



Suzanne Patterson Building

45 Stockton Street Princeton, NJ 08540 (behind Monument Hall) Phone: 609.924.7108 Monday - Friday 9:00 a.m. to 5:00 p.m.



Spruce Circle Office
179 Spruce Circle
(off Harrison St.)
Phone: 609.252.2362
Monday - Friday

10;00 a.m. to 4:30 p.m. info@princetonsenior.org

princetonsenior.org

A non-profit organization serving our community.

Board of Trustees

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From the Director Gratitude

I find it especially challenging to write this on the day after the election.

This is the season when we give thanks, we count our blessings, and we open our hearts and homes to those who are not as fortunate.

The Thanksgiving holiday reminds us to stop and think about our gratitude for family, friends, health and more. Gathering with these special people during the holidays gives us the opportunity to tell them how much they mean to us.

When was the last time you said "Thank you" to someone? Not just "Thanks for passing the salt," but "Thanks for encouraging me to follow my dream." Sometimes people don't know they have played a significant role in your life journey, and it means so much when you express your thanks.

When was the last time you said "I love you?" Too often people assume that other people know they are loved, or find it awkward to say these words. But think about how wonderful it feels when someone says "I love you" with

warmth and sincerity.

These simple words can heal wounds that have accumulated over years. After months of deep and vicious acrimony across this nation, it seems particularly appropriate to seek opportunities to reach out, not only to our closest friends, but across our differences, to find openings to express gratitude and love and pledge our support.

Let me start by expressing gratitude to those who enable PSRC to serve others:

- All the individuals who have supported PSRC's annual appeal and attended our fundraising events this year.
- ♦70 community partners who provided rooms, programs and other in-kind support.
- ♦67 businesses and corporations who sponsored our events.
- ♦ More than 400 volunteer instructors, facilitators, GrandPals, HomeFriends, board members, office and event assistants.
- •And, especially, the staff.

Together with the hundreds who attend classes, groups and events, and those who seek

assistance, we are an inclusive, welcoming community which cares deeply about the well-being of all aging adults.

PSRC would not exist without your contributions to our funding, our vision, our work.

Thank you!

Susan W. Hoskins, LCSW

STAFF

Susan W. Hoskins, LCSW

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Breana Newton,

Program Assistant & Rental Coordinator

Ken Peabody

Data Coordinator

Barbara Prince

Director of Development

Dave Roussell, MSW

HomeFriends Coordinator

Beth Weiskopf

Reception and Office Assistant

A PARTE PARTE

A FOND FAREWELL

to Mauri Tyler

Mauri has been our Program Director for 12 years. She planned, organized, and stewarded multiple events, classes and programs. Whenever there is a question, Mauri has the answer.

Thank you, and good luck, Mauri!



From Mauri

After 12 years of helping to make PSRC a vibrant active place, it is time for me to move on. I have accepted another position and will be leaving PSRC this Thanksgiving. I am grateful for all the people I have met, both staff and participants. I am proud of what we have built together. Thanks for everything!

PSRC'S HOLIDAY PARTY

WEDNESDAY, DECEMBER 14 1:00 - 3:30 p.m.

Join us for a delicious lunch, music from the Princeton Boy Training Choir, general holiday merriment and door prizes. \$5 per person.

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Please register online at princetonsenior.org.

Transportation to and from the Suzanne Patterson Building is available by the Free B Bus, Crosstown or carpool.

Please let us know when you register if you plan to arrive by bus so we don't exceed capacity.

PSRC HOLIDAY CLOSINGS

Thursday, December 22nd through Monday, December 26th; and Monday, January 2nd.



We will also be closed on Monday, January 16th, in honor of Martin Luther King, Jr. Day.

December Events and Programs



Register for all programs online at princetonsenior.org



FIRST FRIDAY FILM

Friday, December 2 at 1:00 p.m.

"THE TROUBLE WITH HARRY"

The trouble with Harry is that he's dead, and everyone seems to have a different idea of what needs to be done with his body. The 1955 Hitchcock classic stars Shirley MacLaine and John Forsythe. (1 hour, 39 minutes)



TED TALKS

Tuesdays at 10:30 a.m.

Come for a lively discussion. For the first 15 minutes we watch a TED Talk,

then we discuss it. Facilitated by Helen Burton. To learn more, visit TED.com. This month's topics:

December 6: RUSSELL FOSTER: Why do we sleep?

December 13: ZEYNEP TUFEKCI: Machine intelligence makes human morals more important (Recommended by Genia Paul)

December 20: IAN BREMMER: How the US should use its superpower status

December 27: TIM URBAN: Inside the mind of a master procrastinator



LUNCH AND LEARN

Friday, December 9 at 12 noon
DEALING WITH DIZZINESS AND

VERTIGO with Erin Mee, PT, DPT, MA

Physical Therapist with UMCPP's Outpatient Rehabilitation Network. Learn more about the anatomy and physiology of the inner ear, common causes of dizziness; vertigo, loss of balance, and how vestibular rehabilitation can help.



LUNCH AND LEARN

Friday, December 16 at 12 noon SNORING AND SLEEP APNEA

A Talk by Dr. Lekha Tull, DDS

of Princeton Dental Associates. Dr. Tull will discuss signs and symptoms of sleep apnea, what to look out for and alternative treatment options.

Our Lunch and Learn programs are always free. Bring a brown bag lunch; dessert and beverages will be provided.



MEN IN RETIREMENT

Friday, December 2 at 2:00 p.m.

LESSONS FROM HISTORY'S GREATEST

INVESTORS ~ A talk by John Longo,

Professional investor and Professor of Finance at
Rutgers Business School.

This talk will focus on the investment strategies of some of history's greatest investors, including Warren Buffett, Peter Lynch, George Soros, and Bill Gross. *Location: Monument Hall Main*

WOMEN IN RETIREMENT

Friday, December 16 at 10:30 a.m.

Where did I put my house keys? Where did I park my car at the mall? At this meeting, our members will share their own "tips and tricks" for navigating life's irksome senior moments. Join us for laughter and support at our final meeting before the holidays. All women are welcome.

TRANSITION TO RETIREMENT

Friday, December 16, 3:00 p.m.

This monthly group deals with issues related to making the adjustment to retirement. All are welcome. The group leader is John George, PhD, Licensed Psychologist.

PROGRAM HIGHLIGHT

Looking for a joyful experience this holiday season and beyond? PSRC's Early Birds fitness class is an antidote to stress and over-eating and leaves you healthier and happier at the start of each day. You can choose a small daily price (no commitment!) or a low monthly rate, and it's appropriate for ALL fitness levels. Try or observe a class at no cost at the Suzanne Patterson Building. The class is offered Monday through Friday from 8:00 - 8:45 a.m.

Register for all classes & programs online at princetonsenior.org



TECHNOLOGY CLASSES

INTRO TO iPAD

Thursday, December 8 at 10:00 a.m.

Bring your iPad and learn how to use it! Make sure you **know your Apple ID and password.** Handouts will be provided for you to take with you.

Instructor: Barbara Essig.

MORE ABOUT iPAD

Thursday, December 15 at 10:00 a.m.

Learn your way around email, storage, apps, etc. Make sure you **know your Apple ID and password**. Handouts will be provided for you to take with you. Instructor: Barbara Essig.

TEXTING

Tuesday, December 20 at 1:00 p.m.

PSRC Messaging Class for Intermediate Level: This class covers the basics of text messaging using cell phones. Messaging features of the phones to send, read (or receive), and delete messages containing, text, picture, audio and video will be explained. We will cover messaging scenarios with smart phones such as Samsung Galaxy (Android) and Apple iPhone (iOS). Instructor: NB Sreenivasan *Class size is limited to 8 students!*

REGISTRATION IS MANDATORY in order to ensure a space in any of the above classes.

LOOKING AHEAD



FIRST FRIDAY FILM

Friday, January 6 at 1:00 p.m.

"MR. CHURCH" When a young girl and her dying mother are joined by a black male cook who comes to live with them, little do they know that their lives are about to change forever. Starring Eddie Murphy. (1 hour 44 minutes)



LUNCH AND LEARN

Friday, January 13 at 12 noon
PARKINSON'S EXERCISES
with Princeton Physical Therapy



LUNCH AND LEARN

Friday, January 20 at 12 noon
SENIOR HOUSING OPTIONS
with Brandywine Senior Living

Save the date!

SPECIAL SPEAKER

Sunday, March 5, 2017 at 2:00 p.m.

EXTREME DECISION MAKING LESSONS

FROM THE ANTARCTIC

with Princeton native Brad Borkan

Unforgettable true adventure stories about the challenges and decisions faced by the early Antarctic Explorers—Scott, Shackelton, Amundsen and Mawson, presented with historic photographs.





FALL CONFERENCE 2016

Photography by Laura Hawkins











LANS, WANS, AND ROUTERS

Among the strange parlance of the Internet, you may have heard the terms WAN, LAN, and router and pondered, "Gee. I wonder what those are?" Or maybe you haven't. I don't know, because I have no idea what you ponder about. But I'm going to explain these terms anyway before I forget why I'm writing this article.

All of these terms deal with *networks* of computers and mobile devices. A **LAN** is a **Local Area**

Network that comprises the computers, smart phones, and tablets within a home, office, campus, or even a building like an airport or Starbucks.

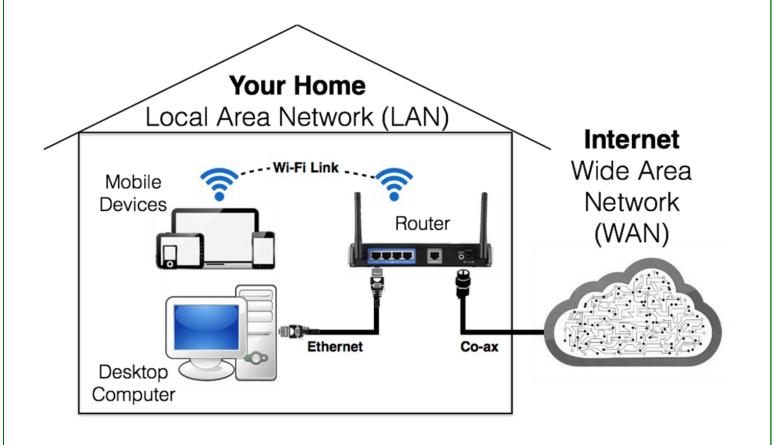
A WAN is a Wide Area
Network, which could be a corporate network connecting its individual LANs around the country or world. The biggest WAN is the Internet itself, and that's the WAN we're pondering in this article. A router establishes your LAN and connects it to the WAN (Internet).

The picture below shows a typical setup.

The **router** 1. Creates a local area network (LAN) in your home by interconnecting your mobile devices, PCs, and network printers, wirelessly by **Wi-Fi radio** and wired **Ethernet** cables;

2. Assigns each device a unique IP (Internet Protocol) address; and 3. Connects your LAN to the Internet WAN via a coax cable to your Internet/TV provider, such as Xfinity or Verizon.

That's all there is to it! Next month, we'll cover the different kinds of wireless connections: Wi-Fi, Cellular 4G, and Bluetooth.



Ongoing Classes

Register for all programs and classes online at princetonsenior.org

Financial assistance is available; please ask at the front desk.



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

Early Bird Aerobics: Every weekday morning 8:00 to 8:45 a.m.

\$55/month, or \$5/session to drop in

Aerobics: Monday, Wednesday, Friday

9:15 a.m. \$47/quarter/residents;

\$93/non-residents.

Register through Princeton Recreation Department: 609.921.9480.

Yoga: Thursdays, 10:00 a.m.

\$72/residents, \$96/non-residents per quarter

Table Tennis: Monday, Wednesday, Friday,

10:30 a.m. Drop-in; no charge.

SPRUCE CIRCLE

Chair Exercise: Mondays, 11:30 a.m., Fridays, 12:00 noon. \$48 per quarter



CLASSES

SUZANNE PATTERSON BUILDING

Drawing with Alex: Mondays, 10:30 a.m. \$72 residents, \$96/non-residents per quarter.

Word Play (poetry group): Mondays, 2:00 p.m.

\$5/quarter for copying costs.

Memoir Writing II: Mondays, 10:30 a.m.

\$36/residents, \$48/non-residents

Memoir Writing: Wednesdays, 2:45 p.m.

\$36/residents, \$48/non-residents

(class is full.)

Painting with Christina: Wednesdays, 1:30 p.m.

Painting with watercolor and acrylics.

\$72 residents, \$96/non-residents

Art with Hannah: Thursdays at 1:00 p.m.

\$72 residents, \$96/non-residents Cosmology: Thursdays at 9:45 a.m. \$5/quarter. Peer-led science discussion.

Contact brucewallman@gmail.com for info.

EVERGREEN FORUM SPRING 2017

DECEMBER 15

Course descriptions on website

DECEMBER 20

Spring 2017 brochures mailed

JANUARY 4

Registration begins

JANUARY 30

Lottery for over-subscribed courses





SUZANNE PATTERSON BUILDING

Social Bridge: Tuesdays, 1:00 - 4:00 p.m. Free. Mah Jongg: Tuesdays, 1:00 - 4:00 p.m. Free.

BYO cards & set.

Scrabble: Mondays, 12:00 noon. Free.

Table Tennis: Monday, Wednesdays, Fridays

10:30 a.m.- 3:30 p.m.

For the following bridge events please register with Bill Miller 908.872.7927 or billsbridge@gmail.com

Duplicate Bridge: Thursdays, 12:30 p.m.

Bridge Lessons: Fridays 2:00 p.m.

NO BRIDGE LESSONS IN DECEMBER

HOMEFRIENDS

Do you need additional assistance in your home, or do you know someone who needs help? We have volunteers ready!

HomeFriends is a friendly visitor program for home-based seniors and people with disabilities in the greater Princeton area. The program was created in response to a growing need within the community for people to have companionship and assistance. There is no cost for this program.

Volunteers can do a variety of things during weekly home visits, such as grocery shopping, and other routine errands; accompany seniors on walks; read and sort mail; exchange stories about life experiences; or pursue mutually shared interests. They can pick up books at the library, share a movie, or help weed the garden. Volunteers complement and support - rather than replace - the role of family and paid caregivers.

HomeFriends volunteers are interviewed, trained, and then matched for such things as background, common interests, and geographical location. Volunteers visit for an hour or two each week.

The Program Coordinator, Dave Roussell, is available should any concerns or additional needs arise. Many HomeFriends recipients also receive other PSRC services. Call 609.252.2362 for more information.

MEMORY SCREENINGS

Memory screenings are part of a regular wellness check-up. The screening is non-invasive, consists of a series of questions and tasks, and takes five to ten minutes to administer. Screenings are held by appointment with Dave Roussell, MSW, LSW, on the 4th Wednesday morning of the month at PSRC's Spruce Circle office.

Please call 609.252.2362 to schedule.

GROUPS - There are no fees for any of these groups

BEREAVEMENT

Monday, December 19 at 1:00 p.m.

(Usually third Monday of each month.) *Call Sherri Goldstein 609.819.1226 to attend.*

Call Sherri Golastein 609.819.12 **Corner House 19**

CAREGIVERS

Monday, December 12 at 1:30 p.m.

(Usually the second Monday of each month.)

Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, December 7 at 4:30 p.m.

(Usually second Wednesday of the month.)

Suzanne Patterson Building

CRAFTY PEOPLE

Fridays, 10:00 - 12 noon Call 609.937.8496 to attend Elm Court

GRANDPARENTING

Tuesday, December 20 at 1:00 p.m.

(Third Tuesday of the month.)

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KNIT WITS

Tuesdays at 1:00 p.m.

Drop-in for knitting and conversation.

Spruce Circle

LET'S TALK

Wednesdays at 2:45 p.m.

Spruce Circle

LET'S TALK IN ENGLISH

Mondays at Spruce Circle at 1:00 p.m.

Fridays at Redding Circle at 9:30 a.m.

Please call 609.252.2362 to register for Let's Talk groups.

MEN IN RETIREMENT

Friday, December 2 at 2:00 p.m.

(Usually first Friday of each month.)

Monument Hall Main Room

TRANSITION TO RETIREMENT

Friday, December 16 at 3:00 p.m.

(Third Friday of each month.)

Suzanne Patterson Building

WIDOWS: NEXT CHAPTER

Tuesday, December 13 & December 27 at 10:30 a.m.

(Second and fourth Tuesdays of the month.)

Spruce Circle

WOMEN IN RETIREMENT

Friday, December 16 at 10:30 a.m.

(Third Friday of each month.)

Suzanne Patterson Building

S.H.I.P. (STATE HEALTH INSURANCE PROGRAM)

Counseling for Medicare Benefits is available **by appointment** at Spruce Circle on Thursdays. Bring any and all healthcare benefits questions! Please call 609.393.1626 and ask for Cathy to schedule your appointment. Note: Parking is limited at Spruce Circle so please take the Free-B Bus if possible (see below!) Open enrollment ends December 7th.



TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over age 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). Call as early as possible to reserve your ride.

DAYTIME FREE-B BUS

The Daytime Free-B bus runs a 70-minute loop around town, 9:30 a.m. - 4:30 p.m., Monday through Saturday. Schedules and map are available at PSRC, municipal buildings, and on the bus.



PARTNERS-IN-CARING

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's a single question we can answer 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.

- Information and Referrals
- Counseling and Consultations
- Benefit Application Assistance
- Caregiver Resources and Support
- Support & Wellness Groups
- ◆ Transitions support with the inevitable transitions throughout the life span
- Volunteer Visitors

Call for more information: 609.924.7108 or 609.252.2362.

Access Princeton:

609.924.4141

Affordable Housing

609.609.688.2053

Central Jersey Legal Services:

609.695.6249

Community Without Walls:

609.921.2050

Cornerstone Community Kitchen:

609.924.2613

Crisis Ministry:

609.921.2135

Funeral Consumers Alliance:

609.924.3320

Mercer County Nutrition Program:

609.989.6650

Mercer County Office on Aging:

609.989.6661 or 877.222.3737

NJ Consumer Affairs:

973.504.6200

NJ Division of Aging

Services: 800.792.8820 x352

One Table Café: 609.924.2277

PAAD:

800.792.9745

Princeton Community Housing

609.924.3822

Princeton Housing Authority

609.924.3448

Princeton Human Services:

609.688.2055

Princeton Police

(non-emergency):

609.921.2100

Princeton Public Library:

609.924.9529

Reassurance Contact:

609.883.2880

Ride Provide:

609.452.5144

Senior Care Ministry:

609.921.8888

Senior Citizen Club:

609.921.0973

Social Security:

800.772.1213

S.H.I.P (Medicare):

609.393.1626

Questions? Call PSRC! 609.924.7108

HIGH TEA AND FINE SILVER

to benefit PSRC

Wednesday, January 25, 2017 • 1:30 p.m. to 4:30 p.m.



Join Jenny Pitman, Chris Wise and Sebastian Clarke, specialists from Rago Auctions, for "High Tea and Fine Silver" a benefit for PSRC. Jenny, Chris and Sebastian will share their knowledge of silver tableware, objects of vertu and silver coins in an hour-long presentation that touches on the rich history of silver tea equipage, the factors that determine the value of silver and coins, how to identify marks, and more. After they answer your questions, Jenny, Chris and Sebastian will provide a limited number of silver valuations.

1:30: Check-in and Registration

2:00 - 3:00: Presentation and Tea Time

3:00 - 3:20: Questions and Tea Time

3:30 - 4:45: Individual Valuations

\$35 per Ticket • \$50 Preferred Ticket*

*Preferred tickets include a verbal valuation of two pieces of your own silver or coins.

Suzanne Patterson Building • 45 Stockton Street • Princeton • New Jersey • 08540 (Snow date Wednesday, February 1, 2017)

Register at: princetonsenior.org limited seating ~ register early!

PSRC extends grateful thanks to: Rago Arts & Auctions and, as always, to our Annual Sponsors: Acorn Glen Assisted Living, Inc. • Bear Creek Assisted Living Buckingham Assisted Living Facility

Homewatch CareGivers • LIFE St. Francis • Merwick Care & Rehabilitation Center Oasis Senior Advisors • Progression Physical Therapy

PHILANTHROPY

As you think about your end of year giving, we hope you will give generously to PSRC to support our efforts to respond effectively and skillfully to the needs of aging adults in the greater Princeton area.

Your gift will help:

- Ensure that PSRC has the staff necessary to meet the growing demand for services;
 - Upgrade our reception area furniture making it more comfortable for all; and
 - Improve our computers for all to use.

THIS MONTH'S HIGHLIGHTED ANNUAL SPONSOR



"Our extensive training and care philosophy help us make meaningful connections that lead to better, more engaging care."

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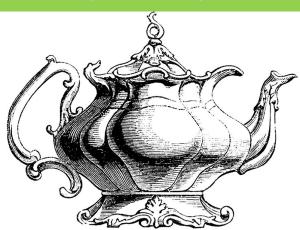
45 Stockton Street • Princeton • New Jersey •





Save the date!

High Tea and Fine Silver Wednesday, January 25, 2017



A special afternoon event with Rago Arts & Auctions experts to benefit PSRC \$35 per Ticket • \$50 Preferred Ticket*

*Preferred tickets include a verbal valuation of two pieces of your own fine silver or coins.

Suzanne Patterson Building • 45 Stockton Street • Princeton • New Jersey • 08540

See page 10 for details. Register at: princetonsenior.org. Limited seating ~ register early!