

2024 CMAP FALL BENEFIT

GOLDEN JUBILEE

Thursday, September 12, 6:00 p.m.
101 Poor Farm Road, Princeton

LEGACY - INSPIRATION - INNOVATION

2024 Leadership Awards:

- *Individual Honoree: Past Board Chairs, represented by Joan Girgus and past Executive Directors, Jocelyn Helm, Jan Marmor, and Susan Hoskins*
- *Corporate Honoree: Bloomberg Philanthropies*
- *Community Impact Honoree: Princeton Area Community Foundation*



Center for Modern Aging Princeton | 609.751.9699
(Formerly Princeton Senior Resource Center)

**Bloomberg
Philanthropies**

Proud to support the

**Center for
Modern Aging
Princeton**

Congratulations to CMAP on **fifty years**
of **reshaping healthy aging** through
innovation and inspiration in support
of local communities.

CONTENTS

| | |
|--|------------|
| Welcome from the Chief Executive Officer | page 3 |
| Thank You to Our Sponsors | page 6 |
| Thank You to Our Annual Sponsors | page 7 |
| Board Members and Advisory Council | page 9 |
| Leadership Honorees | page 10-17 |
| What We Do | page 19 |
| CMAP Historical Timeline | page 20-23 |
| Performer Bio | page 24 |
| Mission, Vision, & Support | page 30 |
| Gifts from Your Will or Trust | page 33 |
| CMAP Programs and Activities 2024 | page 38-39 |
| Do You Know About the Evergreen Forum? | page 40 |
| CMAP Staff | page 42 |

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ARE YOU ON OUR MAILING LIST?

Join online at cmapprinceton.org, where you can decide to receive our monthly newsletter electronically for free, or subscribe to the printed edition for an annual \$15 fee.

101 Poor Farm Road • Building B
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Be sure to follow us on Facebook so you don't miss a thing!

[facebook.com/cmapprinceton.org/](https://www.facebook.com/cmapprinceton.org/)

WELCOME TO Princeton Theological Seminary

Whether you want to explore our degree programs, attend on-campus events, visit the Wright Library or our 21-acre farm, or enroll in an online continuing education offering, we look forward to welcoming you!

*Explore what Princeton Seminary
has to offer.*

ptsem.edu



WELCOME TO OUR GOLDEN JUBILEE!

On behalf of the Center for Modern Aging Princeton, I am pleased to welcome you our Golden Jubilee fundraising benefit at The Nancy S. Klath Center for Lifelong Learning.

This year marks a momentous milestone for the Center for Modern Aging Princeton as we celebrate our fiftieth anniversary. From our humble beginnings in 1974 as Tenant Services, providing essential programs and services for older adult residents of the affordable housing community at Spruce Circle, through decades of phenomenal growth as the Princeton Senior Resource Center (PSRC), we have continued building on our legacy and further evolved into the dynamic and innovative Center for Modern Aging Princeton (CMAP). Inspired by the dream of our founder Jocelyn Helm, our journey began with a simple yet profound mission: to enhance the quality of life for older adults in our community. Over the decades, we've expanded our reach and deepened our impact, continually adapting to meet the changing needs of older adults. Throughout our history, the Center for Modern Aging Princeton has been a beacon of innovation and inspiration. We have pioneered programs that promote lifelong learning, health and wellness, and social engagement.



Tonight, I have the special privilege of presenting the 2024 Individual Leadership Award to our past executive directors, Jocelyn Helm, Jan Marmor, and Susan Hoskins as well as current and past board presidents represented by Joan Girgus. Their collective visionary leadership, unwavering dedication, and profound contributions to CMAP have made our first fifty years a tremendous success and laid the foundation for our next fifty years.

I am also pleased to present the 2024 Corporate Leadership Award to Bloomberg Philanthropies who has been an important contributor to our success, from the development and expansion of our award-winning tech lab to the critical role Bloomberg volunteers have played in special events and technology support for online classes. We value Bloomberg Philanthropies' strong commitment to the local community and to CMAP's mission to help older adults thrive.

It is also an honor to present our Community Impact Award to the Princeton Area Community Foundation. PACF has been a strong supporter of our work through the years, helping develop and build CMAP's endowment funds, encouraging our programmatic efforts with older adults in our community, and offering wise counsel. PACF shines as community leaders and pacesetters in philanthropy, investing in making a difference in the lives of those throughout our region.

Finally, I am grateful for each of you who has contributed to our success over these first fifty years. Faithful participants, committed community partners, dedicated volunteers, exceptional staff and board members, and generous supporters have all made a mark on this remarkable journey. Here's to the next fifty years of enriching lives and building a stronger, more vibrant community for all.

Happy Golden Anniversary, CMAP!

With Deep Gratitude,
Drew A. Dyson, PhD
Chief Executive Officer

MONUMENTAL new
gene therapies.

Novel **MEDICAL** marvels
like reversing blindness.

Cancer **BREAKTHROUGHS**
that lead to cures.



Penn Medicine



**CONGRATULATIONS!!
CENTER FOR MODERN
AGING PRINCETON
KEEP UP THE GOOD WORK**

**LANCE AND LATONYA
LIVERMAN**



**HEALTH FAIR/FLU SHOT CLINIC
Thursday, September 26
1:00-4:00 p.m.**

**FLU SHOT CLINIC
Monday, October 21
9:30 a.m.-12:30 p.m.**

cmaprinceton.org/vaccine-navigators

Community Without Walls

The mission of Community Without Walls is to enhance the ability of members to age well and to be able to make choices that will permit us to "age in place."

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.

Learn more at cmaprinceton.org/community-without-walls/



GRATEFUL THANKS FOR THE SUPPORT OF OUR EVENT SPONSORS*:

IN THE SPOTLIGHT LEVEL SPONSOR – \$15,000

Bloomberg Philanthropies
Norman Klath

PARTNER LEVEL SPONSORS – \$5,000

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Lawrence Senior Healthcare Campus
David and Cathy Loevner
Nancy and Duncan MacMillan
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FRIEND LEVEL SPONSORS – \$2,500

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Sandy Kurinsky and Michael Katz
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Penn Medicine Princeton Health
Princeton Area Community Foundation
Princeton Global Asset Management
Hazel Stix
Adelaide Zabriskie

BENEFIT PATRON LEVEL SPONSORS – \$1,250

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Bryn Mawr Trust
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Eliot and Marsha Freeman
Joan Girgus and Alan Chimacoff
Gary and Shara Hofing
Florence and Steven Kahn
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Harold and Joan Kuskin
Robert and Joan Levitt
Donald and Nancy Light
Maida & Maida Accountants and Advisors
Mason, Griffin & Pierson, P.C.
Alison and David Politziner
Allen and Rhona Porter
David Saltzman and Heidi Joseph
Ellen and Albert Stark
Sylvia Stengle

**as of publication date*

THANK YOU

CMAP IS GRATEFUL FOR OUR ANNUAL SPONSORS:



FOR THEIR GENEROUS SUPPORT OF OUR MISSION AND THE VALUABLE SERVICE THEY PROVIDE TO OLDER ADULTS IN THE COMMUNITY.

THANK YOU



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Drew A. Dyson, PhD
Chief Executive Officer

CELEBRATING OUR PAST PRESIDENTS EVOLUTION OF THE CENTER FOR MODERN AGING PRINCETON: REFLECTIONS ON THE PAST, PRESENT, AND FUTURE

As the Princeton Senior Resource Center (PSRC), now the Center for Modern Aging Programs (CMAP), marks a significant milestone, we reflect on the transformative journey of this vital community resource. Through the voices of those who have shaped its history, we gain insight into the accomplishments, challenges, and enduring hopes that continue to drive its mission forward.

Barbara Purnell: A Visionary Leader for Home Friends and Beyond Past President 1993-1995

Barbara Purnell's long-standing involvement with CMAP began in the late 1980s. She established the Home Friends program in 1989 and directed it for several years, providing vital support to homebound seniors. Purnell's leadership extended to the board, where she served as president and played a crucial role in overseeing the merger of PSRC with the borough senior center. Her vision for the future included the expansion of programs and services and the acquisition of the Suzanne Patterson building that would meet the organization's needs. Purnell's hopes have been realized with the acquisition of the Poor Farm Road facility, which has allowed for enhanced programs and services for older adults in the community. She continues to support the organization's mission through her involvement on the advisory board.

Billie Emmerich: A Legacy of Advocacy and Community Building Past President 2001-2004

Billie Emmerich's connection to CMAP dates back to the late 1970s, when her elderly parents needed assistance. She recalls her early conversations with Jocelyn Helm at Spruce Circle and her participation in "People and Stories," an intergenerational discussion group. Her advocacy for the merger of the Princeton Senior Resource Center at Spruce Circle with the Suzanne Patterson Center in 1994 laid the groundwork for a more unified organization serving Princeton seniors. As a board member, Emmerich and her husband authored a booklet on "Alternative Living Arrangements for Seniors," which was distributed by CMAP. Her tenure as board chair was marked by a strong sense of community and personal growth. Emmerich's positive feelings toward CMAP continue as she observes the organization's impressive professional staff, diverse programming, and unwavering commitment to the well-

being of the community. As Billie shared “PSRC, now CMAP, was my home away from home during the early years of my retirement. I loved the feeling of community which the organization offered. I grew as a person who could offer leadership and be a constructive member.” Her financial support reflects her gratitude for what CMAP has done for her and others and has confidence that CMAP will continue to make contributions to the well-being of people in the larger community.

Dave Saltzman: Pioneering Programs and Strengthening Unity Past President 2009-2011

Dave Saltzman’s involvement with CMAP began in the late 1980s with the establishment of the Home Friends program in 1989, a significant achievement that provided companionship and support to homebound seniors. As board president, Saltzman oversaw the merger of the PSRC with the borough senior center, resolving existing frictions and fostering greater unity within the Princeton community. His hopes for the organization included the expansion of programs and services and the acquisition of a facility that would better meet the community’s needs—a vision that has been realized with the facility on Poor Farm Road. Saltzman continues to serve on the advisory board, witnessing the enhancement of programs and services under solid leadership.

Norman Klath: A Steadfast Advocate for Expansion and Innovation Past President 2015-2017

Norman Klath’s involvement with CMAP began in the early 2000s, when he and his wife participated in the fall flu shot and health fair, followed by Evergreen Forum courses. His dedication deepened over the years as he served in various leadership roles, including vice chair and later chair of the board. Reflecting on his contributions, Klath highlights the successful capital campaign that led to the acquisition and renovation of the 101 Poor Farm Road building as a key accomplishment. He also points to the transition to new leadership, the expansion of programs and services, and the increased community awareness and donor support as significant milestones. Looking to the future, Klath envisions further growth in CMAP’s facilities and staff, continued emphasis on lifelong learning, and a sustained commitment to financial stability through a growing donor base and endowments.

Mike Kenny: Championing Leadership and Organizational Growth Past President 2015-2017

Mike Kenny's decade-long involvement with CMAP as a board member and president was marked by significant milestones, including the hiring of CEO Drew Dyson. Kenny credits their leadership with driving the organization's growth and success. He also highlights the successful fundraising efforts that enabled the construction of a new building and the expansion of programs to reach a broader audience in the Princeton community. Looking ahead, Kenny hopes to see continued organizational growth with innovative ideas and expanded funding to support CMAP's ongoing mission. He praises the organization's teamwork, high morale, and the impressive range of events and activities it offers.

A Shared Vision for the Future

As these reflections reveal, the evolution of PSRC into CMAP has been shaped by the dedication, vision, and hard work of its leaders and supporters. The organization's ability to adapt to changing needs, expand its reach, and maintain a strong sense of community is a testament to the enduring impact of those who have contributed to its success. Looking ahead, there is a shared hope for continued growth, innovation, and financial stability, ensuring that CMAP remains a vital resource for aging adults in the greater Princeton community for years to come.

Celebrating Joan Girgus: A Journey of Leadership Board Chair 2019-2025

Joan Girgus joined the CMAP community eight years ago as a board member. Nearing retirement from her work as a faculty member and administrator at Princeton University, Joan began to contemplate how she would spend her time. A chance encounter at a McCarter Theater event with Maggie Van Dagens, a PSRC board member, set the stage for her next chapter. "I sat next to Maggie at the event, and she asked me about my retirement plans. I was still figuring it out, so she asked if I was interested in aging. I mentioned that I had recently shifted my research focus in psychology from children and adolescents to older adults. She then asked if I'd be interested in joining the board. That was the start of my transition to retirement."

Reflecting on the recent changes within CMAP, Joan highlighted the organization's significant expansion, particularly the addition of a second site, which has led to an increase in programming and social services. "CMAP is much more visible in the Princeton community and beyond," she noted, attributing this to a broader range of program participants and collaborations with various organizations and corporations.

Under the leadership of CEO Drew Dyson, CMAP has expanded its geographical reach and embraced technology to enhance its connection with the community. The organization's ability to offer remote programming has been a game-changer, allowing CMAP to connect with individuals beyond the immediate area.

Joan identified several key accomplishments that occurred during her tenure that have shaped CMAP's trajectory:

- 1. Leadership and Vision:** The hiring of Drew Dyson as CEO has brought a new level of strategic thinking to CMAP, encouraging the board and staff to consider broader growth and expansion.
- 2. Technology Integration:** Embedding technology into CMAP's operations has allowed for greater connectivity and accessibility, ensuring that programs reach a wider audience, both in-person and remotely.
- 3. Diverse and Strong Board:** Joan takes pride in the board's strength and diversity, which have been instrumental in extending CMAP's leadership and influence beyond Princeton. Joan's dedication to finding new board members who bring diverse skills, perspectives, and philanthropic commitment has been a key part of her legacy at CMAP.
- 4. Increased Visibility:** CMAP's increased visibility throughout the greater Princeton community has allowed new and old partnerships to flourish.

For Joan, CMAP has become a core part of her philanthropic efforts, embodying her values and contributing to her legacy. She speaks passionately about the culture of philanthropy that has been cultivated at CMAP, which supported a successful capital campaign and continues to fuel the expansion of programs and services. "It also allows for board leadership to be more of a partner in the success of our philanthropic growth," Joan added, underscoring the importance of board engagement in driving the organization's mission forward.

Joan is a forward-thinker who thrives on growth and innovation. Her hopes for CMAP's future are rooted in continued expansion – of programs, resources and services, diversity, participants, and geographic reach. "My greatest pleasure is doing new things," Joan admitted. "I like to start something new, turn it over to someone else to continue and grow, and then start something new again. I do this in my research and also in my work with CMAP."

Looking back, Joan reflects with joy on her time working closely with CEO Drew Dyson and the board, and she remains deeply committed to the continued success and growth of CMAP, even as she looks forward to the next chapter of her own journey.

CELEBRATING LEADERSHIP: THREE EXECUTIVES REFLECT ON THE EVOLUTION OF CMAP

The Center for Modern Aging Princeton (formerly PSRC) has long been a pillar of the community, providing essential services and support to aging adults in the greater Princeton area. Three key figures – Jocelyn Helm, Jan Marmor, and Susan Hoskins – have each played vital roles in the organization’s growth and development. Their reflections offer a unique insight into the milestones achieved and the future hopes for the CMAP.

Jocelyn Helm: The Founding Vision (1974-1996)

Jocelyn Helm, the founding director of PSRC, led the organization from its inception until her retirement in 1996. She recalls the early days when the Princeton Borough Housing Authority generously provided their first working space at Spruce Circle. “There was a desk, bathroom, and player piano – all we needed to begin the first exercise classes,” Helm reminisces. This initial support, coupled with “seed” money she earned from a gerontological presentation, laid the foundation for the center’s success.

Helm takes pride in the relationships she fostered between Princeton University, local churches, merchants, state and county agencies, and local governments. These collaborations maximized the center’s ability to serve seniors. Reflecting on her time, she says, “I truly enjoyed developing and designing activities and services aligned with the needs of the elderly.”

Looking back on her tenure, Helm’s greatest hope was for CMAP/PSRC to have a standalone facility – a dream that has been realized. “Based on my recent visit, I would say that my hopes and vision have been achieved, in fact, overachieved!” she remarks, expressing her excitement over the organization’s growth.

Jan Marmor: Raising the Profile and National Accreditation (1996-2002)

Jan Marmor took the helm as executive director following Jocelyn Helm’s retirement, serving from 1995 to 2002. During her tenure, Marmor led PSRC to national recognition by securing the first-ever National Accreditation for a senior center in New Jersey. This achievement, she notes, was an “eighteen-month long process involving many Princeton players” and significantly raised the center’s profile within the community.

Marmor also oversaw the initial design and concept of the Suzanne Patterson Center renovation, although she left Princeton before construction began. Another highlight of her time was the launch of the Evergreen Forum, a lifelong learning program that became a signature offering of PSRC. “I firmly believe that Evergreen Forum was a key piece in the trajectory that led to the Center for Modern Aging,” she says.

As she reflects on her hopes for CMAP’s future, Marmor is proud to see that the seeds planted during her tenure have flourished. “Those were the future hopes of our staff before and during my tenure, and they have come to fruition, culminating in where you are today,” she concludes.

Susan Hoskins: Building a Robust Social Service Program (2002-2019)

Susan Hoskins served as executive director from 2002 to 2018, during which time she oversaw significant advancements at PSRC. Under her leadership, Princeton became the first community in New Jersey to be accredited as an Age-Friendly Community.

She also built a robust social service program and expanded the Evergreen Forum from four to twenty-five classes, with participation growing to 600.

Hoskins reflects on her tenure with a deep sense of accomplishment but also looks to the future with optimism. Her hopes include “deepening awareness of what today’s ‘younger seniors’ are seeking—engagement, purpose, continued personal growth, and good health.” She also envisions continued collaboration with area service providers and a stronger advocacy role on the state level. Hoskins has noticed some positive changes in CMAP’s focus in recent years, bringing in CWW and OnStage, the nutrition program, continued growth of Evergreen Forum as well as strong support for the LGBTQ+ community. Susan remains encouraged by the organization’s overall growth and the broadening of its community support.

Looking Ahead: A Bright Future for PSRC

The reflections of Helm, Marmor, and Hoskins highlight the remarkable evolution of the Princeton Senior Resource Center to becoming the Center for Modern Aging Princeton. From its humble beginnings to its current status as a nationally recognized institution, CMAP continues to thrive, driven by the dedication and vision of its leaders. As the center moves forward, it remains committed to serving the diverse needs of greater Mercer County’s aging adults, ensuring a vibrant and supportive community for all.

THE CENTER FOR MODERN AGING PRINCETON AND BLOOMBERG

Bloomberg Philanthropies

As our population ages, supporting older adults with innovative care and technology is more crucial than ever. The Center for Modern Aging Princeton (formerly Princeton Senior Resource Center) plays a key role in addressing aging – related challenges. Since 2010, Bloomberg has proudly collaborated with the Center for Modern Aging Princeton to advance these efforts, empowering seniors to lead active, connected, and fulfilling lives.

Bloomberg Philanthropies’ mission to ensure better, longer lives for the greatest number of people is exemplified in their partnership with CMAP. Over the last fourteen years, Bloomberg volunteers have invested their time and talents to support CMAP programming and provide event support to CMAP staff. Most importantly, Bloomberg employees have connected with participants in CMAP’s initiatives to support human connections that promote active, healthy and engaged aging for adults aged fifty-five and above.

To support CMAP, Bloomberg volunteers have helped enhance internet safety and created technical guides to help older adults use apps like Uber, Skype, and DoorDash. They’ve participated in social events like “high tea,” holiday parties, and health fairs. In 2020, Bloomberg backed the CMAP’s capital campaign to ensure seniors had access to technical training, helping them stay connected during COVID-19.

Globally, Bloomberg Philanthropies works to improve the lives of millions of people in more than 700 cities across 150 countries. Locally, we are committed to supporting initiatives in the communities where our employees live and work. By partnering with impactful nonprofits like CMAP, we extend our mission to improve lives.

CMAPs work is vital in promoting healthy aging, combating social isolation, and ensuring that innovations in technology and care are accessible to all. Congratulations to the Center for Modern Aging Princeton on fifty years of reshaping healthy aging through innovation and community support.

CMAP AND PACF

The history of the Princeton Area Community Foundation and the Center for Modern Aging Princeton are intertwined.

Founded in 1991, the Community Foundation works to promote philanthropy to advance the wellbeing of our communities forever. What was once called the Princeton Senior Resource Center was among PACF's earliest grant recipients.

Since that time, the Community Foundation has continued to provide support to CMAP through its grants, including Community Impact Grants, the COVID-19 Relief and Recovery Fund, and the Bunbury Fund. It also supports CMAP through the philanthropy of the many generous fundholders who recommend grants to CMAP through their Donor Advised Funds held at the Community Foundation.

The Community Foundation, and its fundholders, recognize the invaluable services that CMAP provides for our friends and neighbors, its exemplary commitment to lifelong learning and the fantastic expansion of programs at its new building.

CMAP is committed to making our communities a better place, and like CMAP, the Community Foundation works to ensure that our communities thrive.

As experts in philanthropy, the Princeton Area Community Foundation makes it easy and effective for generous people to give to the causes they care about.

Community Foundation fundholders benefit from the PACF staff's expertise and are part of a community of philanthropists who want to make an impact through their giving.

Fundholders receive immediate tax benefits when they make gifts to their funds, and their charitable dollars are invested in the Community Foundation's high-quality investment pool.

Accredited by National Standards for U.S. Community Foundations, the Princeton Area Community Foundation consistently meets the nation's highest standard for philanthropic excellence.

For more than thirty years, the Community Foundation has been collaborating with generous people, nonprofits and local leaders to address our region's most critical needs because when philanthropy thrives, communities thrive. It's been an honor to partner with CMAP in that work, and we congratulate them as they celebrate fifty years of inspiration and innovation in the community.



Congratulations to our incredible staff and visionary leadership on reaching this extraordinary fifty-year milestone! This anniversary is a celebration of the dedication, passion, and teamwork that have defined our organization and driven its success for half a century.

We are grateful for your contributions that have brought us to this golden moment.

As we honor the past fifty years, we also look forward to a future filled with continued success and transformative impact. Here's to many more years of making a difference together!

With Gratitude,
Drew and Diane Dyson

JOIN US IN MAKING
A DIFFERENCE!

SPECIAL SCHOLARSHIP FUND CAMPAIGN

SCAN ME



We extend a warm invitation to participate in our 2024 Scholarship Fund Campaign. Your generous contribution will play a crucial role in ensuring that cost is never a barrier to older adults participating in CMAP programs. By supporting this campaign, you are helping to create a community where everyone has access to opportunities for growth, connection, and well-being, regardless of their financial situation. Your involvement will make a meaningful difference in the lives of so many.



CENTER FOR MODERN AGING PRINCETON BY THE NUMBERS



What We Do

The Center for Modern Aging Princeton (CMAP) is a community nonprofit organization that exists to help older adults thrive. We carry out this mission by offering support and guidance to older adults and their families, and by providing vital human connections, compassionate social services, dynamic lifelong learning, and meaningful volunteer opportunities that promote active, healthy, and engaged aging for adults aged fifty-five and above.

Our vision is to be an indispensable community asset for older adults and their families as they navigate the journey of aging. CMAP envisions a world where older adults embrace aging and are valued for their wisdom, experience, and talent.

6,412 Constituents Served by CMAP

1,268 Participants
in Social & Support Groups

693 Seniors in Sports & Exercise
Programs

991 Hours of Case management &
Counselling

2,982 Students in Lifelong Learning
Programs

2,228 Participants
in Enrichment & Social
Programs

793 Technology Lab
Appointments & Tech
Workshop Participants

9,630+ Volunteer Hours
Contributed to CMAP

18 Employees **348** Volunteers

Manage the operations of our
facilities, programs, and events
throughout the year

CMAP HISTORICAL TIMELINE

1974

CMAP opened as Tenant Services at Spruce Circle

1978

CMAP incorporated as Princeton Senior Resource Center

1985

The Suzanne Patterson Building opened as the Senior Center for Princeton

1987

HomeFriend's journey began

1994

The Suzanne Patterson Center and the Senior Resource Center are combined

1995

LINK program was established

1996

Jocelyn Helm retired, and Jan Marmor took over as Executive Director



1997

GrandPals was launched at Littlebrook School

1998

CMAP achieved full accreditation

2000

"Alternative Living Arrangements for Seniors" was published

2001

Evergreen Forum was founded

2002

Jan Marmor retired, and Susan Hoskins became the new Executive Director

2003

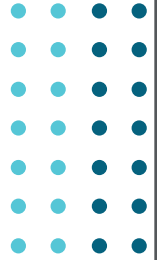
Caregiver Resource Center opened

2005

Awarded Community Spirit Award by Princeton Human Services

2009

Assumed responsibility for Crosstown



| 2013

Partners in Caring initiative was introduced

| 2019

Susan Hoskins retired and Drew A. Dyson became the new CEO

| 2020

The Vaccine Navigators program was launched

| 2021

Capital Campaign was launched

| 2022

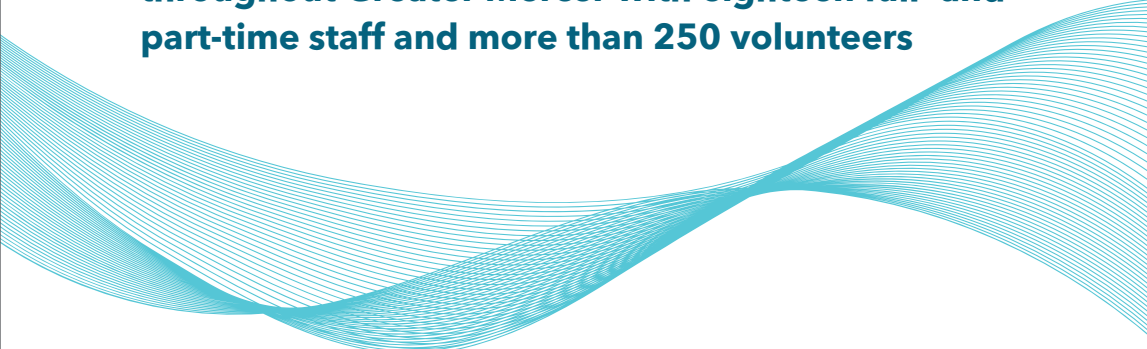
Nancy S. Klath Center for Lifelong Learning opened

| 2023

Successful completion of Capital Campaign

TODAY

CMAP serves 6,300 older adults annually throughout Greater Mercer with eighteen full- and part-time staff and more than 250 volunteers



CMAP LEADERSHIP TIMELINE

Recorded listing of Past Board Presidents/Chairs

1976 – First board established; Initial members David Blake, Jocelyn Helm, Dot Kruger, Fannie Ruegg, Karin Slaby, Kay Mack, Jane Ahrens, Jeanne Large, Robert Landau

Marjorie Blaxill



Barbara Purnell



Judith (Judd) Golden



Ann Laughlin



Ann Gips



Claire Jacobus



Billie Emmerich

Kay Heidere



Dave Saltzman

William Isele



Paul Gerard

Norman Klath

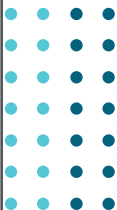


Mike Kenny

Joan Girgus



Top L-R: Pat Ostberg, Drew Dyson, Vicky Bergman, Norman Klath, Dave Saltzman, Paul Gerard, Judith Goetzmann. Bottom L-R: Barbara Purnell, Billie Emmerich, Jocelyn Helm, Sue Tillet, Joan Girgus



ABOUT THE ENTERTAINMENT

"From the very start of working with Jesse in preliminary conversation to our actual event, every bit was stellar. We would 10/10 Recommend him for your next event or get together!" – Buckeye Partners

ABOUT MENTALIST JESSE DAMERON

Jesse Dameron, a multi-award-winning mentalist, crafts interactive experiences that blend intuition, dry comedy, audience engagement, misdirection, and personality reading, leaving audiences in awe with mystery, laughter, and suspense.

In addition to mentalism, Jesse refined his stage presence through acting classes at Steel River Playhouse and is an active member of three speaking associations. His talents have been showcased on multiple television appearances, including FOX News, capturing the attention of numerous organizations.

Jesse's goal is to create mind-blowing experiences with 100% audience participation, leaving them not just clapping, but gasping in amazement.

His clients include Johnson & Johnson, JLL, UGI Corporation, Henkel Corporation, Radisson Hotel, Costco, RE/MAX, Genesis Healthcare, and many more.



Mentalist Jesse Dameron



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Fee  Only

*Congratulations on 50 years
of making a difference!!*



Congratulations to this year's Leadership Honorees

Past Board Trustees and Executive Directors
Bloomberg Philanthropies
Princeton Area Community Foundation

As the Center For Modern Aging Princeton
Celebrates 50 years of Community Service
and
Looks forward to the next 50 years
of providing the resources and opportunities
for older adults to thrive

Many thanks
to CMAP's outstanding leaders and dedicated staff
and all those volunteers and supporters who give generously
of their time, skills, and treasure
to make this all possible

Norman R. Klath



**Proud Sponsor of the
Center for Modern
Aging Princeton!**

Faegre Drinker celebrates 50 years of improving the lives of Princeton's seniors and applauds the work of the 2024 Leadership Award honorees.

faegredrinker.com

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Thank you, Joan, Susan, Jan and Jocelyn, for your vision, leadership and commitment to older adults in our community.

Thank you to the CMAP staff, you all have the best combination of talent, skills, compassion, and attitude that add up to great performance.

Congratulations to all the honorees for enabling CMAP to help older adults thrive.

Iona and Maurice Harding

**Congratulations on fifty years of impact
on the community.
Here's to the next fifty years
of making a difference**

Barbara Lawrence and Allen Laskin

***Congratulations to all the honorees and thank you
to the Center for Modern Aging Princeton and
generations of its leaders for fifty years of service
to the greater Princeton community!***

Cathy and David Loevner

CMAP COMPASS NEWSLETTER

SCAN ME



Scan the QR code to read about
the latest happenings at CMAP!

**Thank you CMAP for fifty
years of enhancing the lives
of our senior community.**

**You have made the world
a brighter place!**

Mike and Marylou Kenny

***Fifty Years! As we always say –
It seems like yesterday...***

However -

***Instead of aging we are
rejuvenated – new name, new
looks and still the same energy***

Congratulations!

Hazel Stix

***Appreciation to
Jocelyn Helm whose
creative thinking about
aging has benefitted so
many for fifty years!***

THANKS!

Vicky Bergman

We are proud
to support
the Center for
Modern Aging
Princeton.



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MISSION, VISION, & SUPPORT

MISSION

MISSION

The Center for Modern Aging Princeton (CMAP) is a community nonprofit organization that exists to help older adults thrive. We carry out this mission by offering support and guidance to older adults and their families, and by providing vital human connections, compassionate social services, dynamic lifelong learning, and meaningful volunteer opportunities that promote active, healthy, and engaged aging for adults aged fifty-five and above.

VISION

Our vision is to be an indispensable community asset for older adults and their families as they navigate the journey of aging. CMAP envisions a world where older adults embrace aging and are valued for their wisdom, experience, and talent.

VISION

OUR CORE VALUES

OUR CORE VALUES

COMMUNITY INCLUSION STEWARDSHIP EXCELLENCE
COMPASSION INNOVATION PURPOSE JOY

SUPPORT

CMAP, 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.



CELEBRATING THE CMAP STAFF

As we celebrate this remarkable milestone, we honor the dedication, passion, and hard work of the entire staff who have made this journey possible. Your commitment to excellence and service has touched countless lives and made a lasting impact on our community.

This golden anniversary is not just a testament to the years gone by but to the legacy of resilience, innovation, and unwavering purpose that each of you has helped build. Together, we look forward to the next fifty years of continued success, growth, and making a difference in the lives of those we serve.

Here's to the past, the present, and a bright future ahead!
Congratulations and thank you for being the heart and soul
of our organization.

With Appreciation

CMAP BOARD OF DIRECTORS AND EXECUTIVE TEAM



We're *with you.*

Princeton Global is on a mission to make investment management and wealth planning an interesting and engaging experience. We use our knowledge and perspective to enable individuals and multi-generational families to define and achieve their goals.

We're with you as a **partner**, exploring new opportunities and ideas that empower you to build, invest, and protect your wealth in ways that are meaningful to you.

We're with you as **professionals**, sharing our collective knowledge and intergenerational perspectives. We translate the jargon, help you gain hands-on experience, and teach you as much as you want to know.

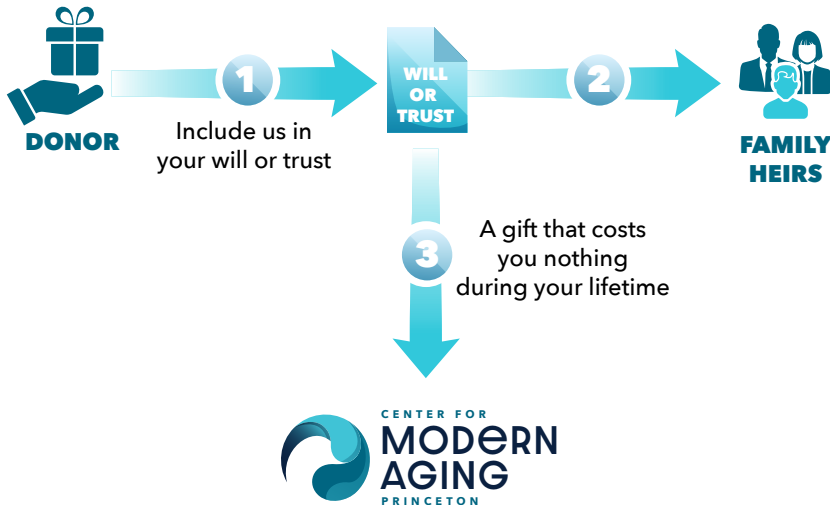
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Gifts from Your Will or Trust



How It Works

Include a gift to CMAP in your will or trust. (Sample bequest language for your will is available.)

Your bequest will support the overall mission of CMAP.

Indicate that you would like a percentage of the balance remaining in your estate or trust, or indicate a specific amount.

Tell us about your gift so we may celebrate your generosity now.

Benefits

- ✓ Your assets remain in your control during your lifetime.
- ✓ You can modify your gift to address changing circumstances.
- ✓ You can direct your gift to a particular purpose (be sure to check with us to make sure your gift can be used as intended).
- ✓ Under current tax law, there is no upper limit on the estate tax deduction for your charitable bequests.

Want to learn more?

Visit us at cmaprinceton.plannedgiving.org or give us a call at 609.751.9699, ext. 103, today and we'll send you some valuable resources that will help you get organized, make your estate plans and arrange a gift that will help to enable us to continue our support for those in need in our community for generations to come.

Now that's a legacy worth leaving!



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- **Medication Support**
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- **24-hour On-Call Services**
- **Thoughtful Engagement**



Thoughtful Engagement.
CONNECT. ENRICH. REJOICE.

NightingaleNJ is a proud supporter of the Center for Modern Aging, a trusted community partner empowering adults for 50 years!

Congratulations to the Princeton Area Community Foundation, Bloomberg Philanthropies, and all of the 2024 Leadership Honorees!

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Sending gratitude to CMAP for getting stronger with each year.

**Adelaide Zabriskie and
OnStage Seniors**

**Congratulations
to the honorees!**

**Here's to fifty more years
of CMAP success!**

Sandy Kurinsky and Michael Katz

**Congratulations to the 2024
honorees for all you do and the
legacy you have each created in
the community.**

**We are a better and stronger
CMAP because of your collective
commitment to serving
older adults.**

**Congratulations on CMAP's
Golden Jubilee, may you thrive
for another fifty years!**

Barbara and Harry Purnell



Congratulations to the 2024
CMAP on its Golden Jubilee
And to the 2024
Leadership Honorees.
A well-deserved honor for all!

From the Orland's Family



The Princeton Area Community Foundation makes more...

senior services
arts and culture
green spaces and environmental action
nutritious meals
health initiatives
disaster relief
strong nonprofits
after school and summer programs
good

...possible

through the power
of collective giving.

Learn how you can help make more possible
at pacf.org/more



In partnership with the
Community Foundation Awareness Initiative

CMAP PROGRAMS AND ACTIVITIES 2024

Bilingual Programs

Bilingual Bingo
Café Français
Discover the World of
Language: ESL Class
Spanish Language Instruction
¡Se Habla Español! Charlas de
Corazón
Tea Social for the Russian
Speaking Community
World Dance: Bollywood / Salsa

Education & Enrichment

Cosmology
EmpowerHer Speaker Series
Estate Planning
Films of Interest
First Friday Films
Full Circle Play Readings
Forgotten Leaders: Exploring
the Legacies of Lesser-Known
Presidents
French Rendez-vous
Haunted History of New Jersey
Library Reads
Literary Café
Live From: Virtual International
Walking Tours
Mastering the Art of Painting
Memoir Writing: Time to Tell
Your Story
Morning Tech Series with the
Princeton Public Library
OnStage Seniors
Palette Play: Oil & Acrylic
Purpose Reimagined:
A Workshop
Scholar Presentations
Special Speaker Series
Technology Lab
Technology Workshops
The Tech Hour: Expanding
Horizons
TED Talks
Unlocking the Art of Elemental
Drawing
Venetian Chronicles: A Virtual
Exploration
Women Composers Prior to the
Twentieth Century
The Wonders of Word Play
(poetry)

Engaged Retirement

Men in Retirement Breakfast
Meetings
Men and Women in Retirement
Monthly Presentations
Women in Retirement Coffee
Klatch
Transition to Retirement

Health & Fitness

Alzheimer's Series
Bird Walk with Winnie Spar
Bollywood Dance Exercise Class
Chair Moves & Grooves
Covid/RSV/Flu Inoculation
Clinics
Covid Vaccination Information
Every Body Walk!
Falls Prevention Day
Fusion Yoga
Healthcare Decisions
Workshops
Health Fair: Tackle Your Health
Long Covid Seminar
Pickleball Court Rentals
Pickleball Instruction
Seated Serenity: Chair Yoga for
Wellness
Solvents & Glue
Table Tennis
Tai Chi
The Feldenkrais Method
Town Hall Meetings on public
health issues
Vaccine Navigators
Zen Mat Yoga: Find Your Center

Intergenerational Programs

GrandPals
GrandPals Pen Pals
Intergenerational Nature Walk
Mad for Art: Paint Night
Seniors for Seniors

Lifelong Learning – Evergreen Forum

Fall 2024 Semester:

2024 Elections: Democracy
at Stake?
All the Fun Your Math Teacher
Left Out
America During the
Obama Years

American Impressionism:
Bucks County Painters
American Short Fiction
Masterpieces
Antebellum America: It Still
Matters
Demystifying New Jersey
Documentary Films
Explore, Engage, and Empower
Geology of the BC Coast
Mountains
Histories of Indigenous Peoples
in America
Introduction to Mindfulness
Practices
Jane Austen, Novels and Films
Magic & Witches in Fiction for
Grownups
Medicine: The History & Mystery
Reading "Lolita" in 2024
Science in the News
Scientific Genius
Sunken Voyage
Supreme Court: Greatest Hits
of 2024
The Evolution of Western Art
To Be Continued...Four
Contemporary Novels
Two Men at Sea
Understanding Cognitive
Behavioral Therapy
Understanding Human
Evolution

Lifelong Learning – Evergreen Forum

Summer Master Class Series 2024:

America's Revolutionary
Tempest
Opera from Extraordinary
Circumstances
Science in the News
The Women Impressionists

Social & Recreational

Amazing Cats: Senior Cat
Adoptions
An Afternoon at the Theater:
"Gene & Gilda"
Around the World Trade Center:
Artist Showcase
Art Shows

Bingo
 Bi-Lingual Bingo
 CMAP Annual Holiday Party
 CMAP Block Party & BBQ
 CMAP Staycation
 Community Without Walls
 Day Trips
 DIY Smoothies & Frozen Yogurts
 Documentaries
 Games Day at CMAP
 How to Date and Make Friends
 Online
 Let's Get Creative: Canvas
 Painting
 Literary Café
 Loteria
 Men & Women in Retirement
 Monthly Presentations
 Music on the Patio
 NJ Symphony Chamber Players
 OnStage Seniors Performances
 Philadelphia Flower Show
 Day Trip
 Poker: Texas Hold'em
 Popular Films
 Senior Citizen Club
 Sound n Joy (musical concert)
 Speed Friending
 The Golden Age of Radio
 Weekly Get-Togethers

**Social Services – Care
Advocacy Assessment**

AARP Tax Assistance
 Caregiver Resource & Support
 Crosstown Transportation
 Services
 Help with Care Planning
 Home Friends Volunteer
 Individual & Family
 Consultations
 Information & Referrals to
 area resources
 Lending Locker
 Resource Library & Database
 Support & Wellness Groups
 Virtual Visitors
 Wellness Groups

Support & Social Groups

Aging Gaily
 Bereavement
 Caregivers
 Clearing Spaces
 Crafter's Corner
 Early-Stage Memory Loss
 Support
 Forever Young (55-65)
 Forget-Me- Not: Dementia
 Caregivers
 Global Conversations

Let's Talk
 Next Chapter (Widow/
 Widower's Support)
 Special Connections: Parents
 of Adults with Unique Needs
 Talk and Tea
 Workshops

**Virtual and In-Person
Volunteer Opportunities**

Community Events
 GrandPals
 Group Facilitation
 Home Friends
 Instructors & Lecturers
 Office Assistance/Reception
 CMAP Development Event
 Support
 Seniors For Seniors
 Skill-Based Projects
 Special Events
 Technology Aides

Help CMAP by donating your car.
 Call 855.500.7433 or 855.500.RIDE
 or visit:

[https://careasy.org/nonprofit/
cmaprinceton](https://careasy.org/nonprofit/cmaprinceton)
 to get started!



THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB

Our well-appointed and roomy Tech Lab welcomes you with brand-new PCs and MAC computers. Stop by to check your email, get some work done, connect with friends and family, or surf the web.

Tech assistance is available three ways: in-person on Fridays, from 2:00 to 4:00 p.m. at our NSK location, in-person on Fridays, from 1:00 to 4:00 at our SPB location, and virtually, Monday through Friday.

To learn more about CMAP's technical assistance, go to our website at <https://cmaprinceton.org/tech-lab/> or to fill out a request form go to <https://engage.cmaprinceton.org/tech-help>.

Congratulations to All Golden Honorees & Team CMAP! Privileged to know Joan Girgus for decades, am notably appreciating her inspiring leadership to our community.

Kerry Peretta

DO YOU KNOW ABOUT THE EVERGREEN FORUM PROGRAM?

The Evergreen Forum provides stimulating daytime study and discussion programs for adults. It encourages active participation for those who enjoy learning for its own sake. Our course leaders are drawn from teachers and other professionals devoted to their subject and wishing to share their enthusiasm. Class formats include in-person, hybrid, or virtual, and technology help is available. We welcome you to discover.

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CURIOSITY**
WITH EVERGREEN FORUM AT CMAP



Learn more at www.cmaprinceton.org/evergreen-forum/.

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*At Peapack Private, we are
committed to supporting the quality
of life of individuals in our communities.*



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CENTER FOR
**MODERN
AGING**
PRINCETON

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DONNA COSGROVE
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LISA ADLER
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