

FEBRUARY IS BLACK HISTORY MONTH

Black History Month: Perspectives on Church and Race

PSRC invites you to join us as we commemorate Black History Month in February. Our programming will begin on Friday, February 5, with a screening of “4 Little Girls,” a 1997 American historical documentary film about the September 15, 1963 murder of four African-American girls in the 16th Street Baptist Church bombing in Birmingham, Alabama.

On Friday, February 12, we will be joined by Sushama Austin-Connor program administrator for Continuing Education and the Center for Black Church Studies at Princeton Theological Seminary, who will lead us in a discussion about race.

On Friday, February 19, the Reverend Kermit Moss, interim director of the Center for Black Church Studies at Princeton Theological Seminary, will lead us in a discussion on the historical, emotional, and educational role that the church has played within the Black community.

We hope that you join us for these and other planned programs as we celebrate Black History Month together.

SUZANNE PATTERSON BUILDING

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

SPRUCE CIRCLE OFFICE

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

info@princetonsenior.org
princetonsenior.org

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

*A nonprofit organization
serving our community*

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FROM THE EXECUTIVE DIRECTOR
Fostering Friendships

Dear Friends,

Over the last few years, I have become keenly aware of the role PSRC plays in fostering friendships and bringing people together. I have been overwhelmed by the stories of folks who came for our programs and ended up building lasting friendships. These relationships have been forged learning in an Evergreen classroom, exercising on the gym floor, and most recently, chatting in a zoom meeting. According to the American Society on Aging, healthy relationships form the hallmark of thriving in older adulthood.

This month, I want to highlight another friendship formed through PSRC between longtime Princetonian Shirley Satterfield and Tech Lab volunteer Don Benjamin. Hear in their own words how this relationship came to be — and their gratitude for the connections formed through PSRC. It is my sincere hope that each of you discovers not only our excellent programs and services, but that you also encounter a community of hope and support to help you in your journey.

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

“In 2013, I took a course on ‘writing your memoirs’ at one of the Evergreen Forums at the PSRC. At that time I was delivering presentations about the history of African Americans in Princeton, NJ. It was clear that delivering these presentations through the medium of slides was an antiquated process.

When the memoirs class was over, I decided to enter the room where the resource center volunteers were aiding people with their computers. I asked one of the volunteers if he could guide me with my presentations using PowerPoint. That was the beginning of a seven-year friendship of mentoring, guiding, teaching — preparing over twenty of my presentations — using different PowerPoints for my presentations!

I will be forever grateful and thankful for having spoken to Mr. Donald Benjamin who did not hesitate to offer his assistance with my quest. Within a week I had an appointment with my computer. From that moment on, Don prepared all of my presentations. He

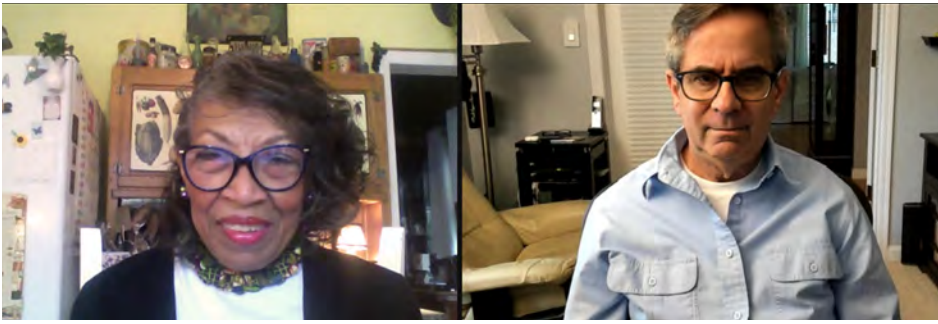


PHOTO: Shirley Satterfield and Don Benjamin

was always available to not only prepare all of my PowerPoints, but he also helped me with my Zoom presentations, solved problems I've had with my computer, and gave me advice to become more computer knowledgeable.

As a person of faith, I continually thank God for leading me to Don who has now become my 'history partner.' I respect his honorable and endless dedication that he has as a board member and volunteer at PSRC, and am thankful for his help and care to assure that my work to share a rich history continues."

— Shirley Satterfield
(Tech Lab client and PSRC participant)

"I met Shirley in 2013 shortly after I began volunteering in the PSRC Tech Lab. She came to us asking for help assembling a PowerPoint slideshow about the history of the African American community in Princeton.

Seven years and more than twenty-four slideshows later, we continue working together to memorialize the lives of noted Princetonians, such as Elizabeth 'Betsey' Stockton, Paul Robeson, and Albert E. Hinds, the rigid segregation in Princeton during the 1900s, and the landmark homes, churches, schools, and businesses that comprised the neighborhood between Witherspoon and John streets.

A chance encounter at PSRC fostered a friendship between me and a member of the most senior of the African American families in Princeton. Knowing Shirley has enriched my life just as she has enriched the lives of countless others in our community."

— Don Benjamin
(Tech Lab Volunteer and Board of Trustees member)

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

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Kathleen Whalen
Director of Communications

FEBRUARY PROGRAMS

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



FIRST FRIDAY FILM — “4 LITTLE GIRLS” *Friday, February 5 at 1:00 p.m.*

On Sunday, September 15, 1963, the 16th Street Baptist Church in Birmingham, Alabama, was bombed by four members of a Ku Klux Klan-affiliated racist group. Addie Mae Collins, Denise McNair, Carole Robertson and Cynthia Wesley, four African-American girls between the ages of eleven and fourteen who had been attending the church’s Sunday school, were killed in the blast. Director Spike Lee’s somber 1997 documentary tells the story through new interviews and archival footage.

Running time: 1 hour, 42 minutes;

Genre: Documentary

Registration required, no fee.



FYI SEMINAR — “YOUR MOST IMPORTANT DOCUMENTS: WHAT TO KEEP, WHAT TO TOSS”

Friday, February 12 at 11:45 a.m.

Are you downsizing or cleaning out your home? We will talk about what paperwork to keep and for how long, what never needs to be kept and ways to organize what you do keep. A brief interactive presentation will be followed by Q and A to make sure all your questions are answered. Nancy Sobin is the owner of Professional Paperwork Services and manages seniors’ mail and bills every day. The company is in its fifth year and serves clients in New Jersey and Bucks County, Pennsylvania. Registration required, no fee.



FYI SEMINAR — “URINARY INCONTINENCE: TIME TO TAKE CONTROL”

Friday, February 19 at 11:45 a.m.

Urinary incontinence affects over fifteen million Americans, resulting in a range of lifestyle problems, from the occasional inconvenience of leakage when sneezing or coughing to a frequent urge to go that disrupts sleep or affects quality of life. Physical therapy focused on strengthening the pelvic floor and retraining the bladder can help.

Join Katie Doyle-Elmer, PT, DPT, with Princeton Medical Center Princeton Rehabilitation, to learn ways to treat your urinary incontinence symptoms, improve bladder fitness and restore your quality of life. Registration required, no fee.



FYI SEMINAR — “INTRODUCTION TO FELDENKRAIS”

Friday, February 26 at 11:45 a.m.

The Feldenkrais Method® is based on principles of physics and an empirical understanding of learning and human development. The method uses gentle movement and directed attention to help people to learn new and more effective ways of living the life they want. Jaclyn Boone graduated from Feldenkrais Professional Training in 1999, and teaches in the Princeton/Philadelphia area. Influenced by Feldenkrais, Yoga, TaiChi, Pilates and meditation, she continually develops and refines her skills.

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:

February 2 — Alec Soth & Stacey Baker: This is what enduring love looks like

February 9 — Heidi Larson: Why rumors about vaccines spread - and how to rebuild trust

February 16 — Hasan Kwame Jeffries: Why we must confront the painful parts of US history

February 23 — Sherwin Nuland: The extraordinary power of ordinary people

Registration required, no fee.

This month’s FYI sponsors are [Capital Health](#) and [Stark & Stark Attorneys at Law](#). TED Talk sponsors are [Akin Care Senior Services](#) and [Princeton Portfolio Strategies Group, LLC](#).

PSRC WILL BE CLOSED PRESIDENTS DAY, MONDAY, FEBRUARY 15

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

LIMITED SERIES PROGRAMS

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 15 for details.

INTRODUCTION TO ENERGY TECHNIQUES FOR BETTER HEALTH

Tuesday, February 9, 10:00 a.m.

The power to heal yourself is within YOU... Open to and align your life energy with self-healing practices to naturally restore and revitalize your mind, body, and spirit. Discover self-empowering energy techniques to complement Western medicine to boost vitality, improve immune defense mechanisms, reduce stress and calm down the nervous system, improve sleep, and support your system as you age. Limited to twenty participants.

Instructor Alla Rosina extensively studied many eastern and contemporary healing modalities with masters in their respective fields. She is an Advanced Eden Energy Medicine practitioner, licensed Massage Therapist, Qigong Healing practitioner, Certified Yoga Instructor, Reiki Master, and Integrated Positional Therapy Practitioner.

Registration required, no fee.

THIS OLD HOUSE

Wednesdays through February 10, 1:00 p.m.

\$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](#)

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.

BLACK HISTORY MONTH — "PERSPECTIVES ON CHURCH AND RACE"

Registration required, no fee.

Friday, February 12 at 1:00 p.m.

Join us as we sit down with Sushama Austin-Connor, the founding director of the Black Theology and Leadership Institute at Princeton Theological Seminary.

Friday, February 19 at 1:00 p.m.

Join us as we sit down with Kermit Moss, interim director, Center for Black Church Studies, Princeton Theological Seminary, and discuss the historical, emotional, and educational role the church has played within the Black community.

Wednesday, February 24 at 10:00 a.m.

TBD

LIBRARY READS — MONDAY, FEBRUARY 1, 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

FEBRUARY PROGRAMS

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

RETIREMENT PROGRAMS

THE PRESIDENT'S RESIDENCE

Beginning February 16 through February 19

\$35 for the four-session series, \$10 per presentation

PSRC's This Old House series concludes a few days before Presidents' Day with a visit to Mount Vernon, home of George Washington. Continuing the theme, we will celebrate the week of Presidents' Day with visits to the homes of four American presidents.

Tuesday, February 16 at 1:00 p.m. — Saxton House, Home of James McKinley, Canton, OH

Wednesday, February 17 at 10:00 a.m. — Home of Martin Van Buren, Kinderhook, NY

Thursday, February 18 at 3:00 p.m. — Home of Abraham Lincoln, Springfield, IL

Friday, February 19 at 10:00 a.m. — Highland, Home of James Monroe, Charlottesville, VA

ELDER JUSTICE: A CALL TO ACTION

ELDER JUSTICE AND PREVENTION MEASURES

Tuesday, February 16 at 3:00 p.m.

See page 12 for details.

MEN IN RETIREMENT — "PRINCETON: THEN AND NOW"

Friday, February 5 at 10:00 a.m.

The town of Princeton was settled more than 300 years ago. What has changed over the years, and what has stayed the same? Using images from the Historical Society's vast photo archive, tour the town from the comfort of your seat and compare images of transportation, shopping, education, and historic sites, past and present. All are welcome.

Presenter: Eve Mandel of the Princeton Historical Society

Registration required, no fee.

WOMEN IN RETIREMENT — "WOMEN AND AGING ON A PACIFIC ISLAND"

Friday, February 19 at 10:00 a.m.

For an hour in February this talk will take you to the warm Pacific Island of Pohnpei, of the Federated States of Micronesia. Victoria Garcia Caffrey, PhD from Princeton University, engaged in anthropological research on this island, learning the language and customs and becoming a clan member. She will talk about the ways in which the strength of that community takes the weakness out of aging. All are welcome.

Registration required, no fee.

TRANSITION TO RETIREMENT

Friday, February 19 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 Roussel, MEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator.

Registration required, no fee.

LIFELONG LEARNING — LIFELONG CONNECTIONS

by Shifra Vega, Lifelong Learning Coordinator

In 1974, the high school students at Rutgers Prep were preparing to stage Shakespeare's *A Midsummer Night's Dream*. Chris Combest was a freshman at the time, and Barbara Herzberg was an English teacher. Both participated in the play, and Chris was so impressed with her that he decided to take her class the following year, and each year after that until he graduated, six semesters in all.

Chris thought Barbara was a tough, inventive, and inspiring teacher and admired the way she brought drama to life in the classroom, whether it was through Shakespeare, Greek tragedy, or European literature.

When he went to college, he kept in touch with his high school teacher, sending letters that were folded lengthwise down the middle with his name signed on the back, just like the format for the exams he had submitted when he was her student.

Later in her career, Barbara was one of the founders of the Evergreen Forum and has taught every year since 2001. Chris knew that she was teaching, but as a partner at a Chicago law firm, there was no chance that he could attend. He did manage to visit her most recently when his class at Rutgers Prep had its 40th reunion. However, when PSRC moved its programming to Zoom, Chris was able to carve out two hours a week for ten weeks to attend Barbara's class once again. Those were the hours of the week he most looked forward to.

Students in Barbara's class are not urged to be literary critics but actors, playing the play's roles as the author directs. Chris has the date for registration for her next class circled on his calendar.

Barbara's class is always called "More Plays Off the Page," though the subject matter varies, and students should come prepared to exercise their acting chops, a task Barbara says is made a bit easier by Zoom. Barbara believes that she has always been a good fainter, but "dying is easier on Zoom."



**THERE'S TIME TO SIGN UP FOR ONE OR MORE STIMULATING
EVERGREEN COURSES.
CLASSES BEGIN THE WEEK OF FEBRUARY 22.**

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**

STILL ACCEPTING REGISTRATIONS

Reminder — all courses will be held on the video conferencing platform, Zoom. To register, go to 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.

FEBRUARY PROGRAMS

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



EXERCISE & FITNESS

DEEP RELAXATION WITH YOGA NIDRA — Winter Quarter

Wednesdays 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.

Instructor: Joy Cline-Okoye

GENTLE YOGA + NIDRA — Winter Quarter

Mondays through March 29, 10:00 a.m.

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 through March 25, 10:00 a.m.

Fee: \$75 per quarter

Chair yoga is a gentle, versatile form of yoga utilizing a chair. It is adaptable for all skill levels and abilities and therapeutic in nature. Students will learn techniques to gain flexibility, strength, and balance while increasing range of motion in a relaxing class that moves at a mindfully slow pace.

Instructor: Lyn Lilavati Sirota



ENRICHMENT

MEMOIR WRITING WITH JENNIFER — Winter Quarter

Thursdays through March 25, 1:00 p.m.

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. **Class is currently full. Stay tuned for spring registration in late March.**

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 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/ or fill out a request form at <https://princetonior.wufoo.com/forms/technology-assistance-request/>.

All programs and groups meet virtually on Zoom

FEBRUARY 2021

Monday

Tuesday

Wednesday

Thursday

Friday

BLACK HISTORY MONTH FEATURED EVENTS

1

10:00 Gentle Mat Yoga + Nidra
11:00 Knit Wits
12:00 GrandPals GabFest
1:00 Global Conversations
1:00 Library Reads
2:00 Painting for Beginners
2:00 Word Play

2

10:30 GrandPals GabFest
10:30 Ted Talk
11:00 Grandparenting Group
1:00 Chess + Workshop
2:00 Fireside Chat

3

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: Falling
Water**
3:00 Let's Talk

4

9:30 GrandPals GabFest
9:45 Cosmology
10:00 Mindful Chair Yoga
11:00 Gallery Talks
1:00 Memoir Writing
5:00 Robinson's Chocolates

5

**10:00 Men in Retirement -
Monthly Meeting**
10:00 Women in Retirement
Coffee Klatch

**1:00 First Friday Film - "4 Little
Girls"**

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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

9

**10:00 Energy Techniques for
Better Health**
10:30 GrandPals GabFest
10:30 TED Talk
**11:00 Next Chapter Widow/
Widowers**
1:00 Chess + Workshop
2:00 Fireside Chat

10

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: Mount
Vernon**
2:00 Painting and Self Expression
3:00 Let's Talk

11

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

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10:00 Women in Retirement
Coffee Klatch
10:15 Men in Retirement
Weekly Meeting
**11:45 FYI Seminar - "Important
Documents: Keep or Toss"**

**1:00 BHM: Perspectives on
Church and Race**

15

**CLOSED FOR THE
PRESIDENTS DAY HOLIDAY**

16

10:30 GrandPals GabFest
10:30 TED Talk
11:00 Grandparents Group
1:00 Chess + Workshop
**1:00 President's Residence:
Saxton House**
2:00 Fireside Chat
**3:00 Elder Justice: A Call to
Action**

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9:00 GrandPals GabFest
**10:00 Deep Relaxation with
Yoga Nidra**
10:00 GrandPals GabFest
**10:00 President's Residence:
Home of Martin Van Buren**
11:00 Parlons d'Art
1:00 "Chocolat"
2:00 Painting and Self Expression
3:00 Let's Talk

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9:30 GrandPals GabFest
9:45 Cosmology
10:00 Mindful Chair Yoga
1:00 Memoir Writing
**3:00 President's Residence:
Home of Abraham Lincoln**

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**10:00 President's Residence:
Highland**
**10:00 Women in Retirement -
Monthly Meeting**
10:15 Men in Retirement
Weekly Meeting
**11:45 FYI Seminar - "Urinary
Incontinence"**

**1:00 BHM: Perspectives on
Church and Race**

3:00 Transition to Retirement

22

10:00 Gentle Mat Yoga + Nidra
10:00 Global Changes (EF)
10:30 Shakespeare (EF)
11:00 Bereavement Group
12:00 GrandPals GabFest
1:00 Global Conversations
**1:00 Understanding Human
Evolution (EF)**
1:00 Human Health (EF)
**1:30 Politics in the Hebrew
Bible (EF)**
2:00 Painting for Beginners
2:00 Word Play
3:00 Caregivers Group

23

10:00 People & Stories (EF)
**10:00 Weather & Climate
Change (EF)**
10:30 GrandPals GabFest
10:30 TED Talk
**11:00 Next Chapter: Widows/
Widowers**
**11:00 Supreme Court & Privacy
(EF)**
1:00 From the Dark Ages (EF)
1:00 Great Decisions (EF)
1:00 Short Modern Essays (EF)
2:00 Fireside Chat

24

9:00 GrandPals GabFest
**10:00 BHM: Perspectives on
Church and Race**
**10:00 Deep Relaxation with
Yoga Nidra**
10:00 GrandPals GabFest
10:00 Ulysses (EF)
1:00 Poets Among Us (EF)
1:30 Bogie (EF)
1:30 More Plays: Richard II (EF)
2:00 Painting and Self Expression
3:00 Let's Talk

25

9:30 GrandPals GabFest
9:45 Cosmology
**10:00 Churchill, Roosevelt &
Stalin (EF)**
10:00 Mindful Chair Yoga
10:00 The Great War (EF)
1:00 Geology & More (EF)
1:00 Memoir Writing
1:00 Opera (EF)

26

10:00 Science in the News (EF)
10:00 Short Stories (EF)
10:00 Women in Retirement
Coffee Klatch
10:15 Men in Retirement
Weekly Meeting
**11:45 FYI Seminar -
"Introduction to Feldenkrais"**
1:00 Donald J. Trump (EF)
1:30 Great Outdoors in Art (EF)

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://princetonior.wufoo.com/forms/senior-scholarship-request-form/>

Virtual programs are added daily.

Visit <https://www.princetonior.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

NATIONAL ORGAN DONOR DAY IS FEBRUARY 14

Observed every year on February 14th, National Donor Day is an observance dedicated to spreading awareness and education about organ, eye and tissue donation. Join PSRC by encouraging others to register as donors. <https://www.donatelife.net/register/>



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

Apple's New M1 Computers

After fifteen years of using Intel processors in its Mac computers, Apple released new versions of its 13" MacBook and Mac Mini desktop computers using its M1 computer processor chip. The result is a MacBook that's two times faster than its predecessors as well as most Windows laptops, with a 50% longer battery life, and, in the case of the MacBook Air, no fan at all. The new MacBooks and Mac Mini are also less expensive than their comparable Intel brethren. During the next two years, Apple will develop more powerful versions of the M1 chip for most of its computer lineup.

I can't recall an advancement in personal computing like this since the IBM PC hit the streets in 1981.

History of the M1 Chip

The earliest smartphones that Apple, Samsung, and others introduced a decade ago couldn't use Intel's CPU chips because they needed too much power and weren't tailored to mobile devices. Samsung used Qualcomm's much simpler Snapdragon processor for its mobile devices, while Apple developed its own processor, called the "A4," for its iPhone 4 and its iPad. These specialized "systems-on-chips" (SOC) were fast, energy efficient, compact, and designed to the specific needs of mobile devices.



Over the years, Apple's A4 chip evolved into today's "A14 Bionic" chip used in the iPad Air and iPhone 12, making these mobile devices faster at some tasks than MacBook computers! What's more, iPhones and iPads don't need fans to stay cool, are champs at photo and video editing, and render webpages almost instantly. And so, about a year ago, Apple announced that it would replace the Intel processors and related chips in its Mac computers with its own SOC based on the A14. It called these new chips the "M1."

"Big Sur"

Apple also rewrote its operating system, which it named Big Sur, to work with both existing Intel-based Mac computers and the M1 Mac's, and developed a software "translator" that enables apps designed for Intel chips to run on the M1. Since then, other software developers have created M1-optimized versions of their programs. Microsoft has already updated Office 365, which runs blazingly fast on an M1 MacBook. So does Adobe's Lightroom. Adobe will update other applications in 2021, and I suspect that any software developer who wants to remain competitive will do the same.



Thoughts

So, should you ditch your Mac or PC and buy a new M1 MacBook or Mac Mini? Maybe. But unless you need to replace your computer right away, I'd wait a few months and watch for a couple of things: First, Apple will be releasing iMacs and larger MacBooks (perhaps with a 16" screen) based on more advanced versions of its M1 chip. Second, Microsoft, which already sells some Surface Pro tablet computers that run on Qualcomm's SQ1 and SQ2 chips, may offer a laptop version that uses the fast SOC's.

If you need help upgrading your Mac or Windows computer, please contact our tech support at princetonsenior.org/psrc-tech-resources/.

SOCIAL SERVICES

by Sharon Hurley, CVA

RISE

RISE, NJ First Responders COVID Hope & Healing Helpline, provides live COVID-19 crisis counseling support, seven days a week from 8:00 a.m. to 8:00 p.m. to all New Jersey first responders, including police, firefighters, EMS, National Guard, military and veterans, their families, and caregivers statewide, with emergency support available 24/7. Call 1.833.237.4325 or visit risefirstresponders.com.



ELDER JUSTICE: A CALL TO ACTION

Elder Justice and Prevention Measures — Tuesday, February 16 at 3:00 p.m.

In June 2020, PSRC began holding monthly meetings to discuss Elder Justice issues. Throughout the year there were speakers from a variety of agencies, universities and legal disciplines that provided attendees information on how elder abuse is handled in NJ. On February 16 at 3:00 p.m. we will do a recap, with a focus on elder abuse prevention. Check our [website](#) for a list of previous speakers and topics. To get our conversation started, here are some prevention measures from the National Center on Elder Abuse.

How can elder abuse be prevented?

Educating seniors, professionals, caregivers, and the public on abuse is critical to prevention. If you're an older adult, you can stay safe by:

- Taking care of your health.
- Seeking professional help for drug, alcohol, and depression concerns and urging family members to get help for these problems.
- Attending support groups for spouses and learning about domestic violence services.
- Planning for your own future. With a power of attorney or a living will, you can address health care decisions now to avoid confusion and family problems later. Seek independent advice from someone you trust before signing any documents.
- Staying active in the community and connected with friends and family. This will decrease social isolation, which has been connected to elder abuse.
- Posting and opening your own mail.
- Not giving personal information over the phone.
- Using direct deposit for all checks.
- Having your own phone.
- Reviewing your will periodically.
- Knowing your rights. If you engage the services of a paid or family caregiver, you have the right to voice your preferences and concerns. If you live in a nursing home, call your Long Term Care Ombudsman. The ombudsman is your advocate and has the power to intervene.

<https://acl.gov/programs/protecting-rights-and-preventing-abuse/elder-justice>
<https://ncea.acl.gov/>

NEW RESOURCE FOR VETERANS!

The U.S. Department of Veterans Affairs (VA) announced the formal launch of 1-800-MyVA411 (1.800.698.2411), a single access point to all VA contact centers. The number is available twenty-four hours a day, 365 days a year to serve veterans, their families, caregivers, and survivors.

Responding to veteran feedback on the challenges of knowing the right number for VA assistance, 1-800-MyVA411, serves all members of the Veteran community seeking information or help. Veterans and their families can still reach the Veterans Crisis Line directly at 1.800.273.8255 and pressing 1, by Chat or by texting 838255. The White House VA Hotline is also still available at 1.855.948.2311 for veterans and their families to share compliments and concerns.

“1-800-MyVA411 is always the right number to reach VA and is a great example of the department’s customer service strategy in action,” said VA Secretary Robert Wilkie. “1-800-MyVA411 provides easy access to specialized contact centers as well as an option to immediately talk to a live agent.”

When dialing 1-800-MyVA411, callers have the option of pressing 0 to be immediately connected with a customer service agent to answer questions or provide a warm-handoff to the appropriate VA expert.

During the pilot phase from October 1, 2019–September 31, 2020, 1-800-MyVA411 connected more than 1.3 million callers with VA contact centers and experts. 1-800-MyVA411 provides information on:

- COVID-19 updates
- Health care eligibility and enrollment
- VA benefits, such as disability, compensation and pension, education programs, caregiver support, insurance, home loans, and burial headstones and markers among others
- The nearest VA medical centers, benefits offices or cemeteries to veterans, VA Medical Center operational updates and connection to VA Medical Center operators
- Directory assistance and technical support for www.VA.gov
- Debt and payment options

**For more information email the
Veterans Experience Office at Vets-Experience@VA.gov**



GROUPS

BEREAVEMENT

Monday, February 22 at 11:00 a.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS

Monday, February 8 & 22 at 3:00 p.m.
(Usually second & fourth Monday
of each month)

CHILDREN OF AGING PARENTS

Thursday, February 11 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, February 2 & 16 at 11:00 a.m.
(First & third Tuesday of each month)

KNIT WITS

Monday, February 1 at 11:00 a.m.
(Usually first Tuesday of each month)

LET'S TALK

Wednesdays at 3:00 p.m.

MEN IN RETIREMENT

Friday, February 5 at 10:00 a.m.
(Usually first Friday of each month)

NEXT CHAPTER: WIDOW/-ERS

Tuesday, February 9 & 23 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, February 19 at 3:00 p.m.
(Usually third Friday of each month)

WOMEN IN RETIREMENT

MONTHLY MEETING

Friday, February 19 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](http://www.VA.gov)
or call 609.751.9699 for assistance.

FROM THE DEVELOPMENT OFFICE

Spotlight on Stark & Stark Attorneys at Law: Proud PSRC Annual Sponsor

Since its founding in 1933, Stark & Stark Attorneys at Law has been committed to active participation and support of the communities in which they live and work. Between financial contributions, donations, and attorney involvement, Stark & Stark has forged alliances with more than 200 different local, regional, and national community organizations, associations, nonprofits, and charitable organizations. As an annual sponsor, Stark & Stark's support and involvement with the Princeton Senior Resource Center has long been established starting with Albert Stark as a leader and champion for older adults in our community. Now, J. Robert Bratman has taken the reins as a board member and ambassador for the Princeton Senior Resource Center. As a longtime annual sponsor, Stark & Stark understands that PSRC is a beacon for older adults in the greater Mercer county and beyond.

As Robert Bratman shared "having grown up in Princeton, including working at Viking Furniture, my parent's furniture store, my ties to the Princeton community run deep. It is truly rewarding for me to be on the Princeton Senior Resource Center board, as it affords me a wonderful opportunity to give back to the community that nurtured me in my youth. It is my sincere hope that I can meet the high standard set by my mentor and law partner, Albert Stark, when he served on PSRC's board."

We thank Stark & Stark for their continued sponsorship and partnership in enabling PSRC to help older adults thrive.



Since 1933, Stark & Stark has developed innovative legal solutions to meet our clients' needs.

stark-stark.com

FEBRUARY FEATURED SPONSORS



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

nightingalenj.com



Princeton Health is one of the most comprehensive healthcare systems in New Jersey.

princetonhcs.org

FROM THE DEVELOPMENT OFFICE

SAVE THE DATES — PSRC FOOD SERIES — Virtual Spring Fundraiser

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

\$20 donation for each session. Includes a small assortment of chocolate.

PSRC is proud to bring 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.

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.

robinsonschocolates.com



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.

Visit adeenasussman.com to purchase a copy of the cook book.



PHOTO: Adeena Sussman

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://princetonior.wufoo.com/forms/xbj33010o01kq/>



45 Stockton Street • Princeton • New Jersey



If your vehicle would rather hibernate than accelerate, **DONATE IT!**

Learn More

Call 855.500.7433 or 855.500.RIDE or visit: <https://careasy.org/nonprofit/Princeton-Senior-Resource-Center> to get started!



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.

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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/