor of Health Sciences, SCOSA Research Fellow 2013-2014 presented her research in Developing a Handicap Scale for Measurement of Dual Sensory Loss in Older Adults to an audience of professionals and older adults in March, 2014.
- With our continuing commitment to foster the concept of "living independently" SCOSA worked with area professionals in presenting lectures and workshops on the following subjects: *Living Independently* by Pat Laychock, RRT, CSA, CDCP of Visiting Angels; *Neighborhoods Helping Elders* by Rachel Pruchno, PhD, NJISA; *Alternative/ Complimentary Medicine for Osteoarthritis* by Sharon Kolasinski, MD, Professor of Medicine, Cooper Medical School; *Fitness & the Active Older Adult* by Kathy Geller of the Arthritis Foundation; and *Living Independently - Is Your Home Aging Ready?* by Doug Schindler, MS, CAPS.

### Nurturing Mind

-

*Older Adults, Especially During Winter and Holiday Seasons* by Patricia Ayers, MSW, LSW.

- Marguerite Heaton-Colella, MSW, LCSW addressed aging issues such as moving in with the kids, handling your spouse's retirement and handling the news of major illness in the family.
- On the lighter side: *Laughter is the Best Medicine* and *Staying Happy & Healthy as You Age* by Maryann Prudhomme, RN, CCM, CSA. Luanne Anton, MS from Stockton's Wellness Center shared *Meditation for Health & Happiness*.
- SCOSA presents programs to help older adults adjust to changing economic climates. Rosemary Molloy, retired Manager of Employment at Rider presented a two part workshop on *F.O.C.U.S. How to Get Hired in Today's Job Market*.

another Stockton alumna, Cynthia Graham, who is developing *Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom*. A sister program has been developed by SCOSA at the Manahawkin Instructional Site titled *Telling Your Life Stories*, led by Gina Maguire, MSW, LSW.

### Nurturing Spirit

- Niki Giberson, owner of Swan Bay Farm and local artisan has been teaching native craft classes

- SCOSA's Time to Tell Creative Writing Series is in its 6th season. Jenna McCoy, a Stockton alumna led the 30 member group through *Memory in Poetry and Creative Non-Fiction*. The workshop structure gave both new and advanced writers the opportunity to share their own work and help one another improve both in craft and creativity. They wrote poems and essays inspired by their own memories, stretched their creativity, and created a strong community of writers. Jenna has retired and the program is in the hands of



down the stairs at Noyes Museum, uplifted not just herself, but all of us, when she shared her recovery experiences and her road trip to the South.

4. Shawn liked that the writing classes are nearby at Noyes or Stockton because she does not want to be too far from home as her husband has a debilitating condition. She is one of the ladies who requested the additional session.

Many thanks to SCOSA for another wonderful creative workshop."

Kit Lai Lok, 3/18/14

! "Twenty-three drawing enthusiasts (including 4 men) showed up for the first session of Let's Draw and Paint! Tom Sandor appeared not to be fazed by the huge turnout and got us started with drawing circles, ovals, lines in varying thickness, then taught us to build different light to dark gray tones (values) using our graphite pencils, which we then applied to shading a simple bowl shape. Throughout the 2-hour session Tom showed drawing techniques on the flip chart and went around the room offering feedback and encouragement. At the end of the workshop, we admired a dozen framed works (drawings and water color) brought by one of the Seniors. He was quite an accomplished artist.

Day One went very well indeed. Judging by the enthusiasm and earnest intent of the participants during the drawing session, I believe most of them enjoyed the workshop very much.

A big thank you to SCOSA again for what will surely be another wonderful learning series."

Kit, 4/5/14



### Dementia Screenings

#### *The Response to a Free Community Outreach Program*

Dr. Gayda-Chelder has continued to offer free memory screenings to the local community at a variety of locations, including her private practice in Smithville, NJ and assisted living facilities. The goal of this service initiative is to offer free, confidential cognitive screenings for the early detection of dementia. This is part of a research project titled, "Dementia Screenings: The Response to a Free Community Outreach Program". The goal

## **2014 Successful Aging Festival**

SCOSA's partnership with the Arthritis Foundation, coupled with the celebration of Older Americans Month provided the mold for the 2014 festival events. In an attempt to acknowledge the separate involvement of the Arthritis Foundation



## Partnerships

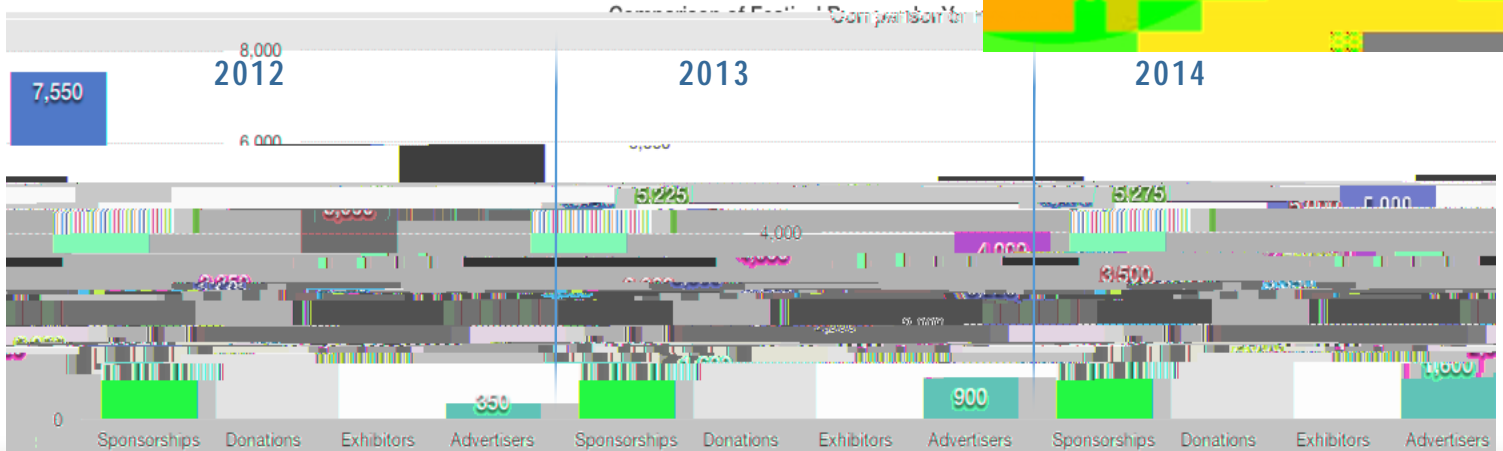
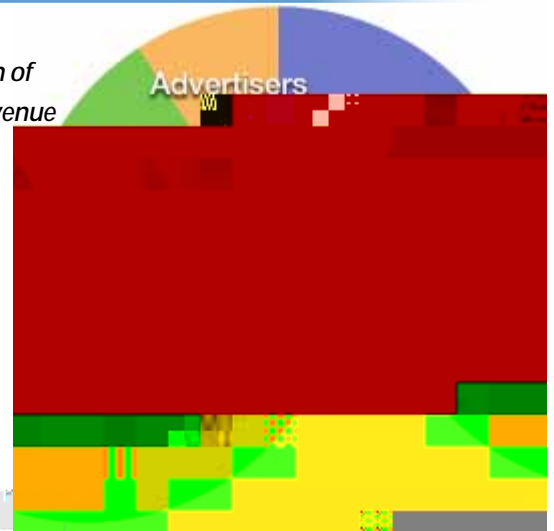
### Presentations, Workshops & Entertainment

- *Alternative/Complimentary Medicine for Osteoarthritis*

### Relevance

SCOSA's annual festival not only serves to connect us to our community, fulfilling our mission of promoting education, research, and services to respond to local, regional, and statewide needs related to population aging, it provides substantial operating revenue increasing by nearly 50% from 2012 to 2014.

Distribution of Festival Revenue 2014







January 6, 2014

[\*Stockton Center on Successful Aging Presents Craft Workshops at the Noyes Museum\*](#)

Limited Capacity - Register Now

December 16, 2013

[\*Stockton Center on Successful Aging & the Otto Bruyns Library of North Eld Presents A Tour of Poetry for Seniors\*](#)

First Session on Jan. 11, 2014 features poet Barbara Daniels

December 16, 2013

[\*Stockton Center on Successful Aging Presents Writing Workshops at the Noyes Museum\*](#)

Time to Tell - Memory in Poetry & Creative Non fiction

November 14, 2013

[\*Stockton Center on Successful Aging Sets Lecture for Professionals on Dec. 4\*](#)

Register by Nov. 29 for Seminar on Benefits of Socialization for Older Adults

October 31, 2013

[\*SCOSA Raises Funds for Alzheimer's Association in Walk, Bake Sale\*](#)

The Stockton Times, Volume 3, Issue 9

October 10, 2013

[\*Stockton Center on Successful Aging Sets Lecture on Neighborhoods' Role\*](#)

Research Lecture, 'Successful Aging: How Neighborhoods Can Help Elders and Their Families Thrive,' to be Presented on Oct. 28

October 9, 2013

[\*Stockton Center on Successful Aging Offers Workshop on Caregiving Options\*](#)

Register by Oct. 14 for Professional Workshop on Oct. 25 in Manahawkin

October 8, 2013

[\*Stockton Center on Successful Aging Presents Modern Dance Movement Class for Older Adults\*](#)

Come and Dance Thursday, Oct. 17

September 23, 2013

[\*Stockton Center on Successful Aging Offers Seminar on New Guidelines in Defining Cognitive Changes in Late Adulthood\*](#)

Oct. 4 Session for Professionals at Manahawkin Instructional Site

September 19, 2013

[\*Stockton Center on Successful Aging Begins Series of Beginners Card-Making Classes at Manahawkin Instructional Site\*](#)

Paper crafting kicks off new monthly program

August 30, 2013

[\*Stockton Center on Successful Aging Presents Basket Weaving Workshop\*](#)

Saturday, Sept. 14 at Noyes Museum

August 13, 2013

[\*Stockton's Center on Successful Aging Hosts AARP Driver Safety Program\*](#)

August 6, 2013

[\*Stockton Center on Successful Aging Announces First Wednesday Professional Lecture\*](#)

Neurocognitive Impairments: Alzheimer's from a Daughter's Perspective

August 5, 2013

[\*Stockton Center on Successful Aging Presents, "Moving in with the Kids: Who's the parent? Who's the child?"\*](#)

Free Informational Seminar for Older Adults on Aug. 27

July 31, 2013

[\*Stockton Center on Successful Aging Presents: 'Continue to Live Independently – Aging in Place'\*](#)

Free Informational Seminar for Older Adults Set for Aug. 13

July 22, 2013

[\*Stockton Center on Successful Aging Offers Workshop on Financial Record Keeping\*](#)

Free Hammonon Workshop Designed for Older Adults July 25

July 11, 2013

[\*Stockton Center on Successful Aging Offers Free Seminar on Financial Elder Abuse\*](#)

Free Workshop for Older Adults Set for July 23

July 8, 2013

[\*Stockton Center on Successful Aging Presents "Staying Healthy & Happy as You Age"\*](#)

Free Informational Seminar for Older Adults on July 16

## STAFF

David C. Burdick, Director

[View C.V.](#)



**Stockton Center on Successful Aging**

