



SPRING

We all hope that by the time you are reading this, there are signs of Spring, and with them, you are feeling like venturing out of hibernation. There are several things going on at PSRC that we think you'll want to attend.

Last month I wrote about *Being Mortal* and we planned the first conversation group to explore the important issues raised in the book. To continue our dedication to encouraging these conversations, PSRC is participating in the following activities in April:

- Conversations on *Being Mortal*—discussion continues on Monday April 27 at 2 p.m. What do we really want as we near the end of life? How do we talk to our families and doctors? What makes it hard?
- Participating in the Mayor's Wellness Campaign, a program of the New Jersey Health Care Quality Institute. Their newest initiative is entitled "Conversations of a Lifetime." Princeton has been selected as a pilot community in NJ to engage people of all ages in discussion on this topic. Mayor Lempert will officially announce the launch of this project on April 16, National Health Care Decision Day. There will be events planned through several organizations around this topic through the year.
- PSRC will participate in **National Health Care Decision Day** on April 16 from 9:30-11:30 a.m. by providing copies of the Five Wishes document which helps you consider and begin the conversation with family about your personal wishes for end of life care. This document is recognized as legal in New Jersey and addresses not only who will make decisions if you are not able and what medical care you want, but also what else might provide comfort, and how you want to be remembered. Volunteers will be on hand to help if you need assistance.
- Melanie Davis, Ph.D. will be the Next Step speaker at 7 pm on April 14 at the Princeton Public Library. Her topic is *Sex and Aging: Changing for the Better*. Melanie is a partner in the New Jersey Center for Sexual Wellness in Bedminster, NJ. Through her own firm, Honest Exchange LLC, Dr. Davis trains healthcare providers and educators. She holds the prestigious Certified Sexuality Educator designation from the American Association of Sexuality Educators, Counselors and Therapists (AASECT). She is an alumna of Widener University's Graduate Program in Human Sexuality.

Sunday April 19 from 3:00 p.m. - 6:00 p.m., PSRC will host an Art Exhibit of Jeanne Calo's paintings, which will be for sale to benefit PSRC. If you can't make it that day, the art will be up for a few days before and after.

We have other exciting events in the works for May and June. It's time to get the circulation going again! Try out one of our exercise classes, ranging from chair exercise to aerobics and table tennis. Some of our Table Tennis players are going to the National Senior Olympics this summer! Make new friends by attending a Let's Talk, Let's Talk in English or other group, or get the brain warmed up with a TED talk, computer or art class, or the new **Brain Games** class.

Susan Hoskins, LCSW