

February is
American Heart Month



Look inside for free health screenings!

Visit us online at www.hopewelltp.org, click on "Senior Citizen News."

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

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Senior Spirit

Hopewell Valley Senior Services Newsletter

February 2008, Vol. 2, No. 2

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Matters of the Heart

February is a month when we are surrounded by messages about love. Flowers, chocolates, and pink greeting cards abound. I want to ask you this year to do something really loving and lasting for your sweetheart, children, and other family members. I want you to make sure you're prepared for the future. Here are some questions to ask yourself and discuss with your family:

1. What kind of treatment do I want if I got sick? Does my family know my thoughts on this? Have I put it in writing in the form of advance directives, a living will and/or durable power of attorney?
2. Are my finances in order? If I have been managing financial matters for my spouse would he or she know what to do if something happened to me? Is there another relative that I would like to manage my financial affairs if I were no longer able to?
3. Have I organized important documents in a safe place? Do family members know where they are? Do I have a file of life card with important medical information on my refrigerator in case of an emergency?

The best time to ask these questions and talk with your family is now, regardless of your age or health status. Consider talking to a lawyer about or I am always happy to give you more information on any of these issues. It may not be the most romantic gift you ever give your Valentine or the most exciting present for your children or other relatives, but it may be the most important one. There's also a gift in it for you: peace of mind.

Abigail Waugh

Hopewell Valley Senior Services Coordinator

Ongoing Programs

Blood Pressure Screenings First Tuesday from 10am-noon at the HV Senior Center, 395 Reading Ave. in Pennington, third Wednesday from 9-10:30am at HT municipal building 201 Wash. Crossing-Pennington Rd. in Titusville, and fourth Tuesday from 10-11am at Mercer County Library, 245 Pennington-Titusville Rd. For more information call (609)737-0120.

Bridge Every Tuesday at 1pm at St. Matthews Church, 300 South Main St. in Pennington. No pre-registration required. \$3. For more information call (609)737-3753.

Folding Third Friday of the month, 1pm at the HV Senior Center, 395 Reading Ave. 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 11am and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Every Monday at 10am at St. Matthew's Church, 300 South Main St. in Pennington. Brought to you by the Healthy Bones volunteers and the Hopewell Township Health Department. Free. For more information call (609)737-0120.

Hopewell Valley Leisure Club-First Tuesday of every month, 11am at St. Alphonsus Church, 54 East Prospect St. in Hopewell Borough. Social club, including activities and speakers for Valley seniors. For more information, please call (609)466-0761.

Hopewell Valley Veterans' Association-Last Monday of every month, 5pm 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.

Knitting at Bear Tavern-First and third Wednesday of every month, except school holidays, 7:30-8:30am at Bear Tavern Elementary School. Help students learn how to knit. Students will create baby caps for local newborns. **Registration required.** For more information call (609)737-0605, ext. 692.

Lunch Monday-Friday, 11:45am at the Hopewell Valley Senior Center, 395 Reading Ave. in Pennington. The Mercer County Nutrition Project for the Elderly provides older persons with nutritionally balanced and appetizing meals that are served in centers that unite people for activities and social contact. Transportation available through TRADE. Call the Mercer County Nutrition Project at (609)989-6650 for information. Meals must be reserved three days in advance. Suggested donation. Come earlier to play cards!

Mahjongg Thursdays, 2:30-4:30pm at the HV Senior Center. Monthly 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-Third Wednesday of the month at 2pm, at the Hopewell Valley Senior Center, 395 Reading Ave. in Pennington. The Senior Advisory Board seeks to enrich the quality of life for Hopewell Valley Seniors by promoting activities and services that enhance their dignity and independence and encourage community involvement. Open to the public. 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.

Special Events for February 2008

Free Blood Pressure Screenings Friday, February 1, 11am-1pm at the Pennington Quality Market. Hopewell Township Health Department will be providing screenings as part of the American Heart Association's *Wear Red for Women Day*. Men and women of all ages welcome at screening, but don't forget to wear red!

Cons, Scams, and Other Dirty Tricks Friday, February 1, 12:30pm at Pennington Presbyterian Church in Pennington. Hopewell Township Police Chief, George Meyer will be discuss safety issues. Please bring your own lunch. Beverages and desserts are provided. Free and open to the public.

Culinary Institute of America Thursday, February 7, 7am-5pm. Join the Hopewell Valley Parks and Recreation Department for a guided tour of the famed Culinary Institute. \$60. **Pre-registration required.** For more information call (609)737-3753.

Free Blood pressure & Glucose Screening Monday, February 11, 9:30-11:30am at the YMCA Gym 425 South Main Street in Pennington. Brought to you by Hopewell Valley YMCA and Capital Health System. Call the Hopewell Valley YMCA to register at 609-737-3048.

Birthday Breakfast Is your birthday in January, February, or March? If so, call the Recreation Department at (609)737-3752 for your invitation to the quarterly birthday breakfast on 2/15/07.

Perspectives Group Thursday, February 21, 1-2:30pm at the Hopewell Valley Senior Center. This month the group will be discussing ways to advocate for yourself with doctors and other medical professionals. We'll brainstorm how to talk to your doctor about medications and how to get the respect you deserve when discussing treatment options. We'll have a special guest who will give us an inside perspective on navigating the medical system and what to do in an emergency. No registration required. For information, call (609)737-0605, ext. 692.

AARP Tax-Aide Monday, February 25, 1-4pm at the Hopewell Valley Senior Center

Monday, March 3, 1-4pm at the Hopewell Valley Senior Center

Monday, March 17, 1-4pm at the Hopewell Valley Senior Center

Monday, April 7, 1-4pm at the Hopewell Valley Senior Center

Assistance filing income tax is provided by local AARP volunteers and is for low and middle-income taxpayers with special attention to those age 60 and over. Residents are asked to bring all relevant financial information and tax forms to their appointments. **Appointments are required.** Please call (609)737-0605, ext. 692 to make an appointment or for more information.

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

February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All events to take place at Hopewell Valley Senior Center at 395 Reading Ave. in Pennington, unless marked in bold.	<u>Location Guide</u> CHS-Central High School HG-Hopewell Gardens HVGC-Hopewell Valley Golf Club HTB-Hopewell Township Building MCL-Mercer County Library, Hopewell Branch PPC-Pennington Presbyterian Church	PQM-Pennington Quality Market SAC-St. Alphonsus Church SMC-St. Matthews Church TMS-Timberlane Middle School VM-Veterans Memorial <i>For directions please call (609)737-0605 ext. 692.</i>		1 11-BP (PQM) 11:45-Lunch 12:30-Cons (PPC)	2
3	4 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	5 Lunch and BP Cancelled for Primary Elections 11-Leisure Club (SAC) 1-Bridge (SMC)	6 11-Healthy Bones (HTB) 11:45-Lunch	7 7-Culinary Institute 11:45-Lunch 2:30-Mahjongg	8 11:45-Lunch	9
10	11 9:30-BP (YMCA Gym) 10-Healthy Bones (SMC) 11-Healthy Bones (HTB)	12 No Lunch-Lincoln's Birthday 1-Bridge (SMC)	13 11-Healthy Bones (HTB) 11:45-Lunch	14 11:45-Lunch 2:30-Mahjongg	15 9-Birthday Breakfast (HVGC) 11:45-Lunch 1-Newsletter folding	16
17	18 President's Day No Programs	19 11:45-Lunch 1-Bridge (SMC)	20 9-BP(HTB) 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board	21 11:45-Lunch 1-Perspectives 2:30-Mahjongg	22 11:45-Lunch	23
24	25 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-Tax-aide	26 10-BP(MCL) 11:45-Lunch 1-Bridge (SMC)	27 11:45-Lunch	28 11:45-Lunch 2:30-Mahjongg	29 11:45-Lunch	30

Senior News

Encore Binders-Are you looking for work? Have you always wanted to try something new now that your retired? Looking for a little extra cash? An interesting volunteer position? More and more retirees are looking for an “encore career,” either for income or to stay active. Hopewell Valley Senior Services is starting up a binder full of paid jobs and unpaid volunteer positions for older adults. The binder will be available starting in January in the senior services coordinator’s office in the Hopewell Township Building. For more information, please contact Senior Services at (609)737-0605, ext. 692.

Lifeline Utility Assistance Program-NJ Residents, 65 and older who have an annual income of less than \$22,572 if single or less than \$27,676 if married may be eligible for help with their utilities. For more information, call toll free **1-800-792-9745**.

Looking for Help with Odd Jobs?-If you are interested in hiring a high school student for jobs around your home and yard, you may post an advertisement by calling Senior Services at 737-0605, ext. 692. Your ad will be posted on a bulletin board in the high school and interested students may contact you. Keep in mind that there is no guarantee that any particular job will be filled and postings will be removed after two months.

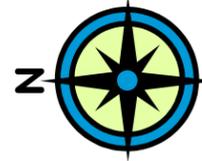
Mercer County Surrogate -The Mercer County Surrogate is available to assist residents with the following services: probate or administration of an estate, adoption filing, appointment of incapacitated persons, appointment of guardian of property for minor funds, review of formal accountings, contested probate filings, as well as marriage ceremonies. The Surrogate is at the Pennington Municipal Building on the second Thursday of every month and at the Hopewell Township Municipal Building on the third Friday of every month, from 9:30-11:30am. Call (609)989-6336 for appointments.

New Jersey Writers Society will hold their second meeting on Tuesday, February 26 from 6 to 8:30 pm at the Hopewell Branch of the Mercer County Library. This group is designed to provide support and encouragement for writers in all genres. Registration is recommended but not required by calling 737-2610.

Wish you knew more about what's happening in the local schools? Join an e-mail list! General district news -- not just individual school news -- is distributed through the lists affiliated with all six schools. To join, visit <http://www.hvrstd.k12.nj.us/forms/maillistsubmit.asp>.

Yoga Series on Wednesdays, February 6, 13, 27 and March 5 from 7:30 to 8:30 pm at the Hopewell Branch of the Mercer County Library. Please call the library at 737-2610 to register.

Around the Valley



Direction to Hopewell Valley Senior Center 395 Reading St. (also called Reading Ave.)

From Hopewell Borough/Northern Part of Hopewell Township:

Get on Route 31 South. Upon entering Pennington Borough, turn left onto Delaware Ave. at traffic light. Continue on Delaware past the Pennington School. Make a right onto Burd St. Continue on Burd for three blocks and then make a right onto W. Welling Ave. When W. Welling Ave. ends, make a right onto Reading St. The Senior Center is #395 Reading St. on the right hand side.

From Southern Part of Hopewell Township:

Take Route 31 North. At the Pennington Circle, bear right onto Pennington Rd. Continue on Pennington Rd., which turns into South Main Street. After passing the Hopewell Valley Region School District Administration building, make a left onto W. Welling Ave. When W. Welling Ave. ends, make a right onto Reading St. The Senior Center is #395 Reading St. on the right hand side.

The center is located on a residential street. Speed limit on Pennington Borough streets is 25 MPH. Please be mindful of children walking and playing in area.