

## Learning Never Ends



JOIN US THIS FALL FOR  
EVERGREEN FORUM COURSES

Registration is open

Twenty-one courses  
all on Zoom

 **THE  
EVERGREEN  
FORUM**

CLASSES BEGIN SEPTEMBER 21

Information, electronic brochure, and registration form can be found at [princetonsenior.org](https://princetonsenior.org). Contact Shifra Vega, lifelong learning coordinator, at [svega@princetonsenior.org](mailto:svega@princetonsenior.org) or 609.751.9699, ext. 116 with questions.

## PSRC FALL FUNDRAISER



**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 [princetonsenior.org](https://princetonsenior.org).  
Questions? Contact Barbara Prince at [bprince@princetonsenior.org](mailto:bprince@princetonsenior.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](mailto:info@princetonsenior.org)  
[princetonsenior.org](http://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

Finding Joy in Increased  
Connections

Dear Friends,

September is National Senior Center Month. Sponsored by the National Institute of Senior Centers, this annual celebration promotes senior centers across the country who serve their communities with excellence. This year's theme, *Delivering Vital Connections*, highlights centers who engage older adults with programs focusing on mind, body, spirit, and community.

In these unusual times, many senior centers are struggling to remain relevant and keep people connected in vital ways. While many senior centers have been forced to simply close their doors, PSRC has found a way to open ours even wider.

Through our online programming and digital engagement, PSRC continues to provide program offerings that promote lifelong learning and social engagement. Through our social services team, PSRC offers compassionate care, case management, and resource referral. With community connections and partners, PSRC is addressing issues of food insecurity and financial crises. We are here for you — and we will get through this, together!



A few weeks ago, I came across an essay in *The NY Times* entitled “Why It’s Good to Be Old, Even in a Pandemic,” by Bob Brody. The article caught my attention because it counters the prevailing narrative that older adults are vulnerable and fearful in the midst of this crisis. Brody acknowledges the science and confronts head-on the reality that Covid-19 disproportionately affects older adults (eight in ten deaths are people over the age of sixty-five). He urges rigor in taking precautions to keep oneself and one’s family healthy. At the same time, he argues that he is “having the time of his life.”

While his sunny approach initially caught me off guard, I confirmed his instincts in several conversations in the intervening weeks since. Several folks have shared with me that they are finding joy in increased connections with their family (albeit electronically). Others have shared appreciation for new hobbies, new joy in “walking the neighborhood,” and even greater appreciation for simple pleasures such as watching the sunset or exploring new towns on a Sunday drive.

One of the key factors contributing to this positive outlook is resiliency that strengthens with age. Patty David, director of personal fulfillment with AARP, notes that “older people are better positioned to cope with stresses, including this pandemic.” The ability to put things in perspective, and to understand this crisis as one snapshot in the panorama of life, enables older adults to sometimes remove themselves from the daily rollercoaster of anxiety and stress that so many are feeling. A 2016 study from the Center on Healthy Aging at the University of California concluded that older people report higher levels of satisfaction, happiness, and well-being, coupled with lower levels of anxiety, depression, and stress than their younger counterparts.

Brody offers several helpful suggestions in his essay, including:

- Take care of your health — not only in terms of keeping safe from the virus — but also in terms of finding fulfillment through healthy practices (leisurely walks in nature, discovering laughter)
- Reach out more to family, friends, and former colleagues. Write a letter. Make a phone call. Stay connected.
- Practice small acts of kindness. Each chance encounter in a grocery store or a post office — even through a mask — creates an opportunity for kindness. Even a smile with bright eyes and a simple hello carries great significance in a pandemic.

At the same time, please pay attention to your own mental health and be aware of your own emotional state. While some, like Brody, are experiencing joy in the midst of this pandemic, other research suggests that an increasing number of people are experiencing depression and other mental health challenges. If you are experiencing signs of depression (including changes in sleeping patterns, altered moods, confusion, or difficulty paying attention), please reach out to your medical provider. You may also reach out to our social services team who will help connect you with the resources that you need.

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*

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

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*Spruce Circle Office Manager  
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*Care Coordinator  
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Rental Coordinator*

**Barbara Prince**  
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**Dave Roussell, MEd, MSW, LSW**  
*Care Coordinator  
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**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*



## SEPTEMBER PROGRAMS

Visit [princetonsenior.org/program-resources/](https://princetonsenior.org/program-resources/)



### FIRST FRIDAY FILM — “MARRIAGE STORY”

**Friday, September 4 at 1:00 p.m.**

A stage director and his actor wife struggle through a divorce that pushes them to their personal and creative extremes. Academy Award to Laura Dern for Best Supporting Actress.

Starring: Scarlett Johansson, Adam Driver, Laura Dern

**Genre: Drama**

**Motion Picture Rating: R**

**Running time: 2 hrs, 17 mins**

Registration required, no fee.



### FYI SEMINAR — “NEW RULES WITH THE SECURE ACT”

**Friday, September 18 at 11:45 a.m.**

Join us as we discuss tax strategies and planning for the previous year with a special focus on charitable giving and required minimum distributions.

C. Greg Crothers and Joseph Tortis are Certified Financial Planners that offer educational classes to the community on various subjects relating to retirement planning. They specialize in helping individuals and families develop a comprehensive game plan for retirement in the areas of investment planning, tax management, and insurance solutions.

Registration required, no fee.

### LIBRARY READS — MONDAY, SEPTEMBER 14

**1:00 p.m. via Zoom**

Calling all readers — Princeton Public Library staff will showcase some great recent and notable book titles to add to your to-be-read list. You can also ask for personalized book recommendations.

***Presented by Princeton Public Librarians***



### FYI SEMINAR — “COMBATTING ISOLATION AND LONELINESS IN ELDERS”

**Friday, September 25 at 11:45 a.m.**

In today’s world the risk factors that contribute to social isolation and loneliness have multiplied and are associated with increased physical and emotional negative outcomes in elders. This program will discuss the risk factors, but more importantly will review ways to combat these afflictions to help one find purpose and dignity in their lives.

Christopher Kellogg, LSW, has been putting clients first throughout his more than fifteen years in long term and subacute care. It was this concern that eventually led him to be the driving force in founding NightingaleNJ. He prides himself on forging through obstacles and creating a seamless transition so to ensure continuity of care.

Registration required, no fee.



### TED TALKS

**Every Tuesday at 10:30 a.m.**

First we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. All are welcome. This month’s topics:

**September 1 — Nadine Burke Harris:** How childhood trauma affects health across a lifetime (*Recommended by Judith Mecklenburger*)

**September 8 — No Ted Talk this week**

**September 15 — Jerome Kim:** The trials, tribulations, and timeline of a COVID-19 vaccine  
**September 22 — Elizabeth Lev:** The unheard story of the Sistine Chapel

**September 29 — Tracy Edwards:** Stop being a bystander in your own life (*Recommended by Nayan Trivedi*)

*This month’s FYI sponsors are Artis Senior Living, Capital Health, Oasis Senior Advisors, and Ovation At Riverwalk. TED Talk sponsors are Acorn Glen Assisted Living, McCaffrey’s Food Markets, Novi Wealth Partners, and Progression Physical Therapy.*

## 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/>

## MORE PROGRAMS

Visit [princetonsenior.org/program-resources/](https://princetonsenior.org/program-resources/)



*Thursdays through September 17, 1:00 p.m.*

\$10 per session

### ***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**

Art is an often overlooked source in the study of history. This session explores what we can learn about Colonial History, early Jewish communities, and ourselves, by studying portraits of the past.

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.



## SEPTEMBER PROGRAMS

Visit [princetonsenior.org/program-resources/](https://princetonsenior.org/program-resources/)

### RETIREMENT PROGRAMS

#### MEN IN RETIREMENT — TBD

*Date and time to be determined.*

#### WOMEN IN RETIREMENT

***Friday, September 18 at 10:00 a.m.***

The meeting will feature Sandy Smith, a League of Women Voters member from our own WIR group, providing voting tips for the 2020 election. This nonpartisan talk will cover the entire process from registration to the actual vote: voting by mail and at the polls, where to find information on candidates, and whom to contact with questions. She will also suggest ways to get involved in the election. All are welcome.

#### TRANSITION TO RETIREMENT

***Friday, September 18 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 Dave Roussell, MSED, MSW, LSW, PSRC care coordinator and HomeFriends coordinator.

### LIMITED SERIES PROGRAMS



#### "THE CROWN" – SEASON 2

***Tuesdays and Wednesdays, beginning September 1 to September 15***

***Tuesdays, 1:00–3:00 p.m.; Wednesdays, 10:00 a.m.–noon***

The Crown follows the political rivalries and romance of Queen Elizabeth II's reign and the events that shaped the second half of the twentieth century. Season two covers the time period between 1956 and 1964 and includes: the Suez Crisis in 1956, the retirement of the Queen's third Minister in 1963, and the births of Prince Andrew and Prince Edward. John F. Kennedy, Jackie Kennedy, and Lord Altrincham also make appearances. Starring: Clair Foy, Matt Smith, Jeremy Northam

Two episodes will be shown each day. If you miss one, we'll provide you with episode summaries.

Running time: each episode is approximately one hour in length

Registration required, no fee.

### SPECIAL NOTICE

PSRC is closed on Monday, September 7 for Labor Day.

PSRC is closed on Monday, September 28 in observance of the Yom Kippur holiday.

### 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/>

## SEPTEMBER PROGRAMS

Visit [princetonsenior.org/program-resources/](https://princetonsenior.org/program-resources/)



### EXERCISE & FITNESS

#### MINDFUL CHAIR YOGA & MEDITATION — FALL SESSION 1

**With master instructor Lyn Lilavati Sirota**  
**Eight sessions, beginning September 17 to November 5, 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 in September but will return in October. 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](mailto: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/](https://princetonsenior.org/psrc-tech-resources/) or fill out a request form at <https://princetonsenior.wufoo.com/forms/technology-assistance-request/>.



# PSRC FALL FUNDRAISER



Proceeds from the PSRC Fall Fundraiser fund essential social services providing support and extensive education and social programming for the most vulnerable in our community. PSRC has set a goal to raise \$75,000. Help us achieve this goal and become an event sponsor.

*Do you have a company or are you associated with a company?*

An event sponsorship offers unique advertising benefits. We are a perfect fit for a company looking to build brand awareness, share their communal responsibility, and increase visibility among 3,500 plus participants in the greater Princeton area.

Ad and sponsorship information can found at  
[princetonsenior.org/fall-fundraiser-event](https://princetonsenior.org/fall-fundraiser-event)

Questions? Contact Lisa Adler at [ladler@princetonsenior.org](mailto:ladler@princetonsenior.org) or call 609.751.9699, ext. 103.

## ☐ Saturday Night Live — \$10,000

- 10 Complimentary tickets • VIP virtual reception with Al Franken 6:30–7:15 p.m. • Recognition on digital invitation with active hyperlink; recognition in digital program (full page ad, first page — first come, first serve basis); company name on PSRC website with active hyperlink; and name listing in eblasts

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## ☐ Gilda Radner — \$7,500

- 8 Complimentary tickets • VIP virtual reception with Al Franken 6:30–7:15 p.m. • Recognition on digital invitation with active hyperlink; recognition in digital program (full page ad) link; company name on PSRC website with active hyperlink; and name listing in eblasts

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## ☐ Jane Curtin — \$5,000

- 6 Complimentary tickets • VIP virtual reception with Al Franken 6:30–7:15 p.m. • Recognition on digital invitation with active hyperlink; recognition in digital program (half page ad); company name on PSRC website with active hyperlink; and name listing in eblasts

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## ☐ Dan Aykroyd — \$2,500

- 4 Complimentary tickets • VIP virtual reception with Al Franken 6:30–7:15 p.m. • Recognition on digital invitation; recognition in digital program (half page ad); company name on PSRC website with active hyperlink; and name listing in eblasts

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## ☐ John Belushi — \$1,500

- 4 Complimentary tickets • VIP virtual reception with Al Franken 6:30–7:15 p.m. • Recognition on digital invitation; recognition in digital program (quarter page ad; company name on PSRC website with active hyperlink; and name listing in eblasts



All programs and groups meet virtually on Zoom

# SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	10:30 GrandPals GabFest 10:30 Ted Talk <b>1:00 The Crown - Season 2</b> <b>1:00 Knit Wits</b> 2:00 Fireside Chat	9:00 GrandPals GabFest <b>10:00 The Crown - Season 2</b> 1:00 GrandPals GabFest 3:00 Let's Talk	10:00 Mindful Chair Yoga & Meditation 10:30 GrandPals GabFest 11:00 Cosmology <b>1:00 Art and the Academy - Melissa Klapper</b> <b>1:00 Memoir Writing</b> 2:00 Fireside Chat	10:00 Women in Retirement - Coffee Klatch <b>1:00 First Friday Film - Marriage Story</b>
7	8	9	10	11
<b>PSRC IS CLOSED FOR THE LABOR DAY HOLIDAY</b>	10:30 GrandPals GabFest 10:30 Ted Talk <b>11:00 Next Chapter Widows/ Widowers</b> <b>1:00 The Crown - Season 2</b> 2:00 Fireside Chat	9:00 GrandPals GabFest <b>10:00 The Crown - Season 2</b> 1:00 GrandPals GabFest 3:00 Let's Talk	10:00 Mindful Chair Yoga & Meditation 10:30 GrandPals GabFest 11:00 Cosmology <b>1:00 Art and the Academy - Ronnit Vasserman</b> <b>1:00 Memoir Writing</b> 2:00 Fireside Chat <b>4:00 Children of Aging Parents</b>	10:00 Women in Retirement - Coffee Klatch <b>11:45 FYI Seminar</b>
14	15	16	17	18
10:00 Gentle Mat Yoga + Nidra <b>11:00 Discovering Michelle Obama</b> 12:00 GrandPals GabFest 1:00 Global Conversations <b>1:00 Library Reads</b> 2:00 Word Play <b>3:00 Caregivers Group</b>	10:30 GrandPals GabFest 10:30 Ted Talk <b>11:00 Grandparent Group</b> <b>1:00 The Crown - Season 2</b> 2:00 Fireside Chat <b>3:00 Elder Justice Discussion: Call to Action for Mercer County</b>	9:00 GrandPals GabFest 1:00 GrandPals GabFest 3:00 Let's Talk	10:00 Mindful Chair Yoga & Meditation 10:30 GrandPals GabFest 11:00 Cosmology <b>1:00 Art and the Academy - Leslie Klein</b> <b>1:00 Memoir Writing</b> 2:00 Fireside Chat	<b>10:00 Women in Retirement - Monthly Meeting</b> <b>11:45 FYI Seminar - New Rules with the Secure Act</b> <b>3:00 Transition to Retirement</b>
21	22	23	24	25
10:00 Gentle Mat Yoga + Nidra <b>10:00 Ronald Reagan's America (EF)</b> 12:00 GrandPals GabFest <b>1:00 Case Studies in Science and Technology (EF)</b> 1:00 Global Conversations 2:00 Word Play <b>3:00 Bereavement Group</b>	<b>10:00 Geology (EF)</b> <b>10:00 Forest for the Trees (EF)</b> <b>10:00 Supreme Court and Nationalism (EF)</b> 10:30 GrandPals GabFest 10:30 Ted Talk <b>11:00 Next Chapter Widows/ Widowers</b> <b>1:00 Jane Austen 2 (EF)</b> <b>1:30 Diplomacy (EF)</b> 2:00 Fireside Chat	9:00 GrandPals GabFest <b>10:00 Migrations: Continuing Stories (EF)</b> <b>10:00 Roots of Western Art (EF)</b> <b>10:00 Swann's Way (EF)</b> <b>1:00 Elizabeth Strout's Linked Short Stories (EF)</b> 1:00 GrandPals GabFest <b>1:30 Plays off the Page (EF)</b> 3:00 Let's Talk	<b>10:00 The Lady Was a Spy (EF)</b> 10:00 Mindful Chair Yoga & Meditation <b>10:00 Fitzgerald's Fiction (EF)</b> 10:30 GrandPals GabFest 11:00 Cosmology <b>1:00 Geographical Links (EF)</b> <b>1:00 Memoir Writing</b> <b>1:30 Finishing School: Two Novels (EF)</b> 2:00 Fireside Chat	<b>10:00 Reconciling Perspectives (EF)</b> <b>10:00 Science in the News (EF)</b> 10:00 Women in Retirement - Coffee Klatch <b>11:45 FYI Seminar - Combating Isolation &amp; Loneliness in Elders</b> <b>1:00 The Art of the Sonnet (EF)</b> <b>1:30 Voting Rights and the 2020 Elections (EF)</b>
28	29	30		
<b>PSRC IS CLOSED FOR YOM KIPPUR</b>	<b>10:00 Geology (EF)</b> <b>10:00 Forest for the Trees (EF)</b> <b>10:00 Supreme Court and Nationalism (EF)</b> 10:30 GrandPals GabFest 10:30 Ted Talk <b>1:00 Jane Austen 2 (EF)</b> <b>1:30 Diplomacy (EF)</b> 2:00 Fireside Chat	9:00 GrandPals GabFest <b>10:00 Migrations: Continuing Stories (EF)</b> <b>10:00 Roots of Western Art (EF)</b> <b>10:00 Swann's Way (EF)</b> <b>1:00 Elizabeth Strout's Linked Short Stories (EF)</b> 1:00 GrandPals GabFest <b>1:30 Plays off the Page (EF)</b> 3:00 Let's Talk		

Virtual programs are added daily.

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

## 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

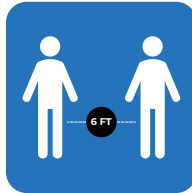
## VISIT [CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)

### **CORONAVIRUS PREVENTION** **SLOW THE SPREAD**



#### **WASH HANDS WITH SOAP**

Wash your hands often with soap and water for at least twenty seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.



#### **PHYSICAL DISTANCING**

Put six feet of distance between yourself and people who don't live in your household.



#### **WEAR FACEMASK**

Cover your mouth and nose with a mask when around others

## TRANSPORTATION

### **CROSSTOWN**

The Crosstown Transportation program is currently following these safety protocols:

- 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

## A Cool Notebook

OneNote is a cool electronic notebook that Microsoft developed years ago. And it's free! Yes! Free for Windows, MacOS, and both Android and iOS mobile devices. Free. Free. Free. (You do need a Microsoft account, but that's free, too.)

Anything you might put in a physical three-ring binder, you can put into a OneNote electronic notebook: Notes. Pictures. Webpages you need to refer to. Instructions. Recipes. To-do lists. Emails you don't want to part with.

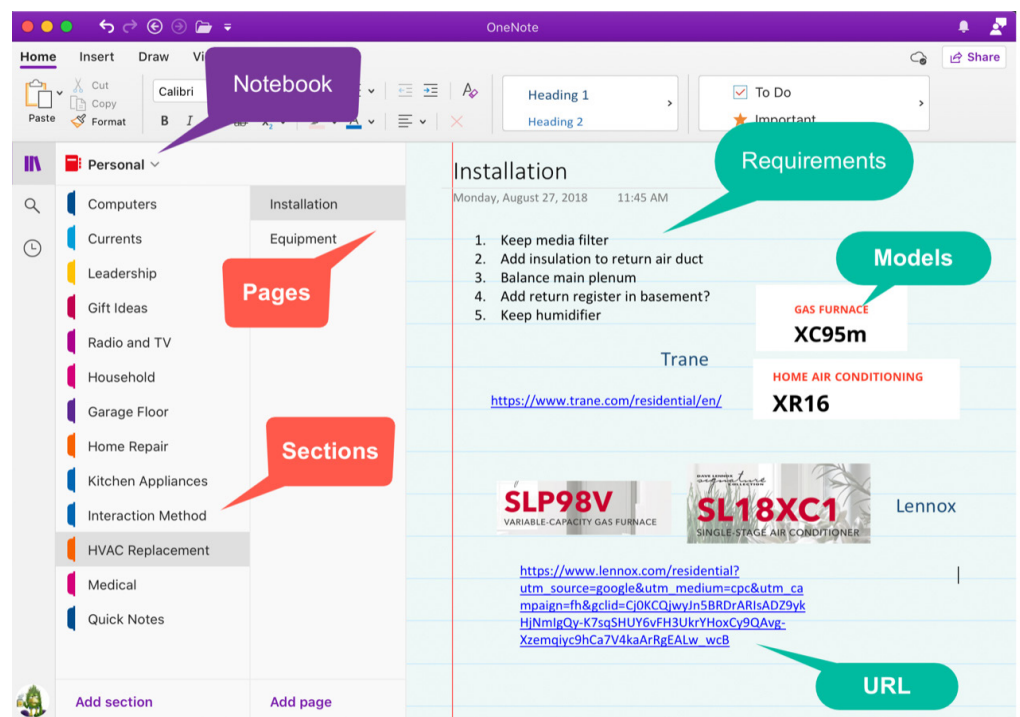
Here's one example: A couple of years ago, we started shopping for a new HVAC system. The hamster wheel on our twenty-year-old AC blower was wearing out, and the hamsters were threatening to go on strike. (See photo of the lead hamster, Fred, below.)

So, I created a new section in my personal OneNote notebook called "HVAC Replacement," and a new page called "Installation." Then I searched for HVAC installers on the web and used OneNote to save their contact information, specs about different HVAC brands, and a list of requirements. (I was looking for a hamster-free model.)

I copied the web addresses from the Lennox and Trane websites and pasted those onto the OneNote page along with the model numbers. (Ever try to write down a website address on a piece of paper?) OneNote

pages are "free format," so I could place notes, pictures, and links wherever I wanted.

And because OneNote uses Microsoft's OneDrive "cloud" storage, I can also view this notebook on my iPhone and iPad. Instead of having my notes



*I kept information I had researched for a new HVAC system in OneNote.*



*Fred was one of our HVAC hamsters. He's retired now and lives in Delray Beach.*

strewn about on papers here and there, they were all easily available in my OneNote notebook.

I'm quite comfortable including personal information in OneNote because my computer is password-protected. Indeed, keeping personal data on your computer is safer than in a paper notebook that could be stolen or lost.

Working in OneNote should be familiar if you've used Microsoft Office. But even if you haven't, the interface is simple enough.

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

## SOCIAL SERVICES

by Sharon Hurley, CVA

### Staying (or Getting) Connected!

In a world where almost everyone is either Zooming or using some form of video chatting to stay connected, there are still a great number of people who are not online in any form.

I am honestly worried about the people that are living alone and social (physical) distancing from friends and family where they can't see people's faces. Do you know anyone like that? If so, I'd love to hear from you so that I can reach out to them!

We have volunteers in our Virtual HomeFriends program who make regular calls to people that are not leaving their homes. If you would like to volunteer to make calls you can complete an online volunteer application [here](#).

If you would like to receive a regular phone call, please reach out to one of our social service team members below or complete a registration form [here](#).

Recommendations for social distancing change regularly and we are all faced with asking the questions about what is best for each of us. It can be so confusing but talking things out with others can alleviate a lot of the stress. PSRC has online groups where people gather regularly to share their experiences, ask questions and even make new friends. Most people are using Zoom but others use their telephone, cell, or landline, to call in and get connected. See the list of groups on page 13, or go to our [website](#) to read descriptions and register from there.

The volunteers in our PSRC Tech Lab have made it possible for so many people to get connected, even when they were resistant at first to learning new technology. We want to help keep people connected with others. Our popular Evergreen Forum classes begin this month and there are still some course openings. Reach

out to [tech@princetonsenior.org](mailto:tech@princetonsenior.org) today for Zoom training if you still need assistance in getting started.

If you know a senior that doesn't drive, and lives in Princeton, you should tell them to register for the Crosstown Transportation door-to-door program. Crosstown is taking all precautions to make the ride safe to get to doctor appointments and other Princeton locations. PSRC manages the registration. For more information go [here](#).

We created a special Social Services page on our website with many resources to keep you connected to the things you may need. Please take a look at <https://www.princetonsenior.org/social-services-resources/>

We look forward to hearing from you. Send us a note to say "Hi" and let us know how you are doing: [socialservices@princetonsenior.org](mailto:socialservices@princetonsenior.org).

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 609.751.9699.

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



**BEREAVEMENT** — *Usually third Monday of the month. No fee.*

Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Penn Medicine Princeton HomeCare and a chaplain, this group welcomes community members who need support and assistance in coping with grief and loss.

**Call Sherri Goldstein at 609.819.1226 to sign up.**

**CAREGIVERS** — *Usually second & fourth Monday of the month. No fee.*

Spouses and friends share the joys and challenges of caregiving; whether at home, from a distance, or in a care facility, for any diagnosis.

**Facilitator: Sharon Hurley, CVA**

**CHILDREN OF AGING PARENTS** — *Usually second Thursday of the month. No fee.*

Professionally facilitated peer support for adult children caring for aging parents. Parents may be living independently, living with you, or in a residential care community, near or far, at any stage in the aging journey.

**Facilitator: Ruth Bronzan**

**FIRESIDE CHATS** — *Tuesdays and Thursdays. No fee.*

Join a member of our social services team in a virtual Zoom meeting every Tuesday and Thursday afternoon. Drop-in to chat with new friends. All you need is a computer, an iPad, an iPhone, a smartphone, or even a land line.

**GLOBAL CONVERSATIONS** — *Mondays. No Fee.*

Conversation and culture for adults over fifty-five who are not native English speakers. All languages welcome.

**Facilitator: Sharon Hurley, CVA**

**GRANDPARENTING** — *Third Tuesday of the month. No fee.*

Conversation about the joys and challenges of grandparenting with Lenore Sylvan.

**HOMEFRIENDS**

HomeFriends is a visitor program for isolated or home-based seniors or people with limiting health conditions.

**KNIT WITS** — *Usually first Tuesday of the month. No fee.*

Friendly conversation provides the backdrop to the clacking of knitting needles. Start a new knitting project or bring an old one to finish. All knitting levels welcome.

**Facilitator: Sharon Hurley, CVA**

**LET'S TALK** — *Wednesdays. No Fee.*

Share support, resources, relaxation, laughter and stories.

**Facilitator: Dave Roussell, MEd, MSW, LSW**

**MEN IN RETIREMENT** — *Usually first Friday of the month. No fee.*

Discussion with others who are making or have made the transition into retirement. For information call 609.751.9699. All are welcome!

**Group is facilitated by Barry Chalofsky, Rob Hegstrom, and Bruce Wallman**

**NEXT CHAPTER: WIDOWS & WIDOWERS** — *Usually second & fourth Tuesday of the month. No fee.*

For men and women that have moved through the early stages of grief, after losing a spouse, and are starting to feel ready to engage with people and activities.

**Facilitator: Sharon Hurley, CVA**

**TED TALKS** — *Tuesdays. No fee.*

First we watch a fascinating TED Talk, then we discuss it.

**Discussions facilitated by Helen Burton.**

**TRANSITION TO RETIREMENT** — *Usually third Friday of the month. No fee.*

This monthly group deals with issues related to making the adjustment to retirement. All are welcome.

**Facilitator: Dave Roussell, MEd, MSW, LSW**

**WOMEN IN RETIREMENT** — *Usually third Friday of the month. No fee.*

Meet interesting people, make new friendships, enjoy conversation, share experiences and join in engaging activities that stimulate personal growth.

**This group is facilitated by Cheri Chalofsky, Joan Fredericks, and Dina Kravets.**



## GROUPS

**BEREAVEMENT**

*Monday, September 21 at 3:00 p.m.*  
(Usually third Monday of each month)

*Call Sherri Goldstein  
609.819.1226 to attend.*

**CAREGIVERS**

*Monday, September 14 at 3:00 p.m.*  
(Usually second & fourth Monday  
of each month)

**CHILDREN OF AGING PARENTS**

*Thursday, September 10 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, September 15 at 11:00 a.m.*  
(Third Tuesday of each month)

**KNIT WITS**

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

**LET'S TALK**

*Wednesdays at 3:00 p.m.*

**MEN IN RETIREMENT**

*Friday, September 4 at 2:00 p.m.*  
(Usually first Friday of each month)

**NEXT CHAPTER: WIDOW/-ERS**

*Tuesday, September 8 & 22 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, September 18 at 3:00 p.m.*  
(Usually third Friday of each month)

**WOMEN IN RETIREMENT**

**MONTHLY MEETING**

*Friday, September 18 at 10:00 a.m.*  
(Usually third Friday of each month)

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

**ALL GROUPS MEET VIRTUALLY USING ZOOM.**

Sign up for virtual groups on our [website](#)  
or call 609.751.9699 for assistance.

## FROM THE DEVELOPMENT OFFICE

### PSRC Legacy Corner

You know the saying,  
“The only two things certain in life are death and taxes.”

The good news is, while preparing for the first, you can reduce the burden of the second — both on yourself and your heirs — through careful financial and estate planning.

#### TRIMMING THE TAX BILL

While many people worry about the federal estate tax, it applies only to high-net-worth individuals. In 2019, it was levied just on assets in excess of \$11.4 million.

Unfortunately, most people don't realize that other taxes are far more likely to take a large chunk — in some cases, up to seventy percent — out of assets they leave to their loved ones. And those taxes apply to just about everyone, regardless of financial status.

This is why it's important to meet with a certified financial planner, or CFP, to help you decide on a money-saving strategy that's right for you and your heirs, and your charities of choice.

#### WE AT PSRC ARE ABLE TO HELP YOU DISCOVER THE BENEFITS OF GIVING WISELY

Trusts, life insurance, charitable gift annuities, charitable donations, donor-advised funds, even outright gifts to PSRC, friends, and family members, are all strategies that can reduce the tax load on your assets. Plan ahead — otherwise your good intentions could fall flat.

Learn how these benefits work by visiting [princetonsenior.plannedgiving.org](https://princetonsenior.plannedgiving.org) or contact Lisa Adler at [ladler@princetonsenior.org](mailto:ladler@princetonsenior.org) or 609.751.9699, ext. 103 .

*(excerpt from a blog post by Viken Mikaelian, CEO, [plannedgiving.com](https://plannedgiving.com))*

## SEPTEMBER FEATURED SPONSORS



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

[homewatchcaregivers.com](https://homewatchcaregivers.com)



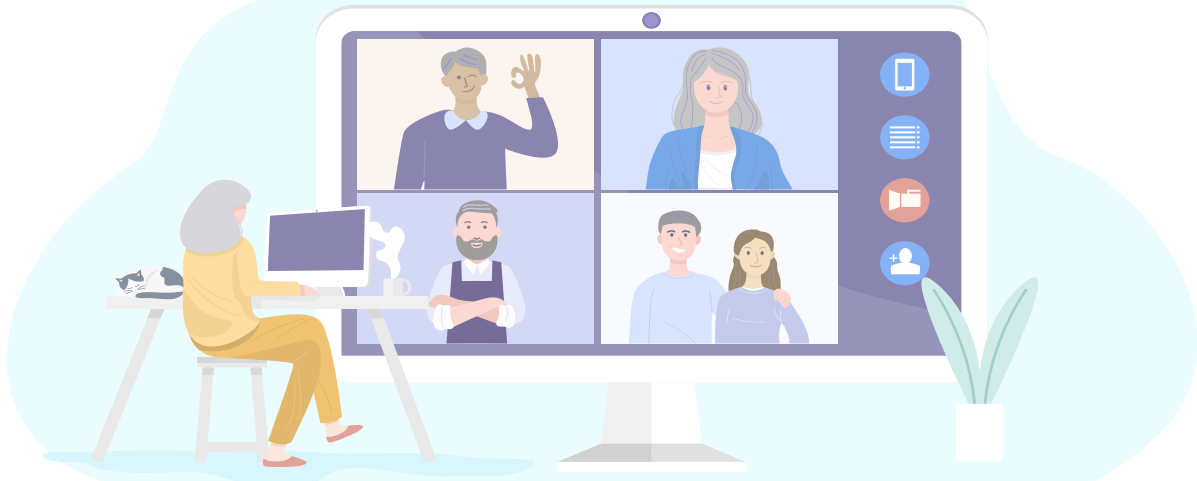
Full-service planning law office working to provide peace of mind to our clients and their families.

[vandyckfirm.com](https://vandyckfirm.com)

## FROM THE DEVELOPMENT OFFICE

### VOLUNTEER APPRECIATION AWARD

*to be honored at the PSRC Fall Fundraiser*



The annual volunteer appreciation award, given by the PSRC board and staff, recognizes the extraordinary service and dedication of an individual or group committed to the mission of PSRC.

This year we honor

***The TECH LAB Volunteers***

Evelyn Sasmor  
Craig Sanders

Don Benjamin  
Don Gould

Gaurav Kumar

Generous with their time and talents, this year's recipients enabled PSRC to make the astounding shift to online programming. PSRC will have a special tribute to our Tech Lab volunteers at the fall fundraiser on October 17 at 7:30 p.m.

We invite you to join with us in recognizing the extraordinary service of our Tech Lab volunteers by taking an ad in the digital program or making a generous donation in their honor.

Donations can be made at [princetonsenior.org](https://princetonsenior.org) or by calling 609.751.9699.

Ad and sponsorship information can found  
at [princetonsenior.org/fall-fundraiser-event](https://princetonsenior.org/fall-fundraiser-event).

## PSRC FALL FUNDRAISER





45 Stockton Street • Princeton • New Jersey



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



Please welcome our new and returning board members (left to right) Nancy Becker, Suresh Chugh, Iona Harding, and Mike Kenny.



**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  
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Novi Wealth Partners  
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Ovation at Riverwalk

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& Home Health  
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Van Dyck Law, LLC

**And to our individual donors who along with our sponsors make our programs & services possible.**

Be sure to follow us on Facebook so you don't miss a beat! [facebook.com/princetonsenior.org/](https://facebook.com/princetonsenior.org/)