



Senior Spirit

Hopewell Valley Senior Services Newsletter

December 2012, Vol. 6, No. 12

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Taking Stock After the Storm

I am mourning my freezer losses right now. The blueberries I picked on a summer day to be enjoyed mid-Winter, the soups I made in my slow cooker for a cold evening, and the vegetables I carefully chopped and blanched for future use. I do this mourning quietly though because I know for many, a freezer full of goodness was the least of their losses. I am thankful not to have lost a car, a job, a house, or a loved one in the storm called Sandy.

For all the losses and challenges, the last few weeks have also brought about many surprises and gifts. I was struck by so many stories of neighbors taking in friends **and** strangers, sharing generators, and reaching out to help those who suffered the most at the shore.

As we begin to replace what we lost in the storm and get back to our routines, it is a time to reflect on all our gifts. Our neighbors, friends, family, and community are there for us even when the power goes out. Many of us did not realize how much abundance we really had until this storm made us take stock.

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Senior News

Food Assistance for Storm-Impacted Families Enrolled in SNAP Federal waivers will make food assistance available to recipients of the Supplemental Nutrition Assistance Program (SNAP). The replacement SNAP and prepared food benefits are administered by the United States Department of Agriculture's Food and Nutrition Services (FNS) through New Jersey's Department of Human Services' Division of Family Development and the state's county welfare agencies. The replacement SNAP benefit is for current recipients, only. It will reimburse 25 percent of their October monthly SNAP allotment, allowing them to replace a portion of the food they may have lost during the power outage. SNAP recipients in 16 counties that experienced a loss of power for at least 50% of their population will receive the replacement automatically within the next few weeks on their EBT cards. **They do not need to call or visit their County Welfare Agency.** The prepared food waiver also allows these SNAP members - for a limited time - to purchase hot and cold prepared meals from participating stores with their benefits, an exception to the SNAP rules.

Individual Medicare Counseling is now available Thursday afternoons 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. MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7. IF YOU NEED AN EXTENSION DUE TO HURRICANE SANDY, CALL 1-800-MEDICARE.

IRS Warns Consumers of Possible Scams Relating to Hurricane Sandy Relief Following major disasters, it's common for scam artists to impersonate charities to get money or private information from well-intentioned taxpayers. Such fraudulent schemes may involve contact by telephone, social media, email or in-person solicitations. Scam artists can use a variety of tactics. Some scammers operating bogus charities may contact people by telephone to solicit money or financial information. They may even directly contact disaster victims and claim to be working for or on behalf of the IRS to help the victims file casualty loss claims and get tax refunds. They may attempt to get personal financial information or Social Security numbers that can be used to steal the victims' identities or financial resources. Taxpayers suspecting disaster-related frauds should visit IRS.gov and search for the keywords "Report Phishing."

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.

Special Events for December 2012

Holiday Gadgets 2012: Moving Into the Cloud? Tuesday, December 4, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. **Holiday Gadgets 2012: Moving into the Cloud?** This month's Seniors Connect is pleased to have Doug Dixon, an independent technology consultant, author, and speaker specializing in digital media and portable devices, to help make sense of the broad (and sometimes confusing) array of options. No registration required.

Movies at the Hopewell Branch of the Mercer County Library Wednesdays, 1:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. 12/5-*Holiday Inn*, 12/12-*White Christmas*, 12/19-*It's A Wonderful Life*, and 12/26-*Dark Knight Rises*. No registration. For more information, contact the library at 737-2610.

Rescheduled: AARP Driving Course Thursday, December 6 **and** Friday, December 7 from 9am-noon at Hopewell Borough Hall, 88 East Broad St. in Hopewell. The driving course may offer a discount on insurance. It is free for veterans and their families this month. \$12 for AARP members and \$14 for non-AARP members. **To register, call the Hopewell Valley YMCA at 737-3048.**

Older Adult Focus Group Friday, December 7, 1-3pm at the HV Senior Center, 395 Reading St. in Pennington. Discuss needs, ask questions, and share concerns about the mental health needs and substance abuse issues of older adults in Mercer County. Frequently, people have concerns about loved ones, friends, and neighbors but don't have a forum in which to discuss their needs or obtain information about services. **Registration required by contacting HV Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.**

Job Search Strategies for Older Workers Monday, December 10, 7-8:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Carol King, of The Princeton Senior Resource Center, discusses strategies for competing in the new workplace. Co-sponsored by Hopewell Valley Senior Services and PSRC's Next Step: Engaged Retirement & Encore Careers Program. No registration required. For more information, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Tech Time Tuesday, December 11, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by December 7.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Write a Letter to a Service Member Thursday, December 13, 3-5pm at the Hopewell Branch of the Mercer County Library. Stop by the library and write a letter to a United States Service Member who is serving abroad. Wish them well over the holidays and into the new year. This is a program of Generation Connection, bringing generations together. No registration required. For more information, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Let's Chat Friday, December 14, 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.

Guided Walk at Heritage Preserve Tuesday, December 18 (rain date is 12/21), 10-11:30am. Meet in parking lot off of Reed Road in Hopewell Township. The walk will be guided by Beth Craighead, Hopewell Valley Open Space Land Steward. No registration required. Carpool if you are able to. For more info, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org

I Can See Clearly Now! Advances in Eye Surgery Wednesday, December 19, 10:30-11:30am at the Hopewell Valley Senior Center. Dr. Susan Jadico, Ophthalmologist with Princeton Healthcare System will talk about the latest advances in refractive surgery. No registration required.

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

Ongoing Programs

Artists' Choice meets every Tuesday (except the fifth Tuesday of the month and election days) from 1-4pm. This group is facilitated by local artists, Bob Barish and Sue Ewart. Participants should bring their own supplies and project. Critiques are available upon request. 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, 10-11am at the Pennington Quality Market. Third Tuesday of the month, 10-noon at the Hopewell Township Health Clinic, Lower Level.

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. 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 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.

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 meeting this month on December 19 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.

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Around the Valley

DISASTER RECOVERY CENTER

Daily 8a.m.-8p.m. Until Further Notice

Registration Information: 800-621-FEMA (3362)

TTY 800-462-7585

Online at www.disasterassistance.gov

Mercer County Disaster Recovery Center

Mercer County Community College

1200 Old Trenton Road

West Windsor, NJ 08550

- Answers to Disaster Questions
- Information About Disaster Programs
- Help with Completing Paperwork
- Rebuilding Tips and Advice

When You Apply for disaster assistance please have the following available:

- Social Security Number (including your spouse's)
- Private insurance information, if available
- Address and zip code of the damaged property
- Directions to the damaged property
- Daytime telephone number
- A telephone number where you can be reached
- An address where you can get mail
- If you want funds sent directly to your bank, your bank and routing #s



Save the Date



Tuesday, January 15, 2013 at 6pm

**Senior Housing Options:
An Overview for Caregivers**

At the Hopewell Valley Senior Center

www.hvseniors.org

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

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