PSRC’s fiscal year ended on June 30, which leads me to do a year-end review of our goals and activities for the year, and to work with board and staff on directions for the coming year. I want to share some highlights of our accomplishments with you as well.

**THE NUMBERS:** In 2012-13, an average of 1389 people attended PSRC programs each week. Another 90 had contact with a social service staff member. 490 volunteers and 12 paid instructors helped our 10 staff (3 full time) to make the magic happen.

PSRC offered 9 fitness classes, 33 Evergreen Forum classes, and 12 other enrichment classes. The Next Step program held 109 events for 1189 people and 33 Evergreen Forum classes had 793 enrolled. There were 24 computer classes, 18 lunch and learn programs and 15 special lectures. Big events included April’s retirement party, the holiday party, art show opening, and Chinese New Year, each drawing 60-225 people. The Plan for the Future conference and AARP Consumer Resource Fair each helped inform over 150 people about local resources. Two trips were also popular, as well as movies and opera videos.

There were 2855 social service contacts, including information and linkage to area resources, assistance with benefits, case management, counseling and consultations, and home visits with individuals and families. Partners in Caring Princeton (PIC-Princeton) did ongoing care coordination for 51 people. There were 5 ongoing support groups and 6 social groups. 23 HomeFriends visited 17 home-based people. There were also several distributions of donated food, gifts and tickets to residents in low-income housing. They were particularly busy in the wake of Hurricane Sandy.

352 active registered riders took 3523 rides with Crosstown. We were very excited to advocate for 6 day FreeB service. 70 GrandPals read weekly with children in 4 schools.

**MAJOR MILESTONES:** PSRC left the United Way collaborative and formed our own PIC-Princeton care coordination program. It enables us to serve more people in Princeton, access a wider range of resources, return the focus to the client, and create an individualized plan for him/her. This is an essential service to support the growing number of people who choose to remain in their own homes.

PSRC is excited about the formation of the Men In Retirement group, where a growing number of participants meet weekly for breakfast, discussion, lectures or outings. The Next Step program also launched the Encore Intern program which provides internships at PSRC for mid-life career changers who want to gain experience in the non-profit sector. 5 interns successfully completed the program and a new class is being screened for this Fall.

This year, there were many more single-session programs including art lectures, author talks and resource events as interest has grown dramatically. Attendance in most of the regular ongoing classes stays fairly constant. New programs include the successful Brunch for Your Brain and TED Talks. Computer classes on new technology have also been very popular. It is exciting to see the Evergreen Forum and Next Step programs growing rapidly, as they are good introductions to PSRC for new,
younger participants. At the same time, PSRC strives to offer a wide range of programs that appeal to people with varying interests and abilities.

**ACCOMPLISHED GOALS:**

- We made progress toward transitioning to a new data base.
- We sought and received new grant and business support.
- More people are receiving notices and *Mature Princeton* electronically and connecting with PSRC on Facebook.
- Support services have expanded and PIC Princeton was started
- Volunteers are linked with opportunities more quickly
- The Encore Internship program launched
- We have implemented an evaluation component for more programs
- A bequest program was initiated
- Successful fundraising events: Capitol Steps, Brunch at Home, Cotton Club and annual appeal.

In conclusion, it was a busy and successful year. Our community of participants continues to grow, to attend the programs planned, and to make use of the support services offered. Many people volunteered their time and talents to contribute to this success and we have an amazing, dedicated staff which works very hard to make it appear smooth and effortless. Thanks to all of you who support PSRC with your donations, volunteer time, ideas, and participation.

Susan W. Hoskins LCSW
Princeton Senior Resource Center
Programs & Attendance Statistics 2013-14

Health & Fitness
Blood Pressure Screenings 20/mo
Flu shots/Pneumovax/Health Fair 391
Chair Exercise 15/twice weekly
Chair Yoga 12
Drumming 6
Wake Up Aerobics 20/daily
Aerobics (Rec. Dept) 38/3x wk
High Low Go 8/2x wk
Table Tennis 61/ 3x wk
Tai Chi 23
Yoga 18

Social/Recreational
Games: Social Bridge 55
Duplicate Bridge 381
Bridge Coaching/Lessons 50
Mah Jongg 12
Scrabble 6
Movies – monthly, weekly in summer 25 (12-35)
Opera Videos 30 (14-30/wk)

Next Step: Engaged Retirement & Encore Careers 1832
Speaker series at Library 6-70
Downsizing
Retirement Planning
Medicare
Estate Planning
Taxes in Retirement
Grandparenting
Pre-retirement Dream
Gray Divorce
Social Security Planning
Money in Retirement
Living with Purpose
Ethical Wills

Workshops – single session
Intro. to Your Lifestyle in Retirement 2x 4-6
Job Search Strategies for Older Workers 3x, 4-18
Volunteer Opportunities 2x 12-20
Voluntourism 2x 8-20
Finding Purpose 3-28
Eating Healthy 3

Classes – multi-session
Engaged Retirement 6-7

Groups – weekly ongoing
Men in Retirement 10-24
Navigating Retirement group-RWJ 2-7
Active Wisdom 12
Happiness Project 11
Age for Change 3-12
Grandparenting 1-6

Evergreen Forum (lifelong learning) 784

Gay Rights
Great Art
French Opera
Recognizing Randomness
Contemporary Business
Great Decisions 2014
Alone in the Universe
Edith Wharton
Downton Abbey
Writing Poetry
Food Safety
Women in Politics
Enlightenment
Tin Pan Alley
America in the 1960s
Alice Munro
Biblical Women
Angry Young Men
Films of Angry Young Men
Armory Show
Martyrs for Religion
Wonderful Town
Chinese Civilization
Geo graphical Links
Ishiguru & Murakami
Russians off the Page
Scientists Against Time
New Music
Handel & Bach
Evil in Novels
Shakespeare off the Page
Science News
Shakespeare Comedies
Challenges of the Future

Education & Enrichment
Art for Caregivers 6
Art With Bob 16
Art With Hannah 13
Brunch for Your Brain 7
Cosmology 20
Currents 25
Drawing 14
Living Healthy Chronic Disease 8
Memoir Writing 16
TED talks 22
Word Play Poetry 10
Computer Lab (2x wk) 2-10
P.U. Special lab 20

Computer Classes (wkly ave 5-15)
Gadgets
Intro to iPad
More iPad
Managing files
Introduction to MOOCs
Digital Camera
Introduction to Word

Support and Social Groups
Bereavement 25 (ave 5/mo)
Widows Support 18
Caregivers 16 (ave 8/mo)
Children of Aging Parents 12 (ave 4/mo)
Grandparenting 4
Let’s Talk & Let’s Talk Too 8,16
Let’s Talk in English & LTE Too 13,12
Knit Wits 21

(Other groups listed under Next Step)

Single Session Special Events
Flu shots/health fair 391
Fall Brain Health Fair 240
Memory Screening Day 24
Help Portraits
Holiday Party 120
Chinese New Year 35
Health Insurance Exchanges 13
One Princeton
One Book Discussion 5
Attitudes About Aging 85
Five Wishes (x2) 18
Medical Information on the Internet 9
Art Show 60
Evergreen Forum Annual Meeting 80
Volunteer Appreciation 45
GrandPal Orientation 62
GrandPal lunch 44
Shredding
Lunch & Learn Seminars 5-57
Alternatives to Long Term Care
Stroke Awareness
Health Advocacy
Hospice & Palliative Care
Life Insurance
Help for Veterans
Dental Care
Balance
Medicare Updates
Motor Vehicle Services
Vision health- dry eyes, cataracts
Home Adaptations
It could be Poison
When to call 911
Fire Safety & Emergency Preparedness
Total Hearing Care
Geriatric Care Management

Social Services – Help with Life’s Transitions
Contacts 2431
Information & Referral 520
Home visits 138
Case Management 645
Counseling 546
Caregiver support 523
Benefit Assistance 82

PIC-Princeton: Care Coordination 48 ongoing clients
Caregiver Resource Center
HomeFriends Volunteer visitors: 20 visiting 20
Resource Library
Aging & Caregiver education
Management of benefits and donations: Farmer’s Market
Coupons, Holiday baskets, Holiday gifts, Spring Baskets, concert and theater tickets.

Assistance Programs & Services
AARP Tax Assistance 108
Farmers Market vouchers 41
Gift Donation distributions 70, 25, 70, 40
File of Life distribution 50
Five Wishes 11
Appointments with SHIP 19
Comcast assistance 7/mo
Concert tickets 90

Crosstown Transportation
Active registered riders 362
Rides 2439/yr

Volunteers 505 #
GrandPals (with children in 3 schools- 10 classes) 70
HomeFriends 32
Instructors 15
EF Instructors 37
EF Steering Committee 21
Board members 21
Office Assistants 12
Computer lab + class 10
Tax Aides 6
SHIP & Finance 2
Development 114
Holiday party 21
Brain Health Fair 42
Flu-Health 28
Next Step 5
Teen volunteers-office 7

Groups:
Stony Brook Garden Club 8
Bloomberg 12
Stony Brook School 20
PU Students 16
Acorn Glen 6

Staff: 4 Full Time, 9 Part Time,
2 COPC health interns, 5 Next Step interns
Independent Contractor Instructors: 10

Publications
Community Resource Guide only online now
Mature Princeton Monthly Bulletin 3500/mo
PSRC Website: princetonseion.org
Facebook
E-news

Presentations
Windrows
Community Without Walls houses
United Methodist Church

Note: numbers indicate the number of individual people who have attended an activity this year.