



Photo credit: Wanyu Zhang-NPR

JOIN US FOR OUR VIRTUAL SPRING FUNDRAISER  
AN EVENING WITH PRINCETON'S OWN  
MANOUSH ZOMORODI



Host of Public Radio's *TED Radio Hour*  
Author of *Bored and Brilliant*

**MONDAY, MARCH 21, 2022**  
**6:30 p.m. to 7:45 p.m.**

MORE INFORMATION AND REGISTRATION HERE:  
<https://princetonsenior.link/ManoushZomorodi>

Questions about this Zoom event?  
Contact Lisa Adler at [ladler@princetonsenior.org](mailto:ladler@princetonsenior.org)  
or call 609.751.9699, ext. 103.

**ALSO THIS MONTH**

**CELEBRATING  
WOMEN'S HISTORY  
MONTH**

Featuring a limited series  
that takes a look at the  
stories of women who have  
made history breaking the  
mold, taking risks, and  
fighting for change.

**Wednesday, March 9 and  
Fridays, beginning March 11  
through March 25  
NOON**

See [page 5](#) for details about  
women's history month programs.



**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

[info@princetonsenior.org](mailto:info@princetonsenior.org)  
[princetonsenior.org](http://princetonsenior.org)

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

*A nonprofit organization serving our community*

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FROM THE CEO, DREW DYSON

National Social Work Month Celebrates  
Dave Roussell, MEd, MSW, LSW

Dear Friends,

Dave Roussell. Kate Hall. Nicole Maccarone. Susan Hoskins. Lisa Adler. And others that I have not had the pleasure of working with. Do you know what each of these extraordinary people have in common? Of course, they all have made outstanding contributions to the Princeton Senior Resource Center and the wider community for many years. They are also social workers. In March, as we recognize "National Social Work Month," we lift up these amazing social workers, as well as others in our lives (such as my mother, Mollie) who have made a difference through their compassionate service.

Did you know that there are over 700,000 social workers in the United States? That number is expected to grow by twelve percent

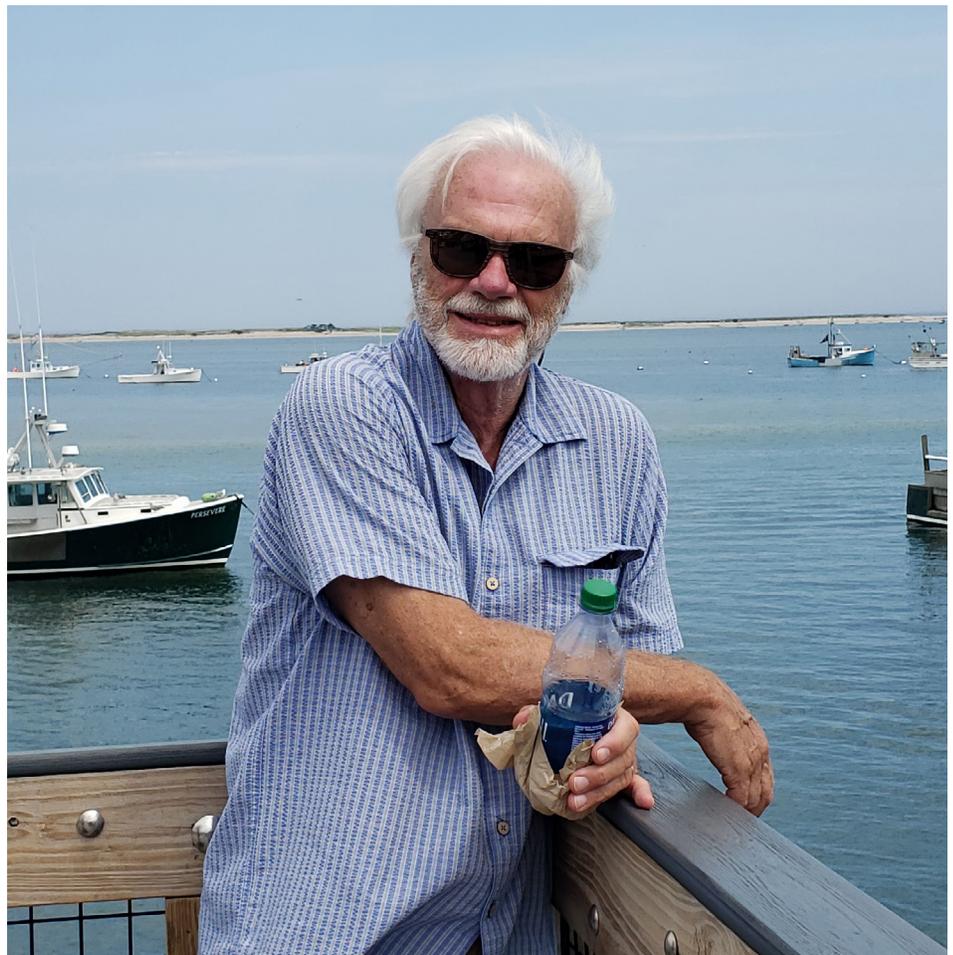


PHOTO: Dave Roussell at Chatham Fishing Pier, Cape Cod

by the end of the decade, making social work one of the fastest growing professions in the nation. Social workers drive significant, positive change through advocacy and social action. Social workers offer compassionate care, guidance, and support through the various places on our life's journey.

Social workers have been an integral part of our nation for decades. Social workers such as social reformer Jane Addams, former Labor Secretary Frances Perkins, and civil rights leaders Dorothy Height, Whitney Young, and Ida B. Wells have pushed for voting rights, equal rights, Social Security, unemployment insurance, and other programs, many of which we now take for granted.

Social workers today provide life-affirming services that are needed now more than ever as we continue to grapple with the Covid-19 pandemic, systemic racism, economic inequality, climate change, and other crises. For older adults, social workers provide companionship, guidance, case management, counseling, resource referral, and so much more. Here at PSRC we have been richly blessed by a legacy of social workers who have served our community throughout the years.

National Social Work Month gives us an opportunity to highlight and honor one of those social workers, Dave Roussell, as he retires at the end of this month after six years of service with PSRC. Dave is a wise, compassionate, and caring social worker who has been an incredible asset to our staff and community. Whether leading support groups such as *Let's Talk* or *Transition to Retirement*, coordinating the *HomeFriends* program, leading *Healthcare Decision Day* workshops, or providing counseling and case management, Dave led with heart and humor.

Dave will be missed as he himself "transitions to retirement," and we wish him well and send him with our deepest gratitude and appreciation. Look further into this newsletter for a special feature on Dave's work with PSRC as well as information on how to share your appreciation with Dave before he goes.

Each day, social workers empower millions of Americans so they can live life to their fullest potential. Social workers also work in communities and in politics to improve living conditions for all. We at PSRC have benefited greatly from the contributions of outstanding social workers — and I trust that your life has been positively influenced by social workers with whom you have encountered. During National Social Work Month I urge you to take time to thank the social workers in your life and offer encouragement and appreciation for the work they do each day.

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*

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**Kathleen Whalen**  
*Director of Communications*

## MARCH PROGRAMS

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



FIRST FRIDAY FILM — “SUFFRAGETTE”  
(ZOOM)

**Friday, March 4 at 1:00 p.m.**

In early twentieth-century Britain, the growing suffragette movement forever changes the life of working wife and mother Maud Watts. Galvanized by political activist Emmeline Pankhurst, Watts joins a diverse group of women who fight for equality and the right to vote. Faced with increasing police action, Maud and her dedicated suffragettes must play a dangerous game of cat-and-mouse, risking their jobs, homes, family, and lives for a just cause.

Starring: Carey Mulligan, Meryl Streep, Helena Bonham Carter

**Running time: 1 hour, 46 minutes; Genre: History, Drama; Rated: PG-13**

Registration required, no fee.



FYI SEMINAR — “WELLNESS CHALLENGE”  
(ZOOM)

**Tuesday, March 15 at 3:00 p.m.**

Join us for an interactive and engaging presentation. Participants will select a category from one of five topics and answer a question, similar to the *Jeopardy* style format. Bragging rights are afforded to the person with the most points. Please join Yvette Alvarez, Community Health Education Consultant at Horizon BCBSNJ. For the past five years she has been educating communities of all ages on health topics of chronic disease, mental health, and prevention health.

Registration required, no fee.



FYI SEMINAR — “SINS OF THE FATHERS: THE TRUE STORY ABOUT HOW HITLER, THE HOLOCAUST, AND WORLD WAR II COULD HAVE BEEN PREVENTED” (ZOOM)

**Tuesday, March 22 at 3:00 p.m.**

This presentation will follow the author’s research into the new historical thriller, *Sins of the Fathers*. Author Alan A. Winter will discuss his latest collaboration and take questions from the audience. Winter is the author of four other novels, including

*Savior’s Day*, which Kirkus selected as a Best Book of 2013.

Registration required, no fee.



FYI SEMINAR — “CHEFS FOR SENIORS — ITALIAN EXPERIENCE” (IN-PERSON — HYBRID AT PSRC’S POOR FARM ROAD LOCATION)

**Tuesday, March 29 at 3:00 p.m.**

The Chefs for Seniors’ Executive Chef, James Rosciano, will prepare two Italian specialties: Mushroom Farro Risotto and Gnocchi Caprese Salad. During the presentation he will also share tips for easy cooking methods, healthy recipe ingredients, and safety in the kitchen. James Rosciano has extensive culinary experience as a chef and caterer. He joined Chefs for Seniors after being the primary caregiver for his parents, who both have specialty diet needs related to aging. 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:

**March 1 — Adam Driver:** My journey from Marine to actor

**March 8 — Christiane Amanpour:** How to seek truth in the era of fake news

**March 15 — Martin Seligman:** The new era of positive psychology

**March 22 — Not Meeting**

**March 29 — Not Meeting**

Registration required, no fee.

*This month’s FYI sponsors are Akin Care Senior Services, Brandywine Living: Princeton, Pennington, & Serenade at Princeton, Peapack Private Wealth Management, and Rothkoff Law Group. TED Talk sponsors are Homewatch CareGivers, NightingaleNJ Eldercare Navigators, and Penn Medicine Princeton Health & Home Health.*

**PLEASE NOTE THAT FYI’S HAVE MOVED TO TUESDAYS AT 3:00 P.M.**

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

## LIMITED SERIES PROGRAMS

### WOMEN'S HISTORY MONTH (ZOOM)

WELL BEHAVED WOMEN SELDOM MAKE HISTORY  
*Wednesday, March 9 and Fridays, beginning March 11 through March 25, noon*

In this limited series we'll look at the stories of women who have made history breaking the mold, taking risks, and fighting for change  
*PSRC's Women's History Month Series is sponsored by [Progression Physical Therapy](#).*

### GUEST LECTURE FOR WOMEN'S HISTORY MONTH (ZOOM)

WOMEN IN WORLD WAR II AVIATION

*Wednesday, March 9, noon*

*Fee: \$10 For Presentation*

Join the International Women's Air and Space Museum in this special presentation on women in World War II aviation. We'll take a look at the incredible women who served their country, from the manufacturers building the aircrafts to those who flew them as air force service pilots. Registration required.

*PSRC's Women's History Month Lecture Program is sponsored by [Progression Physical Therapy](#).*

### DOCUMENTARY FILMS FOR WOMEN'S HISTORY MONTH (ZOOM)

WHEN I RISE

*Friday, March 11, noon*

Registration required, no fee.

In 1957, Barbara Smith Conrad, a gifted black music student finds herself at the center of civil rights controversy. This small-town girl, whose voice and spirit stem from her roots in East Texas, emerges as an internationally celebrated opera singer and headlines on stages around the world.

*When I Rise* is a testament to reconciliation, healing, and forgiveness.

Starring: Barbara Smith Conrad, Harry Belafonte, Icy Simpson

*Running time: 1 hour, 14 minutes; Genre: Documentary*

SUMMONED: FRANCES PERKINS AND THE GENERAL WELFARE

*Friday, March 18, noon*

Registration required, no fee.

The first woman appointed to a U.S. Presidential cabinet, Frances Perkins created the social safety net that continues to shape the lives of Americans today. In her twelve years as labor secretary under President Franklin Delano Roosevelt, Perkins created the social security program, a federal minimum wage, the forty-hour work week and unemployment compensation, and ended the legal use of child labor.

Starring: David Brooks, Lawrence O'Donnell, George Mitchell, Amy Klobuchar, Nancy Pelosi

*Running time: 57 minutes; Genre: Documentary*

BOMB SHELL: THE HEDY LAMARR STORY

*Friday, March 25, noon*

Registration required, no fee.

Austrian actress, Hedy Lamarr, fled an oppressive marriage to create a name for herself as one of Hollywood's top leading ladies in the 1940s. Behind the glamour and sex appeal, though, was a talented and inquisitive inventor who created a radio system that is now considered the basis of Bluetooth technology.

Starring: Hedy Lamarr, Mel Brooks, Jennifer Hom, Anthony Loder

*Running time: 1 hour, 13 minutes; Genre: Documentary*

*PSRC's Women's History Month Documentary Series is sponsored by [Progression Physical Therapy](#).*

## MARCH PROGRAMS

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

### LIBRARY READS — MONDAY, MARCH 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***

### FREE AARP TAX ASSISTANCE FOR SENIORS

***Fridays 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.

## RETIREMENT PROGRAMS

### MEN IN RETIREMENT — NOT MEETING IN MARCH

#### WOMEN IN RETIREMENT — “DECLUTTER AND DOWNSIZE YOUR POSSESSIONS” (ZOOM)

***Friday, March 18 at 10:00 a.m.***

Overwhelmed by all your belongings? Learn how to streamline and deal with the uncomfortable emotions that can arise when letting go of things. We'll discuss strategies on how to tackle the project and resources for disposing of unwanted items. Taught by Ellen Tozzi, certified professional organizer and owner of Natural Order, with more than fifteen years of experience. The presentation will be held on Zoom. All are welcome. Registration required, no fee.

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

***Friday, March 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, March 18 at 3:00 p.m.***

This group addresses the many kinds of issues that can arise during the transition to retirement. The group is facilitated by Dave Roussell, MEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator. Registration required, no fee. See PSRC's safety protocols for in-person programs on page 16.

## MARCH EXERCISE & FITNESS PROGRAMS

### **EVERY BODY WALK! (IN-PERSON)**

*Tuesdays and Thursdays beginning March 15, 10:00 a.m.*

*Every Body Walk!* returns for the 2022 season.

This free walking program offers excellent options for safe walking in and around the beautiful trails of Princeton. Walking sticks and canes are welcome.

CDC guidelines will be followed. This program is offered in partnership with Progression Physical Therapy. For more information, including walking locations by date, go to [progressionpt.com](http://progressionpt.com) or call Progression Physical Therapy at 609.454.3536.

*Leader: Carol Keyes*

*Registration through PSRC, no fee.*

### **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 March 1 through March 29, 1:00 p.m.*

Fee: \$30 for the month

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.

*Instructor: Laraine Alison*

### **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](#).*



## 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., appointments required. 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/](http://princeton senior.org/psrc-tech-resources/) or to fill out a request form go to <https://princeton senior.wufoo.com/forms/technology-assistance-request/>.

# MARCH ENRICHMENT PROGRAMS

## BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE

Eight Sessions on Tuesdays, beginning March 1 through April 19, 9:30 a.m.

Fee: \$80

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 7 students for course viability and a maximum of 10 students.

Instructor: Denise McDaniel

## ELEMENTS OF PAINTING — Spring Session

Wednesdays, March 9 through April 27 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.

Instructor: Christina Rang

## GAMES DAY AT PSRC (IN-PERSON AT PSRC'S 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. Mahjonn (bring your own set), Scrabble, and Social Bridge. Registration required, no fee. See PSRC's safety protocols for in-person programs on [page 16](#).

## MASTERING THE ART OF PAINTING — Spring Session (IN-PERSON AT SUZANNE PATTERSON BUILDING)

Fridays, March 11 through April 29 at 2:00 p.m.

Fee: \$80

For advanced painters, this eight-session class emphasizes the components of the creative painting process. 6 Students required for course viability and limited to 6 students.

Instructor: Christina Rang

## MEMOIR WRITING WITH JENNIFER — Winter Quarter

Thursdays through March 31, 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](mailto:brucewallman@gmail.com) for more info.

# MARCH 2022

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1

9:30 Basic Drawing: Beginners to Advanced  
9:30 GrandPals Gabfest  
10:00 Every Body Walk!  
10:00 Global Changes (EF)  
10:00 Oscar & GBS (EF)  
10:30 TED Talks  
1:00 Games Day (PFR)  
1:00 Great Decisions (EF)  
1:00 *Middlemarch* (EF)  
1:00 Philanthropy  
1:00 Stay-Well Chair Exercise

2

10:00 *Ulysses* (EF)  
1:00 Art from All Angles (EF)  
1:00 Still Kicking (EF)  
2:00 Chinese Medicine (EF)  
3:00 Let's Talk (PFR-H)

3

9:45 Cosmology  
10:00 Every Body Walk!  
10:00 From Wilson to Biden (EF)  
10:00 Mindful Chair Yoga  
10:00 Modern American Stories (EF)  
10:00 Reading Nabokov (EF)  
1:00 Art: 1915 to 2015 (EF)  
1:00 Memoir Writing  
1:00 Western Civilization (EF)

4

10:00 Art of the Sonnet (EF)  
10:00 Science in the News (EF)  
10:00 Women in Retirement Coffee Klatch  
10:30 *Don Quixote* (EF)  
1:00 First Friday Film - "Suffragette"  
1:00 Reading Buildings (EF)  
1:00 Table Tennis (SPB)  
1:30 Folk Music (EF)

(continued on page 9)

(continued from page 8)

# MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
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<p><b>7</b>                  10:00 Gentle Mat Yoga + Nidra                  10:00 People &amp; Stories (EF)                  12:00 GrandPals Gabfest                  1:00 African American Presence in the Sourlands (EF)                  1:00 Global Conversations                  1:00 Library Reads                  1:00 Perspectives on Opera (EF)                  1:00 Table Tennis (SPB)                  2:00 Word Play</p>	<p><b>8</b>                  9:30 Basic Drawing: Beginners to Advanced                  9:30 GrandPals Gabfest                  10:00 Every Body Walk!                  10:00 Global Changes (EF)                  10:00 Oscar &amp; GBS (EF)                  10:30 TED Talks                  11:00 Next Chapter: Widows and Widowers (PFR-H)                  1:00 Games Day (PFR)                  1:00 Great Decisions (EF)                  1:00 Knit Wits (PFR-H)                  1:00 <i>Middlemarch</i> (EF)                  1:00 Philanthropy (EF)                  1:00 Stay-Well Chair Exercise</p>	<p><b>9</b>                  10:00 <i>Ulysses</i> (EF)                  12:00 Women in World War II Aviation                  1:00 Art from All Angles (EF)                  1:00 Still Kicking (EF)                  2:00 Chinese Medicine (EF)                  2:00 Elements of Painting                  3:00 Let's Talk (PFR-H)</p>	<p><b>10</b>                  9:45 Cosmology                  10:00 Every Body Walk!                  10:00 From Wilson to Biden (EF)                  10:00 Mindful Chair Yoga                  10:00 Modern American Stories (EF)                  10:00 Reading Nabokov (EF)                  1:00 Art: 1915 to 2015 (EF)                  1:00 Memoir Writing                  1:00 Western Civilization (EF)                  4:00 Children of Aging Parents (PFR-H)</p>	<p><b>11</b>                  10:00 Art of the Sonnet (EF)                  10:00 Science in the News (EF)                  10:00 Women in Retirement Coffee Klatch (PFR)                  10:30 <i>Don Quixote</i> (EF)                  12:00 Women's History Month Documentary                  1:00 Reading Buildings (EF)                  1:00 Table Tennis (SPB)                  1:30 Folk Music (EF)                  2:00 Mastering the Art of Painting (SPB)</p>
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<p><b>14</b>                  10:00 Gentle Mat Yoga + Nidra                  10:00 People &amp; Stories (EF)                  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</p>	<p><b>15</b>                  9:30 Basic Drawing: Beginners to Advanced                  9:30 GrandPals Gabfest                  10:00 Every Body Walk!                  10:00 Global Changes (EF)                  10:00 Oscar &amp; GBS (EF)                  10:30 TED Talks                  1:00 Games Day (PFR)                  1:00 Grandparenting Group (PFR-H)                  1:00 Great Decisions (EF)                  1:00 <i>Middlemarch</i> (EF)                  1:00 Philanthropy (EF)                  1:00 Stay-Well Chair Exercise                  3:00 FYI Seminar - "Wellness Challenge"</p>	<p><b>16</b>                  10:00 <i>Ulysses</i> (EF)                  1:00 Art from All Angles (EF)                  1:00 Still Kicking (EF)                  2:00 Chinese Medicine (EF)                  2:00 Elements of Painting                  3:00 Let's Talk (PFR-H)</p>	<p><b>17</b>                  9:45 Cosmology                  10:00 Every Body Walk!                  10:00 From Wilson to Biden (EF)                  10:00 Mindful Chair Yoga                  10:00 Modern American Stories (EF)                  10:00 Reading Nabokov (EF)                  1:00 Art: 1915 to 2015 (EF)                  1:00 Memoir Writing                  1:00 Western Civilization (EF)                  3:00 Early Stage Memory Loss Support Group (PFR-H)</p>	<p><b>18</b>                  10:00 Art of the Sonnet (EF)                  10:00 Science in the News (EF)                  10:00 Women in Retirement Monthly Meeting                  10:30 <i>Don Quixote</i> (EF)                  12:00 Women's History Month Documentary                  1:00 Reading Buildings (EF)                  1:00 Table Tennis (SPB)                  1:30 Folk Music (EF)                  2:00 Mastering the Art of Painting (SPB)                  3:00 Transition to Retirement (PFR-H)</p>
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<p><b>21</b>                  10:00 Gentle Mat Yoga + Nidra                  10:00 People &amp; 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</p>	<p><b>22</b>                  9:30 Basic Drawing: Beginners to Advanced                  9:30 GrandPals Gabfest                  10:00 Every Body Walk!                  10:00 Global Changes                  10:00 Oscar &amp; GBS (EF)                  11:00 Next Chapter: Widows and Widowers (PFR-H)                  1:00 Games Day (PFR)                  1:00 Great Decisions (EF)                  1:00 <i>Middlemarch</i> (EF)                  1:00 Philanthropy (EF)                  1:00 Stay-Well Chair Exercise                  3:00 FYI Seminar - "Sins of the Fathers"</p>	<p><b>23</b>                  10:00 <i>Ulysses</i> (EF)                  1:00 Art from All Angles (EF)                  1:00 Still Kicking (EF)                  2:00 Chinese Medicine (EF)                  2:00 Elements of Painting                  3:00 Let's Talk (PFR-H)</p>	<p><b>24</b>                  9:45 Cosmology                  10:00 Every Body Walk!                  10:00 From Wilson to Biden (EF)                  10:00 Mindful Chair Yoga                  10:00 Modern American Stories (EF)                  10:00 Reading Nabokov (EF)                  1:00 Art: 1915 to 2015 (EF)                  1:00 Geology (EF)                  1:00 Memoir Writing                  1:00 Western Civilization                  3:00 Health Care Decisions Workshop</p>	<p><b>25</b>                  10:00 Art of the Sonnet (EF)                  10:00 Science in the News (EF)                  10:00 Women in Retirement Coffee Klatch (PFR)                  10:30 <i>Don Quixote</i> (EF)                  12:00 Women's History Month Documentary                  1:00 Reading Buildings (EF)                  1:00 Table Tennis (SPB)                  1:30 Folk Music (EF)                  2:00 Mastering the Art of Painting (SPB)</p>
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<p><b>28</b>                  10:00 Gentle Mat Yoga + Nidra                  10:00 People &amp; Stories (EF)                  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</p>	<p><b>29</b>                  9:30 Basic Drawing: Beginners to Advanced                  9:30 GrandPals Gabfest                  10:00 Every Body Walk!                  10:00 Global Changes (EF)                  10:00 Oscar &amp; GBS (EF)                  1:00 Games Day (PFR)                  1:00 Great Decisions (EF)                  1:00 <i>Middlemarch</i> (EF)                  1:00 Philanthropy (EF)                  1:00 Stay-Well Chair Exercise                  3:00 FYI Seminar - "Chefs for Seniors"- (PFR-H)</p>	<p><b>30</b>                  10:00 <i>Ulysses</i> (EF)                  1:00 Art from All Angles (EF)                  1:00 Still Kicking (EF)                  2:00 Chinese Medicine (EF)                  2:00 Elements of Painting                  3:00 Let's Talk (PFR-H)</p>	<p><b>31</b>                  9:45 Cosmology                  10:00 Every Body Walk!                  10:00 From Wilson to Biden (EF)                  10:00 Mindful Chair Yoga                  10:00 Modern American Stories (EF)                  10:00 Reading Nabokov (EF)                  1:00 Art: 1915 to 2015 (EF)                  1:00 Geology (EF)                  1:00 Memoir Writing                  1:00 Western Civilization (EF)</p>	<p><b>Key:</b>                  SPB - Suzanne Patterson Building                  PFR - Poor Farm Road                  H - Hybrid Group/Program</p>
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## 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

## Save the Date for a Fun Fundraiser with PSRC

### Join us for a Cheese 101 Class with Olsson's Fine Foods in Princeton, NJ

This interactive class will be an introduction to cheese appreciation. We will be talking about the history of cheese, how cheese is made, and what makes cheeses different. Most importantly, we will be TASTING CHEESES.

**Tuesday, May 3 at 3:00 p.m.**

This class will be hybrid, with a virtual option and an in-person option at 101 Poor Farm Road.

\$50 DONATION to PSRC  
Donation includes supplies (CHEESE Sampler) and donation to PSRC.  
RSVP by Sunday, March 24.

Those who participate virtually may pick up their cheese sampler on Monday, May 2 at 101 Poor Farm Road.

For more information contact Lisa Adler at [ladler@princeton senior.org](mailto:ladler@princeton senior.org) and 609.751.9699, ext. 103.

Registration link: <https://princeton senior.link/OlssonCheeseClass>

## 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.

## Capturing iPad Screen Images

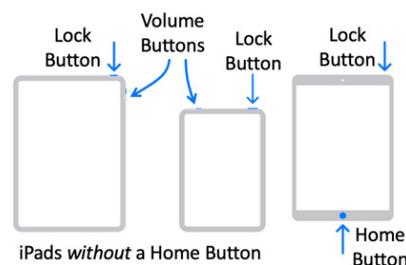
*iPad screen images are a snap to capture — and you can even crop the parts of the picture you don't want and save the rest.*

I routinely copy images from my computer screen to use in presentations or documents. On my Mac, pressing SHIFT-COMMAND-5 will pop up a window that you can move and resize to capture whatever part of the screen you want. (Windows has a built-in “Snipping Tool” that does the same thing.)

You can also capture your iPad screen, though the steps (shown on the right) are a bit different.

**If Your iPad does not have a Home button**, press the top (Lock) button and either Volume button at the same time.

**If Your iPad has a Home button**, press the top (Lock) button and the Home button at the same time.



*Step 1: To capture a screen image, click the lock (or Home) button and either volume buttons*

Quickly release both buttons. You'll hear a “click.”

A thumbnail will temporarily appear in the lower-left corner of your screen.

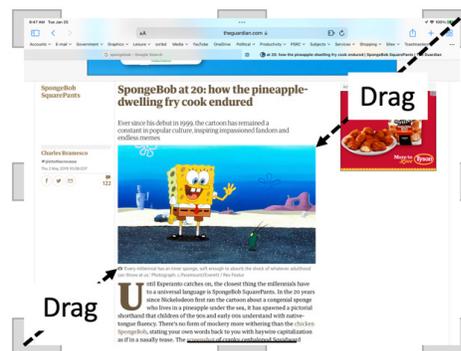
**Then...**

1. If you do nothing, the thumbnail will disappear, and your iPad will store the full screenshot in the Screen Shots album of your Photos.
2. If you double-tap the thumbnail, the screenshot will zoom out with cropping “handles” that you can drag to select the part of the shot you want to keep.

You can then store your picture in your Photos album or a file on your iPad.<sup>1</sup>

**If You Need Help...**

If you need help with screen captures or other computer “issues,” just go to Tech Resources at [princetonsenior.org/psrc-tech-resources/](http://princetonsenior.org/psrc-tech-resources/) and submit a request. We'll be glad to help.



*Step 2: Double-tap the thumbnail to zoom out with cropping “handles.”*



*Step 3: Save the picture. © Paramount/Everett*

<sup>1</sup> Remember — there may be copyright restrictions on internet content.

## SOCIAL SERVICES

by Sharon Hurley, CVA

### Well Wishes to a Cherished PSRC Team Member

Congratulations to Dave Roussell on his upcoming retirement! Dave has been with PSRC for over six years on the Social Services team. His warmth, positive energy, and kindness to everyone has made him a favorite of so many of our PSRC participants, staff, and board.

Dave has facilitated many social/support groups for PSRC. He has led the *Let's Talk* group weekly on Wednesdays at 3:00 p.m. That means that this group has met with him over 300 times. There are quite a few attendees that have been there with him throughout this entire time and wouldn't think of missing a week. Quite a testament to the value he places on relationships, and the importance of staying connected. Dave also leads a monthly group of regular attendees for *Transition to Retirement*. The next time this group meets will hopefully be a hybrid (in person and on Zoom) and is now scheduled for Friday, February 25 at 3:00 p.m.

When the pandemic started and the whole world seemed to come to a halt, PSRC quickly transitioned the support groups from in-person to virtual, even starting a new daily *Fireside Chat*, so that people could connect with others, share their challenges, and find resources to manage from home. Dave was one of the regular facilitators for this very important group that provided a lifeline

to so many people.

Throughout his time at PSRC Dave has been the coordinator for our *HomeFriends* program. He has successfully matched dozens of trained volunteers with homebound individuals wanting a friendly visit or phone call. He has provided social service support, on site at Spruce and Redding Circle, to the residents for many years.

Dave has been the presenter for *Health Care Decisions: POA, Five Wishes, and POLST*. This is usually held in April, but he will present this important topic on Thursday, March 24 from 3:00-4:30 p.m. Behind the scenes the staff team has relied on Dave for all of our wonderful PSRC events, especially for assembling the coat rack (inside

joke). He has a special way of making attendees feel immediately comfortable and welcome. We will truly miss his laughter at all of our gatherings, but hope he attends future events as our guest, or even as a volunteer. We wish you all the best in this next wonderful life stage.

Dave's last day will be March 30, 2022. You can send him messages to [droussell@princetonsenior.org](mailto:droussell@princetonsenior.org) or notes/cards to Princeton Senior Resource Center, Attention: Dave Roussell, 101 Poor Farm Road, Building B, Princeton, NJ 08540.



PHOTOS (clockwise from left): Dave enjoying the outdoors at Boneyard Beach, Amelia Island, Florida; Stage Harbor, Chatham, Cape Cod; and Beach Road, Martha's Vineyard

# VA



## U.S. Department of Veterans Affairs

### YOU DON'T HAVE TO BE A VETERAN

#### Introducing the PTSD Bytes Podcast

Now you can hear about our mobile app and technology resources directly from our experts.

PTSD Bytes is a ten minute podcast filled with “bite sized” pieces of practical information you can use or share. Each episode includes an expert who talks about how technology can support people with PTSD or other mental health concerns.

In the first episode of PTSD Bytes, Dr. Jason Owen, clinical psychologist at the VA National Center for PTSD, describes the VA mobile mental health apps that his team developed.

#### Mobile Mental Health Apps

In addition to providing world-class mental health care, VA also offers many **mobile mental health apps**. The apps are free and publicly available in the iOS App Store or Google Play. Each app includes in-the-moment coping tools, connections to crisis and other resources, ways to keep track of how you're doing, and information to learn more.

#### No diagnosis needed

These apps were created to address symptoms of PTSD or related concerns. However, you do not need to have a diagnosis of PTSD to use them. Dr. Owen highlights that the apps do not require any

mental health diagnosis at all. For example, **PTSD Coach** can be used by anyone who has experienced a traumatic event. Dr. Owen also talks about how the app **Mindfulness Coach** can be helpful for people, like himself, who may be skeptical about mindfulness.



#### You don't have to be a Veteran

VA mobile mental health apps were designed with Veterans in mind, first and foremost. However, anyone can use these apps – family members, health care professionals, and members of the general public. These apps do not collect or share any personal information, and they are backed by scientific evidence and expertise.

Importantly, VA mobile mental health apps do not provide a diagnosis and they are not a replacement for treatment with a healthcare professional. They can be used for your own self-care, to help you connect to treatment, or to supplement treatment you may be receiving.

#### Feedback welcome

Have you tried an app and found a bug? Have ideas or questions about an app? Your feedback helps Dr. Owen's team make these apps better! Email your thoughts, questions, or comments to:

[MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov).



## GROUPS

#### BEREAVEMENT

Monday, March 21 at 11:00 a.m.  
(Usually third Monday of each month)  
Call Sherri Goldstein  
609.819.1226 to attend.

#### CAREGIVERS

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

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

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

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

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

#### GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

#### GRANDPARENTING

(IN-PERSON AT PFR - HYBRID)  
Tuesday, March 15 at 1:00 p.m.  
(Usually first Tuesday of each month)

#### KNIT WITS (IN-PERSON AT PFR - HYBRID)

Tuesday, March 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 IN RETIREMENT MONTHLY MEETING

Not meeting in March

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

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

#### WOMEN IN RETIREMENT MONTHLY MEETING

Friday, March 18 at 10:00 a.m.  
(Usually third Friday of each month)

**THERE ARE NO FEES FOR THESE GROUPS.**

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

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

## FROM THE DEVELOPMENT OFFICE

### STARK & STARK ATTORNEYS AT LAW

#### Spotlight on Stark & Stark Attorneys at Law

Stark & Stark is a law firm that not only values its interpersonal relationships in a professional setting but places equal worth in its relationships with the local, regional, and national communities in which it serves. Since its founding in 1933, community involvement has been a constant pillar of Stark & Stark's mission. It is a tradition that the firm takes very seriously. Its attorneys and staff donate their time and resources to various community programs and philanthropic organizations, both individually and collectively. Many of the firm's employees maintain leadership roles and are active board members within their communities. They have also been recognized and honored for their contributions to the community and professional organizations.

As an annual sponsor of the Princeton Senior Resource Center, Stark & Stark is committed to supporting the elder community throughout the region. Stark & Stark Shareholder, and PSRC board member J. Robert Bratman, Esq., shared, "I am so proud of my partners and my firm for our continued support of the Princeton Senior Resource Center, especially during the challenging times in which we live. With continued community support, PSRC has been able to fulfill its mission of making life better for so many of our community's seniors."

Stark & Stark continues to seek opportunities to enrich the communities it serves.

[stark-stark.com](http://stark-stark.com)

## MARCH FEATURED SPONSORS



Our personalized services are available seven days a week and can range from a few hours to around the clock care.

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



**PEAPACK PRIVATE**  
*Wealth Management*

Comprehensive financial, tax, fiduciary and investment advice to individuals, families, privately-held businesses, family offices, and not-for-profit organizations.

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



**ROTHKOFF  
LAW GROUP**  
*Elder Care Law*

Committed to helping seniors and their families with life care planning, Medicaid planning, asset protection planning, estate planning, elder care law, nursing home law, Veterans' benefits, and Medicaid applications.

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

Photo credit: Wanyu Zhang-NPR



Manoush Zomorodi is the host of NPR's *TED Radio Hour*, a podcast exploring the biggest questions of our time with the help of the world's greatest thinkers.

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 \$50,000. 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.

**THIS IS A VIRTUAL EVENT ON THE ZOOM CONFERENCING PLATFORM**

**MONDAY, MARCH 21, 2022**

**Virtual Program Time:  
6:30 p.m. to 7:45 p.m.**

**REGISTER HERE:**

<https://princetonsenior.link/ManoushZomorodi>



PRINCETON SENIOR RESOURCE CENTER  
101 Poor Farm Road, Building B  
Princeton • NJ • 08540  
princetonsenior.org • 609.751.9699

**SPONSORSHIP OPPORTUNITIES**

**PSRC SPRING FUNDRAISER**

Join us for a special event with

**MANOUSH ZOMORODI**

HOST OF PUBLIC RADIO'S *TED RADIO HOUR*,  
AUTHOR OF *BORED AND BRILLIANT*, AND A PRINCETON NATIVE

Company Name \_\_\_\_\_

Address \_\_\_\_\_

Contact Name \_\_\_\_\_

Signature \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Administrative Contact \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

**TED Radio Hour Level — \$2,500**

- 8 complimentary links
- Recognition on the digital invitation with active hyperlink; recognition in the digital program (full page ad, first page: first come, first service basis); company name on PSRC website with active hyperlink; and name listing in eblasts

**Bored and Brilliant Level — \$1,500**

- 6 complimentary links
- Recognition on the digital invitation with active hyperlink; recognition in the digital program (half page ad); company name on PSRC website with active hyperlink; and name listing in eblasts

**Zig Zag Level — \$750**

- 4 complimentary links
- Recognition on the digital invitation with active hyperlink; recognition in the digital program (quarter page ad); company name on PSRC website with active hyperlink; and name listing in eblasts

*\*visit PSRC website for digital ad journal specifications*

**PAYMENT INFORMATION (Check or Credit Card)**

Check Number \_\_\_\_\_ Check Amount \_\_\_\_\_

Card Number \_\_\_\_\_

Exp \_\_\_\_/\_\_\_\_ CVV \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE KEEP A COPY OF THIS AGREEMENT FOR YOUR RECORDS.**



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



## HAVE YOU VISITED OUR NEW LOCATION?



Our new building is open to the public! You are invited to enjoy the building Monday through Friday from 9:30 a.m.–4:30 p.m. Partake in a cup of coffee with friends, visit the Donald and Nancy Light Technology Lab, or read a book by the fireplace and relax in our new space.

### Nancy S. Klath Center for Lifelong Learning 101 Poor Farm Road, Princeton

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