

## Stockton Center on Successful Aging Presents Workshops on Continuing to Live Independently

Free Public Presentations in Atlantic County on March 12 and May 20

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

Tuesday, February 24, 2015

**Contact: Maryjane Briant**  
**News and Media Relations Director**  
**Galloway Township, NJ 08205**  
**Maryjane.Briant@stockton.edu**  
**(609) 652-4593**

**Galloway Township, NJ** – Stockton Center on Successful Aging (SCOSA) is sponsoring two workshops for older adults in Atlantic County to help them continue to live independently.

The first is on **Thursday, March 12**, from 10 a.m. – 11 a.m. at the Egg Harbor City Senior Center on Cincinnati Ave. in Egg Harbor City, NJ.

The second will be held on **Wednesday, May 20**, from 10 a.m. – 11 a.m. at the Galloway Community Services Senior Center on 621 W. White Horse Pike in Egg Harbor City, NJ.

The sessions will cover planning to successfully “age in place” - continuing to live in the home of one’s choice safely and independently as one gets older.

Information to be covered includes:

What impact will it have on the individual and members of his or her family?

What services are needed and available to help one live at home?

Presenter Pat Laychock, a Registered Respiratory Therapist (RTT), Certified Senior Advisor (CSA) and Certified Dementia Care Practitioner (CDCP), has over 20 years of experience dealing with many of the issues people face when trying to remain in their homes. Attendees are encouraged to bring family members and questions.

No registration is necessary. Visit the SCOSA website at [stockton.edu/scosa](http://stockton.edu/scosa) for more information, updates and cancellation procedures.

# # #