



JUNE IS LGBTQ+ PRIDE MONTH



LGBTQ+ PRIDE CELEBRATION

Wednesdays, beginning June 2 through June 30, 11:00 a.m.

Registration required, no fee

PSRC is honored to partner with the Bayard Rustin Center for Social Justice as we celebrate Pride Month. We will explore ways in which we can promote, include, and amplify the visibility of the LGBTQ+ community.

June 2 — Bayard Rustin: Little Known Architect of the Civil Rights Movement

June 9 — LGBTQ+ Senior Rights

June 16 — Pride Virtual Open Mic Event

June 23 — Getting to Know Transgender with Denise Bowker

June 30 — Armchair Activist: What You Can Do to Make a Difference

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

NEW! EVERGREEN FORUM SUMMER SAMPLER

Wednesdays, beginning June 9 through June 30, 1:00–3:00 p.m.

Fee: \$70 for the four-session series

While an exciting fall Evergreen Forum semester is being planned, we invite you to participate in our June “Summer Sampler” — four virtual classes on four different topics that will give you a taste of the wide variety of intriguing courses we offer year-round.

Turn to [page 6](#) for descriptions.



PHOTO: DiFerdinando (left) and Rogart (right)

**“THE DOCTOR IS IN” WITH DR. GEORGE DIFERDINANDO
SCREENING FOR GASTROINTESTINAL CANCERS IN 2021**

Friday, June 11 at 1:00 p.m.

This bi-monthly medical series will feature Dr. George DiFerdinando and special guest experts in a conversational format discussing critical topics in preventative medicine for older adults. This session will feature Dr. Jason Rogart of Capital Health and the topics will include colorectal health, pancreatic screenings, and esophageal/gastric screenings.

Dr. George DiFerdinando is the chair of the Princeton Board of Health and Dr. Jason Rogart, MD, FASGE, is the director of interventional gastroenterology & therapeutic endoscopy at Capital Health in Pennington.

Registration required, no fee.

SUZANNE PATTERSON BUILDING

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

SPRUCE CIRCLE OFFICE

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

info@princetonsenior.org
princetonsenior.org

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

*A nonprofit organization
serving our community*

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FROM THE CEO, DREW DYSON

The Courage to “Think Again”

Dear Friends,

One of the valuable lessons that my mother taught me was to approach the world with an epistemic humility that would enable me to listen, learn, and change. “One of the greatest dangers we face,” she would say, “is to be lost in a sea of our own certainty!” For Mollie, being willing to accept the limits of our knowledge didn’t make one weak or unintelligent, but just the opposite. Recognizing the limits of one’s own perspective was a gift — to oneself and to others.

In his new book *Think Again: The Power of Knowing What You Don’t Know*, *The NY Times* bestselling author and organizational psychologist at the Wharton School, Adam Grant, sees great resistance to opening ourselves to new ways of thinking as one of the greatest challenges in contemporary culture. “... We often prefer the ease of hanging on to old views over the difficulty of grappling with new ones.”

Grant uses the story of *BlackBerry* to illustrate his point. Mike Lazaridis, one of the innovators behind the BlackBerry, dreamed up the concept of a mobile device for not only making/receiving calls, but also sending/receiving emails. BlackBerry scorched the market with key trendsetters like Oprah Winfrey and Barack Obama extolling the device’s usefulness.

When the iPhone stormed onto the scene in 2007, Mike admired the computing power of the iPhone. He refused, however, to follow his engineers who were pleading with him to expand the scope of the BlackBerry to include more computing (and not just communication) power. “He (Mike) was confident that people wanted a wireless device for work emails and calls, not an entire computer in their pocket with apps for home entertainment.” The rest, we now know, is history.

Organizations, and not only individuals, can get caught in the trap of failing to rethink and reimagine as new opportunities present themselves. Grant is careful, however, to caution against throwing the baby out with the bathwater. “Visions for change,” he says, “are more compelling when they include a vision for continuity. Although our strategy might evolve, our identity will endure.”

The Princeton Senior Resource Center (PSRC) is at an exciting time in our organization’s story. Building on the powerful foundations laid over many years, we are approaching the next great turn in our story with the opening of a new building at 101 Poor Farm Road in Princeton that will expand and enhance our space for lifelong



learning. The Nancy S. Klath Center for Lifelong Learning will become a central part of our next chapter and will further our mission to provide dynamic learning, lifegiving human connection, and compassionate social services.

To that end, I would like to invite you to one of our upcoming virtual information sessions focused on *The Future of PSRC*. We will share new developments in programming, plans for our new building, and information about our corresponding capital campaign. I am excited to share with you — and I hope you will make every effort to join us for these sessions.

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

JOIN US...

*For one of our virtual information sessions
focused on
THE FUTURE OF PSRC*

See and learn about the scope and vision of PSRC
and our new site at 101 Poor Farm Road

Monday, June 14 at 10:30 a.m.

Thursday, June 24 at 7:00 p.m.

Wednesday, July 14 at 3:00 p.m.

All sessions are via Zoom and are the same.

<https://princetonsenior.wufoo.com/forms/future-of-psrc/>

If you have questions, contact Lisa Adler
at ladler@princetonsenior.org
or 609.751.9699, ext. 103.

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

Lisa Adler
Chief Development Officer

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*Spruce Circle Office Manager
& Crosstown Coordinator*

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& HomeFriends Coordinator*

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*Intergenerational Programs
Assistant Coordinator & Vaccine
Navigators Program Coordinator*

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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

JUNE PROGRAMS

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



FIRST FRIDAY FILM — “THE DANISH GIRL” *Friday, June 4 at 1:00 p.m.*

A fictitious love story loosely inspired by the lives of Danish artists Lili Elbe and Gerda Wegener. Lili and Gerda’s marriage and work evolve as they navigate Lili’s groundbreaking journey as a transgender pioneer. Academy Award to Alicia Vikander for Best Actress in a Supporting Role. Starring: Eddie Redmayne, Alicia Vikander, Amber Heard

Running time: 1 hour, 59 minutes;

Genre: Biography, Drama; Rated: R

Registration required, no fee.



FYI SEMINAR — “THE PERFECT BRA” *Friday, June 11 at 11:45 a.m.*

A bra that fits well makes all the difference. Frederika (“Freddy”) Zappe, will demystify the bra fitting process and will share tips on how to know if the bra you’re wearing fits properly. Coupled with that, Freddy will also discuss overall breast health.

Frederika Zappe is an accomplished intimate apparel authority, noted fit expert, and the national fit director for Eveden Inc., U.S.

Registration required, no fee.



FYI SEMINAR — “STUFFED UP: COMMON SINUS AND ALLERGY PROBLEMS” *Friday, June 18 at 11:45 a.m.*

Stuffed up and can’t breathe? If you suffer from nasal congestion, sinus or allergy issues, or postnasal drip, join us for this informative session presented by Neil S. Baman, MD, from the Princeton Medical Center. He will discuss common sinus problems, including nasal blockages, nasal polyps, sinus infections, as well as treatment options.

Registration required, no fee.



FYI SEMINAR — “UNDERSTANDING MEMORY LOSS” *Friday, June 25 at 11:45 a.m.*

Memory loss that disrupts everyday life is not a normal part of aging. This program explores

the difference between normal age-related memory changes and abnormal changes that are associated with Alzheimer’s disease and other forms of dementia, including some of the common warning signs. The presentation also reviews the importance of receiving a thorough diagnostic evaluation when symptoms first arise, current treatment options, and research regarding healthy aging.

Juliana Leach is the programs and services specialist at Alzheimer’s New Jersey. She has a Master of Social Work with concentrations in gerontology and policy practice. At Alzheimer’s New Jersey, Juliana operates the statewide helpline, facilitates support groups, and presents community education programs.

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:

June 1— Sue Klebold: My son was a Columbine Shooter. This is my story. (*YouTube*)

June 8 — Megan McArthur: A NASA astronaut’s lesson on fear, confidence, and preparing for spaceflight.

June 15 — Esther Perel: How to welcome surprise and mystery into your post-pandemic life.

June 22 — Frederick Imbo: How not to take things personally. (*YouTube*)

June 29 — Martin Ford: How we’ll earn money in a future without jobs.

Registration required, no fee.

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

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

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Register at <https://princetonsenior.wufoo.com/forms/lgbtq-pride-celebration/>

Bayard Rustin: Little Known Architect of the Civil Rights Movement

June 2 at 11:00 a.m.

Bayard Rustin was an American leader in social movements for civil rights. He inspired the Freedom Riders, mentored Martin Luther King in non-violent direct action, and was a lead organizer of the historic 1963 March on Washington.

Presented by Carol Watchler, community outreach coordinator of the Bayard Rustin Center for Social Justice.

LGBTQ+ Senior Rights

June 9 at 11:00 a.m.

Gordon Sauer of SAGE New Jersey will present on the LGBTQ+ Senior Bill of Rights that protects elders from discrimination in long term care facilities.

SAGE is an organization that provides LGBTQ+ competency training and consulting on LGBTQ+ issues to service providers.

Pride Virtual Open Mic Event

June 16 at 11:00 a.m.

We invite participants to tell their story through dialogue, poetry, music, and art.

Hosted by Breana Newton, program associate at PSRC and Carol Watchler of BRCSJ.

We welcome participants from the broader community. To submit your story, please contact outreach.brcsj@gmail.com by June 5.

Getting to Know Transgender with Denise Bowker

June 23 at 11:00 a.m.

After five decades of hiding, Denise Bowker decided to transition into the woman she was always meant to be. She will share her personal journey with us.

Armchair Activist: What You Can Do to Make a Difference

June 30 at 11:00 a.m.

Hear the stories of modern-day activists in our community and beyond.

Do you want to protect our environment? Are you concerned about racial justice? Is access to healthcare for everybody your issue? For these and other social concerns, our panelists can help you open the door to life-enhancing ways to make a difference without even needing to leave your home. Your pen, your phone, your voice can be the impetus for positive change. Join us and be inspired by learning the skills and strategies to bring about those dreams for a better world — right from your armchair.

Hosted by Drew Dyson, PSRC's chief executive officer, Breana Newton of PSRC, and Carol Watchler of BRCSJ.

PSRC LGBTQ+ Pride Celebration Series is sponsored by [Rothman Orthopaedic Institute](#)

LIBRARY READS — MONDAY, JUNE 7, 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

JUNE PROGRAMS

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

NEW! EVERGREEN FORUM SUMMER SAMPLER

**Wednesdays, beginning June 9 through June 30,
1:00–3:00 p.m.
Fee: \$70 for the four-session series**

Wednesday, June 9, 1:00–3:00 p.m.
The Status of Voting Rights in 2021, Elaine Jacoby
This class will update Elaine Jacoby's 2020 course, looking closely at attempts to expand voting rights even as concerted efforts in many state legislatures seek to roll back the progress that was made in 2020. Will voting by mail survive? Will early voting periods be curtailed? Other topics include the continued use of gerrymandering, voter-roll purging, and voter ID requirements. The class will briefly consider the outlook for the 2022 elections.
Leader: Elaine Jacoby is a retired attorney.

Wednesday, June 16, 1:00–3:00 p.m.
Four Brave Children Take a Knee, Phillip Carchman
In this era of controversy as to how citizens display patriotism, this class will explore two disparate United States Supreme Court decisions decided during the rise of Nazi Germany that addressed these issues, and which remain relevant to the present debate.
Leader: Philip Carchman is a retired judge of the Superior Court of New Jersey, Appellate Division.

LIMITED SERIES PROGRAMS

NEW WORKSHOP! YOGA FOR ARTHRITIS
Wednesday, June 16, 9:30 to 11:00 a.m.
Fee: \$10

"Yoga for Arthritis" is a class that takes the student through a series of gentle, breath-infused movements that flow throughout all the joints in every direction they naturally move. This practice can be done seated or on a mat with options to stand as well. Specific best placement can be

Wednesday, June 23, 1:00–3:00 p.m.
American Opera, Harold Kuskin

This class will consider what distinguishes an opera from an operetta or a Broadway musical and what makes an opera "American." The class will then explore two works by American composers, *Susannah* by Carlisle Floyd and *Candide* by Leonard Bernstein.

Leader: Harold Kuskin has lectured on opera for the Princeton Festival, has taught opera at the Princeton Adult School, and, for each of the past four years, has taught a course on opera for the Evergreen Forum.

Wednesday, June 30, 1:00–3:00 p.m.
Brief Introduction to Klezmer Music in America, Bob Mehlman and Bill Selden

This brief overview of Klezmer music (Jewish secular folk, theater, and dance music) will provide a framework for understanding the origins and changes as the music came with immigrants and will be augmented with examples played by the instructors.

Leaders: Bob Mehlman taught English at The College of New Jersey for nearly forty years and worked in psychological counseling services as a psychologist. He plays clarinet in the band Odessa Klezmer and Greek music in the band Baklava. Bill Selden directed the Geology Museum at Rutgers University. Well-versed in Balkan music, he plays accordion with the klezmer band Tzu Fil Dovidis, Greek music with Baklava, and Bulgarian and Macedonian gajda and kaval.

explored during or after class. The movement of the joints create space in the body and moves prana or the life force in such a way that motion may become more easeful and fluid. Stiffness, sensation, and/or pain may be lessened or relieved to prompt a deeper journey into healing.

Instructor: Lyn Lilavati Sirota

NEW! STAY-WELL CHAIR EXERCISE
Tuesdays, beginning June 1 to June 29 at 1:00 p.m.
Fee: \$30

Join us on Zoom for a month-long aerobics

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

workshop that will help 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 you are even exercising. You will need hand weights (or use water bottles or cans), therapy bands, comfortable clothing, water, and a smile.

TECHNOLOGY WORKSHOP — “COMPUTER SECURITY” *Friday, June 25 at 1:00 p.m.*

Join us for a one-hour tutorial where you’ll learn about security breaches such as hacking and “phishing,” malware types and prevention, phone scams, and best practices designed to help you keep your data private and your documents backed up.
Instructors: PSRC Tech Volunteers Josh Stone and Don Benjamin

Registration required, no fee.

MORNING TECH SERIES: USING GENEALOGY DATABASES

Wednesday, June 2 at 10:00 a.m.

Librarian Nora Walsh introduces you to the library’s genealogy databases: Ancestry Library Edition, HeritageQuest, and Fold3 Library Edition. This class offers new users an opportunity to dive into the past and discover threads of your family history using the library’s genealogy database offerings. Users will explore these databases and learn how to conduct and save your own research.

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.

MORNING TECH SERIES: WHAT TECHNOLOGY IS RIGHT FOR ME?

Wednesday, June 16 at 10:00 a.m.

Adapting to new gadgets and devices is hard, but trying to decide which ones to purchase is even

more difficult. During this session, users will be shown valuable resources for comparing products, and how to decide if a new technology is right for you.

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.

Morning Tech Series is presented in partnership with the Princeton Public Library and PSRC.

RETIREMENT PROGRAMS

MEN IN RETIREMENT — NOT MEETING IN JUNE

WOMEN IN RETIREMENT — “CAMEROON: A MICROCOSM OF THE AFRICAN CONTINENT” *Friday, June 18 at 10:00 a.m.*

Join WIR member, Suzanne Mandong, who will speak about her home country, Cameroon. She will share her country’s pre-independence and modern history while highlighting her youth and family. Suzanne will also share her tribe’s values which shaped her adulthood and leadership path to becoming a citizen of the world, as well as her advocacy for adolescent girls. Suzanne has over thirty-five years of diplomatic, development, and humanitarian experience; most recently with the United Nations Population Fund. All are welcome. Registration required, no fee.

TRANSITION TO RETIREMENT

Friday, June 18 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://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.

JUNE PROGRAMS

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



EXERCISE & FITNESS

GENTLE YOGA + NIDRA — Spring Quarter

Mondays 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 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 CLASSES ARE ON HIATUS UNTIL THE FALL

PAINTING FOR BEGINNERS

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

This class will emphasize the components of the creative painting technique. **Class is full. To add your name to the waitlist, please go to <https://princetonior.wufoo.com/forms/virtual-painting-self-expression-waitlist/>.**

Instructor: Christina Rang

COSMOLOGY

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



TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB

While the PSRC building remains closed, the Technology Lab continues to serve clients remotely. Our dedicated volunteers are available and responding to requests. Once you submit a request, one of our volunteers will contact you, normally within one business day, to set up an appointment to help you.

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

All programs and groups meet virtually on Zoom

JUNE 2021

Monday

Tuesday

Wednesday

Thursday

Friday

1

9:00 GrandPals GabFest
10:30 GrandPals GabFest
10:30 TED Talks
11:00 French Rendez-vous
11:00 Grandparenting Group
1:00 Stay-Well Chair Exercise

2 

10:00 GrandPals GabFest
10:00 Princeton Public Library's Morning Tech Series
11:00 Pride Month - Bayard Rustin
3:00 Let's Talk

3

9:30 GrandPals GabFest
9:45 Cosmology
10:00 Mindful Chair Yoga
11:00 Gallery Talks Online
1:00 Memoir Writing

4

10:00 Women in Retirement Coffee Klatch
10:15 Men in Retirement Weekly Meeting
1:00 First Friday Film - "The Danish Girl"

7

10:00 Gentle Mat Yoga + Nidra
12:00 GrandPals GabFest
1:00 Global Conversations
1:00 Library Reads
2:00 Word Play

8

9:00 GrandPals GabFest
10:30 GrandPals GabFest
10:30 TED Talks
11:00 French Rendez-vous
11:00 Next Chapter: Widows/Widowers
1:00 Knit Wits
1:00 Stay-Well Chair Exercise

9 

10:00 GrandPals GabFest
11:00 Pride Month - LGBTQ+ Senior Bill of Rights
1:00 Evergreen Forum Summer Sampler
3:00 Let's Talk

10

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

11

10:00 Women in Retirement Coffee Klatch
10:15 Men in Retirement Weekly Meeting
11:45 FYI Seminar - "The Perfect Bra"
1:00 "The Doctor is in" - Dr. George DiFerdinando

14

10:00 Gentle Mat Yoga + Nidra
10:30 The Future of PSRC - Information Session
12:00 GrandPals GabFest
1:00 Global Conversations
2:00 Word Play
3:00 Caregivers Group

15

9:00 GrandPals GabFest
10:30 GrandPals GabFest
10:30 TED Talks
11:00 French Rendez-vous
11:00 Grandparenting Group
1:00 Stay-Well Chair Exercise

16 

9:30 Yoga for Arthritis Workshop
10:00 GrandPals GabFest
10:00 Princeton Public Library's Morning Tech Series
11:00 Pride Month - Virtual Open Mic
1:00 Evergreen Forum Summer Sampler
3:00 Let's Talk

17

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

18

10:00 Women in Retirement - Monthly Meeting
10:15 Men in Retirement Weekly Meeting
11:45 FYI Seminar - "Stuffed Up: Common Sinus and Allergy Problems"
3:00 Transition to Retirement

21

10:00 Gentle Mat Yoga + Nidra
12:00 GrandPals GabFest
1:00 Global Conversations
2:00 Word Play
3:00 Bereavement Group

22

9:00 GrandPals GabFest
10:30 GrandPals GabFest
10:30 TED Talks
11:00 Next Chapter: Widows and Widowers
1:00 Stay-Well Chair Exercise

23 

10:00 GrandPals GabFest
11:00 Pride Month - Getting to Know Transgender with Denise Bowler
1:00 Evergreen Forum Summer Sampler
3:00 Let's Talk

24

9:30 GrandPals GabFest
9:45 Cosmology
10:00 Mindful Chair Yoga
1:00 Memoir Writing
7:00 The Future of PSRC - Information Session

25

10:00 Women in Retirement Coffee Klatch
10:15 Men in Retirement Weekly Meeting
11:45 FYI Seminar - "Understanding Memory Loss"
1:00 Technology Workshop: "Computer Security"

28

10:00 Gentle Mat Yoga + Nidra
12:00 GrandPals GabFest
1:00 Global Conversations
2:00 Word Play
3:00 Caregivers Group

29

9:00 GrandPals GabFest
10:30 GrandPals GabFest
10:30 TED Talks
1:00 Stay-Well Chair Exercise

30 

10:00 GrandPals GabFest
11:00 Pride Month - Armchair Activist
1:00 Evergreen Forum Summer Sampler
3:00 Let's Talk

BE ON THE LOOKOUT FOR OUR GENOCIDE SERIES DURING THE MONTH OF JULY.

Want to watch a video on this topic?

<https://www.youtube.com/watch?v=YpclubwJSEA>

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

VETERANS RESOURCES

VA



U.S. Department of Veterans Affairs

KEEPING YOU CONNECTED WITH MY HEALTHVET

We encourage you to register for a My HealthVet Premium account to access tools that let you manage your VA care remotely. With a My HealthVet Premium Account, you can:

- Contact your VA care team through secure messaging
- Manage your VA appointments and join VA Video Connect appointments
- Order VA prescription refills

Visit www.myhealth.va.gov to sign up.

VA US Department of Veterans Affairs
www.va.gov/geriatrics | 800.698.2411

TRANSPORTATION

CROSTOWN

The Crosstown Transportation program is currently following these safety protocols:

- Cleaning and disinfecting procedures in vehicles before, between rides, and at shift end.
- Installation of sneeze guards in cars.
- All drivers must wear masks.
- All riders must wear a mask (unless medically unable). We will provide a mask if the rider doesn't have one.
- Riders must sit in the back seat.
- No rideshares, except with family or an aide.
- Daily driver health screening check list.
- Health screening questions for rider with the ride confirmation call prior to the trip.

Door-to-door car service within Princeton for people over age sixty-five. Call 609.751.9699 to **register for the program and purchase \$3 vouchers**. Then call Ride Provide at 609.452.5144 to schedule a ride. Free to Penn Medicine Princeton Health (hospital) and medically prescribed rehabilitation at Princeton Fitness and Wellness Center.

COMPUTER GURU

by Don Benjamin

Technology Lab Programs sponsored by: Princeton Portfolio Strategies Group, LLC

Why You Need a Microsoft Account

This is the first of a two-part article on Microsoft and Apple accounts, the free services they provide, and how they synchronize and back up all your devices.

Whether you use Microsoft's Windows 10 or Apple's MacOS, you should sign up for a Microsoft account. If you use Windows, then you probably created a Microsoft account when you set up your computer or upgraded from Windows 7 to 10. But even if you use an Apple computer, you should consider signing up for a Microsoft account and take advantage of their free services. (Many folks tell us they never created a Microsoft account, but when we look for it, it's often there.)



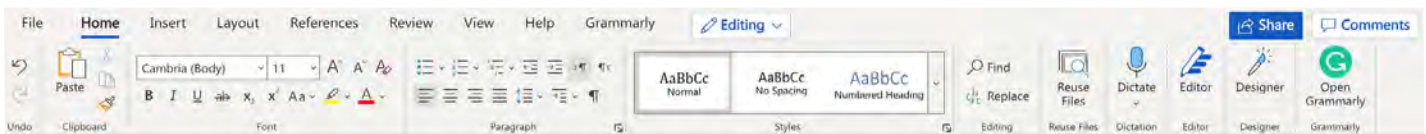
Randy just created his first spreadsheet using Excel Online!

So, what do you get with a free Microsoft account you ask?¹ You get a lot!

Office Online

Office Online includes web versions of Word, PowerPoint, Excel, OneNote, Outlook email, calendar, and address book. These are not the full versions of Microsoft Office or Microsoft 365 that you pay for, but they will be adequate for most users. (I'm writing this month's article on the web version of Word.) Because these applications run on your browser (Edge, Safari, Chrome, etc.), they will work on any computer — Windows or Mac. Built-in spelling and grammar suggestions are quick and mostly accurate. (I still split my infinitives, but I like the way it catches passive voice.)

Here's a screen shot of the menu and formatting ribbon for Word Online (below) — it's quite comprehensive. Only one caveat: Office Online only works when you're connected to the internet.



The menu and ribbon for Word Online look a lot like the paid version.

Email, Calendar, and Address Book

Outlook Online is a slick web-based email application that works with most mail providers, such as Gmail, AOL, Hotmail, Outlook.com, and iCloud. It's especially handy if you have more than one account because it gathers all your email into one place. Outlook provides a clean, ad-free interface for your mail, contact list, and calendar. (You will probably need to manually upload your contacts from your email providers.) You can also set up a free Outlook.com address (mailbox) if you'd like.

Computer Password Recovery

If you forget your computer password, you can reset it by logging in to your Microsoft account and answering your security questions (e.g., Where did you meet your dog? What's your great aunt's first cousin's step-father's name? How many fingers are you holding up?)

OneDrive

Office Online stores your documents on Microsoft's OneDrive servers that synchronize with the files on your computer, so you'll always have backups. In fact, OneDrive will let you work on your documents anywhere in the world that has an Internet connection! Five GB of storage is free.

If you need help setting up a Microsoft account, just mosey (or amble) on over to our tech support at princeton senior.org/psrc-tech-resources/.

¹ I'm pretending that you asked. If I didn't then I'd have nothing to explain, so just humor me.



SOCIAL SERVICES

by Sharon Hurley, CVA

HOW SOLID IS YOUR FOUNDATION?

In preparation for writing this month's article I struggled with how best to present the difficult topic of elder abuse. I decided to take a practical approach and give you an assignment.

June 15 is World Elder Abuse Awareness Day (**WEAAD**). Last year PSRC started this recognition day by hosting an elder justice panel of local experts. We continued each month with presenters and discussions on a variety of topics. These topics covered the different types of elder abuse, advocacy opportunities, New Jersey government agencies, and community organizations that provide support, educational information, regulations, and resources.

Students from Princeton High School, lead by junior, Olivia Milman, are planning a community event in June for WEAAD. Watch for details!

PSRC has a webpage (<https://www.princetonsenior.org/elder-justice-and-crisis-assistance/>) dedicated to elder justice and crisis assistance. Resources and links have been recently added to give you information about identifying the signs of abuse, reporting suspected abuse/neglect, how Adult Protective Services (APS) handles complaints, and creating a safety plan for your own protection. There are links to videos, documents, and pamphlets that address issues that we all hope you never have to encounter.

Abuse and neglect of older adults does occur more than we even know. Many cases go unreported because the incidents are usually perpetrated by someone that is trusted, including children and caregivers.

Let's address the foundation mentioned in the title. A system of supports will help us take control of our future. This will make us less of a target to someone with unscrupulous intentions. Prevention measures to help protect us from abuse and neglect is needed by taking deliberate action steps.

People often wait until they are in a crisis to sort out issues, and potential risks, but that is not the healthiest approach or best practice.

Here is your assignment: Start today by forming your foundation of support by creating a plan. Use the ideas and questions in the box (on page 13) to develop a list of people, organizations, and documents that will be part of your support system. Put them all in one binder or notebook, so that you can add to it as you learn of new resources. Knowledge is power.

We have learned, unfortunately, that during the pandemic social isolation made it easier for someone to be the target of abuse and neglect. Staying connected with others, even if it isn't in person, is not only a key to your mental health, but it's also part of strengthening that foundation you are creating.

The April elder justice topic was so well received and informative. It was about elder shelter. The presenter gave an overview of elder abuse and neglect, and then addressed a program that would give an older adult a safe place to live temporarily, if they needed to leave their home for safety reasons. I highly recommend listening to the recording:

https://zoom.us/rec/share/QGbR9Ur8wIOeL4L3AHcWI5TGGRUZvNJB9-0Fsmmoz4KnLVILi-3E-tYGillcp36._TTUkKzhtFOHTGuu

To find resources on a variety of topics that could help you complete your foundation plan, go to our community resources webpage. (<https://www.princetonsenior.org/area-community-events/>) If you have questions about how to get started with your plan, or if you have general questions about elder abuse and neglect, please contact one of us in PSRC social services at socialservices@princetonsenior.org.



**Foundation Plan: Are your support systems in place?
Are you protecting yourself?**

- Person and phone number that you can call at any hour of the day or night
- Friends/Family and phone numbers that you talk to regularly
- Primary physician and phone number
- Any specialists and phone numbers
- Person that has POA or that you will ask to be your POA and their phone number
- People that have a copy of your wills (living will and financial will) and phone numbers
- Attorney and financial planner name and phone numbers
- Location of your important documents, keys, passwords
- Bank(s)
- Faith community name and contact person and phone number/ address
- List of medications (this is probably best kept on your phone since it may change)
- Hobbies, activities of interest, clubs, social events, senior center
- Maintenance or handyman
- Housekeeping
- Pets/veterinarian
- Lawn care
- Therapist/counselor name & phone number
- Properties owned, vacation/timeshare

Questions/issues to research

- Home care vs assisted living/long term care community
- Transportation if driving is no longer safe
- Meal assistance, delivery, food pantry, chef
- Care manager to assist in coordinating any or all items listed
- Funeral/cremation/body donation
- Personal preferences if you need caregiver support
- County office on aging, other support organizations
- Home modifications
- List of things that worry me



GROUPS

BEREAVEMENT

Monday, June 21 at 3:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS

Monday, June 14 & 28 at 3:00 p.m.
(Usually second & fourth Monday of each month)

CHILDREN OF AGING PARENTS

Thursday, June 10 at 4:00 p.m.
(Usually second Thursday of each month)

GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

GRANDPARENTING

Tuesday, June 1 & 15 at 11:00 a.m.
(First & third Tuesday of each month)

KNIT WITS

Tuesday, June 8 at 1:00 p.m.
(Usually second Tuesday of each month)

LET'S TALK

Wednesdays at 3:00 p.m.

MEN IN RETIREMENT

MONTHLY MEETING

Not meeting in June

(Usually first Friday of each month)

NEXT CHAPTER: WIDOW/-ERS

Tuesday, June 8 & 22 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, June 18 at 3:00 p.m.
(Usually third Friday of each month)

WOMEN IN RETIREMENT

MONTHLY MEETING

Friday, June 18 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 Novi Wealth Partners: Women, We Want To See You Thrive!

At **Novi Wealth Partners**, we are passionate about empowering women to take control of their finances and make decisions that get them closer to their ideal future. We are familiar with the unique challenges women face throughout their lifetime and desire to partner with you to maximize your opportunities and minimize the risks to your financial situation.

Novi Wealth Partners is an independent, fee-only comprehensive financial planning firm dedicated to empowering clients to discover their definition of true wealth while providing the confidence to achieve it. With 20+ years of experience, we have found that most people don't care about money, but instead, they care about what money can do for them and their loved ones. As a result, we focus on guiding our clients to find their unique vision for their life and developing a plan to help them live out their values. Our goal is to truly understand our clients on a personal level and help them navigate life's many changes.

We are located in Princeton, NJ and we service clients both locally and nationally. There are four Certified Financial Planner® practitioners in the firm, all of whom are members of the prestigious National Association of Personal Financial Advisors (NAPFA) and the Financial Planning Association (FPA). We prioritize a team-based approach, which allows us to deliver comprehensive financial planning, investment management, tax planning advice, retirement planning, estate planning advice, risk management advice, and concierge level wealth management. We are committed to providing each of our clients a level of service as unique as they are and we are proud, as Fee-Only™ financial advisors, to offer unbiased financial expertise.

Whether you need help developing a brand-new financial plan or you just want to know more about Social Security, call 609.921.7002 or email info@noviwealth.com to schedule an introductory appointment.

JUNE FEATURED SPONSORS



Brandywine Living: Princeton, Pennington & Brandywine Living Serenade at Princeton
Brandywine Living Offers Active Aging Communities,
Including Assisted Living and Memory Care

brandycare.com



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

nightingalenj.com

As we approach the last month of the 2020–2021 annual giving campaign, **the PSRC Board of trustees has put forth a \$30,000 MATCHING CHALLENGE — so for every dollar you give, another dollar will go to support our work.**
Your generosity can make a world of difference.

We invite you to make a DONATION that will further our work with the older adults in our community. By participating in our annual fund with your donation, PSRC will be able to continue bringing hope and light to the seniors we serve.

BECAUSE OF YOU...



As we pass the one-year anniversary of the Covid-19 pandemic, PSRC continues to be a beacon of hope for older adults in our community. In the past year, PSRC has:

- Engaged over 1,300 participants weekly in online social service groups and engaging lifelong learning programs;
- Enrolled over 700 students in our fully virtual spring season of the renowned Evergreen Forum;
- Supported more than 900 clients through our support groups, counseling, and referral services;
- Equipped more than 800 older adults with technology support, providing the skill and resources to battle social isolation;
- And so much more!

The Vaccine Navigator program is the latest illustration of our commitment to help older adults thrive. In response to overwhelming frustration with the vaccine rollout, PSRC quickly sprang into action, deploying staff and resources to launch the **Vaccine Navigators**. Within three weeks, we recruited, screened, trained, and deployed over fifty volunteer navigators to assist with these efforts. To date, we have worked with over 500 older adults in an effort to secure vaccine appointments and give a shot of hope to our community.



But don't just take our word for it, take it from Amy, who writes:

“To my friends at PSRC, thank you and bless you for taking care of me. I will be 93 years old in June. I had a heart attack last July, allergies to many medicines, and was desperate to find a safe vaccination procedure. As I tried listing with various locations and being put on huge lists, I truly became frightened. When your call came in, and I was scheduled for a vaccine in the building where my doctors have their offices, I cried for joy. I was safe — and I will always be grateful for everything you did for me.”

None of what we do would be possible without your generous support. Unlike most senior centers, PSRC is a community nonprofit and not a municipal agency. While we continue to enjoy a wonderful municipal partnership, over 80% of our budget comes through individual donations, corporate sponsorships, and foundations/grants.

Thank you! Again, we invite you to make a DONATION. We are truly grateful for your gift.
Your generosity is the fuel that empowers PSRC to change lives.

Visit <https://www.princetonsenior.org/support/donate/> to learn how to donate
or call 609.751.9699, ext. 103.



45 Stockton Street • Princeton • New Jersey



Photo: Adam Jones, PhD, Wikimedia Commons

In July, PSRC will be addressing how genocide is perpetrated and remembered. With a focus on three twentieth-century genocides — the Armenian genocide, the Holocaust, and the Rwandan genocide — our programs will explore both the experience of genocide and its aftermath from the perspective of the communities that survived it and society at large.



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
Brandywine Living: Princeton,
Pennington, & Serenade at Princeton
Bryn Mawr Trust
Capital Health

Homewatch CareGivers
McCaffrey's Food Markets
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Novi Wealth Partners
Penn Medicine Princeton Health
& Home Health

Princeton Portfolio Strategies Group, LLC
Rothman Orthopaedic Institute
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/