



Save the Date



**Tuesday, September 7
Hopewell Valley Senior Citizen Picnic**

Details in next Senior Spirit. Please note that the date in the Hopewell Township calendar was incorrect.

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

July 2010, Vol. 4, No. 7

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Making Our Own Decisions

As adults, we have the right to make our own decisions, even if they are bad ones. This is the honest but tough answer to many dilemmas involving aging. The questions come in varying forms. How do I get my husband to go to the doctor? How do I get my parents to move to an assisted living? Isn't there something that can be done about my neighbor who is not well enough to take care of her house? Most people at one time or another have asked these questions about someone they cared about or had people ask these questions about them. Everyone's scenario is different, but the theme of independence and decision is central to all of them.

When you are concerned about someone, you can offer support and assistance, but the person whose life it is gets to decide for him or herself. Exceptions to this include: someone who is not able to make decisions because their cognition is impaired (i.e. advanced dementia) and decisions that hurt other people (i.e. drinking and driving). Many times the people you care about will be influenced by your suggestions and information on other options. Many times they will politely or not so politely decline your help. It can be hard to watch someone whose choices about his or her life are not what you would choose for him or her, but it can also be empowering to know that you did your best to help this person.

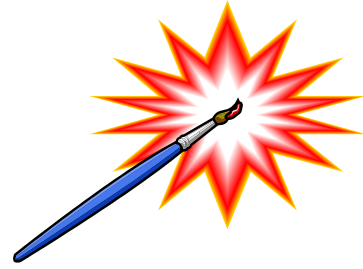
If you are the person that people are concerned about, sometimes it can be a red flag that there is an imbalance in your life. Maybe it is worth listening to feedback from others and considering a change, especially if several people you really respect have said something to you. Other times, you may know yourself best and just take comfort in the fact that there are people who care about you.

*Abigail Waugh
Hopewell Valley Senior Services Coordinator
(609)737-0605, ext. 692
awaugh@hopewelltp.org*

Senior News

Volunteers needed for Senior Picnic 2-3 volunteers are needed to collect door prizes for the 2010 Senior Picnic. Volunteers work on their own during July and August to request and organize prizes from local businesses. If you would like to volunteer, please call Abigail at 737-0605, ext. 692.

Mercer County Senior Art Show will be hosted by Springpoint Senior Living at Meadow Lakes, East Windsor in early August. To be eligible, you must be a Mercer County resident, age 60 or over. You may submit one entry completed within the past three years. Artwork must be the original work of the applicant and must not have been previously entered in the county show. First place winners automatically advance to the state competition. Only one professional and one non-professional first-place winner is accepted in the state show in each of the following categories: acrylic, craft, computer imagery, drawing, mixed media, oil, pastel, photography, print, sculpture, and watercolor. To be judged, a category must have three entries. Call 609-989-6661 for a registration brochure.



Senior Freeze Property Tax Reimbursement Deadline

Extended to August 2. New applicants will not receive benefits this year, but they should apply to establish their eligibility for benefits in future years. Current participant whose income for 2009 does not exceed last year's income limit of \$70,000 will receive a reimbursement this year if they continue to meet the eligibility requirements. Reimbursement checks for eligible senior and disabled residents who filed their 2009 applications by the original filing deadline of June 1 are scheduled to be

mailed on or about July 15, 2010. New applicants will not receive a payment in fiscal 2011, but should apply anyway because doing so will establish a base year when applying for a reimbursement in future years. Homestead rebate applications are not being distributed this summer and fall because of the shift to a payment via credits on property tax bills. Taxpayers will not begin receiving those credits until May 2011. Applications will be distributed nearer to the May 2011 deadline. For more information about the Senior Freeze program, or to obtain an application, contact the Property Tax Reimbursement hotline at 1-800-882-6597 from 8:30 a.m. to 4:30 p.m. weekdays. Information about the program is also available on the Division of Taxation's Web site at www.state.nj.us/treasury/taxation/2009ptr_seniorfreeze.shtml.



Around the Valley

Update from the Hopewell Township Health Department

Lead is a highly toxic metal that remains in the environment after use. Exposure in children can cause learning difficulties, mental retardation, and delayed neurological and physical development. Adults may have impaired hearing, vision, muscle coordination and organ damage. The most common sources of lead exposure are paint prior to 1978. This includes peeling and chipping paint and swallowing house dust or contaminated soil.

Lead poisoning is preventable and the goal is to prevent exposure before harm occurs.

www.doh.wa.gov/topics/lead.htm

Project Healthy Bones It is an osteoporosis exercise and education program designed to improve strength, balance and flexibility. It provides education on the importance of exercise, nutrition, safety, drug therapy and lifestyle factors related to osteoporosis. Classes are held on Mondays and Wednesdays at 11:00 in the Hopewell Township Municipal building. Call 737-0120 ext. 638 to register.



NJ fireworks laws state that no consumer fireworks are permitted.

Be safe. Enjoy professional events.

Ongoing Programs

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 10am 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.

Hopewell Valley Leisure Club does not meet in July or August. 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.

Knitting and General Volunteering at Bear Tavern-For more information call (609)737-0605, ext. 692.

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 by promoting activities and services that enhance their dignity and independence and encourage community involvement. Open to the public. 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 July 2010

Blawenburg Band Nights Mondays, July 5 and 26, 7:30pm at the Hopewell Train Station on Railroad Place in Hopewell Borough. No rainouts. Free.

Hopewell Valley Seniors Connect: Free Movies and TV on the Web Tuesday, July 6, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. There are a number of web sites where you can access complete movies like these totally free of charge. Join Joel May in an exploration of just where these sites can be found and how to use them (we'll also identify some sources of popular TV series as well). No registration required. For more information, call 737-2610.

Special Bingo Wednesday, July 7, 10:30-11:30am at the HV Senior Center. Our favorite bingo callers are back. Girl Scout Troops 70613 and 70154 will be joining us this month. Stop by for an informal game of bingo.

King Tut Trip Thursday, July 8, 9am-5:30pm. Meet at Independence Park. Enjoy 2+ hours of sight-seeing, shopping, and lunch on your own in Times Square. At 1pm, experience the world of the pharaohs at the Discovery Times Square Exhibition Center. \$55 per person. **To register, call Hopewell Township Recreation Department at 737-3753.**

Let's Chat Friday, July 9, 1-2:30pm at the HV Senior Center. The Let's Chat group and facilitator, Vivian Greenberg are working on a collection of essays about aging in Hopewell Valley. Refreshments will be served.

Gazebo Park Concerts Fridays, July 9 (Sandy Zio, singer/piano player)and July 23 (Local band, RrAge), 7:30pm at Gazebo Park in Hopewell Borough. Raindate is Sunday after. Free.

Canasta Wednesdays, July 14 and 28, 1:30-3:30pm at the HV Senior Center. Beginners welcome. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692.

Walk at Stony Brook Reserve Tuesday, July 20 10am to noon. Meet in the parking lot at the Stony Brook Millstone Watershed Reserve, 31 Titus Mill Road in Hopewell Township. We will be walking on the Four Seasons Trail. All are welcome. There will be a slower and moderate paced group. No registration required. Feel free to bring a picnic lunch. For more information, contact Senior Services at 737-0605, ext. 692.

Artists' Choice is taking a break for the summer. Program will start back up in September.

Gee, That's Hard to Swallow Wednesday, July 21, 10:30-11:30am at the HV Senior Center. Jenny Cowell, a speech pathologist with Princeton HealthCare System will speak about swallowing problems, which become more prevalent as people age. No registration required.

Phillies vs. Rockies at Citizen Bank Park Friday, July 23, 4:30-11:30pm. Meet at Independence Park. \$47 per person. **To register, call Hopewell Township Recreation Department at 737-3753.**

Mercer County Community College Wednesday, July 28, 10:30-11:30am at the HV Senior Center. Learn more about educational opportunities at Mercer County Community College. Free. No registration required.

Movie: Greenberg Wednesday, July 28, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Screenwriter/director Noah Baumbach's film about a New Yorker who moves to Los Angeles to housesit for his brother. Starring Ben Stiller. Free. No registration required. For more information, call the library at 737-2610.

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

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Location Guide GP-Gazebo Park HTB-Hopewell Town. Building HTS-Hopewell Train Station MCL-MC Library, Hopewell PQM-Pennington Market	SBWS-Stony Brook Watershed SMC-St. Matthew's Church	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.		1 11:45-Lunch 1:30-Mahjongg	2 11:45-Lunch	3
4	5 <i>No Lunch or Healthy Bones</i> 7:30-Bburg Band (HTS)	6 10-BP 10:30-HVSC (MCL) 11:45-Lunch 1:30-Bridge (SMC)	7 10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch	8 9-King Tut (Trip) 11:45-Lunch 1:30-Mahjongg	9 11:45-Lunch 1-Let's Chat 7:30-Sandy Zio (GP)	10
11	12 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	13 11-BP (PQM) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice (MEG)	14 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Canasta	15 11:45-Lunch 1:30-Mahjongg	16 11:45-Lunch 1-Newsletter Folding	17
18	19 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	20 10-Walk (SBWS) 11:45-Lunch 1:30-Bridge (SMC)	21 9-BP (HTB) 10:30-Swallowing 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board	22 11:45-Lunch 1:30-Mahjongg	23 11:45-Lunch 4:30-Phillies (Trip) 7:30-RrAge (GP)	24
25	26 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 7:30-Bburg Band (HTS)	27 10-BP (MCL) 11:45-Lunch 1:30-Bridge (SMC)	28 10:30-MC Comm. College 11:45-Lunch 1:30-Movie (MCL) 1:30-Canasta	29 11:45-Lunch 1:30-Mahjongg	30 11:45-Lunch	31