



FROM THE EXECUTIVE DIRECTOR

## OLDER AMERICANS MONTH

In May of each year, the Administration for Community Living leads the national recognition of Older Americans Month. This year's theme, "Connect. Create. Contribute," recognizes three core principles that enable older adults to thrive in this season of life. Here at the Princeton Senior Resource Center, we provide opportunities for people to experience all three of these dimensions for thriving during retirement. In a few short weeks as executive director, I have been inspired by the stories I have heard and the people I have met who embody this year's theme.



PSRC activities and programs are intentionally designed for people to foster friendships and **CONNECT** with others. Whether playing table tennis, exploring the mysteries of cosmology, discovering the world of watercolor, sweating while learning aerobics, engaging in a discussion or support group, or learning in an Evergreen Forum classroom, I have experienced small communities of people who have learned one another's stories and share their lives. Not only does PSRC provide places for adults to connect with other adults, we also encourage family connections that engender thriving older adulthood. I was particularly inspired by the stories of people who visit our tech lab for assistance with connecting via social media or video technology to their family members who live at a distance.

We also celebrate opportunities for older adults to **CREATE** value through artistic expression. In April, we recognized our PSRC artists at a wonderful art exhibit and reception. Walking through our "gallery," I was inspired by the creative expression and powerful storytelling of our artists who used various media to express themselves. There are plenty of classes and opportunities for you to explore your inner (and perhaps to this point) hidden artist. Additionally, our Evergreen Forum provides opportunities to study the arts through classes on literature, drama, art appreciation, music, poetry, and much more. Look for our fall class offerings in the upcoming months!

Finally, PSRC believes that older adults thrive when they are able to **CONTRIBUTE** to their community and give of themselves for the benefit of others. Erik Erikson, the renowned psychologist, argued that one of the important questions of the middle and later years is, "What difference have I made with my life?" Generativity, or making one's mark on the world, is one of the hallmarks of what PSRC offers. Through programs such as GrandPals or HomeFriends, PSRC provides opportunities for people to give back to others through volunteer service.

One of the people I have been inspired by is in her mid 90's and has been a GrandPal volunteer — reading to Kindergarten students in Princeton — for more than 15 years. A few months ago, while sitting with one of our staff coordinators, she was greeted with a big smile and warm hug by a now 5th grade student who ran up to her in the library and said simply, “Thank you. I will never forget you.”

To volunteer for GrandPals, HomeFriends, or our many other opportunities, contact our volunteer coordinator Sharon Hurley for more information ([shurley@princetonsenior.org](mailto:shurley@princetonsenior.org) or 609.252.2362).

Connect. Create. Contribute. Through PSRC, you have an opportunity to experience all three of these dimensions of vitality. I hope that you will peruse the pages of this newsletter, surf the pages of our website, and consider trying something new. Learn. Express. Volunteer. Your life will be enriched by the relationships you form and the ways you stretch yourself beyond your comfort zone. I look forward to meeting you and hearing your stories — and, maybe next spring, I will see your watercolor hanging in our gallery!

*Drew A. Dyson, PhD*  
*Executive Director*