



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

April 2013, Vol. 7, No. 4

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### **What Do We Do With All This Stuff?**

Most of us have had the experience of being overwhelmed by having to deal with too much stuff at some point in our lives. Sometimes it's a friend's or a relative's items that we've been enlisted to help out with. All too often though, we are surrounded by our own stuff. These are items we often treasure, but often they can make us feel tied down.

Residents and their caregivers have talked to me so many times about the dilemma of stuff that it seemed like it was time to do a program about it. My sense is people are looking for some help with where all of this will go, but that we also all want to know why there's so much emotion behind the stuff and why sometimes we allow it to hold us back from our goals.

Barbara Goodman, a professional mover and a social worker, will be at the senior center on April 23rd at 6pm to present "Rightsizing: the Physical and Emotional Aspects of Downsizing." If you and your loved ones are dealing with the challenges of sorting through stuff, I hope you will consider attending this session.

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## **Senior News**

**Lions Club Hospital Equipment** is available for immediate delivery or pick-up. Items include: portable commodes, canes, crutches, walkers, toilet seats, side rails for toilets, wheel chairs, and tub rails. Special equipment can be available within a few days of a request. All items available at no charge. For more information, contact George Sciarrotta of the Hopewell Valley Lions Club at (609)737-3540.

**Practitioner Orders for Life Sustaining Treatment** Governor Christie signed legislation that will enable patients to indicate their preferences regarding life-sustaining treatment. The law calls for the creation of a standardized Practitioner Orders for Life Sustaining Treatment (POLST) form that is signed by a patient's attending physician or advanced practice nurse and provides instructions for health care personnel to follow for a range of life-prolonging interventions. This form becomes part of a patient's medical records, following the patient from one healthcare setting to another, including hospital, home, nursing home, or hospice. The form became available in February 2013 at:

[www.state.nj.us/health/advancedirective/documents/polst\\_form.pdf](http://www.state.nj.us/health/advancedirective/documents/polst_form.pdf)

**Trivia Night at Central High School** will be Tuesday, April 16th at 7pm at the Central High School Auditorium. Be a member of a trivia team with high school students and other community members. \$3 for seniors. Once you register, you will be assigned a team. This event is sponsored by the Hopewell Valley Education Foundation. To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**2012 Property Tax Reimbursement (Senior Freeze)** The property tax reimbursement application has been redesigned for tax year 2012 to make it easier for New Jersey residents to complete. In addition, the method of reporting pension and retirement benefits (including IRA and annuity income) for property tax reimbursement purposes has changed as a result of a recent court decision. With very few exceptions, all income received during the year, including income which is not required to be reported on Form NJ-1040, must be taken into account to determine eligibility for the property tax reimbursement. For residents applying for reimbursements for tax year 2012, total annual income must be: **2011:** \$80,000 or less, and **2012:** \$82,880 or less These limits apply regardless of marital/civil union status. However, if an applicant's status is married/CU couple, combined income of both spouses/CU partners must be reported. **Note:** Eligibility requirements, including income limits, and benefits available under this program are subject to change by the State Budget. The eligibility requirements and benefit amounts for 2012 property tax reimbursements will not be finalized until the completion of the State Budget that must be adopted by July 1, 2013. Call the Property Tax Reimbursement Hotline at 1-800-882-6597 for more information.

## Special Events for April 2013

**"Visual Bookmarking" with Pinterest.** Tuesday, April 2, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Learn about this free online bookmarking tool, Pinterest, has taken computer users by storm. Pinterest is "a virtual pinboard — a place where you can create collections of things you love". No registration required.

**Brown Bag Luncheon: Anchor House** Friday, April 5, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Outreach Director, Ben Thornton, will tell us about the multiple services which are provided by their agency for runaway, homeless, abused and at-risk youth and their families. Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. **Register by calling 737-1221, ext. 10.**

**Book Club** Monday, April 8, 1-2pm at the Hopewell Branch of the Mercer County Library (note change in location this month only). Diane Miller of the Mercer County Library will lead a discussion on Too Much Happiness by Alice Munroe. Some copies of the book are available at Hopewell Branch of the Mercer County Library. First time pre-registration encouraged by contacting Hopewell Valley Senior Services at 737-0605, ext. 692. or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Hopewell Valley Senior Golf Day** Tuesday, April 9, beginner's clinic from 10-11:30am and t-times from noon to 4:30pm at the Stonybrook Golf Course, 207 Stony Brook Road in Hopewell. Enjoy an hour and half lesson for beginners at \$10 per person. T-times are \$10 (\$20 with cart). **Pre-registration required by calling 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).**

**Motown the Musical on Broadway** Wednesday, April 10, 10am-7pm. Meet at Independence Park. \$137 (\$125 for HT residents). Matinee show with time for lunch on your own. **To register, call Hopewell Township Recreation Department at 737-3753.**

**Knitting and Crocheting Group** Wednesdays April 10 and 24 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](mailto:awaugh@hopewelltp.org).

**Let's Chat** Friday, April 12, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

**Walk at Curlis Lake Woods** Tuesday, April 16 (rain date is 4/18), 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).

**Ways to Maintain Your Healthy Weight** Wednesday, April, 17 10:30-11:30am at the Hopewell Valley Senior Center. Mindy Komosinsky, Outpatient Nutritionist/Dietitian of Capital Health will give you tips on how to maintain a healthy weight. No registration required.

**Lunch at Central High School** Wednesday, April 17, 12:30-1:30pm at HV 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 Home Care & the Hopewell Valley Education Foundation. Free. **Pre-registration required by April 10**, but not before 4/1. **To register, call Hopewell Township Recreation Department at 737-3753.**

**Composting for Seniors** Monday, April 22 from 10-11am at the Hopewell Train Station, 4 Railroad Place in Hopewell Borough. Mercer County Horticulturist, Barbara Bromley is back to discuss ways you can turn your kitchen scraps into nutrition for your garden. Refreshments served. No registration required.

**Tech Time** Tuesday, April 23, 3-4pm at the Hopewell Branch of the Mercer County Library. Would you like to learn how to use your new laptop? Attach a photo to an email? If you answered yes to any of these questions or have other technology questions, stop in for tech help from local teens. This is a Generation Connection program. **Registration required by 4/19.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Rightsizing: the Physical and Emotional Aspects of Downsizing** Tuesday, April 23, 6-7:30pm at the Hopewell Valley Senior Center. Barbara Goodman, MSW and senior move manager with Moving Solutions will discuss ways older adults and caregivers can cope with downsizing at this Hopewell Valley Caregivers' Night. Light dinner provided by Acorn Glen Assisted Living. Registration encourage by contacting Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Les Miserables** Wednesday, April 24, 1:30-3:30pm at the Hopewell Branch of the MCL. Movie adaptation of this world-famous musical. 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 April 2, 9, 16, and 23 from 1-4pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. 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@hopewelltpw.org](mailto:awaugh@hopewelltpw.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. 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: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.

**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).

**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.*

## *Around the Valley*

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

# Hopewell Valley Senior Golf Day



Tuesday, April 9, 2013

**Stonybrook Golf Club  
207 Stony Brook Road  
Hopewell, NJ 08525**

### **Clinic (10-11:30am)**

- \$10
- 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.

### **Discounted Golf Special (noon-4pm)**

- \$10 walking or \$20 with cart
- Bring your own clubs.
- Closest to the Pin Prize
- Form your own group or we will pair you up

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



**Save the Date**



Saturday, May 25  
11am

**Memorial Day Ceremony**

*At Alliger Park*

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

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

RETURN SERVICE REQUESTED

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