



THURSDAYS BEGINNING NOVEMBER 12 THROUGH DECEMBER 17
(NO SESSION ON NOVEMBER 26)

\$45 FOR THE SERIES, \$10 FOR EACH SESSION

PSRC is proud to bring five important cultural institutions to your living rooms as part of our Museum Series. Each event will include an informative docent-led tour with a question-and-answer session. As winter approaches and we have less opportunity to travel, this is your chance to do some armchair museum exploration.

November 12, 1:00 p.m. — BARNES FOUNDATION TOUR

November 19, 1:00 p.m. — ASIAN ART MUSEUM OF SAN FRANCISCO TOUR

December 3, 1:00 p.m. — GETTYSBURG BATTLEFIELD: UNTOLD STORIES

December 10, 1:00 p.m. — THE MUTTER MUSEUM: EARLY GERM WARFARE

December 17, 1:00 p.m. — PENN MUSEUM: 1000 YEARS OF ANCIENT ART

Turn to page 5 for session descriptions.

**ELECTION DAY
TUESDAY, NOVEMBER 3**

Visit the **2020 New Jersey Voter Information Portal**
for information about this year's election. [https://
www.nj.gov/state/elections/vote.shtml](https://www.nj.gov/state/elections/vote.shtml)

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*

BOARD OF TRUSTEES

Nancy H. Becker
Donald Benjamin
Rob Bratman
John Cannady
Liz Charbonneau
Suresh C. Chugh
Joan Girgus
Jane Gore
Kate Hall
Iona Harding
Lee Harrod
Elaine Jacoby
Mike Kenny
Norman Klath
Jennifer Krychowecky
Bob Levitt
Josh Lichtblau
Lance Liverman
Joe Maida
Surinder Sharma
Harpreet Sidhu



FROM THE EXECUTIVE DIRECTOR

The Power of Empathy

Dear Friends,

It was an unlikely friendship forged over hours of playing Scrabble and Monopoly. Hannah ("Mrs. Newman") was eighty-four. I was eleven. My mother was the director of social work and director of a senior residential home in Ocean Grove where I would spend my after-school hours visiting residents and playing Scrabble. Looking back, the gift I received from Hannah and the other residents (in addition to a pretty mean Scrabble game — they NEVER let me win, I had to earn it!) was the gift of empathy. Even at eleven-years-old, these folks became my friends and our lives held meaning for one another.



As of this writing, the death toll from COVID-19 has surpassed 200,000 Americans and more than 975,000 worldwide. The numbers have become so staggering that I am afraid many have become numb to their immensity. In a sobering article in *The Atlantic* entitled "A Failure of Empathy Led to 200,000 Deaths. It has Deep Roots," Olga Khazan posits that ageism has played a significant role in the failure of will to implement health measures that could protect others.

More specifically, she wonders whether a lack of collective empathy, across the board but particularly in relation to older adults, has contributed to the astonishing vastness of this pandemic. She asks the question, "Is our national empathy — our care and love and concern for one another — at such a low level that we are not truly feeling, in our bones, in our hearts, and in our souls, the magnitude of the loss?" The disturbing lack of empathy can become a threat to the very fabric



of our culture. As political philosopher Hannah Arendt observes, “the death of human empathy is one of the earliest and most telling signs of a culture about to fall into barbarism.”

Princeton University psychologist Susan Fiske argues that even older adults themselves do not feel as much empathy towards their peers who are suffering in this pandemic because older adults typically do not see themselves as such. “The ‘old’” Dr. Fiske says, “are always just a little bit older than ourselves.” As a result, older adults tend to downplay their vulnerability and see the risks as “someone else’s concern.”

Fiske further goes on to indicate that African American and Native American communities counter this prevailing trend because of the high value placed on the wisdom and generativity of the elders in those communities. There is much that can be learned from these communities including the value of wisdom and the power of empathy.

As we approach this season of gratitude, I can’t help but remember Hannah Newman and lessons learned around the Scrabble board about the power of empathy. In an age when civil discourse is seriously strained and even a life-threatening virus has been politicized, my deep hope is for a community whose lives hold meaning for one another, a community that understands the depth of loss we have experienced even if it has not been felt personally. In the words of Archbishop Desmond Tutu, “to be truly human is to know that you are bound up with others in the bundle of life.”

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

SPECIAL NOTICE

It’s time to resubscribe for the January 1–December 31, 2021 print newsletter. You can find the subscription form [HERE](#).

PSRC STAFF

Drew A. Dyson, PhD
Executive Director

Donna Cosgrove
*Associate Executive Director
& Director of Programs*

Lisa Adler
*Associate Executive Director for
Fundraising & Development*

Fran Angelone
*Spruce Circle Office Manager
& Crosstown Coordinator*

Cathy Gara
Bookkeeper & HR Coordinator

Cheryl Gomes
Development Associate

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

Joseph Ketterer
Technology Associate

Alex Leibler
Director of Information & Technology

Wendy Lodge
GrandPals Coordinator

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

Breana Newton
*Program Associate &
Rental Coordinator*

Barbara Prince
Development Coordinator

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

Carla Servin
Assistant GrandPals Coordinator

Shifra Vega
Lifelong Learning Coordinator

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

Kathleen Whalen
Director of Communications

NOVEMBER PROGRAMS

Visit princetonsenior.org/program-resources/



FIRST FRIDAY FILM — “JUDY”

Friday, November 6 at 1:00 p.m.

Thirty years after rising to global stardom in *The Wizard of Oz*, showbiz legend Judy Garland arrives in London to perform a five-week sold-out run at The Talk of the Town. While preparing for the shows, Garland battles with management, reminisces with friends and adoring fans, and embarks on a whirlwind romance with soon-to-be fifth husband Mickey Deans, all while bravely struggling to overcome intensifying anxiety and physical decline. Academy Award to Renee Zellweger for Best Actress.

Starring: Renee Zellweger, Finn Witrock, Rosalyn Wilder, Sid Luft

Running time: 1 hour, 58 minutes

Motion Picture Rating: PG-13

Registration required, no fee.



FYI SEMINAR — “MAKING CHOICES FOR IMPROVING PHYSICAL AND EMOTIONAL HEALTH”

Friday, November 13 at 11:45 a.m.

Today’s environment can seem unprecedented and frightening. It has changed our social interactions, physical abilities, and how we live our daily lives. This discussion will explore the use of our mind-body connection to increase the enjoyment of life as senior citizens while awaiting the return to a more normal, understandable time.

Dr. Cynthia Clayton, a retired pediatrician, has treated children and families for forty years. In addition, she has helped design projects to educate the public in maintaining a healthy lifestyle.

Registration required, no fee.



FYI SEMINAR — “STROKE AWARENESS AND PREVENTION”

Friday, November 20 at 11:45 a.m.

Discover what you can do to lower your risk for heart attack and stroke at this invaluable program led by Phil Tran, RN-BSN, stroke coordinator with Penn Medicine Princeton Health. Learn the early warning signs of a stroke, when to seek medical attention and prevention methods, as well as which heart conditions can lead to a stroke. Penn Medicine Princeton Health is a state-designated Primary Stroke Center.

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:

November 3 — Nicholas Negroponte: 5 predictions, from 1984

November 10 — Sandra Amodt: Why dieting doesn’t usually work

November 17 — Sam Daley-Harris: Poverty, Purpose, Pitfalls, and Redemption history

November 24 — Tracy Chevalier: Finding the story inside the painting

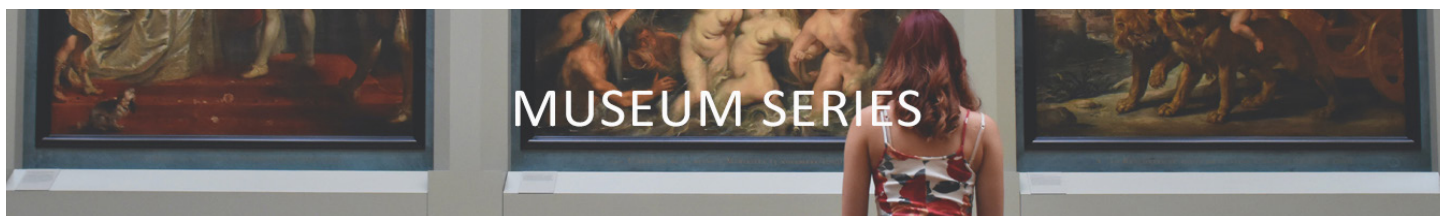
This month’s FYI sponsors are Akin Care Senior Services, CareOne at Hamilton, Princeton Portfolio Strategies Group, LLC, and Team Toyota of Princeton. TED Talk sponsors are Homewatch CareGivers, Penn Medicine Princeton Health & Home Health, NightingaleNJ Eldercare Navigators, and Van Dyck Law, LLC.

LIBRARY READS — MONDAY, NOVEMBER 2, 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/>



*Thursdays beginning November 12 through December 17 (no session on November 26), 1:00 p.m.
\$45 for the series, \$10 for each session*

November 12 —

BARNES FOUNDATION TOUR

Enjoy a docent-led tour using “Deep Zoom” technology where you can actually see the painting and objects MUCH closer and with greater detail than you could on-site! The virtual tour includes background of Dr. Barnes, the early years of the foundation and the start of the collection, in addition to a discussion about the room ensembles. Then the docent will move throughout the galleries and focus on highlights within the collection.

November 19 —

ASIAN ART MUSEUM OF SAN FRANCISCO TOUR

Explore the very best treasures of the Asian Art Museum in San Francisco. These are masterworks from the vast and varied regions we collectively call Asia, which stretches from the Mediterranean to the Pacific. Fabulous statues, ancient bronzes, mystic jade, delicate ceramics, and evocative paintings — let them engulf you in their amazing beauty and workmanship.

December 3 —

GETTYSBURG BATTLEFIELD: UNTOLD STORIES

Despite the vast historiography of the Battle of Gettysburg, there are many stories that remain relatively under told, including the experiences of Gettysburg’s African American community before, during, and after the battle. Join a park ranger for a discussion of the ways in which the campaign and battle of Gettysburg impacted the local Black community as well as the difficult decisions they faced while the confederate army made its way through the free soil of Pennsylvania.

December 10 —

THE MUTTER MUSEUM: EARLY GERM WARFARE

While less than 200 years old, the idea that germs make people sick has revolutionized not only medicine but our daily lives, from getting shots at the doctor to washing our hands before we eat. You will learn about the incredible, astonishing, and sometimes disgusting stories of the men and women who first fought germs and learned how to keep us healthy.

December 17 —

PENN MUSEUM: 1000 YEARS OF ANCIENT ART

Explore eight objects and themes in the Etruscan Italy, Greece, and Rome Galleries. Beginning in the 8th century BCE and covering roughly 1,000 years of history, the tour takes you from early Italian tombs to Roman imperial burials in Syria. Learn about the development of coinage, mythological scenes on Greek vases, Greek social practices, Etruscan architecture, Roman technological innovations in glass, and an erased Roman imperial inscription.

SPECIAL NOTICE

PSRC will be closed for
the Thanksgiving Holiday on
Thursday, November 26
and Friday, November 27

NOVEMBER PROGRAMS

Visit princetonsenior.org/program-resources/

LIMITED SERIES PROGRAMS

AN OVERVIEW OF LATE LIFE DEPRESSION

Wednesday, November 11, 11:00 a.m.

Danielle Micale will discuss severity of depression, symptoms suggesting depression, risk factors, suicide risk, and treatment options for older adults.

Danielle Micale, MHA, LNHA, CTRS, CDP, CADDCT, CDCM, is the president and CEO of her own business, Family Tree Care & Consultation, LLC. She also currently serves as a director for a local department on aging in New Jersey.

Registration required, no fee.

REGARDEZ L'ART

Wednesday, November 18, 10:00 a.m.

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

Instructor: Brigitte Aflalo-Calderon
Registration required, no fee.

HEALTHCARE DECISIONS WORKSHOP

Thursday, November 19, 3:00 p.m.

Go beyond completing your advance directives and learn ways to talk to your family/friends about your wishes for end-of-life care. The workshop will review documents and key issues. Copies of *Five Wishes* will be emailed to participants prior to the session, so register early.

Facilitated by Dave Roussell, MEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator.

Registration required, no fee.

CHESS +

Friday, November 20, 1:00 p.m.

Chess + is a novel program that combines chess with positive psychology to help elders engage

socially, exercise mentally, and live happily. A typical lesson will run for approximately 60–90 minutes. For the positive psychology portion, participants will be taught and eventually utilize positive psychology interventions in a group discussion. For the chess portion, participants will learn the fundamentals of chess and solve tactic puzzles together through group discussions.

Instructor: Larry Li, a recent graduate from the University of Pennsylvania, has been playing chess since he was in second grade and has experience with both competitive and instructional chess. Registration required, no fee.

RETIREMENT PROGRAMS

MEN IN RETIREMENT —

Friday, November 20 at 10:00 a.m.

This month the Men in Retirement join the Women in Retirement. Read all about it under Women in Retirement.

WOMEN IN RETIREMENT — “GARGOYLES AND MORE ON THE PRINCETON UNIVERSITY CAMPUS”

Friday, November 20 at 10:00 a.m.

The older buildings of Princeton University house many permanent residents — the curious stone figures affixed to nooks and crannies in the stonework, recessed in an arch here or protruding from an eave there; hiding in plain sight. Join us on a virtual tour of these campus “residents” led by their long-time devotee Lee Neuwirth. Lee has been taking his coworkers and friends on these tours for decades.

This program is jointly sponsored by WIR and MIR. All are welcome.

TRANSITION TO RETIREMENT

Friday, November 20 at 3:00 p.m.

This group addresses the many kinds of issues that can arise during the transition to retirement. The group is facilitated by Dave Roussell, MEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator.

NOVEMBER PROGRAMS

Visit princetonsenior.org/program-resources/



EXERCISE & FITNESS

GENTLE YOGA + NIDRA

Mondays at 10:00 a.m., New session begins November 30 through December 28

Fee: \$35 for five 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 seasoned practitioners. Participants will need a yoga mat and/or clear floor space, water bottle, and comfortable clothes.

Instructor: Joy Cline-Okoye

MINDFUL CHAIR YOGA & MEDITATION

Thursdays at 10:00 a.m., New session begins November 19 through December 17

Fee: \$25 for four 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



ENRICHMENT

MEMOIR WRITING WITH JENNIFER

Thursdays at 1:00 p.m., New session begins November 5 through December 17, no class on November 26

Fee: \$40 for six sessions

We will engage in writing exercises, discuss the craft of writing, and share examples from several

published memoirs to inspire you. **Class is full.** To add your name to the waitlist, please go to <https://princetonsenior.wufoo.com/forms/memoir-writing-with-jennifer-waitlist/> to register your interest. *Instructor: Jennifer Altmann*

PAINTING FOR BEGINNERS

Mondays at 2:00 p.m., New session begins November 30 through January 25, no class on January 18

Fee: \$80 for eight sessions

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!

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

Instructor: Christina Rang

PAINTING AND SELF EXPRESSION ONLINE

Wednesdays at 2:00 p.m.

Fee: \$80 for eight sessions

This class will emphasize the components of the creative painting technique. **Class is full.**

To add your name to the waitlist, please go to <https://princetonsenior.wufoo.com/forms/virtual-painting-self-expression-waitlist/> to register your interest. *Instructor: Christina Rang*

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/>.

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 & CAREGIVERS NEEDED

CANCER SURVIVORS SHARE YOUR STORY!

A thoughtful and dedicated group of Princeton High School students will interview cancer survivors and caregivers about their unique journey. These students belong to the Think Pink! community service group. Following your interview you will receive a gift from your student who will design a piece of art that represents a visualization of your journey or a book created through the inspiration of your story. The hope is for you to treasure this as a personal keepsake or if you like, share it with friends and family.

Register at <https://princetonsenior.wufoo.com/forms/think-pink-information-registration/>.



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.

All programs and groups meet virtually on Zoom

NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 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	3 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) 1:30 Diplomacy (EF) 2:00 Fireside Chat 3:00 Knit Wits	4 9:00 GrandPals GabFest 10:00 Migrations (EF) 10:00 Roots of Western Art (EF) 10:00 Swann's Way (EF) 1:00 GrandPals GabFest 1:00 Strout's Short Stories (EF) 1:30 Plays off the Page (EF) 2:00 Painting and Self Expression - Fall Session 3:00 Let's Talk	5 9:45 Cosmology 10:00 Lady Was A Spy (EF) 10:00 Mindful Chair Yoga 10:30 GrandPals GabFest 1:00 Memoir Writing 1:30 Finishing School (EF)	6 10:00 Reconciling Perspectives (EF) 10:00 Science in the News (EF) 10:00 Women in Retirement - Coffee Klatch 1:00 First Friday Film - Judy 1:30 Voting Rights (EF)
9 10:00 Fascism (EF) 10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Painting for Beginners 2:00 Word Play 3:00 Caregivers Group	10 10:00 Geology (EF) 10:00 Supreme Court and Nationalism (EF) 10:30 GrandPals GabFest 10:30 TED Talk 11:00 Next Chapter Widows/Widowers 1:00 Jane Austen 2 (EF) 1:30 Diplomacy (EF) 2:00 Fireside Chat	11  9:00 GrandPals GabFest 10:00 Migrations (EF) 10:00 Roots of Western Art (EF) 10:00 Swann's Way (EF) 11:00 Late Life Depression 1:00 GrandPals GabFest 1:00 Strout's Short Stories (EF) 1:30 Plays off the Page (EF) 2:00 Painting and Self Expression - Fall Session 3:00 Let's Talk	12 9:45 Cosmology 10:00 Lady Was A Spy (EF) 10:00 Mindful Chair Yoga 10:30 GrandPals GabFest 1:00 Memoir Writing 1:00 Museum Series - Barnes Foundation 1:30 Finishing School (EF) 4:00 Children of Aging Parents	13 10:00 Reconciling Perspectives (EF) 10:00 Science in the News (EF) 10:00 Women in Retirement - Coffee Klatch 11:45 FYI Seminar - Understanding/Maintaining a Healthy Diet 1:30 Voting Rights (EF)
16 10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Painting for Beginners 2:00 Word Play 3:00 Bereavement	17 10:30 GrandPals GabFest 10:30 TED Talk 11:00 Grandparent Group 1:30 Diplomacy (EF) 3:00 Elder Justice Call to Action 2:00 Fireside Chat	18 9:00 GrandPals GabFest 10:00 Migrations (EF) 10:00 Regardez L'Art 1:00 GrandPals GabFest 1:30 Plays off the Page (EF) 2:00 Painting and Self Expression - Fall Session 3:00 Let's Talk	19 9:45 Cosmology 10:00 Mindful Chair Yoga 10:30 GrandPals GabFest 1:00 Memoir Writing 1:00 Museum Series - Asian Art Museum of San Francisco 3:00 Health Care Decision Day	20 10:00 Women & Men in Retirement - Monthly Meeting 11:45 FYI Seminar - Stroke Awareness and Prevention 1:00 Chess+ 3:00 Transition to Retirement
23 10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Painting for Beginners 2:00 Word Play 3:00 Caregivers Group	24 10:30 GrandPals GabFest 10:30 TED Talk 11:00 Next Chapter Widow/Widowers 2:00 Fireside Chat	25 9:00 GrandPals GabFest 1:00 GrandPals GabFest 1:30 Plays off the Page (EF) 2:00 Painting and Self Expression - Fall Session 3:00 Let's Talk	26 CLOSED FOR THANKSGIVING	27 CLOSED FOR THANKSGIVING
30 10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Painting for Beginners 2:00 Word Play				

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!

SOCIAL SERVICES

by Sharon Hurley, CVA

THANK YOU FOR YOUR SERVICE!



I have been an advocate for veterans for quite a while now. I worked in both hospice and assisted living environments before starting with PSRC. During that time period I learned a lot about veterans benefits and eligibility. I also learned that many people that had served in the military, especially in World War II, came back to the U.S., applied for benefits but were told they were not eligible to receive benefits. To this day, I still hear WWII service members say that they are not veterans because they associate the denial of benefits to being able to call themselves a veteran.

Veterans Day is November 11. It is a time to honor those that have served our country in war or in peace times, dead or alive, and it is intended to thank living veterans for their sacrifices.

Changes in the legal rules for veteran benefits change frequently. We are seeing many people that served in Vietnam deny their active military service because they were treated so badly when they returned. Let's help them get the recognition and benefits they deserve.

After learning that WWII veterans were not receiving benefits I decided to start going to VFW meetings to poll the attendees and ask a few questions like these:

Who in this room served in the military?

Who in this room considers yourself a veteran?

Who in this room knows that you may now be eligible for benefits
that you were told you were not eligible for many years ago?

Who in this room has been to see a VA doctor?

Who in this room has a DD214 with an honorable discharge?

Who in this room knows that there are benefits that will pay
for adult day care or home health care?

I am not an expert on benefits for veterans, but what I did figure out was that there is a lot of misinformation out there about veterans' benefits. I want to play a part in helping to educate and steer people to the right resources. Here is my promise to you: If you have served in the military or know someone that has served, I will help you work through the steps to receive an answer about your eligibility for benefits. Send me an email or leave me a voicemail that says "I served!"

Regardless of your benefit status, if you have served in the military, I want to thank you for your service to our country and our freedoms. Watch for support groups, additional resources, and presentations about military service.

Sharon Hurley, PSRC Director of Social Services, shurley@princetonsenior.org, 609.751.9699, ext. 104

**MERCER COUNTY VETERAN SERVICES HAS REOPENED,
BY APPOINTMENT ONLY**

Please call 609.989.6120 to schedule.

Mercer County Veteran Services represents all Mercer County veterans of military service and their families, providing counsel, information, and referral. Its primary functions are to:

- Write veterans administration claims for compensation/pension
- Assist with disability claims and education
- Assist with burial registration at Greenwood and Brigadier General William C. Doyle Memorial cemeteries
- Provide burial plots at no charge and mausoleums at a reduced cost at Greenwood Cemetery
- Assist with survivor benefits
- Conduct countywide ceremonies (Memorial Day, Veterans Day, Pearl Harbor Day)
- Provide transitional housing
- Help organize career and job fairs specifically for veterans
- Collect funds to distribute holiday meals to needy veterans for Thanksgiving, Christmas, and Easter
- Provide referral services including transition to and from VA medical facilities; employment and vocational rehabilitation through Mercer County's One-Stop Career Center; social services; war veterans re-adjustment counseling; affordable housing; emergency and transitional housing; and Vet Center Clinic

Veteran ID cards can be obtained at the County Clerk's office located at 209 S. Broad St., Trenton, NJ

Office hours are weekdays 8:30 a.m. to 4:00 p.m. 609.278.7108

Veterans Crisis Hotline — 1.800.273.8255, Press 1

VA Homeless Hotline — 1-877-4AIDVET (1.877.424.3838)

Women Veterans Call Center – 1-855-VA-WOMEN (1.855.829.6636)



Our PSRC Knit Wit group members, and the a knitting group from St. Peter Lutheran Church, Hopewell, made these patriotic blankets that were donated to local veterans.



GROUPS

BEREAVEMENT

Monday, November 16 at 3:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS

Monday, November 9 & 23 at 3:00 p.m.
(Usually second & fourth Monday of each month)

CHILDREN OF AGING PARENTS

Thursday, November 12 at 4:00 p.m.
(Usually second Thursday of each month)

FIRESIDE CHATS

Tuesdays at 2:00 p.m.

GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

GRANDPARENTING

Tuesday, November 3 & 17 at 11:00 a.m.
(First & third Tuesday of each month)

KNIT WITS

Tuesday, November 3 at 3:00 p.m.
(Usually first Tuesday of each month)

LET'S TALK

Wednesdays at 3:00 p.m.

MEN IN RETIREMENT

Friday, November 20 at 10:00 a.m.
(Usually first Friday of each month, this month the Men in Retirement join the Women in Retirement)

NEXT CHAPTER: WIDOW/-ERS

Tuesday, November 10 & 24 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, November 20 at 3:00 p.m.
(Usually third Friday of each month)

WOMEN IN RETIREMENT MONTHLY MEETING

Friday, November 20 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 — Live Well, Give Well

Did you know there are creative ways to support Princeton Senior Resource Center? Ways in which PSRC, you, and your loved ones all benefit at the same time? Such giving techniques are called “planned gifts,” because with thoughtful planning, you create win-win solutions for you, your family, and PSRC.

TRIVIA TIME

What’s a gift that costs you nothing in your lifetime?

A Gift to PSRC from your will or trust

What’s a wise way to give to PSRC?

A Gift through your IRA or retirement plan

How can you buy low and give high?

Give stock to PSRC

We invite you to learn more about PSRC’s planned giving program and become part of the Jocelyn and Carl Helm Legacy Society.

Please contact PSRC’s development office to learn more at bprince@princetonsenior.org or call 609.751.9699, ext. 107.

<https://princetonsenior.plannedgiving.org/>

NOVEMBER FEATURED SPONSORS



capitahealth

At Capital Health, we cover everything from the routine tests and office visits to the most acute and critical conditions.

capitalhealth.org



OVATION
AT RIVERWALK

Designed in every way to support extraordinary living.

ovationatriverwalk.com

FROM THE DEVELOPMENT OFFICE

Spotlight on NightingaleNJ Navigators: Proud PSRC Annual Sponsor

NightingaleNJ is an eldercare consulting firm owned and operated by Christopher Kellogg, MSW, LSW, and Kelly McNamara, RN. NightingaleNJ Navigators helps seniors and their adult children to make sound choices when confronted by the confusing array of medical, financial, and emotional matters related to aging. As a long time, annual sponsor, NightingaleNJ values its partnership with PSRC. According to Chris Kellogg, “PSRC is a beacon for older adults in New Jersey and throughout the rest of the country. PSRC sets the example for outreach, community building, educational, and social service opportunities and support of its constituents.” Chris and Kelly share that PSRC is a wonderful platform that provides an array of resources that allow both PSRC constituents and NightingaleNJ clients to be informed consumers and proactive in their own aging process. NightingaleNJ values the opportunity to reach out to PSRC constituents to help them make knowledgeable decisions about their care. It’s a great partnership, where together we can offer the building blocks so older adults and their loved ones have control, dignity, and peace of mind. We thank NightingaleNJ for their continued sponsorship and partnership in enabling PSRC to help older adults thrive.



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

nightingalenj.com

A SPECIAL NOTE OF APPRECIATION TO THE TECH LAB VOLUNTEERS

“I have known the PSRC facilities, the Technology Lab more particularly, for more than five years. I am an old-timer, a man of advancing age. As such I am not *au courant* with the ever changing and changing fast communication high tech. Out of necessity I visit the lab every time I run into a problem. It is a privilege and a pleasure to acknowledge that each one of the volunteers I have known and worked with, as a visitor needing help, has been courteous and patient and assiduous in attending to my need. They are all friendly people as volunteers and quite knowledgeable about how to deal with the high tech beast which holds human destiny in its hand, our present and our future, whether we like it or not. Of all the volunteers I hold Donald Benjamin in high respect for his willingness to help beyond the call of duty. I have acknowledged him in my writings as a high tech guru in our PSRC High Tech Lab. I want to admit and say it loudly that this facility for seniors who are left behind in learning the high tech tricks is very special and very unique in our country, and extremely beneficial.”

— Yash Nandan, Tech Lab client

PSRC FALL FUNDRAISER



Thank You for Helping to Make PSRC's Fall Benefit A Success!

We had a fabulous turn out for our first virtual fundraiser and a wonderful evening with former Senator Al Franken. It was great seeing so many friendly faces at our VIP reception.

Thank you! Your support and generosity enable PSRC to provide vital social services, educational and meaningful programs, and help older adults thrive.

Join us again in honoring the

PSRC Technology Lab Volunteers

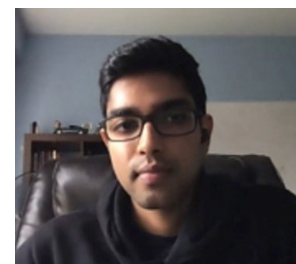
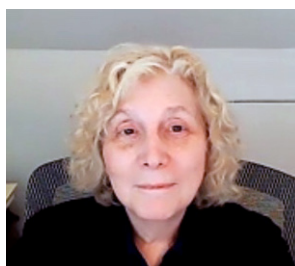
Evelyn Sasmor

Don Benjamin

Don Gould

Craig Sanders

Gaurav Kumar



2020 VOLUNTEER APPRECIATION AWARD RECIPIENTS

To make a donation in their honor [HERE](#)

You may view the tribute video [HERE](#)

Thank you again to all our event Sponsors and Advertisers!

Take a minute to view the digital program [HERE](#)

Many thanks again!

Fall Fundraiser Event Sponsors

SATURDAY NIGHT LIVE _____

NORMAN KLATH

JUDY SCHEIDE

DAN AYKROYD _____

LOUISE CONLEY

MIKE AND MARYLOU KENNY

HAZEL STIX

JOHN BELUSHI _____

NANCY BECKER

GORDON AND LLURA GUND FUND OF THE PRINCETON AREA COMMUNITY FOUNDATION

LANCE AND LATONYA LIVERMAN

ELLEN AND ALBERT STARK



2021 GOLD, DIAMOND, & RUBY LEVEL ANNUAL SPONSORSHIPS _____





45 Stockton Street • Princeton • New Jersey



Mayors Wellness Campaign
Put your community in motion.

LOOKING AHEAD



SAVE THE DATE FOR PSRC'S VIRTUAL HOLIDAY CELEBRATION

Wednesday, December 9

Stay tuned for more information.



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/