



# Seasoned Years

Hunterdon County Division of Senior, Disabilities & Veterans Services  
Quarterly Newsletter

Winter 2010 [www.co.hunterdon.nj.us/aging.htm](http://www.co.hunterdon.nj.us/aging.htm) 908-788-1361 or 1-877-222-3737

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## Happy New Year Friends

I wish you health...  
so you may enjoy each day in comfort.

I wish you love...  
of family and friends.

I wish you the beauty of nature...  
that you may enjoy the work of God.

I wish you wisdom...  
to choose priorities for things that truly matter in life.

I wish you generosity...  
so that you may share all good things that come to you.

I wish you happiness, peace and joy...  
and blessings for this "new" year.

I wish you the best of everything...  
that you so well deserve.

~ Author Unknown

As your ADRC (Aging and Disability Resource Connection), it is always a privilege to be of service to you; we hope you will take advantage of the services we offer through the Division of Senior, Disabilities and Veterans Services.

Mary Ann Rodenberger

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## SENIOR CENTER NEWS

We're off to a strong start for 2010 and beyond! Your suggestions, participation and support continue to grow the Hunterdon County Senior Center in ways that inspire us all. Communication is the name of the game. We endeavor to keep you informed of all the special activities and events available to you. New ways to stay connected are in constant development.

Are you online? If you're into web browsing, head on over to the Senior Center at: **[www.co.hunterdon.nj.us/aging/seniorcenter.htm](http://www.co.hunterdon.nj.us/aging/seniorcenter.htm)**

The website is a wonderful way to get the latest news on cultural bus trips, lectures, performances, and all new and recurring activities.

If you're into email, update your registration with an email address to receive select announcements of upcoming events. The group email list is kept confidential and private. What better way to stay in touch with all your Senior Center has to offer than a friendly and informative message in your inbox.

Of course, nothing beats a visit to the Hunterdon County Senior Center! **Stop by anytime Monday through Friday, 8:30 AM to 4:30 PM.** Check out the information center just past the entrance for flyers and brochures. If you're new to the Center and wondering how to get started, introduce yourself to our helpful and amiable staff. We're happy to give you the grand tour and a hearty welcome. **Or give us a call at 908-788-1359.**

**All the Best for the New Year!**

Richard Chrysafis  
Mary Ann Thompson  
Scott Crabtree

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### LATE BREAKING ACTIVITY UPDATE

So new, we have not even come up with a clever title yet. However, the premise is brilliant! The Senior Center will kick-off an acoustic guitar players group led by Robert McGeary starting in January.

The concept requires players who have the basics down and can play songs start to finish. The sessions will help guitarists "jam" together, share new ideas, trade techniques and have a blast! All you need is an acoustic guitar (classic or steel string), some playing skill and a heap of enthusiasm.



**Tentatively, the group will meet at the Hunterdon County Senior Center on the 2nd and 4th Fridays of the month from 1:00 to 3:00 PM. Details will follow. Please call Rich Chrysafis at 908-788-1359 for more information. The group requires no fee to join, but registration is a must.**

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## SENIOR CENTER NEWS



### THE EARTH SERIES - HOW THE EARTH WORKS

If you're ever wondered how the earth works, you must join us for this engaging series of recorded lectures by a university professor of geophysics. Learn all about volcanoes, earthquakes, oceans, climate change and renewable energy sources. Watch the movie style lectures on a large screen TV and lose yourself in the wonders of our planet earth!

**Third Tuesday of the month from 10:00 AM to 11:30 AM**

**No registration needed.**

### WOODCARVERS GROUP

From beginner to advanced, the woodcarvers are an industrious and creative group who welcome your participation. Wood carving is the art of crafting beautiful figures out of wood using hand tools. Why not stop in and let us introduce you to the Woodcarvers?

Seeing is believing. Share ideas, skills and inspiration!

**Every Wednesday from 10:00 AM to 12:00 Noon**

**No registration needed.**



### THEATRE WORKSHOP

We all have hidden talents. Are you a natural born actor or actress? The Theatre Workshop will showcase your gift. Experience is not required. If you have the acting bug, we have the limelight! The group is led by an experienced director.

**A novice and advanced group is available every Wednesday.**

**Call for details - 908-788-1359**

### ARMCHAIR TRAVEL

Take a trip abroad without the armchair! Your boarding pass awaits, so come travel to foreign lands. Beautifully filmed and narrated videos are shown on a large screen TV.

Leave your passport at home!

**First Monday of the month at 10:00 AM**



### THEATRE ARTS

Filmed theatrical performances - operas, ballet, musicals and box office favorites are presented on large screen TV. Recently viewed performances include La Boheme, Scrooge, and Lohengrin.

**First and Third Wednesdays of the month at 12:15 PM**

### HOW TO SERIES

Fresh "How To" topics and dates are being planned for 2010. Area professionals, trades people and businesses will share a bit of knowhow and tricks devoted to the spirit of do-it-yourself.

Tackle the tricks of a trade and gain practical knowledge. If you've joined us for past presentations, you've learned basic plumbing repairs, home weatherization, gardening, and even car maintenance! There's much more in store.

Look for notices on upcoming demonstrations.

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## SENIOR HEALTH & FITNESS PROGRAM

### AHA FAMILY & FRIENDS CPR CLASS

A program especially designed for seniors who want to gain personal knowledge or who live with a spouse who has a history of cardiac or stroke risk. Learn how to tell the difference between heartburn and heart attack chest pain. Learn stroke signs and symptoms and when to call for help. Understand how to help yourself when alone and choking. Experienced and gentle instructors from Hunterdon Medical Center help you learn these vital skills. You may participate by listening and observing or practice using a CPR mannequin. A demonstration of the AED (Automated External Defibrillator) will be provided. Class includes a CPR training manual. Accommodations will be made for those with physical limitations.



**The first class will be held at the Hunterdon County Senior Center on Tuesday, March 23rd from 10:00 - 11:30 AM. Call Betty Kenny at 908-284-6128 to register. More session dates will be announced, so please call for more information.**

### MIND YOUR MIND

The Mind Your Mind Program was such a hit, a new session is in the works for 2010. This class is devoted to techniques for mental prowess and memory. A whole brain workout designed for older adults! Program Facilitator, Ginny Romano can accept fifteen people into the class.

**Please call Betty Kenny for details and starting date at 908-284-6128.**

### ANNUAL DANCE SHOWCASE

Come see various dance styles exhibited at the Senior Center. Ballroom, Tap, Polka, Square and Line Dancing will be demonstrated by the participants of each dance fitness activity. Support the dancers and all of their hard work and practice. It's also a perfect opportunity to choose your style of dance when you become a dance participant!

**Monday, April 26th at 1:00 PM Please RSVP so we can plan accordingly - 908-284-6128**

### RARITAN VALLEY DANCERS

Talented dance students from Raritan Valley Community College will perform for you right here at the Senior Center. Celebrate the art of dance! **Friday, March 26th at 10:30 AM.**

**The cost is free, but please call to RSVP at 908-284-6128.**

### TAI CHI

Alleviate the effects of stress on the body and mind - learn the benefits of Tai Chi. Elements of balance, focus and controlled movement complete the mind-body connection.

**Groups meet at the Senior Center every Wednesday at 9:00 AM and the Clinton Community Center on Mondays at 9:30 AM. Free of charge. Call to register at**

**908-284-6128.**



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## SENIOR HEALTH & FITNESS PROGRAM

The Senior Health & Fitness Program is planning the 2010 calendar of events, including the Brunch & Learn Series and annual Health & Wellness Screenings.

Our ever-popular Brunch 'n Learn series will begin again in March 2010. All programs will be held at the Hunterdon County Senior Center, 4 Gauntt Place in Flemington, New Jersey. The dates are as follows:

- **March 5, 2010 - "Coping with Life's Transitions and Losses"**  
**Conducted by Barbara Burgard, Social Worker from the Older Adult Program, Hunterdon Medical Center**
- **April 2, 2010 - "Quest for Quality Sleep"**

**All sessions will run from 10:00 to 11:30 AM. A light and healthful brunch will be served. Seminars are conducted by health professionals who will give you the most up to date information on many health concerns.**

**The Health & Wellness screenings will begin in April/May. Dates, times and locations will be posted in the spring edition of the Seasoned Years Newsletter.**

We hope January is a restful time for everyone after the hustle and bustle of the busy holiday season. It is a good time to reflect on our resolutions from 2009. Did we accomplish our health goals? That's okay. Now is the time to fine-tune your strategies for a healthy new decade!

Among those new goals, plan for health maintenance, checkups and prevention. How often do we remind ourselves to make a doctor's appointment without getting around to it? If we put as much time into our health as we do car maintenance, home repairs and errands, we would all be in better shape. Let's put ourselves first!

Make it your New Year's resolution to attend our comprehensive screening programs to enhance annual doctor visits. Screenings include fasting blood test, thyroid testing, blood pressure and peripheral arterial disease tests. Skin, hearing, vision, and foot screenings are also available. Get a balance assessment by Pro-Activity Physical Therapy Associates and a chiropractic evaluation by a local practitioner. Visit ShopRite for bone density testing and nutritional analysis. A dentist is present to check for oral cancer and overall dental hygiene. While you are there, pick up a colorectal kit and have a consultation with a nurse.

You may consult with a nutritionist from the Diabetes Center, who will also take your height/weight and body mass index. There are 25 agency representatives available to inform you of their services. You will not want to miss these events which will be scheduled throughout the county.

**For more information and to register please contact Eleanor Sweigert at 908-782-7224 or email at [esweigert@co.hunterdon.nj.us](mailto:esweigert@co.hunterdon.nj.us) Please visit our website for updates on all our programs at: [www.co.hunterdon.nj.us/aging/srhealth/screenings.htm](http://www.co.hunterdon.nj.us/aging/srhealth/screenings.htm)**

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## WINTER WEATHER SAFETY TIPS

Wintertime is a beautiful and magical time of year. Please enjoy it safely with a little preparation in case of severe winter conditions. Follow these guidelines for indoor and outdoor winter safety.



### INDOOR

- Test your smoke and carbon monoxide detectors
- Be sure that your furnace and water heater are inspected and in good working order.
- Keep a battery operated radio or TV handy with fresh batteries in case of power failure
- Have extra non-perishable food available that does not require cooking
- Fill containers with potable water for drinking or flushing toilets during power failure
- Partner-up with a buddy and call each other a couple times a day
- Prevent drafts by placing towels under doorways and closing curtains at night
- Close off unused rooms in the house to conserve heat
- Use UL Approved space heaters very carefully - heed all operating instructions to the letter
- Dress warmly at home with multiple layers of clothing
- Stay nourished and hydrated throughout the day

### OUTDOOR

- Hire a service or get a volunteer to plow your driveway and walks
- Don't attempt to clear your rooftop of snow - get help from a professional
- Carry a cell phone with you outdoors in case of emergencies
- If you plan to be outdoors, tell someone where you'll be and for how long.
- Wear many layers of dry clothing and a hat.
- Take frequent, warm-up breaks if you're spending time outdoors
- Prevent frostbite and hypothermia - if your skin becomes pale and numb, or if you're shivering, get to a warm location

If you have any medical conditions or disabilities that may be affected by extreme cold and/or long periods spent indoors due to snowfall, talk to your doctor or healthcare provider about a strategy to stay safe throughout the winter months.

These guidelines were derived from, "Winter Weather Preparedness" published by the NJ Office of Emergency Management. For more information on winter safety, visit the following websites:



New Jersey Office of Emergency Management  
[www.state.nj.us/njoem/plan/threats-emergencies.html](http://www.state.nj.us/njoem/plan/threats-emergencies.html)

Hunterdon County Department of Public Safety  
[www.co.hunterdon.nj.us/911/oem/preparedness.htm](http://www.co.hunterdon.nj.us/911/oem/preparedness.htm)

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## BREAST CANCER AWARENESS AND EDUCATION



The Susan G. Komen for the Cure Central & South Jersey Affiliate has awarded a grant to Hunterdon Regional Cancer Center. The mission of the Komen organization is to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures. Hunterdon Regional Cancer Center is proud to partner with such a committed and passionate group of individuals.

The main objective of this grant is to educate women in Hunterdon County, age 65 and older, on the importance of maintaining an annual mammogram. In the most recent Needs Assessment Survey conducted by the NJ Office of Cancer Control and Prevention, 46% of Hunterdon County women on Medicare reported not having an annual mammogram. A woman's chance of developing breast cancer increases as she becomes older. Research conducted by the National Institute of Health demonstrates that annual mammograms can reduce the mortality rate of this age group by approximately 45%.

Women in Hunterdon County may face barriers that often restrict their ability to obtain their mammogram such as transportation, uncertainty of insurance coverage, availability of appointments, and fear. The staff at Hunterdon Regional Cancer Center is committed to reducing those barriers and improving the screening rates.

The steps for maintaining healthy breasts are simple. Women are encouraged to:

- Perform a breast self examination (BSE) each month.
- Have an annual physical exam which includes a clinical breast exam.
- Discuss with your health care provider the need for an annual mammogram.
- If it is appropriate, obtain the written order.
- **Most importantly make the appointment and keep it!**

**If there are any questions regarding how to obtain an order for a mammogram, where to obtain a mammogram, or what the next step should be if there is a suspicious finding, please contact Mary Vecchio, RN, MSN, APN, OCN at 908-788-2546.**

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## WHY CAN'T I LOSE WEIGHT?

### A WEIGHT MANAGEMENT PROGRAM FOR SENIORS

This 8-week program addresses issues and frustrations related to weight management. A registered dietitian will discuss topics including: meal planning, label reading, exercise recommendations, metabolism and intuitive eating. This program will challenge your beliefs about why you can't lose weight. It is safe for people with diabetes and other nutrition related conditions that improve with weight management.

**Classes held on Wednesdays from 2:00 to 3:00 PM / Session starts January 27, 2010**

**Fee: \$125 per person / Senior Discount (65 and older): \$100 per person**

**Payment due at first session / Instructor: Paula Hazard RD, BS**

**Class meets at the Senior Center, 4 Gauntt Place, Flemington, NJ**

**Pre-registration required. Call 908-237-6920**

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## MEDICATION MADE EASY

Taking medication on time and at the right dosage just got easier. Hunterdon Medical Center now offers the Philips Medication Dispenser through its Hunterdon Lifeline program. The service provides clients with a machine that dispenses the proper dose of medication at the right time, reducing the risk of missed or double doses.

“This system helps older adults take their medication properly, even when they are home alone,” stated Pamela Stewart, Community Liaison and Lifeline Coordinator for Hunterdon Regional Community Health. Stewart explained, “The medication dispenser helps to reduce the risk of medical complications, unplanned re-hospitalization and can potentially reduce the risk of falls.”

It’s no secret that medications are getting more complicated. Studies have shown that 10 percent of all hospital admissions involving seniors result from improper medication. A caregiver - be it a family member or professional - loads the machine with up to 40 days worth of pills, metered out in plastic portion cups. Voice and visual reminders alert the patient when they need to take medicine and give specialized instructions, like if they should take the medicine with food or take a blood pressure reading.

A 24-hour monitoring service gives clients and families peace of mind. The device is connected via a phone line to the Philips call center. The center immediately notifies a caregiver if a dosage is missed. Backup battery systems ensure the device works during power outages, and an online service lets caregivers track medications in real time.

**For more information about this and other Lifeline services offered by Hunterdon Healthcare, visit [www.hunterdonhealthcare.org](http://www.hunterdonhealthcare.org) or call 908-788-6550.**

## CAREGIVER SUPPORT GROUP SCHEDULE

Caregiving for an older person is very rewarding. It also takes time and emotional energy.

The Hunterdon Caregiver Initiative Support Groups offer emotional support and education for caregivers as well as provide a place to share experiences.



Evening Groups	
<b>Alzheimer’s Group</b> 2nd Wednesday of the Month 7:00 - 9:00 PM Conference Room, 4th Floor Hunterdon Medical Center [Contact Christine Stevens at HMC 908-788-6401 Ext. 3002]	<b>Caregiver Support Group</b> 3rd Wednesday of the Month 7:00 - 9:00 PM Conference Room, 4th Floor (Elevators near Cafeteria) Hunterdon Medical Center

Daytime Groups	
<b>Dementia Caregivers Group</b> 2nd Tuesday of the Month 1:00 - 3:00 PM Hunterdon County Division of Senior, Disabilities & Veterans Service, Flemington, NJ	<b>Caregiver Support Group</b> 1st Thursday of the Month 1:00 - 3:00 PM Behavioral Health 5th Floor, Hunterdon Medical Center
<b>Caregiver Support Group</b> 3rd Thursday of the Month 1:00 - 3:00 PM Hunterdon County Library, North County Branch, Clinton, NJ	<b>Parkinson’s Group</b> 4th Friday of the Month 1:30 - 3:30 PM Hunterdon County Division of Senior, Disabilities & Veterans Service, Flemington, NJ

## HMC OFFERS HEARING AID SERVICES

Approximately one-third of Americans between the ages of 65 and 75 experience hearing loss. For many people, hearing loss is a sign of aging. While this “side effect” of aging may be unavoidable, it is treatable.

Hearing aids amplify sounds that the wearer would not typically be able to hear. Today’s hearing aids are smaller, more comfortable and most importantly – more effective – than ever before.

**Hunterdon Medical Center offers comprehensive hearing instrument services including:**

- Hearing aid evaluations and fittings for all ages
- Access to a complete line of hearing aid manufacturers with the latest technology
- Hearing aid orientation
- Hearing aid adjustments and cleaning for the life of the hearing aid at no charge
- Hearing aid checks and repairs (for all makes)
- 30-day trial period with hearing aids
- Extended warranties on hearing aids available
- Assistive listening devices for all ages
- Custom ear molds for hearing aids and cell phones
- Custom earplugs for swimming and noise protection
- Hearing aid maintenance supplies
- Hearing aid battery purchase in office or by mail

**For more information on Hearing Instrument Services, call 908-788-6424.**

## THE “LINK” TRANSPORTATION SERVICE

**Listen to NJ 101.5 FM** on the radio during inclement weather for schedule changes, delays or cancellations in the LINK Transportation Service.

**Cross County LINK Service is available Monday through Friday, 7:00 AM to 7:00 PM.**

**Flemington Shuffle Service is available Monday through Friday, 8:00 AM to 11:00 PM and Saturday, 9:00 AM to 10:00 PM.**

**Call Central Dispatch at 1-800-842-0531 to make your reservations.** All service is based on time and seating availability. New LINK schedules are available at the Senior Center and other Hunterdon County public buildings.

**Schedules available online at:  
[www.ridethelink.com](http://www.ridethelink.com)**



*“Never tell people how to do things.*

*Tell them what to do and they will*

*surprise you with their ingenuity .”*

*~ George S. Patton*

## MR. FIX-IT PROGRAM

*'Twas the night before Christmas, when all through the house  
All the faucets were leaking and drowned the poor mouse.  
The stockings were hung by the chimney with care,  
But the mantel keeps falling! What's going on there?  
Papa was nestled all snug in his bed,  
While visions of repair costs danced in his head.  
Mom, in her kerchief, heard something snap.  
"Oh, no!", she exclaimed. It's another mishap!  
Out on the deck, there arose such a clatter.  
The old porch light fell and the glass lay in shatters.  
And then in a twinkling, an angel appeared.  
I saw a big smile and, is that a white beard?  
"Are you having some problems?", I heard him say.  
"I'm here to assist you and brighten your day."  
He was kind and concerned, a helpful old elf,  
And I pulled him inside, in spite of myself.  
"I'm so happy to see you! I thought all was lost!"  
"Not at all, little lady, and there's never a cost."  
He spoke no more words, but went straight to his work.  
The mantle, the faucets, the porch light, each quirk.  
Silent and swift, he worked every place.  
And when he was done, bright eyes lit his face.  
"I repaired all I could, throughout the whole house,  
But I'm sorry to say, I can't fix the mouse."  
He gathered his tools and put them away.  
And as he was leaving, I heard him say:  
"If you need me again, don't hesitate to call.  
Mr. Fix-it will come. Merry Christmas to all!"*

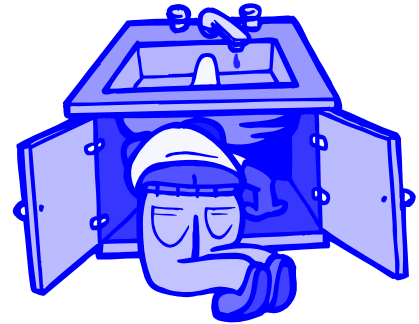
~ Dee Pettit

Don't let small household repairs get you down. Mr. Fix-it volunteers are experienced and trustworthy folks who are eager to assist.

The program is available to seniors and those with disabilities free of charge.

**Call Dee for a  
Mr. Fix-it volunteer  
908-788-1358**

Are you of the handy persuasion?  
Are you the go-to person around  
your house when something needs  
fixing? Give Dee a call to become a  
Mr. Fix-it volunteer.



## NOTARY SERVICE

The Hunterdon County Division of Senior, Disabilities & Veterans Service offers an in-house service for notarizing documents. The service is free of charge.

**For more information on  
scheduling an  
appointment with the  
notary public, call  
908-788-1361.**



## VOLUNTEER SHOPPER

Having difficulty getting to the market? Enlist the help of a caring volunteer shopper. You will be paired with a dependable volunteer who will pick up your groceries and prescription medication while on their own shopping trips. Especially during the winter months, if you find it impossible to get to the store, **please call Dee Pettit at 908-788-1358 for a volunteer shopper!**

**Volunteer Shoppers are  
needed to serve the  
Flemington area.**



## FOOD STAMP PROGRAM

Don't let the rising cost of living challenge your ability to put food on the table. There's a food and nutrition program available to help low income households - **The Food Stamp Program.**

Food Stamps can be used like cash in the form of debit cards used to purchase food items at your local grocery stores.



Food Stamp eligibility requirements include factors such as assets/income and household size. Individuals, couples, families, seniors, legal immigrants and those with disabilities may apply. Don't assume that you are not qualified for Food Stamps.

**Please call the Hunterdon County Division of Social Services for specific program guidelines and application requirements at 908-788-1300.**

## MONEY MANAGEMENT PROGRAM

Staying ahead of finances, bills and paperwork is a constant struggle. Allow us to give you a hand. The Money Management Program matches volunteers with seniors who would like assistance preparing bill payment, checkbook balancing and mail sorting.

Stay independent and confident in your financial management. Ask for a little help from a Money Management Volunteer.

**Call Dee Pettit at 908-788-1358.**



## VOLUNTEER INCOME TAX ASSISTANCE

VITA - Volunteer Income Tax Assistance - is available to Hunterdon County residents age 60 and over, or those with qualifying disabilities or low income.

Fully trained volunteers will help you file your taxes from one of several sites throughout Hunterdon County. Electronic filing is available. VITA is completely confidential and free of charge. The program will start in mid-February. Call to make an appointment with a Volunteer Income Tax Assistant.

**For more information, contact Dee Pettitt at 908-788-1358.**

## HOME ENERGY ASSISTANCE

2009/2010 Home Energy Assistance applications are available at the Hunterdon County Division of Senior, Disabilities & Veterans Services.

The federally funded Home Energy Assistance program provides financial aid for those low income households struggling to pay that heating bill. **Eligibility is based on household size and monthly income. Application filing deadline is April 30, 2010.**

**Call 908-788-1361 for details and eligibility guidelines. Applications may be picked-up at 4 Gauntt Place, Flemington, NJ.**

*"Love is life. And if you miss love,  
you miss life."*

*~ Leo Buscaglia*

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## HIGHLANDS HEALTH VAN WELCOMES SENIORS, VETERANS AND PERSONS WITH DISABILITIES

Hunterdon County now has a new, affordable and convenient health care provider that is serving patients of all ages, from newborns to seniors. The Highlands Health Van, a mobile medical unit, is bringing urgently needed, affordable health care to low-income, mostly uninsured county residents at key locations throughout the area. Operated by Zufall Health Center, a federally qualified health center serving northwestern New Jersey, the van offers primary and preventive medical services.

It also fulfills a “green” mission as the nation’s first eco-friendly health van incorporating features that address energy efficiency, indoor health, water conservation, and sustainability. Powered by a biodiesel engine, the van was built using recyclable and/or naturally grown materials.

“By taking our services on the road, we felt a tremendous responsibility to provide a mobile treatment setting that was healthy for patients and our staff while minimizing any adverse environmental impacts,” said Eva Turbiner, president and chief executive office of Zufall Health Center.

The 37-foot unit resembles a standard doctor’s office with two examination rooms and an intake/waiting area. Staffed by a nurse practitioner, a medical assistant, and a patient representative, it will eventually operate six days a week, making regularly scheduled stops in Hunterdon, Warren, and Sussex counties.

At a cost approaching \$300,000, the van was funded by a grant from the New Jersey Department of Health and Senior Services. Additional funding to help support its first two years of operation was provided by primary sponsor Daiichi Sankyo, Inc., a New Jersey-based global pharmaceutical company. It is expected to treat nearly 5,000 patients with more than 7,000 visits in its first two years.

Turbiner believes this pioneering vehicle will be a model for the future. “With a project like this, you are investing in more than the long-term wellness of patients and staff,” she noted. “We feel the van is helping to make the community a ‘greener’, healthier place.”

**You may be seen on the van at Fisherman’s Mark at 89 North Main Street, Lambertville, on Tuesdays from 10:00 AM to 5:00 PM. Services will expand soon to Flemington, Clinton and some farm areas in the warm months. Patients will receive care regardless of their ability to pay. Walk-ins are accepted, but patients are encouraged to schedule an appointment by calling 908-968-0898.**

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“The greatest discovery of my generation is that human beings  
can alter their lives by altering their attitudes of mind.”

~ William James

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## VETERANS SERVICES

For your convenience, Lou Scibelli, representative from the NJ State Department of Labor One Stop, will be available at the Hunterdon County Senior Center. Veterans requiring employment services may meet with Mr. Scibelli on **Mondays from 12:00 to 2:30 PM**. Unemployment issues will not be available through this service. **Call Lou Scibelli at 908-575-3230 to make an appointment.**

Reminder - a representative from the NJ Department of Military and Veterans Affairs is available every **Wednesday at the Hunterdon County Senior Center from 9:00 AM to 3:30 PM**. **Please call Sibley Smith, Interim Service Officer, at 908-284-6146 to make an appointment.**

The Veterans Service Officer will meet with veterans, their spouses or dependants regarding benefits and entitlements due from the Federal or State government.

Veterans Services include:

- Educational Benefits
- Medical Benefits
- Property Tax Benefits
- Missing Discharge Documents
- NJ Veterans Homes
- Veterans Cemeteries
- Service Connected Disabilities



**Contact the Division Liaison, Edward Regan, at 908-788-1363 for Veterans Service information on Tuesdays, Thursdays and Fridays, 8:30 AM to 4:30 PM.**

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## COUNTY CLERK'S CORNER

### NEED A SENIOR COUNTY ID?

**The Clerk's Mobile ID Unit will be visiting the Senior Center on Tuesday, April 27, 2010 from 10:00 AM to 12:00 Noon.**

In addition, County IDs are always available at the Clerk's office located at 71 Main Street, Flemington during normal business hours (Monday - Friday 8:30 AM - 4:30 PM).

Maybe you are tired of campaigns, but how about running for local office? We will be repeating the workshop "**Running for Local Office**" on **Saturday, January 30, 2010 from 9:00 AM to Noon at the Route 12 County Complex, Building #1 in the Assembly Room.**

The workshop will guide you through the steps needed to be placed on the ballot as a candidate for school board member, local or county office. The course is free but registration is requested. **To register, please contact County Clerk Mary Melfi at 908-788-1214 or email [countyclerk@co.hunterdon.nj.us](mailto:countyclerk@co.hunterdon.nj.us)**

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## WINTER EVENTS

**AARP Defensive Driving**  
**Division of Senior, Disabilities & Veterans**  
**Services - 908-788-1359**  
**Call for dates and times.**

**County Senior I.D. (\$5.00)**  
**Division of Senior, Disabilities & Veterans**  
**Services - 908-788-1359**  
**Tuesday, April 27th, 10:00 AM - 12:00 Noon**

**County Senior Art Show Registration**  
**Division of Senior, Disabilities & Veterans**  
**Services - 908-788-1361**  
**Thursday, April 8th**

## I REMEMBER III

Academy award winning playwright and novelist, William Goldman, once said, "The easiest thing to do on earth is not write." Thank goodness he did not let his fears get the better of him or we wouldn't have screenplays like *Butch Cassidy and the Sundance Kid* and *All the President's Men!*

Now it's your turn. Submit your original work in the form of a short story or poem for the book, **I Remember Volume III**.

Whether recollecting the good times or bad, what matters most is writing from your personal memories and experiences. Preserve and share your remembrances in the latest edition of **I Remember**.

**Submit one, original composition per person reflecting a memory from the 1950's, 1960's or 1970's. Writing should be between 500 and 1000 words. One personal photo may accompany the article [photos will be returned].**

**Call the Division of Senior, Disabilities & Veterans Services for details and date of extended deadline 908-788-1361.**

## DINE 'N CHAT

If you enjoy good company and fine dining, come Dine 'n Chat with our congenial group. Sample the cuisine at area restaurants where, for a fixed price, you will have a choice of entrees.



<b>Tuesday, January 12th</b>	<b>\$30.00</b>
<b><u>55 Main</u></b>	<b>BYO</b>
<b>55 Main Street</b>	
<b>Flemington, NJ</b>	
<b>Tuesday, February 23rd</b>	<b>\$30.00</b>
<b><u>The California Grill</u></b>	<b>BYO</b>
<b>Route 202/31 Circle</b>	
<b>Flemington, NJ</b>	
<b>Wednesday, March 24th</b>	<b>\$30.00</b>
<b><u>Mangia Bene</u></b>	
<b>250 Highway 202/31</b>	
<b>Flemington, NJ</b>	

Reservations are for 5:00 PM on the date listed. [Cost includes gratuity and tax.] Sorry, phone reservations can no longer be accepted. We must receive your check for the exact amount at least one week before the selected date. Please make the check payable to the chosen restaurant and mail it to:

**Hunterdon County Senior Center**  
**Attn: Mary Ann Thompson**  
**PO Box 2900**  
**Flemington, NJ 08822-2900**

Transportation: LINK transportation for Dine 'n Chat is not available throughout the months of January, February and March

Sponsored by the  
**Hunterdon County Division of Senior,  
 Disabilities & Veterans Services**

**SENIOR CENTER & \*SENIOR HEALTH SERVICES  
REGULAR ACTIVITIES THROUGHOUT THE WINTER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM - Healthy Bones* 10AM - Armchair Travel 11:30AM - Happy Tappers* 11:30AM - Zumba Gold* 12:30PM - Mah Jongg 1PM - Chair Yoga*	9AM - Bridge 9:30AM - Aerobics* 9:30AM - Spanish Lesson 10AM - Friendship Circle 11AM - Move Tomorrow* 12:15PM - Beginner Line Dance* 1PM - Line Dance* 1PM - Poker 1:30PM - Italian Lesson	9AM - Tai Chi* 10AM - Woodcarvers 10AM - History Lecture 10AM - Knitting 10:15/11:30AM - Yoga* 12:15PM - Theatre Arts 12:30PM - Pinochle 1PM - Theatre Workshop	9AM - NIA Exercise 9AM - Bridge 10AM - Scrapbooking 10AM - Friendship Circle 10AM - Chair Yoga* 10:30AM - Exercise* 12:30PM - Hearts 1PM - German Lesson 1:30PM - History Lecture	9AM - Art Class 9AM - Zumba Gold* 10:15AM - Yoga* 12:30PM - Scrabble
9:30AM - Healthy Bones* 10AM - Art Appreciation 11:30AM - Happy Tappers* 11:30AM - Zumba Gold* 12:30PM - Mah Jongg* 1PM - Chair Yoga*	9AM - Bridge 9:30AM - Aerobics* 9:30AM - Spanish Lesson 10AM - Friendship Circle 10AM - Creative Writing 11AM - Move Tomorrow* 12:15PM - Beginner Line Dance* 1PM - Line Dance* 1PM - Poker 1:30PM - Italian Lesson	9AM - Tai Chi* 10AM - Woodcarvers 10AM - Knitting 10:15/11:30AM - Yoga* 12:30PM - Pinochle 1PM - Theatre Workshop	9AM - NIA Exercise 9AM - Bridge 10AM - Current Events 10AM - Friendship Circle 10AM - Chair Yoga* 10:30AM - Exercise* 12:30PM - Hearts 1PM - German Lesson	9AM - Art Class 9AM - Zumba Gold* 10:15AM - Yoga* 12:30PM - Scrabble
9:30AM - Healthy Bones* 10AM - Art Museum Series 11:30AM - Happy Tappers* 11:30AM - Zumba Gold* 12:30PM - Mah Jongg 1PM - Chair Yoga*	9AM - Bridge 9:30AM - Aerobics* 9:30AM - Spanish Lesson 10AM - Friendship Circle 10AM - Earth Series 11AM - Move Tomorrow* 12:15PM - Beginner Line Dance* 1PM - Line Dance* 1PM - Poker 1:30PM - Italian Lesson	9AM - Tai Chi* 10AM - Woodcarvers 10AM - History Lecture 10AM - Knitting 10:15/11:30AM - Yoga* 11:45AM - Lunch Bunch 12:15PM - Theatre Arts 12:30PM - Pinochle 1PM - Theatre Workshop	9AM - NIA Exercise 9AM - Bridge 10AM - Friendship Circle 10AM - Chair Yoga* 10:30AM - Exercise* 12:30PM - Hearts 1PM - German Lesson 1:30PM - History Lecture	9AM - Art Class 9AM - Zumba Gold* 10:15AM - Yoga* 10AM - Movie Classics 12:30PM - Scrabble 1PM - Investment
9:30AM - Healthy Bones* 11:30AM - Happy Tappers* 11:30AM - Zumba Gold* 12:30PM - Mah Jongg 1PM - Chair Yoga*	9AM - Bridge 9:30AM - Aerobics* 9:30AM - Spanish Lesson 10AM - Friendship Circle 10AM - Creative Writing 11AM - Move Tomorrow* 12:15PM - Beginner Line Dance* 1PM - Line Dance* 1PM - Poker 1:30PM - Bookworms 1:30PM - Italian Lesson	9AM - Tai Chi* 10AM - Woodcarvers 10AM - Knitting 10:15/11:30AM - Yoga* 12:30PM - Pinochle 1PM - Theatre Workshop	9AM - NIA Exercise 9AM - Bridge 10AM - Current Events 10AM - Friendship Circle 10AM - Chair Yoga* 10:30AM - Exercise* 12:30PM - Hearts 1PM - German Lesson	9AM - Art Class 9AM - Zumba Gold* 10:15AM - Yoga* 12PM - Computer Social 12:30PM - Scrabble

Call to inquire - Senior Center 908-788-1359 or \*Senior Health Services 908-284-6128

HUNTERDON COUNTY DIVISION OF SENIOR, DISABILITIES &  
VETERANS SERVICES

4 Gauntt Place

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FLEMINGTON, NJ 08822-2900

e-mail address: [aging@co.hunterdon.nj.us](mailto:aging@co.hunterdon.nj.us)

Web: <http://www.co.hunterdon.nj.us/seniors.htm>

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## STATE SENIOR ART SHOW

Congratulations to all County First Place Winners who went on to the NJ State Art Show.  
Special honor to three Hunterdon County Artists who won awards at the State Show.



**First Place awarded to Carolyn Weger for her work titled  
“Mt. Vernon”, in the Non-Professional Acrylic Category.**



**First Place also went to Jonetta Williams for  
“Cougar”, in the Professional Pastel Category.**

**Honorable Mention given to Katherine Hannagan for  
“Rain Forest, Juneau, Alaska”, in the Photography Category.**

The State Art Show and Ceremony were held in East Windsor. Praise and thanks to all who participated this year. We're looking forward to your contributions in 2010!

Seasoned Years Published by the  
**Hunterdon County Division of Senior,  
Disabilities & Veterans Services**

Mary Ann Rodenberger, Executive Director  
Scott Crabtree, Editor

In cooperation with the  
**Hunterdon County Board of Chosen Freeholders**