



FAMILY AND COMMUNITY

The PSRC board has selected the theme “family and community” for our fall gala. This led me to think about what these words really mean in our daily lives. PSRC’s culture of collaboration and inclusion is based on valuing family and community. Here are some of the experiences that came to my mind:

Family at PSRC is:

- ◆ A social worker helping you make a plan so you can remain safely at home, and helping you talk to your children about it.
- ◆ Helping you decide whether to have your parent live with you.
- ◆ Visiting you in the hospital or rehab when your family is distant. ◆ Celebrating with you when a new grandchild is born.
- ◆ Connecting you with others from your home country.
- ◆ Having a HomeFriend do your weekly shopping then join you for a cup of tea, and later inviting you to Thanksgiving dinner.
- ◆ Helping you fill out a long benefit application so you can get more assistance.
- ◆ Bringing you a blizzard bag for emergencies before the first snowfall.
- ◆ You bringing flowers or fruit to share with staff.
- ◆ Working with our incredible team of creative and caring staff and volunteers.
- ◆ The amazing models for aging with grace and dignity that all of us have met in our work here. Community at PSRC is:

- ◆ Walking through the door and knowing immediately you are welcome and you belong here.
- ◆ Going to class with friends you made here more than ten years ago, and knowing they will go to a movie with you, visit you in the hospital, or call if you miss a class.
- ◆ Making a friend in this new community after you moved here from another state and you miss the friends you left behind.
- ◆ Having someone come to class with a birthday cake...for you.

- ◆ Getting a card from everyone in your group.
- ◆ Finding other people who are curious about the same things as you are.
- ◆ Meeting other caregivers / children of aging parents / widows / retirees who are on a similar journey.
- ◆ Going to the school your children attended to read with a kindergartner, then having him/her run up to hug you in the grocery store.
- ◆ Squeezing in lunch with your fellow GrandPals between sessions.
- ◆ Knowing you have a place to go and something to do today that will make a difference in someone else's life.
- ◆ Building collaborative partnerships with 35 local organizations which provide space, content and speakers for our programs.
- ◆ Knowing any PSRC participant, partner or staff member can offer proposals for new classes, lectures or programs.
- ◆ Speaking to local groups to increase awareness of aging issues or to help them assist one of their members through a difficult time.
- ◆ Advocating for Princeton to be designated as age-friendly, then working to make it even better.
- ◆ Meeting with a person, his or her family, doctor (s), homecare team, and other service providers to create a single coordinated plan that supports that person's wishes.

I'm sure you have your own thoughts about how PSRC means family and community for you. Please share your stories with us and help us make our story come alive. Email me at shoskins@princetonsenior.org. We're so glad you're part of our family community!

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