

**MAKING MUSIC**  
**MAY 5, 12, 19, & 26**  
**11:00 a.m.**

***\$10 per session***

PSRC welcomes spring with a series celebrating music. From Mozart to the blues, we'll travel the globe to learn about the interactions between music and culture. You'll have orchestra seats and unobstructive views as we learn about different musical traditions at home and abroad.

Register at <https://princetonsenior.wufoo.com/forms/making-music/>

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



## GALLERY TALKS ONLINE

Thursdays beginning May 6 through June 10  
11:00 a.m.–noon

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

Fee: \$75 for the six-session series

**Turn to **page 6**** for more details.



**THE  
EVERGREEN  
FORUM**

## **Evergreen Forum Summer Sampler**

**All courses are virtual using Zoom**

The Evergreen Forum Summer Sampler is coming in June. Here's your chance to embrace the Evergreen experience. Four weeks, four subjects, all for you. Stay tuned for details.

**SUZANNE PATTERSON BUILDING**

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

**SPRUCE CIRCLE OFFICE**

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

[info@princetonsenior.org](mailto:info@princetonsenior.org)  
[princetonsenior.org](http://princetonsenior.org)

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

*A nonprofit organization  
serving our community*

**BOARD OF TRUSTEES**

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FROM THE CHIEF EXECUTIVE OFFICER  
**Walking the Journey Together**

Dear Friends,

For several years, I straddled the line that many have straddled before me — between being a parent to my growing children and a child of my aging parents. One of the greatest blessings of my life was to watch the relationship that formed between my mother and my children as a result of my mother's decision to retire early to spend significant time with my children. As she aged, and they grew into young adults, the strength of those relationships served us all. In the last years of her life, my children shared the role of caregiver alongside of me, and we all grew to understand the joys and struggles of caregiving.

The Princeton Senior Resource Center is committed to walking this journey alongside caregivers as well as the older adults for whom they are providing care. Throughout this issue, you will read several features and find information that will support you in the caregiving/care-receiving journey. The story below is a first-hand account of a daughter who connected her mom with PSRC — and the difference that it has made in their journey. As you read these stories, and review the available resources and programs, think about someone in your life who would benefit from what PSRC offers — and pass it along!

All the Best,

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

**Through a Child's Eyes**

During this time when maintaining social distance to ensure the health and safety of our elderly loved ones, many adults of aging parents are faced with new challenges. Not only are we responsible for our parents' physical health, but also their mental well-being. And sometimes it comes as a surprise that our elderly parents, normally so active and busy with their own lives, can fall victim to the effects of loneliness.

In the fall of 2019, my mother had finally decided to retire from her job. One would think at the age of eighty, she would now slow down. But this was not the case. Living in a senior living community with my sister and brother-in-law, she had no need of a senior center because classes and social engagements filled her calendar. She would regularly drive herself to a nearby town to paint with her art group and meet to lunch with friends. She took advantage of the chair yoga group

and free library in her senior community and she attended church every Sunday.

Mom frequently enjoyed area music events with family. Her last such outing was in February 2020 when she and several of her six grown children and their spouses gathered at a local Irish music event complete with dancing, beer, and bagpipers. It was a grand celebration!

Then, within a few weeks, things slowed down due to Covid-19 fears. My mother was put on lockdown and quarantined to her home. At first it was just a small hinderance and a bother to reschedule regular doctor appointments. In March 2020 our family gathered on Zoom to do what would turn into a weekly check-in call. Mom had a tablet that she used for art and photographs and that was the device she would use to log on to Zoom. Not too adept with technology and hearing-challenged, she did her best to participate. But honestly, just seeing everyone's faces seemed to lift her spirits. For three months, this appeared to be a bright spot to her weeks of confinement. She had my sister and brother-in-law with her, but we could see the toll of the loss of social contact weighing on her.

In May 2020 we signed mom up for the PSRC Zoom chair yoga class. Encouraged by the family she was willing to try this exercise. This boosted her physical activity and gave her more confidence on Zoom. My brother-in-law was still setting up her tablet for each Zoom event, but she was getting better with the technology. The assistance of the PSRC technology team helped her take her "zooming" to the next level. And then in June, we began a second Zoom meet-up for art. Mom would log on to gather with the daughters and granddaughters to work on painting projects and have some virtual social time.

By the end of the summer, we sensed that she was feeling down again. A few of her friends were coping with illness and mom was unable to assist them as she normally would. Instead, she would speak to them over the phone, but being such a social person, we could see depression was beginning to settle in again. Looking for further ways to help, we persuaded her to join the PSRC Fireside Chat and the Let's Talk groups on Zoom. The friendly engagement with her peers widened her communal network. This was just what the doctor ordered.

Through fall of 2020, mom was enrolled in PSRC's Art in the Academy lectures and regularly participating in PSRC chair yoga and support groups. She then discovered how to attend church online and even joined an online prayer group with other members of her congregation. For Christmas my brother gifted her with a "seniors" online art class. Her calendar was filling up again. These groups and classes helped her endure the dark days of fall and winter.

Thankfully for PSRC's programs, our family had resources to keep our mom connected with other seniors online. She now has the confidence, and a new laptop, to connect to her Zoom groups and classes without assistance. She still looks forward to new PSRC groups and classes and is thankful to the PSRC social services, programs, and tech teams for making it possible for her to navigate her way during the pandemic.

## 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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**Wendy Lodge**  
*Intergenerational Programs Coordinator*

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*Program Associate &  
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*Lifelong Learning Coordinator*

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

**Kathleen Whalen**  
*Director of Communications*

## MAY PROGRAMS

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



### FIRST FRIDAY FILM — “MA RAINEY’S BLACK BOTTOM”

**Friday, May 7 at 1:00 p.m.**

Based on the play written by August Wilson, the story unfolds in a Chicago recording studio in 1927 where African American band members and blues singer Ma Rainey reveal the conflicted feelings they have about their status in the white man’s world. Tensions rise between the ambitious horn player, white management, and the uncontrollable *Mother of Blues*. Golden Globe awarded to Chadwick Boseman. Starring: Chadwick Boseman, Viola Davis, Taylor Paige, Glynn Turman

**Running time: 1 hour, 34 minutes;**

**Genre: Drama, Music; Rated: R**

Registration required, no fee.



### FYI SEMINAR — “FRAUD WATCH NETWORK BASICS”

**Friday, May 14 at 11:45 a.m.**

This presentation helps empower individuals in the fight against fraud with proven resources and tools to help you spot and avoid identity theft and other fraud such as cyber safety and investment scams. Rich Sodon is a volunteer for AARP New Jersey Speakers Bureau which is dedicated to empowering the 50+ population. He advocates for the implementation of efforts to protect our digital and personal lives from fraud.

Registration required, no fee.



### FYI SEMINAR — “THE LIFE SAVING POWER OF BLOOD DONATION”

**Friday, May 21 at 11:45 a.m.**

We see ads all the time telling us to donate blood. But do we really know why it’s so important? Our presenter, Ariel Fishman, was a recipient of seventy pints of blood after a major accident almost cost him his life. Through his personal story, you will learn that he is a tenacious advocate for blood donations and their tremendous impact on individuals and their families.

Registration required, no fee.



### FYI SEMINAR — “WHAT AARP CAN DO FOR YOU”

**Friday, May 28 at 11:45 a.m.**

If you don’t think “real possibilities” when you think AARP, then you don’t know AARP! While you might know a lot about what this organization offers, this session will provide information that may surprise you and will help you to get more from your membership. Rich Sodon is a volunteer for AARP New Jersey Speakers Bureau which is dedicated to empowering the 50+ population. 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:

**May 4 — Brittany Packnett:** How to build your confidence and spark it in others

**May 11 — Tyler Dewitt:** Online learning could change academia – for good.

**May 18 — Jennifer 8 Lee:** The hunt for General Tso (Hunt for the origins of familiar Chinese — American dishes)

**May 25 — Vinay Shandal:** How conscious investors can turn up the heat and make companies change

Registration required, no fee.

*This month’s FYI sponsors are [McCaffrey’s Food Markets](#), [Novi Wealth Partners](#), and [Silver Century Foundation](#).  
TED Talk sponsors are [Bryn Mawr Trust](#), [Capital Health](#), and [Stark & Stark Attorneys at Law](#).*

## SPECIAL NOTICE

PSRC is closed on Monday, May 31  
for the Memorial Day holiday



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



### MAKING MUSIC

*PSRC welcomes spring with a series celebrating music. From Mozart to the blues, we'll travel the globe to learn about the interactions between music and culture. You'll have orchestra seats and unobstructive views as we learn about different musical traditions at home and abroad.*

*\$10 per session*

Register at <https://princetonsenior.wufoo.com/forms/making-music/>

#### ***Ethno-music-what?***

*Musical Instrument Museum, Phoenix Arizona*

***Wednesday, May 5 at 11:00 a.m.***

Across the globe, music has the power to transform people. From ritual and religious ceremonies to Friday night jam sessions, music crosses both real — and imaginary — borders and boundaries. Ethnomusicology is the study of music and world cultures, and it's everywhere. Join Katie Palmer, curator of education at the Musical Instrument Museum, to learn more about MIM, challenge some preconceived notions about music, and think critically about the ways that music transcends and transforms. This session will focus on sounds from Africa. Please be prepared to recall your personal experiences with music — from both near and far.

#### ***Wolfgang Amadeus Mozart***

*Mozarthaus, Vienna, Austria*

***Wednesday, May 12 at 11:00 a.m.***

Wolfgang Amadeus Mozart's Vienna years lasted from 1781 to his death in 1791. It was in the "City

of Music" that Mozart composed most of his oeuvre, and this apartment in the heart of Vienna was his residence for several of those years. We will learn about Mozart's life and work with special emphasis on his time in Vienna and the unique social and cultural circumstances of his life there.

#### ***American Jazz Museum Virtual Tour, Kansas City, Missouri***

***Wednesday, May 19 at 11:00 a.m.***

Join us on a guided virtual tour of the American Jazz Museum. The museum showcases the sights and sounds of jazz through interactive exhibits and films. Since its inception in September 1997, the Museum has hosted thousands of students, scholars, musicians and fans of the arts for over 200 performances, educational programs, and special exhibitions, providing an opportunity to learn about the legends, honor their legacy, or simply enjoy the sounds of modern-day jazz.

*(continued on page 6)*

#### LIBRARY READS — MONDAY, MAY 3, 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***

## MAY PROGRAMS

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

(continued from page 5)

### **Meet and Greet with Beethoven**

*Beethoven-Haus, Bonn, Germany*

**Wednesday, May 26 at 11:00 a.m.**

Take a virtual walk with us through Beethoven's House in Bonn, Germany and get to know the famous composer from totally new perspectives. Find out why he didn't wear a wig, what inspired him, why he stayed a bachelor his whole life, and why he compared his household to a shipwreck. Naturally we'll also listen to some of his compositions and experience how Beethoven perceived them when his hearing failed.

PSRC Making Music Series is sponsored by [Mobility Doctor](#) and [Star of David Memorial Chapel](#)

### LIMITED SERIES PROGRAMS

#### GALLERY TALKS ONLINE

**Thursdays beginning May 6 through June 10, 11:00 a.m.–noon**

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

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

**May 6** — *World Cultures* with docent Ximena Skovron

**May 13** — *American Art* with docent Leslie Sullivan

**May 20** — *World of Prints (Prints from the Collections)* with docent Allegra D'Adamo

**May 27** — *Impressionism and Post-Impressionism* with docent Jennifer Yuan

**June 3** — *Women in Art* with docent Ximena Skovron

**June 10** — *Depictions of Gardens* with docent Leslie Sullivan

#### FRENCH RENDEZ-VOUS

**Tuesdays, May 11 through June 15 at 11:00 a.m.**

**Fee: \$70 for the six-session series**

Students will practice and improve their intermediate level French language speaking-skills in a friendly and supportive environment through oral exercises, role playing games or sketches. You will be invited to discuss a variety of topics ranging from the visual arts, movies, visits of cultural sites both in France and Francophone countries, and published memoirs that inspire you. Limited to 12 participants.

**Instructor: Brigitte Aflalo-Calderon**

#### TECHNOLOGY WORKSHOP — "WINDOWS 10 BASICS"

**Tuesday, May 11 at 1:00 p.m.**

Is your Windows computer a bit of a mystery to you? In this basic skills class, we'll cover what the operating system does, how to manipulate windows on your desktop, how to organize and back up your files, and some basic programs to browse the Web, read your email, and work with documents and spreadsheets.

**Important: This hands-on workshop is only for Windows laptop and desktop computers. You can try out many of the things we'll cover during the class on your computer.**

**Instructor: Evelyn Sasmor**

Registration required, no fee.

#### TECHNOLOGY WORKSHOP — "MAC OS BASICS"

**Tuesday, May 18 at 1:00 p.m.**

This is a basic skills class on the Mac Operating System. We'll cover what the operating system does, how to manipulate windows on the computer desktop, and trackpad and mouse gestures. We'll also discuss files and folders, Time Machine backups, several common applications that Apple includes on its Mac computers, and the Apple App Store.

**Important: This hands-on workshop is only for Mac laptop and desktop computers. You can try out many of the things we'll cover during the class on your computer.**

**Instructor: Don Benjamin**

Registration required, no fee.

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

SPECIAL INVITATION: MEET JAMES DEMETRIADES,  
NEWLY APPOINTED CEO OF PENN MEDICINE  
PRINCETON HEALTH

**Friday, May 21 at 1:00 p.m.**

Please join us for an informational discussion with James Demetriades, CEO, Penn Medicine Princeton Health. Mr. Demetriades succeeded Barry Rabner, who had served as President and CEO since 2002. Though James is new to this role, he has held leadership positions at Princeton Health since 2017.

James will provide a brief recap of how PMPH pivoted its operations during the Covid-19 pandemic, new policies and procedures that have been put into place to face current challenges, as well as PMPH's vision for growth as an institution. Drew Dyson, PSRC's CEO, will moderate. We hope you can join us! Registration required, no fee.



MORNING TECH SERIES: EXPLORE PPL'S ELIBRARY  
COLLECTIONS

**Wednesday, May 19 at 10:00 a.m.**

Explore the Princeton Public Library's eLibrary resources and learn how to download ebooks, audiobooks and magazines, stream movies, learn a language or take an online course. You will need a valid PPL library card and PIN (last 4 digits of your phone number) in order to access the eLibrary resources such as Overdrive/Libby, hoopla, Kanopy, Mango, and lynda.com.

Registration required through the library. This program will be held on Zoom. A link will be sent to all registrants the morning of the program.

*Presented in partnership with the Princeton Public Library and PSRC.*

the Women in Retirement with speaker Heather Bainbridge, registered dietician, who will share which foods promote and reduce the body's inflammatory response. She will discuss how to seamlessly incorporate delicious anti-inflammatory foods as well as lifestyle changes, in order to improve your functionality, quality of life, and health conditions. All are welcome. Registration required, no fee.

TRANSITION TO RETIREMENT

**Friday, May 21 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.

## RETIREMENT PROGRAMS

WOMEN & MEN IN RETIREMENT — "ANTI-  
INFLAMMATORY EATING"

**Friday, May 21 at 10:00 a.m.**

This May the Men in Retirement are joining

ELDER JUSTICE: A CALL TO ACTION

ELDER JUSTICE AND PREVENTION MEASURES

*No meeting this month*



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](mailto:vaccine@princetonsenior.org) or 609.751.9699, ext. 118.



## MAY PROGRAMS

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



### EXERCISE & FITNESS

#### GENTLE YOGA + NIDRA — Spring Quarter

*Mondays through June 28, 10:00 a.m. (no class on May 31)*

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 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 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.

**This class is full.** *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

*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

# MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>10:00 Earth Day - Natural Lands Trust</b> 10:00 Gentle Mat Yoga + Nidra <b>11:00 Knit Wits</b> 12:00 GrandPals GabFest 1:00 Global Conversations <b>1:00 Library Reads</b> 2:00 Painting for Beginners 2:00 Word Play	<b>4</b> 10:30 GrandPals GabFest 10:30 TED Talk <b>11:00 Grandparenting Group</b>	<b>5</b>  9:00 GrandPals GabFest 10:00 GrandPals GabFest <b>11:00 Making Music: Ethno-music-what?</b> 2:00 Painting and Self Expression 3:00 Let's Talk	<b>6</b> 9:30 GrandPals GabFest 9:45 Cosmology 10:00 Mindful Chair Yoga <b>11:00 Gallery Talks Online</b> 1:00 Memoir Writing	<b>7</b> 10:00 Women in Retirement Coffee Klatch 10:15 Men in Retirement Weekly Meeting <b>1:00 First Friday Film - "Ma Rainey's Black Bottom"</b> <b>2:00 Cosmology (EF)</b>
<b>10</b> 10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Painting for Beginners 2:00 Word Play <b>3:00 Caregivers Group</b>	<b>11</b> 10:30 GrandPals GabFest 10:30 TED Talk <b>11:00 French Rendez-vous</b> <b>11:00 Next Chapter: Widows/Widowers</b> <b>1:00 Technology Workshop: "Windows 10 Basics"</b>	<b>12</b>  9:00 GrandPals GabFest 10:00 GrandPals GabFest <b>11:00 Making Music: Wolfgang Amadeus Mozart</b> 2:00 Painting and Self Expression 3:00 Let's Talk	<b>13</b> 9:30 GrandPals GabFest 9:45 Cosmology 10:00 Mindful Chair Yoga <b>11:00 Gallery Talks Online</b> 1:00 Memoir Writing <b>4:00 Children of Aging Parents</b>	<b>14</b> 10:00 Women in Retirement Coffee Klatch 10:15 Men in Retirement Weekly Meeting <b>11:45 FYI Seminar - "Fraud Watch Network Basics"</b> <b>2:00 Cosmology (EF)</b>
<b>17</b> 10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Painting for Beginners 2:00 Word Play <b>3:00 Bereavement</b>	<b>18</b> 10:30 GrandPals GabFest 10:30 TED Talk <b>11:00 French Rendez-vous</b> <b>11:00 Grandparenting Group</b> <b>1:00 Technology Workshop: "MAC OS Basics"</b>	<b>19</b>  9:00 GrandPals GabFest 10:00 GrandPals GabFest <b>10:00 Princeton Public Library's Morning Tech Series</b> <b>11:00 Making Music: American Jazz Museum</b> 2:00 Painting and Self Expression 3:00 Let's Talk	<b>20</b> 9:30 GrandPals GabFest 9:45 Cosmology 10:00 Mindful Chair Yoga <b>11:00 Gallery Talks Online</b> 1:00 Memoir Writing	<b>21</b> <b>10:00 Women and Men in Retirement - Monthly Meeting</b> <b>11:45 FYI Seminar - "The Life Saving Power of Blood Donation"</b> <b>1:00 Meet James Demetriades, CEO, Penn Medicine Princeton Health</b> <b>2:00 Cosmology (EF)</b> <b>3:00 Transition to Retirement</b>
<b>24</b> 10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals GabFest 1:00 Global Conversations 2:00 Painting for Beginners 2:00 Word Play <b>3:00 Caregivers</b>	<b>25</b> 10:30 GrandPals GabFest 10:30 TED Talks <b>11:00 French Rendez-vous</b> <b>11:00 Next Chapter: Widows and Widowers</b>	<b>26</b>  9:00 GrandPals GabFest 10:00 GrandPals GabFest <b>11:00 Making Music: Meet and Greet with Beethoven</b> 2:00 Painting and Self Expression 3:00 Let's Talk	<b>27</b> 9:30 GrandPals GabFest 9:45 Cosmology 10:00 Mindful Chair Yoga <b>11:00 Gallery Talks Online</b> 1:00 Memoir Writing	<b>28</b> 10:00 Women in Retirement Coffee Klatch 10:15 Men in Retirement Weekly Meeting <b>11:45 FYI Seminar - "What AARP Can Do For You"</b> <b>2:00 Cosmology (EF)</b>
<b>31</b>  PSRC IS CLOSED FOR THE MEMORIAL DAY HOLIDAY	<div> <div> <b>LOOKING AHEAD: JUNE IS LGBTQIA+ PRIDE MONTH</b>            BE ON THE LOOKOUT FOR PSRC EVENTS DURING THE MONTH OF JUNE.            Want to know how it began? Read about the history of LGBTQIA+ Pride Month here:  <a href="https://www.awarenessdays.com/awareness-days-calendar/pride-month-2021/">https://www.awarenessdays.com/awareness-days-calendar/pride-month-2021/</a> </div> </div>			

Virtual programs are added daily.

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

## A QUICK GUIDE TO AREA RESOURCES

**Access Princeton**  
 609.924.4141  
**Affordable Housing**  
 609.688.2053  
**Arm-in-Arm**  
 609.921.2135  
**Central Jersey Legal Services**  
 609.695.6249  
**Community Without Walls**  
 609.921.2050  
**Cornerstone Community Kitchen**  
 609.924.2613  
**Funeral Consumers Alliance**  
 609.924.3320  
**Meals on Wheels**  
 609.695.3483  
**Mercer County Nutrition Program**  
 609.989.6650  
**Mercer County Office on Aging**  
 609.989.6661 or 877.222.3737  
**NJ Consumer Affairs**  
 973.504.6200  
**NJ Division of Aging Services**  
 800.792.8820, ext. 352  
**One Table Café**  
 609.924.2277  
**PAAD (Pharmaceutical Aid)**  
 800.792.9745  
**Princeton Community Housing**  
 609.924.3822  
**Princeton Housing Authority**  
 609.924.3448  
**Princeton Human Services**  
 609.688.2055  
**Princeton Police (non-emergency)**  
 609.921.2100  
**Princeton Public Library**  
 609.924.9529  
**Reassurance Contact**  
 609.883.2880  
**Ride Provide**  
 609.452.5144  
**Senior Care Services of NJ**  
 609.921.8888  
**Senior Citizen Club**  
 609.921.0973  
**Social Security**  
 800.772.1213  
**SHIP (Medicare)**  
 609.273.0588  
**T.R.A.D.E. (Transportation)**  
 609.530.1971

## Top 10 Mistakes When Planning for Incapacity, Crisis, and Long Term Care (Ethics)



**May 6, 2021 at 1:00–2:00 p.m.**

Jerold E. Rothkoff, Esq., a practicing New Jersey and Pennsylvania attorney, is the principal of the Rothkoff Law Group, where he dedicates his practice to serving clients in the areas of elder law, life care planning, asset protection, estate planning, and long-term care advocacy. [rothkofflaw.com](http://rothkofflaw.com)

This CEU seminar is hosted by Rothkoff Law Group and sponsored by Akin Care Senior Services and Princeton Senior Resource Center. CEUs are awarded by NASW-NJ.

Registration required: [http://bit.ly/LearningWithPSRC\\_AkinCare](http://bit.ly/LearningWithPSRC_AkinCare)  
 Sharon Hurley • [shurley@princetonsenior.org](mailto:shurley@princetonsenior.org) • 609.751.9699

## 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: Stark & Stark Attorneys at Law

## Phone and Text Scams

You just received a call from Verizon that your computer is infected with a virus. The voice on the far end offers to remove the malware and provide a security service for \$799 for life (not sure who's life). "The service will cover all your computers, tablets, and smartphones." But he needs access to your hard drive to install the special security application.

You agree to a five-year plan and give him your credit card information. He then hangs up without doing anything. Or, if you let him access your computer, he may add a password or encrypt your files and demand payment to restore your hard drive.

Of course, it's a scam.

So is the text message you received from your bank that they froze your account, but if you call a special number you can regain access. So is the phone call from Amazon that someone in Moline, Iowa, has charged an item to your account and "... please press '1' so we can reverse the charges on your credit card." Nope. Not legit.

**We've noticed an increase in phone, email, and text scams** that sound and look official but can cost you hundreds or thousands of dollars or render your computer unusable. The scammers aren't trying to get your information, just your money. Most of the scammers work from call centers in India and use fake American names, like "Bob Jones" or "Kevin Wilson," or Mary-Lou Philips." (None of my many friends from India are named Bob or Kevin or Mary-Lou.)

### Here are some general facts to keep in mind:

1. Internet service providers, such as Verizon and Xfinity, don't monitor your computer and will not call to tell you that you have a computer virus.
2. Computer companies, like Apple or Microsoft, won't call you, either. None of these companies monitor your equipment.
3. Webpage pop-ups that warn you've been infected are usually bogus. Just close your browser.
4. Your bank will not text you that your checking account has been locked, and if you want to unlock it, "simply enter your account number." If you're worried, call your bank.
5. The Social Security Administration will not call you to report that your social security number has been found in an abandoned Toyota Corolla near El Paso along with twenty-two pounds of illicit drugs.
6. PSE&G will not call you demanding immediate payment in Walmart gift cards. Nor will American Water or the IRS.
7. Your credit card company may send you a text to confirm that recent purchases are legitimate. Those are OK—you usually answer with a Y or N. But don't click any links. Call your bank if you're concerned.

### And here are some tips to keep you safe:

1. If you are uncertain of a phone caller's integrity, hang up.
2. Don't give anyone you don't know access to your computer.
3. Never click on links in emails or text messages that ask you to confirm your account information, ID, or password. Call the company from the phone numbers you already have or check your account from their website.
4. If you're worried about suspicious messages, webpages that warn you that you've been hacked, or phone calls from Kevin, contact our Tech Resources webpage [princetonsenior.org/psrc-tech-resources/](http://princetonsenior.org/psrc-tech-resources/) for help.



*Latrina kvetches after she realized she'd been scammed.*



*Randy is the victim of a scammer who installed a small thermonuclear device on his laptop.*



## SOCIAL SERVICES

by Sharon Hurley, CVA

### CAREGIVING FOR A PARENT DURING A PANDEMIC

It has been one year since the passing of my dad. If you think about what was happening in April/May 2020 you will remember that everything in the world was upside down. When my dad got really sick with kidney failure and admitted to a hospital in South Jersey, visitation was still allowed. Following what was happening around the country, I knew that my time to visit with him could soon be limited.

After nine days of visitation, one of the nurses told me to be prepared, because if I came to the hospital on the tenth day, I may arrive to find out that there was no visitation allowed in the hospital. No notice, no heads up, just turned away. I consider myself blessed that I had developed a positive and collaborative relationship with my dad's healthcare team. I was able to have my in-person good-bye with my dad, on that ninth day, because there was one person who shared news with me, that wasn't public yet.

Caregiving is hard. Plain and simple, hard, in a pandemic, or not. Each day was filled with so many decisions to be made. Having someone as an advocate to share and discuss options is so important. I was lucky to have my sister on my side, every step of the way. Even with my sister's medical background and my social services background, there were many times when we wondered whether we were doing things the right way. If you have ever been a caregiver, you know that the right way, is only what is right in that moment.

Having a support team will help in the most difficult times. That support may come in the form of a sibling, friend, support group, therapist, or in a bereavement counselor. Having all documents in order will help tremendously. Searching for things while under so much stress will be less time with your loved one.

I'd like to end with a small tribute to my dad. I was his first born and he called me honey, and sweetheart most of my life. I always knew that he loved me unconditionally, and what more could a child ask of a parent. My dad was full of laughter and loved to give people a hard time, especially the waitresses at his favorite diner. A month before he went into the hospital, I called the diner to let them know I would be bringing him in and that he had just celebrated his birthday. They said, "We've got this". After our meal the whole restaurant staff came out singing a birthday tune, and they presented him with an Oscar the Grouch cupcake. He absolutely loved it, and we all laughed for quite a while. I cherish this memory.

PSRC is unique in many ways and one of them is that we have a social services team ready to assist in difficult times. We are here to offer support, give referrals to resources needed, and be a listening ear. We have a general Caregiver support group twice a month and a Children of Aging Parents support group once a month. There is a Bereavement group once a month. In addition to the groups, we have a Health Care Decisions Day, twice a year. We have a recording of April's presentation by our social worker, Dave Roussell, about which documents you should have prepared in advance of any illness. Reach out if you missed his talk.

If you have any questions, need some guidance and support, please reach out to us by email at [socialservices@princetonsenior.org](mailto:socialservices@princetonsenior.org) or call 609.751.9699.



PHOTO: Sharon Hurley's dad with waitress at his favorite diner for his birthday in January 2020.



U.S. Department  
of Veterans Affairs

## NEW VISITATION GUIDELINES FOR LONG TERM CARE

On March 22 the NJ Department of Health updated its long-term care visitation guidance. The new visitation memo states that every resident has a right to social visits, including anyone of the resident's choice (ex. grandchildren, friends, clergy, etc.).

Both fully vaccinated and unvaccinated residents have a right to social visits. Unvaccinated residents may have their visits restricted if fewer than seventy percent of the center's residents are vaccinated and the CALI (Covid-19 Activity Level) score in the area is high or severe. Residents who have Covid-19 or who are in quarantine are not permitted social visitation.

Most importantly, a positive case in one section of the facility no longer shuts down the entire facility for a month, or months. If anyone tests positive, all staff and residents are tested within a few days of that positive test. If the virus has not spread to other units, social visitation may resume immediately in unaffected areas.

Facilities may require social visits to be scheduled to ensure it is prepared to handle the volume of visitors at one time.

In some cases, visits can occur in your room, especially if you are in a single room, but many visits will occur in an area of the facility designated for safe social visitation. You can hug your loved ones as long as they are wearing a closely fitting mask and you are fully vaccinated. Mask wearing and handwashing must be followed at all times.

Ask the facility when they are opening to social visitation. If staff tell you that you are not eligible for social visitation or if you are not comfortable with the length/frequency of your visits, contact the Ombudsman's Office.

**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**



## GROUPS

### BEREAVEMENT

*Monday, May 17 at 3:00 p.m.*  
(Usually third Monday of each month)  
*Call Sherri Goldstein*  
*609.819.1226 to attend.*

### CAREGIVERS

*Monday, May 10 & 24 at 3:00 p.m.*  
(Usually second & fourth Monday of each month)

### CHILDREN OF AGING PARENTS

*Thursday, May 13 at 4:00 p.m.*  
(Usually second Thursday of each month)

### GLOBAL CONVERSATIONS

*Mondays at 1:00 p.m.*

### GRANDPARENTING

*Tuesday, May 4 & 18 at 11:00 a.m.*  
(First & third Tuesday of each month)

### KNIT WITS

*Monday, May 3 at 11:00 a.m.*  
(Usually first Monday of each month)

### LET'S TALK

*Wednesdays at 3:00 p.m.*

### MEN IN RETIREMENT MONTHLY MEETING

*Friday, May 21 at 10:00 a.m.*  
(Usually first Friday of each month, this month the Men in Retirement join the Women in Retirement)

### NEXT CHAPTER: WIDOW/-ERS

*Tuesday, May 11 & 25 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, May 21 at 3:00 p.m.*  
(Usually third Friday of each month)

### WOMEN IN RETIREMENT MONTHLY MEETING

*Friday, May 21 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 Akin Care Senior Services: Proud PSRC Annual Sponsor

When we began Akin Care Senior Services, our goal was to provide the best possible care for our clients. Everything we do begins and ends with the wellbeing of our clients. By selecting the right match from our highly trained, reliable, and compassionate caregivers, we help you remain *independent, in control, and in your home.*

There is significant evidence that elders heal more quickly and remain independent longer with home care and that it is the most satisfying form of care available to the American public. We work with you to ensure you, or the one you love, lives independently and in control of their days, wherever they call home. We provide a 100% guarantee of a good fit between you and your caregiver.

Many of our caregivers have nurse's aide training as well a number who are Certified Dementia Practitioners. Our expectation is that our caregivers have had the life experiences of raising their own children as well as caring for their parents or grandparents at some point in the past. We feel that these experiences are invaluable. A guiding philosophy is that we will never hire someone we wouldn't have felt comfortable caring for our own parents.

Akin Care caregivers are OUR employees, licensed by the New Jersey Board of Nursing, bonded, and insured. We thoroughly interview, screen, and background/reference check (national, state, and county). Our caregivers are trained, oriented to each client, and competency tested.

Our family and staff are rooted in the greater Princeton area and we care deeply about building the kind of environment that fosters deep respect for the elders among us. That is why we support the Princeton Senior Resource Center and appreciate the assets it brings to this community.

To learn more about Akin Care and all the services we can provide, please give us a call for a personal free consultation at 609.450.8877, email Ann at [ann@akincare.com](mailto:ann@akincare.com), or visit <https://www.akincare.com/>.

## MAY FEATURED SPONSORS



Do you want convenience, security, and the aid of valuable expertise in your banking? You can count on the team at BMT for all your personal banking needs.

[bmt.com/wealth](https://bmt.com/wealth)



Our Mission is to simply be the best food retailer in our market place. To provide the best service, the finest & freshest product, and the cleanest stores.

[mccaffreys.com](https://mccaffreys.com)



## FROM THE DEVELOPMENT OFFICE

### PSRC Legacy Corner — Live Well, Give Well



A former president of the board of trustees, Billie Emmerich is the quintessential PSRC ambassador. Billie currently serves on the advisory council and remains an active supporter of PSRC and The Evergreen Forum. Billie loves PSRC's commitment to social services and the outreach to the community through its dedicated social workers. Not only is Billie a consistent donor to the PSRC annual fund and events, she is also a member of the Jocelyn Helms Legacy Society.

“PSRC is an important part of our community and by including PSRC in my will, I am helping to ensure the organization's future.”

Did you know there are creative ways to support PSRC? Ways in which PSRC, you and your loved ones all benefit at the same time? Such giving techniques are called “planned gifts,” because with thoughtful planning, you create a win-win solution for you, your family, and PSRC.

We invite you to learn more about PSRC's planned giving program and become part of the Jocelyn and Carl Helm Legacy Society. For information visit

<https://princetonsenior.plannedgiving.org/>



If you or anyone you know is shopping on Amazon, be sure to use AmazonSmile so that PSRC receives a percentage on your order — [smile.amazon.com/ch/22-2228083](https://smile.amazon.com/ch/22-2228083)



45 Stockton Street • Princeton • New Jersey



## IN MEMORIAM

**The Princeton Senior Resource Center community is saddened by the passing of PSRC advisory council member Phyllis Marchand.**

Phyllis was a beloved member of the community — and an important contributor to the success of PSRC through the years. Many will remember her contributions to the community through her public service. We at PSRC remember the wonderful kindness — and an incredible amount of wisdom passed along to all those she encountered and nurtured. On behalf of the PSRC board of trustees, advisory council, staff and participants, we extend our deepest sympathies and condolences to the entire Marchand family.



PSRC is honored to announce that in June we will be celebrating LGBTQIA+ Pride Month. We invite all of you to join us as we recognize the influences and challenges of this community. More details to come.



**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/)