



FROM THE CEO, DREW DYSON

Celebrating Older Americans Month

Dear Friends,

Eula Chandler. Frances Covert. Hannah Newman. Growing up, these kind and generous individuals became my friends and welcomed me into their home. Nursing home that is. As a young child, with a single mother who worked as an administrator and social worker in a nursing home in Ocean Grove, I spent many hours before and after school with these friends who became family. The stories of their lives — a school administrator who oversaw the racial integration of her district, a war-time hospital nurse who served on the front lines in a world war, and a female executive who later served as a pastor — as well as the hospitality shown to me and my family, marked my life in indelible ways.

I am deeply grateful for these and so many other older adults who shared their lives generously. As we celebrate Older Americans Month this May, I am particularly mindful of those who give freely of their time, wisdom, and friendship to shape younger generations. Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it — and there is no “right” way. That’s why the theme for Older Americans Month 2022 is *Age My Way*.

Every May, the Administration for Community Living (ACL) leads the celebration of Older Americans Month. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities. Focus your generativity on giving back to younger people.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. The Princeton Senior Resource Center is committed to helping older adults thrive by offering engaging programs, compassionate social services, dynamic lifelong learning opportunities, and generative volunteer opportunities. We hope that you will join us in some of the many offerings designed to help you *Age My Way*!

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

Age my way!

