

*(Formerly Princeton Senior Resource Center)*



**PRIDE DAY AT CMAP**  
(IN-PERSON AT NSK LOCATION)  
**FRIDAY, JUNE 7, 11:00 A.M.-3:30 P.M.**

**SEE PAGE 4 FOR DETAILS.**



# CMAP BLOCK PARTY!

COME ENJOY  
**GOOD  
FOOD**  
AND EVEN  
**BETTER  
COMPANY**

**WEDNESDAY**

**JUNE 26**  
1:00-3:00 P.M.

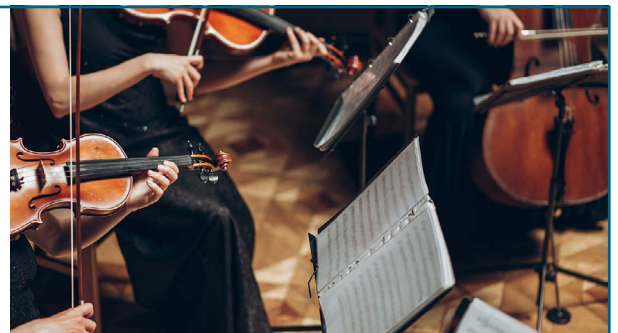
JOIN US AT  
**SPB**  
LOCATION  
FEE: \$5



**YA COMIN' ?**  
(THEN LET US KNOW)

**CMAP BLOCK PARTY!**  
(IN-PERSON AT SPB LOCATION)  
**WEDNESDAY, JUNE 26, 1:00-3:00 P.M.**  
FEE: \$5  
**SEE PAGE 8 FOR DETAILS**

**THE QUARTET EXPERIENCE**  
WITH THE PRINCETON UNIVERSITY  
SUMMER CONCERT GROUP  
(IN-PERSON AT NSK LOCATION)  
**SATURDAY, JUNE 8, 4:00-5:00 P.M.**  
FEE: \$5  
**SEE PAGE 5 FOR DETAILS.**





THE NANCY S. KLATH CENTER  
FOR LIFELONG LEARNING  
101 Poor Farm Road, Building B  
Princeton, NJ 08540  
(between Bunn Dr. and  
Mt. Lucas Rd.)  
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 CMAP for hours

info@cmaprinceton.org  
cmaprinceton.org  
CMAP's refund policy may be found  
on the website under the "Who We Are/  
General Information" tab.

*A nonprofit organization  
serving our community*

#### BOARD OF TRUSTEES

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## FROM THE CEO, DREW DYSON

### CORE VALUES IN ACTION: SHAPING THE FUTURE OF AGING TOGETHER

Dear Friends,

In the journey of aging, where every day is a canvas for new experiences, challenges, and achievements, the Center for Modern Aging Princeton (CMAP) stands as a beacon of support, innovation, and community. Rooted deeply in our core values – excellence, compassion, community, inclusion, joy, innovation, purpose, and stewardship – CMAP is more than just a center; it's a vibrant community where older adults and their families find the resources, support, and opportunities to live their lives to the fullest.

#### **Excellence in Every Endeavor**

At CMAP, **excellence** is not just an aspiration but a standard. Whether it's through the quality of our programs, the expertise of our staff, or the impact of our outreach, we strive for the highest standards to ensure that our community receives the best possible support and opportunities to thrive.

#### **Compassion at Our Core**

**Compassion** lies at the heart of everything we do. Understanding the unique challenges and opportunities that come with aging enables us to provide not just services but heartfelt support that respects the dignity and worth of every individual. Our approach is always person-centered, ensuring that our community feels seen, heard, and valued.

#### **Fostering a Vibrant Community**

**Community** is our strength. CMAP is dedicated to creating a space where connections flourish, support systems are strengthened, and friendships are formed. Through a variety of events, programs, and gatherings, we cultivate an environment where everyone is welcome, and collective growth is celebrated.

#### **Inclusion in Every Aspect**

**Inclusion** is a fundamental principle that guides our work. We recognize and celebrate the diversity of our community, ensuring that our programs, services, and spaces are accessible to all. CMAP champions the belief that everyone, regardless of their background, abilities, or challenges, should have the opportunity to contribute, learn, and grow.

## Joy in the Journey of Aging

**Joy** is a vital part of the aging journey, and at CMAP, we make it a priority to infuse happiness and positivity into our programs and interactions. From cultural outings and educational seminars to recreation activities and social gatherings, we create opportunities for laughter, enjoyment, and the celebration of life's simple pleasures.

## Innovation for Tomorrow

**Innovation** drives us forward. CMAP is committed to exploring new ideas, technologies, and approaches to support aging adults. Whether it's through cutting-edge technology, creative programming, or an expanding array of services, we are always looking for ways to improve the quality of life for our community members.

## Living with Purpose

**Purpose** fuels our mission. We believe that everyone has something valuable to contribute, regardless of age. CMAP provides avenues for older adults to find and fulfill their purposes, whether through volunteerism, mentorship, advocacy, or creative expression, enriching not only their lives but also the community at large.

## Stewardship of Our Community's Future

**Stewardship** is our pledge to the community. As a vibrant community nonprofit, we are dedicated to responsibly managing the resources entrusted to us, ensuring that we can continue to support and enrich the lives of older adults for generations to come. Our commitment to financial sustainability, ethical and transparent practices, and the long-term well-being of our community guides every decision we make.

## Join Us in Shaping the Future

At The Center for Modern Aging Princeton, our core values are not just words – they are actions that shape everything we do. They are a commitment to creating a future where aging is not just a phase of life but a community journey filled with opportunities for growth, contribution, and joy.

We invite you to become a part of this vibrant community. Whether you're seeking support, looking to contribute, or simply want to learn more, there's a place for you at CMAP. Together, guided by our values, we can make the journey of aging a fulfilling and enriching experience for all.

*Your journey. Our journey. A journey we make together, with purpose and joy.*

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

## PLEASE TAKE A MOMENT TO LEARN ABOUT OUR SPONSORS – THEIR SUPPORT HELPS FUND OUR PROGRAMS

Akin Care, Lawrence Campus – Rehab & Assisted Living, McCaffrey's Food Markets, Oasis Senior Advisors, Roundview Capital

## CMAP STAFF

**Drew A. Dyson, PhD**  
Chief Executive Officer

**Donna Cosgrove**  
Chief Operating Officer

**Lisa Adler**  
Chief Development Officer

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**Fran Angelone**  
Crosstown Coordinator

**Billi Charron, MSW**  
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Bookkeeper & HR Coordinator

**Cheryl Gomes**  
Development Associate

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**Ella Leving**  
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**Nick Macy**  
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**Barbara Prince**  
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**Andrea Schwarz**  
Program Associate: Suzanne Patterson  
Building

**Beth Weiskopf**  
Program Administrator

**Kathleen Whalen**  
Director of Communications

**Z Zinsitz**  
Administrative Assistant to the CEO

## GROUP/PROGRAM LOCATION KEY:

NSK - Nancy S. Klath Center for Lifelong  
Learning  
at 101 Poor Farm Road

SC - Spruce Circle at 179 Spruce Circle

SPB - Suzanne Patterson Building  
at 45 Stockton Street

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H - Hybrid Group/Program

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NOTE:  
Click on program/group titles to be  
directed to the registration form

# SPOTLIGHT JUNE 2024

Visit <https://www.cmapprinceton.org>

## CELEBRATE PRIDE AT CMAP

### PRIDE DAY

*Friday, June 7, 11:00 a.m.-3:30 p.m.*

CMAP celebrates Pride Month with three great events at Pride Day!

**PLANNING WITH PRIDE** (Hybrid - In-Person at NSK Location and on Zoom)

*Friday, June 7, 11:00 a.m.-noon*

Evan Kerstetter, Esq. from Archer Law Office will share his expertise on legal issues that affect LGBTQ+ older adults. This will include advance care planning, marital issues, and estate planning. Registration required, no fee. Instructor: Evan Kerstetter, Esq.

**TASTE THE RAINBOW: LUNCH AND ICE CREAM** (In-Person at NSK Location)

*Friday, June 7, Noon-1:30 p.m.*

Celebrate Pride and our community with a catered lunch and sweet treats from our very own ice cream truck!

### FIRST FRIDAY FILM – ANATOMY OF A FALL

(Hybrid - In-Person at NSK Location and on Zoom)

*Friday, June 7, 1:30 p.m. (Note different time this month)*

"Anatomy of a Fall" follows a bisexual woman and an acclaimed and respected German novelist who lives in an isolated mountain area. After her husband mysteriously dies Sandra is charged with his murder and her devotion as a wife is questioned. Winner of a BAFTA and an Oscar for Best Original Screenplay. This film is in French with English subtitles. Runtime: 2 hours 31 minutes; Genre: Crime/Thriller; Rated: R. Registration required, no fee.

**FILM – SWAN SONG** (In-Person at NSK Location)

*Friday, June 21, 12:30 p.m.*

A formerly flamboyant hairdresser escapes his nursing home and takes a long walk across a small town to fulfill his friend's wish to style hair for her funeral. Runtime: 1 hour 35 minutes; Genre: Comedy; Rated: R. Registration required, no fee.



## ARTS & CULTURE

### CMAP STUDENT ART EXHIBITION AND RECEPTION

(In-Person at NSK Location)

*Thursday, June 20, 3:00 p.m.*

Join us for an afternoon of art and inspiration as we showcase the incredible talent of our CMAP artists. Experience a diverse range of captivating artworks and connect with the artists behind them with light refreshments. Don't miss this celebration of creativity and community!

Registration required, no fee.

### COMPOSER OF THE MONTH: WOLFGANG AMADEUS MOZART

(Zoom)

*Tuesday, June 18, 12:00-1:30 p.m.*

Fee: \$10 resident/\$15 non-resident

This month, we spotlight Wolfgang Amadeus Mozart, a defining figure in classical music history and a child prodigy whose tours across Europe captivated courts before he even reached adulthood. But what was the reality of his life beyond his early fame? We'll delve into Mozart's prolific output of more than six hundred compositions, from opera to chamber music

to symphonies, and discover how his innovative compositions set new standards for all three areas. Expect an engaging class where the timeless appeal of Mozart's music promises not just education but also sheer enjoyment.

Instructor: Brenda Leonard

### THE GOLDEN AGE OF RADIO

(Zoom)

*Tuesdays and Thursdays in June, 4:00-5:00 p.m.*

*(no session 6/6)*

Step into the Golden Age of Radio on Zoom! Join us every Tuesday and Thursday for a nostalgic journey into the past, featuring iconic shows such as *Fibber McGee and Molly* on Tuesdays and *The Whistler* on Thursdays. Experience the enchantment of this era as we bring the magic of sound and imagination to life. Don't miss out on the opportunity to be entertained and amazed! Registration required, no fee.

### JUNK JOURNAL BASICS WORKSHOP

(In-Person at NSK Location)

*Wednesday, June 12, 2:00-4:00 p.m.*

Fee: \$10 resident/\$15 non-resident

Come and enjoy the process of creating a basic junk journal. These journals can be used to log your precious memories, thoughts, and ideas. We will be creating tags, pockets, corner tucks, snippet rolls, and journaling

# ALL PROGRAMS JUNE 2024

Visit <https://www.cmaprinceton.org>

cards to embellish the mini journal. Decorative paper will be provided by CMAP.

## **LIBRARY READS** (Zoom)

*Monday, June 3, 1:00 p.m.*

Princeton Public Librarians will present a showcase of recent and notable book titles, offering recommendations to enrich your to-be-read list. Registration required, no fee.

## **MASTERING THE ART OF PAINTING**

(In-Person at SPB Location)

*Fridays, May 17 through June 28, 2:00-4:00 p.m.*

## **THE QUARTET EXPERIENCE WITH THE PRINCETON UNIVERSITY SUMMER CONCERT GROUP**

(In-Person at NSK Location)

*Saturday, June 8, 4:00-5:00 p.m.; Fee: \$5*

In an enchanting collaboration with Princeton University Summer Concerts, we present the Madison Quartet for a captivating exploration into the essence of quartet life. Join us for a spellbinding evening featuring a mock rehearsal, mesmerizing demonstrations, and a captivating performance. Unveil the secrets of artistry and witness the magical alchemy that brings music to life.

## **SPANISH BOOK CLUB: "EN AGOSTO NOS VEMOS"**

(In-Person at NSK Location)

*Wednesday, June 12 and June 26, 3:00-4:00 p.m.*

*Fee: \$10*

¡Descubre "En agosto nos vemos," la obra póstuma de Gabriel García Márquez! Sumérgete en la cautivadora historia de Ana Magdalena y sus profundas autodescubrimientos en su viaje anual a una isla del Caribe. Exploraremos temas de amor, deseo y autodescubrimiento juntos en nuestro animado club de lectura en español.

Discover "En agosto nos vemos," Gabriel García Márquez's posthumous work! Immerse yourself in the captivating story of Ana Magdalena and her profound self-discoveries on her yearly journey to a Caribbean island. Together, we'll explore themes of love, desire, and self-discovery in our lively Spanish book club. We look forward to seeing you!

Registration required due to limited space.

## **TIME TO TELL YOUR STORY: MEMOIR WRITING WORKSHOP** (Zoom)

*Every other Thursday, April 18 to June 27, 11:00 a.m.-12:30 p.m.*

## **THE WONDERS OF WORDPLAY – SPRING QUARTER**

(Zoom)

*Mondays April 1 through June 24, 2:00 p.m.*

## **WORLD DANCE: BOLLYWOOD**

(In-Person at the SPB Location)

*Monday, June 3 and June 10, 11:00 a.m.-noon*

*Fee: \$15 resident/\$20 non-resident*

Discover the magic of Bollywood dance in this beginner's lesson! Immerse yourself in the vibrant tapestry of Indian culture with lively choreography and catchy rhythms. Perfect for beginners, this class covers basic footwork, expressive hand gestures, and movements that define Bollywood's essence. Led by an experienced instructor, you'll learn a step-by-step routine filled with the joy and energy of Bollywood music. No prior dance experience necessary – just bring your enthusiasm and a willingness to learn. Join us for an unforgettable journey into the world of Bollywood dance, where every step tells a story, and every beat ignites your spirit!

Instructor: Aditi Jaisia



## GAMES & RECREATION

### **BINGO: WIN LIKE NEVER B4**

(In-Person at NSK Location)

*Tuesday, June 25, 1:00 to 3:00 p.m.*

Join us for a lively afternoon of bingo fun where there's no charge and every game ends with a winner! Come for camaraderie and cool prizes.

Registration required due to limited space.

### **GAMES DAY** (In-Person at SPB Location)

*Tuesdays in June, 1:00 to 4:00 p.m.*

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

Registration required due to limited space.

### **POKER: TEXAS HOLD 'EM 101**

(In-Person at SPB Location)

*Tuesday June 11 through June 25, 3:00-4:30 p.m.*

*Fee: \$5 resident/\$10 non-resident*

Are you ready to ante up and master the thrilling game of Texas Hold 'em? Join us for an exciting class designed specifically for beginners! Whether you're brand new to the world of poker or looking to sharpen your skills, our expert instructor will guide you through the fundamentals of Texas Hold 'em in a fun and supportive environment. Please note that this class will not include betting with real money but will use chips, ensuring a risk-free yet immersive learning experience.



# ALL PROGRAMS JUNE 2024

Visit <https://www.cmaprinceton.org>



## HEALTH & WELLNESS

**EVERY BODY WALK!** (In-Person at Various Locations)  
*Wednesdays, May 8 through October 30, 8:50 a.m. check-in, 9:00 a.m. walk*

Discover the perfect blend of scenic exploration and expert guidance with our complimentary walking program on the beautiful trails of Princeton. Led by a seasoned doctor of physical therapy, it's not just a walk – it's a chance to ask questions and learn about walking safety while surrounded by nature's beauty. Walking sticks and canes are welcome, although participants must be able to keep up with the pace of the group in order to attend the program. This program is offered in partnership with Innovative Physical Therapy in Princeton. Leader: Dr. Laura Wong Koenig  
No fee, registration required.

**GENTLE MAT YOGA + NIDRA - SPRING QUARTER**  
(Zoom)  
*Monday, April 1 through June 24, 10:00 a.m.*

**MINDFUL CHAIR YOGA & MEDITATION - SPRING QUARTER** (Zoom)

*Thursday April 4 through June 27, 10:00 a.m.*

**STAY-WELL CHAIR EXERCISE** (Zoom)

On hiatus for June.

Stay tuned for details.

**TABLE TENNIS** (In-Person at SPB Location)

*Mondays and Fridays in June, 1:00–4:30 p.m. (no session 6/28)*

Come for camaraderie, exercise, and fun! All skill levels are invited to take part in this energetic sport. Registration required, no fee.

**TAI CHI** (In-Person at SPB Location)

*Tuesday, June 4 through June 25, 11:00 a.m.–noon*

*Fee: \$20 resident/\$25 non-resident*

This gentle form of exercise helps to maintain strength, flexibility, and balance and could be the perfect activity for the rest of your life. Tai Chi involves a series of movements performed in a slow, focused manner accompanied by deep breathing.

Instructor: Sisco Kinjo



## PICKLEBALL MANIA

Explore the diverse schedule of our monthly pickleball activities at: <https://cmaprinceton.org/health-wellness/>

### FOR BEGINNERS:

Players should be brand new to the sport or looking to refresh their skills.

### A TASTE OF PICKLEBALL

Experience a dynamic two-hour beginner's workshop, combining skill instruction with active gameplay for an exciting introduction to the sport.

*Fee: \$35 resident/\$40 non-resident*

### GET INTO THE GAME!

Now that you know the basics from A Taste of Pickleball, join your instructor for two hours of gameplay designed to improve skill and get a feel for real gameplay.

*Fee: \$35 resident/\$40 non-resident*

### FOR ADVANCED-BEGINNERS TO LOWER INTERMEDIATE

Players should have knowledge of the game and be able to keep score, dink, serve, and have taken an intro to pickleball course. Please, no beginners in Prep & Play or Play with the Pro. If you're new to the sport, check out A Taste of Pickleball and Get into the Game!

### PREP & PLAY

Learn new techniques on the court with expert instruction and enjoy open game play with guided support to enhance your game.

*Fee: \$35 resident/\$40 non-resident*

### PLAY WITH THE PRO

This exciting small-group pickleball experience allows players to engage in energetic gameplay while refining skills under the guidance of our expert instructor.

*Fee: \$20 resident/\$25 non-resident*

### GROUP COURT RENTALS

Reserve our pickleball court at 45 Stockton Street in the Suzanne Patterson Building! Bookings are first-come, first-served, and non-refundable. Available dates and times are listed in the Pickleball Group Court Rental form.

*New Summer Rate: \$20 per hour*

# ALL PROGRAMS JUNE 2024

Visit <https://www.cmaprinceton.org>

## **WATCH AND WAIT: LIVING WITH CANCER**

(In-Person at NSK Location)

*Tuesday, June 11, 2:00-3:30 p.m.*

Navigating the complexities of cancer diagnosis, treatment, and survivorship can be physically and emotionally challenging and oftentimes overwhelming. The purpose of this presentation is to provide cancer patients and survivors with an opportunity to share experiences, offer practical advice, provide emotional support, and gain valuable insights into living with cancer. No fee, registration required.



## INTERGENERATIONAL

## **BIRDWATCHING ADVENTURE WITH WINNIE SPAR**

(In-Person at Rogers Refuge)

*Sunday, June 2, 8:00-9:00 a.m.*

*Fee: \$5*

Calling all families! Join us for a memorable morning with the expert birder, Winifred Spar, as we listen to the beautiful melodies of our feathered friends. Bring your kids and grandkids along and immerse yourselves in the wonders of nature together! Perfect for kids of all ages, this charming event promises to be a heartwarming experience that will make everyone chirp with joy.



## LIFELONG LEARNING

## **ALZHEIMER'S SERIES**

Tuesdays in June and July. Registration required, no fee. Participants are welcome to register for any or all of our Alzheimer's series sessions.

## **DEMENTIA: A DAUGHTER'S PERSPECTIVE**

(Hybrid - In-Person at NSK Location and on Zoom)

*Tuesday, June 11, Noon-1:00 p.m.*

Dive into the poignant journey of a daughter faced with her mother's Alzheimer's diagnosis. Nicole J. Smith intertwines heartfelt memoir with practical advice, a vital roadmap for caregivers navigating dementia care. Refreshments will be provided by Ellevest Central New Jersey's Princeton Chapter.

## **UNDERSTANDING ALZHEIMER'S AND DEMENTIA**

(Hybrid - In-Person at NSK Location and on Zoom)

*Tuesday, June 11, 1:00-2:00 p.m.*

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research, and FDA-approved treatments.

## **A CAREGIVER'S GUIDE TO FINANCES**

(Hybrid - In-Person at NSK Location and on Zoom)

*Tuesday, June 18, 1:00-2:00 p.m.*

Dementia caregiving can have a tremendous impact on finances. This program provides general information on legal, financial, and medical issues. It is designed for people who provide care for someone living with Alzheimer's or another dementia. Attendees will go through a number of activities that help in creating a financial plan.

## **NEW ADVANCEMENTS IN ALZHEIMER'S TREATMENT**

(Hybrid - In-Person at NSK Location and on Zoom)

*Tuesday, June 25, 1:00-2:00 p.m.*

Learn about Aducanumab, a new FDA-approved treatment for Alzheimer's disease. Review how the drug is designed to work, who may be a candidate, potential benefits and side effects, and availability and pathways for success.

## **LIVING WITH ALZHEIMER'S FOR CAREGIVERS: UNDERSTANDING EARLY-STAGE**

(Hybrid - In-Person at NSK Location and on Zoom)

*Tuesdays, July 9 through July 23, 1:00-2:00 p.m.*

In this three-part series, attendees will learn the symptoms of early-stage Alzheimer's disease, resource planning for early-stage, the components of a care team, and how to successfully work with each during the disease's early stages.

## **EMPOWERHER SPEAKER SERIES: MICHELE**

**TUCK-PONDER** (Hybrid - In-Person at NSK Location and on Zoom)

*Monday, June 17, 11:00 a.m.-noon*

*Fee: \$5*

Embark on a journey of empowerment with the EmpowerHer Speaker Series, where personal narratives of resilience, triumph, and growth come to life. Discover the inspiring story of Michele Tuck-Ponder, a guiding light of service and empowerment. From her esteemed position as CEO of Destination Imagination LLC to her impactful contributions to nonprofits and government, Michele exemplifies the transformative power of lifting others. Join us in welcoming Michele, who will soon join the board of the CMAP, as we celebrate her dedication and leadership. Prepare to be moved, inspired, and empowered!

## **ESL CLASS: ENGLISH LANGUAGE ENRICHMENT**

(In-Person at SPB Location)

*Thursdays starting May 2 through June 27, 2:00-3:00 p.m.*

### EVERGREEN FORUM MASTER CLASS SERIES

(Hybrid - In-Person at NSK Location and on Zoom)

*Tuesdays in June, 10:00 a.m.-noon.*

*Fee: \$10 resident, \$15 non-resident per session*

Experience the essence of lifelong learning with our Master Class series, where new and returning course leaders ignite intellectual curiosity in the vibrant community of the Evergreen Forum.

### AMERICA'S REVOLUTIONARY TEMPEST WITH ROBERT NOLAN

*Tuesday, June 4, 10:00 a.m.-noon*

The correspondence of America's "Founding Fathers" reveals their profound disillusion with the government they had created and the society they had transformed. For reasons pertinent today, many were disheartened by how their Revolution was evolving and skeptical about the nation's future. We shall explore why.

### SCIENCE IN THE NEWS WITH HAROLD HEFT

*Tuesday, June 11, 10:00 a.m.-noon*

Explore hot topics in today's world of science. Topics will vary, depending on what scientific topics are trending in the news.

### THE WOMEN IMPRESSIONISTS WITH CHRISTINA KALES

*Tuesday, June 18, 10:00 a.m.-noon*

Eclipsed by their male counterparts, four distinct women artists made significant yet often overlooked contributions to Impressionism while navigating the challenges of acceptance and personal balance in nineteenth-century France. Despite the disadvantages and isolation, they encountered, their enduring artistic legacy shines through, enriching our understanding of this influential movement. Join us as we explore the individual contributions of each artist to the evolution of Impressionism in this enlightening class.

### FYI SEMINAR: SUPPORTING YOUR LGBTQ

**GRANDCHILD** (Hybrid - In-Person at NSK Location and on Zoom)

*Monday, June 3, 2:00-3:00 p.m.*

This session will inform participants of the situations LGBTQ+ students are facing in middle school and high school as well as how parents and grandparents can support their young LGBTQ+ loved ones at home and in the community.

Presenters: Carol Watchler is a lifelong educator and advocate; she currently works at Bayard Rustin Center for Social Justice. Billi Charron is a social worker at the Center for Modern Aging Princeton.

Registration required, no fee.

### FYI SEMINAR: ELECTRONIC BIKES

(Hybrid - In-Person at NSK Location and on Zoom)

*Monday, June 10, 2:00-3:00 p.m.*

The presentation will cover the introduction of electric bikes, when and why they started becoming popular, and the advantages and disadvantages of electric bikes.

In addition, the presentation will include a discussion of future developments and challenges. There will be an opportunity to try riding an electric bike after the presentation.

Registration required, no fee.

### FYI SEMINAR: BREAKING UP THE FOOD RUT

(Hybrid - In-Person at NSK Location and on Zoom)

*Monday, June 24, 2:00-3:00 p.m.*

Are you in a food rut? Do you need inspiration in the kitchen? Busy schedules often lead to having the same meals day in and day out for ease and convenience. Perhaps you simply repeat the same meals over and over again because you like them. While this may work initially, consistently eating the same foods can become boring and has the potential to lead to unhealthy habits. Join McCaffrey's Registered Dietitian, Jill Kwasny, for an informative and fun nutrition program "Breaking Out of the Food Rut." Jill will touch on meal planning and food prep hacks in an effort to jazz up your kitchen table.

Presenter: Jill Kwasny is a licensed and registered dietitian and certified diabetic educator and has worked with McCaffrey's for thirty years.

Registration required, no fee.

**COSMOLOGY** (Hybrid - In-Person at NSK Location and on Zoom)

*Every Thursday, 10:00 a.m.; Fee: \$40 for year*

Peer-led discussion about the nature of the universe based on physics and metaphysics.

Leader: Contact [brucewallman@gmail.com](mailto:brucewallman@gmail.com) for more information.



## SOCIAL CONNECTIONS

## Programs

### CMAP BLOCK PARTY & BBQ!

(In-Person at SPB Location)

*Wednesday, June 26, 1:00-3:00 p.m.*

*Fee: \$5*

Get ready to soak up the summer vibes at CMAP's Block Party! Join us for an afternoon of delicious BBQ, lawn games, and great music. Whether you're a social butterfly or just looking to make new connections, this event is the perfect opportunity to come together, have fun, and enjoy the spirit of community at CMAP!

### WOMEN IN RETIREMENT MONTHLY PRESENTATION - NAVIGATING THE NEW WORLD OF TELEVISION VIEWING

(Hybrid - In-Person at NSK Location and on Zoom)

*Friday, June 21, 10:00 a.m.*

Television viewing used to be straightforward: connect an antenna and tune in to one of the channels available in your area. While this method was easy to use, it offered



limited content options, and viewers were constrained to what was broadcast at that particular moment. Nowadays, the landscape has drastically changed. You have the freedom to watch nearly anything you desire, whenever you want, albeit with some potentially significant challenges.

Dr. Rich Chernock, who retired as the chief science officer of Triveni Digital, will shed light on the current television viewing landscape. He will provide insights into how we arrived at this point, clarify common points of confusion, and offer suggestions on how to tackle associated problems. All are welcome to attend. Registration required, no fee.

## Groups

**AGING GAILY** (Hybrid - In-Person at NSK Location and on Zoom)

*Monday, June 17, 3:00 p.m.*

Engage in social activities, build friendships, and offer support.

Registration required, no fee.

**CRAFTER'S CORNER** (Hybrid - In-Person at NSK Location and on Zoom)

*Thursday, June 13, 10:00 a.m.-noon*

Fun space for craft hobbies.

Registration required, no fee.

### COMMUNITY WITHOUT WALLS

Community Without Walls is a membership organization of individuals dedicated to pursuing mutually supportive activities to enhance members' ability to grow older in their own homes and communities, for as long as possible, successfully and with dignity.

For more information, head to our website <https://cmaprinceton.org/community-without-walls/>.

**FOREVER YOUNG** (Hybrid - In-Person at NSK Location and on Zoom)

*Thursday, June 13, 3:00 p.m.*

For young older adults who may still be working or in early retirement.

Registration required, no fee.

## The Global Conversation Community

Join our Global Conversation groups and immerse yourself in language and culture! Whether a native speaker or language learner, our inclusive spaces welcome everyone for rich exchanges and connections.

### CAFÉ FRANÇAIS - SPRING QUARTER

(In-Person at NSK Location)

*Mondays April 1 through June 24, 3:00 p.m.*

All levels welcome.

### GLOBAL CONVERSATIONS (Zoom)

*Mondays, June 3 through June 24, 1:00 p.m.*

For individuals open to worldly conversations from diverse communities, cultures, and backgrounds.

All are welcome!

Registration required, no fee.

### ¡SE HABLA ESPAÑOL! CHARLAS DE CORAZÓN (Zoom)

*Thursday, June 20, 4:00-5:00 p.m.*

Ya seas hablante nativo de español o estés buscando perfeccionar tus conocimientos, te invitamos a participar en charlas inspiradoras y actividades que te sumergen en diversas culturas. Con dinámicas de improvisación, juegos de palabras y narraciones, estos Encuentros están diseñados para construir conexiones auténticas. ¡Prepárate también para presentaciones simuladas al estilo TED, donde tus ideas pueden brillar! Estos encuentros no son simplemente lecciones; son travesías compartidas donde celebramos la diversidad de voces. Es necesario registrarse, sin costo.

Whether Spanish is your native language or you're looking to polish your skills, we invite you to join inspiring conversations and activities that immerse you in diverse cultures. Through cultural exchanges, improvisation dynamics, word games, and storytelling, these sessions are designed to build authentic connections. Plus, get ready for simulated TED-style presentations, where your ideas can shine! These gatherings are not only lessons; they are shared journeys where we celebrate the diversity of voices. Registration required, no fee.

### TEA SOCIAL FOR RUSSIAN-SPEAKING COMMUNITY

(In-Person at NSK Location)

*Monday, June 10, 3:30-4:30 p.m.*

Join us for a new initiative – Tea Social for the vibrant Russian-speaking fifty-five and above community. Step into a welcoming atmosphere, where you can enjoy aromatic teas, exchange stories, and build connections with like-minded individuals. Whether you're looking to meet new friends or reconnect with old ones, our gatherings promise a delightful and relaxing escape, providing a space where cherished memories and meaningful conversations flourish. Embrace the cultural richness and the soothing pleasures of tea in the company of your peers.

Registration required, no fee.

**LET'S TALK** (Hybrid - In-Person at NSK Location and on Zoom)

*Wednesdays in June, 3:00 p.m. (no meeting 6/19 or 6/26)*

General conversation group.

Registration required, no fee.

### SENIOR CITIZEN CLUB

On hiatus through the summer. Will return in the fall. Stay tuned for details.

**TED TALKS** (Hybrid – In-Person at NSK Location and on Zoom)

*Tuesdays in June, 10:30 a.m.*

Together we'll watch a TED Talk then participate in an awesome discussion led by Helen Burton. Everyone's invited! This month's buzzworthy topics:

**June 4 – Lisa Damour:** 3 steps of anxiety overload – and how you can take back control

**June 11 – Chuck Plunkett:** When local news dies, so does democracy

**June 18 – Chris Anderson and Monique Ruff-Bell:** Ideas change everything– and what's next for TED

**June 25 – Bene Brown:** The power of vulnerability

Registration required, no fee.

### TRANSITION TO RETIREMENT

(Hybrid – In-Person at NSK Location and on Zoom)

*Friday, June 21, 2:30 p.m.*

This group addresses many kinds of issues that can arise during the transition to retirement. Registration required, no fee.

Facilitator: Paul Knight

### WOMEN IN RETIREMENT COFFEE KLATCH

Contact WIR for the location of the meeting.

All are welcome.

For more information go to <http://wired.wordpress.com/>.



## SUPPORT GROUPS

### BEREAVEMENT

*Monday, June 17 at 11:00 a.m.*

(Usually third Monday of each month)

Call Sherri Goldstein 609.819.1226 to attend.

– coping with grief and loss

### CAREGIVERS

*Monday, June 3 at 3:00 p.m.*

(Usually first Monday of each month)

– share challenges and experiences

### CLEARING SPACES (Zoom)

*Mondays in June, 3:00 p.m.*

Whether you aim to downsize, organize, or reclaim your closet floor, we invite you to our weekly Zoom meeting. It's an inspirational and nonjudgmental space where we share tips, challenges, and triumphs in decluttering journeys. Plus, we dedicate part of the hour to accomplishing a small task, ensuring you leave each meeting more organized than when you arrived!

Registration required, no fee.

### EARLY-STAGE MEMORY LOSS SUPPORT

(Hybrid – In-Person at NSK Location and on Zoom)

*Thursday, June 20 at 3:00 p.m.*

(Usually third Thursday of each month)

– individuals experiencing early-stage

### FORGET-ME-NOT DEMENTIA CAREGIVERS

(Hybrid – In-Person at NSK Location and on Zoom)

*Saturday, June 8 at 10:00 a.m.*

(Usually second Saturday of each month)

### NEXT CHAPTER WIDOWS AND WIDOWERS

(Hybrid – In-Person at NSK Location and on Zoom)

*Wednesday, June 12 and June 26 at 11:00 a.m.*

(Usually second and fourth Wednesday of each month)



## TECHNOLOGY

### THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB

*Monday through Friday, 9:30 a.m.–4:30 p.m.*

Our well-appointed and roomy Tech Lab welcomes you with brand new PC's and MAC computers. Stop by to check your email, get some work done, connect with friends and family or surf the web.

Tech assistance is available three ways: in-person on Fridays, from 2:00 to 4:00 p.m. at our NSK location, in-person on Fridays, from 1:00 to 4:00 at our SPB location, and virtually, Monday through Friday.

**THE TECH HOUR** (Hybrid – In-Person at NSK Location and on Zoom)

*Wednesday, June 5 and June 26, 11:00 a.m.–noon*

Join us for a tech-focused lecture or informational video, followed by a lively conversation led by Nick Macy. Dive into fresh knowledge and stay sharp in our dynamic tech-driven sphere. This month's topics:

**June 5 – Deep Dive the iPhone:** Intermediate Tips

Part 1.

**June 26 – Deep Dive the iPhone:** Intermediate Tips

Part 2.

No fee, registration required.

### TECHNOLOGY WORKSHOP: NAVIGATING THE WORLD OF AI

(Hybrid – In-Person at NSK Location and on Zoom)

*Friday, June 14, 10:30 a.m.–noon; Fee: \$5*

Will artificial intelligence replace our need to think? Or will it enable us to leverage our thinking for the greater good?

Join us for a one-hour workshop on artificial intelligence, where we'll review the history of AI, how it mimics the way we learn, and how we can use AI right now. We'll cover the concepts of "neural networks," "machine learning," and how humans design, train, and test AI systems.

Finally, we'll demonstrate different AI applications, including Open AI's Chat GPT, Google's Gemini, and Microsoft's Copilot, and suggest ways you can use AI right now!

Instructor: Don Benjamin

# JUNE 2024

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

3

10:00 Gentle Yoga + Nidra  
11:00 World Dance: Bollywood (SPB)  
1:00 Global Conversations  
1:00 Library Reads  
1:00 Table Tennis (SPB)  
2:00 FYI Seminar - Supporting Your LGBTQ Grandchild (NSK-H)  
2:00 The Wonders of Word Play  
3:00 Café Français (NSK)  
3:00 Caregivers  
3:00 Clearing Spaces

4

10:00 Master Class: America's Revolutionary Tempest (NSK-H)  
10:30 TED Talks (NSK-H)  
11:00 Tai Chi (SPB)  
1:00 Games Day (SPB)  
4:00 The Golden Age of Radio

5

8:50 *Every Body Walk!* (Various)  
10:00 Pickleball Play with the Pro (SPB)  
11:00 A Taste of Pickleball (SPB)  
11:00 The Tech Hour (NSK-H)  
1:00 Internet Essential Sign-Up Event (SPB)  
3:00 Let's Talk (NSK-H)

6

CMAP CLOSED  
FOR STAFF IN-SERVICE

7

10:00 Women in Retirement Coffee Klatch  
11:00 Planning with Pride (NSK-H)  
12:00 Taste the Rainbow: Lunch and Ice Cream Truck (NSK)  
1:00 Table Tennis (SPB)  
1:00 Tech Lab Assistance (SPB)  
1:30 Pride Day First Friday Film: *Anatomy of a Fall* (NSK)  
2:00 Mastering the Art of Painting (SPB)  
2:00 Tech Lab Assistance (NSK)

### SUNDAY, JUNE 2

8:00 Bird Watching Adventure with Winnie Spar (Rogers Refuge)

### SATURDAY, JUNE 8

10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)  
4:00 The Quartet Experience Concert (NSK)

10

10:00 Gentle Yoga + Nidra  
11:00 World Dance: Bollywood (SPB)  
1:00 Global Conversations  
1:00 Table Tennis (SPB)  
2:00 FYI Seminar - Electronic Bikes (NSK-H)  
2:00 The Wonders of Word Play  
3:00 Café Français (NSK)  
3:00 Clearing Spaces  
3:30 Tea Social for Russian-Speaking Community (NSK)

11

10:00 Master Class: Science in the News (NSK-H)  
10:30 TED Talks (NSK-H)  
11:00 Tai Chi (SPB)  
12:00 Dementia: A Daughter's Perspective (NSK-H)  
1:00 Understanding Alzheimer's and Dementia (NSK-H)  
1:00 Games Day (SPB)  
2:15 Watch and Wait: Living with Cancer (NSK)  
3:00 Poker Texas Hold 'Em (SPB)  
4:00 The Golden Age of Radio

12

8:50 *Every Body Walk!* (Various)  
10:00 Pickleball Play with the Pro (SPB)  
11:00 Pickleball Get in to the Game (SPB)  
11:00 Next Chapter: Widows & Widowers (NSK-H)  
1:00 Princeton Senior Living Introduction to Services (Princeton Senior Living)  
2:00 Junk Journal Basics Workshop (NSK)  
3:00 Let's Talk (NSK-H)  
3:00 Spanish Book Club: "En Agosto Nos Vemos" (NSK)

13

10:00 Cosmology (NSK-H)  
10:00 Mindful Chair Yoga  
10:00 Pickleball Play with the Pro (SPB)  
10:00 Crafter's Corner (NSK-H)  
10:45 Time to Tell Your Story  
11:00 Pickleball Prep & Play (SPB)  
2:00 ESL Class (SPB)  
3:00 Forever Young (NSK-H)  
4:00 The Golden Age of Radio

14

10:00 Women in Retirement Coffee Klatch  
10:30 Tech Workshop: AI (NSK-H)  
1:00 Table Tennis (SPB)  
1:00 Tech Lab Assistance (SPB)  
2:00 Mastering the Art of Painting (SPB)  
2:00 Tech Lab Assistance (NSK)

17

10:00 Gentle Yoga + Nidra  
11:00 Bereavement  
11:00 EmpowerHer Speaker Series (NSK-H)  
1:00 Global Conversations  
1:00 Table Tennis (SPB)  
2:00 The Wonders of Word Play  
3:00 Aging Gaily (LGBTQ+) (NSK-H)  
3:00 Café Français (NSK)  
3:00 Clearing Spaces

18

10:00 Master Class: The Women Impressionists (NSK-H)  
10:30 TED Talks (NSK-H)  
11:00 Tai Chi (SPB)  
12:00 Composer of the Month: Wolfgang Amadeus Mozart  
1:00 A Caregivers Guide to Finances (NSK-H)  
1:00 Games Day (SPB)  
3:00 Poker Texas Hold 'Em (SPB)  
4:00 The Golden Age of Radio

19

CMAP CLOSED  
FOR THE  
JUNETEENTH  
HOLIDAY

20

10:00 Cosmology (NSK-H)  
10:00 Mindful Chair Yoga  
10:00 Pickleball Play with the Pro (SPB)  
11:00 Pickleball Prep & Play (SPB)  
2:00 ESL Class (SPB)  
3:00 CMAP Student Art Exhibition & Reception (NSK)  
3:00 Early-Stage Memory Loss Support (NSK-H)  
4:00 ¡Se Habla Español! Charlas De Corazón  
4:00 The Golden Age of Radio

21

10:00 Women in Retirement Monthly Presentation (NSK-H)  
12:30 Film Screening: Swan Song (NSK)  
1:00 Table Tennis (SPB)  
1:00 Tech Lab Assistance (SPB)  
2:00 Mastering the Art of Painting (SPB)  
2:00 Tech Lab Assistance (NSK)  
2:30 Transition to Retirement (NSK-H)

24

10:00 Gentle Yoga + Nidra  
1:00 Global Conversations  
1:00 Table Tennis (SPB)  
2:00 FYI Seminar - Breaking Up the Food Rut (NSK-H)  
2:00 The Wonders of Word Play  
3:00 Café Français (NSK)  
3:00 Clearing Spaces

25

10:30 TED Talks (NSK-H)  
11:00 Tai Chi (SPB)  
1:00 Bingo: Win Like Never B-4 (NSK)  
1:00 New Advancements in Alzheimer's Treatment (NSK-H)  
1:00 Games Day (SPB)  
3:00 Poker Texas Hold 'Em (SPB)  
4:00 The Golden Age of Radio

26

8:50 *Every Body Walk!* (Various)  
11:00 The Tech Hour (NSK-H)  
11:00 Next Chapter Widows and Widowers  
1:00 CMAP Block Party! (SPB)  
3:00 Spanish Book Club: 'En Agosto Nos Vemos' (NSK)

27

10:00 Cosmology (NSK-H)  
10:00 Mindful Chair Yoga  
10:00 Pickleball Play with the Pro (SPB)  
10:45 Time to Tell Your Story  
11:00 Pickleball Prep & Play (SPB)  
2:00 ESL Class (SPB)  
4:00 The Golden Age of Radio

28

10:00 Women in Retirement Coffee Klatch

SPB CLOSED FOR  
FLOOR REFINISHING

Key:  
NSK - Nancy S. Klath Center  
PPL - Princeton Public Library  
RC - Redding Circle  
SC - Spruce Circle  
SPB - Suzanne Patterson Building  
H - Hybrid Group/Program

PRINCETON CAFÉ FOR OLDER ADULTS  
Mercer County Nutrition Program (SPB)  
Monday through Friday  
10:00 a.m. to 1:00 p.m.

## PLEASE NOTE:

**CMAP will be closed on Thursday, June 6  
for CMAP staff in-service**

**CMAP will be closed on Wednesday, June 19  
in honor of Juneteenth**

**SPB will be closed for floor refinishing  
Friday, June 28 through Friday, July 5**



### JOIN OUR ONLINE PORTAL!

Simplify the registration process by joining our portal! No more typing in your info over and over or forgetting what you've registered for – just log in, and it's all there. Join now for easy event sign-ups at CMAP!

### WHAT IS GRANDPALS?

GrandPals is a CMAP program in which older adults (forty-seven to ninety-three!) go to several Princeton elementary schools to read to children. The program's goals are to foster a lifelong love of reading and learning in our young children and to build a good relationship between the generations. Sharing your interests and your time will be beneficial to others and rewarding to you. As one GrandPal said, "This is the highlight of my week!"



### HOW DOES THE PROGRAM WORK?

Volunteers are interviewed for their interests and background. They are then matched with one or two children. Youngsters and volunteers spend thirty minutes together once a week reading and sharing stories in regularly scheduled sessions during the school day. Orientation is provided through CMAP and the Princeton Public Schools.

The GrandPal coordinator provides ongoing communication, support, and problem-solving, and is on-site during sessions. GrandPals can also share experiences and techniques with other GrandPals working in the same session.

### WHO VOLUNTEERS?

GrandPal volunteers come with varied skills and from many walks of life. What they have in common is enthusiasm for being with young people and a willingness to build a relationship over the school year. No special training or previous experience is necessary.

### WHAT CAN I EXPECT?

- The joy of sharing stories with a child just discovering the world of learning
- The pleasure of building a meaningful relationship with a child who may not have grandparents nearby
- A lively, warm environment where teachers and children value your contribution
- Working with other volunteers toward a common goal

For more information about becoming a GrandPals volunteer, please email Ella Leving, GrandPals coordinator at [eleaving@cmaprinceton.org](mailto:eleaving@cmaprinceton.org) or apply at <https://engage.cmaprinceton.org/grandpals-interest>.



## CMAP CELEBRATES PRIDE

by Billi Charron, MSW, Social Worker

It's that time again, time for the rainbow flags to come out and Pride events to fill up our calendars. CMAP celebrates LGBTQ+ Pride every June along with millions of others across the nation. Some of our core values include community, joy, and inclusivity. We strive for every participant to feel like part of the CMAP community, to experience joy, and to know they are valued for who they are and for their unique contributions. For our LGBTQ+ older adults, we created a safe space to socialize and gain support. Our Aging Gaily group has a strong cohort of people who meet monthly to discuss books, health, legal issues, and personal life issues they need support around, and there is always the sound of laughter.

Pride is more than just a one-day event or a once-a-month meeting. Dictionary.com defines Pride as *recognition of LGBTQ identity, affirmation of equal rights, and celebration of visibility, dignity, and diversity in the LGBTQ community*. Our LGBTQ+ neighbors and community members are living Pride every day. In celebration of the uniqueness of the lesbian, gay, bisexual, transgender, and queer/questioning community, we invite you to attend our Pride Day events on June 7 and other events throughout the month.



CMAP table at 2023 picnic (photo by Rylan Lott LLC)

### What to expect:

**June 3 – 2:00 p.m.** FYI “Supporting Your LGBTQ Grandchild”

### June 7– PRIDE DAY

**11:00 a.m.** Speaker – Evan Kerstetter, Esq. from Archer Law Office, LGBTQ+ Advocacy for Legal, Financial, and Clinical Issues

**12:00 p.m.** Refreshments & ice cream (ice cream truck sponsored by Akin Care Senior Services)

**1:30 p.m.** Film Screening: *Anatomy of a Fall*

**June 21 – 12:30 p.m.** Film Screening: *Swan Song*

## SAVE THESE DATES

**Health Fair/Flu Shot Clinic**  
**Thursday, September 26**  
**1:00-5:00 p.m.**

**Flu Clinic**  
**Monday, October 21**  
**9:30 a.m.-12:30 p.m.**

[cmaprinceton.org/vaccine-navigators](https://cmaprinceton.org/vaccine-navigators)





# UNDERSTANDING AND ADDRESSING PTSD IN OLDER ADULTS: A CALL FOR INCREASED AWARENESS AND SUPPORT

*by Johanna Peters, Director of Social Services*

Post-traumatic stress disorder (PTSD) is a mental health condition often associated with younger individuals, particularly those who have experienced combat, natural disasters, or personal trauma. However, PTSD is not exclusive to any age group and presents a unique set of challenges and symptoms in older adults. This demographic often remains overlooked in conversations about PTSD, resulting in underdiagnosis, misdiagnosis, or inadequate treatment. It is crucial to recognize the signs of PTSD in older adults and ensure they receive the appropriate care and support.

PTSD in older adults can stem from traumatic events experienced at any point in their lives, not just in their later years. Many may have lived with the condition undiagnosed or untreated for decades. Events such as military combat, loss of loved ones, accidents, or natural disasters are common triggers. The normal aging process can also exacerbate the situation, as it often brings significant life changes such as retirement, health issues, and increased isolation.



## SIGNS AND SYMPTOMS

The manifestation of PTSD symptoms in older adults can differ from those typically observed in younger individuals. Some common symptoms include:

- **Re-experiencing the Trauma:** This might consist of flashbacks, nightmares, or intrusive thoughts, which can be particularly distressing and disorienting in older age.
- **Avoidance:** Older adults may avoid people, places, or activities that remind them of the traumatic event, leading to social withdrawal and isolation.
- **Negative Changes in Thinking and Mood:** Feelings of hopelessness, memory problems, and difficulty maintaining close relationships are common.
- **Increased Arousal:** Symptoms such as irritability, angry outbursts, being easily startled, or having difficulty sleeping are prevalent.

Diagnosing PTSD in older adults is complicated by several factors. First, symptoms of PTSD can overlap with those of other common age-related conditions such as dementia, depression, and anxiety disorders. Furthermore, there is often a generational stigma associated with mental health issues, making many reluctant to seek help or open up about their experiences.

Regarding treatment, older adults may face additional barriers, including mobility limitations, transportation issues, and a lack of services tailored to their age group. Moreover, specialized approaches may be needed to accommodate cognitive changes or physical health issues that are more common in older populations.

## INCREASING AWARENESS AND SUPPORT

Increasing awareness about PTSD among older adults is a critical step toward improving care for this population. It involves:

- **Education:** Healthcare providers, caregivers, and the general public need education on recognizing PTSD symptoms in older adults and understanding the importance of timely mental health interventions.
- **Screening:** Routine screenings for PTSD symptoms should be integrated into regular healthcare visits for older adults, especially for those with known risk factors.
- **Resources:** The development and dissemination of resources tailored specifically to older adults and their caregivers are necessary to provide accessible and practical support.
- **Advocacy:** Advocating for policy changes that increase funding and resources for mental health services targeting older adults can help ensure they receive the care they need.

PTSD is a severe condition that does not discriminate by age. Older adults, a group often neglected when it comes to PTSD awareness and treatment, require, and deserve as much attention and support as younger populations. By recognizing the unique ways PTSD affects older adults and taking steps to address these challenges, society can help improve the quality of life for all individuals affected by this disorder. As awareness grows and more resources become available, older adults who have PTSD can find the help they need to manage their symptoms and lead more peaceful lives.

## NOTE THESE EVENTS

### **INTERNET ESSENTIAL SIGN-UP EVENT** (In-Person at SPB Location) *Wednesday, June 5, 1:00-3:00 p.m.*

- Assistance with signing up older adults in the community for the Internet Essentials, which replaces the Affordable Connectivity Program (ACP) program.
- A two-hour event featuring a detailed explanation of the program benefits and application process.
- We will collaborate with Human Services staff to provide guidance and complete service applications.

### **PRINCETON SENIOR LIVING INTRODUCTION TO SERVICES**

(In-Person at Princeton Senior Living)

*Wednesday, June 12, 1:00-3:00 p.m.*

- Introduction to CMAP social services staff and their roles in the community.
- Light refreshments served to create a welcoming atmosphere.
- Local community partners will discuss available community services.
- Assistance with signing up for Comcast's Internet Essentials plan.
- Open Q&A session for attendees to engage and inquire about specific services.

## 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

### The Many Versions of Microsoft Outlook

*This month, we will explore the myriad versions of Outlook – Microsoft’s “Swiss Army Knife” email-calendar-contacts application.*

Microsoft continues remodeling Outlook with new “window” treatments, menus, and other under-the-hood doo-dads to “improve the user experience.” As for me, I haven’t had a notably enjoyable “user experience” with Outlook in more than thirty years, but millions of folks use it, so maybe they do.

#### A Brief History of Outlook

Microsoft initially developed Outlook for the business community as part of Office 1997. It rolled up a company’s email, calendar, and contact lists into a non-tidy package that some corporate “IT Guy” named Brian presided over.

Outlook also provided a company-wide “Global Address List” that only Brian understood. You could also set up your own private contact list and view it as a matrix of virtual cards (ala Rolodex) with infinite settings for fonts, column size, and groupings selected through myriad menus and drop-down dialog boxes that bristled around the periphery of the screen.



There was also a web version of Outlook that used Internet Explorer.

Microsoft’s Windows included a “lite” version called “Outlook Express” for home computers. It was much (much) simpler than Outlook, and you didn’t need Brian to manage it.

In 2007, Microsoft replaced Outlook Express with Windows Mail, Calendar, and the aptly named People address book. It was simple to use, and separated the mail, calendar, and contact functions into their separate applications. Nice.

#### The “New” Outlook(s)

Alas, Outlook was getting a bit long in the tooth, and Microsoft recently offered a “New” Outlook as part of Microsoft 365. New Outlook provides a simpler set of menus, but if you like the “old” Outlook, you can keep it (at least for now). (This reminds me of “New Coke” and “Coke Classic,” and we knew where that went.)

For home users, Microsoft is now replacing its free Windows Mail, Calendar, and People apps with a lite version of Outlook as part of Windows 11. You can continue using Mail (if you ever were), but at some point, Mail will go away, so it’s Outlook for everyone.

#### But wait—there’s more!

There’s also a new web browser version of Outlook! It looks a lot like Outlook 365, but it’s free.

And Microsoft didn’t forget Apple folks – so there’s a Mac version of Outlook, too, but the Apple Mail app is much easier to use.

If all this sounds to confusing, well, it is. But we can help. Just go to **Tech Lab – Center for Modern Aging Princeton** ([cmaprinceton.org](http://cmaprinceton.org)) to set up an appointment.





**Princeton Muni Service stops  
at our building**

**Mercer County 606 Bus stops  
at our neighbor's located at  
728 Bunn Drive  
which is two driveways from our building**

### CMAP Lending Locker

Your go-to resource for wheelchairs, walkers, canes, and more! Call to inquire about inventory or to donate equipment.

<https://cmapprinceton.org/dme-lending-locker/>

**CMAP has FREE single and four-prong canes – contact us for information.**



## TRANSPORTATION

### CROSSTOWN

Crosstown is a door-to-door transportation service for those who are age sixty-five and up, and people with disabilities who live in the municipality of Princeton. The service is provided by a partnership between the Center for Modern Aging Princeton (CMAP) and RideProvide, a program of the Greater Mercer Transportation Management Authority.

To be a Crosstown rider you must be:

- A Princeton municipal resident
- Age sixty-five and up, OR have a physical disability
- Able to get yourself to the car and in/out of the car without assistance
- Registered with the Crosstown program through CMAP at 609.751.9699

Rides between the hours of 8:00 a.m. and 5:00 p.m. on weekdays must be reserved no later than noon on the business day before the scheduled ride. Rides can be scheduled for any purpose between any points of origin and destination within the municipality, but medical appointments at Penn Medicine Princeton Health or at the Princeton Fitness and Wellness Centers (in both Princeton and Plainsboro) will receive priority. Rides to Penn Medicine are free for registered riders.

Each one-way ride costs \$3, which is payable by voucher; riders may purchase (with cash, check, or credit card) up to twenty vouchers at a time at the CMAP Office (101 Poor Farm Road), or by calling 609.751.9699 or use this form: <https://engage.cmapprinceton.org/purchasecrosstown>.

### Did you know you can support CMAP by giving us your McCaffrey's receipts?

CMAP receives a percentage of the total receipts. They can be **up to three months old**. Mail or drop off to: CMAP, 101 Poor Farm Road, Building B (located between Bunn Dr. and Mt. Lucas Rd.), Princeton, NJ 08540 OR drop them in our mailbox on the porch at the Suzanne Patterson Building.



## GROUPS

### AGING GAILY (LGBTQ+)

(IN-PERSON AT NSK - HYBRID)

Monday, June 17 at 3:00 p.m.

Monthly social activities, friendship building, and support.

### BEREAVEMENT

Monday, June 17 at 11:00 a.m.

Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

### CAREGIVERS

Monday, June 3 at 3:00 p.m.

Monthly meetings to share challenges and experiences.

### CLEARING SPACES

Mondays in June at 3:00 p.m.

Weekly decluttering sessions with useful tips and tricks.

### CRAFTER'S CORNER

(IN-PERSON AT NSK - HYBRID)

Thursday, June 13 at 10:00 a.m.

A fun space for craft hobbies.

### EARLY-STAGE MEMORY

#### LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)

Thursday, June 20 at 3:00 p.m.

For those with early-stage memory loss.

### FOREVER YOUNG

(IN-PERSON AT NSK - HYBRID)

Thursday, June 13 at 3:00 p.m.

Individuals aged fifty-five and above, working or retired.

### FORGET-ME-NOT:

#### DEMENTIA CAREGIVERS

(IN-PERSON AT NSK - HYBRID)

Saturday, June 8 at 10:00 a.m.

Anyone affected by a loved one's memory loss.

### GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

Individuals open to worldly conversations.

### LET'S TALK

(IN-PERSON AT NSK - HYBRID)

Wednesdays at 3:00 p.m.

General conversation group.

### NEXT CHAPTER: WIDOW/ERS

(IN-PERSON AT NSK - HYBRID)

Wednesday, June 12 and 26

at 11:00 a.m.

Safe space for grieving and connection after losing a partner.

**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 Stark & Stark Attorneys at Law

#### **Stark & Stark's Trusts & Estates Team is Here to Help**

Clients interested in designing and implementing a trust and estate plan to preserve, protect, and transfer assets are most effective when completed before a crisis occurs. The crisis, however, sometimes arrives without warning, demanding immediate responses to complex legal, tax, business, and healthcare decisions. Inadequate preparation for life transitions and delayed response often lead to increased costs and loss of control over important personal and financial choices. **An experienced Stark & Stark New Jersey or Pennsylvania estate lawyer can help you prepare for the unexpected.**

Since each trust and estate is unique, we work closely with our clients to evaluate the various relevant legal, financial, tax, and business issues, and to understand the client's concerns, needs, and expectations. Estate planning clients rely on Stark & Stark to help them make prudent decisions for meeting their legal, financial, and ethical obligations.

Stark & Stark attorneys have extensive asset protection and wealth preservation backgrounds, including hands-on experience in tax law (federal and the states of New Jersey and Pennsylvania), probate law, corporate law, business succession planning, elder law, guardianship law, and conservatorship law.

Stark & Stark clients receive the benefits found in a "boutique" firm that provides only trusts and estates services, along with the combined experience of many business, tax, real estate, family law, and litigation lawyers who bring to the creative problem-solving process an extraordinary depth of experience and level of sophistication. READ MORE – <https://cmaprinceton.org/our-blog/>

For more information, please contact Robert Morris at [rmorris@stark-stark.com](mailto:rmorris@stark-stark.com), or call 609.945.7617.

**[stark-stark.com/locations/hamilton-new-jersey-law-firm](https://stark-stark.com/locations/hamilton-new-jersey-law-firm)**

## JUNE FEATURED SPONSORS



we do everything we can to keep you  
or your loved one comfortable  
**[homewatchcaregivers.com/princeton](https://homewatchcaregivers.com/princeton)**



Assisting older adults navigate the healthcare system  
throughout the aging process  
**[nightingalenj.com](https://nightingalenj.com)**



Focus on patient education – not only for treatment  
but also for prevention  
**[innovativeptnj.com](https://innovativeptnj.com)**



Princeton Health is one of the most comprehensive  
healthcare systems in New Jersey.  
**[princetonhcs.org](https://princetonhcs.org)**



As we approach the last month of the 2023-2024 annual giving campaign, we invite you to make a **DONATION** that will further our work with the older adults in our community.



Thanks to you, we are able to offer the older adults in our region a supportive and vibrant community where they are encouraged to explore and engage in activities that align with their personal values and passions. By doing so, CMAP ensures that aging becomes not simply a matter of decline, of adding years to our life, but more importantly, adding life to our years! And you help make all of this possible.

This year alone, we have:

- Served over 5,500 constituents across all aspects of our programs and services;
- Engaged over 400 older adult volunteers in making a difference in the lives of others;
- Supported more than 1,200 participants with social service support;
- Performed nearly 1,000 hours of case management and counseling; and
- Provided technology assistance with over 900 client visits and workshop participants.

Your generosity is truly the fuel that empowers CMAP to change lives and helps older adults discover their "WHY."

As a participant, volunteer, or friend of CMAP, your participation in this campaign would be extremely meaningful to us and would help us finish our fiscal year in a strong position to continue serving the older adults in our community. Whatever you are able to give will be greatly appreciated and deeply worthwhile.

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Thank you! Again, we invite you to make a **DONATION**.  
Your generosity is the fuel that empowers CMAP to change lives.

To make a **DONATION**, visit <https://engage.cmaprinceton.org/donate-now>,  
or call 609.751.9699, ext 103.



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



## CMAP STUDENT ART EXHIBITION AND RECEPTION (IN-PERSON AT NSK LOCATION) THURSDAY, JUNE 20, 3:00 P.M. SEE PAGE 4 FOR DETAILS.



AS WE TRANSITION FROM PSRC TO CMAP, PLEASE BE SURE TO **CHECK YOUR JUNK EMAIL FOLDERS** FOR OUR COMMUNICATIONS. WE DON'T WANT YOU TO MISS OUT ON ANYTHING!

## GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

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**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/cmapprinceton.org/](https://facebook.com/cmapprinceton.org/)