

# Mature Princeton



PRINCETON SENIOR RESOURCE CENTER

## Flu Shot Clinic & Health Fair

Tuesday October 28 ,1:00 - 4:30pm  
Wednesday, November 5, 1:00 - 4:30pm  
Suzanne Patterson Building



Free to Princeton Seniors with Medicare.  
\$10 for seniors without Medicare or people with a chronic illness who bring a doctor's note  
Bring your Medicare Card and Proof of Residence

Princeton HealthCare System will present a health fair with exhibits and free health screenings for cholesterol, blood pressure, balance, body fat, glucose and more.

**Please call PSRC at 924-7108 to make an appointment.**



## Classical music is back!

Join one of our favorite music instructors for a session or two on classical music. Mark Miller will lead 2 Friday sessions from 2-4pm at Suzanne Patterson Building. Cost: \$5.00 per session.

**Oct. 10th - Beethoven's 9th Symphony** is arguably classical music's top hit. Familiar, enjoyable and surely memorable, but aren't you hungry to know more about this musical monolith and what makes it tick?

**Oct. 31st - Gems from the Chamber Music** (Quartet) repertoire have been arranged by various individuals for orchestra. Why? Listen to Smetana, Szell, Schonberg & Mahler and decide for yourself.

## CAREGIVING WITH CONFIDENCE

Saturday, October 18, 2008  
8:30am - 1:15pm

At Suzanne Patterson Building

This **FREE conference** is designed to honor and support family and friends who care for older adults. Build your skills and get your questions answered in workshops and conversations with professionals and other caregivers.

**Keynote Speaker:** Nancy Lewin, Johnson & Johnson

### Workshops:

New to Caregiving

Legal Essentials

Long Distance Caregiving

Home Safety for Alzheimers

Baffled by Benefits?

Financial Issues

Keeping Your Loved One at Home

And What About You?

Includes continental breakfast and Exhibit Hall of local providers.

To register, call 924-7108

## OCTOBER 2008



## Halloween Brunch

October 31

## Knit Wits!



Calling all knitters. Starting October 3<sup>rd</sup> at Spruce Circle there will be a casual get together from **1 to 2pm on Fridays**. All knitting levels welcomed. Start a new knitting project or bring an old unfinished one. Friendly conversation will provide the back drop to the clacking of knitting needles. Group to be facilitated by Susan M. Friedman.

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## Director's Message: October 2008

### ***Engaged Retirement: Beyond Financial Planning™***

Are you or someone you know contemplating retirement? Some people eagerly await the day that they don't go in to work while others dread it. What holds you back? Maybe it is uncertainty about your finances, what to do with your time, you will miss your co-workers, you fear the stories you have heard about other's mistakes, or you don't know where to start. Successful plans can include working part time, establishing a new career, volunteering, travel, family time, and so much more.

PSRC started a new program last year called ***Engaged Retirement: Beyond Financial Planning™*** to assist people in making this transition successfully. We were surprised at how meager and superficial the existing resources were, so we set out to create a program for this community. There are good resources for the financial aspect, including AARP ([www.aarp.org/yourmoney](http://www.aarp.org/yourmoney)) and websites such as a new one offered by Social Security for estimating your social security income: [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator), and some people have gotten good guidance from financial planners or their retirement plan resources. But too many of the guides we found look more like "top 25 towns to retire to", and few addressed in any depth the myriad personal choices involved in this life change. It can potentially change everything in your life, including where you get satisfaction and esteem, how you challenge your mind, who and where your friends are, where you live, how much time you spend with family, whether you can fulfill life goals, and so much more.

*Engaged Retirement* offers a free introductory seminar, designed for "lunch and learn" programs in the workplace and community groups. This program explores how we handle change, the five functions of work and how to replace them, what gives a sense of purpose, introduces an exploration of one's individual preferences and how to make a personal plan.

In October, the *Engaged Retirement* program will offer a more in-depth class which will explore these choices in more depth. It will include exploring attitudes and feelings about work and retirement, making changes, learning more about yourself and your preferences, how you currently spend your time and how you would like to spend it, creating a personal action plan to begin the change process, and finances. Whether you are 45 or 75, just starting to think about it or you have retired and you want to re-examine your plan, this class will be relevant for you. Please pass the word along to others who might benefit from attending.

For more information, call Carol King at 924-7108. Carol herself retired from a successful college teaching career, then decided to return to work part time. PSRC is fortunate to have her as our bookkeeper and website master as well as *Engaged Retirement* program coordinator. *Engaged Retirement* is supported by grants from the Princeton Area Community Foundation and the New Jersey Foundation for Aging.

Susan W. Hoskins LCSW  
Executive Director

The Princeton Senior Resource Center (PSRC) empowers older adults in the diverse Princeton community to make informed choices and live healthy lives. PSRC offers affordable services, programs and opportunities that support, educate and engage older individuals, their families and caregivers. To register for a class, call 609-924-7108

## OCTOBER: PROGRAM HIGHLIGHTS

**HALLOWEEN BRUNCH** - October 31 10-11:30 am hosted by Princeton U. Dining Service. Lots of food, entertainment and socializing. *Must pre-register by calling 252-2362.*

**SCIENCE CAFÉ** - Fri. October 17 at 2 pm at SPB. Debra-Lynn Day-Salvatore, MD, PhD will speak on Human Genetics: Past, Present and Future. No Fee

**MOVIE & MUNCHIES** - Fri., Oct. 3, 1:00pm at SPB. ***Keeping Mum.*** Some family secrets are best left buried... in the backyard. In this British crime comedy, the preacher, played by Rowan Atkinson, has forgotten to minister to his wife, and she's having an affair with a golf pro (Patrick Swayze). His children are in trouble. Enter Maggie Smith as the housekeeper to right the household. RSVP to 924-7108. No fee

**CLASSICAL MUSIC** - Fri., Oct. 10 & 31, 2-4pm at SPB. Join Mark Miller. Details on front page.

**BROWN BAG** - Fri., Oct. 17, 12 noon at SPB. ***Senior Safety.*** Join a representative from the Mercer County Sheriff's Office for a discussion on preventing crime and keeping safe - at home, in public, and in a car. Bring your own lunch. Beverage & dessert provided. RSVP to 924-7108. No fee

**CAREGIVING WITH CONFIDENCE** - Sat., Oct. 18, 8:30am-1:15pm at SPB. Details on front page.

**CAREGIVER SUPPORT GROUP** - Mon, Oct. 13, 1:30pm at SPB. A chance to talk with other caregiving spouses and friends, and share resources. Discussion of Family Caregiver Guide. Facilitated by Susan Hoskins, LCSW. No fee

**CHILDREN OF AGING PARENTS (CAPS)**- Wed., Oct. 8, 4:30pm, SPB. A support group for those caring for aging parents. Discussion of Family Caregiver Guide. Facilitated by Susan Hoskins, LCSW. No fee

**BEREAVEMENT Support Group** - Mon., Oct. 20, 1:00pm at SPB. Facilitated by JoAnn Laveman, LCSW & Chaplain Ann Schoonover. Contact them at 497-4900 for more info.

## LOOKING AHEAD

**EVERGREEN FORUM ANNUAL MTG** - Nov. 7th. 4-6 pm. Wine & Cheese reception for all interested in the forum.

**SENIOR CLUB TRIP** - Mon., Nov. 17. Luncheon and Christmas Show at Hunterdon Hills Playhouse. 9:30am - 6:30pm. Cost: \$83 per person. For tickets and info, call Betty Davidson, 609-924-2302.

**FLU SHOTS & Health Fair**- Tues., Oct. 28th & Wed., Nov. 5th, 1:00-4:30pm at SPB. Free to those with Medicare card, \$10 for seniors without. Call 924-7108 for appointment.

**NATIONAL MEMORY SCREENING DAY** - Nov. 18th. An initiative of the Alzheimer's Foundation of America. Free Confidential Memory Screenings, will be done at both the Spruce Circle and Suzanne Patterson Buildings from 10 am-2 pm. Call 252-2362 or 924-7108 to schedule an appointment.

**HOLIDAY PARTY** - Wed., Dec. 10th. Reservations will be taken starting **November 3**.

**MEDICARE OPEN ENROLLMENT**—November 15 to December 31. This is your opportunity to change your Medicare coverage if you want to.

## ONGOING PSRC PROGRAMS

Pre-registration for classes is required. **We accept Visa & Master Card.** You may register in person, by mail-in registration, or phone with a credit card. Payment must accompany registration. Many classes welcome newcomers mid-session. Fees, **unless otherwise noted, are \$5 per class for Princeton residents and \$7 per class for non-residents. Scholarships are available** for those requiring financial help. Suzanne Patterson Bldg (SPB), Spruce Circle (SC), Redding Circle (RC), Borough Hall (BH), Harriet Bryan House (HB)

### HEALTH & FITNESS

**AEROBICS** - M,W,F 9:15-10:15am, at SPB. A Recreation Department program of low impact aerobics. For fee and registration call 609-921-9480.

**BLOOD PRESSURE SCREENING** - Third Tuesday at Redding Circle 9am and third Wednesday at Spruce Circle 1pm. Open to the community. **No fee**

**CHAIR EXERCISE** - Monday, 11:30am & Friday, 11:00 am at SC. Chair exercises designed especially for people with arthritis, cardiac problems, emphysema & rheumatism.

**Instructor:** Leslie Hadley

**Fee:** \$16/8 weeks (\$24 non-resident)

**HEALTHRHYTHMS DRUM GROUP** – Monday, 10:30 - 11:30am at SPB. Sept. 22 - Nov. 10. May join in progress. Group music making is good fun **and** good for your health. It boosts endorphins, reduces stress and helps you relax. No experience required. All levels welcome. Drums provided or bring your own.

**Instructor:** Mauri Tyler

**Fee:** \$20/8 weeks

*Evening class available through Princeton Adult School : Mondays 6 –7pm, starting Oct. 6th  
Register through [www.princetonadultschool.org](http://www.princetonadultschool.org) or 609-683-1101.*

**PING-PONG** - M,W,F, 12 noon at SPB. Call or drop in if interested in joining the group.

**No fee**

**STRENGTH TRAINING** – Tuesday & Friday!, 11am-12 at SPB. **Friday class added as of Oct.3!** This class is a combination of low impact aerobics, weight training & flexibility enhancement.

**Instructor:** Rich Bailey / Kari Riddick

**Fee:** \$40/8 wks(\$56 non-resident)

Discount for taking both days \$60/\$90.

**YOGA** – 2 opportunities!

**Monday** –1:30pm at HBH. **Note new time!** The Monday class offers the opportunity for participants to stay in or near a chair throughout the class. Ideal for those with limited mobility.

**Thursday** -10:30am at SPB. A class for relaxation, stretching & learning to focus.

**Instructor:** Trish Verbeyst

**Fee:** \$40/8 wks (\$56 non-resident)

### STUDIES

#### ART:

**Wednesday** - 1:30-3:30 pm at SPB. Drawing & painting in mixed media.

**Instructor:** Bob lola

**Fee:** \$40/8 weeks(\$56 non-resident)

**Thursday** - 1-3pm at SPB. Drawing & painting in mixed media. (Sorry, class is full.)

**Instructor:** Hannah Fink

**Fee:** \$40/8 weeks(\$56 non-resident)

**COMPUTER BASICS** - A 10 hour class for beginners includes basic computer skills, internet and email.

**Instructor:** TBA

**Fee:** \$25/5 weeks(\$35 non-resident)

**COMPUTER LAB** – Tues, 1:00 - 4:00pm at SPB. Opportunity to use computers and practice skills with skilled volunteer assistance. Hands-on help with the Internet also available.

**Technical Assistant:** Bruce Kemp

**No Fee**

**ENGLISH for BEGINNERS** - Wed. 7:30 – 9 pm at HBH. Starts Sept. 24

**Instructor:** Elena Greene

**Fee:** \$40/8 weeks plus book

**INTERPRETATIONS OF AMERICAN HISTORY (for non-native, ESL readers)** - Thurs., 1-2:30pm at SPB. Starts Oct. 2nd. Students will read Steven Ambrose's To America and discuss it from various world-views. Class will include guided discussion, vocabulary building and grammar correction. For high intermediate & advanced English speakers.

**Instructor:** Beverly Leach

**Fee:** \$40/8 weeks (\$56 non-resident)

**LITERATURE** -Tues, 1-3pm at SC. Topic: "Entertainment: Musicals & Famous Movies – part 1" Started Sept. 2nd. Part 2 starts Oct. 28th. May join class in progress.

**Instructor:** George Ingenbrandt

**Fee:** \$40/ 8 weeks (\$56 non-resident)

**MEMOIR WRITING CLUB** - Wed., 4:45pm at SC. Are there events from your life that you always meant to write about, but never found the time? This dedicated group has been meeting regularly to share their memories and writing. Newcomers welcome.

**Instructor:** Judy Wendell

**No fee**

**MEMORY IMPROVEMENT** - Thurs., 1:30-3:00pm at SC. **Starts Sept. 25.** Rapid improvement in memory can be accomplished by people of all ages. This 6 week course stresses memorization aids that can be applied in every day situations.

**Instructor:** Dave Larson

**Fee:** \$30/ 6 weeks (\$42 non-resident)

**THE WONDER OF WORDPLAY** - Mon, 1:30-3pm at SPB. Join an ongoing group to read, discuss & write poetry. No writing experience required, only an interest in the poetry journey. Moving to Tues. in Oct.

**Instructor:** Rice Lyons

**Fee:** \$20/8 weeks (\$30 non-resident)

## GAMES

**BINGO**– Mon - 6pm at SC

Mon– 6pm, Tues - 2pm, Fri - 6pm at Elm Court

**No Fee**

**SOCIAL BRIDGE**—Tue 1-4pm at SPB. Come and play a friendly game of cards.

**No fee**

**DUPLICATE BRIDGE** - Thurs 1:00pm at SPB. A sanctioned game run by Bill Miller.

**Fee: \$7/ person**

**BRIDGE LESSONS** - Intermediate lessons will run Thursdays Oct. 16 - Nov. 20 from 9:30-11:30am at SPB. Register through Bill Miller (908) 872-7927. Call also if interested in beginner lessons. A group can be arranged if there is sufficient interest.

**MAH JONGG** - First Wed. of the month, 9:30am at SPB. A beginners' group.

**No fee**

## SUPPORT

**CAREGIVERS SUPPORT GROUP** - Usually Second Monday, 1:30pm at SPB. Share support and resources with other caregivers. Call 924-7108 **Facilitator:** Susan Hoskins, LCSW

**No fee**

**CHILDREN OF AGING PARENTS**– Usually Second Wednesday, 4:30-6pm at SPB. Support for adult children who have concerns about aging parents. Call 924-7108. **Facilitator:** Susan Hoskins, LCSW **No fee**

**COPING WITH BEREAVEMENT** – Meets 3<sup>rd</sup> Monday, 1-2:30 pm at SPB. You can attend once or regularly. For more information, call 609-497-4900 and ask for “Hospice”.

**Facilitators:** JoAnn Laveman, LCSW & Chaplain Ann Schoonover - PHCS Homecare Dept. **No fee**

**LET’S TALK & LET’S TALK TOO** – Wednesday, 10:30-noon at RC and 3:00pm at SC. Share support, resources, relaxation and light refreshments. Newcomers welcome. Call Paula first, 252-2362.

**Facilitator:** Paula Slamowitz, LSW **No fee**

**LET’S TALK IN ENGLISH & LET’S TALK ENGLISH TOO** – Wednesday, 1:30pm at Spruce Circle & Friday, 9:30am at Redding Circle. Conversation groups for adults over 55 who are not native English speakers. All languages welcome.

**Facilitators:** Celia Lidz, Sue Tillett & Ruth Randall **No fee**

## SERVICES

**INFORMATION & REFERRAL** – We have the most comprehensive information on programs and services available to seniors in the Princeton area, including entitlement programs, housing alternatives, support services & more. Appointments for help with benefit applications, Food Stamps & SHIP—call 609-252-2362.

**TRANSITIONS** - Individual and/or family consultations or counseling are available when faced with a life transition such as loss, moving, and/or health events. Call 252-2362

**SOCIAL SERVICES**— Professional case management, support and coordination of services for people living independently in the community. Call 252-2362.

**PARTNERS IN CARING** - A collaboration of 7 agencies serving Northern Mercer County, providing case management, information, referral, home delivered meals, transportation, home modification, volunteer visitors, reassurance calls and caregiver support. Call 252-2362.

**CAREGIVER RESOURCE CENTER** – Caregivers of all ages can find information, support, consultations and a resource library at SPB. Let us assist you in providing care for an older adult. 924-7108 or 252-1362.

**PSRC PUBLICATIONS** – Copies of “Living Arrangements for Older Adults” and the “Community Resource Guide” are available at Spruce Circle and the Suzanne Patterson offices.

## VOLUNTEERING

**AARP Tax Volunteers:** needed to help prepare returns. Training provided. Call Carol Ober, 609-252-1167.

**Office Volunteers:** Needed at SPB and SC to welcome visitors, answer phones and help staff. 924-7108. *We especially need a Bingo caller and someone who will do desktop publishing layout of Mature Princeton.*

**GrandPals:** Senior volunteers take their passion for learning into the public schools to read with kindergarteners or provide extra assistance for those who need it. Call Olivian Boon at 924-7108 to sign up.

**HomeFriends:** Volunteers are matched with home-based older adults to help with shopping and other light tasks as well as bring cheer and friendship. Call Susan Friedman at 252-2362.

**Folders:** We need volunteers to help prepare *Mature Princeton* for mailing on the third Thursday of every month at Spruce Circle. Call 924-7108.

**Red Cross** is seeking volunteers to deliver Meals on Wheels. Call Rose Berger at 951-2121.

## ALSO OF INTEREST

**AMERICAN RED CROSS OF CENTRAL NEW JERSEY “MEALS-ON-WHEELS”** program provides hot meals & sandwiches daily, to elderly & disabled in Princeton, Hightstown, East Windsor, West Windsor, Kingston, Rocky Hill & Plainsboro areas. To enroll or volunteer call (609) 951-2121.

**AARP**– Meetings are the 3rd Friday of the month, 1:30pm, held at Kingston Presbyterian Church, Rt. 27 in Kingston. For general info: 866-542-8165.

**COUNTY NUTRITION PROGRAM**– every weekday at Mt. Pisgah Church –lunch, transportation and activities. Call 609-921-1104 for more information.

**CROSSTOWN 62**– car service with **RIDE PROVIDE** (an affiliate of Greater Mercer TMA). Runs from 8am - 5pm, first 90 minutes for medical appts. Reservations taken 10-2 weekdays, need 1 day advance notice. Cost \$2 each, payable with vouchers that are available through Human Services or PSRC offices. To register, call Human Services at 924-6162. To schedule rides, call 452-5144.

**CWW** - Community Without Walls offers friendship and support to seniors wishing to remain in their homes, helping and being helped by new friends. Lectures, small groups, and social occasions. Call 609-921-7338.

**DOROT** - University Without Walls: innovative classes available **FREE** to Mercer County seniors by telephone. For catalog call (877) 819-9147 or log on to [www.dorotusa.org](http://www.dorotusa.org)

**MERCER COUNTY LEGAL SERVICES** - Free legal services to seniors in non-fee generating civil matters: powers of attorney, wills for small estates, living wills, social security, Medicare problems, consumer matters, tenants' rights and bankruptcy. Held monthly at Lawrence Library. Must call 695-6249 x2411 for prescreening and appointment.

**RIDE PROVIDE** uses a team of volunteer and paid drivers to help seniors & visually impaired get around Mercer County. There is an annual membership fee of \$35. Ride fees are based on zones and cost \$6, 10 or 15 per ride. Princeton is one zone. The area covered is a 10 mile radius from Quaker Bridge Mall and rides are available 24/7. Call 609-452-5144 between 10-2 with 2 days notice.

**PAAD**– Pharmaceutical Assistance to the Aged and Disabled is a state-funded program to help pay for prescription medicines and certain pharmacy items. Eligibility for **2008**: Individual \$23,092, couple \$28,313. Eligible persons pay \$5 per prescription. **SENIOR GOLD** qualifies persons with incomes up to \$10,000 above PAAD limits. Call 800-792-9745.

**REASSURANCE CONTACT**—Be a volunteer or a recipient of a daily call at a prearranged time. Calls to seniors or disabled adults provide a daily check on safety and well-being. Affiliated with CONTACT, a 24 hour crisis hotline. Call 883-2880 for information.

**SECURE@HOME** - A membership-based program of Jewish Family & Children's Service to support aging in place. For info call 609-987-8121.

**SENIOR CITIZEN CLUB** – Meeting Fri., Oct. 31, 1:00pm at SPB. Exec. Board meeting at 12 noon. For information about joining call 609-921-8857. For trip Nov. 17 to Hunterdon Hills Playhouse, call 924-2302.

**SHIP** – State Health Insurance Assistance Program – To schedule an appointment with a counselor for Medicare & health insurance benefits/options information, call 609-924-2098, extension 14.

**TRADE** - Mercer County supported program to provide transportation assistance at no cost to elderly, low income or disabled Princeton residents. Call (609) 530-1971 between 9am - 3pm for reservations. Wheelchair van available on request.

PSRC  
at Spruce Circle  
& Suzanne Patterson Building  
45 Stockton Street  
Princeton NJ 08540

info@princetonsenior.org

www.princetonsenior.org

SPB Office: 609-924-7108

Fax: 609-497-1977

SC Office: 609-252-2362

Fax: 609-924-9305

*Partners in Caring funded by:*



**Attention all Book Lovers!**

PSRC is working in collaboration with the Princeton Public Library to ensure that all Princeton residents have access to library resources. A volunteer network, coordinated by Ji Hae Ju and Susan M Friedman can deliver books (including large print and audio) to those unable to go to the library independently.

If you are interested in receiving this service please contact Ji Hae Ju of the Princeton Public Library at 924-9529 x225. If you are interested in volunteering to deliver books please contact Susan M. Friedman of the Princeton Senior Resource Center at 252-2362.

**NEW! Engaged Retirement :Beyond Financial Planning**

One session free introduction at Princeton Public Library October 7 at 7pm. ER Class begins at PSRC October 14, 6 pm. See Directors Message on page 2 for details!

**EVERGREEN FORUM CLASSES BEGIN OCTOBER 1**

Non-profit Org.  
US Postage Paid  
Permit No. 113  
Princeton NJ 08540

PSRC  
45 Stockton Street  
Princeton NJ 08540

## Evergreen Forum classes start this month:

Mondays.....	10/6 - <b>Cuisines of South Asia</b> , 12:00pm at Suzanne Patterson Bldg.
	10/6 - <b>Fiction into Film</b> , 2:15pm at Suzanne Patterson Bldg.
Tuesdays ....	10/7 - <b>Music in the Americas</b> , 10:00am at instructor's home
	10/7 - <b>Tolstoy's Anna Karenina</b> , 10:00am at Recreation Dept.
	10/7 - <b>Schiller's Plays</b> 2:00pm at Suzanne Patterson Bldg.
	10/7 - <b>Leadership in Mod. Presidency</b> , 2:30pm at Suzanne Patterson Bldg.
Wednesdays	10/1 - <b>American Folklore</b> , 10:30am at Suzanne Patterson Bldg
	11/5 - <b>Museums &amp; More</b> - 10:30am at Suzanne Patterson Bldg.
	10/1 - <b>On the Campaign Trail</b> , 2:00pm at Suzanne Patterson Bldg.
Thursdays....	10/2 - <b>Women in Perspective</b> , 9:45am at Boro Hall
	10/2 - <b>Geographical Links: Rivers</b> , 10:00am at Suzanne Patterson Bldg.
	10/2 - <b>Eight Great Poets</b> - 10:00am at Suzanne Patterson Bldg.
	10/30 - <b>Two French Plays</b> - 10:00am at Harriet Bryan House
	10/2 - <b>The Reformation</b> - 2:00pm at Suzanne Patterson Bldg.
Fridays.....	10/3 - <b>Science Tuesday</b> - 9:45am at Boro Hall

### Ready to vote?

To vote in NJ you must be registered at least 21 days before the election. You can get mail-in forms at the municipal clerk's office, county commissioner of elections, or on line. You must provide documentation (social security, drivers license or document with name and address), be 18 years old, and not deemed ineligible. For more details go to [www.njvoterinfo.org](http://www.njvoterinfo.org) or call the Mercer Co. Superintendent of Elections at 989-6750.

Difficulty leaving your home to vote? Any registered voter can request an absentee ballot up to 7 days prior to the election from the County Clerk or download the application from the internet. [http://www.state.nj.us/state/elections/absentee\\_doe.html](http://www.state.nj.us/state/elections/absentee_doe.html)

Need a ride? Both the local Democratic and Republican organizations offer rides to your local polling place. You can also call PSRC up to Friday October 31 and we will help you get a ride.

**BINGO CALLER:** needed for the Monday night game at Spruce Circle. Danny Laird is retiring after running the game for many years. Thank you Danny! You will be missed. Call 252-2362 to volunteer.



### Hands on Helpers needs Help

Handsonhelpers.org is a local web-based service designed to help you find a volunteer opportunity that meets your interests, skills and time. As they approach their 10<sup>th</sup> anniversary, they are seeking community feedback to guide them into the future. Please complete the brief survey at [www.handsonhelpers.org/survey](http://www.handsonhelpers.org/survey).

The **Mercer County Surrogate's Office** has established a **satellite office**:

Princeton Township Municipal Bldg.  
400 Witherspoon St.

**Hours:** 4th Thursday of each month  
9:45 - 11:45am

Call 989-6336 to make an appointment.

All services provided in the main office are available in the satellite office.

**HEALTHY/Years** is a monthly newsletter from the UCLA Division of Geriatrics which is available to read at the Suzanne Patterson Building. This month features a good article on 33 medications that can cause harmful side effects when used by older adults. Gone are the days when your physician can know it all. You need to be an informed consumer, and this resource will help you.