

## March 2016

A Special Opportunity!



### A WALKING TOUR OF F. SCOTT FITZGERALD'S PRINCETON

Sunday April 24th at 2:00 p.m.

F. Scott Fitzgerald personifies an era for the "Perfect Princeton Man."

On this tour, you'll hear the chronological history of "Scottie", see his dormitory on campus, the stage where he first learned to do the high kick for Triangle Club, and his famous eating club.

The tour will conclude at his favorite speakeasy in town, now the Peacock Inn, for a Gin Rickey toast to one of our greatest writers.

This is a two-hour tour covering three miles, beginning at 2:00 p.m. The \$30 per ticket price goes directly to benefit PSRC.

For tickets, please visit our website: [princetonsenior.org](http://princetonsenior.org).

PSRC  
will be  
**CLOSED**  
on  
**Friday, March 25**  
Good Friday



### FREE TAX HELP for SENIORS Every Friday through April 15\* 9:00 a.m. to 1:00 p.m.

The Princeton Senior Resource Center is again sponsoring free tax assistance for low and moderate income people, with special attention to those age 60+ in the wider Princeton area. IRS-trained volunteers from AARP will be available to prepare individual New Jersey State and Federal returns. Volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors. Bring information for 2015 (W-2 and 1099 income, cost basis information for taxable sales, deductible expenses, tax payments, form 1095 for healthcare, and other documents) AND copies of your federal and state 2014 returns. Please bring a photo ID and documents showing all Social Security numbers. The AARP requirement is that returns must be filed electronically. To make an appointment please call 609.924.7108.

\* *Except March 25, Good Friday*

### AN IMPORTANT HEADS UP: TAX SEASON IS **SCAM** SEASON

Scammers like to impersonate IRS employees during tax season.

Scores of people in the area have called in to PSRC saying they've already been contacted by individuals or "robo-calls" posing as IRS agents.

#### Remember:

- ◆ The IRS **never** asks for personal or financial information by email, text or social media and they will never contact you by phone to ask for payment.
- ◆ The IRS will never ask for credit card numbers over the phone, require payment without you being able to appeal or question it, or threaten you with arrest for non-payment.
- ◆ Report any such incidents to: [irs.gov/uac/report-phishing](http://irs.gov/uac/report-phishing) or call 800-366-4484.
- ◆ File early. Identity thieves also like to claim tax refunds using your stolen data by filing a tax return in your name before you do.
- ◆ Report any suspicious documents you get. Check your credit reports at least annually.

## DIRECTOR'S MESSAGE ~ PARTNERS IN CARING



**D**uring the past month I have been reading the online PSRC survey and focus group responses. I've also been reviewing the data collected for the Age Friendly Community project. One thing that stands out to me is the number of people who do not seem to be aware of our support and guidance services

(Partners In Caring). I wonder—are these services are less visible because the staff is at Spruce Circle and much of the work is done quietly, confidentially, one-to-one, often on the phone? Or is it because people don't think they need the services—until they do? We are here when you realize you need us!

This year my parents have needed more support than before, and I have wondered many times what I would do if I had not learned so much from fifteen years of helping people at PSRC, if I didn't have the caregiver support groups, and if I didn't have such amazing, creative, professional colleagues.

I hope you have had a chance to meet Sharon Hurley and Dave Roussell, the new Support and Guidance staff. Together with Fran Angelone and me, we offer a wide range of services to help people navigate the challenges that arise and the resources that exist to help.

♦ **Information and Linkage** We can help you find resources and area services. These range from choosing a home health company to getting help organizing and downsizing, to understanding transportation options. We are on the phone every day with people who live in this area who need help finding a local resource. Sometimes there are several services needed from different providers (rides, meals, homecare, rehabilitation) and it can be overwhelming to manage all the parts. Many calls come from someone who lives here but is concerned about a family member who lives at a distance; or they can come from someone anywhere in the world seeking help for a family member or friend who lives here.

♦ **Benefit Assistance** Fran can help you explore whether there are any federal, state or local benefit programs to help make your resources stretch. Sharon is a great help with Veterans' and hospice benefits; and Dave can help with disability benefits. We can also make appointments with SHIP (State Health Insurance Providers counselors for questions about your Medicare benefits.

♦ **Consultations** When the question is more complex than a brief phone call, you can schedule an appointment with one of us. We will meet with you and/or your family (with your permission—confidentiality is

important to us.) We help you identify key areas of concern, resources and needs, and create a new plan of action and coordinate care. One example might be talking about whether to get care at home or move to a residential community. Another might be helping a neighbor/friend/family member get help when he or she begins to be forgetful.

It can often be beneficial to look at the bigger picture of what is going on. From our professional experience with older adults, we can suggest related issues or solutions that may not have been considered. For example, a person might call because s/he has decided to stop driving. In addition to enrolling in Crosstown transportation, we discuss other transportation options and how to get groceries and continue social connections with a volunteer or friend to support quality of life and independence at home.

♦ **HomeFriends** Dave is the coordinator of this volunteer program which matches people who don't get out often with volunteers who visit every 1-2 weeks for conversation or to help with tasks like reading the mail or grocery shopping.

♦ **Support Groups** PSRC now hosts 16 groups facilitated by professionals. Some are primarily social while others are focused on a topic such as caregiving. They provide wonderful opportunities to meet other people with similar interests and experiences. I'm reminded how wonderful it is to have someone just listen and say "I've been there; this is what helped me."

♦ **Transportation** Fran and Jeanette can enroll you in Crosstown and tell you about other transportation options serving Princeton.

♦ **Education** We make efforts to know about resources and developments in the field of aging. We attend professional networking programs and share what we discover through articles in this newsletter, hosting lunch and learn programs and workshops, as well as in the fall conference. We take the "resource" part of our name seriously!

♦ **Resources** Please visit our website [princetonsenior.org](http://princetonsenior.org) and look at Community Resources. We list thousands of services and organizations that we have learned about over the years. Call if you need help finding the right ones for you.

Thanks to several grants, fundraising events, and generous donors, we continue to offer these services without charge. We are grateful for donations that support this critical part of our mission work. We hope you will remember these services when you, or someone you know, needs help.

Susan W. Hoskins, LCSW  
Executive Director

## MARCH PROGRAMS

Please call to register/ reserve a space for programs, workshops and individual classes and events offered at PSRC: 609.924.7108.

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.

### FIRST FRIDAY FILM

FRIDAY, MARCH 4 AT 1:00 P.M.

**"Ricki and the Flash"** - Fifty-something rocker Ricki abandoned her family years ago when she left home to pursue her dreams in Los Angeles. Years later, she dates her guitarist but still fears commitment. But when she gets a call from her ex-husband that their daughter is going through a difficult time after the collapse of her own marriage, Ricki returns home to try to make things right. Stars Meryl Streep, Kevin Kline & Sebastian Stan. (1 hour 41 minutes)

### 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.

This month's topics:

**March 1 ~ Melissa Fleming:** *A boat carrying 500 refugees sank at sea. The story of two survivors*

**March 8 ~ James Veitch:** *This is what happens when you respond to SPAM email*

**March 15 ~ Mike Velings:** *The case for fish farming*

**March 22 ~ Gregory Heyworth:** *How I'm discovering the secrets of ancient texts*

**March 29 ~ Sean Follmer:** *Shape-shifting tech will change work as we know it*

For more background, visit [www.TED.com](http://www.TED.com).



### LUNCH AND LEARN

Friday, March 11 at 12 noon

**"GORGEOUS HAIR AT ANY AGE"** DENISE\_TAYLOR, OWNER, GREAT LOOKS SALON

As we age, there are many factors that play a role in keeping our tresses looking as they did when we were 20. Denise will discuss ways to age-proof your hair and will share ways to apply the correct hair regimen for you! There will be a question and answer period after the presentation.

### LUNCH AND LEARN

FRIDAY, MARCH 18 AT 12 NOON

**"IT COULD BE POISON"** WITH BARBARA VANING, MHA, EMT INSTRUCTOR AND MEMBER OF PRINCETON HEALTHCARE SYSTEM'S COMMUNITY EDUCATION AND OUTREACH PROGRAM. Every year, between 2 and 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 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.

*Our Lunch and Learn programs are always free.*

*Bring a brown bag lunch; dessert and beverages will be provided.*

## RETIREMENT PROGRAMS

### MEN IN RETIREMENT

FRIDAY, MARCH 4 AT 2:00 P.M.

The March meeting will feature a talk by one of our members, Herb Hirsch, on "Scams Targeting Seniors." Herb is a knowledgeable senior who will talk about different types of scams and their common elements. He will present methods and strategies to avoid being targeted by scams. Group is facilitated by Rob Hegstrom and Bruce Wallman. **MH Main**

### WOMEN IN RETIREMENT

FRIDAY, MARCH 18 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, MARCH 18 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.

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



## TECHNOLOGY

### COMPUTER LABS

TUESDAYS, FROM 1:00 TO 4:00 P.M.

FRIDAYS, FROM 10:00 A.M. TO 12 NOON

Come to our computer lab for free assistance from our volunteers. Whether you're new to technology, have some experience or have a particular issue to resolve, help is at hand. Bring your own tablet or laptop or use one of our desktop computers.

### INTRO TO iPad

THURSDAY, MARCH 10 AT 10:00 A.M.

Bring your iPad and learn how to use it effectively. Make sure you know your Apple ID and password in order to access the internet. Handouts will be provided. Instructor: Barbara Essig. Limit 8 people.

### INTRO TO THE SAMSUNG TABLET

WEDNESDAY, MARCH 16 AT 10:30 A.M.

Learn how to use your Samsung tablet to browse the internet, use email, add applications from the Play Store, and personalize settings. We'll also talk about some of the more useful applications that you can access, either free or for a low price. Bring your Samsung tablet if you want to follow along during the presentation. Please register early to assure a seat. Instructor: Barbara Lundy. Limit 8 people.

### MORE ABOUT iPad

THURSDAY, MARCH 31 AT 10:00 A.M.

Get really comfortable with your iPad. Make sure you know your Apple ID and password in order to access the internet. Handouts will be provided. Instructor: Barbara Essig. Limit 8 people.

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

Please call to register/ reserve a space for programs, workshops and individual classes and events offered at PSRC: 609.924.7108. 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.

## LOOKING AHEAD

### FIRST FRIDAY FILM

FRIDAY, APRIL 1 AT 1:00 P.M.

**"He Named Me Malala"**. A portrait of Nobel Peace Prize Laureate Malala Yousafzai, who was targeted, with her father, by the Taliban at the age of 15 for advocating for girls' education in Afghanistan. (1 hour 27 minutes)

### LUNCH AND LEARN

FRIDAY, APRIL 8 AT 12 NOON

**HIKING, BIRDING, FISHING AND FUN AT MOUNTAIN LAKES NATURE PRESERVE**

Come learn more about the 9 miles of hiking trails on 400 acres of open space right here in Princeton. We will follow up with 2 group hikes in the coming months.

### LUNCH AND LEARN

FRIDAY, APRIL 15 AT 12 NOON

**FAMILY AND FRIENDS FREE CPR CLASS**

OFFERED BY THE PRINCETON HEALTHCARE SYSTEM

Family and Friends CPR (Cardio Pulmonary Resuscitation) program teaches you how to perform CPR on adults, and how to help an adult who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card. This opportunity is open to the public. Please register in person at PSRC or by calling 609.924.7108.

### LUNCH AND LEARN

FRIDAY, APRIL 22 AT 12 NOON

**DIABETES**

A TALK BY DR. SUNIL THOMAS

BOARD CERTIFIED IN ENDOCRINOLOGY, CAPITAL HEALTH

This presentation will cover Type 1, Type 2, Pre-Diabetes, Sugar Management and the newest medications and treatment recommendations.

### DOWNLOADING BOOKS

TUESDAY, APRIL 12 AND TUESDAY, MAY 10

Princeton Public Library staff will offer 1-to-1 instruction at PSRC on using your library card to download books, music, movies, television shows and more to your tablet, smartphone or laptop. You will need to show a valid PPL card. The help is free, but an appointment is required. Please call after March 14th: 609.924.7108.

## COMPUTER GURU ~ Don Benjamin

### WINDOWS OR MAC?

Many of our computer lab visitors ask which computer they should buy—a Windows PC or an Apple Mac? The answer is, “It depends.”

First, some nomenclature: The latest version of Microsoft’s operating system is Windows 10; the latest version of Apple’s is OS X 10.11, also called El Capitan.

Now, here are some things to consider:

**Windows 10** is very stable and available on a huge variety of computers with prices that start around \$400. That said, the quality of PCs and clarity of their displays varies, so try them out first.

#### Also:

- ~ Windows runs more programs than a Mac (though Mac software is catching up).
- ~ It supports Microsoft’s full suite of Office software, and the files are compatible with the Mac version of Office.
- ~ It’s the most popular operating system in corporations.
- ~ Windows also runs on some tablets and a few phones.
- ~ It’s a bit more vulnerable to viruses and malware than the Mac, but up-to-date security programs should keep you safe.

**Apple OS X 10.11** is also very stable, but available only on Apple computers that start around \$900. Mac quality is very high, and the software and hardware are designed with each other in mind, so every

Mac computer works exactly the same.

#### Also:

- ~ OS X runs fewer programs than Windows (but is catching up.)
- ~ It supports Microsoft’s Office for Mac, which is a subset of the Windows version (though still very robust.) Office files created by Windows and Mac are compatible.
- ~ It’s the most popular operating system among students and graphic designers; less so in the business world.
- ~ OS X is tightly integrated with Apple’s iOS operating system that runs on iPads and iPhones.
- ~ It’s less vulnerable to viruses and malware than Windows (so far), but security software is still a good idea.

**The bottom line:** Both Windows and Mac run the majority of the programs you’ll need for everyday tasks. If you’re comfortable with Windows, there’s no reason to switch to a Mac. If you love your Mac, stay with it. If you don’t know, come talk to us—we speak both Windows and Mac in the PSRC computer lab, and will be glad to help you decide. We’re available every Tuesday from 1 to 4 p.m. and Friday from 10 a.m. until noon.

**In any case, we suggest your next computer be a laptop** so you can bring it to us (or whomever you’d like) for help. Laptops can accommodate large monitors, wireless keyboards, and mice at home if you need the desktop experience. (I do.)

## FUN TIMES AT PSRC



**Celebrating the Year of the Red Lion Monkey with Ying Hua International School Students**



**Our terrific Gadget SuperLab with volunteers from Bloomberg Financial, Inc.**

## 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 UMCPP (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>.

## 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.

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.

### 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 1:30 p.m.** \$5/quarter for copying costs.
- ♦ **Memoir Writing II: Mondays at 10:30 a.m.** \$5/per quarter for copying costs.
- ♦ **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.** \$72/residents, \$96/non-residents per quarter.
- ♦ **Cosmology: Thursdays at 9:45 a.m.** \$5/quarter. Peer-led science discussion group. Contact Bruce Wallman for info: Brucewallman@gmail.com.

## 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 12:00 noon
- ♦ **Bridge Lessons** will resume in April. Look for details soon on our website: princetonsenior.org, and in the April Newsletter.



## PSRC STAFF

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

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

**Olivian Boon**  
*GrandPals & Coordinator*

**Donna Cosgrove**  
*Development Assistant*

**Kimberley Cotner**  
*Bookkeeper*

**Jeanette Hooban**  
*Program Assistant  
Volunteer Coordinator*

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

**Emily Logue**  
*Communications and  
Marketing Coordinator*

**Sallie Meade**  
*GrandPals Coordinator*

**Abigail Melletti, LSW**  
*Evergreen Forum Coordinator*

**Breana Newton**  
*Program Assistant,  
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, March 21 at 1:00 p.m.  
(Usually third Monday of each month.)  
Call Sherri Goldstein 609.497.4900 to attend.  
*Corner House 19*

### CAREGIVERS

Monday, March 7 at 1:30 p.m.  
(Usually the second Monday of each month.)  
*Corner House 19*

NOTE DATE  
CHANGE

### CHILDREN OF AGING PARENTS

Wednesday, March 9 at 4:30 p.m.  
(Second Wednesday of the month)  
*Suzanne Patterson Building*

### GRANDPARENTING

Tuesday, March 15 at 1:00 p.m.  
(Third Tuesday of each month.)  
*McCaffrey's Market Upstairs*

NOTE LOCATION  
CHANGE

### KNIT WITS

Fridays at 1:00 p.m. Drop-in for knitting and conversation. *Spruce Circle*

### LET'S TALK

Wednesdays at 2:45 p.m.  
*Spruce Circle*

### LETS 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, March 4 at 2:00 p.m. (First Friday of each month at 2:00 p.m.)  
*Monument Hall Main*

### TRANSITION TO RETIREMENT

Friday, March 18 at 3:00 p.m. (Third Friday of each month.) *Suzanne Patterson Building*

### WOMEN IN RETIREMENT

Friday, March 18 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
- ◆ 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

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  
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 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): 609.921.2100  
Princeton Public Library: 609.924.9529  
Reassurance Contact: 609.883.2880  
Ride Provide: 609.452.5144  
Senior Care Ministry: 609.921.8888  
Senior Citizen Club: 609.921.0973  
Social Security: 800.772.1213  
SHIP (Medicare): 609.924.2098  
Sustainable Princeton: 609.454.4757

## SUPPORT AND GUIDANCE

### LET'S TALK (IN) ENGLISH!

If your first language is something other than English, this great group could be for you! We're a diverse group of men and women from more than five different countries. Many speak Russian, Chinese, Spanish or Japanese.

We usually select something for people to read at home the week before we meet in person. This gives everyone time to prepare what they would like to share or ask the group in English. This collection of readings written in English might be a short story, article, or poem, or a handout on a any number of topics. Some recent topics include: a short story by Anne Munro; an article on Concussions and TBI (Traumatic Brain Injury); quotes about the Golden Rule; and "What does 'Neighborly' mean to you?"

Drop in and try the group to see what you think! We meet on Mondays in the Spruce Circle Community Room from 1:00 to 2:00 p.m. Parking is limited, so please try to car pool or have a friend drop you off and pick you up.

If you have questions, please call Sharon Hurley at 609.252.2362.

### MEET AND GREET OUR SUPPORT and GUIDANCE TEAM

You're invited to join the new  
Support and Guidance staff,  
Sharon Hurley, CVA, and  
Dave Roussell, MEd, MSW, LSW,  
and Fran Angelone, Crosstown Coordinator  
and Benefits Assistant  
for a special Meet and Greet hour  
**Wednesday, March 2 at 1:00 p.m.**  
**at the Suzanne Patterson Building**  
**45 Stockton Street (behind Monument Hall)**

Come see what the Support and Guidance  
team has planned and add your ideas!  
*Light refreshments provided!*

**NEW!**

### HEALTH SCREENINGS

**Monday, March 14 at 12 noon**  
(Second Monday of every month)  
at Spruce Circle.

### KNIT WITS (KNITTING) GROUP

We have fabulous group of Knitters who have been meeting at Spruce Circle. Their mission is to knit for those in need. Their current knitting projects are: lap blankets for Disabled Veterans, Infant caps for newborn babies in the hospital, and hats and scarves for local homeless and needy families.

There is a special global outreach for people in North Korea and South Africa. Our knitters make small squares that are shipped overseas and the local community assembles the squares into afghans and shawls.

A recent article by Jane Brody in the New York Times titled The Health Benefits of Knitting asserts that knitting not only helps with stress reduction, but has the added advantage of boosting self-esteem because most knitters are donating or gifting their items to others. The article continues with information by Dr. Herbert Benson, a pioneer in mind/

body medicine, suggesting that the repetitive action of needlework can induce a relaxed state akin to that associated with meditation and yoga.

**Donations of yarn are needed** so that our group (newcomers highly encouraged to join us) can continue these wonderful projects! Yarn must be acrylic, cotton or washable – no wool please. Donations may be dropped off at either the at the Suzanne Patterson Building, or brought directly to Spruce Circle.

Knit Wits meets on Fridays at 1:00 p.m. at Spruce Circle until the end of March. The day and time will change in April so watch for details. For additional information please contact Sharon Hurley either by phone at 609.252.2362 or by email: [shurley@princetonsenior.org](mailto:shurley@princetonsenior.org).

Thank you!





## DID YOU KNOW...

### LEWY-BODY DEMENTIA

Lewy-Body Dementia is caused by abnormal protein particles accumulating in the brain. It is characterized by a mix of symptoms including cognitive decline, visual hallucinations, fluctuating mental status and Parkinson's-like symptoms. It is often misdiagnosed as Alzheimer's or Parkinson's, or sometimes as mental illness.

The most alarming symptom to family members is visual hallucinations, often of people, objects or animals that are not there. There may be significant fluctuations of alertness and attention. Also, as with Parkinson's, there may be rigid muscles, balance problems, slowed movement and tremors.

A neuroscientist at Florida Atlantic University has developed a Lewy Body Composite Risk Score to quickly and effectively diagnose LBD and Parkinson's Disease dementia (PDD) to help clinicians accurately diagnose these conditions and help them begin appropriate interventions at an earlier stage.

### WHAT TO CONSIDER BEFORE YOU ARE DISCHARGED FROM A HOSPITAL

No one wants to be in the hospital, and PSRC wants to help you stay out, but sometimes a hospital stay is necessary.

Here are some questions to ask before you or someone you know is discharged:

- ✓ Are you able to do everything you were able to do before, or will you need some rehabilitation time once you come home? It is said that it takes a week of recovery time for every day in bed. You may be on the road to recovery but not quite there yet.
- ✓ Is there someone who can help with the things you can't do for yourself? Perhaps you live alone or with someone who has dementia or physical limitations so they can't do all the things you normally do. Do you need someone to get groceries, cook, provide transportation? It would be a good idea to hire additional help until you are fully recovered. PSRC can help you arrange for these services.
- ✓ Are you absolutely clear on your discharge instructions? Make sure you can get the medications you need, and that they don't conflict with medications you already have at home, and that you know which ones (if any) to discontinue. Do you have other therapy appointments to make or will Homecare come to you at home? Know when your next appointment is and how you are going to get there.
- ✓ Make sure you ask any questions you may have, or if something doesn't seem to be going right. Sometimes a medication will cause complications and should be discontinued or medications can be confused; don't wait for your next appointment.
- ✓ Following medical instructions for treatment and medication, follow-up appointments, getting enough sleep and eating properly all support healing and prevent re-hospitalization.

### SPOT A STROKE — F. A. S. T.

- **Face Drooping** Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty** Is speech slurred, is s/he unable to speak, or hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **Time to call 9-1-1** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get him/her to the hospital immediately.

### HEALTH APP

Did you know there's a "health" button (app) that is included on your iPhone (version 5 and later)?

Emergency medics can tap that "button" without needing your password to find information you've entered about your allergies, other health conditions, medications, emergency contacts, etc.

The closest equivalent on Android phones is probably the ICE (In Case of Emergency) app (\$3.99).

## DEVELOPMENT NEWS

### THE TAX BENEFITS OF CHARITABLE GIVING by Guest Contributor, Christina Nash, Knox Grove Financial

**H**ave you ever considered making a Charitable Gift to the Princeton Senior Resource Center, or another of your favorite charities? Many people make these gifts to show their support and commitment to a specific cause, while others simply have a desire to share their good fortune. Whatever one's reason may be for making a charitable gift, U.S. tax law is designed to encourage these gifts, and I advise my clients to consider this when discussing their overall estate plan.

There are many financial benefits to making a charitable gift to your favorite organization. Some of the benefits may include tax deductions, an increase in cash flow, and most importantly (to some), an increase in the amount of money passing to one's heirs.

There are different types of charitable gifts, depending on donor preference. Some of my clients make outright gifts of cash or other valuable assets to their favorite charities. Others decide to wait until they

die for the transfer of their assets to a charity to take place. These assets can take different forms, including: Life Insurance; a Charitable Remainder Annuity Trust; a Charitable Remainder Unitrust; a Pooled Income Fund; and a Charitable Gift Annuity

Another option donors may consider is to assign income interest to the charity for a set number of years (or lifetime of the specified person), after which the remainder passes to the donor's heirs. These gifts are known as charitable "lead" trusts.

There are many planned giving strategies, each with its particular pros and cons. It's important to discuss with your financial professional the investment and tax benefits and risks associated with each of these types of plans.

Your Financial Advisor can work with your attorney and tax advisor to make the most of these strategies and determine if these options are appropriate for your situation.

*Christina Nash is the Principal of Knox Grove Financial in Pennington, New Jersey. This article is intended to help educate the public about the alternative strategies that are used when developing a financial investment plan and is not intended to provide tax or legal advice.*



## A SPRING MORNING OUTING



Have you ever watched the Princeton rowing crew team?  
Join us at 9:30 a.m. on Thursday, April 14 to see where they start their days at the crack of dawn. We'll meet at the boathouse and get the history and details from the man who runs it, Tom Heebink. We'll finish with a light, late breakfast at the home of Hazel Stix. \$30 per person to benefit PSRC.



Buy tickets online at  
[princetonsenior.org](http://princetonsenior.org)

# MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LOCATIONS</b> CH - Corner House EC - Elm Court HBH - Harriet Bryan House MH - Monument Hall SPB - Suzanne Patterson Building RC - Redding Circle SC - Spruce Circle	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB 2:45 Let's Talk - SC 1:00 Meet & Greet - SPB 1:30 Painting with Christina - SPB 3:30 Memoir Writing - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:00 Tax Assistance - SPB 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB 1:00 Knit Wits - SC 2:00 Men in Retirement - MH
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 1:30 Word Play - SPB 1:30 Caregivers Group - CH - 19	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - 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	9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Intro to iPad - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:00 Tax Assistance - SPB 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 1:00 Knit Wits - SC
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 1:30 Word Play - SPB	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Grandparent Group - McCaff.	9:15 Aerobics - SPB 10:30 Android Tablet Class - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:00 Tax Assistance - SPB 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 Lunch and Learn - SPB 12:00 Chair Exercise - SC 1:00 Knit Wits - SC 3:00 Transition to 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 1:00 Bereavement - CH - 19 1:30 Word Play - SPB	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	<b>CLOSED</b>  <b>GOOD FRIDAY</b>
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 1:30 Wordplay - SPB	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 More About iPad - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	<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.





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RAGO



***SAVE THE DATE***

**JEWELRY**

**BENEFIT EVENT**

***"Knowledge is A Girl's Best Friend:***

***What You Need to Know When***

***Buying and Selling Jewelry"***

***Wednesday, May 11th***

***11:00 a.m. - 1:30 p.m.***

A hands-on workshop, including learning how to use a jeweler's *loupe*, with Rago Art and Auction professionals. Proceeds to benefit PSRC.

Catered luncheon and *loupe* included.

Details to follow in next month's PSRC Newsletter.