



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

April 2012, Vol. 6, No. 4

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### **Helping A Loved One Through the Healthcare Maze**

Have you ever felt like the needs of a relative weren't being met by a facility or healthcare provider, but you didn't know how to address it? Have you ever felt rushed during a medical visit, but didn't know what your rights as a patient were? Have you ever felt helpless as a caregiver in a healthcare setting?

If you answered yes to any of the questions above, I hope you will attend this month's Caregiver Night. At our last Caregiver Night in January a participant pulled me aside and mentioned that she really wanted more information on how to advocate for her loved one in long-term care and medical settings. Over the years I have talked with many people who have struggled with advocacy as caregivers, so I knew the topic was worth pursuing.

We are fortunate to have a speaker from Jewish Children and Family Services and a light dinner is being sponsored by Acorn Glen Assisted Living. Take some time to educate yourself on these important advocacy skills. More details inside!

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## **Senior News**

**AARP Driver Safety Class** is back! Wednesdays, April 25 and May 2, 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. 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.**

**Coming of Age: Issues of Aging in the LGBT Community Conference** will be held on Friday, April 20th from 8am to 3:30pm at the Mercer County Community College Conference Center. Issues such as housing options, legal and financial concerns, caregivers support and health care decision-making are matters that deserve special exploration for the Lesbian, Gay, Bisexual and Transgender community and their health care providers. For more information or to register, contact the Mercer County Office for the Disabled at (609)989-6468.

**Community Emergency Response Team(CERT)** volunteers are needed in Hopewell Valley. Learn how to help yourself, your neighbors, your faith group or your business during an emergency. CERT Teams assist first responders in the event of a local crisis or disaster. Volunteers will undergo 40 hours of training in skills such as first aid and fire suppression. CONTACT of Mercer County is sponsoring an upcoming training in Pennington this spring. The trainings are geared towards retired or semi-retired adults who are 55+, but all ages are welcome. Trainings will take place over the course of nine sessions. Seniors 55+ completing the course will be eligible for CONTACT's Retired Senior Volunteer Program supports, including mileage subsidy, supplemental insurance and various recognition benefits." For more information, call CONTACT at (609) 883-2880 or by e-mail at [rsvpmc@yahoo.com](mailto:rsvpmc@yahoo.com) or [contactofmercercounty@verizon.net](mailto:contactofmercercounty@verizon.net).

**Explorations Spring 2012** courses include Exploring Basic Drawing & Watercolors, Magic of Word & Music: Great American Songbook, Enjoying Shakespeare, and Science & Religion: Experiencing a Full Rich Life. See insert for details or go to [www.hv.seniors.org](http://www.hv.seniors.org).

**The Hopewell Valley Veterans Association** will be having a meeting on Monday, April 30 at 7pm at the Pennington Point Club House, Woolsey Court in Pennington. This meeting is open to all veterans, spouses, companions, and surviving spouses of Hopewell Valley veterans. Please RSVP to this meeting by contacting Weed Tucker at 737-1384.

**Operation Take Back NJ** will be collecting expired prescription medications on Saturday, April 28 from 10am-2pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Law enforcement officials will be on hand to collect medications.

## Special Events for April 2012

**The Most Dangerous Places on the Web** Tuesday, April 3, 10am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Joel May will be back to talk about some of the hazards you may encounter online, how dangerous they are, and what you can do to stay out of harm's way. No registration required. Contact the library at 737-2610 for more information.

**AARP Tax-Aide** Monday, April 9, 1:30-4:30pm at the Hopewell Valley Senior Center. Assistance filing income tax is provided by local AARP volunteers. Residents are asked to bring all relevant financial information and tax forms to their appointments.

**Appointments are required by calling 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).**

**Hopewell Valley Senior Golf Day** Tuesday, April 10, 10-11:30am at the Stonybrook Golf Course, 207 Stony Brook Road in Hopewell. Enjoy an hour and half lesson for beginners. \$10. **Pre-registration required by calling 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).**

**Tech Time** Tuesday, April 10, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. This program is part of Generation Connection, an on-going effort to bring people of different generations together.

**Registration required by 4/9.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Brain Teasers** Wednesday, April 11, 1-2pm at the HV Senior Center. Come enjoy an hour of brain games and logic puzzles. No registration required. For more information or to submit brain teasers, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Let's Chat** Friday, April 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 Curlis Lake Woods** Tuesday, April 17 (rain date is 4/19), 10-11:30am. Meet at the corner of Baldwin and South Main Streets. Street parking available. 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@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Gore Vidal's The Best Man on Broadway** Wednesday, April 18, 10am-7pm. A star-studded cast performs in this play about power, ambition, political secrets, ruthlessness and the race for the presidency. \$137 per person (\$125 for HT residents).

**Registration required by calling Hopewell Township Recreation Department at 737-3753.**

**Joint Replacement** Wednesday, April 18, 10:30-11:30am at the HV Senior Center. Join Dr. Mark Pressman of Capital Health to learn more about how joint replacement can reduce your pain, and restore your mobility. No registration required.

**Lunch at Central High School** Wednesday, April 18, 12:30-1:30pm at Hopewell Valley Central High School. (park by Performing Arts Center) Luncheon will take place in the lobby of the performing arts center and will be followed by a performance high school orchestra and choral groups. Co-sponsored by Synergy HomeCare/Medina Law Group and the Hopewell Valley Education Foundation. Free. **Pre-registration required by April 11, but not before April 1. To register, call Hopewell Township Recreation Department at 737-3753.**

**Advocacy and Communication Tips for Caregivers** Tuesday, April 24, 6-7:30pm at the HV Senior Center. This quarter, the Hopewell Valley Caregivers Night will feature Judy Milner and Kimberly Sizemore of Jewish Family and Children's Services of Greater Mercer County. Learn effective techniques for getting the answers to your questions, having your voice heard, and creating an atmosphere of common purpose with medical providers. Light dinner sponsored by Acorn Glen, an assisted living residence in Princeton. **Registration strongly encouraged by calling HV 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).**

**United Aging & Disability Partnership** Wednesday, April 25, 10:30-11:30am at the HV Senior Center. Guest speaker, Soni Pahade from the Princeton Senior Resource Center, will discuss the United Aging and Disability Partnership, a partnership of nine partner agencies provide "no wrong door" wrap around care management services to seniors and people with disabilities so that they can remain in their own homes and age in place with dignity. No registration required.

**Movie: The Help** Wednesday, April 25, 1:30-3:30pm at the Hopewell Branch of the MCL. Adaption of Kathryn Stockett's novel about Southern women during the early 1960's. No registration required. There is also an evening show starting at 6:15pm. 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 now be held every Tuesday, 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. The theme for April will be skies. Feel free to stop in. For more information call 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto: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.\* Second Tuesday of the month, 11-11am at the Pennington Quality Market. Third Tuesday of the month, 10-noon at the Hopewell Township Health Clinic, Lower Level. Fourth Tuesday of the month, 10-11am at Stop N Shop.

**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.

**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](mailto:information@hopewellvalleyveterans.org). This month there will be a meeting on Monday, April 30th at Pennington Point Club House on Woolsey Court in Pennington at 7pm.

**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** 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.*

*Around the Valley*

*Hopewell Valley Senior Services and  
Stonybrook Golf Club invite you to:*

## Hopewell Valley Senior Golf Day



10-11:30am, Tuesday, April 10, 2012

**Stonybrook Golf Club**  
207 Stony Brook Road

- Fun, affordable, introduction to the game of golf.
- Will include information, instruction, and fun games.
  - All equipment and balls supplied.
- Taught by Class A PGA Professional, Joe Porter.

**Registration required. Limited spaces available. Beginners welcome. Contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org) to register or for more information.**



***SAVE THE DATE:***



**Saturday, May 5**

**Used Medical Equipment Collection**  
*For Your Resource*

**At the Hopewell Township Public Works Building.**  
**Details in the next *Senior Spirit!***

[www.hvseniors.org](http://www.hvseniors.org)

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

**RETURN SERVICE REQUESTED**

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