



## SUMMER SCHOLAR SPOTLIGHT SERIES

### SUMMER SCHOLAR SPOTLIGHT SERIES

*Mondays in July and August at 1:00 p.m.*

The PSRC Summer Scholar Spotlight Series returns this year, with a special focus on female scholars. *Descriptions page 8 & 9. Fee: \$10 per session; \$45 for all five*

Register at <https://princetonsenior.link/w5qc0m0>

### STORIES AND TESTIMONIES OF GENOCIDE

*Wednesdays in July at 11:00 a.m.*

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.

*Descriptions page 9.*

**Registration required, no fee**

Register at <https://princetonsenior.link/yxk>

### 20,000 LEAGUES UNDER THE PSRC

*Thursdays at noon in July*

Take to the seas in July with PSRC. This program will focus on maritime history and ocean life. We will visit historic ships of the U.S. on both coasts, learn about the swashbuckling woman whom many consider to be the most successful pirate in history, and spend a session learning about North American whales. July is the perfect month to dip your toes into PSRC's virtual waters! *Descriptions page 6 & 7.*

**Fee: \$10 per session; \$45 for all five**

Register at <https://princetonsenior.link/t41>

## EVERGREEN FORUM — CELEBRATING TWENTY YEARS



### THE EVERGREEN FORUM

**Evergreen Forum Fall 2021**

ALL COURSES ARE VIRTUAL USING ZOOM

Registration opens on Tuesday, August 3 at 9:30 a.m.

Second (or more) course registration opens  
on Tuesday, August 17

Classes begin the week of September 27

Registration is online and is first come, first served

Turn to [page 13](#) for the spring course list.

**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*

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FROM THE CEO, DREW DYSON  
Justice in Our Community

*"The arc of the moral universe is long,  
but it bends toward justice."* — Martin Luther King Jr.

*"What, to the American slave, is your Fourth of July?  
I answer: a day that reveals to him, more than all other days  
in the year, the gross injustice and cruelty to which he is the  
constant victim."* — Frederick Douglass

Dear Friends,

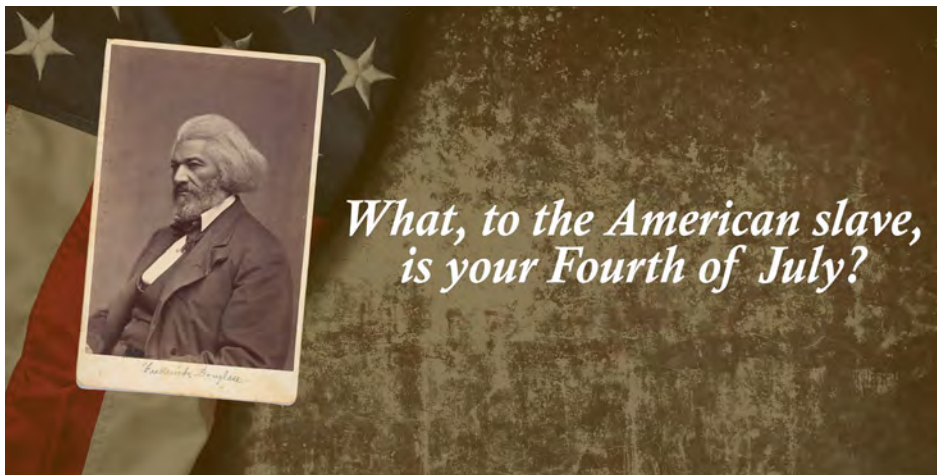
As we prepare as a nation to celebrate the Fourth of July, we do so this year with increasing awareness that the journey toward justice, the ideals of liberty and justice for all, continue to be more out of reach for some than others. Over the course of the past year, we have seen amplified the injustice of racism in our nation while also marking some modest steps of progress. We have been reminded of King's quote about the ultimate bend of the universe toward justice.

The celebration of the Fourth of July should be a reminder of both the ideals for which we strive, and the importance of intentional, deliberate acts that move us closer to those ideals. When King spoke those words, he was paraphrasing Harvard Divinity School alumni and abolitionist Theodore Parker's sermon from 1853 that did not passively accept the ultimate bend of the universe towards justice, but coupled the hoped-for future with the intentional justice-filled action and advocacy of the abolitionist movement. Similarly, King's intent was not to call people to passive waiting, but to call forth just action that contributes toward the universe's arc bending toward justice.

The Fourth of July is an opportunity for us to celebrate the ideals that first inspired the birth of our nation — as well as to mark the progress that has been made towards realizing those ideals for all people. It should also be an opportunity for us to listen and to learn,

to hear the voices of those who have been marginalized, and who still experience the oppression and injustice woven into the fabric of society. And, it should be an opportunity for us to commit once again to the work of justice and anti-racism efforts in our own community.

Towards that end, we are delighted to participate in, and invite you to share in a virtual community reading of Frederick Douglass's speech, "The Meaning of July Fourth for the Negro," first delivered on July 5, 1852. This community reading will be an opportunity to come together and speak, hear, and consider Douglass's powerful and prophetic message. Following the community reading (held on Zoom at 5:30 p.m. on July 5), participants will be invited to join the 7:00 p.m. virtual program with Not In Our Town Princeton where we will have the opportunity to reflect on the speech more deeply in small groups.



I am truly grateful for the wonderful community organizations that have formed the planning committee to bring this powerful opportunity to our community: Nassau Presbyterian Church and Witherspoon Street Presbyterian Church Joint Mission Committee; Not In Our Town Princeton; Paul Robeson House of Princeton; Princeton Public Library; and the Unitarian Universalist Congregation of Princeton Racial Justice Task Force. We will share registration information in our e-newsletters. I look forward to sharing with you in this important virtual gathering to strengthen the work of justice in our community!

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

## PSRC STAFF

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*Chief Executive Officer*

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*Lifelong Learning Coordinator*

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*Program Associate, Receptionist,  
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Executive Management Team*

**Kathleen Whalen**  
*Director of Communications*

## JULY PROGRAMS

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



### FIRST FRIDAY FILM — “RACE”

**Friday, July 2 at 1:00 p.m.**

Jesse Owens’ quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler’s vision of Aryan supremacy. Starring: Stephan James, Jason Sudeikis, Jeremy Irons

**Running time: 2 hours, 14 minutes;**

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

Registration required, no fee.



### FYI SEMINAR — “MEDICARE BASICS”

**Friday, July 9 at 11:45 a.m.**

During the Medicare Basics presentation, we will discuss Medicare coverage options, when to enroll, possible penalties, and so much more! Jennifer Mellen is a licensed insurance broker who has been working in New Jersey for nearly twenty years, specializing in Medicare health and prescription plans, as well as group and individual health, dental, vision, and life insurance. “Thoroughly educating my clients and delivering exceptional, friendly customer service are central to my business model.”

Registration required, no fee.



### FYI SEMINAR — “WHAT IS THE STATE OF YOUR AFFAIRS?”

**Friday, July 16 at 11:45 a.m.**

We will talk about what paperwork to keep and for how long, what never needs to be kept, and ways to organize what you do keep.

Presenter: Linda Richter

Registration required, no fee.



### FYI SEMINAR — “WHAT GIVES YOU HOPE?”

**Friday, July 23 at 11:45 a.m.**

Joan Goldstein, PhD, sociologist, author, and counselor, has been exploring the changes brought upon people and society by the Covid-19 pandemic. With her college students, she came upon the question of: What gives you hope? The answers they shared surprised her and she wondered: What about senior citizens? In this session, attendees will share and search for answers to this question of hope and how it can help us find our way in difficult times.

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:

**July 6 — Jennifer 8 Lee:** The hunt for General Tso

**July 13 — Lisa Genova:** How your memory works – and why forgetting is totally OK

**July 20 — Scott Fraser:** Why eyewitnesses get it wrong?

**July 27 — Iwan Baan:** Ingenious homes in unexpected places

Registration required, no fee.

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



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.



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

## RETIREMENT PROGRAMS

MEN IN RETIREMENT — NOT MEETING IN JULY

WOMEN IN RETIREMENT — “GETTING TO KNOW WIR”  
*Friday, July 16 at 10:00 a.m.*

This month’s WIR meeting will showcase the creative talents of our own WIR members. Our members have a variety of avocations encompassing painting, quilting, jewelry making, poetry writing, and more. Join us as they show samples of their work and talk about their enjoyment of arts and crafts pastimes. All are welcome.

Registration required, no fee.

TRANSITION TO RETIREMENT

*Friday, July 16 at 3:00 p.m.*

This group addresses the many kinds of issues that can arise during the transition to retirement. The group is facilitated by Dave Roussell, MEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator.

Registration required, no fee.

LIBRARY READS — MONDAY, JULY 12  
*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*

## LIMITED SERIES PROGRAMS

NEW! BASIC DRAWING: BEGINNERS TO ADVANCED  
*8 Sessions on Mondays, Beginning July 12 to August 30, 9:30–11:30 a.m.*

*Fee: \$80 per student*

Is drawing a talent or a skill? Both. We all have the ability to learn and enjoy the practice of drawing!

This course introduces students to a variety of easy to learn drawing techniques and encourages students to develop their own style. Each interactive session includes a specified lesson plan, with practice and drills, time to share, and personalized critiques designed to unblock the artist in you, tap into your imagination, unleash your creativity, and exercise your memory, analytical, and small motor skills. Experienced artists will grow in agility and gain proficiency. Fun weekly challenges!

Materials: good erasable paper (a sketchbook will work nicely), a variety of graphite pencils (preferably soft wood-less, 4–8B pencils), a sharpener, a plastic white eraser, and a kneaded eraser will come in handy. Maximum: 15 students

*Instructor: Denise McDaniel* “My greatest joy is to stand before a blank canvas. So many possibilities! There is always something new to paint.” Denise is an oil painter best known for her plein air and landscape paintings. Her art reflects a lifetime of study and practice that began with a love of children’s book illustrations and is informed by academic training and museum scholarship. She has a BFA from Moore College of Art, has worked professionally as a technical illustrator and graphic designer, is a member of the Willingboro Art Alliance, and is a docent at the Princeton University Art Museum.

## SPECIAL NOTICE

PSRC is closed on Monday, July 5 in celebration of Independence Day

## JULY PROGRAMS

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

### **TOM STOPPARD'S *THE REAL INSPECTOR HOUND***

***Thursdays, beginning July 1 through August 5,***

***2:00–4:00 p.m.***

***Fee: \$70***

*The Real Inspector Hound* is a short, one-act play by Tom Stoppard. The plot follows two theatre critics named Moon and Birdboot who are watching a ludicrous setup of a country house murder mystery, in the style of a whodunit. By chance, they become involved in the action causing a series of events that parallel the play they are watching. In this six-week class, we will attempt to put the play “on its feet”, not with the intention to produce it, but simply to get the words in our mouths and to see what the playwright tells us to do. Neither acting experience nor familiarity with the play are necessary.

***Instructor: Barbara Herzberg*** has extensive theatre background, has taught English and drama, and

directed plays. She has been a course leader for Evergreen Forum for many years.

Limited to 16 participants

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

***Tuesdays, beginning July 6 through July 27 at 1:00 p.m.***

***Fee: \$30***

Join us on Zoom for a month-long aerobics 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.



### **20,000 LEAGUES UNDER THE PSRC**

***Thursdays at noon in July***

***Fee: \$10 per session; \$45 for all five***

Register at <https://princetonior.org/link/t41>

### ***Thursday, July 1 at noon***

#### ***Historic Ships — Baltimore, MD***

Historic ships in Baltimore is the steward of historic vessels spanning more than 150 years of American maritime heritage. They preserve and maintain vessels from the US Navy, including the *USS Constellation* and *USS Torsk*, the U.S. Coast Guard, including *USCG Cutter 37*, and the U.S. Lighthouse Service with Lightship Chesapeake, and Seven Foot Knoll Lighthouse. For a glimpse into the fascinating history of each of these historic ships, join Brian Auer, the operations director at Historic Ships in Baltimore to hear their stories.

### ***Thursday, July 8 at noon***

#### ***Intrepid — New York, NY***

Highlights of the Intrepid Museum: We will be visiting the *USS Intrepid*, an aircraft carrier in active service from 1943 to 1974. The ship saw action in the Pacific theater of World War II, surviving five kamikaze attacks and a torpedo strike, and was still in active service during the Vietnam War. An educator will take our group on a virtual tour of the Intrepid Museum on the Hudson River in New York City. Welcome Aboard!

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

**MORNING TECH SERIES: ONLINE HEALTH RESOURCES**  
***Wednesday, July 7 at 10:00 a.m.***

Whether you are looking for health information for yourself or a loved one, Librarian Dana Treichler will teach you how to access online resources directly or through databases that the library offers.

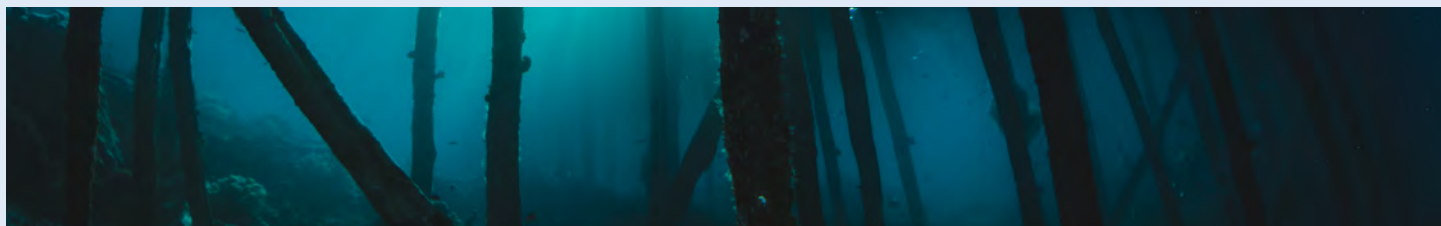
Registration required through the library. This program will be held on Zoom. A link will be sent to all registrants the morning of the program.

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

**MORNING TECH SERIES: APPS FOR SENIORS**  
***Wednesday, July 21 at 10:00 a.m.***

Having apps on a mobile device, whether a smartphone or tablet, can make life easier and more fun. But, due to the sheer volume of apps available, picking the best ones for you can be a challenging task. During this session, Librarian Dana Treichler will showcase helpful and enjoyable apps that can benefit any Princetonian, especially senior citizens.

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



***Thursday, July 15 at noon***

***The Whale Museum — Friday Harbor, WA***

Cetaceans of the Salish Sea: Join Tracie Merrill, Education Curator at The Whale Museum in Friday Harbor, Washington State, as she gives an introduction to the natural history and species of whales, dolphins, and porpoises found in the inland waters of the Salish Sea, the bodies of waters between Washington State and British Columbia. You may be surprised to know several of these species can also be found along New Jersey's Atlantic coast! We'll also listen to the vocalizations of several of these species and learn about the threats facing them.

***Thursday, July 22 at noon***

***USS Hornet — Alameda, CA***

The name *USS Hornet* is legendary in the U.S. Navy with ships of this name making significant contributions in all major conflicts including the Revolutionary War. The seventh *Hornet*, a World War II-era aircraft carrier commissioned in 1941, launched the Doolittle Raid, the first aerial attack on the Japanese home islands, and was sunk in late 1942; a second carrier named *Hornet* was launched

in 1943 and is the home of the USS Hornet Sea, Air and Space Museum. Take a virtual tour of the Museum with a live *USS Hornet* educator as your guide.

***Thursday, July 29 at noon***

***Vancouver Maritime Museum — Vancouver, BC***

In the patriarchal Confucian society of imperial China, you would probably expect that the massive Guangdong Confederation of Pirates was, at the height of its power, commanded by a man, but this was not the case. It was led by a woman called Ching Shih, who, with a fleet of 1500 vessels supported by 80,000 maritime outlaws, managed not only to totally dominate the South China Sea, but also come out on top in naval engagements against the military forces of the Qing Dynasty and the Portuguese Empire. How did she achieve such greatness? An in depth talk about her life will be given by Dennis Chen, programs supervisor at the Vancouver Maritime Museum and Department of Asian Studies faculty member at Alexander College.

*PSRC 20,000 Leagues Under the PSRC Series is sponsored by [Lawrenceville Optician](#).*



# SUMMER SCHOLAR SPOTLIGHT SERIES

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*Mondays at 1:00 p.m.*

The PSRC Summer Scholar Spotlight Series returns this year, with a special focus on female scholars.

*Fee: \$10 per session; \$45 for all five*

Register at <https://princetonsenior.link/w5qc0m0>

*Monday, July 12 at 1:00 p.m.*

**Dana Marlowe**

### **Concerns and Needs of Women Carrying the BRCA, Breast and Ovarian Cancer Mutation**

This study conducts qualitative research to assess the concerns and needs of women living with the BRCA1 or BRCA2 (Breast cancer 1 or Breast cancer 2 genetic mutation) throughout their lifetimes. Results of the study will be initial recommendations for services that will be made to agencies providing services to these women and their family members.

**Dana B. Marlowe**, PhD, LCSW, is a clinical professor and director of academic excellence and teaching innovation, as well as a research scholar at the Ravazzin Center on Aging at the Fordham University Graduate School of Social Service



*Monday, July 19 at 1:00 p.m.*

**Abigail Uhrman and Meredith Katz**

### **Is it all or nothing? If I choose private school, do I have to give up on being anti-racist?**

This study explores how private school parents engage with issues of race within the educational lives of their children. Data emerged from a parent reading group discussing Hagerman's 2018 book *White Kids: Growing Up with Privilege in a Racially Divided America*.

**Meredith Katz** is a clinical assistant professor of education at the William Davidson Graduate School of the Jewish Theological Seminary.



**Abigail Uhrman** is an assistant professor of education at the William Davidson Graduate School of the Jewish Theological Seminary.



*Monday, July 26 at 1:00 p.m.*

**Beth Yount**

### **Promoting Food Security in Guinea, West Africa**

This presentation will feature a personal experience working with the United Nations World Food Programme and its part in capacity building and partnerships, as well as the role of foreign aid in addressing food security internationally. Included is a discussion of strategies and constraints on ending hunger.

**Beth Yount** is master watershed steward coordinator for Penn State Extension, Philadelphia.



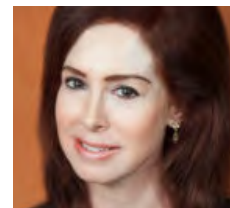
*Monday, August 2 at 1:00 p.m.*

**Susan Shapiro Barash**

### **Shifting from Nonfiction to Fiction**

In this presentation, the famed author will explore how she has threaded academic research with pop culture to tell the stories of how lives of women are endlessly fascinating and that the female journey deserves to be told.

**Susan Shapiro Barash** studies gender in the writing department at Marymount Manhattan College.





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

**Monday, August 9 at 1:00 p.m.**

**Marlaine Lockheed**

**Education Policy Research in Sub-Saharan Africa: A variety of Country Contexts**

Sub-Saharan Africa is becoming more diverse, urbanized, and integrated regionally and globally, bringing the promise of more and better jobs to the continent's sizable and growing youth population. Realizing this potential requires that young Africans have a solid foundation in basic education and opportunities for further education. For the

past few years, Lockheed and her colleagues have been working with associates in the World Bank to draw policy lessons from the region and for the region about “what works” to boost learning and how to better implement what works.

**Marlaine Lockheed** is a retired World Bank official.



PSRC Summer Scholar Spotlight Series is sponsored by [Lawrenceville Optician](#) and [Mobility Doctor](#).

STORIES AND TESTIMONIES OF GENOCIDE

**Wednesdays at 11:00 a.m.**

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. — **Registration required, no fee**

Register at <https://princetonsenior.link/yxk>

**Wednesday, July 7 at 11:00 a.m.**

***A Guided Tour of The Anne Frank House in Virtual Reality — Amsterdam, Holland***

**Wednesday, July 14 at 11:00 a.m.**

***Letters from Anne and Martin — A Live (on Zoom) Theatrical performance by the Anne Frank Center for Mutual Respect, New York, NY***

*Letters from Anne and Martin* is a unique production that combines the iconic voices of Anne Frank and Martin Luther King, Jr., both of whom were born in 1929 yet seemingly represent drastically different times and cultures. Developed from excerpts from *Anne Frank: The Diary of a Young Girl* and Dr. King's “Letter from a Birmingham Jail,” this piece evokes the important messages from these legendary figures, as they write of their hopes and plans for a peaceful and unified world. This performance touches those of various backgrounds and demonstrates the universality of the human experience.

**Wednesday, July 21 at 11:00 a.m.**

***The Rwandan Genocide and its Aftermath — Alexis Rwatambuga and Aline Ndemeye, Chesapeake, VA***

Join us for a special presentation with Alexis Rwatambuga, a Rwandan Tutsi and Aline Ndemeye from the Congo, on how they survived the aftermath of the Rwandan genocide and how it continues to plague the continent of Africa.

**Wednesday, July 28 at 11:00 a.m.**

***What Will Become of Us – 100 Years After the Armenian Genocide — Stephanie Ayanian, Bryn Mawr, PA***

Filmmaker Stephanie Ayanian will discuss the Armenian Genocide, the importance of documented evidence, and the use of survivor testimony in her film *What Will Become of Us*.

PSRC Stories and Testimonies of Genocide Series is sponsored by [Rothman Orthopaedic Institute](#).



## THANK YOU to an Incredible Team of Volunteers

We can't thank enough the sixty-six individuals who answered the call and volunteered to help PSRC participants secure vaccine appointments. We thank the twenty-seven multi-lingual volunteers who assisted PSRC constituents in fifteen different languages, ranging from Korean, Spanish, French, to Chinese/Mandarin. We thank the seven volunteers who assisted with translation services for marketing materials. We thank YOU ALL for your time, energy, patience, understanding, and support you provided to those who needed you!

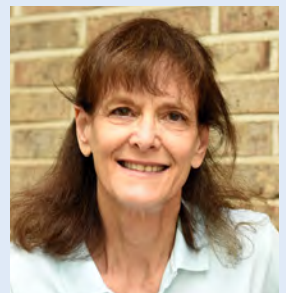
One of our recipients said it best,  
 “Thank you so much for your terrific work.  
 On this dreary, rainy day, there is sunshine in our hearts  
 and smiles on our faces, thanks to you!”

— Leo and Marjorie

### PSRC SPOTLIGHT:

#### CARLA SERVIN, Assistant Coordinator for Intergenerational Programs

I am the Assistant Coordinator for Intergenerational Programs and have worked at PSRC for three years. One of the best parts of my job is teaming up with Wendy Lodge. Together, we run a program that brings seniors together with kindergarten students to share a love of reading (pre-pandemic) called GrandPals. We also collaborate with Corner House in a program called Seniors for Seniors, where high school students from their leadership program forge relationships with our seniors, sharing stories about their families, school life, hobbies, and much more. I am passionate about helping seniors live their best lives and it is a joy to see the magic that happens when connections are made between the generations.



I also had another role this spring as Vaccine Navigator Coordinator, working with Sharon Hurley and a staff of wonderful volunteers who worked relentlessly to help seniors find vaccine appointments. It is some of the most fulfilling work I have ever done, being there for people who at times just needed to vent their fears and frustrations about the difficulty we all had finding vaccine appointments. When I'm not working, I enjoy hiking, kayaking, and spending time with my two daughters, ages twenty-three and twenty-five, who were home with me for much of the last year.

All programs and groups meet virtually on Zoom

# JULY 2021

Monday

Tuesday

Wednesday

Thursday

Friday

THIS AUGUST WE WILL FEATURE A NEW SERIES  
RINGS OF GLORY: OLYMPICS IN HISTORY AND ART.

Check out the real story of the ancient olympic games at  
<https://www.penn.museum/sites/olympics/olympicorigins.shtml>

PSRC Rings of Glory Series is sponsored by [Lawrenceville Optician](#).

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9:30 GrandPals GabFest  
9:45 Cosmology  
**10:00 Every Body Walk!**  
10:00 Mindful Chair Yoga  
**12:00 20,000 Leagues Under the PSRC**  
1:00 Memoir Writing  
**2:00 The Real Hound Inspector**

2

10:00 Women in Retirement  
Coffee Klatch  
**1:00 First Friday Film - "Race"**

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PSRC IS CLOSED IN  
OBSERVANCE OF  
INDEPENDENCE DAY

6

9:00 GrandPals GabFest  
**10:00 Every Body Walk!**  
10:30 GrandPals GabFest  
10:30 TED Talks  
**1:00 Stay-Well Chair Exercise**

7

10:00 GrandPals GabFest  
**10:00 Princeton Public Library's Morning Tech Series**  
**11:00 Stories and Testimonies of Genocide**  
3:00 Let's Talk

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9:30 GrandPals GabFest  
9:45 Cosmology  
**10:00 Every Body Walk!**  
10:00 Mindful Chair Yoga  
**12:00 20,000 Leagues Under the PSRC**  
1:00 Memoir Writing  
**2:00 The Real Hound Inspector**  
**4:00 Children of Aging Parents**

9

10:00 Women in Retirement  
Coffee Klatch  
10:15 Men in Retirement  
Weekly Meeting  
**11:45 FYI Seminar - "Medicare Basics"**

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**9:30 Basic Drawing: Beginners to Advanced**  
10:00 Gentle Mat Yoga + Nidra  
12:00 GrandPals GabFest  
1:00 Global Conversations  
**1:00 Library Reads**  
**1:00 Summer Scholar Spotlight Series**  
2:00 Word Play  
**3:00 Caregivers Group**

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9:00 GrandPals GabFest  
**10:00 Every Body Walk!**  
10:30 GrandPals GabFest  
10:30 TED Talks  
**11:00 Next Chapter: Widows and Widowers**  
**1:00 Knit Wits**  
**1:00 Stay-Well Chair Exercise**

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10:00 GrandPals GabFest  
**11:00 Stories and Testimonies of Genocide**  
3:00 Let's Talk  
**3:00 The Future of PSRC - Information Session 3**

15

9:30 GrandPals GabFest  
9:45 Cosmology  
**10:00 Every Body Walk!**  
10:00 Mindful Chair Yoga  
**12:00 20,000 Leagues Under the PSRC**  
**2:00 The Real Hound Inspector**

16

**10:00 Women in Retirement - Monthly Meeting**  
10:15 Men in Retirement Weekly Meeting  
**11:45 FYI Seminar - "What is the State of Your Affairs?"**  
**3:00 Transition to Retirement**

19

**9:30 Basic Drawing: Beginners to Advanced**  
10:00 Gentle Mat Yoga + Nidra  
12:00 GrandPals GabFest  
1:00 Global Conversations  
**1:00 Summer Scholar Spotlight Series**  
2:00 Word Play  
**3:00 Bereavement Group**

20

9:00 GrandPals GabFest  
**10:00 Every Body Walk!**  
10:30 GrandPals GabFest  
10:30 TED Talks  
**11:00 Grandparenting**  
**1:00 Stay-Well Chair Exercise**

21

10:00 GrandPals GabFest  
**10:00 Princeton Public Library's Morning Tech Series**  
**11:00 Stories and Testimonies of Genocide**  
3:00 Let's Talk

22

9:30 GrandPals GabFest  
9:45 Cosmology  
**10:00 Every Body Walk!**  
10:00 Mindful Chair Yoga  
**12:00 20,000 Leagues Under the PSRC**  
1:00 Memoir Writing  
**2:00 The Real Hound Inspector**

23

10:00 Women in Retirement  
Coffee Klatch  
10:15 Men in Retirement  
Weekly Meeting  
**11:45 FYI Seminar - "What Gives You Hope?"**

26

**9:30 Basic Drawing: Beginners to Advanced**  
10:00 Gentle Mat Yoga + Nidra  
12:00 GrandPals GabFest  
1:00 Global Conversations  
**1:00 Summer Scholar Spotlight Series**  
2:00 Word Play  
**3:00 Caregivers Group**

27

9:00 GrandPals GabFest  
**10:00 Every Body Walk!**  
10:30 GrandPals GabFest  
10:30 TED Talks  
**1:00 Stay-Well Chair Exercise**

28

10:00 GrandPals GabFest  
**11:00 Stories and Testimonies of Genocide**  
3:00 Let's Talk

29

9:30 GrandPals GabFest  
9:45 Cosmology  
**10:00 Every Body Walk!**  
10:00 Mindful Chair Yoga  
**12:00 20,000 Leagues Under the PSRC**  
1:00 Memoir Writing  
**2:00 The Real Hound Inspector**

30

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

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

## EVERGREEN FORUM — CELEBRATING TWENTY YEARS



This fall, PSRC will be honoring the Evergreen Forum as we celebrate our twentieth year. Stay tuned for special tributes, celebrations, and continued recollections of our past two decades of lifelong learning. We look forward to your participation as we reflect on past accomplishments and begin a new era!

## 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.





## Fall 2021 Course List

All Courses are virtual using Zoom

### **THE ARAB WORLD'S DEMOCRACY DEFICIT: ANOMALY OR HARBINGER**

Leader: John Waterbury  
Mondays, 1:00 to 3:00 p.m.

### **ART FROM ALL ANGLES**

Leader: Linda Hayes  
Wednesdays, 1:00 to 2:30 p.m.

### **CONTEMPORARY ECONOMIC ISSUES**

Leaders: Milton Grannatt and Kurt Steiner  
Mondays, 1:30 to 3:30 p.m.

### **DICKENS'S DAVID COPPERFIELD: NOVEL AND FILMS**

Leader: Dianne Sadoff  
Tuesdays, 1:00 to 3:00 p.m.

### **EARLY JOYCE**

Leader: Lee Harrod  
Wednesdays, 10:00 a.m. to noon

### **ELIZABETH STROUT, AGAIN: FOUR NOVELS**

Leader: Lois Marie Harrod  
Wednesdays, 1:00 to 3:00 p.m.

### **EXPLORATIONS**

Leader: Barbara Kirsh  
Thursdays, 10:00 a.m. to noon

### **FOR THE PEOPLE: FEDERALISM AND DEMOCRACY**

Leader: Elaine Jacoby  
Wednesdays, 1:00 to 3:00 p.m.

### **GREAT ART FROM 1715 TO 1915: FROM THE ENLIGHTENMENT TO CUBISM**

Leader: Wendy Worth  
Tuesdays, 1:00 to 3:00 p.m.

### **THE HISTORY AND CULTURE OF SCOTLAND**

Leader: Peter Smith  
Thursdays, 1:00 to 3:00 p.m.

### **THE HUMAN SIDE OF JUSTICE**

Leader: Philip Carchman  
Tuesdays, 10:00 a.m. to noon

### **A JANE GARDAM SAMPLER**

Leader: Lynne Cullinane  
Thursdays, 10:00 a.m. to noon

### **MORE PLAYS OFF THE PAGE: SHAKESPEARE'S HENRY IV, PART 1**

Leader: Barbara Herzberg  
Thursdays, 1:00 to 3:00 p.m.

### **OUT OF VIETNAM: NOVELS ABOUT THE WAR**

Leader: Lloyd Gardner  
Thursdays, 10:00 a.m. to noon

### **THE POWER OF WORDS: PEOPLE & STORIES**

Leader: Ellen Gilbert  
Mondays, 10:00 a.m. to noon

### **RUSSIAN LITERATURE IN HISTORICAL CONTEXT**

Leaders: Nancy Kanach and Victor Ripp  
Mondays, 10:00 a.m. to noon

### **SCIENCE IN THE NEWS**

Leader: Bob Robinson  
Fridays, 10:00 a.m. to noon

### **SOCIALISM: DEFINITIONS, HISTORY, PROSPECTS, CRITICISM**

Leader: Martin Oppenheimer  
Tuesdays, 1:00 to 3:00 p.m.

### **STORIES OF THE HASSIDIM**

Leader: Rabbi Bob Freedman  
Fridays, 10:00 a.m. to noon

### **SURVEY OF IRISH FOLK MUSIC**

Leader: Bill O'Neal  
Mondays, 10:00 a.m. to noon

### **WHAT CAN JOE BIDEN LEARN FROM STUDYING THE NEW DEAL**

Leader: Stan Katz  
Fridays, 1:00 to 3:00 p.m.

### **WHAT WAS THE AMERICAN CIVIL WAR ABOUT?**

Leader: Daniel W. Crofts  
Wednesdays, 10:00 a.m. to noon

### **YOU ARE WHAT YOU READ: DON QUIXOTE, PART 1**

Leader: Charles Ganelin  
Thursdays, 10:30 a.m. to 12:30 p.m.

The Evergreen Forum uses a first-come, first-served registration system. Registration will open on Tuesday, August 3 at 9:30 a.m. Reminder — all courses will be held on the video conferencing platform, Zoom. Registration for a second or more courses will open on Tuesday August 17. To register, go to [princeton senior.org](https://princeton senior.org). Telephone and mail applications will not be accepted. Waitlists: If a class is full, registrants are encouraged to put their name on the online waitlist. Fees are \$95 for a 6 to 8 week course, and \$70 for a 3 to 5 week course. Cost should never be a barrier to learning! [Senior Scholarships](#) are available to those for whom the fee is a hardship.

## JULY PROGRAMS

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



### EXERCISE & FITNESS

#### Every Body Walk!

*Tuesdays and Thursdays, 10:00 a.m.*

This free walking program offers excellent options for safe walking in and around the beautiful trails of Princeton. Walking sticks and canes are welcome. All CDC guidelines will be followed including mask wearing at all times and proper social distancing. This program is offered in partnership with Progression Physical Therapy. For more information, including walking locations by date, go to [progressionpt.com](https://progressionpt.com) or call Progression Physical Therapy at 609.454.3536.

*Leader: Carol Keyes*

*Registration through PSRC, no fee.*

#### GENTLE YOGA + NIDRA — Summer Quarter

*Mondays, July 12 through September 27, 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 — Summer Quarter

*Thursdays, July 1 through September 30 (no class September 16), 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 — Summer Quarter

*Thursdays, July 1 through September 30 (no class September 16), 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 CLASSES ARE ON HIATUS UNTIL THE FALL**

#### 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/>.

## Why You Need an Apple Account

*This is the second 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.*

When you turn on your new Apple device, it will ask you to set up an Apple account (called an “Apple ID”). And while you don’t have to, using an Apple device without an Apple account severely limits its use. You won’t be able to purchase applications from Apple’s App store, use iCloud to back up your files and synchronize your Apple devices, or remotely reset your device password when you forget it.

So, my suggestion is to set up your (free) Apple ID and don’t lose the password!

And when you do that, here are the neat features you’re offered:

### iCloud

Apple gives you 5 GB of iCloud space at no additional cost on its servers when you set up your Apple account. You can use iCloud to back up your documents, store your calendar and email contact list (address book), keep copies of your photos and videos, synchronize your Apple devices, and find a lost iPhone or iPad. Even if you have only one Apple device, iCloud provides a critical backup and file recovery service.

You can also connect to a web version of iCloud (see screenshot at right), which gives you access to all your documents, email<sup>1</sup>, contacts, calendar, photos, reminders, notes, and web versions of Pages, Keynote, and Numbers<sup>2</sup> from any computer—Windows or Mac—that has internet access.

### Email

iCloud lets you send email attachments up to 5GB using the Maildrop feature of your Apple account. I use this a lot to send large PowerPoint and video files. You can use Maildrop with just about any email service if you use the Apple Mail application that comes with your Apple device.

### Computer Password Recovery

If you forget your computer password, you can reset it by logging in to your Apple ID account from another device. Very handy.

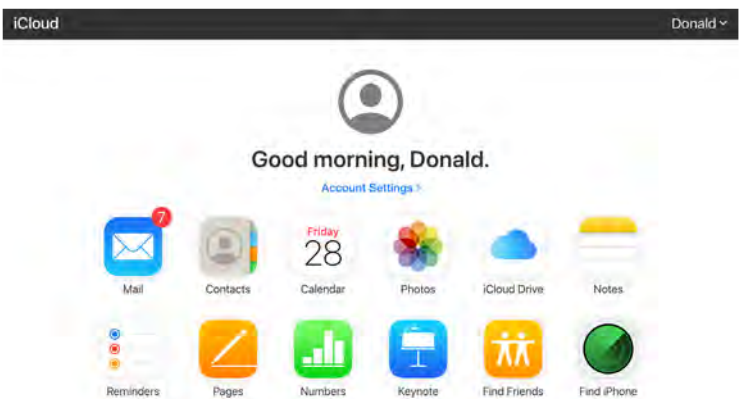
### Sign in With Apple

Finally, “Sign in with Apple” lets you sign in to your apps and websites using your Apple ID instead of filling out forms, verifying your email address, and choosing new passwords. Apple will not track your activity in your app or website. It’s an excellent way to ensure your privacy on the internet and speed up the sign-in process.

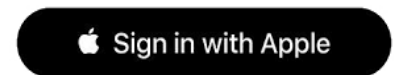
If you need help setting up an Apple account, simply go to the Tech Resources webpage and fill out the Tech Request Form at [princetonsenior.org/psrc-tech-resources/](http://princetonsenior.org/psrc-tech-resources/).



*Betty-Sue just bought her first iPhone and hasn’t a clue what it does. (She should contact PSRC.)*



*The iCloud web interface*



<sup>1</sup> You’ll need an iCloud email account

<sup>2</sup> Apple includes these three iWork applications on all their devices. You can also subscribe to Microsoft 365 if you prefer Word, PowerPoint, and Excel.

## SOCIAL SERVICES

by Sharon Hurley, CVA

### PRECIOUS PETS

With the weather getting warmer and activities becoming more available, you may be spending more time with your pets outdoors. Let's have some fun and celebrate **All American Pet Photo Day on Sunday, July 11.**

If your pet is anything like my cat, Jasmine, she definitely has her own agenda and timeline. She has me well trained. When it comes to taking her picture, it certainly has to be at her convenience. Patience (mine) is the key and of course — treats! I have learned the art of distraction and bribery to get a better photo. Start taking random photos now so you will have a variety from which to choose. We will give links to our social media sites so that you can tag PSRC when you post your favorite photo. Feel free to get creative, use a costume (as long as your pet is tolerant), create an interesting backdrop, or take a shot in your pet's favorite spot, indoors or out. If you need help posting photos, let me know!

In the Summer we need to pay special attention to the temperature of the sidewalks, if you are walking your pet. Paws can get burned and the heat from the pavement can



PHOTO: Sharon Hurley's cat, Jasmine, as a kitten (above) and adult cat (below)



quickly affect a pet's body, since it is so close to the ground. It is probably best to stay on the grass when it is really hot outside. Plan walks early in the morning or later in the evening to avoid the hottest times of the day. Water is must. Pets can get dehydrated so change their water frequently. Watch for signs that your pet may be overheated. They may pant, drool, seem weak, or have difficulty breathing. Certain pets with flatter faces are more susceptible to heat stroke, in addition to elderly pets, and those that already have heart issues. Overweight pets need to also be watched carefully for heat stroke.

There are many kinds of pets, so let us know if you have a snake, rabbit, monkey, horse, fish, or any other unusual pet. Get creative with a caption, and please include your pet's name.

In another article we will discuss some of the serious things to consider as we age, in order to protect our pets and their future. For a full list of pet holidays

throughout the year please go to <https://www.petful.com/misc/full-list-pet-holidays-throughout-year/>.

On Sunday, July 11 — All American Pet Photo Day — Tag us on your social media with  
"@princetonsenior.org" and  
"#princetonseniorresourcecenter"

[facebook.com/princetonsenior.org/](https://facebook.com/princetonsenior.org/)





## U.S. Department of Veterans Affairs

### KEEPING YOU CONNECTED WITH MY HEALTHEVET

We encourage you to register for a My HealtheVet Premium account to access tools that let you manage your VA care remotely. With a My HealtheVet 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](http://www.myhealth.va.gov) to sign up.

#### Annie and Covid-19 Vaccination Support Protocol

Annie's Covid-19 Vaccination Support Protocol messages provide you with helpful information about the vaccine and possible side effects as well as reminders to get your second vaccine injection. VA staff can get you started, or you can follow these steps below to sign up on your own.

1. **Go to the website.** [veteran.mobile.va.gov/annie-vet](http://veteran.mobile.va.gov/annie-vet)
2. **Log in.** Log in using your My HealtheVet Premium, DS Logon Level 2, or ID.me account. Find out how to get a secure login account at [mobile.va.gov/login-information](http://mobile.va.gov/login-information).
3. **Consent to participate.** Read the consent information. Scroll to the end and select the consent box.
4. **Set up your Annie account.** Complete the fields under the Information Messages, Preferences, and Patient Info tabs. Select Submit which will take you to a screen saying your registration was a success.
5. **Confirm participation.** You will receive a text message from Annie asking you to confirm your participation. Reply to the message with the word Start.
6. **Subscribe.** To subscribe to the Covid-19 Vaccination Support Protocol, text the words SUB COVAC to Annie (75338).



#### Annie App for Veterans

#### Annie and Covid-19 Vaccination Support Protocol for Veterans — YouTube

To learn more about how VA virtual care options can protect you from Covid-19, visit the VA Connected Care [website](http://www.va.gov/geriatrics).

**VA US Department of Veterans Affairs**  
[www.va.gov/geriatrics](http://www.va.gov/geriatrics) | 800.698.2411



## GROUPS

### BEREAVEMENT

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

### CAREGIVERS

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

### CHILDREN OF AGING PARENTS

*Thursday, July 8 at 4:00 p.m.*  
(Usually second Thursday of each month)

### GLOBAL CONVERSATIONS

*Mondays at 1:00 p.m.*

### GRANDPARENTING

*Tuesday, July 20 at 11:00 a.m.*  
(First & third Tuesday of each month)

### KNIT WITS

*Tuesday, July 13 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 July*  
(Usually first Friday of each month)

### NEXT CHAPTER: WIDOW/-ERS

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

### WOMEN IN RETIREMENT MONTHLY MEETING

*Friday, July 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](http://www.va.gov/geriatrics)  
or call 609.751.9699 for assistance.

## FROM THE DEVELOPMENT OFFICE



### Spotlight on Homewatch CareGivers

As one of the top home care providers in Princeton, Homewatch CareGivers is dedicated to the comfort and wellbeing of your loved ones. Finding quality care for those you love is one of the most important decisions you will make when faced with caring for a family member or friend in need of assistance. As Mercer county and Princeton's premier home care agency, we are passionate about providing the highest quality of care by the best, most highly trained caregivers.

Homewatch CareGivers of Princeton is under the ownership and management of Liz Charbonneau, a twenty-five year resident of the Princeton community. Liz brings to Homewatch CareGivers over thirty years of business management experience, in which she focused on establishing and building strong, productive relationships.

We believe the foundation of our company lies in the quality of our caregivers. All of our staff are triple screened, bonded, and professionally trained to provide reliable, compassionate, and highly skilled in-home care services. The standard we've set in hiring and retaining our caregivers is simple...we only hire people that we would allow to care for our own mom or dad. You can rest assured that your family member will receive the highest quality home healthcare available.

Liz has also shared her extensive knowledge on eldercare with PSRC, where she has served as a valued member of our board of trustees and supported our programs as an annual sponsor for several years.

## JULY FEATURED SPONSORS



Customized advice based on an in-depth understanding of your needs

[princetonpsg.com](http://princetonpsg.com)



Rothman Orthopaedic Institute's mission is to help patients live pain-free lives.  
We're experts in orthopaedics because orthopaedics is all we do.

[rothmanortho.com](http://rothmanortho.com)

WE ARE SO VERY

Grateful

FOR YOU!

**WE ARE SO VERY grateful FOR YOU!**

**Donors Like You — Thank you!**

The incredible work that is accomplished at PSRC is because of donors like you. Donors who are passionate about learning and engaging with others and compassionate in caring for the most vulnerable in our community. We APPRECIATE YOU and THANK all those who made a gift to the **2020–2021 Annual Giving Appeal**.

Your generosity is the fuel that empowers PSRC to change lives. —*Lisa Adler*

**ADDITIONAL DATES ADDED**

**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



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

**Monday, August 2 at 10:00 a.m. • Wednesday, August 18 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](mailto:ladler@princetonsenior.org)  
or 609.751.9699, ext. 103.

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



## CONGRATULATIONS

**Princeton Senior Resource Center was nominated for this year's Carl F. West Award in recognition of the outstanding work we are doing on behalf of New Jersey's older residents.**

Carl West was a founding trustee and the first president of the Board of NJ Foundation for Aging, now NJ Advocates for Aging Well. A New Jersey resident all his life, he had a long, distinguished career in public service. Carl worked tirelessly to bring the issues facing older adults to the attention of elected officials and policymakers. Nominees for this award — an individual or organization — embody the same dedication, drive and leadership traits that Carl had, are based in New Jersey and work on behalf of older adults.



**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  
NightingaleNJ Eldercare Navigators  
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/](https://facebook.com/princetonsenior.org/)