

# Mature Princeton

The monthly newsletter of  
**PSRC**  
Princeton Senior Resource Center

## Brunch at Home Sunday, March 30



### A Great Sunday Brunch!

Treat yourself to a luscious Sunday brunch without having to cook or leave the house!

Give as a gift to friends, neighbors, clients and support PSRC at the same time!

All proceeds benefit PSRC.

\$27 of each basket is tax deductible.

### Volunteer

How about pitching in to help make Brunch at Home a great success again this year? There is a job to fit your time and talents:

#### Ahead of time

- Help manage inventory
- Prep items
- Help pick up items as they come in
- Procure basket items
- Reminder calls to basket recipients

#### Day of

- Assemble baskets
- Prep newspapers
- Deliver baskets (you can bring a friend so one can drive and the other take the basket to the front door)
- Check in or clean up

Call Sharon or Barbara at 924-7108

### Order Your Basket Today!

Quiche	Bagels
Smoked salmon	Cheese
Fruit	Sparkling cider
Tea and Coffee	Juice
Scones	Sweets

The Sunday Times of Trenton

### To order

Call (609) 924-7108

[www.brunchathome.org](http://www.brunchathome.org)

or stop by PSRC

We'll be glad to help you.

Just \$37.50 each.

### A Gift for Someone?

We'll send a beautiful card  
announcing your gift.

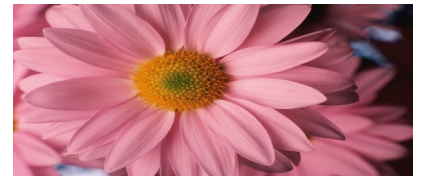
## MARCH 2014

### Still a few seats left for the Flower Show!

Tues., March 4th the Princeton Recreation Dept. is sponsoring a trip to the Philadelphia Flower Show. This year's theme is "Articulture," celebrating everyone from Michelangelo to Monet, Picasso to Pollock, and daVinci to Dali.

Bus will leave from Community Park North at 9:00am and return at 4:00pm. Cost: \$50. Call 609-921-9480 to sign up.

For more info about the flower show visit  
[www.theflowershow.com](http://www.theflowershow.com).



## YOUR ACTION NEEDED!

We are updating our mailing list this Spring. Please complete the form on page 11 and return it to us by mail, fax, online or in person by **June 1** to keep receiving PSRC mailings including Mature Princeton!

### SPRING CLEANING

What better thing to do on these wintery days than to sort and organize! As you finish your taxes, start collecting your shredding. We hope to host a shredding day in May - watch for details. Clip the document retention guide on p. 9 to learn how long to save specific documents. Need more help? Check under Downsizing in the Community Resources section of our website.

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## Director's Message: March 2014

### Aging in Community



I have been thinking about a book Vicki Bergman gave me recently, *Aging in Community* edited by Janice Blanchard. It includes many stories of groups who have explored models for aging in place across the U.S., including Princeton's Community Without Walls. I think we are going to see a lot of growth in this area over the next decade.

I find myself at the life stage where my friends are retiring and moving. We came of age talking about returning to the land and living communally, lived in dorms and then apartments together before moving into private homes. As we launch our children into the world and retire from careers, many of us seek communities of mutual support. Several of my friends envision a setting with friends nearby, having private spaces as well as community spaces that invite coming together—back to the communes! Yet we are a little more savvy about the hard work required to sustain an intentional community than we were in our youth.

Many people today dread institutional care and are determined to remain in their homes. But Blanchard points out that aging in place alone often results in everything they feared: living alone; being cared for by strangers; loss of control, independence and dignity; loneliness; boredom! Our American ideal of being independent and individualistic actually contradicts true human nature, that we are very social beings.

Boomers know that we may have 30 years of healthy active living before we need care. We are not attracted to existing models of senior living communities. But the realities are that families live at a distance and many people live alone. Fewer people are involved in faith communities, retiring means leaving work relationships, and suburbanites often talk about feeling disconnected from neighbors. Connection with others is a basic human desire, and historically a survival necessity. So we may have to create our communities.

Blanchard proposes that *aging in community* presents a third way, neither institutionalization nor aging in place alone at home. A "community is a small group of people who voluntarily choose to rely on each other and to be relied upon over an extended period of time." She defines the qualities of aging in community

as: inclusive, sustainable, healthy, accessible, interdependent, and engaged. Participants "focus on building vital communities that engage people of all ages and abilities in a shared, ongoing effort to advance the common good" (pp. 10-11). In a later chapter, Janet Stambolian and Janice Blanchard suggest that these aging in place principles reflect the Woodstock Nation values (communitarian, egalitarian, environment, integration of mind-body-spirit, and social activism). Most of these communities are small, encouraging social connection, the bedrock of new friendships later in life.

The book illustrates how many different models there can be for aging in community. We foster community building at PSRC. Community Without Walls brings people together in groups for social interaction and peer support among members who live in their own homes throughout greater Princeton. Copperwood is being built in Princeton as an age-restricted rental community, with many of the features that can nurture community if the residents engage in that potential. Some neighborhoods are support communities. The Village model is another example that adds in-home services to community activities. In cohousing, residents actively participate in the design and operation of their own new intentional neighborhoods. Some are urban, rural or suburban. Some are intergenerational, some are age-related.

I think there are issues that have to be addressed for these communities to succeed. Foremost is how to manage when people begin to need a higher level of care than the community can provide. Another is defining the "glue" that keeps the community together; the shared belief, values, interests. Will residents dedicate the effort it takes to nurture the community? Is it accessible to people of lesser means, or even the solution if more care is peer-provided? Is paid staff needed? Are there lessons from these examples that can improve the mutual support potential of our existing residential communities and neighborhoods?

Where are your communities? How do you contribute to inter-dependence?

I will be watching these communities in the coming years to see how they evolve. Not only am I thinking ahead for myself, but also seeking ways that these trends present opportunities for PSRC. Housing is probably yet another area where Boomers will create new options never previously imagined.

Susan W. Hoskins, LCSW, Executive Director

*The Princeton Senior Resource Center (PSRC) empowers older adults in the diverse Princeton community to make informed choices and live healthy lives. PSRC offers affordable services, programs and opportunities that support, educate and engage older individuals, their families and caregivers. To register for a class, call 609-924-7108. We ask for pre-registration so we can plan set-up and to contact you if the program is cancelled.*

## MARCH PROGRAM HIGHLIGHTS

**DISCUSSING THE UNMENTIONABLE** - Tues., Mar. 4, 1:00pm at SPB. Would you like to explore issues relating to end of life decision making, quality of life and the other things we avoid discussing at dinner parties with family and friends? We will use the **FIVE WISHES** document to guide this discussion with Susan Hoskins. RSVP 924-7108. No fee.

**MOVIE & MUNCHIES** - Fri. Mar. 7, 2:00pm at SPB. (Note later start due to tax season.) **"The Guilt Trip"** Andy Brewster is about to go on the road trip of a lifetime...accompanied by his overbearing mother Joyce. After deciding to start his adventure with a quick visit at mom's, Andy gets guilted into taking her along for the ride. As they cross 3,000 miles, he is constantly aggravated by her antics, but over time he comes to realize that they actually have more in common than he originally thought, and in fact, his mother's advice might end up being exactly what he needs. Stars Barbara Streisand, Seth Rogen. RSVP to 609-924-7108. No fee.

**TAX HELP** - AARP tax volunteers are offering free assistance with tax returns to people of low and moderate income. Assistance is available **by appointment** on Fridays 9:00am-1:00pm at the Suzanne Patterson Building. Call (609) 924-7108 for appointment.

Participants must bring copies of their 2012 Federal and New Jersey tax returns, as well as all necessary 2013 tax information, including W-2 and 1099 income forms, unemployment statements, SSA-1099 Social Security forms, forms indicating federal tax paid, property tax bill, dependent care provider information, and receipts for itemized deductions such as medical bills and charitable contributions.

AARP Tax Aides will also be available at the Princeton Public Library on Mondays and Nasau Presbyterian Church on Saturdays.

**LUNCH & LEARN** - Fri., Mar. 14, 12:00pm at SPB. **"Home Adaptations"** with Holly Hardaway. Learn ways you can fix your home so it is safer for you as you age in place. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

**LUNCH & LEARN** - Fri., Mar. 21, 12:00pm at SPB. **"It Could Be Poison!"** presented by Princeton HealthCare System. Every year, between 2 to 4 million poisonings occur in the United States, according to the New Jersey Poison Control Center. Unintentional poisoning can be caused by over-the-counter, prescribed or illegally obtained pain medications and sedatives; antidepressants and other medications prescribed for various health conditions; drug and alcohol interactions; and even household cleaning products. Join Barbara Vaning, MHA, EMT Instructor and member of Princeton HealthCare System's Community Education and Outreach Program, to learn more about:

- Identifying poisons
- How poisons can enter the body
- Dos and don'ts of using medications and household cleaners
- What to do if you suspect poisoning

Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

### TED TALKS

Drop in for a lively discussion every Tues., 10:30am at SPB. For the first 15 minutes we watch a TED Talk. Then we discuss it. Discussions are facilitated by Helen Burton. For more background, visit [www.TED.com](http://www.TED.com).

This month's topics:

Mar. 4 - "The Art of Choosing"  
by Sheena Iyengar

Mar. 11 - "Fighting with Non-Violence"  
by Scilla Elworthy

Mar. 18 - "How Coffee Transformed my Life"  
by Brad Butler

Mar. 25 - "How to Build an Information Time Machine" by Frederic Kaplan

## **NEXT STEP PROGRAMS**

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

### **Job Search Strategies for Older Workers -**

Wed., Mar. 5, 7:00pm at Princeton Public Library. Carol King will discuss job search strategies for competing in the new work place, updating your skills, networking, dealing with ageism and avoiding job scams. No fee or registration required. Just drop in.

**Finding Your Purpose** - Thurs. Mar. 6, 1:30pm at RWJ Health & Wellness Center, 3100 Quakerbridge Road, Hamilton. What is it that gives meaning to your life? What is your passion? This program can help you identify what it is that sustains you now and what can give your life meaning going forward into retirement. Presenter: Debra Lambo, MA, LCSW. Please call 609-584-5900 to register.

### **What Will You Do with the Rest of Your**

**Life?** will be offered through the Princeton Adult School, on Thursday nights, March 6, 13, 27 and April 3. Put the pieces of your retirement together in this four session hands-on retirement planning workshop. See the PAS brochure or [www.PrincetonAdultSchool.org](http://www.PrincetonAdultSchool.org) for cost and details.

**Men in Retirement** – Fri. Mar. 7, 2:00pm at Monument Hall. Come and meet other men who are making or have made the transition into retirement. Facilitated by Rob Hagsbie and Bruce Wallman. No fee. Just drop in.

**Speaker** - Tues., Mar. 11, 7:00pm at Princeton Public Library. **Savvy Social Security Planning: What Baby Boomers Need to Know to Maximize Retirement Income.** This informative seminar covers the basics of Social Security and provides strategies for maximizing your benefits. Seminar will be led by Shikha Mittra, AIF®, CFP®, CMFC®, CRPS®, MBA. No charge. Just drop in.

### **What is this thing called Happiness?**

Everyone is saying they want to be happy! But what does that mean? Gretchen Rubin has written a new book, "The Happiness Project," about discovering the meaning of happiness and how we can incorporate it into our lives. We are forming a new group, using Ms. Rubin's book as a guide, to explore these very topics. Don't just wonder when you will be happy -- come and find this feeling for yourself. The group will be meeting for 12 weeks starting on March 3 at 1:00, at the Suzanne Patterson Bldg. Group leader is Helen Burton. No fee. Register at 924-7108.

**Next Step Internships** - If you are interested in exploring a future internship at PSRC to learn about working in the non-profit sector, contact Carol King at 924-7108. Must be 50+ and be computer literate.

### **McCaffrey's Receipts and More**

You can support PSRC all year by bringing us your McCaffrey's receipts, used ink cartridges, cell phones and small electronics, 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.***



**Princeton Senior Resource Center**





## LOOKING AHEAD

**LUNCH & LEARN** - Fri., Apr. 11, 12:00pm at SPB. ***"When to Call 911."*** When an emergency strikes, you can find yourself unsure of what to do, but knowing the basics of when to call 911 can keep you focused on the task at hand. Whether it's an accidental injury or sudden chest pains, do you know when to call 911? Join us for this interactive, educational lecture and learn when to call 911.

- What constitutes an emergency
- What you need to tell the emergency dispatcher when you call
- What to do if you cannot talk
- What you can do while waiting for help to arrive.

This program will be led by Barbara Vaning, MHA, EMT Instructor. Co-sponsored by Princeton HealthCare System.

**MOVIE & MUNCHIES** - Fri. Apr. 4, 2:00pm at SPB. ***"Red 2"*** Retired C.I.A. agent Frank Moses reunites his unlikely team of elite operatives for a global quest to track down a missing portable nuclear device. Stars Bruce Willis, John Malkovich, Helen Mirren, Mary Louise Parker and Anthony Hopkins.

**PSRC STUDENT ART SHOW** - opening Fri., April 25, 4:00-6:00pm at SPB.



### CAN YOU HELP?

The **GrandPals** program expanded to work with 10 classes of children at Littlebrook, Riverside and Community Park schools this year. We need more volunteers to read with 1-2 children each week. We also need substitutes. Help them catch your passion for learning!

**HomeFriends** are matched with people who don't get out much. Volunteer visitors bring friendship, share interests, play Scrabble, do grocery shopping, help with mail and many other tasks that help maintain independence and combat loneliness.

**Office volunteers** help us by answering phones, helping with reception, preparing for classes and events, and more.

**Brunch at Home** - see front page.

### Quick Reference Guide to Area Resources

- | Arts Council of Princeton 609-924-8777
- | Cornerstone Community Kitchen 609-924-2613
- | Crisis Ministry 609-921-2135
- | Community Without Walls 609-921-0749
- | Funeral Consumers Alliance 609-924-3320
- | Health Care Ministry 609-921-8888
- | Mercer County Legal Services 609-695-6249
- | Mercer County Nutrition Program 609-921-1104
- | Mercer County Office on Aging 609-989-6661 or 877-222-3737
- | NJ Consumer Affairs 973-504-6200
- | NJ Health & Senior Services 800-792-8820
- | One Table Café 609-924-2277
- | PAAD 800-792-9745
- | Princeton Human Services 609-688-2055
- | Princeton Police (non-emergency) 921-2100
- | Princeton Public Library 609-924-9529
- | Reassurance Contact 609-883-2880
- | Ride Provide/Crosstown rides 609-452-5144
- | Senior Citizen Club 609-921-0973
- | Social Security 800-772-1213
- | Univ. Medical Center at Plainsboro 853-7000

# ONGOING PSRC PROGRAMS

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

### At Suzanne Patterson Building

- ◇ Early Bird Aerobics - M,T,W,Th,F 8:00  
30 minutes of cardio & toning  
\$55/month, or \$5 daily drop-in rate
- ◇ Aerobics - M,W,F 9:15  
\$47/season for Princeton residents  
\$93 for non-residents.  
Register through Princeton Rec Dept:  
609-921-9480.
- ◇ High-Low-Go: Tues and Thur 8:45  
45 minutes of low-impact aerobics  
\$65/8 weeks for residents  
\$90 for non-residents
- ◇ Yoga: Thur 10:00  
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Table Tennis: Mon, Wed, Fri at 10:30  
Drop-in. No charge.

### At Spruce Circle

- ◇ Chair Exercise: Mon, Fri at 11:30am,
- ◇ \$25/8 week session (\$30 non-residents)

### At Harriet Bryan House

- ◇ Chair Yoga: Tues 11:00am  
\$45/8 weeks for Princeton residents,  
\$60/non-residents.

## GAMES

### At Suzanne Patterson Building

- ◇ Social Bridge: Tues 1 - 4 pm  
Drop-in. No charge.
- ◇ Mah Jongg: Tues 1- 4pm  
Drop-in. No charge. BYO card & set.
- ◇ Scrabble: Tues 1-4pm. No charge.



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

- ◇ Duplicate Bridge - Thur 12:30pm
- ◇ Bridge Lessons - Weds. 5:30pm, Fri. 2:00pm

## CLASSES

### At Suzanne Patterson Building

- ◇ Art with Bob: Wed 1:30pm  
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Art with Hannah: Thur 1:00pm  
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Brunch for the Brain: Tues & Thurs 10:00.  
\$50/10 weeks for residents, \$70/non-resid.
- ◇ Computer classes: See page 8.
- ◇ Computer Lab: Tues 1-4pm, Fri 10am-12.  
Drop-in for help & practice. No charge.
- ◇ Cosmology: Thurs. 9:45am. No charge.  
Peer-led science discussion group.  
Contact Bruce Wallman for info.  
Brucewallman@gmail.com
- ◇ Drawing with Pencil: Mon. 10:30am  
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Memoir Writing: Wed. 4:30pm  
No charge. Group is full. Call to be added to waiting list.
- ◇ WordPlay (poetry group): Mon 1:30-3:30pm  
\$20/year for copying costs.

### At Spruce Circle

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

## BLOOD PRESSURE SCREENING

(No fee - open to the community)

Second Tues: 10am-12pm at Mt. Pisgah  
1 - 2pm at Spruce Circle

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

Fourth Wed: 1-3pm at Elm Court

## SUPPORT & GUIDANCE

**For the following Support Services  
call (609) 252-2362**

- ◇ Benefit Application Assistance
- ◇ Caregiver Resources + Support
- ◇ Care Coordination
- ◇ Community Resource Guide
- ◇ Consultations
- ◇ Food Stamps (SNAP)
- ◇ Housing alternatives
- ◇ Information & Referral
- ◇ PIC Princeton
- ◇ SHIP (for help with health insurance)
- ◇ 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.

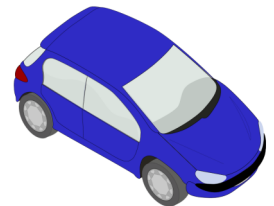
## GROUPS

- ◇ Caregivers: Mon. Mar. 10, 1:30pm at SPB
- ◇ Children of Aging Parents: Wed. Mar. 12, 4:30pm at SPB.
- ◇ Widow Support: Thurs. Mar. 6 & 20, 11:30am at Princeton Public Library
- ◇ Bereavement: Mon. Mar. 10, 1:00pm at SPB  
Call Ann Schoonover 497-4900 to attend.
- ◇ Let's Talk: Weds. 10:30am at RC  
Weds. 2:45pm at SC
- ◇ Let's Talk English: Mon., 1:00pm at SC  
Fridays, 9:30am at RC
- ◇ Men in Retirement: Fri. Mar. 7, 2:00pm at Monument Hall
- ◇ Navigating Retirement: Thurs. Mar. 13, 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 to UCMPP (the hospital).



### DAYTIME FREE-B BUS

The free Daytime Free-B runs a 70 minute loop around town 9:30-4:30 on Monday through Saturday. 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.

Local transportation routes can be found at [www.princetonnj.gov](http://www.princetonnj.gov) under transportation.

## COMPUTER CLASSES

**CLASSES:** Intro to iPad - March 6, 10:00am - 12 noon. Fee: \$10

More About iPad - March 13, 10:00am - 12 noon. 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, 1:00 - 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.

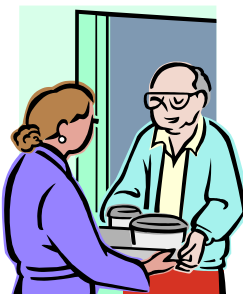
***New Lab Day added! Fridays 10:00am - 12:00pm.***

*(This is to clarify an article we published last month. McCaffrey's delivers groceries - not meals. Our apologies.)*

### HOME DELIVERED FOOD

Would you like to have food delivered to your home? That could ensure that you are getting good nutritional balance to support good health.

One option is to enroll in Meals on Wheels at (609) 951-2120. This is a federally subsidized program, which has been impacted by federal budget cuts, so there is currently a waiting list.



While you are waiting, you might want to explore some of these alternatives:

- Kosher/Halal Meals on Wheels – Jewish Family & Children's Services (609) 987-8100
- Mom's Meals—momsmeals.com
- Many area restaurants deliver

You can also have groceries delivered for a fee:

- McCaffrey's Home Delivery – (609) 683-1600
- Peapod.com
- Freshdirect.com

Or attend One Table Café or Cornerstone Community Kitchen!

### OLDER MINDS ARE JUST FULLER

A New York Times article on January 28, 2014 (p. D-3) reports that it has long been accepted that memory speed and accuracy decline with age. But researcher Dr Laura Carstensen noted that older people are biased toward retaining words that have positive connotation. Dr Michael Ramscar, posits that the more words we have stored, the longer it takes to retrieve them. Fluid memory (short term memory, analytic reasoning, screening out distractions) may decline in older adults as crystallized memory (accumulated knowledge, vocabulary, expertise) increases between age 20 and 50.



### TIRED OF ROBOCALLS?

Consumer Reports recommends:

- Hang up immediately. Entering a number indicates that the autodialer has reached a live number.
- Make sure your phone numbers are registered in the Do Not Call registry. Go to [www.donotcall.gov](http://www.donotcall.gov) or call 888-382-1222.
- If you have caller ID, record robocallers' numbers and report them to the FTC through the Do Not Call registry.



It has been a while since we printed this chart. It is our best shot although not all advisors give the same recommendations. We hope it will help in your Spring cleaning. We hope to have a shredding event in late Spring. Watch for details next month.


## Document Retention

Accident Reports (settled cases)	7 years
Auto title, registration, repair	As long as own vehicle
Bank account opening statement	As long as own the account
Bank Statements	7 years, esp. if you don't get cancelled checks*
Cancelled checks	7 years or online access
Certificates of Deposit, IRA	Until cashed in
Credit card receipts/statements	Until statement checked, 3 years if tax-related*
Dividend payment record	Until annual statement received, then keep annual statement
Income Tax Return + attachments	Permanently, also payment record
Insurance policies: auto, home, liability, personal property	As long as you own insured item Keep expired policies 3 yrs or longer if include schedules of valuables
Insurance policies: disability, health, life, umbrella, home	As long as statute of limitations is in effect – in case of delayed claim. Home-10 yrs.
Investments: purchase records -sale records	As long as you own, then keep with sale record -7 years after sale for tax record*
Lease or loan agreements -Loan payment book	Until last payment made. Keep proof of full payment forever
Legal documents: birth + death certificate, marriage, divorce, will, social security, estate plan, inheritance, bankruptcy, etc	Forever in safe deposit or fire proof box Copy of Advance Directive, Power of Attorney where family can access
Medical records - bills, insurance statements	Maintain copy of important records, tests - 5 yrs, 7 if tax-related
Mortgage, deed, lease -Mortgage and loan discharges	Store in safe deposit/fireproof box -7 years after discharge
Patents, Trademarks, Copyrights, Registrations	Forever in safe deposit /fireproof box
Pay stubs	Until reconciled with W-2 at end of year
Real estate improvement records	Until property sold, then 7 years if tax related
Retirement & Pension, IRAs	Forever
Sales receipts	As long as store will accept return/length of warranty. Valuable: as long as own for value.
Tax records – returns and documentation (W-2, 1099, charitable contributions, medical bills, pension plan records)	Returns and attachments – Forever Other documentation – 7 years
Utility Bills	Initial, current, 7 yrs if tax deductible*
Warranties + Instructions	As long as own item, staple to receipt

\*If you do online bill pay and banking, or get online statements check to make sure you have access to documentation for at least 7 years.

# MARCH

2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:00 Happiness Project -SPB 1:30 Wordplay - SPB 1:30 Let's Talk English – SC	8:45 High Low Go – SPB 10:00 Brunch for Brain - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Computer Lab – SPB 1:00 Bridge/Mah Jongg – SPB	9:15 Aerobics – SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing – SPB 5:30 Bridge Lessons – SPB 7:00 Job Search for Older Workers - PPL	8:45 High Low Go – SPB 9:45 Cosmology - SPB 10:00 Brunch for Brain - SPB 10:00 Yoga – SPB 10:00 Intro to iPad - SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah – SPB	<i>Tax Help by appointment</i> 9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 12:00 Chair Exercise – SC <b>2:00 Movie - SPB</b> 1:00 Knit Wits – SC 2:00 Men in Retirement -MH 2:00 Bridge Lessons – SPB
3	4	5	6	7
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:00 Bereavement – SPB 1:30 Caregivers – CH 19 1:30 Wordplay - SPB 1:30 Let's Talk Eng. – SC	8:45 High Low Go – SPB 10:00 Brunch for Brain - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg –SPB 1:00 Computer Lab – SPB 1:00 Blood Pressure – SC 7:00 Boomers & Social Security – PPL	9:15 Aerobics – SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too –SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology - SPB 10:00 Brunch for Brain - SPB 10:00 Yoga – SPB 10:00 More about iPad - SPB 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah - SPB 2:00 Navigating Retire. – RWJH 4:30 Child. Aging Parents – SPB	<i>Tax Help by appointment</i> 9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise – SC <b>12:00 Lunch &amp; Learn -SPB</b> 1:00 Knit Wits – SC 2:00 Bridge Lessons – SPB
10	11	12	13	14
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:00 Happiness Project -SPB 1:30 Wordplay - SPB 1:30 Let's Talk English – SC	8:45 High Low Go – SPB 9:00 Blood Pressure – RC 10:00 Brunch for Brain - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab – SPB	9:15 Aerobics – SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology - SPB 10:00 Brunch for Brain - SPB 10:00 Yoga – SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah – SPB	<b>2:00 Bridge Lessons - SPB</b>
17	18	19	20	21
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:00 Happiness Project -SPB 1:30 Wordplay - SPB 1:30 Let's Talk English – SC	8:45 High Low Go – SPB 10:00 Brunch for Brain - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab – SPB	9:15 Aerobics – SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology - SPB 10:00 Brunch for Brain - SPB 10:00 Yoga – SPB 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah - SPB	<i>Tax Help by appointment</i> 9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise – SC 1:00 Senior Citizen Club - SPB 1:00 Knit Wits – SC 2:00 Bridge Lessons - SPB
24	25	26	27	28
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:00 Happiness Project -SPB 1:30 Wordplay - SPB 1:30 Let's Talk English – SC	<b>Early Bird Aerobics:</b> 8:00am daily at SPB	<b>Table Tennis</b> at SPB Monday 10:30-3 Wednesday 10:30-3 Friday 10:30-3		<b>LOCATIONS</b> HBH = Harriet Bryan House PPL =Princeton Public Library RC = Redding Circle SC = Spruce Circle SPB = Suzanne Patterson RWJH = Robert W. Johnson Fitness/Wellness Center
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## We Need to Hear From You!

This Spring we are updating our contact list, which we think of as our “membership.” Please complete the following form for each household and return it to us by **June 1 to continue to receive Mature Princeton**. We love staying in touch with you and we know that receiving this information is important to you. This information is for PSRC use only; we do not share or sell our list.

### First person in household:

Name \_\_\_\_\_ Age: under 50 \_\_\_\_; 50-69 \_\_\_\_; 70-85 \_\_\_\_; 86+ \_\_\_\_

Street address: \_\_\_\_\_

Town, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Email (print clearly) \_\_\_\_\_

Name + Phone of Emergency Contact: \_\_\_\_\_

### Second person in household:

Name \_\_\_\_\_ Age: under 50 \_\_\_\_; 50-69 \_\_\_\_; 70-85 \_\_\_\_; 86+ \_\_\_\_

Street address: \_\_\_\_\_

Town, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Email (print clearly) \_\_\_\_\_

Name + Phone of Emergency Contact: \_\_\_\_\_

Please help us save costs by getting *Mature Princeton* electronically. I prefer:

Email ☐ U.S. Mail ☐ Both ☐

What I/we like best about PSRC:

Suggestions/Comments:

Please return to PSRC in person; mail to 45 Stockton St., Princeton, NJ 08540; fax to 609-497-1977; or complete form on our website: [www.princetonsenior.org](http://www.princetonsenior.org).



*Be a PSRC Ambassador!  
Bring or tell a friend about us!*



Suzanne Patterson Building  
45 Stockton Street  
Princeton, NJ 08540  
(behind Monument Hall)

Phone: 609-924-7108  
Fax: 609-497-1977

Spruce Circle office  
179 Spruce Circle  
(off Harrison St.)  
Phone: 609-252-2362  
Fax: 609-924-9305

info@princeton senior.org  
www.princeton senior.org

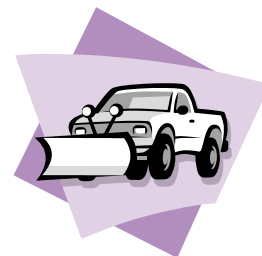
#### Board of Trustees

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#### INCLEMENT WEATHER

For news about PSRC closings and delayed openings, check our website or call 609-924-7108 after 8:30 am. Aerobics class can check the Recreation Dept. hotline: 609-688-2054.



During weather emergencies the Witherspoon municipal building has been designated as a reception center. Suzanne Patterson Bldg, the Library and Monument Hall may also be designated. In an emergency if you need a place to get warm or to recharge your electronic devices, stop in.

If you have an emergency, call 9-1-1. If you need help but it is not an emergency, call the police non-emergency number, 609-921-2100. Please use these numbers as we may not be able to get to work.

Good sources of information during weather emergencies are www.princetonnj.gov, the police website and police Facebook pages as well as tv and radio. Do you have your batteries ready?

#### DID YOU KNOW?

*The last of the Boomers will turn 50 in 2014?  
Welcome aboard!*