

Hopewell Valley Senior Citizen's Picnic

Thursday, September 6, 2007, 12-3pm

(Rain Date, Friday, September 7)

Save the Date!



Look for your invitation by mail.

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

August 2007, Vol. 1, No. 8

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Summer Delights

I have enjoyed hearing from many of you about your upcoming adventures for the summer. Plans include: working in the garden, spending time by the pool or the ocean, hosting grandchildren, visiting friends and relatives, and attending family functions. Sounds good to me!

You will notice in this month's calendar there are a lot fewer programs. This is based on your feedback about your other priorities this month. I hope you will enjoy reconnecting with the important people in your life as well as getting to spend some time relaxing on your own.

I also hope you keep in mind some of the local entertainment available during the summer, like the concerts in Hopewell's Gazebo Park. In addition, your local libraries are great places to find a good book and cool off. For more tips on ways to keep cool, check out p. 7.

This time of year makes me think of porches and lemonade, but I am also reminded that it was at this time last year that I was offered the position as your senior services coordinator. I'd like to take this opportunity to thank you for making it a wonderful year for me. You have given me so many ideas and suggestions, volunteered your time, and attended programs and events. I am grateful for all your support and look forward to working together in the future on programs and services for senior residents.

I hope to see you all at the annual Senior Citizen's Picnic on Thursday, September 6 in Washington Crossing State Park. Stay tuned for more details!

Abigail Waugh

Hopewell Valley Senior Services Coordinator

August 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Location Guide</u> GP-Gazebo Park in Hopewell Borough HTB-Hopewell Township Building HVGC-Hopewell Valley Golf Club MCL-Mercer County Library SAC-St. Alphonsus Church SMC-St. Matthews Church WX-Washington Crossing State Park			1 9:30-Plein Air Painting (WX) 11:45-Lunch	2 11:45-Lunch 7-Spiritual Intelligence (MCL)	3 9-Birthday Breakfast (HVGC) 11:45-Lunch 7:30-Danielia Cotton (GP)	4
		<i>For directions please call (609)737-0605 ext. 692.</i>				
5	6 10-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB) 7-Identity Theft (MCL)	7 10-Blood Pressure 11-Leisure Club (SAC) 11:45-Lunch 1-Bridge (SMC)	8 9:30-Plein Air Painting (WX) 11-Healthy Bones (HTB) 11:45-Lunch	9 11:45-Lunch	10 11:45-Lunch 7:30-Ron Kraemer (GP)	11
12	13 10-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	14 11:45-Lunch 1-Bridge (SMC)	15 9-Blood Pressure (HTB) 11-Healthy Bones (HTB) 11:45-Lunch	16 11:45-Lunch	17 11:45-Lunch 1-Newsletter folding	18
19	20 10-Healthy Bones (SMC) 11:45-Lunch 1-Identity Theft (MCL) 1:30-Healthy Bones (HTB)	21 11:45-Lunch 1-Bridge (SMC)	22 9:30-Plein Air Painting (TS) 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board (MCL)	23 11:45-Lunch	24 11:45-Lunch	25
26	27 10-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	28 10-Blood Pressure (MCL) 11:45-Lunch 1-Bridge (SMC)	29	30	31	All events to take place at Hopewell Valley Senior Center at 395 Reading Ave. in Pennington, unless marked in bold.

Senior News

"Accessibility in the Arts" is the theme for the Fall Festival of New Jersey Library for the Blind and Handicapped. It will take place on Oct. 13 from 9am to 3pm at 2300 Stuyvesant Ave. in Trenton. For registration and transportation information, please call 1-800-792-8322.

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.

"Design for Living!" Hopewell Valley Senior Services and the Hopewell Township Health Department are co-sponsoring an evening presentation on September 17, from 7-9pm in the Hopewell Township Municipal Building. Speakers will discuss ways to maintain independence in the home through home modifications and disability services. More information to follow in next newsletter. Save the date!

Filing Deadlines Extended for 2006 Homestead Rebate and Senior Freeze Program applications. Both deadlines have been extended to August 15, 2007. Call 1-877-658-2972 for more information on property tax reimbursement. Call 1-888-238-1233 (homeowners) or (609)292-6400 (tenants) for information on Homestead Rebate. For additional information, go to www.state.nj.us/treasury/taxation.

Healthy Bones Volunteers Needed There will be an upcoming training for current and new Healthy Bones volunteers. "Healthy Bones" is a regularly run exercise program to build bone strength and prevent osteoporosis. The upcoming training will be a great refresher for current Healthy Bones volunteer leaders and an opportunity for interested people to become leaders. For more information, call Abigail at (609)737-0605, ext. 692.



New Jersey Senior Olympics will be held from September 7-9, 2007 in Woodbridge Township. Events include 15 different sports and 9 different age divisions, starting at 50-54. Applications are due by August 3, 2007. For more information, call (973)618-1111 or go to www.njso.us.

Around the Valley



Tips for Staying Cool From the Mercer County Office on Aging



- Increase your intake of non-alcoholic, non-carbonated, caffeine free and low-sugar beverages such as water, juice, or sports drinks.
 - Wear lightweight, light-colored, and loose-fitting clothing.
 - Avoid the outdoors and direct sun exposure during extreme heat. Limit any outdoor activity to early morning or evening hours.
 - Stay in an air-conditioned environment when possible. County Cooling Sites like libraries and senior centers can offer relief if your home is not air-conditioned. Even a few hours spent in the air-conditioning can help your body stay cooler when you go back into the heat.
 - Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses, and always remember to wear sunscreen. A broad spectrum or UVA/UVB sunscreen, SPF of 15 or higher, is most effective and recommended.
 - Learn the facts and symptoms of heat related illness, like sunburn, heat cramps, heat exhaustion, heatstroke and sunstroke. Anyone can suffer from heat related illness, but those at greater risk include people over 65, and those with heart disease or high blood pressure.
 - In case of extreme heat, please stay tuned to your local radio and television stations to hear if the National Weather Service issues an Excessive Heat Watch.
- WHEN THERE ARE EXTREME TEMPERATURES, COME TO A COOLING SITE AND GET SOME RELIEF FROM THE HEAT!**

Participating Cooling Sites in Hopewell Valley include:

Hopewell Branch of the Mercer County Library
Hopewell Valley Senior Center

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.

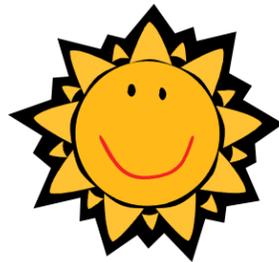
Healthy Bones Every Monday at 1:30pm and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Every Monday at 10am at St. Matthew's Church, 300 South Main St. in Pennington. Brought to you by the Healthy Bones volunteers and the Hopewell 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!

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 August 2007

Spiritual Intelligence Thursday, August 2 from 7-8pm at the Hopewell Branch of the Mercer County Library. Come hear author Charles Mark discuss his new book, *SQ: Spiritual Intelligence-the Symbiotic Relationship between Spirit and the Brain*, a new interpretation of spirituality in the post-modern era. Free. For more information call (609)737-2610.



Summer Birthday Breakfast Friday, August 3. Is your birthday in July, August, or September? If yes, you should have received an invitation to this community celebration. If you have not received a personal invitation, please call Hopewell Valley Parks and Recreation at (609)737-3753 to register. **Pre-registration is required.**

Daniella Cotton Friday, August 3 at 7:30pm (rain date on 8/5) at the Gazebo Park in Hopewell Borough, corner of Columbia and Greenwood Avenues. Enjoy the music of this local, rock musician in Hopewell Borough's lovely Gazebo Park. Free and open to the public.

Identity Theft-It Could Happen to You Monday, August 6, 1-2pm at the Hopewell Branch of the Mercer County Library. Presented by the NJ Department of Banking and Insurance. Learn more about "phishing" or fraud via email and the internet. Free. No pre-registration required. For more information call (609)737-2610.

Ron Kraemer and the Hurricanes Friday, August 17 at 7:30pm (rain date on 8/19) at the Gazebo Park in Hopewell Borough, corner of Columbia and Greenwood Avenues. Enjoy the blues music in Hopewell Borough's lovely Gazebo Park. Free and open to the public.



Plein Air Painting Wednesdays, August 1 and 8 at Washington-Crossing State Park. Park at the Nelson House on the river. Wednesdays, August 22 and September 5 at the Hopewell Train Station. Join local artist, Livy Glaubitz for two mornings of outdoor painting. Bring your own supplies. Group may go to local restaurant for lunch afterward. For more information call (609)737-3637.

On Hold for the Summer

Friday with Friends, Mahjongg, Perspectives, and Stitch Group are on Hold for the Summer. Stayed tuned for their return this fall!

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