

Mature Princeton



PRINCETON SENIOR RESOURCE CENTER

There's still time to order a Brunch at Home basket!

What's Brunch at Home?

A basket full of breakfast goodies delivered to your home by PSRC volunteers on Sunday morning, March 29th.

Like what?

Fresh baked goods
Quiche
Smoked salmon
Fruit & fruit juice
Special cheeses
Gourmet tea & coffee



So many ways to enjoy one...

Enjoy it with someone special
Or treat yourself
Or invite someone over
Or send one as a gift.

Where can baskets be delivered?

Princeton
Kingston, Skillman, Rocky Hill
Plainsboro, West Windsor
East Windsor, Monroe
Pennington, Hopewell

(or you can deliver it yourself to see the smiles)

How can I order?

- Submit order form at Suzanne Patterson Building.
- Call PSRC 609-924-7108
- Order online at www.brunchathome.org

Cost: \$37.50

Part is tax deductible.
All proceeds benefit PSRC.

Thanks for your support!

FLOWER SHOW TRIP

Tuesday, March 3rd

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

Did you know?



Anyone can ride the Tiger Transit bus! You do not have to be a University student. For schedules: check www.princeton.edu/transportation or contact the PSRC offices.

GRANDPALS NEEDED

March—May

Wed. 2:00 at Littlebrook
Thurs. 2:00 at Riverside

GrandPals read to kindergarten children for 30 minutes, once a week in local elementary schools. It's very rewarding for both the children and the GrandPals. If you can help, please call Olivian Boon at 924-7108, x16.



MARCH 2009

Support Group for Widows

There is a new support group forming for widows. The group will meet twice monthly, on the 1st and 3rd Thursday at the Princeton YWCA café at 11:30am. Join Susan M. Friedman, MPH and Stephanie Patsiner, Social Work Intern, for lunch, shared friendship and support. Call Susan Friedman at 252-2362 to sign up.

Evergreen Forum



starts this month!
See back of calendar.

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Director's Message: March 2009
Write Your Own Obituary

Have you ever thought of writing your own obituary? It may feel creepy at first, but do it for yourself and your family. It gives you an opportunity to reflect back on your life, to write out a memoir for your family, and to choose exactly what you want said about you. You can keep refining it as time passes and new points are remembered. The most interesting obits tell life stories rather than list facts. Writing it yourself also helps your family and friends cope at a difficult time, and can ensure that the causes you care about are named for memorial gifts.

Here are some components you may wish to include:

- **NAME / ANNOUNCEMENT**
 - Full name including nickname, if any
 - Age, place, date of death
 - Residence at death (City, do not include street)
- **LIFE**
 - Date and place of birth
 - Names of parents
 - Childhood: siblings, stories, schools, friends
 - Marriage(s): date of, place, name of spouse
 - Education: school, college, university and other
 - Designations, awards and other recognition, achievements
 - Employment: jobs, activities, stories, colleagues, satisfactions, promotions, unions, frustrations,
 - Places of residence
 - Hobbies, sports, interests, activities, and other enjoyment
 - Charitable, religious, fraternal, political, and other affiliations; positions held
 - Unusual attributes, humor, other stories
- **FAMILY**
 - Survived by (and place of residence):
 - Spouse, Children (in order of date of birth, and their spouses), Grandchildren, Great-grandchildren...
 - Parents, Grandparents, Siblings (in order of date of birth)
 - Others, such as nephews, nieces, cousins, in-laws
 - Friends
 - Pets (if appropriate)
 - Predeceased by (and date of death):
- **SERVICE**
 - Day, date, time, place
 - Visitation information if applicable: day, date, time, place
 - Reception information if applicable: day, date, time, place
 - Other memorial, vigil, or graveside services if applicable: day, date, time, place
 - Place of interment
 - Name of funeral home in charge of arrangements
 - Where to call for more information (even if no service planned)
- **END**
 - Memorial funds established
 - Memorial donation suggestions, including addresses
 - Quotation or poem

Once you have the essentials that are important to you, your family and friends can add (with your consent) their own special memories. Going through this exercise may bring to mind things that would be meaningful at your service too, and is sure to facilitate family reminiscing.

Susan Hoskins, LCSW

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.

MARCH: PROGRAM HIGHLIGHTS

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

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.

MOVIE & MUNCHIES - Fri., Mar. 6, 1:00pm at SPB. *Secondhand Lions*. For young Walter, being stuck on his "crazy" uncles' farm is the last place on earth he wants to spend the summer. At first shocked by their unconventional behavior, including ordering an African lion through the mail, Walter soon gets caught up in their mysterious past. The rumors that his uncles were bank robbers, or maybe even worse, are hard to believe, but they do seem to have an endless supply of cash. Stars Michael Caine & Robert Duvall. RSVP to 924-7108. **No fee**

SCIENCE CAFÉ - Fri., Mar. 20, 2:00pm at SPB. *Conservation Energy* with Alyce Hreha, Ph.D. Dr. Hreha has thirty years experience in the fields of biogeography, conservation biology, field botany and plant ecology with an emphasis in rare, threatened and endangered species. She works in natural resource conservation, wildlife habitat management, invasive plant species biology and revegetation of disturbed landscapes.

Join in an informal scientific discussion over coffee & tea. RSVP to 924-7108. **No fee**

PRIME TIME - on TV-30. This month's topic is Consumer Credit Counseling.

LOOKING AHEAD

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:

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

May 15: George Briggs "The Big Bang and Black Holes"

ENGAGED RETIREMENT - will be offered again in April at PSRC. 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 for a meaningful, satisfying retirement. (also at Mercer Co. College in March)

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. Dance to the music of Bill Lacy!

ONGOING PSRC PROGRAMS

Pre-registration for classes is required. **We accept Visa, Discover & 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. 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.

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: Barbara Lundy

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". 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

THE WONDER OF WORDPLAY - Mon, 1:30-3pm at SPB. **Note time change:** as of March 9 class will meet 12-1:30pm. 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 Evelyn 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 beginner lessons. May form a group in Spring if sufficient interest.

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

SUPPORT

CAREGIVER SUPPORT GROUP - Suspended until further notice. Please attend another group or call for Individual consultation.

CAREGIVER DILEMMAS GROUP - Usually 2nd Monday, 3:00pm at SPB. Join other caregivers for conversations about the difficult ethical dilemmas we encounter frequently as caregivers. We will create a safe and non-judgmental space to share the issues that are often hard to discuss, even with friends or family. 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.

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

WIDOWS SUPPORT GROUP - 1st & 3rd Thursdays, 11:30am at the Princeton YWCA Café. Come for shared friendship and support. **Facilitators:** Susan M. Friedman, MPH & Stephanie Patsiner, SW Intern. Call Sue Friedman at 252-2362 to sign up.

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

Brunch at Home: Come be part of the fun on Brunch weekend - March 28 & 29. We'll need basket assemblers, delivery people and all sorts of help. Call Sharon at 924-7108, x15.

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.

Editor: Have a background in publishing? We would love to find someone who would put their creative talents into creating *Mature Princeton* every month. Call Mauri at 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:



FREE TAX HELP

AARP volunteers are again offering free assistance completing tax returns for low and moderate income older adults in the wider Princeton area. They will be at

Suzanne Patterson Building on Fridays, 9:30am - 1:00pm.

Also Wed., April 8, 1-4pm. Call 924-7108 for an appointment.

Spruce Circle 12:30-4:30pm on Mon. March 9 & April 14.

Residents can call 252-2362 for an appointment.

Elm Court 9:00am - 12 noon on March 9, April 3.

Residents can call 921-0929 for an appointment.

SUPPORT PSRC ALL YEAR LONG:

- Bring us or mail us your **McCaffrey's Receipts**.
- Bring your **Comcast** payment to one of our offices. You can also return or exchange remotes and converter boxes at Spruce Circle.
- Drop off your old **cell phones** at either office. We receive payment (amount depends on model) for recycling them.



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

PSRC
45 Stockton Street
Princeton NJ 08540

C. diff: A Hospital Germ on the Warpath -
from an article in AARP magazine
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.

If you are visiting someone in the hospital, be careful about eating in the cafeteria or a restaurant where staff go in their scrubs or uniforms. More than 20% of nurses' uniforms had C. diff on them at the end of a workday, according to one study. Imagine sliding into a restaurant booth after a nurse has left the germ on the table or seat. You could easily pick it up on your hands and

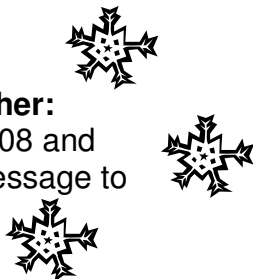


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Need help with digital TV transition?

Digital transition has been extended to June 12, but some stations are switching now. Call PSRC at 924-7108 and we will connect you with information or volunteer help.



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- Drop off your old **cell phones** at either office. We receive payment (amount depends on model) for recycling them. All phone memories are "wiped" in the process. Chargers & accessories not required. Plus it keeps harmful materials out of the landfills.

We get a percentage on these transactions. Thanks!

Evergreen Forum classes start this month:

Mondays..... 3/9 - **Speech Styles**, 2:00pm at Suzanne Patterson Bldg.
3/9 - **Justice in Literature**, 2:00pm at Suzanne Patterson Bldg.
Tuesdays 3/10 - **War & Peace**, 10:00am at Recreation Dept.
3/10 - **Nature in the Extreme**, 10:00am at Suzanne Patterson Bldg.
3/10 - **Indians & Christians**, 10:30am at Suzanne Patterson Bldg.
3/10 - **Understanding Islam**, 1:00pm at Suzanne Patterson Bldg.
3/10 - **Life & Mathematics**, 2:00pm at Suzanne Patterson Bldg.
Wednesdays 3/11 - **Amazing Characters**, 10:30am at Suzanne Patterson Bldg.
3/11 - **Virginia Woolf**, 2:00pm at Suzanne Patterson Bldg
4/22 - **Gustav Stickley**, 10:30am at Suzanne Patterson Bldg.
Thursdays... 3/12 - **Women Composers**, 11:00am at Suzanne Patterson Bldg
3/12- **Great Decisions 2009**, 2:00pm at Suzanne Patterson Bldg.
4/2 - **Shakespeare**, 10:00am at Harriet Bryan House
Fridays..... 3/6 - **Art of Sculpture**, 10:00am at Princeton Univ. Art Museum
3/13 - **Science Tuesday**, 9:45am at Boro Hall
3/13 - **Black Sugar**, 10:30am at Suzanne Patterson Bldg.

C. diff: A Hospital Germ on the Warpath

*from an article in AARP magazine
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