

Mature Princeton



PRINCETON SENIOR RESOURCE CENTER

A taxing front page...

Property Tax Revaluation, Tax Freeze for Seniors,
What does it all mean?

Join us for a Brown Bag discussion
Friday, Feb. 20
12 noon at the Suzanne Patterson Building

Thousands more senior citizens are eligible to receive state aid to cope with rising property taxes under a new law that increases income limits for the Senior Freeze Program. "The global economic crisis has hit hard, which is particularly painful for those on fixed incomes," said Assemblywoman Linda Greenstein, a sponsor of the bill.

Neal Snyder, Tax Assessor, will lead a discussion of tax assistance programs as well as the coming revaluation of properties in Princeton. RSVP to 924-7108.

FREE TAX HELP

AARP volunteers will again be offering free assistance completing tax returns for low and moderate income older adults in the wider Princeton area. Starting Feb. 6th, they will be at

Suzanne Patterson Building on Fridays, 9:30am - 1:00pm.
Call 924-7108 for an appointment.

Spruce Circle 12:30-4:30pm on Mon. Feb. 9, March 9 & April 14.
Residents can call 252-2362 for an appointment.

Elm Court 9:00am - 12 noon on Feb. 19, March 9, April 3.
Residents can call 921-0929 for an appointment.

CONVERSATIONS ABOUT CAREGIVER ETHICAL DILEMMAS

Begins Tuesday February 10 at 1pm at SPB

Join Susan Hoskins, LCSW, for a conversation about the difficult ethical dilemmas that we encounter frequently as caregivers. If your care recipient has advancing dementia, should s/he undergo surgery for another illness? Are you making a decision best for him/her or for you? We all encounter decisions that tap our values, morals, past experience, and the judgments of others. We will create a safe and non-judgmental space to share the issues that are often hard to discuss, even with friends or family. Group will continue as long as there is interest. No cost. RSVP to 924-7108.

Community Resource Guide - new edition ready.

Hard copies may be picked up at Spruce Circle or Suzanne Patterson Building. Also available at www.princetonsenior.org

FEBRUARY 2009

BOOK SIGNING

Wed., Feb. 11
10:30am

Suzanne Patterson Bldg.

Come hear local resident, Gwen Southgate read from her new memoir, ***Coin Street Chronicles: London's Vanished Old South Bank Area***. When Gwen realized that her children knew very little about her history, she set out to write a memoir of a childhood in London in the 1930's, including 6 years of evacuation during WWII.

Coffee & tea provided.
No cost.

RSVP to 924-7108.

In case of bad weather:

Call PSRC at 924-7108 and listen to the taped message to see if we are open.

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Director's Message: Hobbies February 2009

I have been reflecting on a conversation I had with my sister-in-law during our Thanksgiving visit. I asked her what she and her husband were thinking about retirement, as both turn 65 this year. Both have had significant professional careers since college which are still going strong. She replied that they had no intention of cutting back any time soon, then added that she didn't know what she would do. Her husband has pursued many hobbies including birding, wine-making, ferns, travel, photography, and any number of things that are related to technology. She has none. Even on vacation, she is researching, grading papers and editing her next book. I think she is not alone in our generation.

My son and I contemplated this as we considered options for Christmas gifts to her, and he stated the obvious: "You can't give someone a hobby; they need to find it themselves." He went on to buy several cooking-related items, since we love to eat when we are together.

This connection between the importance of hobbies and successful retirement is one of the key features the PSRC staff identified when putting together the *Engaged Retirement* program. One needs to have meaningful activities that fulfill the functions that work created, such as having purpose, social contacts, and being intellectually challenged. Hobbies started earlier in life can develop into the passions of retirement. Hobbies such as teaching adult literacy or being a GrandPal reading with children can give that sense of purpose and meaning. Hobbies such as birding and doing puzzles keep us actively learning. Sports, fishing, camping and hiking keep our bodies fit. All of these give us opportunities to meet new people and make new friends.

For many working people, hobbies create balance in our lives. If we are employed in careers that have us interacting with people all the time, we may be drawn to gardening, walking in the woods, yoga or other pursuits that may be solitary, quiet and calming. If we work alone, we may seek excitement and social opportunities.

Just like an investment portfolio, one needs to re-balance periodically, especially after significant life changes. Do you need to add more social activities after losing daily contact with co-workers, or discover new physical activities when no longer playing on the office softball team? Is there an interest you dropped because you were too busy? Accept the invitation of a friend to join a new club, learn chess, or see if playing Wii golf with your grandson is anything like the real links! Pick up a book on that thing you always wanted to learn more about but never had the time!

This process of assessment, adjustment and new discovery needs to continue throughout the life-span. I have watched my father turning his career as a carpenter into a gift for chair caning and repair and my mother continue her teaching through adult literacy. My New Years wish for my sister-in-law is to be open to turning her interests and curiosity into hobbies that will carry her into the future.

Susan W. Hoskins

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.

FEBRUARY: PROGRAM HIGHLIGHTS

OPERA VIDEO - Monday, Feb. 2, 12:30pm at SPB. *Immortal Beloved*. Who was Beethoven's Immortal Beloved? Here is one screen writer's guess, along with Beethoven's glorious music performed by the London Philharmonic under George Solti. Gary Oldman, Jeroen Krabbe, Isabella Rossellini & Valeria Golino star in a mesmerizing mystery based on the tumultuous real life of Ludwig von Beethoven. No fee

ENGAGED RETIREMENT - Thurs., Feb. 5, 7:00pm at Princeton Public Library. *Intro to Your Retirement*- You've got your financial plan for retirement, now what about your lifestyle plan? Come explore your options including managing your time, identifying your passions and making a difference through volunteering. Get a start on developing your vision and goals for a meaningful, satisfying retirement. RSVP 924-7108. No fee.

ENGAGED RETIREMENT - Sat., Feb. 21, 9:30am at SPB. *Volunteer to Worker* - Prepare for working in retirement: build your resume & expand your contact network through volunteering. 924-7108. \$10/person

MOVIE & MUNCHIES - Fri., Feb. 6, 1:00pm at SPB. Join us for the irreverent British comedy, *Kinky Boots*. How far would you go to save the family business? Inspired by the true story of a traditional English men's shoe factory in Northamptonshire which turned to the production of Kinky Boots for drag queens in order to save the ailing family business and safeguard the jobs of the local community. RSVP to 924-7108. No fee

CONVERSATIONS ABOUT CAREGIVER ETHICAL DILEMMAS - Tuesday Feb. 10 at 1pm at SPB. Details on front page.

BOOK SIGNING - Wed., Feb. 11, 10:30am at SPB. Details on front page.

BROWN BAG - Fri. Feb. 20 at 12 noon at SPB. *Property Tax Revaluation & Freeze* with Neal Snyder. See front page. Bring your own lunch. Beverage & dessert provided. RSVP to 924-7108. No fee

SCIENCE CAFÉ - Fri., Feb 20, 2:00pm at SPB. *Metabonomics in Medical Diagnosis* with Istavan Felcer. Join in an informal scientific discussion over coffee & tea. RSVP to 924-7108. No fee

CONVERSATIONS ON AMERICAN CULTURE - New class starting Thurs. 1-2:30 pm at SPB. Starts Feb. 6. Join ESL instructor Beverly Leach for Study and discussion of high and pop culture in America. Some grammar and vocabulary development. For high intermediate and advanced non-Native English speakers. All languages welcome. Fee: \$40/56 for 8 weeks

PRIME TIME - on TV -30. This month features Jason Salvatore from the Sheriff's Dept on senior safety.

LOOKING AHEAD

FLOWER SHOW TRIP - Tues., March 3. This year's theme for the Philadelphia Flower Show is *Bella Italia*. Cost of \$45 includes bus and admission to show. Bus will leave from Community Park North at 9:00am and return at 4:00pm. Sign up at Suzanne Patterson Building or Recreation Dept.

BINGO RETURNING TO SPRUCE CIRCLE, KICK-OFF PARTY - Mon. Mar. 2, 6:00-9:00pm. Refreshments will be served. RSVP to Ev at 252-2362.

CEZANNE TRIP - Tues. April 21, to Philadelphia Art Museum. Cost of \$50 includes bus ride and ticket to the exhibit, *Cezanne and Beyond*. Sign up at Suzanne Patterson Building or Recreation Dept.

SCIENCE CAFÉ -2 pm Friday at SPB:

March 20: Alyce Hreha "Conservation Energy"

April 17: Michael Hecht "Protein Folding as it relates to Alzheimers"

May 16: George Briggs "The Big Bang and Black Holes"

BRUNCH AT HOME - You know you want one! A new fund-raiser for PSRC. Purchase a Brunch Basket for 2 for \$37.50 and we will deliver it to your door (or your designated recipient) on Sunday morning, March 29. Better than room service! Order forms are in this newsletter and in PSRC offices.



PSRC STUDENT ART SHOW - April 2009 in the Suzanne Patterson Building.

POTLUCK SOCIAL & DISCUSSION - with PSRC & Secure @Home in April.

COTTON CLUB & SILENT AUCTION - May 3.

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 wks (\$24 non-resident)

HEALTHRHYTHMS DRUM GROUP – Monday, 10:30 - 11:30am at SPB. Starts Feb. 2. 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

TABLE TENNIS - Mon, Wed, Fri at 11:00am, at SPB. Call or drop in if interested in joining the group.

STRENGTH TRAINING – Tuesday 11am-12 at SPB. This class is a combination of low impact aerobics, weight training & flexibility enhancement. The Friday sessions are discontinued for the time being.

Instructor: Linda Anglin/ Virginia Soltis

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

TAI CHI - Fri., 2:00-3:00pm at SPB. Does not meet the last Friday of the month. Next session starts Feb. 13 A "soft" martial art for health, longevity & balance.

Instructor: Susanna DeRosa

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

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

Instructor: Trish Verbeyst

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

ARTS & 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. Next session not scheduled yet. Call to be put on list for next class.

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 Assistants: Bruce Kemp & Barbara Lundy

No Fee

CONVERSATIONS ON AMERICAN CULTURE (for non-native, ESL readers) - Thurs., 1-2:30pm at SPB. Study and discussion of high and pop culture in America. Some grammar & vocabulary development. For high intermediate & advanced English speakers.

Instructor: Beverly Leach

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

KNIT WITS - Fridays 1:00pm at SC. Friendly conversation provides the back drop to the clacking of knitting needles. Start a new knitting project or bring an old one to finish. All knitting levels welcome.

Facilitator: Susan Friedman

No fee

LITERATURE -Tues, 1-3pm at SC. Topic: "Places and People" Starts Feb. 3. Conversation and reading.

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: THE RIGHT BRAIN - Wed., 1:30 - 3 pm at SPB. Started Jan. 7. Society dictates that we use the left brain primarily and the right brain is ignored. We need to use both sides to be balanced people.

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.

Instructor: Rice Lyons

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

GAMES

BINGO— Spruce Circle - Mondays at 6pm, Grand Re-opening party Mar. 2. Call Ev at 252-2362 for Party reservations.

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

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 COACHING- Bridge coaching Thursdays from 9:30-11:30am at SPB. Register through Bill Miller (908) 872-7927. Call if interested in lessons. A group can be arranged if there is sufficient interest.

CHESS - Interested in lessons or playing? With sufficient interest, we'll start a group. Call 924-7108.

SUPPORT

CAREGIVERS SUPPORT GROUP - Usually 2nd 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 2nd 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 – Usually 3rd 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 & Joanie Piccard

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. Also on the website: www.princetonsenior.org.

VOLUNTEERING

Office Volunteers: Needed at SPB and SC to welcome visitors, answer phones and help staff. 924-7108.

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.

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 \$3 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

HEALTH CARE MINISTRY of PRINCETON - Health and medical transportation, food shopping and visits from staff or volunteers. (609) 921-8888.

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 **2009**: Individual \$24,432, couple \$29,956. 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 non-sectarian membership-based program of Jewish Family & Children's Service to support aging in place. For info call 609-987-8121.

SENIOR CITIZEN CLUB – Meets the last Friday of the month at SPB. Board meets at 12:00, club at 1:00pm. For information about joining call 609-921-8857.

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:



Help with utility bills for families : No income limit-The governor just expanded funding for NJ Shares. They'll do a one time payment for families for up to \$700 gas and \$1300 heating oil. There are no income requirements-families just have to show they've been paying bills but are now struggling. www.njshares.org/ or call toll free (866) 657-4273.

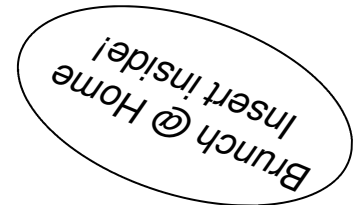
In Our Corner - news from the Development Dept.

Calling for Volunteers for Cotton Club and Silent Auction...

Everybody loved Cotton Club and we're bringing it back on Sunday May 3, from 5-8pm! We have several committees that could use a few more hands: the decorations committee, food, and soliciting local businesses. Please call Sharon Naeole, at 609-924-7108 ext. 15, if you could give a little time to this event. We want to make it a great success and would love to have your help.

Annual Giving... Thanks to your generosity, Annual Giving ended up slightly ahead of last year. The Board and Staff deeply appreciate your support and commitment to PSRC, especially in these difficult economic times.

...and to Our Matching Gifts Contributors... a special extra thanks for remembering to enclose the matching gift form. It gives our fund raising efforts a very welcome extra boost.

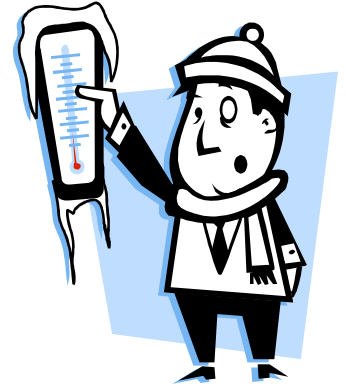


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PSRC
45 Stockton Street
Princeton NJ 08540

The National Weather Service has predicted some dangerously cold weather this winter. The Princeton Senior Resource Center urges older adults and the community to be extra careful during such times and offers these **cold weather tips**:

1. Spend the day at the Senior Resource Center, Library or other public building which is well-heated.
2. Do not use your oven, kerosene stoves or outdoor cooking devices. They cause a great fire hazard and may emit carbon monoxide. If you must use space heaters, do not operate them near any combustible materials or leave the room. Use only newer ones which will shut off if tipped over.
3. If you must go out, make sure you are adequately dressed, especially your hands, face and feet. Do not stay out long.
4. Frostbite occurs when skin is exposed to temperatures below 32°. Your risk is higher if taking beta blockers, you have peripheral neuropathy, diabetes, or other conditions that restrict blood circulation. Seek medical attention for appropriate treatment.
5. People with low income can apply for heating fuel assistance through the LiHEAP program through Mercer County Social Services at 1-800-510-3102.



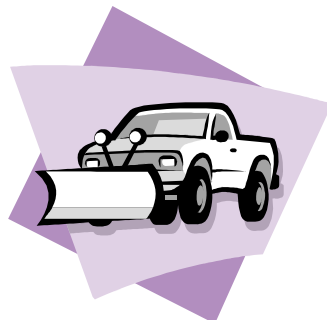
C. diff: A Hospital Germ on the Warpath -from an article by Betsey McCaughey

C. diff, short for *Clostridium difficile*, is raging through hospitals, infecting thousands of patients a year. The bacteria contaminate every surface, including bed rails, bed tables, nurses' uniforms, privacy curtains, faucets and call buttons. When patients touch these surfaces and then pick up food without washing their hands, they ingest the germ. Any patient taking antibiotics who ingests C. diff is in danger of developing severe diarrhea, leading to dehydration, inflammation of the colon and even death.

Routine cleaning isn't enough to protect you from C. diff. Researchers at Case Western Reserve found that after routine cleaning at a hospital, 78 percent of surfaces were still contaminated. To kill the germ you need to use bleach.

What can you do to protect yourself? Insist that everyone treating you clean their hands before touching you. Clean your own hands thoroughly before you eat. Do not place your food or utensils on any surface except your plate. Ask family to bring wipes containing bleach for the items around your bed.

When you leave the hospital, assume any belongings you bring home are contaminated. Do not mix clothes from the hospital with family wash; wash with bleach.



Need help with digital TV transition? Call PSRC at 924-7108 and we will connect you with information or volunteer help.