



## 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

### ***For Immediate Release***

Thursday, November 14, 2013

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**Galloway, NJ** – The Stockton Center on Successful Aging’s next professional workshop in the First Wednesday series is designed to help professionals working with older adults.

“The Benefits of Socialization for Older Adults, Especially During Winter and Holiday Seasons” is scheduled for **Wednesday, Dec. 4, 2013** from 7:30 a.m. to 9 a.m. at the Health Center at Galloway, located at 66 West Jimmie Leeds Road in Galloway.

The workshop will be presented by Patricia Ayers, MSW, LSW. Ms. Ayers is a licensed social worker and received her Master’s degree from The University of Pennsylvania in 2007. She has been an adjunct faculty member at Stockton for the past four years teaching a course called “Exploring the Dying Process”. She 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 [www.careconfidently.com](http://www.careconfidently.com).

“This lecture will address the causes and consequences of increased social isolation in old age,” Ayers said. “We will explore risk factors such as physical, cognitive and psychological losses and how they impact the individual’s ability to stay socially connected.”

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She said the seminar will look at how a perceived lack of social support, especially during the holiday season and winter months, may lead to increased depression, chronic illness and a reduced life expectancy. Ayers will review possible interventions that will assist in promoting social engagement and thus improving overall health and well-being. Participants will be able to identify factors that contribute to loss of social contacts and the implications of social isolation and interventions that assist in keeping older adults socially engaged, she said.

The Dec. 4 lecture will include a full breakfast. Upon completion, participants will receive 1 CE for Social Workers, Marriage and Family Therapists, and Licensed Professional Counselors.

Online advanced registration is required by 5 p.m. on Friday, Nov. 29, 2013 and can be accessed via the SCOSA website at [www.stockton.edu/scosa](http://www.stockton.edu/scosa). For seminar information, contact David Burdick at 609-652-4311. For registration assistance only call 609-652-4227. For updates and cancellation procedures visit the SCOSA website [www.stockton.edu/scosa](http://www.stockton.edu/scosa).

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