



Save the Date

Thursday, September 8



Hopewell Valley Senior Citizens Picnic

Details in next Senior Spirit.

www.hvseniors.org

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Senior Spirit

Hopewell Valley Senior Services Newsletter

July 2011, Vol. 5, No. 7

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We're Never Too Old For Mentors

What do you think of when you hear the word *mentor*? If you're like me, you usually picture someone in their late teens or early twenties asking someone twenty to thirty years older for professional advice. Many of us have benefited from this kind of mentoring relationship to get started on a particular career path, but I've started to notice the importance of expanding the definition of mentor to include many more aspects of life.

How often have you interacted with someone and had the feeling of "I want to be like that"? I am not talking about a feeling of jealousy or a desire to completely mimic someone, but just feeling truly inspired and in awe of how someone is handling a particular phase of his or her life. You want to take notes. You want to ask questions. You want to remember it all so that if you ever go through something similar you could use this inspiration again.

What stage of life are you going through right now? A second career? A retirement? Grandparenting? New to an illness or disability? New to being widowed? Considering a move to another state? New to having a divorced child? Someone else, probably someone you know, has already gone through this and has information on what you are going through. This is the perfect time for a mentor. This is the perfect time to be inspired.

Abigail Waugh
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Senior News

Are You Ready to Quit? Free Quit Smoking Patches or Gum for the uninsured of those receiving Medicaid. Call now at 1-866-657-8677 or visit www.njqitline.org. Tobacco-Free for a Healthy New Jersey is funded by grants from the NJ Division of Health and Senior Services Office of Tobacco Control to the Department of Psychiatry at Robert Wood Johnson Medical School.

The Homekeeper Program offers financial help to New Jersey homeowners who are in danger of losing their homes as a direct result of unemployment or underemployment. Eligible homeowners must demonstrate that they were making their mortgage payments up until the time of unemployment or underemployment, and the unemployment or underemployment must have occurred within the 12 months preceding the date of their application. Eligible homeowners may receive up to \$48,000 in assistance for a term of up to 24 months. The assistance may be used to help homeowners make their mortgage payments while they seek work or complete an approved job training program and/or may be used to help with arrearages. For more information, call 1-855-NJ-KEEP-1 or go to www.NJHomeKeeper.gov.

Individual Medicare Counseling is now available Thursday mornings at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Hopewell Township. Do you want information on Which Parts do need or want? Part A, Part B, Part D, Medigap, and Advantage Plans? When to enroll? **Appointment necessary.** Call Peter Madison at 609-577-8361 or email petermadison@verizon.net.

July Fourth Concert will be held on Monday, July 4 at 7pm at Kunkel Park off King George Road in Pennington Borough. The Chris Dean Band will be performing blues and soul music. Raindate is July 8th at Howe Commons. Free. This event is sponsored by the Pennington Borough Recreation Commission.

Volunteers needed for Senior Picnic 2-3 volunteers are needed to collect door prizes for the 2011 Senior Picnic. Volunteers work on their own during July and August to request and organize prizes from local businesses. If you would like to volunteer, please call Abigail at 737-0605, ext. 692.

Around the Valley



The WISE Program was developed over the last ten years by NJPN and implemented locally by NJPN's 19 member agencies throughout New Jersey. Implementation and evaluation efforts were made possible with support from the New Jersey Department of Human Services, Division of Addiction Services and the Northeast Center for the Application of Prevention Technology

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us, and bring a friend!

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

A \$25.00 Gift Card to Shop Rite to each participant who completes the program

Beginning Tuesday, July 5, 3:30-4:30pm

Program is six Thursday sessions.

Hopewell Train Station, 4 Railroad Place in Hopewell

To register for the classes, call Senior Services at 737-0605, ext. 692.

Ongoing Programs

Artists' Choice will be on vacation for the summer. For more information call 737-0605, ext. 692.

Bingo First Wed. of the month, 10:30-11:30am at the HV Senior Center. *In July, Bingo will be the second Wednesday, July 13th..*

Blood Pressure Screening First Tuesday of the month, 10-11am at the HV Senior Center. Second Tuesday of the month, 12-1:30pm at the Pennington Quality Market.

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. Every Monday at 11am 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 (609)466-0761. *There will be no meeting of the Leisure Club in July or August.*

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. The Mercer County Nutrition Project for the Elderly provides older persons with nutritionally balanced and appetizing meals. Transportation available through TRADE. 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.

Special Events for July 2011

WISE Tuesdays, July 5, 12, 19, and 26 and August 2, and 9, 3:30-4:30pm at the Hopewell Train Station, 4 Railroad Place in Hopewell Boro. Free wellness education program. See p. 7 for details. **Registration required by calling at 737-0605, ext. 692.**

Barbershop Quartet Wednesday, July 6, 10:30-11:30am at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Enjoy patriotic music this month with the barbershop quartet, Payday. Free. No registration required. *Please note that bingo will be on July 13th instead.*

Find Your Roots: Genealogy Web Resources Tuesday, July 5 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Road in Pennington. Anna Van Scoyoc will demonstrate a variety of genealogical resources at the July session of Hopewell Valley Seniors Connect. No registration required. Contact the library at 737-2610 for more information.

Sing-A-Long Wednesday, July 6, 1-2pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Do you love the music of Glenn Miller, the Andrews Sisters and Tommy Dorsey? Stop by the senior center for an informal sing-a-long around the piano. Singers, piano players, and toe tappers are all welcome. Feel free to bring your favorite song book. No registration required.

Let's Chat Friday, July 8, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required. Refreshments will be served.

Eldercare Living Options Tuesday, July 12, 6-7:30pm at the HV Senior Center. Learn about living options with Marla Colton, RN, Geriatric Care Advisor of Adult Care Advisors. This program is appropriate for older adults and caregivers. A light dinner will be provided by CareOne of Ewing. **Registration recommended by calling Hopewell Valley Senior Services at 737-0605, ext. 692.**

Summer Scrabble Day Wednesday, July 13, 1-2pm at the Hopewell Valley Senior Center. Beat the heat this summer with scrabble at the senior center! No registration required. All levels welcome. Bring a scrabble set if you have one.

Mets vs. Phillies Friday, July 15, 4pm-12am. Meet at Independence Park. Trip to Citizens Bank Park in Philadelphia. \$50 for Hopewell Township Residents, \$55 for other participants. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

Walk at Stony Brook Reserve Tuesday, July 19, 10am to noon. Meet in the parking lot at the Stony Brook Millstone Watershed Reserve, 31 Titus Mill Road in Hopewell Township. We will be walking on the Four Seasons Trail, which is well shaded. All are welcome. There will be a slower and moderate paced group. Raindate is July 21. No registration required. For more information, contact Senior Services at 737-0605, ext. 692.

Atlantic City Casino Wednesday, July 20, 8:30am-6pm. Meet at Independence Park. \$27 for Hopewell Township Residents, \$30 for other participants. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

Keeping Your Stomach Happy: Avoiding Foods That Cause Gas Wednesday, July 20, 10:30-11:30am at the HV Senior Center. How you eat and what you eat, as well as certain stomach, small intestine and gallbladder disorders, can cause excess gas and embarrassing burping. Learn which foods cause gas and why, how to prepare foods to make them less likely to cause gas and which gas relief products may be right for you with Anthony Dissen, RD, of Princeton HealthCare System. No registration required. For more info, contact Senior Services at 737-0605, ext. 692.

Finding the Right Place For You Wednesday, July 27, 10:30-11:30am at the HV Senior Center. Carole Cieless of Acorn Glen Assisted Living will talk about how to decide where you should live if you need additional assistance as you age. No registration required.

Movie: Eat, Pray, Love Wednesday, July 27, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. A woman's journey through Italy, India, and Bali. Starring Julia Roberts. Free. No registration required. For more information, call the library at 737-2610.

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

July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 737-0605, ext. 692.</p>	<p>Location Guide HTB-Hopewell Town. Building HTS-Hopewell Train Station KP-Kunkel Park MCL-MC Library, Hopewell PQM-Penn. Quality Market</p>	<p>SMC-St. Matthew's Church SBWS-Stony Brook Watershed</p>			1 11:45-Lunch	2	
	<p>3</p>	<p>4</p> <p>Holiday No Programs</p> <p>7-Concert (KP)</p>	<p>5</p> <p>10-Blood Pressure 10-Srs Connect (MCL) 11:45-Lunch 1:30-Bridge (SMC) 3:30-WISE (HTS)</p>	<p>6</p> <p>10:30-Barber Shop Quartet 11-Healthy Bones (HTB) 11:45-Lunch 1-Sing-A-Long</p>	<p>7</p> <p>11:45-Lunch 1:30-Mahjongg</p>	<p>8</p> <p>11:45-Lunch 1-Let's Chat</p>	9
	<p>10</p>	<p>11</p> <p>10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>12</p> <p>11:45-Lunch 12-BP (PQM) 1:30-Bridge (SMC) 3:30-WISE (HTS) 6-Eldercare Living Options</p>	<p>13</p> <p>10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch 1-Scrabble</p>	<p>14</p> <p>11:45-Lunch 1:30-Mahjongg</p>	<p>15</p> <p>11:45-Lunch 1-Newsletter Folding 4pm-Citizens Bank Park (Trip)</p>	16
	<p>17</p>	<p>18</p> <p>10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>19</p> <p>10-Walk (SBWS) 11:45-Lunch 1:30-Bridge (SMC) 3:30-WISE (HTS)</p>	<p>20</p> <p>8:30-Atlantic City (Trip) 10:30-Keeping Your Stomach Happy 11:45-Lunch 11-Healthy Bones (HTB) 2-Senior Advisory Board</p>	<p>21</p> <p>11:45-Lunch 1:30-Mahjongg</p>	<p>22</p> <p>11:45-Lunch</p>	23
	<p>24/31</p>	<p>25</p> <p>10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>26</p> <p>11:45-Lunch 1:30-Bridge (SMC) 3:30-WISE (HTS)</p>	<p>27</p> <p>10:30-Find the Right Place 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Movie (MCL)</p>	<p>28</p> <p>11:45-Lunch 1:30-Mahjongg</p>	<p>29</p> <p>11:45-Lunch</p>	30