

**SAVE THE DATE:  
Veterans Day Ceremony**



**November 6, 11am  
Alliger Park  
Titusville**

[www.hvseniors.org](http://www.hvseniors.org)

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

RETURN SERVICE REQUESTED

PRSRRT STD  
U.S. Postage Paid  
Permit No. 427  
Trenton, NJ 08650



# Senior Spirit

Hopewell Valley Senior Services Newsletter

**October 2010, Vol. 4, No. 10**

## Contents

**1 Greeting**

**2 News**

**3 Special  
Events**

**4-5 Calendar**

**6 Ongoing  
Programs**

**7 Around  
the Valley**

**8 Save the  
Date**

### **Alzheimer's Disease is a Community Issue**

You've heard the "senior moment" jokes. You've seen the stereotype of the forgetful grandparent on TV. It's great to be able to laugh at ourselves as human beings, but for many people Alzheimer's and other forms of dementia create a more serious scenario in their lives. The disease can change the lives of the person with the illness, family caregivers, and surrounding community members.

Many questions arise when someone is diagnosed with dementia: Do I have to stop driving as soon as I am diagnosed? Should I stop working to take care of my wife? And, is it safe for my friend to live alone since he was diagnosed with dementia? If you have any questions like these, I invite you to Hopewell Valley Caregivers Evening on Tuesday, October 19. Barbara Stender will be presenting a program entitled, "The Seven Stages of Alzheimer's: What Every Caregiver Needs to Know." See page 3 for more details.

If you or someone you care about is one of the 5.3 million Americans living with Alzheimer's disease, I hope you'll join us for this community education and discussion.

*Abigail Waugh*

*Hopewell Valley Senior Services Coordinator*

*(609)737-0605, ext. 692*

*awaugh@hopewelltp.org*

## Senior News

**Homestead Benefit** (formerly the Homestead Rebate) The NJ Division of Taxation is now in the process of mailing applications for the 2009 homestead benefit. Applications will be mailed to all eligible homeowners in Mercer County, both seniors (age 65 or older on December 31, 2009) and non-seniors around September 22. The deadline for filing these applications is November 1, 2010. Because this year's budget limits eligibility for senior/disabled homeowners to those with New Jersey gross income of \$150,000 or less, and for non-senior/non-disabled homeowners to those with New Jersey gross income of \$75,000 or less, many homeowners will not receive applications this year. Instead of receiving a rebate check (or direct deposit) as in previous years, eligible homeowners will receive their homestead benefit for 2009 as a credit on the property tax bill for the second quarter of 2011. With very few exceptions, homeowner benefit applications must be filed over the Internet or by phone. The answers to most questions can be found in the application packet. Homeowners who receive a packet should read it carefully, and if they meet the eligibility requirements, complete the worksheet in the packet prior to filing. **Please do not contact the Division about a missing 2009 Homestead Benefit Application until at least September 29.** The Homestead Benefit Hotline is 1-888-238-1233. Information on the 2009 homestead benefit is available at:

<http://www.state.nj.us/treasury/taxation/2009homesteadinfo.shtml>

**Hopewell Township Recreation Committee** is looking for a committee member who is 65 years or older to represent older adults in Hopewell Township. The representative should have an interest in serving their community in this capacity with the goal of advancing both passive and active recreational opportunities. The Recreation Advisory Board meets on the third Monday of each month at 7pm at the Hopewell Township Municipal Building in Titusville. Interested residents should contact Judy Niederer at 737-3753.

**Oldest Vet in the Valley?** Hopewell Valley Veterans Association is trying to locate the oldest living veteran in Hopewell Valley. If you think you might be the oldest veteran or know who is, please contact the Hopewell Valley Veterans Association at (609)462-4846 or at [information@hopewellvalleyveterans.org](mailto:information@hopewellvalleyveterans.org).

**Volunteers Needed to Work with School Children** Volunteers are needed to help at Bear Tavern Elementary (garden, knitting, office help, assisting teachers) and for an afterschool program in Pennington Borough. Hours and days are flexible. For more information, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

## Around the Valley

### Senior Picnic Thanks

*Hopewell Valley Senior Services and the Hopewell Township Recreation Department would like to thank the following organizations, businesses, and individuals for making the picnic possible:*

**Acorn Glen Assisted Living, The Boroughs of Hopewell and Pennington, Buckingham Place Adult Day Center, The Hopewell Township Committee, The Hopewell Township Health Department, The Hopewell Township Public Works Department, Hopewell Valley Emergency Services, The Hopewell Valley Lions Club, Ortho-McNeil-Janssen Pharmaceuticals, The Pennington Quality Market, Princeton HealthCare System, Washington Crossing State Park, and Fred Van Liew.**

*A special thanks to the businesses and organizations that provided door prizes:*

**Acorn Glen Assisted Living, Avanti Ristorante Italiano, Blue Bottle Café, Boro Bean, Brothers Moon, Cheng's Kitchen, Cup of Joe, Diana's Epiphany Hair Studio, Emily's Café and Catering, Friends Salon, Bee Hilton, H. I. Rib & Co., Hopewell Boro Auto Repair, Hopewell Shell, Hopewell Valley Community Bank, Hopewell Valley Bistro and Inn, Hopewell Valley Golf Club, Jack's Nursery and Landscaping, Marianne's Forget Me Not, Party Things, PEAC Health and Fitness, Peasant Grill, Pennington Golf Center, Pine Creek Miniature Golf, Rosedale Mills, Stony Brook Gardens, Stony Brook Golf Course, Stop & Shop, T.J.'s Trattoria, Union Line Garage, and Wildflowers.**



## Ongoing Programs

**Artists' Choice** will meet Tuesdays, October 12 and 26, 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 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** First Tuesday of every month, 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.

**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](mailto: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 October 2010

**Hopewell Harvest Fair** Saturday, October 2, 10am-4pm at the Hopewell Borough Elementary School. Stop by the Hopewell Valley Senior Services table at this annual Hopewell Borough community event for more information on senior programs.

**Hopewell Valley Seniors Connect: Create Your Own Radio Station** Tuesday, October 5, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. Whatever kind of music you like, you can use the Web to create a personalized radio station that plays just your choices. Learn how this month with Joel May. No registration required. For more information, call 737-2610.

**Successful Aging** Tuesday, October 5, 7:30pm, Monday, October 25 at 10:30am at the Hopewell Branch of the Mercer County Library. Have a conversation with Roberta Sutker MSW, LCSW about how to prepare for the next state of life. Refreshments will be served. **Register by calling the library at 737-2610.**

**Mercer County Sheriff's Officer** Thursday, October 7, 10:30-11:30am at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Jason Salvatore of the Mercer County Sheriff's Office will speak about the Project Lifesaver and Blue Light programs. No registration required.

**Pokeno** Wednesday, October 13, 10:30-11:30am at the HV Senior Center. Have you ever heard of Pokeno? It's a combination of bingo and poker. Staff members from Acorn Glen Assisted Living will be leading a game at the senior center this month. No registration required.

**Canasta** Wednesdays, October 13 and 27, 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.

**Get Rid of Your Pain** Monday, October 18, 6:30-8pm at the Hopewell Township Administration Building, 201 Washington Crossing-Penn. Rd. in Titusville. Dr. Adam Sackstein and Dr. Jason Cohen of Capital Health System will present this program. **Pre-registration required by calling Capital Health at 394-4153.**

**Walk at Heritage Preserve** Tuesday, October 19, 10-11:30am at Heritage Preserve off Van Dyke Rd. in Hopewell Township. All are welcome. There will be a slower and moderate paced group. No registration required. Meet in parking lot. Parking is limited so please carpool. For more information or directions, contact Senior Services at 737-0605, ext. 692.

**The Seven Stages of Alzheimer's: What Every Caregiver Needs to Know** Tuesday, October 19, 6-7:30pm at the HV Senior Center. This year's Hopewell Valley Caregivers Night with Barbara Stender will feature a discussion on what you need to know about Alzheimer's. Sandwiches and beverages provided by Synergy Homecare. No registration required. For more information, call Senior Services at 737-0605, ext. 692.

**Timberlane Lunch** Wednesday, October 20, 12:30pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and local businesses. Free. Pre-registration required, but not before Oct. 1. **To register, call 737-3753.**

**Communication Challenges and Aging** Wednesday, October 20, 10:30-11:30am at the HV Senior Center. Claire Cannon, audiologist and Hopewell Township resident will discuss what you can do about communication challenges as you age. No registration required.

**Coffee Connections: Rain Gardens** Monday, October 25, 10-11:15am at the Hopewell Train Station. This month's Coffee Connections will feature Amy Weaver, Stewardship Program Coordinator at the Stony Brook-Millstone Watershed Association talking about rain gardens, gardens that capture rain water from roof tops, driveways, and other hard surfaces. Free. Open to the public.

**Medicare Prescription Drug Coverage** Wednesday, October 27, 10:30-11:30am at the HV Senior Center. Charles Clarkeson of Senior Medicare Patrol of NJ will discuss the prescription drug benefit and ways to avoid scams. No registration required.

**Movie: Ca\$h** Wednesday, October 27, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Independent crime-thriller movie. 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.*

# October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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.	<b>Location Guide</b> HES-Hopewell Elem. School HP-Heritage Preserve HTB-Hopewell Town. Building HTS-Hopewell Train Station	MCL-MC Library, Hopewell PQM-Pennington Market SMC-St. Matthew's Church			<sup>1</sup> 11:45-Lunch	<sup>2</sup> 10am-4pm Hopewell Harvest Fair (HES)
<sup>3</sup>	<sup>4</sup> <b>10-Healthy Bones (SMC)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	<sup>5</sup> 10-BP 10:30-HVSC (MCL) 11-Leisure Club (SAC) 11:45-Lunch 1:30-Bridge (SMC) 7-Successful Aging (MCL)	<sup>6</sup> 10:30-Bingo <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	<sup>7</sup> 10:30-County Sheriff 11:45-Lunch 1:30-Mahjongg	<sup>8</sup> 11:45-Lunch	<sup>9</sup>
10	<sup>11</sup> <b>Columbus Day</b> <i>No Programs</i>	<sup>12</sup> <b>11-BP (PQM)</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b> 1:30-Artists' Choice	<sup>13</sup> 10:30-Pokeno <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 1:30-Canasta	<sup>14</sup> 11:45-Lunch 1:30-Mahjongg	<sup>15</sup> 11:45-Lunch 1-Newsletter Folding	<sup>16</sup>
17	<sup>18</sup> <b>10-Healthy Bones (SMC)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch <b>6:30-Pain Management (HTB)</b>	<sup>19</sup> <b>10-Walk (HP)</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b> 6-Caregivers Evening	<sup>20</sup> <b>9-BP (HTB)</b> 10:30-Audiologist <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 12:30-Timberlane Lunch 2-Senior Advisory Board	<sup>21</sup> 11:45-Lunch 1:30-Mahjongg	<sup>22</sup> 11:45-Lunch	<sup>23</sup>
24/31	<sup>25</sup> <b>10-Healthy Bones (SMC)</b> <b>10-Rain Garden (HTS)</b> <b>10:30-Successful Aging (MCL)</b> 11:45-Lunch	<sup>26</sup> <b>10-BP (MCL)</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b> 1:30-Artists' Choice	<sup>27</sup> 10:30-Medicare Part D <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 1:30-Canasta <b>1:30-Movie (MCL)</b>	<sup>28</sup> 11:45-Lunch 1:30-Mahjongg	<sup>29</sup> 11:45-Lunch	<sup>30</sup>