



THE MARDI GRAS MUSEUM OF COSTUME AND CULTURE

Thursday, February 17 at 1:00 p.m.

Fee: \$10 — Turn to page 5 for details. Register at <https://princetonsenior.link/MardiGras>



NATIONAL PARKS SERIES

Tuesdays and Thursdays at 2:00 p.m. in February
Fee: \$5.00 each/\$35 for the series

Turn to page 6 for details. Register at
<https://princetonsenior.link/NationalParks>



**THE NANCY S. KLATH CENTER
FOR LIFELONG LEARNING**

101 Poor Farm Road, Building B
Princeton, NJ 08540
Phone: 609.751.9699
Monday–Friday
9:00 a.m. to 5:00 p.m.

SUZANNE PATTERSON BUILDING

45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.751.9699
Call PSRC for hours

SPRUCE CIRCLE OFFICE

179 Spruce Circle
(off N. Harrison Street)
Princeton, NJ 08540
Phone: 609.751.9699
Call PSRC for hours

info@princetonsenior.org
princetonsenior.org

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

*A nonprofit organization
serving our community*

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FROM THE CEO, DREW DYSON

"Intergenerational Relationships
Fostering Positivity"

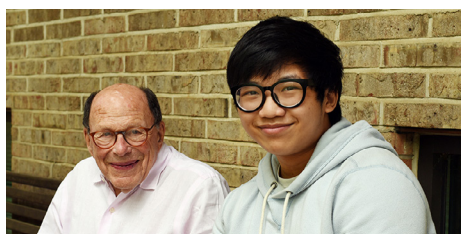
Dear Friends,

For many years, PSRC has been committed to the value of intergenerational relationships that are mutually beneficial to both the young and the old — while contributing to the overall well-being of the community as a whole. One recent longitudinal study out of Harvard University concludes, "Active, involved older adults with close intergenerational connections consistently report much less loneliness and depression, better physical health, and higher degrees of life satisfaction. They tend to be happier with their present life and more hopeful for the future." Further, intergenerational relationships help combat ageism in society and foster greater openness and inclusivity.

Our GrandPals program has been fostering these relationships for many years. In the midst of a global pandemic, when our ability to safely visit children in schools changed, we created a new program, "Seniors for Seniors," in partnership with Corner House. The adjacent page tells the story of this wonderful program and the pictures below show some of our participants enjoying their end-of-year celebration together. I encourage you to read these stories, consider whether you are drawn to participate, and respond to the invitation. I guarantee that it will be an experience that benefits you, the young person, and the community at large!

All the Best,

Drew A. Dyson, PhD
Chief Executive Officer



PHOTOS: A few of the Seniors for Seniors participants posed for photos after a rare "in-person" gathering at PSRC in early June, 2021.

Seniors for Seniors Program

by Carla Servin, Program Associate

Our third year of PSRC's Seniors for Seniors program, in collaboration with Riva Levy at Corner House, is off to a great start! Ten of our seniors have paired with ten high school seniors from the leadership program of Corner House, to get to know each other and build a bridge between generations. This program began in April 2020 at the beginning of the pandemic, when both the students and our seniors were stuck at home and isolated, and has continued due to its success. The pairs meet on Zoom, FaceTime, or through email exchanges to learn about each other. They talk about hobbies, education, career interests, music, families, pets, and much more. Our seniors learn more about youth culture and music and the high school seniors learn from our seniors about career paths, college experiences and are, in many ways, a sounding board as these high school seniors are about to embark on a new chapter of their lives after graduation. Last year's participants were able to meet each other in-person (with covid protocols in place), and it was a joyful experience for all. It was delightful to hear our seniors and the Corner House students share their stories about what this new relationship had meant to them and what they had learned from each other. Here are some thoughts about the program from our seniors:

"For me as a senior, this program is a great way to keep in touch with the ideas, thoughts and concerns of younger people."

"A lot can be learned from talking with someone outside your bubble."

"For me, Seniors for Seniors is the unique opportunity to get to know someone from a different generation. Through listening, and sharing experiences, hopes, and dreams, two strangers quickly become friends who enrich each other's lives."

"My experience with 'Seniors for Seniors' has been totally positive. This is my second year as a participant in the program and I am honored to have this experience. Although my work affords me opportunities to interact with young students, this experience is very special. My senior and I feel as if we already know each other after two chats online. I enjoy learning about her college plans and remembering how stressful the application process is. It is very enlightening to know how the younger generation feels about the world in which we are now living — with all its stresses and negativity."

"Not only did I get to know a high school senior but I was impressed with the leadership skills that Corner House has helped them develop and exhibit. The program and (my student) reminded me of the potential that resides in students of that age and how nice it is to be a little part of the process of these students' maturing."

If you are interested in participating with Seniors for Seniors next fall, please contact Carla Servin at cservin@princetonsenior.org.

Grant support for intergenerational programs from the Laura J. Niles Foundation.

SPECIAL NOTICE

It's time to resubscribe for the January 1–December 31, 2022 print newsletter. You can find the subscription form [HERE](#).

PSRC STAFF

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Care Coordinator
& HomeFriends Coordinator

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Program Associate

Beth Weiskopf
Program Administrator

Kathleen Whalen
Director of Communications

FEBRUARY PROGRAMS

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



FIRST FRIDAY FILM — “THE BEST OF ENEMIES” (ZOOM)

Friday, February 4 at 1:00 p.m.

The true story of the unlikely relationship between Ann Atwater, an outspoken civil rights activist, and C.P. Ellis, a local Ku Klux Klan leader. During the racially charged summer of 1971, Atwater and Ellis come together to co-chair a community summit on the desegregation of schools in Durham, North Carolina. The ensuing debate and battle soon led to surprising revelations that change both of their lives forever.

Starring: Taraji P. Henson, Sam Rockwell, Babou Ceesay

Running time: 2 hours, 13 minutes; Genre: Biography, Drama; Rated: PG-13

Registration required, no fee.



FYI SEMINAR — “HUMAN TRAFFICKING 101” (ZOOM)

Friday, February 4 at 11:45 a.m.

Join Susan Neigher, vice president of the New Jersey Coalition Against Human Trafficking Board, and Janice Wahl, co-chair of the speakers bureau, raising awareness to the types of human trafficking, red flags, and how to safely report suspicion.

Registration required, no fee.



FYI SEMINAR — “USING YOUR WITS PART 1 — THE IMPORTANCE OF COGNITIVE FITNESS AS WE AGE” (IN-PERSON — HYBRID AT

PSRC’S POOR FARM ROAD LOCATION)

Friday, February 11 at 11:45 a.m.

In “Using Your Wits Part 1,” you will learn about each cognitive skill, its importance in overall brain function, and what we can do to keep our minds as sharp as possible. Lisa Bayer is a certified dementia practitioner (CDP) and marketer for Always Best Care (ABC) Senior Services.

Registration required, no fee.



FYI SEMINAR — “VETERAN BENEFITS, ADVOCACY, AND SUPPORT” (ZOOM)

Friday, February 25 at 11:45 a.m.

Join LaShaunda Carter, CEO of Sanctuary Foundation For Veterans to learn how to advocate

or find a community partner to help you or your family navigate through the complex enrollment process for VA benefits.

Registration required, no fee.



TED TALKS (ZOOM)

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:

February 1 — Jonathan Zittrain: The Web as random acts of kindness

February 8 — Isaac Lidsky: What reality are you creating for yourself?

February 15 — Ella Al-Shamahi: The fascinating (and dangerous) places scientists aren’t exploring

February 22 — Jamil Zaki: How to escape the cynicism trap

Registration required, no fee.

This month’s FYI sponsors are [Capital Health](#) and [Stark & Stark Attorneys at Law](#). TED Talk sponsors are [Akin Care Senior Services](#), [Brandywine Living: Princeton, Pennington, & Serenade at Princeton](#), [Peapack Private Wealth Management](#), and [Rothkoff Law Group](#).

LIMITED SERIES PROGRAMS

YOGA FOR ARTHRITIS WORKSHOP (ZOOM)

Wednesday, February 2, 10:00–11:30 a.m.

Fee: \$10.00

“Yoga for Arthritis” is a class that takes the student through a series of gentle, breath-infused movements that flow throughout all the joints in every direction they naturally move. This practice

LIBRARY READS — MONDAY, FEBRUARY 7
(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

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

can be done seated or on a mat with options to stand as well. Specific best placement can be explored during or after class. The movement of the joints creates space in the body and moves prana or the life force in such a way that motion may become more easeful and fluid. Stiffness, sensation, and/or pain may be lessened or relieved to prompt a deeper journey into healing.

Instructor: Lyn Lilavati Sirota

Registration required.

PSRC's Yoga for Arthritis Workshop Program is sponsored by [Bristol Myers Squibb](#).

CHESS + WORKSHOP (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

Tuesdays, beginning February 1 through February 22 at 1:00 p.m.; Fee: \$30

Learn to play the most popular game ever, a game of strategy and problem solving that keeps your mind sharp while fostering social engagement. This workshop will use "Chess x Positive Psychology," a novel learning model that combines the disciplines of chess and the principles of positive psychology. Not only will you learn a new skill, you'll be on the road to improved well-being. For beginner to intermediate skill levels. Maximum participants: 16

Instructor: Larry Li

Registration required.

PSRC's Chess + Workshop Program is sponsored by [Bristol Myers Squibb](#).

FREE AARP TAX ASSISTANCE FOR SENIORS

Fridays, February 4 through April 15

AARP sponsors free tax assistance for low and moderate-income people through the AARP Tax-Aide program. AARP volunteers who are certified by the IRS will be available to prepare and electronically file individual Federal and New Jersey State returns. These volunteer

preparers are particularly familiar with tax regulations and rebate programs that affect seniors.

This tax year, AARP volunteers will prepare tax returns using the IRS and AARP requirements for same-day drop-off service. Using this service, you will be able to drop off your tax documents during your initial appointment and pick them up along with a copy of your prepared tax return later that same day. The drop-off location is PSRC's Suzanne Patterson Building at 45 Stockton Street in Princeton.

A pre-appointment packet containing information on the same-day drop-off service and tax forms that you need to fill out before your scheduled appointment can be picked-up in advance or can be downloaded at <http://www.bitly.com/AARPTaxForms>. Call PSRC for packet pick-up locations and hours.

By appointment only. Register at <https://princetonsenior.link/AARPtaxaide> or call 609.751.9699.

THE MARDI GRAS MUSEUM OF COSTUME AND CULTURE (ZOOM)

Thursday, February 17 at 1:00 p.m.

Fee: \$10

Join PSRC in a contemporary celebration of Mardi Gras. This New Orleans museum has its finger on the pulse of the vast array of grassroots traditions of Mardi Gras revelers, walking clubs, Mardi Gras Indians, Cajun Mardi Gras, buskers and street performers, kings and queens, and pageant masquerade balls, as well as the creativity and craftsmanship that goes into the creation of these fantastic costumes!

PSRC's Mardi Gras Museum of Costume and Culture Program is sponsored by [Artis Senior Living](#).

SPECIAL NOTICE

PSRC is closed on Monday, February 21, in honor of Presidents' Day

FEBRUARY PROGRAMS

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

NATIONAL PARKS (ZOOM)

Tuesdays and Thursdays at 2:00 p.m. in February
Fee: \$5.00 each / \$35 for the series

2022 marks the 150th anniversary of the opening of the first National Park to the public. On March 1, 1872, Yellowstone became the first national park for all to enjoy. To commemorate this milestone, PSRC invites you to join us as we visit eight of our parks and celebrate our country's varied ecosystems and natural beauty.

Tuesday, February 1: Olympic National Park, Port Angeles, Washington

With its incredible range of precipitation and elevation, diversity is the hallmark of Olympic National Park. Encompassing nearly a million acres, the park protects a vast wilderness, thousands of years of human history, and several distinctly different ecosystems, including glacier-capped mountains, old-growth temperate rain forests, and over seventy miles of wild coastline. Come explore!

Thursday, February 3, Indiana Dunes National Park, Porter, Indiana

Indiana Dunes National Park hugs fifteen miles of the southern shore of Lake Michigan and has much to offer. Whether you enjoy scouting for rare species of birds or flying kites on the sandy beach, the national park's 15,000 acres will continually enchant you. Hikers will enjoy fifty miles of trails over rugged dunes, mysterious wetlands, sunny prairies, meandering rivers, and peaceful forests.

Tuesday, February 8: Channel Islands National Park, Ventura, California

Channel Islands National Park encompasses five remarkable islands and their ocean environment, preserving and protecting a wealth of natural and cultural resources. Isolation over thousands of years has created unique animals, plants, and archeological resources found nowhere else on earth and helped preserve a place where visitors can experience coastal southern California as it once was.

Thursday, February 10: Kenai Fjords National Park, Seward, Alaska

Listening to the Ice

At the edge of the Kenai Peninsula lies a land where the ice age lingers. Nearly forty glaciers flow from the Harding Icefield, Kenai Fjords' crowning feature. Wildlife thrives in icy waters and lush forests around this vast expanse of ice. Sugpiaq people relied on these resources to nurture a life entwined with the sea. Today, shrinking glaciers bear witness to the effects of our changing climate. The park covers an area of 669,984 acres on the Kenai Peninsula in south-central Alaska, west of the town of Seward.

Tuesday, February 15: Bryce Canyon National Park, National Park, Utah

Bryce Canyon National Park, a sprawling reserve in southern Utah, is known for crimson-colored hoodoos, which are spire-shaped rock formations. The park's main road leads past the expansive Bryce Amphitheater, a hoodoo-filled depression lying below the Rim Trail hiking path. It has overlooks at Sunrise Point, Sunset Point, Inspiration Point and Bryce Point. Prime viewing times are around sunup and sundown.

Thursday, February 17: Redwood National and State Parks, Crescent City, California

Most people know Redwood as home to the tallest trees on Earth. But the Parks also protect vast prairies, oak woodlands, wild rivers, and forty miles of rugged coastline. People have lived in this verdant landscape since time immemorial. Together, the National Park Service and California State Parks are managing and restoring these lands for the inspiration, enjoyment, and education of all.

Tuesday, February 22: Petrified Forest National Park, Holbrook, Arizona

Petrified Forest National Park is in northeastern Arizona. In its south, the Rainbow Forest is full of colorful petrified wood. It's home to the Rainbow Forest Museum, with its paleontology exhibits and many trail access points. In the park's center are the petroglyphs of Newspaper Rock and the ruined

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<https://princeton senior.wufoo.com/forms/senior-scholarship-request-form/>

village of Puerco Pueblo. To the north, the Painted Desert Inn, a 1930s adobe building, is a museum with Hopi murals.

Thursday, February 24: Hot Springs National Park, Hot Springs, Arkansas

Hot Springs National Park has a rich cultural past. The grand architecture of our historic bathhouses is equally matched by the natural curiosities that have been drawing people here for hundreds of years. Ancient thermal springs, mountain views, incredible geology, forested hikes, and abundant creeks — all in the middle of town — make Hot Springs National Park a unique and beautiful destination.

PSRC's National Parks Program is sponsored by [Angelion Mobility](#), [Oasis Senior Advisors](#), and [The Bank of Princeton](#).

RETIREMENT PROGRAMS

**MEN & WOMEN IN RETIREMENT —
“MUSICAL PERFORMANCE BY BOB MECKLENBURGER”
(IN-PERSON — HYBRID AT PSRC'S POOR FARM ROAD)
*Friday, February 18 at 10:00 a.m.***

Bob Mecklenburger, a member of Men in Retirement, has been singing and performing with his acoustic six and twelve-string guitars for over fifty years. Bob has been a featured performer at house concerts and coffee houses in the New

Jersey and Pennsylvania areas; most recently at the West Windsor Farmers' Market. He was televised on *Café Improv* by the Princeton Arts Council. All are welcome.

Registration required, limited space for in-person, no fee.

See PSRC's safety protocols for in-person programs on [page 16](#).

WOMEN IN RETIREMENT COFFEE KLATCH (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

Friday, February 11 and 25 at 10:00 a.m.

Join the Women in Retirement for an informal, in-person meet up. All are welcome.

Registration required, limited space, no fee.

See PSRC's safety protocols for in-person programs on [page 16](#).

TRANSITION TO RETIREMENT (IN-PERSON — HYBRID AT PSRC'S POOR FARM ROAD LOCATION)

Friday, February 25 at 3:00 p.m. (special date this month)

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.

See PSRC's safety protocols for in-person programs on [page 16](#).



TECHNOLOGY ASSISTANCE

THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB

Monday, Wednesday, Friday, 10:00 a.m.–3:00 p.m.

Stop by the Technology Lab to use our computers in our Poor Farm Road location. Tech assistance is available in-person on Thursdays, from 3:00 to 5:00 p.m. Most tech assistance will remain virtual and by appointment only. See PSRC's safety protocols for in-person programs on [page 16](#).

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

FEBRUARY EXERCISE, FITNESS, AND ENRICHMENT PROGRAMS



EXERCISE & FITNESS

GENTLE YOGA + NIDRA — Winter Quarter

*Mondays through March 28 (no class on 2/21),
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 — Winter Quarter

Thursdays through March 31, 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 February 1 through February 22, 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 AT SUZANNE PATTERSON BUILDING)

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 required, no fee. See PSRC's safety protocols for in-person programs on [page 16](#).*



ENRICHMENT

BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE

*Tuesdays through February 22, 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. Limited to 10 students. **Call for availability.***

Instructor: Denise McDaniel

ELEMENTS OF PAINTING — Winter Session

*Wednesdays through February 23 at 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. **Call for availability.***

Instructor: Christina Rang

MEMOIR WRITING WITH JENNIFER — Winter Quarter

*Thursdays through March 31 (no class on 2/3), 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

COSMOLOGY

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

GAMES DAY AT PSRC (IN-PERSON)

NEW! FOR THE MONTH OF FEBRUARY, GAMES DAY WILL BE HELD AT OUR 101 POOR FARM ROAD LOCATION.

*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. See PSRC's safety protocols for in-person programs on [page 16](#).***

FEBRUARY 2022

Monday

Tuesday

Wednesday

Thursday

Friday

1

9:30 Basic Drawing: Beginners to Advanced
9:30 GrandPals Gabfest
10:30 TED Talks
1:00 Chess + (PFR)
1:00 Games Day (PFR)
1:00 Grandparenting Group
1:00 Stay-Well Chair Exercise
2:00 National Parks - Olympic National Park

2

10:00 Yoga for Arthritis Workshop
2:00 Elements of Painting
2:00 Let's Talk Art En Francais Sil-Vous-Plait
3:00 Let's Talk (PFR-H)

3

9:45 Cosmology
10:00 Mindful Chair Yoga
11:00 Gallery Talks Online
2:00 National Parks - Indiana Dunes National Park

4

10:00 Women in Retirement Coffee Klatch (Zoom)
11:45 FYI Seminar - "Human Trafficking 101"
1:00 First Friday Film - "The Best of Enemies"
1:00 Table Tennis (SPB)

7

10:00 Gentle Mat Yoga + Nidra
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Library Reads
1:00 Table Tennis (SPB)
2:00 Word Play

8

9:30 Basic Drawing: Beginners to Advanced
9:30 GrandPals Gabfest
10:30 TED Talks
11:00 Next Chapter: Widows and Widowers (PFR-H)
1:00 Chess + (PFR)
1:00 Games Day (PFR)
1:00 Knit Wits (PFR-H)
1:00 Stay-Well Chair Exercise
2:00 National Parks - Channel Islands National Park

9

2:00 Elements of Painting
2:00 Let's Talk Art En Francais Sil-Vous-Plait
3:00 Let's Talk (PFR-H)

10

9:45 Cosmology
10:00 Mindful Chair Yoga
11:00 Gallery Talks Online
1:00 Memoir Writing
2:00 National Parks - Kenai Fjords National Park
4:00 Children of Aging Parents (PFR-H)

11

10:00 Women in Retirement Coffee Klatch (PFR)
11:45 FYI Seminar - "Using Your Wits Part 1" (PFR-H)
1:00 Table Tennis (SPB)

14

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

15

9:30 Basic Drawing: Beginners to Advanced
9:30 GrandPals Gabfest
10:30 TED Talks
1:00 Chess + (PFR)
1:00 Games Day (PFR)
1:00 Stay-Well Chair Exercise
2:00 National Parks - Bryce Canyon National Park

16

2:00 Elements of Painting
3:00 Let's Talk (PFR-H)

17

9:45 Cosmology
10:00 Mindful Chair Yoga
11:00 Gallery Talks Online
1:00 The Mardi Gras Museum of Costume and Culture
1:00 Memoir Writing
2:00 National Parks - Redwood National and State Parks
3:00 Early Stage Memory Loss Support Group (PFR-H)

18

10:00 Men and Women in Retirement Monthly Meeting (PFR-H)
1:00 Table Tennis (SPB)

21

PSRC CLOSED FOR THE PRESIDENTS' DAY HOLIDAY

22

9:30 Basic Drawing: Beginners to Advanced
9:30 GrandPals Gabfest
10:30 TED Talks
11:00 Next Chapter: Widows and Widowers (PFR-H)
1:00 Chess + (PFR)
1:00 Games Day (PFR)
1:00 Stay-Well Chair Exercise
2:00 National Parks - Petrified Forest National Park

23

2:00 Elements of Painting
3:00 Let's Talk (PFR-H)

24

9:45 Cosmology
10:00 Mindful Chair Yoga
1:00 Memoir Writing
2:00 National Parks - Hot Springs National Park

25

10:00 Women in Retirement Coffee Klatch (PFR)
11:45 FYI Seminar - "Veteran Benefits, Advocacy, and Support"
1:00 Table Tennis (SPB)
3:00 Transition to Retirement (PFR-H)

28

10:00 Deception by Numbers (EF)
10:00 Gentle Mat Yoga + Nidra
10:00 People & Stories (EF)
11:00 Bereavement Group
12:00 GrandPals Gabfest
1:00 African American Presence in the Sourlands (EF)

1:00 Global Conversations
1:00 Perspectives on Opera (EF)
1:00 Table Tennis (SPB)
2:00 Word Play
3:00 Caregivers Group

Key:

SPB - Suzanne Patterson Building
PFR - Poor Farm Road

H - Hybrid Group/Program

Stop by the Nancy S. Klath Learning Center to use our computers in our Poor Farm Road location. Tech assistance is available in-person on Thursdays, from 3:00 to 5:00 p.m. Most tech assistance will remain virtual and by appointment only.

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

Learning Never Ends

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EVERGREEN FORUM COURSES

ONLINE REGISTRATION
BEGINS JANUARY 25



THE
EVERGREEN
FORUM

CLASSES BEGIN THE WEEK OF FEBRUARY 28

Registration is online and is first come, first served.
Detailed information, electronic brochure, and link to the
registration form can be found at princetonsenior.org.
Call us at 609.751.9699 with questions.

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.

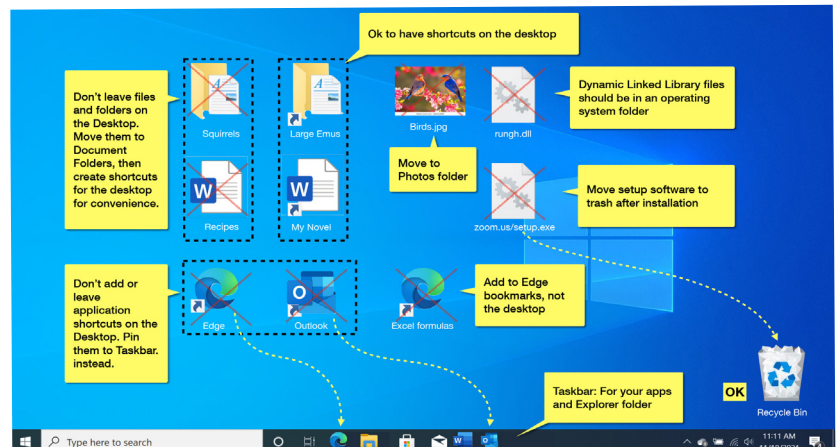
How to Use Your Windows Desktop

We shall now tread carefully into the philosophically perilous recommendations on how to use your Windows desktop...

We see a lot of Windows desktops. Some are tidy with a few icons here and there, while others are strewn with files, shortcuts to applications, and web bookmarks. If you like the strewn look, then read no further. But a mess of icons makes me *verklemt*—I like my computer desktop to be neat. And to that end, I offer the picture and explanation below as a guide for what goes on the desktop and what goes elsewhere.

Pin Applications to the Taskbar

When you install new software, Windows usually (and unfortunately) adds its shortcut on your Desktop, so if you're reading a webpage and want to check your mail in Outlook, you may have to close your browser to find the Outlook icon. That's why the Windows folks invented the Taskbar, which is always visible, and is where your application icons go. To add an application to your taskbar when you run it for the first time, right-click the icon and select "pin to taskbar."



Move Files to Documents Folders

The desktop is not a good place to store files (documents) or folders because they're probably not being backed up and they're too easy to delete by accident. **Files and folders should be in your documents (or OneDrive) folders.** You can then create shortcuts to place on your desktop.

Move Setup Files to the Trash

Move application setup files to your recycle bin after you've added the application. You'll usually find these in your downloads folder, but sometimes end up on the desktop. And files that end in .dll should be in a Windows programs folder. But don't move them until you ask for help.

Add Website Links to your Browser's Bookmarks

Website links should be in your browser bookmarks, not the desktop. If you're like me, you'll accumulate hundreds of these, and you'll get utterly lost looking for them on your desktop.

Reserve the Desktop for Shortcuts and Temporary Documents

What you CAN keep on your desktop are *shortcuts* to files and document folders that you create by 1. Navigating to the file or folder, 2. *Right-clicking* the file or folder icon, and, while holding the *right button*, 3. *Dragging* the icon to the desktop, and 4. Selecting Create Shortcut. The arrow symbol designates the icon as a shortcut to the file or folder and not the actual document. When you're finished working with the document you can trash the shortcut icon—the actual file remains safely stored in your document folder.

If you need help managing your Windows Desktop, just ask us for help at PSRC Tech Resources at princetonsenior.org/psrc-tech-resources/.

SOCIAL SERVICES

by Sharon Hurley, CVA

Caregivers in Crisis

National Caregivers Day falls annually on the third Friday in February. The day honors the healthcare professionals across the country providing ongoing caregiving support, long-term, and hospice care.

The period of 2020–2021 has been difficult for everyone. It has been especially difficult for those taking care of others that have a serious medical condition, health crisis, or terminal illness.

At the beginning of the Covid-19 pandemic, healthcare personnel were called “heroes” by the general population, but over this two-year period people’s patience and tolerance have worn thin, and healthcare workers/caregivers face physical assaults and harassment regularly. Compassion fatigue (CF) is stress resulting from exposure to a traumatized individual.

CF has been described as the convergence of secondary traumatic stress (STS) and cumulative burnout (BO), a state of physical and mental exhaustion caused by a depleted ability to cope with one’s everyday environment. Professionals regularly exposed to the traumatic experiences of the people they service, such as healthcare, emergency, and community service workers, are particularly susceptible to developing CF. This can impact standards of patient care, relationships with colleagues, or lead to more serious mental health conditions such as posttraumatic stress disorder (PTSD), anxiety, or depression.

Dr. Victor Dzau, president of the National Academy of Medicine, presented at a webinar, *Restoring a Burned Out Healthcare Workforce* (<https://www.usnews.com/news/live-events/webinar-restoring-a-burned-out-healthcare-workforce>).

The webinar is part of Healthcare of Tomorrow, a virtual event series from U.S. News & World

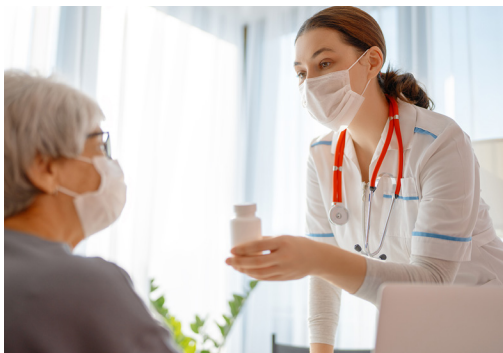
Report for hospital and health system executives and other industry leaders to discuss common priorities, best practices, and perspectives on the future of the country’s health system and care delivery.

The situation has deteriorated further since the start of the pandemic with some 60% to 75% of clinicians reporting symptoms of exhaustion, depression, sleep disorders, and PTSD, Dzau said, while nurses are equally if not more stressed. About 20% of healthcare workers have quit during this period, he said, and four out of five of those who remain say that staff shortages have affected their ability to work safely and to satisfy patient needs.

We depend on caregivers in many different settings, in addition to our homes,

to provide vital services. We may require caregivers to do things that we are not able to provide, due to the physical demands. We may not have the skills or expertise to provide what is needed. Healthcare workers/caregivers can be utilized for short term issues or long-term care. Without them most of us would be in serious trouble.

Let’s take some time this month to recognize and thank the caregivers around us. Send a handwritten note, write an email to a supervisor of someone providing excellent care, craft an op-ed, a letter to the editor, in a local newspaper to recognize a company, agency, organization, or entity that continues to provide caregiving support during these difficult pandemic times. This recognition could be for a home healthcare company, hospital, assisted living, long-term care community, hospice agency, or the staff at your doctor’s office. Let’s show our heartfelt support and appreciation today.





U.S. Department of Veterans Affairs

VA CAREGIVER SUPPORT PROGRAM

The Program of General Caregiver Support Services (PGCSS) is one of two programs within the Caregiver Support Program. PGCSS provides peer support mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources to caregivers of veterans. The veteran must be enrolled in veterans affairs (VA) health care and be receiving care from a caregiver in order for the caregiver to participate. Caregivers who participate in PGCSS are called general caregivers. General caregivers do not need to be a relative or live with the veteran.

Is PGCSS right for you?

If you are a caregiver of a veteran enrolled in VA health care who is interested in connecting with other caregivers, receiving additional support from a professional care team, or looking to enhance your skills as a caregiver, PGCSS may be right for you.

Am I a general caregiver?

A general caregiver is a person who provides personal care services to a veteran enrolled in VA health care who: needs assistance with one or more activities of daily living or needs supervision or protection based on symptoms or residuals of neurological care or other impairment or injury.

Steps for Enrollment

Every veterans affairs medical center (VAMC) is staffed with a caregiver support program (CSP) team. This team can help assist you with determining the resources and services available for you and assist you with enrolling in CSP programs.

There is no formal application required to enroll in PGCSS.

To enroll, complete the following steps:

1. Reach out to the facility CSP team or request a referral from the veteran's provider.
2. Complete an intake with the facility CSP Team. The veteran will need to agree to receive care from you as their caregiver, as you will be listed in their healthcare record.
3. Enroll and begin to utilize the supports and services offered.

[PGCSS FAQs Flyer - English \(PDF\)](#)

[Folleto de preguntas frecuentes sobre PGCSS - Spanish \(PDF\)](#)

[Flyer ng Mga FAQ ng PGCSS - Tagalog/Filipino \(PDF\)](#)



GROUPS

BEREAVEMENT

Monday, February 28 at 11:00 a.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS

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

CHILDREN OF AGING PARENTS (IN-PERSON AT PFR - HYBRID)

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

EARLY STAGE MEMORY LOSS SUPPORT (IN-PERSON AT PFR - HYBRID)

Thursday, February 17 at 3:00 p.m.
(Usually third Thursday of each month)

GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

GRANDPARENTING

Tuesday, February 1 at 1:00 p.m.
(Usually first Tuesday of each month)

KNIT WITS (IN-PERSON AT PFR - HYBRID)

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

LET'S TALK (IN-PERSON AT PFR - HYBRID)

Wednesdays at 3:00 p.m.

MEN & WOMEN IN RETIREMENT MONTHLY MEETING

(IN-PERSON AT PFR - HYBRID)
Friday, February 18 at 10:00 a.m.

NEXT CHAPTER: WIDOW/-ERS (IN-PERSON AT PFR - HYBRID)

Tuesdays, February 8 & 22 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 (IN-PERSON AT PFR - HYBRID)

Friday, February 18 at 3:00 p.m.
(Usually third Friday of each month)

WOMEN IN RETIREMENT MONTHLY MEETING

(Usually third Friday of each month, this month the Women in Retirement join the Men in Retirement)

THERE ARE NO FEES FOR THESE GROUPS.

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

Sign up for virtual groups on our [website](#)
or call 609.751.9699 for assistance.

FROM THE DEVELOPMENT OFFICE



Spotlight on Princeton Care Center

At Princeton Care Center we are dedicated to the “Art of Living Well.” Our residents enjoy dignified care in a location that encourages independence and enhances self-esteem. Princeton Care Center offers both long term care and sub-acute care in one beautiful, intimate, home-like setting. Surrounded by compassionate, caring staff and gracious amenities, your loved one will experience the “Art of Living Well.”

When it comes to skilled care and rehabilitation, Princeton Care Center’s sub-acute care services focus on achieving the highest possible level of independence. Physical, speech, occupational, respiratory, recreational, and restorative therapies are all available, as well as a cardiac recovery program for heart patients.

Among our specialty areas is care for those with Parkinson’s Disease. Parkinson’s (PD) is a chronic, degenerative movement disorder that affects approximately one million people. It is the most common movement disorder and second most common neurodegenerative disorder in the United States.

The staff at Princeton Care Center understand that individuals diagnosed with PD have particular needs and do best when programs are in place that can provide the specialized care needed to ease the burden of living with PD and provide the best treatment and rehabilitation available.

Princeton Care Center has had a long-established relationship with the Princeton Senior Resource Center, and we are proud to support the work that they do. We are delighted that PSRC has practically moved next door at their new facility on Poor Farm Road. I’d love to show you around our facility when you are in the neighborhood after taking a class at PSRC — just give me a call — Michele Barry, 609.924.9000. / Princeton Care Center, 728 Bunn Drive, Princeton, NJ.

princetoncarecenter.com

FEBRUARY FEATURED SPONSORS



At Capital Health, we cover everything from the routine tests and office visits to the most acute and critical conditions.

capitalhealth.org



Since 1933, Stark & Stark has developed innovative legal solutions to meet our clients’ needs.

stark-stark.com

FROM THE DEVELOPMENT OFFICE



Announcing PSRC 2022 Annual Sponsorship Opportunities

PSRC's Annual Sponsorship program is more than good will, it's good business. And a great way to make your marketing dollars work to support your philanthropic values.

A sponsorship to PSRC offers unique advertising benefits, a perfect fit for the company looking to build brand awareness, share their commitment to communal responsibility, and increase visibility among active consumers and influencers across the greater Princeton area. PSRC has a distribution list of over 3,500 active seniors throughout greater Mercer County. Have your company showcased in PSRC monthly newsletters, weekly eblasts, and more.



Underwriting support represents a relationship between your company and PSRC and demonstrates your commitment to providing quality supportive services and programming to the most vulnerable population in our community.

Sponsorship levels begin at \$2,500.

To become an annual sponsor, contact Barbara Prince, development coordinator, at 609.751.9699 or bprince@princetonsenior.org.



101 Poor Farm Rd, Bldg B • Princeton • NJ 08540



Mayors Wellness Campaign
Put your community in motion.

PSRC'S SAFETY PROTOCOLS FOR IN-PERSON PROGRAMS

Safety measures for all staff, volunteers, and participants:

- Proof of vaccination
- Health check forms to be filled out each time one enters our buildings
- Mask wearing at all times
- PSRC covid waiver



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, 101 Poor Farm Road, Building B, 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
Rothkoff Law Group
Rothman Orthopaedic Institute
Silver Century Foundation
Stark & Stark Attorneys at Law
Walsh Senior Solutions

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/