

# Reimagine Aging Conference

## TECHNOLOGY FOR ACTIVE LIVING

**SATURDAY, MARCH 28**  
*9:00 a.m.–2:00 p.m. (includes lunch)*  
*at PSRC's Suzanne Patterson Building*

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

Registration opens March 5. Suggested donation \$10 per person.  
Participants can choose two workshops. See page 7 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*

**BOARD OF TRUSTEES**

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FROM THE EXECUTIVE DIRECTOR  
How Do You Measure a Year?

525,600 minutes. As the musical *Rent* asked powerfully in the 1990's, "How do you measure, measure a year?" March 19th will mark my one-year anniversary as Executive Director of PSRC. I am incredibly grateful for the opportunity to serve in this capacity and I have thoroughly enjoyed every minute! Okay...*almost* every minute!

As I look back over the past year, there are several observations that I would like to share about this wonderful organization:

- PSRC is blessed with an incredible staff team that serves with excellence and with a powerful commitment to our mission of helping older adults thrive. I am humbled to serve alongside such incredible colleagues. This month, we say goodbye to Evergreen Forum Coordinator Abigail Meletti. She has been a wonderful part of our PSRC staff team (twice) and I know you will want to say "thank you" for all of her contributions.
- Volunteers truly are the fuel that powers our organization to make such an impact in the community. Board and advisory council members. Tech Lab volunteers. GrandPals. Front desk associates. HomeFriends. Event committee volunteers. PSRC ambassadors. I am continuously amazed by the quality and dedication of our volunteers. **If you'd like to volunteer for PSRC, please contact Sharon Hurley at shurley@princetonsenior.org**
- As a community nonprofit, PSRC relies heavily on individual donors, community partners, and corporate sponsors to fund our mission. I am truly grateful for those who contribute so generously to enable PSRC to carry out our work on behalf of older adults in the greater Princeton community.
- PSRC has a powerful legacy in the community—with signature programs such as the Evergreen Forum and GrandPals—along with a top-notch social service team that offers empathic, professional care to various individuals and groups.
- PSRC's outstanding programs and services are limited by our building capacity and available parking at our primary site at the Suzanne Patterson Building (45 Stockton Street).

# 525,600 minutes

One of my favorite inspirational sayings, from mountain climber Norman Vaughan, challenges me daily: “Dream big and dare to fail!” As I look ahead to the next 525,600 minutes and beyond, here are some of the big dreams I have for PSRC:

- A robust summer schedule with new programs and lifelong learning options
- Expanded social services that reach further into the community and support more older adults and their families—particularly in areas of support for LGBTQ+ older adults and those with LGBTQ+ children and grandchildren, support for those whose family members are struggling with addiction, and support for veterans of the armed services
- New programs for exercise, nutrition, and wellness
- Taking initial steps towards developing a world-class facility to serve the community in powerful new ways
- A mobilized and energized core of older adults supporting the nonprofit community through volunteer service
- An expanded list of annual donors—and more major donors giving over \$1,000/year to fund PSRC’s mission in the community

As my mother used to tell me, “That ought to keep you busy for a little while!” Friends, will you join me in dreaming big? Will you join me in a risk-taking adventure to move PSRC into an exciting new future that builds on the solid foundation of our 45+ year history in the community? I’d love to hear your dreams for PSRC. Please feel free to drop me an email with your thoughts.

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



## PSRC STAFF

**Drew A. Dyson, PhD**  
*Executive Director*

**Donna Cosgrove**  
*Associate Executive Director  
& Director of Programs*

**Fran Angelone**  
*Spruce Circle Office Manager  
& Crosstown Coordinator*

**Cathy Gara**  
*Bookkeeper & HR Coordinator*

**Cheryl Gomes**  
*Development Associate*

**Sharon Hurley, CVA**  
*Director of Social Services  
& Volunteer Coordinator*

**Alex Leibler**  
*Coordinator of Technology, Database,  
and Digital Storytelling*

**Wendy Lodge**  
*GrandPals Coordinator*

**Nicole Maccarone, LCSW, LCADC**  
*Care Coordinator  
& Social Service Outreach*

**Abigail Meletti**  
*Evergreen Forum Coordinator*

**Breana Newton**  
*Program Associate &  
Rental Coordinator*

**Barbara Prince**  
*Director of Development*

**Dave Roussell, MSW**  
*Care Coordinator  
& HomeFriends Coordinator*

**Carla Servin**  
*Assistant GrandPals Coordinator*

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

**Kathleen Whalen**  
*Director of Communications*



## MARCH PROGRAMS

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



### FIRST FRIDAY FILM — “DOWNTON ABBEY” *Friday, March 6 at 1:00 p.m.*

The worldwide phenomenon *Downton Abbey* becomes a grand motion picture event, as the beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England will unleash scandal, romance, and intrigue that will leave the future of *Downton* hanging in the balance. Written by series creator Julian Fellowes and starring the original cast.

Starring: Hugh Bonneville, Elizabeth McGovern, Maggie Smith

**Genre:** *Drama, Romance*

**Running time:** 2 hours, 2 minutes

Registration required, no fee.

**Location:** *Monument Hall Multi, first floor*



### FYI SEMINARS

SPONSORED BY OASIS SENIOR ADVISORS  
& OVATION AT RIVERWALK

### FYI SEMINAR — “TIME MANAGEMENT”

*Monday, March 9 at 1:00 p.m.*

Deanna Mellon from Acorn Glen Assisted Living will discuss ways to manage time, maintain our schedules, or to budget time for enjoyment. She will highlight the steps to improve time management and present tricks and tips to stay proactive along the way! Deanna has worked in the senior health care industry for close to fifteen years and is dedicated to being a resource for seniors in the community.

Registration required, no fee.

### FYI SEMINAR — “THE ART OF DOWNSIZING”

*Monday, March 16 at 1:00 p.m.*

Do you need to downsize but don't know where or how to start? Please join Bobbie Burkhart, for some pointers on how to begin the downsizing process. Hint—it's not as scary as you think.

Bobbie is a home organizer who specializes in helping seniors and their families with the downsizing process. Her goal is to take as much stress out of your transition as possible.

Registration required, no fee.

### FYI SEMINAR — “THE ART OF LAUGHTER YOGA”

*Monday, March 23 at 1:00 p.m.*

Laughter Yoga is a unique exercise program sweeping the world where anyone can laugh without using jokes, humor, or comedy. It was developed by Indian physician Dr. Madan Kataria and combines laughter exercises with yoga breathing which brings in more oxygen to the body and brain making one feel more energetic and healthier.

Barbara Sprechman is a certified Laughter Yoga Leader helping to grow the movement of Laughter Yoga for health, happiness, and world peace. Also, she is the assistant executive director at the Prevention Coalition of Mercer County. 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:

**March 3—Katie Hood:** The difference between healthy and unhealthy love

**March 10—Quita Christison:** The New Five Second Rule: Redefining the First Impression (*recommended by Nayan*)

**March 17—Rishi Manchanda:** What makes us get sick? Look upstream

**March 24—Dan Pink:** The puzzle of motivation

**March 31—David Byrne:** How architecture helped music evolve

**Sponsors:** *Artis Senior Living & Capital Health & Progression Physical Therapy*

## 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.

## MORE PROGRAMS

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

### RETIREMENT PROGRAMS

**MEN IN RETIREMENT — “HEALTHY EATING ALL YEAR LONG”**

***Friday, March 6 at 2:00 p.m.***

Heather Bainbridge, a registered dietitian nutritionist with Princeton Medical Center, will teach you about healthy eating all year round, and what types of foods will help you feel better including: foods that boost your immune system, anti-inflammatory foods, and super foods that give you energy and stamina. All are welcome.

**WOMEN IN RETIREMENT — “THE LIFE OF ALBERT EINSTEIN”**

***Friday, March 20 at 10:30 a.m.***

Eve Mandel from the Historical Society of Princeton will examine the life of the man whose name has become synonymous with “genius.” Learn how a childhood fascination with a compass played a role in the development of the Nobel Prize-winning scientist, how he accepted a job in Princeton to escape Nazi Germany, and how he used his celebrity to advocate for civil rights and advance world peace. All are welcome.

***FYI—parking alternatives (besides PSRC lot): free street parking on Stockton Street (right across from the drive to PSRC parking lot) is available for two hours until 4:00 p.m.; metered parking just around the corner on Mercer Street; and public metered parking lot next to Trinity Church (also on Mercer Street)***

**TRANSITION TO RETIREMENT**

***Friday, March 20 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.

**NEW! LIBRARY READS**

***March 2 (usually the first Monday of the month) at 1:00 p.m.***

Calling all readers—the Princeton Public Library will be visiting PSRC! Each month, library staff will showcase some great recent book titles that you may have missed and provide copies if you’d like to read one. To sweeten the deal, the library will stock our bookcase with notable reads for you to take home and enjoy. You can also ask for personalized book recommendations and find out about other useful services the library provides. 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.

**Transition to Retirement**

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

***Princeton Public Library, Newsroom***

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

## MARCH PROGRAMS

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

### FREE TAX ASSISTANCE FOR SENIORS

***Fridays 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.

### SLEUTH BY ANTHONY SHAFFER

Directed by Adam Immerwahr

***March 10–29\****

***McCarter Theater***

A wickedly fun thriller

“Good, neat, clean, and bloody fun”—*The New York Times*

A suspenseful game of cat-and-mouse, Anthony Shaffer’s *Sleuth* is a brilliant parody of the Agatha Christie thriller filled with plotted murders, jealousy, and revenge.

### SPECIAL \$35\* OFFER

On performances: March 10–14

USE PROMO: PSRC

[mccarter.org](http://mccarter.org)

*\*Offer expires March 14, restrictions apply.*

## LOOKING AHEAD

### NEW CLASS! STAY-WELL CHAIR EXERCISE

***Fridays, Beginning April 3 at 11:00 a.m.***

***Suzanne Patterson Building***

Fee: \$48/residents; \$60/non-residents; per quarter  
Build your endurance and strengthen your body, mind, and soul. This chair aerobics class is designed for those seeking a gentle yet lively form of exercise. Instructor Laraine Alison offers a fun, music filled class that will help you forget that you’re even exercising.

### NEW! FLYSTICK METHOD WORKOUT

***Thursdays in April & May for seven weeks beginning April 16 at 11:30 a.m., Suzanne Patterson Building***

Fee: \$45/resident, \$55/non-resident

The Flystick Method, developed in 2013, is a holistic Israeli exercise technique. The flystick (basically a five foot-long broomstick handle) helps to combine strength and flexibility exercises for active stretching and increased lung capacity. Our Flystick class is designed especially for seniors and will increase your range of motion, elasticity, posture, and circulation. Combined with music, this class will engage your senses as you feel the meditative and healing power of the Flystick Method Workout.

Nirit Khanem-Meir has been in the fitness industry for more than twenty-five years, teaching cardio, toning, Pilates, and yoga in her studio in Israel and periodically in the states. She is eager to introduce the Flystick Method that has brought joy into her life.

## 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.

### Volunteering in Retirement

***Monday, April 27 at 7:00 p.m.***

***Princeton Public Library, Newsroom***

Have you recently retired and want to give back to your community? Would you like to learn new skills so that you can have an encore job in a new field? Do you have talents and skills that you would like to share with others? These are just some of the questions that will be answered in this information lecture. Join us to find out your options for volunteering in retirement.

Sharon Hurley is PSRC’s Director of Social Services and Volunteer Coordinator.

SATURDAY, MARCH 28

Registration opens March 5  
[princetonsenior.org/spring-conference-resource-fair/](http://princetonsenior.org/spring-conference-resource-fair/)



## Reimagine Aging Conference

### TECHNOLOGY FOR ACTIVE LIVING

#### WORKSHOP DESCRIPTIONS

##### **Digital Personal Assistants: The Newest Thing in Tech Gadgets**

*Presenter: Ruth Quiles*

Get the scoop on video doorbells, robots that answer your questions, and other technology gadgets that are designed to help you with everyday tasks like making grocery lists or timing lights in your house. Come learn what these gadgets can do for you.

##### **Security & Fake News: The Darker Side of the World Wide Web**

*Presenter: Josh Stone*

Josh Stone, owner of CPR Computer Repair, will present information on internet security and the reliability of various news sources. During this presentation the audience is encouraged to bring questions about tools and techniques for safely enjoying access to the internet. Also this year, we'll discuss specific issues related to discerning the trustworthiness of different sources of information.

##### **Smart Phones: Get the Most from Your Device**

*Presenter: Evelyn Sasmor*

That phone you are carrying is more than a phone. It can help keep you safe, give you travel directions (even walking), get you help when you need it, and provide entertainment and information. In this workshop you'll learn about important built-in things your phone can do, and how to find and use the applications that best meet your needs.

##### **Social Media: The World is Waiting for You**

*Presenter: Deb Hallisey*

The world of social media can feel intimidating if you are over the age of twenty, but it is a world rich with knowledge and opportunities to connect with family and reconnect with friends and colleagues. With so many social media outlets, the question becomes, where do I spend my time online?

Facebook, LinkedIn, Instagram, Twitter, Pinterest, and Snapchat are the most recognized social media outlets. What are the differences and who and what will you find online?

Is one social media platform better than the other to keep in touch with family and grandchildren? If you are concerned about privacy and safety online, what steps can you take to protect yourself? When researching online how do you know a site is credible? To learn the answer to these questions and more, please join us.

##### **Stay in Touch: Communicating with Technology**

*Presenter: Don Gould*

Wouldn't you love to watch a friend or loved one located thousands of miles away from you play the piano or open a birthday gift, live, as it is happening? You can! It's easy to do with hardware already built-in to your laptop, tablet, or cell phone. In this workshop, we will introduce and demonstrate Skype and FaceTime, two simple-to-use and free software programs that allow you to make video calls.

##### **Streaming: Entertainment at the Push of a Button**

*Presenter: Don Benjamin*

Many folks are ditching their cable TV service (and associated boxes) with subscription streaming services from Netflix, Hulu, HBO, YouTube, and Amazon Prime Video, to name a few. Today's "smart" TV's include these services, but you can make any flat screen TV "smart" by adding a streaming device, such as a Roku, Chromecast, Amazon Fire TV Stick, or Apple TV.

In this workshop, you'll learn about subscription streaming services, streaming devices, and the internet service you'll need to support them. We'll explain how you'll be able to watch your local and cable networks and record your favorite programs with Hulu or YouTube TV, the cost for these services, and how they compare with cable TV.

##### **Transportation: Getting Around in the Twenty-First Century**

*Presenters: Steve DaCosta and Cheryl Kastrenakes*

Use today's technology to get around—how and when you want to. This session will explain how to use technology to find and catch the right bus or train anytime. We'll also discover and explain how to make services like Uber and Lyft work for you. Still driving? We've got you covered too, with maps and GPS.

#### VENDORS

• Acorn Glen • Buckingham Place Adult Day Center & Home Care • Capital Health • CareOne at Hamilton • Chefs for Seniors • ClearCaptions, LLC • Greater Mercer TMA • High Five Technology Instruction, LLC • NightingaleNJ Eldercare Navigators • Oasis Senior Advisors • Personal Paperwork Solutions • Princeton Care Center • Progression Physical Therapy • Springpoint at Home • Springpoint Choice • Synergy HomeCare • Trader Joe's



## MARCH 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!**

*Tuesdays and Thursdays, 10:00 a.m. FREE*  
This program is available from April through November and meets in different outdoor locations. Visit [www.progressionpt.com](http://www.progressionpt.com) or call Progression PT at 609.454.3536. Co-Sponsored by PSRC and Progression Physical Therapy.



### ENRICHMENT

#### **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

#### **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, LIGHT, AND TEXTURE WITH PAINT**

*Wednesdays at 11:00 a.m.*

Painting with watercolor and acrylics.

\$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**



# MARCH 2020

## Monday

2

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  
**1:00 Library Reads - SPB**  
2:00 Word Play - SPB

## Tuesday

3

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

## Wednesday

4

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

## Thursday

5

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

## Friday

6

**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 - MH Multi**  
**2:00 Men in Retirement - MH Main**

9

9:15 Aerobics - SPB  
10:30 Discover Drawing - SPB  
10:30 Writing Your Life - MH - E Conf  
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**

10

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

11

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

12

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

13

**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

16

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

17

9:30 Mindful Chair Yoga & Meditation - MH Multi  
10:00 Technology Lab - SPB  
10:30 TED Talk - SPB  
**11:00 Grandparents Group - SPB**  
12:00 Games Day - SPB  
1:00 Knit Wits - SC

18

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

19

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

20

**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**

23

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

24

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

25

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

26

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

27

**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**

30

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

31

9:30 Mindful Chair Yoga & Meditation - MH Multi  
10:00 Technology Lab - SPB  
10:30 TED Talk - SPB  
12:00 Games Day - SPB

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

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

**Locations:**  
CH - Corner House  
EC - Elm Court  
MH - Monument Hall  
PPL - Princeton Public Library  
RC - Redding Circle  
SC - Spruce Circle  
SPB - Suzanne Patterson Building  
Various — Call Progression PT for locations: 609.454.3536

## GROUPS

### BEREAVEMENT

Monday, March 16 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, March 9 at 2:15 p.m.  
(Usually second Monday of each month)  
Location: Monument Hall  
East Conference Room

### CHILDREN OF AGING PARENTS

Thursday, March 12 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, March 17 at 11:00 a.m. (*note  
time change for March*)  
(Third Tuesday of each month)  
Suzanne Patterson Building

### KNIT WITS

Tuesdays, March 3 & 17 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, March 6 at 2:00 p.m.  
(Usually first Friday of each month)  
Location: Monument Hall Main

### NEXT CHAPTER: WIDOW/-ERS

Tuesday, March 10 & 24 at 10:45 a.m.  
(Usually second and fourth Tuesday  
of each month)  
Suzanne Patterson Building

### TRANSITION TO RETIREMENT

Friday, March 20 at 3:00 p.m.  
(Usually third Friday of each month)  
Suzanne Patterson Building

### WOMEN IN RETIREMENT

Friday, March 20 at 10:30 a.m.  
(Usually third Friday of each month)  
Location: Monument Hall Main

THERE ARE NO FEES FOR THESE GROUPS.

## GrandPals

Marlene Director is one of our 100+ dedicated GrandPals who reads every week in the four Princeton Public Schools elementary buildings. Marlene reads for three sessions on Mondays at Community Park Elementary School. During a recent kindergarten



session, one of her students said to her, “You’re like our mother.” The same little boy said, “Be careful driving!” when their time together had ended for the day. Marlene was touched by his caring and sensitivity. She looks forward to reading with them every week!

If you’re interested in becoming a substitute GrandPal, please contact Wendy Lodge at [wlodge@princeton senior.org](mailto:wlodge@princeton senior.org) or Carla Servin at [cservin@princeton senior.org](mailto:cservin@princeton senior.org).

## 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)*

# COMPUTER GURU

By Don Benjamin

Technology Lab Programs sponsored by: Novi Wealth Partners

## Browsers

In January, Microsoft replaced its Edge browser with a new, improved Edge browser, so I thought it was time to write about browsers.

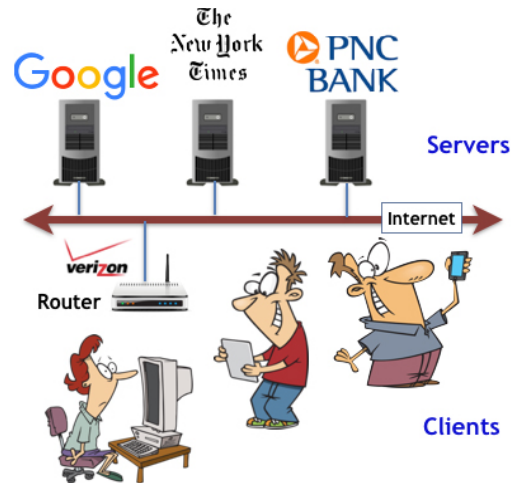
A **browser** is a program on your computer that downloads information from computers on the internet and renders that information in a form that you can read on your monitor, tablet, or mobile phone. The computers that provide the information are called “servers,” and your devices are “clients.” (See diagram on right.)

The network of servers comprises the World Wide Web (or “the cloud”), and the information they provide you are web pages. Web pages can include text, pictures, videos, and—very importantly—**links to other web pages**. If you’re reading *The New York Times* online, looking up a recipe for kreplach on Google, or paying your bills online, you’re using a browser to view web pages.

Windows 10 includes two browsers: A newly refurbished **Microsoft Edge** and the venerable **Internet Explorer**, which has become long in the tooth and may no longer render web pages correctly. Apple bundles its **Safari** browser with its MacBook computers, iPads, and iPhones. Many folks have installed **Chrome** on their Windows and Apple computers probably because of the popularity of Google’s Gmail or because someone told them that Chrome is better. Android tablets and phones include Google’s **Chrome** browser because Google owns the Android operating system.

**All browsers do the same thing**, and it usually doesn’t matter which browser you use. Any modern browser will work with Google, Gmail, and the Google web applications. Microsoft’s newly remodeled Edge browser now incorporates the same underpinnings as Chrome and is well integrated with Windows 10.

Safari is an excellent browser that is closely tied to Apple’s MacBook, iPad, and iPhone software. **Firefox browser**, which is available for MacBook and Windows computers, is a product of the nonprofit Mozilla corporation, which stresses privacy.



## Recommendations

**If you’re a Windows user concerned about privacy, then you should consider Firefox as your default browser.** The Mozilla Group, which keeps Firefox up to date, is private and doesn’t track what you’re doing on the web. Or you can try out the new version of Microsoft’s Edge. You can copy your bookmarks from one browser to the next, so switching is simple. Microsoft is no longer adding features to Internet Explorer and I suggest you not use it.

**MacBook users should stay with Safari.** It’s an excellent browser, and integrates nicely with other Apple devices, like the iPhone and iPad. Keeping your MacBook operating system up to date will keep Safari up to date as well.

If you need help with your browser, visit 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.



## SOCIAL SERVICES

By Sharon Hurley, CVA

### Generations Strong

National Social Work Month is in March and this year's theme is "Social Work: Generations Strong."

Each day, nearly 800,000 social workers nationwide work to elevate and empower others, giving them the ability to solve life's problems, cope with personal roadblocks, and obtain the services they need.

One of these social workers is Dave Roussell, who celebrated his fourth anniversary at PSRC in November. Some of the things people have said about working with Dave are: "He is a good listener, very thorough, willing to go above and beyond." The one description that almost everyone uses to describe Dave is: "He is KIND." He is known to put people at ease immediately with his smile and easy laugh. When asked about his position at PSRC Dave said that no two days are ever the same and he loves the variety of people that he has the honor of meeting.

Dave's role as coordinator of the HomeFriends program has him matching volunteers with those that desire someone to come for visits to their home.

He has had some very successful matches, including people that in their first visit realized that they both enjoyed world travel and exchanged numerous stories about their adventures. Dave is



the facilitator for the popular Let's Talk group that meets on Wednesdays at Spruce Circle. This group discusses a variety of topics each week based on the participants life circumstances, current events, traveling and some heated discussions on politics. Twice a year Dave facilitates discussions around health care decisions/advance directives, and monthly he co-facilitates the Transition to Retirement group with John George, PhD. Dave also does baseline memory screenings and will follow up annually.

#### **Social workers are everywhere!**

You may not realize it, but wherever there's a need, social workers are there. They're in libraries, in hospitals, mental health facilities, and clinics.

They place the sick and mentally ill on the path to recovery. They support our courageous military personnel, veterans, and their families. They are in schools helping students overcome issues that prevent them from getting an education, and when warranted, they protect children who have been neglected or mistreated. According to the Bureau of Labor

Statistics, social work is one of the fastest-growing professions in the United States and is expected to rise 11% in the next decade.

This year's theme—Social Work: Generations Strong—highlights the fact that social workers have been working for generations to improve the lives of every single American. The National Association of Social Workers (NASW) marks its sixty-fifth anniversary, paying homage to social workers, many of whom are responsible for the countless benefits Americans enjoy today—including more

# SOCIAL WORKERS *generations* STRONG

and better access to health and mental health care, Social Security, and a minimum wage.

Social work is also a profession that allows people across many generations to make a profound, positive impact on the lives of millions of people daily. You will find social workers from the silent generation and baby boomers to millennials and Generation Z who are doing the hard, often unsung work,

to make our nation and the world a better place.

Reach out to one of the PSRC social services team members for assistance with an aging loved one, questions about senior benefits, transportation, decisions about what services are needed to age in place, and anything related to seniors navigating life transitions. Call 609.252.2362 or 609.924.7108.

Sharon Hurley, CVA, director of social services & volunteer coordinator  
David Roussell, MEd, MSW, LSW, care coordinator & HomeFriends coordinator  
Nicole Maccarrone, LCSW, LCADC, care coordinator & social service outreach  
Fran Angelone, Crosstown coordinator & Spruce Circle office manager



PHOTO: PSRC social work team (L-R) Sharon Hurley, Dave Roussell, and Nicole Maccarrone

## 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

### MARCH FEATURED GRANT

PSRC is delighted to thank Wells Fargo Foundation for its support through their Community Leadership Investment Program (CLIP) grant opportunities.

This competitive funding program looks to community institutions that provide true value to its constituents. We are pleased to have been recognized in this manner. The grant will support PSRC's effort to build up our Legacy Giving Program. Through their recognition that sound financial planning is the key to building a strong and enduring future for non-profits, Wells Fargo's funds will be applied to designing a Planned Giving on-line presence on our website and in our general materials. Having a strong planned legacy gifts program is a critical component for ensuring the future viability

for a nonprofit.

The Wells Fargo Foundation, established in the U.S. as a registered 501(c)(3) charitable organization in 1980, is the company's primary philanthropic funding arm.

As part of their long legacy of investing in community impact, they've increased their philanthropic giving twenty-five times over the past twenty-eight years. In 2018, Wells Fargo reached a new milestone of donating \$444 million to directly benefit nearly 11,000 nonprofit organizations.

As part of Wells Fargo's commitment to strengthening

local communities, they provide grants to local nonprofit organizations to support a wide range of needs in the communities in which they operate.

"The long-term success and resiliency of our communities, and our business, depends on our ability to collaborate internally and across the public and private sectors to create sustainable solutions that meet local needs. We collaborate with a wide range of public- and private-sector organizations to develop and scale new ideas and activate solutions in communities of need."

—Wells Fargo Foundation

### MARCH FEATURED SPONSORS



Acorn Glen has the flexibility to respond to residents' changing needs, quickly and compassionately. Our experienced staff, our scope of services, and our attentive care surpasses industry standards, creating a comfortable and secure community that fosters peace of mind.

[acornghen.com](http://acornghen.com)



Our personalized services are available seven days a week and can range from a few hours to around the clock care.

[akincare.com](http://akincare.com)





**one gift one match**

**one BIG matchathon week**

Are you a MATCHMAKER? We hope you are!

A few dedicated donors have offered the generous gift of \$25,000  
if we can raise that amount in a one-week MATCHATHON

Don't miss your chance to make it happen, to make an impact, to meet the match!



It's not every day an opportunity comes along to double your impact—  
but you are in luck—that time is coming the week of MARCH 22, 2020

Visit <https://www.princetonsenior.org/support/donate/> to learn how.  
Or call the development office at 609.924.7108.



45 Stockton Street • Princeton • New Jersey



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



Turn to page 15 to read about PSRC's MATCHATHON

### National Social Work Month Proclamation

PSRC is helping to celebrate Social Work Month and the beginning of a new decade with the theme "Social Workers: Generations Strong" and activities designed to honor the positive contributions of social workers over generations. To kick it off, Mayor Liz Lempert has signed a proclamation declaring the Month of March 2020 as National Social Work Month and "calls upon all citizens to join the National Association of Social Workers (NASW) and PSRC in celebration and support of the Social Work Profession." *(Go to page 12 to read more about National Social Work Month)*



**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.**

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