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
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 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

Cathy Gara
Bookkeeper & HR Coordinator

Cheryl Gomes
Development Associate

Sharon Hurley, CVA
Director of Social Services & Volunteer Coordinator

Alex Leibler
Director of Information & Technology

Wendy Lodge
Intergenerational Programs Coordinator

Breana Newton
Program Associate & Rental Coordinator

Jai Nimgaonkar
Technology Associate

Barbara Prince
Development Coordinator

Dave Roussell, MSEd, 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 2021
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 — “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.

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 — “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.

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.princetonsenior.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, MSEd, 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 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, MSEd, 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://princetonsenior.wufoo.com/forms/vaccine-navigator-registration-form/. You may also contact Carla Servin, Vaccine Navigator coordinator, at vaccine@princetonsenior.org or 609.751.9699, ext. 118.*
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.
**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_

**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://princetonsenior.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://princetonsenior.wufoo.com/forms/virtual-painting-self-expression-waitlist/.  
_Instructor: Christina Rang_

**COSMOLOGY**  
Peer-led science discussion. Contact brucewallman@gmail.com for more information.

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**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 princetonsenior.org/psrc-tech-resources/ or to fill out a request form go to https://princetonsenior.wufoo.com/forms/technology-assistance-request/.  

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**APRIL PROGRAMS**  
Visit [https://www.princetonsenior.org/coming-soon/](https://www.princetonsenior.org/coming-soon/)
All programs and groups meet virtually on Zoom

### APRIL 2021

**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/](https://www.earthday.org/take-action-now/)

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<th>Monday</th>
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<tbody>
<tr>
<td>5</td>
<td>10:00 Gentle Mat Yoga + Nidra&lt;br&gt;10:00 Global Change (EF)&lt;br&gt;10:30 Shakespeare (EF)&lt;br&gt;11:00 Knit Wits&lt;br&gt;12:00 GrandPals GabFest&lt;br&gt;1:00 Global Conversations&lt;br&gt;1:00 Library Read&lt;br&gt;1:00 Understanding Human Evolution (EF)&lt;br&gt;2:00 Painting for Beginners&lt;br&gt;2:00 Word Play</td>
<td>6</td>
<td>10:00 People &amp; Stories (EF)&lt;br&gt;10:00 Weather &amp; Climate Change (EF)&lt;br&gt;10:30 GrandPals GabFest&lt;br&gt;10:30 TED Talk&lt;br&gt;11:00 Grandparenting Group&lt;br&gt;1:00 From the Dark Ages (EF)&lt;br&gt;1:00 Great Decisions (EF)&lt;br&gt;2:00 Fireside Chat</td>
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<td>10:00 Earth Day: Climate Change&lt;br&gt;10:00 Gentle Mat Yoga + Nidra&lt;br&gt;10:00 Global Change (EF)&lt;br&gt;10:30 Shakespeare (EF)&lt;br&gt;12:00 GrandPals GabFest&lt;br&gt;1:00 Global Conversations&lt;br&gt;1:00 Understanding Human Evolution (EF)&lt;br&gt;2:00 Word Play&lt;br&gt;3:00 Caregivers Group</td>
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<td>10:00 People &amp; Stories (EF)&lt;br&gt;10:00 Weather &amp; Climate Change (EF)&lt;br&gt;10:30 GrandPals GabFest&lt;br&gt;10:30 TED Talk&lt;br&gt;11:00 Next Chapter: Widows/Widowers&lt;br&gt;1:00 From the Dark Ages (EF)&lt;br&gt;1:00 Great Decisions (EF)&lt;br&gt;2:00 Fireside Chat&lt;br&gt;3:00 Healthcare Decisions Workshop</td>
<td>14</td>
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<td>19</td>
<td>10:00 Earth Day: Sea Level Rise&lt;br&gt;10:00 Gentle Mat Yoga + Nidra&lt;br&gt;10:00 Global Change (EF)&lt;br&gt;12:00 GrandPals GabFest&lt;br&gt;1:00 Global Conversations&lt;br&gt;2:00 Painting for Beginners&lt;br&gt;2:00 Word Play&lt;br&gt;3:00 Bereavement</td>
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<td>21</td>
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Virtual programs are added daily.
Visit [https://www.princetonsenior.org/coming-soon/](https://www.princetonsenior.org/coming-soon/) often to see what’s new!
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.

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.


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

TRANSPORTATION
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.

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 princetonsenior.org/psrc-tech-resources/ to submit our tech request form and one of our friendly, computer-savvy volunteers will contact you.
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/
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 | 800.698.2411

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.

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/
FROM THE DEVELOPMENT OFFICE

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, or visit 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

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

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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.

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

princetonsenior.plannedgiving.org

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

A simple signature you should not forget.
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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