

Senior Spirit

Hopewell Valley Senior Services Newsletter

July 2016, Vol. 10, No. 7

Contents

- 1 Greeting
- 2 News
- 3 Special Events
- 4 Ongoing Programs
- 5 Around the Valley
- 6 Save the Date

Heat Stress in Seniors

HEAT STROKE:

Heat stroke is the most serious heat-related illness. Heat stroke can occur if your body temperature rises to 104° F or higher. Heat stroke can cause death or permanent disability if emergency treatment is not provided.



Signs and Symptoms of Heat Stroke:

- Core body temperature above 104° F
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

HEAT EXHAUSTION:

Heat exhaustion can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration. Without prompt treatment, heat exhaustion can lead to heat stroke.

Signs and Symptoms of Heat Exhaustion:

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

How to Protect Yourself from Heat Stress:

- Drink cool, nonalcoholic beverages
- Take a cool shower, bath, or sponge bath
- Seek an air-conditioned environment
- Wear lightweight clothing
- Remain indoors in the heat of the day
- Do not engage in strenuous activities

First Aid for Heat Stroke:

IMMEDIATELY CALL 911 OR TRANSPORT PERSON TO HOSPITAL

While waiting for the paramedics to arrive, do the following:

- Move the person to a cool and/or shady area.
- Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose or sponge the person with cool water.
- Continue cooling efforts until the body temperature drops to 101°–102°F.
- If paramedics are delayed, call the hospital emergency room for further instructions.

The information provided on Safety Magnets is for quick reference only and is not a substitute for training. Contact your doctor or the CDC for more information. Safety Magnets disclaims any warranty or liability for your use of this information. © 2015 Safety Magnets.com

Senior News

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.**

FISH (Meals on Wheels) in need of VOLUNTEERS!!

FISH(Friends in Service Here) is an all volunteer 501C meals-on-wheels type program for Pennington, Titusville, Hopewell Borough and Hopewell Valley. FISH is in need of volunteers as drivers and/or dispatchers.

If you like to drive and meet wonderful people, FISH is the volunteer opportunity that you are looking for. You will provide a warm meal and bag lunch to those who have difficulty getting around either on a temporary or permanent basis.

It usually takes less than 2 hours to drive a FISH route and can be done only once per month if that is your wish. Meals are provided Monday through Friday by Pennington Quality Market and are picked up at 11:00am to be driven to individuals throughout our area.

If you are looking for a volunteer position that does not require you to leave home or one that you can do with your smart phone, dispatching is the position for you. Dispatchers answer our phone from their own phone or cell phone. They take messages and answers questions about the program to those seeking help with their meals. Dispatchers call the drivers to inform them of the meals they will be delivering on the next day and help the drivers with any problems they may encounter. Everything is on a secure website and training is available even for those who do not feel secure in internet browsing.

This volunteer opportunity is one that you can share with a friend and is presently being done by retirees as well as those in the work-field. Training is available for both positions and takes only a little of your time.

You can call Benita Wittenborn, Coordinator, [609-577-2798](tel:609-577-2798)(c) or Nella Hamtil, coordinator, [609-397-1919](tel:609-397-1919)(h) or [609-462-6116](tel:609-462-6116)(c). They can help you with any questions that you may have.

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 July 2016

Coloring for Adults Friday, July 8th & 22nd, 1:00pm-2:00pm at the Hopewell Branch of the Mercer County Library, 245 Pennington Titusville Road. Coloring relieves stress and anxiety, trains your brain to focus and improves fine motor skills. Coloring pages and pencils provided or bring your own. No registration.

Book Club Monday, July 11th, 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.

Walking Canes Tuesday, July 19th, 10:45am at the Hopewell Valley Senior Center. Presented by Goodwill Home Medical Equipment.

Medication Safety Wednesday, July 20th, 10:30am at the Hopewell Valley Senior Center. Capital Health Pharmacists will provide guidance on best ways to avoid errors and adverse consequences when using, storing and disposing of medications. Common mistakes and strategies to avoid them will be discussed.

Mercer Me: Coffee Connections Monday, July 25th, 10:00 am at Hopewell Borough Hall, 88 East Broad Street, Hopewell. MercerMe is a hyperlocal online news source offering grassroots news, events and feature coverage in Mercer County New Jersey. Written by community members for community members, our writers are the people you know — or at least the people you know your friend knows. With coverage on issues important to the internet-connected generation, we fill a gap left unfilled by the shrinking print and traditional media in our area. We are proud to be on the forefront of important local events and issues. Plus, we're having a blast. Presented by Mary Galioto, Founder and Editor of MercerMe.

The African American Presence in the Sourland Mountain and Hopewell Valley Region Tuesday, July 26th, 10:00am at the Hopewell Valley Senior Center. Presented by Beverly Mills and Elaine Buck. The Stoutsburg Cemetery land was purchased so the African Americans would have a place to be buried with dignity. The cemetery has served as a burial ground for African Americans from as far back as the Revolutionary War. Join us for a discussion with Beverly Mills and Elaine Buck about their research into their family history and the history of African Americans in the Sourland Mountains and right here in Hopewell Valley!

Interfaith Caregivers Wednesday, July 27th, 10:00am at the Hopewell Valley Senior Center. Interfaith Caregivers of Mercer County is dedicated to promoting the independence and dignity of homebound elderly and people with disabilities by matching them with caring volunteers who assist with the tasks of everyday life. Join us to see the services they offer and how you may be able to help or volunteer!

Movie: Star Wars: The Force Awakens Wednesday, July, 27th 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. Rated: PG-24 Free. In this thrilling continuation of the epic space opera, ex-stormtrooper Finn (John Boyega), scrappy desert dweller Rey (Daisy Ridley), and droid companion BB-8 get caught up in a galactic war when they come across a map containing the whereabouts of the vanished Luke Skywalker (Mark Hamill). They soon embark on an epic adventure that brings them face-to-face with heroes from the past, as well as new villains such as Kylo Ren (Adam Driver) and the First Order, a fascist regime that has emerged from the ashes of the old Empire. Carrie Fisher, Harrison Ford, Peter Mayhew, and Anthony Daniels return to reprise their roles as, respectively, Leia Organa, Han Solo, Chewbacca, and C-3PO.

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 THIS PROGRAM WILL RETURN IN SEPTEMBER!

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 Thursday, July 7th (last class), 10:00 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.



Mary Galioto, Founder, Publisher

Join us for our next presentation in the
Coffee Connections series:

Monday, July 25 at 10:00am
Hopewell Borough Hall
88 East Broad Street, Hopewell

MercerMe is a hyperlocal online news source offering grassroots news, events and feature coverage in Mercer County New Jersey.

Written by community members for community members, our writers are the people you know — or at least the people you know your friend knows. With coverage on issues important to the internet-connected generation, we fill a gap left unfilled by the shrinking print and traditional media in our area.

We are proud to be on the forefront of important local events and issues. Plus, we're having a blast.



Save the Date

**T'ai Chi
Introduction and
Demonstration
Wednesday, August 17 10:30 am
HV Senior Center**



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

**PRSRT STD
U.S. Postage Paid
Permit No. 427
Trenton, NJ 08650**