

## FROM THE CEO, DREW DYSON

## PSRC Welcomes Community Without Walls (CWW)

Dear Friends,

In 1992, four Princeton-area friends came to understand, through their professional and personal experiences, that a strong social support network is a critical factor of aging well. Together, they formed Community Without Walls, "a membership organization of individuals dedicated to pursuing mutually supportive activities to enhance members' ability to grow older in their own homes and communities, for as long as possible, successfully and with dignity."

Now, after thirty years of fruitful service to the community, CWW is transitioning to become a program entity of the Princeton Senior Resource Center. We are delighted to welcome CWW into PSRC and we look forward to many more years of successful operation.

CWW is organized into "houses" (chapters), that have up to one hundred members in each, that provide programming, social and affinity groups, and member support. The goal of maintaining this structure is to allow members of each house to develop a true sense and spirit of community as relationships are built over time. These relationships generate a support system where members offer and receive help from one another when needed.

Each house has regular (often monthly) meetings that feature speakers or program topics of interest to the group members. In addition, houses have a variety of social and affinity groups — such as gardening groups, ethnic dining groups, movie groups, and much more. Each house determines its own structure and programs/activities throughout the year. New houses may be formed when twenty-five people come together with a desire to form a new chapter.

Members pay modest annual dues (currently \$35/year) to belong to one of the houses. Dues cover administrative and operational expenses incurred by PSRC, as well as program support for each house's activities throughout the year.

On our PSRC website, you can find a brief history of Community Without Walls, as well as a brief description of each house. You will also find a form to express your interest in becoming a member of a CWW house — or connecting with one of the leaders of CWW to find out more.





If you are looking to expand your own social support network — or if you are interested in being a part of a community of friends who socialize, learn, and have fun together — then I encourage you to explore what Community Without Walls offers. I know that CWW has been life-changing for so many of its current and former members — and I believe it could be for you as well.

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

## Is CWW right for you?

Do you want to continue to live a meaningful life in the home and community you love?

Are you looking to make new friends, form new connections, and join a community of mutual support?

Have you wondered who will be there for you as you age?

Do you live in the greater Princeton area (within 25 miles of Princeton)?

Then CWW may be for you!

## Hear what current members of CWW have to say:

"CWW made a big difference to us when we moved to Princeton. We knew only a few people here and it was great to be welcomed almost instantly into an entire community of interesting and friendly people."

"Community Without Walls has been a rich resource for us — a place to find new friends, deepen ongoing friendships, share ideas, give and receive support, have fun, and experience many and varied aspects of community life. It's a pleasure to be a CWW member!"

"My wife and I have found the Community Without Walls to be a valuable resource for forming much needed new friendships as well as a source of support for the physical and emotional challenges we have experienced as we age."

"I never thought I'd make new friends at my age."

Interested in joining CWW — or learning more about membership? Fill out this form and one of the CWW leadership team will be in touch with you!

princetonsenior.link/cwwinterest