

# Happy Grandparents Day!



## September 9, 2007

Visit us online at [www.hopewelltp.org](http://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

September 2007, Vol. 1, No. 9

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## There's No Place Like Home

There's been a lot of buzz recently about *aging in place*. As Baby Boomers start considering their own retirement, there has been a renewed interest in this idea of maintaining independence in one's home for as long as possible. While the term *aging in place* may be a new one, the concept is old.

For most of human history, as people aged they stayed right in the communities where they had always lived. In many communities, the eldest members of the group were considered to be the most powerful. Although their role in the community may have changed, they were still essential members. People lived near family members, which created a built-in support system.

In some countries, like the United States, there was a shift away from having people remain in their homes as they got older. With advanced medical treatment, people live considerably longer and have more needs towards the end of their lives. In addition, families are more spread out, which means there is not an instant support system in place when one family member needs assistance. Long-term care and assisted living facilities became more popular options for people who needed more support.

Staying at home as you age is making a comeback, and people are considering new ways to make it viable for them. I hope you will consider attending "Design for Living" and "Plan for the Future Day" (details on p. 3). Both events will provide information on maintaining independence and making choices for your own future.

*Abigail Waugh*

*Hopewell Valley Senior Services Coordinator*

## 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.

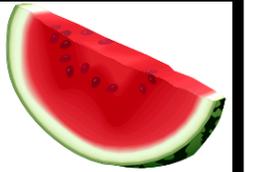
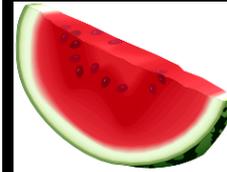
**Delaware Valley Regional Planning Commission** has created a "Mercer County Human Services Transportation Coordination Plan" to improve transportation for senior citizens, people with disabilities, and low-income residents of Mercer County. To view the plan, go to <http://www.dvrpc.org/>.



**Project Lifesaver** is a program offered by the Mercer County Sheriff's Office to help locate residents with Alzheimer's and other forms of dementia who are at risk of wandering. Residents are given a wrist device that allows them to be tracked if they are lost. For more information on this free program, contact the Mercer County Sheriff's Office at (609)394-0286.



## Around the Valley



**Please join us for the .....**

### **Hopewell Valley Senior Citizen's Annual Picnic**

**Thursday, September 6, 2007  
Washington Crossing State Park  
12:00 noon – 3:00 pm**

Please join us for a **free** afternoon of food, fun, music, and good times. Seniors ages 60 and over from throughout Hopewell Valley are encouraged to be part of this important community tradition hosted by Hopewell Valley Parks and Recreation and sponsored by the Township of Hopewell.

**Please RSVP ONLY IF YOU CAN ATTEND by calling  
609-737-3753 no later than  
Friday, August 31<sup>st</sup> to confirm your attendance!**

*Rain date Friday, September 7th*

**Please do not call if you cannot attend.**

# September 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 KP-Kunkel Park MCL-Mercer County Library SAC-St. Alphonsus Church	SMC-St. Matthews Church TS-Train Station in Hopewell Borough WX-Washington Crossing State Park		All events to take place at Hopewell Valley Senior Center at 395 Reading Ave. in Pennington, unless marked in bold.			1
2	3 Labor Day No Lunch 5:30-Ron Kraemer and the Hurrricanes (KP)	4 10-Blood Pressure 11-Leisure Club (SAC) 11:45-Lunch 1-Bridge (SMC)	5 9:30-Plein Air Painting (TS) 11-Healthy Bones (HTB) 11:45-Lunch	6 No Lunch 12-Senior Picnic (WX)	7 10:30-Exercises for the Brain 11:45-Lunch Dusk-King Kong (KP)	8
9 Grandparents Day	10 10-Healthy Bones (SMC) 10-BP and Cholesterol (MCL) 11-Healthy Bones (HTB) 11:45-Lunch 7-T'ai Chi (MCL)	11 11:45-Lunch 1-Bridge (SMC)	12 11-Healthy Bones (HTB) 11:45-Lunch	13 11:45-Lunch	14 11:45-Lunch	15 8pm-Raiders of the Lost Ark (GP)
16 5:30pm-Boxorocs-KP	17 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 7-Design for Living (HTB) 7-T'ai Chi (MCL)	18 11:45-Lunch 1-Bridge (SMC) 6-Skin Cancer Screening (HTB)	19 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board (MCL)	20 11:45-Lunch 1-Perspectives Group 2:30pm-Mahjogg (MCL)	21 11:45-Lunch 1-Newsletter folding	22
23/30	24 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 7-T'ai Chi (MCL)	25 10-Blood Pressure (MCL) 11:45-Lunch 1-Bridge (SMC)	26 11-Healthy Bones (HTB) 11:45-Lunch	27 11:45-Lunch 2:30pm-Mahjogg (MCL)	28 11:45-Lunch	29 Plan for the Future Day 9am-2:30pm (Princeton Senior Resource 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 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](mailto: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** Thursdays (beginning 9/20), 2:30-4:30 pm at the Hopewell Branch of the Mercer County Library. Come enjoy the American version of this ancient Chinese tile game. Instruction for beginners available upon request. Call (609)737-0605, ext. 692 to register.

**Perspectives** Third Thursday of the month at the HV Senior Center in Pennington. Discussion Group. Refreshments served. Free. Pre-registration encouraged. 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 September 2007

**Ron Kraemer and the Hurricanes** Monday, September 3, from 5:30-7:30pm (rain date on 9/10) at Kunkel Park, King George Rd. in Pennington. Sponsored by Pennington Parks and Recreation Committee. Free and open to the public.

**Plein Air Painting** Wednesday, September 5, 9:30am at the Hopewell Train Station. Join local artist, Livy Glaubitz for an outdoor painting session. Bring your own supplies. Group may go to local restaurant for lunch afterward. More plein air sessions to be scheduled for September. For more information call (609)737-3637.

**Annual Senior Citizens Picnic** Thursday, September 6 (Rain date is 9/7), 12-3pm at Washington Crossing Park. Join your friends and neighbors for the annual senior citizens picnic. Free. RSVP to Hopewell Valley Parks and Recreation no later than August 31 by calling (609)737-3753.

**Exercises for the Brain** Friday, September 7, 10:30-11:30am at the HV Senior Center. Join Greater Trenton Behavioral Health Care's Abbie Katz for one of her *Spice of Life Workshops*. She will discuss exercises to keep the brain functioning at its best. Free and no registration required.

**"King Kong"** Friday, September 7, at dusk (rain date on 9/8) at Kunkel Park, King George Rd. in Pennington. 1933 Original. Sponsored by Pennington Parks and Recreation Committee. Free and open to the public.

**Blood Pressure and Cholesterol Screening** Monday, September 10, 10am-12pm at the Hopewell Branch of the Mercer County Library. Princeton HealthCare System will provide free screenings. No registration required.

**T'ai Chi and Chi Gong** Monday evenings starting September 10, from 7-8pm at the Hopewell Branch of the Mercer County Library. Lois Harrison will lead class on Mondays through October. Reservations are recommended but not required. For more information, call the library at (609)737-2610.

**"Raiders of the Lost Ark"** Saturday, September 15, 8pm at the Train Station in Hopewell Borough. Bring your own chairs. Free and open to the public.

**BOXOROCS** Sunday, September 16, from 5:30-7:30pm (rain date on 9/23) at Kunkel Park, King George Rd. in Pennington. Sponsored by Pennington Parks and Recreation Committee. Free and open to the public.

**"Design for Living!"** Monday, September 17, from 7-9pm in the Hopewell Township Municipal Building, Auditorium. Hopewell Valley Senior Services and the Hopewell Township Health Department bring you this interesting panel discussion on maintaining independence in your home with a disability. Speakers will discuss ways to maintain independence in the home through home modifications and disability services. **Pre-registration required** by (609)737-0605, ext. 692.

**Skin Damage and Skin Cancer Screening and Assessment** Tuesday, September 18, from 6-9pm in the Hopewell Township Municipal Building, Lower Level. **Appointment required** by calling (609)737-0120.

**Social Connections** Friday, September 28, 10:30-11:30am at the HV Senior Center. Join Greater Trenton Behavioral Health Care's Abbie Katz for one of her *Spice of Life Workshops*. Learn about the importance of keeping happy and healthy with friends, family and community. Free and no registration required.

**Plan for the Future Day** Saturday, September 29, 9am-2:30pm at the Princeton Senior Resource Center, 45 Stockton St. in Princeton. Workshops and exhibits on planning for the future (legal, financial, insurance, family). Free. To register or for more information call PSRC at (609)924-7108.

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