



Senior Spirit

Hopewell Valley Senior Services Newsletter

October 2011, Vol. 5, No. 10

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Emergency Planning

Hopewell Valley really felt the hit of Hurricane Irene and Tropical Storm Lee this year. From closed roads, to power outages, and flooding: it was rather overwhelming. Thanks to the hard work of emergency personnel, utility workers and road crews, things are beginning to get back to normal.

How did you fare during this poor weather? I know many people were prepared with flashlights, generators, non-perishable food, and more. There's one other thing I would like to tell you about to prepare for the next challenge Mother Nature sends our way. It's a registry for people with disabilities and special needs who may need extra help in an emergency. Do you need to get to dialysis several times a week even during bad weather? Do you need power for medical equipment or to keep medication cool? Are you concerned about your ability to evacuate if you were forced to? If so, this registration is for you.

New Jersey has created a program called "New Jersey Register Ready" that allows residents to register their needs so emergency personnel know how to locate them. This is the time to plan. Register online at www13.state.nj.us/SpecialNeeds or call me and I can help you register.

Abigail Waugh
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www.hvseniors.org

Senior News

Explorations, a volunteer organization is offering six courses this fall: Exploring Basic Drawing & Watercolors, Enjoying Shakespeare, Introducing Medieval England, Modern Architecture, Sharing Contemporary Poetry, and The Lewis and Clark Expedition. For more information, visit www.hvseniors.org for more information or to register.

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.

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.

Tutoring Volunteers Needed Wednesday afternoons during the school year at Timberlane Middle School from 3-4pm. Volunteers are needed in the following subjects: math, language arts, social studies, and world languages (Spanish, French, and German). To register as a volunteer, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Knitting Volunteers Needed Starting Wednesday, October 5th from 7:30-8:30am at Bear Tavern Elementary School. Teach students the joy of knitting and create a service project. Volunteers meet first and third Wednesday of the month. To register as a volunteer, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

www.hvseniors.org is updated regularly with upcoming programs and events. Check out the new section: Frequently Asked Senior Questions at the bottom of the page for useful resources.

Special Events for October 2011

Finding and Subscribing to Podcasts Tuesday, October 4, 10am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Join Anna Van Scoyoc as she provides an overview of the podcast basics, tools to find podcasts, and software to subscribe to podcasts at the October session of the Hopewell Valley Seniors Connect .No registration required. Contact the library at 737-2610 for more information.

Sing-A-Long Wednesday, October 5, 1-2pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Do you love the music of Glenn Miller, the Andrews Sisters and Tommy Dorsey? Stop by the senior center for an informal sing-a-long around the piano. No registration required.

Anything Goes on Broadway Wednesday, October 12, 10am-7pm. All aboard for this saucy and splendid new production of Cole Porter's musical romp across the Atlantic. Meet at Independence Park. \$135 for Hopewell Township Residents, \$148 for other participants.

Registration required by calling Hopewell Township Recreation Department at 737-3753.

Scrabble Day Wednesday, October 12, 1-3pm. All skill levels welcome. Bring a board if you have one. No registration required.

Let's Chat Friday, October 14, 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.

Walk at Curlis Lake Woods Nature Preserve Tuesday, October 18 (rain date is 10/20), 10-11:30am. Meet at the corner of Baldwin and Main Street in Pennington Borough. Enjoy a walk through one of Pennington's best kept secrets. No registration required. For more information, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Tech Time Tuesday, October 18, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Would you like to learn how to text? Use your new laptop? Attach a photo to an email? If you answered yes to any of these questions or have other technology questions, stop in for tech help from local teens. Are you a techie yourself? Come by and share your expertise. This program is part of Generation Connection, an on-going effort to bring people of different generations together. Registration recommended. For more information, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Hopewell Valley Caregivers' Night: What Are Your Rights As A Caregiver? Tuesday, October 18, 6-7:30pm at the HV Senior Center. See page 7 for details. For more information, call Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Learn About Flu Shots and Immunizations Wednesday, October 19, 10:30-11:30am at the HV Senior Center. Jabbar Zafar, DO, of the Medical Staff of Princeton HealthCare System, will discuss: annual flu shots, what's new this year and what you need to know about H1N1. Learn about the pneumonia and shingles vaccines. No registration required. For more info, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Timberlane Lunch Wednesday, October 19, 12:30-1:30pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and local businesses. Free. Pre-registration required, but not before October 1. **To register, call Hopewell Township Recreation Department at 737-3753.**

Images of Old Hopewell Monday, October 24, 10-11am at the Hopewell Train Station, Railroad Place in Hopewell Borough. This month's Coffee Connection Series will feature Jack Koeppel of the Hopewell Valley Historical Society giving a talk about Hopewell. Refreshments will be served. No registration required.

PAAD Your Wallet and Shape Up With SHIP Wednesday, October 26, 10:30-11:30am at the HV Senior Center. Has Medicare gotten you confused? Learn more about the State Health Insurance Assistance Program and Medicare Improvements Patients and Providers Act with SHIP volunteers. No registration required.

Movie: Pirates of the Caribbean: On Stranger Tides Wednesday, October 26, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Adventure fantasy film featuring Johnny Depp and Penelope Cruz. Free. No registration required. For more info, call 737-2610.

Flu Shots in Pennington Borough Wednesday, October 26, 4-7pm at Pennington Borough Hall, 30 N. Main in Pennington. Free flu shots for Hopewell and Pennington Borough seniors 65+ with Medicare card. Fee for other adults and children 4+. Hopewell Borough Clinic is 11/3 from 4-7pm at the Hopewell Train Station. **To schedule an appointment, contact the Montgomery Health Department at 908-359-8211 x 227 .**

Flu Shots in Hopewell Township Thursday, October 27, 1-3pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Free flu shots for Hopewell Township seniors 65+ with Medicare card. Fee for at-risk younger adults. **To schedule an appointment, contact the Hopewell Township Health Department at 737-0120. If you live in a 55+ community, sign-up through your club house.**

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

Ongoing Programs

Artists' Choice will be held Tuesday, October 11 and 25, 1:30-4:30pm at the HV Senior Center, 395 Reading St. in Pennington. All levels and media welcome. Bring your own project. Group project may also be available. Feel free to stop by. 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. 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 10/10/11.*

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 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. 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.

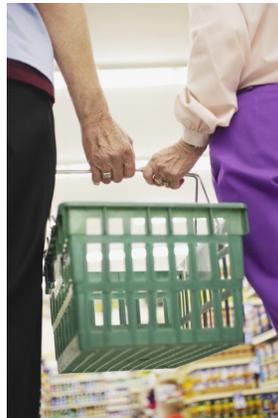
Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.

Around the Valley

Hopewell Valley Caregivers' Night:

What Rights Does the Caregiver Have?

*Learn about the caregiver/care recipient relationship with
Barbara Stender of GTBHC Caregiver Wellbeing Project*



Tuesday October, 18, 6-7:30pm
Hopewell Valley Senior Center
395 Reading Street in Pennington

Sandwiches and beverages will be served. Registration recommended.
For more information, call Senior Services at 737-0605, ext. 692 or
awaugh@hopewelltp.org

*This program is presented by Greater Trenton Behavioral Healthcare
and Hopewell Valley Senior Services. Refreshments provided by Synergy HomeCare.*



Save the Date



Friday, November 8, 8am-6pm

Elisabeth Von Trapp Concert and Christkindlmarkt

Bethlehem, PA

With Barbara Stender of The Senior Well-Being Project

www.hvseniors.org

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

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