



Social Community Activities Network



PAT BOHSE
EXECUTIVE DIRECTOR

SCAN is an adult social education and resource center headquartered in the basement level of Monmouth Mall. Founded in 1988 as the Senior Citizen Activities Network, the agency has since updated the acronym to stand for Social Community Activity Network. This better reflects the action-oriented profile of its members and the vibrancy and social networking strength of the organization.

SCAN is a not-for-profit 501C (3) overseen by a dedicated 14-member Board of Directors. The main draw of membership, which is open to anyone aged 50 and over, is the opportunity to socialize and stay healthy. SCAN is a place "where active adults meet to be Informed, Empowered and Inspired."

SCAN's facility houses two classrooms, a computer lab with 14 stations, a large workout room for fitness classes, and a TV studio. SCAN produces three TV shows per month which can be seen on Comcast, Cablevision, FiOS networks in Monmouth and Ocean Counties, and SCAN's own YouTube Channel.

SCAN has over 30 classes each semester that are open to anyone, but discounts and freebies are available to SCAN members. Students can choose from classes in art, computers, technology, digital photography, fitness (yoga, chair yoga, tai chi and other low-impact exercise classes), health, languages (Italian and Spanish), music, TV production, finance, and more. All are offered over the course of three 13-week semesters each year. SCAN's classes are offered in Monmouth County and will be offered in 2015 in Ocean County.

SCAN signature programs include "Take Control of Your Health," which is an evidence-based program created by Stanford University. Certified peer leaders instruct students on how to be their own best health advocates. It is presented at SCAN as well as other locations throughout Monmouth County. (If you wish to have SCAN give this presentation in your local club or residential location, please contact us.) Other popular courses include "Financial Literacy for Women (and Men)," which helps members better understand their benefits, entitlements, and retirement strategies; and "Healthy Aging/Brain Fitness."

In addition, SCAN has launched a Walkers Club, open to anyone and free of charge. Each Thursday from 9-10AM, the Walkers meet in the Monmouth Mall Food Court for a presentation and some socialization. You can read about all these classes and activities on SCAN's website (www.scannj.com).

Great news! SCAN has been accepted into a second pilot project created by the National Council on Aging. SCAN will be able to give away tablets and free internet service to 25 low income seniors. SCAN will provide training on how to use the internet to research topics of interest, how to Skype to get in touch with family, friends, and much more. SCAN plans to roll the program out in January 2015. Applications and the guidelines are available at SCAN.



L-R: Marie Lerner, Ben Waldron, Roberta Sheridan, Pat Bohse, Freeholder John Curley



Mayor Gerald Tarantolo of Eatontown congratulates award winning artist, Vince Matulewich, while representatives of Horizon Blue Cross Blue Shield Watch.



Mike Ruane, Executive Director of the Monmouth County Office on Aging and Ben Waldron of MODC



Back: Freeholder John Curley, Mike Ruane of Office on Aging. Front L-R: SCAN Board of Directors - Susan Skola, Ben Waldron, Amy Mallet, Roberta Sheridan, Pat Bohse, Executive Director, Joan Wills, Mayor Gerald Tarantolo of Eatontown.

PLEASE MARK YOUR CALENDARS:

SCAN's fall semester classes are in full swing and they end on December 5th. There is still time to sign up for classes at a prorated fee.

SCAN's winter semester class listing will be available on 12/19/2014.

SCAN's Second Annual Brain Health Fair:

November 7, 9:30 am – 1 pm at SCAN.

We will have two Keynote speakers: Dr. Shira Goldberg, a full time attending geriatric physician on staff at the Anna Greenwell Geriatric program at Monmouth Medical Center. She will introduce us to the Monmouth Medical Memory Institute and explain what it offers. The other speaker is Mike Schatzki, MPA, CSP, and creator of the "No Sweat Couch Potato Recovery Program." Mike is a nationally known speaker and author with a clear message about the links to fitness and good health. There will also be 15 interactive brainteaser stations as well as refreshments and prizes. Space is limited and you must register to participate.

- **SCAN is partnering again with the FoodBank** of Monmouth and Ocean Counties to provide guidance during open enrollment for the Affordable Care Act: November and December, watch for more details.

- **SHIP (State Health Insurance Program)** counselors are on site very Thursday to help you decide about Medicare health care coverage for 2015: You need to make an appointment – book early.

- **Free computer classes** are available for Veterans on Wednesdays. You need to register; see class listings.

- **We are working with the Monmouth County Office on Aging** and we have a support group at SCAN especially for caregivers. Join us on 11/4, 11/18, and 12/2.

The Social Community Activities Network (SCAN) is located at 180 Route 35 in Eatontown (basement level of Monmouth Mall); for more information and a schedule of other upcoming events,

**call 732-542-1326
or visit www.scannj.com.**

