Please join us for
HIGH TEA, FINE SILVER AND COINS
to benefit PSRC

Wednesday, January 25, 2017
1:30 to 4:30 p.m.
PSRC • 45 Stockton Street • Princeton
$35 per ticket
$50 for Preferred Ticket *

Come enjoy a scrumptious tea and an hour-long presentation from Rago Arts & Auctions experts touching on the rich history of silver tea equipage, the factors that determine the value of silver and coins, how to identify marks and more.

* Preferred ticket holders will receive a verbal valuation of their own tableware, objects of vertu and silver coins.

R.S.V.P. princetonsenior.org
or call 609.924.7108
Snow date: Wednesday, February 1st

Thank you to our event sponsors:
Dr. Robert Platzman - Central Jersey Medicine & Geriatric, LLC.
McCaffrey's Food Markets, Mercedes-Benz of Princeton, Independence Home Care,
Acorn Glen, Oasis Senior Advisors, Merwick Care & Rehabilitation

SPECIAL SPEAKER
Helen Schwartz
Art Historian and Journalist
“The Death of Impressionism”
Friday, January 13
10:30 a.m.
at PSRC
in tandem with Michener Museum Exhibit
“The Death of Impressionism”
Private guided tour and luncheon
Friday, January 20
at 11:00 a.m.
(limited to 20 people)
$15 per ticket ~ Talk only
$50 per ticket ~ Tour & Lunch to benefit PSRC
See p. 4 for details.

JANUARY OPERA FILM FESTIVAL is back!
Every Tuesday in January
at 1:00 p.m. at PSRC

Boito ~ Mefistofele
Puccini ~ Manon
Verdi ~ Simon Boccanegra
Rossini ~ La Donna del Lago
PLUS
a Special Screening Event

Grateful thanks to George Goecke for producing this program, and to Friends of Princeton Opera for co-sponsoring it.
One of the keys to successful aging in place is having the right people on your support team. It recently occurred to me that we know many professionals who provide a wide array of services in the home, but a person who doesn’t do this work every day doesn’t necessarily know they exist, or is faced with a bewildering collection of titles. Many give up because it feels too daunting to begin to sort out.

This month, we offer a guide to some of the people who can help you. We also urge you to make an appointment with one of us, the PSRC care coordinators, to review your needs, create a plan and help you connect with the right professionals.

These are the professionals

**Geriatric Care Manager**—Often a nurse or social worker, a GCM will be your care coordinator, identifying what you need and linking you to needed services. A GCM will be your advocate and communicate with others on your team. This is especially helpful if there are no family members nearby to fill this role.

**Discharge Planner**—If you are hospitalized and need to move to rehabilitation or have home care, this person (often a nurse) will help make those arrangements, as well as review medications and plans for follow up care.

**Home Visit Professionals**—Following a hospitalization, you may be treated at home by a physical therapist, occupational therapist, social worker, or nurse through a Medicare approved home care organization. You can choose to continue these services after the initial covered period if you pay out-of-pocket or with long term care insurance. There are also many professionals who will make home visits for those who cannot leave home, including primary care physicians, counselors/therapists, massage therapists, hairdressers, trainers and yoga coaches and others.

**Hospice** care is designed to be provided primarily at home when a person is nearing the end of life. It includes services from a nurse, social worker, home health aides, chaplain, physician and others.

**Home Health Care**—Home health aides and companions help with cooking, shopping and companionship, home health aides also assist with personal...
care such as bathing and dressing. 

Visiting Nurse—Can come in to care for medical needs such as wound care or periodically set up medication boxes.

Certified Aging in Place Specialist – Provides advice on home modifications that can make your home safer for you as you age. Some contractors have achieved this certification, others will create a plan and coordinate the contractors.

Certified Senior Advisor – Provides guidance on selecting the right senior living community for you.

Professional Organizer-- Can help you downsize, organize, determine what to discard.

Bookkeeper/Paperwork Manager—Will help you keep track of and pay bills and manage your paperwork.

Lawncare, Housekeeper, Handyman—Consider hiring these folks to keep your home and yard in shape.

Volunteers—PSRC HomeFriend volunteers stop in for a weekly friendly visit or other defined task.

Crosstown—door to door car service for rides within Princeton when you no longer drive.

Meals—From weekday hot lunch to food delivery to meal preparation services, there are options when it is hard to cook for yourself.

Family, friends, neighbors, faith faith and other communities—Most important of all are these networks, and the others (such as Community Without Walls) that coordinate care, provide transportation and meals, and do the many other things that make it possible for you to remain at home.

You can see that there are a wide range of resources to support aging in place. Please set up a meeting with one of us to help you create a plan and connect to the best resources to meet your needs.

Susan W. Hoskins, LCSW
Sharon Hurley, CVA
Dave Roussell, MSW
PSRC’s Support & Guidance Services Team

STAFF
Susan W. Hoskins, LCSW
Executive Director
Nancy Amidon
Bookkeeper
Fran Angelone
Office Manager, Spruce Circle
Olivian Boon
GrandPals Coordinator
Cheryl Gomes
Development Assistant
Sharon Hurley
Director of Support & Guidance
Emily V. Logue,
Communications & Marketing Coordinator
Sallie Meade
GrandPals Associate Coordinator
Abigail Meletti,
Evergreen Forum Coordinator
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

Is your New Year’s resolution to work out more? Join the Early Birds from 8:00 - 8:45 a.m. Monday through Friday at SPB. This class is a more vigorous workout than the 9:15 class. We welcome participants of all ages and whether you live in or outside of Princeton. Class fee is $55 per month or $5 per session through January. Try it out!

Holiday Party 2016

Laura Hawkins Photography

EARLY BIRD AEROBICS INVITATION
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 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 Denise Cheskis of Progression
Physical Therapy of Princeton will present an informative lecture about Parkinson’s Disease: what it is, the symptoms, stages, diagnosis and treatments available. Denise will also offer a demonstration and practice of specific exercises.

SPECIAL SPEAKER AND TRIP
Didn’t get into Helen Schwartz’s Evergreen Forum class this fall? Join us on Friday, January 13 at 10:30 a.m. for her lecture at PSRC on The Death of Impressionism? Disruption & Innovation in Art, the current exhibition at the James Michener Museum in Doylestown, PA. Helen will examine the history and significance of works by the community of turn-of-the-century Bucks County Impressionist painters within the context of the modernist styles that followed.
Enhance your appreciation of the subject with a visit to the museum. Join us on Friday, January 20 at 11:00 a.m. for a private docent tour of the Michener exhibit, followed by a luncheon in the Terrace Café. Tickets: $15 for Lecture (to benefit PSRC); $50 for Lecture, private tour, museum admission and lunch. Limit 20 people. Purchase tickets at princetonsenior.org.

PROGRAM HIGHLIGHT: January Opera Film Festival

Tuesday, January 17: Giuseppi Verdi ~ Simon Boccanegra (in Italian): Sherrill Milnes, Anna Tomowa-Sintow, Vasile Moldoveanu, Paul Plishka. 1984 Metropolitan Opera Orchestra and Chorus, James Levine, conductor. 150 minutes.
Tuesday, January 31: Special Screening: Karajan, or Beauty as I See It, a documentary film by Robert Dornhelm on the life and art of legendary conductor Herbert Von Karajan.
TED TALKS
Tuesday at 10:30 a.m.
Come for a lively discussion! First we watch a TED Talk, then we discuss it.
Facilitated by Helen Burton. This month’s topics:
JANUARY 3: Bunker Roy: Barefoot College—How it works
JANUARY 10 ~ Danielle Feinberg: The magic ingredient that brings Pixar movies to life
JANUARY 17 ~ Richi Manchanda: What makes us get sick? Look upstream
JANUARY 24 ~ Alyssa Monks: How loss helped one artist find beauty in imperfection
JANUARY 31 ~ Adam Galinsky: How to speak up for yourself

IPAD CLASSES
INTRO TO iPAD
Thursday, January 19 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, January 26 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.

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

MEN IN RETIREMENT
No regular meeting this month; due to group holiday party. (Usual meeting on the first Friday of each month at 2:00 p.m.)
Location: Please check PSRC website for location

WOMEN IN RETIREMENT
Friday, January 20 at 10:30 a.m.
Are your ducks in a row for the second half of life?
Come and listen to estate planning and elder law attorney, Fiona Van Dyck, as she explains how to care for yourself and your spouse and how to maximize the assets you leave your children...plus how to protect their inheritance from less trustworthy spouses or creditors. In addition, uncover the secret source of paying for long term care costs that may be hidden in your retirement plan. All women are welcome.

TRANSITION TO RETIREMENT
Friday, January 20, 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.

TRANSITIONS BOOK DISCUSSION GROUP continues on the first Monday of the month at 3:00 p.m. through May (except when it will meet on January 9 due to PSRC January 2 holiday.)
Last month, we explained how a router connects the local area network inside your home to the Internet over a coax cable provided by your Internet/TV service provider. But if you’re away from home, walking around Princeton (or any place else in the world) how do you connect your mobile gadgets to the Internet? That’s what this article is all about: Connecting without wires.

**4G**
You’ve probably heard about 4G and its predecessors 3G, 2G (you get the point). These are wireless Internet services for smartphones (and a few tablets) that you get from your cell phone provider, such as Verizon, Sprint, AT&T. With 4G service, you can read your E-mail, watch a YouTube video, or search the Web as long as you’re within your provider’s service area. Most 4G providers offer service plans that charge for the amount of data you use. A typical plan may allow you to use up to, say, 2 gigabytes of data each month for $30. (That’s enough for one feature-length movie, or 400 camera pictures that you want to share, or lots of Web searches, or thousands of emails.) The more data you want each month, the more it costs. Virtually all smart phones use 4G. Some tablets are available with 4G connectivity, but most use only Wi-Fi.

**Wi-Fi**
Wi-Fi is a short range wireless technology that connects your mobile devices to a local area network (LAN) and the Internet. The Wi-Fi radio signal is broadcast by a wireless router that usually covers a radius of 100 feet or less—an area also called a “hot spot.” If you have Internet service in your home, you probably have a Wi-Fi router. Unlike 4G service, you don’t pay for the amount of data you use with Wi-Fi, but rather for the speed of your Internet service, which is measured in megabits per second. Therefore, when you’re home, you should enable Wi-Fi service on your smart phone in addition to your tablet and laptop so you’re not using (and paying for) your cell phone provider’s data service.

Free public Wi-Fi hot spots abound. Every Starbucks has one, as do many restaurants, schools, and, of course, PSRC. But there’s a downside to public Wi-Fi hot spots: Unlike your home Wi-Fi, public Wi-Fi usually doesn’t require a passcode. This means public Wi-Fi is unsecured, which means the data connection between your mobile device and the public Wi-Fi router isn’t encrypted. That’s OK for run-of-the-mill Web surfing, non-confidential E-mails, and watching kittens on YouTube, but not for on-line banking, file transfers, or other sensitive communications.

**Bluetooth**
Bluetooth connects devices to each other, such as cell phones, wireless earphones, or keyboards, mice, and speakers to your computer or tablet. Bluetooth signals usually cover no more than 30 feet or less. They’re not encrypted, which isn’t a problem because they typically don’t carry sensitive data, but must usually be paired with the device(s) they connect to. PSRC’s computer lab team is always glad to help you with your wireless connection questions.

---

**INTRODUCTORY CLASS IN MICROSOFT WORD** ~ Wednesday, January 18, 1:00 - 2:30 p.m. Free.

Whether you use Microsoft Word to write a letter or a novel, understanding the basics—especially styles, templates, and lists—makes your time at the keyboard enjoyable and vastly simpler. This is a hands-on class designed for Microsoft Word versions 2007, 2010, 2013, and 2016 for Windows, and versions 2008, 2011, and 2016 for Mac. Bring your laptop, (with Word installed) for a hands-on experience as you follow our examples. If you can’t bring your computer, you’ll still learn a lot. The class will cover: styles, templates, lists, tables, page layout, pagination, other goodies. Instructor: Don Benjamin. Class size is limited. Registration is mandatory in order to ensure a space; register at princetonsenior.org.
Ongoing Classes
Register for all programs and classes online at princetonsenior.org

January 1, 2017 is the beginning of a new quarter for PSRC classes. Please register 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

### NEW BOOK DISCUSSION GROUP

**THE FOUR THINGS THAT MATTER MOST - 10TH ANNIVERSARY EDITION:**

**A BOOK ABOUT LIVING BY IRA BYOCK, MD**

**Wednesdays at 1:00 p.m. for 6 weeks, January 11 through April 12.** $36/residents; $48/ non-residents.

Four simple phrases: “Please forgive me,” “I forgive you,” “Thank you,” and “I love you,” carry enormous power. Dr. Byock, a palliative care thought leader, believes these four phrases and the sentiments they convey provide us with a clear path to emotional wellness, and can guide us to and a conscious way of living with integrity and grace. Thus, we can focus on what really matters most in our lives every day.

Facilitated by Helen Burton. Class size limited to 12.
Register online at princetonsenior.org.

### 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 I: Wednesdays, 2:30 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.

### GAMES

**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: Tuesdays, 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. beginning in February.**
**Hearing Screenings ~ New!**

**Experiencing Hearing Problems?**
Do you want to know if you need a full hearing test, want to know if it's only wax? New screening equipment has been developed that is essentially a pass/fail for 4 different tones. It's a very quick process (about 1 minute.)

Hearing Screenings will be held on the 4th Monday of each at Spruce Circle, *by appointment*, from 12:30-1:30 pm. Call Dr. Farah M.H. Said, Clinical and Rehab Audiologist, to schedule your quick screening: **908.547.0202**.

**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, January 23 at 1:00 p.m.*  (due to MLK holiday on January 16)  *(Usually third Monday of each month.)*
Call Sherri Goldstein 609.819.1226 to attend.
Corner House 19

**Caregivers**
*Monday, January 9 at 1:30 p.m.*
(Usually the second Monday of each month.)
Corner House 19

**Children of Aging Parents**
*Wednesday, January 11 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, January 17 at 1:00 p.m.*
(Third Tuesday of the month.)
Suzanne Patterson Building

**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**
*No regular meeting in January.*
(Usually first Friday of each month at 2:00 p.m.)
*Call PSRC or check website for location*

**Transition to Retirement**
*Friday, January 20 at 3:00 p.m.*
(Third Friday of each month.)
Spruce Circle

**Widows: Next Chapter**
*Tuesday, January 10 & January 24 at 10:30 a.m.*
(Second and fourth Tuesdays of the month.)
Spruce Circle

**Women in Retirement**
*Friday, January 20 at 10:30 a.m.*
(Third Friday of each month.)
Suzanne Patterson Building

**Making a Difference**

Thank you to the residents of our community for their generous donations of yarn/supplies, and to Bank of America/Merrill Lynch for collecting yarn donations during their annual community service event.

These donations made it possible for the PSRC Knit Wits group to create beautiful hand-knitted items throughout the year. In 2016, Knit Wits donated to Anchor House, Better Beginnings Child Development Center, Boys & Girls Club of Mercer County, Budgeting for Babies (a military newborn program), Christian Friends of Korea, Guadalupe Family Services, NJ Veterans Memorial Home, PSRC, Spruce Circle residents, and the Trenton Area Soup Kitchen (TASK).
**MEDICARE ADVANTAGE DISENROLLMENT PERIOD**
This runs from January 1 to February 14 each year. At this time you can choose to dis-enroll from a Medicare Advantage plan and return to Original Medicare. If you switch to Original Medicare during this time, you have a chance to join a Medicare Part D plan to add drug coverage.

During this time you cannot join a new Medicare Advantage plan, switch Medicare Advantage plans or switch Medicare Part D plans. For further information or to discuss if this would benefit you, please call us at **609.393.1626** to make an individual appointment with a SHIP counselor.

**TRANSPORTATION**

**CROSSTOWN**
Door-to-door car service within Princeton for people over age 65. Call 609.252.2362 to register in the program, and 609.452.5144 to schedule a ride. $3 each way; free to UCMPP (the hospital).

**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 consultation about options, 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.
FINANCIAL MATTERS – THANK YOU!

Grants received during 2016 help provide the backbone of professional support for PSRC signature programs. Foundation grants provide 10% of the operating support for PSRC.

We extend grateful thanks to:

The Princeton Area Community Foundation, PNC and Junior League of Greater Princeton for supporting GrandPals;

The Fred C. Rummel Foundation, David Mathey Foundation, the Curtis W. McGraw Foundation, the Otsuka America Foundation, and The Dorothea Van Dyke McLane Foundation for their Partners in Caring support;

The Unitarian Universalist Church of Princeton for supporting HomeFriends;

Janssen Pharmaceuticals and WellCare Health Plans for supporting family caregiver services and PSRC’s Fall Conference on family caregivers;

PACF for a Path to Impact Capacity building grant which has been used to improve our identity and marketing strategies;

The Gordon and Llura Gund Foundation for organizational capacity building;

Bloomberg Corporation, J.A. Padhoven Fund of the Princeton Area Community Foundation, and the Lundy family and friends, for supporting technology improvements for staff and the computer lab.

Additionally, several families give to PSRC through private family charitable gift funds for general operating or specific programs. Many of you give to a particular program in memory of, or to honor someone. The Lundy Fund is a good example, as it was established and accepts donations to honor the late and much beloved Barbara Lundy, coordinator of PSRC’s computer lab and classes.

To all who awarded PSRC a grant, a gift or a donation of any kind or amount during 2016, we thank you for your support and generosity. Without the assistance of these grants and gifts, PSRC would not be able to provide our remarkable level of programs, care and services. Together, they help ensure that PSRC can continue to pursue our mission to be the go-to resource where older adults and their families find support, guidance, educational and social programs to help navigate life transitions and continue to be active, healthy and engaged in the community.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Closed</td>
<td>Closed</td>
<td>Happy New Year</td>
<td>Closed</td>
<td></td>
</tr>
</tbody>
</table>
PSRC is the go-to resource where older adults and their families find support, guidance, educational and social programs to help navigate life transitions and continue to be active, healthy and engaged in the community.

**EVERGREEN FORUM SPRING 2017**

**JANUARY 4**
Registration begins

**JANUARY 30**
Lottery for over-subscribed courses

**FEBRUARY 27**
First classes begin

Please consult the enclosed Evergreen Forum brochure for complete course titles, descriptions and class locations. All of the aforementioned are also available on our webpage: theevergreenforum.org, and by clicking the Evergreen Forum tab at the left on PSRC’s homepage at princeton senior.org.

**CHINESE NEW YEAR CELEBRATION**
Tuesday, January 31 at 10:30 a.m.
Please join us to welcome 2017 ~ Year of the Rooster with a performance by students from Ying Hua School, music and traditional snacks.
Admission is free, but reservations are appreciated.
Register at princeton senior.org

All are welcome!