ROMUS BROADWAY: THROUGH HIS LENS
A Personal Visual History

Monday, November 18 at 10:30 a.m.
PSRC’s Suzanne Patterson Building

Romus Broadway chronicles his experience living in a Princeton that was once segregated and will visit PSRC to share and discuss his version of that history. Mr. Broadway’s powerful visual stories express his personal legacy while highlighting the vibrancy of Princeton’s black communities past to present day. Come share and celebrate Mr. Broadway’s photographic anthology and experience black identity through his lens.

Registration required, no fee.

PSRC WINS AT THE 2019 NJ SENIOR OLYMPICS

For the fourth consecutive year PSRC players excelled at the New Jersey Senior Olympics, bringing home a total of eighteen medals. Congratulations to all!

PHOTO (left to right): Boris Katz, Luba Lubovitsky, Cally Hanawalt, Elena Greene, Tak Yue, Ali Zomorodi, Ray Woodfield, and Sam Voleti
(not pictured: Nancy Lu, Plamen Prodanov, George Sheng)

Help PSRC by donating your car.
Call 855.500.7433 or 855.500.RIDE or visit:
https://careasy.org/nonprofit/Princeton-Senior-Resource-Center
to get started!
Leading an organization through any type of significant change gives you an opportunity to really get to know people. In my previous line of work, even the mention of change would bring out the best — and the worst — in people. In one particularly tense meeting early in my tenure, Yvonne asked the group to stop and reflect on all of the reasons we had as an organization to be grateful. The mood lifted. The bickering stopped. The complaining morphed into encouragement. What Yvonne understood and brought to the table is the reality that gratitude has the power — for individuals and organizations — to transform challenging situations into opportunities for growth.

The National Council on Aging recognizes the power of gratitude and includes it, along with mindfulness, as one of the six dimensions of aging well. Dr. Susan Stiles notes, “By practicing gratitude over time, we can learn to notice and appreciate not only the positives, but also develop better attitudes about the negatives…the challenges, losses, and frustrations that we all face as we age. Adopting an attitude of gratitude means tackling the negative things and challenging ourselves to find ways to be grateful for them.”

Harvard Health, the publishing arm of the Harvard Medical School, highlights several studies in positive psychology that link gratitude with healthy aging. These studies have found that “gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.”

The month of November, with Thanksgiving celebrations and gatherings of family and friends, provides an ideal time to reflect on those things for which we are truly grateful. Several years ago, I was challenged by a friend to use November as an opportunity to not only be mindful of my reasons for gratitude, but also to practice gratitude with daily acts of acknowledgment. It was, and continues to be, an opportunity to:

- Write a note to a colleague or professor to tell them about the impact they have made on my life
Throughout this month, I’d like to offer you a simple challenge. Each and every day, do one extra act to practice gratitude in your life. Every day. No exceptions. For 30 days. At the end of the month, send me a note to let me know about your experience. Pay attention to how your acts of gratitude impact others around you. But also pay attention to how you feel throughout this journey. I trust that you will feel the impact gratitude has on your health and overall well-being. I also have a hunch that practicing a month of gratitude will lead to the development of a habit that will ripple well beyond November — and will positively impact your life for years to come. I look forward to hearing your stories!

All the Best,
Drew A. Dyson, PhD
Executive Director
FIRST FRIDAY FILM — “YESTERDAY”  
Friday, November 1 at 1:00 p.m.  
Jack Malik is just another struggling songwriter whose shot at fame is waning. After a mysterious blackout, Jack discovers he is the only person on earth who remembers The Beatles. As he rockets to fame by passing off the Fab Four’s songs as his own, Jack risks losing Ellie — the one person who has loved and believed in him from the start.  
Starring: Himesh Patel, Lily James, Kate McKinnon, and Ed Sheeran  
Running time: 1 hour, 56 minutes  Genre: Romantic comedy, fantasy  
Registration required, no fee.

FYI SEMINAR — “A FRESH LOOK AT NUTRITIONAL HEALTH”  
Monday, November 11 at 1:00 p.m.  
Nutritional health is no longer a matter of “calories in” vs “calories out.” The changes in our environment, economies, and lifestyles have drastically altered what we are consuming as food over the last several decades. With a little education, we can make adjustments in our daily lives to reduce the burden of what our bodies are processing and be empowered to support ourselves through improved cognitive, emotional, and physical health.  
Carrie Patterson Besler is an Independent Consultant with Arbonne International which is a health and wellness company that encourages people to flourish with the guiding values of empowerment, sustainability, and transparency.  
Registration required, no fee.

FYI SEMINAR — “ANXIETY AND DEPRESSION IN OLDER ADULTS”  
Monday, November 18 at 1:00 p.m.  
The World Health Organization estimates that world-wide, over 300 million people suffer from depression and 264 million from anxiety disorders, leading to significant losses in health, quality of relationships, and overall functioning. This talk will review common symptoms of depression and anxiety, risk factors for older adults, as well as treatment options and lifestyle factors that have been shown to improve symptoms and support mental health.  
Kim Casarona, DSW, LCSW, LCADC is the Associate Executive Director of Trinity Counseling Service. She has over 30 years of clinical experience treating children and adults suffering from anxiety and depression.  
Registration required, no fee.

FYI SEMINAR — “SENIOR HOUSING OPTIONS”  
Monday, November 25 at 1:00 p.m.  
Join Connie Pizarro, a Certified Senior Advisor, to learn what senior housing options are available, what’s right for you, and how much does it all cost? Connie is the owner of Oasis Senior Advisors. She has been helping seniors and their families for more than 4 years to understand the options available to them when more help is needed than family can provide. Connie provides her services at no cost to seniors and their families.  
Registration required, no fee.

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:  
November 5—Story Musgrave: Excellence, Exploration, and Evolution | TEDxWakeForestU (recommended by Melanie Benson)  
November 12—Jose Andres: How a team of chefs fed Puerto Rico after Hurricane Maria  
November 19—Benjamin Zander: The transformative power of classical music  
November 26—Chip Conley: What baby boomers can learn from millennials at work — and vice versa  
Sponsors: Artis Senior Living & Capital Health
RETIREMENT PROGRAMS

MEN IN RETIREMENT — “SPECIAL PERFORMANCE BY BOB MECKLENBURGER”
Friday, November 1 at 2:00 p.m.
Bob Mecklenburger, a member of Men in Retirement, will be performing and singing with his acoustic six- and twelve-string guitars. Bob has been a featured performer at house concerts and coffee houses in the New Jersey and Pennsylvania areas for over fifty years. He was televised on Café Improv by the Princeton Arts Council. All are welcome.

WOMEN IN RETIREMENT — “UNDERSTANDING MEMORY LOSS”
Friday, November 15 at 10:30 a.m.
Memory loss is often dismissed as a normal part of aging, but it can mean something more. Attend this informative session presented by Jeffrey Apter, MD, board certified in psychiatry and member of the medical staff of Penn Medicine Princeton Health, and learn the difference between mild cognitive impairment, dementia, and Alzheimer’s disease, as well as the next steps for people who have started to notice a decline in their memory. All are welcome.

TRANSITION TO RETIREMENT
Friday, November 15 at 3:00 p.m.
This group addresses the many 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 care coordinator and HomeFriends coordinator.

LIMITED SERIES PROGRAMS

WHAT’S NEW FOR MEDICARE IN 2020
Tuesday, November 12 at 12:30 p.m.
Find out what’s new for Medicare in 2020 and what that means for you when comparing your coverage in the annual enrollment period. It is important to note that December 7 is the last day to choose the right plan for you.
Cathy Forbes has been the coordinator for the Mercer County SHIP program for over 3 years and works with a team of volunteer SHIP counselors to ensure seniors have access to free, local, unbiased information about Medicare. Registration required. No fee.

POSTURE SCREENING
Wednesday, November 13 at 1:30 p.m.
Dr. Carleen Thum of Gentle Chiropractic will bring the newest technology for posture screening. Using a photo taken during your screening, Dr. Thum will analyze the results which will then be emailed directly to you. It will take only 5 minutes to learn how your posture affects your health, your balance, and daily activities. Registration required, no fee.

YOUR ENGAGED RETIREMENT:
A LECTURE SERIES

PSRC and the Princeton Public Library cosponsor this series of free information lectures on a wide array of retirement issues.

Affordable Housing in Princeton
Monday, November 25 at 7:00 p.m.
Princeton Public Library, Newsroom
Ed Truscelli and Maureen Fullaway will present a short history of affordable housing in Princeton, the scope of currently available housing opportunities, and application and eligibility criteria. They will also discuss the future of housing opportunity in Princeton.

Ed Truscelli is the Executive Director of Princeton Community Housing and Maureen Fullaway is the Affordable Housing Manager for the Municipality of Princeton.

SCHEDULE:
January 27: Tax Updates for the 2019 Filing Season
February 24: Downsizing & Organizing
March 23: Transition to Retirement
April 27: Volunteering in Retirement
SUZANNE PATTERSON BUILDING

AEROBICS
Mondays, Wednesdays, Fridays, 9:15–10:15 a.m.
$64/residents; $128/non-residents; 13-week session. Register through Princeton Recreation Department: 609.921.9480.

TABLE TENNIS
Mondays, Wednesdays, Fridays, 12:30–4:30 p.m.
Drop-in; no fee.

MINDFUL CHAIR YOGA & MEDITATION
Tuesdays, 9:30 a.m.–10:30 a.m.
$72/residents; $96/non-residents; per quarter (MH-Multi)
Thursdays, 9:00 a.m.–10:00 a.m.
$72/residents; $96/non-residents; per quarter (SPB)

GENTLE MAT 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, noon–1:00 p.m.; $48 per quarter

EVERY BODY WALK!
Tuesdays and Thursdays, 10:00 a.m. FREE
This program is available from March through November and meets in different outdoor locations. Visit www.progressionpt.com or call Progression PT at 609.454.3536. Co-Sponsored by PSRC and Progression Physical Therapy.
NOTE: Thursday, 11/26 is last Every Body Walk! session for the season.

SCRABBLE, CANASTA, SOCIAL BRIDGE, & OTHER GAMES
Tuesdays, noon–4:00 p.m.; no fee.
Let us know if there’s a game you’d like to play!

MAHJONGG
Tuesdays, noon–4:00 p.m.; no fee; BYO set.

COSMOLOGY
Thursdays at 9:45 a.m.; $20/annual. Peer-led science discussion. Contact brucewallman@gmail.com for more information.

DISCOVER DRAWING
Mondays at 10:30 a.m.
$30/residents; $40/non-residents; per month

FINDING COLOR, TEXTURE, AND LIGHT WITH PAINT
Wednesdays at 11:00 a.m.
Painting with watercolor and acrylics.
$30/residents; $40/non-residents; per month

INSPIRATION THROUGH MIXED MEDIA
Thursdays at 1:00 p.m.
$30/residents; $40/non-residents; per month

PAINTING AND SELF EXPRESSION — NEW CLASS!
Fridays at 10:30 a.m.
Thought will be given to composition, subject matter, shape, light, movement, and structure. Join master instructor Christina Rang as she encourages you to explore your creative choices and personal expression.
$30/residents; $40/non-residents; per month

The following classes are currently full. Call to be added to the waitlist.
• TRUE STORIES: A MEMOIR WRITING CLASS
• WORD PLAY (POETRY) WITH RICE LYONS
• WRITING YOUR LIFE WITH BETTY LIES

TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB is open for one-on-one assistance with our experienced and patient volunteers; bring your laptop, phone, or tablet, or use our desktops. No fee. Registration encouraged; go to princeton senior.org.
• Tuesdays 10:00 a.m.–4:00 p.m.
• Wednesdays 1:00–4:00 p.m.
• Fridays 10:00 a.m.–1:00 p.m.
COMPUTER GURU
By Don Benjamin
Technology Lab Programs sponsored by: Novi Wealth Partners

Google Photos App for Android, Apple, and Windows

Last month I reviewed the Apple Photos app and explained how the photos on iPhones are synchronized with those on iPads and MacBook computers.

This month’s article covers Google’s Photos app, which is available for Android and Apple mobile devices, as well as Windows and Apple MacBook computers. In other words—just about everything.

Most Android phones include a photo manager called Gallery, where you store and view the pictures you’ve taken with your phone’s camera. However, the Google Photos app (it’s free from the Google Play Store) offers better photo management features as well as free cloud storage to ensure your photos are backed up and available on your other devices (like your tablet and computer.)

Google Photos lets you organize your pictures into albums and provides editing and special effect options. It also automatically uploads your photos to its cloud server and keeps them synchronized, so if you delete a photo from your phone, it will also delete the photo from your Google Photos cloud file. But you can also opt to remove a photo from your phone and leave it on the Google Photos server. Neat!

Google Photos can also identify objects in your snapshots and create panoramas by knitting the separate pictures of the adjacent scenes you captured.

But wait—there’s more! Google provides free unlimited storage on its cloud servers if you’re willing to limit the size of each picture you upload to 16 million pixels (which Google calls “high quality”). That’s enough for all but the most discerning photographer (see picture at left). If you want to store your pictures with greater detail (“original quality”), they will count toward the free 15 GB limit on your Google Drive account. You can add more storage for a monthly fee.

Works with Windows PC’s and Apple computers. Google Photos also works with your built-in Windows 10 Photos application and with your Apple devices. This makes Google Photos a good alternative to Apple’s iCloud Photos, and a “must-have” if you own a mix of Apple, Android, and Windows devices. You’ll need a Gmail account to use Google Photos, but it’s free. (I don’t know how Google makes money giving away storage on their servers, but I suspect that while they lose something on each picture, they make it up in volume. But that’s only a guess.)

If you need help setting up Google Photos, stop by the Technology Lab on Tuesdays from 10:00 a.m. to 4:00 p.m., Wednesdays from 1:00 to 4:00 p.m., or Fridays from 10:00 a.m. to 1:00 p.m.

Say “fromage.”

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1 Android smart phones include those from Samsung, Google, LG, and so on. Each of these companies uses its own variation of the Android operating system, so some of the things you’ll read here may look different on your own phone.
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

Cornerstone Community Kitchen
609.924.2613

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, ext. 352

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

SHIP (Medicare)
609.695.6274, ext. 215

T.R.A.D.E. (Transportation)
609.530.1971

SUPPORT & GUIDANCE

PHOTO (left to right): PSRC Knit Wit group members Barbara, Natasha, Olga, and Evelyn

Knit Wits Group donate blankets to Princeton Hospice for Veterans at end-of-life

The PSRC Knit Wits group supports veterans at end-of-life by providing red, white, and blue lap blankets to Princeton HomeCare-Hospice. The blankets are used for pinning ceremonies as part of We Honor Veterans.

We Honor Veterans, is a program of the National Hospice and Palliative Care Organization (NHPCO) in collaboration with the Department of Veterans Affairs (VA), This pioneering program is focused on respectful inquiry, compassionate listening and grateful acknowledgment. By recognizing the unique needs of America’s veterans and their families, community providers, in partnership with VA staff, learn how to accompany and guide veterans through their life stories toward a more peaceful ending.

The goal of the program is simple — to care for and honor those who have served when they reach the end of life. By working in community partnerships and collaborations, partner organizations are able to educate, engage, and expand awareness to veterans and their families. A vast majority of veterans are not enrolled in the VA and may not be aware of end-of-life services and benefits available to them, including the Medicare Hospice Benefit and VA-paid hospice care. For additional information: https://www.wehonorveterans.org/about-us.
This fall the Knit Wits group also knitted and crocheted blankets for the memory care residents at Acorn Glen. It is considered therapeutic for memory care residents to have something in their hands they can handle and feel and these knit blankets are perfect!

Learn more at princetonsenior.org/social-and-support-groups/.

**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 purchase $3 vouchers. Then call Ride Provide at 609.452.5144 to schedule a ride. Free to Penn Medicine Princeton Health (hospital) and medically prescribed rehabilitation at Princeton Fitness and Wellness Center.

**DAYTIME FREE-B BUS**
A 70-minute loop around town, Monday–Saturday. (No service to PSRC on Saturdays.) New schedules and map are available at PSRC, municipal buildings, and on the bus.

**GO GO GRANDPARENT**

**RIDE PROVIDE**
Membership door-to-door service in Mercer County. Call 609.452.5144 for more information.

*For information about local and regional bus and other transportation options, please visit gmtma.org. (Greater Mercer Transportation Authority)*
As the season of giving begins, we at PSRC hope you will consider making a generous gift to our Annual Appeal.

WHY IS THIS IMPORTANT?

- PSRC is a non-profit organization, opening our programs, and counseling service to everyone, regardless of where you live
- 2,315 referrals and information services were provided free of charge by our Social Services team
- 148 home visits were made
- 4,197 Partner in Caring contacts were made last year
- 1,203 people attended Evergreen Forum and 1,248 attended one-time presentations

An interesting fact about PSRC is that donations from individuals and organizations make up 80% of our budget. Each gift enables us to offer stimulating programs, ongoing services such as the Technology Lab, art classes, support groups, a host of interesting lectures and discussion groups, as well as exceptional thoughtful services through our social services team whose goal is to help people achieve a better quality of life. It is your generosity that allows us to thrive.

PLEASE GIVE AS GENEROUSLY AS YOU CAN!

- Did you know PSRC has the Jocelyn and Carl Helms Legacy Society — please consider becoming a member by including PSRC in your will or estate planning, or as a beneficiary on your IRA.
- Have you considered making a MONTHLY SUSTAINING GIFT — just $12 dollars a month would make an impactful annual gift.
- Making a gift to PSRC in someone’s honor/memory is a lovely way to mark a meaningful occasion

THANK YOU TO OUR INDIVIDUAL AND CORPORATE SPONSORS WHO HELPED MAKE OUR ANNUAL BENEFIT PERFORMANCE A WONDERFUL SUCCESS

GRATEFUL THANKS FOR THE SUPPORT OF:

Ellen and Albert Stark — White House
Norman and Nancy Klath — Senate
Robert Bratman and Stark & Stark — Representatives
Michael and Marykou Kenny — Supreme Court
Penn Medicine Princeton Health — Supreme Court
Hazel Stix — Supreme Court
Akin Care — Library of Congress
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Hilton Realty Co., LLC — Library of Congress
Homewatch CareGivers — Library of Congress
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McCaffrey’s Food Markets
McCarter Theater
Novi Wealth Partners

Oasis Senior Advisors
Ovation at Riverwalk
Personal Paperwork Solutions
Princeton Radiology
The Bank of Princeton

Did you know you can support PSRC all year long by bringing us your McCaffrey’s receipts? They can be up to 3 months old. PSRC receives a percentage of the total receipts.
### November 2019

#### Locations:
- CH - Corner House
- EC - Elm Court
- MH - Monument Hall
- PPL - Princeton Public Library
- RC - Redding Circle
- SC - Spruce Circle
- SPB - Suzanne Patterson Building

#### Table Tennis
- Mon., Wed., Fri.
- 12:30–4:30 p.m.

#### Mercer County Nutrition Program
Monday through Friday
10:00 a.m. to 1:00 p.m.

#### Table Tennis
- Monday through Friday
- 12:30–4:30 p.m.

### Monday

**9:15 Aerobics - SPB**
**10:30 Discover Drawing - SPB**
**10:30 Writing Your Life - MH - E Conf**
**11:30 Chair Exercise - SC**
**1:00 Global Conversations - SC**
**2:00 Word Play - SPB**
**2:15 Caregivers - SPB**

### Tuesday

**9:30 Mindful Chair Yoga & Meditation - MH Multi**
**10:00 Every Body Walk! - Various**
**10:00 Technology Lab - SPB**
**10:45 Next Chapter Widow/ers - SPB**
**1:00 Grandparents Group - SPB**

### Wednesday

**9:15 Aerobics - SPB**
**11:00 Finding Color, Light, & Texture with Paint - SPB**
**1:30 True Stories - SPB**
**2:45 Let’s Talk - SC**

### Thursday

**9:00 Mindful Chair Yoga & Meditation - SPB**
**9:45 Cosmology - SPB**
**10:00 Every Body Walk! - Various**
**10:00 Gentle Mat Yoga - SPB**
**1:00 Inspiration Through Mixed Media - SPB**
**4:30 Children of Aging Parents - SPB**

### Friday

**9:15 Aerobics - SPB**
**10:00 Men in Retirement - MH Main**
Looking Ahead

PSRC’s Annual Holiday Party

Wednesday, December 11, 1:00 p.m. — PSRC’s Suzanne Patterson Building
Eat, Drink, & Be Merry!
Join us for music, merriment, and a holiday lunch with all the trimmings.
$5 per person. Details to follow. Registration opens Wednesday, November 20 at princetonsenior.org.

Election Day

Tuesday, November 5

PSRC is a polling location and some programs may be affected. Check our website for scheduling updates.

Grateful Thanks to All of Our Annual Sponsors

Acorn Glen Assisted Living
Artis Senior Living
Capital Health
CareOne at Hamilton Assisted Living
Homewatch CareGivers
McCaffrey’s Food Markets

NightingaleNJ Eldercare Navigators
Novi Wealth Partners
Oasis Senior Advisors
Ovation at Riverwalk
Penn Medicine Princeton Health
& Home Health

Princeton Portfolio Strategies Group, LLC
Progression Physical Therapy
Team Toyota of Princeton
Van Dyck Law, LLC

And to our individual donors who along with our sponsors make our programs & services possible.

Be sure to follow us on Facebook so you don’t miss a beat! facebook.com/princetonsenior.org/