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.
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.

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

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
RETIRED 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.)

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

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

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, MSED, 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. 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 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.
• 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
Last month’s Guru article described the security and financial liability features built into credit card accounts that let you safely buy stuff 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.

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. 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.

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 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

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.

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.¹


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

Happy Donor Day

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

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

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.princetonsenior.org/support/donate/ to learn how. Or call the development office at 609.924.7108.
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.

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

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 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

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
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

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)
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Mercer County Nutrition Program</strong></td>
<td><strong>Table Tennis</strong></td>
<td><strong>Locations:</strong></td>
<td><strong>RC - Redding Circle</strong></td>
<td><strong>Various — Call Progression PT</strong></td>
</tr>
<tr>
<td>Monday through Friday 10:00 a.m. to 1:00 p.m.</td>
<td>Mon., Wed., Fri. 12:30-4:30 p.m.</td>
<td>CH - Corner House</td>
<td>SC - Spruce Circle</td>
<td>for locations: 609.454.3536</td>
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<td></td>
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<td>EC - Elm Court</td>
<td>SPB - Suzanne Patterson Building</td>
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<td>MH - Monument Hall</td>
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<td>PPL - Princeton Public Library</td>
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<tr>
<td>9:15 Aerobics - SPB</td>
<td>9:30 Mindful Chair Yoga &amp; Meditation - MH Multi</td>
<td>9:15 Aerobics - SPB</td>
<td>9:00 Mindful Chair Yoga &amp; Meditation - SPB</td>
<td>9:00 AARP Tax Assistance - SPB</td>
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<tr>
<td>10:30 Writing Your Life - MH - E Conf</td>
<td>10:30 TED Talk - SPB</td>
<td>11:00 Finding Color, Light, &amp; Texture with Paint - SPB</td>
<td>10:00 Gentle Mat Yoga - SPB</td>
<td>10:00 Crafty People - EC</td>
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<td>11:00 Gallery Talks on the Road - SPB</td>
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<td>11:30 Chair Exercise - SC</td>
<td>1:00 Knit Wits - SC</td>
<td>1:30 True Stories - SPB</td>
<td>10:00 Ageism Workshop - PPL</td>
<td>10:30 Painting and Self Expression - SPB</td>
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<td>1:00 FYI Seminar - SPB</td>
<td>1:00 “The Crown” - SPB</td>
<td>2:45 Let’s Talk - SC</td>
<td>1:00 Adventures in Painting - SPB</td>
<td>12:00 Chair Exercise - SC</td>
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<td>2:00 Word Play - SPB</td>
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<td>2:00 Men in Retirement - MH Main</td>
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<td>2:15 Caregivers - MH - E Conf</td>
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<tr>
<td><strong>PSRC IS CLOSED FOR THE PRESIDENTS DAY HOLIDAY</strong></td>
<td><strong>9:30 Mindful Chair Yoga &amp; Meditation - MH Multi</strong></td>
<td><strong>9:15 Aerobics - SPB</strong></td>
<td><strong>9:00 Mindful Chair Yoga &amp; Meditation - SPB</strong></td>
<td><strong>9:00 AARP Tax Assistance - SPB</strong></td>
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<td>10:00 Technology Lab - SPB</td>
<td>11:00 Finding Color, Light, &amp; Texture with Paint - SPB</td>
<td>10:45 Cosmosology - SPB</td>
<td>9:15 Aerobics - SPB</td>
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<td>10:30 TED Talk - SPB</td>
<td>1:00 Technology Lab - SPB</td>
<td>10:00 Gentle Mat Yoga - SPB</td>
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<td>12:00 Games Day - SPB</td>
<td>1:30 True Stories - SPB</td>
<td>10:00 Technology Lab - SPB</td>
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<td>1:00 Grandparents Group - SPB</td>
<td>2:45 Let’s Talk - SC</td>
<td>10:00 Ageism Workshop - PPL</td>
<td>10:30 Painting and Self Expression - SPB</td>
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<td>10:30 Discover Drawing - SPB</td>
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<td>12:30 Senior Citizen Club - SPB</td>
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<td>1:30 Chess Workshop - SPB</td>
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<td>2:00 Word Play - SPB</td>
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<td>7:00 Retirement Series - PPL</td>
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GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

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<tr>
<th>Acorn Glen Assisted Living</th>
<th>McCaffrey’s Food Markets</th>
<th>Penn Medicine Princeton Health &amp; Home Health</th>
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<tr>
<td>Akin Care Senior Services</td>
<td>NightingaleNJ Eldercare Navigators</td>
<td>Princeton Portfolio Strategies Group, LLC</td>
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<td>Artis Senior Living</td>
<td>Novi Wealth Partners</td>
<td>Progression Physical Therapy</td>
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<td>Capital Health</td>
<td>Oasis Senior Advisors</td>
<td>Team Toyota of Princeton</td>
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<td>CareOne at Hamilton Assisted Living</td>
<td>Ovation at Riverwalk</td>
<td>Van Dyck Law, LLC</td>
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<td>Homewatch CareGivers</td>
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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/

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