



## EARTH DAY

PSRC COMMEMORATES EARTH DAY  
APRIL 12, 19, 26, & MAY 3, 10:00 A.M.

***Registration required, no fee.***

PSRC honors Earth Day and our commitment to environmental protection. A variety of approaches: research, media, education, and volunteerism, will come together as we celebrate nature's beauty and resources.

Register at <https://www.princetonsenior.org/earth-day/>

***Turn to page 5 for descriptions.***



Turn to **page 7** to read about how volunteers help PSRC fulfill its mission to help older adults thrive.

## LIVE WELL, GIVE WELL

*Learn how to help PSRC continue the legacy for years to come and for those who follow in your footsteps. Make an impact by supporting PSRC with a gift through your estate.*



*Turn to page 15 to read more.*

[princetonsenior.plannedgiving.org](http://princetonsenior.plannedgiving.org)

**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**

Nancy H. Becker  
Donald Benjamin  
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John Cannady  
Liz Charbonneau  
Suresh C. Chugh  
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Jane Gore  
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Lance Liverman  
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Surinder Sharma



FROM THE EXECUTIVE DIRECTOR

Identifying and Avoiding  
Potential Scam Threats

Dear Friends,

Several years ago, my mother fell victim to a scammer who convinced her to mail gift cards to an address across the country to assist her pastor in helping a family in need. Thankfully, it was only a few hundred dollars and we caught it and reported the event before things escalated, but it was the wakeup call that we all needed to take precautions to protect from future scams. My mother, who spent her career as a geriatric social worker, was fairly sophisticated when it came to understanding the dangers of elder abuse. And yet, the right story at the right time was enough for her to let her guard down.

Locally, our *Town Topics* newspaper has had several recent stories of financial scams that were perpetrated on local residents. Each story is

**Top Ten RED FLAGS that it might be a SCAM**

- 1** You are told not to tell anybody about your alleged "prize" or "winnings." **"SHHH! It's a secret!"**
- 2** You are pressured to **"act quickly,"** without thinking, to **"take advantage of a great opportunity,"** or to **"avoid criminal or legal proceedings."**
- 3** You get an offer of **"guaranteed"** investment returns, lottery winnings, or promises of free money. **NO ONE GIVES AWAY \$\$\$ FOR FREE.**
- 4** During the course of any purported sales pitch, debt collection, or other interaction, you're asked to provide sensitive personal information such as your Social Security number, credit card data, bank account number, email, PIN number, or your personal passwords.
- 5** A caller avoids answering your questions about who they are and how they got your number, and gets defensive when you ask if they're legitimate.
- 6** A caller threatens you with arrest or legal action, becomes hostile, or uses profanity if you don't **"pay up!"**
- 7** Someone tells you to pay money **up front** before you can receive your purported winnings or prize.
- 8** You receive **"official"** documents by email or regular mail with misspellings, poor grammar, and/or fake-looking logos.
- 9** You are directed to send money in nontraditional ways; by wire transfer, money orders, pre-paid debit cards, or even cash wrapped in newspaper.
- 10** A caller won't let you hang up the phone, or a solicitor won't let you close the door, even after you say you're not interested.

N.J. Division of Consumer Affairs 800.242.5846 FightingFraud.NJ.gov

a heartbreaking reminder that elder abuse is a very real threat — and that being a victim of such a crime is devastating to individuals and families. It is also a good time to remind ourselves of some things that we can do to be aware of and prepare for such scams or be prepared for such scams.

The Princeton Senior Resource Center offers a number of resources that can help you or your loved ones navigate these challenges. We also have a trained social services department that can assist you with questions or concerns. You can contact us at [socialservices@princetonsenior.org](mailto:socialservices@princetonsenior.org) or by calling 609.751.9699. You can visit our resources page and look for identity theft and fraud scams: <https://www.princetonsenior.org/community-resources/identity-theft-fraud-scams/>. You can also participate in our elder justice conversations each month. Information can be found here: <https://www.princetonsenior.org/elder-justice-and-crisis-assistance/>.

The NJ Department of Consumer Affairs has a plethora of resources, including up-to-date information on the most recent scam threats in our area. Visit their site at <https://njconsumeraffairs.gov>, for more information. You can also reach them by calling 800.242.5846. See opposing page for the department's "Top Ten Red Flags that it might be a SCAM" list.

The US Department of Justice launched a toll-free hotline in 2020 offering free help to people age sixty and older who may have been the victims of financial fraud. The hotline may be reached by calling 833.FRAUD.11 (833.372.8311). The hotline is staffed every day from 6:00 a.m.–11:00 p.m. EST and translation services are available for non-English speakers. The hotline is staffed by paid staff trained in elder justice. The hotline is also open for friends, relatives, and service providers — regardless of age — if they suspect an older person has been victimized by financial fraud.

Most importantly, please know that you are not alone. When in doubt, please reach out for help. There is no shame in asking for help if you are uncertain whether you are being taken advantage of — nor is there shame in being the victim of such a scam. Call PSRC. Call the Princeton Police. Call the U.S. DOJ hotline. Help is only a phone call or an email away.

Ultimately, my mom told us that she was uneasy all along — but since the request appeared to come from her pastor, she went against her instinct. When her uneasiness continued in the days following, she called the pastor who helped her file a police report. We are grateful that she reached out for help — and thankful that there were people there to support her without judgment. Such help is available for you as well!

All the Best,  
*Drew A. Dyson, PhD*  
*Chief Executive Officer*



## PSRC STAFF

**Drew A. Dyson, PhD**  
*Chief Executive Officer*

**Donna Cosgrove**  
*Chief Operating Officer*

**Lisa Adler**  
*Chief Development Officer*

**Fran Angelone**  
*Spruce Circle Office Manager  
& Crosstown Coordinator*

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*Bookkeeper & HR Coordinator*

**Cheryl Gomes**  
*Development Associate*

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

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*Director of Information & Technology*

**Wendy Lodge**  
*Intergenerational Programs Coordinator*

**Breana Newton**  
*Program Associate &  
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**Jai Nimgaonkar**  
*Technology Associate*

**Barbara Prince**  
*Development Coordinator*

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

**Carla Servin**  
*Intergenerational Programs  
Assistant Coordinator & Vaccine  
Navigators Program Coordinator*

**Shifra Vega**  
*Lifelong Learning Coordinator*

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

**Kathleen Whalen**  
*Director of Communications*



## APRIL PROGRAMS

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



**FIRST FRIDAY FILM** — “DICK JOHNSON IS DEAD” — **Note different date for April**  
**Friday, April 16 at 1:00 p.m.**

As her father nears the end of his life, documentary filmmaker Kirsten Johnson, stages his death in inventive and comical ways to help them both face the inevitable.

“In ‘Dick Johnson Is Dead,’ Johnson confronts a sense of loss with a teeming, exuberant sense of life. In its unwieldy, risky, manifold funerary joy as well as its fervent grief, the film is an affirmation, beyond particular religious beliefs, that the rituals of mourning are celebrations not only of a life as lived but of an afterlife on Earth, in the love and the memory of family, friends, patients, associates, and acquaintances—and in art.”

— Richard Brody, *The New Yorker*

**Starring:** Dick Johnson, Kirsten Johnson

**Running time:** 1 hour, 29 minutes;

**Genre:** Documentary; **Rated:** PG-13

Registration required, no fee.



**FYI SEMINAR** — “FINANCIAL AND TAX STRATEGIES FOR 2021”  
**Friday, April 9 at 11:45 a.m.**

Join us as we continue the discussion surrounding tax strategies and common financial questions due to Covid-19. C. Greg Crothers and Joseph Tortis are certified financial planners that specialize in helping individuals and families develop a comprehensive game plan for retirement in the areas of investment planning, tax management, and insurance solutions.

Registration required, no fee.



**FYI SEMINAR** — “ADVANCES IN CHRONIC PAIN MANAGEMENT”  
**Friday, April 16 at 11:45 a.m.**

Learn how to manage acute pain without opioids. Barbara Sprechman is the assistant director for Mercer Council on Alcoholism and Drug Addiction. She has been a drug counselor for twenty-five years promoting safe and healthy drug practices and drug intervention.

Registration required, no fee.



**FYI SEMINAR** — “UNDERSTANDING TRAVEL POINTS AND MILES”  
**Friday, April 23 at 11:45 a.m.**

Planning a future vacation? Learn how to demystify the ever-changing landscape of loyalty plans so you’ll be ready for your next post-pandemic adventure. Change the way you travel by making the most of your redeemable credits. Ari Charlestein is the owner and founder of First Class and Beyond, and is an avid traveler. 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:

**April 6 — Sara DeWitt:** 3 fears about screen time for kids – and why they’re not true

**April 13 — Kevin Roose:** The value of your humanity in an automated future

**April 20 — Elizabeth Dunn:** Helping others makes us happier – but it matters how we do it

**April 27 — Frances Causey:** Behind the Long Shadow (*Recommended Anne Bloomenthal*)

Registration required, no fee.

*This month’s FYI sponsors are [Homewatch CareGivers](#), [NightingaleNJ Eldercare Navigators](#), and [Penn Medicine Princeton Health & Home Health](#). TED Talk sponsors are [McCaffrey’s Food Markets](#), [Novi Wealth Partners](#), and [Silver Century Foundation](#).*

### SPECIAL NOTICE

PSRC is closed on Friday, April 2  
in observance of Good Friday

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



# EARTH DAY

PSRC COMMEMORATES EARTH DAY

***PSRC honors Earth Day and our commitment to environmental protection.  
A variety of approaches: research, media, education, and volunteerism,  
will come together as we celebrate nature's beauty and resources.***

Register at <https://www.princetonsenior.org/earth-day/>

***Climate Change: Science and Impacts***

***Monday, April 12 at 10:00 a.m.***

Lisa Sheridan and Sean Sublette of Climate Central will join us to discuss how leading scientists and journalists research and report the facts about our changing climate and its impact on the public.

Registration required, no fee.

***Sea Level Rise: The Science, the Impacts, and Your Role***

***Monday, April 19 at 10:00 a.m.***

Kelly van Baalen is a High Meadows Fellow on the Sea Level Rise Team at Climate Central, an independent organization of leading scientists and journalists research and report the facts about our changing climate and its impact on the public.

Registration required, no fee.

***Bird Migration: Spring Happenings at Great Swamp National Wildlife Refuge***

***Monday, April 26 at 10:00 a.m.***

Randi Emmer of Friends of Great Swamp will speak about spring migration of birds and why they return each year to the refuge. Learn what volunteers are doing with nesting boxes to help some of these birds and keep the generation going forward. Registration required, no fee.

***Natural Lands Trust: Saving, Caring, Connecting***  
***Monday, May 3 at 10:00 a.m.***

Kirsten Werner, senior director of communications for Natural Lands, will talk about the organization's three-fold mission and the ways in which they seek to preserve and nurture nature's wonders, while creating opportunities for joy and discovery in the outdoors for everyone. Registration required, no fee.

*PSRC Earth Day Series is sponsored by [Star of David Memorial Chapel](#)*

LIBRARY READS — MONDAY, APRIL 5, 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***

## APRIL PROGRAMS

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

### LIMITED SERIES PROGRAMS

#### HEALTHCARE DECISIONS WORKSHOP

**Tuesday, April 13 at 3:00 p.m.**

Go beyond completing your advance directives and learn ways to talk to your family/friends about your wishes for end-of-life care. The workshop will review documents and key issues. Copies of *Five Wishes* will be emailed to participants prior to the session, so register early. Facilitated by Dave Roussell, MEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator. Registration required, no fee.

#### ELDER JUSTICE: A CALL TO ACTION

#### ELDER JUSTICE AND PREVENTION MEASURES

**Tuesday, April 20 at 3:00 p.m.**

*See page 13 for registration link.*

#### NEW WORKSHOP! STAY-WELL CHAIR EXERCISE

**Wednesday, April 21 at 1:00 p.m.**

Sign up for a free workshop that you will help you build endurance and strengthen your body, mind, and soul. This chair aerobics class is designed for those seeking a gentle yet lively form of exercise. Instructor Laraine Alison offers a fun, music filled class, that will help you to forget that you're even exercising.

Registration required, no fee.

### RETIREMENT PROGRAMS

#### MEN IN RETIREMENT — "THE LOST CAUSE: HOW THE SOUTH SAW THE CIVIL WAR"

**Friday, April 9 at 10:00 a.m.**

The Lost Cause was a movement created by the South to justify their guilt in starting the war and to establish themselves as victims of Northern aggression. It was built on dishonest and badly distorted historical claims.

This program exposes the romanticized, but mythical view of the old South. It shows how Southern deceptions produced a racist, frequently violent culture that lasted until modern times. It

reveals how the entertainment industry and federal government supported and gave credibility to the Lost Cause. Confederate statues and monuments are at the epicenter of the Lost Cause movement and will be reviewed in proper historical context.

Martin M. Mosho is a retired business executive who taught at Mercer County Community College for nine years. He presently teaches four different Civil War programs. All are welcome.

Registration required, no fee.

#### WOMEN IN RETIREMENT — "COMPETITION COOK: KITCHEN GADGET GARAGE"

**Friday, April 16 at 10:00 a.m.**

Want to make your cooking more fun and expeditious? Ever wanted to enter a cooking contest? Reference librarian and prize-winning competition cook, Donna Wolfe, will show us some new additions to her kitchen arsenal as she tells us about her fun avocation as a competition cook. Donna won the *Dinner Made Easy Division* of the Pillsbury Bake-Off and has appeared on the *Martha Stewart Show*. All are welcome, cooks and non-cooks alike. All are welcome.

Registration required, no fee.

#### TRANSITION TO RETIREMENT

**Friday, April 16 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.



To request assistance registering and securing appointments for coronavirus vaccines, fill out a form at <https://princeton senior.org/wufoo.com/forms/vaccine-navigator-registration-form/>.

You may also contact Carla Servin, Vaccine Navigator coordinator, at [vaccine@princeton senior.org](mailto:vaccine@princeton senior.org) or 609.751.9699, ext. 118.



## NATIONAL VOLUNTEER WEEK APRIL 18–24 2021

At PSRC, volunteers are essential to everything we do, every day. Even though our programs have been virtual for a year, we still have a highly active volunteer program. We are so grateful for their time and dedication to the seniors in our community. The compliments that we receive from participants about our volunteers describe their patience, kindness, expertise, and wonderful sense of humor.

### PSRC VOLUNTEERS:

- Blizzard Bag Volunteers • Board of Trustees and Advisory Council Volunteers
  - Book Discussion Facilitators • Evergreen Forum Instructors
- Evergreen Forum Steering Committee • Evergreen Forum TA Volunteers
  - GrandPals • HomeFriends • Knit Wits
  - Office Administration & McCaffery's Receipts
- Retirement Group Leaders • Social & Support Group Facilitators
  - Technology Lab Assistants • Volunteer Program Presenters

In addition to those listed above, there are many volunteers from high schools, universities, and community organizations that help PSRC meet our mission. A special thank you goes to all the Bloomberg volunteers for helping with virtual tech assistance in the Evergreen Forum classes.

We have a brand new volunteer opportunity called Vaccine Navigator. We are pairing volunteers with participants that are having trouble getting a vaccine appointment. If you are interested in volunteering, please send an email to [vaccine@princetonsenior.org](mailto:vaccine@princetonsenior.org).



## APRIL 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 8 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.

*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.

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



All programs and groups meet virtually on Zoom

# APRIL 2021

Monday

Tuesday

Wednesday

Thursday

Friday



## EARTH DAY IS APRIL 22

This month PSRC is offering several programs to celebrate. Together, we have the power to Restore Our Earth.

Ideas on how to take action here:

<https://www.earthday.org/take-action-now/>

1

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 Opera (EF)

2

CLOSED IN OBSERVANCE  
OF THE  
GOOD FRIDAY HOLIDAY

5

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)  
2:00 Painting for Beginners  
2:00 Word Play

6

10:00 People & Stories (EF)  
10:00 Weather & Climate Change (EF)  
10:30 GrandPals GabFest  
10:30 TED Talk  
11:00 Grandparenting Group  
1:00 From the Dark Ages (EF)  
1:00 Great Decisions (EF)  
2:00 Fireside Chat

7

9:00 GrandPals GabFest  
10:00 GrandPals GabFest  
10:00 Ulysses (EF)  
1:00 Poets Among Us (EF)  
1:30 More Plays: *Richard II* (EF)  
3:00 Let's Talk

8

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

9

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  
11:45 FYI Seminar - "Financial and Tax Strategies for 2021"  
1:00 Donald J. Trump (EF)  
1:30 Great Outdoors in Art (EF)

12

10:00 Earth Day: Climate Change  
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)  
2:00 Word Play  
3:00 Caregivers Group

13

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)  
2:00 Fireside Chat  
3:00 Healthcare Decisions Workshop

14

9:00 GrandPals GabFest  
10:00 GrandPals GabFest  
10:00 Ulysses (EF)  
1:00 Poets Among Us (EF)  
1:30 More Plays: *Richard II* (EF)  
3:00 Let's Talk

15

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)

16

10:00 Science in the News (EF)  
10:00 Women in Retirement - Monthly Meeting  
10:15 Men in Retirement Weekly Meeting  
11:45 FYI Seminar - "Advances in Chronic Pain Management"  
1:00 First Friday Film - "Dick Johnson is Dead"  
3:00 Transition to Retirement

19

10:00 Earth Day: Sea Level Rise  
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 Bereavement

20

10:00 People & Stories (EF)  
10:30 GrandPals GabFest  
10:30 TED Talk  
11:00 Grandparenting Group  
1:00 Great Decisions (EF)  
2:00 Fireside Chat  
3:00 Elder Justice: A Call to Action

21

9:00 GrandPals GabFest  
10:00 GrandPals GabFest  
1:00 Stay-Well Chair Exercise  
1:30 More Plays: *Richard II* (EF)  
2:00 Painting and Self Expression  
3:00 Let's Talk

22

9:30 GrandPals GabFest  
9:45 Cosmology  
10:00 Mindful Chair Yoga  
1:00 Memoir Writing

23

10:00 Science in the News (EF)  
10:00 Women in Retirement Coffee Klatch  
10:15 Men in Retirement Weekly Meeting  
11:45 FYI Seminar - "Understanding Travel Points and Miles"

26

10:00 Earth Day: Bird Migration  
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

27

10:00 People & Stories (EF)  
10:30 GrandPals GabFest  
10:30 TED Talks  
11:00 Next Chapter: Widows/Widowers  
2:00 Fireside Chat

28

9:00 GrandPals GabFest  
10:00 GrandPals GabFest  
1:30 More Plays: *Richard II* (EF)  
2:00 Painting and Self Expression  
3:00 Let's Talk

29

9:30 GrandPals GabFest  
9:45 Cosmology  
10:00 Mindful Chair Yoga  
1:00 Memoir Writing

30

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

Virtual programs are added daily.

Visit <https://www.princeton senior.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

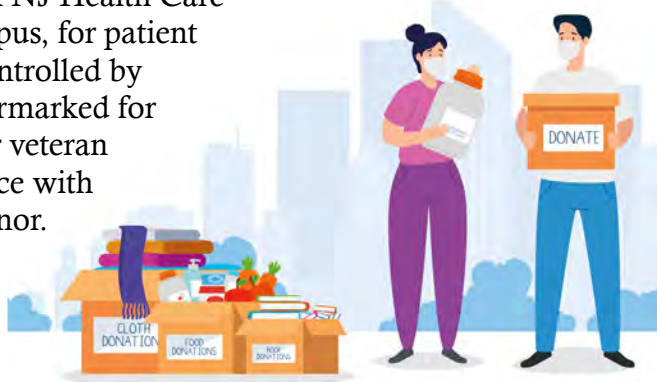
**T.R.A.D.E. (Transportation)**  
609.530.1971

## WISH LIST FOR DONATED ITEMS FOR NJ VETERANS

Donations to the VA NJ Health Care System, Lyons Campus, for patient needs, are strictly controlled by management and earmarked for specific needs of our veteran patients in accordance with the wishes of the donor.

Our needs change quite frequently; please contact VA Voluntary Service

at 908.604.5814, to determine if the item(s) are still needed, prior to purchasing an item or sending in a monetary donation.



<https://www.volunteer.va.gov/apps/VolunteerNow/viewlist.asp?state=NJ&facility=45>

Stay informed about getting a Covid-19 vaccine at the VA  
<https://www.va.gov/health-care/covid-19-vaccine/stay-informed>

## 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: Bryn Mawr Trust

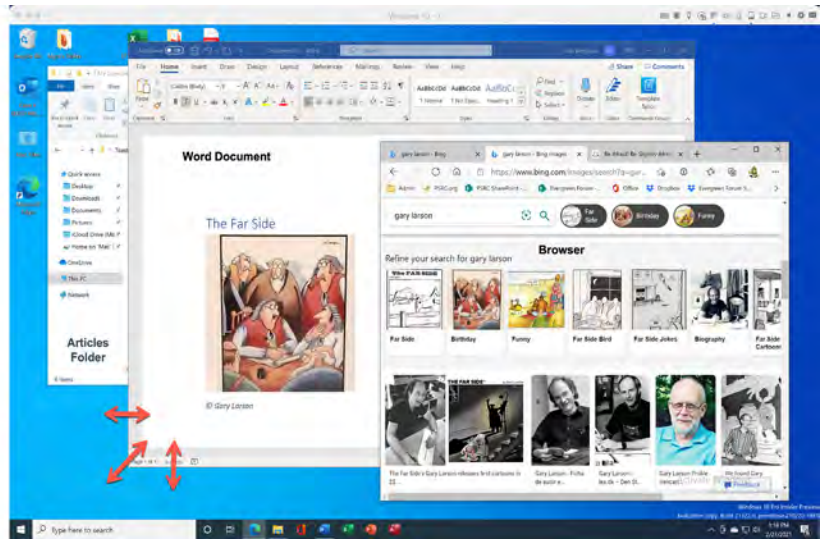
## Window Controls

You probably know that Windows and Apple computers can run more than one application simultaneously. For example, if you start your browser, like Edge or Safari, open a document folder, and then join a Zoom meeting, your computer is running three programs simultaneously, with each displayed in its own window. Yes—that’s why Microsoft calls its operating system “Windows.” And while Apple calls its operating system something more arcane, like MacOS 11, Apple computers also run their programs in separate windows.

But many folks run programs in “full-screen” mode, which fills their screen with a single application. Copying photos from one program to another becomes tedious, or their email covers their Zoom window, and their desktop is nowhere to be found.

The solution is to **open programs in separate, adjustable windows** so you can easily access your desktop while you compose a document or drag a picture from your photos to an email or copy information from the web into a Word document without closing one program and opening another.

In the example on the right, I’m working on an article about my favorite cartoonist, Gary Larson. I opened my articles folder, a new Word document, and my browser and overlapped their respective windows. Now, I can easily copy pictures into my Word document (with proper attribution, of course) and open other articles for reference. I don’t have to close any windows or click the taskbar—I simply click anywhere on the window of the application I want to use to bring it to the top of the stack.



*My Edge browser, Word, and File Explorer are all showing on my desktop. You resize a window by dragging an edge or corner, and move a window by dragging its title bar.*

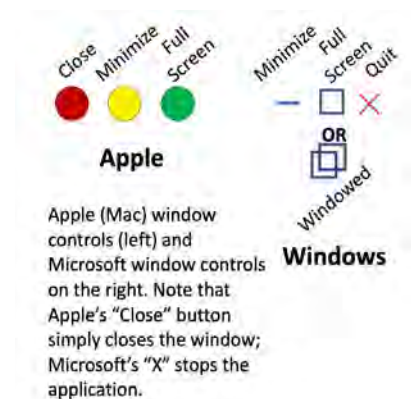
It works the same on a Mac computer.

The window controls that make the magic happen are on the upper right corner of an application window in Microsoft Windows and the upper left corner of an Apple Mac computer. I’ve conveniently pasted them into this article on the right.

The Mac’s green full screen button toggles between the full screen and adjustable window. Microsoft does this with a button that toggles from one to the other.

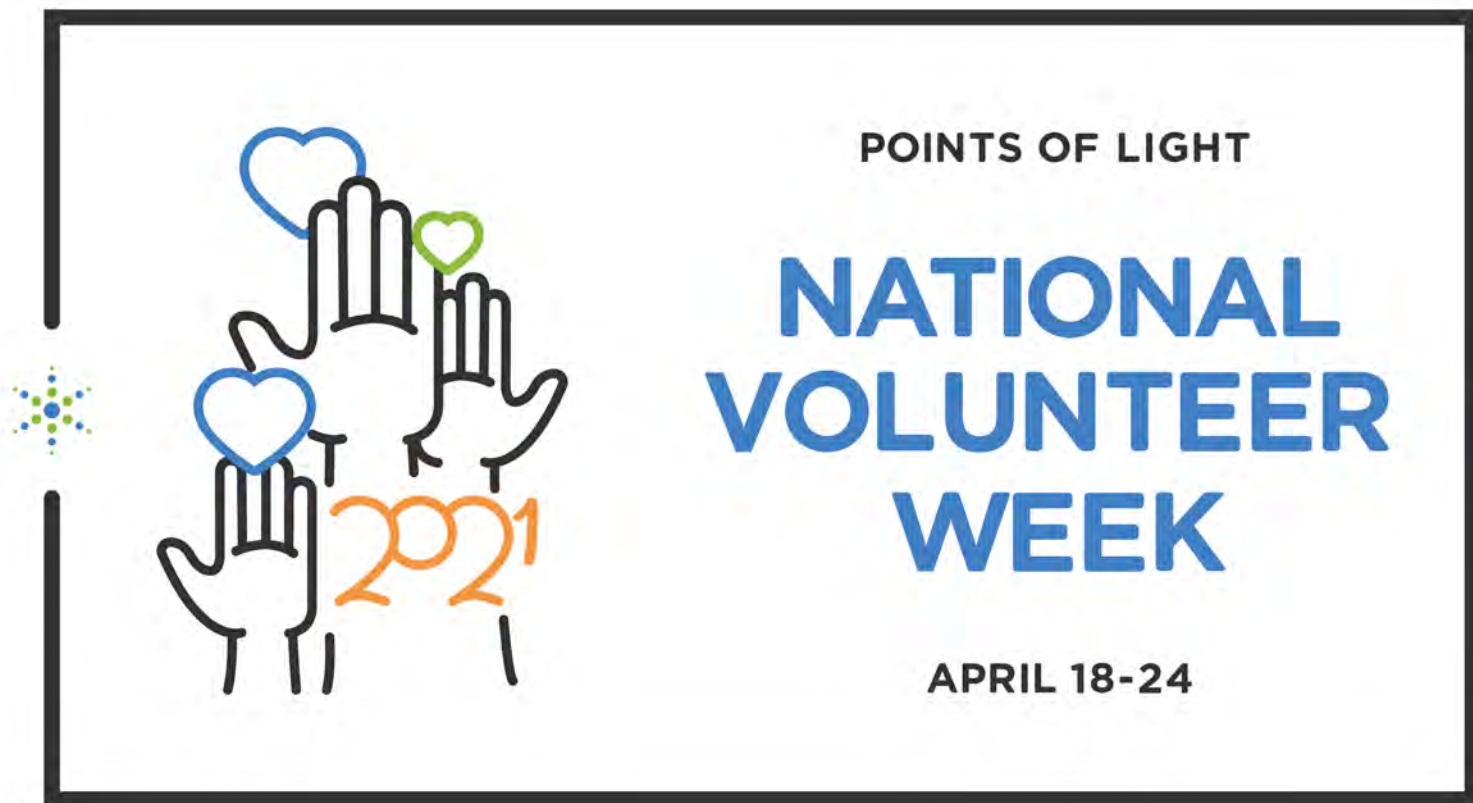
You resize your windows by dragging an edge or corner with your cursor, or move a window by dragging its title bar.

If you need help managing your windows, please visit [princetonior.org/psrc-tech-resources/](https://princetonior.org/psrc-tech-resources/) to submit our tech request form and one of our friendly, computer-savvy volunteers will contact you.



## SOCIAL SERVICES

*by Sharon Hurley, CVA*



### NATIONAL VOLUNTEER WEEK APRIL 18–24 2021

The Points of Light organization selected the theme for National Volunteer Week April 18–24, 2021. It is Celebrate Service — an opportunity to shine a light on the people and causes that inspire us to serve. Volunteerism empowers individuals to find their purpose, to take their passion and turn it into meaningful change. When each of us, in our own way, answers the call to make a difference, we make progress in solving our most persistent problems, and create stronger communities and a more just society.

The Points of Light organization says, “Now more than ever, people are looking within themselves to find the inspiration, creativity, and sustained energy to make change. The key to unlocking the light within us is to ensure that people feel empowered to act on their unique desire to stand up and say, “I can help.” Our challenge: How can we create a society where it is easy for every individual to take action and accelerate change within their community and around the world?”

National Volunteer Week is an opportunity to recognize and thank volunteers who lend their time, talent, voice, and resources to meet the critical needs of our communities. Their stories serve to inspire others to take action, to realize their power to make a difference, and be a force that transforms the world.

<https://www.pointsoflight.org/nvw/>





## U.S. Department of Veterans Affairs

### WHAT IS HOMEMAKER HOME HEALTH AIDE CARE?

A homemaker or home health aide is a trained person who can come to a veteran's home and help the veteran take care of themselves and their daily activities. Homemakers and home health aides are not nurses, but they are supervised by a registered nurse who will help assess the veteran's daily living needs.

This program is for veterans who need personal care services and help with activities of daily living. This program is also for veterans who are isolated, or their caregiver is experiencing burden.

Homemaker and home health aide services can be used in combination with other home and community based services. Services may vary by location.

Homemaker home health aides work for an organization that has a contract with VA. Homemaker or home health aide services can be used as a part of an alternative to nursing home care, and to get respite care at home for veterans and their family caregiver. The services of a homemaker or home health aide can help veterans remain living in their own home and can serve veterans of any age.

**VA US Department of Veterans Affairs**  
**One-stop resource for Veterans and their caregivers**  
[www.va.gov/geriatrics](http://www.va.gov/geriatrics) | 800.698.2411

### ELDER JUSTICE: A CALL TO ACTION

#### **Elder Justice and Prevention Measures** **Tuesday, April 20 at 3:00 p.m.**

The third Tuesday of each month we feature speakers and topics about Elder Justice

Register at <https://princetonsenior.wufoo.com/forms/elder-justice-call-to-action/>



## GROUPS

### **BEREAVEMENT**

*Monday, April 19 at 3:00 p.m.*  
(Usually third Monday of each month)  
*Call Sherri Goldstein*  
*609.819.1226 to attend.*

### **CAREGIVERS**

*Monday, April 12 & 26 at 3:00 p.m.*  
(Usually second & fourth Monday of each month)

### **CHILDREN OF AGING PARENTS**

*Thursday, April 8 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, April 6 & 20 at 11:00 a.m.*  
(First & third Tuesday of each month)

### **KNIT WITS**

*Monday, April 5 at 11:00 a.m.*  
(Usually first Monday of each month)

### **LET'S TALK**

*Wednesdays at 3:00 p.m.*

### **MEN IN RETIREMENT**

*Friday, April 9 at 10:00 a.m.*  
(Usually first Friday of each month)

### **NEXT CHAPTER: WIDOW/-ERS**

*Tuesday, April 13 & 27 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, April 16 at 3:00 p.m.*  
(Usually third Friday of each month)

### **WOMEN IN RETIREMENT MONTHLY MEETING**

*Friday, April 16 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



### Spotlight on Capital Health: Proud PSRC Annual Sponsor

Capital Health is the region's leader in providing progressive, quality patient care with significant investments in exceptional physicians, nurses, and staff, as well as advanced technology. Comprised of two hospitals (Capital Health Regional Medical Center in Trenton, New Jersey and Capital Health Medical Center — Hopewell in Pennington, New Jersey) and various primary and specialty care practices across the region, Capital Health is a dynamic health care resource accredited by DNV GL - Healthcare.

Whether it's scheduling a wellness check-up or you're not feeling well, advanced medicine starts with a primary care doctor. Capital Health Medical Group offices are located throughout our region, including nearby locations in Princeton, Pennington, and Lawrenceville, New Jersey. To safely and conveniently provide patients with the most appropriate care, Capital Health Medical Group offers video visits, as well as in-office visits, with doctors, nurse practitioners, and other qualified health care providers.

Capital Health Medical Group's board certified and fellowship trained specialists and surgeons offer comprehensive, well-coordinated care, from diagnosis to medical and surgical care at our nearby hospitals. Capital Health also recently introduced a new program — Capital Healthy Living — that is designed to provide the services that empower seniors to stay independent and in their own homes, for longer. From transportation to scheduling assistance with Capital Health primary and specialty care providers including video visits, engagement, and coaching, Capital Healthy Living is available every step of the way. Through our commitment to the greater Mercer community, Capital Health is honored to continue our sponsorship with PSRC in improving the lives of elders. To learn more, call 609.537.7087, email [healthyliving@capitalhealth.org](mailto:healthyliving@capitalhealth.org), or visit [www.capitalhealth.org/capitalhealthyliving](http://www.capitalhealth.org/capitalhealthyliving).

## APRIL FEATURED SPONSORS



At Capital Health, we cover everything from the routine tests and office visits to the most acute and critical conditions.

[capitalhealth.org](http://capitalhealth.org)



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

[stark-stark.com](http://stark-stark.com)

## FROM THE DEVELOPMENT OFFICE

### LIVE WELL, GIVE WELL

*PSRC strives to bring engaging and thought-provoking programs that help you build your friendships, provide stimulating relevant information, and needed support.*

*Help PSRC continue this legacy for years to come and for those who follow in your footsteps. Make an impact by supporting PSRC with a gift through your estate.*



A gift that costs you nothing during your lifetime.  
A simple signature you should not forget.

If you've ever opened a bank account, set up a retirement plan, or taken out an insurance policy, you may have completed a form to say who will inherit the money in those accounts someday. Then again, the customer service rep may have forgotten to mention the form.

But this opportunity is too good to miss! It's a simple form, done right on the spot, and it keeps your money out of probate. No attorneys, no hassle for your heirs, no extra expenses tacked onto your estate. There's no limit to the amount you can leave someone. And in addition to individuals, you can name a charity.

As you decide who will inherit your accounts, will you please consider including us along with your loved ones? It's a simple, yet powerful way to provide long-lasting support for the future of Princeton Senior Resource Center. (Plus, if your estate is subject to estate and inheritance tax, you may save your heirs up to a 65% tax on your retirement assets!)

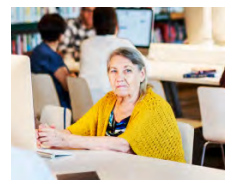
All it takes is a simple signature. It's your money, and you deserve the right to say what happens to it.

[princeton senior.plannedgiving.org](http://princeton senior.plannedgiving.org)

LISA ADLER, MSW, MA  
CHIEF DEVELOPMENT OFFICER  
P: 609.751.9699, EXT. 103  
E: LADLER@PRINCETONSENIOR.ORG

More simple ways to make your mark on the future:

- ✓ Make a gift through your will or trust
- ✓ Give life insurance you no longer need
- ✓ Donate appreciated stock and save on taxes
- ✓ Consider a gift of real estate
- ✓ Make a gift that gives you fixed payments for life
- ✓ Make a gift that protects your assets





45 Stockton Street • Princeton • New Jersey



**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

Akin Care Senior Services  
Bryn Mawr Trust  
Capital Health  
Homewatch CareGivers

McCaffrey's Food Markets  
NightingaleNJ Eldercare Navigators  
Novi Wealth Partners  
Penn Medicine Princeton Health  
& Home Health

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

**And to our individual donors who along with our sponsors make our programs & services possible.**

Be sure to follow us on Facebook so you don't miss a beat! [facebook.com/princetonsenior.org/](https://facebook.com/princetonsenior.org/)