

EVERGREEN FORUM — CELEBRATING TWENTY YEARS



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

Visit <https://princetonsenior.link/Evergreen> for the fall course list.



RINGS OF GLORY



RINGS OF GLORY: THE OLYMPICS IN HISTORY AND ART
Thursdays, beginning August 5 through August 26 at 11:00 a.m.
Fee: \$35 for all sessions, \$10 each

Join us in the Olympic year 2021 for a look at the Olympics from the classical Greek period through modern times. This series will explore not just athletics but also the art of what has come to be the premier international competition of our era. We will consider how creative works have accompanied athleticism and engaged sports spectators throughout history. *Descriptions on page 5.*

Register at <https://princetonsenior.link/rings-of-glory>



**PSRC FALL FUNDRAISER
SAVE THE DATE**

A transformative evening with
DR. BERNICE A. KING
CEO OF THE KING CENTER

SATURDAY, OCTOBER 16 AT 7:30 P.M.

VIP Event at 6:30 p.m.
THIS IS A VIRTUAL EVENT
on the Zoom conferencing platform

For ticket and event sponsorship information:
<https://princetonsenior.link/Bernice-A-King>

Questions?
Contact Lisa Adler at ladler@princetonsenior.org or call 609.751.9699, ext. 103.

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*

BOARD OF TRUSTEES

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Josh Lichtblau
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Barry Rabner
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FROM THE CEO, DREW DYSON
The Power of Visualization

Dear Friends,

Several years ago, while on vacation in the Outer Banks in North Carolina, my daily drive for coffee and the newspaper took me down Route 12 and past the Currituck Country Club. With a week packed with activities with our children and family, I knew that I would only have one opportunity to golf at the end of the week. Yet each morning, while driving (slowly) past the fourth tee, I would imagine myself making the perfect drive — a long, gentle fade moving from left to right and ending up fifty yards from the front fringe of the green. Golf perfection.

Fast forward to Friday afternoon. Standing on the tee box, I once again envisioned my drive landing perfectly in the right-center of the fairway. I drew my driver from the bag, stepped confidently to the tee, closed my eyes for one last visualization, took a deep breath, and swung the club. The ball started off strong down the left side, began to fade perfectly midway in its flight path, and landed softly on the right side of the fairway — believe it or not, fifty-two yards from the fringe at the front of the green. See the shot.... Be the shot!

A recent study conducted by researchers at Oregon State University found that visualization may be the key to healthy aging. If you believe that you are capable of becoming the person you want to be in your older years, the study highlights, you have a much better chance of making that vision a reality.



The study looked at the influence of two key factors on healthy aging: a person's perceived ability to become the person they want to be in the future, and optimism as a personality trait. Researchers measured self-perceptions of aging in response to statements like, "Things keep getting worse as I get older," "I have as much pep as I had last year," or "As you get older, you are less useful." Optimism was measured in a similar way, with study participants ranking their personal agreements with statements such as "In uncertain times I usually expect the best."

The study showed that higher optimism was directly associated with a more positive self-perception of aging with internalized ageist stereotypes as a major factor in how people see themselves as they get older.

Karen Hooker, co-author of the study and professor of gerontology and family studies at Oregon State University, contends that "People need to realize that some of the negative health consequences in later life may not be biologically driven. The mind and the body are all interwoven.... If you believe these bad things are going to happen, over time that can erode people's willingness or maybe even eventually their ability to engage in those health behaviors that are going to keep them as healthy as they can be."

The study goes on to highlight the importance of intergenerational relationships, such as those developed in our PSRC GrandPals and Seniors-for-Seniors programs. "The more younger people are around older people, the more you realize that it's not all bad," offered graduate assistant and study co-author Shelbie Turner. "Older people can do some things better than young people do. Increasing opportunities for intergenerational relationships is one way we can make people more optimistic about aging."

The study underscores the importance of optimism in aging — and the significant impact that positive outlook and visualization of a hopeful future can have on one's ability to thrive in older adulthood. "Previous research," offers Dr. Hooker, has shown that people who have positive views of aging at fifty live seven-and-a-half years longer, on average, than people who don't."

And it's never too late to improve your outlook or to focus on visualizing a healthy future! Visualization certainly worked for me that day on the golf course, enabling me to hit one of the best drives of my life. Unfortunately, on all those drives up and down Route 12, that was the only shot I visualized. I guess I should've visualized my chipping and putting a little more!

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

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

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Chief Operating Officer

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Chief Development Officer

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& HomeFriends Coordinator*

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

Kathleen Whalen
Director of Communications

AUGUST PROGRAMS

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



FIRST FRIDAY FILM — “1917”

Friday, August 6 at 1:00 p.m.

During World War I, two British soldiers, Lance Cpl. Schofield and Lance Cpl. Blake, receive seemingly impossible orders. In a race against time, they must cross over into enemy territory to deliver a message that could potentially save 1,600 of their fellow comrades, including Blake’s own brother. Directed by Sam Mendes. Academy Award for Best Cinematography, Best Visual Effects, Best Sound. Golden Globe for Best Motion Picture. Starring: Dean-Charles Chapman, George MacKay, Colin Firth, Daniel Mays

Running time: 1 hour, 59 minutes;

Genre: Drama, Thriller; Rated: R

Registration required, no fee.



FYI SEMINAR — “MEDICAL MARIJUANA” (IN PERSON)

Friday, August 13 at 11:45 a.m.

Senior citizens are the fastest growing group of marijuana consumers in America! Learn about the “New Jersey Compassionate Use Medical Marijuana Act” (*Who qualifies? How do I get an ID card? How does marijuana work in the human body?*)

New Jersey legalized marijuana because its prohibition was ineffective, harmful, and unnecessary. What does this mean for seniors in the Princeton area? Ken Wolski, RN, MPA, has been a registered nurse (RN) since 1976. Ken retired in 2006 from the State of New Jersey after twenty-five years of service at Trenton Psychiatric Hospital and in the state prison system.

Ken was a founding board member of the American Cannabis Nurses Association. He is the executive director and co-founder of the “Coalition for Medical Marijuana-New Jersey, Inc.,” a 501(c)(3) educational organization and public charity since 2003. More info at: cmmnj.org
Registration required, no fee.

This month’s FYI sponsors are [Homewatch CareGivers](#), [NightingaleNJ Eldercare Navigators](#), and [Penn Medicine Princeton Health & Home Health](#).



TED TALKS

Ted Talks are on hiatus for the month of August

RETIREMENT PROGRAMS

MEN IN RETIREMENT — NOT MEETING IN AUGUST

WOMEN IN RETIREMENT — “GROUNDS FOR SCULPTURE: THE LIFE AND WORK OF SEWARD JOHNSON”

Friday, August 20 at 10:00 a.m.

Join Lynn DeClemente Losavio, program officer of The Seward Johnson Atelier and curator of the exhibition *That’s Worth Celebrating: The Life and Work of the Johnson Family* — for a conversation about the Johnson’s family’s passion, their belief in the spirit of innovation, and the power of community and how Seward Johnson’s vision shaped his work and our world. All are welcome. Registration required, no fee.

TRANSITION TO RETIREMENT

Friday, August 20 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.

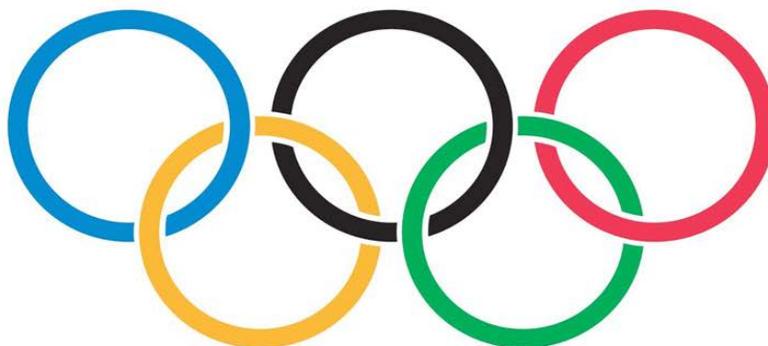
LIBRARY READS — MONDAY, AUGUST 2 1:00 p.m. via Zoom

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

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

RINGS OF GLORY



RINGS OF GLORY: THE OLYMPICS IN HISTORY AND ART
Thursdays, beginning August 5 through August 26 at 11:00 a.m.
Fee: \$35 for all sessions, \$10 each

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Register at <https://princeton senior.link/rings-of-glory>

Thursday, August 5 at 11:00 a.m.

OLYMPIANS IN GREEK SOCIETY

**U Penn Museum of Archeology —
Philadelphia, PA**

This interactive presentation will focus on Olympian athletes. Together, we will explore artifacts from the Penn Museum that present athletes in a variety of disciplines. We will think about who was eligible to compete in the Olympic games, how they trained, and what disciplines they competed in. Finally, we will consider what we have seen in the light of an ode by the fifth century Greek poet Pindar and will ask ourselves what it meant for the individual in Greek society to be an Olympic champion.

Thursday, August 12 at 11:00 a.m.

EXPLORING THE VISUAL LOOK OF THE 1980

OLYMPIC WINTER GAMES

**Lake Placid Olympic Museum —
Lake Placid, NY**

Lake Placid welcomed the world in 1980 and had the opportunity to celebrate and be creative artistically alongside the sporting action. This program will explore how artists were responsible for creating a recognizable visual signature within the history of the

Olympic Games. They gave a sense of what the Adirondack region was about to an audience around the world. Once the Games were over, there was an emblem and a visual signature for Lake Placid that has triggered people's memories for forty years.

Thursday, August 19 at 11:00 a.m.

OLYMPIC GAMES: HISTORY & NUMISMATICS

**Edward C. Rochette Money Museum —
Colorado Springs, CO**

An overview of Olympic history as seen through coins and medals from ancient Greece to the modern Olympic revival.

Thursday, August 26 at 11:00 a.m.

A BRIEF HISTORY OF THE MODERN OLYMPICS
1896–2021

**International Society of Olympic Historians —
Santa Monica, CA**

David Wallechinsky, former president of the International Society of Olympic Historians, will give a lively chronological history of the Modern Olympics.

PSRC Rings of Glory: The Olympics in History and Art Series is sponsored by Lawrenceville Optician.

AUGUST PROGRAMS

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

LIMITED SERIES PROGRAMS

NEW! BASIC DRAWING: BEGINNERS TO ADVANCED
Eight 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.

STAY-WELL CHAIR EXERCISE

Tuesdays, beginning August 3 through August 31 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.

TECHNOLOGY WORKSHOP — “FINDING STUFF ON THE INTERNET” (IN PERSON)

Wednesday, August 11 at 1:00 p.m.

Everybody tells you that you can find all kinds of information on the internet, but...you can’t find what you need. Do you sometimes feel lost when you are looking for stuff? Are you sure the websites you visit are legitimate? Do you know the best web searching sites? Is Safari better than Chrome? How about Microsoft Edge? Is it okay to let your browser remember your passwords? Do you buy things from Amazon, from E-Bay, or from other online stores? Ever use YouTube or “stream” music? Is it safe to check your bank balances online?

If the answer to any of these is “Gee, I’m not sure,” then this workshop is for you. And when you get back home, you’ll start finding stuff on the internet!

Instructors: Don Benjamin and Evelyn Sasmor
Registration required, no fee.

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

MORNING TECH SERIES: HOW TO FIND YOUR
NEXT GREAT READ

Wednesday, August 4 at 10:00 a.m.

How do you find your next great read? Adult Services librarian, Dana Treichler, shares resources, websites, tips, and tricks for finding that next book, and recommendations that are perfect for you. Registration required, no fee. This program will be held on Zoom. The link will be sent to all registrants the evening prior to the program.

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

MORNING TECH SERIES: BEYOND CABLE

Wednesday, August 18 at 10:00 a.m.

Topics include evaluating services to find the one that fits your lifestyle, what to do without a smart TV and much more. Registration required, no fee. This program will be held on Zoom. The link will be sent to all registrants the evening prior to the program.

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

SCREENING "BECOMING TRAVIATA" (IN PERSON)

Wednesday, August 18 at 10:00 a.m.

A fascinating behind-the-scenes look at the staging of a major operatic production, Verdi's masterpiece, "La Traviata," directed by the celebrated Jean-Francois Sivadier. You are invited to go backstage to watch world-famous French coloratura soprano Natalie Dessay as she prepares to take on the role of Violetta.

Starring: Natalie Dessay, Louis Langree, Ludovic Tezier
Running time: 1 hour, 52 minutes; Genre: Documentary, Opera; Rated: Not Rated

Registration required, no fee

GAMES DAY AT PSRC (IN PERSON)

Tuesdays in August, 1:00 to 4:00 p.m.

Come with a partner or a few friends to enjoy game playing at PSRC. Mahjongg (bring your own set), Scrabble, and Social Bridge.

Registration required, no fee.

AUGUST PROGRAMS

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



EXERCISE & FITNESS

EVERY BODY WALK! (IN-PERSON)

Tuesdays and Thursdays, 9:00 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 or call Progression Physical Therapy at 609.454.3536.

Leader: Carol Keyes

Registration through PSRC, no fee.

GENTLE YOGA + NIDRA — Summer Quarter

Mondays through September 27 (No class September 6), 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 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

TABLE TENNIS (IN-PERSON)

Mondays and Thursdays in August beginning Monday, August 2 through August 30

1:00 p.m. to 4:00 p.m.

Come for camaraderie, exercise, and fun! All skill levels are invited to participate in this energetic sport. For the month of August, we will be open for three time slots: 1:00 to 2:00 p.m., 2:00 to 3:00 p.m., and 3:00 to 4:00 p.m. 12 players per time slot, please make sure to register in advance. At this time, we are not accepting walk-ins.

Registration required, no fee



ENRICHMENT

PAINTING CLASSES ARE ON HIATUS UNTIL THE FALL

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

AUGUST 2021

Monday

2

9:30 Basic Drawing: Beginners to Advanced
10:00 Gentle Mat Yoga + Nidra
10:00 The Future of PSRC - Information Session 4
1:00 Global Conversations
1:00 Library Reads
1:00 Table Tennis (In-person)
2:00 Word Play

Tuesday

3

9:00 Every Body Walk!
9:30 EF Registration Opens
11:00 Grandparenting Group
1:00 Games Day (In-person)
1:00 Stay-Well Chair Exercise

Wednesday

4

10:00 Princeton Public Library's Morning Tech Series
3:00 Let's Talk

Thursday

5

9:00 Every Body Walk!
9:45 Cosmology
10:00 Mindful Chair Yoga
11:00 Rings of Glory
1:00 Memoir Writing
1:00 Table Tennis (In-person)
2:00 The Real Inspector Hound



Friday

6

10:00 Women in Retirement Coffee Klatch
1:00 First Friday Film - "1917"

9

9:30 Basic Drawing: Beginners to Advanced
10:00 Gentle Mat Yoga + Nidra
1:00 Global Conversations
1:00 Table Tennis (In-person)
2:00 Word Play
3:00 Caregivers Group

10

9:00 Every Body Walk!
11:00 Next Chapter: Widows and Widowers
1:00 Games Day (In-person)
1:00 Knit Wits
1:00 Stay-Well Chair Exercise

11

1:00 Technology Workshop: "Finding Stuff on the Internet" (In-person)
3:00 Let's Talk

12

9:00 Every Body Walk!
9:45 Cosmology
10:00 Mindful Chair Yoga
11:00 Rings of Glory
1:00 Memoir Writing
1:00 Table Tennis (In-person)
4:00 Children of Aging Parents



13

10:00 Women in Retirement Coffee Klatch
10:15 Men in Retirement Weekly Meeting
11:45 FYI Seminar - "Medical Marijuana (In-person)"

16

9:30 Basic Drawing: Beginners to Advanced
10:00 Gentle Mat Yoga + Nidra
1:00 Global Conversations
1:00 Table Tennis (In-person)
2:00 Word Play
3:00 Bereavement Group

17

9:00 Every Body Walk!
11:00 Grandparenting
1:00 Games Day (In-person)
1:00 Stay-Well Chair Exercise

18

10:00 Opera Film: "Becoming Traviata" (In-person)
10:00 Princeton Public Library's Morning Tech Series
1:00 Knit Wits (In-person)
3:00 Let's Talk
3:00 The Future of PSRC - Information Session 5

19

9:00 Every Body Walk!
9:45 Cosmology
10:00 Mindful Chair Yoga
11:00 Rings of Glory
1:00 Memoir Writing
1:00 Table Tennis (In-person)



20

10:00 Women in Retirement Monthly Meeting
10:15 Men in Retirement Weekly Meeting
3:00 Transition to Retirement

23

9:30 Basic Drawing: Beginners to Advanced
10:00 Gentle Mat Yoga + Nidra
1:00 Global Conversations
1:00 Table Tennis (In-person)
2:00 Word Play
3:00 Caregivers Group

24

9:00 Every Body Walk!
10:00 Back to the Future (In-person)
11:00 Next Chapter: Widows and Widowers
1:00 Games Day (In-person)
1:00 Stay-Well Chair Exercise

25

3:00 Let's Talk

26

9:00 Every Body Walk!
9:45 Cosmology
10:00 Mindful Chair Yoga
11:00 Rings of Glory
1:00 Memoir Writing
1:00 Table Tennis (In-person)



27

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

30

9:30 Basic Drawing: Beginners to Advanced
10:00 Gentle Mat Yoga + Nidra
1:00 Global Conversations
1:00 Table Tennis (In-person)
2:00 Word Play

31

9:00 Every Body Walk!
1:00 Games Day (In-person)

Virtual programs are added daily.

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

EVERGREEN FORUM — CELEBRATING TWENTY YEARS



“Sometimes we forget how important Evergreen classes can be to some of the participants; they can provide much more than stimulating discussions. A few years ago, a participant came to me about halfway through the term and said, ‘My husband died two months ago. This is the first time I have been able to think of anything else. Thank you.’ Intellectual engagement can mean engagement with life.”

— Lee Harrod



Fall 2021 Course List
All Courses are virtual using Zoom

Visit <https://princetonior.link/Evergreen> for the fall course list.

**THE ARAB WORLD’S DEMOCRACY
DEFICIT: ANOMALY OR
HARBINGER**

Leader: John Waterbury

ART FROM ALL ANGLES

Leader: Linda Hayes

**CONTEMPORARY ECONOMIC
ISSUES**

Leaders: Milton Grannatt and Kurt Steiner

**DICKENS’S DAVID COPPERFIELD:
NOVEL AND FILMS**

Leader: Dianne Sadoff

EARLY JOYCE

Leader: Lee Harrod

**ELIZABETH STROUT, AGAIN: FOUR
NOVELS**

Leader: Lois Marie Harrod

EXPLORATIONS

Leader: Barbara Kirsh

**FOR THE PEOPLE: FEDERALISM AND
DEMOCRACY**

Leader: Elaine Jacoby

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

Leader: Wendy Worth

**THE HISTORY AND CULTURE OF
SCOTLAND**

Leader: Peter Smith

THE HUMAN SIDE OF JUSTICE

Leader: Philip Carchman

A JANE GARDAM SAMPLER

Leader: Lynne Cullinane

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

Leader: Barbara Herzberg

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

Leader: Lloyd Gardner

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

Leader: Ellen Gilbert

**RUSSIAN LITERATURE IN
HISTORICAL CONTEXT**

Leaders: Nancy Kanach and Victor Ripp

SCIENCE IN THE NEWS

Leader: Bob Robinson

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

Leader: Martin Oppenheimer

STORIES OF THE HASSIDIM

Leader: Rabbi Bob Freedman

SURVEY OF IRISH FOLK MUSIC

Leader: Bill O’Neal

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

Leader: Stan Katz

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

Leader: Charles Ganelin

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 princetonior.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.

COMPUTER GURU

by Don Benjamin

Technology Lab Programs sponsored by: NightingaleNJ Eldercare Navigators

The Colonial Pipeline Hack

Reusing passwords for different accounts is risky. Not only should you employ unique passwords, you should also opt for double authentication when you sign in to your most critical online accounts.

On May 7, 2021, Colonial Pipeline, which delivers refined petroleum products from the Texas Gulf Coast to New York, shut down its operations when operators discovered a cyber intrusion had corrupted the company's computer files.

When the dust cleared, it appeared that hackers obtained one of the company's passwords from another source, which let them log into Colonial's file system to wreak havoc.

But how? And could this happen to you? Let's see...

Hacker groups routinely sell IDs and passwords they steal from corporate servers. For example, between 2014 and 2018, hackers stole some 500 million IDs and passwords belonging to customers who signed up for the Marriott Miles program. The hackers then sell these stolen credentials on the internet.

Suppose you're a Marriott customer whose ID and password were stolen, and also suppose you use the same ID and password for your PNC online bank account. If someone steals your Marriott credentials, they could attempt to log into your PNC account with the same ID and password, and if they're successful, they'll have access to your bank accounts.

Apparently, Colonial Pipeline reused a password for its corporate file system that had been stolen from another database of ID's and passwords. That enabled the hacker to log into the Colonial Pipeline data files, encrypt the information, and demand a ransom from Colonial for the decryption key.

That's why you must use a different password for every online account—especially your most important accounts, like your bank, Social Security, Amazon, and so on—anything that involves your money, identity, or other information you want to keep private.



Harold is closing the oil valve that serves Bayonne in this actual re-enactment.



Sheldon takes computer security very seriously.

Double Authentication

Many online accounts offer an additional security check called double authentication. I started using double authentication two years ago after my bank notified me that someone was trying to log in to my account with the wrong password. Now, when I log into my bank account, the bank sends a six-digit code to my smartphone that I must enter on my computer. That code is different every time I log in, and it helps confirm that I am the legitimate owner of the account.

With double authentication in place, even if hackers have my password, they still can't log in because they don't have a way to receive the code. And if they tried, I would receive the code, which would warn me that someone was trying to log in, and I would change my password immediately.

Trusted Devices

Some online accounts require that you register the device (computer, tablet, smartphone) on which you'll log in to your account. When adding device registration to double authentication and a unique password, you will be authenticated based on something you know (your password) and something you own (your registered devices).

If you have questions about computer security, just mosey on over to the PSRC website, click the Tech Resources webpage and fill out the Tech Request Form at princetonsenior.org/psrc-tech-resources/.

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

FACT:

One billion people live with vision impairment that could have been prevented or can be corrected. Some people who need eyeglasses can't afford them, so their vision suffers. This often prevents them from holding a job, driving, or doing well in school. Donating your old eyeglasses can change their lives as they can see clearly, save money, and live longer. In addition, it prevents plastic from entering our landfills.

Please consider donating your used prescription glasses, in good condition with no cracked lenses. Used or new are fine. Sunglasses and reading glasses are also accepted. We are accepting donations through October 1.

EYEGLOSS DONATIONS



You can bring your glasses to PSRC — look for our donation box inside the Suzanne Patterson Building (or put them in the large black mailbox on the front porch at 45 Stockton Street). Thank you so much for helping others to see better!

Donations will be given to the Lions Club who have been sending eyeglasses abroad to their recipients since 1917.

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.

SOCIAL SERVICES

by Sharon Hurley, CVA

BACK TO THE FUTURE

I recently had a discussion with several women, over the age of sixty, about friendship. The women agreed that having friends was a very important part of feeling happier as they grow older. They also agreed that it seems harder now to make new friends. As the world is opening up again to in-person activities (some things slower than others), we may find ourselves wrestling with many decisions such as: who to see, where to meet, masks on or off, social distancing and is it really okay to gather with others, especially those not currently in our own social circle. Meeting people virtually for over a year has been the lifeline many needed to feel connected to others. For those that didn't use any virtual platforms throughout the pandemic, this period is like starting life anew.



Beginning in August, we will have a new group, Back to the Future. It will be meeting in person, on Tuesday, August 24 from 10:00–11:00 a.m. at the Suzanne Patterson Building. What's the purpose? Connection! PSRC wants to make it easier for you to meet new friends and reconnect with “old” ones as well.

Here is a suggestion to make it easier to ask someone new to meet for lunch, coffee, or to go for a walk: create a personal business card or calling card with your contact information. There are many templates that can be used to print your own from your home computer. If you need assistance, we will be happy to teach you. This is also the perfect time to invite someone that you have only ever seen via Zoom to meet in person.

By the way, this is for anyone, not just women! For questions, please send an email to socialservices@princetonsenior.org.

Register here:

<https://princetonsenior.link/BacktotheFuture>



GROUPS

BACK TO THE FUTURE (IN-PERSON)

Tuesday, August 24 at 10:00 a.m.
at Suzanne Patterson Building

BEREAVEMENT

Monday, August 16 at 3:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS

Monday, August 9 & 23 at 3:00 p.m.
(Usually second & fourth Monday
of each month)

CHILDREN OF AGING PARENTS

Thursday, August 12 at 4:00 p.m.
(Usually second Thursday of each month)

GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

GRANDPARENTING

Tuesday, August 3 & 17 at 11:00 a.m.
(First & third Tuesday of each month)

KNIT WITS

Tuesday, August 10 at 1:00 p.m.
(Usually second Tuesday of each month)

KNIT WITS (IN-PERSON)

Wednesday, August 18 at 1:00 p.m.
at Spruce Circle
(Usually third Wednesday of each month)

LET'S TALK

Wednesdays at 3:00 p.m.

MEN IN RETIREMENT

MONTHLY MEETING

Not meeting in August
(Usually first Friday of each month)

NEXT CHAPTER: WIDOW/-ERS

Tuesday, August 10 & 24 at 11:00 a.m.
(Usually second and fourth Tuesday
of each month)

TED Talks

Not meeting in August
(Usually Tuesdays at 10:30 a.m.)

TRANSITION TO RETIREMENT

Friday, August 20 at 3:00 p.m.
(Usually third Friday of each month)

WOMEN IN RETIREMENT

MONTHLY MEETING

Friday, August 20 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

PSRC's FALL FUNDRAISER PROUDLY PRESENTS

A transformative evening with

DR. BERNICE A. KING

CEO OF THE KING CENTER



This Fall, PSRC is hosting Dr. Bernice A. King, for our virtual annual fundraising event. Proceeds from this event fund PSRC's essential social services,

providing support and extensive educational and social programming for the most vulnerable in our community. PSRC has set a goal to raise \$75,000. Help us achieve this goal and become an event sponsor.

An event sponsorship offers unique advertising benefits. We are a perfect fit for the company looking to build brand awareness, share their communal responsibility, and increase visibility among 3,500 plus patrons of the greater Princeton area.

SATURDAY, OCTOBER 16, 2021

**Virtual Program Time:
7:30 p.m. to 8:30 p.m.**

**Virtual VIP meet and greet via Zoom
6:30–7:15 p.m.**

TICKETS
[https://princetonsenior.link/
Bernice-A-King](https://princetonsenior.link/Bernice-A-King)

EVENT SPONSORSHIP OPPORTUNITIES

Freedom Circle — \$10,000

- 10 Complimentary or Pay It Forward tickets
- VIP virtual reception with Dr. Bernice A. King 6:30–7:15 p.m.
- Recognition on digital invitation with active hyperlink; recognition in digital program (full page ad, first page — first come, first served basis); company name on PSRC website with active hyperlink; and name listing in eblasts

Justice Circle — \$5,000

- 6 Complimentary or Pay It Forward tickets
- VIP virtual reception with Dr. Bernice A. King 6:30–7:15 p.m.
- Recognition on digital invitation with active hyperlink; recognition in digital program (half page ad; company name on PSRC website with active hyperlink; and name listing in eblasts

Leadership Circle — \$2,500

- 4 Complimentary or Pay It Forward tickets
- VIP virtual reception with Dr. Bernice A. King 6:30–7:15 p.m.
- Recognition on digital invitation; recognition in digital program (half page ad); company name on PSRC website with active hyperlink; and name listing in eblasts

Impact Circle — \$1,500

- 4 Complimentary or Pay It Forward tickets
- VIP virtual reception with Dr. Bernice A. King 6:30–7:15 p.m.
- Recognition on digital invitation; recognition in digital program (quarter page ad); company name on PSRC website with active hyperlink; and name listing in eblasts

Dr. Bernice A. King on behalf of First Kingdom Management, Inc.

AUGUST FEATURED SPONSORS



Homewatch CareGivers®, we believe that good care should not interfere with your quality of life, so we do everything we can to keep you or your loved one comfortable.

homewatchcaregivers.com



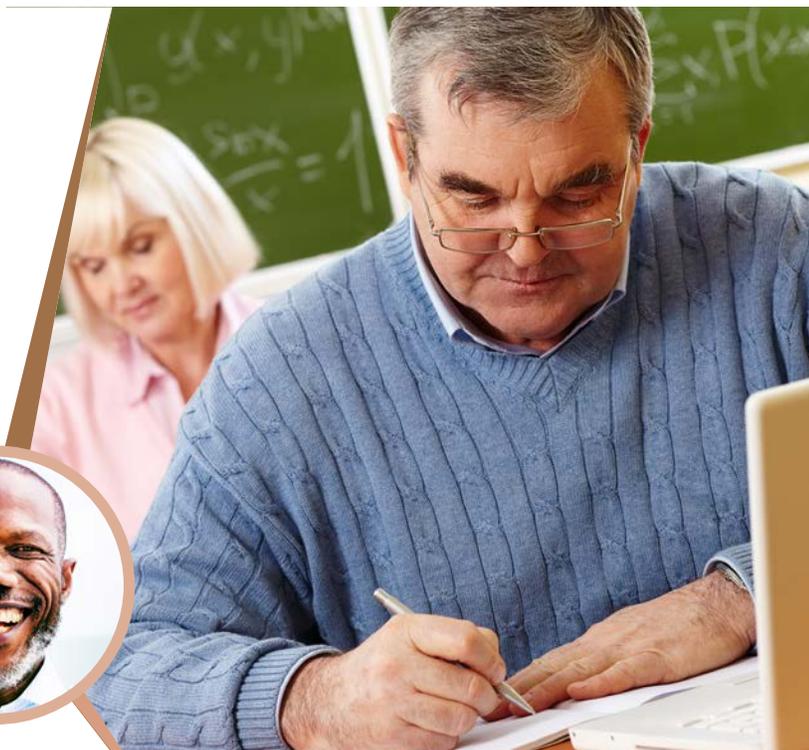
Princeton Health is one of the most comprehensive healthcare systems in New Jersey.

princetonhcs.org

LIVE WELL GIVE WELL

Do you dream of making a transformational gift?
The kind that creates a better future?

CALL • 609.751.7699, EXT. 103



WHERE THERE'S A WILL, THERE'S A WAY.

Consider making a gift through your will or trust.

EASY

All it takes is a simple addition to your existing documents. We can provide you sample language to give to your attorney.

CHANGEABLE

You can easily alter or revoke your gift down the road if needed.

FLEXIBLE

Give a specific asset or a percentage of your estate. Support a particular program or let your gift go where it's needed most.

MEMORABLE

If there's a special person you wish to honor, a gift through your will or trust makes a beautiful tribute gift.

TRANSFORMATIONAL

When you leave us a gift in your will or trust, you build our long-term financial strength and enable us to continue to help our community long into the future.

609.751.9699, ext. 103

INTERESTED?

Lisa Adler, MSW, MA, *Chief Development Officer*

ladler@princeton senior.org

Princeton Senior Resource Center • 45 Stockton Street • Princeton, NJ 08540

princeton senior.plannedgiving.org

More simple ways to make your mark on the future:

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

PRINCETONSENIOR.PLANNEDGIVING.ORG • LADLER@PRINCETONSENIOR.ORG



45 Stockton Street • Princeton • New Jersey



Did you know you can support PSRC by giving us your McCaffrey's receipts? PSRC receives a percentage of the total receipts. They can be **up to three months old**. Mail to: PSRC, 45 Stockton St., Princeton, NJ 08540 OR drop them in our mailbox on the porch at the Suzanne Patterson Building.

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Akin Care Senior Services
Brandywine Living: Princeton,
Pennington, & Serenade at Princeton
Bryn Mawr Trust
Capital Health

Homewatch CareGivers
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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/