

NATIVE AMERICAN HISTORY MONTH



NATIVE AMERICAN HISTORY MONTH SERIES

TUESDAYS, NOVEMBER 2, 9, & 16, 3:00 P.M.

Fee: \$10 each / \$25 for the series

This November, PSRC will commemorate Native American Heritage Month. We will pay tribute to the rich ancestry and traditions of Native Americans in Alaska, Virginia, and Arizona.

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

Native American History Month Series is sponsored by Mobility Doctor and Oasis Senior Advisors



THE HISTORY OF THANKSGIVING

WEDNESDAYS, NOVEMBER 17 & 24 AT NOON

Fee: \$10 each / \$15 for both

Join PSRC for two programs that revisit the origins of Thanksgiving, providing new perspectives on a shared tradition.

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

History of Thanksgiving Series is sponsored by Artis Senior Living and Lawrenceville Optician

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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FROM THE CEO, DREW DYSON
Inclusive Communities

Dear Friends,

Early in life, my mother instilled in me a passion for creating inclusive communities where every person is welcomed and affirmed for who they are as a unique individual. Working as a geriatric social worker at a residential facility on the Jersey shore, she modeled the



SAGECare provides LGBT competency training and consulting on LGBT aging issues to service providers. SAGECare offers the added benefit that qualifying agencies may receive a national credential to highlight the percentage of staff trained.

Learn more about SAGE at
<https://sageusa.care/about-us/>

importance of listening deeply and attending to each person's story in a way that honored their sense of worth and dignity. She modeled a "wide welcome" that embraced people and created space for everyone to feel a sense of home.

Throughout the history of the Princeton Senior Resource Center, we have sought to do the same. For more than forty-five years, PSRC has opened our doors to older adults throughout the community and sought to create a space where everyone is welcome. I am sure that we haven't always gotten it right, and I apologize for the times we have fallen short, but I want to assure you that our commitment is to continue our growth as a staff and as an organization in becoming a truly diverse and inclusive center for all the older adults in our community.

Towards that end, over the last two years our staff has embarked on a journey of listening, learning, and understanding to hear the stories and listen to the needs of the LGBT+ older adults in our community. First, partnering with the Bayard Rustin Center in Princeton for a series of staff workshops and learning opportunities. And most recently, working with SAGE USA to continue our learning journey and work towards our certification as an LGBT+ inclusive and culturally competent service provider.

I am proud to announce that this fall, the Princeton Senior Resource Center has completed SAGECare's LGBT+ cultural competency training program and has earned the SAGECare Platinum credential. SAGE, which stands for Services and Advocacy for GLBT+ Elders, assists senior care agencies in creating fully LGBT+ inclusive services for the growing LGBT+ senior population, which will number seven million by 2030.

SAGECare provides LGBT+ competency training and consulting on LGBT+ aging issues to service providers focusing on expanding, transforming, and elevating the person-directed services offered by senior-serving agencies across the country. The AARP says of SAGECare that the credentialing program "teaches elder care providers the importance of a welcoming community."

It is our sincere desire that the SAGE Platinum accreditation gives confidence to our older adult LGBT+ community that our senior resource center is a welcoming environment for all. Through this process, and our commitment to continued growth, we are ensuring that we continuously apply principles and practices to meet the needs and concerns of the LGBT+ older adults in our community. YOU are welcome here!

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

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

Lisa Adler
Chief Development Officer

Fran Angelone
Crosstown Coordinator

Cathy Gara
Bookkeeper & HR Coordinator

Cheryl Gomes
Development Associate

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*Social Service Outreach
& Care Coordinator*

Sharon Hurley, CVA
*Director of Social Services
& Volunteer Coordinator*

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GrandPals Coordinator

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*Program Associate &
Rental Coordinator*

Jai Nimgaonkar
Technology Associate

Barbara Prince
Development Coordinator

Dave Roussell, MEd, MSW, LSW
*Care Coordinator
& HomeFriends Coordinator*

Carla Servin
Program Associate

Shifra Vega
Lifelong Learning Coordinator

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

Kathleen Whalen
Director of Communications

NOVEMBER PROGRAMS

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

LIBRARY READS — MONDAY, NOVEMBER 1
(usually meets on the first Monday of the month)

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



FIRST FRIDAY FILM — “SHOPLIFTERS”
Friday, November 5 at 1:00 p.m.

On the margins of Tokyo, a dysfunctional band of outsiders is united by fierce loyalty and a penchant for petty theft. When the young son is arrested, secrets are exposed that upend their tenuous, below-the-radar existence.

“A lot of movies try to sell the sanctity or pathology of the family, sliding over complications that might get in the way of easy endings. In ‘Shoplifters,’ a beautifully felt family drama, the Japanese director Hirokazu Kore-eda dives into the mess with a story about a household on the ragged edge.” (Manohla Dargis, *The New York Times*)

Winner of the Palme d’Or. Oscar and Golden Globe nominations for best foreign film. Starring: Lily Franky, Sakura Ando, Kirin Kiki

Running time: 2 hours, 1 minute; Genre: Drama, Crime; Rated: R; Japanese with English subtitles

Registration required, no fee.



FYI SEMINAR — “FINANCIAL PLANNING FOR LGBTQ+ COUPLES”

Friday, November 12 at 11:45 a.m.

Safeguarding your finances is important for everyone, but financial planning for LGBTQ+ couples can be a bit more complicated. Join Christina Nash as she addresses the unique financial planning challenges sexual orientation and gender identity can present. She’ll share valuable tips on putting a financial plan in place that aligns with your goals, protects your finances, and helps ensure your wishes are carried out according to your vision. Christina A. Nash is

a Certified Financial Planner® professional and the founder and CEO of Knox Grove Financial. Through her leadership, Knox Grove Financial is a community-driven, client-oriented firm that takes a personalized approach to delivering financial planning and investment solutions. Registration required, no fee.



FYI SEMINAR — “SPECULATION OR SCIENCE – HOW DO YOU DETERMINE YOUR INVESTMENT DECISIONS?”

Friday, November 19 at 11:45 a.m.

If you are looking for a starting point on how to invest your hard-earned savings and release yourself from all the stress related to the headlines or if you are just looking to improve your financial confidence with tips on how to make investments, this presentation will help. Robert B. Dunn, CFP® has been providing comprehensive financial advice since 1999 for Novi Wealth Partners where they strive to ensure that the people his firm helps are financially successful.

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:

November 2 — Chloe Hajun-Moore: Stop Chasing Purpose and Focus on Wellness (YouTube)

November 9 — Jamie C. Beard: The untapped energy source that could power the planet

November 16 — Jim Carrey’s Eye-Opening Speech: Best Motivation Ever 2021 (YouTube.com)

November 23 — Russ Altman: What really happens when you mix medications?

November 30 — Amy Edmondson: How to turn a group of strangers into a team

Registration required, no fee.

This month’s FYI sponsors are [Akin Care Senior Services](#) and [Peapack Private Wealth Management](#). TED Talk sponsors are [Homewatch CareGivers](#), [NightingaleNJ](#), [Eldercare Navigators](#), and [Penn Medicine Princeton Health & Home Health](#).

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 NOVEMBER

WOMEN IN RETIREMENT — “WOMEN IN PRINCETON’S HISTORY”

Friday, November 19 at 10:00 a.m.

Join us for a presentation about Women in Princeton’s History given by Eve Mandel from Princeton’s Historical Society. Learn about the contributions of some of the diverse and influential women in Princeton’s history, including immigrants, enslaved women, working women, and community leaders. These women played key roles in the town’s development through their service to others. All are welcome. Registration required, no fee.

TRANSITION TO RETIREMENT

Friday, November 19 at 3:00 p.m.

This group addresses the many kinds of issues that can arise during the transition to retirement. The group is facilitated by Dave Roussell, MSEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator. Registration required, no fee.

LIMITED SERIES PROGRAMS

NATIVE AMERICAN HISTORY MONTH

Tuesdays in November at 3:00 p.m.

Fee: \$10 each / \$25 for the series

This November, PSRC will commemorate Native American Heritage Month. We will pay tribute to the rich ancestry and traditions of Native Americans in Alaska, Virginia, and Arizona.

Tuesday, November 2

Pocahontas Project, Richmond VA

The Pocahontas Project’s basic mission is to use the power of the life, legend, and legacy of the woman born Matoaka, died Rebecca, and most famously known as Pocahontas to inspire hope and purposeful action in a growing number of people

around the world, collectively working towards a peaceful and sustainable future for all mankind. This presentation will touch on a summary of the history of Native Americans in Virginia, from thousands of years before the time of Powhatan and Pocahontas, through present day and will highlight the positive power of cross-cultural understanding, a characteristic exemplified by Pocahontas.

Tuesday, November 9

Qissunamiut Tribe , Alaska

Michelle (Macuar) Sparck is a member of the Qissunamiut Tribe of Chevak, Alaska. Michelle is a career veteran in the political and Tribal nonprofit world. She bridges the two worlds in pursuit of a more perfect union, striving to help fulfill the promise of statehood for Alaska, and the benefits of citizenship of Indian Country as a part of the U.S. Michelle has worked in the U.S. Senate, in Congress, in the Alaskan Capitol, and for various Tribal entities in policy and business ventures. Michelle is herself an entrepreneur, and with her triplet sisters, owns and operates ArXotica, a bath and beauty company who source their own materials in their homeland of Western Alaska.

November 16

Heard Museum, Phoenix Arizona

Contemporary Happenings in American Indian Culture and Art

With twenty-three years of experience, Marcus Monenerkit is still energized about the universal constructive possibilities for American Indian Art. Beginning in 1996 at the Smithsonian Institution’s National Museum of the American Indian, Monenerkit has continually made efforts to create more awareness and recognition related to the purposefulness of art and culture in American Indian communities. As current director of community engagement at the Heard Museum in Phoenix, Arizona, his main focus is producing cultural art workshops in regional Indian communities, documenting the process where permissible, and sharing with the broader American public through special films and lectures.

NOVEMBER PROGRAMS

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

Monenerkit has a firm belief that art works for the greater public benefit. It creates expressive patterns of understanding between individuals, communities, and beyond. He believes art is essential to our essence, and works as a vital link in a tripartite model for human development, providing lessons for increasing the capacity of human, social, and economic capital.

THE HISTORY OF THANKSGIVING

Wednesdays at noon, Fee: \$10 each / \$15 for both

Thanksgiving is a touchstone of American identity, but such landmarks can often be taken for granted. Join PSRC for two programs that revisit the origins of Thanksgiving, providing new perspectives on a shared tradition.

Wednesday, November 17

Another Crossing: Artists Revisit the Mayflower Voyage

Fuller Craft Museum, Brockton, Massachusetts

Another Crossing is in recognition of the 400th anniversary of the Mayflower crossing and its significance to American and world history. This exhibition brings together artists from the United States and Europe for a global, cross-cultural effort that examines a pivotal event in world history. Guest curator Glenn Adamson selected ten artists to participate in the project with the charge that only 17th century technology and processes be used in the creation of the objects. This exhibition

was developed in partnership with Fuller Craft Museum, Plymouth College of Art, and The Box (both in Plymouth, England).

Wednesday, November 24

Fact or Fiction? Investigating the First Thanksgiving
Plimoth Patuxet Museum, Plymouth, Massachusetts

Four hundred years ago, the winds of change filled Mayflower's sails and brought her passengers here to the Indigenous homeland on the shores of Patuxet. Two cultures met and their complex, interwoven history shaped the United States. Discover the real history of Thanksgiving and long-held traditions of gratitude in Indigenous and colonial America. What really happened at the First Thanksgiving? Who was at the table and why? Explore the history behind the legend by comparing accounts of the harvest feast and examining colonial and Indigenous artifacts.

NEW! EARLY STAGE MEMORY LOSS SUPPORT GROUP

Thursday, November 18 from 3-4:30 p.m.

For people with early-stage dementia

[See page 10 for details.](#)

VIRTUAL CE SEMINAR

MEDICAID, MEDICARE, VETERANS BENEFITS:
THE ETHICS BEHIND IT ALL

Thursday, November 4 at 1:00–2:00 p.m.

[See page 11 for details.](#)



TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB

The Technology Lab's dedicated volunteers continue to serve clients remotely. Once you submit a request, a volunteer will contact you normally within one business day to set up an appointment. If you would like to use a computer, our Tech Lab in the Suzanne Patterson Building is open Monday, Tuesday, and Friday afternoons. Call first to confirm times. Come by to use the computers and wifi, limited to two participants at a time.

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/>.

Watch for announcements about the opening of our
new Technology Lab at 101 Poor Farm Road. Stay tuned!

COMPUTER GURU

by Don Benjamin

Technology Lab Programs sponsored by: Princeton Care Center

The Internet Turns Fifty

Most of us use the internet every day with little thought of how it began. With October 2021 marking the internet's fiftieth anniversary, I figured it was a good time to explain how this amazing technology became our planet's ubiquitous information distribution network.

The internet began in the 1960s with the need for a robust data communications network that would allow research scientists around the country to remotely access the limited number of large, powerful research computers that were part of the Department of Defense's Advanced Research Projects Agency¹ (DARPA). At that time, researchers could only access those computers using separate, dedicated data terminals, each with its own set of operating instructions. Nor could those computers easily share information, other than perhaps by exchanging magnetic tape reels through the mail or by courier.

DARPA tasked two research scientists, **Ivan Sutherland** and **Bob Taylor**, with developing a data network that would: 1. Interconnect the DARPA computers; 2. Allow research scientists to access that network remotely using a single terminal; and 3. Provide a way to exchange messages among the DARPA network users.

What resulted was ARPANET, which went online in late 1969 (as ARPANET). The message exchange mechanism became today's email. (The first email was sent in 1971, and the first spam in 1978—an ad for digital computers.)

But it took more than simply connecting computers and scientists (users) with wires. The information had to be routed between a particular computer and a particular user or between computers. The telephone system, which could provide data communications, wasn't a practical solution because it's a "point-to-point" switched network (Dial. Ring. Answer. Talk. Hang up). And back then, the telephone network comprised electromechanical switches and copper wires that were far too slow for effective data exchange.



The ARPANET in December 1969

The first DARPANET connected four research centers.

Packets

The solution was "packet switching," which the internet still uses. Here's how it works: An information stream from Computer A is divided into small, fixed-sized packets of "bits" along with the address of sending Computer A and the address of receiving Computer B. Then, other computers along the way shuffle the packets over the best available routes so that sequential packets may take different paths, depending on what other data transfers are taking place.

When the packets arrive at Computer B milliseconds later, they are reassembled in the correct order for processing. Today, internet packet switching is fast enough for 4k video streaming.

I'm still amazed at the speed and vastness of the internet. Whether we watch a documentary on Hulu, Zoom an Evergreen Forum class, or send an email to Aunt Sally in Bayonne, the internet handles our packets with ease. Pretty neat.

If you need technology help go to the PSRC website, click the Tech Resources webpage and fill out the Tech Request Form at princetonsenior.org/psrc-tech-resources/.

¹ **DARPA** formulates and executes research and development projects to expand the frontiers of technology and science, often beyond immediate U.S. military requirements.(Wikipedia)

NOVEMBER PROGRAMS



EXERCISE & FITNESS

EVERY BODY WALK! (IN-PERSON)

Tuesdays and Thursdays through Tuesday, Nov. 23, 10:00 a.m. (returns again March 2022)

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 — Fall Quarter

Mondays through Dec. 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 — Fall Quarter

Thursdays through Dec. 16 (no class on Nov. 25), 10:00 a.m.

Fee: \$75 per quarter

Chair yoga is a gentle, versatile form of yoga utilizing a chair. It is adaptable for all skill levels and abilities and therapeutic in nature. Students will learn techniques to gain flexibility, strength, and balance while increasing range of motion in a relaxing class that moves at a mindfully slow pace.

Instructor: Lyn Lilavati Sirota

STAY-WELL CHAIR EXERCISE

Tuesdays, beginning November 2 through November 30, 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 water bottles or cans), therapy bands, comfortable clothing, water, and a smile.

TABLE TENNIS (IN-PERSON)

Mondays and Fridays, 1:00–4:00 p.m.

Come for camaraderie, exercise, and fun! All skill levels are invited to participate in this energetic sport. *Preregistration and covid waiver are required, no fee*



ENRICHMENT

BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE

Tuesdays, beginning October 26 through December 14, 9:30 a.m.; Fee: \$80 per 8 Sessions

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. There is a minimum of 6 registrants for course viability and a maximum of 15 students.

Instructor: Denise McDaniel

ELEMENTS OF PAINTING — Fall Session

Wednesdays through Nov. 24, 2:00 p.m.; Fee: \$80 —

Join instructor Christina Rang on Zoom for an eight-session painting class designed specifically for those with intermediate skills. Limited to 8 students. **Class is at maximum enrollment.** *Instructor: Christina Rang*

MEMOIR WRITING WITH JENNIFER — Fall Quarter

Thursdays through Dec. 16 (no class on Nov. 25), 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 15 participants.

Call for availability. *Instructor: Jennifer Altmann*

MASTERING THE ART OF PAINTING — Fall Session

Fridays through Nov. 19, 2:00 p.m.; Fee: \$80

For advanced painters, this eight-session Zoom class emphasizes the components of the creative painting process. Limited to 8 students. **Call for availability.**

Instructor: Christina Rang

COSMOLOGY

Thursdays, 9:45 a.m. Peer-led science discussion. Contact brucewallman@gmail.com for more info.

GAMES DAY AT PSRC (IN-PERSON)

Tuesdays, 1:00–4:00 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.

Most programs and groups meet virtually on Zoom (unless indicated otherwise)

NOVEMBER 2021

Monday

1

10:00 Gentle Mat Yoga + Nidra
10:00 Irish Folk Music (EF)
10:00 People & Stories (EF)
10:00 Russian Literature (EF)
 12:00 GrandPals Gabfest
 1:00 Global Conversations
1:00 Islam & Democracy (EF)
1:00 Library Reads
 1:00 Table Tennis (In-person)
1:30 Contemp Econ Issues (EF)
 2:00 Word Play

8

10:00 Gentle Mat Yoga + Nidra
10:00 Irish Folk Music (EF)
10:00 People & Stories (EF)
10:00 Russian Literature (EF)
 12:00 GrandPals Gabfest
 1:00 Global Conversations
1:00 Islam & Democracy (EF)
 1:00 Table Tennis (In-person)
1:30 Contemp Econ Issues (EF)
 2:00 Word Play
3:00 Caregivers Group

15

10:00 Gentle Mat Yoga + Nidra
10:00 Irish Folk Music (EF)
10:00 People & Stories (EF)
10:00 Russian Literature (EF)
 12:00 GrandPals Gabfest
 1:00 Global Conversations
1:00 Islam & Democracy (EF)
 1:00 Table Tennis (In-person)
 2:00 Word Play
3:00 Bereavement Group

22

10:00 Gentle Mat Yoga + Nidra
 12:00 GrandPals Gabfest
 1:00 Global Conversations
 1:00 Table Tennis (In-person)
 2:00 Word Play
3:00 Caregivers Group

29

10:00 Gentle Mat Yoga + Nidra
 12:00 GrandPals Gabfest
 1:00 Global Conversations
 1:00 Table Tennis (In-person)
 2:00 Word Play

Tuesday

2

9:30 Basic Drawing: Beg to Adv
 9:30 GrandPals Gabfest
 10:00 Every Body Walk!
10:00 The Supreme Court (EF)
 10:30 TED Talks
11:00 Grandparenting Group
1:00 David Copperfield (EF)
 1:00 Games Day (In-person)
1:00 Great Art (EF)
1:00 Socialism (EF)
 1:00 Stay-Well Chair Exercise
3:00 Native Amer History Month

9

9:30 Basic Drawing: Beg to Adv
 9:30 GrandPals Gabfest
 10:00 Every Body Walk!
10:00 The Supreme Court (EF)
 10:30 TED Talks
11:00 Next Chapter: Widows and Widowers
1:00 David Copperfield (EF)
 1:00 Games Day (In-person)
1:00 Great Art (EF)
1:00 Knit Wits
1:00 Socialism (EF)
 1:00 Stay-Well Chair Exercise
3:00 Native Amer History Month

16

9:30 Basic Drawing: Beg to Adv
 9:30 GrandPals Gabfest
 10:00 Every Body Walk!
 10:30 TED Talks
11:00 Grandparenting Group
1:00 David Copperfield (EF)
 1:00 Games Day (In-person)
1:00 Great Art (EF)
1:00 Socialism (EF)
 1:00 Stay-Well Chair Exercise
3:00 Elder Justice: A Call to Action
3:00 Native Amer History Month

23

9:30 Basic Drawing: Beg to Adv
 9:30 GrandPals Gabfest
10:00 Back to the Future (In-person)
 10:00 Every Body Walk!
 10:30 TED Talks
11:00 Next Chapter: Widows and Widowers
1:00 David Copperfield (EF)
 1:00 Games Day (In-person)
1:00 Great Art (EF)
 1:00 Stay-Well Chair Exercise

30

9:30 Basic Drawing: Beg to Adv
 9:30 GrandPals Gabfest
 10:30 TED Talks
 1:00 Games Day (In-person)
 1:00 Stay-Well Chair Exercise

Wednesday

3

10:00 Early Joyce (EF)
1:00 Art from All Angles (EF)
1:00 Elizabeth Strout (EF)
1:00 For the People (EF)
2:00 Elements of Painting
 3:00 Let's Talk

10

10:00 Early Joyce (EF)
1:00 Elizabeth Strout (EF)
1:00 For the People (EF)
2:00 Elements of Painting
 3:00 Let's Talk

17

10:00 Early Joyce (EF)
12:00 The History of Thanksgiving
1:00 Elizabeth Strout (EF)
1:00 For the People (EF)
2:00 Elements of Painting
 3:00 Let's Talk

24

12:00 The History of Thanksgiving
1:00 For the People (EF)
2:00 Elements of Painting
 3:00 Let's Talk

Thursday

4

9:45 Cosmology
 10:00 Every Body Walk!
10:00 Explorations (EF)
10:00 Jane Gardam Sampler (EF)
 10:00 Mindful Chair Yoga
10:00 Out of Vietnam (EF)
10:30 Don Quixote (EF)
1:00 History & Culture of Scotland (EF)
 1:00 Memoir Writing
1:00 Virtual CE Seminar

11

9:45 Cosmology
 10:00 Every Body Walk!
10:00 Explorations (EF)
10:00 Jane Gardam Sampler (EF)
 10:00 Mindful Chair Yoga
10:00 Out of Vietnam (EF)
10:30 Don Quixote (EF)
1:00 History & Culture of Scotland (EF)
 1:00 Memoir Writing
4:00 Children of Aging Parents

18

9:45 Cosmology
 10:00 Every Body Walk!
10:00 Explorations (EF)
10:00 Jane Gardam Sampler (EF)
 10:00 Mindful Chair Yoga
10:00 Out of Vietnam (EF)
10:30 Don Quixote (EF)
1:00 History & Culture of Scotland (EF)
 1:00 Memoir Writing
3:00 Early Stage Memory Loss Support Group

25

PSRC CLOSED FOR THE
THANKSGIVING HOLIDAY

Friday

5

10:00 Science in the News (EF)
10:00 Stories of the Hassidim (EF)
 10:00 Women in Retirement Coffee Klatch
1:00 First Friday Film - "Shoplifters"
1:00 Joe Biden New Deal (EF)
 1:00 Table Tennis (In-person)
2:00 Mastering the Art of Painting

12

10:00 Science in the News (EF)
10:00 Stories of the Hassidim (EF)
11:45 FYI Seminar - "Financial Planning for LGBTQ+ Couples"
1:00 Joe Biden New Deal (EF)
 1:00 Table Tennis (In-person)
2:00 Mastering the Art of Painting

19

10:00 Science in the News (EF)
10:00 Stories of the Hassidim (EF)
10:00 Women in Retirement Monthly Meeting
11:45 FYI Seminar - "Speculation or Science - How Do You Determine Your Investment Decisions?"
1:00 Joe Biden New Deal (EF)
 1:00 Table Tennis (In-person)
2:00 Mastering the Art of Painting
3:00 Transition to Retirement

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PSRC CLOSED FOR THE
THANKSGIVING HOLIDAY

Virtual programs are added daily.

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

SOCIAL SERVICES

by Sharon Hurley, CVA

Alzheimer's and Dementia Awareness from the Alzheimer's Association

In the early stage of Alzheimer's, a person may function independently. He or she may still drive, work and be part of social activities. Despite this, the person may feel as if he or she is having memory lapses, such as forgetting familiar words or the location of everyday objects.

Symptoms may not be widely apparent at this stage, but family and close friends may take notice and a doctor would be able to identify symptoms using certain diagnostic tools.

Common difficulties include:

- Coming up with the right word or name.
- Remembering names when introduced to new people.
- Having difficulty performing tasks in social or work settings.
- Forgetting material that was just read.
- Losing or misplacing a valuable object.
- Experiencing increased trouble with planning or organizing.



During the early stage, it's possible for people with dementia to live well by taking control of their health and wellness, and focusing their energy on aspects of their life that are most meaningful to them. In addition, this is the ideal time to put legal, financial, and end-of-life plans in place because the person with dementia will be able to participate in decision-making.¹

Learn more at <https://www.alz.org/help-support/i-have-alz>.

Announcement

New Support Group for People with Early Stage Memory Loss Thursday, November 18 from 3-4:30 p.m.

The group begins on Thursday, November 18 from 3:00–4:30 p.m. It will be led by two women with extensive experience as caregivers and leaders in the field of aging.

Eileen E. Doremus is a certified social worker and current advocacy coordinator for the New Jersey Association of Area Agencies on Aging. She is the former executive director for the Mercer County Office on Aging, a founding Alzheimer's Association Chapter volunteer and professional staff educator, and Alzheimer's unit coordinator in a Central New Jersey nursing home. Both Eileen's parents experienced dementia in their later years.

Geri H. Garfinkle, MSW, has personal experience with family and friends with dementia. Her grandmother, years ago, and now currently her brother-in-law and a childhood friend of sixty-three years. She has thirty years experience practicing as a clinical social worker/psychotherapist/family therapist and worked for ten years as a speech/language pathologist and audiologist at ICD International Center for the Disabled in New York.

Register at <https://princetonsenior.wufoo.com/forms/z1sz615k0gf49kw/>

¹ Alzheimer's Association, "Stages of Alzheimer's," September 30, 2021, <https://www.alz.org/alzheimers-dementia/stages?#mild>

Welcome Alejandra!

We are happy to announce that we have a new staff member. Alejandra Huertas will work with the social services department in the position of Social Service Outreach & Care Coordinator. Alejandra joined PSRC in October. If you would like to welcome her, send an email to ahuertas@princetonsenior.org.



Virtual CE Seminar

Medicaid, Medicare, Veterans Benefits: The Ethics Behind It All

Thursday, November 4 at 1:00–2:00 p.m.

Current long-term costs are staggering. Medicaid, Medicare, and Veteran's benefits are three public programs that offset care costs for qualified applicants. The eligibility criteria, application process, and path to approval are mired with pitfalls. Ethical issues arise from planning financially for these benefits and from competing interests between patients and the health care industry. This seminar aims to educate participants about the laws and regulations governing these benefits and the ethical issues therein.

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

Registration required: https://bit.ly/LearningWithPSRC_AkinCare
Sharon Hurley • shurley@princetonsenior.org • 609.751.9699

This CE seminar is hosted by Rothkoff Law Group. CEs for social workers licensed in NJ and PA are awarded by NASW-NJ Chapter. SW credit certificates will come directly from NASW-NJ via email. Please ensure that we have your current email address on file. A general certificate will be distributed by RLG to all participants with approvals from these boards: NAB/NCERS, CCMC, SHRM, CA Board of Nursing.



GROUPS

BACK TO THE FUTURE (IN-PERSON)
*Tuesday, November 23 at 10:00 a.m.
at Suzanne Patterson Building*

BEREAVEMENT
*Monday, November 15 at 3:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.*

CAREGIVERS
*Monday, November 8 & 22 at 3:00 p.m.
(Usually second & fourth Monday
of each month)*

CHILDREN OF AGING PARENTS
*Thursday, November 11 at 4:00 p.m.
(Usually second Thursday of each month)*

EARLY STAGE MEMORY LOSS SUPPORT
*Thursday, November 18 at 3:00 p.m.
(Usually third Thursday of each month)*

GLOBAL CONVERSATIONS
Mondays at 1:00 p.m.

GRANDPARENTING
*Tuesday, November 2 & 16 at 11:00 a.m.
(First & third Tuesday of each month)*

KNIT WITS
*Tuesday, November 9 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 November
(Usually first Friday of each month)

NEXT CHAPTER: WIDOW/-ERS
*Tuesday, November 9 & 23 at 11:00 a.m.
(Usually second and fourth Tuesday
of each month)*

TED TALKS
(Usually Tuesdays at 10:30 a.m.)

TRANSITION TO RETIREMENT
*Friday, November 19 at 3:00 p.m.
(Usually third Friday of each month)*

**WOMEN IN RETIREMENT
MONTHLY MEETING**
*Friday, November 19 at 10:00 a.m.
(Usually third Friday of each month)*

THERE ARE NO FEES FOR THESE GROUPS.

**ALL GROUPS MEET VIRTUALLY USING ZOOM
UNLESS INDICATED OTHERWISE.**

Sign up for virtual groups on our [website](https://princetonsenior.org)
or call 609.751.9699 for assistance.

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

VA



U.S. Department of Veterans Affairs

VETERANS SUPPORT

Mercer County Habitat for Humanity and Veterans support

Veterans Build initiative is designed to provide assistance to military and veteran families through our Affordable Homeownership and Repairs programs. We match active-duty military service members, veterans, and community organizations with military families to provide Habitat services for local veterans.

<https://www.hfhbmc.org/services/veterans-build/>

PTSD: National Center for PTSD

Provider Guide to Addressing Veterans' Reactions to Current Events in Afghanistan — [Read tips on how to check in with and support Veterans who served in Afghanistan](#), or other conflicts, who may be experiencing strong emotions related to the U.S withdrawal from the country.

www.va.gov/

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.

FROM THE DEVELOPMENT OFFICE

Spotlight on Lawrenceville Optician: Proud PSRC Special Series Sponsor

Each customer has individual requirements in terms of vision correction. With the opticians at Lawrenceville Optician, you can count on getting competent, personal, and detailed advice.

Whether you are looking for new frames or have questions about the latest technology in lenses, Lawrenceville Optician has provided their clientele personal, professional, and detailed advice for over forty years with our opticians having over sixty years of experience. We are here to help you get the lenses you need in the stylish frames you want. Our extensive frame selection ranges from sporty to trendy; opulent to elegant. Lawrenceville Optician stays fashionably focused on giving you what you need to see the world through amazing frames.

We understand the importance of clear vision, especially as we age, so we are thrilled to support the Princeton Senior Resource Center and the programs they make available to older adults.

Making an individual pair of glasses requires several work steps that are still traditionally done by hand today to ensure quality. Our opticians therefore personally grind your lenses in our workshop. We can carry out the repairs right here at our office. That way you are guaranteed long-lasting satisfaction with your finished glasses.

What you can expect from us

- Quality, care, and service
- Expert guidance from licensed opticians
- All services by hand on-site; from measuring to grinding
- Free glasses check and lens cleaning

Stop by our shop — we look forward to seeing you!
No appointments necessary!



A Tradition of Quality — Glasses for your Family

lawrencevilleoptician.com

NOVEMBER FEATURED SPONSORS



To provide the highest quality care services to each and every resident, patient, and family.
“The art of living well”

princetoncarecenter.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

Thank You for Helping to Make PSRC's Fall Benefit A Success!

We had a fabulous turn out for our second virtual fundraiser and a wonderful evening with Dr. Bernice A. King. It was great seeing so many friendly faces at our VIP reception.

Thank you! Your support and generosity enables PSRC to provide vital social services, educational and meaningful programs, and help older adults thrive.

*Join us again as we celebrate Evergreen Forum's twentieth anniversary,
honoring twenty years of*

***Evergreen Forum Volunteers, Instructors,
and Steering Committee Members***



2021 VOLUNTEER APPRECIATION AWARD RECIPIENTS

To make a donation in their honor [HERE](#)

You may view the tribute video [HERE](#)

Thank you again to all our fall event sponsors and advertisers and all Evergreen Forum donations!

Take a minute to view the digital program [HERE](#)

Many thanks again!

Fall Fundraiser Event Sponsors*

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**as of publication date*



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Mayors Wellness Campaign
Put your community in motion.



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
Peapack Private Wealth Management

Penn Medicine Princeton Health
& Home Health
Princeton Care Center
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/