



Senior Spirit

Hopewell Valley Senior Services Newsletter

February 2014, Vol. 8, No. 2

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Transportation: It's A Big Deal

I receive a lot of phone calls. I get phone calls about all kinds of things. They range from finding home care to looking for volunteer opportunities. As expected, I get the most calls about events and programs. After that though, I was surprised to find out that the topic people want to know the most about is transportation. Not Medicare, not Social Security, but transportation.

A lot of times we assume every one drives in an area that has both suburban and rural components like Hopewell Valley. In fact, most adults do drive when they first live here. However, there are some folks that never drive due to preference or disability. There are many more that at some point, either temporarily or permanently, will have to give up driving. We all hope that it won't happen to us so we generally try not to talk about it until we desperately need it.

Some of us will have to give up driving so all of us really should be thinking about what transportation options are out there. Have any questions about transportation in Hopewell Valley and Mercer County? Let's talk.

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http://www.hopewelltp.org/senior_news.html

Senior News

Aging Insights an informative program from the New Jersey Foundation for Aging will be playing every day on Channel 30 (Verizon) and 95 (Comcast) at 10am. Please tune in for up-to-date information on aging in New Jersey.

Increase in Income Limits for Several State Programs Beginning January 1, 2014, 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 2014, single people must have incomes below \$26,130 and married couples must have incomes below \$32,037. These income guidelines also apply to the Lifeline and HAAAD programs. To participate in Senior Gold in 2014, single persons must have incomes between \$26,130 and \$36,130, and married couples must have a combined income between \$32,037 and 42,037. 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. For information or to obtain an application, call 1-800-792-9745 or visit the Department of Human Services website at <http://www.state.nj.us/humanservices/doas/home/paaddetail.html>

Looking for the Winter Birthday Breakfast? The Birthday Breakfasts have been consolidated to twice a year. People with a birthday between January and June are invited to the April Breakfast and those with birthdays between July and December will be invited to a breakfast in October. The April Senior Spirit will have more details.

Mercer County Surrogate is available on the third Friday of the month (except April) at the Hopewell Township Municipal Building and the second Thursday of the month at Pennington Borough Hall. **Appointments required. To schedule an appointment with the surrogate please call 989-6336.**

Volunteers Needed for Gift Shop At Morris Hall located on Route 206 in the heart of Lawrenceville, staffed by volunteers, the shop is open daily from 10 AM to 5 PM, and is an integral part of the social fabric of the facility. All proceeds from the shop benefit the residents of Morris Hall. Volunteers are needed on Tuesday, Wednesday, Friday and Saturday. Shifts generally last two hours, but hours are flexible. Some volunteers work weekly, some monthly, and others fill in when regular volunteers are unavailable. Training will be provided. If you are interested in finding out more about helping at the shop, please contact Margie Geiger, Gift Shop Manager, at 201-213-6736.

Special Events for February 2014

Brown Bag Luncheon: Womanspace Friday, February 7, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Susan Victor, Chaplin and Director of Counseling, of Womanspace in Mercer County, will be the speaker. Womanspace is a leading not-for-profit agency providing services to individuals impacted by domestic and sexual violence. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. **Register by calling 737-1221, ext. 10.**

No Hopewell Valley Seniors Connect This Month

Mondays with Mia Monday, February 10, 10am at the Hopewell Train Station, 4 Railroad Pl. in Hopewell Borough. Come meet Mia for an hour of fun, discussion and relaxation. Mia is a chocolate lab who is a certified therapy dog. No registration required.

Book Club Monday, February 10, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Unbroken by Laura Hillenbrand. Some copies of the book are available at Hopewell Branch of the Mercer County Library. First time pre-registration encouraged by contacting HV Senior Services at 737-0605, ext. 692. or awaugh@hopewelltp.org.

Cedar Ridge Walk Tuesday, February 11 (rain date is 2/13), 10-11:30am. Meet in parking lot off of Van Dyke Rd. in Hopewell Township. The group will set the place. No registration required. Bring comfortable shoes and water. For more information or directions, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Tech Time Tuesday, February 11, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by 1/10.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Let's Chat Friday, February 14, 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.

Movement Disorders Wednesday, February 19, 10:30-11:30am at the Hopewell Valley Senior Center. Dr. Jill Farmer, DO, MPH, Movement Disorder Specialist with Capital Health will be the speaker. No registration required.

Avoiding Hospital Readmission Wednesday, February 26, 10:30-11:30am at the Hopewell Valley Senior Center. Maureen Lebel, MSW, Phd of ComForcare will discuss important discharge planning tips to keep you out of the hospital. No registration required.

Movie: Captain Phillips Wednesday, February 26, 1:30pm at the Hopewell Branch of the Mercer County Library. True story of the 2009 hijacking of a US captain by Somali pirates. Free. library at 737-2610 for details.

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

Ongoing Programs

Artists' Choice will be meeting at 1pm on Tuesdays, February 4, 11, 18, and 25. This group is facilitated by local artists, Bob Barish and Susan Ewart. Participants should bring their own supplies and projects. 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.

Blood Pressure Screening First Tuesday of the month, 10-11am at the HV Senior Center. Third Tuesday of the month, 10am-noon at the Hopewell Township Municipal Building.

Bridge Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. \$4. **First time pre-registration required by calling (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. Call 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. *No program on 2/12 or 2/17.*

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.

Knitting and Crocheting Group Wednesday, February 26 from 1:30-3:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Bring your own project, pattern, and materials. Pre-registration encouraged by calling 737-0605, ext. 692 or awaugh@hopewelltp.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.

Social Bridge Mondays, 2:30-4:30pm at the HV Senior Center. Would you like to get back into playing bridge after many years? Are you a beginner who would like to practice in a relaxed setting? **Pre-registration for first time players recommended by contacting 737-0605, ext. 692 or awaugh@hopewelltp.org.** *No program on 2/17/14.*

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



AARP Tax-Aide

AARP Tax-Aide volunteers will be available to help Hopewell Valley residents prepare tax returns and answer tax questions. Dates and locations are as follows:

**Wednesdays: March 5 and April 2
1:30pm-4:30pm**

Hopewell Valley Senior Center, 395 Reading Ave., Pennington

This service is provided by local AARP volunteers with special attention to those age 60 and over. Residents are asked to bring all relevant financial information for 2013, as well as 2012 federal and NJ tax returns to their appointments.

Appointments are required. Please call (609)737-0605, ext. 692 or awaugh@hopewelltp.org to make an appointment or for more information. For year-round tax assistance visit www.aarp.org/taxaide.



Save the Date



*Philadelphia Flower Show
Thursday, March 6*

**Call the Hopewell Township Recreation Department
At 737-3753 for details**

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

RETURN SERVICE REQUESTED

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