



Senior Spirit

Hopewell Valley Senior Services Newsletter

January 2012, Vol. 6, No. 1

Contents

- 1 Greeting
- 2 News
- 3 Special Events
- 4 Ongoing Programs
- 5 Around the Valley
- 6 Save the Date

Know Your Options

Who would you want to help you if you were not longer able to care of yourself? Many of us do not like to answer this question because we hate the premise. It assumes that one day we may not be able to take care of ourselves. Yet many of us, actually most of us, will need at least some help with basic activities of daily living at some point in our lives.

Long-term care is medical and non-medical care for people with chronic illnesses and disabilities. It can include activities like dressing, bathing, and using the bathroom. This care can happen in the home, in the community, in an assisted living or a skilled nursing facility. It can be provided by a loved one or a paid caregiver.

It's okay to hope you will never need long-term care, but it's **not okay** not to plan in case you do need it. That's why we are hosting an event on January 24th. It's a local long-term care open house where you can talk to various providers about their services. It's called "Know Your Options" and the purpose is to educate people about available services before they actually need them. Look inside for more details.

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Senior News

Increase in Income Limits for Several State Programs Beginning January 1, 2012, participants in the Pharmaceutical Assistance to the Aged and Disabled (PAAD), Senior Gold, Lifeline energy assistance, and the Hearing Aid Assistance to the Aged and Disabled (HAAAD) programs will benefit from increased income limits. To participate in PAAD in 2012, single people must have incomes below \$25,312 and married couples must have incomes below \$31,035. These income guidelines also apply to the Lifeline and HAAAD programs. To participate in Senior Gold in 2012, single persons must have incomes between \$25,312 and \$35,312, and married couples must have a combined income between \$31,035 and \$41,035. To be eligible for PAAD, Senior Gold, Lifeline or HAAAD, an applicant must be a permanent resident of New Jersey; be either 65 years of age or older, or at least 18 years of age and receiving Social Security disability benefits; and have income within the program limits. Eligible PAAD beneficiaries must enroll in a Medicare Prescription Plan and can obtain each covered generic drug for a \$5 co-payment and each covered brand name drug for a \$7 co-payment. Eligible Senior Gold beneficiaries also must enroll in a Medicare Prescription Plan. They pay a co-payment of \$15 plus half the remaining cost for each prescription. Senior Gold also includes an annual catastrophic cap. After an individual has paid \$2,000 or a couple has paid \$3,000 out-of-pocket, the beneficiary can obtain prescriptions for a flat \$15 co-payment for the remainder of his Senior Gold eligibility period. Lifeline is a utility assistance program that offers \$225 to persons who meet the PAAD eligibility requirements or who receive Supplemental Security Income (SSI). Hearing Aid Assistance to the Aged and Disabled provides a \$100 reimbursement to eligible persons who purchase a hearing aid. For information or to obtain an application, call 1-800-792-9745 or visit the Department of Health and Senior Services website at www.state.nj.us/health/seniorbenefits/services.shtml.

Low Income Home Energy Assistance (LIHEAP) Program is now accepting applications for the upcoming heating season. This federal program is administered by the New Jersey Department of Community Affairs to provide low-income households with money to help pay their heating bills. To be eligible a resident must have a monthly income of less than \$1815 or \$2452 for a couple. To find out more, call 1-800-510-3102 or go to <http://www.state.nj.us/dca/divisions/dhcr/offices/hea.html>

Thank You to John Spedding, Noel Goeke, Bee Hilton, and Don Mauer for volunteering their time in November to paint the main room of the senior center !

Thank you to the Hopewell Valley Senior Foundation and Lauren Williams for donating paint for the senior center!

Special Events for January 2012

Download eBooks Anytime, Anywhere Tuesday, January 3, 10am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Learn about downloading eBooks to a computer, a compatible eReader or a compatible mobile device at the January Session of Hopewell Valley Seniors Connect. Presentation will include information about ListenNJ, a free downloadable eBooks project, as well as other “tools” and resources available to locate and download eBooks. Join Anna Van Scoyoc as she demystifies eBooks. Contact the library at 737-2610 for more information.

Free Rabies Clinic in Titusville Saturday, January 7, 10am-noon at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Rd in Titusville. No registration. No residency requirements.

Weatherization Assistance Program Wednesday, January 11, 10:30-11:30am at the HV Senior Center. The Weatherization assistance program is a free home weatherization program geared towards helping low-income residents of Mercer County reduce their energy expenditures. Through this program eligible homes receive a home energy audit as well as numerous measures such as: insulation, air-sealing, replacement of inefficient refrigerators, and more at no cost to them. The program is open to homeowners as well as renters. No registration required.

Brain Teasers Wednesday, January 11, 1-2pm at the HV Senior Center. Do you love to challenge your brain? We are looking to form a group for people who enjoy brain games and logic puzzles. Feel free to bring your favorite puzzles to share with the group. No registration required. For more information, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltpw.org.

Let's Chat Friday, January 13, 1-2:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required. Refreshments will be served.

Walk at Cedar Ridge Preserve Tuesday, January 17 (rain date is 1/19), 10-11:30am. Meet in parking lot. Trail is located off of Van Dyke Road, north of 518. All are welcome. There will be a slower and moderate paced group. No registration required. For more information or directions, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltpw.org.

Communication: Key To Understanding Behaviors Tuesday, January 17, 6-7:30pm at the HV Senior Center. This quarter, the Hopewell Valley Caregivers Night will feature Barbara DeAngelis of the Alzheimer's Association. Learn how to avoid unnecessary arguments and recognize the triggers which may result in aggressive or risky behaviors. In addition, learn communication techniques to effectively respond to repetitive actions, recognition difficulties, and anxious or agitated feelings. Light dinner sponsored by Buckingham Place Home Health Care and Adult Day Services. **Registration strongly encouraged by calling Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltpw.org.**

SmartSteps Wednesday, January 18, 10:30-11:30am at the HV Senior Center. Learn about safe walking and feeling good at any age. This program will be presented by Suzanne Rose, Health Educator with Montgomery Health Department. No registration required.

Free Rabies Clinic in Belle Mead Saturday, January 21, 9-10:30am (cats) and 10:30am-noon (dogs) at the Montgomery Public Works Garage, Harlingen Road in Belle Mead. No registration. No residency requirements. Dog licenses for Hopewell and Pennington Borough residences will also be available that day.

AARP Driver Safety Class Monday and Tuesday, January 23 and 24, 1-4pm at the HV Senior Center. The AARP Driver Safety Program is the nation's first and largest classroom refresher course designed especially for drivers 50 and older. Participants learn defensive techniques, new traffic laws, and rules of the road. Through interacting with one another, they find out how to safely adjust their driving to compensate for age-related changes in vision, hearing, and reaction time. Graduates receive a certificate of completion that entitles them to a reduction in their auto insurance premiums in NJ. Participants must attend both days to complete course, AARP membership is not required. Cost is \$12 for AARP members and \$14 for non-members. **Registration required by calling the HVYMCA at 737-3048.**

No Movie in January There will be no movie at Hopewell Branch of the Mercer County Library this month due to the annual book sale.

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

Ongoing Programs

Artists' Choice will now be held every Tuesday (except 1/24) , 1:30-4:30pm at the HV Senior Center, 395 Reading St. in Pennington. All levels and media welcome. Co-facilitators are Bob Barish and Sue Ewart. Theme for January is "winter scenes." Feel free to stop in. For more information call 737-0605, ext. 692 or awaugh@hopewelltp.org.

Bingo First Wednesday of the month, 10:30-11:30am at the HV Senior Center. No registration required.

Blood Pressure Screening First Tuesday of the month, 10-11am at the HV Senior Center. Second Tuesday of the month, 12-1:30pm at the Pennington Quality Market.

Bridge Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. No pre-registration required. \$4. For more information call (609)737-3753.

Folding Meets the third Friday of the month, 1pm at the HV Senior Center, 395 Reading St. 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 10:30am at St. Matthew's Church, 300 South Main St. in Pennington. Also every Monday and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Brought to you by the Healthy Bones volunteers and the Hopewell Township Health Department. Free. For more information call (609)737-0120. **No Healthy Bones at the Hopewell Township Building on 1/2 or 1/16.**

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 466-0657 or 466-0761.

Hopewell Valley Veterans Association Meets quarterly 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 St. in Pennington. The Mercer County Nutrition Project for the Elderly provides older persons with nutritionally balanced and appetizing meals. Transportation available through TRADE. Call the Mercer County Nutrition Project at 989-6650 for information or the senior center from 9am-1pm at 737-3855 to register. Meals must be reserved three days in advance. Suggested donation.

Mahjongg Thursdays, 1:30-3:30pm at the HV Senior Center. Weekly 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 St. in Pennington. The Senior Advisory Board seeks to enrich the quality of life for Hopewell Valley Seniors. The public is encouraged to attend. 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.

HOPEWELL VALLEY SENIOR SERVICES PRESENTS:

KNOW YOUR OPTIONS

A Local Long-Term Care Open House



TUESDAY, JANUARY 24, 2012

11:00 AM – 1:00 PM

HOPEWELL TOWNSHIP MUNICIPAL BUILDING

201 Washington Crossing-Pennington Road, Titusville

FEATURING: Acorn Glen Assisted Living, Brandywine Senior Living, Buckingham Place Home Care and Adult Day Services, CareOne of Ewing, Jewish Family & Children's Services, Mercer Street Friends Home Care, and more!

***FEATURING A HEALTHY LUNCH FROM
BRANDYWINE SENIOR LIVING AT PENNINGTON***



No registration required. For more information, contact Hopewell Valley Senior Services at (609)737-0605, ext. 692 or awaugh@hopewelltp.org. In case of poor weather, event will take place on 1/26/12.



SAVE THE DATE:



Wed., February 15

Doolan's Spring Lake "Mardi Gras Celebration"

**Contact the Hopewell Township Recreation Department
at 737-3753 for more information.**

www.hvseniors.org

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

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