



Senior Spirit

Hopewell Valley Senior Services Newsletter

October 2014, Vol. 8, No. 10

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Having the Talk

Long-term care is an uncomfortable topic for many of us. Most of us would like to pass away in our sleep having suffered from no disability or chronic illness in our later years. A few of us, the lucky ones, will get this wish. The majority of us will not and will have to deal with some decline in ability (physical or mental) in our later years.

There is actually some peace of mind in talking about long-term care needs or the medical and non-medical needs we may eventually need. Brainstorming options with family and friends can give us some relief. Thinking about what we can afford can help us plan. We can still hope we never need long-term care while at the same time planning for it.

We are fortunate to have a speaker from AARP coming to the senior center this October 21 at 6pm to have a conversation about this important topic. I hope you will think about attending with a friend or family member. It doesn't hurt to talk.

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

Senior News

Explorations Fall 2014 Courses include Vikings, Hopewell Valley weather, Shakespeare, the Supreme Court, and Medieval History. Register by October 8. Information available at: <http://www.hopewelltp.org/seniors/explorationsfall14.pdf>

Free, Refurbished Hearing Aids are now available to eligible residents. Individuals must be at least 65 years of age with a single income below \$26,130 or \$32,037 per couple. Additional information is available by contacting 1-800-792-8339 or 1-800-792-8339.

Go Green Sign up to get the *Senior Spirit* by email. This is great for people who travel part of the year (you can get the newsletter wherever you are) and for those who want to save paper. Plus you get the newsletter 5-10 days faster. Email ameletti@hopewelltp.org to switch!

Book Lovers Luncheon sponsored by the Hopewell Valley Education Foundation will take place this year on Sunday, October 26th, again at the Greenacres Country Club. Nancy Horan, the author of *Loving Frank* and *Under the Wide and Starry Sky*, will be this year's speaker. To purchase tickets go to:

<https://www.eventbrite.com/e/hvef-book-lovers-luncheon-tickets-8604224467>

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 Anjuli.melo@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 ameletti@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.

IRS Scam Residents in Hopewell Valley have received calls about money owed to the IRS. The IRS will always send you a written letter in the US mail regarding taxes due and will never request credit card payment over the phone. 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 4 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 2014

Skype: The Next Best Thing to Being There Wednesday, October 1, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Skype is an Internet program that turns your personal computer (as well as your tablet) into a telephone. Join Anna Van Scoyoc as she demonstrates Skype's bells and whistles at the upcoming Hopewell Valley Seniors Connect. No registration required.

Intro to Windows 8 Thursdays, October 2, 9, and 16 from 3:45 to 4:45pm at the HV Senior Center, 395 Reading St. in Pennington. Learn how to use Windows 8 this fall. Some computer experience recommended. PC's will be provided and the course will take place in a small group setting. These sessions are co-sponsored by the HV Senior Foundation. The cost is \$15 for the three sessions. Space is limited. **Registration required by contacting HV Senior Services at 737-0605, ext. 692.**

Rag Time Blues & Tin Pan Alley Tunes Friday, October 3, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Guitarist Karl Dentino will perform Rag Time Blues. Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. Open to the public. **Register by calling 737-1221, ext. 10.**

Book Club Monday, October 6, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Spies of Warsaw by Alan Furst. This is a spy novel set shortly before World War II. Some copies of the book are available at Hopewell Branch of the Mercer County Library.

Let's Chat October 10, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

Tech Time Tuesday, October 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 October 10.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Aging In Place Tuesday, October 14, 4:30-5:30pm at the Senior Center. Open discussion on transportation. No registration.

Swallowing Difficulties Wednesday, October 15, 10:30-11:30am at the HV Senior Center. Jenny Cowell of Princeton HealthCare System will be the presenter. No registration required.

Senior Luncheon Wednesday, Oct. 15, 12:30-1:30pm at the Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Care One of Ewing and the Hopewell Valley Education Foundation. Free. **To register, call HT Recreation Department at 737-3753 by 10/8.**

Drive Through Flu Shot Clinic for Hopewell Township Residents Wednesday, October 15, 2-6pm at the Hopewell Twp Public Works Building, 203 Wash. Crossing-Pennington Rd. in Titusville. To Schedule an appointment email nurse@hopewelltpw.org or call 609-537-0238. *If you live in a 55+ community, sign-up through your club house. Hopewell Borough Clinic will be 11/4.*

Birthday Breakfast Friday, October 17, 9am at the Hopewell Valley Golf Course. Are you 60+ with a birthday in July through December? If so, you are invited to celebrate at our semi-annual birthday breakfast. **Please RSVP by 10/10 by calling the Hopewell Township Recreation Department at (609)737-3753.**

Mondays with Mia Monday, October 20, 11am 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.

Walking on the Lawrence-Hopewell Trail Tuesday, October 21, 10-11:30am. Meet in the parking lot in Rosedale Park. Rain date is 10/23. No registration required. For more details or directions, call 737-0605, ext. 692 or amelitti@hopewelltpw.org.

Aging in Place Meeting: Transportation Tuesday, October 21, 4:30-5:30pm at the Hopewell Valley Senior Center. A working group is forming in Hopewell Valley for people who are interested in aging in place. This month the group will be focusing on considering transportation options for Hopewell Valley residents. All are welcome. No registration required. For more information, contact Hopewell Valley Senior Services at (609)737-0605, 0605, ext. 692 or ameletti@hopewelltpw.org.

Hopewell Valley Caregivers' Night: Planning for Long-Term Care Tuesday, October 21, 6-7:30pm at the HV Senior Center. See insert for more details. For more information, call Senior Services at 737-0605, ext. 692.

Fall Prevention Wednesday, October 22, 10:30-11:30am at the HV Senior Center. Karen Schiariti, RN, case manager at Care Senior Services will discuss fall prevention. No registration required.

Flu Shots for Pennington Borough Wednesday, October 22, 6-8pm at Pennington Borough Hall, 30 N. Main Street. Free for people with Medicare. \$25 for others. To make an appointment, call (908)359-8211, ext. 227. *Hopewell Borough Clinic will be 11/4.*

Intro to Email Thursdays, October 23, 30, and Nov. 6 from 3:45 to 4:45pm at the HV Senior Center, 395 Reading St. in Pennington. Improve your email skills this fall. PC's will be provided and the course will take place in a small group setting. These sessions are co-sponsored by the HV Senior Foundation. The cost is \$15 for the three sessions. Registration required by contacting HV Senior Services at 737-0605, ext. 692.

250 Years of Farming Pleasant Valley Monday, October 27, 10-11am at Hopewell Borough Hall, 88 East Broad St. in Hopewell. Larry Kidder, local historian will be the presenter. Refreshments will be served. No registration required.

Movie: Draft Day Wednesday, October 29, 1:30pm at the Mercer County Library, Hopewell Branch. Kevin Costner stars in this movie about the NFL draft. PG-13. No registration required.

Bad Words Wednesday, September 24, 1:30pm at the Hopewell Branch of the Mercer County Library. 2013 comedy about a middle-age man who finds a loophole allowing him to participate in a spelling bee. Starring Jason Bateman. PG-13. Free. Call the library at 737-2610 for details.

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

Ongoing Programs

Artists' Choice will be meeting October 7, 14, and 21 from 1-3pm at the Hopewell Valley Senior Center. This group is facilitated by local artist, Susan Ewart. Bring your own project and supplies. For more information call 737-0605, ext. 692 or ameletti@hopewelltp.org.

Bingo First Wednesday of the month, 10:30-11:30am at the HV Senior Center. This month's bingo is sponsored by Merwick Care and Rehabilitation Center.

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 Monday 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. *No Healthy Bones at the Hopewell Township Building on 10/13.*

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.

Knitting and Crocheting Group will be meeting October 8 and 22 from 1:30 to 3:30pm at the Hopewell Valley Senior Center. Bring your own project, pattern, and materials. All ages and skill levels welcome. Pre-registration encouraged by calling 737-0605, ext. 692 or ameletti@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. For more information call (609)737-0605, ext. 692.

Social Bridge Mondays, 2:30-4:30pm at the HV Senior Center. **Pre-registration for first time players recommended by contacting 737-0605, ext. 692 or ameletti@hopewelltp.org.**

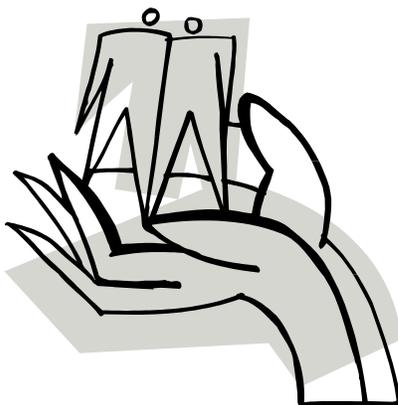
Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.

Around the Valley

Hopewell Valley Caregivers' Night:

Planning For Long-Term Care

with Lillie Hudson, AARP Speakers Bureau



Tuesday, October 21, 6-7:30pm
Hopewell Valley Senior Center
395 Reading Street in Pennington

Join Lillie Hudson, AARP Volunteer and Chairman of the AARP Speakers Bureau for an important conversation for older adults and their caregivers about planning for long-term care, in case the need arises.

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

This program is presented by Hopewell Valley Senior Services.

*Refreshments provided by
Hearing Aids by Zounds*



Save the Date



**November 7, 2014
9am-4pm**

AARP Driver Safety Course

At Hopewell Borough Hall

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

RETURN SERVICE REQUESTED

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