



Ocean County Visions



Winter 2024

Rutgers Cooperative Extension of Ocean County
Kathleen Cullinen, Ph.D., RDN, Family & Community Health Sciences Educator



Educator's Message



Holiday Greetings! My name is Kathleen Cullinen and I am the new Family & Community Health Sciences Educator (FCHS) at Rutgers Cooperative Extension of Ocean County. Ocean County Visions is our quarterly newsletter.

Ocean County has over 200,000 adults 65 years of age and older, according to the most recent census estimates. This is the second highest percentage of adults 65 and older in New Jersey, at 22.8% of the population. As a result, my role has been designed to address the changing needs of older adults in Ocean County through age-friendly initiatives to support healthy aging in place, chronic disease prevention and control, and comprehensive well-being among older adults through community-based outreach, education, and research.

We have exciting FCHS projects and programs planned for the New Year!

- * An age-friendly communities project, **Age-Friendly Ocean County**, which aims to assess, plan, and develop local age-friendly initiatives that support the health and well-being of older adults, and to advance efforts that result in tangible and sustainable transformation of policies, systems, and environmental conditions. In partnership with the Ocean County Office of Senior Services, the goal is to improve communities for older adults and enable residents to remain in their homes as they age.
- * **Caring for Our Kin**, a 12-week, modular support program, co-developed by Penn State Extension and West Virginia University Extension for grandparents, other relatives, and close family members who are taking care of children and teenagers. Each module of the program will cover an important aspect of caregiving and help caregivers build a solid foundation of knowledge and skills to handle various situations and provide the best care for the children they are looking after. This program will take place in the evenings beginning January 29, 2025 from 5:00–7:30 p.m. and will include a light supper.
- * **Wellness Wednesday** webinars are offered weekly via Zoom at 12:30 p.m. More information can be found at [Wellness Wednesdays](https://njaes.rutgers.edu/wellness-wednesdays/) or <https://njaes.rutgers.edu/wellness-wednesdays/>. A webinar series specific to Healthy Aging topics will take place on the dates listed below. Registration information is forthcoming.

Rutgers Cooperative Extension of Ocean County

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We are also on the Web!
Visit us at:
www.ocean.njaes.rutgers.edu



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We are expanding our mailing list for those interested in receiving our quarterly Visions Newsletter and FCHS programming information.

To join our distribution list, please contact Dina Baudo at 732-349-1247 or email: dbaudo@co.ocean.nj.us.



"New Year, New You: Setting Healthy Aging Goals"

January 29, 2025

This webinar will focus on establishing healthy habits in 2025. Healthy habits to be presented will include prioritizing sleep, healthy eating, physical activity, challenging our brains, stopping smoking, finding an accountability partner, and scheduling health screenings.



"Heart Health for a Longer Life"

February 26, 2025

This webinar will highlight cardiovascular health awareness and management. Important lifestyle changes to support cardiovascular health will be presented.

"Nourishing Your Body for Active Aging"

March 26, 2025

This webinar will detail what a balanced diet for older adults consists of, the rationale for a variety of nutrients, such as protein, fiber, healthy fats, and vitamins, as well as good sources of these nutrients. Tips on meal preparation and storage to maximize nutrient retention will also be presented.



"Mindful Movement for Aging Well"

April 30, 2025

This webinar will describe and demonstrate gentle exercises and flexibility routines that can easily be done at home with no or low cost items. Audience participation will be encouraged, and the benefits of mindful movement with a focus on breathing will be discussed.