Medicare Open Enrollment is October 15 - December 7
S.H.I.P. at PSRC
Friday, October 14
10:30 a.m.
See p. 4 for details.

OCTOBER 1 marks the beginning of a new quarter for classes at PSRC.
Register online at princetonsenior.org
See p. 6 for class and fee schedules.

WORKSHOP
INTRODUCTION TO RETIREMENT
Monday, October 17
6:00 – 7:30 p.m.
A one-session free workshop focusing on the primary areas of change in retirement, including money, relationships, time, lifestyle, personal fulfillment.
Led by John George, PhD, Licensed Psychologist.
Please register online at princetonsenior.org.

and
FLU SHOT CLINIC
Tuesday, October 18
1:00 - 6:00 p.m.
HEALTH FAIR
1:00-4:00 p.m.
featuring free screenings for:
Balance
Blood Pressure
Hand and Grip Strength
Hearing
Memory
(from Advanced Medical Research)
FLU SHOTS
1:00 - 6:00 p.m.
The following shots will be administered by Rite-Aid professionals,
by appointment only; call 609.924.7108.
1. Flu and 2. T-dap
(for adult whooping cough, also known as pertussis. This vaccine protects against tetanus, diphtheria and pertussis.)
For more details, please see p. 5
Co-sponsored by Princeton HealthCare System, Princeton Regional Health Department, PSRC and individual providers.
PSRC continues to grow, but we’ve struggled with capacity problems. We added more staff to provide better support. Thanks to the Municipality and Corner House, we were able to expand on-site, but then ran into parking issues. Then, thanks to other community partners, we were able to hold more classes off-site, but this presented challenges for building a PSRC community and providing the necessary staff support. For the past two years we’ve explored dozens of options, and we’re very excited to be able to offer some Evergreen Forum classes at the Lawrenceville Presbyterian Church. There is now room to grow again.

Managing growth and capacity

PSRC’s strategic plan was also updated, laying the groundwork and establishing priorities for our attention in the coming years. We’ve also worked on building organizational capacity. There were several staff changes during the year. We held another hugely successful gala and several smaller fund-raising events.

An ongoing challenge continues to be how to keep costs low for participants while covering costs of professional staff, rental space and infrastructure. In addition to the new website, we’ll need new computers, software and furniture in the coming year.

The Age Friendly Princeton plan was completed by a community task force, identifying four priority areas for making the town more age-friendly: housing, transportation, communication and neighborhood groups. There are specific tasks listed for the community to work on.

PSRC took an active role in the Mayor’s Wellness Campaign efforts on Healthcare Directives, offering several workshops and an ongoing group, “Being Mortal,” and distributing more than 300 Five Wishes documents.

New programs this year include Women in Retirement, an active group of newly or partially retired women who are enjoying social events and volunteering together.

We hosted several exciting special lectures and both the fall conference and winter
panel discussion focused on planning.

Our flu shot clinic has evolved into a health fair with a variety of screenings and information. TED talks, computer classes, film and opera video series and Men in Retirement continue to be popular, and attendance at our social groups has increased. Many of the new programs are suggested and run by volunteers.

Strategic goals for the coming year include: complete and implement a marketing plan, implement Office 365 for data backup, replace aging technology and furniture, strengthen fundraising capacity, improve organizational effectiveness, and keep programs relevant.

**PSRC envisions a community where aging adults are honored and respected for their experience and wisdom.**

We hope you will be an active part of the PSRC community working to realize this vision in the coming years.

Susan W. Hoskins, LCSW  
Executive Director

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**Here are some of the numbers:**

- GrandPals had 110 volunteers reading to 266 children in 15 classrooms
- Crosstown transportation use is up 25%.
- 3077 contacts with people for information, resources, benefit assistance and care planning
- 80% of these people live in Princeton, as do 60% of class participants
- Monthly newsletter mailing increased 20% to 5350; digital readership doubled to 2952
- 1047 people attended 48 Evergreen Forum classes
- 19 Lunch & Learn programs (average attendance 23)
- 28 special lectures and events: attendance range: 10-406
- 536 attended 19 social and support groups
- 1271 attended 27 ongoing PSRC classes
- More than 70 collaborative partners helped with space, donated time or items
- 407 volunteers gave nearly 15,000 hours, value $399,539
- 2015-16 Funding sources: individuals (15%), foundations (9%), events (31%), government (21%), program fees (14%), other (10%)

For a full report, please see our website: princetonsenior.org.

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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
- Lorraine Starr-Curtin,  
  Program Assistant & Volunteer Coordinator
- Mauri Tyler, TRS  
  Director of Programs
LUNCH AND LEARN
Friday, October 14, 12 noon
UNDERSTANDING THE AGING PROCESS
Older patients often have unique needs that require specialized care. Join Daphne Berei, RN, BSN, RN-C, Nurse Manager, Acute Care for the Elderly (ACE) Unit, and Allison Healy, BSN, RN-BC, Senior Care Coordinator, Acute Care of the Elderly (ACE) Unit, to learn about the latest geriatric care taking place at UMCP.

LUNCH AND LEARN
Friday, October 21, 12 noon
COLON CANCER AWARENESS
Margo Creevey, RN, MSN, AOCN, GI Cancer Nurse Navigator, Capital Health will talk about colorectal cancer prevention and screening. Presentation will be followed by a Q & A.

HEALTHCARE DECISIONS WORKSHOP
Wednesday, October 26, 1:00 - 2:30 p.m.
This free workshop will review healthcare directives, appointing a surrogate, and having the conversation with your family or friends about your wishes. Copies of the Five Wishes document will be available for completion. No fee. Facilitated by Susan Hoskins, LCSW.

FILM OF THE MONTH: “RACE”
Friday, October 7, 1:00 p.m.
Student athlete in Depression-era America, Jesse Owens bears the weight of family expectations, racial tension at college, and his own high standards for competition.

S.H.I.P.* at PSRC
Friday, October 14, 10:30 a.m.
Cathy Forbes from S.H.I.P. will be on site to discuss:
♦ Welcome to Medicare (for those new to Medicare)
♦ Medicare cost, benefits, and eligibility
♦ Medicare Part D (Medicare Prescription Drug Coverage)
♦ Medigap/supplement insurance and enrollment
♦ Medicare advantage plan options and enrollment
♦ Medicare savings programs, extra help programs, screenings, and enrollment PAAD, Senior Gold, LIS, SLMB, and QMB
♦ What to consider during the open enrollment period
A question and answer period will follow the presentation.

*State Health Insurance Program

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:
October 3 ~ Suzanne Simard: How trees talk to each other
October 10 ~ Dan Buettner: How to live to be 100+
October 17 ~ John Hardy: My green school dream
October 24 ~ Evelyn Gleddy: How to truly listen
October 31 ~ Paul Stamets: Six ways mushrooms can save the world
To learn more, visit TED.com.
INTRO TO iPAD
Thursday, October 13, 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.

MORE ABOUT iPAD
Thursday, October 20, 10:00 a.m.
Get really comfortable with your iPad! Make sure you know your Apple ID and password. Handouts will be provided for you to take with you. Instructor: Barbara Essig. No fee.
REGISTRATION IS MANDATORY in order to ensure a space in any of the above classes.
Call to register: 609.924.7108.

LUNCH AND LEARN
Friday, November 11, 12 noon
STRESS MANAGEMENT:
with CAROL RICKARD, LCSW
Do you find yourself feeling MORE stressed out these days? Already know that too much stress can ruin your health but aren’t sure HOW to get rid of it? Carol will give you the answers and the “tools” to get the job done! These are ‘insider secrets’ you have not had access to before. Carol L. Rickard, LCSW, has written over a dozen books and spoken nationally on stress & wellness.

PHOTOGRAPHY EXHIBITION
November 14 - December 9
“BEING THERE” by Arthur Firestone
Photographs taken from travels around the world.

MEN IN RETIREMENT
Friday, October 7, 2:00 p.m.
Guest speaker Albert Stark, attorney and author will discuss his experience in creating a murder-mystery with social significance and the serialization of his book, The Statement, in The Trentonian, with its unanticipated outcomes. No fee.
Location: Suzanne Patterson Building

WOMEN IN RETIREMENT
Friday, October 21, 10:30 a.m.
Just in time for the elections, Sandi Smith of the League of Women Voters and a WIR member, will speak about the history of voting rights and offer information that will help us be better-informed voters. All women are welcome. No fee.

TRANSITION TO RETIREMENT
Friday, October 21, 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. No fee.

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 years. Facilitated by Susan W. Hoskins LCSW.

FLU SHOT CLINIC INSTRUCTIONS—cont.
1. You will be asked to complete a screening form. Fill it out on the day of, or ahead of time. Pick up a form at PSRC or we can e-mail it to you.
2. Bring your Medicare card, as well as any other insurance or prescription cards.
3. Rite-Aid will bill Medicare for you.
4. The Clinic is open to anyone 18 years of age and older. You do not have to be a Princeton resident to get the flu shots.
5. Princeton Health Department is subsidizing the cost of the shots for the uninsured
6. Medicaid covers flu shots - bring your card with you.
**Program Highlight**

**MEMOIR WRITING** is growing in popularity, both for the joy of self-expression and for the chance to leave a legacy. Whether you are an experienced writer or someone who wants to try writing for the first time, sign up for **Memoir II Mondays, 10:45 a.m. with Betty Lies.** Betty’s direction in memoir writing is to write separate pieces of memory rather than trying an autobiography, which can be so daunting! Betty says, “We write about our lives to understand who we are; and to remember and appreciate what we have gone through: the delights and sorrows that have made us ourselves. Add to that the pleasure of writing, itself, and sharing what we have discovered and you have a very enjoyable class.”

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**Classes**

**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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**Exercise & Fitness**

**SUZANNE PATTERSON BUILDING**

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

**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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**Games**

**SUZANNE PATTERSON BUILDING**

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

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

**Scrabble:** Tuesdays 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
2:00 p.m. Intermediate level
HACKING

by Don Benjamin

Some of our computer lab visitors fear having their computer or mobile devices hacked and shy away from the advantages of on-line banking, the savings gleaned from online purchases, or the convenience of keeping personal information on their devices. Someone breaking in to your computer to steal your information? Probably not, because unless you are 1. A CIA agent, 2. Hillary Clinton, or 3. Guardian of KFC’s fried chicken recipe, you’re simply not important enough.

Stated another way, hackers are mostly interested in massive amounts of data they can sell or use for political advantage or profit, so they’re more apt to hack into massive databases.

That said, your computer data can be stolen—not by people hacking in, but by you unwittingly giving them the keys. You might do this when you answer a phony E-mail asking for your username and password, or when you allow someone, perhaps posing as a Microsoft agent, to control your computer remotely, or when you open an attachment that contains a virus or other “malware” that gives others access to your computer files.

You can protect yourself by following fairly simple guidelines:

- Require a PIN or password when you turn on your computer or mobile device.
- Ensure your computer is running its virus scanner all the time.
- Use an anti-malware scanner to remove malware that your virus checker misses (such as Malwarebytes).
- Keep your operating system up to date (don’t ignore those Windows or Apple updates).
- Set your browser to ask for permission to run Flash or Java scripts
- Don’t keep your IDs and passwords in a paper notebook that you could lose.
- Don’t ever provide your ID and password in response to an unsolicited E-mail or phone call.
- Don’t open unsolicited E-mail attachments or click on embedded links.
- Don’t call 800-numbers for technical support or allow anyone to control your computer unless you’re sure you know who they are. Instead, come see us or a reputable computer store.

If you need help, come to the PSRC computer lab where volunteers will be glad to help you Tuesday from 1:00 until 4:00 p.m., and Friday from 10:00 a.m. until 12 noon.

IN MEMORIAM

It is with heavy hearts that we report the passing of Barbara Lundy. She died September 17 following a brief illness. She had been hoping to return any week now to the Computer Lab that she helped build.

When Barbara started volunteering at PSRC the computer lab was open one day a week, with an occasional class. It was nice. But then Barbara brought her 30+ years of experience from IBM to upgrade it. She took over as coordinator and built up the volunteer pool, the classes, and even the visual look of the space. She had a gift for helping people, especially beginners, get comfortable with technology. Even her fellow volunteers remarked on how smooth everything ran when Barbara was around.

When she wasn’t helping someone in the lab, she helped design the database for the Crosstown ride program and the delivery system for Brunch at Home baskets. We are better for having known her and grateful for all her contributions to PSRC. We will miss her smile, her bright mind and her easy-going attitude.

If anyone would like to make a donation in her memory, we have started a Barbara Lundy Lab Fund for upgrades to the computer lab. Please make checks payable to PSRC with Barbara Lundy in the memo line.
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.

NEW GROUP FORMING

NEXT CHAPTER FOR WIDOWS
Have you lost a husband or partner? This women’s group will focus on creating a new life that honors our grief, communicates what we need and feel, and helps us begin again. Share your strategies and challenges with others on a similar journey. We will share how we live single in a couples world.

The group will start meeting monthly over a cup of tea in the warmth of the Spruce Circle community room (on the fourth Tuesday of each month.) Please contact Sharon Hurley if you’re interested in attending: 609.252.2362.

GROUPS

BEREAVEMENT
Monday, October 17, 1:00 p.m.
(Usually third Monday of each month.)
Call Sherri Goldstein 609.819.1226 to attend.
Corner House 19

CAREGIVERS
Monday, October 10, 1:30 p.m.
(Usually the second Monday of each month.)
Corner House 19

CHILDREN OF AGING PARENTS
Wednesday, October 19, 4:30 p.m.
(Usually second Wednesday of the month.)

GRANDPARENTING
Tuesday, October 25, 1:00 p.m.
(Usually third Tuesday of each month.)

KNIT WITS
Tuesdays, 1:00 p.m.
Drop-in for knitting and conversation.
Spruce Circle

LET’S TALK
Wednesdays, 2:45 p.m. Spruce Circle

LET’S TALK IN ENGLISH
Mondays at Spruce Circle, 1:00 p.m.
Fridays at Redding Circle, 9:30 a.m.
Call 609.252.2362 to register for Let’s Talk groups.

MEN IN RETIREMENT (check website for location)
Friday, October 7, 2:00 p.m.
(First Friday of each month.)
Suzanne Patterson Building

TRANSITION TO RETIREMENT
Friday, October 21, 3:00 p.m.
(Third Friday of each month.)

WIDOWS
Tuesday, October 25, 10:30-11:30 a.m.
(Fourth Tuesday of each month.)
Spruce Circle

WOMEN IN RETIREMENT
Friday, October 21, 10:30 a.m.
(Third Friday of each month.)
There are no fees associated with any of these groups.
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.

VOTER REGISTRATION INFORMATION:
To register in New Jersey you must be:
1) A United States citizen; 2) At least 17 years old; 3) A resident of the county for 30 days before the election; and 4) NOT currently serving a sentence, probation or parole because of a felony conviction. You must complete a Voter Affiliation Form. Mail or deliver the Voter Registration Application and/or Party Affiliation Form to the County Commissioner of Registration or Superintendent of Elections for your county.

For more absentee ballot and registration info, go to: http://www.state.nj.us/counties/mercer/commissions/pdfs/boe_geneletimeline.pdf

MEDICARE UPDATE:
Make sure you read your mail for changes in your coverage, and feel free to come to the S.H.I.P. presentation at PSRC on Friday, October 14 at 10:00 a.m. (See p. 4 for details.)

HANDCRAFTED KNIT WEAR SALE
Our Knit Wits group has been busy making beautiful items to help raise funds for PSRC. The fundraiser will be held during the Annual Caregiver’s Conference on Saturday, November 12. All funds will be used by PSRC to assist individuals in need. For additional info or to contribute items to the sale contact Sharon Hurley, Director of Support and Guidance at: shurley@princetonsenior.org or call 609.252.2362.

P.S. WE NEED YARN! The Spruce Circle Knit Wits group is avidly seeking your unused skeins of (non-wool) yarn! If you have a donation, please feel free to drop it off either at Spruce Circle or the Suzanne Patterson Building. THANK YOU!
Thank you to our PSRC Capitol Steps Event Sponsors!

**PRESIDENTIAL SPONSORSHIP**
Ellen and Albert Stark Foundation Fund of the Princeton Area Community Foundation
Norman and Nancy Klath

**SUPREME COURT SPONSORSHIP**
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Richard & Sharon Bianchetti
Michael & Marylou Kenny
Maida Mackler, LLC
Princeton HealthCare System & Princeton HealthCare Foundation
Susan and Charles Fisher
Team Toyota

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Judith Scheide
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Stifel Nicolaus

**ANNUAL SPONSORS**
Acorn Glen
Bear Creek - Assisted Living
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Homewatch CareGivers
Life St. Francis
Merwick Care & Rehabilitation Center
Oasis Senior Advisors
Progression Physical Therapy

**THIS MONTH’S HIGHLIGHTED ANNUAL SPONSOR**

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**Bear Creek – The Community That Treats You Like Family**
Assisted Living, Memory Care, Respite Care, 24-Hour Nursing,
Bed & Breakfast Style Fine Dining.
For more information, please visit our website
www.bearcreekassistedliving.com

PSRC is proud to have Bear Creek as an Annual Sponsor.
PSRC’s 2016
FALL CONFERENCE
Saturday, November 12
8:30 a.m.– 1:00 p.m.

FAMILY CAREGIVERS:
Compassion for Self and Others

Keynote Speaker: Ted Taylor,
Director of Pastoral Care and Training, Robert Wood Johnson Hospital, Hamilton

Workshops:

♦ Practical Strategies for Family Caregivers Liz Charbonneau, Homewatch Caregivers
♦ Residential Care Options Connie Pizarro, Oasis Senior Advisors
♦ Activities for People with Dementia Robyn Siminski, Buckingham Place

♦ Legal and Financial Issues Fiona Van Dyck, Van Dyck Law
♦ Managing the Paperwork Soni Pahade, Morris Hall Meadows
Continental breakfast provided courtesy of Bear Creek; lunch provided courtesy of Brandywine Senior Living.

Suggested donation: $5.00 at the door.

Please register online at princetonssenior.org.