



Senior Spirit

Hopewell Valley Senior Services Newsletter

August 2012, Vol. 6, No. 7

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What's Your YouTube?

According to the Alzheimer's Association, one in eight people who are 65 or older have Alzheimer's Disease. This is a staggering statistic. One I often think of when I am in a room full of people. It is easy to find this information overwhelming and depressing, especially considering there are so many mysteries still unsolved about the disease.

I would challenge you though to think of ways you can be proactive in your own life to prevent your risk for dementia. Early studies show that a healthy lifestyle, mental stimulation, along with staying socially active can reduce (not remove completely) your risk for Alzheimer's.

This August, as part of Hopewell Valley Seniors Connect, you can learn more about YouTube, the internet video program. For many, learning about this program is outside of their knowledge base and perhaps outside their comfort zone. What a perfect way to stimulate the brain. But if YouTube isn't your thing, what is going to be your way to challenge your mind this month?

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Senior News

Aging Insights an informative program from the New Jersey Foundation for Aging will be playing on Channel 30 (Verizon) and 95 (Comcast) at 10am and 2pm this summer. Please tune in for up-to-date information on aging in New Jersey.

Choral Group Starting Up at the Hopewell Valley Senior Center. We are looking for at least eight men and women who are passionate about singing and would like to be part of a choral group that meets on the second and fourth Wednesday from 3 to 4:30pm at the Hopewell Valley Senior Center. This is a great chance to enjoy singing and meet new people. The group will sing oldies, show tunes, and holiday songs (in preparation for a holiday show at the senior center). The group will be lead by Hopewell Township resident Diane Beebe who is the former president of the Oakland Senior Club in Oakland and is currently the cantor at two local churches. If you are interested, please call Hopewell Valley Senior Services at 737-0605, ext. 692 or email at awaugh@hopewelltpw.org by September 12th.

Explorations will return this fall with some of your favorite courses returning and two, maybe three new offerings. Classes will start September 24. Course descriptions and registration forms will be in next month's newsletter.

Inpatient or Outpatient? If you have Medicare-Ask! Did you know that even if you stay in the hospital overnight, you might still be considered an "outpatient"? Your **hospital status** (whether the hospital considers you an "inpatient" or "outpatient") affect how much you pay for hospital services and may also affect whether Medicare will cover care you get in a skilled nursing facility (SNF). For more information go to www.medicare.gov or call 1-800-MEDICARE.

PSE&G Alert about a nationwide phony bill payment program that promises to credit or pay utility bills in exchange for personal information, including social security numbers. The scam, which has been reported in a number of states, claims that President Barack Obama is providing credits or applying payments to utility bills. According to reports, the scammers are also emailing, texting and using social media to reach customers. If you receive a phone call, email or other communication purporting to be from PSE&G requesting your social security number, username or password, please do not provide it. Nor should you click on any links or respond in any manner. Send an email to PSE&G's security department at PSEG-BAandR@pseg.com with details about what occurred. Customers who have doubts about the legitimacy of any call from PSE&G, especially one in which payment is requested, should call PSE&G directly. Residents can also call the Mercer County Consumer Affairs Office regarding any suspected scam at 989-6671.

Special Events for August 2012

Irish Dancers Wednesday, August 1, 10-10:30am at the Hopewell Valley Senior Center. This month before bingo some of our scouts will do a special Irish Dance performance at the senior center. The performance will be followed by bingo at 10:30 (see *Ongoing Events for more details*). No registration required.

Movie: Strangers on A Train Wednesday, August 1, 1:30-3:30pm at the Hopewell Branch of the MCL. Classic Hitchcock psychological thriller starring Farley Granger, Ruth Roman, and Robert Walker. For more information, contact the library at 737-2610.

YouTube: It's Not Just Viral Videos Tuesday, August 7, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Road in Pennington. You know the quirky videos that are sent to you from your friends – the cats going crazy over a piece of lint, the latest wacky wedding entrance, or an infant laughing hysterically at his older brother's ill fate. YouTube, however is more than a place to upload "home movie footage" for your friends and family to see. Along with a treasure trove of educational, informational, and expert videos on just any topic you can imagine, YouTube provides a video editor program, which allows you to combine photos, video clips and music into one, fabulous video. Please join Anna Van Scoyoc as she explores YouTube's content, as well as shares YouTube's lesser known resources August session of Hopewell Valley Seniors Connect . No registration required. Contact the library at 737-2610 for more information.

Movie: Shadow of a Doubt Wednesday, August 8, 1:30-3:30pm at the Hopewell Branch of the MCL. Hitchcock classic starring Teresa Wright and Joseph Cotton. For more information, contact the library at 737-2610.

Let's Chat Friday, August 10, 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.

New York Yankees vs. Texas Rangers Monday, August 13, 4pm to midnight. Trip to Yankee Stadium. Meet at Independence Park. \$50 for Hopewell Township Residents, \$55 for other participants. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

Tech Time Tuesday, August 14, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by August 10.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Trip to Sands Casino in Bethlehem, PA Thursday, August 16, 8:30am-6pm. Located on the former Bethlehem Steel property, the Sands Casino has slots and table games. The Shoppes at Sands features many fine outlet stores, including Lenox, Corningware, Talbots, and more. The Farmer's Almanac General Stores and Peeps & Company stores are also located there. Participants will receive a \$20 slot play and a \$5 food voucher. Lunch is on your own. Meet at Independence Park. \$28 for Hopewell Township Residents, \$31 for other participants. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

Birthday Breakfast Friday, August 17, 9am at the Hopewell Valley Golf Course. Is your birthday in July, August, or September? If so, you are invited to our free quarterly birthday breakfast. Guests are welcome to attend for a fee. **To register, call 737-0605, ext. 692 by August 10.**

Movie: War Horse Wednesday, August 29, 1:30-3:30pm at the Hopewell Branch of the MCL. Epic war film directed by Steven Spielberg. Takes place before and during World War I. There is also an evening show starting at 6:15pm. For more information, contact the library at 737-2610.

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.

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. Fourth Tuesday of the month, 10-11am at Stop and Shop.

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. *Please note that in August, the newsletter folding will take place on Tuesday, August 7th at 1pm.*

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.

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.

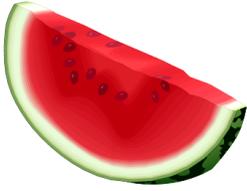
Mahjongg Thursdays, 1:30-3:30pm at the HV Senior Center. Weekly Mahjongg. Beginners welcome to attend and shadow experienced players. Free. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692.

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.

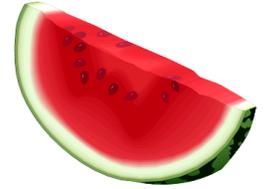
Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.

Around the Valley

Please join us for the



Hopewell Valley Senior Citizens' Annual Picnic



Thursday, September 6, 2012
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
Wednesday, August 27 (but not before 8/1)
to confirm your attendance!**

Please do not call if you cannot attend.

Rain date Thursday, September 13th

FOR TRANSPORTATION CALL 737-0605, EXT.692

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

***Acorn Glen Assisted Living
Ortho-McNeil-Janssen Pharmaceuticals, Inc.
Princeton HealthCare System
Senior Care Management***



Save the Date



Monday, September 10, 2012 at 7pm

Finding the Right Volunteer Opportunity For You
with Carol King of PSRC

www.hvseniors.org

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

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