



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

October 2015, Vol. 9, No. 10

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### **Communicating When Words Are Challenging**

Language is a huge part of being human. So big, we take it for granted. "Hello!" "How are you?" "What time will you be there?" We assume we will always be able to use these phrases and more. For some people with various illnesses and disabilities, spoken language becomes a much bigger challenge. Medical problems like Parkinson's Disease, stroke, traumatic brain disorders, dementia, and others can challenge the most articulate person and make basic communication much harder.

A caregiver in the last year told me about this challenge in her daily life and suggested that others may need help with coping with it. How do you communicate with a loved one or friend after their language ability has changed? We are fortunate to have a speaker discuss this very issue at our Caregiver Night on 10/20 at 6pm at the Hopewell Township Municipal Building. Check inside the newsletter for more details.

Don't let a illness or disability keep you from connecting with the people you care about. Come out to learn more about this important issue and keep the conversation going.

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

## **Senior News**

**Book Lovers Luncheon** sponsored by the Hopewell Valley Education Foundation will take place this year on Sunday, November 22, 11:30am-3pm, again at the Greenacres Country Club. Christina Baker Kline, the author of ***The Orphan Train***, will be this year's speaker. To purchase tickets go to:

**<https://www.eventbrite.com/e/10th-annual-booklovers-luncheon-tickets-17953066104>**

**Email Updates and Senior Spirit** sign-up by contacting Randi Knechel at rknechel@hopewelltp.org or (609)737-0605, ext. 636.

**Explorations Fall 2015** Register by October 12. Information available at: <http://www.hopewelltp.org/seniors/Explorations-2015.pdf>

**Fire Safety Open House** On Oct. 10, from 12-4pm at the Hopewell Township Municipal Building. Free event with fire extinguisher demonstration, blood pressure screening, food trucks, music, kids activities, and more. No registration.

**Shredding and Electronic Recycling Event for Hopewell Township Residents** on Saturday, October 3 from 9am to 1pm at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Road. 5 boxes per household for shredding. You may also bring electronics (computers, tv's, radios, microwaves, and cell phones) to dispose of them. Donors are responsible for any data on all media. Township residents only. For more information, call 537-0250.

**Volunteer this School Year at Bear Tavern** by helping with the knitting club or volunteering in the office. For more information, contact Lauren Kopcow at 737-4005.

## **Useful Numbers for Older Adults in Hopewell Valley**

Adult Protective Services-(609)989-4320

Contact Reassurance (free daily calls)-(609)883-2880

FISH Meals on Wheels-(609)737-9123

Mercer County Consumer Affairs-(609)989-6671

Mercer County Nutrition Project (Pennington)-(609)737-9123

Mercer County Office on Aging-(609)989-6661

Mercer County Surrogate-(609)989-6331

RideProvide of Greater Mercer County-(609)452-5140

TRADE Transportation-(609)530-1971

## Special Events for October 2015

**T'ai Chi for Arthritis and Fall Prevention** Thursdays, Oct. 1-Nov. 19, 10:30-11:30am at Hopewell Borough Hall, 88 East Broad St. This eight week course will be taught by Bev Tucker. \$25. **Registration required by calling 737-0605, ext. 668.**

**Brown Bag Luncheon: The Stories and Talents of Task Participants** Friday, October 2, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. Open to the public. **Register by calling 737-1221, ext. 10.**

**Book Club** Monday, October 5, 2-3:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. The group will be reading is TBA. For more information, contact Diane Miller at (609)737-2610.

**Let's Chat** Friday, October 9, 1-2:30pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Join Vivian Greenberg, LCSW for a lively discussion. Refreshments served. No registration required.

**Tech Time** Tuesday, October 13, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by October 9.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 668.

**Skin Care & Aging** Wednesday, October 14, 10:30-11:30am at the HV Senior Center. Dr. Sarika Banker of Princeton Dermatology Associates will speak about skin care and aging. She will cover skin cancer and other skin conditions that often come with age (dry skin and itching, thinning skin, bruising and scratches that take longer to heal, etc.). No registration required.

**Hopewell Township Flu Clinic** Wednesday, October 14, 2-6pm at the Hopewell Twp Municipal Building, 201 Wash. Crossing-Pennington Rd. in Titusville. To Schedule an appointment email rknechel@hopewelltpw.org or call 609-537-0236. *If you live in a 55+ community, sign-up through your club house. Hopewell Borough Clinic will be 11/3.*

**Birthday Breakfast** Friday, October 16, 9am at the Hopewell Valley Golf Course. Are you 60+ with a birthday in July through December? If so, you are invited to celebrate at our semi-annual birthday breakfast. **Please RSVP by 10/9 by calling (609)737-0605, ext. 668.**

**Mondays with Mia** Monday, Oct. 19, 11am-noon at the Hopewell Township Municipal Building. Come meet Mia for an hour of fun, discussion and relaxation. Mia is a chocolate lab who is a certified therapy dog. No registration required.

**Walking with Joy on the Delaware and Raritan Canal Tow Path** Tuesday, October 20, 10-11:30am. Meet in the parking lot off of Routes 29 & 546 by the river. Rain date is 10/22. No registration required. For more details, call 737-0605, ext. 650.

**Aging-In-Place** Tuesday, October 20, 3:15-4:30pm at the Hopewell Township Municipal Building. This is a group of people from Hopewell Valley who are exploring ways to support each other as they age. No registration required.

**Communicating with People with Speech Difficulties** Tuesday, October 20, 6-7:30pm at the Hopewell Township Municipal Building. Sandra Stein, MS, CCC/SLP with Capital Health will address different types of speech difficulties and how they affect people, along with tips to communicate with people with speech impairments. Light dinner sponsored by Mercer Home Health. **Register by contacting 737-0605, ext. 668.**

**Senior Luncheon & Dracula Preview** Wednesday, Oct. 21, 12:30-1:30pm at the Central High School Performing Arts Center. Luncheon hosted by staff and students of central high school with co-sponsorship from the Hopewell Valley Education Foundation. Followed by a free senior preview of Bram Stoker's Dracula at 2pm. Free. **To register, call (609)737-0605, ext. 668 by 10/14.**

**Flu Shots for Pennington Borough** Wednesday, October 21, 6-8pm at Pennington Borough Hall, 30 N. Main Street. Free for people with Medicare. \$25 for others. To make an appointment, call (908)359-8211, ext. 227. *Hopewell BoroClinic will be 11/3.*

**Learn About Medicare** Monday, October 26, 10-11:30am at Hopewell Borough Hall, 88 East Broad St. in Hopewell. Bob Brehon with the State Health Insurance Assistance Program (SHIP) will provide an outline of all Medicare programs, as well as federal and state assistance programs. Refreshments will be served. No registration required.

**Deer Management in Hopewell Valley** Wednesday, October 28, 10:30-11:30am at the HV Senior Center. Mike Van Clef of the Friends of Hopewell Valley Open Space will be at the senior center to discuss deer issues in Hopewell Valley and what you can do as a resident to help. No registration required.

**Love and Mercy** Wednesday, October 28, 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. PG-13.

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

## Ongoing Programs

**Artists' Choice** will be meeting on 10/6, 10/13, and 10/27 from 1-3pm at the Hopewell Township Municipal Building. For more information call 737-0605, ext. 668.

**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.

**Folding** Meets the third Monday of the month, 1pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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. 668.

**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. *No Healthy Bones at the township on 10/12.*

**Hopewell Valley Leisure Club** Social club, including activities and speakers for Valley seniors. The club meets the first Tuesday of every month at 11am at St. Alphonsus Church in Hopewell. 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 Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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. 668.

**Senior Advisory Board Meeting** is the third Wednesday of the month at 2pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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. 668. *Senior Advisory board is TBA this month.*

**Social Bridge** Mondays, 2:30-4:30pm at the at the Hopewell Township Municipal Building. **Pre-registration for first time players recommended by contacting 737-0605, ext. 668.** *No Social Bridge at the township on 10/12.*

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

## ***Around the Valley***

*Hopewell Valley Senior Services Presents:*

# **Learn About Medicare and Resources That Can Help You With Insurance Choices**

*with Bob Brehon, State Health Insurance Assistance Program (SHIP)*



*SHIP provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance. SHIP is a statewide program sponsored by the New Jersey Department of Human Services with major funding from the Centers for Medicare & Medicaid Services, the federal Medicare agency. Medicare beneficiaries frequently have questions about benefits and claims, supplement policies, and long-term care insurance. Volunteer counselors, trained in areas of health insurance coverage and benefits that affect Medicare beneficiaries, provide information and assistance for dealing with claims and in evaluating health insurance needs. This program will provide a basic outline of all Medicare programs, as well as federal and state assistance. Attendees will also learn how to get additional assistance if needed.*

**Time:** Monday, 10/26/15 from 10-11:30AM

**Location:** Hopewell Borough Hall  
88 East Broad St. in Hopewell

No registration required. For more information, contact  
(609)737-0605, ext. 668



**Save the Date**



**AARP Driver Safety Course**

**Friday, November 6  
9am at Hopewell Borough Hall**

*Details in next Senior Spirit.*

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

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

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