



Senior Spirit

Hopewell Valley Senior Services Newsletter

October 2013, Vol. 7, No. 10

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Making Sense of “Senior Moments”

"I'm having a senior moment." "My wife's got a touch of dementia." "My dad must have Alzheimer's since his mom did." "It's normal to be forgetful at my age." Do any of these sound familiar? Memory and cognition changes are often the white elephant in the room during any conversation on aging. Many people diagnose themselves or relatives with dementia without seeking a medical opinion. Others assume significant memory loss just happens with aging and never talk to a doctor about their symptoms.

Most of us will deal with memory changes in ourselves or people close to us at some point in our lives. Shame, embarrassment, and lack of understanding about the cause of memory changes often mean we avoid dealing with the issue. Yet, just like any other medical problems, it is important to be proactive and educate ourselves on this important topic.

There will be several programs on memory in 2013 and 2014, including a talk this month at the senior center. Stay educated on this important and ever evolving topic. Look inside for details!

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

Senior News

Book Lovers Luncheon sponsored by the Hopewell Valley Education Foundation will take place this year on Sunday, October 27th, again at the Greenacres Country Club. Jamie Ford, the author of ***Hotel on the Corner of Bitter and Sweet***, will be this year's speaker. To purchase tickets go to: <https://bookloversluncheon.eventbrite.com>

Individual Medicare Counseling is now available 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 the Family guidance Center at 609-924-2098, or email to jeni.sampson@fgccorp.org

Looking for Help with Odd Jobs? If you are interested in hiring a high school student for jobs around your home and yard, call Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org to post an advertisement on a bulletin board in the high school. Interested students may contact you. Keep in mind that there is no guarantee that any particular job will be filled. Postings will be removed after two months.

Low Income Home Energy Assistance (LIHEAP) Program is now accepting applications for the upcoming heating season. This federal program is administered by the New Jersey Department of Community Affairs to provide low-income households with money to help pay their heating bills. To be eligible a resident must have a monthly income of less than \$1915 or \$2585 for a couple. For more info, call 1-800-510-3102 or go to www.energyassistance.nj.gov

Medical Card Scam Residents in Hopewell Valley have received calls about a "new medical card" with callers requesting information on bank routing numbers and Medicare numbers. These are not legitimate calls. Be alert and call Mercer County Consumer Affairs at 609-989-6671.

Shredding and Electronic Recycling Event for Hopewell Township Residents on Saturday, October 5 from 9am to 1pm at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Road. 5 boxes per household for shredding. You may also bring electronics (computers, tv's, radios, microwaves, and cell phones) to dispose of them. Donors are responsible for any data on all media. For more information, call 537-0250.

Volunteers Needed at Bear Tavern School Volunteers are needed at Bear Tavern School to help office staff, assist in classrooms, and teach students to knit. If you are interested in helping with any of these activities during the school year, please contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Special Events for October 2013

Music to Your Ears via Free Web Resources Wednesday, October 2, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Join Anna Van Scoyoc at this month's Seniors Connect which will include demonstrations of streaming music services. No registration required.

WISE Program Thursdays, 10/3-11/7, 3:45-4:45pm at the HV Senior Center, 395 Reading St. in Pennington. This health education program offers six lessons that cover a wide range of topics. \$25 Shop-Rite gift certificate given to participants that complete. **Registration required by contacting HV Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.**

Brown Bag Luncheon: My Life in Journalism Friday, October 4, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. The speaker will be newspaper columnist, Sharon Schlegel. Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. **Register by calling 737-1221, ext. 10.**

Book Club Monday, October 7, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on *Killer Smile* by Lisa Scottoline. 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.

Social Bridge Mondays (except 10/14), 2:30-4:30pm at the HV Senior Center. Would you like to get back into playing bridge after many years? Are you a beginner who would like to practice in a relaxed setting? **Pre-registration for first time players recommended by contacting HV Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.**

Tech Time Tuesday, October 8, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by October 4.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Let's Chat Friday, October 11, 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.

Walk in Pennington Borough Tuesday, October 15 (rain date is 10/17), 10-11:30am at Howe Commons. The group will set the pace. No registration required. Street parking is available For more information, contact Senior Services at 737-0605, ext. 692.

Drive Through Flu Shot Clinic for Hopewell Township Residents Wednesday, October 16, 2-6pm at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Rd. in Titusville. A flu clinic information line will also be available after 9/30 at 609-537-0257. *If you live in a 55+ community, sign-up through your club house. Hopewell Borough Clinic will be 11/5.*

Mondays with Mia Monday, October 21, 10am at the Hopewell Train Station, 4 Railroad Place in Hopewell Borough. Come meet Mia for an hour of fun, discussion and relaxation. Mia is a chocolate lab who is a certified therapy dog. No registration required.

Hopewell Valley Caregivers' Night: Caregiving and Family Relationships Tuesday, October 22, 6-7:30pm at the HV Senior Center. See insert for more details. For more information, call Senior Services at 737-0605, ext. 692.

Consumer Rights and Responsibilities Wednesday, October 23, 10:30-11:30am at the Hopewell Valley Senior Center. Donna Giovannetti of Mercer County Consumer Affairs will be back to talk about ways to fight fraud. No registration required.

Flu Shots for Pennington Borough Wednesday, October 23, 6-8pm at Pennington Borough Hall, 30 N. Main Street. Free for people with Medicare. \$25 for all others. **To make an appointment, call (908)359-8211.** *Hopewell Borough Clinic will be 11/5.*

Basic Estate Planning Monday, October 28, 10-11am at Hopewell Borough Hall, 88 East Broad St. in Hopewell. Debra Horowitz, attorney at law will be the presenter at this session of Coffee Connections. Refreshments will be served. No registration required.

Smart Steps Tuesday, October 29, 6:30-8pm at the Pennington Public Library, 30 N. Main St. in Pennington. This program is designed to raise awareness of how daily physical activity to promote a healthy lifestyle. Participants will be given a pedometer, walking/step log, and educational/support materials. Health Educator, Suzanne Rose will be the presenter

Memory, Aging, and the Brain Wednesday, October 30, 10:30-11:30am at the Hopewell Valley Senior Center. If you or someone you know is experiencing memory loss or changes in behavior or thinking skills, join Jeffrey T. Apter, MD, board certified psychiatrist and member of the Medical Staff of Princeton HealthCare System for this session. No registration required.

Mud Wednesday, October 30, 1:30-3:30pm at the Hopewell Branch of the MCL. Coming of age drama, written and directed by Jeff Nichols For more info, call 737-2610.

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

Ongoing Programs

Artists' Choice will be meeting at 1pm on Tuesdays, October 1, 8, 15, and 22. This group is facilitated by local artists, Bob Barish and Susan Ewart. Participants should bring their own supplies and projects. 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. 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. 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.

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.

Knitting and Crocheting Group Wednesdays, October 9 and 23 from 1:30-3:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Bring your own project, pattern, and materials. Pre-registration encouraged by calling 737-0605, ext. 692 or awaugh@hopewelltp.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. 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. **This month the group is meeting at the Pennington Point Club House.**

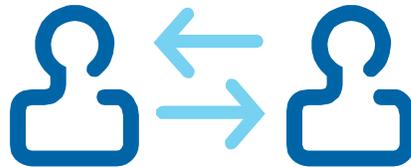
For more information call (609)737-0605, ext. 692.

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

Hopewell Valley Caregivers' Night:

Caregiving and Family Relationships

with Jo Carolyn Dent-Clark
Senior Support Specialist with GTBHC



Tuesday, October 22, 6-7:30pm
Hopewell Valley Senior Center
395 Reading Street in Pennington

Discussing and sharing caregiver responsibilities with family members who are detached from the caregiver's world can be very complicated at times. This program will help caregivers effectively communicate the stress and decisions involved in caring for a loved one and how to use healthy coping strategies to manage conflict and challenges that may arise with family members.

Light dinner and beverages will be served. **Registration requested by calling Senior Services at (609)737-0605, ext. 692 or emailing awaugh@hopewelltpw.org**

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

*Refreshments provided by
Synergy HomeCare*



Save the Date



Tuesday, November, 19

Memory Screening Day
at the Hopewell Branch of the Mercer County Library

Details in next Senior Spirit.

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

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