

Mature Princeton

The monthly newsletter of
PSRNC
Princeton Senior Resource Center

FALL CONFERENCE

Sat., November 1,
8:30am - 1:00pm at SPB.

This year's fall conference is
Technology & Aging Independently.
See page 9 for details.



FLU SHOT CLINIC & HEALTH FAIR

Tues., Oct. 21, at SPB.

1:00-4:00pm for seniors

4:00-7:00pm for anyone

Appointments are required.

To make an appointment call 609-924-7108.



NEW THIS YEAR: other immunizations are available. Vaccines for pneumonia, pertussis, or shingles are also available. There may be additional costs associated with the additional vaccines. If you decide you need one of the additional vaccines, please complete a vaccination form at the Princeton Senior Resource Center or the Health Department (1 Monument Drive) prior to Mon., October 13.

Flu shots are free with a Medicare part B card, and many other insurances. You do not have to be a Princeton resident. Stay for the health fair full of free screenings and helpful information. Or if you don't need a flu shot, come just for the fair. This year's screenings will include balance, hearing, vision, blood pressure and more. The health fair is co-sponsored by Princeton HealthCare System and individual practitioners.

There will also be a drop-in make-up clinic, with flu vaccine only, on Wed., October 29 from 5:00-7:00 pm at Monument Hall for any age.

OCTOBER 2014



More GrandPals, Please!

This year the **GrandPals** are expanding to 15 classes in 4 elementary schools! We need more volunteers to keep pace with the growing demand for this joint venture between the Princeton Senior Resource Center and the Princeton Public Schools. Please call Olivian Boon at 609-924-7108 to participate in this wonderful program of reading to children.

Inside this issue:

DIRECTOR'S MESSAGE	2
OCTOBER HIGHLIGHTS	3
LOOKING AHEAD	4
NEW STAFF	5
ONGOING CLASSES	6,7
DEVELOPMENT NEWS	8
FALL CONFERENCE	9
CALENDAR	11

An Age Friendly Future



As we celebrate our 40th anniversary, PSRC board and staff turn our focus to the future so we can fire up for 40 more! The most exciting part of this view toward the future has been taking a leadership role in Princeton's application to be an **Age Friendly Community**, which will have posi-

tive outcomes not just for PSRC, but for the entire community of Princeton.

We are the first community in New Jersey to achieve this designation (awarded this summer) from the World Health Organization. We join other communities in the United States and around the world in their Network of Age Friendly Communities dedicated to sharing ideas for making our communities great places to live as we age.

The goal of Age Friendly Communities is to help people live easily and comfortably in their homes and communities as they age. John Beard from WHO states "we need to reinvent the way we think about aging itself. This means keeping people healthy for as long as possible and giving them the opportunity to do the things they want and that society needs."

WHO identified eight broad domains that help influence the health and quality of life of older people world-wide:

- Housing- a wide range of housing options, aging in place and home modification programs
- Transportation- safe and affordable modes of private and public transportation
- Social Participation- access to leisure and cultural activities, opportunities for social and civic engagement with peers and younger people
- Outdoor spaces and buildings- accessibility and availability of safe recreational facilities
- Respect and social inclusion- programs that support ethnic and cultural diversity, as well as multigenerational interaction
- Communication and information- access to

technology to promote connection to friends and family near and far

- Civic participation and employment- paid work and volunteer activities, opportunities to engage in formulation of policies relevant to their lives
- Community support and health services – access to homecare, health clinics, wellness and active aging programs.

We know that the population is aging. I think that Princeton is an ideal community to demonstrate the characteristics of an age-friendly community. I also appreciate that this initiative emphasizes the need for collaboration among the municipality, non-profits, universities and businesses, that it insists on engaging older adults, and that it expects inclusion of under-served populations. Additionally, it aspires to build awareness of aging issues in our communities and to make them an organic part of community planning.

The next steps in this process are to form a Task Force and to conduct a community survey on how well Princeton already addresses these dimensions and identify issues for improvement. There are many opportunities for you to get involved in making Princeton a great place to age. We need your responses to the survey. We need your participation on the task force and work groups. Most of all, we need your ideas.

In addition to this project, PSRC has several other priorities in our strategic plan for the future. These include addressing space needs, retaining great staff, program growth, improving communications and outreach, updating technology to support the work, ensuring best practices and sound financial support. We need your involvement and support. Together we can do great things!

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.

OCTOBER PROGRAM HIGHLIGHTS

MOVIE & MUNCHIES - Fri. Oct. 3, 1:00pm at SPB. ***"The Grand Budapest Hotel."*** This is the tale of the adventures of Gustave H., a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend. The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune -- all against the backdrop of a suddenly and dramatically changing continent. Stars Ralph Fiennes, F. Murray Abraham, Willem Dafoe. RSVP to 609-924-7108. No fee.

LUNCH & LEARN - Fri., Oct. 10, 12:00pm at SPB. ***"Rheumatoid Arthritis"*** - Dr. Ranju Singh of Central Jersey Arthritis Group will focus on different types of arthritis, and specific treatment options for Rheumatoid Arthritis. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

LUNCH & LEARN - Fri., Oct. 17, 12:00pm at SPB. ***"Pssst... Can we talk? Long Term Care Insurance"***. When most people plan, they assume they will always be able to care for themselves, but life doesn't always work out that way. Some people develop difficulties that make caring for themselves challenging, if not impossible. The challenges can drastically affect their careers, families, and even their friendships. A sensible aspect of planning is discussing the kinds of care you might need in the future (whether from a child, a spouse, a sibling or another person), and how to pay for that care, with your loved ones. While not an easy conversation, the issue itself becomes less burdensome when the "what-ifs" have been at least discussed in advance. Presenter: Dave Saltzman, founding partner of Dave Saltzman Insurance Company. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

LUNCH & LEARN - Fri., Oct. 24, 12:00pm at SPB. ***"Learning About Diabetes"*** - Dr. Susane Gooding, MD, MPH, a Board Certified internist from Capital Health Primary Care in Princeton, will give an overview of the disease, its features and complications, as well as strategies for managing it. 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.

This month's topics:

Oct. 7 - ***"What I Learned from Nelson Mandela"***
by Boyd Varty

Oct. 14 - ***"What's Wrong with Your pa\$\$w0rd?"***
by Lorrie Faith Cranor

Oct. 21 - Cancelled due to Flu Shot Clinic.

Oct. 28 - ***"Violence Against Women - It's a Men's Issue"*** by Jackson Katz

Total Brain Health - Tues. 1:00pm & Fri. 10:00am, 10 weeks starting Oct. 28th.

This PSRC class will meet in the activity room at Copperwood, the new 55+ community on Bunn Drive. Boost your brain power in the Total Brain Health® Activities course developed by Cynthia Greene, Ph.D. These easy to do, scientifically grounded activities are designed to teach you all you need to know to keep your brain active. Facilitated by Soni Pahade, Gerontologist. Cost: \$50. Call 609-924-7108 to sign up.

Save 20% on **Princeton Pro Musica** concert tickets. First concert is Sun., Oct. 26, 4:00pm at Richardson Hall. Order at 609-683-5122 and mention code PSRC15.



NEXT STEP PROGRAMS

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

SPEAKER: *Intro to Medicare* - Tues., Oct. 14, 7:00pm at Princeton Public Library. A representative from the State Health Insurance Program (SHIP) will cover Medicare basics, eligibility, enrolling in Medicare, Medicare Parts A & B, Medicare Advantage (Part C), and Medicare prescription drug coverage and costs. No fee. Just drop in.

NEW GROUP STARTING:

Transition into Retirement - This new monthly support group will meet on the third Friday, 3:00-4:15pm, at SPB, starting Oct. 17th. Discussion will focus on practical approaches to the retirement transition process. Facilitated by John George, Ph.D. No charge. RSVP to 609-924-7108.

Engaged Retirement Workshop: What Will You Do With the Rest of Your Life? This 4 session workshop will be offered through the Princeton Adult School on Thursdays Oct. 9, 16, 30 & Nov. 6. Led by Carol King and John George. See the PAS brochure or www.PrincetonAdultSchool.org for cost and details.

Finding Your Purpose. Wed., Oct. 15, 1-4 pm at RWJ Health & Wellness Center, 3100 Quakerbridge Road, Hamilton. Presenters: Debra Lambo & Lillian Israel. Fee: \$25. Please call 609-584-5900 to register.

Writing Your Ethical Will. Tues., Oct. 28, 7:00 pm at Princeton Public Library. Presenter: Carol King. No fee. Just drop in.

LOOKING AHEAD

Writing Your Ethical Will - Tues., Nov. 4, 6:30pm at RWJ Health & Wellness Center. 3100 Quakerbridge Road, Hamilton. Presenter: Carol King. No fee. Please call 609-584-5900 to register.

MOVIE & MUNCHIES - Fri. Nov. 7, 1:00pm at SPB. ***“At Middleton.”*** Two strangers - straight-laced George and eccentric Edith - meet on their children's campus tour at the idyllic Middleton College. Failing comically to connect with their kids, George and Edith play hooky together, ditching the official tour for a carefree adventure reminiscent of their own college years. But what begins as an afternoon of fun soon becomes a revealing and enlightening experience that will change their lives forever. Stars Andy Garcia and Vera Farmiga.

Next Step Speaker - Tues., Nov. 11, 7:00pm at Princeton Public Library. ***“Taxes in Retirement.”*** Presenter: Martha Ferrari CFP, CPA, MBA, from Partners for Planning LLC. No charge. Just drop in.

NATIONAL MEMORY SCREENING DAY - Tues., Nov. 18 at SPB. Appointments will be available for free memory screenings. Details next month.

MINDFUL AGING - Thurs., Nov. 20, 7:00pm at Princeton Public Library. Presenters: Debra Lambo & Lillian Israel.

LUNCH & LEARN - Fri., Nov. 21, 12:00pm at SPB. ***“Osteoporosis”*** – presented by Dr. Deborah Siegel-Robles. She is from Capital Health and specializes in women's healthcare and geriatric medicine.

Welcome New Faces to PSRC Staff



Ken Peabody has joined the staff to help with IT, computers and the database. Previously he worked in NYC for American National Standards Institute.

Emily Logue has joined the staff as a program assistant. She brings many years of experience in activity planning and creative ventures.



Lynn Whitney will be interning with PSRC's social service team this year. She is a student at the Rutgers Graduate School of Social Work, pursuing a career change after working as a midwife and raising a family.

Class News: Seeking Early Birds

Want to get your exercise in early? Join our Early Bird Aerobics group. They meet Monday - Friday at 8:00am. For 40 minutes they work on cardio, strengthening & stretching, all to great music! It's a great way to start your day. The group meets at Suzanne Patterson Building. Cost: \$55 for the month, or \$5 to drop in. Come try your first class for free!



Medicare Open Enrollment

The Medicare Open Enrollment period is October 15 through December 7. This is the time to check your benefits, especially your prescription drug coverage, and to make any changes. We are offering a program for those new to Medicare on Tues., October 14, 7:00pm at Princeton Public Library. There will also be advisors from the State Health Insurance Program (SHIP) at the Health Fair at PSRC on Oct. 21.

TRIPS with the Recreation Department

Longwood Gardens
Thursday, Oct. 30th
 9:00am - 4:00pm
 Cost: \$55



Radio City Music Hall Christmas Spectacular
Thursday, Dec. 4th
 8:30am - 4:00pm
 Cost: \$75

Both trips leave from Community Park North parking lot. Register at the Princeton Recreation Dept, 380 Witherspoon St., or online at <http://register.communitypass.net/princeton>. More info at 609-921-9480.

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 (HBH), Corner House (CH).

EXERCISE & FITNESS

At Suzanne Patterson Building

- ◇ Early Bird Aerobics - M,T,W,Th,F 8:00
40 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.
- ◇ Tai Chi: Fri 2:00
\$45/8 weeks for residents, \$60/non-resid.

At Spruce Circle

- ◇ Chair Exercise: Mon at 11:30am, Fri at 12:00.
\$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.



Intermediate Bridge lessons - may start if there is sufficient interest. Call Bill Miller for details. (908)872-7927.

CLASSES

At Suzanne Patterson Building

- ◇ Active Wisdom II: 1st & 3rd Fri., 10:30am.
Class full, wait list only.
- ◇ 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.
- ◇ Computer classes: See page 4.
- ◇ 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
- ◇ Currents: Mon. 1:30-3:30pm. No charge.
Peer-led current events discussion group.
Contact barrydrclan@me.com
- ◇ Drawing with Pencil: Mon. 10:30am
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Memoir Writing: Wed. 4:30pm
No charge. Group full, wait list only.
- ◇ 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.

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 12:00pm. 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

SUPPORT & GUIDANCE

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

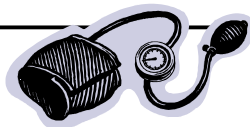
- ◇ Benefit Application Assistance
- ◇ Caregiver Resources + Support
- ◇ Support & Wellness Groups
- ◇ Transitions – support with the inevitable transitions throughout the life span
- ◇ Volunteer visitors

PARTNERS IN CARING PRINCETON

PSRC is your go-to place, the resource center for all kinds of information. If you need help finding a service, reviewing options, or making a plan, our care coordinators can help you.

Whether it is a single question answered in a phone call, a detailed professional assessment conducted in your home, or ongoing support, we will partner with you and your family to help you find what you need to meet the goals you set.

Call for more information: 609-924-7108 or 609-252-2362.



BLOOD PRESSURE SCREENING

(No fee - open to the community)

Second Tues: 11am-12pm at Mt. Pisgah
1 - 2pm at Spruce Circle

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

Fourth Wed: 1-2pm at Elm Court

Dates and times will be changing. Check this spot next month. You can also come to the Flu Shot Health Fair on Oct. 21st for blood pressure and other free screenings.

GROUPS

- ◇ Caregivers: Mon. Oct. 13, 1:30pm at CH-19
- ◇ Children of Aging Parents: Wed. Oct. 8, 4:30pm at SPB.
- ◇ Widow Support: Thurs. Oct. 2 & 16, 11:30am at Princeton Public Library
- ◇ Bereavement: Mon. Oct. 20, 1:00pm at SPB
Call Sherri Goldstein 497-4900 to attend.
- ◇ Grandparenting: Tues. Oct. 21, 1:00pm at SPB.
- ◇ 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. Oct. 3, 2:00pm at Monument Hall
- ◇ Navigating Retirement: Thurs. Oct. 9, 2:00pm at RWJ Hamilton Wellness.
609-584-5900.

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).

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 under transportation, or www.gmtma.org/pg-bus-mercero.php.

Development News

Thanks to our 40th Anniversary Gala Sponsors
Let these businesses know how much
you appreciate their support of PSRC

Bloomberg, L.P.

Stark & Stark

Norman & Nancy Klath

BWell Rehabilitation Centers

Michael & Marylou Kenny

Team Toyota

Bill & Judy Scheide

Hamilton Jewelers

•

Callaway Henderson Realtors

Dave Saltzman Insurance

Mercadien Group

Princeton Global Asset Management

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Capital Health

Jenny Crumiller

Carol & Andrew Golden Fund

of the Princeton Area Community Foundation

The Gordon & Llura Gund Foundation

Haldeman Lexus

Hill Wallack, LLP

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Princeton Healthcare System Foundation

Princeton Portfolio Strategies Group

Henry & Arlene Opatut

Irwin & Cecilia Rosenblum

Wells Fargo Bank, N.A.

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Acorn Glen

Bank of Princeton

Claire & David Jacobus

Merwick Rehabilitation Center

PSRC Ping Pong Players

Saul Ewing LLP

Stifel Nicolaus

Studio Hillier Architecture

Szaferman Lakind

Michael & Lynn Wong

It's annual giving time!
Watch for the appeal in November.
Thanks!



Congratulations to Louise Irving, winner of the Golden Ticket raffle. She chose a weekend in NYC as her prize. Thanks to everyone who celebrated our 40th with us! L-R: Susan Hoskins, Louise Irving, Jude Martin-Cianfano.

McCaffrey's Receipts and More

You can support PSRC all year by bringing us your McCaffrey's receipts, used ink cartridges, and by making Comcast payments at Spruce Circle. We also accept durable medical equipment for Goodwill.

We are also participating in the One Princeton debit card program. If you designate PSRC as your charity we will receive the contributions.

(Sorry we no longer accept cell phones & small electronics.)

Technology & Aging Independently

Fall Conference Saturday, Nov. 1, 2014 Suzanne Patterson Building

Overview: There are so many new gadgets, gizmos and apps - everything from putting one's medical records and advance directives on a portable device to medication reminders to learning a new language and everything in between. Some are junk, but some of this new technology can really help seniors, especially in the context of maintaining independence. Come learn about the latest and most practical.

8:30am Registration & Coffee

9:00am Keynote Speaker - Tobey Dichter,
Founder and CEO of Generations on Line



10:00am – 12:30pm Workshops

- Tech 101 Getting started: for those who are new to computers.
- Information & Online Safety: How to find reliable resources, how to protect personal information.
- Entertainment : How to find games, movies, lectures, online courses.
- Medical: Can you really consult with a doctor thousands of miles away? Can you keep medical records on a bracelet? What's a patient portal? Also monitors, devices, online consults.
- Home Safety: How can technology help me stay in my own home longer? Home modifications, alert buttons and more.
- Do it all from home: bill paying, shopping, social networking, Skype, lifelong learning, library books.

Resource Fair: We will have representatives from area organizations and vendors with information about some of these new products & services.

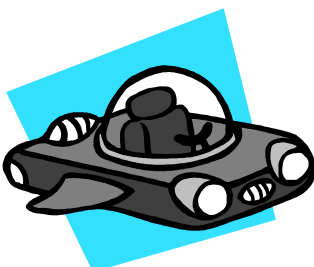
Includes Lunch & Door Prizes.

ALL FREE!

Continental breakfast and lunch included.

Register at 609-924-7108

*Come learn which of the new technologies
could help you!*



Sorry, no hovercraft prizes,



COMPUTER CLASSES

CLASSES: Intro to iPad - Thurs., Oct. 9,
10:00am - 12 pm. Fee: \$10
More About iPad - Thurs., Oct. 23,
10:00am - 12 pm. 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. Help is available for Macs as well as pc's.

PSRC Table Tennis Players Victorious at Senior Olympics

Members of the PSRC group traveled to the 2014 NJ Senior Olympics table tennis competition held in Woodbridge, NJ, Sept. 6th. Representing PSRC were Henry Acselrod, Susan Bu, Cally Hanawalt, Johnny Ho, Caesar Primus, George Shen, and Tak Yue.

What a day! Our PSRC group did exceptionally well.

In SINGLES, Sue, Tak, Cally, and Henry won gold medals in their respective age groups. Johnny, Caesar, and George won silver in their groups.

In MEN'S DOUBLES, Caesar and Henry teamed up for a gold medal.

In MIXED DOUBLES, two PSRC teams won the gold: Sue and Johnny in one age group, and Cally and George in another (with George playing "down" in a much younger age group than his own!).

Cheering us on from the sidelines were Marci Primus, Ray Woodfield, and Ajay Sardar with his family. Thanks for their support!

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 609-921-2050
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-emerg) 609-921-2100
Princeton Public Library 609-924-9529
Reassurance Contact 609-883-2880
Ride Provide 609-452-5144
Senior Citizen Club 609-921-0973
Social Security 800-772-1213



Cally & George with their gold medals for mixed doubles



PrincetonSeniorResourceCenter
45 Stockton Street, Princeton, NJ 08540



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@prinetonsenior.org
www.prinetonsenior.org

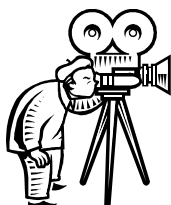
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"The Last Campaign of Governor Booth Gardner"

A Documentary Film about the
Fight for Death with Dignity



Sun., Oct. 26th, 2:00-4:00pm
At Suzanne Patterson Building

"The Last Campaign of Governor Booth Gardner" is an Oscar-nominated documentary film about this champion of end-of-life choice. He died at age 76, having served two terms as Governor and insuring that his state of Washington became the second in the nation to allow death with dignity. Booth Gardner knew he faced an excruciating death from Parkinson's Disease, and wanted to leave a legacy that protected others from suffering at the end of life.

Produced in 2009, the film chronicles efforts made by Gardner to legalize the medical practice of Aid-in-Dying, which would allow terminally ill adults the choice to self-administer life-ending medication.

All are welcome to attend the screening, with no admission cost and no registration required. The film, sponsored by Compassion & Choices, will be shown with the intention of educating the general public on the topic of Aid-in-Dying and spurring open conversations about End-of-Life Choices.

www.compassionandchoices.org