



Senior Spirit

Hopewell Valley Senior Services Newsletter

January 2013, Vol. 7, No. 1

Contents

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

Your Biggest Investment

The cost of health care has been in the news a lot recently. So much so that many of us are tired of hearing about it. Yet it is something that affects people of all ages. It's something that we do need to think about, but it can feel complicated and overwhelming.

One thing all of us can do to reduce our individual healthcare needs and costs is taking the very best care of our bodies starting today. This is true for both people with serious health complications and people in perfect health. We can all do the best with what we've got and make a commitment to our health and well-being.

This month Hopewell Valley Senior Services is hosting a Preventative Health Event on January 29th from 11am-1pm at the Hopewell Township Municipal Building. I hope you will attend and learn the best ways to protect your most important investment.

Abigail Waugh
Hopewell Valley Senior Services Coordinator
(609)737-0605, ext. 692
awaugh@hopewelltp.org
www.hvseniors.org

Senior News

Cable Credit During Sandy Most cable companies will credit consumers for the time they were without power during Super Storm Sandy. Check your bill to see if you were credited automatically. If not, contact your cable company and let them know how long you were without power.

Direct Deposit of Social Security and Other Federal Benefits The Treasury Department is phasing out paper check payments and requiring federal benefit recipients to get their money electronically. You can choose to get your payments by direct deposit to a bank or credit union account or to a Direct Express® Debit MasterCard® card account. **You must switch to electronic payments by March 1, 2013.** Sign up for direct deposit or the Direct Express® card by contacting the U.S. Treasury Electronic Payment Solution Center at www.godirect.org or (800) 333-1795. Retiring or applying for federal benefits soon? Be ready. You will get your money electronically from day one. Be ready to choose direct deposit or the Direct Express® card when you fill out your application. If you do not choose an electronic payment option by March 1, 2013, you will receive your payments via the Direct Express® card so you will not experience any interruption in payment. If you are already receiving your federal benefit payments electronically, this change will not affect you.

Mercer County Surrogate is available on the third Friday of the month at the Hopewell Township Municipal Building and the second Thursday of the month at Pennington Borough Hall. The County Surrogate's Office provides the following services: probate or administration of an estate, adoption filing, appointment of incapacitated person, appointment of guardian of property for minor funds, review of formal accounting, contested probate filings, as well as marriage ceremonies. **Appointments required. To schedule an appointment with the surrogate please call 989-6336.**

Rabies Clinic on Saturday, January 5 from 10am-Noon at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Rd. in Titusville. No registration and no residency restrictions.

Special Needs Registry for Emergencies If you have special needs that require assistance during an emergency, please register for the NJ Special Needs Registry at www.registerready.nj.gov/ This site allows residents with special needs and their families, friends and associates an opportunity to provide information to emergency response agencies, so emergency responders can better plan to serve them in a disaster or other emergency. The information collected here is confidential and will not be available to the public. If you do not have internet access, please contact HV Senior Services for assistance with registration at (609)737-0605, ext. 692.

Special Events for January 2013

Ebooks at Your Library Tuesday, January 8, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Learn about downloading eBooks to a computer, a compatible eReader or a compatible mobile device at the January session of Hopewell Valley Seniors Connect. No registration required.

Tech Time Tuesday, January 8, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by January 4.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Knitting and Crocheting Group Wednesdays January 9 and 23 from 1:30-3:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Bring your own project, pattern, and materials. All ages and skill levels welcome. Pre-registration encouraged by calling 737-0605, ext. 692 or awaugh@hopewelltp.org.

Let's Chat Friday, January 11, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

Book Club Monday, January 14, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Anne Korkeakivi's An Unexpected Guest. Books available at Mercer County Library. Pre-registration encouraged by contacting Hopewell Valley Senior Services at 737-0605, ext. 692. or awaugh@hopewelltp.org.

Walk at Washington Crossing State Park Tuesday, January 15 (rain date is 1/17), 10-11:30am. Meet by the Visitors Center. Enter park at Washington Crossing-Pennington Road. The group will set the place. No registration required. Bring comfortable shoes and water. For more info, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Senior Housing Options: An Overview for Caregivers Tuesday, January 15, 6-7:30pm at the HV Senior Center. Davida Barr, LSW of Greenwood House will discuss long-term care in the community, in assisted livings or in nursing homes. Light supper provided. Registration recommended, but no required. For more information, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Reduce Stress and Anxiety Wednesday, January 16, 10:30-11:30am at the Hopewell Valley Senior Center. Carol Brodsky, Case Manager at Merwick Rehab will be the presenter. No registration required.

Physician Orders for Life-Sustaining Treatment (POLST) Wednesday, January 23, 10:30-11:30am at the Hopewell Valley Senior Center. The Physician Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. This program will be presented by David R. Barile, MD of Princeton HealthCare System. No registration required.

History of Transportation In HV Monday, January 28 from 10-11am at the Hopewell Train Station, 4 Railroad Place in Hopewell. Local historian Jack Koepfel will present a slide presentation of historical images relating to transportation. Refreshments served. No registration required.

Preventative Care: Take Control of Your Health Tuesday, January 29 from 11am-1pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Free preventative care open-house. *See insert for details.*

Movie: Trouble With The Curve Wednesday, January 30, 1:30-3:30pm at the Hopewell Branch of the MCL. An ailing baseball scout in his twilight years takes his daughter along for one last recruiting trip. Stars Clint Eastwood and Amy Adams. For more information, contact the library at 737-2610.

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

Ongoing Programs

Artists' Choice will meet on January 8, 15, and 22 this month. This group is facilitated by local artists, Bob Barish and Sue Ewart. Participants should bring their own supplies and projects. Critiques are available upon request. 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. *Extra Bingo this month on 1/30!*

Blood Pressure Screening First Tuesday of the month, 10-11am at the HV Senior Center. Third Tuesday of the month, 10-noon at the Hopewell Township Health Clinic, Lower Level. *No blood pressure on 1/1/13 at senior center.*

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:am at St. Matthew's Church, 300 South Main St. in Pennington. Call for 466-2324 for information. 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, ext. 638.

Hopewell Valley Leisure Club . Social club, including activities and speakers for Valley seniors. The club meets the first Tuesday of every month at 11am at St. Alphonsus Church in Hopewell. For more information, please call 466-0657 or 466-0761. *This month the group will meet on 1/8/13.*

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. . 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 is the 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:

PREVENTATIVE CARE: TAKE CONTROL OF YOUR HEALTH



**TUESDAY, JANUARY 29, 2013
DROP IN ANY TIME BETWEEN 11:00 AM — 1:00 PM**

**HOPEWELL TOWNSHIP MUNICIPAL BUILDING
201 WASHINGTON CROSSING-PENNINGTON RD. IN TITUSVILLE**

FEATURING: Capital Health, Greenwood House, Heart to Hearts Inc., Hopewell Township Health Department, Hopewell Valley Municipal Alliance, Matossian Eye Associates, Montgomery Health Department for Hopewell and Pennington Boroughs & Princeton HealthCare System

***BRANDYWINE SENIOR LIVING AT PENNINGTON
WILL PROVIDE A HEALTHY LUNCH FOR ATTENDEES***

No registration required. For more information, contact Hopewell Valley Senior Services at (609)737-0605, ext. 692 or awaugh@hopewelltpw.org. In case of poor weather, event will take place on 1/30/13.

Save the Date

Wednesday, February 13, 2013 at 6:30pm

**Baby Boomers Series: How To Keep Your Most
Important Decisions Out of Court**

At the Pennington Public Library

www.hvseniors.org

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

RETURN SERVICE REQUESTED

**PRSR STD
U.S. Postage Paid
Permit No. 427
Trenton, NJ 08650**