You’re invited!

Please join us to ring in the holiday season at PSRC’s Annual Holiday Party Wednesday, December 13th 1:00 - 3:30 p.m. MUSIC, MERRIMENT, AND LUNCH!

$5 per person

Register online at princetonsenior.org or call 609.924.7108

Details and transportation information on page 3.
Once again, it’s time to plan for the holidays. Thanksgiving, Christmas, Hanukkah, and New Year’s all bring families together, with the attendant joys and stresses.

Many of the stresses may come from trying to sustain traditions that have been repeated over the years through several generations. You may also find that these traditions have gradually grown to intimidating proportions through happy events such as the combining of families, or unfortunate events like divorce (with both sides expecting you for dinner). It may also be a sad time as you miss those who have passed away.

I suspect, if you look back over the years, you’ll find you’ve already changed your rituals at times for practical reasons, such as not wanting to travel 5 hours with a screaming baby, or living too far away to justify the expense or traveling hassles. Very likely, over time you’ve already made several adjustments due to changes in your extended family’s lives as well as your own.

It may be time again to evaluate family traditions to see what works and what doesn’t at this time of your life. What parts of holiday traditions do you most look forward to? What do you dread? What adjustments need to be made? Do you need to break an 8-hour drive into two parts, or go a day earlier to avoid traffic and have a recovery day? Is it time to ask family to help prepare the meal? Would it be better to stay in a nearby hotel, so you aren’t awakened by your son’s dogs at 5 a.m.?

This review is especially relevant if you have a family member with dementia, which can progress significantly over the course of a year, requiring a different paradigm for celebrating together. Does s/he know the date and the people attending the event? Is s/he able to cope emotionally with the scene? What does that person enjoy and what does he or she find stressful? While you may like having the football game on all afternoon, a person with hearing loss or dementia may find it noisy and overwhelming, cutting him or her off from conversation and potentially causing agitation. Stress can be reduced by limiting stimulation, creating a quiet retreat space, or by ensuring opportunities to connect with familiar touchstones. If it’s practical, it may be better to return the person to a familiar bed rather than having a family sleep-over, or make sure he or she has a familiar com-
fort quilt if away from home. Plan some down-time. Be prepared with alternate plans—taking someone home early, or taking a full left-over meal to him or her the next day. It may be that a phone call or video conference is as much connection as the person can handle. Another option is to have various family members take turns attending to the family member, prepared to leave the table, help with mobility, carry the conversation, so no one person feels the full responsibility.

I remember the year we moved Thanksgiving dinner from my parents’ home to mine to take some of the load off my mother. Another year we celebrated Christmas on December 28th when our son returned from a semester in Prague. Last year we brought my parents to our house for a light Christmas lunch and an early dinner rather than a long, full day. This year as their dementia and frailty increase, I’m considering further simplifications, such as a few short visits over the weekend, with just a couple of family members each time. I know my parents say being with family is most important, but I also know that anything more than a few people for a short visit is overwhelming and stressful for them.

As you make your holiday plans, consider what you enjoy most and what you’re dreading. Ask yourself whose need it is to follow all the rituals—is it you trying to keep things normal rather than accepting the "new normal"? What’s really most important to you? Talk to your family about what you need, and try to devise creative adjustments to the rituals to make them more pleasurable for everyone.

You may find you’re able to avoid conflict and disappointment if you discuss your concerns and needs ahead of time. Rest assured, these traditions will continue to evolve in the future as well.

Happy Holidays!

Susan W. Hoskins, LCSW

PSRC Holiday Party
Let's ring in the season with holiday merriment!
Join us for a delicious lunch while you mingle and jingle with Dave Saltzman on piano, and the Ho, Ho, Ho's. Entertainment will follow with the soulful sounds of Klezmer music.
Transportation is available to and from the Suzanne Patterson Building by the Free B Bus, Crosstown, or by carpool, any of which we encourage!
Please let us know if you plan to take the bus, so we don’t exceed capacity.

PSRC will be closed:
Friday, December 22nd
Monday, December 25th
Tuesday, December 26th
Monday, January 1st
and
Monday, January 15th
Happy Holidays!

Susan W. Hoskins, LCSW
Executive Director
Fran Angelone
Crosstown Coordinator and Office Manager, Spruce Circle
Olivian Boon
GrandPals Coordinator
Donna Cosgrove
Director of Programs
Cathy Gara
Bookkeeper
Cheryl Gomes
Development Associate
Sharon Hurley, CVA
Director of Support & Guidance
Emily V. Logue
Communications & Marketing Coordinator
Sallie Meade
GrandPals Associate Coordinator
Abigail Meletti
Evergreen Forum Coordinator
Breana Newton
Program Associate & Rental Coordinator
Ken Peabody
Data Coordinator
Barbara Prince
Director of Development
Dave Roussell, MSW
HomeFriends and Care Coordinator
Beth Weiskopf
Program and Office Assistant
DECEMBER PROGRAMS
Please register for all programs, classes and events at princetonsenior.org.

FIRST FRIDAY FILM:
“LOVING”
Friday, December 1st at 1:00 p.m.
The story of Richard and Mildred Loving, a couple whose arrest for interracial marriage in 1960s Virginia began a legal battle that would end with the Supreme Court's historic 1967 decision. Director: Jeff Nichols. Starring: Joel Edgerton, Ruth Negga, Marton Csokas, Nick Kroll, Michael Shannon. 123 minutes

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:
December 5th ~ Naomi McDougall Jones: What it’s like to be a woman in Hollywood
December 12th ~ Mike Kinney: A pro wrestler's guide to confidence
December 19th ~ David Lee: Why jobs of the future won’t feel like work
December 26th ~ PSRC is CLOSED
For more information visit TED.com.

MEDICAL TESTING:
TIMING IS EVERYTHING
Friday, December 15th at 1:00 p.m.
Observing the recommended schedule for routine health tests can be a challenge, but proper screenings play an important role in disease prevention and control. Join Aubrie J. Nagy, MD, FACP, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System, for this informative discussion of when you should schedule certain tests, including mammograms, colonoscopies, hearing tests, skin cancer screenings and others.

URINARY INCONTINENCE – TIME TO TAKE CONTROL
Friday, December 8th at 1:00 p.m.
with Becky Keller, PT, PRPC, Pelvic Wellness Rehabilitation Coordinator, and Katie Doyle-Elmer, PT, DPT, both with UMCP’s Outpatient Rehabilitation Network.
Urinary incontinence affects more than 15 million Americans, resulting in a range of lifestyle problems, from the occasional inconvenience of leakage when sneezing or coughing to a frequent urge to go that disrupts sleep or affects quality of life. Using physical therapy techniques, you’ll learn ways to treat symptoms, improve bladder fitness and restore your quality of life.
Sponsored by Princeton HealthCare System

RETIREMENT PROGRAMS

MEN IN RETIREMENT
No meeting this month.

WOMEN IN RETIREMENT
Friday, December 15th at 10:30 a.m.

VOLUNTEERISM
Several members of Women in Retirement will be sharing volunteer opportunities and Sharon Hurley, CVA, Director of Support & Guidance and PSRC’s Volunteer Coordinator will give an overview of what it means to volunteer. All are welcome.

TRANSITION TO RETIREMENT
Friday, November 17th at 3:00 p.m.
This group addresses many different kinds of issues that can arise during the transition to retirement. The group is facilitated by John George, PhD, licensed psychologist, and Dave Roussell, MSEd, MSW, LSW, PSRC’s Care Coordinator and HomeFriends Coordinator. All are welcome.

COMPUTER LAB
Tuesdays 1:00 - 4:00 p.m. Wednesdays 1:30 - 4:00 p.m.
Fridays, 10:00 a.m. to 12 noon.
Just drop in. Free.
Please check our website for upcoming computer classes in 2018.
CHAIR YOGA
	Tuesdays at 9:30 a.m. with Lyn Lilavati Sirota.
A new quarter of this popular class begins January 2. This is a gentle, versatile form of yoga that is adaptable for all skill levels and abilities and for those with balance issues and injuries. See page 6 for fees.

MINDFULNESS SEMINAR
January 10th, 17th and 24th, 10:30 - 11:30 a.m.
A three-session seminar with Lyn Lilivati Sirota. Come and get a taste of what Mindfulness is all about. Learn why it’s being integrated into healthcare and psychology practices, schools, prison systems, corporations large and small, sports and more. In this series we’ll explore the background of the practice and hands-on activities with mindfulness breathing, movement, meditation and journaling.
$60/residents; $80/non-residents. Register online.

BOOK DISCUSSION
ENRIQUE’S JOURNEY
by Sonia Nazario
Thursday, January 18th at 10:00 a.m., meeting at the Princeton Public Library.
This story puts a human face on the ongoing debate about immigration reform in the United States. Enrique’s Journey recounts the unforgettable quest of a Honduran boy looking for his mother in the United States. Part of Princeton’s community events on Global Migrations. Co-sponsored by PSRC and the Princeton Public Library Registration required. No fee.

YOUR ENGAGED RETIREMENT LECTURE SERIES 2017 - 2018
Informational lectures on a wide array of retirement issues, co-sponsored by PSRC and the Princeton Public Library, and held in the Library’s Newsroom. Monday, January 22nd, 2018, at 7:00 p.m.
Legal & Estate Planning with Fiona Van Dyck of Van Dyck Law, LLC.
What you need to know about estate and long-term care planning in these turbulent times.
**EXERCISE & FITNESS**

**SUZANNE PATTERSON BUILDING**

**AEROBICS**
* Monday, Wednesday, Friday, 9:15 - 10:15 a.m.  
  $64/residents; $128/non-residents; 13-week session.

**Register through Princeton Recreation Department:**  
  609.921.9480.

**EARLY BIRD AEROBICS**
* Every weekday morning, 8:00 - 8:45 a.m.  
  $60/month, or $10/session to drop in

**CHAIR YOGA**
* Tuesdays, 9:30 - 10:30 a.m.  
  $72/residents; $96/non-residents per quarter

**TABLE TENNIS**
* Mondays, Wednesdays, Fridays, 12:30 p.m.  
  Drop-in; free.

**YOGA**
* Thursdays, 10:00 - 11:00 a.m.  
  $72/residents, $96/non-residents per quarter

**SPRUCE CIRCLE**

**CHAIR EXERCISE**
* Mondays, 11:30 a.m. - 12:30 p.m.  
  Fridays, 12:00 - 1:00 p.m.  
  $48 per quarter

**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!

**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.

**EVERGREEN FORUM SPRING 2018**

- **Mid December** ~ Course descriptions will be available on website
- **End of December** ~ Spring brochures will be mailed
- **January 3rd** ~ Registration begins
- **January 30th** ~ Lottery held for over-subscribed courses
- **February 26th** ~ Classes begin

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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.

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**PSRC CLASSES**

**SUZANNE PATTERSON BUILDING**

**DRAWING WITH ALEX KOLTCHEV**
* Mondays at 10:30 a.m.  
  $66/residents, $88/non-residents

**WORD PLAY (POETRY) WITH RICE LYONS**
* Mondays at 2:00 p.m.  
  $5/quarter

**WRITING YOUR LIFE WITH BETTY LIES**
* Mondays at 10:30 a.m.  
  $36/residents, $48/non-residents

**MEMOIR WRITING WITH EMILY LOGUE**
* Wednesdays at 2:30 p.m.  
  $5/quarter (class is currently full.)

**PAINTING WITH CHRISTINA RANG**
* Wednesdays at 1:30 p.m.  
  Painting with watercolor and acrylics.  
  $72/residents, $96/non-residents

**MULTIMEDIA ART WITH HANNAH FINK**
* Mondays at 1:00 p.m.  
  $72/residents; $96/non-residents

**COSMOLOGY**
* Thursdays at 9:45 a.m.  
  $5/quarter. Peer-led science discussion.  
  Contact brucewallman@gmail.com for more information.
Does your computer desktop screen look like the picture on the right? Do you keep your computer files in a folder? Do you keep your socks in the same drawer as your socket wrenches? If your answers are “yes,” “no,” and “yes,” respectively, then do read on.

Now, I am a neat person (as in organized, not as in cool), I lead a complicated life (as in I spend time at PSRC, belong to Toastmasters, and mediate municipal court cases), and I keep few paper documents (as in everything is in my computer), so if I had to face this desktop every day, I’d freak out.

To be fair, many folks whose laptop screens look like their disk drive just exploded assure me they know exactly where to find each document. But that doesn’t work for me, so I keep all my computer files in folders. I have three top-level folders for PSRC, Toastmasters, and Mediation. My PSRC folder includes folders for Meetings, Computer Guru articles, and Subjects (to name a few). The Meetings folder includes Meetings – 2015, Meetings – 2016, and Meetings – 2017. And so on. In other words, I have folders within folders.

My desktop is reserved for 1. Documents in progress (like this article), which I drag into folders (Computer Guru) when I’m done, and 2. Shortcuts (or Aliases if you have a Mac computer) to the files and folders I use most often.

A shortcut is a link that opens the file or folder you need, eliminating the need to “drill down” into your folders. To create a shortcut, navigate down to the folder (or file) you need, then right-click the folder and drag it to the desktop. You’ll then see a dialog box where you’ll select “Create shortcuts here.” When you release the mouse button, you’ll see your shortcut. (The little arrow to the left of the icon shows it’s a shortcut.) You can click the shortcut to open the folder, and you can and drag files into the shortcut. If you delete the shortcut, the actual folder and its contents are left intact.

Next month, we’ll venture into the Downloads and Recycle Bin folders and discuss how to organize your email messages. If you’ve lost your files or need help creating folders, stop by the lab for one-on-one help. Our hours are Tuesdays from 1:00 to 4:00 p.m., Wednesdays from 1:30 to 4:00 p.m., and Fridays from 10:00 a.m. to 12 noon.

You’ll need to reorganize your sock drawer by yourself.
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
800.792.1213
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
Princeton Public Library
609.924.9529
Reassurance Contact
609.883.2880
Ride Provide
609.452.5144
Senior Care Services of NJ
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

Grief and the Holidays

The holidays could be a difficult time if you’ve lost a loved one. Here is an excerpt from an article with 64 tips to help with grief at the holidays. Check the link for all of the tips and the entire article.

https://whatsyourgrief.com/64-tips-grief-at-the-holidays/

- Acknowledge that the holidays will be different and they will be tough.
- Decide which traditions you want to keep.
- Decide which traditions you want to change.
- Create a new tradition in memory of your loved one.
- Decide where you want to spend the holidays – you may want to switch up the location, or it may be of comfort to keep it the same. Either way, make a conscious decision about location.
- Plan ahead and communicate in advance with the people you’ll be with on the holiday to make sure everyone is in agreement about traditions and plans.
- Remember that not everyone grieves the same way you are grieving.
- Remember that the way others will want to spend the holiday may not match how you want to spend the holiday.
- Put out a ‘memory stocking’, ‘memory box’, or other special place where you and others can write down memories you treasure. Pick a time to read them together.
- Light a candle in your home in memory of the person you’ve lost.
- Include one of your loved one’s favorite dishes in your holiday meal.
- Be honest. Tell people what you DO want to do for the holidays and what you DON’T want to do.

SUPPORT GROUP UPDATES FOR JANUARY

⇒ Caregivers Group, facilitated by Susan Hoskins, will begin at 1:00 p.m. on the second Monday of the month;
⇒ Next Chapter Widows/ers Group is moving to the Suzanne Patterson Building at 45 Stockton Street, (due to parking constraints at Spruce Circle), meeting at a new time – 10:00 a.m.—and facilitated by Sharon Hurley, on the second and fourth Tuesdays of each month. Register for these and all groups at princetonsenior.org.
Support and Guidance:
Knit Wits (Knitting) Group

Knit Wits’ mission is to knit for those in need. Their current knitting projects are: lap blankets for disabled Veterans, infant caps for newborn babies in the hospital, and hats/scarves, mittens and sweaters for local homeless and needy families.

There is a special outreach with a national organization called Project Linus that provides blankets to children with serious illnesses. Our knitters make small squares that are assembled into blankets, afghans and shawls to be donated.

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

Knit Wits meets on Tuesdays at 1:00 p.m. at Spruce Circle. We welcome newcomers! For additional information please call Sharon Hurley 609.252.2362 or email shurley@princetonsenior.org.

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. Beginning in January 2018, the FreeB Bus will operate on an extended schedule! Watch for details on our website.

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. Want to know exactly where the FreeB is in real time? Go to https://princetonnj.transloc.com/

Go Go Grandparent
Available 24/7. Helps you schedule on-demand transportation companies like Uber and Lyft. 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 Authority)
YES, IT’S TRUE, IT IS ANNUAL APPEAL SEASON!

PSRC is a 501(c)(3) non-profit organization. We rely on individual donors like you for nearly 40% of our operating budget. 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 volunteer opportunities that make us uniquely valuable to the community.

In addition to the traditional annual donations you can make by credit card or check, we offer these opportunities:

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

Making a direct transfer from your IRA Minimum Distribution is an excellent way to make a meaningful charitable donation. Because the charitable IRA distribution isn't included in gross income, it will not be included in your taxable income. We suggest you discuss the best strategy for handling these transfers with a financial advisor. You can also designate PSRC as a beneficiary on a life insurance policy, which may also 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. 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 be a legacy donor, please contact Barbara Prince at 609.924.7108, or bprince@princetonsenior.org, or speak to your financial advisor.

SAVE THE DATE: Wednesday, January 31, 2018, 2:00 p.m.

The History of the Trenton Porcelain Era with Rago Arts & Auctions

Please join us for our third annual Rago presentation.

Learn about the outstanding 19th Century Era in home décor, when Trenton ruled the American Ceramic industry, from Ott and Brewer and Lenox to many others in ceramics.

Presentation by David Rago with Q&A, followed by light refreshments and, for preferred ticketholders*, a verbal valuation of your items.

$35/$50* per person to benefit PSRC. Register at princetonsenior.org.

HIGHLIGHTED ANNUAL SPONSORS

Buckingham Place
Adult Day Center & Home Health Services

Our success and reputation as a provider of senior services has been earned through our commitment to the highest standards of care, meeting the changing needs of our clients and exceeding industry standards. 732.329.8954.

Merwick Care & Rehabilitation Center

We take a person-centered approach to care, tailoring treatment and activities to individual needs and preferences under the guidance of our interdisciplinary teams. 609.759.6000.
<table>
<thead>
<tr>
<th>Day</th>
<th>Schedule</th>
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<tr>
<td>Monday</td>
<td><strong>Closed</strong></td>
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| Tuesday   | 9:00 AM Yoga - SfP  
2:15 PM Computer Lab - SfP  
5:00 PM Computer Lab - SfP  
6:00 PM Computer Lab - SfP  
8:00 PM Computer Lab - SfP  |
| Wednesday | 9:00 AM Yoga - SfP  
10:00 AM Computer Lab - SfP  
10:00 AM Computer Lab - SfP  
11:00 AM Computer Lab - SfP  
12:00 PM Computer Lab - SfP  |
| Thursday  | 1:00 PM Computer Lab - SfP  
6:00 PM Computer Lab - SfP  
7:00 PM Computer Lab - SfP  
8:00 PM Computer Lab - SfP  |
| Friday    | 9:00 AM Yoga - SfP  
10:00 AM Computer Lab - SfP  
10:00 AM Computer Lab - SfP  
11:00 AM Computer Lab - SfP  
12:00 PM Computer Lab - SfP  |

**Floor Refinishing**  
**Closed For**
A Special Program!

Please join us for

More Exciting Tales from the Antarctic

Monday, December 4th, 11:00 a.m.

Brad Borkan will be back to share newly selected historic photographs and the incredible story of The Endurance Expedition and the even more incredible, and rarely told, story of the Ross Sea Party.

Author of When Your Life Depends On It: Extreme decision-making lessons from the Antarctic, Brad only touched the surface in his first talk on the subject at PSRC last March.

Don’t miss this opportunity to hear the whole story!

Suggested registration fee $15 to benefit PSRC.

Register at princetonsenior.org.

Books will be available for purchase at the event.

PSRC Wine and Dine Raffle winners Roz and Gerr Kopelman; not pictured is Linda Donato, the winner of the second Wine and Dine basket. Congratulations!

Thanks to all who donated to the raffle baskets, and to everyone who bought a ticket to support PSRC!