



## ANNUAL REPORT 2015

For many years my annual report has focused on the many programs and services offered by PSRC. This year I want to focus on how we make an impact.

### **PSRC Objectives:**

◆ *To connect people to the resources they need to make informed decisions and achieve their goals.* Each person has a different goal so we personalize our assistance. One may be seeking transportation, another wants to sign up for Medicare, and another is helping a recently widowed parent move to a new living situation. Our Support & Guidance staff gives at least one resource to every single person who contacts us for help with the unique situation he/she is facing at that time. Often this involves linking to local services, increasing awareness of new resources such as Access Princeton or Shredfest, or collaborating in events such as our Memory Screening and Healthcare Directives Days. Another aspect of providing information is through education. Our newsletter, programs and classes offer exposure to expertise on a broad range of relevant issues and subjects, and we update our website with new resources on a regular basis. Our Fall Conference, Health Fair and twice-monthly Lunch & Learn programs also provide in-depth and important information on a wide range of topics. Last year the conference focused on technology that supports aging in place. An average of 60 people contact PSRC each week for assistance. 175 attended the conference and 365 the Health Fair.

◆ *To provide support and guidance for those facing life transitions.* Professionally facilitated groups, family meetings and one-to-one contacts provide skilled and peer support for individuals and families. Many groups are focused on a particular issue (caregiving, aging parents, widows, bereavement, transition to retirement). Family and individual consultations occur in the office, at home and in care facilities. An average of 175 people attend 16 support groups each week.

◆ ***To provide opportunities for peer support and social connection.*** Building community occurs in every activity at PSRC, combatting loneliness and isolation and sharing common interests. Program members get to know each other, make new friendships and often extend those connections outside PSRC also hosts several large events each year that are open to the community at large, including the annual Holiday Party, Chinese New Year, our student art show, Fall Conference, trips, Special Speaker Series, and this year, the Calo art show. Single-session events (movies, TED Talks) are a great entry point for people new to the area. One person was heard to comment at the BBQ in June “I didn’t know any of these people before tonight, but I am having a great time.” Large events draw from 30 to 200 people.

◆ ***To create opportunities for lifelong learning.*** The Evergreen Forum continues to grow—there were 24 classes each semester this year. TED Talks also remain popular, and there is demand for a second memoir writing class. Some enroll in an art class for the first time, while others seek to build on existing skills. The Special Speaker Series featuring experts such as the New York Times Science Times Editor, adds to people’s understanding of a wide range of issues. Nearly 600 people were enrolled in each semester of Evergreen Forum and over 215 enrolled in other ongoing classes.

◆ ***To offer opportunities for people to be active, healthy and engaged in the community.*** We offer a range of exercise programs, classes, and groups that address all aspects of wellness: physical, emotional, social, cognitive, spiritual and feeling a sense of purpose. New programs are introduced each year and old ones are discontinued. Ideas from participants are welcome and many activities are led by volunteers. An average of 1300 people attend these programs weekly. Almost 450 volunteers helped with events, instruction, office work and other tasks this year. More than 90 GrandPals read with children in Princeton’s elementary schools. Many programs fulfill more than one objective: A trip to an art exhibition educates and expands opportunities for friendship; HomeFriends and GrandPals provide opportunities to be purposeful while building intergenerational friendships, helping a person remain in his or her own home, or encouraging children as they gain confidence in reading.

The feedback we receive from participants in all programs is very positive; we are often stopped by people who want to say how much they enjoyed a speaker, or a class, or how PSRC plays an important role in their lives. The gratitude expressed to us is heart-warming; we, too, are grateful to be a part of this community.

Susan W. Hoskins, LCSW