

PSRC will be closed
MONDAY, SEPTEMBER 4th
LABOR DAY and
THURSDAY, SEPTEMBER 21st
ROSH HASHANAH

A VERY SPECIAL ART EXHIBIT
T C A-TEAM Artists at PSRC
Opening Reception for the Artists
Tuesday, September 12th
4:30—6:30 p.m.



Carol Johnson, "Father and Son Making Music"

on view through October.

ANOTHER
BLUE RIBBON
GADGET
SUPERLAB!

Tuesday,
September 5
at 1:00 p.m.

Just drop in with your
gadget & questions;
Princeton University
student volunteers will be
on hand to help you!

Don't miss out! Get your tickets now for
Chicago's famous improv and sketch comedy troupe

The Second City®

PSRC's major fundraiser!

SUNDAY, SEPTEMBER 24 at 4:00 p.m.

Performing Arts Center at Princeton High School
Walnut Lane at Franklin Avenue, Princeton

For tickets and to support our event, go to:
princeton senior.org

Plus...

As part of the fun, we're offering

TWO FABULOUS RAFFLES!

Two Wine and Dine packages
including gift cards to some of the
area's best restaurants, plus a
selection of fine wines
Value: \$1200 each package
\$100 per ticket,
only 125 tickets will be sold



AND

Two weeks in
RICON, PUERTO RICO
December 10—24, 2017

A beachy 2-bedroom apartment,
near beaches, restaurants and night life.
Airfare and transportation not included.

Value: \$2000.
\$75 per ticket,
only 75 tickets will be sold!



To purchase raffle tickets stop in to PSRC
or call 609.924.7108.

Suzanne Patterson Building

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

Phone: 609.924.7108

Monday - Friday
9:00 a.m. to 5:00 p.m.



Spruce Circle Office

179 Spruce Circle
(off N. Harrison St.)

Princeton, NJ 08540

Phone: 609.252.2362

Monday - Friday
10:00 a.m. to 4:30 p.m.
info@princetonsenior.org
princetonsenior.org

*A non-profit organization
serving our community*

Board of Trustees

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From the Executive Director

Annual Report

Once again we have had an amazing year at PSRC. Some of the accomplishments are visible to you if you come in to the Center, while others are behind the scenes. Some highlights:

- ◆ Most noticeable may be the new Stark Community Room with new furnishing and soft lighting to welcome you and encourage you to visit with others.
- ◆ We moved several Evergreen Forum classes to the Presbyterian Church of Lawrenceville. This enabled us to increase the number of classes with additional classroom and parking space. This was more convenient for some participants, and we heard many positive responses.
- ◆ Building on our work on marketing and branding, new brochures have been created for all programs and the weekly e-news and updates. We are encouraging you to sign up for the electronic newsletter.
- ◆ We celebrated the 20th anniversary of the GrandPals program, with 110 volunteers in 16 classes last year in all four public elementary schools and the summer program. This fall we will celebrate 20 years of HomeFriends volunteer visitors
- ◆ We held several special programs during the year, some of which helped with our fund-raising efforts. We also had a fun special Give Your Love campaign in February. These efforts are critically important to support the stability and growth of PSRC.
- ◆ We sought—and received—great feedback from you on our website and programs. Many other less visible changes transpired, including new computers and software for staff, updating bylaws, evaluating and revising processes for more effective functioning.

Those of you who come in to the Suzanne Patterson Building and Spruce Circle know that there are always things going on.

This year an average of 1275 people attended activities and 75 received social service support weekly. Throughout the year, 1033 attended Evergreen Forum classes, 2704 attended enrichment programs, 485 people attended groups and 542 were registered Crosstown riders.

We offered 26 computer classes and 25 lunch and learns. 375 volunteers and 59 community organizations and businesses helped make these programs possible.

We're excited about what lies ahead in the 2017-18 year. Enrollment for Fall Evergreen Forum is well under way, and we've scheduled a new series of Monday evening lectures entitled "Your Engaged Retirement" in collaboration with the Princeton Public Library, beginning this month.

We're busy planning the annual October Health Fair and a fall conference on technology in November, as well as several special programs. Lunch and Learn programs are now called FYI (For Your Information).

Be sure to come laugh with us at the Second City performance on the 24th, and be sure to buy raffle tickets for wine and dine packages or a two-week vacation in Puerto Rico!

Your support is essential to sustaining PSRC, a non-profit organization. Make sure you sign up for the newsletter by email or subscribe for paper so you can keep up with the programs, services, and helpful information that we send each month.

Susan W. Hoskins, LCSW

PSRC WELCOMES NEW BOARD MEMBERS

Michael Barnett, Josh Lichtblau, Tom Roberts and Harpreet Sidhu

Michael Barnett is a retired dentist and Director of R & D for Pfizer; Josh Lichtblau is an attorney for the State of NJ in the division of Medicaid Fraud; Tom Roberts is a retired minister and non-profit executive; and Dr. Harpreet Sidhu is Medical Director at Merwick Care Center and PHCS Hospice.

A Quick Guide to Area Resources

Access Princeton:

609.924.4141

Affordable Housing:

609.688.2053

Arm-in-Arm:

609.921.2135

Central Jersey Legal Services:

609.695.6249

Community Without Walls:

609.921.2050

Cornerstone Community Kitchen:

609.924.2613

Funeral Consumers Alliance:

609.924.3320

Meals on Wheels:

609.695.3483

Mercer County Nutrition Program:

609.989.6650

Mercer County Office on Aging:

609.989.6661 or 877.222.3737

NJ Consumer Affairs:

973.504.6200

NJ Division of Aging Services:

800.792.8820 x352

One Table Café:

609.924.2277

PAAD (Pharmaceutical Aid):

800.792.9745

Princeton Community Housing:

609.924.3822

Princeton Housing Authority:

609.924.3448

Princeton Human Services:

609.688.2055

Princeton Police (non-emergency):

609.921.2100

STAFF

Susan W. Hoskins, LCSW

Executive Director

Fran Angelone

*Crosstown Coordinator and
Office Manager, Spruce Circle*

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*Program Associate &
Rental Coordinator*

Ken Peabody

Data Coordinator

Barbara Prince

Director of Development

Dave Roussell, MSW

HomeFriends Coordinator

Beth Weiskopf

Program and Office Assistant

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

S.H.I.P (Medicare):

609.393.1626

T.R.A.D.E.:

609.530.1971

Questions? Call PSRC 609.924.7108

SEPTEMBER PROGRAMS

All programs, classes and events are held at the Suzanne Patterson Building unless otherwise noted; register at princetonsenior.org.



FIRST FRIDAY FILM: "LION"

Friday, September 1 at 1:00 p.m.

A five-year-old boy gets lost in the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia. Twenty-five years later he sets out to find his lost family. Starring Dev Patel, Nicole Kidman, Rooney Mara. **2 hours**



TED TALKS

Every Tuesday at 10:30 a.m.

First we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. All are welcome. This month's topics:

September 5: Adam Grant: *Are you a giver or a taker?*

September 12: Alison Gopnik: *What do babies think*

September 19: Deeyah Khan: *What we don't know about Europe's Muslim kids*

September 26: Andrew McAfee: *What will future jobs look like?*

For more information visit TED.com.



GADGET SUPERLAB

Tuesday, September 5 at 1:00 p.m.

Princeton University students will be at PSRC for a special technology lab to answer all your questions - on both MAC and PC operating systems. Bring your gadgets, and remember to bring your username and password to access the internet. Just drop in.



INTRO TO iPad

Thursday, September 7 at 10:00 a.m.

This class is for those just learning about the iPad and its basic uses and capacities. Remember to bring your username and password.

MORE ABOUT iPad

Thursday, September 14 at 10:00 a.m.

Learn your way around email, taking and storing photos, and downloading and using your favorite apps (applications.) Remember to bring your username and password. Each class is limited to 10 people. Instructor: Barbara Essig.



FYI (Formerly "Lunch & Learn")

Friday, September 8 at 1:00 p.m.

THEIA SENIOR SOLUTIONS

with Darlene Spagnola and Ashely Yuscavage.

Identifying housing and services for older adults: Home and community based options.



FYI (Formerly Lunch & Learn)

Friday, September 15 at 1:00 p.m.

21ST CENTURY RIDE SERVICES

with Monica Cepak from Lyft.

Learn how to meet your transportation needs using 21st Century ride services like Lyft and Uber.



THE KINDLE APP

Monday, September 18, 1:00—2:00 p.m.

Read books anywhere—on any device—and customize the experience so it looks the way you want. That's what the Kindle App (or other eBook software) can do for you. Learn how to: get and set up the Kindle App on any of your devices; access books; and customize your reading experience. Bring your Apple or Windows device (including tablets and smartphones) with you to class. Enrollment limited to 8 participants. Instructor: Evelyn Sasmor. No fee.



FYI: HOW TO TALK TO YOUR DOCTOR

Friday, September 22 at 1:00 p.m.

with Dr. Bill Green. Dr. Green has decades of experience on both sides of the exam table and will share some ideas on how to decrease anxiety and prepare you for different types of doctor visits. He'll also offer concrete suggestions to maximize benefits and reduce the common and frequent sense of missed opportunity. *For more information, see the article "Communication—Talking to your Doctor" on page 10.*

EVERGREEN FORUM UPDATE

There are spaces left in some Evergreen Forum classes.

Please check our website for specifics and to register.



SEPTEMBER SPECIAL PROGRAMS AND CLASSES



GRANDPAL ORIENTATION

Wednesday, September 13 at 10:30 a.m.

Do you remember the joy of reading children's books or the thrill of being read to? Would you like to be a partner in sharing your love of books, encouraging questions, delighting in the everyday life of young children?

The opening event for GrandPals will take place in the Suzanne Patterson Building. We welcome all new and returning GrandPals. This year we will have at least 14 GrandPal sessions a week, reading to kindergartners, first graders, and second graders in four Princeton public schools.

We will provide an overview of the program at the orientation, and you may sign up for one (or more) sessions. You may also sign up to substitute for people who are ill or on vacation. Come one, come all! And bring your friends! Light refreshments will be served. Please call 609.924.7108 to register.



WELCOMING AMERICA WEEK

September 15—25, 2017

PSRC joins with local organizations in a global movement of 150 communities and 50,000 individuals, proactively building welcoming communities that value inclusiveness, unity, and diversity. PSRC is offering vouchers to newcomers—and anyone who calls this community home—to try out a class at PSRC for free.*

We believe our community is stronger because of its diversity. Stop by our front desk any time to pick up a voucher for the class of your choice.

ALSO: If you're looking for an opportunity to improve your English-speaking skills, PSRC offers a group called "Let's Talk in English" at Spruce Circle on Monday afternoons at 1:00, and at Redding Circle on Friday mornings at 9:30. All are welcome to drop in!

* You may try the *Aerobics class at 9:15 a.m. on a Monday, Wednesday or Friday. This class is managed by and you must register to enroll through the Princeton Rec Department. Voucher does not apply to Evergreen Forum classes.*

MULTIMEDIA ART WITH HANNAH

Thursdays, September 7 - 28 at 12 noon

A mini-session. For context and inspiration, instructor Hannah Fink begins each class with a short talk about an artist of note. Students are encouraged to work in their chosen medium, including watercolor, acrylic, oil or collage. Hannah has taught fine art at The College of New Jersey for more than 15 years, and is in her 30th year at PSRC. This mini-session precedes the quarterly class which begins as usual on October 1. **Fee: \$24/ residents; \$36/ non-residents.**



RETIREMENT PROGRAMS

MEN IN RETIREMENT

Friday, September 8 at 2:00 p.m. *

SELF-DRIVING CARS: WHAT DO THEY MEAN FOR OUR FUTURE?"

There will be a short video followed by a discussion about how self-driving cars may affect how we get around, what they mean for housing, and how we see them fitting into society. All are welcome.

*** Note date change this month; the group usually meets on the first Friday of the month.**

Location: Monument Hall Main

WOMEN IN RETIREMENT

Friday, September 15 at 10:30 a.m.

2ND ANNIVERSARY OF WIR!

Celebrate our second anniversary with a potluck brunch and lots of conversation. Join us in generating ideas for future programs and outings. Newcomers (or new members) are always welcome, along with everyone else! All are welcome.

TRANSITION TO RETIREMENT

Friday, September 15 at 3:00 p.m.

This group addresses the many different kinds of issues that can arise during the transition to retirement. The group is facilitated by John George, PhD, Clinical Psychologist.

See p. 6 about our upcoming Retirement Lecture Series

SEPTEMBER PROGRAMS ~ cont.

YOUR ENGAGED RETIREMENT

A Lecture Series 2017-18

PSRC and the Princeton Public Library are co-sponsoring this series of informational lectures on a wide array of retirement issues.

Monday, September 25: NEW TO MEDICARE & SHIP WITH CATHY FORBES, MERCER COUNTY SHIP COORDINATOR AND MIPPA ENROLLMENT OUTREACH SPECIALIST.

Are you turning 65? Retiring or reducing your hours? Confused about Medicare and whether you need it? The SHIP (State Health Insurance Program) offers free, confidential and impartial advice on the different parts of Medicare; when and how to enroll; and what programs are available to help with costs. We offer assistance with more specific questions one-on-one with a trained SHIP counselor, but this overview will arm you with the information to get you started.

LECTURE SCHEDULE

Monday, October 23: TRANSITION TO RETIREMENT

Monday, November 17: DOWNSIZING & ORGANIZING

Monday, January 22, 2018: LEGAL AND ESTATE PLANNING

Monday, February 26: FAMILY CAREGIVING

Monday, March 26: HEALTHCARE DECISIONS

Monday, April 23: VOLUNTEERING

All programs are free and begin at 7:00 p.m. and will be held in the Newsroom at the Library.

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 & OTHER GAMES: Tuesdays, 12:00 noon. Free. Let us know if there's a game you'd like to play!

INTERMEDIATE LEVEL BRIDGE LESSONS will be offered in October.

DUPLICATE BRIDGE: Thursdays, 12:30 p.m.

Please contact Bill Miller 908.872.7927 or email him at billsbridge@gmail.com for information and fees.



LOOKING AHEAD

MEN IN RETIREMENT

Friday, October 6 at 2:00 p.m.

PROTECTION FROM FRAUD

Speaker: John Wirth of Mercer Division of Consumer Affairs. All are welcome.

HEALTH FAIR AND FLU SHOT CLINIC

Tuesday, October 10, 1:00—4:00 p.m.

Flu shots will be administered until 6:00 p.m.

A free health fair with a variety of screenings and plenty of helpful information. Appointments for flu shots must be scheduled in advance.

Go to princetonsenior.org to make an appointment or call us if you have questions: 609.924.7108.



FYI: HOLIDAYS WITH A FAMILY MEMBER WHO HAS DEMENTIA

Friday, October 13 at 1:00 p.m.

Mary Anne Ross from Alzheimer's New Jersey will share experiences and coping strategies.

WOMEN IN RETIREMENT

Friday, October 20 at 10:30 a.m.

SPEAKER: SANDY SMITH FROM THE LEAGUE OF WOMEN VOTERS

The upcoming 2017 election, and why it is so important to residents of New Jersey. All are welcome.



FYI: UPDATES ON CARDIOVASCULAR DISEASE

Friday, October 20 at 1:00 p.m.

Dr. Banu Mahalingham from Princeton HealthCare System will discuss the latest developments in the diagnosis and treatment of cardiovascular diseases.



FYI: MEDICARE UPDATE

Friday, October 27 at 1:00 p.m.

Cathy Forbes from Mercer County State Health Insurance Program (SHIP) will discuss all there is to know about Medicare Open Enrollment. Q & A to follow.

CLASSES

*Details about classes and groups can be found on our website: princetonsenior.org.
Financial assistance is available to those for whom the fee is a hardship; please ask at the front desk.*



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

EARLY BIRD AEROBICS: *Every weekday morning 8:00 to 8:45 a.m.*

\$60/month, or \$10/session to drop in

AEROBICS: *Monday, Wednesday, Friday*

9:15 to 10:15 a.m.

\$64/residents; \$128/non-residents; 13-week session.

Register through Princeton Recreation Department:
609.921.9480.

CHAIR YOGA: *Tuesdays, 9:30 – 10:30 a.m.*

\$72/residents; \$96/non-residents per quarter

See below for September mini-session dates and rates.

YOGA: *Thursdays, 10:00 - 11:00 a.m.*

\$72/residents, \$96/non-residents per quarter

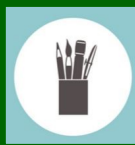
TABLE TENNIS: *Monday, Wednesday, Friday*

12:30 p.m. Drop-in; free.

SPRUCE CIRCLE

CHAIR EXERCISE: *Mondays, 11:30 a.m. - 12:30 p.m.*

Fridays, 12:00 - 1:00 p.m. \$48 per quarter



PSRC CLASSES

SUZANNE PATTERSON BUILDING

DRAWING WITH ALEX: *On hiatus until October*

WORD PLAY (poetry group): *Mondays at 2:00 p.m.*

\$5/quarter

WRITING YOUR LIFE: *Returns from hiatus*

Monday, September 11 at 10:30 a.m.

\$36/residents, \$48/non-residents

MEMOIR WRITING GROUP: *Returns from hiatus*

Wednesday, September 13 at 2:30 p.m.

\$5/quarter (class is currently full.)

PAINTING WITH CHRISTINA: *Wednesdays, at 1:30 p.m.*

Painting with watercolor and acrylics.

\$72/residents, \$96/non-residents

ART WITH HANNAH: *Thursdays at 12 noon*

September 7 - 28, Mini-session

Fee \$24/residents; \$36/non-residents

COSMOLOGY: *Thursdays, at 9:45 a.m.*

\$5/quarter. Peer-led science discussion. Contact
brucewallman@gmail.com for more information.

PROGRAM HIGHLIGHT

CHAIR YOGA 3-WEEK MINI SESSION

Tuesdays, September 12—26, 9:30 – 10:30 a.m.

It's official! Chair Yoga with Lyn Sirota is now a year-long class. Chair yoga is a gentle, versatile form of yoga that is adaptable for all skill levels and abilities and for those with balance issues and injuries. This includes those who commute, sit at a desk, or suffer with limited mobility or chronic conditions.

Therapeutic and accessible, chair yoga is a restorative experience that is breath-, body-, and spirit-focused, offering techniques to help gain flexibility, strength, balance, energy and increased range of motion, all at a perfectly slowed pace. Reduce stress and improve overall health and well-being! **Fee: \$18/residents; \$24/ non-residents.** *Note: Registration for the fall quarter will open at the end of September.*

PRINCETON REC DEPARTMENT TRIP!



LONGWOOD GARDENS GUIDED HOLIDAY TOUR



Date: December 5, 2017

Time: 12:30—7:30 p.m.

Depart/Return:

Community Park Pool parking lot,
400 Witherspoon St., Princeton

Fee: \$50/ non-refundable

Includes Round-trip motor coach and
entrance fee to Gardens.

For details and to register online go to
<http://register.communitypass.net/princeton>
or, pick up a registration form at PSRC or
the Princeton Recreation Department.

COMPUTER GURU: Have You Tried YouTube? By Don Benjamin



If you want someone to show you how to install a deadbolt lock, change your furnace filter (or maybe learn that you have one), or spatchcock a turkey, you'll find your answer on YouTube

<https://www.youtube.com/>.

You can watch last night's PBS NewsHour while eating your Wheatabix, catch up on last week's Late Show monologues, or reminisce with the Jack Benny Program from the 1960s, all courtesy of YouTube.

If a picture is worth a thousand words, then a video is worth a million, and there are millions of YouTube videos at your fingertips. Searching YouTube subjects is as simple as using Google, which, as it happens, owns YouTube. Search for "Old Car Commercials" and you'll soon be watching a Desoto ad—"Tell them Groucho sent you." Type "Cute Kittens," and a bajillion videos of adorable felines

will be offered for your viewing pleasure.

If you subscribe to YouTube (through your Gmail account)¹, you can also bookmark YouTube "channels," like PBS News Hour, Just Planes (for a pilot's eye view of take offs and landings), or Periodic Videos (all about the periodic table of elements) where professor Martyn Poliakoff blows stuff up.



Exploding Hydrogen Bubbles
703,665 views • 3 years ago

Want to learn how to format a document using Microsoft Word? Fix a cabinet? Make a drop-forged crowbar (who doesn't)? Well, you're not alone; others have recorded these "how-to's" and uploaded their solutions for you on YouTube. It's Free, but...

YouTube is free, but some videos will make you watch a short commercial that you can opt out of

after a few seconds. Or, for \$12 a month, the ads go away (worth it if you do a lot of You-Tubing). If you shell out \$35 a month, you can subscribe to YouTube TV,



which includes LIVE TV broadcasts plus several basic cable channels and unlimited video storage. (All this will be the subject of an upcoming Computer Guru article on "video streaming services.")

Of course, YouTube will not replace the personal charm we provide at PSRC. So, **if you need help** setting up YouTube, your i-gadget, or laptop, visit PSRC's computer lab on **Tuesday from 1:00 to 4 p.m., or Friday from 10 a.m. until noon**. Note: Our drop forge is out for repair, so no crowbars this week.

¹ *We can help you set up a Gmail account if you don't have one. It's free, and you can't beat free.*

PSRC ADVISORY COUNCIL

PSRC is pleased to announce the establishment of an Advisory Council, comprised of individuals who have demonstrated their dedication to PSRC through shared wisdom, wealth, and/or work, and who have a strong interest in continuing to engage in actively supporting the organization's mission. Included among the Council are former members of the Board of Trustees, donors, people with experience and connections in the community and people with a passion for improving the lives of PSRC participants.

Founding members are David Atkin, Bill Burks, Billie Emmerich, Paul Gerard, Claire Jacobus, Norm Klath (Chair), Phyllis Marchand, Barbara Purnell, Ann Reicheldorfer, Irwin Rosenblum, Marge Smith, Hazel Stix, Elly Szymanski, Albert Stark, Janet Dickerson Stevens, and Jack Wallace. The Council will meet periodically with key Board and staff to continue to refine and implement strategic vision and goals.

PARTNERS-IN-CARING

PSRC is your go-to 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.

- ◆ 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 us for more information:
609.924.7108 or 609.252.2362.



TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over age 65. Call 609.252.2362 or 609.924.7108 to register in the program, and 609.452.5144 to schedule a ride. \$3 each way; free to UMCPP (hospital). A physician's prescription for rehab therapy is required for free transport to PHCS rehab facilities.

DAYTIME FREE-B BUS

A 70-minute loop around town, 9:30 a.m. - 4:30 p.m. Monday - Saturday. Schedules and map are available at PSRC, municipal buildings, and on the bus.

GO GO GRANDPARENT

GoGoGrandparent helps you schedule on-demand transportation companies like Uber and Lyft; **available 24/7**. Call 855.464.6872 and wait to hear "thanks for calling GoGoGrandparent" or go to: gogograndparent.com

For information about local and regional bus and other transportation options, please visit gmtma.org (Greater Mercer Transportation Management Authority)

DEVELOPMENT NEWS

Rago Arts and Auction will once again join us for a fun and informative afternoon in January. We'd love your feedback on possible topics:



New Hope Modernists (Nakashima, Powell, Evans)



The Trenton Pottery Movement (Trenton was at the heart of the American pottery industry from the 1850s until the Great Depression of the 1930s.)

Email your response to bprince@princetonsenior.org with Rago in the subject line.

This month's highlighted annual sponsor:



Some decisions are difficult. But Acorn Glen makes those decisions a little easier. A record of high-quality attentive care...spacious and attractive surroundings...an unsurpassed level of activities and services. It's how Acorn Glen sets the standard for assisted living in gracious style.



GROUPS

BEREAVEMENT

Monday, September 18 at 1:00 p.m.
(Third Monday of each month.)
Call Sherri Goldstein 609.819.1226 to attend.
Corner House 19

CAREGIVERS

Monday, September 11 at 1:30 p.m.
(Second Monday of each month.)
Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, September 13 at 4:30 p.m.
(Second Wednesday of the month.)
Suzanne Patterson Building

CRAFTY PEOPLE

Fridays, 10:00 a.m. - 12 noon
Call 609.937.8496 to attend.
Elm Court

GRANDPARENTING

Tuesday, September 19 at 1:00 p.m.
(Third Tuesday of the 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. at Spruce Circle

LET'S TALK IN ENGLISH

Mondays at Spruce Circle at 1:00 p.m.
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, September 8 at 2:00 p.m.
(Usually first Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, September 12 & 26 at 10:30 a.m.
(Second and fourth Tuesdays of the month.) *Spruce Circle*

TRANSITION TO RETIREMENT

Friday, September 15 at 3:00 p.m.
(Usually the third Friday of the month)

WOMEN IN RETIREMENT

Friday, September 15 at 10:30 a.m.
(Third Friday of each month.)
Suzanne Patterson Building

There are no fees for any of these groups.

SUPPORT AND GUIDANCE: COMMUNICATION: TALKING TO YOUR DOCTOR

A recent publication from the National Institute on Health about Talking to Your Doctor states, "Good health care depends on good communication with your doctor and other healthcare professionals."

The publication highlights the need to prepare in advance for doctor appointments. This preparation begins with finding the right doctor to provide the type of care that meets both your medical *and* your emotional needs. You'll want to interview the office staff over the phone by asking questions that address what's most important to *you*. Here are some examples from the publication.

Basics:

- ♦ Is the doctor taking new patients?
- ♦ Is the doctor covered by my insurance plan?
- ♦ Does the doctor accept Medicare as full payment as full payment?

Logistics:

- ♦ What's the location of the doctor's office?
- ♦ Is there parking? What does it cost?
- ♦ Does the building have an elevator? Ramps for a walker or wheelchair?
- ♦ How far in advance do I need to make appointments?

Once you've selected a doctor and have your appointment, you need to gather information for the appointment. The publication made recommendations to guide you through the preparation process: Make a list of your questions (in order of priority to you); make another list of your health issues so you're sure to reflect on and include all the medical issues (and medications) you're managing.


Often a symptom may not seem important, but a good doctor will be listening to your description, and will be thinking as a diagnostician. You may not be aware that a certain symptom is relevant to your overall health, but talking about it at the doctor visit just may save you from unnecessary testing—or reveal something that *should* be tested.

Since the amount of time you're allotted in any given doctor appointment may be brief, it's critical to prepare in advance in order to communicate the information as efficiently as possible.

You can reach the General Resources National Institute on Aging Information Center by phone at 800.222.2225 (toll-free); 800.222.4225 (TTY/toll free); by email at niaic@nia.gov; or check out the website: nia.nih.gov/health.

PSRC's Support and Guidance team is happy to provide information and resources to make your doctor visits as easy as possible for you. Please give us a call at 609.252.2362 or 609.924.7108.

September

Monday	Tuesday	Wednesday	Thursday	Friday
EARLYBIRD AEROBICS Monday through Friday 8:00 a.m.	TABLE TENNIS Monday, Wednesday, Friday 12:30 to 4:30 p.m.	LOCATIONS CH - Corner House EC - Elm Court MH - Monument Hall PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building		9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB
CLOSED FOR LABOR DAY	4 9:30 Chair Yoga - SPB 5 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Gadget SuperLab - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Knit Wits - SC	6 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC	7 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Intro to iPad - SPB 12:00 Art with Hannah - SPB 12:30 Duplicate Bridge - SPB	8 9:15 Aerobics 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 FYI - SPB 2:00 Men in Retirement - MH Main
9:15 Aerobics - SPB 10:30 Writing Your Life - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:30 Care Givers Group - CH-19 2:00 Word Play - SPB	11 9:30 Chair Yoga - SPB 12 10:30 TED Talk - SPB 10:30 Next Chapter Widows/ers - SC 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 4:30 A-TEAM Artists Reception - SPB	13 9:15 Aerobics - SPB 10:30 GrandPals Orientation - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC 4:30 Children of Aging Parents - SPB	14 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 More About iPad - SPB 12:00 Art with Hannah - SPB 12:30 Duplicate Bridge - SPB	15 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 10:30 Women in Retirement - SPB 12:00 Chair Exercise - SC 1:00 FYI - SPB 3:00 Transition to Retirement - SPB
9:15 Aerobics - SPB 10:30 Writing Your Life - SPB 1:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Kindle App Class - SPB 1:00 Bereavement Group - CH-19 2:00 Word Play - SPB	18 9:30 Chair Yoga - SPB 19 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Grandparents Group - SPB	20 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	21 CLOSED FOR ROSH HASHANAH	22 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 FYI - SPB
9:15 Aerobics - SPB 10:320 Writing Your Life - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB 7:00 New to Medicare? - PPL	25 9:30 Chair Yoga - SPB 26 10:30 Ted Talk - SPB 10:30 Next Chapter Widow/ers - SC 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	27 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	28 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:00 Art with Hannah - SPB 12:30 Duplicate Bridge - SPB	29 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 12:30 Senior Citizens Club - SPB
 EVERGREEN FORUM CLASSES BEGIN				
— Sunday, September 24 SECOND CITY FUNDRAISER!				



Grateful thanks to our annual sponsors:

*Acorn Glen, Artis Senior Living, Buckingham Place, Homewatch CareGivers,
Oasis Senior Advisors, Princeton HealthCare Systems, Princeton HomeCare, Progression Physical Therapy of Princeton*

PSRC'S FALL CONFERENCE



"TECHNOLOGY & YOU: THERE'S AN APP FOR THAT!"

***Friday, November 10th
10:00 a.m.—2:00 p.m.***

Everything you need to know about your technology devices—how to use ride services, stream movies, download books, use SKYPE—all the “new-fangled” Apps available these days. Workshops and lunch included. More information to follow in the next PSRC newsletter.

FUN REASONS TO BUY A RAFFLE TICKET:

PSRC is offering two great raffles - here are some suggestions and reasons you might not have thought about for buying one or more tickets:

- **You love to eat at fine restaurants!** Here's your chance to get \$1,200 worth of dining cards and assorted wines – Buy **ONE** ticket have **TWO** chances to win
- **You need a birthday present for a dear friend** who already has everything she needs – think how you'll make her happy if you win!
- **Your book group is getting a bit stale** – go in as a group and buy a few tickets – if you win you can discuss your books while dining and quaffing in style!
- **Your anniversary is coming up** – Buying a Wine & Dine Raffle ticket will give a reason to celebrate every month til your next anniversary
- **Your life is stressed** – one week in a lovely, simple Caribbean town do you a world of good!
- **Girlfriends– We're taking time for ourselves – Sun, Fun and plenty of sea!**
- **2 Weeks in Puerto Rico** – really, do you need a reason?!!!!

**An annual subscription to the printed PSRC Newsletter is \$10.
Please go to our website or stop into PSRC if you would like to subscribe.**