Staying Happy & Healthy in Home & Community

Stockton Center on Successful Aging

2014 Festival

Arthritis Foundation Health Summit

Tuesday, May 13, 2014

9:00 am to 4:00 pm

Stockton College Campus Center
Dear Guests:

On behalf of the Arthritis Foundation, Eastern PA Chapter serving Eastern PA and South Jersey, I would like to take this opportunity to welcome you to the 2014 Health Summit for Arthritis/Staying Happy and Healthy in Home and Community Festival. Truly a “joint effort,” today’s program represents a unique collaboration between the Arthritis Foundation and Stockton College. We are pleased to add our expertise to bring you this special event.

With its mission to improve lives through leadership in the prevention, control and cure of arthritis and rheumatic disease, the Arthritis Foundation is the largest private funder of arthritis research in the United States.

The Arthritis Foundation serves close to 50,000 residents of Pennsylvania and New Jersey through programs and services, including educational forums like today’s event, as well as ongoing exercise, walking and aquatic classes. We advocate on behalf of those affected with arthritis with our State and Federal representatives. And, we are working to develop new programs to assist patients through our health care systems.

While we celebrate May as Older Americans Month and Arthritis Month, it is important to note that the majority of people with arthritis are below the age of 65. It is the number one cause of disability in the United States, and affects people of every age including 11,500 children in Pennsylvania and 8,000 children in New Jersey.

If this is your first contact with the Arthritis Foundation, we hope that you will continue to attend our programs and support our mission. And, please, reach out to us if we can be of help to you.

Our special thanks to Crescendo Bioscience, an important sponsor of our Health Summit.

Danielle M. Stephens
Director of Programs and Camp JRA
Arthritis Foundation

Over 53 million people in the US suffer from some form of Arthritis. Discover what your weapon is to fight the pain and limitations associated with it.

Through information, events, research grants, advocacy activities and other vital programs and services, we’re raising awareness and funds to help reduce the unacceptable pain, disability and other burdens of this serious health epidemic.

Call the Arthritis Foundation for information about arthritis, treatment options and ways to better manage your disease.

215-574-3060
arthritis.org

SCOSA thanks our
Festival Contributing Sponsors
Atlanticare
Brandywine Senior Living
The Shores United Methodist Homes
WeWorkForHealthNJ
Dear Guests: May 13, 2014

Welcome to the Stockton campus and our celebration of Older Americans Month. I hope your visit is enjoyable and rewarding. Judging from the variety of presentations, workshops, demonstrations, musical performances, and exhibitors organized by one of our distinguished professors, Dr. Dave Burdick, and his staff and collaborators, I trust that you will have a great time!

As New Jersey’s Distinctive Public College we are committed to offering high-quality and engaging educational programs for undergraduate and graduate students in a wide and growing variety of disciplines. But our commitment goes beyond our students to include a more fundamental and unwavering devotion to the broader well-being of our region’s citizens of all ages. SCOSA’s programming and its partnership today with the Arthritis Foundation, Village by the Shore, and the South Jersey Senior Marketing Group are additional expressions of this devotion.

Stockton’s commitment to addressing the needs of older adults and their families dates back to the founding of the College 43 years ago. Over the years, as the College evolved and grew so did the Gerontology Program. Now a Minor, Gerontology offers several courses to hundreds of students each semester, preparing the next generation of leaders and providers in aging. This year the program graduated a record 27 students, joining over 600 alumni previously completing Stockton’s program, which last year was designated as a “Program of Merit” by the Association for Gerontology in Higher Education.

The Stockton Center on Successful Aging (SCOSA) Welcomes You May 13, 2014

Welcome to our annual Festival on Successful Aging! We hope you will find your day enjoyable, educational and enriching through your participation in lectures and workshops, visits to our extensive exhibit hall, and the opportunity to listen to some great music and to tour our campus.

Our theme, Happy and Healthy at Home and Community, is our way of commemorating Older Americans Month and broadening its theme of Safe Today - Healthy Tomorrow. “Older adults are at a much higher risk of unintentional injury and death than the rest of the population … With a focus on safety during Older Americans Month, the U.S. Administration for Community Living plans to use this opportunity to raise awareness about this critical issue. By taking control of their safety, older Americans can live longer, healthier lives.”

We are happy to again host the Arthritis Foundation’s Health Summit as part of today’s Festival. This collaboration started last year when their Summit needed to be rescheduled due to Hurricane Sandy. We are also grateful to the South Jersey Senior Marketing Group and Village by the Shore for their partnership in organizing and promoting the festival.

The Stockton Center on Successful Aging (SCOSA), formally established in 2007, builds upon Stockton’s local, state, and national leadership in aging education, research, and service. The center’s mission: “To Nurture Body, Mind, and Spirit, through Research, Education, and Services,” is affirmed through a wide variety of ongoing efforts. Beginning in June, in addition to the wide array of Older Adult Education programs available to you, SCOSA will engage three Faculty Fellows and three Faculty Research Scholars in groundbreaking and innovative research projects.

Enjoy your day and please come back often to visit all that Stockton has to offer through our Stockton Performing Arts Center, the Stockton Art Gallery, The Bjork Library and Schoffer Holocaust Resource Center, sporting events, and many other on-campus resources, programs and activities. I also hope you will visit us at our other locations throughout the region, including the Dante Hall Theater and the Noyes Arts Garage of Stockton in Atlantic City, the Noyes Museum in Oceanville and Hammonton, the historic Stockton Seaview Hotel and Golf Club in Galloway, and our other instructional sites in Hammonton (Kramer Hall), Manahawkin, Atlantic City (Carnegie Center), and Woodbine (Azeez Hall and Museum).

Best Wishes,
Herman Saatkamp, President

Today’s Festival, besides providing you with an array of activities, helps us to raise the funds necessary to continue to offer and expand our Older Adult Programs in Atlantic, Ocean, and Cape May Counties, which last year reached over 1000 participants in over 70 programs at several locations. Without the support of our sponsors, exhibitors, advertisers, and many who contribute their time and expertise to today’s Festival and our events year round, there would be no SCOSA Older Adult Education Program. Please help us to show our gratitude by visiting their exhibits, thanking them directly, and patronizing their establishments and businesses.

Our Festival and Older Adult Education Program are partially supported through Older Americans Act funds provided by Atlantic County Government. As required by the Act, SCOSA welcomes your voluntary donations, which will be used to support future programs. Such donations are not a fee and not required. A secure donation link is provided on our website (stockton.edu/scosa - click the Contact & Support Navigation Link) and a donation form is available at the Festival Registration Tables.

Today’s Festival represents only a small portion of SCOSA’s efforts. Please refer to our website regularly for news of all events. Also, by registering at today’s event we can keep you up-to-date on various offerings and program changes.

Sincerely,
Dave Burdick, Ph.D.
SCOSA Director
Keynote Address

Alternative/Complementary Medicine for Osteoarthritis
Sharon L Kolasinski MD

During this presentation you will learn about Alternative and Complementary therapy - medical options for people with Osteoarthritis. Osteoarthritis (OA) is a disease that causes pain and difficulty moving joints, particularly in the knees, hips, hands, and spine. Treatments for OA address the symptoms, such as pain, swelling, and reduced function in the joints. Non-medicinal approaches involve lifestyle changes such as exercise, weight control, and rest. Conventional medicinal treatments for OA include nonsteroidal anti-inflammatory drugs (NSAIDS), acetaminophen (a class of pain reliever), and injections of corticosteroids (anti-inflammatory hormones). It is important to understand the balance between medicine, complimentary therapies and lifestyle changes that can help alleviate the pain and slow the damage of OA. Dr. Kolasinski will be able to provide you with this information while also answering any questions you may have.

Dr. Kolasinski is Professor of Medicine at the Cooper Medical School at Rowan University and Head of the Division of Rheumatology at Cooper University Hospital. Dr. Kolasinski is recognized as a leader in rheumatology education, having won the prestigious American College of Rheumatology (ACR) Research and Education Foundation Clinician Scholar Educator Award, as well as multiple ACR/REF summer preceptorship and fellowship training awards. She serves on the CMSRU Center for Wellness Committee which oversees support services for medical students, in addition to scholarly investigation of the effects of complementary and alternative therapies on student health and well-being outcomes.

Program Descriptions & Presenter Profiles

Lectures

Osteoarthritis vs. Osteoporosis
Peggy Lotkowicz

Learn the differences between Osteoarthritis and Osteoporosis including risk factors, signs and symptoms, preventative options, treatment and exercise options.

Peggy Lotkowicz was born and raised in central New Jersey and graduated from Douglass College, Rutgers University with a degree in Music and Education. After spending 15 years in the classroom, Peggy joined the staff of the Arthritis Foundation and is currently the Program Director for the New Jersey Chapter, overseeing all community educational programs in the garden state.

Osteoarthritis: Fitness and the Active Adult
Kathy Geller

This presentation includes tips for staying active, osteoarthritis prevention strategies, as well as information on how to choose an appropriate trainer, exercise program and health/wellness facility.

Kathy Geller is a retired fitness professional/personal trainer with many certifications and expertise in various forms of classroom exercise for special populations. In addition to serving as a National Arthritis Foundation Exercise trainer, Kathy revised the latest leader guide for the Arthritis Foundation Exercise Program. A staff member of the New Jersey Chapter for over five years, Kathy remains an integral part of the Foundation's mission by serving as the Chair of the New Jersey Chapter's Board of Directors. She is a dedicated volunteer and was recently chosen to be a “Woman on the Move” honoree at the April 30th event held at the PNC Arts Center in Holmdel, New Jersey. Kathy enjoys traveling, spending her summers in Cape May, and dancing when she is not too busy with her Arthritis Foundation volunteer commitments.

Put Pain in it's Place: How to get Osteoarthritis Pain Under Control
Danielle M. Stephens

Put Pain in Its Place, developed by the Arthritis Foundation in conjunction with the National Council on Aging and sponsored by Ferring Pharmaceuticals, Inc., gives the participant tools to manage Osteoarthritis (OA) pain and live better. This program will help the participant to understand Osteoarthritis, its causes and how to treat it; learn self-management strategies to prevent and relieve pain; get inspired to take action and get their pain under control; and find out about effective and safe exercises from the Arthritis Foundation Exercise Program.

Danielle M. Stephens is from Bucks County, Pennsylvania and graduated from Millersville University with a degree in Speech Communication. She has been working for the Arthritis Foundation as the Director of Programs for over 10 years, and enjoys helping people take control of their arthritis. She was diagnosed with Juvenile Rheumatoid Arthritis at the age of 8, and had a total hip replacement at the age of 31. In her spare time she enjoys painting.
Keynote Panel Discussion

10:30 - 12:00 - Trustees Room

SCOSA Scholars Share Research Findings and Opportunities

Part 1: 10:30 - 11:10

This panel discussion will feature Stockton College faculty who successfully competed for and earned funding as a SCOSA Fellow or Scholar between the academic years of 2012-2014. Faculty representing a range of disciplines (Occupational Therapy, Physical Therapy, Speech/Audiology, Neuropsychology, Neuroscience, and Social Work) will share findings from their scholarly research and provide information about how members of the wider community can actually participate in research endeavors they, and other affiliated Gerontology Faculty, are involved with here at Stockton and in the wider community.

Lisa Cox, PhD, Moderator, Associate Professor of Social Work & SCOSA Research Chair: Resilience and Correlates of Self-Rated Successful Aging.

John Bulevich, PhD, Assistant Professor of Psychology: Older Adult Research Subject Pool.

Debra Busacco, PhD, Assistant Professor of Health Sciences: Developing a Handicap Scale for Measurement of Dual Sensory Loss in Older Adults.

Christine Gayda-Chelder, PhD, Assistant Professor of Psychology, SCOSA Service Chair: Strengthening SCOSA’s Service Initiatives.

Robert Marsico, PT, EdD, Assistant Professor of Physical Therapy: Outcomes after total hip or knee replacement surgery.

Part 2: 11:20 - 12:00

Jessica Fleck, PhD, Associate Professor of Psychology: Is Age or Brain Health More Important in Predicting Thinking and Memory?

Prior research has suggested that thinking and memory ability decline as we age. However, age may not be the most important factor in determining cognition throughout the lifespan. This presentation presents the results of a SCOSA-sponsored research project with 100 participants between the ages of 50 and 92 years. As part of the project, participants had their brain function measured using EEG and completed tests of thinking and memory. Results will be discussed which reveal that age and brain activity predict thinking and memory, but identify brain activity as the stronger predictor.

Lectures

11:20 - 12:00 - Meeting Room 2

Humor & Laughter - a prescription for living better
Maryann Prudhomme, RN, CCM, CSA

Humor and the subsequent laughter have many therapeutic effects on the body. Laughing not only improves your mood and emotional state, it also has many social and physical benefits. Humor & Laughter explores the numerous benefits of laughter and ways to add humor to your life. Attendees will learn the benefits of laughter as well as experience numerous jokes to laugh at and share with friends and family.

Maryann received her nursing degree from St. Agnes Hospital in Philadelphia and a degree in Health Care Administration from St. Joseph's College in Windham, Maine. Since 2003, Maryann has been a director at the BAYADA Home Health Care office in Linwood, NJ, which serves the home care needs of adults throughout Atlantic and Cape May counties. Each day, she draws on her extensive nursing and management experience to help ensure that the needs of the area's aging population are met. Maryann has earned her certification in geriatric care management and case management, as well. Always looking to expand her knowledge and improve her skills in senior services, Maryann is currently pursuing a Master's degree in Gerontology from the University of Massachusetts, Boston.

11:20 - 12:00 - Meeting Room 3

Is Your Home Aging Ready?
Doug Schindler, MS, CAPS

Doug will provide information on how you can safely stay in your home as you age. He will discuss common accidents in the home and their financial costs while focusing on low cost or no cost solutions to help keep you safe and accident free, especially in the area of fall prevention.

Doug is EPA Certified in Lead-Based Renovation, Repair and Painting (RRP) and has a Master of Science degree from NJIT. He is the developer and owner of Independent Home Living which is devoted to modifying existing homes to make them safe and accessible for seniors and individuals with disabilities. He follows the ADA requirements to ensure safe and effective home modifications for individuals with disabilities.

11:20 - 12:00 - Meeting Room 4

Contact Cape-Atlantic Telephone Reassurance Program
John Oelkers

An overview of Contact's Reassurance program whereby caring, committed volunteers keep in touch with seniors and disabled people living alone. Through daily phone calls, trained volunteers provide a friendly hello and check to ensure there are no medical or other emergencies.
In his role as Reassurance Coordinator for Contact Cape-Atlantic, John oversees the activities of more than 50 volunteers, who call over 200 seniors and disabled clients each day, and reaches out to community groups to spread the word about Contact’s mission to help people maintain their independence in their own home.

**12:00 - 12:50 - Meeting Room 2**

**You’ll Be Wowed by This Woman!**

Merry Brennan & Helene Young

Imagine walking across the country with only the clothes on your back while in your 70’s? Learn about Egg Harbor City’s own Peace Pilgrim, who in mid-life gave up everything she owned and walked for 28 years to spread her message of peace. She touched tens of thousands of lives, one step at a time. After a lively slide show, her younger sister, Helene Young, age 99 (who still rides her bike every day) will be on hand to answer questions.

Merry Brennan is an award-winning writer, artist and educator who authored the biographical novel, *Peace Pilgrim: Walking Her Talk Against Hate*.

**12:00 - 12:50 - Meeting Room 5**

**The Password to Common-Sense Internet Security**

Ken Goodman, MBA

The online world is changing constantly, with new ways to communicate, connect, play, listen, see, buy and sell. At the same time, news about information of all kinds being stolen or disclosed without permission is becoming more frequent. Ken will talk about some methods that can help keep you secured. And you don’t have to be a computer whiz to use them.

Ken has been working with computers since 1984. He loves to help family and friends of all ages learn about their computers. He worked in Boston for Tufts University in computer networking for many years, as well as teaching introductory computing and computer networking classes as an adjunct at UMass Boston. Mainly retired now, Ken moved to Atlantic County when his wife began teaching at Stockton College in the Business School. Ken has a BA from Williams College in Massachusetts, as well as an MBA from Yale University.

**1:00 - 1:35 - Meeting Room 3**

**Healthy Financial Aging: How to Age in Place**

Charles C. Weeks Jr., JD, CFP*

Longevity while wonderful also can be detrimental to someone who isn’t prepared for an over thirty year retirement. This presentation will include proper retirement investment allocations, the benefit of having long term care and the use of reverse mortgages when all else fails.

Born in Galloway, NJ, Charles Weeks received his Bachelor of Science degree from LaSalle University in Finance in 2001, and his Juris Doctorate from Villanova University School of Law in 2006. He is a CERTIFIED FINANCIAL PLANNER™ Practitioner and the Founder and President of Barrister Wealth Management, LLC, a New Jersey Registered Investment Adviser. Charles also founded Barrister Higher Learning, LLC, which provides financial literacy presentations for audiences ranging from high school students to senior citizens. Mr. Weeks is an Assistant Professor of Finance and spearheaded the effort to create the undergraduate Financial Planning Concentration and the Continuing Studies Certificate in Financial Planning at Stockton.

**1:00 - 1:35 - Meeting Room 4**

**Help Prevent Medicare Fraud and Abuse**

Tunde Akinrolabu

Tunde will discuss Medicare fraud and abuse caused by medical service providers (doctors, hospitals, durable medical equipment providers etc.), describing the most common areas of fraud that are committed by medical service providers, and provide beneficiaries simple ways to detect fraud and help return money back to the Medicare trust fund. Medicare loses billions of dollars every year because of fraud, and most of the fraud is happening right underneath the noses of beneficiaries and can easily be detected once they have the right tools.

Tunde is an Outreach Specialist for the Senior Medicare Patrol of New Jersey, a federally funded national program that educates Medicare and Medicaid beneficiaries on Medicare fraud, waste, and abuse. Tunde reaches out to seniors in New Jersey and spreads awareness on this issue. Prior to his position as Outreach Specialist, he was an Activities Coordinator at a senior social day program for 3 years, where he gained experience in dealing with issues concerning the geriatric population.

**1:40 - 2:20 - Trustees Room**

**Transcatheter Aortic Valve Replacement (TAVR): An Interprofessional Approach for High Risk/Inoperable Elderly Patients with Severe Aortic Stenosis**

Joelle Hargraves, DNP, RN, CCRN, CCNS, APN

Severe aortic stenosis is the most common type of heart valve disease in people 65 years and older. While surgical replacement is the treatment of choice, many older Americans have medical conditions that deem them high risk for traditional valve surgery or inoperable. In 2011, the FDA approved TAVR for a select population of patients with severe aortic valve stenosis. This hybrid procedure requires the expertise of an interprofessional team led collaboratively by an interventional cardiologist and cardiac surgeon. The new heart valve is implanted less invasively via a specialized catheter and offers hope for high risk or inoperable patients suffering from severe aortic stenosis.
Joelle D. Hargraves is the Cardiovascular Program Manager for The Heart Institute at AtlantiCare Regional Medical Center. She has over 30 years experience as a staff nurse and clinical nurse specialist in critical care and cardiovascular nursing.

Ms. Hargraves has presented regionally/nationally on a variety of cardiac topics and authored the chapter on "Ventricular Assist Devices" in the American Association of Critical-Care Nurses Procedure Manual 5th Edition. Her doctoral work on glycemic control in cardiac surgery patients is scheduled for publication in the May 2014 issue of the American Journal of Critical Care. Hargraves received a BSN and MSN from Widener University and a Doctor of Nursing Practice (DNP) from Chatham University.

1:40 - 2:20 - Meeting Room 2

Meditate Your Way to Health & Happiness
Luanne Anton, MS

Through a variety of techniques, one can learn to use the mind to relax the body, thus creating feelings of peace and calm. Much scientific study has revealed meditation to be beneficial to all aspects of physical, mental, and emotional health. We will explore a variety of meditation techniques, discuss things that can enhance the meditation experience, and experience a guided meditation. Dress comfortably and bring a mat, towel or pillow to sit on if you like.

Luanne works as a Health Educator for Stockton’s Wellness Center and provides health education workshops regarding a variety of health related topics to groups or individual information for students, faculty and staff. Luanne is also a Meditation Instructor, Aromatherapist, and Reiki Master.

1:40 - 2:20 - Meeting Room 4

The 10 Warning Signs of Alzheimer’s Disease
Sorida Lopez, MS

Sorida will discuss Alzheimer’s disease and dementia and some of the risk factors for Alzheimer’s disease, how to become prepared if warning signs occur, why early detection is important, and how a healthy lifestyle and brain health are related.

Sorida Lopez is the Program and Latino Outreach Coordinator for the Alzheimer’s Association Delaware Valley Chapter. She currently serves as the Latino Liaison in the Camden area promoting volunteerism, skills training and English as a second Language. Sorida has been active in the field of training and education for over 8 years, focusing on Alzheimer disease and related dementia and promoting Awareness to the Diversity Communities in South Jersey, South Eastern Pennsylvania and the State of Delaware. She has conducted education events in safety services for SJ police departments, Delaware River Port Authorities, and Local agencies on Safe return and Medic Alert, in addition she has educated over 900 professionals as well as care givers on Alzheimer and related dementia.

2:30 - 3:10 - Meeting Room 4

Preparing for Natural Disasters
Alayna Berg, MSW, LSW

An exploration of resources and valuable tips to protect yourself and your assets from unforeseeable circumstances like Hurricane Sandy.

Alayna graduated with a BS in Finance from FDU and a MSW from Monmouth University. She is a Forensic Social Worker with a specialty in disaster relief with the Hurricane Sandy Assistance Team at Legal Services of NJ.

3:20 - 4:00 - Trustees Room

Preparing for the Next Big Disaster - Be Ready
Jess Bonnan-White, PhD

How can you best assist your community during a time of disaster? Be prepared yourself! Jess will discuss unique challenges faced by senior community members and small steps you can take that will make a big difference later.

Dr. Bonnan-White is an Assistant Professor of criminal justice at The Richard Stockton College of New Jersey, with an expertise in community resilience and disaster preparedness. She received her PhD in Anthropology from the University of Iowa and a postgraduate certificate in Conflict and Peace Studies from the University of North Carolina-Greensboro. She focuses her research on cultural barriers to disaster preparedness, response, and recovery, and has fieldwork experience in the Middle East. She currently teaches courses in Homeland Security, Disaster and Crisis Management, and Peace and Conflict Studies and is a volunteer for the Southern Shore Chapter of the American Red Cross.

3:20 - 4:00 - Meeting Room 1

Are You Ready to Retire?
Brian McGuire, AARP-NJ

An interactive discussion about financial security, engaging future retirees on ways they can better understand retirement’s financial challenges and providing tools they can use to strengthen their own personal financial security. Newly compiled research will be presented that highlights New Jersey residents’ readiness for retirement, including: 1) access to and participation in retirement savings plans, 2) the health of public sector pensions, and 3) the significance of Social Security as part of their retirement planning.
Demonstrations & Workshops

Throughout the Day - Meeting Room 5

Explore Your Creativity Through Craft
Diamond Frandsen

Bogged down by the daily grind, worn down by the routine of life? Need a spark...need a new direction? Explore your creative self through craft. Want to try something new but don’t know how or don’t want to make a huge commitment? Spend time with custom designer, Diamond Frandsen and hear real life examples of taking the next step and exploring your creative side through craft and personal expression. A lecture for all ages.

SCOSA Art Instructor, Fiber Artist/Custom Designer & Owner of The Ivy Cottage. Specializing in mixed media baskets, sculptures & gifts hand-made from wool, felt & yarns including needle felted wools, paper folding & embroidery.

Throughout the Day - Meeting Room 5

You Can Use Technology
Ken Goodman, MBA

Ken will give you a preview of what SCOSA is planning for technology seminars in 2015, and at the same time, you will give him feedback on what you want and need to know about technology. Computers, mobile phones, adaptive devices to help you live safely in your home as you age will all be discussed.

Ken will also be giving a presentation on Internet Security called What’s the Password to Internet Security in the same meeting room at 12:00 noon.

Throughout the Day - Meeting Room 5

Create Your Own Greeting Cards
Ann Blazovic

Discover a new way to explore your creative side, through designing and making your own greeting cards.

Ann Blazovic will discuss and demonstrate paper crafting techniques that anyone can learn.

Ann Blazovic is a 10 year Barnegat resident with a husband and two adult children. Once they were empty nesters, Ann and her husband were free to explore ways to spend their time. Ann’s hobbies include card making, scrapbooking, knitting, crocheting and reading. She enjoys learning how to make unique handmade gifts and loves having the opportunity to pass along these skills to others. After teaching some classes at local stores, Ann was ready to volunteer her skills to beginners to introduce them to the joys of making their own cards and gifts.

Laughter Yoga - Unearth Your Mirth...
And find out what everybody is laughing about.
Francine Shore

Laughter Yoga is the latest cardio-vascular wellness and fitness trend for baby boomers and older adults. It is performed standing or seated (no yoga mats) and involves laughter exercises, stretching, intermittent deep breathing and a seated laughter healing meditation. As you learn to reduce your stress, give yourself permission to laugh in the face of adversity and become more playful.

Francine is a Certified Laughter Yoga Coach and Geriatric Counselor with over a decade of experience facilitating Laughter Yoga wellness workshops for businesses, schools, agencies, senior centers and private bookings through her Laughter Yoga Salon in New York City. She reinforces the importance of living joyful through a laughter lifestyle, unleashing our joyful spirit, and laughing in the face of adversity. Francine ran a Caregiving Program for Caregivers at The Educational Alliance from 2002 to 2008. It was there she started the first weekly Laughter Yoga Club for seniors in the USA. She has presented Laughter Yoga at the 2007 ASA Conference on Aging in Washington DC, as well as other conferences. Visit laughertyogasalonnyc.com for more information.

Music

The Stockton Faculty Band - Unplugged
David Pinto, Peter Hagan and Frank Cerreto regularly delight audiences and demonstrate the joy of making music as members of several musical ensembles, including the Stockton Faculty Band.

This unplugged version of the band gives the musicians a chance to perform their more acoustic repertoire.

David Pinto (mandolin), College Archivist in Stockton’s Bjork Library

Peter Hagen (bass), Associate Dean of General Studies

Frank Cerreto (guitar), Professor of Mathematics
Arthritis Foundation, Eastern Pennsylvania Chapter
The Bourse Building
111 South Independence Mall East
Suite 500, Philadelphia, PA 19106
215-574-3060  arthritiseastern-pennsylvania/

South Jersey Senior Marketing Group
PO Box 25
Somers Point, NJ 08244
856-429-3494

Village by the Shore
Jewish Family Services of Atlantic County
607 North Jerome Avenue
Margate, NJ 08402
609-822-1108
jfsatlantic.org

North Cape Center
Sub-Acute Rehabilitative Care | Cardiac Management
609-898-8899
Victoria Commons
Assisted Living
609-898-0044
Victoria Manor
Skilled Care/Long-Term Care Memory Impairment
609-898-0677

We understand care, we practice compassion.
As a premier care provider, Genesis HealthCare is dedicated to meeting and exceeding the needs of our patients, residents and their families.

MEDICAID ACCEPTED

Primary Housecall Providers
(609) 788-4576
We Make Medical Housecalls
Preferred Medicare Provider
Doctor Visits In Your Home

609-484-7050
caringinc.org

Weighing in on your care.
• Adult Medical Day
• Assisted Living Program
• Affordable Senior Housing
• CARING for Caregivers Volunteer Program

North Cape Center
Sub-Acute Rehabilitative Care | Cardiac Management
609-898-8899
Victoria Commons
Assisted Living
609-898-0044
Victoria Manor
Skilled Care/Long-Term Care Memory Impairment
609-898-0677

MEDICAID ACCEPTED

We understand care, we practice compassion.
As a premier care provider, Genesis HealthCare is dedicated to meeting and exceeding the needs of our patients, residents and their families.

Primary Housecall Providers
(609) 788-4576
We Make Medical Housecalls
Preferred Medicare Provider
Doctor Visits In Your Home

609-484-7050
caringinc.org

Weighing in on your care.
• Adult Medical Day
• Assisted Living Program
• Affordable Senior Housing
• CARING for Caregivers Volunteer Program

North Cape Center
Sub-Acute Rehabilitative Care | Cardiac Management
609-898-8899
Victoria Commons
Assisted Living
609-898-0044
Victoria Manor
Skilled Care/Long-Term Care Memory Impairment
609-898-0677

MEDICAID ACCEPTED

We understand care, we practice compassion.
As a premier care provider, Genesis HealthCare is dedicated to meeting and exceeding the needs of our patients, residents and their families.

Primary Housecall Providers
(609) 788-4576
We Make Medical Housecalls
Preferred Medicare Provider
Doctor Visits In Your Home

609-484-7050
caringinc.org

Weighing in on your care.
• Adult Medical Day
• Assisted Living Program
• Affordable Senior Housing
• CARING for Caregivers Volunteer Program

North Cape Center
Sub-Acute Rehabilitative Care | Cardiac Management
609-898-8899
Victoria Commons
Assisted Living
609-898-0044
Victoria Manor
Skilled Care/Long-Term Care Memory Impairment
609-898-0677

MEDICAID ACCEPTED

We understand care, we practice compassion.
As a premier care provider, Genesis HealthCare is dedicated to meeting and exceeding the needs of our patients, residents and their families.

Primary Housecall Providers
(609) 788-4576
We Make Medical Housecalls
Preferred Medicare Provider
Doctor Visits In Your Home

609-484-7050
caringinc.org

Weighing in on your care.
• Adult Medical Day
• Assisted Living Program
• Affordable Senior Housing
• CARING for Caregivers Volunteer Program

North Cape Center
Sub-Acute Rehabilitative Care | Cardiac Management
609-898-8899
Victoria Commons
Assisted Living
609-898-0044
Victoria Manor
Skilled Care/Long-Term Care Memory Impairment
609-898-0677

MEDICAID ACCEPTED

We understand care, we practice compassion.
As a premier care provider, Genesis HealthCare is dedicated to meeting and exceeding the needs of our patients, residents and their families.

Primary Housecall Providers
(609) 788-4576
We Make Medical Housecalls
Preferred Medicare Provider
Doctor Visits In Your Home

609-484-7050
caringinc.org

Weighing in on your care.
• Adult Medical Day
• Assisted Living Program
• Affordable Senior Housing
• CARING for Caregivers Volunteer Program

North Cape Center
Sub-Acute Rehabilitative Care | Cardiac Management
609-898-8899
Victoria Commons
Assisted Living
609-898-0044
Victoria Manor
Skilled Care/Long-Term Care Memory Impairment
609-898-0677

MEDICAID ACCEPTED

We understand care, we practice compassion.
As a premier care provider, Genesis HealthCare is dedicated to meeting and exceeding the needs of our patients, residents and their families.
## Schedule at a Glance

<table>
<thead>
<tr>
<th>Presentation</th>
<th>9:10 - 10:20</th>
<th>10:30 - 11:10</th>
<th>11:20 - 12:00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alternative/Complementary Medicine for Osteoarthritis</td>
<td>Trustees Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Osteoarthritis: Fitness &amp; the Active Adult</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Osteoarthritis Vs Osteoporosis</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Put Pain In It’s Place: How to get OA pain under control</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Exhibits (Open 9:00 am - 4:00 pm)

- **Exhibit Hall - Visit the Exhibit Hall throughout the day to meet our community partners who offer services to older adults.**

### SCOSA Scholars Share Research Findings and Opportunities (Part 1)
- SCOSA Scholars Research Findings - Brain Health (Part 2)
- Humor & Laughter - A Prescription for Better Living
- Is Your Home Aging Ready?
- Contact Cape-Atlantic Telephone Reassurance Program
- You’ll Be Wowed By This Woman
- The Password to Internet Security
- Healthy Financial Aging: How to Age in Place
- Help Prevent Medicare Fraud and Abuse
- Transcatheter Aortic Valve Replacement (TAVR)
- Meditate Your Way to Health & Happiness
- The 10 Warning Signs of Alzheimer’s Disease
- Preparing for Natural Disasters
- Laughter Yoga
- Preparing for the Next Big Disaster
- Are You Ready to Retire?

---

**Live Entertainment** - Lunch Time in Exhibit Hall

Grab your bag lunch in the Exhibit Hall (Tickets Required), Dunkin’ Donuts/Coffee House (across from Meeting Room 5) or the N-wing Restaurant and come to the Exhibit Hall for some fine music from 11:30 - 1:00.

**Stockton Faculty Band - Unplugged**

David Pinto, Peter Hagan and Frank Cerreto regularly delight audiences and demonstrate the joy of making music as members of several musical ensembles, including the Stockton Faculty Band. This unplugged version of the band gives the musicians a chance to perform their more acoustic repertoire.
### Schedule at a Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>12:00 - 12:50</th>
<th>1:00 - 1:35</th>
<th>1:40 - 2:20</th>
<th>2:30 - 3:10</th>
<th>3:20 - 4:00</th>
<th>Sponsor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activities</td>
<td>Meeting Room 1</td>
<td>Meeting Room 1</td>
<td>Meeting Room 1</td>
<td>Meeting Room 1</td>
<td>Meeting Room 1</td>
<td>Arthritis Foundation</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Arthritis Foundation</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Arthritis Foundation</td>
</tr>
</tbody>
</table>

Throughout the day to meet our community partners who offer services to older adults.

- Demonstrations throughout the day
- Demonstrations throughout the day
- Demonstrations throughout the day

### Special Thanks

SCOSA would like to acknowledge and extend a special thanks to those that have contributed their time, expertise, and resources to help make this event a remarkable success.

Special thanks to staff from the Office of Events Services, the Office of External Affairs, the Department of Plant Management, the School of Social & Behavioral Sciences, the Print Shop, the Mailroom, the Media Center, Chartwells, and all of the other volunteers from across the college who lent a hand stuffing envelopes or helping in other ways. Last but not least, all of the fantastic faculty, staff, students, and friends who presented, performed, or volunteered at today’s event as well as others throughout the year.
AARP New Jersey
101 Rockingham Row, Princeton, NJ 08540
609-452-3901 aarp.org/NJ

Alzheimer's Association Delaware Valley Chapter
South Jersey Regional Office, 3 Eves Drive, Suite 310
Marlton, NJ 08053 856-797-1212 alz.org/desjsepa

Angel Alliance Caregivers
PO Box 242, Cologne, NJ 08213
609-965-0028 angelalliancecaregivers.com

Atlantic Adult Day Health Care
331 Tilton Road, Northfield, NJ 08225
609-383-3313

Atlanticare
2500 English Creek Avenue, Egg Harbor Township, NJ 08234
609-407-7652 atlanticare.org

Bacharach Institute
61 West Jimmie Leeds Road, Pomona, NJ 08244
609-748-4685 bacharach.org

Bayada Home Health Care
199 New Road #35, Linwood, NJ 08226
609-926-4600 bayada.com

Brandywine Senior Living
525 Fellowship Road, Suite 360, Mount Laurel, NJ 08054
609-315-2032 brandycare.com

Caring, Inc.
407 West Delilah Road, Pleasantville, NJ 08232
609-484-7050 caringinc.org

Costco
245 Strafford Park Blvd., Manahawkin, NJ 08051
609-242-2011 costco.com

Depaul Healthcare Systems at Absecon Manor
1020 Pitney Road, Absecon, NJ 08205
609-646-5400 abseconmanor.com

Diocesan Housing Services Corp. of the Diocese of Camden, Inc.
1845 Haddon Avenue, Camden, NJ 08103
609-884-5883

Egg Harbor Care Center
6818 Delilah Road, Egg Harbor Township, NJ 08234
609-453-3200 eggharborcare.com

Garden State Medical Supply
24 Union Street, Lakehurst, NJ 08733
856-132-0768 gsmedicalsupply.com

Genesis Health Care - Victoria Manor
3809 Bayshore Road, Villas, NJ 08251
609-602-7193 genesisshcc.com

Hammonton Care Center
43 North White Horse Pike, Hammonton, NJ 08037
609-567-3100 hammontoncenter.net

HealthSouth Rehabilitation Hospital of Vineland
1237 West Sherman Avenue, Vineland, NJ 08360
856-896-2003 healthsouthvineland.com

Heartland Hospice
2111 New Road, Suite 100, Northfield, NJ 08221
609-641-4675 heartlandhospice.com

Holy Redeemer Health System
6550 Delilah Road, Ste 501, Egg Harbor Twp., NJ 08234
856-831-6177 holyredeemer.com

Linwood Care Center
201 Central Avenue, Linwood, NJ 08221
609-204-5251 reveralinwood.com/

Money Management International
96 Forest Street, West Long Branch, NJ 07764
888-845-5569 moneymanagement.org

Our Lady's Multi-Care Center
1795 Somers Point Road, Egg Harbor Township, NJ 08234
609-788-4576 primaryhousecallproviders.com

Rahman Housecall Providers
222 New Road, Suite 108, Northfield, NJ 08225
609-335-6202 rahnji.co.

Royal Suites Healthcare and Rehabilitation
214 West Jimmie Leeds Road, Galloway, NJ 08205
609-748-9900 royalsuiteshealthcare.com

Seashore Gardens Without Walls, LLC
22 W. Jimmie Leeds Road, Galloway, NJ 08205
609-748-4619 seashoregardens.org

Senior Medicare Patrol
32 Ford Avenue, Milltown, NJ 08850
732-777-1940 jfvs.org/senior-medicare-patrol/

South Jersey Geriatric Care, P.C.
South Jersey Senior Marketing Group
PO Box 25, Somers Point, NJ 08244 856-429-3494

The Shores at Wesley Manor
2201 Bay Avenue, Ocean City, NJ 08226
609-399-8505 umh-nj.org

The Terraces at Seacrest Village & Seacrest Village
281 Mathistown Road, Little Egg Harbor Twp, NJ 08087
609-857-4141 www.TerracesLiving.com

Touching Hearts at Home
450 Tilton Road, Suite 201, Northfield, NJ 08225
609-241-0899 touchinghearts.com/southjersey

Victorian Towers
1845 Haddon Avenue, Camden, NJ 08103
856-342-4187 camendicocese.org
SCOSA Leadership, Advisory Board & Stockton GERO Faculty

Center Leadership
David C. Burdick, Ph.D., SCOSA Director & Professor of Psychology 609-652-4311  David.Burdick@stockton.edu
Lisa E. Cox, Ph.D., Research Chair, Associate Professor of Social Work 609-652-4310  Lisa.Cox@stockton.edu
Christine Ferri, Ph.D., Education Chair, Associate Professor of Psychology 609-626-6040  Christine.Ferri@stockton.edu
Christine Gayda-Chelder, Ph.D., Service Chair, Assistant Professor of Psychology 609-626-6075  Christine.Gayda@stockton.edu
Gina Maguire, MSW, LSW, Program Assistant and Adjunct Instructor 609-626-5590  Gina.Maguire@stockton.edu
Cheryl Kaus, Ph.D., Dean, School of Social & Behavioral Sciences 609-652-4512  Cheryl.Kaus@stockton.edu

Advisory Board
Howard Berger, Honorary Member, Past-Chair of Atlantic County Senior Citizens Advisory Board (Northfield)
Frank Blee, Director of Senior Services, Atlanticare (Egg Harbor Township)
Beth Bozzelli, Clerk of the Board of Freeholders (Cape May County)
David Delaney, Reverend, Central United Methodist Church (Egg Harbor Township)
Jennie Echo, Chief Operating Officer, Family Service Association (Galloway Township)
John Emge, Executive Director, United Way of Atlantic County (Galloway Township)
Marilu Gagnon, Director, Atlantic County Division of Intergenerational Services (Northfield)
Lori Heberley, President, South Jersey Jeriatric Care, P.C. (Somers Point)
Joanne Kinsey, Associate Professor, Family & Community Health Sciences Educator, Rutgers University Cooperative Extension of Atlantic & Ocean Counties (Mays Landing)
Joanne Leichte, Director of Customer Relations, Southern Ocean Medical Center (Manahawkin)
Elyse Perweiler, Associate Professor, Rowan University School of Osteopathic Medicine; Director, NJ Area Health Education Center & Associate Director for Planning, Development & Public Policy, New Jersey Institute for Successful Aging (Stratford)

GERO Faculty
Linda Aaronson, Ed.D., Associate Professor of Nursing
Jessica Bonnan-White, Ph.D., Assistant Professor of Criminal Justice
John Bulevich, Ph.D., Assistant Professor of Psychology
David C. Burdick, Ph.D., Professor of Psychology, SCOSA Director
Elizabeth G. Calamidas, Ph.D., Associate Professor of Public Health
Merydawilda Colon, Ph.D., L.S.W., Associate Professor of Social Work
Lisa E. Cox, Ph.D., L.C.S.W., Associate Professor of Social Work  SCOSA Research Chair
Nancy Taggart Davis, Ph.D., Professor of Pathology
Elizabeth A. Elmore, Ph.D., Professor of Economics
Christine V. Ferri, Ph.D., Associate Professor of Psychology  SCOSA Education Chair
Jessica Fleck, Ph.D., Associate Professor of Psychology
William C. Jaynes IV, M.S.W., Professor of Social Work and Africana Studies
Janice O. Joseph, Ph.D., Professor of Criminal Justice
Marcello Spinella, Ph.D., Associate Professor of Psychology
Ralph E. Werner, V.M.D., Associate Professor of Biology

Associated Faculty
Cheryl R. Kaus, Ph.D., Professor of Psychology  Dean, School of Social and Behavioral Sciences
Dee McNeely-Greene, Ph.D., Associate Vice President for Student Affairs
A Neighbor You Can Count On At:

- **Absecon Manor** Nursing and Rehabilitation Center
  1020 Pitney Road, Absecon, NJ 08201
  609-646-5400  www.abseconmanor.com

- **Mainland Manor** Nursing and Rehabilitation Center
  930 Church Street, Pleasantville, NJ 08232
  609-646-6900  www.mainlandmanor.com

- **Woodview Estates** Assisted Living
  5030 Unami Blvd, Mays Landing, NJ 08330
  609-625-4878  www.woodviewestates.com

**Our Promise:**
You can be confident of our commitment to strive to provide exceptional personal care.

Our Services Include:
Skilled Nursing, Medical Management, Post Surgical Care, Rehabilitation with specialized services, as well as Respite/Short Term Stays, Alzheimer's and Behavioral Services, and much more.
New Jersey Institute for Successful Aging

We understand the aging process

Anita Chopra, MD, FACP, AGSF, CMD, Director
Stephen M. Scheinthal, DO, dFACN, DFAPA, Associate Director

Providing an interprofessional team approach to...
Memory Assessment | Comprehensive Geriatric Assessment | Falls, Gait and Balance Assessment

Geriatric Medicine
Paul N. Bryman, DO, FACOI, AGSF, CMD
Thomas A. Cavalieri, DO, FACOI, FACP, AGSF
Rengena Chan-Ting, DO
Wunhuey Cheng, DO
Anita Chopra, MD, FACP, AGSF, CMD
Zinnat Chowdhury, MD
Ira M. Cuttler, MD
Chetna A. Dave, MD
Abdul W. Elahi, MD, MPH
Terrie B. Ginsberg, DO, FACOI
Lynne S. Gradinger, MD
Halina Kedziora, MD
Paul Po-Yuan Lee, MD
Edgardo M. Navarro, MSN, APN, C
Donald R. Noll, DO, FACOI
Adaora Okoli-Umeweni, MD
Kevin Overbeck, DO
Prameela Palli, MD
Ellen Van Fossen, MSN, APN, C

Geriatric Psychiatry
Nancy M. Alterman, LCSW
Robert R. Ball, DO
Danielle DiGregorio, PsyD
Martin M. Forsberg, MD
Patricia Haggerty, MSN, APN, C
Deborah Klaszky, MSN, APN, C
Stephen M. Scheinthal, DO, dFACN, DFAPA
Christian White, DO

42 East Laurel Road, Suite 1800
Stratford, NJ 08084
856.566.6843 | rowan.edu/som/njisa

Ranked #13 in Geriatrics by U.S. News & World Report for 2014

SCOSA 2014 Aging Successfully Festival
It takes more than medicine to build a healthier community.
The Shores:

RETIREMENT LIVING IN OCEAN CITY

THE CARE YOU WANT, IN THE PLACE YOU LOVE AT A PRICE YOU CAN AFFORD.

The Shores is a true treasure in retirement living right in Ocean City. Inside the compassion of our staff and the friendliness of our residents mirror the warmth of a summer ocean breeze. For more information or to schedule a tour, call 609-399-8505 or visit theshoresretirement.org.

2201 Bay Avenue, Ocean City, NJ
609-399-8505
www.theshoresretirement.org
We stand together, committed to preserving medical innovation

Each and every one of us in the biotech industry plays a vital role in advancing medical innovation and scientific discovery - particularly in states like New Jersey. Learn more about what we’re doing to foster innovation and improve America’s health and how you can help at:

www.WeWorkForHealth.org/NEWJERSEY
“Look! They’re checking us out.”
Your Chance to Help and Win ★★★★★★★★★★★★★

Much of SCOSA’s funding comes through the Older Americans Act, provided as a sub-contract from Atlantic County Division of Intergenerational Services. In order to continue receiving funding we are required to collect data on program participants. The data is used for census reporting only and is considered confidential and private.

For a chance to win a Gift Basket and help SCOSA at the same time, please pick up a census form at the Registration Desk as you enter the Campus Center, complete it and drop it into the box provided. You don’t need to be present to win. You will be contacted by SCOSA if you are the winner. In the end we are all winners if we can continue to offer educational programs free of charge to older adults.