

Director's Brief Annual Report 2013

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
French Opera
Contemporary Business
Alone in the Universe
Downton Abbey
Food Safety
Women in Politics
Tin Pan Alley
Alice Munro
Angry Young Men
Armory Show
Wonderful Town
Geographical Links
Russians off the Page
New Music
Evil in Novels
Science News
Shakespeare Comedies

Great Art
Recognizing Randomness
Great Decisions 2014
Edith Wharton
Writing Poetry
Enlightenment
America in the 1960s
Biblical Women
Russian History
Films of Angry Young Men
Martyrs for Religion
Chinese Civilization
Ishiguro & Murakami
Scientists Against Time
Handel & Bach
Shakespeare off the Page
Challenges of the Future
Science News
Ancient Cultures
Children's Books
Cosmology

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
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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 3schools- 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: princeton senior.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.

