

Hopewell Valley Senior 2024 Fair:
**Your Home in Retirement
and Beyond....**



Hopewell Valley Senior Services
609-537-0236
seniorservices@hopewellwp.org

BRANDYWINE LIVING

at Pennington

*If you would like more information
about Brandywine Living
at Pennington, please contact:*

Phylicia Joseph

Director of Community Relations
609-730-9922 | cell: 732-320-0965
pjoseph1@brandycare.com



BRANDYWINE LIVING
at Pennington

Life is Beautiful

143 West Franklin Avenue | Pennington, NJ 08534
(609) 730-9922

Visit us at www.brandycare.com or
call 24 hours a day at 1-877-4Brandy

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Reflections' Memory
Care Program

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Balance First
increase strength and mobility

Passport (Short Term Stays)
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BRANDYWINE LIVING AT PENNINGTON

143 West Franklin Avenue | Pennington, NJ 08534
(609) 730-9922

www.Brandycare.com | 1.877.4BRANDY

Capital Healthy Living

A new concept in concierge health care designed to help seniors 65+ in Mercer, Northern Burlington and Southeastern Bucks counties live independently in their homes.



MONTHLY PROGRAM FEE: \$50 PER MONTH

Your Monthly Program Fee includes ALL of the following:

Take Charge of Your Health Care – Your own licensed Life Care Manager (available Monday – Friday, 8 a.m. – 4:30 p.m.) who will:

- Answer all of your health care questions.
- Help you understand your complex medical conditions, procedures and treatments.
- Follow-up with you after Capital Health doctor visits, hospital stays or emergency room visits to be certain you understand your discharge instructions, your doctor's recommendations and your care plan.
- With your permission, keep your family or loved one informed of your care plan and your doctors recommendations.
- If you are changing to a Capital Health doctor or facility, coordinate getting your previous health records sent to your new Capital Health doctor.
- Meet with a certified personal trainer in our Wellness Center who will evaluate movement patterns and recommend an appropriate weekly exercise class.

Save You Time – Your Life Care Manager will:

- Assist you in making all of your Capital Health doctor and medical service appointments.
- Coordinate and simplify the scheduling of multiple medical appointments.
- Obtain priority scheduling for your Capital Health appointments.

Socialize and Exercise More – You may participate in:

- Group exercise classes at our Wellness Center.
- Monthly social activities.
- Educational programs (in person and Zoom).

For a listing of all Capital Healthy Living activities and to register, visit www.capitalhealth.org/events.

Drive Less – Safe and direct transportation (Monday – Friday, 8 a.m. – 4 p.m., excluding holidays) to:

- All Capital Health doctor and medical service appointments.
- Four Capital Healthy Living Wellness Center classes per month.
- Two roundtrips per month within 15 miles of your residence that you may use for any purpose.



To learn more or to sign up, call 609-537-7087 or visit us online at www.CapitalHealth.org/CapitalHealthyLiving

One Capital Way, Pennington, NJ 08534
CapitalHealth.org/CapitalHealthyLiving
609-537-7087 | HealthyLiving@CapitalHealth.org



capitahealth

PACE a Different Style of Medical Care!



Capital Health LIFE supports seniors with services to stay healthy, engaged, independent and socially connected in the community.

Some of these services include:

- *Primary medical and nursing care
- *Social support services
- *Specialty care
- *Hospital and nursing home stays
- *Prescribed medications
- *Vision, Dental and Hearing care
- *Rehabilitation therapy
- *Diagnostic Testing and surgical procedures
- *Adult day care
- *Home and personal care services
- *Transportation -door through door services
- *Meals and dietitian consults
- * Recreational therapy
- *Mental health services
- *24 hour access to our care team
- *One number to call for all services

ONE STOP FOR ALL YOUR MEDICAL NEEDS!

Call Brianna at 609-400-6244 to learn about services and eligibility requirements.



REASSURANCE PROGRAM

CONTACT of Mercer County, NJ offers a Telephone Reassurance program to help reduce loneliness and social isolation among older adults. It's a free daily outreach service for senior citizens who live alone. Anyone 60 and older who lives in Mercer County can sign up for the free service. A different schedule can be arranged if a call every day is too much.

The calls are typically general well-being checks, although sometimes volunteers are able to determine that a client in the Reassurance Program is in distress. Over the years, volunteers have identified clients who have fallen or had a medical emergency, and have been able to get those people the help they need.

“Our volunteers have one or two clients, and they call them every day at the same time,” Letcher says. “It’s a few minutes of conversation, but it’s also a safety check.”

Call [**609.737.2000**](tel:609.737.2000) if you or someone you know would like to receive a friendly, Reassurance phone call each day or on a regular basis. If you would like to be a volunteer to contact others, please call [**609.737.2000**](tel:609.737.2000).

Struggling to Afford Healthy Food?



WE CAN HELP! THE HOPEWELL VALLEY MOBILE FOOD PANTRY WILL DELIVER FRESH PRODUCE AND GROCERIES DIRECTLY TO YOUR DOOR EACH WEEK. THERE ARE THREE EASY WAYS TO SIGN UP:

- Register online at HVYMCA.ORG/pantry
- Email us at HVMobileFoodPantry@gmail.com
- Call us at 609-737-3048, Ext.2



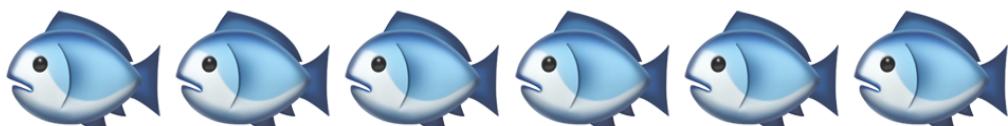


FISH of Hopewell Valley

(609) 737-9123

FISH (Friends In Service Here) of Hopewell Valley is a local meals on wheels program. We are an all-volunteer, nonprofit group who delivers nutritious and delicious meals from the Pennington Quality Market to homebound seniors in Pennington, Hopewell, Titusville and throughout Hopewell Township. We are funded solely by charitable donations.

Please call today to inquire about receiving meals. The cost is \$10.00 per meal and we deliver weekdays.



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We are always looking for volunteers. Our positions are as follows:

Drivers — pick up meals at PQM at 11 am on your designated day. Deliver meals to folks on either the Pennington or the Hopewell route. You are finished around 1 pm.

Dispatchers — have the FISH number call forwarded to your cell phone or home phone to answer incoming calls, and relay meal lists to both drivers.

Want to join us? Have any questions? Have a loved one who will benefit from receiving meals?

Please call: 609 737-9123

Neighbors helping Neighbors



Greater Mercer TMA serves as a valuable resource for older adults by providing services and transportation referrals.



RideProvide is Greater Mercer TMA's transportation program for seniors and visually impaired adults in Mercer County, Plainsboro, and the southern portion of Montgomery. We provide door-to-door transportation in private vehicles, Monday through Friday, within our service area. RideProvide offers a safe and dependable transportation option for those who don't drive or choose to no longer drive. RideProvide is also the service provider for Hopewell Valley Rides! Call RideProvide at **(609)452-5144** for more information on RideProvide. Contact Randi at the Hopewell Senior Center to sign up for Hopewell Valley Rides.

TRAVEL TRAINING

GMTMA provides free instruction to seniors and inexperienced transit users on how to use public transit. Group instruction, along with planned trips on local transit are offered at senior centers and senior housing locations.

TRANSPORTATION AND TECHNOLOGY

GMTMA's program, *Navigating Your Transportation Options: Apps, Maps and You*, instructs on using technology to get around how and when you want. Find and catch the right bus or train anytime, and make services like Uber and Lyft work for you. Still driving? We've got you covered too, with maps and GPS.

MERCER COUNTY MOBILITY GUIDE

Whether you want to ride the bus, train, light rail, or explore the numerous other transportation options available to you, this guide has the answers. Take a look and learn the simple ins and outs of staying mobile in Mercer County. Greater Mercer TMA's "how to" guide for traveling around Mercer County is available for download at gmtma.org/mobility-guide .

Contact Greater Mercer TMA at tma@gmtma.org or call (609) 452-1491 for more information on our services. Call (609) 452-5144 for more information on the RideProvide program. Visit our website at gmtma.org .



Home Heart Beats, LLC

Kendall Park, NJ

(732) 305-7689

www.HomeHeartBeats.com

Diane@HomeHeartBeats.com

LET'S DISCUSS IF "AGING IN PLACE" IS THE RIGHT SOLUTION FOR YOU.

Choosing an Occupational Therapist who is an Aging in Place Specialist can help you and your family members make the right decisions when considering home modifications that could be made in order to maximize your ability to safely and comfortably remain in the home you love.

Diane Vitillo, MS, OTR

Certified Aging in Place Specialist (CAPS)

Executive Certificate in Home Modifications (ECHM)

Certified Living in Place Professional



DO YOU HAVE DIFFICULTY ...

- Navigating steps
- Stepping into the tub or shower
- Bending / Reaching
- Rising from your favorite chair, sofa or your bed
- Remembering appointments

Invite us in to start the conversation!

HOPEWELL TOWNSHIP HEALTH DEPARTMENT



Public Health
Prevent. Promote. Protect.

- wells/septics
- restaurant inspections
- vaccinations

- vital statistics
- animal control
- blood pressure screenings

Health Officer

Dawn Marling

dmarling@hopewelltwp.org

609-537-0239

Animal Control Officer

Belinda Ogitis

bogitis@hopewelltwp.org

609-537-0278

Sr. Environmental Health Specialist

Peter Enea

penea@hopewelltwp.org

609-537-0235

Registrar of Vital Statistics

Evelyn Estrada

registrar@hopewelltwp.org

609-537-0284

Environmental Health Specialist

Glen Belnay

gbelnay@hopewelltwp.org

609-537-0242

Public Health Nurse

Deborah Flanders

dflanders@hopewelltwp.org

609-537-0238

Executive Secretary

Kate Mendel

kmendel@hopewelltwp.org

609-537-0257

Also serving the Boroughs of Hopewell and Pennington

201 Washington Crossing Pennington Road

Titusville, NJ 08560

Main: 609-737-0120



Hopewell Valley Lions Club

"We Serve"

"WE SERVE" It Is the mission of this club to be an instrument of service to our communities, the nation and the world. The volunteer women and men members are committed to the Lions motto, "We Serve." Through a variety of fundraising activities and the resources of the membership the Club channels its efforts in a variety of programs that serve Hopewell Township, Pennington & Hopewell Boroughs and the surrounding areas.

Providing Loans/Accepting Donations of Medical Equipment

- Walkers
- Wheelchairs
- Crutches, Etc....

Club Mailing Address:

Hopewell Valley Lion's Club
P.O. Box 128
Titusville, N.J. 08560

Stephan Konopka (President)

Phone (609) 818-1916

e-Mail: stepkono@aol.com

or

Paul Morin (Membership Chair)

Phone: (609) 737-8167



Operation Blue Angel

The program consists of a lockbox, which will be owned and maintained by the Police Department, which will be placed by Police personnel. The lockbox will contain a key to the residence (which the resident must supply). The key will only be accessed by responding police officers in the event of an emergency where officers cannot gain access to the residence. The Operation Blue Angel program lockbox will not be accessed by anyone for any other means.

Applications are available through Senior Services.

Any questions, please contact James Klesney at jklesney@hopewelltwp.org or call (609) 737 3100 x5560.



Mercer County

NIXLE:

EMERGENCY ALERT PROGRAM

Text your zip code to 888777 or
<https://member.everbridge.net/311440963534972/login>

*If you were signed up for SwiftReach your information automatically transferred! No need to sign up.

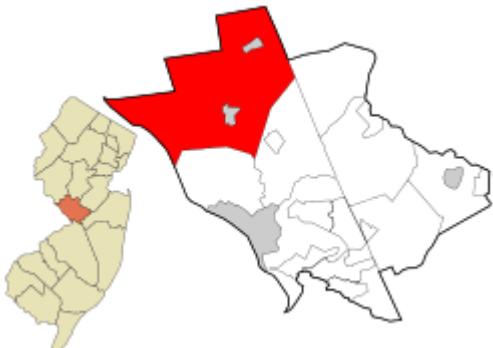
For any changes, contact Hopewell Valley OEM 609-537-0299



Hopewell Valley Rides



**Transportation for residents 60+ years
or with disabilities under 60 years
traveling within Hopewell Valley**



- Hopewell Borough
- Hopewell Township
- Pennington Borough
ONLY!

- Register for the program with Senior Services and purchase ride vouchers
- Schedule rides with RideProvide as far in advance as possible to ensure availability. Rides are only available throughout Hopewell Valley. Rides will not be provided to Ewing/Lawrence or neighboring towns.
- Cancel a ride as soon as you are aware that you will not need the ride.
- Purchase more vouchers before you run out. You will need to use one voucher for each one-way ride.

**Register/Purchase Vouchers: Senior Services
(609) 537-0236**

Request/Schedule a Ride: RideProvide (609) 452-5144





Mercer County T.R.A.D.E

It is the purpose of TRADE to support eligible County residents who require transportation to maintain their health, improve their financial status, utilize various public and private programs and services (medical, therapeutic, recreational) and access other community resources. TRADE does not establish trip priorities for residents eligible for TRADE.

TRADE Transportation is accessible to all eligible residents of Mercer County, including older adults (age 60+) and people with disabilities.

The County of Mercer through TRADE provides non-emergency transportation to residents of Mercer County who are elderly and to people with disabilities. It is the mission of TRADE to provide a safe, efficient and economical paratransit service to all eligible Mercer County residents by trained staff dedicated to the passengers' special needs.

Phone:	609-530-1971
Fax:	609-530-7517
Mail:	300 Scotch Road Building #1 West Trenton, NJ 08628
Email:	trade@mercercounty.org

Are you just biding your time, hoping
not to go backwards?

Create a retirement that's worth living.

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LAW GROUP



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www.medinalawgroup.com

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to find every item the perfect home.**

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Property Clean Outs

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Working until midnight if needed!



609-915-3487



Tim@SentimentCompany.com
Dave@SentimentCompany.com

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BEER SIGNS	MUSICAL EQUIPMENT & INSTRUMENTS
BEER STEINS	NEON SIGNS
BICYCLES	NATIVE AMERICAN ARTIFACTS
BOATS & BOATING EQUIPMENT	ODDITIES
BRONZE STATUES	OIL PAINTINGS
CARS	OLD BOOKS (PRE 1930)
CAST IRON	OLD SIGNS
CHINA	POTTERY
CLOCKS	PEDAL CARS
COINS	RADIOS
COKE & PEPSI MEMORABILIA	SCULPTURES
COLLECTIBLES	SILVER & GOLD
COMICS	SPORTS COLLECTIBLES
DIRT BIKES	TAXADERMY
EARLY FURNITURE	TIN TOYS
FISHING EQUIPMENT	TOOLS
FINE JEWELRY	TRACTORS
FOLK ART	TRUCKS
FURNITURE	VINTAGE TOYS
GAS & OIL MEMORABILIA	VINTAGE CLOTHING
GUITARS	VINTAGE VENDING MACHINES
GLASSWARE	VINYL RECORDS & LP'S
HISTORICAL ITEMS	WOODEN CRATES
HUNTING KNIVES	WOOD STATUES
JKUE BOXES	WATCHES



609-915-3487



Tim@SentimentCompany.com
Dave@SentimentCompany.com



THE TERRACES

AT LAWRENCE

The Terraces at Lawrence have been a staple of Lawrenceville's unique community for over a century. We're proud to help maintain your type of living thanks to our expertise and devotion to supporting your needs.

Through exclusive services and 3 distinct types of living to choose from (assisted living, memory care, and respite care), we bring you a quality of life that keeps you looking forward to the next day."

Stacy Costa
Senior Living Advisor
The Terraces at Lawrence
1 Bishops Drive
Lawrenceville, NJ 08648

O. (609)-873-8347
C. 609-703-6620



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John Walsh, Founder

Certified Senior Move Manager by the National
Association of Senior Move Managers (NASMM.org)

609.558.1830

353 Nassau St., Princeton, NJ 08540

WalshSeniorSolutions.com

Email: John.Walsh@WalshSeniorSolutions.com



Celebrating healthy aging and educating older adults

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us, and bring a friend!

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

WISE is funded under Title III of the Older Americans Act of 1965, as amended, through a contract by the Mercer County Office on Aging.

HEALTHY OUTLOOKS FOR OLDER ADULTS

Alternative Approaches to Managing Pain

Healthy Outlooks is a one hour program that cover the following topics:

- Learn the risks of prescription pain medications (opioids) such as Vicodin, Oxycontin, or Codeine.
- Find Alternatives to pain management such as Acupuncture, Yoga, Physical Therapy, Chiropractics, Massage, and Meditation.
- Gain Insights into Prescription medicine misuse and safety

For more information or to schedule WISE or Healthy Outlooks Conntact:

Mercer Council
Prevention Educator
Lisa Kauffman
609-396-5874 x 214

lkauffman@mercercouncil.org