



45 Stockton Street, Princeton, NJ 08540
(609) 924 7108 ph ▪ (609) 497 1977 fx ▪ www.princetonsenior.org

The Princeton Senior Resource Center (PSRC) continues to grow, reflecting the growth of the older adult population and the expanding awareness and popularity of our programs. Some people attend a variety of activities every week while others only read *Mature Princeton*. We frequently hear appreciation for what is offered: the range, variety and relevance.

This year PSRC Board and staff focused on addressing capacity issues, inspired by doing a capacity-building analysis sponsored by the Princeton Area Community Foundation. PSRC has outgrown both our physical space and the resources of staff. This work may not be as sparkly and visible as a new program but it builds the bedrock upon which we create a thriving organization.

These are some of the things we have done behind the scenes:

- Reviewed and updated the Strategic Plan. There will be more on this next month as we focus on the future.
- Reviewed the organizational structure, staff responsibilities and compensation. As PSRC became a larger and busier organization, we needed to transition to a leadership team model to facilitate communication and management. Staff are skilled, professional and hard-working, which needed to be better acknowledged. Job descriptions were updated to reflect current duties and strengths. Additional staff are also being added.
- Reviewed programs and space. With the building at capacity, it was time to assess its use. New programs cannot be added unless older ones with low attendance are retired. We can see from attendance reports which activities are most popular. PSRC is fortunate to have increased access to space in Monument Hall as well as more than 25 community partners, many of whom provide space.
- Renewed efforts to ensure that PSRC meets the needs of this diverse community. These included offering more programs at the Mercer Nutrition Site and senior housing communities, as well as hosting a Chinese New Year's celebration. It has been an asset to have a Mandarin-speaking staff member! Programs are designed to fit different abilities and interests; as people age and become more frail, they come in to the Center less often and access more Partners In Caring support services.
- We have continued to develop the Partners In Caring program to fit the needs of this community, focusing on providing professional, reliable information and consultations to individuals and families to help them make informed decisions as they face aging issues.

- PSRC is converting to a new data base which promises greater functionality. The process of customizing, converting and training is a multi-month process which will continue for some time.

Meanwhile, we have continued to welcome more than 1300 people a week to the wide range of activities offered by PSRC at the Suzanne Patterson Building and other locations. Attendance at Evergreen Forum, the Next Step speaker series, TED talks and Men In Retirement continues to grow. Some classes (Cosmology and Currents) just won't quit! We offered more Lunch and Learn education programs and peer groups this year, and the 2013 Fall Brain Health Fair broke records with more than 220 attending.

We held two successful fund raising events, Capital Steps and Brunch at Home, as well as a strong annual appeal. We were delighted to be remembered by several friends for memorial and legacy gifts this year. Other funding sources are the municipal contract to provide services for Princeton and foundation grants. This support is critical to PSRC's stability and growth.

There are currently 4 full time and 9 part time staff, 10 paid and 42 volunteer instructors. We had 5 Next Step Interns and 2 COPC Health Interns this year, as well as more than 500 volunteers.

Thanks to all of you for helping to make this a successful year. We welcome your ideas and your active involvement in making PSRC a welcoming, active community.

Susan W. Hoskins LCSW
Executive Director

**Princeton Senior Resource Center
Programs & Attendance Statistics 2013-14**

Health & Fitness

Blood Pressure Screenings	20/mo
Flu shots/Pneumovax/Health Fair	391
Chair Exercise	15/twice weekly
Chair Yoga	12
Drumming	6
Wake Up Aerobics	20/daily
Aerobics (Rec. Dept)	38/3x wk
High Low Go	8/2x wk
Table Tennis	61/ 3x wk
Tai Chi	23
Yoga	18

Social/Recreational

Games: Social Bridge	55
Duplicate Bridge	381
Bridge Coaching/Lessons	50
Mah Jongg	12
Scrabble	6
Movies – monthly, weekly in summer 25 (12-35)	
Opera Videos	30 (14-30/wk)

Next Step: Engaged Retirement & Encore Careers 1832

Speaker series at Library	6-70
Downsizing	
Retirement Planning	
Medicare	
Estate Planning	
Taxes in Retirement	
Grandparenting	
Pre-retirement Dream	
Gray Divorce	
Social Security Planning	
Money in Retirement	
Living with Purpose	
Ethical Wills	
Workshops –single session	
Intro. to Your Lifestyle in Retirement 2x	4-6
Job Search Strategies for Older Workers 3x,	4-18
Volunteer Opportunities 2x	12-20
Voluntourism 2x	8-20
Finding Purpose	3-28
Eating Healthy	3
Classes-multi-session	
Engaged Retirement	6-7
Groups- weekly ongoing	
Men in Retirement	10-24
Navigating Retirement group-RWJ	2-7
Active Wisdom	12
Happiness Project	11
Age for Change	3-12
Grandparenting	1-6

Evergreen Forum (lifelong learning) 784

Gay Rights	Great Art
French Opera	Recognizing Randomness
Contemporary Business	Great Decisions 2014
Alone in the Universe	Edith Wharton
Downton Abbey	Writing Poetry
Food Safety	Enlightenment
Women in Politics	America in the 1960s
Tin Pan Alley	Biblical Women
Alice Munro	Russian History
Angry Young Men	Films of Angry Young Men
Armory Show	Martyrs for Religion
Wonderful Town	Chinese Civilization
Geographical Links	Ishiguru & Murakami
Russians off the Page	Scientists Against Time
New Music	Handel & Bach
Evil in Novels	Shakespeare off the Page
Science News	Challenges of the Future
Shakespeare Comedies	Science News
	Ancient Cultures
	Children's Books
	Cosmology

Education & Enrichment

Art for Caregivers	6
Art With Bob	16
Art With Hannah	13
Brunch for Your Brain	7
Cosmology	20
Currents	25
Drawing	14
Living Healthy Chronic Disease	8
Memoir Writing	16
TED talks	22
Word Play Poetry	10
Computer Lab (2x wk)	2-10
P.U. Special lab	20
Computer Classes (wkly ave 5-15)	
Gadgets	
Intro to iPad	
More iPad	
Managing files	
Introduction to MOOCs	
Digital Camera	
Introduction to Word	

Support and Social Groups

Bereavement	25 (ave 5/mo)
Widows Support	18
Caregivers	16 (ave 8/mo)
Children of Aging Parents	12 (ave 4/mo)
Grandparenting	4
Let's Talk & Let's Talk Too	8,16
Let's Talk in English & LTE Too	13,12
Knit Wits	21
(other groups listed under Next Step)	

Single Session Special Events

Flu shots/health fair	391
Fall Brain Health Fair	240
Memory Screening Day	24
Help Portraits	
Holiday Party	120
Chinese New Year	35
Health Insurance Exchanges	13
One Princeton	
One Book Discussion	5
Attitudes About Aging	85
Five Wishes (x2)	18
Medical Information on the Internet	9
Art Show	60
Evergreen Forum Annual Meeting	80
Volunteer Appreciation	45
GrandPal Orientation	62
GrandPal lunch	44
Shredding	
Lunch & Learn Seminars	5-57
Alternatives to Long Term Care	
Stroke Awareness	
Health Advocacy	
Hospice & Palliative Care	
Life Insurance	
Help for Veterans	
Dental Care	
Balance	
Medicare Updates	
Motor Vehicle Services	
Vision health- dry eyes, cataracts	
Home Adaptations	
It could be Poison	
When to call 911	
Fire Safety & Emergency Preparedness	
Total Hearing Care	
Geriatric Care Management	

Social Services – Help with Life’s Transitions

Contacts	2431
Information & Referral	520
Home visits	138
Case Management	645
Counseling	546
Caregiver support	523
Benefit Assistance	82

PIC-Princeton: Care Coordination 48 ongoing clients
 Caregiver Resource Center
 HomeFriends Volunteer visitors: 20 visiting 20
 Resource Library
 Aging & Caregiver education
 Management of benefits and donations: Farmer’s Market
 Coupons, Holiday baskets, Holiday gifts, Spring Baskets,
 concert and theater tickets.

Assistance Programs & Services

AARP Tax Assistance	108
Farmers Market vouchers	41
Gift Donation distributions	70,25, 70, 40
File of Life distribution	50
Five Wishes	11
Appointments with SHIP	19

Comcast assistance	7/mo
Concert tickets	90

Crosstown Transportation

Active registered riders	362
Rides	2439/yr

Volunteers 505 #

GrandPals (with children in 3schools- 10 classes)	70
HomeFriends	32
Instructors	15
EF Instructors	37
EF Steering Committee	21
Board members	21
Office Assistants	12
Computer lab + class	10
Tax Aides	6
SHIP & Finance	2
Development	114
Holiday party	21
Brain Health Fair	42
Flu-Health	28
Next Step	5
Teen volunteers-office	7

Groups:

Stony Brook Garden Club 8	Bloomberg 12
Stony Brook School 20	PU Students 16
Acorn Glen 6	

Staff: 4 Full Time, 9 Part Time,
 2 COPC health interns, 5 Next Step interns
 Independent Contractor Instructors: 10

Publications

Community Resource Guide only online now
 Mature Princeton Monthly Bulletin 3500/mo
 PSRC Website: princeton senior.org
 Facebook
 E-news

Presentations

Windrows
 Community Without Walls houses
 United Methodist Church

Note: numbers indicate the number of individual people who have attended an activity this year.