

Welcome Our Three New Staff  
 Lisa Adler, Jamal Jarrett, and Shifra Vega

**LISA ADLER, MA, MSW**  
 Associate Executive  
 Director for Fundraising  
 & Development



Working in the nonprofit sector for more than twenty years, Lisa has held positions with two local Jewish Federations, the Jewish community's umbrella funding network with affiliates across North America. Most recently, serving as part of the senior staff, Lisa managed the annual campaign, including major donors and women's philanthropy.

Lisa also worked for national organizations such as HIAS, an

international refugee resettlement organization, as part of the executive team, overseeing the national board,

a major donor portfolio, and community engagement activities. As a board governance and leadership development specialist for the Union for Reform Judaism, she specialized in board trainings, as well as synagogue and rabbinic transition management consulting for over 900

synagogues throughout North America.

Closer to home, Lisa worked at the Jewish Family & Children's Service of Greater Mercer County, in Princeton, a community service agency providing counseling and social services.

Lisa received her BA from New York University as well as an MSW in social work administration from Columbia University and a masters in Judaic studies from the Jewish Theological Seminary of America with a minor in Jewish education.

**JAMAL JARRETT**  
 Technology Associate

Jamal has a long history in the technology field. From graduating from the Institute of Audio Research to working in various IT and AV settings, Jamal can do it all. He has strong skills in audio and visual editing, as well as related maintenance and installation of equipment. Jamal enjoys working meticulously to provide optimal quality of all sound and video



for your listening and viewing pleasure. He is always available and happy to provide technological assistance to anyone who needs it.

**SHIFRA VEGA, PhD**  
 Lifelong Learning Coordinator



Shifra has worked for many years in higher education and research administration, most recently at Philadelphia's Gratz College as coordinator for accreditation and assessment for Middle States. She received her PhD in plant science from the University of Pennsylvania. She looks forward to bringing her academic experience and administrative skills to the Evergreen Forum.

## FROM THE EXECUTIVE DIRECTOR

### Live Life to the Fullest

*“If you aren’t making a difference in someone else’s life,” Ella said, “then you aren’t really living life to the fullest.”*

I first met Ella when she was a ninety-one-year-old volunteer in the community I served for many years. A career educator, “Miss Ella” began volunteering upon her retirement at the age of sixty-six. She was well known across the county for her commitment to education, providing grants and scholarships to local college students through her foundation. In addition, she was an active Sunday school teacher, a frequent reader in the local schools, a volunteer at the community food bank, and much more.

At her 100th birthday celebration hosted by our church, she was joined by family, friends, and over 200 people from the community including school personnel, local, county, and state politicians, and many others. Seated in front of the gathered crowd, Miss Ella challenged everyone to give back to the community. “The best gift you can give me, besides chocolate,” she said smiling, “is to start volunteering and making a difference.” She had arranged for over fifteen community organizations to be present that day and, in honor of Miss Ella, over 125 people signed up to volunteer for a minimum of

ten hours!

A few years ago, Senior Corps (a national service program for active adults over sixty-years-old) conducted research on the health benefits for older adults who volunteered in their program for one year. In their study, they found:

- 46% of participants reported significant health improvement throughout the year
- 67% of participants reported decreased social isolation and improved social connections
- Among volunteers who started their service reporting multiple symptoms of depression, over 70% reported significant improvement.

Similarly, Nicole Anderson, a senior scientist with the Rotman Research Institute and Associate Professor at the University of Toronto, concluded years of study indicating “volunteering boosts mental and physical health for older adults. Seniors who volunteer feel happier and less depressed, function better mentally, and experience more social support and satisfaction with their lives.”

PSRC has an incredible group of volunteers who give generously of their time to support others. I think of all of the volunteers that make our center run when we are offering in person programming – from the front desk to the Tech Lab to special events to our board, advisory council,



and Evergreen Forum steering committee members. We also have volunteers who serve in programs like GrandPals and HomeFriends.

In the midst of the current pandemic, volunteers make phone calls to our constituents, serve as teaching assistants for our virtual classes, and support community members by shopping and running errands. I am truly grateful for all who give so freely of their time to help us carry out our mission to help older adults thrive!

If you are interested in volunteering, contact Sharon Hurley, Director of Social Services and Volunteer Coordinator. We rely greatly on our volunteers and are truly grateful for all that they do to help us carry out our mission to help older adults thrive!

My vision for the future of our work is to expand our reach by mobilizing a senior corps of volunteers who are ready and willing to serve throughout the community. I want to challenge you to find a way to give back. In the words of Miss Ella, if you want to truly live life to the fullest, it’s time to start investing your time in the lives of others. Thank you for making a difference!

All the Best,  
Drew A. Dyson, PhD  
Executive Director  
[ddyson@princetonsenior.org](mailto:ddyson@princetonsenior.org)

## SOCIAL SERVICES

By Sharon Hurley, CVA

### A Call to ACTION for Elder Justice

No one wants to think that elder abuse happens in America, but it does. Working in the social services arena can sometimes be heartbreaking. We unfortunately see many incidents of abuse and neglect. In June, PSRC held several virtual events around the topic of elder justice. These events gave us moments to reflect on how we are protecting the oldest amongst us. The events informed, educated, and gave us action steps for change. Robert J Shanahan Jr. Esq. of Shanahan and Voigt, LLC spoke passionately about his experience as both an elder law attorney and pro bono counsel for the Volunteer Guardianship One on One program in Hunterdon county. His advocacy work around elder justice helped to create a group of volunteers passionate about making changes locally in his county.

There was an important discussion led by Helen Burton in TED Talks that brought up questions about protecting ourselves and our own family members from the possibility of abuse as we age. Later in the month a virtual forum included Heidi Mueller from WomanSpace about domestic violence, Carol Watchler from Bayard Rustin Center for Social Justice addressed the many issues



PHOTO: Robert J. Shanahan, Esq. of Shanahan and Voigt, LLC

facing LGBTQIA individuals, and Kurt Baker from Certified Wealth Management and Investment, LLC about financial abuse.

The events and additional discussions brought to light that there is much more work that we could be doing from both a prevention and advocacy standpoint. I would like to propose a next step. Let's start having regular discussions about this topic. Let's not let the fact that June 15 as WEAAD, World Elder Abuse Awareness Day, be the only time we focus on elder justice. Would you join me virtually on Tuesday, July 21 at 3:00 p.m. to begin these important discussions? Send me an email about your thoughts and watch for an online registration to participate in our first Zoom discussion about elder justice in Mercer County. [shurley@princetonsenior.org](mailto:shurley@princetonsenior.org).



### GROUPS

#### BEREAVEMENT

Monday, July 20 at 3:00 p.m.  
(Usually third Monday of each month)  
Call Sherri Goldstein  
609.819.1226 to attend.

#### CAREGIVERS

Monday, July 13 & 27 at 3:00 p.m.  
(Usually second & fourth Monday of each month)

#### CHILDREN OF AGING PARENTS

Thursday, July 9 at 4:00 p.m.  
(Usually second Thursday of each month)

#### FIRESIDE CHATS

Daily at 2:00 p.m.

#### GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

#### GRANDPARENTING

Tuesday, July 21 at 11:00 a.m.  
(Third Tuesday of each month)

#### KNIT WITS

Tuesday, July 7 at 1:00 p.m.  
(Usually first Tuesday of each month)

#### LET'S TALK

Wednesdays at 3:00 p.m.

#### MEN IN RETIREMENT

**Not meeting in July**

(Usually first Friday of each month)

#### NEXT CHAPTER: WIDOW/-ERS

Tuesday, July 14 & 28 at 11:00 a.m.  
(Usually second and fourth Tuesday of each month)

#### TED Talks

Tuesdays at 10:30 a.m.

#### TRANSITION TO RETIREMENT

Friday, July 17 at 3:00 p.m.  
(Usually third Friday of each month)

#### WOMEN IN RETIREMENT

##### MONTHLY MEETING

Friday, July 17 at 10:00 a.m.  
(Usually third Friday of each month)

THERE ARE NO FEES FOR THESE GROUPS.

## JULY PROGRAMS

Visit [princeton senior.org/program-resources/](http://princeton senior.org/program-resources/)



### FYI SEMINARS

“LAUGHTER YOGA”

*Friday, July 10 at 11:45 a.m.*

Presented by Beverly Burns

“DOES THIS SPARK JOY — UNDERSTANDING AND EMBRACING THE KONMARI METHOD”

*Friday, July 17 at 11:45 a.m.*

Presented by Ana Catarrivas, professional organizer and certified KonMari consultant.

“HEALTHY OUTLOOKS PART 2: RELAXATION FOR MIND AND BODY”

*Friday, July 24 at 11:45 a.m.*

Presented by Barbara Sprechman



### 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:

*July 7 — Lorrie Faith Cranor:* What’s wrong with your pa\$\$wOrd?

*July 14 — Susan Pinker:* The secret to living longer may be your social life

*July 21 — Mathew A Wilson:* The health benefits of clowning around (*Recommended by Nayan*)

*July 28 — Tim Urban:* Inside the mind of a master procrastinator

*This month’s FYI and TED Talk sponsors are Acorn Glen Assisted Living, McCaffrey’s Food Markets, Novi Wealth Partners, & Progression Physical Therapy*

### RETIREMENT PROGRAMS

WOMEN IN RETIREMENT — “INTRODUCTION TO MODERN OUTDOOR SCULPTURES AT PRINCETON UNIVERSITY”

*Friday, July 17 at 10:00 a.m.*

Presented by Annabelle Priestley, curatorial assistant, from the Princeton University Art Museum.

### LOOKING AHEAD

#### SYMPOSIUM ON RACE

*Coming this summer*

#### Summer Scholars Spotlight Series

PSRC is launching a NEW eight-week series of academic speakers on a wide variety of subjects on Wednesdays at 10:00 a.m., beginning on July 8 with economist Daniel Hamermesh. Stay tuned for the full schedule.

[To register visit princeton senior.org/program-resources/](http://princeton senior.org/program-resources/)

### SPECIAL NOTICE

In observance of Independence Day, PSRC will be closed on Friday, July 3.

### FALL 2020 VIRTUAL EVERGREEN FORUM COURSES

This fall the Evergreen Forum classes will be available over Zoom. These are a few courses we will be offering:



THE  
EVERGREEN  
FORUM

**Migrations: Continuing Stories**

**The Supreme Court and Nationalism**

**The Forest for the Trees**

**The Roots of Western Art: Cave Painting to Constantinople**

# JULY 2020

Monday

Tuesday

Wednesday

Thursday

Friday

1

10:30 GrandPals GabFest  
1:00 GrandPals GabFest  
**1:00 People & Stories**  
1:00 Technology Lab  
2:00 Fireside Chat  
2:00 Painting & Self Expression  
3:00 Let's Talk

2

10:00 Mindful Chair Yoga & Meditation  
10:30 GrandPals GabFest  
12:30 GrandPals GabFest  
1:00 Cosmology  
2:00 Fireside Chat

3

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

6

10:00 Gentle Mat Yoga + Nidra  
**11:00 Discovering Michelle Obama**  
12:00 GrandPals GabFest  
**1:00 Library Reads**  
1:00 Global Conversations  
2:00 Fireside Chat  
2:00 Word Play

7

10:00 Technology Lab  
10:30 GrandPals GabFest  
10:30 Ted Talk  
2:00 Fireside Chat

8

**10:00 Summer Scholar Spotlight Series**  
10:30 GrandPals GabFest  
1:00 GrandPals GabFest  
1:00 Technology Lab  
2:00 Fireside Chat  
2:00 Painting & Self Expression  
3:00 Let's Talk

9

10:00 Mindful Chair Yoga & Meditation  
10:30 GrandPals GabFest  
12:30 GrandPals GabFest  
1:00 Cosmology  
2:00 Fireside Chat  
**4:00 Children of Aging Parents**

10

10:00 Technology Lab  
10:00 Women in Retirement — Coffee Klatch  
**11:45 FYI Seminar**  
2:00 Fireside Chat

13

10:00 Gentle Mat Yoga + Nidra  
**11:00 Discovering Michelle Obama**  
12:00 GrandPals GabFest  
1:00 Global Conversations  
2:00 Fireside Chat  
2:00 Word Play  
**3:00 Caregivers Group**

14

10:00 Technology Lab  
10:30 GrandPals GabFest  
10:30 Ted Talk  
**11:00 Next Chapter Widows/ Widowers**  
2:00 Fireside Chat

15

**10:00 Summer Scholar Spotlight Series**  
10:30 GrandPals GabFest  
1:00 GrandPals GabFest  
1:00 Technology Lab  
2:00 Fireside Chat  
2:00 Painting & Self Expression  
3:00 Let's Talk

16

10:00 Mindful Chair Yoga & Meditation  
10:30 GrandPals GabFest  
12:30 GrandPals GabFest  
1:00 Cosmology  
2:00 Fireside Chat

17

10:00 Technology Lab  
**10:00 Women in Retirement — Monthly Meeting**  
**11:45 FYI Seminar**  
2:00 Fireside Chat  
**3:00 Transition to Retirement**

20

10:00 Gentle Mat Yoga + Nidra  
**11:00 Discovering Michelle Obama**  
12:00 GrandPals GabFest  
1:00 Global Conversations  
2:00 Fireside Chat  
2:00 Word Play  
**3:00 Bereavement Group**

21

10:00 Technology Lab  
10:30 GrandPals GabFest  
10:30 Ted Talk  
**11:00 Grandparent Group**  
2:00 Fireside Chat  
**3:00 Elder Justice Discussion**

22

**10:00 Summer Scholar Spotlight Series**  
10:30 GrandPals GabFest  
1:00 GrandPals GabFest  
1:00 Technology Lab  
2:00 Fireside Chat  
2:00 Painting & Self Expression  
3:00 Let's Talk

23

10:00 Mindful Chair Yoga & Meditation  
10:30 GrandPals GabFest  
12:30 GrandPals GabFest  
1:00 Cosmology  
2:00 Fireside Chat

24

10:00 Technology Lab  
10:00 Women in Retirement — Coffee Klatch  
**11:45 FYI Seminar**  
2:00 Fireside Chat

27

10:00 Gentle Mat Yoga + Nidra  
**11:00 Discovering Michelle Obama**  
12:00 GrandPals GabFest  
1:00 Global Conversations  
2:00 Fireside Chat  
2:00 Word Play  
**3:00 Caregivers Group**

28

10:00 Technology Lab  
10:30 GrandPals GabFest  
10:30 Ted Talk  
**11:00 Next Chapter Widows/ Widowers**  
2:00 Fireside Chat

29

**10:00 Summer Scholar Spotlight Series**  
10:30 GrandPals GabFest  
1:00 GrandPals GabFest  
1:00 Technology Lab  
2:00 Fireside Chat  
2:00 Painting & Self Expression  
3:00 Let's Talk

30

10:00 Mindful Chair Yoga & Meditation  
10:30 GrandPals GabFest  
12:30 GrandPals GabFest  
1:00 Cosmology  
2:00 Fireside Chat

31

10:00 Technology Lab  
10:00 Women in Retirement — Coffee Klatch  
2:00 Fireside Chat

## Senior Scholarships Are Available

PSRC is committed to serving all members of our community. We will never allow cost to be an obstacle to your participation. To request a program scholarship, please fill out this confidential form.

<https://princeton senior.wufoo.com/forms/senior-scholarship-request-form/>

Virtual programs are added daily.

Visit [princeton senior.org/program-resources/](https://princeton senior.org/program-resources/) often to see what's new!

## PSRC STAFF

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

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

**Lisa Adler**  
*Associate Executive Director for  
Fundraising & Development*

**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*

**Jamal Jarrett**  
*Technology Associate*

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

**Wendy Lodge**  
*GrandPals Coordinator*

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

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

**Barbara Prince**  
*Development Coordinator*

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

**Carla Servin**  
*Assistant GrandPals Coordinator*

**Shifra Vega**  
*Lifelong Learning Coordinator*

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

**Kathleen Whalen**  
*Director of Communications*

## COMPUTER GURU

*By Don Benjamin*

*Technology Lab Programs sponsored by: Novi Wealth Partners*

### Let's Talk About 5G

Perhaps you've heard about the new 5G cellphone network and thought, "Golly! What's that?" (I usually start my thoughts with "Golly!" Some folks start their thoughts with "Oh no!" but I'm an optimist.)

The answer is simple: It's the newest generation of global standards for mobile networks. (The "G" means "generation.") It's called 5G because we're now using 4G. Before that, we were using 3G. (Do you see a pattern here? I hope so.) I prepared this table for you to summarize the features each cellphone standard provided as technology progressed from mobile phones the size of large bricks to smartphones the size of much smaller bricks.

The 5G network will improve the reliability of the cellphone network, provide much (MUCH) faster data streaming speeds, and reduce the network's "latency," which is its response time to your requests for data.

Cellphone providers are installing equipment now to support the new 5G standard, but it will be a few years before we'll see complete nationwide coverage. Not to worry—the assortment of 5G smartphones is limited. We expect Apple to release its first 5G iPhone later this year. In two years, they'll be everywhere.

You may have read that some folks are worried that the 5G signals caused the Coronavirus, or autism in cats ("Golly! How would you know?"), or uncontrolled flatulence. This is ridiculous. Uncontrolled flatulence can result from too much bran in your diet, not cellphone signals. Our bodies don't respond to cellular radio frequencies because they're too low—way below the frequency of light, which is way below the damaging frequency of x-rays and gamma rays.

So if you have gas, blame the dog.  
And now you know about 5G.  
Golly!

If you need technical help, please contact us at [princetonior.org/psrc-tech-resources/](http://princetonior.org/psrc-tech-resources/).

Standard	Year	Features
1G	1979	Analog mobile phone service – Voice only
2G	1991	Digital mobile phone service – Voice + text
3G	1998	Faster than 2G + Data (Internet)
4G	2008	Faster than 3G
5G	2020	10X faster than 4G, better coverage, reduced latency



*The 5G network will  
not cause cause moose  
to have gas.*

## FROM THE DEVELOPMENT OFFICE

### Donors Like You — Thank you!

As I recently joined PSRC as the new Associate Director, Fundraising and Development, I am already in awe of the breadth and depth of programs and services provided by PSRC. In reaching out to donors and stakeholders to introduce myself, I have heard time and again, how PSRC has been a lifeline socially, educationally, and emotionally during this time. The work we do at PSRC is because of donors like you. Donors who are passionate about learning and engaging with others and compassionate in caring for the most vulnerable in our community. We appreciate you and thank all those who made a gift to the 2019–2020 Annual Giving Appeal. Your generosity is the fuel that empowers PSRC to change lives.

—Lisa Adler

## Exciting News as we kick off the 2020–2021 Annual Giving Appeal

### Become a sustaining donor — with a recurring monthly gift

Sustaining donors are crucial to providing an ongoing base of community support that PSRC can rely on. A sustaining donation is an unrestricted monthly gift that you can pay in a convenient, ongoing way. Each month, we will charge your credit or debit card. Start today! To become a sustaining member visit [www.princeton senior.org/support/donate](http://www.princeton senior.org/support/donate) or call 609.924.7108.

## Send a Tribute or Memorial Gift

Whether you are celebrating a milestone, rejoicing in the birth of a new family member, or conveying love to a friend or family member in need; sending a personalized, tax deductible tribute or memorial card is a meaningful way to celebrate, remember, and connect. Your personalized message included on the donation form will be included in the tribute sent to the recipient. To send a memorial card visit [www.princeton senior.org/support/donate](http://www.princeton senior.org/support/donate) or call 609.924.7108.

## Create a Legacy—Introducing our Planned Giving Program

Creating your own legacy to PSRC ensures your passions and values you cherish will continue beyond your lifetime. Learn how PSRC's Planned Giving program makes it easy and affordable to preserve and strengthen programs and services YOU care about for generations to come, and potentially enjoy tax benefits. For more information contact Barbara Prince at [bprince@princeton senior.org](mailto:bprince@princeton senior.org) or call 609.924.7108.



45 Stockton Street • Princeton • New Jersey



The Princeton Senior Resource Center grieves alongside the Floyd, Taylor, Arbery, and McDade families along with countless others whose loved ones have fallen victim to the pandemic of racism plaguing our country. We stand in solidarity and support alongside of our black and brown neighbors in their sadness and rage who are demanding justice and systemic change. We stand collectively against the institutional racism and white supremacy that has become a public health crisis in this country. With other community partners, we will continue to work for a just and equitable society that ensures that all black lives matter. Further, we commit ourselves as an organization to deep introspection and assessment, epistemic humility and learning, and standards of care for all people as we strive towards a better society.



**Did you know you can support PSRC by giving us your McCaffrey's receipts?**

PSRC receives a percentage of the total receipts. They can be up to three months old. Mail to: PSRC, 45 Stockton St., Princeton, NJ 08540 OR drop them in our NEW mailbox on the porch at the Suzanne Patterson Building.

**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

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