## PRINCETON SENIOR RESOURCE CENTER

## **CULTIVATING COMMUNITY**



ANNUAL REPORT FY 2022-2023



### Dear Friends,

As we reflect on the past year and look ahead to the future, we are filled with gratitude and hope as we present the annual report for the 2022-2023 fiscal year at the Princeton Senior Resource Center. Over the course of the past year, we have witnessed remarkable growth in our programs and services, and seen meaningful connections develop among our participants and new community and organizational partners. It has truly been a year of "Cultivating Community."

At the core of our efforts has been an unwavering commitment to fostering a strong and vibrant community for older adults. This year, we have focused on creating opportunities and spaces that cultivate meaningful connections, celebrating the rich diversity of our community, and promoting a sense of belonging for all. Through new partnerships with organizations such as Community Without Walls and The Senior Citizens Club of Princeton, we have helped connect folks with one another for friendship and support.



The Nancy S. Klath Center has become a hub of knowledge and inspiration, providing a safe and inclusive space for people to connect, share experiences, and explore new passions. Through our expanded range of programs and initiatives, we have encouraged older adults to embrace learning as a lifelong journey, empowering them to discover new talents, broaden their horizons, and form lasting friendships. And, because of your generosity, we successfully reached 100% of our \$5.35 million capital campaign goal one full year early!

In our pursuit of cultivating community, we continue to embrace technology and innovation. The digital landscape has become integral to our lives, and we have successfully leveraged technology to foster connection. Our hybrid programs have allowed us to bridge the gap between in-person and virtual engagement, ensuring that no one is left behind. By embracing technology, we have expanded our reach, providing access to our programs and services to individuals who may face geographical or mobility constraints. This inclusivity has fostered a sense of togetherness and belonging within our community.

The cultivation of community includes our continued dedication to supporting older adults in all aspects of their lives. Our team of dedicated social service professionals has provided compassionate and personalized support through one-on-one counseling and case management, resource referral, and social groups that foster a sense of belonging and mutual support. We have also strengthened our support and outreach in affordable housing communities, forging partnerships to address the unique needs of those facing socio-economic challenges.

None of this would be possible without the unwavering support and dedication of our generous donors, corporate and community partners, and friends. It is through your belief in our mission and your contributions that we can cultivate a community that thrives. Together, we are shaping a future where older adults can flourish, find purpose, and experience the joys of belonging to a vibrant and inclusive community. Thank you for joining us on this remarkable journey as we cultivate a community that celebrates the wisdom, experiences, and resilience of each individual.

With Gratitude.

Chief Executive Officer

**Board President** 

## REFLECTIONS UNEARTHED: LOOKING BACK AT 2022-2023

5,437	Constituents Served by PSRC
1,443	Participants in Social & Support Groups
987	Hours of Case Management & Counseling
513	Seniors in Sports & Exercise Programs
2,812	Students in Lifelong Learning Programs
1,859	Participants in Enrichment & Social Programs
878	Client Visits & Workshop Participants in PSRC's Technology Lab

Annual Report 2022–2023

6,054+ Volunteer Hours Contributed to PSRC

## ROOTED IN SERVICE





### PSRC'S HISTORY & COMMITMENT TO AFFORDABLE HOUSING

In 1974, with a grant from the New Jersey Department of Community Affairs, the Princeton Senior Resource Center (PSRC) was born as "Tenant Services" to provide programs and social service support for residents of Spruce Circle, a senior public/affordable housing development operated by the Princeton Housing Authority (PHA). For the last forty-nine plus years, PSRC and PHA have had a strong partnership, and PSRC has faithfully served the residents of Spruce Circle and expanded our services to older adult residents of Redding Circle, Clay Street, and other developments of PHA. In 2022, PSRC expanded our commitment to senior residents of affordable housing communities by entering into a partnership with Pirhl Developers, and later Conifer, to become the social service provider for the new Princeton Senior Living community on Thannet Circle, an eighty-unit all senior affordable housing community. "PSRC from the very beginning was rooted in compassion, service, and a commitment to support the senior residents of our community who reside in these affordable housing communities," offered CEO Drew Dyson. "As we look forward to the future, I see that commitment continuing to expand and build on this firm foundation established by our founder Jocelyn Helm, my predecessor Susan Hoskins, and so many others whose heart for service left an indelible mark on PSRC."

"Talk and teas
connect us as
neighbors, fostering
community one chat
at a time."

-William B.



### TALK AND TEA

In response to the increasing need for socialization among residents in Spruce Circle and Redding Circle, Talk and Tea was formed to bring residents together in a social setting. After each "talk," a short informational session or topic introduced, participants have the chance to engage in open discussions where they can share their thoughts, ask questions, and connect with fellow participants. This allows everyone gathered the opportunity to delve deeper into the topics that resonate with them and exchange ideas with a diverse group of like-minded individuals. This unique gathering is an often unforgettable blend of thoughtful discussion with the soothing comfort of tea, designed to nurture both mind and soul.

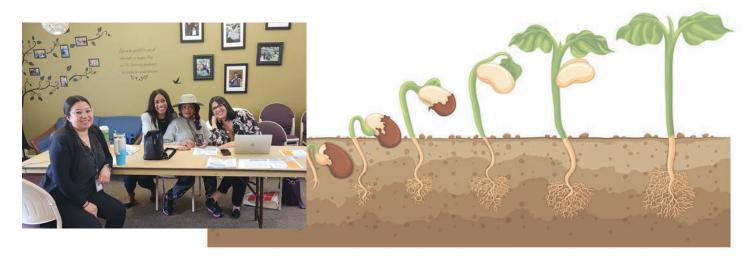
### **IN-DEPTH WORKSHOPS**

These new workshops were created to provide resources and information to the residents of the Princeton Housing Authority. Participants have an opportunity to engage in enlightening and lively discussions led by community leaders who explore a wide range of interesting topics. With topics ranging from transportation options to Medicare Benefits, as well as new benefits such as the Affordable Connectivity Program (ACP), these talks are designed to spark curiosity and inspire new ways of thinking, as well as introduce residents to new benefits.



"I didn't know
I was grieving until
I attended the
workshop on grief
that not only gave
me words for what
I was feeling, but
gave me friends to
walk alongside me."

— Patricia G.



## **NURTURING WELLNESS**







In fiscal year 2023, we set out to revitalize and enhance our health and wellness programs for our vibrant community. The outcome surpassed expectations with nearly 2,000 active participants across fourteen different exercise programs. In addition, with the help of a federal grant and a partnership with the National Council on Aging, PSRC relaunched the award-winning Vaccine Navigator program to highlight the importance of vaccine health.

### PICKLEBALL MANIA:

Pickleball is the captivating fusion of tennis, badminton, and ping pong that swept participants off their feet, fostering friendly competition and strong social connections. This enthusiasm was epitomized by Joyce Robinson, an ardent player who, at the age of eighty, decided to take up lessons at PSRC. She shared, "I needed exercise for my painful back and to expand my brain activity. It has been a great learning experience, helping my back and providing rewarding social interactions." With close to 400 participants engaging in various formats, from boot camps to instructed open plays, Pickleball mania has undeniably made its mark at PSRC.

### **NEW EXERCISE CLASSES:**

We also introduced three enriching exercise classes. The Feldenkrais Method enhanced body awareness, coordination, and range of motion. Line Dancing provided a vibrant platform for creative expression and connections. Tai Chi nurtured balance, flexibility, and tranquility. These additions strengthen our commitment to providing holistic programs for the mind, body, and spirit.



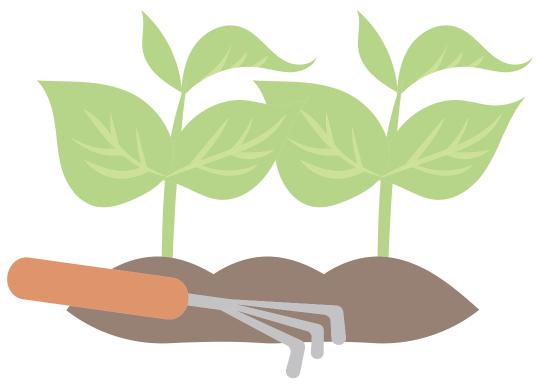
## VACCINE NAVIGATOR PROGRAM: ASSISTING OLDER ADULTS WITH VACCINATIONS

Established in winter 2021, the Vaccine Navigator program has assisted 800+ older adults in scheduling and securing vaccines. With 125 volunteers speaking seventeen languages, it has reached diverse communities. Partnering with the Princeton Health Department, the program organized community vaccine clinics and informative Town Hall presentations on Covid-19 and vaccination health.



PSRC received a \$150,000 grant from the National Council on Aging and the federal Administration for Community Living, reviving the Vaccine Navigator initiative in January 2023.

The new initiative focuses on vaccine health for older adults, including Covid-19 and influenza. Partnering with community organizations for tailored outreach and assistance to older adults helps to address their social service needs. Positive feedback from recipients highlights the program's effectiveness, with one expressing gratitude for the convenient clinics and support provided by PSRC.



# THE SOCIAL SPROUT: CULTIVATING TOGETHERNESS







Fancy lunch at Rat's Restaurant at Grounds For Sculpture



Picnics at PSRC

In fiscal year 2023, three new community groups joined the PSRC family, providing social connections and creative outlets.

### **COMMUNITY WITHOUT WALLS**

In this past year, CWW and House 5 have had a new winning partnership with PSRC. At our monthly meetings at the Suzanne Patterson Building, we have had helpful presentations on the Sourlands and Herrontown Woods, on downsizing, and on selecting wines. We have shared our experiences with gardening, adventures, and misadventures with love, heard memories from our members' varied pasts. We have enjoyed a musical program, laughed at our Yankee Swap event, and always enjoyed each other's company. Our monthly Hi 5 Express has kept us up to date with our interest groups activities: recipes from the Cookbook Corner, tips and tours from the Garden Lovers, the Ethnic Dining faction's adventures into the wonderful cuisines in our area, the Movie Group's excursions, and lively discussions of cinema at dinner after, our Writers group once a month on Zoom and our newest Crowd of Crafters that meets to pursue and share each other's crafts. As this new year begins, we look forward to our deepening PSRC partnership, interest from new people curious about our activities, and continued comradery and adventures.

— Coleen M.S. and Cherie O.

CWW House 3 members love to have fun. Connectivity, is being with others who have an interest in getting out. We have the joy of talking, eating, and doing things together. We have a once-a-month pizza party at Conte's and a monthly lunch at a restaurant where we socialize. Walking, movies, tea socials, music events, and special speakers round out the opportunities for members of CWW House 3 to share life together. CWW House 3 members are like an extended family. We care about your well-being and health. Come join our family.



"On Stage has given me so much joy in my first year with the group. I have learned to have more confidence in myself and love being a part of this connection to the community"

- Kristine M.



"What I love about OnStage is how the stories we tell on stage encourage tolerance and better understanding. People seem to "get" each other, no matter who tells the story or who receives it—and that is so gratifying especially in our polarized times."

- Mimi S.

### **ONSTAGE SENIORS**

OnStage Seniors has a mission to tell stories. Since 2007, we gather true stories from the community and give them back to the community in the form of monologues and scenes on a yearly theme. This season's program "Remembering," for example, led by director Josh Schnetzer, has been performed at PSRC, libraries, assisted living centers, and houses of worship throughout the Central Jersey area and will continue into the Fall. Every performance includes a talk-back, which encourages actors and audience to find common ground and connection through the stories told on stage.

What we do is called documentary theater. Our ensemble of actors find our stories through Story Circles and one-on-one interviews in the libraries, senior centers, schools, wherever, in Central New Jersey. These stories are recorded, transcribed, and edited for the stage-our general rule being it's okay to cut and shape, but not add or change words except for clarity.

Here are some things our actors and our audiences have to say about the experience:

"I just want to say that it was a remarkable experience to watch the audience as we performed yesterday (at a Memory Care Facility). At first, their faces were blank, looking down or staring off into space, and then one by one they began to engage as we told our stories. Smiles began to bloom, occasional sprinkles of laughter. By the end, they were all listening and reacting. It was like watching stars coming out in an evening sky."

- Steve H.

This coming year OnStage will have a new director, David Lee White. David is an accomplished director, teacher, and playwright and we look forward to new possibilities his talents will bring to our Ensemble and to our audiences.



### SENIOR CITIZENS CLUB

In the effort to increase access and to improve services, the Senior Citizen's Club (SCC) of Princeton has been transitioned back to PSRC. The SCC meets at PSRC every last Friday of each month from noon to 1:00 p.m. The SCC meetings focus on, among other topics, senior citizen wellness, protection from scams/fraud, food security, transportation resources, and health care opportunities. A true senior citizen leader of the initiative to develop a welcoming SCC environment and engaging programs is Rosetta Bruce. A longtime Princeton Borough resident, Rosetta and her late husband Rick, raised two children in Princeton, and she welcomes the opportunity to help the SCC grow. Rosetta's priorities are "Making sure that all senior citizens know that they are welcome. No dues, fees, or special applications. Just show up and prepare to enjoy. I also want all senior citizens to know they are valued and that they matter. I want senior citizens to continue to build a vibrant and resourceful community in their seasoned years. There is no reason to stop growing." For PSRC, cultivating community is not simply a cliche. To the contrary, for the PSRC, it specifically means, among other things, engaging SCC members to ensure that programs are aligned with their interests and that their vision is valued.

## **BLOSSOMING BONDS**

"Everyone is entering retirement and it's hard to find people who are just starting to think about it, like me. It's nice to make friends with people in the same stage as me."

-Arifa K.

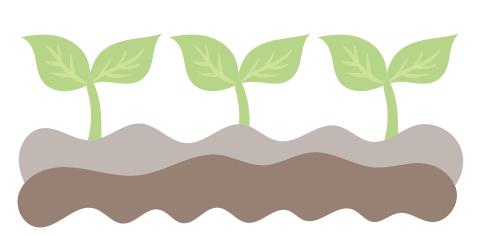
In fiscal year 2023, the PSRC social services team launched three new support and conversation groups to engage new participants and respond to emerging needs.

### FOREVER YOUNG (55-65 YEAR OLDS)

This group aims to bring together elder Gen X and younger Boomer II generations for shared experiences as they enter retirement, continue working, and navigate older parents and young adult children. This is a space for socialization and support. The group meets once monthly at our Nancy S. Klath Center for Lifelong Learning building in hybrid format and once monthly in-person for a community outing.

### AGING GAILY (LGBTQ)

This group consists of LGBTQ+ community members age fifty-five plus. This is the only group in Mercer County whose sole focus is to support aging LGBTQ+ folks. The group plans community events, attended Pride Picnic, and supports one another through life's transitions.









### FORGET-ME-NOT: DEMENTIA CAREGIVERS

This support group was created in response to community members asking to have shared space with others who are experiencing this difficult caregiving job. Members meet monthly for ninety minutes to learn a new "trick" in caring with their loved one with memory loss and to share in each other's joys and struggles.



"At this age you don't usually make new friends. I am so glad this group was created!"

-Tom R.



"I love that we have a place to laugh and cry with people who understand and don't judge me."

-Joann S.

# SOWING THE FUTURE: A SUCCESSFUL CAPITAL CAMPAIGN

In fiscal year 2023, PSRC wrapped up the Lifelong Learning Capital Campaign by meeting 100% of our ambitious \$5.35 million goal. The capital campaign included the purchase of 101 Poor Farm Road, the renovation and building of the Nancy S. Klath Center for Lifelong Learning, and the creation of a Lifelong Learning endowment to fund building operations and lifelong learning programming for years to come. This successful campaign enabled PSRC to achieve our vision to create a world-class, multi-site community center serving older adults in the greater Princeton region.









for but never really believed possible given our humble origins. This additional investment in PSRC's present and future only attests to the trust and partnership of the Princeton community!"

—Jocelyn Helm, Founding Executive Director

## **GROWING TOGETHER**



**PSRC STAFF** 





PSRC LEADERSHIP TEAM  $\triangle$ 



PSRC DEVELOPMENT TEAM ▲



PSRC PROGRAMS TEAM ▶



PSRC SOCIAL SERVICES TEAM ◀



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Crosstown Coordinator (not pictured)

Billi Charron, MSW ◀
Social Worker

**Cathy Gara** ∇
Bookkeeper & HR Coordinator (not pictured)

**Cheryl Gomes** ▲ *Development Associate* 

Ana Carolina González-Peña ◀ Coordinator of Diversity, Equity, Inclusion, and Belonging

> Krista Hendrickson △► Director of Lifelong Learning

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Ella Leving  $\nabla$ Community Outreach Coordinator

Nick Macy ►
Program Associate: Technology

Johanna Peters △ ◀
Director of Social Services

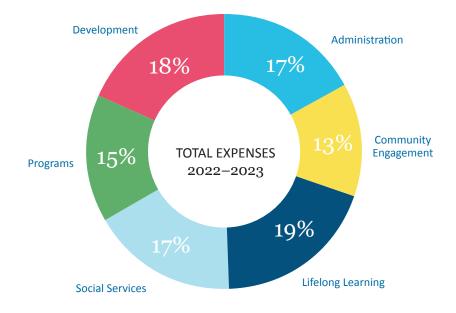
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Development Coordinator

Andrea Schwarz ►
Program Associate: Suzanne Patterson Building

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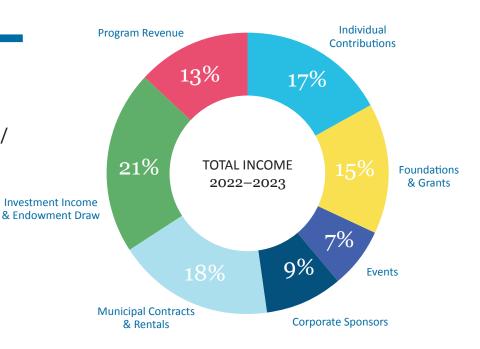
**Z Zinsitz**  $\nabla$  Administrative Assistant to the CEO



PSRC's overall budget in FY '23 was \$1,379,682.00. Expense categories are broken down in the chart to the left. The FY '23 budget incorporated expenses for building operations for The Nancy S. Klath Center for Lifelong Learning at 101 Poor Farm Road.

82%

of PSRC's budget comes through the past and present generosity of individuals and corporate/ community partners



### **COMMUNITY NONPROFIT**

As a community nonprofit, 82% of our budget comes through individual donations, corporate sponsorships, grants, and program income while only 18% comes through local government funding. Your gift to our annual appeal is critical to driving our mission to help older adults thrive!

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To learn more about PSRC and ways you can support and share in our success with your annual gift or a legacy commitment, please visit princetonsenior.org/support/donate or call 609.751.9699, ext. 103.



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