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

SAFE TODAY. HEALTHY TOMORROW.
OLDER AMERICANS MONTH 2014

ARTHRITIS FOUNDATION®
Take Control. We Can Help.™

SCOSA
Stockton Center on Successful Aging

Village by the Shore
A JFS Initiative

South Jersey Senior Marketing Group
SJ SMG

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 c2dof 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

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Take Control. We Can Help.™

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

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Festival Evaluation & Support
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Exhibit Hall
Over 30
Exhibitors

Music ...Exhibit
Hall from 11 - 2

Demonstrations
In Meeting
Room 5

SCOSA thanks our
Festival Contributing Sponsors

Atlanticare

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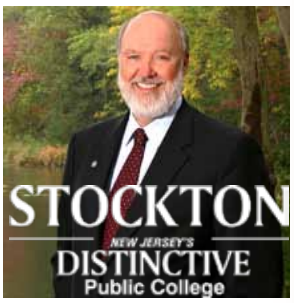
WeWorkForHealthNJ

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), 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

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.

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

9:10 - 10:20 - Trustees Room

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.

Lectures

12:00 - 1:00 - Meeting Room I

Osteoarthritis vs. Osteoporosis

Peggy Lotkowictz

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

Peggy Lotkowictz 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.

Peggy Lotkowictz has been appointed by the Commissioner of Health to serve on the New Jersey Chronic Disease Council, and is a past Chair of the Arthritis Foundation National staff Program Team. Peggy was diagnosed with rheumatoid arthritis at age 27. In her spare time, she plays the flute and supports her daughter who is an aspiring opera singer.

1:00 - 1:35 - Meeting Room I

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.

2:30 - 3:10 - Meeting Room I

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 post-graduate 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.

2:30 - 3:10 - Meeting Room 5

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 laughteryogasalonnyc.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

Festival Partners

SCOSA
Stockton Center on Successful Aging

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Presentation	9:10 - 10:20	10:30 - 11:10	11:20 - 12:
Alternative/Complementary Medicine for Osteoarthritis	Trustees Room		
Osteoarthritis: Fitness & the Active Adult			
Osteoarthritis Vs Osteoporosis			
Put Pain In It's Place: How to get OA pain under control			
Exhibits (Open 9:00 am - 4:00 pm)	Exhibit Hall - Visit the Exhibit Hall thro		
Explore Your Creativity Through Craft	Meeting Room 5		
Create Your Own Greeting Cards	Meeting Room 5		
You Can Use Technology	Meeting Room 5		
SCOSA Scholars Share Research Findings and Opportunities (Part 1)		Trustees Room	
SCOSA Scholars Research Findings - Brain Health (Part 2)			Trustees Ro
Humor & Laughter - A Prescription for Better Living			Meeting Roo
Is Your Home Aging Ready?			Meeting Roo
Contact Cape-Atlantic Telephone Reassurance Program			Meeting Roo
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.

00	12:00 -12:50	1:00 - 1:35	1:40 - 2:20	2:30 - 3:10	3:20 - 4:00	Sponsor
						Arthritis Foundation
		Meeting Room 1				Arthritis Foundation
	Meeting Room 1					Arthritis Foundation
				Meeting Room 1		Arthritis Foundation
oughout the day to meet our community partners who offer services to older adults.						SCOSA
	Demonstrations throughout the day					SCOSA
	Demonstrations throughout the day					SCOSA
	Demonstrations throughout the day					SCOSA
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om 3						SCOSA
om 4						SCOSA
	Meeting Room 2					SCOSA
	Meeting Room 5					SCOSA
		Meeting Room 3				SCOSA
		Meeting Room 4				SCOSA
			Trustees Room			SCOSA
			Meeting Room 2			SCOSA
			Meeting Room 4			SCOSA
				Meeting Room 4		SCOSA
				Meeting Room 5		SCOSA
					Trustees Room	SCOSA
					Meeting Room 1	SCOSA

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.

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