



PSRC'S LUNCHTIME ST. PATRICK'S DAY SERIES

MARCH 15, 17, 18, & 19, NOON

\$35 for the full series, \$10 per presentation

Come with us to the Emerald Isle as we commemorate St. Patrick's Day with four presentations surveying past and present Ireland. We'll explore Irish culture, learn about the Irish diaspora, and come (virtually) close to kissing the Blarney Stone.

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



PSRC FUNDRAISING PROGRAM

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

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

**Chef Adeena Sussman, author of *Sababa*;
Cooking demonstration from Israel**

**See promotional video for book here:
<https://www.adeenasussman.com/video>**

Turn to [page 14](#) for recipes and event 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
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

How Do You Measure **THIS** Year?

Dear Friends,

525,600 minutes. That's what the musical *Rent* tells us anyway. Standing on the precipice of my second anniversary in leadership at PSRC, however, I look back on the past year and must admit that it feels so much longer. The past twelve months has been indelibly marked by the COVID-19 pandemic and the passage of time has brought more suffering and loss than we have seen as a nation in ages. Yet, in the midst of the storm, I can see clear glimpses of hope and promise.

Here are just a few highlights of this past year at PSRC:

- PSRC has had our busiest year to date — with more people registered and participating in our programs, social services, and volunteer opportunities. Because of our outstanding staff and volunteers, PSRC was able to pivot to a completely virtual format through the duration of the pandemic. While we are looking forward to resuming in-person activities, we are also committed to continuing virtual options that have become so important to so many.
- Evergreen Forum, celebrating its twentieth anniversary in 2021, continued to provide extraordinary lifelong learning programs utilizing technology to provide virtual classes. To date, over 635 people have registered for our spring season of Evergreen which puts us well on our way to the highest registration in its storied history.
- While our GrandPals program was forced to shut down in March of last year as our schools moved virtual, PSRC staff pivoted to other intergenerational programs such as *Seniors-for-Seniors* offered in conjunction with our community partner Corner House.
- PSRC social services not only continued outstanding service to our constituents, they also took a leadership role in the community, pulling together nonprofit partners and other community agencies to create a network of groups working together to serve our community. Programs such as *Safe-4-Seniors*, *the CERF Fund*, and the *Neighborhood Buddy Initiative* are solid examples of organizations working together to meet the needs of our community.

These are just a few ways that PSRC has stepped up to meet this incredible challenge. We know, however, that none of this would have been possible without our critical partnership with the municipality of Princeton and the generosity of individuals and community/corporate partners. As a community nonprofit, PSRC relies heavily on individual donors, community partners, and corporate sponsors to fund our mission. I am truly grateful for those who contribute so

generously to enable PSRC to carry out our work on behalf of older adults in the greater Princeton area.

I, like many of you, am anxious to return to gathering in person. When it is safe to do so, I assure you, PSRC will be ready to open our new doors to our friends and PSRC family. Which leads me to our next big announcement...

All the Best,

Drew A. Dyson, PhD, Executive Director

The Nancy S. Klath Center for Lifelong Learning 101 Poor Farm Road in Princeton, NJ

In December of 2020, the Princeton Senior Resource Center purchased a 12,000 square foot facility at 101 Poor Farm Road to supplement its current operations at the Suzanne Patterson Building at 45 Stockton Street. The new facility will house PSRC's administrative offices and will feature a world-class learning center with high-tech classrooms and lecture hall as well as a state-of-the-art technology lab.

"Our desire," offers PSRC executive director Drew Dyson, "is to create both a welcoming destination for gathering with friends and an outstanding lifelong learning environment for older adults in our community." PSRC has engaged the services of Richardson Smith Architects to design the new facility. A targeted opening is set for fall of 2021.

Philanthropic Princetonian Norman Klath has taken a leadership role in the \$5 million capital campaign with a \$1.3 million gift. An active board member and long-time supporter of PSRC, Mr. Klath made this gift to honor his late wife Nancy S. Klath. Throughout her life, Nancy was a strong advocate for lifelong learning both in her career at Princeton University's library and, in her volunteer service with the Friends of the Princeton Public Library, the Friends of the Princeton University Library, the Princeton Adult School, and the Princeton Senior Resource Center.

"I am so very pleased for the opportunity to honor Nancy's life in the naming of this new facility," said Mr. Klath. "Nancy's life was committed to lifelong learning and she loved this community. I am heartened that this new building will carry forward her legacy in this way."

A capital campaign for Lifelong Learning at PSRC is currently in a leadership phase and will launch publicly in the months ahead. "I am hopeful," Mr. Klath adds, "that many throughout the community will join me and PSRC in making this campaign successful."

The new facility at Poor Farm Road, coupled with PSRC's existing location at the Suzanne Patterson Building, will provide a world-class, multi-site senior center that will serve the community for years to come. "This new building," says PSRC president Joan Girgus, "is the culmination of more than a decade of planning and dreaming by our board. We are excited about what this new building will offer to the community and how it will enable us to carry out our mission to help older adults thrive."



PHOTO: Nancy S. Klath

"Nancy's life was committed to lifelong learning and she loved this community. I am heartened that this new building will carry forward her legacy in this way."

—Norman Klath

PSRC STAFF

Drew A. Dyson, PhD
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Donna Cosgrove
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Lisa Adler
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Fran Angelone
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Sharon Hurley, CVA
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Wendy Lodge
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Nicole Maccarone, LCSW, LCADC
*Care Coordinator
& Social Service Outreach*

Breana Newton
*Program Associate &
Rental Coordinator*

Jai Nimgaonkar
Technology Associate

Barbara Prince
Development Coordinator

Dave Roussell, MEd, MSW, LSW
*Care Coordinator
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*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

MARCH PROGRAMS

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



FIRST FRIDAY FILM — “BROOKLYN”

Friday, March 5 at 1:00 p.m.

An Irish immigrant lands in 1950s

Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within. Starring: Saoirse Ronan, Domhnall Gleeson, Emory Cohen, Jim Broadbent, Julie Walters

Running time: 1 hours, 52 minutes;

Genre: Drama/Romance; Rated: PG-13

Registration required, no fee.



FYI SEMINAR — “SIT UP! ERGONOMICS AND POSTURE”

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

Poor workstation setup, posture, and work habits can contribute to cumulative trauma and repetitive stress injuries (RSI). Learn what you can do to proactively minimize your risk of these sometimes debilitating and painful injuries. Join Sunita Mani, PT, DPT, MBA, CEAS, director of Princeton Medical Center Princeton Rehabilitation at Plainsboro and South Brunswick, for this educational program on back pain prevention and rehabilitation. She will discuss the concept, anatomy and common sites of cumulative trauma and RSI.

Registration required, no fee.



FYI SEMINAR — “IDENTIFYING AND PREVENTING ELDER FINANCIAL ABUSE AND SCAMS”

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

This discussion focuses on the types of financial abuse elderly individuals commonly fall victim to as well as more sophisticated scams that have become increasingly pervasive as technology advances. Bryan Adler is a Certified Elder Law Attorney (CELA) through the National Elder Law Foundation; the only American Bar Association accredited certification in elder law. He dedicates his elder law practice to advising and counseling clients in the areas of elder law, life care planning, asset protection, veterans' benefits, estate planning,

guardianships, and long-term care advocacy for both Pennsylvania and New Jersey residents.

Registration required, no fee.



FYI SEMINAR — “COMMON MISCONCEPTIONS OF LONG-TERM CARE”

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

David Birkenstock of Northwestern Mutual Long-Term Care will provide an overview of long-term care, common misconceptions, funding options, additional expenses associated with receiving long-term care, and information about how long-term care insurance can provide more choice and control. David Birkenstock is a graduate of Loyola University, Maryland with a BBA in finance and an MBA from Bentley University McCallum Graduate School of Business.

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:

March 2 — Amanda Gorman: The Hill We Climb
(Recommended by Nayan Trivedi)

March 9 — Lucy King: How bees can keep the peace between elephants and humans

March 16 — Eva Galperin: What you need to know about stalker ware

March 23 — Brittany Packnett: How to build your confidence and spark it in others

March 30 — Oskar Eustis: Why theater is essential to democracy (Recommended by Nayan Trivedi)

Registration required, no fee.

This month's FYI sponsors are [Akin Care Senior Services](#) and [Princeton Portfolio Strategies Group, LLC](#). TED Talk sponsors are [Homewatch CareGivers](#), [NightingaleNJ](#), [Eldercare Navigators](#), [Penn Medicine Princeton Health & Home Health](#).

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

AN EMERALD ODYSSEY

PSRC'S LUNCHTIME ST. PATRICK'S DAY SERIES

Lunchtime St. Patrick's Day Series March 15, 17, 18, & 19, noon

\$35 for the full series, \$10 per presentation

Register at <https://princetonsenior.wufoo.com/forms/an-emerald-odyssey/>

Twentieth Century Irish Art in the National Gallery of Ireland

Monday, March 15, noon

This presentation will take a close look at key works of twentieth century Irish art in the National Gallery of Ireland. The Gallery houses a large collection of Irish art and this talk will focus on some of the jewels of that collection. Established in 1854 by an Act of Parliament, the National Gallery of Ireland houses the nation's collection of Irish and wider European fine art spanning the early Renaissance to the present day, with over 16,300 works of art.

The Irish Emigration Museum

Wednesday, March 17, noon

The Irish Emigration Museum (EPIC) is an interactive institution, that explores how Irish influence has shaped the world in the last fifteen centuries. Our Irish emigration talk focuses on the reasons people left Ireland and their achievements, with a special focus on the Irish who emigrated to the United States.

Blarney Castle

Thursday, March 18, noon

Come and enjoy a guided tour of Blarney Castle, Blarney House, and their world-famous gardens. The tour will explore the history of Blarney Castle, explain why people kiss the Blarney Stone, and will showcase some of the most popular parts of the gardens like the Poison Garden and Fern Garden. You will experience the history of this magnificent castle and explore the spectacular gardens that surround the fifteenth century tower.

The Life and Work of WB Yeats, National Library of Ireland

Friday, March 19, noon

Ireland's National Library celebrates one of the greatest poets of the twentieth century. The session includes a review of personal items, books, and manuscripts from the library's large and invaluable collection donated by the Yeats family.

An Emerald Odyssey Series is sponsored by [Rothkoff Law Group](#)

LIBRARY READS — MONDAY, MARCH 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

MARCH PROGRAMS

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

LIMITED SERIES PROGRAMS

ELDER JUSTICE: A CALL TO ACTION
ELDER JUSTICE AND PREVENTION MEASURES

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

See page 12 for details.

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “THE AMERICAN
REVOLUTION: BATTLE OF BROOKLYN”

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

The Battle of Brooklyn, the largest battle of the American Revolution, took place just one and a half months after the signing of the Declaration of Independence, and was a crushing defeat for the Continental Army. The Revolution could have ended then, if not for favorable weather that allowed George Washington, under the cover of wind and fog, to safely evacuate his 9,500 men. Join our speaker, Barry Singer, for an exciting account of this famous battle. All are welcome. Registration required, no fee.

WOMEN IN RETIREMENT — “HEALTHY SKIN AND
SUN SAFETY”

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

Worried about your skin and how to protect it? Our speaker, Dr. John Vine, a board-certified dermatologist from Penn Medicine, will present an informative session on skin cancer and skin care. Learn about what effects the sun has on the skin, sun protection, and other tips for healthy skin. All are welcome.

Registration required, no fee.

TRANSITION TO RETIREMENT

Friday, March 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 Roussell, MEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator.

Registration required, no fee.

ANNUAL BLIZZARD BAG PROJECT FOR PRINCETON HOUSING AUTHORITY SENIOR RESIDENTS



This year's Blizzard Bag project was a shining example of a community coming together to support seniors in affordable housing communities. Students from Princeton High School, led by student Olivia Milman, went into the community to get donations to purchase more than 2000 non-perishable food items. We are proud of the generous donations made by our community partners: McCaffrey's Market - Princeton, Jammin' Crepes, Trader Joe's, Wegmans, CVS, Penn Medicine Princeton Health, Capital Health, Trident Fox/Roach, and Lands' End.



PHOTOS: Princeton High School student, Olivia Milman and Ainsley Evans.

MARCH PROGRAMS

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



EXERCISE & FITNESS

GENTLE YOGA + NIDRA — Spring Quarter

Mondays, April 5 through June 28, 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 — Spring Quarter

Thursdays, April 1 through June 24, 10:00 a.m.

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 and for those with balance issues and injuries.

This includes participants who spend their time commuting, sitting at a desk, or suffer with limited mobility or chronic conditions. It is therapeutic in nature and welcoming to all populations. Participants will enjoy a restorative experience that is breath, body, and spiritually focused. Students will learn techniques to gain flexibility, strength, balance, and energy while increasing range of motion and delving into the serenity of a relaxing class that moves at a mindfully slow pace. **Important note: please do not use a rolling chair or a chair with arm rests.**

Instructor: Lyn Lilavati Sirota



ENRICHMENT

MEMOIR WRITING WITH JENNIFER — Spring Quarter

Thursdays, April 1 through June 24, 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. We will engage in writing exercises, discuss the craft of writing, and share examples from several published memoirs to inspire you. Limited to 12 participants.

Registration opens on March 17.

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.

To learn more about PSRC's technical assistance, go to our website at princetonior.org/psrc-tech-resources/ or to fill out a request form go to <https://princetonior.wufoo.com/forms/technology-assistance-request/>.



GROUPS

BEREAVEMENT

Monday, March 15 at 3:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS

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

CHILDREN OF AGING PARENTS

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

KNIT WITS

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

LET'S TALK

Wednesdays at 3:00 p.m.

MEN IN RETIREMENT

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

NEXT CHAPTER: WIDOW/-ERS

Tuesday, March 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, March 19 at 3:00 p.m.
(Usually third Friday of each month)

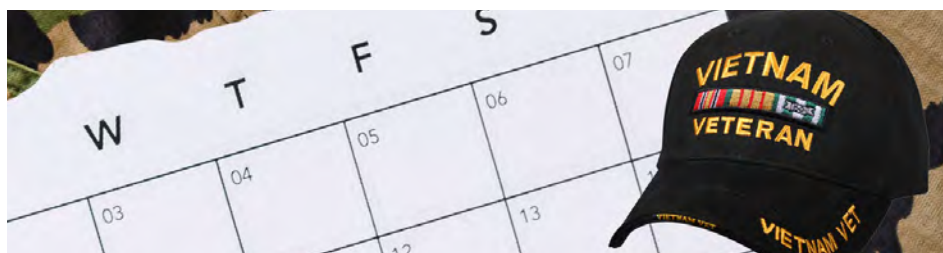
WOMEN IN RETIREMENT MONTHLY MEETING

Friday, March 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](#)
or call 609.751.9699 for assistance.



NATIONAL VIETNAM WAR VETERANS DAY MARCH 29

National Vietnam War Veterans Day on March 29 honors the men and women who served and sacrificed during the longest conflict in United States history.

On March 29, 1973, combat and combat support units withdrew from South Vietnam. Generations later, veterans of this time period are gaining the respect that was not so freely given upon their return. Involving five U.S. presidents, crossing nearly two decades, and 500,000 U.S. military personnel, it left an indelible mark on the American psyche.

Returning veterans did not always receive respectful welcomes upon their arrival on American soil. Over 58,000 killed, never to return. The observance recognizes the military service of these men and women who answered the call to serve their country when she needed them. They didn't make the decisions to go to war.

Throughout the observance, we recognize the service and duty rendered by all servicemen and women of this era.





HOW TO OBSERVE #VIETNAMWARVETERANS DAY

Around the country, commemorative events, speeches, and luncheons are being held inviting Vietnam veterans as honored guests. Other ways to participate include:

- Thank a Vietnam veteran.
- Buy them a drink or lunch.
- Visit a local memorial. Volunteer to help organize events.
- Support a veteran's organization in your community. Volunteer and offer your skills.
- Watch a Vietnam War documentary such as *The Vietnam War: A Film* by Ken Burns and Lynn Novick or *Last Days in Vietnam* directed by Rory Kennedy or *Vietnam Nurses* by Timeline.
- Read about the Vietnam War in books like *Vietnam – A History* by Stanley Karnow or *They Marched into Sunlight: War and Peace, Vietnam and America, October 1967* by David Maraniss or *The Quiet American* by Graham Green and Robert Stone.
- Send them a shout out using #VietnamWarVeteransDay on social media.

All programs and groups meet virtually on Zoom

MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Gentle Mat Yoga + Nidra 10:00 Global Change (EF) 10:30 Shakespeare (EF) 11:00 Knit Wits 12:00 GrandPals GabFest 1:00 Global Conversations 1:00 Library Reads 1:00 Understanding Human Evolution (EF) 1:30 Politics in the Hebrew Bible (EF) 2:00 Painting for Beginners 2:00 Word Play	2 10:00 People & Stories (EF) 10:00 Weather & Climate Change (EF) 10:30 GrandPals GabFest 10:30 TED Talk 11:00 Grandparenting Group 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	3 9:00 GrandPals GabFest 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	4 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 and More (EF) 1:00 Memoir Writing 1:00 Opera (EF)	5 10:00 Men in Retirement - Monthly Meeting 10:00 Science in the News (EF) 10:00 Short Stories (EF) 10:00 Women in Retirement Coffee Klatch 1:00 Donald J. Trump (EF) 1:00 First Friday Film - "Brooklyn" 1:30 Great Outdoors in Art (EF)
8 10:00 Gentle Mat Yoga + Nidra 10:00 Global Change (EF) 10:30 Shakespeare (EF) 12:00 GrandPals GabFest 1:00 Global Conversations 1:00 Understanding Human Evolution (EF) 1:30 Politics in the Hebrew Bible (EF) 2:00 Painting for Beginners 2:00 Word Play 3:00 Caregivers Group	9 10:00 People & Stories (EF) 10:00 Weather & Climate Change (EF) 10:30 GrandPals GabFest 10:30 TED Talk 11:00 Next Chapter Widow/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	10 9:00 GrandPals GabFest 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	11 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 and More (EF) 1:00 Memoir Writing 1:00 Opera (EF) 4:00 Children of Aging Parents	12 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 - "Sit Up! Ergonomics and Posture" 1:00 Donald J. Trump (EF) 1:30 Great Outdoors in Art (EF)
15  10:00 Gentle Mat Yoga + Nidra 10:00 Global Change (EF) 10:30 Shakespeare (EF) 12:00 An Emerald Odyssey: National Gallery of Ireland 12:00 GrandPals GabFest 1:00 Global Conversations 1:00 Understanding Human Evolution (EF) 1:30 Politics in the Hebrew Bible (EF) 2:00 Painting for Beginners 2:00 Word Play 3:00 Bereavement Group	16 10:00 People & Stories (EF) 10:00 Weather & Climate Change (EF) 10:30 GrandPals GabFest 10:30 TED Talk 11:00 Grandparenting Group 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 3:00 Elder Justice: A Call to Action	17  9:00 GrandPals GabFest 10:00 Deep Relaxation with Yoga Nidra 10:00 GrandPals GabFest 10:00 Ulysses (EF) 12:00 An Emerald Odyssey: Irish Emigration Museum 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	18  9:30 GrandPals GabFest 9:45 Cosmology 10:00 Churchill, Roosevelt & Stalin (EF) 10:00 Mindful Chair Yoga 10:00 The Great War (EF) 12:00 An Emerald Odyssey: Blarney Castle 1:00 Geology and More (EF) 1:00 Memoir Writing 1:00 Opera (EF)	19  10:00 Science in the News (EF) 10:00 Short Stories (EF) 10:00 Women in Retirement - Monthly Meeting 10:15 Men in Retirement Weekly Meeting 11:45 FYI Seminar - "Identifying/Preventing Elder Financial Abuse Scams" 12:00 An Emerald Odyssey: WB Yeats - National Library of Ireland 1:00 Donald J. Trump (EF) 1:30 Great Outdoors in Art (EF) 3:00 Transition to Retirement
22 10:00 Gentle Mat Yoga + Nidra 10:00 Global Change (EF) 10:30 Shakespeare (EF) 12:00 GrandPals GabFest 1:00 Global Conversations 1:00 Understanding Human Evolution (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 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 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 - "Common Misconceptions of Long-Term Care" 1:00 Donald J. Trump (EF) 1:30 Great Outdoors in Art (EF)
29 10:00 Gentle Mat Yoga + Nidra 10:00 Global Change (EF) 10:30 Shakespeare (EF) 12:00 GrandPals GabFest 1:00 Global Conversations 1:00 Understanding Human Evolution (EF) 1:30 Politics in the Hebrew Bible (EF) 2:00 Painting for Beginners 2:00 Word Play	30 10:00 People & Stories (EF) 10:00 Weather & Climate Change (EF) 10:30 GrandPals GabFest 10:30 TED Talks 1:00 From the Dark Ages (EF) 1:00 Great Decisions (EF) 2:00 Fireside Chat	31 9:00 GrandPals GabFest 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	<div> <p>Sunday, March 14, 1:00 p.m.</p> <p>Chef Adeena Sussman - Cooking Demonstration from Israel</p> </div>	

Virtual programs are added daily.

Visit <https://www.princetonior.org/coming-soon/> often to see what's new!

COMPUTER GURU

by Don Benjamin

Technology Lab Programs sponsored by: Akin Care Senior Services

Free Apps that Respect Your Privacy

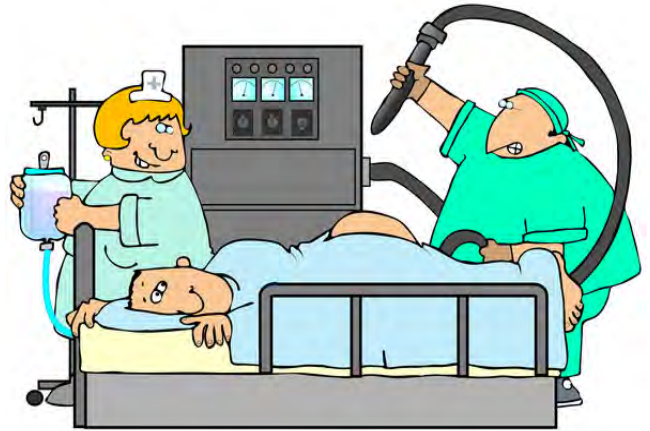
A few weeks ago, I Googled ¹ “washing machine parts,” and ever since, I’ve been bombarded with ads for washing machine parts. They show up in The New York Times app, Google, and other sites, most of which don’t even sell washing machine parts. This happens because Google sells your search requests to advertisers who pay Google when you click on the ad in Google and elsewhere.

Google also owns the Chrome browser, which sends your bookmarks and search requests, but not URLs or any personal information, to the Google folks.

Similarly, WhatsApp, which Facebook owns, provides the Facebook team with your location, device type, phone number, and more.

And Facebook probably knows more about you than your gastroenterologist.

If you’re creeped out by all this, here are some free applications that don’t track you or keep your information.



Todd can't wait to share his experience on Facebook.

Browsers

Firefox tops my list for private web browsing. The Mozilla Foundation, a nonprofit group that promises to never collect your information, developed Firefox. This browser also shields your information from websites that track your online activities.

Go to mozilla.org to download Firefox on your Windows computer. It will also work on Mac computers, but I prefer Safari.

Safari is tailored for Mac computers and works seamlessly with other Mac applications like Apple Mail and Calendar. Apple is big on privacy and, like Firefox, has new protections that keep your data private and warn you if a website tries to track your information. Safari comes with Mac computers, and I see no reason to use anything else.

Search Sites

DuckDuckGo may sound silly, but it’s an excellent private search site and a good replacement for Google. You can access it at duckduckgo.com and make it the default search engine for whatever browser you use, including Firefox and Safari. You can also install the DuckDuckGo extension in your Firefox and Safari browsers to enhance data privacy for all sites you visit. DDG is also available from the Apple App Store for iPhones and Google Play Store for Android phones.

Text Messages

Signal is tops for texting privacy and is an excellent replacement for WhatsApp. As Signal explains on their website, “Signal doesn’t collect or store any sensitive information. Signal messages and calls cannot
(continued on page 11)

¹ It seems that “Google” is also a verb.

(continued from page 10)

be accessed by Signal staff or other third parties because they are always end-to-end encrypted, private, and secure.” Managed by a nonprofit corporation, Signal is quickly becoming the “go-to” text messaging service. Oh, and you can also use it for voice and video calls.

Signal is available from the Apple App Store for iPhones and Google Play Store for Android phones. After you add Signal to your smartphone, you can download a desktop version for your MacBook or Windows PC. How convenient!



If you need help with any of these applications or with computer security and privacy in general, please visit princetonsenior.org/psrc-tech-resources/ to set up an appointment with our volunteer tech team.

THE NATIONAL CEMETERY ADMINISTRATION

NCA RESOURCES GUIDE

The National Cemetery Administration provides burial and memorial benefits for veterans and their eligible family members, and maintains national cemeteries as national shrines, sacred to the honor and memory of those interred or memorialized there. The VA provides compassionate, professional services to ease families through the loss of their loved one.

PRE-NEED BURIAL ELIGIBILITY DETERMINATION

The Department of Veterans Affairs (VA) implemented the pre-need burial eligibility determination program to assist anyone who would like to know if they are eligible for burial in a VA national cemetery. VA is promoting pre-need eligibility determinations to encourage Veterans and their eligible family members to plan in advance to use VA burial benefits that Veterans have earned through their military service.

Planning in advance for a veteran's or loved-one's final resting place can eliminate unnecessary delays and reduce stress on a family at a difficult time. Veteran families will have increased confidence that their loved ones are eligible for burial in a VA national cemetery at their time of need. Find out how to apply at <https://www.va.gov/burials-memorials/pre-need-eligibility/>.

MARCH FEATURED SPONSORS



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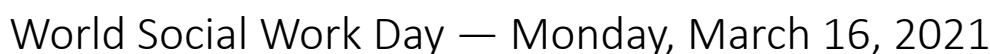
noviwealth.com



The Silver Century Foundation promotes a positive view of aging.


silvercentury.org

by Sharon Hurley, CVA



Ubuntu, popularized across the world by Nelson Mandela and is generally interpreted “I am because we are,” is a concept and philosophy that resonates with the social work perspective of the interconnectedness of all peoples and their environments. Ubuntu is a powerful message on the need for solidarity at all levels: within communities, societies, and globally. It is a message that all people are interconnected and that our future is dependent on recognizing all peoples involvement in co-building a sustainable, fair, and socially just future.

Honoring PSRC Social Workers



Nicole Maccarone, LCSW,
LCADC

March 2021

BEHOLD THE POWER OF CROCHET

The PSRC Knit Wits group continued to meet monthly via Zoom throughout the pandemic. They also continued their commitment to knitting and crocheting items for the community. This year the donations of the completed projects of lap blankets, hats, and scarves were donated to multiple assisted living, memory care, and long term care communities.



PHOTOS: Yarn donations from Princeton University Graduate School - Student Life and Princeton University Office of Community and Regional Affairs

TRANSPORTATION

CROSTOWN

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.

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

FROM THE DEVELOPMENT OFFICE

Spotlight on the Silver Century Foundation: Proud PSRC Annual Sponsor

The Silver Century Foundation (SCF) challenges people to embrace a subject most would rather ignore: aging. In a culture that is obsessed with youth and that devalues people as they grow older, SCF actively defies stereotypes, challenges assumptions, and asks people of all ages to take the wild ride called life.

Started in 2002 by its current President and Executive Director, Katherine M. Klotzburger, it debuted its online publication at silvercentury.org in 2010.

Silver Century looks at aging as a lifelong process and posts in-depth features on the many issues of aging in seven categories — including Getting Old(er), Healthspan, Ageism, and Life's Endings. Its bloggers — who range in age from thirty to eighty-five — offer personal perspectives on what aging means to them and how we, as individuals and as a society, can make the most of later life. The site includes quizzes and offers curated portfolios of fiction, nonfiction, and children's books and feature films with positive "takes" on aging.

Through its grantmaking, the SCF has developed a partnership with *Kaiser Health News* and the Gerontological Society of America's Journalists in Aging Fellowship Program thereby extending its journalistic reach on the subject of aging throughout the country. Both nonprofit news services make their original content available to other news operations free of charge.

The Princeton Senior Resource Center promotes many similar views and objectives of aging as a continuum of lifelong learning. SCF is delighted to support PSRC as an Annual Sponsor jointly fostering a more diverse perspective on aging.

We thank The Silver Century Foundation for their continued sponsorship and partnership, enabling PSRC to help older adults thrive.

RECIPES FROM SABABA



Tahini Smoothie

2 Cups of Date-Sweetened Almond Milk (or any milk of your choice)
1 Banana sliced (frozen if you have it)
4 Pitted Medjool dates, frozen if you have time
¼ cup pure tahini paste
1 teaspoon pure vanilla extract
Dash of salt
Ice
Strawberries, or other berries, chopped mango (optional)
Walnuts, cashews or other nuts (optional)

Combine the almond milk, banana, dates, tahini, vanilla, salt, and as much ice as you like in the blender and blend until smoothly if desired. Blend in some optional fruit or nuts for extra richness, sweetness, and color.

Honey and Olive Oil Challah (instructions on page 15)

Makes 3 challahs (or 2 challahs and a za'atar-feta twist bread)

Active Time: 25 minutes

Total Time: 2 hours 40 minutes (including rising and cooling)

5 teaspoons instant (rapid-rise) yeast
7 cups all-purpose flour, plus more as needed and for shaping
3 large eggs
½ cup sugar
⅓ cup honey
1 tablespoon fine sea salt, plus more for egg wash
⅓ cup extra-virgin olive oil
⅔ cup sesame or poppy seeds, or a combination

FROM THE DEVELOPMENT OFFICE

SAVE THE DATE FOR THE FINAL SESSION — PSRC FUNDRAISING SERIES

Chef Adeena Sussman, author of *Sababa; Fresh, Sunny Flavors from My Israeli Kitchen*

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

\$20 donation for the session

PSRC is proud to bring the final event 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.

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

Adeena Sussman, *The New York Times* Best Selling cookbook author, food writer, and product development and consultant based in Israel, 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. *Sababa* was named a Best Fall 2019 Cookbook by *The New York Times*, *Bon Appetit*, and *Food & Wine*.

To learn more about Adeena, her recipes, and purchase a cookbook, please visit adeenasussman.com.

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



PHOTOS: Adeena Sussman

Honey and Olive Oil Challah Instructions (*ingredients listed on page 14*)

Make the dough: In the bowl of a stand mixer, whisk the yeast and 1½ cups room-temperature water together. Attach the dough hook, then add the flour, 2 eggs, the sugar, honey, salt, and olive oil. Mix the dough on low speed to combine the ingredients, then increase the speed to medium and knead until a smooth dough forms, scraping down the sides of the bowl as needed and adding flour by the tablespoonful if the dough feels overly tacky, or water by the tablespoonful if the dough feels overly dry, 4 minutes. Very lightly flour a work surface, transfer the dough from the mixing bowl to the work surface, and use your palms to push and tear the top of the dough away from you in one stroke, then fold that section onto the middle of the dough. Give the dough a quarter turn and repeat the process 15 times. Tuck the ends of the dough underneath to form a ball.

Lightly dust a bowl with flour, add the dough, sprinkle the top with a drop of flour, cover, and rest in a warm place until the dough has almost doubled in size, 45 minutes to 1 hour depending on how hot the room is. Gently lift the dough out of the bowl and transfer it to a very lightly floured work surface, being careful not to deflate it. Pull the dough into a rectangular shape, then use a sharp chef's knife to divide the dough into 3 long pieces.

Cut each piece of dough into 3 smaller equal parts crosswise so you end up with a total of 6 rectangular pieces. Use the palm of your hand to flatten 1 piece of dough into a rectangle. Fold the top portion over and use your palm to press the edge into the flat part of the dough. Fold and press 3 more times until you have a 7-inch-long cylinder. Set this piece aside and repeat with the other 5 pieces so you have 6 cylinders. Roll each cylinder into a 14-inch rope with tapered ends and very lightly flour the long ropes (this helps them look defined during baking). Pinch

the ends of 3 ropes together at the top (weigh them down with a can or chef's knife if you like). Braid the dough, lifting each piece up and over so the braid is more stacked than it is long and is fatter and taller at the middle than at the ends. Press and seal the ends together on each. Repeat with the remaining 3 ropes, creating 2 braided challahs.

Place the challahs on parchment paper-lined rimmed sheet pans, cover them with a kitchen towel or loosely with a small plastic bag, and let them rise in a warm spot until doubled in volume, 40 to 45 minutes depending on how warm the room is.

Fit the racks in the top and bottom thirds of the oven. Preheat the oven to 425°F.

Once the challah loaves have roughly doubled in size, do the press test: Press your finger lightly into the dough, remove it, and see if the depression fills in by half. If the depression fills back in quickly and completely, the dough needs more time to rise; if you press the dough and it slightly deflates, the dough has over-proofed and will be heavier and less airy after baking.

Bake the loaves: Make the egg wash by mixing the remaining egg with 1 tablespoon of water and a pinch of salt together in a small bowl. Gently brush the entire surface of the loaves with a thin layer of egg wash (try to avoid extra egg wash in the folds of the braids). Generously sprinkle the loaves with the seeds, trying to adhere seeds to the sides of the loaves as well as the top.

Bake for 15 minutes. Transfer the bottom sheet pan to the top and the top sheet pan to the bottom, turning each sheet around as you go, and bake until the loaves are golden brown, about 10 minutes longer. Remove the loaves from the oven and set them aside to cool completely on the sheet pans.



45 Stockton Street • Princeton • New Jersey



NATIONAL VIETNAM WAR VETERANS DAY HISTORY MONDAY, MARCH 29

United States Senators Pat Toomey (R-Pa.), and Joe Donnelly (D-Ind.), introduced legislation in 2017 to honor Vietnam veterans with a day on the anniversary of the withdrawal of military units from South Vietnam. ***More information about National Vietnam War Veterans Day on page 8.***



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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& Home Health

Princeton Portfolio Strategies Group, LLC
Silver Century Foundation
Stark & Stark Attorneys at Law

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