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September 2016 - Volume 5, Issue 9



SCOSA News & Upcoming Events



SCOSA Updates

2016 Walk to End Alzheimer's – October 9 2016, Atlantic City Boardwalk

Please mark your calendars and plan to join a team, participate, and/or donate to this worthy cause. Again this year SCOSA will sponsor a team led by our Service Chair, Dr. Christine Gayda-Chelder. Last year SCOSA/Stockton was honored in the College/University category and we hope we can do even better this year. To join our team, support one of our members, or make a donation please [click here](#). For additional event details [click here](#).

Thanking & Patronizing our Festival Sponsors, Exhibitors, and Advertisers on Stockton Channel 9

As we have noted in past E-Newsletters, and in our Annual Festival Program Booklet, the funds provided by our Festival supporters are vital to help us make budget each year. As a token of our appreciation for their support, a 0.2 (suD) (r) 54.7 cc (i) -0.2 (t

Access the [online version](#).

Adult Education Calendar September 2016

Fri, September 2, 12-1:30pm & 1:30-3pm

[Beginner Card Making Class](#)
Manahawkin Instructional Site

Wed, September 7, 14, 21, 28 &
October 5, 12, 19, 26, 10am--12pm

[Learn to Draw](#)
Atlantic County Library - Egg Harbor Twp

Wed, September 7, 14, 21, 28,
11:30am-1:30pm

[Time to Create Art: One-Stroke
Painting](#)

Manahawkin Instructional Site

Wed, September 7, 1-3pm

[Live Independently, Vibrantly &
Educated](#)

Woodview Estates

Thu, September 8, 10am-12pm

[LGBTQ Intergenerational Group](#)

Manahawkin Instructional Site

Thu, September 8, 15, 22, 29 &
October 6, 13, 10am-12pm

[Crochet with Lois](#)

Manahawkin Instructional Site

Thu, September 9, 16, 23, 30 &
October 7, 14, 10am-12pm

[Knitting with Lois](#)

Manahawkin Instructional Site

Sat, September 10, 10am-12pm

[Learn Baskemb10.2 cm236 0 \(Ba\) -0.8 1435.236pnu.236a](#)

guests and the public at large. [As a Member of Congress] I was frequently a guest on his show ... Howard became one of our area's experts on issues which affect the aging in our society, and his contributions to the elderly were legion. (Source: Berger, H. (2015). (Off) On the Record With Howard Berger. Unpublished, available through Seashore Gardens Living Center).

[Victor Bressler, MD](#), passed away at the age of 92 in May. A tireless advocate for Atlantic City, the health care needs of the less fortunate, and concerns of older adults, he had a particular passion and conviction for educating the medical residents at Atlantic City Medical Center to take a holistic, ethical and caring approach. Many graduates of this program cite Victor's influence as being crucial in their careers, and remember fondly the annual Physician Retreats that he organized and ran for almost two decades.

With a handful of other area physicians, Victor founded New Jersey's first multi-specialty HMO. When the HMO was acquired in 1986, the non-profit Southshore Foundation was created. I had the great fortune of serving as a trustee from 1988 until the foundation closed in 1996 (as VP from '91-'96). While in operation, we gave about \$50,000 per year in grants to local organizations such as ACCC, Stockton, APMC, Shore Memorial Hospital, Burdette Tomlin Hospital, and local chapters of the American Red Cross, the American Cancer Society, and so many others. Often these were seed grants, encouraging the development of new and innovative programs. One of my favorites was to purchase a "Humor Cart" to lift the spirits of patients young and old at Shore Memorial Hospital. Now, years later, we have ample evidence that medical outcomes are greatly improved when patients are in good spirits and more motivated to succeed in treatment. When the foundation closed down, its remaining assets were transferred to fund scholarships for health care students at Stockton and ACCC, and to continue to provide funding for the Medical Residency Program at ARMC. All told, I believe that the foundation donated nearly \$5,000,000 to worthy community endeavors ... all made possible by Victor Bressler's visionary leadership and care for his community.

Benefits of Yoga for Osteoporosis?

A recent episode (Show #1043) of The People's Pharmacy from American Public Radio interviewed physiatrist Loren Fishman, MD, about his research findings on the benefits of yoga for building bone mineral density and reducing osteoporosis. According to his research published in Topics in Geriatric Rehabilitation, three common yoga poses provide many benefits and none of the side effects of pharmaceutical treatment of this condition. [Click Here](#) to read more or to listen to the podcast of the broadcast.

A Time for Change: Civil Rights in South Jersey

This new exhibit at the African American Heritage Museum of Southern New Jersey (AAHMSJ) at the Noyes Arts Garage, 2200 Fairmount Avenue, Atlantic City, profiles the historic roles played by our region in the struggle for African-American Civil Rights. It was funded by the New Jersey Council for the Humanities and Stockton 2020 funds, with additional support from the Stockton schools of General Studies and Arts and Humanities, this exhibition. The Exhibition will run through September 28 at the AAHMSJ, then will open on campus at the Bjork Library on October 4, running through December 15.

Entries Sought: Exhibit organizers invite artists (high school, amateur, and professional) to enter work in a juried community exhibition. Hand-delivered entries are due Sept. 30 at the Noyes Arts Garage in Atlantic City. There are no costs involved to participate. Monetary awards will be offered to the public (Stockton employees may participate but are ineligible to receive awards). For details [click here](#): High School, Amateur and Professional Artists Sought for Exhibit on Economic Inequality.

Cape Atlantic Caregiver's Coalition

The Cape Atlantic Caregiver's Coalition meets on the third Thursday of each month at the Galloway Library from 10am-12pm. The group welcomes new members, and includes professionals who work with caregivers and caregivers. For more information, please call the Mental Health Association 609-652-3800 ext. 304, or email

