



Senior Spirit

Hopewell Valley Senior Services Newsletter

July 2012, Vol. 6, No. 7

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Making Space For Grief

We are *supposed* to be happy all the time, aren't we? We live in a world full of books, pills, and antidotes that promise us happiness. So grief ends up being one of those words, along with its cousin *death*, that we generally avoid in conversation. Are we even allowed to make space for grief in our own lives?

Grief is the very tough price we pay for loving and caring about the people (along with pets, places, and other cherished items) around us. Grief is not something to ignore or banish. When grief knocks on your door, open the door and offer grief a seat. Discover your own relationship with grief and do not let anyone tell you how or for how long you should grieve.

This summer at the senior center we will be offering a grief support group for people who recently lost someone. I invite you to register for this if you think it would be helpful to you. Grieving is a part of living, so do not be afraid to make some space for grief when it is needed in your active and rich life.

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Senior News

Grief Support Group Mondays, July 2 through August 13 (no group on 7/30), 2-3:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Support groups assist individuals in expressing, understanding, and coping with their emotions. Free support group sponsored by Greenwood House and facilitated by David Barr, LSW. **Registration required by calling 737-0605, ext. 692 or emailing awaugh@hopewelltp.org.**

Hopewell Valley Rides is a transportation service available to older adults and younger people with permanent disabilities within Hopewell Valley. Wheelchair accessible vans are now available upon request. As of May 1, 2012, rides are \$3 each way anywhere within Hopewell Borough, Hopewell Township, and Pennington Borough. To register as a rider, call Hopewell Valley Senior Services at 737-0605, ext. 692. This program is sponsored by Bristol-Myers Squibb. Additional funding is available for residents who cannot afford to purchase vouchers.

Household Hazardous Waste and Used Electronics Collection will take place on Saturday, July 14, from 8am to 2pm at the John T. Dempster Fire School. This event will take place rain or shine and is for Mercer County Residents only (no businesses). For more information call (609)278-8086 or visit www.mcia-nj.com.

Mercer County Senior Art Show will take place from July 18 to August 3 at Meadow Lakes in East Windsor. Hours for viewing the exhibit are from 10am to 4pm. Closing reception will be on August 3 from 1:30-3:30pm. Mercer County residents 60+ may submit one piece of artwork. For information or to register, call (609)989-6661.

Pennington Public Library is having its First Annual Adult Summer Reading Club. Read a book, pick up and fill out a short form at the library and enter it to win prizes throughout the summer. You must have a PPL library card to be eligible for prize drawings. Call the Library at (609)737-0404 for more information or visit their website at www.penningtonlibrary.org.

Recent Photos of Hopewell Valley Requested for the display wall at the Hopewell Valley Senior Center. We are looking for local photographers who are willing to loan their pictures (framed or unframed) for the months of July and August. Photos should be no older than five years old and should feature scenes from Hopewell Valley. Please contact Hopewell Valley Senior Services at (609)737-0605, ext. 692 or awaugh@hopewelltp.org for more information.

Scams In Hopewell Valley this past month include: 1) a telephone call requesting verification of a bank account number , 2) an email claiming to be giving money through the United Nation Poverty Alleviation Program, and 3) an offer for a mortgage on a senior rental apartment **Please do not respond to these scams and contact Mercer County Consumer Affairs at (609)989-6671 to report questionable calls and emails from potential scam artists.**

Special Events for July 2012

Gmail: How can 350 Million Users Be Wrong? Tuesday, July 3, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Road in Pennington. Gmail, an a free email service created by Google, is arguably the best web-based email client around. Please join Anna Van Scoyoc for tips and tricks to get the most out of Gmail and its features at the July session of Hopewell Valley Seniors Connect . No registration required. Contact the library at 737-2610 for more information.

NY Mets vs. Philadelphia Phillies at Citi Field in New York Thursday, July 5, 4pm to midnight. Meet at Independence Park. \$50 for Hopewell Township Residents, \$55 for other participants. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

Hopewell Valley Caregivers' Night: Legal Issues for Caregivers Tuesday, July 10, 6-7:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. *See full page flyer for details.* **Registration requested by calling 737-0605, ext. 692 or emailing awaugh@hopewelltp.org.**

Let's Chat Friday, July 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.

Walk at Stony Brook Reserve Tuesday, July 17, 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 19. No registration required. For more information or directions, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Better Bones, Better Backs Wednesday, July 18, 10:30-11:30am at the HV Senior Center. Terry Tucker, RN and Bonnie Coiro, PTA of Heart to Hearts will discuss ways to prevent serious fractures that lead to long-term health problems. Talk will include information on nutrition and strength training. No registration required.

Philadelphia Phillies vs. Milwaukee Brewers at Citizens Bank Park in Philadelphia. Tuesday, July 24, 5-11:30pm. Meet at Independence Park. \$50 for Hopewell Township Residents, \$55 for other participants. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

NJ Property Tax Relief Programs Wednesday, July 25, 10:30-11:30am at the HV Senior Center. Joyce Olshansky, Taxpayer Service Representative 3 of the New Jersey Division of Taxation will give a talk on property tax relief programs in NJ, including the homestead benefit, property tax reimbursement (senior freeze), and other property tax benefits for seniors, people with disabilities, and veterans No registration required.

Movie: J. Edgar Wednesday, July 25, 1:30-3:30pm at the Hopewell Branch of the MCL. Film about the powerful head of the FBI for almost 50 years. Directed by Clint Eastwood and starring Leonard DiCaprio. There is also an evening show starting at 6:15pm. For more information, contact the library at 737-2610.

AARP Driver Safety Class Monday, July 30 and Tuesday, July 31, 1-4pm at the HV Senior Center. 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. *AARP summer special=\$5 for educators (including past and present teachers and school personnel).* **Registration required by calling the HVYMCA at 737-3048.**

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. The group will start up again in September. 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. Special guest callers, Girl Scout Troop 70613 will be there in July and August. *Bingo will take place on Thursday, July 5th due to the holiday.*

Blood Pressure Screening First Tuesday of the month, 10-11am at the HV Senior Center. Second Tuesday of the month, 10-11am at the Pennington Quality Market. Third Tuesday of the month, 10-noon at the Hopewell Township Health Clinic, Lower Level. No blood pressures at Stop N Shop during July.

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. *No healthy bones on July 4th due to holiday.*

Hopewell Valley Leisure Club . Social club, including activities and speakers for Valley seniors. The club is on break for the summer. 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. See calendar for main courses. 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.

Hopewell Valley Caregivers' Night:

Getting Your Ducks In A Row: Legal Issues For Caregivers

with Victor Medina, Esq.
of Medina Law Group, LLC



Tuesday, July 10, 6-7:30pm
Hopewell Valley Senior Center
395 Reading Street in Pennington

Learn more about:

- protecting your loved one's assets and qualifying for Medicaid*
- important documents if a loved one becomes sick or incapacitated*
- how to gift money or property the right way*
- living trusts and avoiding probate*
- qualifying for veterans' benefits*

Light dinner and beverages will be served. **Registration requested by calling Senior Services at (609)737-0605, ext. 692 or emailing awaugh@hopewelltp.org.**

This program is presented by Hopewell Valley Senior Services.

*Refreshments provided by
CareOne of Ewing and Hamilton*



Save the Date



**Thursday, September 6
Hopewell Valley Senior Citizens Picnic
Washington Crossing State Park in Titusville**

Details in next Senior Spirit.

www.hvseniors.org

Hopewell Valley Senior Services
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