



Senior Spirit

Hopewell Valley Senior Services Newsletter

June 2013, Vol. 7, No. 6

Contents

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

Saying No To Scams

Have you gotten the letter about the two roundtrip airline tickets you have been awarded? How about the call for the emergency response system a loved one purchased for you? These scams creep into our lives like stink bugs. As carefully as you avoid one, you accidentally run into another and what a stink!

The AARP Foundation did a *National Fraud Victim Study* in 2011 that looked at the demographics of fraud victims and had some interesting findings. Investment and business opportunity fraud victims were more likely to be men with some college education and an income over \$50,000. Lottery fraud, prescription drug, and identity theft victims were more likely to be women with less college education and an annual income less than \$50,000. Victims 55 and older were more likely than the rest of the population to acknowledge they were defrauded than younger people. They were also less likely to report it.

Don't forget to report fraud and scams and tell your neighbors to be on the look out too. Mercer County Consumer Affairs is a great resource for our community. The phone number is (609)989-6671.

Abigail Waugh
Hopewell Valley Senior Services Coordinator
(609)737-0605, ext. 692
awaugh@hopewelltp.org
http://www.hopewelltp.org/senior_news.html

Senior News

Free Weatherization Keep cool in the summer and warm in the winter. If you qualify for the program, you may receive the following FREE services: home energy audit, attic insulation, heater inspection/service/repair or replacement, weather stripping & caulking, refrigerator evaluation, energy conservation education. Mercer County residents both homeowners & renters are eligible. If anyone in your home has received SSI, Veterans Benefits, LIHEAP or cash assistance within the last 12 months, you are automatically qualified for our services. You are also eligible if you meet the following income guidelines: \$1,915 monthly income for one person or \$2,585 for two people. Contact Isles for more information at (609)341-4741 or outreach@isles.org.

Hopewell Valley Come Outside and Play ! will take place from June 6-8. It's time to have fun and celebrate the outdoors. This event is sponsored by the Hopewell Valley Municipal Alliance and will be held in conjunction with the National Get Outside Day. A coalition of area organizations will work with the Alliance to sponsor events that increase awareness of nature and an appreciation of time spent outdoors. Stay tuned for more details!

Household Hazardous Waste Collection and Electronics Recycling will take place Saturday, June 29 from 8am to 2pm at the John T. Dempster Fire School on Lawrence Station Road in Lawrence Twp. For more information call (609)278-8086 or go to www.mcianj.org.

Looking for Help with Odd Jobs? If you are interested in hiring a high school student for jobs around your home and yard, call Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org to post an advertisement on a bulletin board in the high school. Interested students may contact you. Keep in mind that there is no guarantee that any particular job will be filled. Postings will be removed after two months.

The Mercer County Prescription Discount Card now administered by ProAct Inc. – is a **FREE** program that offers discount savings on the purchase of prescription drugs. This program is open to ALL residents of Mercer County. There are no age or income requirements. This discount program may help reduce prescription costs for residents who do not have a prescription drug plan and for residents who take prescription medicine that is not covered by their current insurance. All prescription medications are covered, even pet medications (Rx must be filled at a regular retail pharmacy). This card can be used at any participating pharmacy in Mercer County, but not in conjunction with any other type of insurance. Additional discounts available on: vision, LASIK and hearing services. Discounted dental network plans are also available (at a cost to participants). **This Discount Program is not insurance.** For further information on the program, please call ProAct toll-free at 1-877-776-2285 or visit www.NJRxDiscountCard.com.

Special Events for June 2013

PC's Demystified Tuesdays, June 11, 18, and 25 from 3 to 4pm at the HV Senior Center, 395 Reading St. in Pennington. These sessions will be geared towards complete beginners or novices who want to increase their confidence with computers. Learn the basics in a comfortable atmosphere. PC's will be provided and the course will take place in a small group setting. Joshua Cintron will be the instructor. These sessions are co-sponsored by the HV Senior Foundation. The cost is \$15 for the three sessions. Space is limited. **Registration required by contacting HV Senior Services at 737-0605, ext. 692.**

Backing Up Your Computer Wednesday, June 5, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. This month's Hopewell Valley Senior's Connect will feature guest speaker Ross Holley. No registration required.

Guided History Walk at Howell Living History Farm Thursday, June 6, 4-6pm at Woodens Lane in Lambertville (Hopewell Township). Come celebrate Hopewell Valley Come Outside and Play! This event will feature a guided tour of one of the treasures of Hopewell Township: Howell Living History Farm. Volunteers and local historians, Larry and Jane Kidder will give us a peak into what the farm was like during the late 19th and early 20th centuries. This event is not to be missed. All ages welcome. No registration required.

Safe Home and Family Expo and Blood Drive Saturday, June 8, 10am-2pm at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Rd. Open to all. See insert for details.

Book Club Monday, June 10, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Z: A Novel of Zelda Fitzgerald by Therese Anne Fowler. 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@hopewelltpw.org.

Encore Careers: Doing Good While Doing Well Monday, June 10, 7-8:30pm at the HV Senior Center, 395 Reading St. in Pennington. Carol King of PSRC will be the speaker. Combine passion, purpose, and a paycheck in a second career or retirement job. No registration required.

Knitting and Crocheting Group is on break for the summer! The group will start up again in September.

Let's Chat Friday, June 14, 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 St. Michaels Preserve Tuesday, June 18 (rain date is 6/20), 10-11:30am. All are welcome. Slower and moderate paced group. Meet at parking lot on Princeton Avenue in Hopewell. For more information or directions, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltpw.org.

Lyme Disease Wednesday, June 19, 10:30-11:30am at the Hopewell Valley Senior Center. Dr. Anandakrishnan, Infection Control Physician of Capital Health will discuss Lyme disease. No registration required.

Hyde Park on the Hudson, June 26, 1:30-3:30pm at the Hopewell Branch of the MCL. Biographical, historical comedy/drama about FDR and Margaret "Daisy" Suckley. For more information, contact the library at 737-2610.

NY Yankees vs. Texas Rangers at Yankee Stadium Wednesday, June 26, 4 pm – 12 am. \$58 (\$53 for Hopewell Township Residents) We will arrive in plenty of time to check out Babe Ruth Plaza, The Great Hall or the NY Yankees Museum. **Registration required by calling the HT Rec. Dept at (609)737-3753.**

Army Band Concert & Fireworks 7:30pm at Alliger Park, Washington Crossing-Pennington Rd. in Titusville. Sponsored by the Hopewell Valley Veterans Association.

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

Ongoing Programs

Artists' Choice is on break for the summer. This group is facilitated by local artists, Bob Barish and Susan 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.

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. *In June, blood glucose screenings are also available. Be fasting or 2 hours post meal for accurate results.*

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 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 class on May 27th.*

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.

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.

Safe Home, Safe Family Expo and Blood Drive



Saturday June 8, 10am-2pm

(rain or shine)

**Hopewell Township Public Works Building
203 Washington Crossing Pennington Road**

For information contact:

**Hopewell Township Health Department
609-737-0120**

Bike/Helmet Safety

Injury Prevention

Lead Poisoning

Lyme Disease

Mosquito Control

And Much, Much More!

Rain Barrels

Residential Fire Safety

Septic Systems

Wells & Water Testing

Radon





Save the Date



Preserving Family Documents

Monday, July 29th at 10am

Hopewell Borough Hall

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**