

STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Stockton Announces Expanded Successful Aging Offerings

For Immediate Release

Tuesday, March 10, 2009

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Galloway Township, NJ- The Stockton Center on Successful Aging (SCOSA) recently unveiled its expanded 2009 schedule of lectures, workshops, and outings for older adults. Most events are free and open to the public and are offered at convenient locations throughout the county, including the Stockton campus, the Margate Community Center, the Absecon Community Center for Seniors, the Seniors of Newtonville MLK Center (Buena Vista Township), the Community Life Center at Mt. Zion (Pleasantville), the Galloway Township Senior Center and additional locations. Some events require pre-registration.

Offerings include workshops, lectures, nature series, arts programs, and health and activities programs. Project manager Anita Beckwith developed the programming with input from past program participants and from aging specialists on Stockton's faculty. "This year's array of activities steps up our efforts to fulfill our mission of nurturing body, mind and spirit through research, education and services", she said. Some lectures address the difficulties that sometimes accompany aging including:

- "Physical Activity and Arthritis"
- "Grandparents Raising Grandchildren"
- "Clinical Depression"

The majority of lectures are related to enjoying one's later years and staying involved in the community (including visits to the ACUA greenhouses and wind-farm, and to the herb garden at Atlantic County Park in Estell Manor). For a small annual membership fee, older adults can join "SCOSA Scholars" and receive priority registration and discounts for upcoming SCOSA events.

This year's offerings also include lectures open to professionals, providers and the general public. Two highlights are the campus lectures by Dr. Andrew L. Yarrow, Vice President and Washington Director of Public Agenda on "Americans Face Up to the Nation's Finances – Considering Our Long-Term Debt" (April 16th, 6:00-7:30 P.M., Alton Auditorium) and by Kathleen Sullivan, Ph.D., Senior Director of the University of Notre Dame Alumni Association on "Seven Habits of Highly Effective People" (April 29th, 6:00-7:30 P.M., Alton Auditorium. This event is a Hesburgh Lecture Co-Sponsored by the South Jersey Notre Dame Club).

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Stockton was recently selected by the American Society on Aging to participate in their MetLife MindAlert Speakers Bureau. The program will send a national expert on mind health and aging to Stockton to deliver a day-long workshop to area professionals and involve up to 25 older adults. The program is designed to train trainers to offer ongoing evidence-based cognitive vitality programs throughout the region in community centers, adult learning programs, and long-term care facilities. Details of this program will be developed over the next month.

The Older Adult Education Program is partially underwritten with U.S. Older Americans Act Funds provided by the Atlantic County Division of Intergenerational Services, by a generous donation from Harrah's Entertainment, by Stockton's Division of Academic Affairs and by public donations.

For a complete list of offerings, please visit www.stockton.edu/scosa or call SCOSA at 609-652-4311.

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