



Hopewell Valley Night at the Waterfront:

Trenton Thunder vs. Reading Philadelphia Phillies

Friday June 15, 7:05pm, \$5 for seniors



Please make checks payable to *Hopewell Valley Municipal Alliance* and mail with a full-size self-addressed stamped envelope to 201 Washington Crossing-Pennington Rd., Titusville, NJ 08560. *Tickets must be ordered no later than May 11. Tickets will be mailed to you the week of June 4th.*

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

May 2007, Vol. 1, No. 5

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Making Choices for a Healthier Future

May is Older Americans Month! Since 1963, the United States government has used May as an opportunity to acknowledge the contributions of current and past citizens 65 and over. While it's hard to keep up with all the various days and months that are designated for different causes, I think this one is worth noting.

The theme this year is "Making Choices for a Healthier Future." I believe this speaks to the power older residents have in regards to making decisions about their own future well-being. As your senior services coordinator, I hope to keep you informed about some of your options in regards to wellness, housing, transportation, civic engagement, and recreation.

I am available for individual appointments to talk about various services and programs. This month, please consider coming to the Caregiver Series (see p. 7) at the senior center. These talks are geared towards people who are helping to take care of others, but they are also for people who are looking for services for themselves. My goal is to get you as much information as you need about senior services. At the end of the day, though, the choices are yours.

Abigail Waugh
Hopewell Valley Senior Services Coordinator

Ongoing Programs

Artists' Choice Every Wednesday from 1-3pm at the HV Senior Center, 395 Reading Ave. in Pennington. Informal art workshop with facilitator. Bring your own materials. No pre-registration required. Free. For more information call (609)737-0605, ext. 692.

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 1:30pm and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Every Monday at 10:30am 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.

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!

Senior Advisory Board Meeting Third Wednesday of the month at 2pm, Mercer County Library, Hopewell Branch. 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. 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 May 2007

Mahjongg Thursday, May 3, 1-3pm at the HV Senior Center. Monthly Mahjongg group forming. Beginners welcome. Instruction available. Free. **Pre-registration required.** For more information call (609)737-0605, ext. 692.

Historic Lower Manhattan Thursday, May 3, 8am-6pm. Join the Hopewell Valley Parks and Recreation Department for the third tour of their New York City series. \$50. **Pre-registration required.** For more information call (609)737-3753.

Laughter, The Miracle Drug Friday, May 4, 10:45am-11:30am at the HV Senior Center. Kara Todd of Greater Trenton Behavioral Health's Senior Well-Being Program will give a workshop on the importance of humor. Free. No registration required. For more information call (609)737-0605, ext. 692.

Friday with Friends Friday, May 4, 1-3pm at the HV Senior Center. Grab your scrabble board and playing cards for an afternoon of games. Refreshments provided. Free. No registration required. For more information call (609)737-0605, ext. 692.

Stitch Group Tuesday, May 8, 1-3pm at the HV Senior Center. Looking for company while you work on a knitting, crocheting, or stitching project? Great for beginners and experienced alike. Must bring own project and materials. Experienced volunteer will be available to answer questions. Free. Pre-registration encouraged. For more information call (609)737-0605, ext. 692.

Maintaining Strength and Function Wednesday, May 9, 10am-12pm at Hopewell Train Station. Join James McCracken, PT, CEES, Physical Therapist and Coordinator at the University Medical Center at Princeton's Out-patient Rehabilitation Network for a demonstration on weight training, strengthening exercises and other tips for exercising as you age. Free. Pre-registration encouraged. For more information call (609)737-0605, ext. 692.

Timberlane Middle School Luncheon Wednesday, May 9, 1pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and local businesses. Free. **Pre-registration required.** For more information call (609)737-3753.

Birthday Breakfast Is your birthday in April, May, or June? If so, call the Recreation Department at (609)737-3752 for your invitation to the quarterly birthday breakfast on 5/11/07.

Atlantic City Bally's Casino Tuesday, May 15, 8:30am-6:30pm. Join the Hopewell Valley Parks and Recreation Department for a trip to Bally's Hotel and Casino in Atlantic City. \$20. **Pre-registration required.** For more information call (609)737-3753.

Perspectives Thursday, May 17, 1-2:30pm at the HV Senior Center. What are your thoughts on current events? How do you envision Hopewell Valley in the future? What has your past taught you about the present? Share your thoughts on these topics and more at the first meeting of a new, friendly discussion group. Refreshments served. Free. Pre-registration encouraged. For more information call (609)737-0605, ext. 692.

Pennington Day Saturday, May 19th. Look for the Senior Services Coordinator, the Senior Advisory Board, and F.I.S.H at Pennington Day for information on senior services, volunteer opportunities, and transportation.

Ribbon Cutting Ceremony Saturday, May 26, 10am at the Hopewell Valley Veterans Memorial.

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

May 2007

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.	1 10-Blood Pressure 11-Leisure Club (SAC) 11:45-Lunch 1-Bridge (SMC) 7-Home Care Decisions	2 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice	3 8-Lower NYC Trip 11:45-Lunch 1-Mahjong	4 10:45-Laughter 11:45-Lunch 1-Friday With Friends	5
6	7 10:30-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	8 11:45-Lunch 1-Bridge (SMC) 1-Stitch Group 7-Long Term Care Planning	9 10-Maintaining Strength (TS) 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice 1-Timberlane Lunch (TMS)	10 11:45-Lunch	11 9-Birthday Breakfast (HVGC) 11:45-Lunch	12
13	14 10:30-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	15 8:30-AC Trip 11:45-Lunch 1-Bridge (SMC) 7-State Health Insurance Program	16 9-BP(HTB) 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice 2-Senior Advisory Board (MCL)	17 11:45-Lunch 1-Perspectives	18 NO LUNCH 1-Newsletter folding	19 Pennington Day 
20	21 10:30-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	22 10-BP(MCL) 11:45-Lunch 1-Bridge (SMC) 7-Taking Care of You	23 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice	24 11:45-Lunch	25 11:45-Lunch	26 10-Ribbon Cutting Ceremony-VM
27	28 Memorial Day <i>No Lunch</i>	29 11:45-Lunch 1-Bridge (SMC) 7-Understanding Memory Loss	30	31	<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	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>

Senior News

Affordable Housing-There is still affordable housing available at Hopewell Gardens at 725 Denow Rd. in Hopewell Township. One and two bedroom apartments are available for people 55 and over and younger people with disabilities. Wheelchair-accessible units available. Access to public transportation. Call (609)466-5764 for more information or a tour.



Book Delivery for Homebound Residents-Members from Hopewell Valley Emergency Services are available to deliver print and audio books from the Mercer County Library. This service is available to all Hopewell Valley residents who have difficulty leaving their homes due to a disability or chronic medical problem. Hopewell Valley Emergency Services will also check smoke detectors and replace batteries upon request. For more information call (609)737-0605, ext. 692.

Canasta-Are you interested in playing Canasta? A group is looking to start playing on a regular basis. Please call (609)737-0605, ext. 692 for more information.

Computer Classes-Free beginner computer classes are available to seniors through CP of NJ's Senior Sense Program. The free ten-hour training is geared toward introducing new users to computers in order to keep them connected and active in the community. Call (609)737-0605, ext. 692 for times and availability.



F.I.S.H. (Friends in Service Here) is a local network of volunteers that has been helping people in this area since the early 1970's. FISH is *the* "Meals on Wheels" provider for Hopewell Township and the boroughs, and also helps arrange rides to doctor appointments. Most FISH volunteers help once or twice a month by delivering meals, driving people to doctor appointments, or by answering our phone line which is call forwarded to a different volunteer's home each weekday. **If you would like more information about the services that FISH provides, or if you are interested in exploring a volunteer opportunity, call FISH at (609) 737-9123.**

Health Fair-The Health Fair scheduled for 4/17/07 at Hopewell Gardens was postponed due to poor road conditions. The event will be rescheduled. Check for new date in next month's newsletter. Sorry for any inconvenience.

Wish List-Senior Services is looking for gently used card tables, scrabble sets, and craft items. If you have any of these items and are interested in donating them, please call (609)737-0605, ext. 692.

Around the Valley

CAREGIVER SERIES EVERY TUESDAY IN MAY



Making Home Care Decisions, May 1, 7-8pm

Barbara Bristow, LCSW of Senior Care Management will explain various options for home care and care management. Ideal for older adults interested in remaining in their homes and caregivers who need additional help caring for their loved ones.

Long Term Care Asset Preservation, May 8, 7-8pm

Attorney James E. De Martino will discuss finding long-term care options while protecting assets within the framework of the law. Seniors and caregivers are encouraged to attend and ask questions about this important topic.

State Health Insurance Assistance Program, May 15, 7-8pm

Shirley Roberts, a Community Educator at Robert Wood Johnson Hamilton and coordinator of the State Health Insurance Assistance Program (SHIP) in Mercer County, will give an overview of Medicare in New Jersey. The information provided will be useful for both older adults and caregivers who would like to expand their knowledge on the subject.

Taking Care of You: A Focus on Caregiver Well-Being, May 22, 7-8pm

Too busy taking care of your loved one to take care of yourself? Dr. Lucille Esralew, a Consulting Psychologist for Princeton Healthcare System specializing in geropsychology and clinical neuropsychology will discuss meeting your own needs while providing for your relative.

Understanding Memory Loss, May 29, 7-8pm

Eileen E. Doremus, a Support Group Services Coordinator for the Alzheimer's Association of New Jersey will review the differences between normal age-related memory changes and abnormal changes that are associated with Alzheimer's disease or a related dementia disorder.

Series is free and will take place at Hopewell Valley Senior Center
395 Reading Ave., Pennington
Pre-registration encouraged, but walk-ins welcome. Call (609)737-0605, ext. 692.