

*June 2016*

*Come on down for our 2nd Annual  
BBQ and Line Dance Party!*

*Saturday, June 18th*

*5:00 to 8:00 p.m.*

*at the Suzanne Patterson Building  
45 Stockton Street, Princeton, New Jersey*

*BBQ by Business Bistro*

*Line Dancing with the Silver Spurrs!*

*\$38 per adult*

*\$17 per person for children age 5 ~ 12*

*No charge for children under the age of 5*

*Register online at [princetonsenior.org](http://princetonsenior.org)*

*All proceeds benefit PSRC.*

**NOTICE:**

**PSRC RENOVATIONS AND CLOSING INFORMATION:**

We are very pleased to announce the imminent renovations to our bathrooms. The time frame is anticipated to be between **June 20th and July 8th.**

PSRC will remain open for most of that time, using the bathrooms in Monument Hall.

**We will be closed for our semi-annual floor-resealing from  
Thursday, June 30th - Monday, July 4th**

**Thank you for your patience!**

## DIRECTOR'S MESSAGE ~ IS YOUR HOME AGE-FRIENDLY?



Several people have mentioned Jane Brody's May 2 column in the New York Times, *Aging in Place*. In it, she notes that many people expect to remain in their current homes as they age, but they don't consider whether their home is age-friendly.

It is hard to imagine losing our abilities, but it is likely that we will. Or friends and family who visit our home may face challenges. The good news is that there are many resources available to make your home work for you.

First, do an assessment of your home:

- ♦ Is there a step-free entrance to the home? Is it well-lighted?
- ♦ Are there a bedroom, bathroom and kitchen on the first floor?
- ♦ Are interior doors and hallways at least 36" wide?
- ♦ Is there a kitchen work surface that you can use while seated?
- ♦ Are kitchen cabinets and shelves easy to reach without a stepstool?
- ♦ Do faucets and doors have lever handles?
- ♦ Are there secure handrails on both sides of all stairs?
- ♦ Are stairways and hallways well-lighted?
- ♦ Are exterior walks free of tripping hazards and well lighted?
- ♦ Is the pathway between bed and bathroom free of tripping hazards and well-lighted?
- ♦ Is there a fire extinguisher within reach of the oven/stove?
- ♦ Are there smoke and carbon monoxide detectors on each floor with fresh batteries?
- ♦ Is there an easily accessible telephone on each floor?
- ♦ Is your home number clearly visible from the street (for emergency responders)?
- ♦ Have throw rugs been removed or secured with non-skid material?
- ♦ Are all electrical and phone cords free of fire and tripping hazards?
- ♦ Does the shower have step-free entry, non-skid grips and grab bars?
- ♦ Is the toilet accessible from a wheelchair? Chair height? Grab bars?
- ♦ Is hot water set at or below 120°?

(Questions from AARP HomeFit Guide: [www.aarp.org/livable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html](http://www.aarp.org/livable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html))

Then, make modifications to your home to address the areas that are deficient. Some of these are simple improvements that can be done by a handyman. There are also Certified Aging-In-Place Specialists who can assist with designing and implementing modifications. They are often contractors who have gained this additional certification. Occupational Therapists also have good advice for adapting a home to meet specific needs.

You may realize that your current home is not suitable for aging in place because it cannot meet these criteria even with skilled modification. At this point, some people look for another home in the community where they have many friends, activities and connections. Others consider moving to be nearer to family or into various kinds of retirement communities. Let us know if you would like help reviewing your options.

Susan W. Hoskins, LCSW  
*Executive Director*

Special thanks to  
Perennial Favorites Garden Center  
(1181 Hughes Drive in Hamilton)  
for the flowers in front of the  
Suzanne Patterson Building



## JUNE PROGRAM HIGHLIGHTS

All programs, classes and groups are held in the Suzanne Patterson Building and are free, unless otherwise indicated. We ask for pre-registration so we can plan room set-ups and/ or contact you in the event a program is postponed or cancelled.  
Please call to register/ reserve a space: 609.924.7108.

### JUNE MOVIE

Wednesday, June 1 at 1:00 p.m.

**“DESERT DANCER”** During the politically charged climate of the 2009 protests in Iran, when many cultural freedoms are threatened, Afshin and some friends risk their lives and form an underground dance company. Through banned online videos, they learn from timeless legends who cross all cultural divides, including Michael Jackson, Gene Kelly and Rudolf Nureyev. Their exploration of music, dance and a universal respect for artistic expression untouchable by political strife, enables them to discover a freedom from the harsh realities of their surroundings. (1 hour 44 minutes)

### TRAVEL TRAINING - LOCAL TRANSIT

Wednesday, June 8 at 10:00 a.m. and Wednesday, June 15 10:00 a.m. to 2:00 p.m.

How to plan trips, use the bus and train, pay fares, make transfers between transit routes and local public transit and ride services. See p. 8 for details.

**PARTICIPANTS MUST ATTEND BOTH SESSIONS.**

Call 609.924.7108 to sign up.

### LUNCH AND LEARN

Friday, June 17 at 12 noon

Join Rev. Amy Seat, Hospice Chaplain with Princeton HealthCare System, to explore some of the spiritual challenges and opportunities that arise throughout the different stages of our lives. The discussion will address issues at all stages of life, with a special emphasis on the spirituality of older adulthood.

*Our Lunch and Learn programs are held in the Suzanne Patterson Buildings and are always free. Bring a brown bag lunch; dessert and beverages will be provided. Please pre-register so we can accommodate each group. Please call 609.924.7108. Thank you!*

**PSRC WILL BE CLOSED  
JUNE 30 - JULY 4**

### MOUNTAIN LAKES-PSRC HIKE

Tuesday, June 14 at 11:00 a.m.

Bring a brown bag lunch; meet at the parking lot on Mountain Avenue, go for a short, easy hike, then have lunch at the Mountain Lakes House.

Those who wish to continue may take a longer hike after lunch.

Wear comfortable, appropriate shoes and sun-shielding clothing. No fee.

Call to register: 609.924.7108.

**Rain date: Tuesday, June 21.**

### BRIDGE LESSONS

INTERMEDIATE LEVEL WITH BILL MILLER

Fridays through June 17 at 2:00 p.m.

**BIDDING AND COMPETITIVE AUCTIONS**

Make more effective overcalls, extend partner's interfering bids; learn the secrets of cue bidding and doubles. Don't surrender; modify your systems to best cope with your opponent's obstructive bids. Fee: \$100 for series of 6 lessons, plus \$12 for text. Please pre-register with Bill to ensure sufficient attendance to hold the class: Call 908.872.7927 or email billsbridge@gmail.com.

Beginning Bridge lessons will be offered in the summer. Look for details in the July /August Newsletter.

### BLOOD PRESSURE SCREENINGS

Monday, June 13 at 12:30 noon  
(Second Monday of every month)  
at Spruce Circle

Monday, June 13 at 11:00 a.m.  
(Second Tuesday of the month)  
at Redding Circle

**BLOOD PRESSURE**

Thursday, June 16 at 4:30 p.m.  
& **MANAGING YOUR DIABETES**  
Thursday, June 16 at 5:00 p.m.  
at Elm Court

## JUNE PROGRAMS

### TED TALKS

**Tuesdays, 10:30 - 11:45 a.m.**

Drop in for a lively discussion!

For the first 15 minutes we watch a TED Talk, then we discuss it.

NO fee. Discussions are facilitated

by Helen Burton. For more background, visit [www.TED.com](http://www.TED.com). This month's topics:



**June 7 ~ Haley Van Dyck:** *How a start-up in the White House is changing business as usual*

**June 14 ~ Tshering Tobgay:** *This country isn't just carbon neutral -- it's carbon negative*  
(Recommended by **Ravi Bhatia**)

**June 21 ~ Clifford Stoll:** *The call to learn*

**June 28 ~ Two presentations** 1. **The PHD (Pile High & Deep):** *A cartoon explains what a Gravitational Wave is. We will show the cartoon first, which will explain to everybody what a Gravitational wave is.*

2. **Allan Adams:** *What the discovery of gravitational waves means* (Recommended by Nayan Trivedi)

## RETIREMENT PROGRAMS

### MEN IN RETIREMENT

**Friday, June 3 at 2:00 p.m.** This meeting will feature David Kalmus, who recently crossed the Atlantic in a 55-foot steel bottom sailboat. This group meets on our own weekly for breakfast at Wegman's on Route 1, and at PSRC on the first Friday of the month in the courtroom of the former Borough Hall. It is both an educational and social group beginning its fifth year as a program of PSRC. The group is facilitated by Rob Hegstrom and Bruce Wallman.

*Suzanne Patterson Building (this month)*

### WOMEN IN RETIREMENT

**Friday, June 17 at 10:30 a.m.**

Meet interesting people, make new friendships, enjoy conversation, share experiences and join in engaging activities that stimulate personal growth. Group meets on the third Friday of each month. All are welcome.

### TRANSITION TO RETIREMENT

**Friday, June 17 at 3:00 p.m.**

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

### TECHNOLOGY CLASSES

#### INTRO TO IPAD

**Thursday, June 2, 10:00 a.m. to 12 noon**

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. No fee.

#### MORE ABOUT IPAD

**Thursday, June 16, 10:00 a.m. to 12 noon**

Get really comfortable with your iPad!

Make sure you **know your Apple ID and password**.

Handouts will be provided for you to take with you.

Instructor: Barbara Essig. No fee. **REGISTRATION IS MANDATORY** in order to ensure a space in any of the above classes. **Call to register: 609.924.7108.**

#### INTRO TO COMPUTERS

**Monday, June 13, 2:30 - 4:00 p.m.**

Learn the basics about the computer such as: what are the different types of computers, the hardware components and software applications "programs"; answers to questions such as: What is an operating system? What is the internet?, Where are the web-sites?, How do they work? etc. No fee.

**Instructor: Jennifer Krempasky.**

## LOOKING AHEAD

### SUMMER FILM SERIES

**Every Wednesday in July and August at 1:00 p.m. beginning July 6th.** Look for the list of films in the July/August Newsletter.

### LUNCH AND LEARN

**Friday, July 8 at 12 noon**

**DRIVER SAFETY FROM CAPITAL HEALTH**

### LUNCH AND LEARN

**Friday, July 15 at 12 noon**

**VARICOSE VEINS WITH DR. Elliot Sambol from PHCS**

### A NEW BOOK DISCUSSION GROUP ON RETIREMENT TRANSITION

Based on the book *Transitions: Making Sense of Life's Changes* by William Bridges, this discussion group will meet monthly for 8 months beginning in September 2016, and will be facilitated by John George, PhD, Licensed Psychologist. Details to follow in the July/August Newsletter.

*All programs are held in the Suzanne Patterson Building and are free unless otherwise indicated.*



## EVERY BODY WALK!

A collaboration between Progression Physical Therapy of Princeton and PSRC Join this national movement to get America walking! People all across the country are jumping on board. Get on the path to good health today!

- Every Tuesday and Thursday at 10 a.m.
- Check the website [www.ProgressionPT.com](http://www.ProgressionPT.com) for a complete list of dates & sites.
- Meet at the walk site, no sign up required.
- Average walk takes 30 minutes.
- Attend any or all of the walking sessions.
- Walking sticks and canes are welcome; some walking paths accommodate walkers and wheelchairs!
- We will walk under cover when necessary, but will strive to be outside to enjoy the beautiful Princeton community.
- A staff member from Progression PT goes on each walk.

Regular walking helps reduce stress, anxiety, and depression, as well as boosts self-esteem and improves sleep. 30 minutes a day spent walking can lead to benefits like reduced body fat, lower bad cholesterol and blood pressure, increased energy, and reducing the risk of chronic diseases like diabetes, cancer, and heart disease. Let us help you get into a regular 30-min/day walking program for overall health benefits.



## COMPUTER GURU ~ Don Benjamin

### P@S3WORD\$ YOU CAN REMEMBER

Last fall I mentioned that the most common problem we face in the PSRC computer lab is forgotten user IDs and passwords. Without them, you cannot do much of anything online. And I suggested keeping your passwords on your computer, which, itself should be protected with a password, or, at least, a four-digit PIN.

A similar problem is making up a new password when you establish a new online account, or when you have to reset your password because you didn't take my advice in the previous paragraph. Then you'll need to conjure up a password that's usually an eight-character string comprising at least:

- Two upper case letters,
- Two lower case letters,
- Two numbers, and
- Two symbols

Unfortunately, few things come to mind that would use such a hodge-podge of characters. Sometimes, I'll let "Keychain" on my Mac create a random password for me, which it then stores in its secure file (very handy!) You can also purchase a third-party password app like 1Password that works for most browsers and operating systems.

But sometimes I log in to, say, my iCloud or Gmail account from a remote location and don't want to rely on an app to remind me of my password. For those few accounts, I'll create a password that's a long word or short phrase that uses symbols and numbers for letters, like P@S3W0rd\$ in the title of this article. (Of course, I'd never use any variation of "password" as a real password, and I'm sure you wouldn't, either.)

Here are three more examples:

Eye8aG00se! ("I ate a goose." This is the form person-action-object. And, no, I've never eaten a G00se.)

4Ev3rA\*! ("Forever a star!" How you will describe your spouse from now on.)

EyeMN3vRL8! ("I'm never late!" It's not true, but it's good to hear yourself say it.)

Now, to be *really* secure, your passwords should be much longer—say, 20 characters or more—because computers can quickly "crack" shorter ones by trial and error. But a more reasonable threat is someone logging into your Gmail account, which uses your E-mail address as your ID, and then guessing your password. A person would have a hard time guessing these smaller passwords that use numbers and symbols.

G00DbY4Now.

## EXERCISE AND FITNESS

## CLASSES

### SUZANNE PATTERSON BUILDING

- ♦ **Early Bird Aerobics** - Every weekday morning at 8:00 a.m. 40 minutes of cardio & toning. \$55/month, or \$5 daily drop-in rate.
- ♦ **Aerobics: Monday, Wednesday, Friday** at 9:15 a.m. \$47/session/residents; \$93/non-residents. *Register through Princeton Recreation Department: 609.921.9480.*
- ♦ **Yoga: Thursdays** at 10:00 a.m. \$72/residents, \$96/non-residents per quarter.
- ♦ **Table Tennis: Monday, Wednesday, Friday** at 10:30 a.m. Drop-in; no charge.

### SPRUCE CIRCLE

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

### SUZANNE PATTERSON BUILDING

- ♦ **Drawing with Pencil: Mondays** at 10:30 a.m. \$72 residents, \$96/non-residents per quarter.
- ♦ **Word Play (poetry group): Mondays** at 2:00 p.m. \$5/quarter for copying costs.
- ♦ **Memoir Writing II: Monday, June 6 and Monday June 27** at 10:30 a.m.
- ♦ **Memoir Writing: Wednesdays** at 3:30 p.m. \$5/quarter for copying costs.
- ♦ **Painting with Christina: Wednesdays** at 1:30 p.m. Painting with watercolor and acrylics. \$72/residents, \$96/non-residents per quarter.
- ♦ **Art with Hannah: Thursdays** at 1:00 p.m. **ON HIATUS FOR THE SUMMER**  
Class will resume in September!
- ♦ **Cosmology: Thursdays** at 9:45 a.m. \$5/quarter. Peer-led science discussion group. Contact Bruce Wallman for info: Brucewallman@gmail.com.

Quarterly sessions begin on January 1, April 1, July 1 and October 1.

Mid-session registration is welcome in most classes (unless full, in which case you may be waitlisted.)

Financial assistance is available; please contact Susan Hoskins at 609.924.7108.

## GAMES

### SUZANNE PATTERSON BUILDING

- ♦ **Social Bridge: Tuesdays,** 1:00 - 4:00 p.m. Free.
- ♦ **Mah Jongg: Tuesdays,** 1:00 - 4:00 p.m. Drop-in. Free. BYO set.
- ♦ **Scrabble: Tuesdays** at 12:00 noon. Free.



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

- ♦ **Duplicate Bridge** Thursdays at 12:30 p.m.
- ♦ **Bridge Lessons** Intermediate level lessons Fridays at 2:00 p.m. through June 17 Please call or email Bill if you're interested.



## PSRC STAFF

**Susan W. Hoskins, LCSW**  
*Executive Director*

**Nancy Amidon**  
*Bookkeeper*

**Fran Angelone**  
*Office Manager, Spruce Circle*

**Olivian Boon, MA**  
*GrandPals Coordinator*

**Donna Cosgrove**  
*Development Associate*

**Sharon Hurley, CVA**  
*Director Support & Guidance*

**Emily V. Logue**  
*Communications and Marketing Coordinator*

**John P. Majane, CFRE**  
*Development Outreach Associate*

**Sallie Meade**  
*GrandPals Associate Coordinator*

**Abigail Meletti, LSW**  
*Evergreen Forum Coordinator*

**Breana Newton**  
*Program Assistant and Rental Coordinator*

**Ken Peabody**  
*Data Coordinator*

**Barbara Prince**  
*Development Director*  
**David Roussell, MEd, MSW, LSW**  
*HomeFriends & Care Coordinator*

**Mauri Tyler, TRS**  
*Program Director*



## GROUPS

### BEREAVEMENT

Monday, June 20 at 1:00 p.m.  
(Usually third Monday of each month.)  
Call Sherri Goldstein 609.497.4900 to attend.  
*Corner House 19*

### CAREGIVERS

Monday, June 13 at 1:30 p.m.  
(Usually the second Monday of each month.)  
*Corner House 19*

### CHILDREN OF AGING PARENTS

Wednesday, June 8 at 4:30 p.m.  
(Second Wednesday of the month.)  
*Suzanne Patterson Building*

### GRANDPARENTING

Tuesday, June 21 at 1:00 p.m.  
(Third Tuesday of each 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. and  
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, June 3 at 2:00 p.m.  
(First Friday of each month.)  
*Suzanne Patterson Building*

### TRANSITION TO RETIREMENT

Friday, June 17 at 3:00 p.m.  
(Third Friday of each month.)  
*Suzanne Patterson Building*

### WOMEN IN RETIREMENT

Friday, June 17 at 10:30 a.m.  
(Third Friday of each month.)  
*Suzanne Patterson Building*

*There are no fees associated with any of these groups.*

## PARTNERS IN CARING

PSRC is your go-to place to find resources 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, or on-going 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
- ◆ Help with Care Planning
- ◆ Individual and Family Consultations
- ◆ Benefit Application Assistance
- ◆ Caregiver Resources and Support
- ◆ Support & Wellness Groups
- ◆ Transition Support and Coordination with other Care Providers
- ◆ Volunteer Visitors

Please feel free to call for more information:  
609.924.7108 or 609.252.2362.

### QUICK REFERENCE GUIDE TO AREA RESOURCES

Access Princeton: 609.924.4141  
Arts Council of Princeton: 609.924.8777  
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  
Meals on Wheels: 609.695.3483  
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 Division of Aging Services: 800.792.8820 ext.352  
One Table Café: 609.924.2277  
PAAD: 800.792.9745  
Princeton Human Services: 609.688.2055  
Princeton Police (non-emergency): 609.921.2100  
Princeton Public Library: 609.924.9529  
Reassurance Contact: 609.883.2880  
Greater Mercer Ride Provide: 609.452.5140  
Senior Care Ministry: 609.921.8888  
Senior Citizen Club: 609.921.0973  
Social Security: 800.772.1213  
SHIP (Medicare): 609.393.1626  
Sustainable Princeton: 609.454.4757

## SUPPORT AND GUIDANCE

### TRAVEL TRAINING—GETTING AROUND IN OUR AREA

Travel training can help you learn how to use public transportation to travel to shopping, doctor appointments, social events and other purposes to maintain a healthy lifestyle and participate in your community. Travel training is a group of services used to teach safe and independent travel skills on public transportation, including bus, rail and light rail.

**Travel training consists of two sessions.** The first session includes a review of public transportation options available in the area and learning how to plan trips, obtain tickets, pay fares and use accessible features on buses and trains. The second session is a field trip on an NJ TRANSIT bus to practice the travel skills taught during the first instructional session. The field trip is planned around a **FREE** lunch provided by GMTMA.

#### YOU MUST ATTEND PART 1 TO PARTICIPATE IN PART 2.

##### **Part 1: CLASSROOM ~ June 8 at 10:00 a.m.**

You will learn everything you need to know about how to ride the bus. From planning transit trips to fare information to available bus services; we'll give you the tools to get you on your way.

**Suzanne Patterson Building**

##### **Part 2: FIELD TRIP ~June 15 at 10:00 a.m.**

After a brief review of what we learned the week before, it's time to put our plans in motion. We'll board the NJ TRANSIT bus and travel to a favorite local restaurant where we'll enjoy a **FREE** lunch.

**Suzanne Patterson Building**

**Call to sign up: 609.924.7108. Limit 12 people.**



### TRAVELING WITH MEDICARE

Are you going to travel to a different region or country this summer? Will your Medicare cover a health event? Mymedicarematters.org advises that you consider these key facts:

- ◆ Original Medicare covers throughout the US, but you should make sure that the practitioner or facility accepts Medicare before they begin treatment.
- ◆ Having a supplement plan (Medigap) definitely helps. It covers much of what is not covered by original Medicare.
- ◆ If traveling outside the US, check to see if your current supplement covers you internationally. If not, and you travel rarely, consider taking out a good travel insurance policy for your trip.
- ◆ Medicare Advantage (MA) plans are more limited. They will cover you for a true emergency in the US. Make sure you inform the company as soon as possible so they can help you plan treatment with covered providers for your follow-up care. Also make sure to show your MA card at the time of treatment so that the correct plan is billed. Outside the country, travel insurance is wise. These limitations may be familiar if you had an HMO plan prior to Medicare.

## TRANSPORTATION

### CROSSTOWN

Door-to-door car service within Princeton for people over 65 who don't drive.

Call 609.252.2362 to sign up for the first time and 609.452.5144 to schedule a ride.

\$3 each way; free to UMCPH (the hospital.)

Call as early as possible to reserve your ride.

### DAYTIME FREE- B BUS

The Free-B bus runs a daytime 70-minute loop around town, 9:30 a.m. - 4:30 p.m., Monday through Saturday.

For a map of Princeton public transit lines, go to:

<http://www.princetonnj.gov/public-transportation.html>.



## SPECIAL EVENTS

### BBQ and Line Dance Party Details:

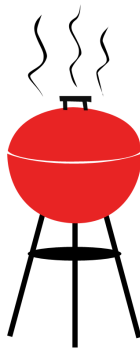
A pre-Father's Day celebration ~ Bring the family!

\$38 per adult ticket

Children age 5 ~ 12: \$17 per person; children under the age of 5: no charge!

#### MENU

Hamburgers & Hot Dogs  
Veggie Burgers  
Grilled Marinated Chicken  
BBQ Pork Ribs  
Penne Marinara  
Fresh Fruit Salad  
Green Salad  
Potato Salad  
Pasta Salad  
Assorted Beverages  
Assorted Desserts



#### REGISTRATION

Register online:  
**princetonsenior.org**

The party will be held at the  
Suzanne Patterson Building,  
rain or shine.

Questions? Call 609.924.7108.

### DONOR BILL OF RIGHTS

When soliciting funds from the public or from donor institutions, PSRC uses material that is truthful about the organization. PSRC respects the privacy concerns of individual donors and expends funds consistent with donor intent. PSRC discloses important and relevant information to potential donors. In raising funds from the public, PSRC respects the rights of donors, as follows:

Donors are:

- Informed of the mission of PSRC, the way it will use the resources and its capacity to use donations effectively for their intended purpose;
- Informed of the identity of those serving on PSRC's governing board and entitled to expect the board to exercise prudent judgment in its stewardship responsibilities;
- Offered access to PSRC's most recent financial reports;
- Assured their gifts will be used for purposes for which they are given;
- Appropriately acknowledged and recognized;
- Assured that information about their donations is handled with respect and with confidentiality to the extent provided by law;
- Approached in a professional manner;
- Informed whether those seeking donations are volunteers, employees of PSRC, or hired solicitors;
- Given the opportunity for their names to be deleted from mailing lists that PSRC may intend to share;
- Encouraged to ask questions when making a donation and will receive prompt, truthful, and forthright answers.

The Donor Bill of Rights was created by the Association of Fundraising Professionals (AFP), the Association for Healthcare Philanthropy (AHP), the Council for Advancement and Support of Education (CASE), and the Giving Institute: Leading Consultants to Non-Profits. It has been endorsed by numerous organizations.

## SPECIAL EVENTS

### VOLUNTEER RECOGNITION PARTY



Everybody danced up a storm under Ellen's leadership

### GRANDPAL CELEBRATION LUNCHEON



Sallie Meade and Olivian Boon thanked GrandPals AND teachers

### THE RAGO JEWELRY BENEFIT LUNCHEON



Rago's Sarah, Katherine & Chris gave a fabulous talk, and taught everyone...



..how to use a jeweler's loupe!



Oasis Senior Advisors, a PSRC Annual Sponsor, reserved a whole table!

### EVERGREEN FORUM ANNUAL MEETING & END-OF-YEAR PARTY



Everyone enjoyed the end-of year festivities—including the music (thanks Bob Mehlman and friend!) ↑

# JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>EARLY BIRD AEROBICS</b> 8:00 a.m. Monday through Friday  <b>TABLE TENNIS</b> Monday 10:30 a.m. – 3:00 p.m. Wednesday 10:30 a.m. – 3:00 p.m. Friday 10:30 a.m. – 4:00 p.m.	<b>LOCATIONS</b> <b>CH</b> - Corner House <b>EC</b> - Elm Court <b>HBH</b> - Harriet Bryan House <b>MH</b> - Monument Hall <b>SPB</b> - Suzanne Patterson Building <b>RC</b> - Redding Circle <b>SC</b> - Spruce Circle	1 9:15 Aerobics - SPB 10:00 Skyrocket Your Business - SPB 1:30 Painting with Christina - SPB 1:00 "Friday" Film - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing – SPB	2 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Intro to iPad - SPB 12:00 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	3 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 2:00 Inter. Bridge Lessons - SPB 2:00 Men in Retirement - SPB
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB	6 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	7 9:15 Aerobics - SPB 10:00 Travel Training #1 - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing – SPB 4:30 Children of Aging Parents - SPB	8 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:00 Duplicate Bridge - SPB	9 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 12:00 Lunch & Learn - SPB 2:00 Inter. Bridge Lessons - SPB
13 9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:00 BP Screening - RC 11:30 Chair Exercise - SC 12:30 BP Screening - SC 1:00 Let's Talk in English - SC 1:30 Caregivers Group - CH 19 2:00 Word Play - SPB	14 10:30 TED Talk - SPB 11:00 Hike at Mountain Lakes 11:00 BP Screening - RC 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	15 9:15 Aerobics – SPB 10:00 Travel Training #2 - SPB 10:30 Skyrocket Your Business - SPB 2:30 Intro to Computers - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing – SPB	16 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 More About iPad - SPB 12:00 Duplicate Bridge - SPB 4:30 BB Screening - EC 5:00 Manage Diabetes - EC	17 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:30 Women in Retirement - SPB 12:00 Chair Exercise - SC 2:00 Inter. Bridge Lessons - SPB 3:00 Transition to Retirement - SPB
20 9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Bereavement - CH-19 2:00 Word Play - SPB	21 10:30 TED Talk 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Grandparent Group - SPB	22 9:15 Aerobics 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing – SPB	23 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:00 Duplicate Bridge - SPB	24 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 12:30 Senior Citizens' Club - SPB 2:00 Inter. Bridge Lessons - SPB
27 9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB	28 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Computer Lab - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Knit Wits - SC	29 9:15 Aerobics 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing – SPB	30 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:00 Duplicate Bridge - SPB	





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Riverside Elementary School celebrated its 10 year anniversary with the GrandPal program at PSRC's annual GrandPal Appreciation Luncheon, on April 25.

Kneeling in front of Riverside GrandPals are (left to right): Mary Tragone, Jen Bazin, Jen Brooks  
Riverside's Kindergarten and 2nd grade teachers.