



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

June 2016, Vol. 10, No. 6

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### **Hopewell Valley Aging in Place**

Hopewell Valley Aging in Place is a grassroots organization whose mission is to provide support for the older residents of Hopewell Valley so that we can remain in our homes in this community. We do this by sharing trusted resources, offering volunteer assistance with chores that fall into the category of “what friends would do for friends,” provide occasional helpful transportation, work on creating a tighter social fabric for older residents in the Township, and advocating for Senior programs and facilities that help to maintain the senior population in the Valley. The focus of this organization is to keep people engaged and to help one another.

Since the early 2000s, “Villages,” “Naturally Occurring Retirement Communities”, and even the Princeton based “Community Without Walls,” have been established throughout the country to meet the social needs of adults over the age of 50. HV Aging in Place is open to all who are willing to participate in activities and meetings. Meetings are held on the third Tuesday of the month at 3 p.m. at the Hopewell Township Municipal Building.

*Mary Kay Krokowski  
Coordinator, HV Aging in Place*

## **Senior News**

**Senior Picnic Door Prize Volunteers** It's almost that time of year again for the Hopewell Valley Senior Picnic! Once again we are looking for people to ask for and collect door prizes for the picnic. Please contact Randi Knechel, (609) 537.0236 or rknechel@hopewelltp.org, if you are interested in volunteering. We will have a meeting on June 22,2016 at 10:30am at the Senior Center to distribute flyers for the businesses and receipts after item is picked up. We have a list of past donators, however, new ideas are always welcome! Any door prizes that are collected may be dropped of at Hopewell Township Municipal Building to Randi in the Health Department.

**Grief Support Group** on Tuesday evenings from 6-7:30pm at the Calvary Baptist Church, 3 East Broad St. in Hopewell. **Register by contacting (609)466-1880 or (609)209-6046 or email info@calvarybaptisthopewell.com.**

**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 June 2016***

**Book Club** Monday, June 13th, 2:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. The group book is TBA. For more information, contact Diane Miller at (609)737-2610.

**Aging in an iWorld: It's Hard Keeping Up** Tuesday, June 14th, 10:30am at the Hopewell Valley Senior Center. Presented by Melissa Sodowick, MSW, LSW from Jewish Family & Children's Services of GMC. This program will review innovations to help keep older adults healthy and safe also address how technology can help keep us connected. Attendees will have a chance to share how they use technology and/or the obstacles they encounter when trying to use various devices. Resources for tech help will be shared.

**Adult Hand-Only CPR** Wednesday, June 15th, 10:30-11:30am at the Hopewell Valley Senior Center. Presented by Mary Rosner, RN at Capital Health. Join us for Adult Hands- Only CPR skill training. No certification card will be given.

**How to Get Your House Ready to Sell** Tuesday, June 21st, 6:30-8:00pm at the Pennington Public Library. Presented by Diane DeSalvo-Beebe, Sales Associate with Century 21 Abrams Hutchinson & Associates. Learn how to prepare to put your house on the market, get an evaluation, staging your house, what to do and what not to do! **Registration is required, please call (609) 737.0605 x668**. Space is limited. Light refreshments will be served.

**Movie: The Big Short** Wednesday, June 29th, 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. Rated: R Free. This adaptation of Michael Lewis' nonfiction book *The Big Short* explores the 2008 financial crisis through the lens of four unorthodox moneymen, who foresaw the consequences of the fraudulent mortgage-lending practices of large banks on Wall Street. Christian Bale plays Michael Burry, a former hedge-fund manager who was one of the first to forecast the collapse of the credit bubble due to excessive subprime lending. Steve Carell is Mark Baum (based on the real-life Steve Eisman), a money manager who rose to fame after successfully betting against subprime mortgages. Directed by Adam McKay. Brad Pitt, Ryan Gosling, and Marisa Tomei co-star

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

## Ongoing Programs

**Aging-In-Place** is the third Tuesday of the month from 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.

**Artists' Choice** will be meeting on 6/7, 6/14 and 6/21 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.

**Exercise for the Active Aging** Thursdays, 6/2, 6/9, 6/23, 6/30, 10:15 at the HV Senior Center. **MUST HAVE PRE-REGISTERED!**

**Folding** Meets the third 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.

**Mondays with Mia** THIS PROGRAM WILL RETURN IN SEPTEMBER!

**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.*

# **Aging in an *iWorld*... It's Hard Keeping Up!**

*By Melissa Sodowick, MSW, LSW, Care Manager*



**Tuesday, June 14, 2016 at 10:30am**  
**Hopewell Valley Senior Center,**  
**395 Reading Street, Pennington**

**This program will review innovations to help keep older adults healthy and safe also address how technology can help keep us connected. Attendees will have a chance to share how they use technology and/or the obstacles they encounter when trying to use various devices. Resources for tech help will be shared.**



**Save the Date**

**Medication Safety  
Capital Health Pharmacists  
July 20, 2016 @ 10:30am  
HV Senior Center**



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

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