

If you're sick, stay home, rest, and remember to:



Cover your coughs and sneezes with a tissue or your sleeve.



Wash your hands often with soap and water.



Clean frequently touched surfaces and objects (for example, TV remotes and computers).

PSRC Program Announcement for the Week of March 9, 2020

The Princeton Senior Resource Center continues to follow developments regarding COVID-19 (Coronavirus) and remains committed to prioritize the health and wellbeing of the older adults in our community. We remain in conversation with medical professionals and local health officials as we monitor the situation and make decisions about programming.

As of Friday, the CDC is encouraging vulnerable populations, including "older adults and people who have severe chronic medical conditions like heart, lung, or kidney disease" to take the following precautions (www.cdc.gov):

- **Stay at home as much as possible.**
- **Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time.**
- **When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.**
- **Avoid crowds.**

- **Stay up to date on CDC travel health notices.**

In response to these latest guidelines, PSRC is taking the following steps:

- **The GrandPals program** will be suspended the week of March 9–13, 2020.
- **All of our larger programs**, groups, and classes will be suspended for the week of March 9–13, 2020. This includes exercise classes, art classes, Evergreen Forum classes, discussion groups, table tennis, open game day, FYI seminars, etc.
- **The Technology Lab** will be closed for the week of March 9–13, 2020.
- **The nutrition program** will serve meals this week at the Suzanne Patterson Center, with the option for participants to take their meals home.

These actions are not taken lightly, and are done with the health and wellbeing of our participants in the forefront. **We will make program decisions one week at a time as we continue to follow the guidance of health officials. Please check weekly for updates.**

PSRC offices will remain open and our dedicated staff and volunteers will continue our efforts to offer support and guidance services to older adults and their families. In particular, PSRC staff will be reaching out via telephone and email to our seniors throughout this unfolding scenario. If you or someone you know is in need of assistance, please come to the center or reach out to our offices at 609.924.7108 (Suzanne Patterson Center) or 609.252.2362 (Spruce Circle) and we will do our best to connect you with the needed resources.

We also know that social isolation, while an important tool for community health, poses particular challenges for older adults. This week, our staff and leadership will continue investigating ways to offer online courses and discussions in order to promote social interaction and continued engagement with others. Please watch for special announcements regarding new opportunities.

When you do go out, please continue to follow previously communicated measures for your health and the health and wellbeing of others:

- **If you are symptomatic**, please stay home and contact your doctor.
- **Please cover your coughs and sneezes with a tissue or a sleeve.** Tissues should immediately be disposed of in one of the many available trash receptacles.

- **Please wash your hands with soap and water regularly.** Please use alcohol based hand sanitizer often. Dispensers are located throughout the building.
- **Avoid touching your eyes, nose, and mouth with unwashed/unsanitized hands.**

Once again, PSRC is deeply committed to helping older adults thrive. Please reach out directly if you are in need of support and check regularly for updates and new announcements.