

Save the Date:
 Monday, July 9th at 1 p.m.
 Hopewell Township Municipal Building

***Standing Strong:
 Protecting Your Bones from Osteoporosis***

A lecture by Dr. Gina Del Giudice

Visit us online at www.hopewelltpw.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

June 2007, Vol. 1, No. 6

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A Conversation About Transportation

Transportation is something that a lot of us take for granted. We get into our cars and drive where we want to without a second thought. People who are able to drive themselves often do not think about what it's like to be a non-driver until they themselves can no longer drive. I think it's important for all of us as individuals and community members to start asking ourselves a really tough question, "what are my options if I can no longer drive"?

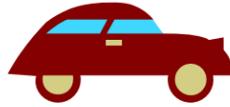
People who have had to give up driving recently or who never drove in the first place think about this issue all the time. For the rest of us it's the elephant in the room. We all know the possibility is there, but we don't want to talk about it. Complicating things even more, is that everyone would answer the question a little differently depending on their circumstances.

This is a conversation worth starting **today**. Start talking with your friends and family. If you are a driver, reach out to someone who does not drive and find out how they manage. Maybe you want to think about how you could help out people who do not drive, either informally (picking something up for a neighbor, taking a family member on an outing) or formally (volunteering for F.I.S.H. or RideProvide). If you're not a driver, maybe it's time to let people in your circle know about your experience.

There are no easy answers here, but it's always easier to get answers once you start the conversation.

Abigail Waugh
 Hopewell Valley Senior Services Coordinator

June 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.	<u>Location Guide</u> CHS-Central High School HG-Hopewell Gardens HVGC-Hopewell Valley Golf Club HTB-Hopewell Township Building MCL-Mercer County Library	PPC-Pennington Presbyterian Church SAC-St. Alphonsus Church SMC-St. Matthews Church TMS-Timberlane Middle School <i>For directions please call (609)737-0605 ext. 692.</i>		1 11:45-Lunch 1-Friday With Friends	2
3	4 10-Healthy Bones (SMC) 11:45-Lunch 1-Money Smart Child 1:30-Healthy Bones (HTB)	5 7-Longwood Gardens Trip 10-Blood Pressure 11-Leisure Club (SAC) 11:45-Lunch 1-Bridge (SMC)	6 10:45-Stress Management 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice	7 11:45-Lunch 1-Mahjongg	8 11:45-Lunch	9
10 	11 10-MVC Mobile Day (TS) 10-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	12 11:45-Lunch 1-Bridge (SMC) 1-Stitch Group	13 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice	14 11:45-Lunch	15 11:45-Lunch 1-Newsletter folding	16 7:30am-Baltimore Trip
17	18 10-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	19 9-Health Fair (HG) 11:45-Lunch 1-Bridge (SMC)	20 9-BP (HTB) 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice 2-Senior Advisory Board	21 11:45-Lunch 1-Perspectives	22 11:45-Lunch	23
24	25 10-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB) 2-NJLBH (MCL)	26 10-BP (MCL) 11:45-Lunch 1-Bridge (SMC)	27 11:45-Lunch	28 11:45-Lunch	29 11:45-Lunch	30

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.

Help for People Affected by April Nor'easter Volunteers are on hand to help New Jersey residents clean their flood damaged homes after the April nor'easter storm. Priority is being given to the elderly, disabled and others who have circumstances that make cleanup difficult. Residents who would like to request free home cleanup should call 2-1-1. All residents affected by the April storms and flooding are urged to register with the U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA) by calling 1-800-621-FEMA (3362) or TTY 1-800-462-7585 for the speech and hearing impaired. New Jersey residents may also register online at www.fema.gov.



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.**

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

Swing Into Spring Gala

April 28, 2007



Above: A view of the Atrium at Merrill Lynch during the band's break.

A Special Thanks To . . .

The Youth Advisory Committee, teen volunteers, and musicians
Merrill Lynch and Sodexo Catering
Stony Brook Assisted Living, Hopewell Valley Community Bank, and Pennington Quality Market
Hopewell Valley Municipal Alliance
Hopewell Valley Parks and Recreation
Special advisors: Ellen Cunningham, Michael DeVincenzo, Robert Gandolfini, Lawrence Mansier, Barbara Pratt, Paul Schlenk, Blanche and Albert Segal
Jane Petrie and Connie Dixson of F.I.S.H.

. . . For a Wonderful Evening!

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 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.

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 First Thursday of the month, 1-3pm at the HV Senior Center. Monthly Mahjongg group forming. Beginners welcome. Free. **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, 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 June 2007

Friday with Friends Friday, June 1, 1-3pm at the HV Senior Center. Calling all scrabble and canasta players to attend this informal afternoon of game playing. All skill levels welcome. Refreshments provided. Free. No registration required. For more information call (609)737-0605, ext. 692.

How to Raise a Money-Smart Child Monday, June 4, 1-2pm at the HV Senior Center. Alex Jenkins of Edward Jones will present a free seminar on how to teach your grandchild about financial goal-setting and self-discipline and the basic of making wise money choices. **Pre-registration required** by calling (609)818-1682.

Longwood Gardens Tuesday, June 5, 7am-5pm. Join the Hopewell Valley Parks and Recreation Department for a springtime visit to the world's premier horticultural display garden. This "Senior Day" will offer a variety of special programs, demonstrations and concerts, including Flower Arranging and a Cooking Demonstration. \$50. **Pre-registration required.** For more information call (609)737-3753.

Stress-Be-Gone Wednesday, June 6, 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 stress management. Free. No registration required. For more information call (609)737-0605, ext. 692.

Mobile Motor Vehicle Commission Day Monday, June 11, by appointment at the Hopewell Train Station at 2 Railroad Ave. in Hopewell Borough. Is your driver license expiring in the next six months? Do you want to upgrade to the new digital license? Are you looking for a non-drivers id? The Motor Vehicle Commission's mobile unit will be in Hopewell for the day to provide these services. **Appointments required.** For more information call (609)737-0605, ext. 692.

Stitch Group Tuesday, June 12, 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.

Baltimore Inner Harbor Saturday, June 16, 7:30am-8:30pm. Join the Hopewell Valley Parks and Recreation Department for a trip to the magnificent Baltimore Inner Harbor, including a visit to the National Aquarium and several hours to enjoy on your own. \$65. **Pre-registration required.** For more information call (609)737-3753.

Health Fair Tuesday, June 19, 9am-12pm at Hopewell Gardens, 725 Denow Rd. in Hopewell Township. Free health screenings (including blood pressure, glucose, cholesterol) and wellness information provided by Princeton HealthCare System, Hopewell Township Health Department, Hopewell Valley Emergency Services, Your Resource Inc., Enable Inc., and the Mercer County Nutrition Project. Free. No registration required.

Perspectives Thursday, June 21, 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.

New Jersey Library for the Blind and Handicapped(NJLBH) Monday, June 25, 2-3pm at the Hopewell Branch of the Mercer County Library. Anne McArthur, Head of Audiovision & Outreach for NJLBH will talk about free services available to NJ residents who have difficult reading standard print. Free. Pre-registration encouraged. For more information call (609)737-0605, ext. 692.

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