DECEMBER 2020

VIRTUAL HOLIDAY CELEBRATION

Wednesday, December 9 at 1:00 p.m.

Join us for our virtual holiday celebration on Zoom. There will be music, an abundance of cheer, and wreaths to raffle. Ugly sweaters or other holiday accessories are welcome.

To secure your spot for the festivities go to: https://princetonsenior.wufoo.com/forms/psrcs-2020-holiday-celebration/.
Or call us at 609.751.9699.

SAVE THE DATES
PSRC SPRING FUNDRAISING SERIES
THE SCIENCE, THE SWEETS, AND THE SAVORIES OF FOODS YOU LOVE

Thursday, January 7 at noon —
Scott Anderson, executive chef and co-owner of Elements and Mistral; The Science of Food

Thursday, February 4 at 5:00 p.m. —
Robinson's Chocolates; Chocolate making demonstration and tasting

Sunday, March 14 at 1:00 p.m. —
Chef Adeena Sussman, author of Sababa; Cooking demonstration from Israel

Stay tuned for more information.

EVERGREEN FORUM

Evergreen Forum Spring 2021
All Courses are virtual using Zoom

Registration opens on Tuesday, January 5 at 9:30 a.m.

Second (or more) course registration opens on Tuesday, January 19

Classes begin the week of February 22

Registration is online and is first come, first served
Turn to page 7 for the spring course list.
Dear Friends,

I was raised by an extraordinary woman. My mother, Mollie, was a compassionate social worker, passionate advocate for inclusion and equality, and gracious friend. She taught me and my brothers so many lessons throughout our lives, but more than her words, her actions and her life inspired us daily. I am sure that each of you have stories to tell of the amazing women who shaped your lives.

In the midst of a very difficult year for our country — global pandemic, economic uncertainty, political divisions, racial injustice — I think it is important to celebrate and acknowledge the history-making, world-shaping women of 2020. As we mark the 100-year anniversary of the passage of the 19th amendment to the U.S. Constitution giving women the right to vote, we stand on the precipice of a new moment in our nation. Regardless of political perspective we can each acknowledge the extraordinary contributions of women to our national political milieu. As of the writing of this note, a black Asian woman, Kamala Harris, has been named Vice President-elect of the United States. Republican women have made extraordinary gains in the House of Representatives, with thirteen newly elected, non-incumbent women doubling the representation of Republican women in the House. Organizers and advocates like Stacey Abrams and Nikki Haley have had major impact on this election season. Sarah McBride becomes the first transgender woman in history elected to a state senate.

Let me be clear, women have been doing this work throughout the history of our nation. Last month, PSRC held an extraordinary event with the Museum of the American Revolution in Philadelphia entitled, “When Women Lost the Right to Vote: A Revolutionary
Story.” Between the years of 1776 and 1807, women and freed persons of color had voting rights in New Jersey before those rights were stripped away. The curator shared stories and showed voting records and poll lists from New Jersey, highlighting Abigail Adams’ letter to her husband in 1776, urging him to “remember the ladies!”

We also remember the contributions of abolitionists like Sojourner Truth and Harriet Tubman, civil rights icons like Ella Baker and Fannie Lou Hamer, and trailblazing jurists like Ruth Bader Ginsburg and Sandra Day O’Connor. We acknowledge Jeanette Rankin, the first female congresswoman elected in 1916 from Montana, four years before the passage of the 19th amendment. We remember other “firsts” like Patsy Mink, Shirley Chisolm, Ileana Ros-Lehtinen, and Nancy Pelosi. We remember the women who chipped away at “that highest glass ceiling,” Geraldine Ferraro, Sarah Palin, and Hillary Clinton.

These women didn’t set out to be “first” or to become symbols of progress. They were extraordinary women who did exceptional things in their own right and they just happened to break boundaries that a male-dominant society constructed throughout our history. Condoleezza Rice, Former U.S. Secretary of State under President George W. Bush, once remarked: “I think the truth of the matter is, people who end up as ‘first’ don’t actually set out to be the first. They set out to do something they love and it just so happens that they are the first to do it.”

I am grateful for these exceptional women, and for the countless women who have done extraordinary things far from the public eye. I am mindful that many of you, the women of PSRC and our communities, have your own stories and have shaped the world in your own ways. And I am thankful for my mother who modeled fierce determination and boundless courage. From the bottom of my heart, thank you all. Together, let’s celebrate this historic moment in our country.

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 — “THEY SHALL NOT GROW OLD”  
**Friday, December 4 at 1:00 p.m.**

Using state-of-the-art technology and materials from the BBC and Imperial War Museum, filmmaker Peter Jackson creates a moving depiction of World War I, as never seen before in restored, vivid colorizing, told by the men who were there. Life on the front is explored through the voices of the soldiers, who discuss their feelings about the conflict, the food they ate, the friends they made, and their dreams of the future.

**Running time:** 1 hour, 39 minutes  
**Motion Picture Rating:** R  
**Genre:** Documentary

Registration required, no fee.

FYI SEMINAR — “UNDERSTANDING ALZHEIMER’S AND DEMENTIA”  
**Friday, December 11 at 11:45 a.m.**

Attendees will explore the relationship between Alzheimer’s disease and dementia, examining what happens in a brain affected by Alzheimer’s disease. We will discuss the risk factors, the three general stages of the disease, and FDA-approved treatments available to manage symptoms. Finally, we will look ahead to what’s on the horizon for Alzheimer’s research as well as highlight helpful Alzheimer’s Association resources.

Michael Johnson is the current wellness coordinator at the Edison Branch YMCA and a community educator for the Alzheimer’s Association. Michael has been with the YMCA for over thirty years specializing in health and wellness and most recently focusing on chronic disease programs.

Registration required, no fee.

FYI SEMINAR — “MINDFULNESS TO REDUCE STRESS”  
**Friday, December 18 at 11:45 a.m.**

Practicing mindfulness — experiencing the present moment without judgment — can help you manage stress and improve your quality of life. Attend this informative session led by Carolyn Schindewolf, health educator with Penn Medicine Princeton Health Community Wellness, to learn how mindfulness can help reduce or stop brain chatter and habitual reactions, improve mood and energy, increase focus and mental clarity, and deepen your enjoyment and appreciation of life.

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:

- **December 1** — One simple wish: Danielle Gletow at TEDx Encienitas (YouTube)
- **December 8** — Khulan Gatkhuyag: The ancient earth – friendly wisdom of Mongolian nomads (Recommended by Nayan)
- **December 15** — Roman Krznaric: How to be a good ancestor
- **December 22** — Lori Gottlieb: How changing your story can change your life
- **December 29** — Henrietta Fore: How we can help young people build a better future

Registration required, no fee.

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

LIBRARY READS — MONDAY, DECEMBER 7, 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**
LIMITED SERIES PROGRAMS

NEW! DEEP RELAXATION WITH YOGA NIDRA

**Wednesday, December 2, 10:00 a.m.**

If you’re looking for an alternate path to peacefulness, this program is for you. Deep Relaxation is a restorative yoga practice that provides an intensive sense of rest and relaxation than meditation alone. Your brain will effortlessly transition into a state of serenity which increases tranquility, focus, improved sleep, and much more. We hope you give it a try.

Registration required, no fee.

*Instructor: Joy Cline-Okoye*

FEATURED MENTAL HEALTH PRESENTATION:

**HOLIDAY BLUES?**

**Wednesday, December 2 at 1:00 p.m.**

Given the ongoing stress of COVID-19, the 2020 holiday season looks a lot different. How do we navigate these challenging times and still connect with others? Should we even bother celebrating at all? How do we manage our feelings and take care of ourselves through all of this? Join us to explore these issues, learn some tools, and experience a mini guided imagery relaxation exercise.

Dr. Kerri Weiss is a licensed psychologist and founder of Ocean Waves Wellness Center in Ocean Township, NJ. She provides individual, couples, and group counseling addressing depression, anxiety, life transitions, self-esteem, and divorce/family conflict. Dr. Weiss provides workshops and guided imagery meditation classes for the community. She is also a certified divorce and family mediator and parent coordinator.

[www.oceanwaveswellness.com](http://www.oceanwaveswellness.com)

Registration required, no fee.

VIRTUAL SPANISH

**Thursday, December 3 at 11:00 a.m.**

Learning a new language provides many benefits such as enhanced memory and increased brain power. Plus it can be fun and enjoyable! This class focuses on Spanish conversation and encourages student participation. Through this introductory course, we will gauge your interest in participating in an on-going virtual Spanish class. Students of all levels of language knowledge are welcome to join.

Nelida Garcia has been teaching Spanish to seniors for the past three years.

Registration required, no fee.

NJ MEDICAL AID IN DYING ACT

**Tuesday, December 8 at 3:00 p.m.**

On August 1, 2019, New Jersey officially became the ninth state in the nation to allow its terminally ill residents to hasten their death with prescribed medications. The goal of this presentation is to introduce attendees to the new law and educate them about the law’s practical applications.

Attendees will receive an overview of the new Medical Aid-In Dying law from an attorney. Attendees will learn:

- The legal requirements for patients to utilize medical aid in dying.
- How the law applies to their circumstances and where to seek more guidance if needed.
- Recognize different perspectives on the law, including faith-based groups, physicians, and disability rights advocates.

Jerold E. Rothkoff, a practicing New Jersey and Pennsylvania attorney, is the principal of the Rothkoff Law Group, where he dedicates his practice to serving clients in the areas of elder law, life care planning, asset protection, estate planning, and long-term care advocacy.

[rothkofflaw.com](http://rothkofflaw.com)

Registration required, no fee.

SPECIAL NOTICE

**PSRC WILL BE CLOSED ON THE FOLLOWING DATES:**

- December 24 & 25 for the Christmas holiday
- December 31 & January 1 for the New Year’s holiday
RIDING THE RAILS: 175 YEARS OF TRAIN TRAVEL
**Tuesday, December 15 at 1:00 p.m.**
For over 175 years, railroads have offered the possibility of comfortable, fast, stylish, and safe travel. The Railroad Museum of Pennsylvania will examine each of these aspects of railroading from the early passenger cars that resembled stagecoaches to the more modern futuristic cars. We also look at the dangers travelers faced as well as the innovations that were made to entice travelers to ride aboard trains.
Registration required, no fee.

“THE CROWN” – SEASON 3
**Wednesday, December 16; Thursday, December 17; Friday, December 18; Monday, December 21; and Wednesday, December 23
9:30-11:30 a.m.**
The Crown traces the life of Queen Elizabeth II from her wedding in 1947 through to the early 2000s. Season three covers the time period between 1964 and 1977, beginning with Harold Wilson’s election as prime minister and ending with the Silver Jubilee of Elizabeth II. Starring Olivia Colman as Queen Elizabeth.

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

Running time: each episode is approximately one hour in length
Registration required, no fee.

TECHNOLOGY WORKSHOP — “USING POWERPOINT ON ZOOM”
**Friday, December 18 at 1:00 p.m.**
This tutorial will cover techniques and settings for presenting a slideshow effectively by teleconference, such as Zoom. Unlike slideshows projected on a screen in front of an audience, Zoom participants have a close up view of your slides that benefits from smaller text, better graphics resolutions, and settings for embedding video and audio clips. We’ll also discuss slide show “best practices” in general and ideas for organizing your presentation.
**Instructor: Don Benjamin**
Registration required, no fee.

WHY WE STILL LOVE PEANUTS
**Tuesday, December 22 at 3:00 p.m.**
Join us live from the Schulz Museum in Santa Rosa, CA to explore the life of Charles M. Schulz and the early influences that inspired the Peanuts comic strip. This image-rich presentation will take you through Schulz’s life and career, and remind us why we still love Peanuts today, followed by a Q & A.
Registration required, no fee.

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “THE LOST CAUSE: HOW THE SOUTH SAW THE CIVIL WAR”
**Friday, December 11 at 2:00 p.m.**
The Lost Cause was a movement created by the South to justify their guilt in starting the war and to establish themselves as victims of northern aggression. It was built on dishonest and badly distorted historical claims. This program exposes the romanticized, but mythical view of the old South. It shows how Southern deceptions produced a racist, frequently violent culture that lasted until modern times. It reveals how the entertainment industry and the federal government supported and gave credibility to the Lost Cause.

Presenter, Martin M. Mosho, is a retired business executive who taught at Mercer County Community College for nine years. He presently teaches four different Civil War programs. All are welcome.
Registration required, no fee.

WOMEN IN RETIREMENT — NOT MEETING IN DECEMBER

TRANSITION TO RETIREMENT
**Friday, December 18 at 3:00 p.m.**
This group addresses the many kinds of issues that can arise during the transition to retirement. The group is facilitated by Dave Roussell, MSEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator.
Registration required, no fee.
Spring 2021 Course List
All Courses are virtual using Zoom

THE ADMINISTRATION OF DONALD J. TRUMP
Leader: Stanley Katz

ADVENTURES IN GEOLOGY, AND MORE
Leader: Lincoln Hollister

BOGIE: THE ACTOR AND THE ICON
Leader: Judith Walzer

CHURCHILL, ROOSEVELT, AND STALIN: THE WAR THEY FOUGHT AND THE PEACE THEY SOUGHT
Leader: Lloyd Gardner

COSMOLOGY
Leader: Matias Zaldarriaga

EXPLORING CULTURE AND VALUES WITH SHORT MODERN ESSAYS
Leader: Susan Matson

EXPLORING THE GREAT OUTDOORS
Leader: Linda Hayes of the Princeton University Art Museum

EXPLORING THEMATIC ELEMENTS IN SHORT STORIES
Leader: Gretna Wilkinson

FROM THE DARK AGES TO THE ENLIGHTENMENT: 1000 YEARS OF GREAT ART: 750 AD TO 1750 AD
Leader: Wendy Worth

GLOBAL CHANGES: PAST, PRESENT, AND FUTURE
Leader: Anne Soos

GREAT DECISIONS
Leaders: Karen Coates and David Redman

THE GREAT WAR, WHICH CAME TO BE KNOWN AS WORLD WAR I
Leader: Robert Nolan

HUMAN HEALTH AND ENVIRONMENTAL DISASTERS
Leader: Myra Weiner

MORE PLAYS OFF THE PAGE: RICHARD III
Leader: Barbara Herzberg

PERSPECTIVES ON OPERA
Leader: Harold Kuskin

PEOPLE AND STORIES: THE POWER OF WORDS
Leader: Ellen Gilbert

POETS AMONG US
Leader: Lois Marie Harrod

POLITICS IN THE HEBREW BIBLE (OLD TESTAMENT)
Leader: Michael Walzer

SCIENCE IN THE NEWS
Leader: Bob Robinson

SHAKESPEARE’S PLAY OF HISTORY
Leader: Lawrence Danson

THE SUPREME COURT AND THE RIGHT TO PRIVACY
Leader: Philip Carchman

UNDERSTANDING HUMAN EVOLUTION
Leader: Peter Smith

WEATHER, CLIMATE, AND IMPACTS OF CLIMATE CHANGE
Leader: Bill Stern

JAMES JOYCE’S ULYSSES
Leader: Lee Harrod
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., November 19 through December 17, no class on November 26**  
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., 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.*  
*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 of layout, color, design, and more!  
*Class is full.*  
If you are interested in putting your name on the waitlist, please go to [https://princetonsenior.wufoo.com/forms/virtual-painting-for-beginners-waitlist/](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., New session begins December 2 through January 20**  
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/](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/](https://princetonsenior.wufoo.com/forms/technology-assistance-request/).
### DECEMBER 2020

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<th>Monday</th>
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<td>10:30 GrandPals GabFest</td>
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<td>9:45 Cosmology</td>
<td>10:00 Women in Retirement - Coffee Klatch</td>
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<td>10:30 Ted Talk</td>
<td>10:00 Deep Relaxation with Yoga Nidra</td>
<td>10:00 Mindful Chair Yoga</td>
<td>10:15 Men in Retirement Weekly Meeting</td>
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<td>11:00 Grandparenting Group</td>
<td>10:00 GrandPals GabFest</td>
<td>10:30 GrandPals GabFest</td>
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<td>2:00 Fireside Chat</td>
<td>10:00 GrandPals GabFest</td>
<td>11:00 Virtual Spanish</td>
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<td>3:00 Knit Wits</td>
<td>10:00 Migrations (EF)</td>
<td>1:00 Memoir Writing</td>
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<td>10:00 Gentle Mat Yoga + Nidra</td>
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<td>9:30 The Crown - Season 3</td>
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<td>12:00 GrandPals GabFest</td>
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<td>1:00 Global Conversations</td>
<td>11:00 Grandparenting Group</td>
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<td>11:45 FYI Seminar - Understanding Alzheimers and Dementia</td>
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<td>1:00 Library Reads</td>
<td>1:00 Riding the Rails: 175 Years of Train Travel</td>
<td>1:00 Memoir Writing</td>
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<td>2:00 Painting for Beginners</td>
<td>2:00 Fireside Chat</td>
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<td>2:00 Word Play</td>
<td>3:00 Elder Justice Call to Action</td>
<td>3:00 Let’s Talk</td>
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<td><strong>3:00 Caregivers Group</strong></td>
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**Virtual programs are added daily.**

Visit [https://www.princetonsenior.org/coming-soon/](https://www.princetonsenior.org/coming-soon/) 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)  
609.273.0588  
T.R.A.D.E. (Transportation)  
609.530.1971

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**SENIOR FREEZE**

**Senior Freeze Deadline Extended to December 31**

The Senior Freeze Program reimburses eligible senior citizens and disabled persons for property tax increases. The application deadline for the 2019 Senior Freeze Program has been extended to December 31, 2020. For those that have already applied for this rebate, checks began going out October 15. Anyone who is uncertain of the status of their existing application can call the NJ Senior Freeze Hotline at 1.800.882.6597.

Get more information here: [https://www.state.nj.us/treasury/taxation/ptr/](https://www.state.nj.us/treasury/taxation/ptr/)

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**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.
Better Browsing with the “Reader View”

This is the first of a two-part article on using the “reader view” in your browser. We’ll cover Apple’s Safari browser this month and Microsoft’s Edge (and other Windows browsers) next month.

I wanted to read about the advantages of olive oil, and a quick Google search brought me to “11 Proven Benefits of Olive Oil” on the Healthline website. But the webpage also provoked me with ads for tee shirts with goofy messages, myriad links to social media, and a list of “related stories.” Some of the ads kept changing, and the distractions made it almost impossible to read the article. I know websites need to advertise, but I’ve found some ads so annoying that I quickly leave to surf in calmer waters.

But this time, I clicked Safari’s “reader view” icon in the address bar and—voila—the surrounding flotsam and jetsam disappeared, leaving me with the article all by itself! No tee shirts or other ads. Just the article and associated pictures.

You can also tell Safari which websites should automatically use the reader view. It’s my default for reading The New York Times, CNN, and a host of other websites. The next time you’re reading a webpage and see the “reader view” icon, give it a try! Next month, I’ll explain how to do the same thing on Windows browsers.

If you need technical help, please contact us at princetonsenior.org/prsrc-tech-resources/.
Covid-19: A Life Transition without a Road Map

Recently, PSRC sponsored a presentation by Linda Kanner, LCSW, entitled Grieving the Loss of Normal. In it she spoke of how the Covid-19 pandemic has upended our normal daily lives and how over the last eight months our activities, relationships, routines, employment, and income, that were once taken for granted, have been lost or severely curtailed and have been replaced by the anxieties, uncertainties, confusion, and sadness that accompany unexpected losses, particularly when there is no end in sight and no answer as to what will become the new normal.

As I listened, I was struck by the similarities between the losses and anxieties we’re experiencing during the pandemic with those experienced by many entering retirement. In PSRC’s Transition to Retirement group, retirement is viewed as a life transition, but unlike life’s other transitions, it is one without a road map.

The pandemic certainly qualifies as a life transition without a road map. The pandemic certainly qualifies as a life transition without a road map.

In life’s transitions such as the pursuit of a higher education, career advancement, or marriage there is a general course of action to follow. For example, in the pursuit of a college degree the potential student visits colleges, completes the application process, is accepted, goes through the orientation phase, completes the course requirements and graduates with the degree in hand. However, in the transition to retirement, the course is not so set and is often filled with unforeseen challenges with regard to establishing new activities, relationships, routines, sense of self, and income without a clear way to resolve them. Sound familiar? It’s exactly what we are experiencing during the pandemic.

Another striking similarity between the challenges of retirement and the challenges of the pandemic is the ways in which the challenges can be managed. In a very interesting article entitled “Pandemic Parallels — how stay at home orders mimic retirement,” the author states “Retirement and the pandemic both present an extraordinary opportunity for self-reflection, self-awareness, and self-renewal. However, if you are overwhelmed by the changes you may delay, or even miss, the opportunity to adopt new attitudes, actions, thoughts, and beliefs.”

It has been interesting for me to note the difference between Transition to Retirement group members and average individuals in their respective reactions and adjustments to the pandemic. The relative ease in which the group members have adjusted has been in stark contrast to the average individual. In general, I attribute the difference to the fact that the group members have already weathered a difficult transition without a road map and are using their skills to adjust to this latest transition that lacks a road map. An article from the October 7 edition of The New York Times entitled “What Does Retirement Look Like in a Pandemic?” illustrates many of the approaches our group members have successfully employed and are equally applicable to all during this very difficult time.

The pandemic and other life transitions have touched all of us at some point and in many different ways and PSRC has responded by offering a variety of supports to navigate these difficult times. Consult our monthly newsletter to review the options and select the one that is best for you.


Groups

Bereavement

Monday, December 21 at 3:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

Caregivers

Monday, December 14 & 28 at 3:00 p.m.
(Usually second & fourth Monday of each month)

Children of Aging Parents

Thursday, December 10 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, December 1 & 15 at 11:00 a.m.
(First & third Tuesday of each month)

Knit Wits

Tuesday, December 1 at 3:00 p.m.
(Usually first Tuesday of each month)

Let's Talk

Wednesdays at 3:00 p.m.

Men in Retirement

Friday, December 11 at 2:00 p.m.
(Usually first Friday of each month)

Next Chapter: Widows/-ers

Tuesday, December 8 & 22 at 11:00 a.m.
(Usually second and fourth Tuesday of each month)

TED Talks

Tuesdays at 10:30 a.m.

Transition to Retirement

Friday, December 18 at 3:00 p.m.
(Usually third Friday of each month)

Women in Retirement

Monthly Meeting

Not meeting in December
(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.

December 2020

princetonsenior.org
FROM THE DEVELOPMENT OFFICE

PSRC Legacy Corner — Live Well, Give Well

Did you know there are creative ways to support PSRC? 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 a win-win solution for you, your family and PSRC.

We invite you to learn more about PSRC’s planned giving program and become part of the Jocelyn and Carl Helm Legacy Society. For information visit https://princetonsenior.plannedgiving.org/

ANNUAL SPONSORSHIP OPPORTUNITIES FOR 2021

PSRC’s annual sponsorship program is more than good will, it’s good business. Do you own or have a relationship with a company that would be interested in a sponsorship to PSRC? A PSRC sponsorship offers unique advertising benefits, is a perfect fit for the company looking to increase visibility among active consumers and influencers across greater Mercer County, and demonstrates your commitment to providing quality supportive services and programming to help older adults thrive. Sponsorship levels begin at $2,500.

For more information visit https://www.princetonsenior.org/support/sponsor-2/

To DONATE, learn more about PLANNED GIVING, or to BECOME AN ANNUAL SPONSOR please contact me directly.

With Gratitude,
Lisa Adler, Associate Executive Director, Fundraising and Development
ladler@princetonsenior.org or 609.751.9699, ext. 103

DECEMBER FEATURED SPONSORS

McCaffrey’s Food Markets take pride in being good neighbors and supporting the local communities where we live and work.

mccaffreys.com

Progression Physical Therapy of Princeton

Provides expert outpatient rehabilitative care, as well as prompt scheduling, convenient day and evening hours, and comprehensive insurance participation.

progressionpt.com
PSRC SHARES HOPE, SHARES JOY AND SHARES LIFE

DONATE online here

As one who has been engaged in PSRC programming, we invite you to make a year-end donation to help continue our work with older adults across the region.

We share hope. We share joy. We share life.

Before the end of 2020, did you know?

• That for the 2020 tax year, you can deduct up to $300 of cash donations without having to itemize!

• That you can make a gift DIRECTLY from your IRA if you are seventy-and-a-half as of January 1, 2020 or seventy-two now and will be taking a distribution from your IRA this year.

• To take advantage of these tax benefits this year, simply direct your IRA plan provider to make a “Qualified Charitable Distribution” (QCD) to PSRC by December 31.
Mark your calendars for PSRC’s #GivingTuesday campaign on December 1!
A global day of giving and unity
Visit princetonsenior.org/giving-tuesday to learn more.

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   | McCaffrey’s Food Markets
| Akin Care Senior Services    | NightingaleNJ Eldercare Navigators
| Artis Senior Living          | Novi Wealth Partners
| Capital Health               | Oasis Senior Advisors
| CareOne at Hamilton Assisted Living | Ovation at Riverwalk
| Homewatch CareGivers         | 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.

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