

Happy New Year!

PSRC will be closed:

**Monday, January 1st
and**

Monday, January 15th
Martin Luther King, Jr. Day

Wondering how to make the
most of your days?

Come to PSRC where there's a
lot going on this winter!

In January alone you'll find:

- Art Classes
- Book Discussion
 - Bridge
- Chair Yoga
- Computer Labs
- FYI Seminars
- Mindfulness Seminar
- Opera Film Series
- Posture Screening
- Retirement Programs
 - Special Speaker
- Tech Gadget Superlab
 - Yoga Classes

and plenty more...look inside!

Please join us for

**THE HISTORY OF
THE TRENTON PORCELAIN ERA**

with David Rago of Rago Arts & Auctions
to benefit PSRC

Wednesday, January 31st, 2018

2:00 p.m.

\$35 per ticket; \$50 for preferred ticket*

Learn about the outstanding 19th Century Era in home décor,
when Trenton ruled the American porcelain industry.

The presentation will be followed by a Q & A
and light refreshments.

**Preferred ticket holders will receive a verbal valuation of
two personal porcelain pieces.*



R.S.V.P. princetonsenior.org or call 609.924.7108

Snow date: Wednesday, February 7th



RAGO



Thank you to our event sponsors:

Acorn Glen, Artis Senior Living,
Atrium Post Acute Care of Princeton, McCaffrey's Food Markets,
Merwick Care and Rehabilitation Center, Oasis Senior Advisors,
Synergy HomeCare, Team Toyota of Princeton,
Tranquil Transitions

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*

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From the Executive Director

Fall Prevention

Each year, 1 in 4 adults age 65+ takes a fall. Falls are the leading cause of both fatal and non-fatal injuries for older Americans. 20-30% of people who fall have an injury that can reduce mobility and may threaten independence. More patients in the U.S. go to the emergency room after falling than from any other mishap. Falls are costly—in dollars and quality of life.

As we get into the winter season, we all need to be especially mindful of the risk of falling. Falls can happen anywhere; the most common are everyday places - shower stalls, supermarket aisles, stairs.

Know the signs that indicate you may be at a higher fall risk:

- ◆ Lower body weakness
- ◆ Shuffling gait
- ◆ Holding onto furniture to prevent falling
- ◆ Dizziness when standing up
- ◆ Decreased coordination
- ◆ Decreased ability to walk up steps
- ◆ Need for mobility assistance (walker, cane, wheelchair)
- ◆ Failure to use prescription glasses or mobility assistance
- ◆ Increase in confusion
- ◆ Frequent bathroom trips, especially at night

Be aware of environmental risk factors such as poor lighting, throw rugs, pets, and other tripping

hazards, and do what you can to make improvements. Also: make sure your medications aren't making you dizzy; take your time; make sure you can see where you're stepping; and remember to take a minute before you stand up after lying down.

Winter weather increases risk, thanks to ice and snow. Often it's best to stay inside until the sun and Snow Melt do their job. Remember, even if your walkway is clear, your destination may not be. Be especially wary of black ice, which looks wet but is slick, and think twice before clambering over snow piles. Make sure you have your emergency alert or cell phone with you, even if just for a short walk to pick up the paper.

The National Council on Aging recommends these steps toward fall prevention:

- ◆ Enroll in a good balance and exercise program (at PSRC!);
- ◆ Ask your health care provider for a fall risk assessment;
- ◆ Regularly review your medications with your doctor or pharmacist;
- ◆ Have your vision and hearing checked annually and update your eyeglasses;
- ◆ Keep your home safe.

Talk to family members to get their help taking simple steps to stay

safe.

Falling often causes a fear of falling, which can lead to abnormal walking, which actually increases risk. Recently, much of the focus for fall prevention has been on balance and strength training. Taking the view that falls are an inevitability to be prepared for, people can learn how to fall to minimize injury.

Physical therapists and trainers may be able to help you learn and practice “safe landing

responses” which include protecting your head, and learning how to roll onto the fleshy side parts of the body rather than straight forward or back, which can result in breaking a hand, wrist, arm or hip.

Consulting a professional, and implementing these recommendations can help you keep your life fall-free.

Susan W. Hoskins, LCSW

PSRC STAFF

Susan W. Hoskins, LCSW

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HOLIDAY PARTY 2017

**A grand time was had by
one and all!**

Special thanks to
Acorn Glen
Bob Mehlman's Klezmer Band
Bloomberg Financial Group
Dave Saltzman
The Ho Ho Ho's
Princeton Public Works
PSRC Board & Volunteers
Stony Brook Garden Club
Ellen Tattenbaum



photo credit: Laura Hawkins Photography

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.



JANUARY PROGRAMS

Please register for all programs, classes and events at princetonsenior.org.



OPERA FILM FESTIVAL

Tuesdays at 12:30 p.m.

Co-sponsored by Princeton Friends of Opera

January 2nd: Giuseppe Verdi ~ *"Il Trovatore"* (in Italian) with Luciano Pavarotti

January 9th: Pytor Illytch Tchaikovsky ~ *"Pique Dame"* (in Russian) with Yuri Marusin

January 16th: Giacomo Puccini ~ *"Tosca"* (in Italian) with Luciano Pavarotti

January 23rd: Sergei Prokofiev ~ *"The Love for Three Oranges"* (in Russian) with Alex Tranovitsky

January 30th: *"Luciano Pavarotti: A Life in Seven Arias"* a documentary by David Thompson

**TED
Talks**

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:

January 2nd ~ No TED Talk this week

January 9th ~ Elizabeth Gilbert: *Your elusive genius*

January 16th ~ Hans Rosling: *The magic washing machine*

January 23rd ~ Kathryn Schultz: *Don't regret regret*

January 30th ~ Manoush Zomorodi: *How boredom can lead to your most brilliant ideas*

For more information visit TED.com.



FIRST FRIDAY FILM: "MAUDIE"

Friday, January 5th at 1:00 p.m.

An uplifting biopic about Maud Lewis, who overcame rheumatoid arthritis to become a renowned folk artist. After taking a job as a housekeeper, Lewis hones her painting skills while attracting international interest for her inspirational story. *1 hour 55 minutes*

POSTURE SCREENING

Monday, January 8th 11:00 a.m. to 12:30 p.m.

Dr. Carlene Thrum of **Gentle Chiropractic** in Skillman, NJ, will bring the newest technology for posture screening. Using a photo taken during your screening, Dr. Thrum will analyze the result which will be emailed to you directly. A 5-minute test can tell you how your posture is affecting your health, your balance, and daily activities. Free. Registration required.



MINDFULNESS SEMINAR

January 10th, 17th and 24th, 10:30 - 11:30 a.m.

A three-session seminar with Lyn Lilavati Sirota. Learn 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 mindful breathing, movement, meditation and journaling. **Fee: \$60/residents; \$80/non-residents.**

SPECIAL PROGRAM: Best of Evergreen

THE HISTORY AND MYSTERY OF ICE AGE ART

Thursday, January 11th at 10:00 a.m.

Katherine Widmer will discuss how 35,000 years ago Cro-Magnon humans (modern humans) arrived in Western Europe. Despite incredible hardships, they created extraordinary art deep in the caves of France and Spain. Join us to explore this period of human history. Registration required; suggested donation: \$15.



SEMINARS

JANUARY

THE FELDENKRAIS METHOD

previously scheduled for January 12th. has been postponed to MAY 18th at 1:00 p.m.

SMALL CHANGES MAKE A BIG DIFFERENCE

Friday, January 19th at 1:00 p.m.

Join Wendy Kessler from "Right at Home" to learn how making small changes in your home can make a big difference in your life.

Sponsored by Merwick Care and Rehabilitation

PARKINSON'S DISEASE

Friday, January 26th at 1:00 p.m.

Dr. Jill Farmer, DO, MPH will provide updates on the maintenance of Parkinson's Disease. Dr. Farmer is an assistant professor and Director of the Movement Disorder Program at Drexel University. She sees patients in the Princeton area and works closely with the Princeton Care Center for movement disorder referrals.

JANUARY PROGRAMS ~ continued



BOOK DISCUSSION:

ENRIQUE'S JOURNEY by Sonia Nazario

Thursday, January 18th at 10:00 a.m., meeting at PSRC.

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, eleven years after she is forced to leave her starving family to find work in the United States.

Isabel Allende writes: "This is a twenty-first century *Odyssey*. If you are only going to read one non-fiction book this year, it has to be this one."

Part of Princeton's community events on Global Migrations.

Co-sponsored by PSRC and the Princeton Public Library.

Registration required. No fee.

IT'S BACK!!



TECH GADGET SUPER LAB

Wednesday, January 24th

12:30 - 2:30 p.m.

Did you receive a new piece of technology this holiday season and don't know what to do with it? Perhaps you need to brush up your skills on your laptop or smartphone, or would you like help with a glitchy computer program?

This Gadget Super Lab is just for you. Kind and tech-savvy Bloomberg volunteers will be on hand to help you with all your electronic needs. No fee. Registration required.



RETIREMENT PROGRAMS

MEN IN RETIREMENT

Friday, January 5th at 2:00 p.m.

TALES OF THE TRENTON THUNDER

Jeff Hurley, Chief Operating Officer and General Manager of the Thunder, the American Minor League affiliate of the New York Yankees, will share stories about players and the team. All are welcome.

WOMEN IN RETIREMENT

Friday, January 19th at 10:30 a.m.

"FABULOUS FASHIONISTAS" a documentary by Sue Bourne. A short video about the film, exploring the art of aging in the company of six extraordinary women with an average age of eighty. Vivian Greenberg, LCSW, lecturer and consultant will lead a lively discussion after the screening. All are welcome.

TRANSITION TO RETIREMENT

Friday, January 19th 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, MEd, MSW, LSW, PSRC Care Coordinator and HomeFriends Coordinator.

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 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.

Upcoming lectures:

Monday, February 26: FAMILY CAREGIVING

Monday, March 26: HEALTHCARE DECISIONS

Monday, April 23: VOLUNTEERING

CLASSES

January 1st is the start of a new quarter for PSRC classes.

Register now for the new session online at princetonsenior.org.



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.



PSRC CLASSES

SUZANNE PATTERSON BUILDING

DRAWING WITH ALEX KOLTCHEV

Mondays at 10:30 a.m.

\$72/residents, \$96/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.

Financial assistance is available to those for whom the fee is a hardship; please ask at the front desk at the Suzanne Patterson Building or Spruce Circle.

EVERGREEN FORUM SPRING 2018

- ♦ *January 1st ~ Registration is open through January 29th*
- ♦ *January 30th ~ Lottery held for over-subscribed courses*
- ♦ *February 26th ~ Classes begin*



EVERGREEN FORUM SPRING 2018 COURSE LIST

AMERICA IN THE 2000s

Leader: Stanley Katz

*Mondays: 1:30 to 3:30 p.m., 6 weeks: 3/5 - 4/16
(no class on 3/19)*

AMERICA'S REVOLUTIONARY TEMPEST

Leader: Robert Nolan

Thursdays: 1:00 to 3:00 p.m., 8 weeks: 3/1 - 4/19

APPRECIATING OPERA

Leader: Harold Kuskin

*Thursdays: 10:00 a.m. to 12 noon, 8 weeks:
3/1 - 4/19*

THE ARTISTIC LIFE OF BIRDS

Leader: Wendy Worth

Wednesdays: 10:00 a.m. to 12 noon, 6 weeks:
2/28 - 4/4

BILLY WILDER: AN AMERICAN MASTER

Leader: Judy Walzer

Mondays: 1:00 to 3:00 p.m., 6 weeks: 2/26 - 4/9
(no class on 3/19)

BUILDING ACCEPTANCE OF DIVERSITY

Leader: Joan Goldstein

Thursdays: 10:00 a.m. to 12 noon, 4 weeks:
3/1 - 3/22

CONTEMPORARY CHINESE HISTORY

Leader: Leonard Chin

Wednesdays: 10:45 a.m. to 12:45 p.m.,
8 weeks: 2/28 - 4/18

COSMOLOGY

Leader: Matias Zaldarriaga

Fridays: 2:00 to 4:00 p.m., 4 weeks: 5/11 - 6/1

DANTE: THE *PARADISO*

Leader: John V. Fleming

Tuesdays: 10:00 a.m. to 12 noon, 6 weeks:
3/6 - 4/17
(no class on 4/3)

FACES AND FIGURES THROUGH TIME AT THE PRINCETON UNIVERSITY ART MUSEUM

Leader: Sandy Kurinsky

Fridays: 10:00 a.m. to 12 noon, 6 weeks: 4/6 - 5/11

THE FOLK MUSIC REVIVAL

Leader: Larry Wolfert

Tuesdays: 10:00 a.m. to 12 noon, 8 weeks:
3/6 - 4/28

GREAT DECISIONS

Leaders: Karen Coates, David Redman

Tuesdays: 1:00 to 3:00 p.m., 9 weeks: 2/27 - 4/24

INTRODUCTION TO METEOROLOGY

Leader: Bill Stern

Wednesdays: 10:00 a.m. to 12 noon, 8 weeks:
2/28 - 4/25 (no class on 3/14)

JAPANESE ART

Leader: Joel Greenberg

Fridays: 10:45 a.m. to 12:45 p.m., 4 weeks:
3/16 - 4/13
(no class on 3/30)

A JOURNEY OF PROUD AND CONTRIBUTING AFRICAN AMERICANS IN PRINCETON

Leader: Shirley Satterfield

Wednesdays: 1:30 to 3:30 p.m., 6 weeks: 2/28 - 4/4

LEONARD BERNSTEIN AT 100: CELEBRATING THE MAN AND MUSICIAN

Leaders: Ryan Brandau, Ingrid Reed

Tuesdays: 1:30 to 3:30 p.m., 4 weeks 4/3 - 4/24

MAKING SENSE OF THE ECONOMY: MONEY AND FINANCE IN THE 21ST CENTURY

Leader: Stephen Friedlander

Wednesdays: 10:30 a.m. to 12:30 p.m., 8 weeks:
2/28 - 4/18

continued on next page

Fees: \$85.00 for a 6 to-week course; \$60.00 for a 3- to 5-week course. Financial assistance is available to those for whom the fee is a hardship. Please contact Susan Hoskins, Executive Director of PSRC, to apply.

EVERGREEN FORUM SPRING 2018 COURSE LIST

MISS BROOKS – GWENDOLYN BROOKS: HER LIFE, HER POETRY

Leader: Gail Anne Johnson Mitchell

*Wednesdays: 10:00 a.m. to 12 noon, 6 weeks:
2/28 - 4/4*

MOBY DICK

Leader: Betty Lies

Fridays: 10:00 a.m. to 12 noon, 8 weeks: 3/2 - 4/27

MORE SHAKESPEARE OFF THE PAGE: MEASURE FOR MEASURE

Leader: Barbara Herzberg

*Fridays: 1:00 to 3:00 p.m., 10 weeks: 3/16 - 5/18
(no class on 3/30)*

O. HENRY PRIZE STORIES 2017

Leaders: Gerrit and Barbara Bleeker

Tuesdays: 1:30 to 3:30 p.m., 8 weeks: 2/27 - 4/27

PEOPLE AND STORIES: THE POWER OF WORDS

Leader: Ellen Gilbert

Thursdays: 1:00 to 3:00 p.m., 8 weeks: 3/1 - 4/19

SCIENCE IN THE NEWS

Leader: Bob Robinson

*Fridays: 9:45 to 11:45 a.m., 8 weeks: 3/2 - 4/27
(no class on 3/30)*

THE SEARCH FOR AUTHORITY IN WESTERN RELIGIONS

Leader: Henry Bowden

*Mondays: 10:30 a.m. to 12:30 p.m., 9 weeks:
3/5 - 4/30*

SHAKESPEARE AND LOVE

Leader: John Silver

*Fridays: 1:30 to 3:30 p.m., 8 weeks: 3/2 - 4/27
(No class on 3/30)*

SLAVERY, TOWARDS THE CIVIL WAR AND RECONSTRUCTION

Leader: Jeanne Gorrisen

Tuesdays: 1:30 to 3:30 p.m., 8 weeks: 2/27 - 4/17

TOPICS IN HUMAN EVOLUTION

Leader: Peggy deWolf

Mondays: 1:00 to 3:00 p.m., 6 weeks: 2/26 - 4/2

TWO BY LOUISE ERDRICH

Leader: Lynn Cullinane

*Wednesdays: 1:30 to 3:30 p.m.; 8 weeks:
2/28 - 4/18*

To register go to TheEvergreenForum.org.
Registration forms may also be printed and
sent with payment to PSRC or delivered in
person:

PSRC 45 Stockton Street Princeton, NJ 08540

**Please use a separate registration form for
each person.**

Telephone applications are not accepted.



Fall 2017 Evergreen Class *Plays off the Page: Bertolt Brecht*
led by Barbara Herzberg

photo credit: Laura Hawkins Photography

Fees: \$85.00 for a 6 to-week course; \$60.00 for a 3- to 5-week course. Financial assistance is available to those for whom the fee is a hardship. Please contact Susan Hoskins, Executive Director of PSRC, to apply.

COMPUTER GURU

THE DESKTOP, DOWNLOADS, AND RECYCLE FOLDERS *by Don Benjamin*

Last month's article explained how to organize your computer files into folders. Now we're going to look at three special file folders—one you use all the time, and two you may be neglecting.

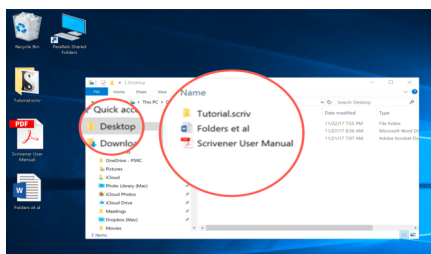
But First...

Some folks ask if having too many files will slow down their computer. The answer is no—IF you leave a small amount of free space (a few percent) for Windows or MacOS to use for themselves. New PC's come with voluminous hard disks, so the issue isn't so much about running out of space; it's about being able to quickly find what you want. That said, if your disk is maxed out, you'll see a warning that you're not going to do anything else until you clean out the junk.



The Desktop Folder

The desktop—the display that's on your screen with a bunch of icons (unless you're extremely neat)—is unique because the files and folders you keep there are always visible. The only things I keep on my desktop are those I'm working on—like



The Desktop is a folder that's always visible. You'll find it in the list of folders when you open the Windows Explorer.

this article—because I don't like to wade through a sea of icons to find stuff. Once I'm done, it goes into a folder. Also, files here are backed up in your auto-back-up program (Dropbox, Office 365, etc.)

The Downloads Folder

Files you download from the Internet (this includes software you download from websites and mail attachments you read from a browser), go into your Downloads folder. If you install the latest Firefox browser, for example, you'll find the installation file in your Downloads folder.

After installing the program, you should delete the file. (You can always download it again.) Some of these files are hundreds of megabytes (i.e., huge). Think of it as a temporary holding area.

Folders et al.

Similarly, when you use a browser to view your mail and need to save an attachment, you'll download it first. Then open your Downloads folder and either move (not just copy) the attachment to a documents folder (see last month's article), or delete it. (Again, for space reasons.)

I don't keep more than one month's stuff in my Downloads folder.

The Recycle Bin (Trash)

Anything you “delete” goes into the Recycle Bin—it's right there on your Windows desktop or Mac dock. I suggest emptying it every month.

You can set up a Windows task to do that (we can help); the Mac has a built-in Finder option to do this.



Next Month—Other Odds and Ends, and E-mail You Can't Part With

Ironically, I'm out of space in this Newsletter. Next month, we'll deal with hidden folders that accumulate debris, and E-mail you (think you need to keep (forever)). Then I'll write an article about removing programs you no longer use.

In the meantime, if you need help cleaning up your Desktop, are fearful of deleting a download, or can't part with trash, come see us on Tuesdays from 1:00 to 4:00 p.m., Wednesdays from 1:30 to 4:00 p.m. or Fridays from 10:00 a.m. to 12 noon.

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

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

Conquering the Winter Blues

Wintertime can be difficult for many people. There are several factors that could be responsible for “the Blues”. Fortunately, with a bit of attention, most of these glum-making culprits have antidotes, leading to positive effects.

The problem: Darkness. Winter days are short, and can often be overcast, making them feel even shorter. When the temperature drops, it’s less appealing to continue doing things outdoors, and subsequently we can feel trapped.

The fix: Get some natural light! Even a few minutes standing on a porch or by a window several times a day, turning on extra lights, or even using a “Bright Light Box” can have positive effects. Seasonal Affective Disorder (SAD – an example of onomatopoeia if ever there was one) is a real medical condition and can be very debilitating. If you’ve noticed you suffer real depression as winter approaches and sets in, seek medical treatment.

The problem: Lack of exercise. We all know we need to keep our bodies moving in some form, but at this time of year the trip to the gym doesn’t feel very compelling. And, if it’s also too cold to take a walk, we can become too sedentary and tend to snack more, leading to unwanted weight gain and inertia.

The fix: Try a new indoor home exercise routine. Set an alarm for some time(s) each day to get your body moving - treat this with the same importance as you would treat taking a class at the gym. Walking inside and stretching regularly are important for getting the endorphins flowing! If walking isn’t possible, moving your limbs and stretching your neck are still possible while you’re in a chair.

Another fix: Consider Yoga! The ancient practice of yoga may help. “The mechanism of action is similar to other exercise techniques that activate the release of ‘feel good’ brain chemicals (endorphins),” says Dr. Alan Manevitz, a clinical psychiatrist at Lenox Hill Hospital in New York City. Exercise, especially yoga, he adds, “may also reduce immune system chemicals that influence depression,” and yoga’s meditative effects “and ‘mindful’ movement... can have a beneficial impact on the central nervous system.”

The problem: Isolation. Winter weather can be very cold, itself a deterrent to going out, and snow and ice make for treacherous streets and sidewalks. Not wanting to risk a fall, folks tend to stay home (understandably) in wintry weather, often alone, and sometime for hours or even days.

The fix: Stay connected! Schedule regular telephone calls with friends or family members, or take advantage of Skype and

CONQUERING THE BLUES ~ cont.

Facetime, new technologies that provide “face-to-face” visits through your computer, laptop or even your smartphone.

Another fix: Try something new! PSRC has many programs, classes, groups and social activities going on every week. Whether it's an exercise or art class, chair yoga, listening to a TED Talk or visiting the Computer Lab, trying out a new activity is good for the spirit – and the brain!

If you live in Princeton you may be eligible to use Crosstown Transportation. It is an inexpensive door to door car service. Call Fran Angelone, Crosstown Coordinator at 609.252.2362. Look for

upcoming classes and programs, listed in this newsletter, that will certainly help to “conquer the blues.” Chair Yoga, Aerobics, Mindfulness, Evergreen Forum, Groups for all areas of interest and technology assistance through our Computer Lab. Our Super Gadget Lab on January 24th, one-to-one support from Bloomberg volunteers, will help you with any new holiday gifts to keep you up to date and connected.

Our Social Service support team can recommend resources and make referrals. Contact Sharon Hurley, CVA, or David Roussell, MEd, MSW, LSW at 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 for 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, Monday - Saturday. (No service to PSRC on Saturdays) **New 2018 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)



GROUPS

BEREAVEMENT

Monday, January 22nd at 1:00 p.m.
(Usually third Monday of each month—change due to MLK holiday 1/15.)
Call Sherri Goldstein 609.819.1226 to attend.

Corner House 19

CAREGIVERS

Monday, January 8th at 1:00 p.m.
(Second Monday of each month.)

Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, January 10th 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, January 16th 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, January 5th at 2:00 p.m.
(First Friday of each month)

Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, January 9th and 23rd at 10:00 a.m.
(Second and fourth Tuesdays of the month.)

Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, January 19th at 3:00 p.m.
(Third Friday of the month)

WOMEN IN RETIREMENT

Friday, January 19th at 10:30 a.m.
(Third Friday of each month.)

Suzanne Patterson Building

There are no fees for any of these groups.

DEVELOPMENT

♥ Special thanks to everyone who contributed to PSRC in recent months - by participating on #GivingTuesday, or through AmazonSmile, and in response to our annual Winter Appeal. Your gifts not only let us know you value the critical services and life-enriching programs PSRC brings to families in the greater Princeton area, they also ensure we can continue to be a reliable and evolving presence in our community. ♥

2017 Grant Funding Awarded to PSRC

During the past year, PSRC has been the recipient of grant support from several Foundations. We are very grateful, as grant awards cover 10 -15% of our operating support and enable us to maintain a selection of our signature programs: GrandPals, Partners in Caring, and our Fall Conference. Grants this year include:

The George H. and Estelle M. Sands Foundation - General Operating Funds
The Fred C. Rummel Foundation - Partners in Caring
Nordson Corporation Foundation - GrandPals
Unitarian Universalist Congregation of Princeton - HomeFriends: Partners in Caring
David Mathey Foundation - Partners In Caring
Curtis W. McGraw Foundation - Partners In Caring
Bloomberg - Technology
PNC Foundation - GrandPals
Janssen - Caregivers
Fox & Roach Charities - Partners in Caring
Dorothea van Dyke McLane Association -General Operating Support
Thank you to our Grantors!

There are other requests pending, which we hope will be added in coming months, and we are always seeking new sources of support to continue PSRC's critical programs and services into the future.

We also extend heartfelt thanks to the PTO's of Littlebrook, Riverside, and Johnson Park Elementary Schools for their support of the GrandPals programs within their schools. We also appreciate the continued support of the Princeton Methodist Church, the University Chapel and Community Without Walls.

HIGHLIGHTED ANNUAL SPONSORS



OASIS SENIOR ADVISORS

We are senior living specialists dedicated to providing seniors and families with the help they need to make the "right" choice on their next retirement home.

For more information and to find a location near you, visit oasissenioradvisors.com, or call 800.319.2319

McCAFFREY'S FOOD MARKETS



EXCEPTIONAL NEIGHBORS EVERY DAY.

Supporting the people and communities we serve is a central part of our value and mission at McCaffrey's. McCaffrey's Food Markets has been named the 2017 Winner for Overall Outstanding Fresh Excellence in the 5th Annual Outstanding Independent Awards presented by *Progressive Grocer*.

January 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| <div>1</div> <div>CLOSED FOR NEW YEAR'S DAY</div> | <div>2</div> <div>9:30 Chair Yoga - SPB 10:30 NO TED Talk 12:00 Scrabble 12:30 Opera Film Series 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC</div> | <div>3</div> <div>9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC</div> | <div>4</div> <div>9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB</div> | <div>5</div> <div>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 2:00 Men in Retirement - MH Main</div> |
| <div>8</div> <div>9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - SPB 11:00 Free Posture Screenings - SPB 11:30 Chair Exercise - SC 1:00 Art with Hannah - SPB 1:00 Let's Talk in English - SC 1:00 Caregivers (New Time!) 2:00 Word Play - SPB</div> | <div>9</div> <div>9:30 Chair Yoga - SPB 10:00 Next Chapter Widow/ers - SPB 10:30 TED Talks - SPB 12:00 Scrabble - SPB 12:30 Opera Film Series 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC</div> | <div>10</div> <div>9:15 Aerobics - SPB 10:30 Mindfulness Series (1) - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC 4:30 Children of Aging Parents - SPB</div> | <div>11</div> <div>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Ice Age Art Lecture - SPB 12:30 Duplicate Bridge - SPB</div> | <div>12</div> <div>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</div> |
| <div>15</div> <div>CLOSED FOR MARTIN LUTHER KING, JR DAY</div> | <div>16</div> <div>9:30 Chair Yoga - SPB 10:30 TED Talks - SPB 12:00 Scrabble - SPB 12:30 Opera Film Series 1:00 Grandparents Group - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC</div> | <div>17</div> <div>9:15 Aerobics - SPB 10:30 Mindfulness Series (2) - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC</div> | <div>18</div> <div>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Book Discussion - SPB 12:30 Duplicate Bridge - SPB</div> | <div>19</div> <div>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 Seminar - SPB 3:00 Transition to Retirement- SPB</div> |
| <div>22</div> <div>9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - SPB 11:30 Chair Exercise - SC 1:00 Art with Hannah - SPB 1:00 Let's Talk in English - SC 1:00 Bereavement Group - CH-19 2:00 Word Play - SPB</div> | <div>23</div> <div>9:30 Chair Yoga - SPB 10:00 Next Chapter Widow/ers - SPB 10:30 Ted Talks - SPB 12:00 Scrabble - SPB 12:30 Opera Film Series 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC</div> | <div>24</div> <div>9:15 Aerobics - SPB 10:30 Mindfulness Series (3) - SPB 12:30 Tech Gadget Super Lab - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC</div> | <div>25</div> <div>9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB</div> | <div>26</div> <div>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 Citizen Club - SPB 1:00 FYI Seminar - SPB</div> |
| <div>29</div> <div>9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - SPB 11:30 Chair Exercise - SC 1:00 Art with Hannah - SPB 1:00 Let's Talk in English - SC 2:00 Word Play - SPB</div> | <div>30</div> <div>9:30 Chair Yoga - SPB 10:30 TED Talks - SPB 12:00 Scrabble - SPB 12:30 Opera Film Series 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC Evergreen Lottery</div> | <div>31</div> <div>9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC</div> | <div>TABLE TENNIS Mon, Wed, Fri. 12:30 to 4:30 p.m. EARLY BIRD AEROBICS Monday through Friday 8:00 a.m.</div> | <div>LOCATIONS: CH - Corner House EC - Elm Court MH - Monument Hall PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building</div> |



GRATEFUL THANKS TO OUR ANNUAL SPONSORS

Acorn Glen
Artis Senior Living
Buckingham Place Adult Day Center
Homewatch CareGivers
McCaffrey's Food Markets

Merwick Care and Rehabilitation Center
Oasis Senior Advisors
Princeton HealthCare System
Princeton HomeCare
Progression Physical Therapy

Synergy HomeCare
Team Toyota of Princeton
Tranquil Transitions
Van Dyck Law, LLC

TWO UNIQUE PROGRAMS TO KICK OFF 2018!



MINDFULNESS SEMINAR

January 10th, 17th and 24th, 10:30 - 11:30 a.m.

A three-session seminar with Lyn Lilavati Sirota. Learn 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.

Fee: \$60/residents; \$80/non-residents.

Register online @ princetonsenior.org

SPECIAL PROGRAM:

Best of Evergreen

**THE HISTORY AND MYSTERY OF
ICE AGE ART**

Thursday, January 11th at 10:00 a.m.

Katherine Widmer will discuss how 35,000 years ago Cro-Magnon humans (modern humans) arrived in Western Europe. Despite incredible hardships, they created extraordinary art deep in the caves of France and Spain. Join us to explore this fascinating period of human history. Registration required; suggested donation: \$15.

