

SAVE THE DATE:

Hopewell Valley Caregivers Evening

The Seven Stages of Alzheimer's: What Every Caregiver Needs to Know



***Tuesday, October 19, 6-7:30pm
Hopewell Valley Senior Center
395 Reading Street in Pennington***

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

September 2010, Vol. 4, No. 9

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What's On Your Palette?

As the Artists' Choice Group prepares for its first art show, I am struck by the skills of the individuals in this group. I'm amazed not just by their artistic skills, but the artistry they bring to their lives in general. When they are not painting, they are babysitting grandchildren, volunteering with local community groups, playing Mahjongg, riding mopeds, working in their gardens, and much, much, more. Their palettes and their lives are rich and vivid.

We often simplify our definition of ourselves and others. Most often we label people according to their profession or former profession: he's a bus driver, she's a homemaker, he's a retired teacher, and so on. One of the benefits of retiring is being able to expand the definition of selfhood. Someone can actively be a caretaker, a tutor, a bridge player, and gardener in the same week. I particularly enjoy hearing about activities people have started after retiring or have started back up after many years.

I hope you will come out to the Art Show Reception on September 15 (see p. 7 for details) and celebrate the colorful palette of our local artists. I hope you will also find a way to celebrate the brightness of your own life and the lives around you. Maybe there's even room for another color or two on your palette.

*Abigail Waugh
Hopewell Valley Senior Services Coordinator
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Senior News

Explorations, a volunteer organization is offering five courses this fall: Amazing Women Characters in American History, Enjoying Shakespeare III, the American Civil War, Archeology, and Genealogy. Please use registration form within this newsletter or visit www.hvseniors.org for more information or to register.

Mercer County Wellness Card was developed to reduce the medical costs for you and your family. This is a free program open to all residents of Mercer County, regardless of age or income. The card offers discounts on prescription drugs, hearing exams & hearing aids, vision exams, contact lenses, dental care, diabetic supplies and more. For further information on the program, please call 989-6852 or email at wellnessdiscountprogram@mercercounty.org.

Senior Freeze Property Tax Reimbursement Deadline Extended to November 1. 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 were 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. 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.

Renew, Reuse, ReSource on September 18! Community partners urge Hopewell Valley residents to bring their no longer needed, gently used medical equipment to the Pennington Quality Market on Saturday, September 18 from 9:00 a.m. to noon. All donations are tax deductible. Manual wheelchairs, portable ramps, walkers, canes, crutches, commodes, shower chairs, grab bars, tray tables, reachers, long-handled shoe horns, hand and ankle weights, and other small pieces of equipment. Unopened boxes of medical supplies will also be accepted. Call 530-1513 if you have large equipment (beds, lifts, or motorized wheelchairs) to donate, and we will make arrangements to pick them up. Supported by Your ReSource, Inc., Hopewell Valley Lions Club, Hopewell Township Health Department, Hopewell Valley Senior Services, and Pennington Quality Market. Your ReSource, Inc. based in Ewing, NJ, collects donations of gently used medical equipment, refurbishes these items and makes them available to anyone, for affordable costs to no cost.

Around the Valley

Hopewell Valley Senior Services and the Hopewell Branch of the Mercer County Library Present:



Art Show and Reception

Of the Artists' Choice Group

Featuring the work of Bob Barish, Peg Brock, Norm Fesmire, Dorothy Friedman, Bee Hilton, Helen Lee, and Gloria Panebianco.

Art Show: the show will be on display from **September 1st-30th.**

Reception: Wednesday, September 15, from 4-6pm. Refreshments sponsored by **Seniors Helping Seniors™ of Mercer County.**

Reception: Both the show and reception will take place in the community room of the **Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Road, Pennington.**

Free. No registration required. For more information, contact Hopewell Valley Senior Services at (609)737-0605, ext. 692.

Ongoing Programs

Artists' Choice will meet Tuesdays, September 14 and 28, 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 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. **There will be no Healthy Bones on September 1, 6, or 8 at the Hopewell Township Building.**

Hopewell Valley Leisure Club Meets Tuesday, September 14 at 11am at St. Alphonsus Church, 54 East Prospect St. in Hopewell Borough. Social club, including activities and speakers for Valley seniors. For more information, please call (609)466-0761. **Please note change in date due to Senior Picnic.**

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 September 2010

Movie Under the Stars: Apollo 13 Thursday, September 2, 8pm at the Hopewell Train Station on Railroad Place in Hopewell Borough. Rain date is 9/5. Free.

Hopewell Valley Seniors Connect: Using Stumble Upon Tuesday, September 7, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. Choose from a list of subjects of interest, then start to "stumble" through the Web from interesting page to interesting page. Vote thumbs or (or down) to increase (or decrease) your chances of stumbling upon similar pages. No registration required. For more information, call 737-2610.

Hopewell Valley Senior Citizens' Picnic Tuesday, September 7, noon-3pm at Sullivan's Grove, Washington Crossing State Park in Titusville. Free food, music, and door prizes. **RSVP by September 1 to HT Rec. Department at 737-3753.** For more details, see August Senior Spirit.

Canasta Wednesdays, September 8 and 22, 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.

Advance Directives Wednesday, September 15, 10:30-11:30am at the HV Senior Center. Sandra Mariani, MSN, RN, of Princeton HealthCare System will discuss these important documents. No registration required.

Artists' Choice Art Reception Wednesday, September 15, 4-6pm at MCL. See p. 7 for details.

Walk at Howell Living History Farm Tuesday, September 21, 10-11:30am at Howell Living History Farm, 70 Wooden's Lane in Hopewell Township (Lambertville Mailing Address). Come enjoy a morning of exercise and exploring this local gem. All are welcome. There will be a slower and moderate paced group. No registration required. Meet outside Visitor's Center. For more information, contact Senior Services at 737-0605, ext. 692.

Introduction to Retirement Tuesday, September 21, 7-8:30pm at the Train Station in Hopewell Borough. Carol King of the Princeton Senior Resource Center's Engaged Retirement Program will help you explore your options including managing your time, identifying your passions and making a difference through volunteering. You will get a start on developing your vision and goals for achieving a meaningful, satisfying retirement. No registration required. For more information, contact Senior Services at 737-0605, ext. 692.

What is Adult Day Programming? Wednesday, September 22, 10:30-11:30am at the HV Senior Center. Hilary Murray, of Buckingham Place Adult Day Center will speak about adult day centers. No registration required.

Movie: Casino Jack and the United States of Money Wednesday, September 22, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. This documentary is about lobbyist Jack Abramoff and how money influence politics. Free. No registration required. For more information, call the library at 737-2610.

Free Skin Cancer Screening Wednesday, September 22, 6-8pm at the Hopewell Township Administration Building, 201 Washington Crossing-Penn. Rd. in Titusville. **Pre-registration required, 737-0120, ext. 636.**

Coffee Connections: Native Wildlife Monday, September 27, 10-11:15am at the Hopewell Train Station. Jane Yates of the Mercer County Wildlife Center will speak about native wildlife. She will bring live animals from the wildlife sanctuary to show the group. Free. Open to the public.

Flu Shots Wednesday, September 29, 1-3pm in the Hopewell Township Municipal Building. Free flu shots for people 65 and over. Appointment required. Special arrangements may be available for residents who are homebound. **Call Hopewell Township Health Department at 737-0120 to schedule an appointment.**

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

September 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|---|---|---|
| <p>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.</p> | <p>Location Guide GP-Gazebo Park HTB-Hopewell Town. Building HTS-Hopewell Train Station HLHF-Howell Farm MCL-MC Library, Hopewell</p> | <p>PQM-Pennington Market SMC-St. Matthew's Church WXSP-Wash. Crossing State Park</p> | <p>1 10:30-Bingo 11:45-Lunch</p> | <p>2 11:45-Lunch 1:30-Mahjongg 8-Apollo 13 (HTS)</p> | <p>3 11:45-Lunch</p> | <p>4</p> |
| | <p>5</p> | <p>6 Labor Day <i>No Programs</i></p> | <p>7 10:30-HVSC (MCL) 12-Senior Picnic (WXSP) 1:30-Bridge (SMC)</p> | <p>8 11:45-Lunch 1:30-Canasta</p> | <p>12 11:45-Lunch 1:30-Mahjongg</p> | <p>10 11:45-Lunch</p> |
| <p>12</p> | <p>13 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p> | <p>14 11-BP (PQM) 11-Leisure Club (SAC) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice</p> | <p>15 9-BP (HTB) 10:30-Advance Directives 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board 4-Artists' Choice Reception (MCL)</p> | <p>16 11:45-Lunch 1:30-Mahjongg</p> | <p>17 11:45-Lunch 1-Newsletter Folding</p> | <p>18 Your ReSource Used Medical Equipment Collection 9-noon (PQM)</p> |
| <p>19</p> | <p>20 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p> | <p>21 10-Walk (HLHF) 11:45-Lunch 1:30-Bridge (SMC) 7-Intro to Retirement (HTS)</p> | <p>22 10:30-Adult Day Talk 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Movie (MCL) 1:30-Canasta 6-Skin Cancer Screening (HTB)</p> | <p>23 11:45-Lunch 1:30-Mahjongg</p> | <p>24 11:45-Lunch</p> | <p>25</p> |
| <p>26</p> | <p>27 10-Healthy Bones (SMC) 10-Wildlife (HTS) 11:45-Lunch</p> | <p>28 10-BP (MCL) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice</p> | <p>29 11-Healthy Bones (HTB) 11:45-Lunch 1-Flu Shots (HTB)</p> | <p>30 11:45-Lunch 1:30-Mahjongg</p> | <p>31 11:45-Lunch</p> | |