



Senior Spirit

Hopewell Valley Senior Services Newsletter

July 2014, Vol. 8, No. 7

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Now That's Senior Spirit!!

It is with great pride that I announce that a Hopewell Valley resident has been crowned Ms. New Jersey Senior America 2014. Diane Beebe of Hopewell Township was awarded the title this June and will compete against women from across the country this October in Atlantic City for the national title.

We have so many talented older adults in Hopewell Valley. I am particularly struck by our pageant winner because of all the cultural stereotypes around beauty and aging. There is something wonderful and perhaps a little rebellious, about not letting young adults have the monopoly on the glitz and glamour of pageants. Ms. Beebe and her fellow contestants remind us all to let our inner and outer beauty sparkle, regardless of age.

How can you be more radiant this month? Pull out the silver shoes in the back of the closet? Do something nice for a stranger? Put the bow tie on just because? Share a talent with your community? Thanks Ms. Beebe for inspiring us all to be our most marvelous selves.

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http://www.hopewelltp.org/senior_news.html

Senior News

Art Book Donations Requested for the artists meeting at the senior center. If you have art books in good condition that you would like to donate, please contact Hopewell Valley Senior Services at (609)737-0605, ext. 692 or awaugh@hopewelltp.org.

Free, Refurbished Hearing Aids are now available to eligible residents. Individuals must be at least 65 years of age with a single income below \$26,130 or \$32,037 per couple. Additional information is available by contacting 1-800-792-8339 or 1-800-792-8339.

Go Green Sign up to get the *Senior Spirit* by email. This is great for people who travel part of the year (you can get the newsletter wherever you are) and for those who want to save paper. Plus you get the newsletter 5-10 days faster. Email awaugh@hopewelltp.org to switch!

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 or awaugh@hopewelltp.org. This program is sponsored by Bristol-Myers Squibb and a Hopewell Harvest Day Grant.

Parkinson's Support Group will be held the third Wednesday of every month from 2-4pm at Capital Health Medical Center-Hopewell, One Capital Way in Pennington. This group is for patients, family, and caregivers. First hour is education and second hour is splitting into smaller groups. Register by calling (609)537-7149.

Senior Freeze (Property Tax Reimbursement) has been extended to September 15, 2014. The Division of Taxation mailed 2013 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 filed their 2013 applications by the original June 2 deadline are scheduled to be mailed in mid-July. Checks for eligible applicants who file 2013 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.

Tech Support Scams Scam artists are using the phone to break into your computer. They say they've detected viruses or other malware on your computer to trick you into giving them remote access. Don't give control of your computer to someone who calls you out of the blue. Don't rely on caller ID to verify identity. Criminals spoof caller ID numbers. Never give your password out over the phone. For more information, go to www.consumer.ftc.gov or www.donotcall.gov or report scams to Mercer County Consumer Affairs at (609)989-6671.

Special Events for July 2014

Free Software: Why Are You Paying For That? Wednesday, July 2, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Do you pay for software? Do you subscribe to antivirus or pay for a license of Microsoft Office? If you pay for any software at all come learn about the quality free replacements. Join new Hopewell Valley Seniors Connect instructor, Ross Holley for this month's program. No registration required.

Book Club Monday, July 14, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Destiny of the Republic by Candice Millard. Some copies of the book are available at Hopewell Branch of the Mercer County Library. First time pre-registration encouraged by contacting HV Senior Services at 737-0605, ext. 692. or awaugh@hopewelltp.org.

Walking Group is on break for the summer.

State Health Insurance Program Tuesday, July 15, 6-7:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. This quarter's Hopewell Valley Caregivers' Night will feature State Health Insurance Program (SHIP) coordinator, Angie Melo who will talk about how this important program can help people find the best insurance for Medicare beneficiaries. A light dinner will be provided by Synergy HomeCare. **Registration requested by calling 737-0605, ext. 692 or emailing awaugh@hopewelltp.org.**

Trip: Lake Wallenpaupack Cruise and Ehrhardt's Luncheon Show Wednesday, July 16, 8am-6pm.

We will be greeted at Ehrhardt's with coffee and apple streusel cake followed by a 30-minute scenic boat ride on Lake Wallenpaupack in the beautiful Pocono Mountains. We will then enjoy Ehrhardt's delicious Family Style Menu lunch followed by an afternoon of entertainment. "Memories with Rich Wilson" will take us back in time when the Rat Pack ruled Vegas and Elvis was the king of rock'n roll. Rich Wilson's smooth as silk voice, quick wit and Vegas style showmanship have captivated audiences for years. Even more amazing, he sounds just like the artists! You won't want to miss this powerhouse performer and his musical sentimental journey. One last snack after the performance and we will be on our way back home. Come enjoy a fun-filled day at beautiful Lake Wallenpaupack. Trip is \$ 84 (\$73 for HT residents). **Registration required by contacting Hopewell Township Parks and Recreation Department at 737-3753.**

Take Stock & Lock it: Preventing Prescription Drug Misuse Wednesday, July 16, 10:30-11:30am at the HV Senior Center. Learn how to store your prescriptions safely. This talk will be given by Montgomery Health Department Health Educator, Devangi Patel. No registration required.

Let's Chat is on break for the month.

Mondays with Mia is on break for the summer

Private Land Stewardship Program Wednesday, July 30, 10:30-11:30am at the Hopewell Valley Senior Center. Michael Van Clef, Stewardship Director of Friends of Hopewell Valley Open Space will discuss ways landowners can foster Hopewell Valley's natural heritage. One aspect is to beautify your property with native plants that also serves as excellent habitat. Learn about the best native plants for particular landscape situations followed by a Q&A session. No registration required.

American Hustle Wednesday, July 30, 1:30pm at the Hopewell Branch of the Mercer County Library. Free. library at 737-2610 for details.

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

Ongoing Programs

Artists' Choice will be on break for the summer and will return in September This group is facilitated by local artists, Bob Barish and Susan Ewart. 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.

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.

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 10:30am 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.

Knitting and Crocheting Group is on break for the summer.

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.

Social Bridge Mondays, 2:30-4:30pm at the HV Senior Center. **Pre-registration for first time players recommended by contacting 737-0605, ext. 692 or awaugh@hopewelltp.org.**

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

Around the Valley

Hopewell Valley Caregivers' Night:

State Health Insurance Program

with Angie Melo, Mercer County SHIP Coordinator



Tuesday, July 15, 6-7:30pm
Hopewell Valley Senior Center
395 Reading Street in Pennington

The State Health Insurance Assistance Program (SHIP) provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance. SHIP is a statewide program sponsored by the New Jersey Department of Human Services with major funding from the Centers for Medicare & Medicaid Services, the federal Medicare agency. Medicare beneficiaries frequently have questions about benefits and claims, supplement policies, and long-term care insurance. Volunteer counselors, trained in areas of health insurance coverage and benefits that affect Medicare beneficiaries, provide information and assistance for dealing with claims and in evaluating health insurance needs.

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
Synergy® HomeCare*



Save the Date



**Thursday, September 4
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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