



Senior Spirit

Hopewell Valley Senior Services Newsletter

July 2013, Vol. 7, No. 7

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The Hidden Lives of Caregivers

There are many roles we play in our lives that are hidden. In my experience, being a caregiver is one of the most invisible of all. The tasks of caregiving are often so concealed that even the caregiver him or herself does not see the extent of his or her work. Sometimes the word *caregiver* is not even in his or her vocabulary.

What would we see if we followed the average caregiver around for a while though? We would see a lot. We would see the niece who every week sets up her aunt's medication. We would see the brother in California who calls his sister every day to make sure she is okay. We would see the neighbor who picks up groceries every week for a homebound person on his block. We would see the elderly parents providing constant care for an adult child with special needs. We would see the spouse who helps her husband bathe and get dressed. We would see the daughter who manages her mother's checkbook. We would see the husband who prompts his wife in social situations because she can't. We would see joys and sorrows. We would see frustration and gratitude.

Inside this month's newsletter, you will find a couple of programs just for caregivers. If you are a caregiver, take time to recognize your accomplishments. If you have a caregiver in your life, take a moment to say thank you.

Abigail Waugh
Hopewell Valley Senior Services Coordinator
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Senior News

Caregiver Support Group provides an opportunity for caregivers, families and friends to learn more about Alzheimer's disease, share their feelings and concerns, and support each other in coping with the effects of the disease. The group will meet the second Wednesday of the month at 10am at the Unitarian Universalist Church at Washington Crossing, 268 Washington Crossing-Pennington Rd. in Titusville. For more information, call (609)558-6266.

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. 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.

Senior Freeze (Property Tax Reimbursement) has been extended to September 16, 2013. The original deadline was June 3, 2013. The Division of Taxation mailed 2012 Property Tax Reimbursement (PTR) applications in February, and many eligible residents still need time to file. Those who are eligible but have not yet filed can complete and mail in their PTR applications now. Reimbursement checks for eligible senior and disabled residents who file their 2012 applications by the original June 3 deadline are scheduled to be mailed in mid-July. Checks for eligible applicants who file 2012 applications after the original June 3 deadline will be processed and delivered as quickly as possible thereafter. For more information call 1-800-882-6597.

Take Control of Your Health Are you an adult age 55 or older with an ongoing health condition? Get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn effective ways to speak with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the **FREE Take Control of Your Health Workshop** can help you take charge of your life. Thursdays (July 11-August 22 from 10am to 12:30pm) at Capital Health Center-Hopewell. Call (609)303-4314 to register. **Free lunch provided!**

Talking Book Machines are available for residents who need assistance reading. This is a free service through the NJ State Library Talking Book & Braille Center. Set up an appointment with Hopewell Valley Senior Services to try one out or sign-up by calling (609)737-0605, ext. 692 or awaugh@hopewelltp.org.

Special Events for July 2013

Video Phone Calls: Seeing is Believing! Wednesday, July 3, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. . Video messaging options continue to grow! How does one decide between Skype, FaceTime, Google Hangouts, ooVoo, and other contenders? Anna Van Scoyoc will demonstrate a variety of video calling services, as well as what factors to use when deciding which service is best for you, at the July session of Hopewell Valley Seniors Connect No registration required.

Book Club Monday, July 8, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on The Great Gatsby by F. Scott Fitzgerald. 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.

Walk at Stony Brook Reserve Tuesday, July 16, 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. Rainedate is July 18. No registration required. For more information or directions, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

The Caregiver: Are Your Needs Being Met? Tuesday, July 16, 6-7:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Amy Matthews of the Alzheimer's Association will discuss the symptoms of caregiver stress and offer strategies towards becoming a healthier caregiver and setting realistic expectations for themselves and the person they care for. Light dinner sponsored by CareOne of Ewing and Hamilton.

Registration requested by calling 737-0605, ext. 692 or emailing awaugh@hopewelltp.org.

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

Hearing Presentation Wednesday, July 17, 10:30-11:30am at the Hopewell Valley Senior Center. Tony Lauro of Total Hearing Care will discuss hearing loss, tinnitus, the social impacts on hearing loss, the evolution of hearing devices, and the importance of baseline hearing testing. No registration required.

Music Therapy: Why It Works and How Wednesday, July 24, 10:30-11:30am at the HV Senior Center. Learn about what Music Therapy is, how it works, and how it can help you or someone you know through an interactive presentation. Margaret Klussman, Lead Music Therapist at Noteable Measures will be the presenter. No registration required.

Let's Chat Friday, July 26, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required. ***Please note date change for this program.***

Preserving Your Family Documents Monday, July 29 from 10-11am at Hopewell Borough Hall, 88 Broad St. in Hopewell. Learn how to make your family documents last longer with proper preservation techniques. This program will be presented by Janet Reimer, a preservation archivist who retired from the Special Collections & University Archives, Rutgers University Library in New Brunswick. Refreshments served. No registration required. *Please note change in location for this series.*

Lincoln Wednesday, July 31, 1:30-3:30pm at the Hopewell Branch of the MCL. A film about President Lincoln's struggles with his own administration during the Civil War. Starring Daniel Day-Lewis and Sally Field. Directed by Steven Spielberg. For more information, contact the library at 737-2610.

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 July, 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.

Hopewell Valley Leisure Club . Social club, including activities and speakers for Valley seniors. No meeting in July and August. 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.

Around the Valley

Stay cool this summer at the libraries! Older adults are at a higher risk of heat stroke and exhaustion during hot weather. Our local libraries offer a wonderful air conditioned space to relax and beat the heat. Read a book, browse a periodical, or use the internet.

Hopewell Public Library
13 E. Broad St., Hopewell, NJ
(609)466-1625

Monday	10am-8pm
Tuesday	12pm-8pm
Wednesday	10am-8pm
Thursday	12pm-8pm
Friday	12pm-5pm
Saturday	10am-3pm
Sunday	Closed

Pennington Public Library
30 N. Main St., Pennington, NJ
(609)737-0404

Monday	10am-8pm
Tuesday	10am-8pm
Wednesday	10am-8pm
Thursday	10am-8pm
Friday	10am-5pm
Saturday	10am-2pm
Sunday	Closed



**Mercer County Library,
Hopewell Branch**
245 Pennington-Titusville Rd., Pennington,
NJ
(609)737-2610

Monday	9:30am-9pm
Tuesday	9:30am-9pm
Wednesday	9:30am-9pm
Thursday	9:30am-9pm
Friday	9:30am-5pm
Saturday	9:30am-5pm
Sunday	Closed





Save the Date



Thursday, September 12

**Hopewell Valley Senior Citizens Picnic
Washington Crossing State Park in Titusville**

Details in next Senior Spirit.

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

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