

Special Events for Secure@Home Members

Secure@Home members are invited to special programs and events that are coordinated especially for them. Here are some of our past programs:

AGING & BALANCE

Jerri Blitzer, a physical therapist with Princeton and Rutgers Neurology, focused on the importance of balance and how it affects our day-to-day living.

BEGINNER PILATES

The basics of the Pilates exercise system were taught by Pilates instructor Jaclyn Boone.

EMERGENCY PREPAREDNESS

Secure@Home member, Vicky Bergman, showed us how to prepare for storms, hurricanes and flooding as well as possible terrorist events.

TIME TO REVISE YOUR ESTATE PLAN?

Attorney Ginny Bryant of Bryant/Van Dyck LLC discussed changes which may affect your current estate.

BRAIN FITNESS & LIFELONG LEARNING

Terri Rossman of the Princeton Speech Language and Learning Center presented ways to keep our brains healthy and fit.

SLEEP AS WE GROW OLDER

Kerri Penders, a nurse practitioner at Capital Health System’s Center for Sleep Medicine, discussed sleep changes and techniques to improve sleep duration and sleep quality.

AUDIOLOGY FOR SENIORS

Dr. Jane Brady, an audiologist with Horizon Audiology, discussed hearing loss in seniors and ways to enhance what we hear.

MEMORY ENHANCEMENT

Our speaker, Wendy Cacacie, provided tips and advice on improving memory. We learned how to exercise our brain and perk up our senses.

SAFETY AT HOME & ON THE INTERNET

Detective Ben Gering of the Princeton Township Police Department discussed how we can protect our homes, ourselves and our identities.

COOKING: HEALTHY, EASY & TASTY MEALS

We had a cooking demonstration and enjoyed easy-to-make and nutritious soups, salads and appetizers.

A GUIDED TOUR AT GROUNDS FOR SCULPTURE

We enjoyed a docent-led tour which highlighted a select number of sculptures.

ANTIQUA ROAD SHOW

Tom Petrino, Appraiser for the Treasury, State of NJ, examined members’ favorite collectibles and gave informative and entertaining appraisals.

MANAGING YOUR FINANCES

Mark and Stephen Pollard, a father and son team from Merrill Lynch, offered financial advice for managing your finances in today’s economic climate.

THE ELECTION & THE SENIOR VOTE

Ben Dworkin, Director of the Rider Institute for NJ Politics, and Ingrid Reed, NJ Project Director at the Eagleton Institute of Politics at Rutgers, discussed the issues that directly impacted the senior citizen community.

RELEX & RENEW

Pam Jones, RN from Robert Wood Johnson, presented innovative ways to relax, stay calm and in balance.

YOU AND YOUR RELATIONSHIP WITH SUGAR

Judy Katzman, Nutrition & Holistic Health Counselor, discussed how sugar affects our mood, energy levels and metabolic processes.

DEALING WITH CLUTTER & DISORGANIZATION

Cyndi Kawabata, a local professional organizer and owner of *A Home that Works for You*, provided tips for organizing your home and your daily schedule.

COCKTAILS & CONVERSATION

A gathering for food, drink, and conversation. Hosted by Linda Meisel, Executive Director of Jewish Family & Children’s Service.

BEWARE: CONSUMER FRAUD. Donna Giovannetti, Chief of the Mercer County Division of Consumer Affairs, featured information on consumer fraud and hot scam topics.

MOVE WITH THE FELDENKRAIS METHOD®

Barbara Abramson, an authorized Awareness Through Movement® teacher, showed us how safe, gentle movement sequences can help us move more easily.

PRINCETON SUMMER CHAMBER CONCERTS

Secure@Home was able to reserve seats at these concerts – no need to wait in line for tickets!

OUR SKIN AS WE AGE

Dr. Robyn Notterman spoke about the factors that impact the way our skin ages and what to look for as our skin changes.

SEX AFTER 60

Secure@Home care manager, Beth Hammer, led a roundtable discussion covering facts and myths about sex and intimacy for older adults.



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