Featuring the PSRC fall MUSEUM SERIES

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

**MUSEUM SERIES**

**Thursday s 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
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, MSED, 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, MSED, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator.
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

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 brucemwallman@gmail.com for more information.

ENRICHMENT

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/.
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.
### NOVEMBER 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 Fascism (EF)</td>
<td>10:00 Geology (EF)</td>
<td>9:00 GrandPals GabFest</td>
<td>9:45 Cosmology</td>
<td>10:00 Reconciling Perspectives (EF)</td>
</tr>
<tr>
<td>10:00 Gentle Mat Yoga + Nidra</td>
<td>10:00 Supreme Court and Nationalism (EF)</td>
<td>10:00 Migrations (EF)</td>
<td>10:00 Lady Was A Spy (EF)</td>
<td>10:00 Science in the News (EF)</td>
</tr>
<tr>
<td>10:00 Reagan's America (EF)</td>
<td>10:00 Swann's Way (EF)</td>
<td>10:00 Roots of Western Art (EF)</td>
<td>10:30 Mindful Chair Yoga</td>
<td>10:00 Women in Retirement - Coffee Klatch</td>
</tr>
<tr>
<td>12:00 GrandPals GabFest</td>
<td>11:00 Grandparents Group</td>
<td>1:00 GrandPals GabFest</td>
<td>10:30 GrandPals GabFest</td>
<td>1:00 Memoir Writing</td>
</tr>
<tr>
<td>1:00 Case Studies (EF)</td>
<td>1:00 Strout's Short Stories (EF)</td>
<td>1:30 Finishing School (EF)</td>
<td>1:30 Finishing School (EF)</td>
<td>1:30 Voting Rights (EF)</td>
</tr>
<tr>
<td>1:00 Library Reads</td>
<td>1:30 Plays off the Page (EF)</td>
<td>2:00 Painting and Self Expression</td>
<td>1:00 First Friday Film - Judy</td>
<td></td>
</tr>
<tr>
<td>2:00 Painting for Beginners</td>
<td>2:00 Let's Talk</td>
<td>- Fall Session</td>
<td>1:30 Voting Rights (EF)</td>
<td></td>
</tr>
<tr>
<td>2:00 Word Play</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 Caregivers Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 Geology (EF)</td>
<td>9:00 GrandPals GabFest</td>
<td>9:45 Cosmology</td>
<td>10:00 Reconciling Perspectives (EF)</td>
</tr>
<tr>
<td>10:00 Supreme Court and Nationalism (EF)</td>
<td>10:00 Migrations (EF)</td>
<td>10:00 Lady Was A Spy (EF)</td>
<td>10:00 Science in the News (EF)</td>
</tr>
<tr>
<td>10:00 Swann's Way (EF)</td>
<td>10:00 Roots of Western Art (EF)</td>
<td>10:30 Mindful Chair Yoga</td>
<td>10:00 Women in Retirement - Coffee Klatch</td>
</tr>
<tr>
<td>11:00 GrandPals GabFest</td>
<td>10:00 Grandparents Group</td>
<td>1:00 GrandPals GabFest</td>
<td>1:00 Memoir Writing</td>
</tr>
<tr>
<td>11:00 Next Chapter Widows/Widowers</td>
<td>1:00 Strout's Short Stories (EF)</td>
<td>1:30 Finishing School (EF)</td>
<td>1:30 Voting Rights (EF)</td>
</tr>
<tr>
<td>1:00 Jane Austen 2 (EF)</td>
<td>1:30 Plays off the Page (EF)</td>
<td>2:00 Painting and Self Expression</td>
<td>1:00 First Friday Film - Judy</td>
</tr>
<tr>
<td>1:30 Diplomacy (EF)</td>
<td>2:00 Let's Talk</td>
<td>- Fall Session</td>
<td>1:30 Voting Rights (EF)</td>
</tr>
<tr>
<td>2:00 Fireside Chat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 Knit Wits</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 GrandPals GabFest</td>
<td>9:45 Cosmology</td>
<td>10:00 Reconciling Perspectives (EF)</td>
</tr>
<tr>
<td>10:00 Migrations (EF)</td>
<td>10:00 Lady Was A Spy (EF)</td>
<td>10:00 Science in the News (EF)</td>
</tr>
<tr>
<td>10:00 Roots of Western Art (EF)</td>
<td>10:30 Mindful Chair Yoga</td>
<td>10:00 Women in Retirement - Coffee Klatch</td>
</tr>
<tr>
<td>10:00 Swann's Way (EF)</td>
<td>1:00 GrandPals GabFest</td>
<td>1:00 Memoir Writing</td>
</tr>
<tr>
<td>11:00 Late Life Depression</td>
<td>1:00 Strout's Short Stories (EF)</td>
<td>1:30 Finishing School (EF)</td>
</tr>
<tr>
<td>1:00 GrandPals GabFest</td>
<td>1:30 Plays off the Page (EF)</td>
<td>2:00 Painting and Self Expression</td>
</tr>
<tr>
<td>1:00 Next Chapter Widows/Widowers</td>
<td>2:00 Let's Talk</td>
<td>- Fall Session</td>
</tr>
<tr>
<td>1:00 Jane Austen 2 (EF)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 Diplomacy (EF)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 Fireside Chat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 Let's Talk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td></td>
</tr>
<tr>
<td>9:45 Cosmology</td>
<td>10:00 Reconciling Perspectives (EF)</td>
</tr>
<tr>
<td>10:00 Lady Was A Spy (EF)</td>
<td>10:00 Science in the News (EF)</td>
</tr>
<tr>
<td>10:00 Mindful Chair Yoga</td>
<td>10:00 Women in Retirement - Coffee Klatch</td>
</tr>
<tr>
<td>10:30 GrandPals GabFest</td>
<td>1:00 Memoir Writing</td>
</tr>
<tr>
<td>1:00 GrandPals GabFest</td>
<td>1:00 Strout's Short Stories (EF)</td>
</tr>
<tr>
<td>1:30 Plays off the Page (EF)</td>
<td>1:30 Finishing School (EF)</td>
</tr>
<tr>
<td>2:00 Painting and Self Expression</td>
<td>1:00 First Friday Film - Judy</td>
</tr>
<tr>
<td>- Fall Session</td>
<td>1:30 Voting Rights (EF)</td>
</tr>
<tr>
<td>3:00 Let's Talk</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
</tr>
<tr>
<td>10:00 Reconciling Perspectives (EF)</td>
</tr>
<tr>
<td>10:00 Women in Retirement - Coffee Klatch</td>
</tr>
<tr>
<td>1:30 Voting Rights (EF)</td>
</tr>
</tbody>
</table>

**Virtual programs are added daily.**
Visit [princetonsenior.org/program-resources/](http://princetonsenior.org/program-resources/) often to see what's new!

---

**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.
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 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.
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

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

capitalhealth.org

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

We had a fabulous turnout 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

BORDEN PERLMAN
Knox Grove
PRINCETON GLOBAL
MERCADEN
ASSET MANAGEMENT

2021 GOLD, DIAMOND, & RUBY LEVEL ANNUAL SPONSORSHIPS

AKINCARE  Homewatch CareGivers  NIGHTINGALENJ

novi  PRINCETON PORTFOLIO STRATEGIES

Silver Century Foundation  STARK & STARK
Preparing for a Longer Life  ATTORNEYS AT LAW
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

<table>
<thead>
<tr>
<th>Acorn Glen Assisted Living</th>
<th>McCaffrey’s Food Markets</th>
<th>Princeton Portfolio Strategies Group, LLC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Akin Care Senior Services</td>
<td>NightingaleNJ Eldercare Navigators</td>
<td>Progression Physical Therapy</td>
</tr>
<tr>
<td>Artis Senior Living</td>
<td>Novi Wealth Partners</td>
<td>Silver Century Foundation</td>
</tr>
<tr>
<td>Capital Health</td>
<td>Oasis Senior Advisors</td>
<td>Stark &amp; Stark Attorneys at Law</td>
</tr>
<tr>
<td>CareOne at Hamilton Assisted Living</td>
<td>Ovation at Riverwalk</td>
<td>Team Toyota of Princeton</td>
</tr>
<tr>
<td>Homewatch CareGivers</td>
<td>Penn Medicine Princeton Health &amp; Home Health</td>
<td>Van Dyck Law, LLC</td>
</tr>
</tbody>
</table>

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/