



Senior Spirit

Hopewell Valley Senior Services Newsletter

February 2016, Vol. 10 No. 2

Contents

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

The Topic That Some People Actually Want to Talk About

When I first started in this position, I assumed that funerals was a third rail topic. I thought no one wanted to talk about them and they certainly did not want to come out to hear a speaker talk about them. I was completely wrong! Informative presentations about funeral planning was a very popular topic. In fact, it was almost as popular as when I had speakers talk about property taxes! I guess the old saying about death and taxes is actually true.

We are fortunate to have a non-profit that is very engaged in assisting people plan for funerals right in Mercer County. The Funeral Consumers Alliance does research and outreach to help people plan for their own funerals. A representative will be coming to the senior center on February 24 at 10:30am. Learn more about recent pricing and trends in funerals.

If nothing else, talk to your family about your funeral wishes. Perhaps you already have plans in place that others may not know about or perhaps it's time to make your wishes known to those around you. Don't wait until you think your days are numbered. Your loves ones will be under enough stress then. The time to talk is now. Invite your nearest and dearest for coffee to discuss or work it into your next phone conversation.

Abigail Meletti
Hopewell Valley Senior Services Coordinator
http://www.hopewelltp.org/senior_news.html

Senior News

Email Updates and Senior Spirit sign-up by contacting Abigail Meletti at ameletti@hopewelltp.org or (609)737-0605, ext. 692

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 \$1962 or \$2655 for a couple. For more info, call 1-800-510-3102 or go to www.energyassistance.nj.gov

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.**

Useful Numbers for Older Adults in Hopewell Valley

Adult Protective Services-(609)989-4320
Contact Reassurance (free daily calls)-(609)883-2880
FISH Meals on Wheels-(609)737-9123
Mercer County Consumer Affairs-(609)989-6671
Mercer County Nutrition Project (Pennington)-(609)737-3855
Mercer County Office on Aging-(609)989-6661
Mercer County Surrogate-(609)989-6331
RideProvide of Greater Mercer County-(609)452-5140
TRADE Transportation-(609)530-1971

Special Events for January 2016

Brown Bag Luncheon: Friday, February 5, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. The topic of the luncheon will be “End of Life Issues, Making Your Wishes Known” by Rev. Jack McCarlis. Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. Open to the public. **Register by calling 737-1221, ext. 10.**

Let's Chat Friday, February 5, 1-2:30pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Join Vivian Greenberg, LCSW for a lively discussion. Refreshments served. No registration required.

Mondays with Mia Monday, February 8, 11am-noon at the Hopewell Township Municipal Building. 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 8, 2-:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington -Titusville Rd. The group book “In the Garden of Beasts” by Erik Larson. For more information, contact Diane Miller at (609)737-2610.’

Tech Time Tuesday, February 9, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by February 5th.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Aging-In-Place Tuesday, February 16, 3:00-4:30pm at the Hopewell Township Municipal Building. This is a group of people who are exploring ways to support each other as they age. No registration required.

Maintaining Flexible Joints Wednesday, February 17, 10:30-11:30am at the HV Senior Center. Join Richard Levandowski, MD, board certified in sports medicine and family practice, and a member of the Medical Staff of Princeton HealthCare System, for a discussion of how the muscles, bones and joints are affected by the aging process. Learn how to reduce pain and prevent and recognize joint problems, as well as the latest treatment techniques.

Ricki and the Flash Wednesday, February 24, 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. Rated: PG-13. Free. In this unconventional yet heartwarming family drama, an aging rocker (Meryl Streep) returns home to her estranged family after years on the road following her dreams, and must face the music as she tries to make things right with her loved ones.

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

Ongoing Programs

Artists' Choice will be meeting on 2/2, 2/9, 2/16 and 2/23 from 1-3pm at the Hopewell Township Municipal Building. For more information call 737-0605, ext. 668.

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 Hopewell Valley Senior Center. Third Tuesday of the month, 10am-noon at the Hopewell Township Municipal Building. *2/2 screening includes blood glucose screening. Fast or arrive two hours post meal for most accurate results.*

Folding Meets the fourth Monday of the month, 1pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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. 668.

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 10:45am 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.

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 Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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. 668. *No Mahjongg on 12/24.*

Senior Advisory Board Meeting is the third Wednesday of the month at 2pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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. 668.

Social Bridge Mondays, 2:30-4:30pm at the at the Hopewell Township Municipal Building. **Pre-registration for first time players recommended by contacting 737-0605, ext. 668.**

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:

Wednesday: February 24, March 9, March 30, and April 6
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 2015, as well as 2014 federal and NJ tax returns to their appointments.

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





Save the Date



St. Patrick's Fest at Doolan's
Tuesday, March 15
Spring Lake, NJ

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

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

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