



FROM THE CEO, DREW DYSON

“Intergenerational Relationships Fostering Positivity”

Dear Friends,

For many years, PSRC has been committed to the value of intergenerational relationships that are mutually beneficial to both the young and the old — while contributing to the overall well-being of the community as a whole. One recent longitudinal study out of Harvard University concludes, “Active, involved older adults with close intergenerational connections consistently report much less loneliness and depression, better physical health, and higher degrees of life satisfaction. They tend to be happier with their present life and more hopeful for the future.” Further, intergenerational relationships help combat ageism in society and foster greater openness and inclusivity.

Our GrandPals program has been fostering these relationships for many years. In the midst of a global pandemic, when our ability to safely visit children in schools changed, we created a new program, “Seniors for Seniors,” in partnership with Corner House. The adjacent page tells the story of this wonderful program and the pictures below show some of our participants enjoying their end-of-year celebration together. I encourage you to read these stories, consider whether you are drawn to participate, and respond to the invitation. I guarantee that it will be an experience that benefits you, the young person, and the community at large!

All the Best,
Drew A. Dyson, PhD
Chief Executive Officer

Seniors for Seniors Program *by Carla Servin, Program Associate*

Our third year of PSRC’s Seniors for Seniors program, in collaboration with Riva Levy at Corner House, is off to a great start! Ten of our seniors have paired with ten high school seniors from the leadership program of Corner House, to get to know each other and build a bridge between generations. This program began in April 2020 at the beginning of the pandemic, when both the students and our seniors were stuck at home and isolated, and has continued due to its success. The pairs meet on Zoom, FaceTime, or through email exchanges to learn about each other. They talk about hobbies, education, career interests, music, families, pets, and much more. Our seniors learn more about youth culture and music and the high school seniors learn from our seniors about career paths, college experiences and are, in many ways, a sounding board as these high school seniors are about to embark on a new chapter of their lives after graduation. Last year’s participants were able to meet each other in-person (with covid protocols in place), and it was a joyful experience for all. It was delightful to hear our seniors and the Corner House students share their stories about what this new relationship had meant to them and what they had learned from each other. Here are some thoughts about the program from our seniors:

“For me as a senior, this program is a great way to keep in touch with the ideas, thoughts and concerns of younger people.”

“A lot can be learned from talking with someone outside your bubble.”

(continued)



PHOTOS: A few of the Seniors for Seniors participants posed for photos after a rare “in-person” gathering at PSRC in early June, 2021.

“For me, Seniors for Seniors is the unique opportunity to get to know someone from a different generation. Through listening, and sharing experiences, hopes, and dreams, two strangers quickly become friends who enrich each other’s lives.”

“My experience with ‘Seniors for Seniors’ has been totally positive. This is my second year as a participant in the program and I am honored to have this experience. Although my work affords me opportunities to interact with young students, this experience is very special. My senior and I feel as if we already know each other after two chats online. I enjoy learning about her college plans and remembering how stressful the application process is. It is very enlightening to know how the younger generation feels about the world in which we are now living — with all its stresses and negativity.”

“Not only did I get to know a high school senior but I was impressed with the leadership skills that Corner House has helped them develop and exhibit. The program and (my student) reminded me of the potential that resides in students of that age and how nice it is to be a little part of the process of these students’ maturing.”

If you are interested in participating with Seniors for Seniors next fall, please contact Carla Servin at cservin@princetonsenior.org.

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