

**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.

**Downsizing & Organizing**  
*Monday, February 24 at 7:00 p.m.*  
*Princeton Public Library, Newsroom*

Learn easy techniques on how to get organized and stay organized. Explore new ways to think about your possessions and discover different options for what to do with the items you are now willing and able to part with.

Professional organizer John Odalen specializes in helping people who feel overwhelmed by their stuff and want to get organized but don't know where to start. A long time Lawrenceville resident, John published his first book on organizing, *Real Value: New Ways to Think About Your Time, Your Space & Your Stuff*, in March 2016 through Open Door Publications.

**COMING UP:**

***March 23: Transition to Retirement***  
***April 27: Volunteering in Retirement***

## SAVE THE DATE

**Reimagine Aging Conference**  
**TECHNOLOGY FOR ACTIVE LIVING**  
**SATURDAY, MARCH 28**



Registration opens March 5.  
Suggested donation \$10 per person.

- COMMUNICATING WITH TECHNOLOGY • NEW TECH GADGETS
- SECURITY & FAKE NEWS • SMART PHONES • SOCIAL MEDIA
- STREAMING ENTERTAINMENT • TRANSPORTATION & TRAVEL
- PLUS A VENDOR FAIR

This year's conference will focus on technology and how it relates to you. Stay tuned for details.

**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 Street)  
Princeton, NJ 08540  
Phone: 609.252.2362  
Monday–Friday  
10:00 a.m. to 4:30 p.m.

info@princetonsenior.org  
princetonsenior.org

*PSRC's refund policy may be found  
on the website under the "Who We Are/  
General Information" tab.*

*A nonprofit organization  
serving our community*

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FROM THE EXECUTIVE DIRECTOR

Using Technology to Enhance  
Relationships

In the last few years of my mother's life, she struggled with the transition from her trusty flip-phone to the smart phone that we purchased for her one Christmas. At one point, each of her twelve grandchildren, at least two of her sons, and a few in-laws were all called upon to give her a lesson. Her frustration never became evident—and her learning process became quite the conversation at family gatherings. One day, after finally sharing with me her frustration with her "new" phone, she lamented that the neuropathy in her fingers resulting from chemotherapy treatments made it difficult for her to even answer simple calls.

"I wish there was a pen or something that I could use instead of trying to get my fingers to do what they just can't do anymore," she bemoaned. "Mom," I said, "it's called a stylus, and they've been around for a while." That afternoon we went to the store and she picked a stylus designed for her phone and a case that would hold it—and away she went! In the next few months, she became a whiz at using the phone, and even learned new apps so that she could teach them to her grandchildren!

Aaron Smith of the Pew Research Center highlights several obstacles that prevent older adults from embracing technology. Among them, he highlights the following hurdles: physical challenges to using technology, skeptical attitudes about the benefits of technology, and difficulties learning to use new technologies. He notes, however, that "once seniors join the online world, digital technology becomes an integral part of their daily lives."

In December 2017, AARP released a landmark study entitled Technology Use and Attitudes among Mid-Life and Older Americans. At that time, over 70% of Americans over fifty were online and had spent considerable time using technology. Among the most interesting conclusions, AARP found:

- Mobile and traditional computing devices are the primary tech for Americans 50+ with 90% using a laptop or desktop computer and over 70% using smartphones;
- 91% of those with devices report that their technology use aids them in staying in touch with family and friends—ranking in order text messaging, email, and then social media as the tools most frequently used for communication;

- Traditional activities dominate computer use for older Americans, most popularly surfing the internet, online shopping, getting news, and mobile banking *although* more and more are utilizing mobile/web platforms for medical care, entertainment viewing/streaming, and travel;
- Across all devices, more than 75% of adults 50+ are on social media—primarily Facebook and Instagram, with a growing number using Twitter;
- Privacy and security is the greatest threat to older adults' internet use, but many do not take proactive steps to protect themselves online with fewer than half using passcodes on their devices and less than one-third using two-factor authentication.

With the rapidly changing world of technology, the Princeton Senior Resource Center is committed to being a leading source of support for older adults seeking to stay connected and relevant with technology use. The Technology Lab, supported by an incredibly talented group of volunteers, provides 1:1 assistance (on your device or one of our computers), along with a host of classes and workshops. In addition, this spring we are relaunching our annual conference with a focus on technology for seniors. I encourage you to register to join us for the ***Reimagine Aging Conference: Technology for Active Living*** on Saturday, March 28. For more information, visit the conference web page link at [princetonsenior.org](http://princetonsenior.org).

After my mother began to become more proficient with her iPhone, she became involved in the world around her in a way that had not yet been possible for her. FaceTime allowed her to watch soccer games in Punxsutawney. Instagram and Facebook helped her stay current on the lives of her children and grandchildren. Uber and Lyft apps helped her to make simple trips around town that enabled her continued independence. She even learned how to record a TikTok video for her grandson's graduation.

Yes, technology can seem overwhelming and, at times, it probably seems easier to remain gleefully unaware. However, research shows that maintaining an active engagement in the world through technology significantly enhances overall wellbeing. At the same time, technology is designed to enhance relationships and participation in the world, not to be a substitute for genuine engagement. Properly used and understood, technology is a significant tool that contributes to thriving in older adulthood. I look forward to seeing you at the conference in March or in the PSRC Technology Lab.

All the Best,  
*Drew A. Dyson, PhD*  
*Executive Director*



## PSRC STAFF

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*Program Associate, Receptionist,  
 & Administrative Assistant to the  
 Executive Management Team*

**Kathleen Whalen**  
*Director of Communications*

## FEBRUARY PROGRAMS

Please register for all programs, classes, and events at [princetonsenior.org](http://princetonsenior.org).



### FIRST FRIDAY FILM — “TONI MORRISON: THE PIECES I AM”

*Friday, February 7 at 1:00 p.m.*

An artful and intimate meditation on the life and works of the acclaimed novelist. From her childhood in the steel town of Lorain, Ohio to '70s-era book tours with Muhammad Ali, from the front lines with Angela Davis to her own riverfront writing room, Toni Morrison leads an assembly of her peers, critics, and colleagues on an exploration of race, America, history, and the human condition as seen through the prism of her own literature. Starring: Toni Morrison, Oprah Winfrey, Fran Lebowitz, Russell Banks, Walter Mosley  
**Genre: Documentary; Running time: 2 hours**  
Registration required, no fee.



**FYI SEMINARS**  
SPONSORED BY CAPITAL HEALTH

### FYI SEMINAR — “DIETARY CONFUSION”

*Monday, February 3 at 1:00 p.m. (rescheduled from January)*

Almost everyone is fearful of eating the “wrong” food, whether to prevent a medical problem or to reduce our planet’s carbon footprint. Feeding the frenzy are giant food industries, social media outlets, and advertising, all of which are positioned to sell us new diet plans and unfamiliar food products. This presentation will help make sense about our dietary choices.

Dr. Cynthia Clayton, a retired pediatrician, has treated children and families for forty years. In addition, she has helped design projects to educate the public in maintaining a healthy lifestyle.  
Registration required, no fee.

## SPECIAL NOTICE

**PSRC WILL BE CLOSED**  
February 17 for Presidents’ Day

### FYI SEMINAR — “AVOIDING FINANCIAL SCAMS AND PITFALLS”

*Monday, February 10 at 1:00 p.m.*

Scammers are clever. They will come at you in the mail, on the phone, or online. We will help you to be aware of some of their tricks and how to avoid them.

Nancy Sobin is the owner of Professional Paperwork Services and deals with seniors’ mail and bills every day. She has vast business experience and an MBA from the Simon School at The University of Rochester. The company is in its fifth year and serves clients in New Jersey and Bucks County Pennsylvania.  
Registration required, no fee.

### FYI SEMINAR — “HEADING OFF HOARDING AND DIOGENES SYNDROME”

*Monday, February 24 at 1:00 p.m.*

This presentation delves into the differences between collecting, hoarding, and Diogenes syndrome, and how they impact us as we age. Chris Kellogg, LSW, has been practicing as a NJ Board Certified Licensed Social Worker for more than twenty years. He prides himself on forging through obstacles and creating a seamless transition to ensure continuity of care.  
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:

**February 4—Al Gore:** The case for optimism on climate change

**February 11—Aparna Mehta:** Where do your online returns go?

**February 18—Cathy Mulzer:** The incredible chemistry powering your smart phone

**February 25—Valorie Kondos Field:** Why winning doesn’t always equal success

**Sponsors: Artis Senior Living**

## MORE PROGRAMS

Please register for all programs, classes, and events at [princetonsenior.org](http://princetonsenior.org).

### RETIREMENT PROGRAMS

#### MEN IN RETIREMENT — “MANAGING DIABETES AND PREDIABETES”

**Friday, February 7 at 2:00 p.m.**

Learn about lowering your risks of prediabetes and Type 2 diabetes, reducing complications for those diagnosed with diabetes, updates on insulin, and medical products and nutrition recommendations at this informative session. All are welcome.

#### WOMEN IN RETIREMENT — “YOUR LIFE IS FULL OF STORIES”

**Friday, February 21 at 10:30 a.m.**

Join Women in Retirement for a story sharing event inspired by public radio programs such as “The Moth” and “StoryCorps.” Storytellers will present short memorable episodes from their lives. All are welcome.

*(If you are interested in sharing a story, please contact Women in Retirement at [wiret.wordpress.com](http://wiret.wordpress.com).)*

#### TRANSITION TO RETIREMENT

**Friday, February 21 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, MEd, MSW, LSW, PSRC care coordinator and HomeFriends coordinator.

### LIMITED SERIES PROGRAMS

#### FREE TAX ASSISTANCE FOR SENIORS

**Fridays, February 7 through April 3**

**Appointments begin at 9:00 a.m.**

AARP sponsors free tax assistance for low and moderate-income people, with special attention to those age 60+ in the wider Princeton area. IRS trained volunteers from AARP will be available to prepare individual New Jersey State and Federal returns which will be filed electronically. Volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors. By appointment only: 609.924.7108.

#### THE CROWN — SEASON 1

**Tuesdays & Thursdays: February 4, 6, 11, 13, and 18, 1:00–3:00 p.m.**

The British Empire is in decline, the political world is in disarray, and a young woman takes the throne...a new era is dawning. Queen Elizabeth II is a twenty-five-year-old newlywed faced with the daunting prospect of leading the world’s most famous monarchy while forging a relationship with legendary Prime Minister Sir Winston Churchill. Stop in for two shows per day and if you miss one, we’ll keep you on track with episode summaries. Starring: Clair Foy, Matt Smith, John Lithgow  
**Running time: each episode is approximately 1 hour in length**

Registration required, no fee.

#### AGING WELL FORUM PANEL (RESCHEDULED FROM DECEMBER)

**Thursday, February 6 at 10:30 a.m.**

This event is designed to engage and inform participants about the variety of services available to the aging population. Sean Gwinner will moderate a panel of six local experts who will provide up-to-date information and answer your questions. Participants will also have the opportunity to speak one-on-one with the presenters. Topics are insurance, elder law, skilled rehabilitation, assisted living, memory care, care management, and home care.

Presenters: Melanie Basil of Scott Bloom Elderly Law, Carol Brodsky of Merwick Rehabilitation, Barbara Forschner of Artis Senior Living, Deanna Mellon of Acorn Glen Assisted Living, Joe Muligan of Mass Mutual Insurance, and Soni Pahade of Aging Advisors.

Moderator: Sean Gwinner is a veteran, community advocate, and owner of Right At Home Mercer County. Registration required. No fee.

## FEBRUARY PROGRAMS

Please register for all programs, classes, and events at [princetonsenior.org](http://princetonsenior.org).

### INCLEMENT WEATHER?

If Mother Nature gets unruly, we will post any changes on our website and update our voicemail by 8:00 a.m. Please note that we do not follow school closings. You can find us at [princetonsenior.org](http://princetonsenior.org) or call us at 609.924.7108.

### CENSUS 2020: BE A PART OF THE TEAM

**Thursday, February 20, 1:30 p.m.**

There are many excellent reasons to assist with the 2020 Census count. These temporary positions offer competitive wages and flexible hours that can fit your schedule. Tahirih Gomez-Smith will discuss the details including how to apply for employment. Support your community and be a part of history. Join the team!

Tahirih is a longtime resident of Lawrence Township and a community organizer and activist. Currently she works to promote participation in the upcoming decennial census as a partnership specialist with the US 2020 Census and is the program analyst for the Mercer County Nutrition Program for older adults. She is the founding member of the Princeton Task Force on Ethics, Sustainable Lawrence and Sustainable Princeton, and a volunteer with many local community organizations.

Registration required. No fee.

### CHESS SKILLS WORKSHOP

**Friday, February 28, 1:30–3:00 p.m.**

Learn to play the most popular game ever, a game of strategy and problem solving that keeps your mind sharp while fostering social engagement. This workshop will use “Chess x Positive Psychology,” a novel learning model that combines the disciplines of chess and the principles of positive psychology. Not only will you learn a new skill, you’ll be on the road to improved well-being. For beginner to intermediate skill levels.

Instructor Larry Li is a college senior at the University of Pennsylvania majoring in biology. He has been playing and enjoying chess for fifteen years and hopes to share the joy and benefits with all of you!

Registration required. No fee. Class limit: 12.

### ADVENTURES IN PAINTING

**Thursdays at 1:00 p.m.**

**PSRC’s Suzanne Patterson Building**

**Fee: \$30/residents; \$40/non-residents; per month**

This class focuses on technique, color, composition, shape, and more using acrylic and watercolor paint. For inspiration, each session begins with a short talk about an artist of note. Develop your aesthetic and create adventurously! Beginners through more experienced artists are welcome.

In addition to teaching at PSRC, instructor Hannah Fink has taught at The College of New Jersey. She has a master’s in fine arts from San Francisco State University.



### Yarn Donations

Big thanks going out to Princeton University Graduate School-Student Life for their annual yarn drive. They collected tons of yarn from donation boxes across their campus. The Knit Wits group at PSRC will use this yarn for all sorts of projects:

- lap blankets for disabled Veterans
- infant caps for newborn babies in the hospital
- hats/scarves, mittens, and sweaters for local homeless and needy families

## MORE PROGRAMS

Please register for all programs, classes, and events at [princetonsenior.org](http://princetonsenior.org).

### LOOKING AHEAD

2020 PHILADELPHIA INTERNATIONAL FLOWER SHOW:  
"RIVIERA HOLIDAY"

**Tuesday, March 3, 9:00 a.m. to 4:00 p.m.**

**(Please be at the bus by 8:45 a.m.)**

**Depart/Return: Community Park North Parking Lot  
on Mountain Avenue & Route 206**

Fee: \$55.00 (non-refundable) includes roundtrip motor coach bus transportation and entrance fee to the show. Register in-person at the Princeton Recreation Department located at 380 Witherspoon St., Princeton, NJ, online at <http://register.communitypass.net/princeton> or call 609.921.9480.

### 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.

#### Transition to Retirement

**Monday, March 23 at 7:00 p.m.**

**Princeton Public Library, Newsroom**

An interactive workshop focused on helping retirees and pre-retirees navigate this important life transition. A conceptual framework and practical tools will be offered to help attendees make their retirement years as personally rewarding and fulfilling as possible.

John George, Ph.D., is a licensed psychologist and David Roussell, MEd, MSW, LSW, is the care coordinator and HomeFriends coordinator at PSRC.

COMING UP:

**April 27: Volunteering in Retirement**

### BLIZZARD BAGS ARRIVED!



Community volunteers assisted the PSRC Social Services team in setting up and delivering non-perishable food items to seniors in Redding Circle and Spruce Circle.

PSRC provides ongoing social service support to Princeton Housing Authority residents. We are proud to have partnered with several local organizations to provide what we call "blizzard bags" for 100 residents in Spruce Circle and Redding Circle.



PHOTOS: PSRC staff and community volunteers setting up and delivering PSRC blizzard bags to seniors in Redding Circle and Spruce Circle.

## FEBRUARY PROGRAMS

Register now online at [princetonsenior.org](http://princetonsenior.org). Financial assistance is available if needed.



### EXERCISE & FITNESS

#### 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, 9:30–10:30 a.m.*  
\$72/residents; \$96/non-residents; per quarter (MH-Multi)  
*Thursdays, 9:00–10:00 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!**

On hiatus for the winter. Will be back in March.



### ENRICHMENT

##### **COSMOLOGY**

*Thursdays at 9:45 a.m.; \$20/annual.* Peer-led science discussion. Contact [brucewallman@gmail.com](mailto: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

##### **ADVENTURES IN PAINTING**

*Thursdays at 1:00 p.m.*  
Develop your aesthetic and create adventurously! Beginners through more experienced artists are welcome.  
\$30/residents; \$40/non-residents; per month

##### **PAINTING AND SELF EXPRESSION**

*Fridays at 10:30 a.m.*  
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**



### GAMES DAY

##### **CANASTA, MAHJONGG, SCRABBLE, 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! (BYO mahjongg set.)



### 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 [princetonsenior.org](http://princetonsenior.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.*

**ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED**

# COMPUTER GURU

By Don Benjamin

Technology Lab Programs sponsored by: Novi Wealth Partners

## Mobile Payments

Last month's Guru article described the security and financial liability features built into credit card accounts that let you safely buy stuff<sup>1</sup> online. This month, I explain how you can buy stuff from physical stores by using the "wallet" feature of your smart phone. Specifically, I'm talking about Apple Pay for iPhones, Google Pay for Android phones, and Samsung Pay for its own line of smart phones. You've probably seen their logos in stores that accept electronic payments. All three use a technology called "near-field communications," which provides a highly secure method for making in-person purchases—far better than using your physical credit card. Newer iPhones already provide a Wallet app; you download the Google Pay app from the Google Play Store; Samsung Pay is already included on most of its phones.



*Logos for Apple Pay, Samsung Pay, and Google Pay.*

To set up your smart phone's "wallet," you must first enter your credit card information. The card must be issued by a bank that supports mobile payments. PNC, Wells Fargo, Chase, and Bank of America are among the thousands of banks that support the feature. The credit card number won't be stored on your phone—only an encrypted version, called a "token," is stored.

In my case, I simply added the credit card (from PNC Bank) that's already on file with my Apple App Store account.

**Near-field communications makes it work.** Near-field communications securely transmits your credit card information from your smart phone to the point-of-sale terminal<sup>2</sup>. The devices must be really close—only a few inches—so there's no way someone else can intercept the transaction information. And even if they did, they would only receive the encrypted card number, which is useless without your mobile phone because you have to authenticate each transaction with your phone's passcode or your fingerprint. Newer phones can also use facial recognition. This also means that no one else can use your phone's wallet if you lose your phone.



*A random person using his smart phone to buy stuff. Note his nonchalance.*

If this all sounds too "out there," please realize that the U.S. is already late to the game. When I used the Underground in London last Spring, I simply held my iPhone next to the turnstile, used my fingerprint to authorize entry to the platform, and did the same at the destination. No tickets, no metro cards. And a receipt shows up on my iPhone. In fact, just about every place I went in the U.K. accepts Apple Pay—restaurants, stores, you name it. Even a little rural diner in the middle of nowhere accepted Apple Pay. Very convenient. New York City's MTA began accepting Apple and Google Pay last May. I use it at Wegman's all the time.

If you need help setting up your phone's electronic wallet, just stop by the PSRC Tech 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.

1 "Stuff" includes everything you own, used to own, or plan to own, and is usually what you store in your rooms, cabinets, garage, and basement. Some people keep stuff in their attic, too. When you run out of space for your stuff, you may need to get a bigger house or apartment to keep your stuff. You can also sell your stuff, but folks don't pay a lot for used stuff.

"Stuff" does NOT include people or pets, even if you have an uncle who lives in your attic.

2 The credit card doo-hickey next to the cashier.

## SOCIAL SERVICES

By Sharon Hurley, CVA

### Having Difficult Discussions

Having discussions with your loved ones about topics such as finances, health issues, and last wishes can be difficult.

I remember asking my thirty-year-old son to talk with me about being my healthcare proxy.

He initially refused because the idea that I wanted to put something in place, before having any medical issues, seemed unnecessary to him. I asked him to look at the conversation as a gift from me to help him. Having a proxy designation with my healthcare wishes would take some of the stress off of him for making decisions for me during a time of crisis.

As director of the social services department for PSRC, my team and I receive inquiries almost every day from people in the middle of a crisis. Many of these people need to make immediate decisions about housing, medical treatment, meals, and hospice. Most of the above issues require some research time or at a minimum a discussion with a loved one that may now be too ill to weigh in on decisions. This can be a burden on someone that

may not want to make these kind of decisions.

I convinced my son that having the discussion early on, when no crisis was imminent, would



allow him to spend quality time with me instead of running around problem solving.

I have recently made a new decision about the donation of my organs/body. I now need to share this information with my son. February 14 is National Donor Day. This is a day to remind everyone of the importance and impact made because of organ, tissue, and eye donation. The statistics show that 95% of Americans favor donation but only 60% are registered.

I have recently confirmed that my desire to be an organ donor is listed on my drivers license. This is the primary way that people register. The following information is from the Donate Life America website:

National Donor Day is a time to focus on all types of donation—organ, eye, tissue, blood, platelets, and marrow—by participating in blood/marrow drives or donor registration events.

Observed each year on February 14, National Donor Day (also known as National Organ Donor Day) is a day to

increase awareness about organ donation and the lives that can be saved. In the United States, more than 120,000 people are waiting for a life-saving organ donation.

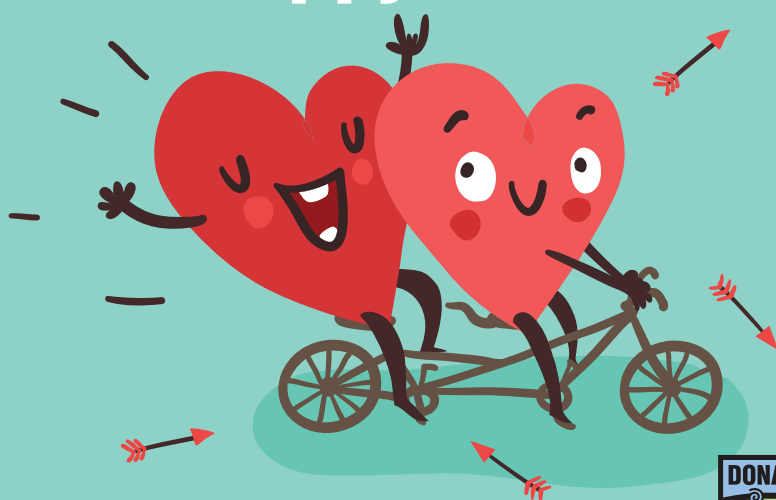
National Donor Day is also a day to recognize those who have given and received the gift of life through organ, eye and tissue donation, are currently waiting for a lifesaving transplant, and those who died waiting because an organ was not donated in time.

NATIONAL DONOR DAY  
FRIDAY, FEBRUARY 14, 2020

Registration is online at [registerme.org](https://registerme.org)

Watch for more information in the near future about how you can help. Please reach out to one of our PSRC Social Services professionals about how to have difficult discussions with your loved ones. Please call either 609.252.2362 or 609.924.7108.

## ♥ Happy Donor Day



National Donor Day is February 14.  
Share the love and register today. **RegisterMe.org**



By educating and sharing the donate life message, we can each take small steps every day to help save and heal more lives, and honor the donor's legacy of generosity and compassion.<sup>1</sup>

<sup>1</sup> National Donor Day. (n.d.). Retrieved from <https://www.donatelife.net/celebrations/national-donor-day/>

## 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, 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

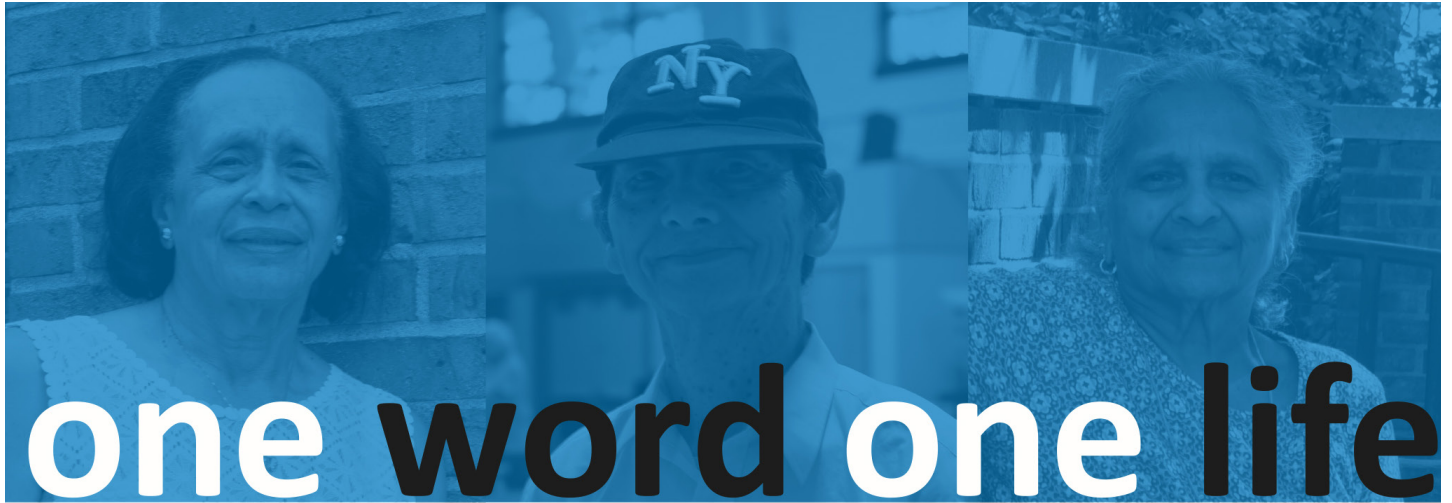
**SHIP (Medicare)**

609.695.6274, ext. 215

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

609.530.1971

## FROM THE DEVELOPMENT OFFICE



Sending our thanks to everyone who included us in their end-of-year giving!

# one gift

The start of the year is often a time of reflection:

*What were the highlights and milestones from the previous year?*

*What would you like to accomplish in the coming months and years?*

At PSRC we think about this as well—did we make peoples' lives more fulfilled, did we help families solve problems or ease their transitions—were we, as an organization of caring individuals, a positive influence in the lives of our constituents?

If this year's Annual Giving Appeal is any indication of constituent's support for PSRC's future well-being, than it is clear that we do make a positive impact on the lives of those we serve. **To all those who made a gift, we thank you.**

It's not too late to contribute to the annual appeal.

Visit <https://www.princeton senior.org/support/donate/> to learn how.

Or call the development office at 609.924.7108.

## The Jocelyn and Carl Helm LEGACY SOCIETY

A charitable bequest is one of the easiest and most flexible ways that you can leave a gift to the Princeton Senior Resource Center that will make a lasting impact.

A bequest is a gift you leave through a will or trust. It is often the easiest way to support your charitable interests because you can support your community while retaining complete control over your assets during your lifetime.

You may direct your bequest to PSRC as unspecified or you can designate it to benefit our programs or our social services, the choice is yours.



### Benefits of a bequest:

- Receive an estate tax charitable deduction
- Reduce the burden of taxes on your family
- Leave a lasting legacy to charity

Have you considered leaving money or an asset to the Princeton Senior Resource Center in your will or living trust?

You may also want the flexibility to change your will in the event that life circumstances change.

You can do both.

In as little as one sentence, you can complete your gift. This type of donation to PSRC in your will or living trust helps ensure that we continue our mission for years to come.

For more information about PSRC's Jocelyn and Carl Helm Legacy Society or to let us know that you have already included PSRC in your future plans, please contact our development office at [bprince@princetonsenior.org](mailto:bprince@princetonsenior.org) or call, 609.924.7108.

## HIGHLIGHTED SPONSORS OF THE MONTH



At Capital Health, we cover everything from the routine tests and office visits to the most acute and critical conditions.

**1.800.637.2374 | [capitalhealth.org](http://capitalhealth.org)**



Homewatch CareGivers®, we believe that good care should not interfere with your quality of life, so we do everything we can to keep you or your loved one comfortable.

**[homewatchcaregivers.com](http://homewatchcaregivers.com)**



## GROUPS

### BEREAVEMENT

*Monday, February 24 at 1:00 p.m.*  
(Usually third Monday of each month)

*Call Sherri Goldstein*

*609.819.1226 to attend.*

*Location: Monument Hall East  
Conference Room*

### CAREGIVERS

*Monday, February 10 at 2:15 p.m.*  
(Usually second Monday of each month)

*Location: Monument Hall  
East Conference Room*

### CHILDREN OF AGING PARENTS

*Thursday, February 13 at 4:30 p.m.*  
(Usually second Thursday of each month)

*Suzanne Patterson Building*

### CRAFTY PEOPLE

*Fridays, 10:00 a.m.–noon*  
Call 609.921.0929, ext. 109 to attend.  
*Elm Court*

### GLOBAL CONVERSATIONS

*Mondays at Spruce Circle at 1:00 p.m.*

### GRANDPARENTING

*Tuesday, February 18 at 1:00 p.m.*  
(Third Tuesday of each month)  
*Suzanne Patterson Building*

### KNIT WITS

*Tuesdays, February 4 & 18 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*

### MEN IN RETIREMENT

*Friday, February 7 at 2:00 p.m.*  
(Usually first Friday of each month)  
*Location: Monument Hall Main*

### NEXT CHAPTER: WIDOW/-ERS

*Tuesday, February 11 & 25 at 10:45 a.m.*  
(Usually second and fourth Tuesday  
of each month)

*Suzanne Patterson Building*

### TRANSITION TO RETIREMENT

*Friday, February 21 at 3:00 p.m.*  
(Usually third Friday of each month)  
*Suzanne Patterson Building*

### WOMEN IN RETIREMENT

*Friday, February 21 at 10:30 a.m.*  
(Usually third Friday of each month)  
*Location: Monument Hall Main*

**THERE ARE NO FEES FOR THESE GROUPS.**

## FEATURED GRANT

PSRC has been selected to receive a three-year, \$165,000, capacity building grant from The Princeton Area Community Foundation (PACF) Bunbury Fund. This grant will help PSRC address critical organizational needs due to resource constraints: strengthening governance, leadership and staff expertise, and supporting initiatives and planning to effectively advance the mission toward sustainable organizational maturity.

The Princeton Area Community Foundation promotes philanthropy and builds community across Mercer County and central New Jersey. It helps people and companies make effective charitable gifts and awards grants to nonprofits. Since its founding in 1991, the Community Foundation has grown into an organization with more than \$180 million in assets and made grants of more than \$149 million, including \$21 million in 2018.

## TRANSPORTATION

### CROSSTOWN

Door-to-door car service within Princeton for people over age sixty-five. 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 FreeB BUS

A seventy-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

Available 24/7. Helps you schedule on-demand transportation companies like Uber and Lyft. Call 855.464.6872 or go to: [gogograndparent.com](http://gogograndparent.com).

### 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](http://gmtma.org). (Greater Mercer Transportation Authority)*

# FEBRUARY 2020

## Monday

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

## Tuesday

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

## Wednesday

**Locations:**  
CH - Corner House  
EC - Elm Court  
MH - Monument Hall  
PPL - Princeton Public Library

## Thursday

RC - Redding Circle  
SC - Spruce Circle  
SPB - Suzanne Patterson  
Building

## Friday

Various — Call Progression PT  
for locations: 609.454.3536

3

9:15 Aerobics - SPB  
10:30 Discover Drawing - SPB  
10:30 Writing Your Life -  
MH - E Conf  
**11:00 Gallery Talks on the Road**  
- SPB  
11:30 Chair Exercise - SC  
**1:00 FYI Seminar - SPB**  
1:00 Global Conversations - SC  
2:00 Word Play - SPB

4

9:30 Mindful Chair Yoga &  
Meditation - MH Multi  
10:00 Technology Lab - SPB  
10:30 TED Talk - SPB  
12:00 Games Day - SPB  
1:00 Knit Wits - SC  
**1:00 "The Crown" - SPB**

5

9:15 Aerobics - SPB  
**10:30 French Rendez-Vous - SPB**  
11:00 Finding Color, Light, &  
Texture with Paint - SPB  
1:00 Technology Lab - SPB  
1:30 True Stories - SPB  
2:45 Let's Talk - SC

6

9:00 Mindful Chair Yoga &  
Meditation - SPB  
9:45 Cosmology - SPB  
10:00 Gentle Mat Yoga - SPB  
**10:00 Ageism Workshop - PPL**  
**10:30 Aging Well Forum - SPB**  
1:00 Adventures in Painting -  
SPB  
**1:00 "The Crown" - SPB**

7

**9:00 AARP Tax Assistance - SPB**  
9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
10:30 Painting and Self  
Expression - SPB  
12:00 Chair Exercise - SC  
**1:00 First Friday Film - SPB**  
**2:00 Men in Retirement -**  
**MH Main**

10

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

11

9:30 Mindful Chair Yoga &  
Meditation - MH Multi  
10:00 Technology Lab - SPB  
10:30 TED Talk - SPB  
**10:45 Next Chapter Widow/ers**  
- SPB  
12:00 Games Day - SPB  
**1:00 "The Crown" - SPB**

12

9:15 Aerobics - SPB  
**10:30 French Rendez-Vous - SPB**  
11:00 Finding Color, Light, &  
Texture with Paint - SPB  
1:00 Technology Lab - SPB  
1:30 True Stories - SPB  
2:45 Let's Talk - SC

13

9:00 Mindful Chair Yoga &  
Meditation - SPB  
9:45 Cosmology - SPB  
10:00 Gentle Mat Yoga - SPB  
**10:00 Ageism Workshop - PPL**  
1:00 Adventures in Painting -  
SPB  
**1:00 "The Crown" - SPB**  
**4:30 Children of Aging Parents**  
- SPB

14

**9:00 AARP Tax Assistance - SPB**  
9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
10:30 Painting and Self  
Expression - SPB  
12:00 Chair Exercise - SC

17

**PSRC IS CLOSED FOR THE  
PRESIDENTS DAY HOLIDAY**

18

9:30 Mindful Chair Yoga &  
Meditation - MH Multi  
10:00 Technology Lab - SPB  
10:30 TED Talk - SPB  
12:00 Games Day - SPB  
**1:00 Grandparents Group - SPB**  
1:00 Knit Wits - SC  
**1:00 "The Crown" - SPB**

19

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

20

9:00 Mindful Chair Yoga &  
Meditation - SPB  
9:45 Cosmology - SPB  
10:00 Gentle Mat Yoga - SPB  
**10:00 Ageism Workshop - PPL**  
1:00 Adventures in Painting -  
SPB  
**1:30 Census 2020 - SPB**

21

**9:00 AARP Tax Assistance - SPB**  
9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
10:30 Painting and Self  
Expression - SPB  
**10:30 Women in Retirement -**  
**MH Main**  
12:00 Chair Exercise - SC  
**3:00 Transition to Retirement**  
- SPB

24

9:15 Aerobics - SPB  
10:30 Discover Drawing - SPB  
10:30 Writing Your Life -  
MH - E Conf  
**11:00 Gallery Talks on the Road**  
- SPB  
11:30 Chair Exercise - SC  
**1:00 Bereavement - MH - E Conf**  
**1:00 FYI Seminar - SPB**  
1:00 Global Conversations - SC  
2:00 Word Play - SPB  
**7:00 Retirement Series - PPL**

25

9:30 Mindful Chair Yoga &  
Meditation - MH Multi  
10:00 Technology Lab - SPB  
10:30 TED Talk - SPB  
**10:45 Next Chapter Widow/ers**  
- SPB  
12:00 Games Day - SPB

26

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

27

9:00 Mindful Chair Yoga &  
Meditation - SPB  
9:45 Cosmology - SPB  
10:00 Gentle Mat Yoga - SPB  
1:00 Adventures in Painting -  
SPB

28

**9:00 AARP Tax Assistance - SPB**  
9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
10:30 Painting and Self  
Expression - SPB  
12:00 Chair Exercise - SC  
**12:30 Senior Citizen Club - SPB**  
**1:30 Chess Workshop - SPB**



45 Stockton Street • Princeton • New Jersey



**Mayors Wellness Campaign**  
*Put your community in motion.*



## Blizzard Bag Donations THANK YOU

PSRC is grateful for the generous donation from Berkshire Bank Foundation for the annual Blizzard Bag Project. Canvas bags were donated by Foothill Acres Rehabilitation & Nursing Center.

PHOTO: Christopher English, Berkshire Bank Foundation, and Sharon Hurley, PSRC director of social services



**Did you know you can support PSRC all year long by bringing us your McCaffrey's receipts? They can be up to three months old. PSRC receives a percentage of the total receipts.**

## GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Acorn Glen Assisted Living  
Akin Care Senior Services  
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/](https://facebook.com/princetonsenior.org/)