

## PSRC VIRTUAL SPRING FUNDRAISER



Photo credit: Wanyu Zhang-NPR

## AN EVENING WITH PRINCETON'S OWN MANOUSH ZOMORODI

Host of Public Radio's *TED Radio Hour*,  
author of *Bored and Brilliant*, and Princeton native  
*Attention and Distraction: Finding Focus and  
Creating Habits for Purposeful Aging*



MONDAY, MARCH 21 AT 6:30 P.M.



[princetonsenior.org](http://princetonsenior.org)

## Contents

|                                                      |         |
|------------------------------------------------------|---------|
| Welcome from the Chief Executive Officer .....       | page 2  |
| Do You Know about The Evergreen Forum Program? ..... | page 2  |
| Thank You to Our Sponsors and Advertisers .....      | page 7  |
| Thank You to Our Annual Sponsors .....               | page 7  |
| Board Members and Advisory Council .....             | page 12 |
| Manoush Zomorodi Bio .....                           | page 14 |
| Mission, Vision, & Support .....                     | page 17 |
| Live Well, Give Well .....                           | page 18 |
| Partners in Caring .....                             | page 23 |
| PSRC Programs and Activities, Spring 2022 .....      | page 24 |
| PSRC Staff .....                                     | page 25 |

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## Welcome to An Evening with Manoush Zomorodi

On behalf of the Princeton Senior Resource Center, I am pleased to welcome you to our spring fundraising event with Manoush Zomorodi, Princeton native and host of NPR's *Ted Radio Hour*. 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 have all learned it is ever important to have purpose and meaning in one's life. We strive at PSRC to create meaningful and purposeful opportunities for all our participants. PSRC participants find purpose in our lifelong learning offerings like the Evergreen Forum or our limited series programs, such as Nineteenth Century Authors or the National Park series. Some constituents find purpose in exercising their creative side by partaking in our fine art, memoir writing, or word play classes. While others want to participate in purposeful movement like our *Every Body Walk!* series or chair yoga classes. This is why it is so poignant that Manoush will be discussing *Attention and Distraction Finding Focus and Creating Habits for Purposeful Aging*. I know this evening will be both informative and enlightening and help all of us create a plan to continue to have days full of purpose and meaning.



Thank you, again, for supporting this event, and the work of PSRC. Your kind and thoughtful generosity empowers us to carry out our mission to help older adults thrive. I hope you enjoy this thought provoking conversation!

With Gratitude,

*Drew A. Dyson, PhD, CEO*

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Visit [princeton senior.org/evergreen-forum/](http://princeton senior.org/evergreen-forum/)



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**We are so proud of the PSRC staff for keeping us all engaged in imaginative lifelong learning programs and supported by our social service team. We are thrilled to welcome and have Manoush Zomorodi join us for our Spring Fundraiser.**

**With Gratitude,**

**Iona and Maurice Harding**

**Congratulations to PSRC for always striving to deliver important and relevant information. Please keep up the good work!**

***Lance and LaTonya Liverman***

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# Manoush Zomorodi

## Host of Public Radio's *TED Radio Hour*

### Author of *Bored and Brilliant*

Manoush Zomorodi is the host of NPR's *TED Radio Hour*, a podcast exploring the biggest questions of our time with the help of the world's greatest thinkers.

In 2013, Zomorodi created, hosted, and was managing editor of *Note to Self*, a podcast out of WNYC Studios for “anyone trying to preserve their humanity in the digital age.” The podcast received wide acclaim, including being named Best Tech Podcast of 2017 by the Academy of Podcasters. In 2019 *Note to Self* moved to Luminary Podcasts with a season of new episodes. In late 2019, NPR named her the new host for the *TED Radio Hour*.


In 2015, Zomorodi led tens of thousands of listeners through an experiment to help them unplug from their devices, get bored, jump-start their creativity, and change their lives. Her book *Bored and Brilliant: How Spacing Out Can Unlock Your Most Productive and Creative Self* builds on that experiment to demonstrate how to rethink our gadget use to live better and smarter

Through her career, Manoush Zomorodi has won numerous awards, including The Gracie in 2014 and 2018 for Best Radio Host. She is especially proud of the Webby her team won in 2018 for “The Privacy Paradox.” Her audiobook reading of *Bored and Brilliant* won her the AudioFile Magazine Earphones Award (“Zomorodi’s melodic voice beckons and inspires listeners”). In 2020, she also received a Webby in 2020 for Best Podcast Host and the Leadership in Media award from Mouse, the tech nonprofit for youth education.

In 2017, she gave a TED Talk about surviving information overload and the “Attention Economy,” which now has over six million views. Fast Company named her one of the 100 Most Creative People in Business for 2018. Prior to her work in podcasting, Zomorodi reported and produced around the world for BBC News and Thomson Reuters.



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To learn more about PSRC's technical assistance, go to our website at <https://www.princetonsenior.org/psrc-tech-resources/> or to fill out a request form go to <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.

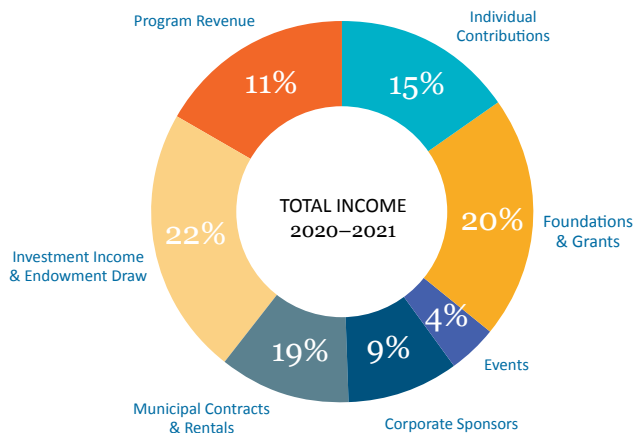
## OUR VISION

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.



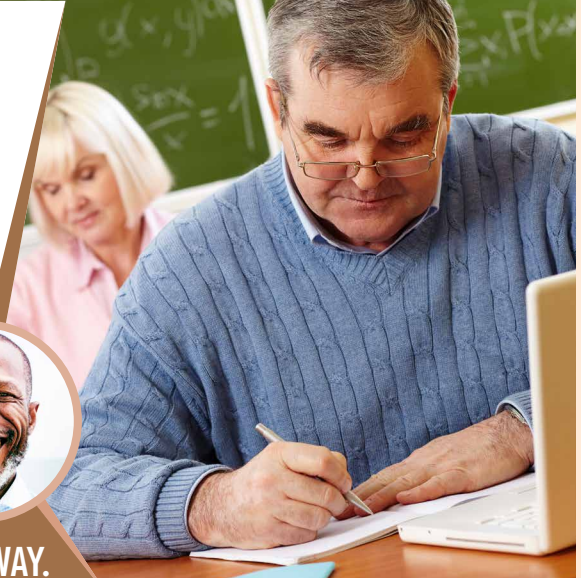
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Women in Retirement  
Transition to Retirement

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Basic Drawing  
Figure Drawing  
Book Groups  
Chess + Workshops  
Cosmology  
Elements of Painting  
Films of Interest  
First Friday Films  
French Rendez-vous  
FYI Seminars  
Gallery Talks Online  
Library Reads  
Mastering the Art of Painting  
Memoir Writing with Jennifer  
Morning Tech Series w/ Princeton  
Public Library  
Scholar Presentations  
Special Speaker Series  
Technology Lab  
Technology Workshops  
TED Talks

### Special Series

Faith Seeking Peace and Justice  
The History of Thanksgiving  
The Mardi Gras Museum  
Native American Month  
National Park Series  
Nineteenth Century Authors  
Planes, Trains, and Automobiles  
Women's History Month

### Health & Fitness

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

### Intergenerational Programs

GrandPals  
GrandPals Pen Pals  
Seniors for Seniors

### Lifelong Learning - Evergreen Forum

#### Summer Sampler:

Exploring the American West  
through the Art of the Times  
The Jersey Boys — New Jersey and  
the United States Supreme Court  
Opera in Film  
Science in the News

### Lifelong Learning - Evergreen Forum

#### Spring 2022 Semester:

African American Presence  
in the Sourlands  
Art From All Angles 2  
The Art of the Sonnet  
Best Modern American Stories  
From Wilson to Biden: Middle East  
Challenges  
The Geology of Princeton and  
New Jersey  
George Eliot's *Middlemarch*  
Great Decisions 2022  
A History of Folk Music  
James Joyce's *Ulysses*  
The Last 100 Years of Art 1915  
to 2015  
Oscar and GBS  
Perspectives on Opera  
Philanthropy  
The Power of Words: People  
and Stories  
Reading Buildings: A Primer  
Reading Nabokov  
Science in the News  
Shrouded Pillars of Western  
Civilization  
Still Kicking: Literature of the  
Fiesty Elderly  
Traditional Chinese Medicine  
You Are What You Read: *Don  
Quixote, Part II*

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Support & Wellness Groups

### Social & Recreational

Art Shows  
Documentaries  
Games Day at PSRC  
GrandPals GabFests  
Holiday Party  
Men in Retirement  
Weekly Get-Togethers  
Popular Films  
Pups & Cups  
Table Tennis at PSRC  
Women in Retirement  
Coffee Klatches

### Support & Social Groups

Bereavement  
Caregivers  
Children of Aging Parents  
Early Stage Memory Support  
Elder Justice  
Global Conversations  
Grandparenting  
Knit Wits  
Let's Talk  
Widow/Widower Support

### Virtual and In-Person Volunteer Opportunities

Community Events  
GrandPals  
Group Facilitation  
HomeFriends  
Instructors & Lecturers  
Office Assistance/Reception  
PSRC Development Event Support  
Seniors For Seniors  
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