Let’s Live Well this Summer!

Opera Video Fest
Join us on Wednesday afternoons in the air-conditioned lounge of the Suzanne Patterson Building for some great music. Most shows start at 12:30pm. Beverage and dessert provided. Feel free to bring a lunch. No charge.
RSVP to 609-924-7108.

June 4, 12:30
Lehar: *The Merry Widow* (155 minutes)

June 18, 12:00
Offenbach: *Tales of Hoffman* (183 minutes + intermission)

June 25, 12:30
Gershwins & Haywood: *Porgy & Bess* (158 minutes)

We welcome 2 Medical Students
Rima Patel and Karianne Weber, from the Rutgers Department of Family Medicine and Community Health, will be here for six weeks this summer. They will offer a new class: Living Well with Chronic Illness
6 weeks starting Monday, June 9
Time: 11:00am – 12:30pm at SPB. Cost: $25
Living with chronic illnesses like arthritis, diabetes, neuropathy, Parkinson’s can be a challenge. Come learn techniques for managing chronic illness, whether it is your own or a loved one’s. Living well IS possible!

Medical Info on the Internet
Monday, June 16, 1:30pm at SPB
The internet is a wealth of information on all things, including medicine and health. But how do you know what to believe? Which websites should you trust? The medical students will demonstrate reliable websites as well as offer tips for recognizing risky sites. In addition, they will be available in the computer lab Friday mornings to help anyone research medical websites.

Last Call for Our Spring Appeal!
Go to www.princetonsenior.org
Click the donate button or call 609-924-7108

Evergreen Forum
Fall 2014
Critical Dates

July 18
Brochures mailed

July 25
Website registration opens

August 27
Lottery Day

September 26
Classes start

Inside this issue:
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It is true that things change with age. Sex drive may diminish with changes in hormones, other health conditions and medications, but it doesn’t end! 71% of a recent survey of people age 50+ reported having a healthy sex life. 74% of men and 70% of women who are sexually active find it more satisfying than in earlier decades when they were raising children and working. Don’t be afraid that sex will harm your health. The key is adapting your practices and expectations to increase your pleasure. This may include more cuddle time, use of sex aides, creams and medications, and overcoming inhibitions to explore new practices. Intimacy is much more than orgasm, including pleasure, comfort and touch.

Some people find themselves single by choice or unexpectedly. The Census Bureau indicated that in 2011, 15.4% (of those over 50) were divorced and 2.1% were separated. The divorce rate doubled between 1990 and 2011 for this age cohort. Possible factors include Boomer values and longer life expectancy. Divorce continues to put women at financial risk, especially older women without their own resources.

Many others (13.5%) are widowed. Loneliness is common. Others are married to a partner with significant chronic illness or dementia, no longer able to be a life partner, whether romantically, or the many other roles held for years. Yet the desire for intimacy and companionship continues, creating an ethical dilemma. A recent study indicated that 31% of couples split up after the diagnosis of a serious illness, with men much more likely to leave.

Some people begin to explore dating. With the introduction of internet websites like Match.com and AARP dating, you no longer have to rely on friends for introductions. For some, this is an opportunity to find happiness you did not have before by knowing yourself better, your needs, personality, sexual orientation. 14% of those on Match.com are over 50. But be safe: don’t share your real name, personal phone number, work or home address or other personal identification data until you are comfortable. Use a separate email just for dating. And use safe sex practices (especially condoms)! An estimated 16% of new HIV cases are among people age 50+ and incidence of other STDs has tripled among people age 50-64 in the last decade. More women than men choose to stay single. This may be because women are better at finding companionship with women friends or that it is more acceptable today to go out with friends. Also men are more able to marry younger women.

Dating and remarriage may raise family issues, such as acceptance of the new person in your life. Children often feel loyal to their parents and may need help understanding your need for intimacy and companionship. You should also consider legal issues such as estate inheritance, financial responsibility for the remaining spouse, income and benefits, and what your legal (financial, property and medical) rights are if you choose cohabitation instead.

Whatever your situation, don’t be afraid to acknowledge your needs for affection and explore ways to meet those needs.

Sources and places to start further exploration:

- Aarp.org (Dating in the Digital Age, Dating after 50….)
- Match.com, gaydating.match.com, aarp dating, …
- Huffington Post (Boomers & Sex 6/8/13, 6 Myths about sex after 50 8/2/13, …)
- Marketwatch.com (Marrying after 50- 2/27/13)
- New York Times (Divorce after 50 9/30/13…)
- Dr. Laura Berman blog (The ultimate sex-ed for grownups, Til Diagnosis Do Us Part….)

Susan W. Hoskins LCSW
Executive Director
MOVIE & MUNCHIES
Friday, June 6, 1:00pm at SPB
Saving Mr. Banks
Walt Disney spent twenty years in pursuit of the film rights to P.L. Travers’ popular novel Mary Poppins, a quest he began in the 1940s as a promise to his two daughters. In 1961 author P.L. Travers traveled to Hollywood and reluctantly began meeting with Walt Disney. Stars Emma Thompson and Tom Hanks. RSVP to 609-924-7108. No fee.

GROUP DRUMMING
Tuesday, June 17, 7:00pm at SPB
Wednesday, June 25, 10:30am at SPB
Outdoors, weather permitting. Give it a try! Drums provided or BYO. No experience required. Only $5/person. RSVP to 609-924-7108.

LUNCH & LEARN
Fri., June 13, 12:00pm at SPB
Care Management
With Barb Bristow from Senior Care Management. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

Fri., June 20, 12:00pm at SPB
Dental Health for Seniors
With Dr. Purvi Desai of Insmile Dentistry. Will cover:
• General dental health
• Planning for tooth loss
• Different options for replacing missing teeth
• Dental implants
Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

ONE TABLE CAFÉ
Friday, June 20, 6:30pm at Trinity Church (33 Mercer Street)
A free meal with other members of our community plus a performance by On Stage. On Stage is an ensemble of 16 seniors (age 55 plus) who present original theater focused on the experiences of seniors and others in central New Jersey. RSVP required to 609-924-2277, ext. 352.

TED TALKS
Drop in for a lively discussion every Tuesday, 10:30 am 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:
June 3 – Michael Sandel:
Why we shouldn’t trust markets with our civic life

June 10 – Lauren Zalaznick:
The conscience of television

June 17 – Gabby Giffords and Mark Kelly:
Be passionate. Be courageous. Be your best.

June 24 – David Epstein:
Are athletes really getting faster, better, stronger?

COMPUTER CLASSES
Intro to iPad
Thursday, June 5, 10:00am - 12pm
Fee: $10

More About iPad
Wednesday, June 18, 10:00am - 12pm
Fee: $10
To register: stop by the Suzanne Patterson Building or call 609-924-7108. All classes are held in the computer lab at Suzanne Patterson Building. Please come 10 minutes early to pay.

FREE LABS:
Tuesdays, 1:00pm - 4:00pm
Fridays, 10:00am - 12:00pm
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. Can help with Macs as well as PC’s.
**NEXT STEP PROGRAMS**

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

Men in Retirement  
**Friday, June 6, 2:00pm, Monument Hall**  
Come and meet other men who are making or have made the transition into retirement. Facilitated by Rob Hegsbie and Bruce Wallman. No fee. Just drop in.

Next Step Speaker: Marion Sommer  
**Making Your Money Go Further In Retirement**  
**Monday June 2, 7:00pm**  
Princeton Public Library  
*note: change from our usual Speaker Series date.*

Looking to retire or just recently retired? Are you worried about having enough money to last throughout your retirement years? You’re not alone. Forty-five percent of all Americans say concerns about making ends meet are keeping them up at night. Reaching retirement is the beginning of a new voyage, a time of changing tides with you at the helm. You may live another 20 to 30 years. How do you ensure that your money will last? Ms Sommer will explore:

1. How much monthly income you will need after a lifetime of accumulation  
2. How much money can you safely withdraw annually and still have your money last  
3. What strategy will provide the most efficient method of withdrawing assets  
4. When to take social security payments  
5. Tax-efficient methods used to withdraw money  
6. What can you do to safeguard your assets

The Next Step Speaker Series is a joint program of the PSRC and the Princeton Public Library. No charge. Just drop in.

What Will You Do With The Rest Of Your Life?  
**Wednesday, June 4, 11, 18, 25, 6:30pm**  
RWJ Health & Wellness Center  
3100 Quakerbridge Road  
Put the pieces of your retirement together in this four session, hands-on retirement planning workshop. Led by Carol King and John George.

- Explore your attitudes and feelings about retirement, work, aging and managing transitions.  
- Discover your passions and purpose, gifts, strengths, talents, assets and experiences.

- Identify possibilities: How do you want to spend your time in retirement? What opportunities are out there for you? Is there an Encore Career in your future?  
- Turn your dreams into goals and develop an action plan to achieve your goals.

Please call **609-584-5900** to register.  
Cost: $85/person, $150/couple.

Next Step Speaker Series:  
**Maria Imbalzano, Esq. - Gray Divorce – The Issues Facing Older Adults**  
**Tuesday, June 10, 7:00pm**  
Princeton Public Library

The divorce rate for people over 50 has doubled over the past 20 years while declining or staying steady for younger people. Divorce after retirement can have a serious impact on both partners’ financial and emotional well-being. With limited earning power and less time to recoup financial losses, gray divorcees need to re-visit their financial plans. Ms. Imbalzano is a member of Stark & Stark’s Divorce Group. The Next Step Speaker Series is a joint program of the Princeton Senior Resource Center and the Princeton Public Library. No charge. Just drop in.

Time At Last - Navigating Retirement  
**Thursday, June 12, 2:00pm**  
RWJ Health & Wellness Center  
3100 Quakerbridge Road

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. Continues on the second Thursday of each month. Led by Shirley Roberts, Helen Burton and Carol King. Please call **609-584-5900** to register. No fee.

Delights and Dilemmas of Being a Grandparent.  
**Tuesday, June 17, 1:00pm, SPB**

This group just started in May and will continue monthly. The leader is Lenore Sylvan. Lenore brings her many years of experience as a teacher, child care advocate and grandparent to PSRC. Call **609-24-7108** to register. No fee.
MOVIE & MUNCHIES
Our popular weekly summer movie series will return in July. Schedule will be listed in next month’s Mature Princeton.

LUNCH & LEARN
Friday, July 11, 12:00pm at SPB.
“In the Cards” with Susan Hoskins

BEHIND THE SCENES AT THE NEW YORK TIMES
Tuesday, July 1, 1:00pm at SPB.
David Corcoran, editor of Science Times, The New York Times’s weekly science section, will describe how he and the staff go about finding, reporting, and presenting the week’s science news, both on paper and online. Q & A to follow.

BEGINNER BRIDGE LESSONS
Fridays 10:30am at SPB, starting July 11
Contact instructor, Bill Miller, for details & to sign up. 908-872-7927 or billsbridge@gmail.com.

FIVE WISHES
Have you completed your advance directives? The medical students will be available
Monday afternoons 1:00-3:00pm, to help you complete the Five Wishes documents from June 9-July 14.

FILE OF LIFE
Do you have a File of Life on your fridge? It lists your emergency contacts, health concerns, insurance information and medications. Emergency personnel are trained to look for it. We can help you fill one out.

FLOOR RESEALING
The Suzanne Patterson Building will be closed July 2-6 for the semi-annual resealing of the gym floor.

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 One Princeton. If you designate PSRC as your charity we will receive the contributions.

Just stop in to find out more about these additional ways to support PSRC— a non-profit organization.

Like us on Facebook
Princeton Senior Resource Center
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 (HB)

### EXERCISE & FITNESS

**SUZANNE PATTERSON BUILDING**

- **Early Bird Aerobics**  
  Monday, Tuesday, Wednesday, Thursday, Friday - 8:00am  
  30 minutes of cardio & toning  
  $55/month, or $5 daily drop-in rate

- **Aerobics**  
  Monday, Wednesday, Friday - 9:15am  
  $47/season for residents / $93 for non-residents  
  Register through Princeton Recreation Dept: 609-921-9480

- **High-Low-Go**  
  Tuesday and Thursday - 8:45am  
  45 minutes of low-impact aerobics  
  $65/8 weeks for residents / $90 for non-residents

- **Yoga**  
  Thursday - 10:00am  
  $45/8 weeks for residents / $60 non-residents

- **Table Tennis**  
  Monday, Wednesday, Friday - 10:30am  
  Drop-in. No charge.

- **Tai Chi**  
  Friday - 2:00pm  
  $45/8 weeks for residents / $60 non-residents

**SPRUCE CIRCLE**

- **Chair Exercise**  
  Monday, Friday - 11:30am  
  $25/8 week session / $30 non-residents

**HARRIET BRYAN HOUSE**

- **Chair Yoga**  
  Tuesday - 11:00am  
  $45/8 weeks for residents / $60 non-residents

### CLASSES

**SUZANNE PATTERSON BUILDING**

- **Art Studio**  
  Wednesday - 1:30pm  
  $25/summer

- **Art Studio**  
  Thursday - 1:00pm  
  $25/summer

- **Computer classes**  
  See page 5

- **Computer Lab**  
  Tuesday - 1:00-4:00pm, Friday - 10:00am-12 noon  
  Drop-in for help & practice. No charge

- **Cosmology**  
  Thurs. 9:45am  
  No charge.

**SPRUCE CIRCLE**

- **Knit Wit**  
  Friday - 1:00pm  
  Drop-in for knitting & conversation. Free.

### GAMES

**SUZANNE PATTERSON BUILDING**

- **Social Bridge**  
  Tuesday - 1:00 - 4:00pm  
  Drop-in. No charge.

- **Mah Jongg**  
  Tuesday - 1:00 - 4:00pm  
  Drop-in. No charge. BYO card & set.

- **Scrabble**  
  Tuesday - 1:00 - 4:00pm. No charge.

For the following bridge events please register with Bill Miller 908-872-7927 or billsbridge@gmail.com.

- **Duplicate Bridge**  
  Thursday - 12:30pm

- **Bridge Lessons**  
  Friday - 2:00pm
FOR THE FOLLOWING SUPPORT SERVICES CALL 609-252-2362

• Benefit Application Assistance
• Caregiver Resources + Support
• Support & Wellness Groups
• Transitions – support with the inevitable transitions throughout the life span
• Volunteer Visitors

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

Artwork by Ji Fang Cao, student in PSRC Drawing Class

BLOOD PRESSURE SCREENING
(No fee - open to the community)
Second Tuesday
11am-12pm at Mt. Pisgah
1pm - 2pm at Spruce Circle
Third Tuesday
9am - 10am at Redding Circle
1pm -2pm at Harriet Bryan House
Fourth Wednesday
1pm -2pm at Elm Court

Caregivers
Monday June 9, 1:30pm at SPB
Children of Aging Parents
Wednesday June 11, 4:30pm at SPB
Widow Support
Thursday June 5 & 19, 11:30am at Princeton Public Library
Bereavement
Monday June 9, 1:00pm at SPB
Call Ann Schoonover 497-4900 to attend
Grandparenting
Tuesday June 17, 1:00pm at SPB
Let’s Talk
Wednesday 10:30am at RC
Wednesday 2:45pm at SC
Let’s Talk English
Monday, 1:00pm at SC
Fridays, 9:30am at RC
Men in Retirement
Friday June 6, 2:00pm at Monument Hall
Navigating Retirement
Thursday June 12, 2:00pm at RWJ Hamilton Wellness 609-584-5900

TRANSPORTATION
CROSSTOWN
Door-to-door car service within Princeton for people over 65. Call 609-924-7108 to sign up for the first time and 609-452-5144 to schedule a ride.
$3 each way, free for registered users to UMCPP (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. Stops at the Suzanne Patterson Building, Elm/Harriet Bryan, Library, Shopping Center, Redding Circle, Princeton Community Village and more—and you can flag it down. Schedule and map are at SPB, municipal buildings and the bus.
Your Critical Documents

You will be doing your family a great service if you have collected your important documents and they know where to access them. Put them all in one file or folder, or include a copy of the face sheet telling family where to find the original (such as your lockbox or attorney’s office).

- Home, land, cemetery deeds
- Escrow mortgage accounts
- Proof of loans made and debts owed
- Vehicle titles
- Stock certificates, savings bonds, brokerage accounts
- Partnership and corporate operating agreements
- Tax returns
- Marriage License
- Divorce papers
- Personal and family medical history
- Durable powers of attorney-health and financial
- Living will, POLST form, do not resuscitate order
- Life insurance policies
- Individual retirement accounts
- Pension and/or 401K accounts
- Annuity contracts
- Bank accounts
- List of online accounts, user names and passwords
- Safe deposit boxes
- Will, letter of instructions
- Trust documents
- A list of your attorney, financial planner, broker, accountant, doctors, other key advisors

PreCheck Screening

Flying anywhere this summer? The TSA is expanding its pre-check program that allows certain passengers to go through security without showing laptops, liquids, or removing shoes and coats. There is an $85 charge for the vetting process and you will need to be fingerprinted. For more information, go to tsa.gov.
Gracious Living in the Heart of Princeton...

As a privately-owned facility, Acorn Glen has the flexibility to respond to residents’ changing needs, quickly and compassionately.

See the Acorn Glen difference for yourself, 609.430.4003

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Princeton, NJ 08540
www.acorn Glen.com

Now offering the finest in short-term rehabilitation services.

At Greenwood House, our skilled rehabilitation services and restorative maintenance programs help our clients regain strength, mobility and independence.

We offer:

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www.GreenwoodHouse.org

A nonprofit, nonsectarian organization providing care and services based on Jewish traditions and values.
BE A PREPARED FUNERAL CONSUMER
The Funeral Consumers Alliance of Princeton has a lot of helpful information and resources comparing area funeral homes, describing options and practices, and more. For more information go to www.princetonol.com/groups/fcap or call 609-924-3320.

WRITE YOUR OWN OBITUARY!
You know better than anyone what you want said about you. You may want to include:

- full name (and maiden)
- age and town of residence at death
- areas where lived and/or worked in past
- marriage-to whom, when
- military history
- education
- work history
- awards, honors, publications, accomplishments
- organizational memberships
- volunteer activities, interests, hobbies
- survivors
- family members who pre-deceased you
- funeral or memorial service date, time and place
- memorial contributions

HEAT & OZONE ALERT
We are coming into that time of the year when there are frequent heat and ozone alerts. When you hear a heat or ozone report on the news, please remember these recommendations:

1. **DRINK** plenty of water—8 oz per hour—unless you are taking medication for fluid retention. Do not drink a lot of alcohol, soda, tea or coffee.

2. **STAY INDOORS** during the hot part of the day.

3. **USE YOUR AIR CONDITIONER**—that’s what it is for!

4. **USE A FAN** if you don’t have an air conditioner, but don’t sit directly in front of a fan in a hot room with all the windows closed. Blow air out during the day and in at night.

5. **WEAR COOL LOOSE CLOTHING** and a hat.

6. **SPEAK TO YOUR PHYSICIAN OR PHARMACIST** about whether any of your medications make you more prone to heat stroke or sunburn.

7. **ATTEND a PSRC** class or activity in an air-conditioned room.

8. If you feel ill (clammy and cold, faint, headachy, difficulty breathing), **call your doctor** or 911.

9. The **Suzanne Patterson Center** and housing Community Rooms are open during the hottest part of the day; please come in and cool down if you need to.
Summer Opportunity for GrandPals

Grateful kindergarten teachers at the GrandPal Luncheon

There will be a 4 week session of summer activities for elementary school children in Johnson Park School. Once a week GrandPals will read to some of the children who need a summer school program. Please let us know if you would be interested in participating in this.

The summer program runs from July 7 - August 1, from 8:30 - 11:30am. We don’t know the specific days or times yet, but would like to know how many people would be interested.

Contact Sallie Meade at smeadenj@gmail.com or call Olivian Boon at 609-924-7108.