



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

August 2011, Vol. 5, No. 8

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### **Your Family's Story About Aging**

I often think about American culture and its anti-aging stance. This affects how people of all ages think about older adults. There are other stories, however, that also affect how we all feel about aging. These are the stories our families tell about our elders. Often these ideas are passed on from generation to generation without anyone really realizing the story is even there. It's amazing how different these narratives can be, even in the same community.

For example, think about the idea of resources and age. Many families believe that the oldest generation is supposed to support the younger generations both during their lives and in their estates after they die. Family members then make decisions based on this concept. Seniors feel obligated to earn and save as much of their money as possible to put towards the younger members of the family. Younger members of the family may come to expect that these resources will be there for them. Yet, in other families, the reverse is true. The expectation is that the young folks are supposed to support their elders by paying their expenses or providing housing or transportation.

Often our gender, class, ethnic background, and other factors influence how we think about aging. Are women supposed to be caregivers for their parents? In the "old country" or the "old neighborhood" what did it mean to be retired? There are no right or wrong answers to these questions. We just need to know that we all have reasons for how we think about things and ask ourselves if our current story is working for us. What story does your family tell about aging?

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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.njquitline.org](http://www.njquitline.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](http://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 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](mailto:petermadison@verizon.net).

**IRS Scam** An area resident has reported being called with an automated machine saying that the resident owes the IRS money. The voice sounded very official and said “this is your last chance to pay your taxes.” It also said, “even if you haven’t paid for years, this is your last chance to pay, press 2 to be connected with an agent, press 3 for Do Not Call Registry.” Please be alert and disregard this scam!

**Thank You to John Spedding and Noel Goeke** for volunteering their time in June to repair and paint portions of the interior walls of the senior center !

**Thank you to the Hopewell Valley Senior Foundation and Lauren Williams** for donating paint for the senior center!

## ***Special Events for August 2011***

**Picnik: Edit Your Summer Photographs.** Tuesday, August 2, 10am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Picnik is a free online photo editor, which includes basic editing tools, such as cropping, removing red eye, and altering coloring/lighting. Picnik also allows the photographer the creative freedom to customize an image with a selection of special effects to enhance the photo's appearance. Join Anna Van Scoyoc for a demonstration of the free online photo editor, Picnik at the August session of Hopewell Valley Seniors Connect. No registration required. Contact the library at 737-2610 for more information.

**Sing-A-Long** CANCELLED FOR AUGUST. If you are interested in attending a Sing-A-Long this fall, please contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Summer Scrabble Day** Wednesday, August 10, 1pm. All skill levels welcome. Please bring a board if you have one. No registration required.

**Let's Chat** Friday, August 12, 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.

**No Walk in August** Stayed tuned for information about fall walks in the next *Spirit*.

**Taking Care of Our Elders: Update on Geriatric Services** Wednesday, August 17, 10:30-11:30am at the HV Senior Center. Learn more about reducing negative outcomes of hospitalizations and safe emergency room visits with Daphne Berei, BSN, RN-BS, of Princeton HealthCare System. No registration required. For more info, contact Senior Services at 737-0605, ext. 692.

**Circle Line Cruise Around Manhattan** Thursday, August 18, 10am-6pm. Meet at Independence Park. See 7 major bridges and more than 25 world renowned landmarks on this three hour cruise. \$69 for Hopewell Township Residents, \$76 for other participants. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

**Birthday Breakfast** Friday, August 19, 9am at the Hopewell Valley Golf Club. Is your birthday in July, August, or September? If so, you are invited to celebrate with a free breakfast. Guests are welcome, but there is a fee of \$15 per guest. **Pre-registration required by calling 737-3753.**

**Tech Time** Tuesday, August 23, 3-4pm at the Hopewell Branch of the Mercer County Library. Do you have technology questions? Stop in for tech help from local teens. Registration requested by contacting HV Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Wheelchair Etiquette** Wednesday, August 24, 10:30-11:30am at the HV Senior Center. Melanie Basil of Mercer Street Friends HomeCare will discuss important tips for wheelchair users. No registration required.

**Mount Airy Casino** Tuesday, August 30, 8:30am-6pm. Meet at Independence Park. \$27 for Hopewell Township Residents, \$30 for other participants. Trip to the Pocono's premier casino resort. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

**Movie: The Lincoln Lawyer** Wednesday, August 31, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. A legal thriller starring Matthew McConaughey. Free. No registration required. For more information, call the library at 737-2610.

## 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. Special guest callers will be at Bingo this August!

**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. *The Healthy Bones class at the Hopewell Township building will not meet on 8/22, 8/24, 8/29, and 8/31.*

**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](mailto: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.*

*Around the Valley*

**Please join us for the .....**

***Hopewell Valley  
Senior Citizens'  
Annual Picnic***

**Thursday, September 8, 2011**  
**Washington Crossing State Park**  
**12:00 noon – 3:00 pm**

Please join us for a **free** afternoon of food, fun, and music. Seniors ages 60 and over from throughout Hopewell Valley are encouraged to be part of this important community tradition hosted by Hopewell Valley Senior Services and Hopewell Township Parks and Recreation Department.

**Please RSVP ONLY IF YOU CAN ATTEND by calling**  
**609-737-3753 no later than August 31**  
**(but not before 8/1) to confirm your attendance!**

*Rain date Friday, September 9th*

*Brought to you by Hopewell Valley Senior Services, Hopewell Township Recreation Department, and Washington Crossing State Park with special sponsorship from the following:*

***2011 Platinum Sponsor: Princeton HealthCare System***  
***2011 Gold Sponsor: Ortho-McNeil-Janssen Pharmaceuticals, Inc.***  
***2011 Silver Sponsor: Acorn Glen Assisted Living***



## **Save the Date**

**September 20th, 4pm**



### **The Second Annual Artists' Choice Show & Reception**

*The show will be on display at the Hopewell Branch of the Mercer County Library for the month of September.*

*Learn about the 9/20/11 reception details in next month's Spirit.*

[www.hvseniors.org](http://www.hvseniors.org)

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

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