

SYMPOSIUM ON RACE TWO THURSDAYS: AUGUST 13 & AUGUST 20 AT 1:00 P.M.

Join us as we open the conversation on race in America. On Thursday, August 13, Rachel Apter, director of NJ Civil Rights Division, and her chief of staff, Aarin Williams, will lay the groundwork to define and differentiate systemic and systematic racism.

On Thursday, August 20, Dr. Gilbert Caldwell, a retired United Methodist Church minister who joined Dr. Martin Luther King during the 1963 march on Washington, and a panel of millennials, will discuss the similarities and differences between protesting today and marching in 1963.

THE EVERGREEN FORUM

Evergreen Forum Fall 2020

All Courses are Virtual Using Zoom
August 4: Online registration opens
at 9:30 a.m. (first come, first served)

August 18: Registration opens for second
(or more) courses

September 21: Classes begin

Information, electronic brochure, and registration form can be found at princeton senior.org. Contact Shifra Vega, lifelong learning coordinator, at svega@princeton senior.org or 609.751.9699, ext. 116 with questions.

See page 7 for course list and more information.

ART IN THE ACADEMY — FOUR-SESSION SERIES THURSDAYS, BEGINNING AUGUST 27 THROUGH SEPTEMBER 17, 1:00 P.M. \$10 per session, \$35 for the series (*Read more information on p. 5*)

PSRC FALL FUNDRAISER ★ ★ ★ ★ ★

SAVE THE DATE

AN EVENING WITH SENATOR AND SATURDAY NIGHT LIVE ALUMNUS

AL FRANKEN

SATURDAY, OCTOBER 17 AT 7:30 P.M.

VIP Event at 6:30 p.m.

THIS IS A VIRTUAL EVENT ON THE ZOOM CONFERENCING PLATFORM

For ticket and event sponsorship information visit princeton senior.org.
Questions? Contact Barbara Prince at bprince@princeton senior.org
or call 609.751.9699, ext. 107.



SUZANNE PATTERSON BUILDING

45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.751.9699
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: 609.751.9699
Monday–Friday
10:00 a.m. to 4:30 p.m.

info@princetonsenior.org
princetonsenior.org

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

*A nonprofit organization
serving our community*

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FROM THE EXECUTIVE DIRECTOR

A Charter for Compassion

Dear Friends,

Since the early days of the Covid-19 crisis, I have become even more keenly aware of the deep compassion and care that runs through our community. I have been moved by the commitment of individuals and community organizations to come together to meet the needs that have arisen, or more accurately the needs that have come into focus, during this pandemic. As we have experienced in other times of trouble, the inherent goodness of humanity is on display as neighbor reaches out to neighbor to lend a helping hand.

At the Princeton Senior Resource Center, we are deeply grateful for the ways that the community has responded to the needs of older adults who are particularly vulnerable to this virus. Volunteers have made wellness calls, provided programming and social engagement, delivered groceries and other supplies, and so much more. In a very difficult season, the compassion of our community has been inspiring.

In her powerful TED Talk from 2008, "My Wish: The Charter for Compassion," world religion scholar Karen Armstrong notes that the work of compassion involves "dethroning ourselves from the center of our lives and putting another person there." Cutting across all of the world religions, she argues, the value of compassion and the act of centering others is central to healthy living. She goes on to say that those who are working to create compassionate communities are moved through empathy to *compassionate action* — a desire to address pain and suffering wherever it occurs.



Certainly, we have witnessed pain and suffering in our community, across the nation, and around the world in an acute way over the past few months. As of the writing of this article, over 130,000 people in the United States and more than 550,000 around the world have lost their lives to Covid-19. There has been a new awakening to the struggle for justice in the black community — nationally and globally — following several instances of police brutality against people of color. Anti-Semitism is given new voice by athletes, creating more harm and threat to the Jewish community. The economic impact of a global pandemic has left millions hungry and unemployed. And new acts of violence against LGBTQIA+ persons often get too easily swept aside.

With so much pain to bear, the temptation is to “look away” or attempt to move forward rather than be overwhelmed. Psychologists speak of “compassion fatigue” as the feeling of numbness or the paralysis of inaction that comes when one is exposed to seemingly endless stories of pain and suffering. Rather than succumbing to these temptations, however, I’d like to encourage you to look deeply into the face of these challenges and commit to one small act that can make a huge impact.

For example, one friend of mine became overwhelmed with the racial injustice inherent in our criminal justice system. She made a firm commitment to learn and absorb information, through reading books like *The New Jim Crow* by Michelle Alexander and listening to podcasts such as Don Lemon’s new *Silence is Not an Option*. She has also committed to writing one letter or email per month to one of her government representatives encouraging (or challenging) their work (or lack of) on criminal justice reform.

Another friend writes a handwritten letter to someone battling depression through the organization **Letters Against Depression**. These letters serve as a source of encouragement and hope to people across the world who simply need to hear a message that they have value and worth — and that there is someone out there with support and a message of love. You can learn more about this small organization and volunteer to write letters at www.lettersagainst.org/volunteer.

There are several opportunities forthcoming, including our **Symposium on Race** put together by our program associate Breana Newton, that may give you some concrete ways to contribute to the work of compassion and justice.

So what might you do? How might you act? What small step can you take that will contribute to the compassionate fabric of our community? Remember the words of Amelia Earhart: “A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.” In a world that too often feels dry and barren, let’s start a forest full of compassion and kindness.

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

PSRC STAFF

Drew A. Dyson, PhD
Executive Director

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*Associate Executive Director
& Director of Programs*

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GrandPals Coordinator

Nicole Maccarone, LCSW, LCADC
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Breana Newton
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Shifra Vega
Lifelong Learning Coordinator

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

Kathleen Whalen
Director of Communications

AUGUST PROGRAMS

Visit princetonsenior.org/program-resources/



FIRST FRIDAY FILM — “PARASITE”

Friday, August 7 at 1:00 p.m.

Kim Ki-teak’s family are all unemployed and living in a squalid basement. When his son gets a tutoring job at the lavish home of the Park family, the Kim family’s luck changes. One by one they gradually infiltrate the wealthy Park’s home, attempting to take over their affluent lifestyle.

Academy Award: Best Motion Picture of the Year
Starring: Kang-ho Song, Sun-kyun Lee,

Yeo-jeong Jo

Genre: Drama, Thriller, Comedy

Motion Picture Rating: R

Language: Korean with English subtitles

Running time: 2 hrs, 12 mins

Registration required, no fee.



FYI SEMINAR — “AFFORDABLE HOUSING”

Friday, August 14 at 11:45 a.m.

Join us as we discuss the many types of affordable senior housing options and also some ways many seniors have been able to pay for CCRC’s, Assisted Living, and Memory Care. Hilary Murray has worked in the senior living industry for twenty-two years, with experience in sales and marketing in senior housing: Continuing Care Retirement Communities, assisted living, memory care, medical adult day care, and home

health care. She has a master’s degree in healthcare administration and holds a Certified Assisted Living Administrator’s license from the state of New Jersey. Currently with Brandywine Living at Pennington.

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:

August 4 — Katherine Eban: A dose of reality about generic drugs

August 11 — Kio Stark: Why you should talk to strangers

August 18 — Ashwini Bhandiwad: How to teach kids science through cooking

August 25 — Elizabeth Gilbert: Your elusive creative genius

This month’s FYI sponsors are Homewatch CareGivers, NightingaleNJ Eldercare Navigators, Penn Medicine Princeton Health & Home Health, and Van Dyck Law, LLC. TED Talk sponsors are Akin Care Senior Services, CareOne at Hamilton Assisted Living, Princeton Portfolio Strategies Group, LLC, and Team Toyota of Princeton.

SUMMER SCHOLAR SPOTLIGHT SERIES

Summer Scholars Spotlight Series

August 5 — Marc Herman, PhD: Maimonides in his Workshop

August 12 — Sara Abercrombie, PhD: The Role of Risk Taking in Creativity and Learning

August 19 — Michal Raucher, PhD: The Ethics of Gestational Surrogacy

August 26 — Kenda Creasy Dean, PhD: Do Good, Feel Good: Religion and Youth in a Secular Age
Wednesdays, at 10:00 a.m., Fee: \$10 per lecture

MORE PROGRAMS

Visit princetonsenior.org/program-resources/



Four-session Series

Thursdays, beginning August 27 through September 17, 1:00 p.m.

\$10 per session, \$35 for the series

August 27 — Zach Ebin: Building Bridges One Note at a Time — The Musical Connection between the Community and the Academy

Zachary Ebin is the director of the Suzuki Program at Vanderbilt University's Blair School of Music, founder of the Silent Voices Project and former artistic director of the Belfountain Music Festival in Caledon, Ontario. He is an active performer who is in high demand as a guest clinician all over North America.

Visit princetonsenior.org for more details as they become available.

September 3 — Melissa Klapper: Ballet Class — An American History

Over the course of the twentieth century, ballet class became part of American childhood across borders of gender, class, race, and sexuality. The presentation, drawn from Dr. Melissa R. Klapper's new book *Ballet Class: An American History*, will highlight such topics as ballet in popular culture, race, and gender in ballet class, and the connections between ballet class and significant currents in American social and cultural history.

Dr. Melissa R. Klapper is professor of history and director of women's & gender studies at Rowan University. Her work and books have been awarded numerous grants and fellowships, including the National Jewish Book Award in Women's Studies.

September 10 — Ronnit Vasserman: The Most Influential African American Artists, Let's View the World Through Their Eyes

An important shift in the art world has been that African American artists are more visible than ever. This lecture explores the most influential African-American artists with a special emphasis on emerging voices of the last twenty-five years.

Ronnit Vasserman is the founder Art Connect Group, a full-service art consulting firm located in New York City. In addition to helping clients acquire art, she educates them on the latest trends by organizing events throughout the year.

September 17 — Leslie Ginsparg Klein: Learning History Through Portraits – A Study of Colonial Jewish Women

Leslie Ginsparg Klein received her PhD from New York University. She is the academic dean of Women's Institute of Torah Seminary/Maalot Baltimore, an Orthodox Jewish college for women. She is an accomplished scholar, author, and lecturer on Jewish history, Bible, leadership, and communication skills.

Visit princetonsenior.org for more details as they become available.

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://princetonsenior.wufoo.com/forms/senior-scholarship-request-form/>

Virtual programs are added daily.

Visit princetonsenior.org/program-resources/ often to see what's new!

AUGUST PROGRAMS

Visit princetonsenior.org/program-resources/

RETIREMENT PROGRAMS

MEN IN RETIREMENT — NOT MEETING IN AUGUST

WOMEN IN RETIREMENT — “TRAVEL TALKS”

Friday, August 21 at 10:00 a.m.

While we’re not able to travel ourselves right now, let’s join WIR members as they share their adventures to faraway places. This month’s meeting is a reprise of our popular “Travel Talks” series but with an emphasis on people and experiences that have left lasting impressions on us. All are welcome.

TRANSITION TO RETIREMENT — ON HIATUS IN AUGUST

LIMITED SERIES PROGRAMS

FRENCH THROUGH PAINTINGS — **CANCELLED**

Tuesday, August 11 at 2:30 p.m.

Rather than relying on traditional textbooks, students will be introduced to different levels of vocabulary by discussing paintings. Before the beginning of the class, participants will receive links to selected paintings. This one-time course is intended for participants with a good knowledge of the French language.

Limited to 12 participants.

Instructor: Brigitte Aflalo-Calderon

Registration required, no fee.

DISCOVERING MICHELLE OBAMA — FIVE-SESSIONS ***Mondays in August & September, beginning August 10 to September 14 (no class 9/7), 11:00 a.m.***

It was so popular; we’re offering another session. Join us to read and then discuss Michelle Obama’s celebrated book, *Becoming*. An intimate, powerful, and inspiring memoir by the former First Lady of the United States. Our last session will be a watch party of the entertaining and moving documentary of Obama’s book tour journey.

Leader: Helen Burton

Registration required, no fee.

MUSIC & CONVERSATION — THREE-SESSIONS

August 4, 6, and 12, 3:00–4:00 p.m.

PSRC is collaborating with Princeton Mutual Aid, a local mutual aid group, to bring you a series of mini-Zoom concerts hosted by local Princeton musicians. These concerts are intended to be like cocktail hours, featuring two or three local musicians and plenty of conversation. Musicians will play a range of musical genres.

Limited to 20 participants.

Registration required, no fee.

SPECIAL NOTICE

In observance of the Labor Day Holiday, PSRC will be closed on Monday, September 7.

11th Annual Backpack and School Supplies Drive!

Deadline to drop off donations is Friday, August 7

The Princeton Human Services Commission, Princeton University, municipal employees, local businesses, organizations, and residents donate book bags and school supplies to benefit many Princeton children. The items are distributed to children from low-income families who attend the Princeton Public Schools and are entering kindergarten through sixth grade.

To participate, you may drop off donations in the donation box outside of the Monument Hall building located at 45 Stockton Street. You may choose to donate book-bags, or school supplies, or both! See flyer for a list of needed supplies at princetonsenior.org/wp-content/uploads/2020/07/Backpack-Flyer-2020-Donors.pdf.



Fall 2020 Course List

All Courses are virtual using Zoom

ADVENTURES IN GEOLOGY

Leader: Lincoln Hollister

Tuesdays: 10:00 a.m. to noon, 8 weeks: September 22 through November 10

THE ART OF THE SONNET

Leader: Dr. Peter M. Smith

Fridays: 1:00 to 3:00 p.m., 6 weeks: September 25 through October 29

CASE STUDIES IN SCIENCE AND TECHNOLOGY

Leader: Stuart Kurtz

Mondays: 1:00 to 3:00 p.m., 6 weeks: September 21 to November 2 (no class on September 28)

DIPLOMACY: IMPACT AND STRATEGIES

Leader: Robert Ross

Tuesdays: 1:30 to 3:30 p.m., 8 weeks: September 22 through November 10

ELIZABETH STROUT'S LINKED SHORT STORIES

Leader: Lois Marie Harrod

Wednesdays: 1:00 to 3:00 p.m., 8 weeks: September 23 through November 11

FASCISM: THEORIES, PRACTICES, AND REACTIONS

Leader: Martin Oppenheimer

Mondays: 10:00 a.m. to noon, 6 weeks: October 5 through November 9

FINISHING SCHOOL: TWO NOVELS

Leader: Lynne Cullinane

Thursdays: 1:30 to 3:30 p.m., 8 weeks: September 24 through November 12

THE FOREST FOR THE TREES

Leader: Kay Widmer

Tuesdays: 10:00 a.m. to noon, 6 weeks: September 22 through October 27

GEOGRAPHICAL LINKS – HIGHLIGHTS

Leader: Helen Goddard

Thursdays: 1:00 to 3:00 p.m., 6 weeks: September 24 through October 29

JANE AUSTEN 2: NOVELS AND FILMS

Leader: Dianne Sadoff

Tuesdays: 1:00 to 3:00 p.m., 8 weeks: September 22 through November 10

THE LADY WAS A SPY: WOMEN IN THE SECRET WORLD OF INTELLIGENCE AND ESPIONAGE FROM WORLD WAR I TO THE PRESENT

Leader: Lloyd Gardner

Thursdays: 10:00 a.m. to noon, 8 weeks: September 24 through November 12

MIGRATIONS: CONTINUING STORIES

Organized By: Barbara Kirsh, chair, Lynne Cullinane, Art

Firestone, Elaine Jacoby, Sandy Kurinsky, and Judy Walzer

Wednesdays: 10:00 a.m. to noon, 9 weeks: September 23 through November 18

MORE PLAYS OFF THE PAGE: ANTONY & CLEOPATRA

Leader: Barbara Herzberg

Wednesdays: 1:30 to 3:30 p.m., 8–10 weeks: Beginning September 23

PENELOPE FITZGERALD'S FICTION

Leader: Judith Wooldridge

Thursdays: 10:00 a.m. to noon, 5 weeks: September 24 through October 29 (no class on October 15)

RECONCILING PERSPECTIVES: A STUDY OF THE VIETNAM WAR

Leader: Robert Nolan

Fridays: 10:00 a.m. to noon, 8 weeks: September 25 through November 13

RONALD REAGAN'S AMERICA: THE CONSERVATIVE REVOLUTION AND THE WELFARE STATE

Leader: Stanley Katz

Mondays: 10:00 a.m. to noon, 6 weeks: September 21 through November 2 (no class on September 28)

THE ROOTS OF WESTERN ART: FROM CAVE PAINTINGS OF 35,000 BC TO CONSTANTINOPLE IN 350 AD

Leader: Wendy Worth

Wednesdays: 10:00 a.m. to noon, 8 weeks: September 23 through November 11

SCIENCE IN THE NEWS

Leader: Bob Robinson

Fridays: 10:00 a.m. to noon, 8 weeks: September 25 through November 13.

THE SUPREME COURT AND NATIONALISM

Leader: Philip Carchman

Tuesdays: 10:00 a.m. to noon, 8 weeks: September 22 through November 10

SWANN'S WAY: BEGINNING THE SEARCH FOR LOST TIME

Leader: Lee Harrod

Wednesdays: 10:00 a.m. to noon, 8 weeks: September 23 through November 11

VOTING RIGHTS AND THE 2020 ELECTIONS

Leader: Elaine Jacoby

Fridays: 1:30 to 3:30 p.m., 8 weeks: September 25 through November 13

The Evergreen Forum uses a first-come, first-served registration system. Registration will open on Tuesday, August 4 at 9:30 a.m. Reminder – all courses will be held on the video conferencing platform, Zoom. Registration for a second or more courses will open on August 18. To register, go to princeton senior.org. Telephone and mail applications will not be accepted.

Waitlists: If a class is full, registrants are encouraged to put their name on the online waitlist.

Fees are \$95 for a 6 to 8 week course, and \$70 for a 3 to 5 week course.

Cost should never be a barrier to learning! Senior Scholarships are available to those for whom the fee is a hardship.

AUGUST PROGRAMS

Visit princetonsenior.org/program-resources/



EXERCISE & FITNESS

MINDFUL CHAIR YOGA & MEDITATION

With master instructor Lyn Lilavati Sirota

Thursdays at 10:00 a.m.

Fee: \$50 per person for eight sessions

Chair yoga is a gentle, versatile form of yoga utilizing a chair that is adaptable for all skill levels and abilities. It is therapeutic in nature and welcoming to all populations. Participants will enjoy a restorative experience that is breath, body, and spiritually focused. This class is beneficial for stress relief and overall health and well-being.

Important note: please do not use a rolling chair or a chair with arm rests.

Instructor: Lyn Lilavati Sirota

GENTLE YOGA + NIDRA

Mondays at 10:00 a.m.

Fee: \$50 per person for eight sessions

This expansive workshop encompasses yoga postures, yogic breathing, an explanation of the science of yoga sound which creates profound deep relaxation, and some meditation. In this gentle, flowing, and playful class, we tone and strengthen the body as well as the mind. It is suitable for new students and season practitioners. Participants will need a yoga mat and/or clear floor space, water bottle, and comfortable clothes.

Instructor: Joy Cline-Okoye



ENRICHMENT

NEW! MEMOIR WRITING WITH JENNIFER

Thursdays at 1:00 p.m.

Fee: \$50 per person for eight sessions

What's your story? In our online memoir workshop, you will learn how to get started on mining your memories and shaping them into well-crafted pieces. We will engage in writing exercises, discuss the craft of writing, and share examples from several published memoirs to inspire you.

Instructor: Jennifer Altmann

PAINTING AND SELF EXPRESSION ONLINE

Fee: \$80 per person for nine sessions

This class will emphasize the components of the creative painting technique. Thought will be given to composition, subject matter, shape, light, movement, and structure. Join master instructor Christina Rang as she encourages you to explore your creative choices and personal expression.

Instructor: Christina Rang

This class is on hiatus during the month of August.

If you are interested in putting your name on the waitlist, please go to <https://princetonsenior.wufoo.com/forms/virtual-painting-self-expression-waitlist/> to register your interest.

COSMOLOGY

Peer-led science discussion. Contact

brucewallman@gmail.com for more information.



TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB

While the PSRC building remains closed, the Technology Lab continues to serve clients remotely. Our dedicated volunteers are available and responding to requests. Once you submit a request, one of our volunteers will contact you, normally within one business day, to set up an appointment to help you.

If you need technical help, please contact us at princetonsenior.org/psrc-tech-resources/ or fill out a request form at <https://princetonsenior.wufoo.com/forms/technology-assistance-request/>.

All programs and groups meet virtually on Zoom

AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals GabFest 1:00 Global Conversations 1:00 Library Reads 2:00 Word Play	4 9:30 Evergreen Forum Online Registration 10:30 GrandPals GabFest 10:30 Ted Talk 1:00 Knit Wits 2:00 Fireside Chat 3:00 Music & Conversation	5 10:00 Summer Scholar Spotlight Series 12:15 GrandPals GabFest 1:00 GrandPals GabFest 3:00 Let's Talk	6 10:00 Mindful Chair Yoga & Meditation 10:30 GrandPals GabFest 1:00 Cosmology 1:00 Memoir Writing 2:00 Fireside Chat 3:00 Music & Conversation	7 10:00 Women in Retirement - Coffee Klatch 1:00 First Friday Film
10 10:00 Gentle Mat Yoga + Nidra 11:00 Discovering Michelle Obama 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Word Play 3:00 Caregivers Group	11 10:30 GrandPals GabFest 10:30 Ted Talk 11:00 Next Chapter Widows/Widowers 2:00 Fireside Chat 2:30 French Through Paintings	12 10:00 Summer Scholar Spotlight Series 12:15 GrandPals GabFest 1:00 GrandPals GabFest 3:00 Let's Talk 3:00 Music & Conversation	13 10:00 Mindful Chair Yoga & Meditation 10:30 GrandPals GabFest 1:00 Cosmology 1:00 Memoir Writing 1:00 Symposium on Race 2:00 Fireside Chat 4:00 Children of Aging Parents	14 10:00 Women in Retirement - Coffee Klatch 11:45 FYI Seminar - Affordable Housing
17 10:00 Gentle Mat Yoga + Nidra 11:00 Discovering Michelle Obama 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Word Play 3:00 Bereavement Group	18 9:30 Evergreen Forum 2nd/ More Class Registration 10:30 GrandPals GabFest 10:30 Ted Talk 11:00 Grandparent Group 2:00 Fireside Chat 3:00 Elder Justice Discussion: Call to Action for Mercer County	19 10:00 Summer Scholar Spotlight Series 12:15 GrandPals GabFest 1:00 GrandPals GabFest 3:00 Let's Talk	20 10:00 Mindful Chair Yoga & Meditation 10:30 GrandPals GabFest 1:00 Cosmology 1:00 Memoir Writing 1:00 Symposium on Race 2:00 Fireside Chat	21 10:00 Women in Retirement - Monthly Meeting
24 10:00 Gentle Mat Yoga + Nidra 11:00 Discovering Michelle Obama 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Word Play 3:00 Caregivers Group	25 10:30 GrandPals GabFest 10:30 Ted Talk 11:00 Next Chapter Widows/Widowers 2:00 Fireside Chat	26 10:00 Summer Scholar Spotlight Series 12:15 GrandPals GabFest 1:00 GrandPals GabFest 3:00 Let's Talk	27 10:00 Mindful Chair Yoga & Meditation 10:30 GrandPals GabFest 1:00 Art in the Academy 1:00 Cosmology 1:00 Memoir Writing 2:00 Fireside Chat	27 10:00 Women in Retirement - Coffee Klatch
31 10:00 Gentle Mat Yoga + Nidra 11:00 Discovering Michelle Obama 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Word Play				

Senior Scholarships Are Available

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

Virtual programs are added daily.

Visit princetonsenior.org/program-resources/ often to see what's new!



GROUPS

BEREAVEMENT

Monday, August 17 at 3:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS

Monday, August 10 & 24 at 3:00 p.m.
(Usually second & fourth Monday
of each month)

CHILDREN OF AGING PARENTS

Thursday, August 13 at 4:00 p.m.
(Usually second Thursday of each month)

FIRESIDE CHATS

Tuesdays and Thursdays at 2:00 p.m.

GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

GRANDPARENTING

Tuesday, August 18 at 11:00 a.m.
(Third Tuesday of each month)

KNIT WITS

Tuesday, August 4 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 August

(Usually first Friday of each month)

NEXT CHAPTER: WIDOW/-ERS

Tuesday, August 11 & 25 at 11:00 a.m.
(Usually second and fourth Tuesday
of each month)

TED Talks

Tuesdays at 10:30 a.m.

TRANSITION TO RETIREMENT

Not meeting in August

(Usually third Friday of each month)

WOMEN IN RETIREMENT

MONTHLY MEETING

Friday, August 21 at 10:00 a.m.
(Usually third Friday of each month)

THERE ARE NO FEES FOR THESE GROUPS.

ALL GROUPS MEET VIRTUALLY USING ZOOM.

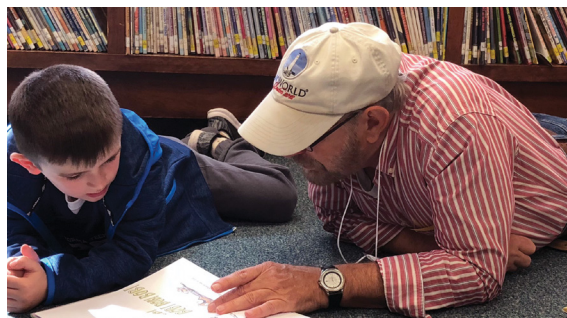
GRANDPALS UPDATE

Unfortunately GrandPals will NOT take place in the school buildings this fall. We are working with school staff on some potential virtual ideas and will reach out once we have a plan in place. We will not be meeting in September for our annual orientation.

We all hope to return to our usual magic once it is safe for us to do so. In the meantime, please join us for our Zoom GabFests. We miss you all! For further information, contact:

Wendy Lodge wlodge@princetonsenior.org

Carla Servin cservin@princetonsenior.org



TRANSPORTATION

CROSSTOWN

Crosstown Transportation program resumed service on Monday, July 6. The following protocols have been put in place:

- Cleaning and disinfecting procedures in vehicles before, between rides, and at shift end.
- Installation of sneeze guards in cars.
- All drivers must wear masks.
- All riders must wear a mask (unless medically unable). We will provide a mask if the rider doesn't have one.
- Riders must sit in the back seat.
- No rideshares, except with family or an aide.
- Daily driver health screening check list.
- Health screening questions for rider with the ride confirmation call prior to the trip.

Door-to-door car service within Princeton for people over age sixty-five. Call 609.751.9699 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.

COMPUTER GURU

by Don Benjamin

Technology Lab Programs sponsored by: Novi Wealth Partners

Is It Time to Cut the Cable?

Fall 2017, I penned (typed) an article about YouTube, which brings you a world of videos, from thought-provoking (*Intelligence Squared* discussions) to informative (PBS *NewsHour*) to joyful (Gorilla Babies), and everything in between.

YouTube is called a “streaming service,” because you watch the video as it’s delivered (streamed) via the internet from YouTube’s servers to your computer (or tablet or “smart” TV). You can select exactly which video to watch when you want to watch it. And it’s free.

Now, we’ve been cable TV subscribers for thirty-five years, and our collection of TV gear includes a digital video recorder (DVR) and three set-top boxes around the house that offer 315 channels, of which we watch four. (I used to watch the Dryer Channel—especially calming after a long day at the Technology Lab.)

We also pay Verizon for internet and phone service—a so-called a “triple-play” package—all for \$225/month. Last year, we subscribed to Netflix and HBO-Now, both premium streaming services that aren’t part of our Verizon package, but that we can watch on any device—computer, tablet, or TV with an inexpensive “streaming device.”

Recently, YouTube began selling a new streaming service called YouTube TV for \$40/month, which includes live, local TV station broadcasts, and a few dozen “cable” channels, such as MSNBC, Fox News, ESPN, and so on. And that’s a game changer, because you only need internet service—not TV program service—to watch “TV” on ANY device in your home. YouTube TV also lets you save programs on its servers to watch at your convenience—like a virtual DVR.

I wanted to get rid of all my Verizon gear, most of the 315 channels, and button-bound remotes and use a streaming service, but YouTube TV doesn’t offer (for now) HGTV, which my wife likes.

When Hulu TV began offering TV service (\$40/month—a coincidence? I think not.) that includes

YouTube **TV**

YouTube TV offers local TV and cable channels...

HGTV, we decided it was time to take the bold step and drop our TV service in favor of a dual package of insanely high-speed (gigabit) internet service plus phone for \$145/month. (The phone service is only \$10). My smart TV¹ has Hulu built in, and by adding three Roku streaming devices for \$30 each to our other TVs, we can now watch anything we want on any TV, tablet, or computer. The DVR, cable boxes, 315 channels, and remotes went back to Verizon.

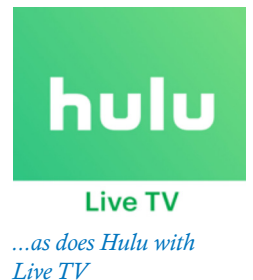
Hulu TV lets you set up individual “profiles” for your family members allowing them to select the channels and programs they like to watch. The remote controls (either for a smart TV or streaming device like Apple TV or Roku) are simple. And you can watch anything—live or recorded—on any device, even when you’re out of town, as long as you have internet service. TV in bed? Not a problem—just grab your smart phone along with your Teddy Bear (or spouse). On a boat or with a goat? Here, There, and Everywhere? Sure.

Are we saving any money? Not much—maybe \$20 a month—because triple-pay packages offer discounts on the individual services, and when you unbundle them, the separate services are more expensive. YouTube TV and Hulu have fine-tuned their monthly costs to be competitive, but only a bit, and I had to pay Hulu another \$15/month to allow us to skip recorded commercials. Bummer.

That said, cable providers are losing TV customers who have discovered streaming services, so this isn’t a passing fancy. But there’s no rush, either. I’m confident that streaming services will offer more channels and conveniences in the months and years to come, and we’ll all learn more.

For additional information on streaming services, pick up a copy of the [August 2018 edition of Consumer Reports](#), “Dear Cable TV, You’re Fired!”

If you need technical help, please contact us at princetonsenior.org/psrc-tech-resources/.



1 Smart TVs allow you to install “apps” such as YouTube, or Hulu, or HBO-Now, like a tablet or smart phone. You can make most any TV into a smart TV by adding an inexpensive streaming device such as a Roku, Amazon FireTV, or Apple TV.

SOCIAL SERVICES

by Nicole Maccarone, LCSW, LCADC

You Are Not Alone

The past few months I have found myself experiencing an array of different emotions within a day, perhaps even an hour: At times, I've felt fear, anxiety, sadness, short-temperedness, and impatience. But I've also felt moments of calmness, even joy. And I ask myself: Is this normal? What is normal, anyway?

Then I think about the fact that we are currently living during a time that is completely unprecedented and uncertain, and that there is no "right" or "wrong" way to feel. I am reminded of a tenet of mindfulness: the importance of allowing yourself to experience the emotion, whatever it may be, without judgement or question, and to sit with it for a moment. You don't have to squash it, repress it, or deny it, but instead, you should just feel it, knowing it will pass, as it usually does.

However, it may not; that is okay, too, and it's important to acknowledge this. Early warning signs of what might indicate that you are not okay and could benefit from external assistance can include more than occasional restlessness or sleeplessness, increasing reliance on unhealthy coping mechanisms such as food, alcohol, or drugs, or excessive withdrawal from normal routines and activities.

No one knows you better than you know yourself, so if you feel out of balance, or find that these warning symptoms apply to you, or find yourself struggling in other ways, please know that you are not alone. We at PSRC are here for you, to listen to your fears, concerns, and joys, and to



PHOTO: Nicole Maccarone, LCSW, LCADC

provide you with support and resources. Check out our [Virtual Programs Calendar](#) and [Social Services Resources webpage](#) on the [PSRC website](#), as both include many ways you can connect virtually in the current pandemic until the center re-opens.

For example, the center's FYI Seminars have been keeping us learning and connected to our community at large, even as we are isolated at home, and our popular online exercise programs—

including chair yoga—can help keep you moving throughout the day. This simple adjustment has been proven to help improve emotional resilience and increase feelings of well-being.

Finally, don't forget that help is also available if you feel despondent in even more serious ways. Caring, certified counselors at the National Suicide Prevention Hotline are available twenty-four hours a day, seven days a week at 1.800.273.8255. You can get through this trying time; indeed, you will get through it! By leaning on each other, we will all get through it together, despite the many changing emotions we may experience every day. Please visit the PSRC website or call us at 609.751.9699 for more detailed information about upcoming programs.

Nicole Maccarone is PRSC's care coordinator and serves on the center's social service outreach team. As a Licensed Clinical Social Worker and Licensed Clinical Alcohol and Drug Counselor, she facilitates individual and group meetings for PSRC participants and assists with many center initiatives.



PHOTO: PSRC GrandPals and their high school seniors

Seniors for Seniors

by Wendy Lodge, GrandPals coordinator
and Carla Servin, assistant GrandPals coordinator

Two weeks after Governor Murphy closed schools, Riva Levy, the coordinator of prevention programs at Corner House in Princeton, NJ, reached out to PSRC to discuss an inter-generational collaboration between the high school seniors in the Corner House leadership program and some of our seniors at PSRC who had been part of the GrandPals program during the school year. We partnered seven seniors on both sides, gave them some suggestions for initial meetings, and off they went, becoming lifelong cyberfriends. All of the comments we received were positive. Here is what one of the high school students had to say:

I was surprised by how quickly speaking to my senior evolved into as comfortable a situation as speaking to a friend my own age. Talking to my senior has become both a fun and thoughtful experience. I can honestly say I want to be like her when I grow up.

And one of our PSRC seniors:

It's funny, but when I heard about Seniors for Seniors I thought, "How nice that I might be able to cheer up someone whose last semester of high school has been so truncated." Then suddenly it occurred to me that instead of me cheering her up, perhaps she saw herself as cheering me up. I didn't like to think of myself as needing that outreach but I confess, it has been wonderful.

This pilot program was very successful. The high school students and our seniors shared their thoughts about career paths, sports, hobbies, family, education, music, movies, and pets. They provided support to one another during a difficult period of isolation for both and all discovered more similarities than differences in their lives. We plan to continue this inter-generational program with a new group of Corner House high school seniors in the fall.

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

AUGUST FEATURED GRANT

Support of GrandPals

“The Nordson Corporation Foundation awards grants to nonprofits in our communities throughout the United States. Since 1989, the Foundation has awarded more than \$60 million in grants to improve the quality of life in our communities, placing a special focus on causes related to education. Employees support the foundation by making donations during our annual ‘A Time to Give Campaign,’ or by participating in a Community Affairs Committee (CAC). Committees review grant applications and vote to distribute Foundation funds to deserving local causes.

During the last financial year, the Foundation gave out 362 grants totaling \$6.3 million.”

—Nordson Corporation Foundation

PSRC had the good fortune of receiving a 2019 Nordson grant, in support of our GrandPals program. Nordson’s recognition of the intergenerational learning experience for the Princeton kindergarten, autism, and special-ed students is admirable. For the past twenty-three years PSRC GrandPal volunteers have spent dedicated weekly reading time with their individually paired students. The bonds formed over their year together run deep for both students and GrandPals

alike. Students gain literacy skills and GrandPals gain a sense of purpose, community, and reduced isolation. This program serves the wellbeing of more than 260 students and 120 dedicated volunteer GrandPals annually.

Funding for this program goes to support PSRC’s two GrandPal staff coordinators, background checks for all volunteers, and the end-of-year appreciation event for both GrandPals and school teachers involved with the program. As a nonprofit organization, we rely on grants and individual funding to cover more than 80% of our operating budget.

AUGUST FEATURED SPONSORS



Our philosophy embraces positive partnerships that customize care programs to specifically address the needs and wishes of every Artis resident.

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oasisenioradvisors.com

FROM THE DEVELOPMENT OFFICE

PSRC Legacy Corner

Are you PSRC's Secret Admirer?

Are you our Secret Admirer? Have you made a gift to PSRC in your will or estate plan? If so, please tell us about it. We want to welcome you into the Jocelyn and Carl Helm Legacy Society, whose members are esteemed at PSRC not only for their powerful generosity, but also for their vision and commitment to ensuring the future of our organization. Knowing about your plans allows us to express our appreciation and prepare for a strong future.

Are you thinking about making a gift from your estate plan to PSRC but don't know how to start or what kind of gift might be best for you to give? Our team can help you explore the many ways you can meet your personal planning objectives while also achieving your charitable goals for PSRC. Just give us a call at 609.751.9699, ext. 103 or email me at ladler@princetonsenior.org and we'll be glad to walk you through it. Or you can visit our [webpage on bequests](#) for more information.

Here are some simple Ways to Leave your Legacy Gift for the Future of PSRC:

- Give life insurance that you no longer need
- Make a gift from your will or trust
- Donate appreciated stock (and save on taxes!)
- Consider a gift of real estate
- Make a gift that gives you fixed payments for life
- Make a gift that protects your assets

It is a special person indeed who is motivated to care so deeply and personally about the future of PSRC. Your support and legacy gifts allow us to continue the good work that you've entrusted us to do for many years to come.

PLEASE TELL US ABOUT YOUR GIFT TODAY!

With Gratitude,

Lisa Adler

Associate Executive Director, Fundraising and Development

ladler@princetonsenior.org

609.751.9699, ext. 103





45 Stockton Street • Princeton • New Jersey



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or visit:

[https://careasy.org/nonprofit/
Princeton-Senior-Resource-Center](https://careasy.org/nonprofit/Princeton-Senior-Resource-Center)
to get started!



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.

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