



**PSRC offices will remain closed and there will be no in-person programming through at least May 31, 2020.**

**Staff will continue working remotely and can be reached via email or by leaving a voicemail on 609.924.7108.**

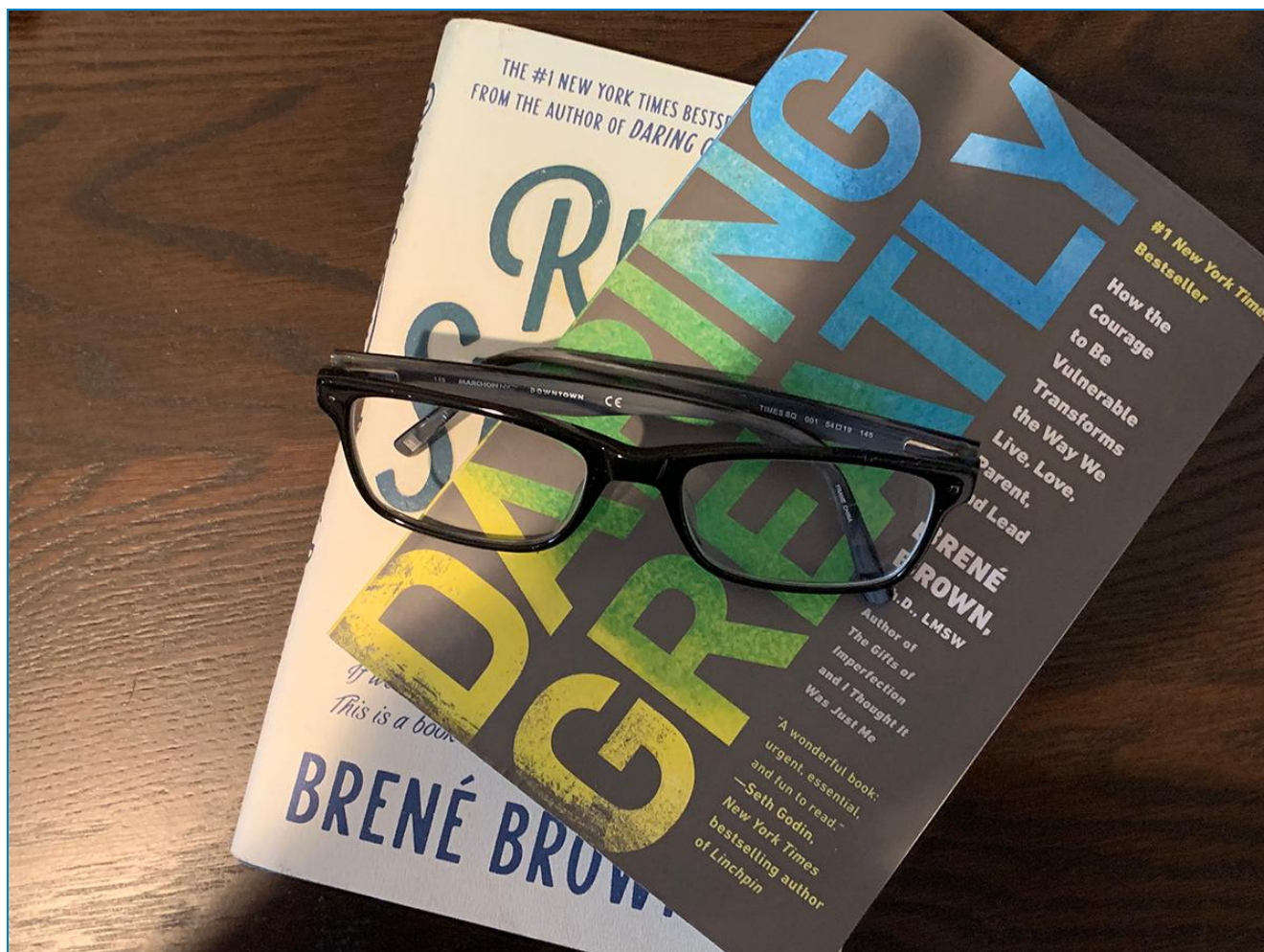
Dear Friends,

A few weeks ago, I shared with you my practice of discovering something new each day to make me laugh, make me think, and make me cry, following on the advice of the late Jim Valvano. We are now seven weeks into our quarantine and I can honestly share that this practice has enriched my life and enabled me to remain fully present to my family and to my work on behalf of the Princeton Senior Resource Center. I appreciate all of you who have shared with me your "three things" — it has been a wonderful way to connect and to learn more of your story. I invite you to continue sharing with me the things that have helped you through these challenging times. ([ddyson@princetonsenior.org](mailto:ddyson@princetonsenior.org))

My laughter this week has come through character actor Leslie Jordan, from the show *Will & Grace*, whose Instagram channel has grown to over 3.8 million followers. He records humorous vignettes throughout his quarantine — where he is "hunkering down" with his family, including his ninety-six-year-old mother. [HERE](#) you can see him interviewed by Anderson Cooper. You can also [follow him](#) on Instagram to see his hilarious antics every day — and while you're at it, follow us at <https://www.instagram.com/princetonseniorrc/>.

This week I have been re-reading the work of Brené Brown, particularly [her book \*Daring Greatly\*](#). Brown, a sociologist and research professor at The University of Houston, offers incredible insight into the role of vulnerability in leadership and in life. She argues, "Vulnerability is the core, the heart, the center,

of meaningful human relationships," and she contends that only leaders who risk vulnerability are able to inspire and motivate others.



This week I have been moved to tears through several musical tributes to frontline workers, particularly medical personnel, who risk greatly every day in order to fight this virus. As the spouse of a nurse who is serving on a COVID ICU in central New Jersey, I know too well the sacrifices of these brave people who serve selflessly each day. In particular this week, I was moved by [this re-mix of the song "It's Quiet Uptown"](#) from the Broadway hit *Hamilton*. I know you will stand with me and with the Princeton Senior Resource Center in thanking our frontline heroes. When it is possible for you.... Stay safe. Stay home. #flattenthecurve

The Princeton Senior Resource Center is committed to walking with you through the challenges of this global crisis. By offering robust social services, engaging online programming, and needed support and guidance, PSRC is here to serve you and the

community. I am incredibly proud of our staff and volunteers and the work that they do to support our mission to help older adults thrive. They are working hard for you every day!

Below you can find details of several new offerings that include a virtual townhall with Board of Health president Dr. George DiFerdinando, Gallery Talks Online — a virtual lecture series with docents from the Princeton University Art Museum, and Safe-4-Seniors Home Delivery Service. You will also see links for emergency financial assistance for those financially impacted by COVID-19 and the Neighborhood Buddy Initiative, both programs resulting from our community and municipal partnerships for Princeton residents.

Finally, friends, I ask you all to find ways every day to show gratitude and kindness to those with whom you come in contact. We are all living through unprecedented times brought about by this global pandemic. Many are living in fear, with heightened anxiety, and the smile you share or the note that you send may be exactly what is needed to lift up your neighbor. We are in this together — and we will only make it through this together.

All the Best,  
Drew Dyson