



Save the Date



**Kutztown Folk Festival
PA Dutch Dinner
July 6th**

Call Hopewell Township Recreation Department at 737-3753 to sign-up.

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

June 2010, Vol. 4, No. 6



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Back to Work

An economic recession changes things. Bank and retirement balances go down and expenses continue to go up. Many retirement dates are postponed to keep a source of income, but some are brought on prematurely and unexpectedly as employers cut back staffing. The recession affects people of all ages, but it tends to affect them differently depending on where they are in their financial lives.

Many people over 55 wish to work for a variety of reasons: economic, social, a desire to stay active, or the opportunity to give back. Older workers have specific challenges in today's economy though. Extensive work experience, desire for more flexible hours, and changes in technology all have positives and negatives for people who would like to be active in the work force.

This month, Carol King of the Princeton Senior Resource Center's Engaged Retirement program will be discussing these very issues and how to navigate them as you look for work. Learn more about updating your skills, networking, dealing with ageism, using the internet for job searches and research, and avoiding job scams. Check out page 7 for more details on this June 1 program.

*Abigail Waugh
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Senior News

Email Updates on Senior Services programs are available. Get 1-2 emails a week with reminders about upcoming programs. Learn about some events that do not make it in time to be printed in the *Senior Spirit*. Your email is not given out to anyone else and is kept private. If you would like to get Senior Services email updates, email Abigail at awaugh@hopewelltp.org and request to have your email added to the list. For information about Senior Services programs and resources, check out www.hvseniors.org.

Farmers Market Voucher Program are available to residents who are 60 years or older and have income that is \$20,035 for one person and \$26,954 for two people. Vouchers can be used to purchase fresh fruits and vegetables from NJ farmers. Vouchers will be distributed in June and July. For more information, contact Senior Services at 737-0605, ext. 692.

Food Stamp Changes The maximum income limits have increased. For one person, the gross monthly income limit is \$1,670 and for two people it is \$2,247. For more information, call 1-800-687-9512 or visit www.NJFoodStamps.com.

Medi-Cool Program With funding from the Mercer County Department of Human Services Office on Aging and United Way of Greater Mercer County Catholic Charities, Trenton and Princeton Senior Resource Center have partnered with UWGMC to provide air conditioning units to needy senior residents of Mercer County on June 23 & June 24, 2010. To be eligible, Mercer County residents must have an income of less than \$21,660 for an individual and \$29,140 for a couple. Residents also must have a medical need for an air conditioner, assets less than \$2,000, and a prescription from their doctor. To sign up, contact Catholic Charities at 394-8847, ext. 103 or Princeton Senior Resource Center at 252-2362.

"Senior Final Expense" Scam was sent to many residents in late April. Residents were asked to return a postcard with their signature, age, spouse's name, and phone number to a Washington, D.C. address. It is **never** a good idea to send personal information on a postcard or to an unfamiliar company. Thank you to all of you who let me know this was happening. Let's be known as a community where we put scams where they belong: in the garbage! As always, if you feel you are being targeted by a scam or feel that you are a victim of consumer fraud, contact Donna Giovannetti, Mercer County Consumer Affairs Division Chief at 989-6671.

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.

Around the Valley

Job Search Strategies for Older Workers

Tues June 1, 7:00 pm

Hopewell Train Station
Railroad Place in Hopewell Borough

Learn about the new realities of the job market, and get some strategies for competing in it

- Updating your skills
- Networking
- Dealing with ageism
- Using the internet for job searches and research
- Avoiding job scams

Presenter: Carol King

**A PROGRAM OF THE PRINCETON SENIOR RESOURCE
CENTER'S
ENGAGED RETIREMENT & ENCORE CAREER CENTER**

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

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 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.

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 June 2010

Hopewell Valley Seniors Connect: Exploring Google News Tuesday, June 1, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. Google News is more than just current events. You can get news from around the world (in English), news from the past, even create your own personalized news service. Join Joel May in exploring this rich resource. No registration required. For more information, call 737-2610.

Job Strategies for Older Workers Tuesday, June 1, 7-8:30pm at the Hopewell Train Station, Railroad Place in Hopewell Borough. See page 7 for more details.

Bingo Wednesday, June 2, 10:30-11:30am at the HV Senior Center. Stop by for an informal game of bingo.

Consumer Affairs Wednesday, June 8, 10:30-11:30am at the HV Senior Center. Learn more about the Mercer County Division of Consumer Affairs with the Division Chief Donna Giovanetti. No registration required.

Mercer Educational Garden (MEG) and Equestrian Center Walk Tuesday, June 15 10am to noon. Meet at the Mercer County Educational Garden, 431A Federal City Road in Hopewell Township. Enjoy the blooming flowers of MEG and then we will walk around the Equestrian Center property. 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 will meet Tuesdays, June 15 and 22, from 1:30-4:30pm at the Mercer Educational Garden, 431A Federal City Road in Hopewell Township. All levels and media welcome. Enjoy two weeks of outdoor painting. Bring your own materials. For more information call 737-0605, ext. 692.

Canasta Wednesdays, June 9 and 23, 1:30-3:30pm at the Hopewell Valley Senior Center. Beginners welcome. **Register for group by calling Hopewell Valley Senior Services at 737-0605, ext. 692.** The game rules we are using will be mailed to you once you register.

Medication Safety Wednesday, June 16, 10:30-11:30am at the Senior Center. Mary Bridgeman, a pharmacist with Capital Health System will give a talk on prescription and over-the-counter medication safety. No registration required.

New York City Tour Tuesday, June 22, 8:30am-5pm. Meet at Independence Park. The June 15th bus sold out, so a second bus will be going on June 22 to see the Brooklyn Botanic Gardens and South Street Seaport. \$45 per person. **To register, call Hopewell Township Recreation Department at 737-3753.**

Coffee Connections is on break for the summer. The series will return in September 2010.

Emergency Planning for Seniors Wednesday, June 23, 10:30-11:30am at the Hopewell Valley Senior Center. Learn more about preparing for emergencies (snow, storms, power outages, flooding) with local police and emergency services personnel. Free. No registration required.

Movie: Shutter Island Wednesday, June 23, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. A drama set in the 1950's involving a missing murderess. Film stars Leonard DiCaprio. Free. No registration required. For more information, call the library at 737-2610.

78th Army Band Concert and Community Fireworks Sunday, June 27, 7:30pm at Alliger Park on Washington Crossing-Pennington Rd. in Titusville. Bring your family and your chairs or blankets to enjoy a fantastic fireworks display after the concert. Free. No registration required.

Let's Chat will not be meeting in June.

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

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10-BP 10:30-HVSC (MCL) 11-Leisure Club (SAC) 11:45-Lunch 1:30-Bridge (SMC) 7-Engaged Retirement (HTS)	2 10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch	3 11:45-Lunch 1:30-Mahjongg	4 11:45-Lunch	5
6	7 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	8 11-BP (PQM) <i>Primary Election</i> <i>No Lunch</i> 1:30-Bridge (SMC)	9 10:30-Consumer Affairs 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Canasta	10 11:45-Lunch 1:30-Mahjongg	11 11:45-Lunch	12
13	14 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	15 8:30-NY (1st Trip) 10-Walk (MEG) 11:45-Lunch 1:30-Bridge (SMC)	16 9-BP (HTB) 10:30-Medication Safety 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board	17 11:45-Lunch 1:30-Mahjongg	18 11:45-Lunch 1-Newsletter Folding	19
20	21 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	22 8:30-NY (2nd Trip) 10-BP (MCL) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice(MEG)	23 10:30-Emergency Plans 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Movie (MCL) 1:30-Canasta	24 11:45-Lunch 1:30-Mahjongg	25 11:45-Lunch	26
27 Concert and Fireworks at Alliger Park 7:30pm	28 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	29 11:45-Lunch 1:30-Bridge (SMC)	30 11:45-Lunch	Location Guide HTB-Hopewell Town. Building HTS-Hopewell Train Station MEG-Mercer Ed. Garden MCL-MC Library, Hopewell PQM-Pennington Market	SAC-St. Alphonsus Church SMC-St. Matthew's Church	All programs are at the Hopewell Valley Senior Center, 395 Read- ing St. in Pennington unless marked in bold. For directions to any location, call 737-0605, ext. 692.