



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

March 2013, Vol. 7, No. 3

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### What Is Your Next Adventure?

Are adventures just for people in their teens and twenties, young people without serious jobs, family commitments, or any physical conditions? Many people in this age group do seem to have exceptional opportunities when it comes to adventures: options to study abroad, volunteer work in other parts of the country, and physical challenges that involve endless miles of walking, running, biking, or hiking.

Something I have learned through working with retirees is that older adults often plan the best adventures. They are often at a point in their lives where they have time and perhaps some money tucked away to plan a really exciting trip. Also, many people who are 60+ are challenging themselves in ways they didn't when they were young adults.

This month's newsletter has information on a "Voluntourism" program, which will explain ways to travel and volunteer at the same time. Your own adventure might be more modest though, like a train ride to an important family event or signing up for one of the Explorations classes this spring. Either way, get ready for something that excites you. Carpe diem, or as the young folks like to say, YOLO (You Only Live Once).

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## **Senior News**

**Direct Deposit of Social Security and Other Federal Benefits** The Treasury Department is phasing out paper check payments and requiring federal benefit recipients to get their money electronically. You can choose to get your payments by direct deposit to a bank or credit union account or to a Direct Express® Debit MasterCard® card account. **You must switch to electronic payments by March 1, 2013.** Sign up for direct deposit or the Direct Express® card by contacting the U.S. Treasury Electronic Payment Solution Center at [www.godirect.org](http://www.godirect.org) or (800) 333-1795. If you do not choose an electronic payment option by March 1, 2013, you will receive your payments via the Direct Express® card so you will not experience any interruption in payment. If you are already receiving your federal benefit payments electronically, this change will not affect you.

**Explorations Spring 2013** Five exciting daytime learning experiences beginning April 1. Cut Off Date March 27. Details on insert.

**FEMA Extends Deadline To Register For Hurricane Sandy Assistance** Survivors of Hurricane Sandy now have until March 1, 2013, to register for disaster assistance through the Federal Emergency Management Agency.

People with storm losses in all counties in New Jersey can register online at [www.DisasterAssistance.gov](http://www.DisasterAssistance.gov) or via smartphone or tablet at [m.fema.gov](http://m.fema.gov). Registration is also available by calling **800-621-3362**, **TTY 800-462-7585** or 711/VRS. The toll-free telephone numbers operate from 7 a.m. to 1 a.m. seven days a week.

**Lions Club Hospital Equipment** is available for immediate delivery or pick-up. Items include: portable commodes, canes, crutches, walkers, toilet seats, side rails for toilets, wheel chairs, and tub rails. Special equipment can be available within a few days of a request. All items available at no charge. For more information, contact George Sciarrotta of the Hopewell Valley Lions Club at (609)737-3540.

**New State Law Requires Motorists to Renew Parking Placards** A new state law will require motorists to renew handicapped parking placards. Under the previous law, handicapped placards had no expiration date. As a result, people who received a tag while temporarily disabled could continue to use the tag when it was no longer needed. But the new measure requires permanent-disability windshield placards to be renewed every three years. Placards now in use are to be replaced over a three-year period.

**Recreation Survey for Disabled Residents** To residents of Hopewell Township, Hopewell Borough, and Pennington Borough, ages 3-103, who have a disability: Take the Hopewell Valley Special Needs Advisory Committee (HVSNAC) Survey by going to <http://www.hovalreksurvey.com/> !!! Results of this survey will hopefully bring more recreation opportunities to disabled residents!

## Special Events for March 2013

**Brown Bag Luncheon: Explorations Preview** Friday, March 1, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Teachers from this Spring's Explorations Classes will discuss their upcoming courses. Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. **Register by calling 737-1221, ext. 10.**

**Having Fun With Your iPad** Tuesday, March 5, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Whether you own an Apple iPad tablet computer or are simply wondering what you could do if you did, this presentation is designed for you. Join Mary Kay Podlecki as she explores some of the iPad's specific capabilities and applications. No registration required.

**Philadelphia Flower Show** Thursday, March 7, 9am-4pm. Meet at Independence Park. The theme for the 2013 show is a "British Invasion." The culture and horticulture of England take over. Lunch is on your own at the Convention Center or a stroll across the street to the Reading Terminal Market. \$49 per person (\$45 for HT residents). **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

**Let's Chat** Friday, March 8, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

**Book Club** Monday, March 11, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on *The Tender Bar: A Memoir* by J.R. Moehringer. Some copies of the book are available at Hopewell Branch of the Mercer County Library. First time pre-registration encouraged by contacting Hopewell Valley Senior Services at 737-0605, ext. 692. or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Voluntourism** Monday, March 11, 7-8:30pm at the Hopewell Valley Senior Center. Combine travel and service and see the world in a new light. The presenter will be Carol King of the Engaged Retirement & Encore Careers Center. No registration required. For more information, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Tech Time** Tuesday, March 12, 3-4pm at the Hopewell Branch of the Mercer County Library. Would you like to learn how to use your new laptop? Attach a photo to an email? If you answered yes to any of these questions or have other technology questions, stop in for tech help from local teens. This is a Generation Connection program. **Registration required by 3/8.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Knitting and Crocheting Group** Wednesdays March 13 and 27 from 1:30-3:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Bring your own project, pattern, and materials. All ages and skill levels welcome. Pre-registration encouraged by calling 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**AARP Tax-Aide** Monday, March 18 and 25, 1:30-4:30pm at the Hopewell Valley Senior Center. Assistance filing income tax is provided by local AARP volunteers. Residents are asked to bring all relevant financial information and tax forms to their appointments. **Appointments are required by calling 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).**

**Cedar Ridge Walk** Tuesday, March 19 (rain date is 3/21), 10-11:30am. Meet in parking lot off of Van Dyke Rd. in Hopewell Township. The group will set the place. No registration required. Bring comfortable shoes and water. For more information or directions, contact Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Common Problems of the Foot and Ankle** Wednesday, March 20, 10:30-11:30am at the Hopewell Valley Senior Center. Donna M. Barrese (board certified in podiatry) of Princeton HealthCare System will be the presenter. No registration required.

**Contact Reassurance** Wednesday, March 27, 10:30-11:30am at the Hopewell Valley Senior Center. Learn about this program that utilizes volunteers to provide a free daily outreach telephone call to senior citizens who live alone to check if they are okay or are in need of emergency services. Also, a great talk for people looking for a fulfilling volunteer opportunity. No registration required.

**Movie: Argo** Wednesday, March 27, 1:30-3:30pm at the Hopewell Branch of the MCL. A 2012 American thriller directed by Ben Affleck. Follows the story of a CIA agent leading the rescue of six U.S. diplomats in Tehran, Iran during 1979. For more information, contact the library at 737-2610.

*Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.*

## Ongoing Programs

**Artists' Choice** will meet on March 5, 12, and 19 this month from 1-4pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. This group is facilitated by local artists, Bob Barish and Sue Ewart. Participants should bring their own supplies and projects. Critiques are available upon request. For more information call 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Bingo** First Wednesday of the month, 10:30-11:30am at the HV Senior Center. No registration required.

**Blood Pressure Screening** First Tuesday of the month, 10-11am at the HV Senior Center. *There is no blood pressure screening at the township building in March.*

**Bridge** Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. \$4. **First time pre-registration required by calling (609)737-3753.**

**Folding** Meets the third Friday of the month, 1pm at the HV Senior Center, 395 Reading St. in Pennington. Help us get ready for next month by volunteering to fold the newsletter. Refreshments will be provided. For more information call (609)737-0605, ext. 692.

**Healthy Bones** Every Monday at 10:am at St. Matthew's Church, 300 South Main St. in Pennington. Call for 466-2324 for information. Also every Monday and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Brought to you by the Healthy Bones volunteers and the Hopewell Township Health Department. Free. For more information call (609)737-0120, ext. 638.

**Hopewell Valley Leisure Club** . Social club, including activities and speakers for Valley seniors. The club meets the first Tuesday of every month at 11am at St. Alphonsus Church in Hopewell. For more information, please call 466-0657 or 466-0761.

**Hopewell Valley Veterans Association** Meets quarterly at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd in Titusville. A meeting of area veterans and community members to establish and promote cooperation and understanding among veterans and community members. For more information, email [information@hopewellvalleyveterans.org](mailto:information@hopewellvalleyveterans.org).

**Lunch** Monday-Friday, 11:45am at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. . Call the Mercer County Nutrition Project at 989-6650 for information or the senior center from 9am-1pm at 737-3855 to register. Meals must be reserved three days in advance. Suggested donation.

**Mahjongg** Thursdays, 1:30-3:30pm at the HV Senior Center. Weekly Mahjongg. Beginners welcome to attend and shadow experienced players. Free. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692.

**Senior Advisory Board Meeting** is the third Wednesday of the month at 2pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. The Senior Advisory Board seeks to enrich the quality of life for Hopewell Valley Seniors. The public is encouraged to attend. Refreshments served. For more information call (609)737-0605, ext. 692.

*Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.*

**Next step: Engaged Retirement & Encore Careers**



# **VOLUNTOURISM**

**Combine travel and service and  
see the world in a new light**

**Carol King**

Director, Next Step: Engaged Retirement & Encore Careers

**Voluntourism** combines voluntary service to a destination and its people with the traditional elements of travel and tourism - arts, culture, geography, history, and recreation. You will learn about a different country and culture, and come home with a different perspective on your own culture.

**March 11, 7 pm**

Hopewell Valley Senior Center,  
395 Reading St. in Pennington. For information,  
call Abigail Waugh at (609)737-0605, ext. 692.

**A program of PSRC:  
the Princeton Senior Resource Center**



**Save the Date**

Tuesday, April 23, 2013 at 6pm

**Rightsizing: Handling the Physical and Emotional  
Aspects of Downsizing**

*At the Hopewell Valley Senior Center*

[www.hvseniors.org](http://www.hvseniors.org)

Hopewell Valley Senior Services  
201 Washington Crossing-Pennington Rd.  
Titusville, NJ 08560

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