

Stay Connected

If you know of an event or program for older adults that should be added to the newsletter or if you would like to be added to the mailing list, please contact:

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

Visit us online at www.hopewelltp.org, click on "Senior Citizen News."

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



Hopewell Valley Senior Services

Newsletter

February 2007, Vol. 1, No. 2

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Senior Services

I have been thinking about my job title, *Senior Services Coordinator*. The original idea behind this title was the coordination of services (transportation, assistance programs, tax-aid, wellness programs) for older adults and caregivers. This is certainly a crucial part of my job. I would like to draw your attention, however, to another meaning of *senior services*: the community service older adults give as volunteers.

I regularly hear about the volunteer work local seniors are providing in the community. From F.I.S.H volunteers to the Lions Club members to all the people who serve on governmental, residential, or religious committees, seniors in Hopewell Valley are giving their time and energy to causes they care about. I continue to be impressed by the level of civic engagement here. I hope connecting you with additional ways to serve the community will become an important part of my job.

I have already had an enthusiastic response to my request for help preparing the newsletter. I would also like to invite people to consider leading a group or activity for other seniors or to help with an intergenerational activity. I hope you will get in touch with me, if any of these opportunities sound interesting to you.

Thank you for all the time and energy you have already given and thank you for all that you will give in the future!

Don't forget to vote for your favorite newsletter name. See details on page 2.

Abigail Waugh
Hopewell Valley Senior Services Coordinator

Ongoing Programs

Artists' Choice Every Wednesday from 1-3pm at the HV Senior Center, 395 Reading Ave. in Pennington. Informal art workshop with facilitator. Bring your own materials. No pre-registration required. Free. For more information call (609)737-0605, ext. 692.

Bingo Fourth Wednesday of the month from 10:30-11:30am at the HV Senior Center, 395 Reading Ave. in Pennington. Informal weekly game. For more information call (609)737-0605, ext. 692.

Blood Pressure Screenings First Tuesday from 10am-noon at the HV Senior Center, 395 Reading Ave. in Pennington, 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 information call (609)737-0120.

Bridge Every Tuesday at 1pm at St. Matthews Church, 300 South Main St. in Pennington. No pre-registration required. \$3. For more information call (609)737-3753.

Folding Third Friday of the month, 1pm at the HV Senior Center, 395 Reading Ave. 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.

Lunch Monday-Friday, 11:45AM at the Hopewell Valley Senior Center, 395 Reading Ave. in Pennington. The Mercer County Nutrition Project for the Elderly provides older persons with nutritionally balanced and appetizing meals that are served in centers that unite people for activities and social contact. Transportation available through TRADE. Call (609)989-6650 three days in advance to reserve meal. Suggested donation. Come earlier to play cards!

Healthy Bones Every Monday at 1:30pm and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Every Monday at 10:30am at St. Matthew's Church, 300 South Main St. in Pennington. 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 First Monday of every month, 5:30 pm 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.

Senior Advisory Board Meeting Third Wednesday of the month at 2pm, Mercer County Library, Hopewell Branch. 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. 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 February 2007

Senior Sense Friday, February 2, 12:30pm at Pennington Presbyterian Church in Pennington or Feb 20th, March 3, and March 22 at 10:45am at Hopewell Valley Senior Center. Information on Healthy Habits for Older Adults. Free and open to the public. For more information on Senior Sense call 877-322-1918, ext. 521 or email bclancey@cpofnj.org.

AARP Tax-Aide Monday, February 5, 1:30-4:30pm at the Hopewell Valley Senior Center

Monday, February 19, 9:30am-12:30pm at Hopewell Gardens

Monday, March 5, 9:30am-12:30pm at the Hopewell Train Station

Monday, March 5, 1:30-4:30pm at the Hopewell Valley Senior Center



Assistance filing income tax is provided by local AARP volunteers and is for low and middle-income taxpayers with special attention to those age 60 and over. Residents are asked to bring all relevant financial information and tax forms to their appointments. Appointments are required. Please call (609)737-0605, ext. 692 to make an appointment or for more information. For year-round tax assistance visit aarp.org/taxaide.

Senior Aerobics Friday, February 9, 1pm. Come learn more about the YMCA's Senior Aerobics program with Marie Aaron. She will demonstrate exercises from a typical class and answer questions about the program. Enjoy this free sample class with no commitment. Register to reserve your spot. For more information call (609)737-0605, ext. 692.

Tavern on the Green Trip Wednesday, February 14, 10am-3pm. Join the Hopewell Valley Parks and Recreation Department for a mid-winter escape to this grand café overlooking Central Park. \$75. **Pre-registration required.** For more information call (609)737-3753.

Reassurance Contact Thursday, February 15, 11am at HV Senior Center, 395 Reading Ave. in Pennington. Learn about Mercer County's nonprofit organization that offers crisis intervention and free daily outreach to senior citizens who live alone. Information about services and volunteer opportunities will be provided. No registration required, unless you would like to stay for lunch afterwards. For more information call (609)737-0605, ext. 692.

Oral History Project in Hopewell Valley Thursday, February, 15, 1-2pm. Hopewell Valley Historical Society's Noel Goeke will discuss the on-going oral history project in Hopewell Valley. Learn about the current collection of oral histories, as well as efforts to expand the collection. No registration necessary. Refreshments provided. For more information call (609)737-0605, ext. 692.




Birthday Breakfast Is your birthday in January, February, or March? If so, call the Recreation Department at (609)737-3752 for your invitation to the quarterly birthday breakfast on 2/16/07.

Nutritionist Wednesday, February 21, 11am at HV Senior Center, 395 Reading Ave. in Pennington. Suzanne Franzblau, a local nutritionist will discuss the health benefits of fiber. No registration required, unless you would like to stay for lunch afterwards. For more information call (609)737-0605, ext. 692.

Trip to the Hunterdon Hills Playhouse Wednesday, February 28, 9:30am-5pm. Join the Hopewell Valley Parks and Recreation Department for lunch and a trip to see the musical comedy class, "I Do, I Do.". \$75. **Pre-registration required.** For more information call (609)737-3753.

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

February 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
<p>All events to take place at Hopewell Valley Senior Center at 395 Reading Ave. in Pennington, unless marked in bold.</p>				<p><i>1</i> 11:45-Lunch</p>	<p><i>2</i> 11:45-Lunch 12:30-Senior Sense (PPC)</p>	<p><i>3</i></p>								
<p><i>4</i></p>	<p><i>5</i> 10:30-Healthy Bones (SMC) 11:45-Lunch 1-Healthy Bones (HTB) 1:30-Tax-Aide 5:30-Veterans' Group</p>	<p><i>6</i> 10-Blood Pressure 11-Leisure Club (SAC) 11:45-Lunch 1-Bridge (SMC)</p>	<p><i>7</i> 11:45-Lunch 1-Artists' Choice</p>	<p><i>8</i> 11:45-Lunch</p>	<p><i>9</i> 11:45-Lunch 1-Senior Aerobics</p>	<p><i>10</i></p>								
<p><i>11</i></p>	 <p>No Programs</p>	<p><i>13</i> 11:45-Lunch 1-Bridge (SMC) 7-Identity Theft (MCL)</p>	<p><i>14</i> 9-Blood Pressure (HTB) 10-Tavern on the Green 11:45-Lunch 1-Artists' Choice</p>	<p><i>15</i> 11-Reassurance Contact 11:45-Lunch 1-Oral History</p>	<p><i>16</i> 9-Birthday Breakfast (HVGC) 11:45-Lunch 1-Newsletter folding</p>	<p><i>17</i></p>								
<p><i>18</i></p>	 <p>No Programs Except 9:30-Tax-Aide (HG)</p>	<p><i>20</i> 10-BP (MCL) 10:45-Senior Sense 11:45-Lunch 1-Bridge (SMC) 7-Identity Theft (MCL)</p>	<p><i>21</i> 11-Nutritionist 11:45-Lunch 1-Artists' Choice 2-Senior Advisory Board (MCL)</p>	<p><i>22</i> 11:45-Lunch</p>	<p><i>23</i> 11:45-Lunch</p>	<p><i>24</i></p>								
<p><i>25</i></p>	<p><i>26</i> 10:30-Healthy Bones (SMC) 11:45-Lunch 1-Healthy Bones (HTB)</p>	<p><i>27</i> 10-Blood Pressure (MCL) 11:45-Lunch 1-Bridge (SMC) 7-Identity Theft (MCL)</p>	<p><i>28</i> 9:30-Hunterdon Hills 10:30-Bingo 11:45-Lunch 1-Artists' Choice</p>	<p>Location Guide For directions please call (609)737-0605 ext. 692</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">HTB-Hopewell Township Building</td> <td style="width: 50%;">PPC-Pennington Presbyterian Church</td> </tr> <tr> <td>HG-Hopewell Gardens</td> <td>SAC-St. Alphonsus Church</td> </tr> <tr> <td>HVGC-Hopewell Valley Golf Club</td> <td>SMC-St. Matthews Church</td> </tr> <tr> <td>MCL-Mercer County Library, Hopewell Branch</td> <td>TMS-Timberlane Middle School</td> </tr> </table>			HTB-Hopewell Township Building	PPC-Pennington Presbyterian Church	HG-Hopewell Gardens	SAC-St. Alphonsus Church	HVGC-Hopewell Valley Golf Club	SMC-St. Matthews Church	MCL-Mercer County Library, Hopewell Branch	TMS-Timberlane Middle School
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Senior News

"Name The Newsletter" Contest

Young at Heart

Senior Spirit

Senior Notes

Senior Valley Trailblazers

The Chatterbox

The Hopewell Valley Elders Newsletter

The Ho-Val Informer

Hopewell Valley Elder Events



There are two ways to vote for your favorite newsletter name. 1) Email awaugh@hopewelltp.org or 2) Call (609)737-0605, ext. 692 and leave a message. All votes must be in by February 9, 2007. The new name will be featured in the March newsletter.

Telephone Tax Refunds-The IRS has announced that eligible long-distance customers can claim a refund on their 2006 federal income tax returns. Amounts range from \$30 to \$60. For more information, see your 2006 tax return materials or go to www.irs.gov.

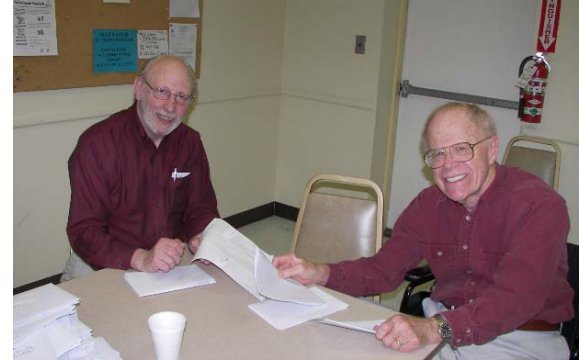
RSVP Volunteers -The Retired and Senior Volunteer Program (RSVP) supports the efforts of over 400 volunteers who work in 30 community agencies within Mercer County. RSVP volunteers must be 55 or over. Volunteers receive supplemental insurance, mileage reimbursement, newsletter, and an annual recognition brunch. For more information call (609)883-2883 or email RSVPMC@yahoo.com.

Farewell to Allen Wiseman, Hello to Jane Petrie-Allen Wiseman of Hopewell Township has stepped down from the Senior Advisory Board. His commitment to the well-being of senior citizens in Hopewell Valley, especially in regards to transportation, is remarkable. Allen writes, "To Members of the Senior Advisory Board of Hopewell Valley, my sincere thanks for your kind thoughts at the conclusion of my term on the Board. It has been an honor and a pleasure to work with Larry Mansier, Abigail Waugh and members of the Board and local governments to provide services for the elderly and their families in Hopewell Valley." Jane Petrie of Hopewell Township will take his seat on the board. She has many years of experience with local community groups, including F.I.S.H. and ITN.

Senior Services Directories Available-Print versions of the directory are available in Hopewell Borough Hall, the Hopewell Public Library, the Hopewell Township Municipal Building, the Mercer County Library, Pennington Borough Hall, and the Pennington Public Library. Available online at: <http://www.hopewelltp.org/HVSeniorDirectory2006.pdf>

Identity Theft Series at Mercer County Library-The first session on February 13th will cover credit card fraud, securing bank information, and driver's license duplication. February 20th's program will deal with cyber crime, phone fraud and debit/atm cards while "phishing" will be the subject of the last session on February 27th. All programs will begin at 7 pm. The series is free but registration is encouraged. Call (609)737-2610.

Around the Valley



Weed Tucker, Pennington Borough Council Member and Larry Mansier, Senior Advisory Board President folding the January newsletter.



Livy Glaubitz, facilitator of Artists' Choice.



Jean Kelly and Janet Bridgewater of the Mercer County Nutrition Project get ready for lunch at the Hopewell Valley Senior Center.

A Message from MERCER COUNTY CONSUMER AFFAIRS

The Mercer County Division of Consumer Affairs is a local law enforcement agency whose mission is to protect all citizens from consumer fraud via the New Jersey consumer Fraud Act and its regulations. We handle consumer complaints regarding many areas such as: home improvement, auto purchases and repairs, telemarketing, advertising, internet and identity theft. Almost all consumer transactions are regulated by Consumer Affairs.

In Mercer County and across the state, home improvement fraud is the number one complaint received from consumers. On January 1, 2006, a new law was enacted entitled "The Contractor's Registration Act". Now, before you hire any home improvement contractor (roofer, painter, driveway pavers, landscaper, carpenter, etc.) check to make sure they have a valid New Jersey Registration Number. If they are not registered, **DO NOT** hire them. Be sure to contact us before you hire any contractor to check their complaint history over the past two years.

Consumer Education is crucial to defending yourself against consumer fraud. Please contact this office at **609-989-6671** if you would like to request a consumer education program for your organization. An educated consumer is the best defense against fraud.

If you believe you are a victim of consumer fraud contact this office immediately to discuss the situation with a member of our staff and to file a complaint. Do not be embarrassed to complain. Allow your story to be told so the scheme can be identified, the culprits apprehended, the victimization of others possibly avoided and hopefully we can rectify your situation. Always save any and all evidence such as receipts, cancelled checks, invoices, contracts, etc.

Make our office your personal resource for consumer information. We are dedicated to being a consumer friendly agency and encourage you to take advantage of our services.