Come to the Holiday Party!
Wed., Dec. 10th
1:00 - 3:30pm at SPB

Come to our annual event full of fun, food and merry-making. Tickets are just $5 per person and include a fabulous meal from the chef at Acorn Glen and a performance by the American Boy Choir training choir.

Transportation will be available, for those who reserve by December 1st, from Spruce Circle, Redding Circle, Holly House, Elm Court & Harriet Bryan House.

Purchase tickets at SPB, Spruce, Elm Ct or Harriet Bryan.

Annual Giving
Do you sometimes wonder what your donation to our annual appeal does? We can assure you it does a lot! Individual donations like yours make it possible for PSRC to:

♦ Offer the immensely popular Evergreen Forum twice a year;
♦ Run lively programs, such as TED Talks and Table Tennis;
♦ Host dozens of speakers to provide you with the most current information on timely subjects;
♦ Create opportunities for peer support, including Men in Retirement, Widow Support and Let’s Talk in English;
♦ Ensure a professional staff who provide confidential one-on-one advice, informed consultations and substantive programs.

Your gift is very important to us and we appreciate your support tremendously. Please give as generously as you can.

Watch for your letter in the mail or go to our website: www.princetonsenior.org and click on the Donate button.

Reminder: If your employer has a matching gift program, be sure to fill out the correct form and include it with your gift. Many companies include retirees in the program, too, so if you’re retired, check with your former company about participation.
Most of us take time this month to make annual donations to our favorite charities. It is one way we try to express gratitude for organizations that have made a difference to us or change other people’s lives in ways that are meaningful. Some families even gather during the holidays to make their gift decisions together. You know that your contribution makes a huge difference to the organizations you support. Remember that a $100 gift for 10 years adds up to a $1000 gift—you can be a philanthropist at any level! Charitable giving is one way to make a difference that you can see and benefit from while you are still active.

We all want to feel we have made a mark on the world, that we will be remembered after we are gone, that our time has been meaningful. We often think of a legacy as the inheritance left to our heirs in a will or a major donation to an organization we care deeply about through a capital campaign or bequest. Donors are increasingly giving these gifts before their estate distribution so they can see the results.

But there are other kinds of legacies as well. For example, politicians think about their legacies as they plan to leave office, enacting significant legislation they hope will have a lasting impact. Leaders in other businesses and organizations also try to establish programs that they will be remembered for as they plan retirement.

On a more personal level, as people age, they think about the legacy they want to leave to the family. I predict that when you reflect on the things you cherish that have been passed on to you, many of those treasures are not material goods, and if they are, they may not carry great monetary value. Maybe it is a family recipe or a shared passion for hiking. How will you pass on the stories of your life and your ancestors? Who will learn the legends that go with the photos and mementos? Have you considered writing a memoir of your life, or legacy letter telling your loved ones how important they are to you?

As part of PSRC’s Next Step program, Carol King has developed an interesting program on “writing your ethical will.” The ethical will is designed to pass along moral values, including personal and spiritual values, life lessons, accomplishments, hopes and blessings for the future, love and forgiveness. Doing this can give you more confidence that what is important to you will be remembered and will provide a kind of closure. Carol points out that this is a unique opportunity to tell others about the seminal moments in your life, to share your values, and to collect your thoughts about what has been most important to you. It can be shared either before your death, through conversation, video, or in writing to be preserved after you are gone.

A 2012 study by the Allianz Life Insurance Company found that 86% of boomers and 74% of Americans over age 72 said family stories and keeping their family history alive is the most important piece of their legacy. 64% of boomers and 58% of their parents said that mementos and heirlooms were an important part of their legacy; just 9% focused on money. If you do want to specify who should get a particular item, make sure you have it in writing and that family has your list. Wills are often not this specific. You might also discuss this list with family members so you can hear what items are meaningful to them. A grandchild might cherish a special mug while a niece may want to maintain the family genealogy records.

The end of the year is a great time to reflect on your life, your experiences and your values, and to begin to plan how you want to build your personal legacy. Take time during the holidays with your family to share the stories that made you who you are. Think about the organizations that have helped to shape your life and how you can leave a legacy that helps them continue their work into the future.

Happy Holidays from PSRC!

Susan W. Hoskins LCSW
Executive Director
DECEMBER PROGRAM HIGHLIGHTS

MOVIE & MUNCHIES - Fri. Dec. 5, 1:00pm at SPB “Belle.” This is the true story of Dido Elizabeth Belle, the illegitimate mixed-race daughter of a Royal Navy Admiral. Raised by her aristocratic great-uncle Lord Mansfield and his wife, Belle’s lineage affords her certain privileges, yet the color of her skin prevents her from fully participating in the traditions of her social standing. Left to wonder if she will ever find love, Belle falls for an idealistic young vicar’s son bent on change who, with her help, shapes Lord Mansfield to end slavery in England. No fee. 1 hr. 42 minutes.

LUNCH & LEARN - Fri., Dec. 12, 12 noon at SPB “Parkinson’s Disease” Dr. Jill Farmer, Neurologist from Capital Health will discuss various characteristics of and treatment options for movement disorders, including Parkinson’s, Huntington’s Chorea, Dystonia and Essential Tremor. There is no charge for this program. Bring your own lunch; dessert and beverages will be provided. Registration is encouraged; please call 609-924-7108.

LUNCH & LEARN - Fri., Dec. 19, 12:00pm at SPB “Take Care of Your Feet and They’ll Take Care of You” – presented by Dr. Brad Schaeffer of Family Foot and Ankle Care. He will discuss prevention and treatment of common foot problems in adults; how to test a person’s risk for various foot problems; and fall prevention. In addition, he will describe diabetes and other illness-related foot problems and the Medicare Shoe Program. There is no charge for this program. Bring your own lunch; dessert and beverages will be provided. Registration is encouraged; please call 609-924-7108.

TED TALKS
Drop in for a lively discussion every Tues., 10:30am at SPB. For the first 15 minutes we watch a TED Talk. Then we discuss it. Discussions are facilitated by Helen Burton. For more background, visit www.TED.com.
This month’s topics:
- December 2 Kenneth Cukier: Big Data is Better Data
- December 9—Shawn Achor: The happy secret to better work
- December 16—James Watson: How we discovered DNA
- December 23—SPB Closed
- December 30—Fabien Cousteau: What I learned from spending 31 days underwater

HAPPINESS PROJECT
This group will meet every Monday afternoon at 1:30 p.m. beginning January 14. We will read and discuss Gretchen Rubin’s second book, Happier at Home - Kiss More, Jump More, Abandon Self-Control and My Other Experiments in Everyday Life. No fee. Please register by calling 609-924-7108.

A SPECIAL LECTURE - Tues., Dec. 9, 1:00pm at Monument Hall Main. Join Jeanne Gorrisen for a fascinating look at “The Secession of the Southern Slave States.” While many people discuss the economic factors that drove secession, Ms. Gorrisen will focus on some of the psychosocial factors that made secession inevitable. She will cover the wealth of the southern states, the reluctance of the northern free states to return slaves to the south and the role played by Thomas Jefferson in creating the legal/constitutional basis for secession. No fee. RSVP to 609-924-7108.

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 and their family caregivers. To register for a class, call 609-924-7108. We ask for pre-registration so we can plan set-up and to contact you if the program is cancelled.
NEXT STEP PROGRAMS

Next Step is a PSRC program focused on planning your retirement and encore career.

Men in Retirement
Friday, Dec. 5, 2 pm Men in Retirement group general meeting. Come and meet other men who are making or have made the transition into retirement. For information call 924-7108. Monument Hall, 45 Stockton Street, Princeton. No fee.

Retired? What’s Next?
Thurs, Dec. 11 at 2 pm. So much of our life and identity revolves around work. This supportive group will discuss the joys, concerns and challenges of having extra time and making decisions about how to use it to create fulfillment. Led by Shirley Roberts, Helen Burton and Carol King. Location: Robert Wood Johnson Health & Wellness Center: 3100 Quakerbridge Road. Please call 609-584-5900 to register. No fee.

Delights and Dilemmas of Being a Grandparent
Tuesday, Dec. 16, 1:00 pm. Sometimes it’s fun, other times the responsibility is frightening. Come share your joys, your knowledge, and your questions with others. The Leader is Lenore Sylvan. Lenore brings her many years of experience as a teacher, child care advocate and grandparent to the group. Location: Suzanne Patterson Building, 45 Stockton Street, Princeton. No fee.

Transitions Into Retirement.
Friday, Dec. 19, 3:30 pm. This monthly group will deal with issues in making the adjustment to retirement. Group leader is Dr. John George. Suzanne Patterson Building, 45 Stockton Street, Princeton. Please call to register 609-924-7108. No fee.

FYI

HEALTH INSURANCE
DATES TO KNOW:

MEDICARE:
Open Enrollment ends December 7, 2014.

Affordable Care Health Insurance Marketplace
Coverage ends for Marketplace Plans bought in 2014: December 31, 2014:

Open Enrollment for 2015 ends:
February 15, 2015

Medicaid and CHIP:
365 Days a Year:

Learn more at:
Obamacarefacts.com/Obamacare-sign-up.php or by going to the official marketplace: healthcare.gov

NOTICE:
Please don’t park at Morven when you come to PSRC from November 26th through January 2nd.

Please do park at Morven if you’re going to visit their marvelous Festival of Trees holiday exhibition.

Thank you!
MOVIE & MUNCHIES - Fri. January 2, 1:00pm at SPB. “Chef” Chef Carl Casper (Jon Favreau) suddenly quits his job at a prominent Los Angeles restaurant after refusing to compromise his creative integrity for its controlling owner (Dustin Hoffman.). Then, he’s left to figure out what’s next. Finding himself in Miami, he teams up with his ex-wife (Sofia Vergara), his friend (John Leguizamo) and his son to launch a food truck. Taking to the road, Chef Carl goes back to his roots to reignite his passion for the kitchen -- and zest for life and love. 1 hr. 55 mins.

LUNCH & LEARN - Friday, January 16
Introduction Yourself to Yoga

LUNCH & LEARN - Friday, January 23
Understanding Memory Loss

OPERAS VIDEO SERIES - this popular series returns for 4 weeks in January. Titles will be listed in next month’s Mature Princeton.

TRIP - Philadelphia Flower Show - Tues., March 3, 2015. This year’s theme is “Lights! Camera! Bloom!” Sponsored by the Princeton Recreation Dept. Bus leaves from Community Park North parking lot at 9:00am, returns at 4:00pm. Register at the Princeton Recreation Dept., 380 Witherspoon St., or online at http://register.communitypass.net/princeton. More info at 609-921-9480. Cost: $50 per person.

EVERGREEN FORUM

Evergreen Forum Important Dates
Spring 2015

December 22 ~ Brochure Mailed
January 5 ~ Registration Begins
Lottery ~ January 29
February 24 ~ Classes Begin

Holiday Schedule for PSRC Buildings

Suzanne Patterson Building:
Closed: Mon. Dec. 22 at 12:00pm - Fri. Dec. 26, and Thurs. Jan. 1
Open: Dec. 29, 30 and half day Dec. 31.

Open: Dec. 29, 30 and half day Dec. 31. Closed Thurs., Jan. 1
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 $45 per 8 week session for Princeton residents and $60 per session for non-residents. Assistance is available for those requiring financial help.**

Suzanne Patterson Bldg (SPB), Spruce Circle (SC), Redding Circle (RC), Monument Hall (MH), Harriet Bryan House (HBH), Corner House (CH).

### EXERCISE & FITNESS

**Suzanne Patterson Building**
- Early Bird Aerobics - M, T, W, Th, F 8:00am
  40 minutes of cardio & toning
  $55/month, or $5 daily drop-in rate
- Aerobics - M, W, F 9:15
  $47/season for Princeton residents
  $93/for non-residents.
  Register through Princeton Rec Dept: 609-921-9480.
- High-Low-Go: Tues. and Thurs. 8:45am
  45 minutes of low-impact aerobics;
  8-week sessions $65/for Princeton residents
  $90 for non-residents
- Yoga: Thurs. 10:00am 8-week sessions
  $45/for Princeton residents, $60/non-residents.
- Table Tennis: Mon, Wed, Fri. 10:30am
  Drop-in. No charge.
- Tai Chi: On hiatus until January 9, 2015

**Spruce Circle**
- Chair Exercise: Mon. at 11:30am, Fri at 12:00.
  8 week sessions $25/residents
  $30 non-residents

**Harriet Bryan House**
- Chair Yoga: Tues. 11:00am 8 week sessions

### CLASSES

**Suzanne Patterson Building**
- Active Wisdom II: 1st & 3rd Fri., 10:30am.
  Class full, wait list only.
- Art with Bob: Wed. 1:30pm—8 weeks
  $45/for residents, $60/non-residents
- Art with Hannah: Thurs. 1:00pm—8 weeks
  $45/for residents, $60/non-residents
- Computer classes: See page 10.
- Computer Lab: Tues. 1-4pm, Fri 10am-12.
  Drop-in for help & practice. No charge.
- Cosmology: Thurs. 9:45am.  No charge.
  Peer-led science discussion group.
  Contact Bruce Wallman for info.
  Brucewallman@gmail.com
- Currents: Mon. 1:30-3:30pm. No charge.
  Peer-led current events discussion group.
  Group is full. Contact barrydrclean@me.com to be added to wait list.
- Drawing with Pencil: Mon. 10:30am
  $45/8 weeks for residents, $60/non-resid.
- Memoir Writing: Wed. 4:30pm
  No charge. Group full, wait list only.
- Word Play (poetry group): Mon. 1:30-3:30pm $20/year for copying costs.

**Spruce Circle**
- Knit Wits: Fri. 1:00pm Drop-in for knitting & conversation. Free.

### GAMES

**At Suzanne Patterson Building**
- Social Bridge: Tues. 1 - 4 pm
  Drop-in. No charge.
- Mah Jongg: Tues. 1-4 pm
  Drop-in. No charge.
  BYO card & set.
- Scrabble: Tues. 12:00pm. No charge.

For the following bridge events please register with Bill Miller (908) 872 –7927 or billsbridge@gmail.com.
- Duplicate Bridge - Thurs. 12:30pm
- Bridge Lessons - Weds. 5:30pm, Fri. 2:00pm
## SUPPORT & GUIDANCE

### PARTNERS IN CARING PRINCETON

PSRC is your go-to place, the resource center for all kinds of information. If you need help finding a service, reviewing options, or making a plan, our care coordinators can help you.

Whether it is a single question answered in a phone call, a detailed professional assessment conducted in your home, or ongoing support, we will partner with you and your family to help you find what you need to meet the goals you set.

Call for more information: 609-924-7108 or 609-252-2362.

- Information and referral
- Counseling + consultations
- Benefit Application Assistance
- Caregiver Resources + Support
- Support & Wellness Groups
- Transitions – support with the inevitable transitions throughout the life span
- Volunteer visitors

## BLOOD PRESSURE SCREENING

(No fee - open to the community)

Second Tues: 11am-12pm at Mt. Pisgah
1 - 2pm at Spruce Circle

Third Tues: 9 - 10am at Redding Circle
1-2pm at Harriet Bryan House

Fourth Wed: 1-2pm at Elm Court

Dates and times will be changing. Check this spot next month.

## GROUPS

- Caregivers: Mon. Dec.15 1:30pm at CH-19
- Children of Aging Parents: Wed. Dec. 17, 4:30pm at SPB.
- Widow Support: Thurs. Dec. 4 & 18, 11:30am at Princeton Public Library
- Bereavement: Mon. Dec 15, 1:00pm at SPB. Call Sherri Goldstein 497-4900 to attend.
- Grandparenting: Tues., Dec 16 1:00pm at SPB.
- Let’s Talk: Wednesdays 10:30am at RC Wednesdays. 2:45pm at SC
- Let’s Talk English: Mondays, 1:00pm at SC; Fridays, 9:30am at RC
- Men in Retirement: Fri. Dec. 5, 2:00pm at Monument Hall
- Navigating Retirement: 2:00pm at RWJ Hamilton Wellness. To register call:609-584-5900.
- Transition to Retirement: Fri. Dec.19 3:00pm at SPB.

## TRANSPORTATION

### CROSSTOWN

Door-to-door car service within Princeton for people over 65. Call 609-252-2362 to sign up for the first time and 609-452-5144 to schedule a ride. $3 each way, free to UCMPP (the hospital).

### DAYTIME FREE-B BUS

The free Daytime Free-B runs a 70 minute loop around town 9:30-4:30 on Monday through Saturday. Schedule and map are at SPB, municipal buildings and the bus.

Local transportation routes can be found at www.princetonnj.gov under transportation, or www.gmtma.org/pg-bus-mercer.php.
Thanks to the Sponsors of Our Fall Conference on Technology & Aging Independently

**Annual Sponsors**
- Acorn Glen
- B-Well/Pavilions
- Buckingham Place
- LIFE St. Francis
- Merwick Care & Rehabilitation Center

**Breakfast provided by**
- Princeton Care Center

**Lunch provided by**
- Brandywine Senior Care at Princeton

**Conference Sponsors and Advertisers**
- Always Best Senior Care
- A. W. Martin Construction
- Bobette Lister, Realtor/Gloria Nilson & Co.
- Edie Kelly-Edward Jones
- Goodwill Home Medical Equipment
- Greenwood House
- Health Trends
- Heidi Joseph, Realtor/Berkshire Hathaway
- Marion Sommer-New England Financial
- Mistral
- Princeton Medical Institute
- Princeton Theological Seminary
- PSRC Ping Pong Players
- Secure at Home
- Senior Care Management
- Teena L. Cahill, Psy.D

**Thanks to Kimble Funeral Home for providing extra chairs.**

Let them know you appreciate their support.

Conference attendees, vendors and presenters braved the downpour and filled every seat
**Computer Classes**

**FREE LABS:**
Tuesdays, 1:00-4:00pm; Fridays, 10:00am - 2:00pm

No sign-up required. Just drop in to have your questions answered and to get help with any computer endeavors, including iPads, tablets, smartphones, and other gadgets. Help is available for Macs as well as PC’s.

**“Medical Information on the Internet”**
Monday, December 8
at 11:00 a.m.
at SPB

Barbara Lundy will give an expanded presentation of one of our popular Fall Conference topics: how to use your computer, laptop or tablet to access and use medical information on the internet.

Did you miss the Fall Conference? Go to our website www.princetonsenior.org; under “Announcements” click on Fall Conference Presentations for some of the presentations, including Tobey Dichter’s Keynote address.

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**Useful Information**

**McCaffrey’s Receipts and More**

You can support PSRC all year by bringing us your McCaffrey’s receipts, used ink cartridges, and by making Comcast payments at Spruce Circle. We also accept durable medical equipment for Goodwill.

We are also participating in the One Princeton debit card program. If you designate PSRC as your charity we will receive the contributions.

*(Sorry we no longer accept cell phones & small electronics.)*

**Quick Reference Guide to Area Resources**

| Access Princeton 609-924-4141 |
| Arts Council of Princeton 609-924-8777 |
| Cornerstone Community Kitchen 609-924-2613 |
| Crisis Ministry 609-921-2135 |
| Community Without Walls 609-921-2050 |
| Funeral Consumers Alliance 609-924-3320 |
| Senior Care Ministry 609-921-8888 |
| Mercer County Legal Services 609-695-6249 |
| Mercer County Nutrition Program 609-921-1104 |
| Mercer County Office on Aging 609-989-6661 or 877-222-3737 |
| NJ Consumer Affairs 973-504-6200 |
| NJ Health & Senior Services 800-792-8820 |
| One Table Café 609-924-2277 |
| PAAD 800-792-9745 |
| Princeton Human Services 609-688-2055 |
| Princeton Police (non-emerg) 609-921-2100 |
| Princeton Public Library 609-924-9529 |
| Reassurance Contact 609-883-2880 |
| Ride Provide 609-452-5144 |
| Senior Citizen Club 609-921-0973 |
| Social Security 800-772-1213 |

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**Want to take a PSRC class but it doesn’t fit in your budget?**

PSRC has established a scholarship fund in the name of our honorees at the 40th anniversary gala. If you would like to take a class but need financial assistance, talk to Executive Director Susan Hoskins.
Weather Preparedness

BLIZZARD BAGS

It’s never too early to prepare for a storm! At right are the fruits of the labors of PSRC Staff and volunteers, who spent some hours building blizzard bags with non-perishable food and water for local seniors.

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Speaking of being prepared—have you gathered your storm supplies to make your own Blizzard Bag? Below is the Basic Red Cross Emergency Kit in the event of an extreme weather event that affects power and mobility:

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

INCLEMENT WEATHER?

For news about PSRC closings and delayed openings, please check our website: www.princetonsenior.org or call 609-924-7108 after 8:30 a.m. Aerobics classes can call the Rec. Department hotline: 609-688-2054.

During weather emergencies the Suzanne Patterson Building has been designated a reception center. In an emergency if you need a place to get warm or to recharge your electronic devices, stop in.

PSRC mourns the loss of Bill Scheide, a remarkable man who leaves a legacy through his generous support of many organizations in Princeton and beyond. Bill and Judy Scheide helped establish an endowment for PSRC. Rest in peace.
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Winter Solstice Drum Circle

Sunday, Dec. 21, 2014
7:00pm
at Suzanne Patterson Building

Winter Solstice marks the longest night of the year, the turning point when the sun begins its journey back to warm the Earth in Spring.

Help us drum back the sun!

Drums provided or BYO. No musical experience required.

Circle will be facilitated by
Mauri Tyler, HealthRhythms Endorsed Facilitator and special guests.

Refreshments will be served.

Pre-registration helps us plan, but walk-ins are welcome.
Sign up at 609-924-7108.
Suggested donation $5.