Older Adults Meet Monthly at Stockton College to Write Collective Memoir

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Galloway Township, NJ- A group of nearly 20 older adults from southern New Jersey has written a collection of stories that will be used as an intergenerational teaching tool in gerontology classes at The Richard Stockton College of New Jersey.

The "Time to Tell" program was adapted by Gina Maguire and Anita Beckwith, both Stockton Center on Successful Aging (SCOSA) program assistants, from Dr. Lisa Cox's guided autobiography segment of her Aging and Spirituality course. Cox, who is the project leader for "Time to Tell" and the SCOSA research chair, has students write about nine life themes during guided autobiography exercises. Maguire and Beckwith have had older adults