



**YOU'RE INVITED!**

Celebration on Zoom

## 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.

## THE 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.

**SUZANNE PATTERSON BUILDING**

45 Stockton Street  
Princeton, NJ 08540  
(behind Monument Hall)  
Phone: 609.751.9699  
Monday–Friday  
9:00 a.m. to 5:00 p.m.

**SPRUCE CIRCLE OFFICE**

179 Spruce Circle  
(off N. Harrison Street)  
Princeton, NJ 08540  
Phone: 609.751.9699  
Monday–Friday  
10:00 a.m. to 4:30 p.m.

[info@princetonsenior.org](mailto:info@princetonsenior.org)  
[princetonsenior.org](http://princetonsenior.org)

*PSRC's refund policy may be found  
on the website under the "Who We Are/  
General Information" tab.*

*A nonprofit organization  
serving our community*

**BOARD OF TRUSTEES**

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FROM THE EXECUTIVE DIRECTOR  
Women of Fierce Determination  
and Boundless Courage

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



PHOTO: Mollie Dyson



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](#).

## 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*

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*Development Associate*

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

**Joseph Ketterer**  
*Technology Associate*

**Alex Leibler**  
*Director of Information & Technology*

**Wendy Lodge**  
*Intergenerational Programs 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**  
*Intergenerational Programs  
 Assistant Coordinator*

**Shifra Vega**  
*Lifelong Learning Coordinator*

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

**Kathleen Whalen**  
*Director of Communications*



## DECEMBER PROGRAMS

Visit <https://www.princetonsenior.org/coming-soon/>



### 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 Encinitas (YouTube)

**December 8 — Khulan Gatkhuayag:** 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**

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

## 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

## DECEMBER PROGRAMS

Visit <https://www.princetonsenior.org/coming-soon/>

### 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, MEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator.

Registration required, no fee.

Evergreen Forum corporate sponsors for spring 2021: **Capital Health, Homewatch CareGivers, NightingaleNJ Eldercare Navigators, Penn Medicine Princeton Health & Home Health,** and **Stark & Stark Attorneys at Law**



## 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 II***

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

The Evergreen Forum uses a first-come, first-served registration system. Registration will open on Tuesday, January 5 at 9:30 a.m. Reminder – all courses will be held on the video conferencing platform, Zoom. Registration for a second or more courses will open on January 19. To register, go to [princeton senior.org](https://princeton senior.org). Telephone and mail applications will not be accepted. Waitlists: If a class is full, registrants are encouraged to put their name on the online waitlist. Fees are \$95 for a 6 to 8 week course, and \$70 for a 3 to 5 week course. Cost should never be a barrier to learning! Senior Scholarships are available to those for whom the fee is a hardship.



## DECEMBER PROGRAMS

Visit <https://www.princetonior.org/coming-soon/>



### 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., 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*



### ENRICHMENT

#### 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.**

To add your name to the waitlist, please go to <https://princetonior.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 of layout, color, design, and more!

**Class is full. If you are interested in putting your name on the waitlist, please go to <https://princetonior.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://princetonior.wufoo.com/forms/virtual-painting-self-expression-waitlist/> to register your interest. *Instructor: Christina Rang*

#### COSMOLOGY

Peer-led science discussion. Contact [brucewallman@gmail.com](mailto:brucewallman@gmail.com) for more information.



### TECHNOLOGY ASSISTANCE

#### TECHNOLOGY LAB

While the PSRC building remains closed, the Technology Lab continues to serve clients remotely. Our dedicated volunteers are available and responding to requests. Once you submit a request, one of our volunteers will contact you, normally within one business day, to set up an appointment to help you.

If you need technical help, please contact us at [princetonior.org/psrc-tech-resources/](https://princetonior.org/psrc-tech-resources/) or fill out a request form at <https://princetonior.wufoo.com/forms/technology-assistance-request/>.



All programs and groups meet virtually on Zoom

# DECEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 10:30 GrandPals GabFest 10:30 Ted Talk <b>11:00 Grandparenting Group</b> 2:00 Fireside Chat <b>3:00 Knit Wits</b>	<b>2</b> 9:00 GrandPals GabFest <b>10:00 Deep Relaxation with Yoga Nidra</b> 10:00 GrandPals GabFest <b>10:00 Migrations (EF)</b> <b>1:00 Mental Health Presentation - Holiday Blues?</b> 2:00 Painting and Self Expression 3:00 Let's Talk	<b>3</b> 9:45 Cosmology 10:00 Mindful Chair Yoga 10:30 GrandPals GabFest <b>11:00 Virtual Spanish</b> 1:00 Memoir Writing <b>1:00 Museum Series - Gettysburg Battlefield</b>	<b>4</b> 10:00 Women in Retirement - Coffee Klatch 10:15 Men in Retirement Weekly Meeting <b>1:00 First Friday Film - "They Shall Not Grow Old"</b>
<b>7</b> 10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals GabFest 1:00 Global Conversations <b>1:00 Library Reads</b> 2:00 Painting for Beginners 2:00 Word Play	<b>8</b> 10:30 GrandPals GabFest 10:30 Ted Talk <b>11:00 Next Chapter Widows/Widowers</b> 2:00 Fireside Chat <b>3:00 NJ Medical Aid in Dying Act</b>	<b>9</b> 9:00 GrandPals GabFest 10:00 GrandPals GabFest <b>1:00 PSRC's Virtual Holiday Celebration</b> 2:00 Painting and Self Expression 3:00 Let's Talk	<b>10</b> 9:45 Cosmology 10:00 Mindful Chair Yoga 10:30 GrandPals GabFest 1:00 Memoir Writing <b>1:00 Museum Series - The Mutter Museum</b> <b>4:00 Children of Aging Parents</b>	<b>11</b> 10:00 Women in Retirement - Coffee Klatch <b>11:45 FYI Seminar - Understanding Alzheimers and Dementia</b> <b>2:00 Men in Retirement Monthly Meeting</b>
<b>14</b> 10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Painting for Beginners 2:00 Word Play <b>3:00 Caregivers Group</b>	<b>15</b> 10:30 GrandPals GabFest 10:30 TED Talk <b>11:00 Grandparenting Group</b> <b>1:00 Riding the Rails: 175 Years of Train Travel</b> 2:00 Fireside Chat <b>3:00 Elder Justice Call to Action</b>	<b>16</b> 9:00 GrandPals GabFest 9:30 The Crown - Season 3 10:00 GrandPals GabFest 2:00 Painting and Self Expression 3:00 Let's Talk	<b>17</b> 9:30 The Crown - Season 3 9:45 Cosmology 10:00 Mindful Chair Yoga 10:30 GrandPals GabFest 1:00 Memoir Writing <b>1:00 Museum Series - Penn Museum</b>	<b>18</b> 9:30 The Crown - Season 3 10:00 Women in Retirement - Coffee Klatch 10:15 Men in Retirement Weekly Meeting <b>11:45 FYI Seminar - Mindfulness to Reduce Stress</b> <b>1:00 Technology Workshop</b> <b>3:00 Transition to Retirement</b>
<b>21</b> 9:30 The Crown - Season 3 10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Painting for Beginners 2:00 Word Play <b>3:00 Bereavement</b>	<b>22</b> 10:30 GrandPals GabFest 10:30 TED Talk <b>11:00 Next Chapter Widow/Widowers</b> 2:00 Fireside Chat <b>3:00 Schulz Museum - Why We Still Love Peanuts</b>	<b>23</b> 9:00 GrandPals GabFest 9:30 The Crown - Season 3 10:00 GrandPals GabFest 2:00 Painting and Self Expression 3:00 Let's Talk	<b>24</b> CLOSED FOR THE CHRISTMAS HOLIDAY	<b>25</b> CLOSED FOR THE CHRISTMAS HOLIDAY
<b>28</b> 10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Painting for Beginners 2:00 Word Play <b>3:00 Caregivers Group</b>	<b>29</b> 10:30 GrandPals GabFest 10:30 TED Talk 2:00 Fireside Chat	<b>30</b> 9:00 GrandPals GabFest 10:00 GrandPals GabFest 2:00 Painting and Self Expression 3:00 Let's Talk	<b>31</b> CLOSED FOR THE NEW YEAR'S EVE HOLIDAY	

## Senior Scholarships Are Available

PSRC is committed to serving all members of our community. We will never allow cost to be an obstacle to your participation. To request a program scholarship, please fill out this confidential form.

<https://princetonsenior.wufoo.com/forms/senior-scholarship-request-form/>

Virtual programs are added daily.

Visit <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

## 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/>

## TRANSPORTATION

### CROSSTOWN

The Crosstown Transportation program is currently following these safety protocols:

- Cleaning and disinfecting procedures in vehicles before, between rides, and at shift end.
- Installation of sneeze guards in cars.
- All drivers must wear masks.
- All riders must wear a mask (unless medically unable). We will provide a mask if the rider doesn't have one.
- Riders must sit in the back seat.
- No rideshares, except with family or an aide.
- Daily driver health screening check list.
- Health screening questions for rider with the ride confirmation call prior to the trip.

Door-to-door car service within Princeton for people over age sixty-five. Call 609.751.9699 to **register for the program and purchase \$3 vouchers**. Then call Ride Provide at 609.452.5144 to schedule a ride. Free to Penn Medicine Princeton Health (hospital) and medically prescribed rehabilitation at Princeton Fitness and Wellness Center.

# COMPUTER GURU

by Don Benjamin

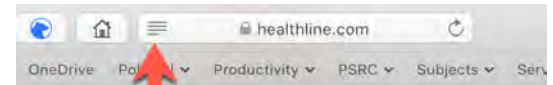
Technology Lab Programs sponsored by: Novi Wealth Partners

## Better Browsing with the “Reader View”

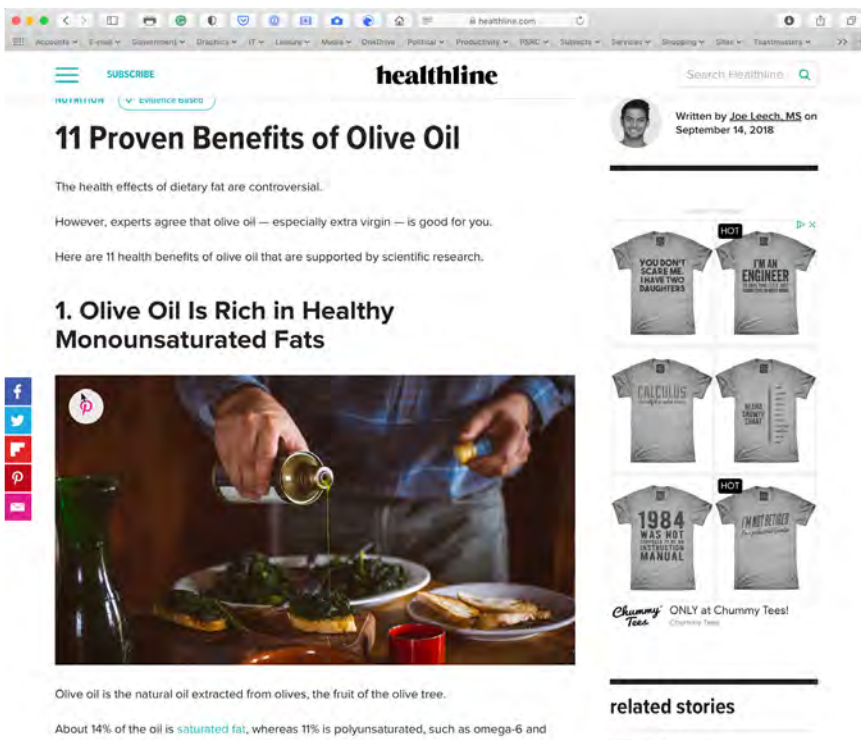
*This is the first of a two-part article on using the “reader view” in your browser. We’ll cover Apple’s Safari browser this month and Microsoft’s Edge (and other Windows browsers) next month.*

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.

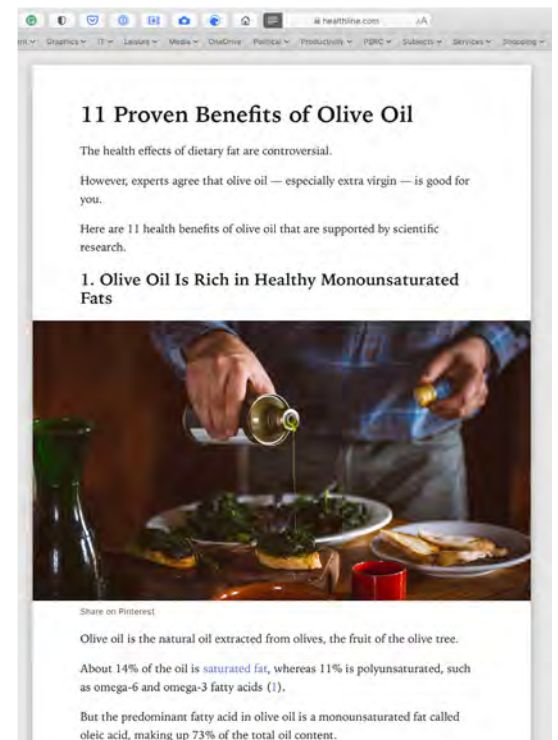
But this time, I clicked Safari’s “reader view” icon in the address bar and—voila—the surrounding flotsam and jetsam disappeared, leaving me with the article all by itself! No tee shirts or other ads. Just the article and associated pictures.



Safari’s reader view icon is on the left-hand side of the address bar.



The web page before...



...and after clicking on the “reader view” icon.

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/psrc-tech-resources/](http://princetonsenior.org/psrc-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.

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*,"<sup>1</sup> 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?*"<sup>2</sup> 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.

1 Severns Avery, Kathryn. "Pandemic Parallels — stay at home orders mimic retirement." Your Hub. May 19, 2020. <https://yourhub.denverpost.com/blog/2020/05/stay-at-home-challenges-mimic-retirement-challenges/263454/> (accessed 11, 2020).

2 Garland, Susan B. "What Does Retirement look like in a Pandemic?" *The New York Times*. Oct. 7, 2020. <https://www.nytimes.com/2020/10/07/business/retirement/pandemic-life-seniors.html> (accessed 11, 2020).



## ARE YOU A VETERAN IN CRISIS OR CONCERNED ABOUT ONE?

Did you know that the U.S. Department of Veterans Affairs offers same day services in primary care and mental health at 172 VA Medical Centers across the country? Go to "Make the Connection Resource Locator" website at  
<https://www.maketheconnection.net/resources>

Contact the Veterans Crisis Line  
by visiting <https://www.veteranscrisisline.net/> to Chat  
or call 1.800.273.8255 and press 1  
or text 838255

## ELDER JUSTICE: A CALL TO ACTION

**Tuesday, December 15th 3:00 p.m.**

The New Jersey Long Term Care Ombudsman is part of a national resident-focused, person-centered advocacy program, authorized by the federal Older American's Act.

The NJLTCO advocates for residents of long-term care facilities who are over the age of sixty by investigating and resolving complaints made by or on behalf of those residents.

Under federal law and state law, the Ombudsman's Office:

- Accepts complaints via phone, fax, in writing, and by email.
- Accepts complaints from any source. All complaints are confidential. Anonymous complaints are accepted.
- Conducts investigations of those complaints and either resolves and/or refers the problem to a regulatory or law enforcement entity for further action.
- Can conduct public or private hearings and subpoena documents or personal testimony.
- Has full unrestricted access to elderly residents of long-term care facilities and their records.
- Works with resident councils to empower residents to advocate for themselves.

### **Presenter: Laurie Facciarossa Brewer**

Laurie Facciarossa Brewer was named the New Jersey Long-Term Care Ombudsman by Governor Phil Murphy in March 2019. In this capacity, she heads the NJ Office of the State Long-Term Care Ombudsman.  
Registration required, no fee.



## 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: WIDOW/-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.

## 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](mailto: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](http://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](http://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.**

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### 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.



45 Stockton Street • Princeton • New Jersey



# GIVING TUESDAY

Mark your calendars for PSRC's #GivingTuesday campaign on December 1!  
A global day of giving and unity

Visit [princetonsenior.org/giving-tuesday](http://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  
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/](https://facebook.com/princetonsenior.org/)