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Stockton Center on Successful Aging Presents a Quartet of Innovate Programs for Older Adults

Older adults and professionals invited to lectures, complimentary luncheon at Stockton's Kramer Hall in Hammonton on Aug. 17

For Immediate Release

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Galloway, N.J. – The Stockton Center on Successful Aging is sponsoring four free workshops for older adults and professionals who work with older adults at Stockton's Kramer Hall at 30 Front St. in Hammonton, N.J. on **Wednesday, Aug. 17** from 10 a.m. – 3 p.m.

Sharing Across Generations - SCOSA's Intergenerational Service Project
Time: 10 a.m. - 11 a.m.
Presenter: Christine Ferri, PhD
Join Ferri as she describes SCOSA's Intergenerational Service Project at Stockton University. She will be pairing older adults in the community with students to work together on service projects throughout the school year, creating lasting connections that make a positive impact on community organizations and agencies in need.

Let your imagination soar - start telling stories
Time: 11 a.m. - noon.
Presenter: Christine Ferri, PhD
TimeSlips is an innovative storytelling intervention that replaces the pressure to remember with the freedom to imagine. Used by families and health care professionals, TimeSlips provides everyone with an opportunity to engage in storytelling in a joyful and fun way. When memory loss separates us from people we love, the emotional, symbolic language of the imagination can bring us back together.

Lunch, Compliments of Stockton Kramer Hall
Noon -1 p.m.

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Guided Autobiography (GAB)
Time: 1 - 2 p.m.
Presenter: Lisa Cox, PhD
Guided Autobiography was designed to assist individuals to recall, organize and share the contents of their life experiences. The Guided Autobiography method was developed more than 30 years ago within the context of university education and has served the entire adult age range. Join Cox as she describes GAB and how she has used the method in her classes, in SCOSA programs and in the Garment Workers' Project at Kramer Hall.

Origami Art Therapy
Time: 2 - 3 p.m.
Presenter: Norma Boakes, EdD
Origami, the art of paper folding, is not only fun but beneficial to the mind and hands, practitioners say. "Creating art can aid seniors in communicating with caregivers and family, promoting awareness and self-expression, relieving anxiety, and coping with transition, confusion, illness, or discomfort. It can be a fun experience that residents look forward to and take great pride in. Everyone can participate, not just those with prior artistic experience" (American Art Therapy Association).

Space is limited, so please register online (or call 609-626-3591) for these free programs and tasty lunch, compliments of Stockton Kramer Hall.

Visit the Kramer Hall website for information on the 150th anniversary celebration of the Town of Hammonton and programs and amenities for our older adult community.

Visit the SCOSA website at www.stockton.edu/scosa for more information, updates and cancellation procedures.

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