



## **PSRC Programs and Groups Closed Through April 5**

Dear Friends,

The Princeton Senior Resource Center continues to monitor the continually unfolding COVID-19 situation very carefully. We are committed to the health and wellbeing of our participants and the community as a whole. To promote community health, we are taking the following measures:

- **All in-person classes, groups, and activities have been cancelled through April 5 at all locations. This includes the Evergreen Forum and GrandPals programs. Some Evergreen courses are working to move to an online format and information will be provided as those details become available. Decisions will be made about extensions of this protocol in a timely manner.**
- ***Reimagine Aging Conference: Technology for Active Living*, scheduled for March 28, has been postponed with a future date TBD.**
- **PSRC offices in the Suzanne Patterson Building and at Spruce Circle will only be open for a small group of our staff. However, our entire staff will be working remotely to continue providing support for the older adults in our community. For assistance, please call our office at 609.924.7108 and follow the voicemail prompts or email our general mailbox at [info@princetonsenior.org](mailto:info@princetonsenior.org).**

To promote community health, social distancing is a critical measure that requires us to take these actions. At the same time, we are committed to combatting the social isolation that many may experience as a result of such closures throughout our community. PSRC is taking proactive steps to continue our efforts to help older adults in our community thrive.

---

## ***HomeFriends* Support**

First, PSRC is expanding our *HomeFriends* program to support older adults who may feel especially vulnerable during this time of uncertainty. Any older adult who would like a friend to make regular weekly contact with them via telephone can register for *HomeFriends* by going here <https://princetonsenior.wufoo.com/forms/virtual-homefriends-registration/>. You will be paired with a staff member or volunteer who will call you weekly for encouragement and conversation while also working with you to connect you with any support resources you may need. Anyone wishing to be a *HomeFriends* volunteer can do so by going here <https://princetonsenior.wufoo.com/forms/psrc-homefriends-volunteer-application/>.

## **PSRC Social Services**

PSRC also has a strong, committed social service team who stands ready to assist you. To connect with one of our social services team for individual support, please email [socialservices@princetonsenior.org](mailto:socialservices@princetonsenior.org) and you will be connected with a member of our team.

## **PSRC Groups & Programs**

In order to promote continued learning and interpersonal connection, PSRC is offering several groups and classes that will be meeting virtually through our telephone and video conferencing platform, ZOOM. Next week, we will be preparing these offerings and training our staff and volunteers. These new groups and programs, that will begin the week of March 23, will be announced weekly.

For any questions about programs and groups, please email [programs@princetonsenior.org](mailto:programs@princetonsenior.org) and you will be connected with the program team member who can best assist you.

## **Technology Assistance**

Please do not allow technology to stop you from participating! We have an excellent staff and tech volunteers who will help you remotely with your tech needs — including tutorials on zoom in preparation for participating in groups and services. To secure tech help and schedule an appointment, please email [tech@princetonsenior.org](mailto:tech@princetonsenior.org).

## **Mercer County Nutrition Program**

The nutrition program is moving to the Chestnut Street Firehouse beginning Monday, March 16. Meals will be available for pick-up only at the new location. Their address: 13 Chestnut Street Princeton NJ. For more information and to register, call the Mercer County Nutrition Program at 609.989.6650.

## **Crosstown and Ride Provide Services Temporarily Suspended**

The Greater Mercer Transportation Management Association (GMTMA) has announced that all Crosstown and Ride Provide services will be suspended until March 30, 2020 with the exception of dialysis patients.

## **"DIY (Do it Yourself) Programming"**

PSRC is also committed to connecting you with valuable resources that can be accessed at home, including senior exercise programs, educational videos, and other resources. To do so, we will be sending a weekly email with suggestions of things for you to watch or access at home in order to remain healthy and active. We will also be using our social media platforms to promote this type of resource. Join us on social media!



Here are a few things to get you started: (*special thanks to Princeton Recreation Department*)

[HASfit — 30 minute Exercise for Seniors — Seated and Standing Chair Exercises Workout Routine](#)

[35 Minute Workout/Power Walking — 2 miles](#)

[HASfit — 30 Minute Exercise for Seniors — Seated and Standing Variations](#)

[Visit the HASfit Youtube page](#) to check out all their FREE workouts for Seniors!

---

In the midst of these challenging times, PSRC is here to offer compassionate support and new models of programming to help you stay engaged. We are committed to being a resource for you and your family. Even though our programs are cancelled for the benefit of community health, our mission continues. Thank you for your understanding and support. As always, please email me directly at [ddyson@princetonsenior.org](mailto:ddyson@princetonsenior.org) and I will do my best to assist you.

All the Best,  
Drew Dyson