



## FROM THE EXECUTIVE DIRECTOR

### TAKING THE PLUNGE

I stood in the parking lot in disbelief. The signboard in front of our favorite restaurant—the place where, for the last 15 years, we have celebrated anniversaries, birthdays, graduations, and other special family celebrations—was closed. I walked to the door to check for myself and was greeted by a sign that read simply, “Retired and moved south. Thank you for the memories!” I think I went through the stages of grief as I stood in the parking lot wondering why no one even bothered to call me.

I called Diane, my wife, to let her know the bad news as I drove home. As she often does, she provided a more balanced perspective and checked my reaction. “Do you think,” she offered, “maybe your reaction to the restaurant closing has more to do with all of the other transitions going on in our life?” Gaining clarity and perspective from our conversation, I began to think back on the past year: the sudden death of my oldest brother, the death of my mother following an extended battle with cancer, the newly discovered “empty nest” with our youngest daughter starting college, the beginning of a new job, and moving to a new community. I was exhausted just thinking about all of the change and transition we have experienced this year.

I’m sure that many of you can relate to this experience. Moving to a new community. Entering a new phase of life in retirement. Losing someone close to you. Being a caretaker—or the experience of needing more care yourself. In my experience, I have found that these changes, while difficult, can also bring opportunities for new joys to be discovered. A few years ago, I came across a quote from Alan Watts: “The only way to make sense out of change is to plunge into it, move with it, and join the dance.”

So, I have been preparing to “plunge” into the new opportunities that life is bringing my way and “dance” my way into new possibilities. Over the last few months we have been trying lots of new restaurants to discover a new home for our family celebrations. Diane and I have come to enjoy the empty nest—taking time to go to the theater, enjoy concerts, see live sporting events (who doesn’t love a good Phillies/Eagles/Flyers/Sixers game?). And, I am preparing to jump in to my new journey with the Princeton Senior Resource Center.

I am incredibly thankful to Susan Hoskins and the legacy that she leaves at PSRC. She has been a gift to this organization and I know that there are big shoes to fill. I am also thankful for the current PSRC staff, led by Donna Cosgrove, and the board of directors, all of who have truly stepped forward to lead PSRC through this season of transition. I am looking forward to joining this fantastic team.

I also look forward to getting to know many of you, PSRC supporters and participants. I am excited to hear your stories and share this journey as we move into the future together. Please stop by to say hello. And, if you are in a season of transition yourself, I encourage you to “plunge into” the new possibilities and join me on the dance floor!

*Drew A. Dyson, PhD*  
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