



## GALLERY TALKS ONLINE

Thursdays beginning January 7 through February 11  
11:00 a.m.–noon

Gallery Talks returns for another round of exceptional art lectures. Join the Princeton University Art Museum's talented docents for weekly seminars designed for those interested in exploring the richness and complexities of the art world. This six-session course is a collaborative effort between the Princeton University Art Museum and PSRC.

Fee: \$75 for six session series

[Turn to page 4](#) for more details.

**SPECIAL PROGRAM** — Turn to page 14 for details.

### THE SCIENCE, THE SWEETS, AND THE SAVORIES OF FOODS YOU LOVE

Scott Anderson, executive chef and co-owner of Elements and Mistral; The Science of Food  
Tuesday, January 12 at noon



### Evergreen Forum Spring 2021

All Courses are virtual using Zoom

- Course listings and descriptions are on our website now
- 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 registraton details.

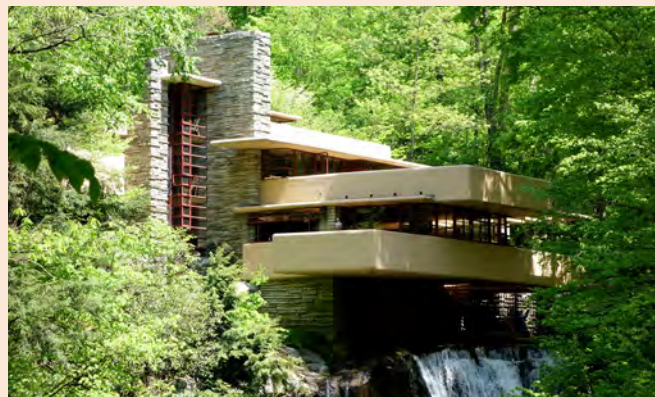
## NEW SERIES

### THIS OLD HOUSE

Wednesdays, beginning January 13 through  
February 10, 1:00 p.m. —

Fee: \$45 for series, \$10 per session

[Turn to page 5](#) for details.



**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  
New Beginnings

*"And suddenly you just know it's time to start something new  
and trust the magic of beginnings." — Meister Eckhart*



Dear Friends,

New year. New beginnings. New opportunities. Every year, on the morning of New Year's Eve, my family and I gather (virtually this year) to reflect on the past year and look forward to what is ahead. This year, like many of you would agree, we will be eager to turn the page and look ahead to 2021. Yet, while 2020 has had its challenges, there have also been gifts received along the way.

For the Princeton Senior Resource Center, 2020 has indeed been a year filled with challenges. A global pandemic forced us to close the doors to our physical building in March. We learned new technologies, adapted to the "new normal," and successfully brought much of our programming and social services online. Like many organizations, we faced financial challenges resulting from the closure of our building and the hard-hit economy. At the same time, our donors continue to step forward to help us meet our obligations. And our staff, while faced with the personal challenges brought about by a pandemic, stepped up to continue the vital work of PSRC and ensure that we served the older adults in our community with compassion and excellence.

At the close of 2020, on December 9, PSRC entered into a new chapter of our journey with the purchase of a 12,000 square foot building at 101 Poor Farm Road in Princeton. This new building will become a gathering place for seniors in the community,

featuring a world-class learning center, the PSRC technology lab, and administrative offices. This new building will supplement our existing operations at the Suzanne Patterson Building, which will be adapted for use as classroom and meeting space for PSRC programs.

For many years, PSRC has been challenged by limited space for programs and limited parking, causing us to rent facilities across the region to meet all of our growing programs and activities. With this new space, coupled with the existing program space at the Suzanne Patterson Building, PSRC will be able to continue serving the growing population of older adults in our region for years to come. Most importantly, we hope that our new space and renovations to our current space will make you feel at home. We are so glad that you are a part of our PSRC family and we look forward to welcoming you home soon!

Work will begin on the new facility in the months ahead, with an anticipated opening in late summer/early fall of 2021. We are excited to welcome you into our new location and look forward to many years of continued service to the community. Please look for news about our building and the announcement of our new capital campaign in the days ahead. These are indeed exciting times for PSRC and for our community!

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  
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*Bookkeeper & HR Coordinator*

**Cheryl Gomes**  
*Development Associate*

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

**Joseph Ketterer**  
*Technology Associate*

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

**Wendy Lodge**  
*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*



## JANUARY PROGRAMS

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



### FIRST FRIDAY FILM — “INCITEMENT”

**Friday, January 8 at 1:00 p.m.**

A young university student goes from activist to assassin in the year leading up to the murder of Israel’s Prime Minister, Yitzhak Rabin. The film focuses on the forces that act upon the assassin, including religious and political provocations and personal turmoil. Starring: Yehuda Nahari Halevi, Amitay Yaish Ben Ousilio, Anat Ravnitzki

**Running time: 2 hours, 3 minutes; Genre: Thriller**

**Language: Hebrew with English subtitles**

Registration required, no fee.



### FYI SEMINAR — “IS QUARANTINE A PAIN IN YOUR NECK? ERGONOMIC AND POSTURAL MANAGEMENT CAN HELP!”

**Friday, January 15 at 11:45 a.m.**

Many of us are sitting more and exercising less these days. Our bodies need to move in order to prevent stiffness and pain due to inactivity. Ruth Kaplan of Progression Physical Therapy will offer specific and appropriate exercises that can relieve your neck or back pain. Ruth holds a doctorate in physical therapy and owns Progression Physical Therapy of Princeton. She is an expert in the field of ergonomics and postural correction techniques. Registration required, no fee.



### FYI SEMINAR — “A LOOK AT SENIOR HOUSING”

**Friday, January 22 at 11:45 a.m.**

What are the differences between independent living and assisted living? Join us for a review of the costs and services offered at these types of “retirement living” communities. Hilary Murray has twenty years experience in the field of senior living. Deanna Mellon is the director of community relations at Brandywine Living Serenade at Princeton.

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:  
**January 5 — Dean Ornish:** Healing through diet  
**January 12 — Amishi Jha:** How to tame your wandering mind  
**January 19 — Suzanne Simard:** How trees talk to each other  
**January 26 — Alicia Garza, Patrisse Cullors, and Opal Tometi:** An interview with the founders of Black Lives Matter  
Registration required, no fee.

*This month’s FYI sponsors are McCaffrey’s Food Markets, Silver Century Foundation, and Novi Wealth Partners. TED Talk sponsors are Capital Health and Stark & Stark Attorneys at Law.*

## LIMITED SERIES PROGRAMS

### GALLERY TALKS ONLINE

**Thursdays beginning January 7 through February 11, 11:00 a.m.–noon**

**Fee: \$75 for six session series**

Gallery Talks returns for another round of exceptional art lectures. Join the Princeton University Art Museum’s talented docents for weekly seminars designed for those interested in exploring the richness and complexities of the art world. This six-session course is a collaborative effort between the Princeton University Art Museum and PSRC.

**January 7 — Highlights of the Princeton University Art Museum Collections — Denise McDaniel**

**January 14 — European Highlights of the Princeton University Art Museum Collections — Connie Shaffer**

### LIBRARY READS — MONDAY, JANUARY 4, 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/>

**January 21 — *States of Health: Visualizing Illness and Healing* —** Jeanne Johnson

**January 28 — *Prints from the Princeton University Art Museum Collections* —** Judy Langille

**February 4 — *Transition to Modern Art* —** Adria Sherman

**February 11 — *Watercolors and Pastels from the Princeton University Art Museum Collections* —** Brian Langille

THE SCIENCE, THE SWEETS, AND THE SAVORIES OF FOODS YOU LOVE —  
SCOTT ANDERSON, EXECUTIVE CHEF AND CO-OWNER OF ELEMENTS AND MISTRAL; THE SCIENCE OF FOOD  
**Tuesday, January 12 at noon**  
[See page 14](#) for details.

THIS OLD HOUSE  
**Wednesdays, beginning January 13 through February 10, 1:00 p.m.**  
**Fee: \$45 for series, \$10 per session**

Come with us as PSRC explores five notable American homes. Ranging from the seventeenth to the twentieth century, and including houses significant for architectural, literary, historic, and other reasons, this series will bring participants into homes that have shaped the way Americans think about their lives and their country.  
*This Old House Series is sponsored by Artis Senior Living*

**January 13 — *House of Seven Gables***  
A 1668 colonial mansion in Salem, Massachusetts, made famous by American author Nathaniel Hawthorne's novel *The House of the Seven Gables* (1851).

**January 20 — *Winterthur***  
The former country home of Henry Francis du Pont (1880–1969) houses the world's premier collection of Euro-American decorative arts of the pre-Civil War period.

**January 27 — *Paul Revere House***  
The colonial home of American patriot Paul Revere during the time of the American Revolution, built c. 1680.

**February 3 — *Falling Water***  
A private home designed by architect Frank Lloyd Wright in 1935 which is known as the best all-time work of American architecture.

**February 10 — *Mount Vernon***  
Former Virginia plantation of George Washington, the first President of the United States and his wife, Martha Washington.

PARLONS D'ART  
**Wednesdays, beginning January 13 to February 17, 11:00 a.m.**

**Fee: \$70 for six session series**  
Students will practice and improve their French-speaking language skills through theme-based paintings, including representations of dancers, still life, portraits or landscapes. The artwork will serve as vehicles to enrich vocabulary and conversation. Prior to each class, the instructor will forward to the participants images of the paintings.  
*Instructor: Brigitte Aflalo-Calderon*

CHESS + WORKSHOP  
**Tuesdays, beginning January 12 to February 16, 1:00 p.m.**

**Fee: \$35 for six session series**  
A novel program that combines chess instruction with positive psychology to encourage social engagement, mental exercising, and happy living.  
*Instructor: Larry Li*

ELDER JUSTICE: A CALL TO ACTION  
OIFP MEDICAID FRAUD CONTROL UNIT'S ELDER PROTECTION TASK FORCE  
**Tuesday, January 19 at 3:00 p.m.**  
[See page 12](#) for details.

PSRC WILL BE CLOSED ON THE FOLLOWING DATES:

January 1 — New Year's Day holiday  
January 18 — Martin Luther King Jr. Day holiday

## JANUARY PROGRAMS

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

### SOUP'S ON!

**Thursday, January 21 at 12:30 p.m.**

*See page 12 for details.*

### GLOBAL CONVERSATIONS

**Monday, January 25 at 1:00 p.m.**

*See page 12 for details.*

## RETIREMENT PROGRAMS

### WOMEN & MEN IN RETIREMENT — "NEW JERSEY'S CHANGING CLIMATE"

**Friday, January 15 at 10:00 a.m.**

The Men and Women in Retirement are joining together for their January presentation. Within the past decade, New Jersey has experienced its wettest and warmest years in over a century of observations. Human influences on climate are significant, prompting discussion as to how society might mitigate or develop greater resiliency to increasing climate change. This presentation will explore the physical dimensions of the issue, both short and long term.

Presenter: David Robinson, distinguished professor of geography at Rutgers University and, for the past twenty-nine years, New Jersey's state climatologist

Registration required, no fee.

### TRANSITION TO RETIREMENT

**Friday, January 15 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.

## LOOKING AHEAD

### AARP TAX ASSISTANCE

**Fridays, Beginning February 5 through April 9**

The AARP Foundation Tax-Aide Program provides tax preparation help to anyone, free of charge, with a special focus on taxpayers who are over fifty and have low to moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

Because of the coronavirus pandemic, tax preparation will be different with a focus on the safety of the taxpayers and the volunteers. Tax-Aide Volunteers will not be preparing taxes in-person at PSRC but will interact with you online or by phone and will exchange documents electronically. Appointments are on Fridays beginning February 5 through April 9 from 9:00 a.m. to noon.

To make an appointment, please click on this link <https://princetonsenior.wufoo.com/forms/aarp-foundation-taxaide-program-2021/>, or call 609.751.9699. Depending upon the severity of the pandemic, this is subject to change.

### THE SCIENCE, THE SWEETS, AND THE SAVORIES OF FOODS YOU LOVE —

ROBINSON'S CHOCOLATES; CHOCOLATE MAKING DEMONSTRATION AND TASTING

**Thursday, February 4 at 5:00 p.m.**

CHEF ADEENA SUSSMAN, AUTHOR OF SABABA; COOKING DEMONSTRATION FROM ISRAEL

**Sunday, March 14 at 1:00 p.m.**

*See page 14 for details.*



GRANDPALS WILL BE SUSPENDED FOR THE REMAINDER OF THE 2020–2021 SCHOOL YEAR. WE MISS YOU AND HOPE TO BE UP AND RUNNING AGAIN NEXT YEAR. STAY SAFE!

## LIFELONG LEARNING — LIFELONG CONNECTIONS

by Shifra Vega

PSRC's courses are designed to allow lifelong learners to pursue a variety of interests. Michael Perlin, an emeritus professor of law and avid clarinet player, thought he had found a fitting course when he enrolled in a PSRC music class. What he didn't realize at the time was that the course would also be a gateway to his own undergraduate history.

When he perused the PSRC mailings, Perlin was delighted to see that a former professor of his, Lloyd Gardner, was teaching an Evergreen Forum course at PSRC. Gardner, who had been a history professor of Perlin's at Rutgers University, had been a crucial figure in Perlin's life, inspiring him to go into academia himself.

When the pandemic forced all of PSRC's programming to move to Zoom, Perlin got in touch with his college friend, Ken O'Brien, who lives in upstate New York, and they both enrolled in Gardner's "The Lady Was a Spy" class together. Like Perlin, O'Brien had been influenced by Gardner. The two college classmates, who met on the Rutgers quad while watching the Dodgers play the Giants, both took Gardner's class on American foreign policy in 1965.

O'Brien was so influenced by his education at Rutgers that he pursued a PhD in history and had a teaching career at SUNY Brockport. This was not unusual for Rutgers, where thirteen out of seventy undergraduate history majors went on to earn history PhDs themselves. In the 1960s, Gardner was influential in other ways — both Perlin and O'Brien remembered him on stage at a 1965 student teach-in in which they both participated.

In a recent Zoom call, the three relived their years on the Rutgers campus. Both former students had nothing but words of praise for the Rutgers history department, and especially for the fact that Rutgers assigned its best professors to the department's survey courses, a departure from standard university practice. O'Brien, who was the first in his family to attend college, found the history department a real home, led by dedicated professors.

Gardner's course last semester left Perlin and O'Brien missing their undergraduate years. They were sorry that there was no term paper or final exam. On the plus side, lifelong learning does mean lifelong. Both O'Brien and Perlin are looking forward to January 5, when they can sign up for Gardner's next "gem" of a class: "Churchill, Roosevelt, Stalin: The War They Fought, The Peace They Sought."



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**

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 [princetonsenior.org](https://princetonsenior.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.



## JANUARY PROGRAMS

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



### EXERCISE & FITNESS

#### DEEP RELAXATION WITH YOGA NIDRA — Winter Quarter

*Wednesdays, January 6 through March 31, 10:00 a.m.*

Fee: \$75 per quarter

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.

*Instructor: Joy Cline-Okoye*

#### GENTLE YOGA + NIDRA — Winter Quarter

*Mondays at 10:00 a.m., January 4 through March 29*

Fee: \$75 per quarter

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 — Winter Quarter

*Thursdays at 10:00 a.m., January 7 through March 25*

Fee: \$75 per quarter

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 — Winter Quarter

*Thursdays at 1:00 p.m., January 7 through March 25*

Fee: \$75 per quarter

What's your story? In our online memoir workshop, you will learn how to get started on mining your memories and shaping them into well-crafted pieces. We will engage in writing exercises, discuss the craft of writing, and share examples from several published memoirs to inspire you.

*Instructor: Jennifer Altmann*

#### PAINTING FOR BEGINNERS

***Mondays at 2:00 p.m.***

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. To add your name to the waitlist, please go to <https://princetonior.wufoo.com/forms/virtual-painting-for-beginners-waitlist/>.**

*Instructor: Christina Rang*

#### PAINTING AND SELF EXPRESSION ONLINE

***Wednesdays at 2:00 p.m.***

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/>.**

*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

# JANUARY 2021

Monday

Tuesday

Wednesday

Thursday

Friday

## LOOKING AHEAD: FEBRUARY IS BLACK HISTORY MONTH

BE ON THE LOOKOUT AS WE CONTINUE THE CONVERSATION ON RACE  
AND BLACK HISTORY DURING THE MONTH OF FEBRUARY.

1

CLOSED FOR THE  
NEW YEAR'S DAY HOLIDAY

4

10:00 Gentle Mat Yoga + Nidra  
12:00 GrandPals GabFest  
1:00 Global Conversations  
**1:00 Library Reads**  
2:00 Painting for Beginners  
2:00 Word Play

5

10:30 GrandPals GabFest  
10:30 TED Talk  
**11:00 Grandparenting Group**  
2:00 Fireside Chat  
**3:00 Knit Wits**

6

9:00 GrandPals GabFest  
**10:00 Deep Relaxation with  
Yoga Nidra**  
10:00 GrandPals GabFest  
2:00 Painting and Self Expression  
3:00 Let's Talk

7

9:45 Cosmology  
10:00 Mindful Chair Yoga  
10:30 GrandPals GabFest  
**11:00 Gallery Talks**  
1:00 Memoir Writing

8

10:00 Women in Retirement -  
Coffee Klatch  
10:15 Men in Retirement  
Weekly Meeting  
**1:00 First Friday Film -  
"Incitement"**

11

10:00 Gentle Mat Yoga + Nidra  
12:00 GrandPals GabFest  
1:00 Global Conversations  
2:00 Painting for Beginners  
2:00 Word Play  
**3:00 Caregivers Group**

12

10:30 GrandPals GabFest  
10:30 TED Talk  
**11:00 Next Chapter Widows/  
Widowers**  
**12:00 The Science of Food**  
**1:00 Chess + Workshop**  
2:00 Fireside Chat

13

9:00 GrandPals GabFest  
**10:00 Deep Relaxation with  
Yoga Nidra**  
10:00 GrandPals GabFest  
**11:00 Parlons d'Art**  
**1:00 This Old House: House of  
Seven Gables**  
2:00 Painting and Self Expression  
3:00 Let's Talk

14

9:45 Cosmology  
10:00 Mindful Chair Yoga  
10:30 GrandPals GabFest  
**11:00 Gallery Talks**  
1:00 Memoir Writing  
**4:00 Children of Aging Parents**

15

**10:00 Women and Men in  
Retirement - Monthly  
Meeting**  
**11:45 FYI Seminar -  
Is Quarantine a Pain in  
Your Neck?**  
**3:00 Transition to Retirement**

18

CLOSED FOR THE  
MARTIN LUTHER KING JR. DAY  
HOLIDAY

19

10:30 GrandPals GabFest  
10:30 TED Talk  
**11:00 Grandparenting Group**  
**1:00 Chess + Workshop**  
2:00 Fireside Chat  
**3:00 Elder Justice Call to Action**

20

9:00 GrandPals GabFest  
**10:00 Deep Relaxation with  
Yoga Nidra**  
10:00 GrandPals GabFest  
**11:00 Parlons d'Art**  
**1:00 This Old House: Winterthur**  
2:00 Painting and Self Expression  
3:00 Let's Talk

21

9:45 Cosmology  
10:00 Mindful Chair Yoga  
10:30 GrandPals GabFest  
**11:00 Gallery Talks**  
**12:30 Soup's On**  
1:00 Memoir Writing

22

10:00 Women in Retirement -  
Coffee Klatch  
10:15 Men in Retirement  
Weekly Meeting  
**11:45 FYI Seminar - A Look  
at Senior Housing**

25

10:00 Gentle Mat Yoga + Nidra  
**11:00 Bereavement Group**  
12:00 GrandPals GabFest  
1:00 Global Conversations  
2:00 Painting for Beginners  
2:00 Word Play  
**3:00 Caregivers Group**

26

10:30 GrandPals GabFest  
10:30 TED Talk  
**11:00 Next Chapter Widows/  
Widowers**  
**1:00 Chess + Workshop**  
2:00 Fireside Chat

27

9:00 GrandPals GabFest  
**10:00 Deep Relaxation with  
Yoga Nidra**  
10:00 GrandPals GabFest  
**11:00 Parlons d'Art**  
**1:00 This Old House: Paul  
Revere House**  
2:00 Painting and Self Expression  
3:00 Let's Talk

28

9:45 Cosmology  
10:00 Mindful Chair Yoga  
10:30 GrandPals GabFest  
**11:00 Gallery Talks**  
1:00 Memoir Writing

29

10:00 Women in Retirement -  
Coffee Klatch  
10:15 Men in Retirement  
Weekly Meeting

## 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

## SUPPORT & GUIDANCE

NJ Register Ready was created to help people with a disability in times of emergency. New Jersey residents with special needs are encouraged to add their personal information to this special needs registry. The information provided will be shared with emergency response agencies so that responders will be better equipped to serve registrants in the event of an emergency or evacuation in their area. No one else will have access to the information.



To keep this registry current, registrants are required to update their registration information each year.

To learn more about this program and register online, go to <https://www13.state.nj.us/SpecialNeeds/Signin?ReturnUrl=%2fSpecialNeeds%2f>.

Need help registering? Dial 2-1-1 and a representative will assist you in the registration process.

## 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: Homewatch CareGivers

## Better Browsing with the “Reader View” – Part 2

Last month, I explained how to use the reader view featured in Apple’s Safari web browser to remove the advertisements and other distracting graphics that surround the text you’re trying to read.

This month, I’ll explain how to use the reader view feature on Microsoft Edge and Google Chrome. These browsers are available for both MacBook and Windows computers, and they work the same on both devices.

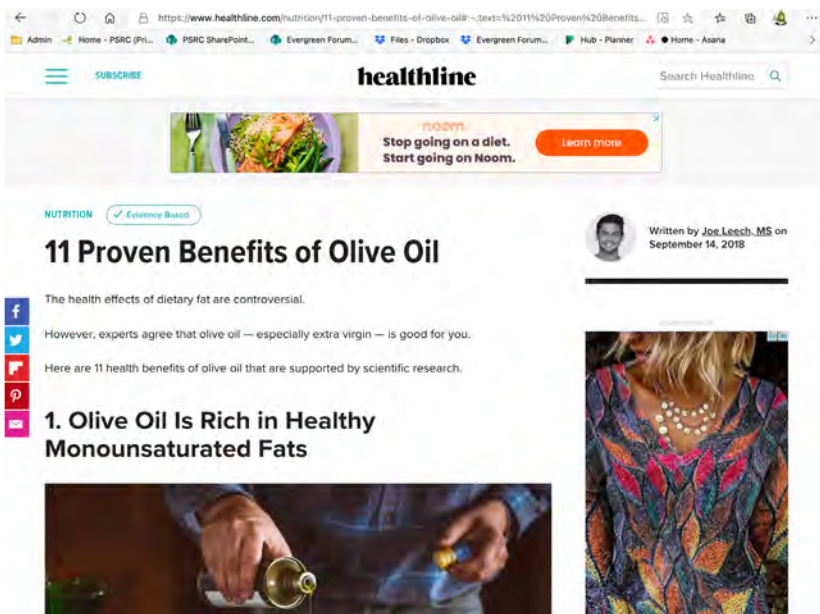
### Microsoft Edge

Microsoft’s “new” Edge browser is slick—much better than the original version included when Windows 10 hit the street in 2015.

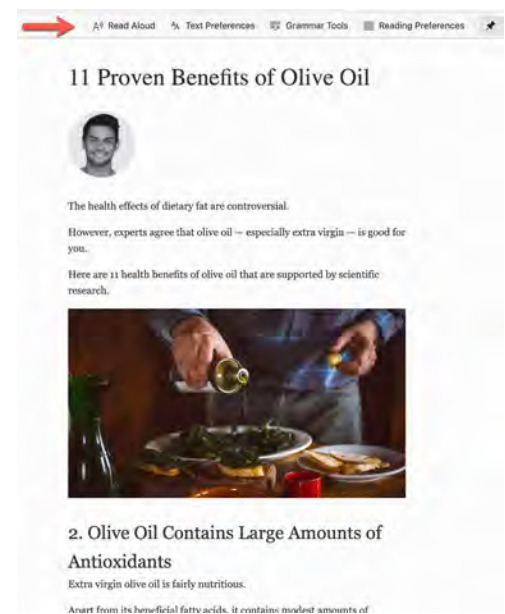
Continuing my research on olive oil from last month, the Healthline article, “11 Proven Benefits of Olive Oil,” appeared on Edge (below, left) as a mishmash of the text I want to read surrounded by ads and links to social media. (The first time I saw this article there was an ad for a home bidet plastered at the top. Eww.) To clear out the distractions, I clicked the “immersive reader” icon, and the article popped out from among the chaff (below, right).<sup>1</sup> There’s also a control menu that lets you select the font, background color, and text size. Cool.



The “immersive reader” icon in Edge is on the right-hand side of the address bar.



The webpage before...



...and after clicking on the “immersive reader” icon. The menu at the top offers viewing options.

### Chrome

Google’s Chrome browser doesn’t include a reader feature, but you can find several in the [Chrome Web Store](#) and then add the reader as an extension to Chrome. They all work about the same and are free.

If you need help adding a Chrome extension, or surfing the web, or anything else in your tech world, please contact our tech support at [princetonior.org/psrc-tech-resources/](http://princetonior.org/psrc-tech-resources/).

1 Note: Safari did a better job of rendering the page in its reader view. Edge left out part of the first section of the article. Not sure why.



## SOCIAL SERVICES

by Sharon Hurley, CVA

### Soup's On!

I don't know about you, but I just LOVE a bowl of delicious soup, especially when it is cold outside. In January 1986, Campbell's Soup started National Soup Month. Why don't we celebrate by having a virtual lunch together? Join me on Zoom, **Thursday, January 21 at 12:30 p.m.**, with your favorite soup, homemade or otherwise, for a hearty conversation and perhaps even a sharing of recipes. Register here: <https://princetonsenior.wufoo.com/forms/x1cu8icg04chex9/>

Many of us have family recipes, and of course our grandmother's chicken noodle soup is the absolute best, but just in case you wanted to try an easy recipe, here is one of my new favorites:

<https://www.campbells.com/kitchen/recipes/instant-pot-chicken-noodle-soup/>

Let's continue the conversation! Every Monday at 1:00 p.m., we gather on Zoom with a globally diverse group of people for conversations about life, classic stories, quotes, and current articles of interest. The country of origin for recent individuals in this **Global Conversations** group are from Ukraine, China, Japan, Africa, Russia, Korea, Germany, and Taiwan, in addition to the USA. We enjoy finding the similarities in our cultures, but also respecting the differences. Traditions are important to share, and by doing so we are honoring our family and our own history. We will have a special topic about traditions, on **Monday, January 25 at 1:00 p.m.** Join us to share one of your traditions.

<https://princetonsenior.wufoo.com/forms/virtual-global-conversations-p12fr0eq0dz1y7a/>



### ELDER JUSTICE: A CALL TO ACTION

#### OIFP Medicaid Fraud Control Unit's Elder Protection Task Force Tuesday, January 19 at 3:00 p.m.

The Office of the Insurance Fraud Prosecutor's Medicaid Fraud Control Unit (MFCU) receives federal funding to investigate and prosecute Medicaid fraud in New Jersey, including the physical or financial abuse of elderly or incapacitated adults who receive Medicaid benefits or who reside in facilities that receive Medicaid benefits.

Historically, MFCU actions centered on financial exploitation cases, but in 2017, as reports of caregiver assaults on the elderly rose nationwide, the office turned greater attention to the physical abuse of elderly or incapacitated patients. Last year, the MFCU enhanced its efforts to address the problem of elder abuse in New Jersey by establishing a state-wide "Elder Protection Task Force." Under the auspices of the MFCU, this multi-agency group meets quarterly to share information about elder abuse, coordinate responses to reports of elder abuse incidents in the state, collaborate on investigations, and raise public awareness of the problem.

Registration required, no fee. Register here: <https://princetonsenior.wufoo.com/forms/elder-justice-call-to-action/>



## U.S. Department of Veterans Affairs

### VETERANS BENEFITS (SPOUSAL AND DEPENDENTS)

#### Am I eligible for a VA Survivors Pension as a surviving spouse?

You may be eligible for this benefit if you haven't remarried after the veteran's death, and if the deceased veteran didn't receive a dishonorable discharge and their service meets at least one of the requirements listed below.

##### At least one of these must be true. The veteran:

- Entered active duty on or before September 7, 1980, and served at least ninety days on active military service, with at least one day during a covered wartime period, **or**
- Entered active duty after September 7, 1980, and served at least twenty-four months, or the full period for which they were called, or ordered to active duty (with some exceptions), with at least one day during a covered wartime period, **or**
- Was an officer and started on active duty after October 16, 1981, and hadn't previously served on active duty for at least twenty-four months.

##### And this must be true for you:

Your yearly family income and net worth meet certain limits set by Congress. Your net worth equals the value of everything you own (except your house, your car, and most home furnishings), minus any debt you owe.

#### Am I eligible for a VA Survivors Pension as the child of a deceased wartime veteran?

You may be eligible for this benefit if you're unmarried and you meet at least one of the requirements listed below.

##### At least one of these must be true:

- You're under age eighteen, **or**
- You're under age twenty-three and attending a VA-approved school, **or**
- You're unable to care for yourself due to a disability that happened before age eighteen.

<https://www.va.gov/pension/survivors-pension/>



## GROUPS

### BEREAVEMENT

*Monday, January 25 at 11:00 a.m.*  
(Usually third Monday of each month)  
*Call Sherri Goldstein*  
*609.819.1226 to attend.*

### CAREGIVERS

*Monday, January 11 & 25 at 3:00 p.m.*  
(Usually second & fourth Monday of each month)

### CHILDREN OF AGING PARENTS

*Thursday, January 14 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, January 5 & 19 at 11:00 a.m.*  
(First & third Tuesday of each month)

### KNIT WITS

*Tuesday, January 5 at 3:00 p.m.*  
(Usually first Tuesday of each month)

### LET'S TALK

*Wednesdays at 3:00 p.m.*

### MEN IN RETIREMENT

*Friday, January 15 at 10:00 a.m.*  
(Usually first Friday of each month, this month the Men in Retirement join the Women in Retirement)

### NEXT CHAPTER: WIDOW/-ERS

*Tuesday, January 12 & 26 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, January 15 at 3:00 p.m.*  
(Usually third Friday of each month)

### WOMEN IN RETIREMENT

#### MONTHLY MEETING

*Friday, January 15 at 10:00 a.m.*  
(Usually third Friday of each month)

**THERE ARE NO FEES FOR THESE GROUPS.**

**ALL GROUPS MEET VIRTUALLY USING ZOOM.**

Sign up for virtual groups on our [website](#) or call 609.751.9699 for assistance.

## FROM THE DEVELOPMENT OFFICE

### SAVE THE DATES — PSRC FOOD SERIES — Virtual Spring Fundraiser

#### THE SCIENCE, THE SWEETS, AND THE SAVORIES OF FOODS YOU LOVE

\$50 donation for the three-part series, \$20 donation for each session.

Includes a small assortment of chocolate.

PSRC is proud to bring three events for your inner foodie. As winter approaches this is an opportunity to feed your soul and support PSRC programs and services at the same time.

#### **Scott Anderson, executive chef and co-owner of Elements and Mistral; The Science of Food Tuesday, January 12 at noon**

Join us as Scott Anderson explores the science of food. James Beard Foundation Semi-Finalist Best Mid-Atlantic Chef in 2014 and 2013, Scott is known as a vanguard of modern global-American cuisine, chef and co-owner of **Mistral** and **Elements** in Princeton, he places a superlative focus on fresh and local ingredients, utilizing modern techniques.

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

Join Pattie Robinson and her father Jim Robinson, founder of Robinson's Fine Candies in Skillman, established in 1978, to learn the art of chocolate making in time for Valentines' Day and to learn more about the history of this community chocolatier. Includes a small assortment of chocolate for pick up at PSRC.

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

Adeena Sussman, *The New York Times* Best Selling Cookbook Author, will join us from her kitchen in Tel Aviv. She will be sharing recipes from her recent Israeli Cookbook, *Sababa: Fresh, Sunny Flavors from My Israeli Kitchen* to help us welcome spring.

#### **\*EXTRA SWEET OFFERING\* — Screening of *Chocolat* Wednesday, February 17 at 1:00 p.m.**

Oscar Nominated Film starring Juliette Binoche, Johnny Depp, Lena Olin, and Judi Dench. Complimentary for all!

Registration link: <https://princeton senior.wufoo.com/forms/xbj33010o01kq/>

## JANUARY FEATURED SPONSORS



Our personalized services are available seven days a week and can range from a few hours to around the clock care.

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



Homewatch CareGivers®, we believe that good care should not interfere with your quality of life, so we do everything we can to keep you or your loved one comfortable.

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



## FROM THE DEVELOPMENT OFFICE — THANK YOU!

It is with great appreciation that we wish to thank the following corporate and foundation partners for their invaluable support during the calendar year 2020. As a nonprofit organization, PSRC relies on the generosity of corporate and foundation grants to help cover a portion of our general operating, social service, and our program expenses. Although this has been a most unusual year for everyone it is reassuring to know that PSRC and the work and services we provide are highly valued and supported by our funding partners.

BlackRock Charitable Fund

Bloomberg Philanthropies

Bristol Myers Squibb

Bunbury Fund at Princeton Area  
Community Foundation

Curtis W. McGraw Foundation

Community Without Walls House V

David Mathey Fund of the Princeton Area  
Community Foundation

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The Fred C. Rummel Foundation

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Adelaide W. Zabriskie Charitable Fund

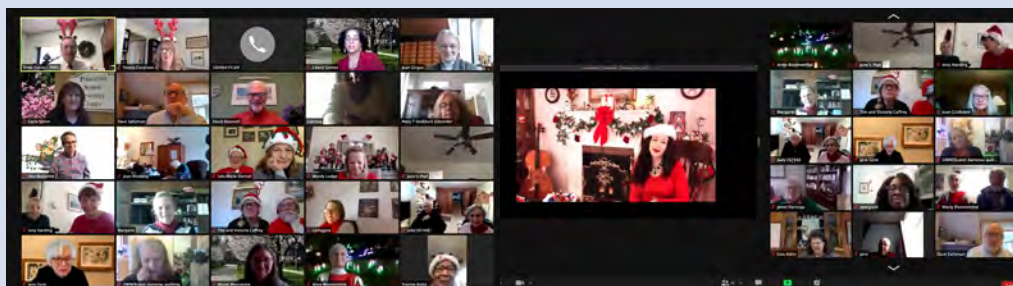
**We also extend our thanks and appreciation to our community partners  
and event sponsors who have provided special gifts over the year to PSRC:**

Borden Perlman Salisbury & Kelly, Nancy Becker, Louise Conley, Gordon and Llura Gund Fund at Princeton Area Community Foundation, Hilton Realty Company, Knox Grove Financial, Mercadien Group, LLC, Michael & Marylou Kenny, Norman Klath, Lance & LaTonya Liverman, Princeton Global Asset Management, Princeton United Methodist Church, Judy Scheide, Ellen & Albert Stark Family Foundation Fund at Princeton Area Community Foundation, Hazel & Thomas Stix Charitable Fund.

**And to our 2020 Annual Sponsors for their support of our FYI Seminars, TED Talks, our Technology Lab, Evergreen Forum, and our signature annual events:** Acorn Glen Assisted Living, Artis Care Senior Services, Capital Health, CareOne Management LLC, 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, and Van Dyck Law, LLC.



45 Stockton Street • Princeton • New Jersey



Thanks to our  
Virtual Holiday  
Celebration sponsors

Dave Saltzman,  
Stony Brook Garden Club,  
and Vanessa Viscomi

## NEW PROGRAMS — Turn to page 5 for details.

**Chess + Workshop**  
Tuesdays, beginning January 12  
to February 16, 1:00 p.m.

**Parlons d'Art**  
Wednesdays, beginning January 13  
to February 17, 11:00 a.m.



**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 mailbox on the porch at the Suzanne Patterson Building.

## GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

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NightingaleNJ Eldercare Navigators  
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