

PSRC FALL FUNDRAISER



AN EVENING WITH SENATOR AND SATURDAY NIGHT LIVE ALUMNUS

AL FRANKEN

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

6:30–7:15 p.m. VIP — Virtual Reception with Senator Al Franken

(includes virtual reception with Senator Al Franken, link to the virtual event at 7:30 p.m., and complimentary signed book — one per household)

\$200 per ticket (\$140 is a tax-deductible donation)

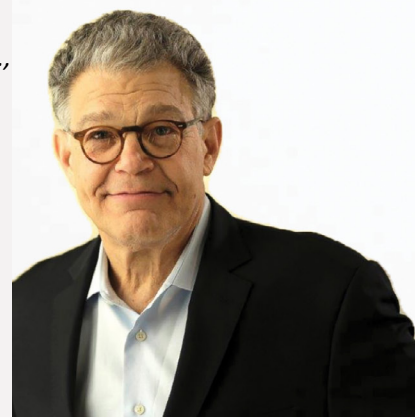
\$400 per ticket will upgrade your donation to PSRC

(\$340 is a tax-deductible donation)

7:30 p.m. Virtual Event

\$60 per ticket

THIS IS A VIRTUAL EVENT ON THE ZOOM CONFERENCING PLATFORM



Franken won five Emmys, wrote two *New York Times* #1 best-sellers, brought home two Grammys, spent fifteen seasons on *Saturday Night Live* with the likes of Gilda Radnor, Chevy Chase, John Belushi, and Dan Aykroyd and served as a United States Senator. Most recently, Franken has focused his time and energy on “issues like health care, the growing disparities in income, wealth, and opportunity, climate, immigration, justice, xenophobia, education, the role of money in every part of our politics, and, indeed, the very future of our democracy.”

Join us for a lively evening with Al Franken who will discuss his time on *Saturday Night Live* to his time on the Senate floor. **Professional closed captioning will be available for this event.**

For ticket and event sponsorship information visit princetonsenior.org.

Questions? Contact Lisa Adler, associate executive director for fundraising & development at ladler@princetonsenior.org, or call 609.751.9699, ext. 103.

Symposium on Race

Every day when we turn on the news, we are hit with the reality that we are fighting two pandemics — covid-19 and racism. Turn to pages 6 & 7 to find out how PSRC began the conversation on race and what we can do next.

Flu Shot Clinic Day

Tuesday, October 13 from 1:00 to 6:00 p.m.

To schedule an appointment, please contact the health department (not PSRC) at **609.497.7609**.

Also, see pages 5, 12, and 13 to read about all of the virtual events surrounding health and wellness this month!

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

Are we there yet?

Dear Friends,

Do you remember the moment it happened? Can you think back and identify the point in time that you recognized you had become your parents? For me, it was nearly twenty years ago. With a two-year-old and a three-year-old in the backseat of our Dodge Caravan. "Are we there yet?" the whine cried out from the back seat. "We'll get there when we get there...so just look out the window and don't ask again!"

Startled, I looked at myself in the rearview mirror and all I could see was my dad looking back at me! I mean, we had only been on the road for forty-five minutes and, since we were moving from New Jersey to Nashville, TN, we had another twelve, plus hours in the car. You can't seriously be asking already.

"Are we there yet?" is the question that I have been whining a lot lately in regard to COVID-19 and this global pandemic that has radically altered our lives. Like most of us, I just want it to be over. It's uncomfortable. It's frustrating. It's boring at times. It's even a bit scary if I'm honest — particularly since I live with a nurse who served on a COVID ICU in March and April who is preparing for the fall.

Like many of you, I am anxious for things to return to some semblance of normal. I am looking forward to traveling (we had a European cruise planned for this summer). I am looking forward to enjoying a meal with friends in our favorite restaurant. I long for the sounds of laughter filling our building and lunches in the courtyard with my colleagues. I assure you that day will come. But we aren't there yet.

From the beginning, we have been committed to following the scientific and medical community to guide our decision-making



process regarding opening our building. Given the particular challenges that COVID-19 presents to our constituency of older adults, we do not believe we will be able to gather again in-person for the remainder of this year. Similarly, our staff remains virtual with only a few people currently working in the building.

The good news, however, is that PSRC programming remains as vital as ever. Our programs team continues to develop new, stimulating virtual offerings each and every week. This month, we are excited to partner with the American Revolution Museum in Philadelphia to present *When Women Lost the Vote*, an untold story of women's voting rights in New Jersey from 1776–1807.

Our social services team has put together an extraordinary series of programs dealing with health and wellness. There will be a virtual town hall with Dr. George DiFerdinando and several offerings covering various aspects of physical and emotional wellbeing. These virtual programs, along with our annual flu shot clinic at the Suzanne Patterson Building and a virtual health vendor fair, will keep you engaged — and healthy!

October also brings our annual fall fundraiser for PSRC. As you know, PSRC is a community nonprofit that relies on individual donors and community/corporate partners for nearly 80% of our funding. The annual benefit is a critical piece in our fundraising efforts, and, like most organizations, we have been forced to adapt given the restrictions on gathering in-person.

We are thrilled this year to present our first ever virtual zoom gala, “An Evening with Al Franken.” We hope that you will make every effort to join us for this event — and that you will share widely with your friends and neighbors so that they can enjoy a wonderful evening while supporting the Princeton Senior Resource Center. The evening begins at 6:30 with a virtual VIP cocktail hour with Al Franken for those with VIP tickets followed by the performance at 7:30 for all ticket holders, both events will be via Zoom.

During the event, we will be presenting our Volunteer Service Award to the amazing technology team of Evelyn Sasmor, Don Benjamin, Craig Sanders, Guarav Kumar, and Don Gould. This extraordinary team has given sacrificially of their time and talent over the past six months to help our senior center pivot online. I am sure that many of you have benefited from their service and I would like to invite you to purchase a tribute ad for our event in their honor. For more information on how to do that, please contact our development team.

Unfortunately, my dear friends, we aren't quite there yet. But we will be someday, hopefully soon! I honestly cannot wait to greet you in person and once again have our building filled with laughter and warmth. I promise that when it is safe to do so, we will throw open the doors to welcome you! Until then, I look forward to “zooming” with you.

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*

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Fundraising & Development*

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*Director of Social Services
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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

OCTOBER PROGRAMS

Visit princetonsenior.org/program-resources/



FIRST FRIDAY FILM — “THE HATE U GIVE”

Friday, October 2 at 1:00 p.m.

Starr Carter navigates the perilous waters between her poor, black neighborhood and her prestigious, mainly white, private school. This all changes when she finds herself in the middle of racial activism after her best friend is shot by police officers, and she’s forced to make a decision.

Starring: Amanda Stenberg, Regina Hall, Russell Hornsby, Algee Smith

Motion Picture Rating: PG-13

Running time: 2 hrs, 13 mins

Registration required, no fee.



FYI SEMINAR — “MEDICARE”

Friday, October 9 at 11:45 a.m.

Want to find out what Medicare in 2021 means for you? October 15 to December 7 is the Medicare annual enrollment period when you can review your Medicare coverage for the following year. Find out what your choices are, what questions to ask, and where to get free, unbiased, and confidential assistance from Cathy Forbes, Mercer County SHIP coordinator since 2016.

Registration required, no fee.



FYI SEMINAR — “COOKING WITH SENIOR CHEFS”

Friday, October 16 at 11:45 a.m.

Join Chef Jon Boot who will cook up an online culinary demo just for PSRC which will consist of two dishes: roasted butternut squash soup with apple, pumpkin seeds, and spiced crème fraiche; and a fish du jour dish with spaghetti squash and seasonal mushrooms.

Jon Boot is a chef from New Jersey who has been cooking professionally for twenty years in some of the Garden State’s best restaurants. Suellen Boot graduated with a degree in biochemistry and is also a licensed integrative nutrition health coach.

Registration required, no fee.



FYI SEMINAR — “MEDICAL MARIJUANA”

Friday, October 23 at 11:45 a.m.

Senior citizens are the fastest growing group of marijuana consumers in America. Learn about the “New Jersey Compassionate Use Medical Marijuana Act.” Ken Wolski will answer the questions you’ve been pondering, such as, who qualifies, how do I get an ID card, and how does marijuana work in the human body? New Jersey is poised to legalize marijuana; come and learn the reasons why.

Ken Wolski, MPA, has been a registered nurse (RN) since 1976. Ken retired in 2006 from the State of New Jersey after twenty-five years of service, and he also worked for eight years as an intensive care unit and cardiac care unit (ICU/CCU) nurse. Ken is the executive director and co-founder of the “Coalition for Medical Marijuana—New Jersey, Inc.,” a 501(c)(3) educational organization and public charity, since 2003.

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:

October 6 — Sam Kass: Want kids to learn well? Feed them well

October 13 — Ted Dintersmith: Why Schools should teach for the real world

October 20 — David Ikard: The real story of Rosa Parks — and why we need to confront myths about black history

October 27 — Jad Abumrad: How Dolly Parton led me to an epiphany

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

LIBRARY READS — MONDAY, OCTOBER 5, 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

To request a program scholarship, please fill out this confidential form.
<https://princetonsenior.wufoo.com/forms/senior-scholarship-request-form/>

RETIREMENT PROGRAMS

MEN IN RETIREMENT — NOT MEETING IN OCTOBER

WOMEN IN RETIREMENT — “5TH ANNIVERSARY CELEBRATION”

Friday, October 16 at 10:00 a.m.

Please join us for WIR’s celebration of an exciting milestone. They will be toasting their fifth year anniversary and invite you to bring a glass of your favorite beverage to celebrate the moment. They will be sharing memories, pictures, and thoughts about what Women in Retirement has meant to their members. All are welcome.

TRANSITION TO RETIREMENT

Friday, October 16 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

FLU SHOT CLINIC —

BY APPOINTMENT ONLY, NO WALK-INS

Tuesday, October 13, 1:00–6:00 p.m.

Help Princeton fight the flu!

To schedule an appointment, please contact the health department (not PSRC) at **609.497.7609**. To ensure safety, everyone is required to maintain social distancing and wear a mask. Strict Covid-19 guidelines will be followed.

Free flu shots will be provided to uninsured Princeton residents and high dose vaccines are available for seniors.

VIRTUAL HEALTH FAIR — TOWN HALL MEETING WITH DR. DIFERDINANDO

Wednesday, October 7, 12:30 p.m.

See full virtual health fair schedule on page 13

Join Dr. George DiFerdinando, chair of the

Princeton Board of Health, for this virtual town hall meeting where we will discuss the current state of the COVID-19 pandemic in our area, the impact of the coming flu season, and much more.

Registration required, no fee.

VIRTUAL HEALTH FAIR EVENTS

October 22, 23, 27, 29, 30

See full virtual health fair schedule on page 13

Virtual presentations about health, wellness, nutrition, mental health, grieving, local agencies with resources, and education by health care professionals will be happening throughout the month.

Registration required, no fee.

VIRTUAL HEALTH FAIR — GRIEVING THE LOSS OF NORMAL

Tuesday, October 6, 3:00 p.m.

See full virtual health fair schedule on page 13

Description and leader bio on page 12.

Registration required, no fee.

WHEN WOMEN LOST THE VOTE: A REVOLUTIONARY STORY, 1776–1807

Thursday, October 15, 11:00 a.m.

On the centennial of the 19th Amendment, Philadelphia’s Museum of the American Revolution comes to PSRC via Zoom to tell the lesser-known story of women and free people of color who legally held the right to vote in New Jersey for more than thirty years, from 1776 to 1807. You will learn of the nation’s first women voters and the political conflicts that led to their voting rights being stripped away. These events helped to set the stage for another generation of women to take the mantle of the suffrage movement decades later. This inspiring story explores how the American Revolution shaped women’s political opportunities and activism and is also a cautionary tale about one of American’s first voting rights crises.

The Zoom presentation by museum staff, will include a brief talk, a tour of the exhibit, and Q&A time. Registration required, no fee.

SYMPOSIUM ON RACE

by Breana Newton

Every day when we turn on the news, we are hit with the reality that the world is fighting two pandemics — Covid-19 and racism. We watch as professional players demand change as they strike for the lives lost and the freedoms that should be afforded to all. We gather around our television as generations of people march on the streets and chant together as they work tirelessly to stamp out hate and uplift love. I knew that this moment in history would be the right time to open up the conversation. On August 13 we were joined by Rachel Apter and Aarin Williams from the NJ Civil Rights office as they discussed a multitude of terms: systemic and systematic racism, unconscious bias, and racism in general, while offering visual aids to drive the points home. It was a lengthy but very informative conversation that focused on the many ways racism is deeply ingrained in our day-to-day lives, BUT also offered a sliver of hope as they left us with ways we can help.



Rachel Apter

Aarin Williams

On August 20 we were joined by Jaime Brown, Obella Obbo, and Isaiah Coleman, a group of millennials who sat down with us to further the conversation. The discussion centered around personal stories highlighting their Black experience — from what activism means to them, taking care of their mental health, and trying to find peace in a time of civil unrest.

The conversation doesn't stop here, and the work must continue. Following this article you will find terms you should know and reading material to keep pushing forward.

TERMS YOU SHOULD KNOW:

RACISM:

Racism is a complex system of advantage and disadvantage based on the socially constructed categories of race. Racism is enacted simultaneously, institutionally, culturally, interpersonally, and individually. When all of these are woven together, these interactions create and sustain systemic benefits for whites as a group, structure discrimination, oppression, and exclusion for people from targeted racial groups.

RACIAL EQUITY:

The condition where one's racial identity has no influence on how one fairs in society. Example: Racial equity is about applying justice and a little bit of common sense to a system that's been out of balance. When a system is out of balance, normally people of color are impacted, but more acutely, everyone feels some level of imbalance in this system.

INTERPERSONAL RACISM:

The expression of racism between individuals. It is the bias that occurs when individuals interact with others and their personal racial beliefs affect their public interactions with others.

INSTITUTIONAL RACISM:

The tendency for the procedures and practices of particular institutions to operate in ways which result in certain racial groups being advantaged or favored, and others being disadvantaged or devalued, even when bias isn't the result of conscious prejudice or discrimination.

SYSTEMIC RACISM:

Systems in place that advantage white people and disadvantage people of color, particularly Black people in every facet of life. Whether that be education, health care, wealth, employment, housing, the legal systems, policing, or access to a healthy environment.

MICROAGGRESSIONS:

Acts of disregard or subtle insults stemming from unconscious attitudes of white superiority. Microaggressions include common place

experiences of people of color. Example: A sales clerk is followed by security guards or being complimented for speaking good English.

MACROAGGRESSIONS:

An act of racism towards everyone of that race. For example, broad strokes about Black communities as violent or impoverished. Comments about all people from Mexico attempting to immigrate are criminals. Those are macroaggressions that often leads to microaggressions.

WHITE PRIVILEGE:

White people being advantaged in the political, social, and cultural institutions of our society in ways that we don't even always recognize.

UNCONSCIOUS BIAS:

Learned stereotypes that are automatic, unintentional, deeply ingrained, universal, and able to influence behavior.

IMPLICIT BIAS:

An acknowledgement that a natural part of our brain is unconsciously processing.

"This was fantastic! Thank you Breana, Jaime, Isaiah, Obella, and Drew! Thank you for this meaningful and critical conversation."

"Our world is a better place because the four of you are in it — it gives me hope."

— Iona Harding

OTHER USEFUL RESOURCES:

BOOKS:

The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander
How to Be an Antiracist by Ibram X. Kendi
White Fragility by Robin DeAngelo;
Why Are All the Black Kids Sitting Together in The Cafeteria? And Other Conversations About Race by Beverly Daniel Tatum
Just Mercy by Bryan Stevenson
The Warmth of Other Suns by Isabel Wilkerson

ARTICLES:

Nikole Hannah-Jones, "America Wasn't a Democracy, Until Black Americans Made It One," *The New York Times Magazine* (Aug. 14, 2019)

Ta-Nehisi Coates, "The Case for Reparations," *The Atlantic* (June 2014)

Cadet, Danielle. "Your Black Colleagues May Look Like They Are Okay — Chances Are They Are Not." *Refinery29.com*. May 2020. <https://www.refinery29.com/en-us/2020/05/9841376/black-trauma-george-floyd-dear-white-people>

PODCASTS:

1619

Code Switch

Pod Save the People

"How to Not (Accidentally) Raise a Racist," *Longest Shortest Time Podcast*

Podcasts that are also about Black history and joy
— *Girl Trek*, *Michelle Obama Podcast*

OCTOBER PROGRAMS

Visit princetonsenior.org/program-resources/



EXERCISE & FITNESS

MINDFUL CHAIR YOGA & MEDITATION

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. **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.

Eight sessions beginning October 5 to November 23

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. 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

MEMOIR WRITING WITH JENNIFER

Thursdays at 1:00 p.m.

Fee: \$50 per person for eight sessions

We will engage in writing exercises, discuss the craft of writing, and share examples from several published memoirs to inspire you.

If you are interested in putting your name on the

waitlist, please go to <https://princetonsenior.wufoo.com/forms/memoir-writing-with-jennifer-waitlist/> to register your interest.

Instructor: Jennifer Altmann

NEW! PAINTING FOR BEGINNERS

Mondays at 2:00 p.m.

Fee: \$80 per person beginning October 5 through November 23

Join master art instructor Christina Rang on Zoom for a painting class designed specifically for beginners. You'll learn the basics and of layout, color, design, and more!

Instructor: Christina Rang

PAINTING AND SELF EXPRESSION ONLINE

Fee: \$80 per person for eight 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

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

OCTOBER 2020

Monday

Tuesday

Wednesday

Thursday

Friday

1

9:45 Cosmology
10:00 Fitzgerald's Fiction (EF)
10:00 Lady Was A Spy (EF)
10:00 Mindful Chair Yoga
10:30 GrandPals GabFest
1:00 Geographical Links (EF)
1:00 Memoir Writing - Fall Session 1
1:30 Finishing School (EF)
2:00 Fireside Chat

2

10:00 Reconciling Perspectives (EF)
10:00 Science in the News (EF)
10:00 Women in Retirement -
Coffee Klatch
1:00 Art of the Sonnet (EF)
1:00 First Friday Film: The Hate U Give
1:30 Voting Rights (EF)

5

10:00 Fascism (EF)
10:00 Gentle Mat Yoga + Nidra
10:00 Reagan's America (EF)
12:00 GrandPals GabFest
1:00 Case Studies (EF)
1:00 Global Conversations
1:00 Library Reads
2:00 Painting for Beginners
2:00 Word Play

6

9:30 Fireside Chat
10:00 Forest for the Trees (EF)
10:00 Geology (EF)
10:00 Supreme Court and
Nationalism (EF)
10:30 GrandPals GabFest
10:30 TED Talk
11:00 Grandparents Group
1:00 Jane Austen 2 (EF)
1:00 Knit Wits
1:30 Diplomacy (EF)
3:00 Grieving the Loss of Normal

7

9:00 GrandPals GabFest
10:00 Migrations (EF)
10:00 Roots of Western Art (EF)
10:00 Swann's Way (EF)
12:30 Virtual Town Hall -
Dr. DiFerdinando
1:00 Strout's Short Stories (EF)
1:00 GrandPals GabFest
1:30 Plays off the Page (EF)
2:00 Painting and Self Expression -
Fall Session
3:00 Let's Talk

8

9:45 Cosmology
10:00 Fitzgerald's Fiction (EF)
10:00 Lady Was A Spy (EF)
10:00 Mindful Chair Yoga
10:30 GrandPals GabFest
1:00 Geographical Links (EF)
1:00 Memoir Writing - Fall Session 1
1:30 Finishing School (EF)
2:00 Fireside Chat
4:00 Children of Aging Parents

9

10:00 Reconciling Perspectives (EF)
10:00 Science in the News (EF)
10:00 Women in Retirement -
Coffee Klatch
11:45 FYI Seminar - Medicare
1:00 Art of the Sonnet (EF)
1:30 Voting Rights (EF)

12

10:00 Fascism (EF)
10:00 Gentle Mat Yoga + Nidra
10:00 Reagan's America (EF)
12:00 GrandPals GabFest
1:00 Case Studies (EF)
1:00 Global Conversations
2:00 Painting for Beginners
2:00 Word Play
3:00 Caregivers Group

13

9:30 Fireside Chat
10:00 Forest for the Trees (EF)
10:00 Geology (EF)
10:00 Supreme Court and
Nationalism (EF)
10:30 GrandPals GabFest
10:30 TED Talk
1:00 FLU SHOT CLINIC
(By Appt through Municipality)
1:00 Jane Austen 2 (EF)
1:30 Diplomacy (EF)

14

9:00 GrandPals GabFest
10:00 Migrations (EF)
10:00 Roots of Western Art (EF)
10:00 Swann's Way (EF)
11:00 Next Chapter Widows/
Widowers
1:00 Strout's Short Stories (EF)
1:00 GrandPals GabFest
1:30 Plays off the Page (EF)
2:00 Painting and Self Expression -
Fall Session
3:00 Let's Talk

15

9:45 Cosmology
10:00 Lady Was A Spy (EF)
10:00 Mindful Chair Yoga
10:30 GrandPals GabFest
11:00 When Women Lost the Vote
1:00 Geographical Links (EF)
1:00 Memoir Writing - Fall Session 1
1:30 Finishing School (EF)
2:00 Fireside Chat

16

10:00 Reconciling Perspectives (EF)
10:00 Science in the News (EF)
10:00 Women in Retirement -
Monthly Meeting
11:45 FYI Seminar - Cooking with
Senior Chefs
1:00 Art of the Sonnet (EF)
1:30 Voting Rights (EF)
3:00 Transition to Retirement

Saturday, October 17, 7:30 p.m.
FALL FUNDRAISER EVENT
SENATOR AL FRANKEN

19

10:00 Fascism (EF)
10:00 Gentle Mat Yoga + Nidra
10:00 Reagan's America (EF)
12:00 GrandPals GabFest
1:00 Case Studies (EF)
1:00 Global Conversations
2:00 Painting for Beginners
2:00 Word Play
3:00 Bereavement

20

9:30 Fireside Chat
10:00 Forest for the Trees (EF)
10:00 Geology (EF)
10:00 Supreme Court and
Nationalism (EF)
10:30 GrandPals GabFest
10:30 TED Talk
11:00 Grandparent Group
1:00 Jane Austen 2 (EF)
1:30 Diplomacy (EF)
3:00 Elder Justice Call to Action

21

9:00 GrandPals GabFest
10:00 Migrations (EF)
10:00 Roots of Western Art (EF)
10:00 Swann's Way (EF)
1:00 Strout's Short Stories (EF)
1:00 GrandPals GabFest
1:30 Plays off the Page (EF)
2:00 Painting and Self Expression -
Fall Session
3:00 Let's Talk

22

9:45 Cosmology
10:00 Fitzgerald's Fiction (EF)
10:00 Lady Was A Spy (EF)
10:00 Mindful Chair Yoga
10:30 GrandPals GabFest
1:00 Geographical Links (EF)
1:00 Memoir Writing - Fall Session 1
1:30 Finishing School (EF)
2:00 Fireside Chat
3:00 Virtual Health Fair Social
Service Presentations

23

10:00 Reconciling Perspectives (EF)
10:00 Science in the News (EF)
10:00 Women in Retirement -
Coffee Klatch
11:45 FYI Seminar - Medical
Marijuana
1:00 Art of the Sonnet (EF)
1:30 Voting Rights (EF)
3:00 Virtual Health Fair Social
Service Presentations

26

10:00 Fascism (EF)
10:00 Gentle Mat Yoga + Nidra
10:00 Reagan's America (EF)
12:00 GrandPals GabFest
1:00 Case Studies (EF)
1:00 Global Conversations
2:00 Painting for Beginners
2:00 Word Play
3:00 Caregivers

27

9:30 Fireside Chat
10:00 Forest for the Trees (EF)
10:00 Geology (EF)
10:00 Supreme Court and
Nationalism (EF)
10:30 GrandPals GabFest
10:30 TED Talk
11:00 Next Chapter Widow/
Widowers
1:00 Jane Austen 2 (EF)
1:30 Diplomacy (EF)
3:00 Virtual Health Fair Social
Service Presentations

28

9:00 GrandPals GabFest
10:00 Migrations (EF)
10:00 Roots of Western Art (EF)
10:00 Swann's Way (EF)
1:00 Strout's Short Stories (EF)
1:00 GrandPals GabFest
1:30 Plays off the Page (EF)
2:00 Painting and Self Expression
3:00 Let's Talk

29

9:45 Cosmology
10:00 Fitzgerald's Fiction (EF)
10:00 Lady Was A Spy (EF)
10:00 Mindful Chair Yoga
10:30 GrandPals GabFest
1:00 Geographical Links (EF)
1:00 Memoir Writing - Fall Session 1
1:30 Finishing School (EF)
2:00 Fireside Chat
3:00 Virtual Health Fair Social
Service Presentations

30

10:00 Reconciling Perspectives (EF)
10:00 Science in the News (EF)
10:00 Women in Retirement -
Coffee Klatch
1:00 Art of the Sonnet (EF)
1:30 Voting Rights (EF)
3:00 Virtual Health Fair Social
Service Presentations

Virtual programs are added daily.

Visit princeton senior.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

CANCER SURVIVORS NEEDED

CANCER SURVIVORS SHARE YOUR STORY!

Princeton High School's

THINK PINK! CLUB

is chronicling
yesterday's journeys
to bring HOPE to those
battling cancer today.

Please watch for details
in upcoming blasts
from PSRC.



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

Apple and Microsoft Updates

We've come to expect Apple and Microsoft to update their operating systems every year. Microsoft usually updates Windows in the spring and fall while Apple updates Mac OS only in the fall. Both operating systems are sophisticated, reliable, and feature-laden. And both operating systems are in their tenth incarnation—Microsoft Windows 10 and Apple Mac OS Version 10.x (the latest version is Mac OS 10.15).

Big Sur

Apple also assigns names to its operating system. In 2007, OS X 10.5 was called Leopard. The next year, it was Snow Leopard. Then came California locations: Yosemite, Sierra, High Sierra, Mojave, and now Catalina. This fall, Apple will release Mac OS 11.0, “Big Sur,” which is a gorgeous stretch of the California coast south of Monterey. I suppose if Apple were located in New Jersey, its operating system would be named “Bayonne” or “Ho-Ho-Kus.” Or maybe “Exit 8A.” Or maybe not.

I've been using a “beta” version of Big Sur for a couple of weeks.¹ As with past updates, Big Sur is evolutionary, not revolutionary. Everything works just as it has all along. What's different is that Big Sur more closely resembles the look and feel of the iPad (and iPhone) icons and screen text. The dock at the bottom of Mac OS Big Sur comprises rounded-square icons like the iPad, and the various dialog windows are more iPad-looking. Likewise, the new versions of iPad OS 14 and iOS 14 that Apple is about to release look more like Big Sur. It's subtle, consistent, and lovely.

Safari (the browser that comes with Mac OS) receives performance upgrades and a slick on-screen privacy report that shows if the website is tracking you. It's fast and, like all Apple software, integrates with other apps. I certainly recommend Safari over any other browser (yes, even Chrome). There's just no reason not to use it.

Apple Mail, Reminders, Notes, and Calendar look nicer, and all work the same.

Windows Fall 2020 Update

The latest Windows 10 version is 2004 (it has nothing to do with the year 2004). It's smooth and familiar and runs tons of applications. The coming fall 2020 update will be minor, which is good because Microsoft has spent time polishing and tuning rather than making big changes.

Should You Update your Computer?

Yes! Big Sur, which should be available in October, has better security features and improved internal file handling gizmos. It will integrate more seamlessly with your iPad and iPhone, and the extensive beta testing this summer should work out the kinks. The fall 2020 Windows 10 update is just as important for its better security and performance tweaks.

Need Help?

If you need help upgrading your Mac or Windows computer, just go to our tech request site at princeton senior.org/psrc-tech-resources/ and tell us what you need. If you want to donate a few bucks, that would be nice. But we'll provide the same expert and friendly service regardless because it keeps us volunteers off the streets.

¹ Apple routinely issues “beta” versions of software that aren't ready for general release so folks like me can test them for bugs and other “issues.” When I find something that's not right, I send Apple a note. What they do with that note is anyone's guess, but I assume there's someone at Apple who reads all these things. Bummer.

SOCIAL SERVICES

by Sharon Hurley, CVA

How's Your Health?

2020 has been challenging in so many ways. Maintaining our health and wellness is critical but how do you do that when life changes constantly. I know that I have asked myself questions like, “Is it really necessary for me to go to that doctor or dental appointment,” “What should I expect when considering making a medical appointment,” or “I’ve been a bit impatient lately. Do I need to focus more on mental health activities?” PSRC has a month full of virtual presentations in October that will help to answer all of your questions, and mine too.

October 10 is World Mental Health Awareness Day. This is a special day to raise awareness about mental health issues and to educate people about the importance of seeking help and asking questions. Mental health problems have been kept a secret from others for far too long, but I am here to report that the old stigma is beginning to lift. Learning how to have positive mental health will not only affect your psychological wellness but also your social and emotional well-being. There is a featured mental health presentation on October 6 by JFCS that is sure to bring you some hope about how to manage when you are feeling emotions involving the loss of something. Watch for ongoing presentations to support your mental health.

Annually we usually have a combined Health Fair/Flu Shot Day, but this year we will be doing things differently. The Flu Shot Day will be done in person — for obvious reasons. Flu Shot Day on October 13 will be a part of our month-long activities for staying healthy. Please see page 5 for all the details and how to make an appointment by calling the Princeton Health Department.

The Health Fair component will be done virtually via Zoom. Please refer to the listing on page 13 for all the presentations PSRC has scheduled to promote healthy living. There will be education, practical steps that can be implemented immediately, and local agencies offering their social services. In addition, there are special FYI’s including Medicare, medical marijuana, and even a nutritional cooking demonstration — all done virtually.

We will have a second Town Hall with Dr. George DiFerdinando on October 7 to answer all of your questions about getting a Flu shot and hear an update on the pandemic.

JFCS — FEATURED MENTAL HEALTH PRESENTATION: GRIEVING THE LOSS OF NORMAL TUESDAY, OCTOBER 6 AT 3:00 P.M.

The COVID-19 pandemic provokes a lot of emotions in us all — anxiety, stress, sadness, amongst others. However, it is also a time of collective sorrow. We are all losing something, particularly, our sense of predictability, control, justice, as well as the belief that we can protect our loved ones. Linda Kanner, LCSW explores these topics and how to cope with some of these losses.

In a world of stress, health challenges, and disconnected families, Jewish Family & Children’s Service (JFCS) of Greater Mercer County offers comprehensive social services for people of all ages and backgrounds. The agency’s core programs include mental health counseling and support, senior services, food pantry and food distribution services, and community programming. In response to COVID-19, JFCS has made our mental health resources even more accessible to the community with free drop-in phone hours offered every weekday, free webinars and virtual groups, as well as transitioning all clients to tele-therapy.

Linda Kanner, LCSW is a licensed clinical social worker in both NJ & PA. She has worked for JFCS in Princeton for the past eleven years, with individuals, couples, families, and groups. She teaches in the social and behavioral science department of Bucks County Community College. Linda has worked in many different settings, including schools, hospitals, and Naval Station Philadelphia.

VIRTUAL HEALTH FAIR SCHEDULE

TUESDAY, OCTOBER 6, 3:00 P.M.

JFCS — Featured Mental Health Presentation
Grieving the Loss of Normal

WEDNESDAY, OCTOBER 7, 12:30 P.M.

Town Hall Meeting with Dr. DiFerdinando

FRIDAY, OCTOBER 9 AT 11:45 A.M.

FYI Seminar — “Medicare”

FRIDAY, OCTOBER 16 AT 11:45 A.M.

FYI Seminar — “Cooking with Senior Chefs”

FRIDAY, OCTOBER 23 AT 11:45 A.M.

FYI Seminar — “Medical Marijuana”

VIRTUAL HEALTH FAIR SOCIAL SERVICES PRESENTATIONS

Various nonprofit organizations and government agencies will be giving five different informational sessions about their social services and programs. There will be up to three different agencies scheduled in a one hour time slot. Each agency will speak for fifteen minutes and at the end there will be a Q&A for the presenters. The Zoom link will be the same for all of the presentations listed below, so you only need to register one time. You will be able to submit questions in advance on the registration form.

THURSDAY, OCTOBER 22, 3:00 P.M.

Penn Medicine Princeton Health & Home Health

FRIDAY, OCTOBER 23, 3:00 P.M.

Arm in Arm, Senior Care Services, JFCS Senior Services

TUESDAY, OCTOBER 27, 3:00 P.M.

Social Security, Office on Aging, SHIP

THURSDAY, OCTOBER 29, 3:00 P.M.

Central Jersey Legal, Consumer Affairs, Mercer County Surrogate

FRIDAY, OCTOBER 30, 3:00 P.M.

Princeton Human Services, Sustainable Princeton, Princeton
Affordable Housing



GROUPS

BEREAVEMENT

Monday, October 19 at 3:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS

Monday, October 12 & 26 at 3:00 p.m.
(Usually second & fourth Monday of each month)

CHILDREN OF AGING PARENTS

Thursday, October 8 at 4:00 p.m.
(Usually second Thursday of each month)

FIRESIDE CHATS

Tuesdays at 9:30 a.m. and
Thursdays at 2:00 p.m.

GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

GRANDPARENTING

Tuesday, October 6 & 20 at 11:00 a.m.
(First & third Tuesday of each month)

KNIT WITS

Tuesday, October 6 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 October
(Usually first Friday of each month)

NEXT CHAPTER: WIDOW/-ERS

Wednesday, October 14 &
Tuesday, October 27 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, October 16 at 3:00 p.m.
(Usually third Friday of each month)

WOMEN IN RETIREMENT MONTHLY MEETING

Friday, October 16 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

Fall Fundraiser Event Sponsors

SATURDAY NIGHT LIVE _____

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JOHN BELUSHI _____

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OCTOBER FEATURED SPONSORS



Penn Medicine
Princeton Health

Princeton Health is one of the most comprehensive healthcare systems in New Jersey.

princetonhcs.org



NIGHTINGALENJ
Eldercare Navigators

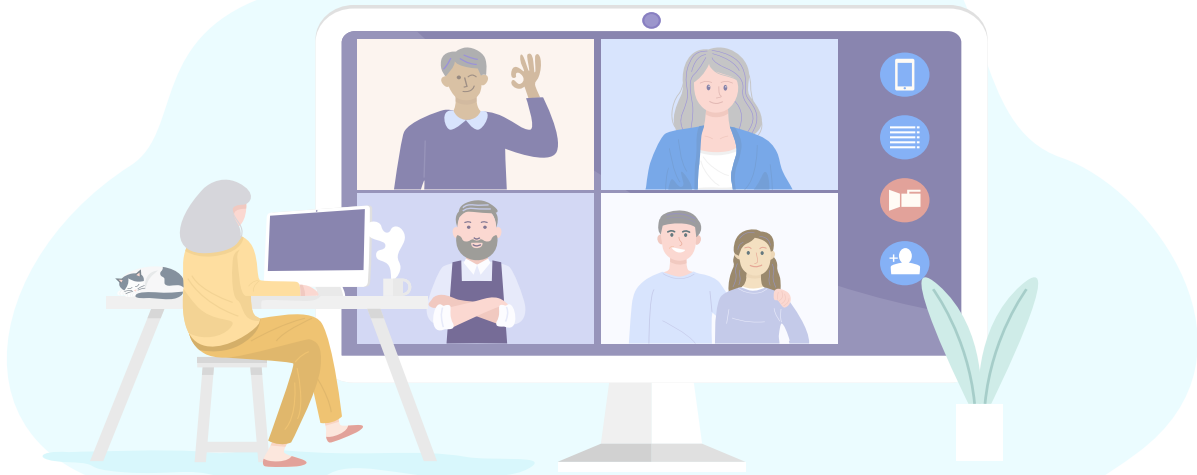
NightingaleNJ is dedicated to assisting older adults navigate the healthcare system and maintain control of their lives throughout the aging process.

nightingalenj.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 or by calling Lisa Adler at 609.751.9699, ext. 103.

Ad and sponsorship information can found
at princetonsenior.org/fall-fundraiser-event.

PSRC FALL FUNDRAISER





45 Stockton Street • Princeton • New Jersey



Mayors Wellness Campaign
Put your community in motion.

Elder Justice Call to Action — Tuesday, October 20, 3:00 p.m.

This presentation will discuss the statutory underpinnings and need for the program; mission, duties, and philosophy of service; how the office addresses elder financial exploitation; and challenges presented by COVID-19.

Helen C. Dodick received her J.D. from Temple Law School in Philadelphia and her Bachelor of Arts from the University of Pennsylvania. She has been serving as public guardian for elderly adults since 2009. In the course of her career, she has represented elderly and disabled clients and their families in many capacities,

including counselor, court-appointed fiduciary, and manager of federally funded advocacy programs for individuals with mental illness and developmental disabilities.

The Office of the Public Guardian for Elderly Adults becomes involved in the lives of incapacitated seniors throughout the state during times of personal crisis or instability. In all cases, there has been a determination that there is no willing or appropriate family member or friend to assist the senior.

Registration required, no fee.



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
Silver Century Foundation
Stark & Stark Attorneys at Law
Team Toyota of Princeton
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/