



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

August 2015, Vol. 9, No. 8

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## **Making Space for Others**

I enjoy attending the New Jersey Foundation on Aging Conference every June. This year I attended a course on senior bullying. I was ambivalent about going to this course because I would like to think that once people are adults, they do not bully any more. Of course, we all know this is not true. People are people and have many of the same social tendencies regardless of how old they are.

Bullying tends to happen when people are sharing the same space or resources. Think about seats on a bus trip or senior center. It can also be seen in community spaces in 55+ communities and assisted living facilities. Behaviors like saving seats, whispering about someone entering a room, name calling, and excluding all fall into the category of bullying. Take some time this month to think about whether you currently see any bullying in your life and what you could do to stop it. Sometimes one person speaking up is all you need.

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*[http://www.hopewelltp.org/senior\\_news.html](http://www.hopewelltp.org/senior_news.html)*

## **Senior News**

**Email Updates** are available if you would like to stay in the loop about with upcoming senior services activities. Get one to two emails a week with last minute programs, weather cancellations, and reminders about upcoming programs. Email [ameletti@hopewelltwp.org](mailto:ameletti@hopewelltwp.org) to get email updates.

**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@hopewelltwp.org](mailto:ameletti@hopewelltwp.org) to switch!

**Hopewell Valley Senior Services Changes this Fall** Abigail will be on leave from approximately mid-September through mid-January. This means some temporary changes for senior services. One big change is that *most* afternoon programs that were at the senior center will move to the Hopewell Township Municipal Building from September 1 through the middle of January. Also, please pay attention in the September newsletter to registration phone numbers as this will be different as well.

**PAGE Program Aids Moderate Income Households** Moderate income PSE&G customers may be eligible for help paying their gas and electric bills through the Payment Assistance Gas and Electric (PAGE) Program. To be eligible, customers must meet the following criteria: 1) received no payment assistance through LIHEAP during the last heating season, or USF within the past six months; 2) have a balance on a utility bill and/or have a disconnect notice for non-payment; 3) have made two payments of at least \$25 within the last six months or \$200 in the last 90 days; 4) have less than \$10,000 in liquid assets; and 5) have income between \$23,352-54,858 for a one-person household or between \$31,464-\$71,738 for a two-person household. For more information, go to [www.pseg.com/page](http://www.pseg.com/page) or call 1-855-465-8783.

**September 2015 is Adult Literacy Awareness Month in Mercer County!** In support of this initiative, Literacy NJ/Mercer County is holding four Readathons using the facilities of local libraries. Members of the general public are invited to join community leaders, literacy students, tutors and local business leaders at Readathons for Adult Literacy being held at these four locations:

**Princeton Public Library** on September 10 from 12 pm to 4 pm

**Hamilton Free Public Library** on September 19 from 10 am to 2 pm

**Hickory Corner (East Windsor) Branch**, Mercer County Library on Saturday, September 26, from 1:30 pm to 4:30 pm

**Lawrence Headquarters Branch**, Mercer County Library on Wednesday, September 30, from 10 am to 2 pm

All participants are invited to read a brief selection (5 – 10 minutes) from their favorite book. The general public is welcome to join the fun. Just sign up by email ([vgolden@literacynj.org](mailto:vgolden@literacynj.org)) or by phone, 609/587-6027. There is no cost to participate. **Literacy NJ, Mercer County Programs** is committed to improving the literacy skills of individuals, aged 18 and older, in Mercer County, New Jersey.

## ***Special Events for August 2015***

**Book Club** Monday, August 10, 1-2:30pm at the HV Senior Center. The group will be reading The Orphan Train by Christina Baker Kline. Fictional account of a child sent from New York City to Minnesota on an “orphan train.” A few copies may be available at the Hopewell Branch of the Mercer County Library. For more information, call 737-2610.

**Let's Chat** Friday, August 14, 1-2:30pm at the HV Senior Center. Join Vivian Greenberg, LCSW for a lively discussion. Refreshments served. No registration required.

**Mondays with Mia** is on break until September.

**Agging-In-Place: Accessibility and Fall Prevention** Tuesday, August 18, 3:15-4:45pm at the HV Senior Center. This is a group of people from Hopewell Valley who are exploring ways to support each other as they age. . Nina Rubinstein, an Occupational Therapist will be the Speaker for the August meeting. Her company Occu-Terra, helps with accessibility and fall prevention. She will discuss the top three places for accidents – the entry, the bathroom, and stairwells. No registration required.

**Colorectal Cancer Prevention and Screening** Wednesday, August 19, 10:30-11:30am at the HV Senior Center. Colorectal cancer is the second leading cause of cancer deaths among men and women in the United States. At least 60% of these deaths could be prevented through screening. Come learn what the recommended screening guidelines are and what you can do to decrease your risk of developing colorectal cancer. This program will be presented by Margaret Cleevey, RN, BSN, GI Cancer Nurse Navigator at Capital Health. No registration required.

**Single Social Event** Friday, August 21, 3-4:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Enjoy the music of Ian Gallagher and socialize with other single people. Light refreshments served. No registration required.

**AARP Driver Safety Class** Tuesday, August 25 and Wednesday, August 26, 1-4pm at the HV Senior Center. Graduates receive a certificate of completion that entitles them to a reduction in their auto insurance premiums. Participants must attend both days to complete course, AARP membership is not required. Cost is \$15 for AARP members and \$20 for non-members. Please bring license to class. **Registration required by calling the HVYMCA at 737-3048.**

**Mail Fraud** Wednesday, August 26, 10:30-11:30am at the HV Senior Center. Daryl Wallace, Postal Inspector will give a presentation on avoiding mail fraud. Learn about mail fraud schemes directed at older adults and ways to protect yourself from being a victim. No registration required.

**Movie: Five Flights Up** Wednesday, August 26, 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. Diane Keaton and Morgan Freeman play a married couple preparing to move from the five-story Brooklyn walk-up where they've lived for the past forty year. Rated PG-13. Free.

## Ongoing Programs

**Artists' Choice** will start up again in September. Stay tuned for details on the group's September Art Show at the Mercer County Library. For more information call 737-0605, ext. 692 or [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org).

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

**Blood Pressure Screening** First Tuesday of the month, 10-11am at the Hopewell Valley Senior Center. Third Tuesday of the month, 10am-noon at the Hopewell Township Municipal Building. *Please note that in August the blood pressure screening at the senior center will be the second Tuesday of the month.*

**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 10:45am 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. No meeting in July and August. For more information, please call 466-0657 or 466-0761.

**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](mailto: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 Senior Citizens' Annual Picnic***



**Thursday, September 10, 2015**

Washington Crossing State Park

**12:00 noon – 3:00 pm**

Please join us for a **free** afternoon of food, fun, and music. Seniors ages 60 and over from throughout Hopewell Valley are encouraged to be part of this important community tradition hosted by Hopewell Valley Senior Services and Hopewell Township Parks and Recreation Department.

**Please RSVP ONLY IF YOU CAN ATTEND by calling  
609-737-0605, ext. 668 no later than  
Wednesday, September 2) to confirm your attendance!**

**Please do not call if you cannot attend.**

*Rain date Thursday, September 17*

*Brought to you by Hopewell Valley Senior Services, Hopewell Township Recreation Department, and Washington Crossing State Park with special sponsorship from the following:*

***Acorn Glen Assisted Living  
Merwick Care & Rehabilitation Center***



## **Save the Date**



**Artists' Choice Reception  
Friday, September 18  
3:30-5pm at the Hopewell Branch of the MCL**

*Details in next Senior Spirit.*

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

**RETURN SERVICE REQUESTED**

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