

PSRC BENEFIT EVENT



PSRC FALL FUNDRAISER

A transformative evening with

DR. BERNICE A. KING

CEO OF THE KING CENTER

SATURDAY, OCTOBER 16 AT 7:30 P.M.



princetonsenior.org

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Welcome to An Evening with Dr. Bernice A. King

On behalf of the Princeton Senior Resource Center, I am pleased to welcome you to the fall fundraising event with Dr. Bernice A. King. As a community nonprofit, your generosity enables and empowers PSRC to offer critical programs and social services to older adults and their families across the greater Princeton area. We value your participation in this virtual event and are grateful for your generosity.

As we celebrate Evergreen Forum's twentieth anniversary, I have the special privilege of presenting the PSRC Volunteer Appreciation Award to twenty years of Evergreen Forum volunteers, instructors, and Steering Committee members at this year's annual benefit.

Generous with their time and talents for over twenty years, Evergreen Forum volunteers, instructors, and Steering Committee members, with the support of PSRC staff, have worked to develop stimulating daytime study and discussion programs. The Evergreen Forum dramatically grown since 2001, from forty participants in four classes the first semester to more than 600 in twenty-eight classes. We thank all of them for their service and shared knowledge.

In honor of the King family's legacy, PSRC used this event as a catalyst to start a larger conversation around diversity, equity, and inclusion within PSRC and throughout the community. With our "pay it forward" ticket level, you enabled us to widen our tent of participants by inviting special guests from a diverse group of community partners throughout the area.

Thank you, again, for supporting this event, the Evergreen Forum volunteers, instructors, and Steering Committee members, and the work of PSRC. We are able to carry out our mission to help older adults thrive because of your kind and thoughtful generosity. I hope you enjoy this virtual event, which I know will be thought-provoking.

With Gratitude,

Drew A. Dyson, PhD, CEO



DO YOU KNOW ABOUT THE EVERGREEN FORUM PROGRAM?

The Evergreen Forum provides stimulating daytime study and discussion programs for adults. It encourages active participation for those who enjoy learning for its own sake. Our course leaders are drawn from teachers and other professionals devoted to their subject and wishing to share their enthusiasm. During the pandemic, courses are held online using the Zoom video conferencing system. We welcome you to discovery. Learn more at www.princetonior.org.

Visit princetonior.org/evergreen-forum/



Congratulations to PSRC for an incredible year of programs and services. Your quick response to the challenges of this past year has been remarkable!

And thank you to all of the Evergreen instructors, staff, and program TAs who have made sure the technology was always working to bring us another amazing year of fascinating programs.

**Join me in supporting PSRC,
a community gem with an exciting future.**

Norman R. Klath



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she prefers oatmeal over cereal,
showers over baths, and game
shows over anything else.

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**“The key to our success rests
in the people like you,
who embody the spirit
of greatness by saying,
“Yes, I can, and you can too!”**

**We greatly appreciate the time, skills,
and effort of the amazing PSRC staff.**

**Thank you for all you do to support
our seniors and each other.**

**With Gratitude, Drew Dyson,
Donna Cosgrove, and Lisa Adler**

“PSRC is a truly valuable asset to this community”

Louise Conley

GRATEFUL THANKS FOR THE SUPPORT OF OUR EVENT SPONSORS:

FREEDOM CIRCLE \$10,000

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JUSTICE CIRCLE \$5,000

Penn Medicine Princeton Health & Home Health

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THANK YOU

IN HONOR OF TWENTY YEARS OF EVERGREEN FORUM

“Evergreen Forum has been a wonderful part of my years in retirement”

— **Lee and Lois Harrod**

“I congratulate all who have worked tirelessly to create the Evergreen Forum twenty years ago and continue to maintain its special character as it has grown. May it continue to flourish!” — **Edith Jeffrey**

“In honor of Evergreen Forum Volunteers” — **Martha Lamar**

“We appreciate knowing you are there with much experience in things that may come up for us that we haven't had to face before. We feel we can turn to you and you will be happy to help us, not just brush us off briskly. We also GREATLY appreciate your tech staff. They have saved us over and over again”
— **Jean and Larry Parsons**

“Thank you for all you do for our community!” — **Carol and Mark Pollard**

“Thank you to all involved in the success of Evergreen Forum! Looking forward to the next twenty years and beyond!” — **Jill and David Sandel**

“Great work! Always great work!! Congratulations!!!” — **Ross Wishnick**

Martha Lamar
Bonnie Leonard
Joy Barnes-Johnson
Don Benjamin and Dee Dee Dodson
Philip and JoAnn Carchman
Donna Cosgrove
Jane DeLung
Peggy De Wolf
Edith Jeffrey
Geri Garfinkle
Kate and John Hall

Harold and Joan Kuskin
Chrystal and Frank McArthur
Judith and Robert Mecklenburger
Eve Niedergang
Reba Orszag
Jean and Larry Parsons
Carol and Mark Pollard
Yvonne Ruty
Surinder Sharma
Mary Schedl
Ross Wishnick

THANK YOU

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Irene Amarel

David and Lorraine Atkin

Joy Barnes-Johnson

Nancy Becker

Borden Perlman Salisbury & Kelly -
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Philip and JoAnn Carchman

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Jane DeLung

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Carl Jaeckel

Elaine Jacoby

Joy Barnes-Johnson

Florence and Steven Kahn

Lenora Keel

Regina Kenen

Michael and Marylou Kenny

Katherine Klotzburger

Helene and Russell Kulsrud

Joan and Bob Levitt

Josh Lichtblau

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Jean and Larry Parsons

Carol and Mark Pollard

Dave Saltzman and Heidi Joseph

Jane Silverman

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THANK YOU

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Drew A. Dyson, PhD
Chief Executive Officer

A stylized illustration of a plant with large, rounded leaves. The upper part of the plant is rendered in yellow outlines, while the lower part, including a large circular leaf and a stem, is in white outlines. The background is a solid teal color.

**WE WOULD
NEVER BE
GREEN FOREVER
WITHOUT THE
INPUT OF
VOLUNTEERS
LIKE YOU!**

**Congratulations on
a well deserved award!**

**From Shifra Vega,
Coordinator of the Evergreen Forum
and the staff of the PSRC**

With gratitude for this community conversation with Dr. Bernice King and for the important work of the Princeton Senior Resource Center. Special appreciation for the PSRC staff who give of their time and talent in extraordinary ways to help us live out our mission to help older adults thrive.

Drew & Diane Dyson

**Celebrating
PSRC's increasing
welcoming inclusiveness
of LGBTQ+
and other minorities
in its publications, its
programs, & its leadership**

**Sylvia Stengle
Former PSRC Board Member
and Jocelyn and Carl Helm
Legacy Society donor**

***"Learning never exhausts the mind"
— Leonardo da Vinci***

On the twentieth anniversary of Evergreen Forum, I warmly commend the talented team who so artfully created a palette of stimulating, joyful, lifelong learning for the benefit of so many in the PSRC community.

Judith Scheide — proud to support PSRC



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Dr. Bernice A. King

CEO of The King Center

Dr. Bernice A. King is a global thought leader, strategist, orator, peace advocate, and CEO of the Martin Luther King Jr. Center For Nonviolent Social Change (The King Center,) which was founded by her mother, Coretta Scott King. In this position, Dr. King continues to advance her parents' legacy of Kingian Nonviolence, which she re-branded Nonviolence365™.



Through her work at the King Center, she educates youth and adults around the world about the nonviolent principles and strategies modeled by her parents. Under her leadership, the Center has implemented numerous initiatives that have reached over five hundred thousand people, such as the annual Camp N.O.W. Leadership Academy, Students with King, Nonviolence365 Education & Trainings, and The Beloved Community Talks, a courageous conversations platform about the difficult racial and social justice issues impacting our world. A nonviolence365 certification for trainers has also been developed under her leadership.

She graduated from Spelman College with a BA in Psychology with a concentration in Pre-Law and from Emory University with a Master of Divinity and Doctor of Law. She also received an honorary Doctor of Divinity from Wesley College. From 1990 –1992 she served as a law clerk for Judge Glenda Hatchett, who was the Chief Judge of The Fulton County Juvenile Detention Court. She also served for seven years as an Assistant Pastor of Greater Rising Star Baptist Church in Atlanta where she organized and developed over three new ministries. In 2007 she established the Be A King Scholarship in honor of her mother at Spelman College. Dr. King spearheaded the “Let Freedom Ring” event commemorating the fiftieth anniversary of The March on Washington and her father’s “I Have a Dream speech.” The global event included then President Obama, former President Clinton and Carter, members of Congress, as well as many other international leaders, dignitaries, and entertainers.

(continued on p. 14)

(continued from p. 13)

In March 2018, Dr. King was fortunate to have a private audience with his holiness Pope Francis. As an alumna of Leadership Atlanta (class of 2020,) she has utilized her influence to encourage Atlanta business leaders to become more active in issues of racial equity and social justice. One outcome was the passage of Georgia's hate crime legislation. In the fall of 2020, The Congressional Black Caucus Foundation honored her with their highest award, The Phoenix Award, which recognizes individuals who have made significant contributions to society. A noted author, she has to her credit, *Hard Questions, Heart Answers*, a compelling and inspiring book.

She is currently a member of the State Bar of Georgia, a certified mediator with the State of Georgia, a member of Alpha Kappa Alpha Sorority, the International Women's Forum (IWF), the National Council of Negro Women, and a board member for the National Black Bank Foundation.

Dr. King is an innovative and transformational leader dedicated to taking her parents' legacy and teachings, The King Center, and the work of creating a more just, humane, equitable and peaceful world with Nonviolence365 into a new era.

Dr. Bernice A. King on behalf of First Kingdom Management, Inc.

DID YOU KNOW PSRC HAS A TECHNOLOGY LAB?

Our skilled and dedicated volunteers continue to offer online support in a remote setting using Zoom. If you're having issues with your tech device, hardware, software, internet, or more, the Tech Lab can help. They can be reached at <https://princetonsenior.wufoo.com/forms/technology-assistance-request/>.

MISSION, VISION, & SUPPORT

OUR MISSION

PSRC is the go-to resource where aging adults and their families find support, guidance, education, and social programs to help navigate life transitions and continue to be active, healthy, and engaged in the community.

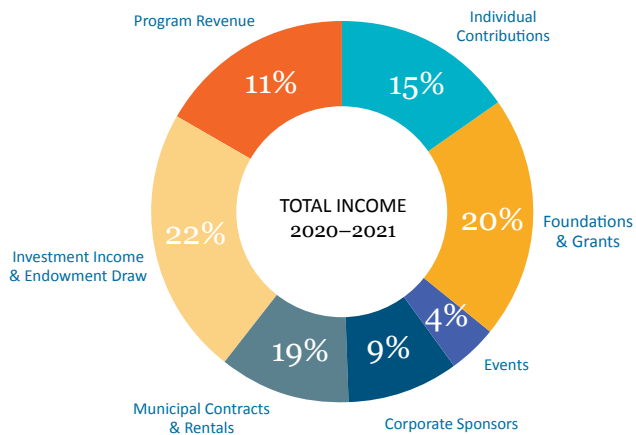
OUR VISION

Our vision is to create a world where aging adults are respected for their experience and wisdom;

- Where everyone has opportunities to be actively engaged physically, mentally, and socially, and to give back;
- Where individuals, families, and intergenerational communities have the resources they need to provide support;
- Where aging is embraced as a natural part of the life cycle.

SUPPORT

PSRC, a community nonprofit, is sustained largely by donor support. Almost half of our total operating budget comes from individual donations in support of services and fees for programs.



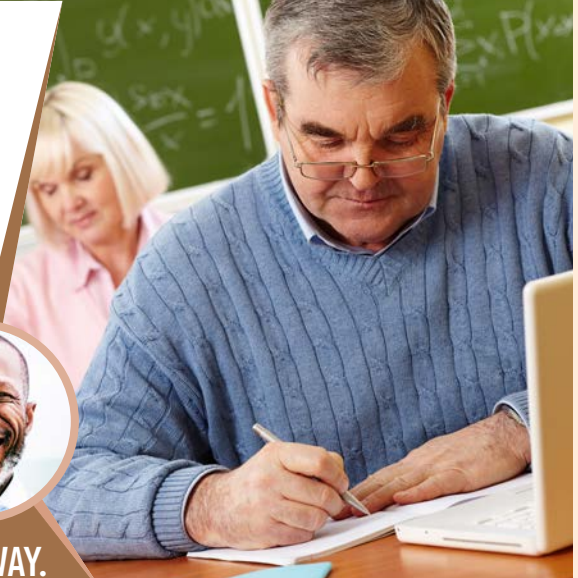
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**“We make a living by what we get,
but we make a life by what we give”**

— Winston Churchill

Thank you to the PSRC staff for all that you do and
congratulations to this year’s volunteer
appreciation award recipients,
twenty years of Evergreen Forum instructors,
Steering Committee members, and volunteers.

With Appreciation,

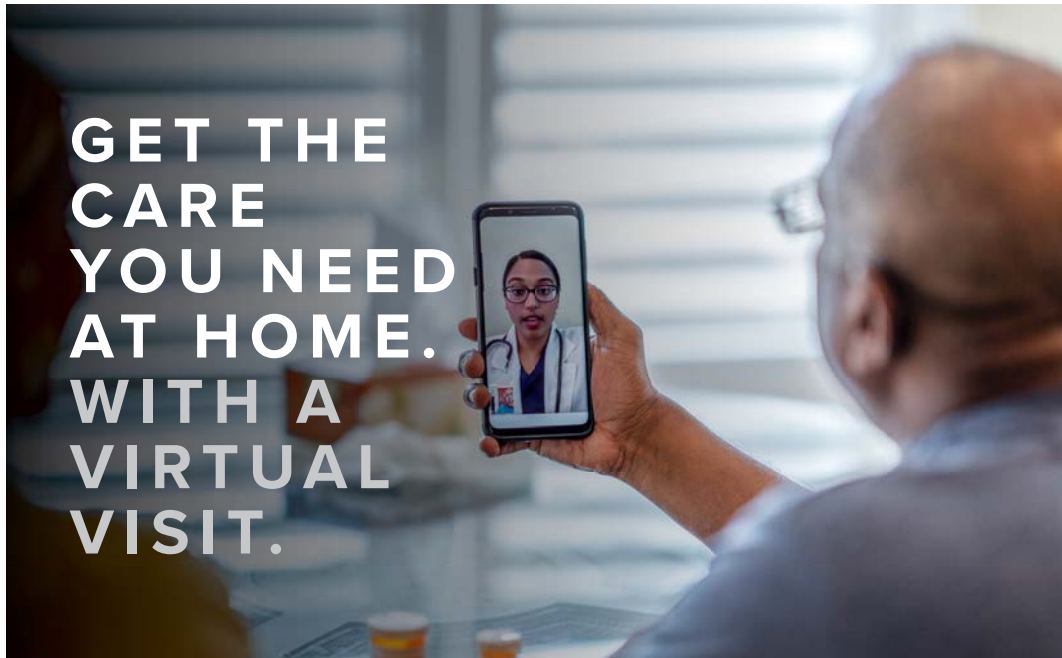
Iona and Maurice Harding

**Congratulations to
Princeton Resource Center
for a job well done!**

Lance and LaTonya Liverman

***“Being quarantined was almost enjoyable, thanks
to the computer and the Senior Resource Center”***

Hazel Stix



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**Thank you to all involved in the
success of Evergreen Forum!
Looking forward to the next twenty
years and beyond!**

Jill and David Sandel

**Congratulations and thank you to all
past and present Steering Committee
members, instructors, and volunteers
whose efforts and dedication have
enabled the Evergreen Forum to
become an outstanding educational
program that enriches the lives of our
senior citizen community.**

Harold and Joan Kuskin

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The PSRC Board would like to congratulate
twenty years of
Evergreen Forum volunteers, instructors, and Steering Committee members

Volunteer Appreciation Award Recipients

For some people, volunteering is about giving, but for our Evergreen volunteers,
instructors, and Steering Committee members, it is a way of living through
the sharing of knowledge.

Thank you for sharing your time and talents with the greater PSRC community

With Appreciation from the PSRC Board



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**So proud of the PSRC Staff
and congratulations to the
Evergreen instructors,
volunteers, and Steering
Committee members**

**For keeping us all in touch,
engaged, and flourishing**

PSRC, as vibrant as ever!

Ellen and Albert Stark



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CONGRATULATIONS TO THE EVERGREEN FORUM
AND PSRC ON TWENTY YEARS OF BRINGING
VIBRANT AND MEANINGFUL EDUCATION
TO THE PRINCETON COMMUNITY

Philip and Jo Ann Carchman



Putting Community **First**

Faegre Drinker is proud to support the Princeton Senior Resource Center in its mission to help older adults thrive.

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For more information and a calendar of events, please visit **princetonhcs.org**.



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How does it work?

PSRC professional staff will meet with you, in our office or your home, to understand your needs and situation. We will help you create a plan of action to meet those needs. This may involve one or a series of meetings.

Are there fees?

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victory.



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PSRC Programs and Activities

Fall 2021

Engaged Retirement

Men in Retirement
Women in Retirement
Transition to Retirement

Education & Enrichment

9/11 Memorial and Tribute
20,000 Leagues Under the PSRC
Author Discussions
Basic Drawing
Black History Month: Perspectives
on Church and Race
Book Groups
Chess + Workshops
Cosmology
Earth Day Commemorations
Elements of Painting
Am Emerald Odyssey - St. Patrick's
Day Series
Film of Interest
First Friday Films
Flight 93 National Memorial
French Rendez-vous
FYI Seminars
Gallery Talks Online
Healthcare Decisions Workshops
Library Reads
Making Music: Mozart to the Blues
Mastering the Art of Painting
Memoir Writing with Jennifer
Morning Tech Series
The Olympics in History & Art
Parlons D'Art
Riding the Rails: 175 Years of Train
Travel
Scholar Presentations
Spanish Introduction
Special Speaker Series
Summer Scholar Speaker Series
Technology Lab
Technology Workshops
TED Talks
This Old House Series of Famous
Homes
The President's Residence - A Survey
of Presidential Homes
The Watershed Institute
Why We Still Love Peanuts
Witches: Evolving Perceptions
Word Play Poetry

Health & Fitness

"The Doctor is In" with Dr. George
DiFerdinando
Feldenkrais - An Introduction

Gentle Mat Yoga + Nidra
Mindful Chair Yoga & Meditation
Healthcare Decisions Workshops
Health Fair & Flu Shot Clinic
Stay-Well Chair Exercise
Town Hall Meetings on public
health issues
Vaccine Navigators
Yoga for Arthritis

Intergenerational Programs

GrandPals
Seniors for Seniors
Think Pink!

Lifelong Learning - Evergreen Forum

Summer Sampler:

Four Brave Children Take a Knee/
Supreme Court
Klezmer Music in America
The Status of Voting Rights in 2021

Lifelong Learning - Evergreen Forum

Fall 2021 Semester:

The Arab World's Democracy Deficit:
Anomaly or Harbinger
Art from All Angles
Contemporary Economic Issues
Dickens's *David Copperfield*: Novel
and Films
Early Joyce
Elizabeth Strout, Again: Four Novels
Explorations
For the People: Federalism and
Democracy
Great Art from 1715 to 1915: From
the Enlightenment to Cubism
The History and Culture of
Scotland
A Jane Gardam Sampler
Out of Vietnam: Novels about the
War
The Power of Words: People &
Stories
Russian Literature in Historical
Context
Science in the News
Socialism: Definitions, History,
Prospects, Criticisms
Stories of the Hassidim
The Supreme Court: The Human
Side of Justice

Survey of Irish Folk Music
What Can Joe Biden Learn from
Studying the New Deal
You Are What You Read: *Don
Quixote, Part 1*

PIC (Partners in Caring)

Caregiver Resource & Support Help
with Care Planning
HomeFriends Volunteer Virtual
Visitors
Individual & Family Consultations
Information & Referrals to area
resources
Resource Library & Database
Support & Wellness Groups
Vaccine Navigators Program

Social & Recreational

Art Shows
Documentaries
Games Day at PSRC
GrandPals GabFests
Meet James Demetriades, CEO of
Penn Medicine Princeton Health
Men in Retirement Weekly
Get-Togethers
Popular Films
Soups On!
Table Tennis at PSRC
Women in Retirement Coffee
Klatches

Support & Social Groups

Bereavement
Caregivers
Children of Aging Parents
Global Conversations
Knit Wits
Let's Talk
Widow/Widower Support

Virtual Volunteer Opportunities

Community Events
GrandPals
Group Facilitation
HomeFriends
Instructors & Lecturers
Office Assistance
PSRC Development Event Support
Seniors For Seniors
Skill-Based Projects
Technology Aides
Vaccine Navigators

The Board of PSRC would like to thank the staff for their outstanding work and creativity this past year. Always focusing on the needs of our clients and constituents first. Our team continues to provide the highest level of services and programs, while keeping the organization running, maintaining records, and responding to emails and phone calls.

The success of PSRC is due to the commitment, energy, and creativity of our staff.

**With Gratitude,
The PSRC Board**



PSRC Staff

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Chief Executive Officer

Donna Cosgrove

Chief Operating Officer

Lisa Adler

Chief Development Officer

Fran Angelone

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Wendy Lodge

GrandPals Coordinator

Breana Newton

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