**FALL CONFERENCE**

**FAMILY CAREGIVERS: COMPASSION FOR SELF AND OTHERS**

Saturday November 12, 2016
8:30 am to 1:00 pm

**KEYNOTE SPEAKER: TED TAYLOR,**
Director of Pastoral Care & Training,
Robert Wood Johnson University Hospital, Hamilton

**CONFERENCE SCHEDULE**

8:30  Registration and Continental Breakfast from Bear Creek Assisted Living
9:00  Keynote with Q & A
9:45  Break
10:00  Workshop A
11:00  Break
11:15  Workshop B
12:15  Resource Fair and Lunch from Brandywine Senior Living & Exhibit

1:00  Closing - Raffle

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To attend the conference, please register at princetonsenior.org

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**PHOTOGRAPHY EXHIBIT**

November 14 - December 9

“BEING THERE”
by Arthur Firestone

Photographs taken from travels around the world.
Meet and greet the photographer over cookies and coffee
Monday, November 21
3:30 - 5:00 p.m.
All are welcome

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**PSRC will be closed for the Thanksgiving holiday**
Thursday, November 24 and Friday, November 25

**Happy Thanksgiving!**

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**PARIS** by Arthur Firestone

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**45 Stockton Street • Princeton • NJ • 08540 • 609.924.7108 • princetonsenior.org**
According to the 2015 AARP report, Caregiving in the US, an estimated 43.5 million adults in the United States provided unpaid care to an adult or a child in the prior 12 months. 85% care was for a relative, nearly half over age 75; 10% was care for a spouse and 10% are themselves over age 75. 60% have at least one chronic health condition and nearly one quarter have dementia. Some care for a spouse, others a friend or a parent. The aging population of the US is growing rapidly, making this one of today’s most critical issues.

Family caregiving can be an 8-10 year journey. It is both rewarding and taxing, often starting small, but in time the load gets heavier and more complex. Many families don’t have the financial resources to use care outside the family or will need to use a blend of paid and family care. A family caregiver needs to have knowledge of the disease process, physical and emotional care, nutrition, finance, benefit programs, family dynamics, end of life, and how to manage all the components. This awareness led us to select family caregiving as the theme of PSRC’s annual fall conference and the title "Compassion for Self & Others.” Details on the conference are on the following page.

Selecting this topic has been very personal for me. This year my parents began to need more help at the same time that one son married and the other graduated from college. I learned that it’s a lot easier to coach other people on how to manage all the aspects of care than to heed my own counsel.

I had to learn how to navigate the care system where my parents live; to find my “team” among the many doctors, nurses, social workers, and other staff. I had to figure out when that care system worked for us and when it didn’t. I had to screw up all my courage to advocate for my parents, to ask for meetings and speak up when the “plan” was not good for them. I had to change my schedule to be available more often to add shopping, bill-paying, appointment and calendar management to my tasks, and to start asking “Am I
the only one who can do this?”

Most challenging has been the creative problem-solving: if we can’t garden in the community garden anymore, what other options are there and whom do I need to talk to for it to happen?

I’m grateful for my husband who accompanies them to medical appointments when I can’t get away from work, and for the nurses who come every morning to administer medications and check in, and to the staff and friends who call with reminders of events to attend.

I’m grateful to my caregiver groups and friends who listen and make suggestions when I’m at a loss. It truly can take a village to help people age with dignity and self-determination.

PSRC’s last family caregiver conference in 2011 focused on practical strategies. This year we have workshops on several aspects of caregiving, but we want the emphasis to be on the need to be compassionate to ourselves as caregivers as well as those we care for. We need to interrupt the voice that says “If only I were a better person, I could...,” or “If only I had...,” or “What can’t she still...”

As caregivers we need to take care of ourselves so that we don’t become overwhelmed, depressed, isolated or sick. If that happens, we can’t provide the care that’s needed and we don’t have the resources to respond as care needs increase.

Sometimes the best care we can give ourselves is to know and accept our limitations and ask for help. As one participant recently stated, “we are all on the same journey yet every one is different.” PSRC support and guidance staff is here to help caregivers find the resources you need for your unique situation.

We hope you’ll start by attending the conference on November 12.

Susan W. Hoskins, LCSW
Executive Director

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**STAFF**

Susan W. Hoskins, LCSW
Executive Director

Nancy Amidon
Bookkeeper

Fran Angelone
Office Manager, Spruce Circle

Olivian Boon
GrandPals Coordinator

Cheryl Gomes
Development Assistant

Sharon Hurley
Director of Support & Guidance

Emily V. Logue
Communications & Marketing Coordinator

Sallie Meade,
GrandPals Coordinator

Abigail Meletti
Evergreen Forum Coordinator

Breana Newton
Program Assistant & Rental Coordinator

Ken Peabody
Data Coordinator

Barbara Prince,
Director of Development

Dave Roussell, MSW
HomeFriends Coordinator

Mauri Tyler
Director of Programs

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**FALL CONFERENCE WORKSHOPS (ATTEND 2)**

- **Practical Strategies for Family Caregivers**
  Liz Charbonneau,
  Homewatch CareGivers

- **Residential Care Options**
  Connie Pisarro,
  Oasis Senior Advisors

- **Activities for People with Dementia**
  Helen Bowerman, RN, MSN
  Buckingham Place

- **Estate and Long Term Care Planning 101**
  Fiona Van Dyck,
  Van Dyck Law

- **Staying Organized (and Sane)**
  Soni Pahade,
  Morris Hall Meadows

Please register to attend the conference at princeton senior.org

Each workshop will be offered twice during the morning. There will also be a community resource fair so you can meet local service providers. Suggested donation: $5 at the door.
BOOK DISCUSSION GROUP (continuing)
PRIME TIME II, PART 3 - PART 5
Wednesdays for six weeks, starting November 2.
1:00-2:30 p.m. Facilitated by Helen Burton.
There is space for a few more people, if you have
read the first part of the book. Cost: $36/ 6 weeks
for residents, $48 for non-residents. Please register
online at princetonsenior.org.

FILM OF THE MONTH:
Friday, November 4, 1:00 p.m.
"THE IMPORTANCE OF BEING EARNEST"
In 1890s London, two friends use the same pseudo-
nym ("Ernest") for their on-the-sly activities. Hilarity
ensues. Filled with stars: Colin Firth, Rupert Everett,
Judi Dench, Reese Witherspoon, Frances O'Connor.
(1 hour, 37 min.)

TED TALKS
Mondays through November 14,
10:30 a.m.
Come for a lively discussion.
For the first 15 minutes we watch a
TED Talk, then we discuss it. Facilitated by Helen
Burton. This month’s topics:
Monday, November 7: Julia Bacha:
How women wage conflict without violence
Monday, November 14: Dave Isay: Everyone around you
has a story the world needs to hear
Tuesday, November 22: Abigail Marsh:
Why some people are more altruistic than others
Tuesday, November 29: Mihaly Csikszentmihalyi:
Flow, the secret to happiness
To learn more, visit TED.com.

LUNCH AND LEARN
Friday, November 11 at 12 noon
STRESS MANAGEMENT
Do you find yourself feeling MORE
stressed out these days? Carol Rickard, LCSW, will
give you the answers and the “tools” to get the job
done! Ms. Rickard has written more than a dozen
books and
spoken nationally on stress and wellness.

MEN IN RETIREMENT
Friday, November 4, 2:00 p.m.
"THE MYSTERIES OF EASTER ISLAND" A presenta-
tion by MIR member Phil McIndoo, is an ac-
tive world traveler with an interest in ancient
cultures, particularly the Celts and the people
of Easter Island, the Rapanui. This talk will of-
fer latest scholarly thinking on these mysteries
and maybe introduce some new questions.
Location: Monument Hall Main

WOMEN IN RETIREMENT
Friday, November 18, 10:30 a.m.
WOMEN AND NUTRITION
A presentation by registered dietitian, Rachel
Cuomo, owner of the private practice Kiwi
Nutrition Counseling in Princeton. Topics will
include bone health, thirst and hydration,
sugar and metabolism.

TRANSITION TO RETIREMENT
Friday, November 18, 3:00 p.m.
This monthly group deals with issues related to
making the adjustment to retirement. All are
welcome. The group leader is Dr. John
George, Licensed Clinical Psychologist.

HOARDING
Wednesday, November 30
10:00 a.m.
Do you, or does someone you know, have
“collections” that interfere with daily living?
We will explore identifying characteristics of
hoarding, contributing factors, potentially
helpful tools, and issues that arise in later life.
Discussion led by Susan Hoskins, LCSW.
TEXTING CLASS
Monday, November 7, 2:30 to 3:30 p.m.
Instructor: NB Sreenivasan
This class covers the basics of Text Messaging using cell phones. Messaging features of the phones to send, read (or receive), and delete text messages will be explained. We will cover texting scenarios with smart phones, such as Samsung Galaxy (Android), Apple iPhone (IOS), LG (Android), and with certain non-smart phones or basic-feature-phones.

INTRO TO iPAD
Thursday, November 10, 10:00 a.m.
Bring your iPad and learn how to use it! Make sure you know your Apple ID and password. Handouts will be provided for you to take with you. Instructor: Barbara Essig. No fee.

UBER - 21st CENTURY TRANSPORTATION!
Monday, November 14, 2:30 - 3:30
This class covers Uber setup and how to request an Uber ride from your mobile device. You will learn how to: set your pick-up and drop-off locations, select a tier of Uber service, track your driver until they arrive, track your location and ETA during your ride, and more.

MORE ABOUT iPAD
Thursday, November 17, 10:00 a.m.
Get really comfortable with your iPad! Learn your way around email, storage, apps, etc. Make sure you know your Apple ID and password. Handouts will be provided for you to take with you. Instructor: Barbara Essig. No fee.

REGISTRATION IS MANDATORY in order to ensure a space in any of the above classes. Register for all technology classes at princetonsenior.org.

PRINCETON RECREATION DEPARTMENT
RADIO CITY MUSIC HALL TRIP CHRISTMAS SPECTACULAR THE ROCKETTES
Thursday, December 1, 8:15 a.m. - 4:00 p.m. $75 (non-refundable fee) includes round trip motor coach transportation and entrance fee to the show. register.communitypass.net/princeton

FIRST FRIDAY FILM
Friday, December 2 at 1:00 p.m.
Movie title & brief description to come

LUNCH AND LEARN
Friday, December 9 at 12 noon
Dealing with Dizziness and Vertigo with Erin Mee, PT, DPT, Vestibular Rehabilitation Specialist, University Medical Center of Princeton’s Outpatient Rehabilitation Network

LUNCH AND LEARN
Friday, December 16 at 12 noon
SLEEP APNEA with Lehka Tul, DDS, Princeton Dental Associates

PSRC HOLIDAY PARTY
Wednesday, December 14
1:00 - 3:30 p.m.
Fun, food, music, and merry-making! Tickets are just $5.00 per person, includes lunch and music

PSRC HOLIDAY CLOSINGS
Thursday, December 22 through
Monday, December 26; and
Monday, January 2.
We will also be closed on
Monday, January 16,
in honor of Martin Luther King, Jr. Day.

princetonsenior.org
**SUZANNE PATTERSON BUILDING**

**Early Bird Aerobics:** Every weekday morning 8:00 to 8:45 a.m.
$55/month, or $5/session to drop in

**Aerobics:** Monday, Wednesday, Friday 9:15 a.m. $47/session/residents; $93/non-residents.

Register through Princeton Recreation Department: 609.921.9480.

**Yoga:** Thursdays, 10:00 a.m.
$72/residents, $96/non-residents per quarter

**Table Tennis:** Monday, Wednesday, Friday, 10:30 a.m. Drop-in; no charge.

**SPRUCE CIRCLE**

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

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**CRAFTY PEOPLE**

Fridays 10:00 a.m. – 12 noon at Elm Court
Please join us in the Craft Room of Elm Court, 300 Elm Rd, Princeton.
Bring your favorite craft or just come and socialize.
If you are coming from outside Elm Court or Harriet Bryan House, please call Marilyn at 609 937-8496, so we know to let you in the outside door. All are welcome. No fee.

Note that we will not meet on the Friday after Thanksgiving.

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**SUZANNE PATTERSON BUILDING**

**Drawing with Alex:** Mondays, 10:30 a.m.
$72 residents, $96/non-residents per quarter.

**Word Play (poetry group):** Mondays, 2:00 p.m.
$5/quarter for copying costs.

**Memoir Writing II:** Mondays, 10:30 a.m.
$36/qtr for residents, $48/qtr for non-residents

**Memoir Writing:** Wednesdays, 2:45 p.m.
$36/qtr for residents, $48/qtr for non-residents (class is full.)

**Painting with Christina:** Wednesdays, 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.
Contact brucewallman@gmail.com for info.

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**GAMES**

**SOCIAL BRIDGE:** Tuesdays, 1:00 - 4:00 p.m. Free.

**Mah Jongg:** Tuesdays, 1:00 - 4:00 p.m. Free. BYO cards & set.

**Scrabble:** Mondays, 12:00 noon Free.

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

**Duplicate Bridge:** Thursdays 12:30 p.m.

**Bridge Lessons:** Fridays
ALL ABOUT EMAIL
BY DON BENJAMIN
E-mail is one of the most popular computer applications, and one of the top “issues” we deal with during our twice-weekly computer help sessions (it’s just below the “I forgot my password” issue.)

HOW E-MAIL WORKS
When you set up an E-mail account, your service provider, such as Google (for Gmail), Yahoo, Xfinity, etc. provides you with space on its mail server in the “cloud,” which is the repository for the E-mail addressed to you—it’s your in-box. The provider also sets aside space for the mail you send—an out-box—and mail you’ve sent to the trash for later disposal. For example, suppose I have a Yahoo E-mail account and want to send a message to John Smith. I’ll compose the message and add John’s E-mail address in the To: line john.smith@gmail.com.

When I press “Send,” Yahoo copies my message into my out-box (or “sent mail” box) and sends my message over the Internet to Google’s Gmail server. Google places the message in John’s E-mail in-box. It happens in seconds.

USING E-MAIL WITH YOUR BROWSER
There are two ways to access your E-mail. Most folks read and manage their E-mail using a browser—Internet Explorer, Chrome, Firefox, or Safari. When you enter “gmail.com,” your browser will take you to Google’s mail server and then ask you for your E-mail address and password so it can find and open your E-mail in-box and folders.

When you use a browser, your E-mail messages aren’t stored on your computer. they reside only on the E-mail server in the cloud. It’s as though you’re visiting the post office to read your mail and send mail to others. That also means you can only access your E-mail when you’re connected to the Internet. If you take your PC to the middle of the Mojave desert, you won’t be able to read your E-mail, but it probably wouldn’t matter because you’d be much too hot.

USING E-MAIL SOFTWARE
But there’s another way to access your E-mail that some people find easier: by using E-mail software, such as Microsoft Outlook or Apple’s Mail application. These programs “fetch” your mail from your E-mail in-box and copy (“download”) it to your computer where it’s stored until you delete it. It’s like Charlie the letter carrier delivering your mail to your house. If you take your computer to the desert where your browser doesn’t work, you’ll be able to read your E-mail with your E-mail software. You could even compose new E-mails and replies, which will be sent as soon as your computer can connect to the Internet.

Using E-mail software has three other advantages:

First, you don’t need to log in or out of your E-mail account because you are always logged in (that’s why we recommend you protect your computer with a password or PIN). Second, it can retrieve E-mail from more than one account. so if you have both a Gmail and Yahoo E-mail account, the software can fetch your mail from both accounts at the same time and even deliver them to the same in-box if you’d like.

Finally, E-mail software works with other programs: Outlook is part of Microsoft Office for the PC, and Apple Mail plays nicely with other applications on a Mac.

If you have questions about E-mail or other issues, please stop by PSRC’s computer lab on Tuesday afternoon from 1 to 4, or Friday morning from 10:00 a.m. until 12 noon.
Support and Guidance
Register for groups online at princetonsenior.org

**FOOD RESOURCES**

Sometimes it is hard to make the food budget stretch through the month, especially when other expenses like medications are also critical. There are local resources that can help. Age, residence or income qualifications may apply.

**Meals on Wheels** – for those age 60+.
Home delivery 609-695-3483.

**Crisis Ministry Pantry:** 61 Nassau St. 609.396.9355

**JFCS Pantry** – 707 Alexander Rd. 609.987.8100

**HomeFront:** 1880 Princeton Ave, Lawrenceville. 609.989.9417

**Bentley Community Services** 4064 Route 1 North, Monmouth Junction. 908.227.0684

Hot meals are served:
- **Weekdays** Mercer County Nutrition Program
  Lawrence Senior Center
  609.989-6650
- **Tuesday** First Baptist Church
  5:00 - 7:00 p.m.
- **Wednesday** Princeton United Methodist Church
  (Cornerstone)
  5:00 - 6:30 p.m.
- **3rd Friday** Trinity Church (One Table Café)
  6:30-8:30 p.m.

**T.R.A.D.E.** Transportation is available to Nutrition Programs.

**MEMORY SCREENINGS**

Memory screenings are part of a regular wellness check-up. The screening is non-invasive, consists of a series of questions and tasks, and takes five to ten minutes to administer.

Memory screenings are used as an indicator of whether a person might benefit from an extensive medical exam. They are not used to diagnose any illness and in no way replace an exam by a primary care physician or specialist.

We encourage a medical follow-up with your primary care physician.

**Screenings will be held by appointment with Dave Roussell, MSW, LSW, on the 4th Wednesday morning of the month at PSRC’s Spruce Circle office. Please call 609.252.2362 to schedule.**

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**GROUPS** - there are no fees for any of these groups

**BEREAVEMENT**
Monday, November 21 at 1:00 p.m.
(Usually third Monday of each month.)
Call Sherri Goldstein 609.819.1226 to attend.
Corner House 19

**CAREGIVERS**
Monday, November 14 at 1:30 p.m.
(Usually the second Monday of each month.)
Corner House 19

**CHILDREN OF AGING PARENTS**
Wednesday, November 9 at 4:30 p.m.
(Second Wednesday of the month.)
Suzanne Patterson Building

**GRANDPARENTING**
Tuesday, November 15 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, November 4 at 2:00 p.m.
(Usually first Friday of each month.)
Monument Hall Main Room

**TRANSITION TO RETIREMENT**
Friday, November 19 at 3:00 p.m.
(Third Friday of each month.)
Suzanne Patterson Building

**WIDOWS: A NEW CHAPTER**
Tuesday, November 15 (due to holiday)
10:30 a.m. (Twice monthly, usually second and fourth Tuesdays)
Please call 609.252.2362 to attend this group. Spruce Circle

**WOMEN IN RETIREMENT**
Friday, November 19 at 10:30 a.m. (Third Friday of each month.)
Suzanne Patterson Building
There are no fees associated with any of these groups.

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**Screenings will be held by appointment with Dave Roussell, MSW, LSW, on the 4th Wednesday morning of the month at PSRC’s Spruce Circle office. Please call 609.252.2362 to schedule.**
S.H.I.P. (STATE HEALTH INSURANCE PROGRAM)
Counseling on Medicare Benefits by appointment at Spruce Circle on Thursdays. Bring any and all healthcare benefits questions! Please call 609.393.1626 and ask for Cathy to schedule your appointment.
Note: Parking is limited at Spruce Circle so please take the Free-B Bus if possible (see below!)

TRANSPORTATION

CROSSTOWN
Door-to-door car service within Princeton for people over 65. Call 609.252.2362 to sign up for the first time and 609.452.5144 to schedule a ride. $3 each way; free to UCMPP (the hospital). Call as early as possible to reserve your ride.

DAYTIME FREE-B BUS
The Daytime Free-B bus runs a 70-minute loop around town, 9:30 a.m. - 4:30 p.m., Monday through Saturday. Schedules and map are at PSRC, municipal buildings, and on the bus.

PARTNERS-IN-CARING
PSRC is your go-to place, the resource center for all kinds of information. If you need help finding a service, reviewing options, or making a plan, our care coordinators can help you. Whether it’s a single question we can answer in a phone call, a detailed professional 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.

♦ Information and Referrals
♦ Counseling and Consultations
♦ Benefit Application Assistance
♦ Caregiver Resources and Support
♦ Support & Wellness Groups
♦ Transitions – support with the inevitable transitions throughout the life span
♦ Volunteer Visitors

Call for more information: 609.924.7108 or 609.252.2362.
Appreciation—Be A Part of Our Future

A TIME TO REFLECT AND GIVE THANKS

The staff and board of PSRC wish to express our deep gratitude to all of you who share your time, energy, and companionship with us - and everyone else with whom you interact here at PSRC. Every day, you keep us all vital and make our mission possible. Thank you for inspiring us to continue to make PSRC the best go-to resource in the region.

PSRC is a non-profit organization sustained largely by donor support. Almost half of our total operating budget comes from individual donations and support of our fundraising events. A donation may also memorialize a person or special event at any time throughout the year. These gifts help enable us to offer aging adults and their families first-rate social services, lifelong learning classes and programs, art and exercise classes, and myriad other stimulating activities every month. At this time, we appeal to you to make a gift in support of our work supplying these essential resources to our community. Please give as generously as you can! We’ve enclosed a remittance envelope for your convenience, or you can give online at Princeton-Senior.org.

SUSTAINING GIFTS

Here’s an easy and affordable way to support PSRC! You can spread out your gift dollars over the course of the year by making a monthly commitment of whatever amount you choose. For example, your $12 monthly pledge will grow to $144, and all you have to do is call us once to set it up. Any monthly amount is greatly appreciated!

IRA DISTRIBUTION & GIFTS OF STOCK

You can make charitable donations directly from your qualified minimum IRA distribution. You can also donate gifts of stock, or designate PSRC as a beneficiary on a life insurance policy, all of which have significant tax advantages for you or your family.

PLANNED GIVING

Did you know PSRC is building our Legacy Society to ensure our future? If you have included PSRC in your estate planning (THANK YOU!), please let us know so we can enroll you in the Jocelyn and Carl Helm Legacy Society. As a donor-dependent organization, it is essential that we protect and honor our promise to continue delivering important and necessary services, as well as interesting programs, events and opportunities that make us uniquely valuable to the community. By contributing to PSRC’s Legacy Society, you ensure both PSRC’s future and your own – we want to be here for you when YOU need us!

For more information about how to contribute in any of these ways, please contact Barbara Prince at 609.924.7108, or bprince@princetonsenior.org to request a brochure or referral to a qualified estate planner.

PSRC extends great appreciation and thanks to Occasions by Cintron for delivering a wonderful VIP reception at our 2016 Capitol Steps Benefit evening!

THIS MONTH’S HIGHLIGHTED ANNUAL SPONSOR

BUCKINGHAM PLACE

Buckingham Place Adult Day Center and Buckingham Home Care are the area’s premier senior services organizations. Located in Monmouth Junction, New Jersey Buckingham Place proudly serves families in and around Mercer, Monmouth, and Somerset counties. PSRC is very pleased to count Buckingham Place among our annual sponsors.
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Thank you, thank you to FLOWERS BY VINCENT Located at 1 South Sycamore, Newtown, PA, for the magnificent flower arrangements presented to our recent PSRC Capitol Steps benefit honorees.

Save the date!

PSRC HOLIDAY PARTY
Wednesday, December 14
1:00 - 3:30 p.m.
Lunch and Holiday Music
$5 per ticket
register online at princetonsenior.org

We have a day for giving thanks. We have two for getting deals.

Your gift on Giving Tuesday will help support PSRC’s mission to be your go-to resource for aging adults and their families.

Go to princetonsenior.org to make your gift to PSRC. THANK YOU!