



SAVE THE DATE:



Fitness Fair for Older Adults

January 25, 2011

Hopewell Township Municipal Building

Learn about local resources to get in shape for 2011.

www.hvseniors.org

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

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Senior Spirit

Hopewell Valley Senior Services Newsletter

December 2010, Vol. 4, No. 12

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Getting Out of the Mine

Why were we so captivated by the story of the Chilean miners? We live so far away from these thirty-three men who were rescued after two months of being underground. Yet many of us were fascinated by the details of their experience. In fact, people all over the world wanted to know who the miners were, how they managed for the two months they were stuck, and the details of their rescue. Our newspapers, television shows, and radio programs were filled with images and news of the miners.

As humans, we like to hear about tales of survival. Survival stories like this one have elements of doom, fear, self-determination, cooperation, hope, and triumph all mixed together. Few of us have spent time in such a literal "dark place" as the miners did, but most have reached a place, event, or feeling that appeared hopeless and way beyond our control. Endurance, patience, and resilience often help us find our way out.

I know from talking with many of you that you have survived quite a lot already throughout your life and the challenges keep coming. From world wars to losing a loved one, by the time you have reached the later decades of your life, you have had plenty of opportunities to be resilient. As we marvel at the recent rescue of these miners, don't forget that you have a survivor in you too. It's okay to marvel at your own resilience once in a while, even if the international news media will not be there to record your efforts.

Abigail Waugh
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Senior News

AARP Tax-Aide Volunteers Needed AARP will be running training courses this December and January for new Tax-Aide Counselors. You will be given detailed training and be part of a team helping people with their federal and state income taxes. For more information, contact Carol Ober at 252-1167.

ENewsletter Would you like to get the *Senior Spirit* earlier, save paper, and save costs? Sign up for the enewsletter and receive the newsletter by email starting this January. If you would like to sign-up for the enewsletter instead of the paper version, please send your name and email address to awaugh@hopewelltp.org.

Heating Assistance If your income is below \$1,805 per month for an individual or \$2,429 for a couple, you may be eligible for heating assistance. Call 1-800-510-3102 for more information and ask about USF and LIHEAP.

Hopewell Valley Senior Foundation is a nonprofit organization that raises money in support of the Hopewell Valley seniors. If you would be interested in joining the board of trustees or would like more information about activities, call Bill Farmer at 737-8904.

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 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.

Medicare's Annual Election Period is November 15 through December 31. During this time, Medicare participants can change the way they get their benefits, and they can change, add or drop a Medicare Prescription Drug Plan. SHIP counselors offer free assistance to NJ residents who need help learning about their Medicare options. In Mercer County, SHIP is coordinated through the Family Guidance Center at 924-2098, ext. 14.

Skills2Care Does caring for a person with memory problems make you feel tired, worried, mad, or sad? If so, Skills2Care can help. This is a free program which will provide in-home training by an occupational therapist in order to help you find more time for yourself, reassure the safety of your family member, help you handle challenging behaviors and develop coping skills, and connect with other services. For more information, call 989-6661.

Volunteer From Your Home FISH, our local meals delivery program, needs volunteer dispatchers. Volunteer once a month for a day. The FISH phone line will be forwarded to your home phone or cell. For more information, contact FISH at 737-9123.

Around the Valley

December 1st Is World Aids Day

Acquired Immune Deficiency Syndrome is caused by Human Immunodeficiency virus. By killing or damaging cells of the immune system, HIV progressively destroys the body's ability to fight infections and certain cancers.

For free confidential services call:

the NJ AIDS/HIV/STD Hotline 1-800-624-2377.

Hand Washing Awareness Month

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs. Wash your hands with soap and clean running water for at least 20 seconds. If soap and water are not available, use an alcohol based product. They reduce germs and are fast acting.

www.cdc.gov

Safe Toys & Gift Month

- Keep in mind the child's age, interests and abilities
 - Read labels for age ranges and safety warnings
 - Avoid toys with small parts for children under age 3
 - Carefully follow instructions for toy assembly and use
- Supervise children as they play and set a good example
 - Choose a safe storage place for toys
- Teach older children to keep their toys away from younger

www.toyassociation.org

Have a safe and healthy holiday.

Hopewell Township Health Department

Ongoing Programs

Artists' Choice will meet Tuesdays, December 7 and 21, 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. For more information call 737-0605, ext. 692.

Bingo First Wed. of the month, 10:30-11:30am at the HV Senior Center.

Blood Pressure Screenings First Tuesday from 10am-noon at the HV Senior Center, 395 Reading St. in Pennington, second Tuesday from 11-noon at the Pennington Quality Market, third Wednesday from 9-10:30am at HT municipal building 201 Wash. Crossing-Pennington Rd. in Titusville, and fourth Tuesday from 10-11am at Mercer County Library, 245 Pennington-Titusville Rd. For more info., call (609)737-0120.

Bridge Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. No pre-registration required. \$3. 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. **No class on 12/27 and 12/29 at the Hopewell Township Municipal Building.**

Hopewell Valley Leisure Club No meeting in December. Social club, including activities and speakers for Valley seniors. For more information, please call (609)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 (609)989-6650 for information. 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.

Special Events for December 2010

Your ReSource Thursday, December 2, 10:30-11:30am at the HV Senior Center. Geri LaPlaca of the non-profit, Your ReSource will talk the reconditioned home medical equipment offered at affordable cost to individuals and families. No registration required.

Hopewell Valley Seniors Connect: The Most Dangerous Places on the Web Tuesday, December 7, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. You've been warned that the Internet is something of a security minefield. We'll talk about some of the hazards you may encounter and what you can do to stay out of harms way. No registration required. For more information, call 737-2610.

Canasta or RummiCube Wednesdays, December 8 and 22, 1:30-3:30pm at the HV Senior Center. Beginners welcome. There will now be an option to play RummiCube during this time. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692.

Tree Lighting Monday, December 13, 6pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Road, Titusville. Please join friends and neighbors as a beautiful white pine tree is illuminated with 5,000 lights to celebrate our community spirit. Boy Scout Troop 1776 will be on hand to provide assistance and flash lights to help people from the parking lot to the front lawn. Music will be provided by local choral groups and light refreshments will be served in the lobby of the municipal building immediately following the tree lighting ceremony. Residents are welcomed to bring a small new toy for the Toys for Tots donation box and/or non-perishable canned goods for the PBA's annual food drive.

Healthy Aging Wednesday, December 15, 10:30-11:30am at the HV Senior Center. Suzanne Rose, Health Educator with the Hopewell Township Health Department will discuss the two things we have control over that really improve our health: what we eat and how much we move. **Bring a recipe** that you love to cook and eat and we will analyze it and make recommendations to improve its nutritional value. Learn about pedometer walking is an activity that most people can do on most days. No registration required.

Timberlane Lunch Wednesday, December 15, 12:30pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and the local businesses. Free. Pre-registration required, but not before Dec. 1. **To register, call 737-3753.**

Walk at Delaware and Raritan Canal Tow Path Tuesday, December 21 (rain date is 12/23), 10-11:30am at the parking lot at Rt. 29 and Washington Crossing-Pennington Road in Titusville. All are welcome. There will be a slower and moderate paced group. No registration required. For more information or directions, contact Senior Services at 737-0605, ext. 692.

Staying Safe Through the Holidays Wednesday, December 22, 10:30-11:30am at the HV Senior Center. Hopewell Valley Emergency Services will be at the Senior Center to discuss safety concerns over the holidays and winter months. No registration required.

Movie: Robin Hood Wednesday, December 22, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. 2010 version starring Russell Crowe and Cate Blanchett. Free. No registration required. For more information, call the library at 737-2610.

Pokeno Wednesday, December 29, 10:30-11:30pm at the HV Senior Center. Our friends from Acorn Glen are back for this fun game, which is similar to bingo. Free. No registration required.

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

December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Location Guide DRSP-Delaware & Raritan State Park HTB-Hopewell Town. Building MCL-MC Library, Hopewell PQM-Pennington Market	SMC-St. Matthew's Church	1 10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch	2 10:30-Your Resource 11:45-Lunch 1:30-Mahjongg	3 11:45-Lunch	4
5	6 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	7 10-BP 10:30-HVSC (MCL) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	8 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Canasta	9 11:45-Lunch 1:30-Mahjongg	10 11:45-Lunch	11
12	13 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 6-Tree Lighting (HTB)	14 11-BP (PQM) 11:45-Lunch 1:30-Bridge (SMC)	15 9-BP (HTB) 10:30-Healthy Aging 11-Healthy Bones (HTB) 11:45-Lunch 12:30-Timberlane Lunch 2-Senior Advisory Board	16 11:45-Lunch 1:30-Mahjongg	17 11:45-Lunch 1-Newsletter Folding	18
19	20 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	21 10-Walk (DRSP) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	22 10:30-Staying Safe 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Canasta 1:30-Movie (MCL)	23 11:45-Lunch 1:30-Mahjongg	24 Christmas Eve <i>No Programs</i>	25
26	27 10:30-Healthy Bones (SMC) <i>No Lunch</i>	28 10-BP (MCL) 11:45-Lunch 1:30-Bridge (SMC)	29 10:30-Pokeno 11:45-Lunch	30 11:45-Lunch 1:30-Mahjongg	31 11:45-Lunch	All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 737-0605, ext. 692.