

SENIOR CONNECT

AUGUST 2023



Hello Everyone!

Senior Connect is a convenient and easy way to stay informed about what's happening in Lawrence Township.

Our goal is to connect people in our community. If you know a senior in Lawrence Township that would like the newsletter, print it out for them and deliver it with a friendly smile! Black-and-white copies are available in the Municipal Building.



Boards and Committees: August

Municipal Clerk 609-844-7001

<u>Shade Tree Advisory Committee</u> Location: Municipal Building	08/28/2023 @ 07:00PM
<u>Lawrence Alcohol and Drug Alliance Meeting</u> Location: Municipal Building	08/22/2023 @ 09:00AM
<u>Environmental Resources & Green Advisory Committee Meeting</u> Location: Municipal Building	08/22/2023 @ 07:00PM
<u>Planning Board Meeting</u> Location: Municipal Building	08/21/2023 @ 07:00PM
<u>Diversity, Equity and Inclusion Committee</u> Location: Municipal Building	08/17/2023 @ 06:30PM
<u>Zoning Board Meeting</u> Location: Municipal Building	08/16/2023 @ 07:00PM
<u>Township Council Meeting</u> Location: Municipal Building	08/15/2023 @ 06:00PM
<u>Historic Preservation Committee</u> Location: Municipal Building	08/14/2023 @ 07:30PM
<u>Senior Executive Committee (cancelled)</u> Location: Senior Center	08/09/2023 @ 09:30AM
<u>Growth and Redevelopment Committee Meeting</u> Location: Municipal Building	08/08/2023 @ 07:00PM
<u>Planning Board Meeting</u> Location: Municipal Building	08/07/2023 @ 07:00PM
<u>Recreation Advisory Committee Meeting (canceled)</u> Location: Municipal Building	08/03/2023 @ 06:30PM
<u>Trails, Open Space & Stewardship Advisory Committee (cancelled)</u> Location: Municipal Building	08/02/2023 @ 07:30PM
<u>Historic Preservation Committee</u> Location: Municipal Building	08/01/2023 @ 07:30PM
<u>Historic Preservation Committee (Special Meeting)</u> Location: Municipal Building	08/01/2023 @ 07:30PM

Senior Center Calendar - August 2023

August 2023

Lawrence Township Office on Aging
Senior Center Activity Calendar



Lawrence Township Senior Center
30 East Darrah Lane, Lawrence
Twp. NJ 609-844-7048
Office Hours: 8:30 - 4:30 pm
www.lawrencetwp.com

Lillian LaSalle, Executive Director
llasalle@lawrencetwp.com

TRANSPORTATION SERVICES
Senior Van available weekdays
between 8:30 AM - 3:00 PM. By
Appointment only - Must call 48
hours in advance. For Lawrence
Townships Residents 60 +. Van
Service only transports local.

REGISTRATION

Pre-Registration is required for ALL
Senior Center Programs By Calling
The Center. Programs For Lawrence
Twp. Seniors 60 Years and Older.

**MERCER COUNTY NUTRITION
HOT LUNCHEES**

MON. WED. THURS. AND FRIDAY
No Nutrition Tuesdays

9:15 AM - Coffee
by 10:45 AM - Sign in for meal
Pre-Registration Required
Please call (609)883-8085 OR
(609)989-6650
Site Manager: Vanessa Banks

Registration Open
The next series of Tai-Chi and
Yoga classes.
Sign up for

Art Show and Reception
Luau Social, Pancakes and
Puzzles, Game Times, Trenton
Thunder Night Game.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Game Time Monday's at 1:00 PM Chill out with us during the summer. Join us for games and light refreshments Monday's at 1:00- 3:30pm. Play: Rummikub, Scrabble, Cornhole, Puzzles, Cards, Mah-Jongg, ETC.	1 Duplicate Bridge 9:00 AM CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM Matter of Balance 1:00 - 3:00 PM	2 LINE DANCE - 9:30 AM CLUB # 2 TRIP DEPARTS SLACKWOOD FIREHOUSE 9:30 AM SHARP! BUSY BEES 12:30 PM Memoir - 2:00 PM (ZOOM)	3 EXERCISE 9:00 AM SOCIAL BRIDGE -12:30 PM Rummikub 1:00PM Matter of Balance 1:00 - 3:00 PM	4 LINE DANCE - 9:30 AM Watercolor Freestyle 10:00 AM to 12:00 PM BINGO - 1:00 - 3:00 PM	5	
6 7 EXERCISE 9:00 AM ACRYLIC ART - 10:00 AM Game Time 1:00 PM Mah-Jongg 1:00 to 3:30	8 Duplicate Bridge 9:00 AM CLUB #2 - 10:00 AM SCULPTURE CLASS 1:00 PM Matter of Balance 1:00 - 3:00 PM	9 LINE DANCE - 9:30 AM NO BUSY BEES Memoir - 2:00 PM (ZOOM)	10 EXERCISE 9:00 AM SOCIAL BRIDGE -12:30 PM Rummikub 1:00PM Matter of Balance 1:00 - 3:00 PM Art Show and Reception 1:00pm-4:00pm	11 LINE DANCE - 9:30 AM Watercolor Freestyle 10:00 AM to 12:00 PM Poetry at Lawrence Library at 1pm PRIZE BINGO - 1:00 - 3:00 PM	12	
13 14 EXERCISE 9:00 AM ACRYLIC ART - 10:00 AM Game Time 1:00 PM Mah-Jongg 1:00 to 3:30	15 Duplicate Bridge 9:00 AM CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM Matter of Balance 1:00 - 3:00 PM	16 LINE DANCE - 9:30 AM BUSY BEES 12:30 PM Memoir - 2:00 PM (ZOOM)	17 EXERCISE 9:00 AM SOCIAL BRIDGE -12:30 PM Rummikub 1:00PM Matter of Balance 1:00 - 3:00 PM	18 LINE DANCE - 9:30 AM Watercolor Freestyle 10:00 AM to 12:00 PM BINGO - 1:00 - 3:00 PM	19	
20 21 EXERCISE 9:00 AM ACRYLIC ART - 10:00 AM Senior Citizen Day Ice Cream Social at Game Time 1:00 PM- 3:30 PM Mah-Jongg 1:00 to 3:30	22 Duplicate Bridge 9:00 AM CLUB #2 - 10:00 AM SCULPTURE CLASS 1:00 PM Matter of Balance 1:00 - 3:00 PM	23 LINE DANCE - 9:30 AM BUSY BEES 12:30 PM Memoir - 2:00 PM (ZOOM)	24 EXERCISE 9:00 AM SOCIAL BRIDGE -12:30 PM Rummikub 1:00PM Matter of Balance 1:00 - 3:00 PM	25 LINE DANCE - 9:30 AM Watercolor Freestyle 10:00 AM to 12:00 PM BINGO - 1:00 - 3:00 PM	26 Join us for an evening at the Ball Park! August 25th More Information Coming Soon	
27 28 EXERCISE 9:00 AM ACRYLIC ART - 10:00 AM Game Time 1:00 PM Mah-Jongg 1:00 to 3:30	29 No Club Meeting 5th Tuesday Duplicate Bridge 9:00 AM Pancakes & Puzzles 9:30 to 11:00 am SCULPTURE CLASS 1:00 PM	30 LINE DANCE - 9:30 AM BUSY BEES 12:30 PM Memoir - 2:00 PM (ZOOM)	31 EXERCISE 9:00 AM SOCIAL BRIDGE -12:30 PM Luau Social 1:00PM	Summer Recess CHORALERS, HULA CLASS, YOGA, TAI-CHI, HEALTHY BONES EXERCISE COMMITTEE GROUPS/CLASSES RESUME IN SEPTEMBER		

Announcements / News

Municipal Offices will be Closed

Lawrence Township Municipal Offices will be closed on July 4th in observance of Independence Day.

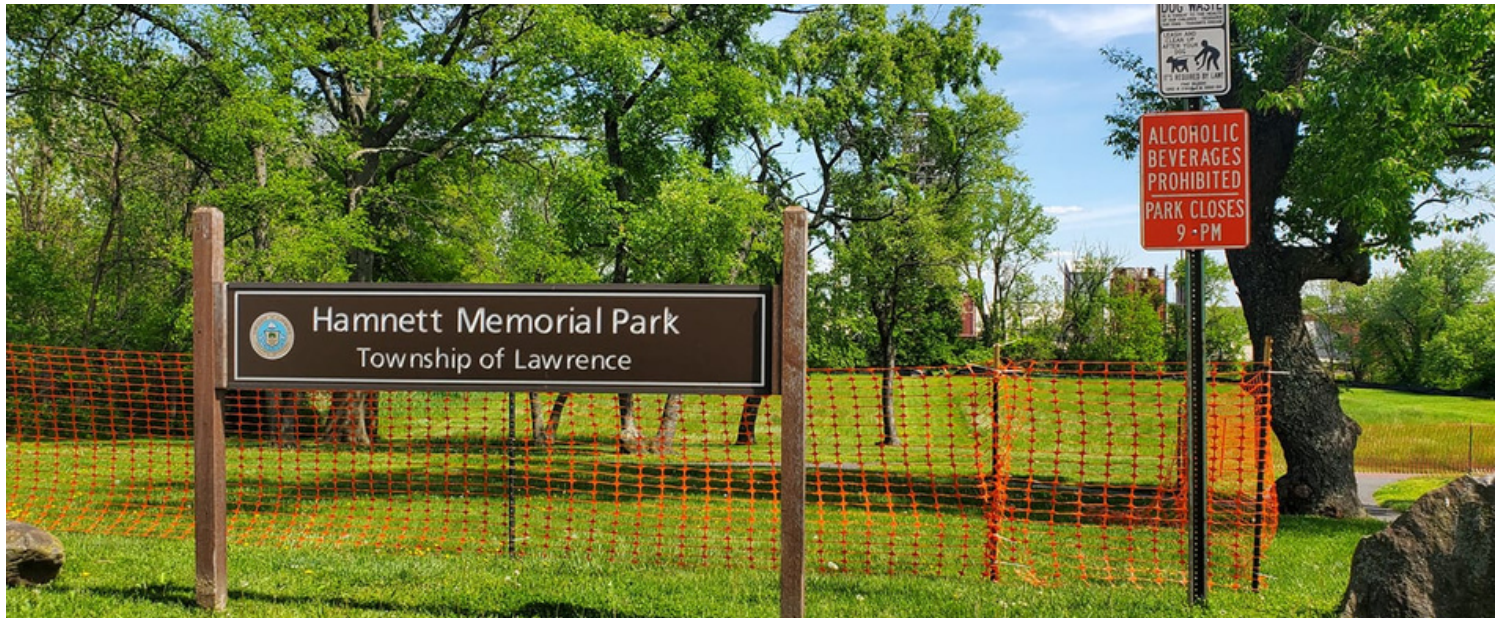
No Trash Collection

There will be no trash collection on July 4th. The make-up day will be Saturday July 1.

Announcements / News

We broke ground!

In May we broke ground on the construction of Hero Dog Park!



We have Pickleball Courts!

Central Park has two new Pickleball courts!





DEPT. OF PUBLIC WORKS

August 2023

Monthly Yard Waste Collection

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
<div><div>zone 1</div><div>zone 2</div><div>zone 3</div><div>zone 4</div></div>						

August 2023 - Monthly Yard Waste

Zone 1 - August 7 - 11

Zone 2 - August 14 - 18

Zone 3 - August 21 - 25

Zone 4 - August 28 - September 1



UNDERSTANDING THE MASTER PLAN

What's this Lawrence Township Master Plan thingy people are starting to chirp about?

To listen to this article:

As I have done in past articles, I qualify what I am about to write on this particular matter (the “Master Plan”) by emphasizing that it’s the main subject of entire books containing hundreds of pages, usually targeted to people who navigate in the field of municipal law. As a result, my realistic goal here is to provide the reader with a basic understanding and peak their curiosity enough to do their own research or, ideally, involve themselves in the process and have their opinions heard when they matter most. Yes, this is not only an informative article; it is an invitation to get involved!

Our community is about to undertake the comprehensive process of preparing and adopting a “Master Plan.” In the broadest terms, the Master Plan, a written and formal document, articulates the community’s vision of what it wants to be socially, economically, and physically.

In less broad terms, it is the document that creates the foundation for the local zoning and land ordinances that govern development within the community to protect its public health, safety, and general welfare and preserve our quality of life. It is a big deal. The Master Plan describes the town's current and proposed patterns of land use in text, maps and diagrams.

The NJ Municipal Land Use Law (MLUL) requires towns to adopt a Master Plan or prepare a Re-Examination Report every ten years. Our last re-examination report occurred in 2013[1]

<https://www.lawrencetwp.com/media/Departments/EngineeringPlanningZoning/Reports%20MP%20Ammendments/Reexamination%20Report%20of%20the%20master%20Plan,%20dated%20May%2020,%202013.pdf>. Our last comprehensive Master Plan was adopted in 1995

<https://www.lawrencetwp.com/media/Departments/EngineeringPlanningZoning/Reports%20MP%20Ammendments/Master%20Plan%20of%20the%20Township%20of%20Lawrence%20dated%20June%201995.pdf>. Though we have remained compliant with the law, I think it is fair to say that things have changed significantly in all respects (i.e., socially, economically, physically, technologically and atmospherically, etc.) since 1995 and, as a result, now is the time to undertake this essential process to establish who we are, what we want to be, and how we can get there by revising our Master Plan.

The Lawrence Township Planning Board and the Lawrence Township Municipal Council members have agreed to and enthusiastically support this process. Interestingly, the Master Plan process is controlled by the Planning Board, not our Governing Body (i.e., council members). What the Governing Body does in this process is appoint Planning Board members (already completed) to serve specific terms, and they adopt the municipal budget that funds the Master Plan process in the year the process is to be undertaken. In addition, there are two council members who also serve as Planning Board members, and they will be directly involved in the preparation of the Master Plan. But this gig is, by law, performed by the Planning Board, the appointed professionals, and, of course, with public participation as a priority component.

As a community, the next twelve or so months will involve a two-step process: (1) preparing and adopting a less onerous re-examination report (before the expiration of 2023) and (2) preparing and adopting a new Master Plan. For this article, the following will focus on the Master Plan process.

Creating a new Master Plan starts with a process initiated and undertaken by the Planning Board guided by our Municipal Planner, Elizabeth McManus, PP, AICP, LEED AP of KMA Associates, Hopewell, NJ. In Ms. McManus's proposal to the board, she states,

"an updated [plan] will allow the Township to adjust or create new policies to account for new development and development approvals, and market conditions that have arisen over the last several years, many of which have been exacerbated by the Covid- 19 Pandemic. Additionally, with the threats of climate change becoming more of a reality, comprehensive planning is crucial to the health and well-being of communities..."

Once the process is completed and deemed acceptable to the Planning Board members, it is adopted by resolution and provides the framework for the Planning Board and the governing body to develop the elements of good land use, including meeting local housing and economic development needs and protecting open space and important natural resources. For me, the preparation of a comprehensive Master Plan is by far the most important responsibility the Planning Board undertakes - and it happens every ten years.

Under NJ law, a Master Plan must contain our community's (1) statement of objectives, principles, assumptions, policies, and standards upon which development proposals are based; and (2) a land use element that considers natural conditions, including topography, soil conditions, water supply, drainage, floodplain areas, marshes, and woodlands. It should show existing and proposed land use and describe population and development intensity.

In addition to what it must contain, a Master Plan has optional elements, which include assessing community facilities, conservation, circulation, economic development, historic preservation, housing, recreation, recycling, and utilities. Something of interest to everyone!

Importantly, our Elected Officials and the Planning Board members are committed to a robust and transparent process that will include a comprehensive plan for public participation (multiple public sessions on specific subject matters) to help ensure the input received reflects representative sections of our community, committees, and organizations, and will also ensure that documents created along the way are easily accessible via our website. Knowing our community as I do, I am sure many interested residents will be attending and participating in this critical process – which is a great thing.

As we navigate this process, I will update you on my blog LawrenceTownshipNJManagerKPN@blogspot.com. Until then, if someone asks you what the Master Plan thingy is all about, now you are in the know!



-- Kevin Nerwinski, Municipal Manager's Blog

PANCAKES AND PUZZLES LAWRENCE TOWNSHIP SENIOR CENTER

TOWNSHIP SENIORS 60 AND OLDER, JOIN US
FOR PANCAKES, COFFEE...WORD SEARCHES-
CROSSWORD AND JIGSAW PUZZLES

Tuesday - August 29, 2023

9:30 am - 11:00 am



In Collaboration

CLOVERMEADOWS

HEALTHCARE + REHABILITATION

**SAVE THE
NIGHT FOR A
TRIP TO SEE
TRENTON
THUNDER
FRIDAY
AUGUST 25TH**

**A VISIT TO THE BALL PARK- FOR
LAWRENCE SENIORS 60 AND
OLDER
MORE DETAILS TO FOLLOW**



**For more information call the senior
center 609 844-7048**

LAWRENCE TOWNSHIP
OFFICE ON AGING

LUAAU PARTY

SENIOR RESIDENTS 60+

MUSIC BY ANGELA

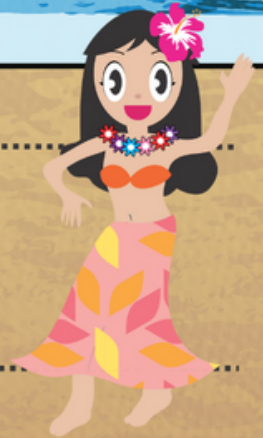
SIGN UP BY
AUGUST 25TH

free



PERFORMANCES BY

ROSE MAJOFSKY



THURSDAY

AUGUST 31

TIME: 1:00 PM - 3:00 PM

LAWRENCE TWP. SENIOR CENTER

**30 EAST DARRAH LANE
LAWRENCE TWP**

REFRESHMENTS SERVED



ICE CREAM SOCIAL AND GAME TIME

SENIOR CITIZEN DAY MONDAY, AUGUST 21

LAWRENCE TOWNSHIP SENIOR CENTER

STARTS AT 1:00 PM

FOR SENIORS 60+

FREE ENTRY

**TO SIGN UP - CALL OR VISIT
THE SENIOR CENTER,
30 DARRAH LANE EAST
(609)844-7048**



LAWRENCE TOWNSHIP
**SENIOR
CENTER**

LAWRENCE TOWNSHIP
RECREATION

609-844-7067

RECREATION@LAWRENCETWP.COM

ADULTS AND TEENS(13+).

*Yoga
in the
Park*

6/28 - 7 TO 8AM

6/29 - 5 TO 6PM

7/6 - 5 TO 6PM



5PACK OR INDIVIDUAL
7 TO 8AM

7/26, 8/2, 8/9, 8/16, 8/23

AT VILLAGE PARK

REGISTER



MEDI-COOL PROGRAM

With funding from the Mercer County Department of Human Services Office on Aging, Catholic Charities, Diocese of Trenton and Rise, A Community Service Partnership, of Hightstown, have partnered to provide 5,000 BTU Air Conditioning Units for Mercer County low-income seniors and/or adults who have a disability.

Catholic Charities and Rise will screen applicants for eligibility from June 1, 2023 until all units are distributed. Approved applicants will receive a voucher and be scheduled to pick up their air conditioner from a storage facility in Trenton on a specific date and time.

ELIGIBILITY CRITERIA

- Age 60 and above with a disability or illness that restricts normal daily tasks, threatens one's ability to live independently, or puts one at risk of harm due to unfavorable environmental conditions.
- Age 18 and above with a disability and currently receiving SSI or SSD.
- Income at or below 200% of poverty line.
- Assets less than \$2,000.
- Must not have received an air conditioner through this program within the last three (3) years.

REQUIRED DOCUMENTATION

- Proof of income (*recent paystub, disability award letter, etc.*)
- Prescription from primary care physician (*must specify medical illness/condition and reasoning for needing an air conditioner*)
- Proof of assets (*recent bank statement*)
- Proof of residence (*utility bill, lease, etc.*)
- Individuals who qualify must bring someone with them who can help carry the air conditioner home from the scheduled pick-up appointment.



For more information or to schedule an eligibility screening, interested agencies or individuals may contact one of the programs listed below:

Markeesha Ferguson — Administrative Assistant
Catholic Charities, Diocese of Trenton
Mercer Community Services
132 N Warren Street, Trenton NJ 08608
609-394-8847 x2529 (*phone*)
609-394-3344 (*fax*)
mferguson@cctrenton.org

Maitiel Jimenez — Case Manager
Rise (Home Office)
219 Franklin St., P.O. Box 88
Hightstown, NJ 08520
609.443.4464
mjimenez@njrise.org

Electronics Recycling



NOTICE

Starting on Wednesday, June 28, 2023 the new electronic drop off site for Lawrence Township residents only, will be at the Joseph H. Mayer Jr. Ecological Center – 3701 Princeton Pike.

Electronics and tires off the rim may only be dropped off on Wednesdays between the hours of 7:30am and 2:30pm. No drop off between 11:45am and 12:30pm. Please see gate attendant. Proof of residency required.

There will be a designated trailer for electronics and tires to be placed in. Please do not place items on the ground.

This is a drop off site only. The attendant can not assist with removing items from vehicles. Please make provisions if assistance is required.

Approved E-waste items that can be dropped off are:

Computers

Laptops

Printers (must remove ink cartridges and paper)

NO COMMERCIAL PRINTERS

Monitors

Flat screen TV's

Plastic covered TV's (tube type)

An alternative E-waste drop off site, designated by the State of NJ is the Good Will Store located at 1632 North Olden Avenue, Ewing, NJ 08638 (across from the Home Depot) on the corner of Arctic Parkway. E-waste can be dropped off anytime during the store hours. The web site posted time of operation is Monday thru Saturday, 9:00am – 9:00pm. Sunday 10:00am – 6:00pm. The Good Will store may take additional items that the Lawrence facility does not. Check store for details.



*****Officer Spotlight*****

Hey Lawrence Twp.!! This week's "Spotlight" is Officer Mark Mohammed (#264). Officer Mohammed is another one of our recent graduates from the Cape May County Police Academy. He is the last of the four new hires from the last Basic Police Class at CMCPA that we will be "spotlighting." He is currently undergoing his "Field Training" in the Patrol Division of LTPD. Officer Mohammed is originally from Trinidad and Tobago. He moved to the US when he was six years old, grew up in Bucks County, PA and graduated from Pennsbury High School. He then earned an Associates Degree in Psychology from Bucks County Community College. Following that, he attended Temple University where he obtained a Bachelor's Degree in Psychology and Criminal Justice. Before joining us at LTPD, he worked at an "acute inpatient behavioral hospital" where he worked with people suffering from psychiatric trauma and disabilities.



The Lawrence Home Improvement Program

Lawrence is accepting names for participation in its municipally sponsored home improvement program for low and moderate-income families. Your name can be added to the waiting list by calling our program consultant Affordable Housing Administrators at 732-966-0674.

Eligible home improvements include roofing, windows, electrical upgrades, heating systems, water heaters, insulation, plumbing and any other health, safety or code violations. The program is structured as a forgivable loan. There are no monthly payments and no interest. If you stay in your home for ten years, you will owe nothing to Lawrence.

The program is available for owner-occupied single-family homes, condominiums, townhomes and duplexes in which the owner occupies one of the units. To be eligible to participate, your gross annual income (meaning pre-tax income) for all household members must be less than:

1 person household	\$ 68,665
2 person household	\$ 78,474
3 person household	\$ 88,283
4 person household	\$ 98,092
5 person household	\$ 105,940
6 person household	\$ 113,787
7 person household	\$121,635
8 person household	\$129,482

Kevin P. Nerwinski, QPA
Municipal Manager



EMERGENCY ALERTS



Sign up for Nixle alerts for Lawrence Township.

Nixle keeps you up-to-date with relevant information from your local public safety departments & schools.

Looking to Receive Alerts from Your Local Agencies?
TEXT YOUR ZIP CODE TO 888777 TO OPT-IN

Receive alerts for

- 
Severe Weather
- 
Criminal Activities
- 
Severe Traffic
- 
Missing Persons
- 
Local Events

Or sign-up online to receive emails and phone calls
(It's easy and anyone can join): Go to **local.nixle.com/register/**

*Required

* Email:	<input type="text"/>	Public safety messages are sent here
* Password:	<input type="password"/>	Make it hard to guess!
* Full Name:	<input type="text"/>	
Language:	<input type="text" value="English"/>	
Mobile Phone:	<input type="text"/>	Text alerts from local police and fire departments are sent to this device.
Home Phone:	<input type="text"/>	After sign-up, see your Settings page for supported Local Agencies
Voice Messages:	<input type="text" value="No Voice Msgs"/>	Service only available from supported Public Safety Agencies

By clicking "I Accept," I accept Nixle's [Terms of Service](#).

Message and data rates may apply. Message frequency varies. [Terms](#) and [privacy](#).

We have a new E-Newsletter

Please visit our website to sign up:

<https://www.lawrencetwp.com>

Latest in Lawrence



sign-up for our weekly
e-newsletter



township events



services & programs




announcements



Township of Lawrence

www.lawrencetwp.com

Or call 609-844-7074
for sign-up assistance



Mercer County Nutrition Program

Meals are served at the Lawrence Senior Center
Monday, Wednesday, Thursday, & Friday

30 E. DARRAH LANE, LAWRENCE NJ, 08648

The Mercer County Nutrition Program for Older Adults offers warm meals served in settings that bring people together for activities and socialization.

Registration required & Transportation offered to Lawrence residents 60+ years.

Mercer County Nutrition is a federally funded program that encourages participants to make a suggested donation of \$1 per meal.

*Please call Vanessa Banks at
(609)-883-8085
or Mercer County Nutrition at
(609)-989-6650*

Project Healthy Bones

- ✓ *Do you want to improve strength, balance and flexibility?*
- ✓ *Are you 60 years of age or older?*
- ✓ *Are you at risk of or living with osteoporosis?*
- ✓ *Do you want to learn more about your bone health?*



**JOIN OUR FREE
24-WEEK EXERCISE PROGRAM
THE NEXT CLASS CYCLE WILL BE STARTING
TUESDAY, SEPTEMBER 13TH**

**Classes are held every Tuesday
1:30pm-3:00pm
Lawrence Senior Center**

Please Call Maria Sergio
ICGMC Project Healthy Bones Program Coordinator
609-393-9922

Medical clearance is required prior to enrollment



NJ Division of
Aging Services

Developed by The State of New Jersey Office of Community Education and
Wellness Division of Aging and Community Service of Health and Senior Services





MERCER COUNTY RECYCLING INFORMATION

MCIA
MERCER COUNTY
IMPROVEMENT AUTHORITY

All recyclables must be in official buckets and at the curb by 7:00 a.m. - NO ITEMS IN PLASTIC BAGS WILL BE COLLECTED



YES - you can recycle that!



☒ Mixed Paper

☒ Window Envelopes



☒ Phone Books

☒ Soft Cover Books



☒ Corrugated Cardboard
(flattened and/or cut)



☒ Hard Cover Books
(covers removed)



☒ Glass Food & Beverage
Jars/Bottles (all colors)



☒ Pet Food Cans



☒ Milk Jugs & Plastic
Beverage Bottles



☒ Aluminum & Metal
Beverage Containers



☒ Juice Boxes &
Juice/Beverage Cartons



☒ Detergent & Shampoo
Containers



☒ Plastics with
#1 or #2 Symbols



**NO - sorry, you
can't recycle that!**



☒ Pizza Boxes



☒ Plastic Bags

☒ Light Bulbs

☒ Aluminum Foil/Baking Pans

☒ Styrofoam

☒ Drinking Glasses, Dishes &
Broken Window Glass

☒ Ceramics & Pottery

☒ Aerosol Cans

☒ Motor Oil & Anti-Freeze Containers

☒ Clothes Hangers

☒ Bandage Tins & Cookie Tins

☒ Carbon & Waxed Paper

☒ Tissue Paper, Napkins, Paper Plates
& Paper Towels

☒ Plastics with #3 - #7 Symbols

FOR MORE INFORMATION CALL 609-278-8086 OR VISIT WWW.MCIANJ.ORG



FOLLOW US AT
FACEBOOK.COM/MCIANJ

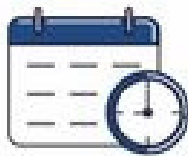


Public Health
Prevent. Promote. Protect.

HAMILTON TOWNSHIP DIVISION OF HEALTH

STI TESTING & TREATMENT CLINIC

FREE AND CONFIDENTIAL



**Tuesdays, 9am-12pm
and 3pm-5:30pm!**



609-890-3647



**2100 Greenwood Ave,
Hamilton, NJ 08609**

Walk-in, no appointment needed!

**To be seen in the clinic you must live in one of the following towns, please
bring a photo ID or proof of address with you:**

- Hamilton
- Lawrence
- East Windsor
- Ewing
- Robbinsville
- Hightstown
- Princeton
- West Windsor
- Hopewell Township

Students residing on the campuses of Rider University and The College of NJ will also
receive services free of charge with a college ID.



Face masks are required!



Please Note: Pennington and Hopewell Borough residents must see Montgomery Township for services.
Trenton City residents must see Henry J. Austin Health Center for services.

**All Mercer County residents may use the following
clinic for HIV or STI testing:**



**Henry J. Austin Health Clinic:
321 North Warren Street
Trenton, NJ 08618**



609-278-5900



Blood is an Essential Medicine

There Is No Substitute For Human Blood



1%

If just 1% more Americans
donated blood, shortages
would disappear



EVERY 2 SECONDS

someone in the U.S.
needs blood



29,700 UNITS

of red blood cells are used
each day in the U.S.



1 IN 7

hospital patients need blood
for many reasons, including:
trauma, postpartum
hemorrhage, cancer, sickle cell
disease, hemophilia, kidney
disease, liver disease, preterm
infants, transplants, critical
care and burns

The Components of Blood

Those most needed by patients are:

WHOLE BLOOD

Whole blood contains red cells, white
cells and platelets suspended in
plasma.

USE: MAJOR TRAUMA/SURGERY, (LIMITED
CIVILIAN USE)

RED BLOOD CELLS

Red blood cells carry hemoglobin and
are essential for oxygen exchange in
the lungs.

USE: ANEMIA, SURGICAL BLOOD LOSS,
CHEMOTHERAPY

PLATELETS

Platelets are small cell fragments
whose main function is to interact
with clotting proteins to stop or
prevent bleeding.

USE: THROMBOCYTOPENIA, CONGENITAL
AND ACQUIRED PLATELET DISORDERS

PLASMA

Plasma is a fluid, composed of ~92%
water and 8% proteins, mineral salts,
sugars, fats, hormones and vitamins.

USE: LIVER DISEASE, COAGULOPATHY,
ABNORMAL COAGULATION TESTS,
COAGULATION FACTOR DEFICIENCY

How Much Does It Take?

A person injured in an
automobile accident may
need up to

50

RED
BLOOD
CELL
UNITS



A patient with cancer
undergoing chemotherapy
may need up to

8

PLATELET UNITS PER WEEK



An organ transplant
recipient may need up to

25

PLASMA UNITS



30

PLATELET UNITS



40

RED BLOOD CELL UNITS



IT'S THE BLOOD ALREADY ON THE HOSPITAL SHELVES THAT SAVES LIVES.

Regular donation helps to ensure blood is readily available to patients whenever
it is needed. Find a Blood Donation Site Near You: aabb.org/DonateBlood



Need Help Finding Your Calm After the Storm?

RWJBarnabas Health Institute for Prevention and Recovery's Hope and Healing Ida Program offers **emotional support services, education, and community-based resources** for individuals and families affected by the aftermath of the **Hurricane Ida**.

The program aims to assist those impacted by the Ida storm to better **navigate new experiences, mitigate stressors, review options** and **find strategies to adapt to challenges**. We provide connections to agencies, programs, and other resources in the community.

We are here for you and your families with:

Emotional Support Services
Housing Referrals
Food Bank/Pantry Contacts
Tools to Improve Wellness
Community Connections

hopeandhealing@rwjbh.org
833-795-HOPE (4673)
rwjbh.org/hopeandhealing

Virtual Support Groups ***Finding Your Calm After the Storm***

Scan code with your phone or
call to join:

Tuesdays at 4pm
[Zoom Link](#)
+13017158592
ID: 810 4658 1003
Passcode: 911820



Thursdays at 6pm
[Zoom Link](#)
+13017158592
ID: 856 2283 5909
Passcode: 786666



10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:

LOOKING AHEAD

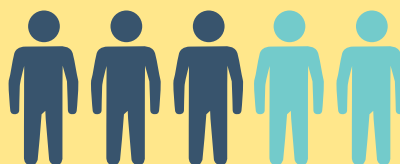
Improving Our Vision for the Future

VISION & EYE PROBLEMS ARE INCREASING AS AMERICA AGES

90
MILLION

Americans over
40 have vision and
eye problems

That's more than
3 in 5



By 2050, without effective interventions:



Diabetic retinopathy ↑ 72%



Cataracts ↑ 87%



Glaucoma ↑ 100%



Age-related macular degeneration ↑ 100%



Vision impairment & blindness ↑ 150%



COST OF VISION
PROBLEMS

↑ 159
BILLION

373

If you have any questions related to Senior Connect, or Lawrence Township broadly, reach out to the Community Aide for further information.

phone: 609-844-7074

email: cdinwoodie@lawrencetwp.com