

SENIOR CONNECT

AUGUST 2022



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 this out for them and deliver it with a friendly smile!



Senior Center Calendar - August 2022

August 2022

Lawrence Township Office on Aging Senior Center Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	REGISTRATION
31	1 EXERCISE 9:00 - 10:00 @ Senior Center COMPUTER LAB 9:30 AM ACRYLIC ART - 9:30 AM CHORALIERS 1:00 - 2:00 PM	2 CLUB #1 - 10:00 AM COMPUTER BASICS CLASS - 12:30 - 1:30 PM SCULPTURE CLASS 1:00 PM NATIONAL NIGHT OUT TOWNHALL - 5:30 PM	3 LINE DANCE 9:30 COMPUTER LAB 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	4 EXERCISE 9:00 - 10:00 AM COMPUTER BASICS CLASS - 12:30 - 1:30 PM	5 LINE DANCE W/ ROSE - 9:30 COMPUTER LAB 9:30 AM CALLIGRAPHY - 10:00 AM BINGO - 1:00 - 3:00	6	Pre-Registration for ALL Senior Center Programs By Calling The Center. All Programs For Lawrence Seniors 60 Years and Older.
7	8 EXERCISE 9:00 - 10:00 @ Senior Center COMPUTER LAB 9:30 AM ACRYLIC ART - 9:30 AM CHORALIERS 1:00 - 2:00 PM	9 CLUB #2 - 10:00 AM COMPUTER BASICS CLASS - 12:30 - 1:30 PM SCULPTURE CLASS 1:00 PM	10 LINE DANCE 9:30 COMPUTER LAB 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	11 EXERCISE 9:00 - 10:00 AM COMPUTER BASICS CLASS - 12:30 - 1:30 PM	12 LINE DANCE - 9:30 AM COMPUTER LAB 9:30 AM CALLIGRAPHY - 10:00 AM TALK - NIXLE EMERGENCY ALERTS AND SIGN UP - 10:30 BINGO - 1:00 - 3:00	13	POLICY Social Distancing Will Be Followed. Temperature Checks at Door. Mask Recommended When Social Distancing Can Not Be Followed, Particularly if Unvaccinated. If You Have Symptoms, PLEASE STAY HOME!
14	15 EXERCISE 9:00 - 10:00 @ Senior Center COMPUTER LAB 9:30 AM ACRYLIC ART - 9:30 AM CHORALIERS 1:00 - 2:00 PM	16 CLUB #1 - 10:00 AM COMPUTER BASICS CLASS - 12:30 - 1:30 PM SCULPTURE CLASS 1:00 PM	17 LINE DANCE 9:30 COMPUTER LAB 9:30 AM HEALTH DEPT. TALK MONKEYPOX - 10:30 AM MEMOIR - 2:00 PM (ZOOM) NO BUSY BEES	18 EXERCISE 9:00 - 10:00 AM COMPUTER BASICS CLASS - 12:30 - 1:30 PM	19 LINE DANCE W/ ROSE - 9:30 COMPUTER LAB 9:30 AM CALLIGRAPHY - 10:00 AM BINGO - 1:00 - 3:00	20	MERCER COUNTY NUTRITION HOT LUNCHES Program Resumed Indoors MON. WED. THURS. AND FRIDAY 9:00 AM - Coffee by 10:45 AM - Sign in for meal Pre-Registration. Required Please call Millie Booth at (609)883-8085 OR (609)989-6660
21	22 EXERCISE 9:00 - 10:00 COMPUTER LAB 9:30 AM ACRYLIC ART - 9:30 AM TALK - MEDICATION MANAGEMENT - 10:30AM CHORALIERS 1:00 - 2:00 PM	23 CLUB #2 - 10:00 AM COMPUTER LAB 9:30 AM SCULPTURE CLASS 1:00 PM	24 LINE DANCE 9:30 COMPUTER LAB 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	25 EXERCISE 9:00 - 10:00 AM COMPUTER LAB 9:30 AM LAWRENCE SENIOR LUAU - 2:00 - 4:00 PM	26 LINE DANCE W/ ROSE - 9:30 COMPUTER LAB 9:30 AM CALLIGRAPHY - 10:00 AM BINGO - 1:00 - 3:00	27	MERCER COUNTY NUTRITION HOT LUNCHES Program Resumed Indoors MON. WED. THURS. AND FRIDAY 9:00 AM - Coffee by 10:45 AM - Sign in for meal Pre-Registration. Required Please call Millie Booth at (609)883-8085 OR (609)989-6660
28	29 EXERCISE 9:00 - 10:00 @ Senior Center COMPUTER LAB 9:30 AM ACRYLIC ART - 9:30 AM CHORALIERS 1:00 - 2:00 PM	30 HEALTH DEPARTMENT COVID BOOSTER - 10-12:00 PM COMPUTER LAB 9:30 AM SCULPTURE CLASS 1:00 PM PLEASE REGISTER STARTING AUGUST 15, 2022 FOR YOGA AND TAI CHI CLASSES WHICH WILL RESUME 2ND WEEK OF SEPTEMBER	31 LINE DANCE 9:30 COMPUTER LAB 9:30 AM CHRONIC DISEASE TALK - 10:45 BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM) LAWRENCE SENIORS PLEASE REGISTER FOR SENIOR CLUBS WHICH MEETS ON TUESDAYS 10 AM	COMPUTER LAB Available Monday thru Friday 9:30 AM - 12:00 & 1:30 - 4:00 PM For Lawrence Township Older Adults (60+)	COMPUTER BASICS CLASSES ON TUESDAY & THURSDAY THE FIRST THREE WEEKS IN AUGUST 12:30 - 1:30 PM LUAU ON THURS. 8/25 LAWRENCE SENIORS PLEASE SIGN UP AT THE SENIOR CENTER.	COMPUTER BASICS CLASSES ON TUESDAY & THURSDAY THE FIRST THREE WEEKS IN AUGUST 12:30 - 1:30 PM LUAU ON THURS. 8/25 LAWRENCE SENIORS PLEASE SIGN UP AT THE SENIOR CENTER.	Lawrence Township Senior Center, 30 East Darrah Lane, Lawrence Twp. NJ 609-844-7048 Lillian LaSalle, Director llasalle@lawrencetwp.com & Coral Phillips cphillips@lawrencetwp.com Office Hours: 8:30 - 4:30 pm



Tuesday Family Nights



Tuesday Nights are Family Nights

Anne Demarais Nature Center
481 Drexel Avenue, Lawrence

Join us every Tuesday evening in July and August to learn about the natural environment in Lawrence Township. Programs are free and suitable for all ages. They begin at 7:00 p.m. except as noted and are held outside, weather permitting. For more information visit LawrenceTwpNature.com.

Here's this summer's lineup:

July 5	Mushrooms & Fungi	Luke Smithson, Director of Education, New Jersey Mycological Association
July 12	Meteorites: Rocks from the Sky	Tom Duffy, Professor of Geosciences, Princeton University
July 19	Bees & Other Pollinators	Dylan Simpson, Ph.D. student, Rutgers University
July 26	Reptiles & Amphibians	Ian Gray, Senior Land Steward, Mercer County Park Commission
August 2	To be determined	
August 9	Ferns	Ryan Schmidt, Graduate Student, Rutgers University
August 16	Learn to Love Weeds	Lena Struwe, Professor of Plant Biology, Rutgers University
August 23	Drexel Woods in the American Revolution	David Bosted, Vice President, Lawrence Township Environmental Education Foundation
August 30	Night Hike thru Drexel Woods (7:30 start)	Kelly Rypkema, Director of Environmental Education, Mercer County Park Commission

Tuesday Nights are Family Nights is made possible by a generous grant from the



Lawrence Township Environmental Education Foundation



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: Public safety messages are sent here

* Password: Make it hard to guess!

* Full Name:

Language:

Mobile Phone: Text alerts from local police and fire departments are sent to this device.

Home Phone: After sign-up, see your Settings page for supported Local Agencies

Voice Messages: 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](#).

Emergency Alerts Workshop



Receive texts, calls, or emails about important events in Lawrence Twp

 **Emergencies**

 **Community News**



Aug 12

10:30 AM

60+

Nixle Sign-Up Workshop

Join us to learn more about Lawrence Township's Emergency Alert service. This informative talk will conclude with sign-up assistance.



Senior Center

30 Darrah Lane, Lawrence Twp, NJ 08648

Call for Information

609.844.7048





Municipal Manager's Blog

\$725K Grant Received for the Study and Design of a New Emergency Management Facility

In a letter issued to Mayor John T. Ryan dated July 6, 2022, Senator Shirley K. Turner (15th District) advised that the State allocated \$725,000 to Lawrence Township in the Fiscal Year 2023 Budget for the study and design of a new emergency management operations facility, tentatively called "Lawrence Road Emergency Management Operations Center."

Specifically, we requested funding for the research and development of a new, centralized facility to house our Fire and EMS operations at the site currently occupied by Lawrence Road Fire Company (1252 Lawrence Road). The funding will cover the study of the grounds (including environmental), creation of site plans, architectural plans, bid preparation, and the costs associated with effective public outreach.

Presently, our community is served by three volunteer fire companies (Slackwood FC, Lawrence Road FC, and Lawrenceville FC, located in the south, central and northern areas of town) and career staff. Our career firefighters cover the day shift Monday through Friday, and our volunteers cover the evening, weekends, and holidays. As with many local governments, there has been a dramatic decrease in volunteer firefighters, and our community is no different. Given this fact, we had a fire study prepared in 2020 by The Rogers Group (link to the report is here:

<https://www.lawrencetwp.com/media/Departments/EmergencyManagement/RodgersGroupStudy11-12-20.pdf>) that provided a detailed assessment of our current firefighting program, which included thirty-eight recommendations for improvements. Since the report issuance, we have systematically implemented most of these recommendations. The most significant is Recommendation 19, which provides, "Revise the municipal ordinance to create a single, combination volunteer and career fire division under the authority of a full-time, career fire chief." (The link to this new ordinance is here:§ 20-13: Division of Emergency Management. We took this action and are working through the challenges involved in combining the volunteers and career firefighters with our Emergency Medical Services professionals. The benefit of this change is readily apparent, and the future is looking bright. We needed the volunteers and career staff to buy in, and they have.

Another recommendation in the report (#5) provides (in part), "the Township should undertake an in-depth study... to determine the feasibility of constructing a new fire station in a central location...A new fire station should be designed to accommodate the Fire Department, EMS, and Emergency Management functions of the Township." Our application to the State of New Jersey for the funding was a direct response to this recommendation. This money allows us to strategically plan for the future to deliver the best fire and emergency medical services to our community.

Continued....

I am sure some may take this as a signal of the end of the volunteer fire companies, and they would be wrong. The long, proud tradition of Slackwood Fire Company, Lawrence Road Fire Company, and Lawrenceville Fire Company will continue for years and remain an essential part of our overall public safety plan. We need them, and we value their service.

Why do this now if we have no immediate plans for change? Well, we knew the grant money was available now, with no guarantee that it would be available in subsequent state budgets. The saying "strike while the iron is hot" is applicable here.

As a result, we made our case for this funding from the State. We argued that "development and improvement plans to enhance the safety of the community with coordinated and efficient emergency response is a valuable use of taxpayer dollars. A centralized emergency operations center will have a lasting beneficial impact on the community by providing necessary responsive emergency assistance." We apparently were persuasive enough to receive the total amount we requested. It seems clear that we will not need funds from our municipal budget to complete this work. An ideal situation (says, Captain Obvious).

We are grateful to Senator Shirley Turner, Assemblyman Anthony S. Verelli, and Assemblywoman Verline Reynolds-Jackson for supporting and advocating for funding this vital project. I am equally thankful to our Mayor and Council Members. They have consistently supported our volunteer fire companies and have the wisdom to commit to planning for our future to ensure the best public safety for the community.

- Kevin Nerwinski

Lawrence Township Police Department invites you to



**“Lawrence Township’s
Night Out Against Crime”**

TUESDAY, AUGUST 2, 2022

5:30 P.M. – 8:00 P.M.

Lawrence Township Municipal Grounds



If you have any questions, please call Jennifer Thomas at 609.844.7102.

Board / Committee Meetings: August

Monday
1

Planning Board Meeting (Cancelled)

Wednesday
3

Trails, Open Space, & Stewardship Advisory (Cancelled)

Thursday
4

Recreation Advisory Committee (Cancelled)

Monday
8

Historic Preservation Committee

Tuesday
9

Growth and Redevelopment Committee

Wednesday
10

Senior Executive Committee (Cancelled)

Monday
15

Planning Board Meeting

Tuesday
16

Township Council Meeting

Wednesday
17

Zoning Board Meeting (Cancelled)

Thursday
18

Diversity, Equity and Inclusion Committee (Cancelled)

Monday
22

Shade Tree Advisory Committee

Tuesday
23

Lawrence Alcohol and Drug Alliance

Tuesday
23

Environmental Resources & Green Advisory Committee

for more info, contact the Municipal Clerk: 609.844.7000

FIRST FRIDAYS



SUPPORT LAWRENCE BUSINESSES!

May

6

June

3

July

1

August

5

Amazing specials and discounts at
your favorite local businesses on the
First Friday of every month!



scan for promos

Shop
Lawrence





DEPT. OF PUBLIC WORKS

August 2022

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			

zone 1
 zone 2
 zone 3
 zone 4

Public Works 609-587-1894

We have a new E-Newsletter

Please visit our website to sign up:

<https://www.lawrencetwp.com>

Latest Lawrence



 **Hello Lawrence!** 

Welcome to the new Township newsletter that will keep you up-to-date with all things municipality related!

DISCOVER LAWRENCE!



LAWRENCE TOWNSHIP COMMUNITY DAY!

**CENTRAL PARK
OCTOBER 2, 2022
12PM-4PM**

**COMMUNITY,
FOOD, FUN, MUSIC
AND MUCH MORE!**



A core mission of the municipal government is to seize upon opportunities to improve the quality of life for its residents. To that end, there is a consistent process we undertake that includes long-term planning, redevelopment, and implementing strategies to maximize the use of our resources and assets throughout the community. One such project is re-purposing and improving the use of Hamnett Park, located on Ohio Avenue. With the endorsement and support from Township Councilmembers, we have developed comprehensive engineering plans to create a state-of-the-art dog park and recreational area for all of our residents to use and enjoy. The redesign of Hamnett Park includes a multipurpose walking path around the perimeter, lighting for pedestrians, shade structures, landscaping, and two fenced-in areas for smaller and larger dogs at the newly titled Hero Dog Park. Our goal is to restore and re-imagine Hamnett Park to be more pedestrian and pet friendly in a way that does not prove disruptive to nearby homes. To offset some of the costs and alleviate the burden on tax-payers, the Township has pursued grant funding. And today we are pleased to announce that Lawrence Township is a finalist for the 2022 Petsafe® “Bark for your Park” grant contest! During the month of August, Lawrence will compete against other finalists, and the top four to receive the most votes will win \$25,000.00 in funding for new equipment at the Hero Dog Park. Hero Dog Park will commemorate veteran service dogs, and honor the special role dogs play in our lives by giving them a space to exercise and socialize! So let’s bark the loudest Lawrence Township, and secure funding for play equipment! How can you help? We are calling on the Lawrence community to bark (*vote*) for Lawrence on the 2022 Petsafe® “Bark for your Park” landing page! You are allowed to vote once per day for the entirety of August. Last year the winner received 19,000 votes and we are confident that, with the community’s help, we will exceed that number!

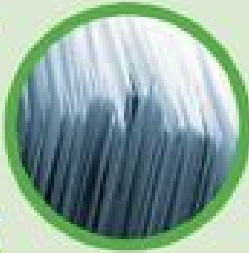


MERCER COUNTY RECYCLING INFORMATION



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



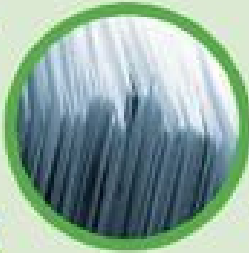
Phone Books



Corrugated Cardboard
(flattened and/or cut)



Hard Cover Books
(covers removed)



Window Envelopes



Soft Cover Books



Glass Food & Beverage
Jars/Bottles (all colors)



Pet Food Cans



Milk Jugs & Plastic
Beverage Bottles



Aluminum & Metal
Beverage Containers



Juice Boxes &
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

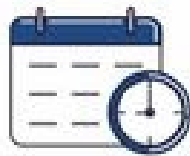


Public Health
Prevent. Promote. Protect.

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





Public Health
Protect. Promote. Prevent.

Lawrence Township Health Department



The MediMobile
MEDICAL CARE AT YOUR DOOR

FREE PCR & RAPID COVID-19 TESTING

THURSDAYS

8AM-6PM



SCAN QR CODE TO REGISTER:



WALK-INS WELCOME

PRE-REGISTRATION PREFERRED:

<https://hipaa.jotform.com/220184479503153>

**SLACKWOOD FIREHOUSE
21 SLACK AVE
LAWRENCE, NJ 08648**

PLEASE BRING YOUR INSURANCE CARD WITH YOU

**FOR MORE INFORMATION PLEASE CALL
THE MEDIMOBILE AT (862) 799-7400**

AUGUST 2022 COVID-19 VACCINES & TESTING

Walk-ins welcome! Pfizer (12+), Moderna (18+), and J&J (18+) are available.

First & second boosters as well as first & second doses available. Questions? Please call the Health Dept at 609-844-7089.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  Prevent. Promote. Protect. Lawrence Township Health Department	1	2	3	4 FREE COVID TESTING Slackwood Firehouse 21 Slack Ave 8am-6pm	5	6
7	8	9	10	11 FREE COVID TESTING Slackwood Firehouse 21 Slack Ave 8am-6pm	12	13 COVID VACCINE CLINIC Quakerbridge Mall (1st floor near escalators) 10am-1pm
14	15	16	17	18 FREE COVID TESTING Slackwood Firehouse 21 Slack Ave 8am-6pm	19	20
21	22	23 COVID VACCINE CLINIC HomeFront 1880 Princeton Ave 4pm-6pm	24	25 FREE COVID TESTING Slackwood Firehouse 21 Slack Ave 8am-6pm	26	27
28	29	30 COVID VACCINE CLINIC Lawrence Senior Center 30 E Darragh Lane 10am-12pm	31			

COVID-19 Testing Every Thursday 8AM-6PM at Slackwood Firehouse 21 Slack Avenue, Lawrence NJ 08648



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



Monkeypox: Get the Facts

- Monkeypox is a rare disease caused by the monkeypox virus
- Monkeypox can make you sick including a rash or sores (pox), often with an earlier flu-like illness
- Monkeypox can spread to anyone through close, personal, often skin-to-skin contact including:
 - Direct contact with monkeypox rash, sores or scabs
 - Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox
 - Through respiratory droplets or oral fluids from a person with monkeypox
- This contact can happen during intimate sexual contact including:
 - Oral, anal, and vaginal sex
 - Hugging, massage, or mutual masturbation
 - Kissing and talking closely
 - Touching fabrics and objects during sex that were used by a person with monkeypox, such as bedding, towels and sex toys
- We know the virus can be spread in fluid or pus from monkeypox sores, and are trying to better understand if virus could be present in semen or vaginal fluids



What Are the Symptoms?

- Early flu-like symptoms of monkeypox can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion



- A rash or sores, sometimes located on or near the genitals or anus, but sometimes in other areas like the hands, feet, chest or face – sores will go through several stages before healing
- Sores may be inside the body, including the mouth, vagina, or anus
- Some people experience a rash or sores first, followed by other symptoms and some only experience a rash or sores
- Monkeypox can be spread from the time symptoms start until all sores have healed and a fresh layer of skin has formed – this can take several weeks

If You Have a New or Unexplained Rash, Sores, or Other Symptoms...

- See your healthcare provider – if you don't have a provider or health insurance, visit a public health clinic near you
- When you see a healthcare provider for possible monkeypox, remind them that this virus is circulating in the community
- Avoid sex or being intimate with anyone until you have been checked out



If You or Your Partner Have Monkeypox...

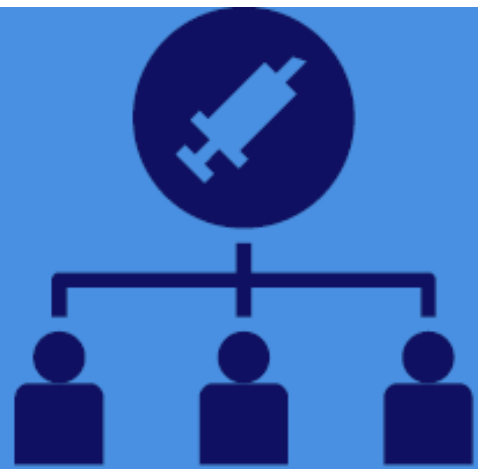
- Follow the treatment and prevention recommendations of your healthcare provider
- Avoid sex or being intimate with anyone until all your sores have healed and you have a fresh layer of skin formed.



For more information, please visit www.cdc.gov/monkeypox

July 28, 2022

Monkeypox Vaccination in New Jersey



Who can get vaccinated?

The vaccine for monkeypox is called JYNNEOS. With the current limited supply of JYNNEOS vaccine in New Jersey, **the following residents may be eligible for vaccination***:

- People who have known contact with someone who tested positive for orthopoxvirus or monkeypox virus within past 14 days
(Contact your [local health department](#) to coordinate vaccination)
- People who attended an event where known monkeypox exposure occurred within past 14 days
(Make an appointment at a vaccine location) →
- People who identify as gay, bisexual, or men who have sex with men (MSM), and/or transgender, gender non-conforming, or gender non-binary and who have a history of multiple or anonymous sex partners within past 14 days
(Make an appointment at a vaccine location) →

***New Jersey is expecting additional doses from the Centers for Disease Control and Prevention (CDC) and as the State gets additional supply the Department will continue to expand access to the vaccine.**

HIGH PRIORITY GROUPS



Residents who are eligible for vaccination and who also have a condition that may increase their risk for severe disease should be considered high priority for vaccination, including people who:

- Have a weakened immune system
- Have a history of atopic dermatitis or eczema

VACCINE LOCATIONS



Appointment only – No walk ins:

- Bergen New Bridge Medical Center, Annex 2 (white tent structure), 230 East Ridgewood Ave., Paramus: www.newbridgehealth.org
- Cooper Vaccine & Testing Clinic, Cooper University Hospital, 300 Broadway, Camden: 856-968-7100 or <https://my.cooperhealth.org/mychart/authentication/login>
- Hyacinth AIDS Foundation/Project Living Out Loud!, Jersey City: 201-706-3480
- North Jersey Community Research Initiative (NJCRI), Newark: 973-483-3444, ext. 200
- The Prevention Resource Network, a program of the Visiting Nurse Association of Central Jersey, Asbury Park: 732-502-5100



Monkeypox Key Facts



Monkeypox is a rare disease caused by the monkeypox virus.

Monkeypox can make you sick including a rash or sores (pox), often with an earlier flu-like illness.

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact.



Symptoms

- Early flu-like symptoms of monkeypox can include fever, headache, muscle aches, backache, swollen lymph nodes, chills, and exhaustion
- Rash appears within 1 to 3 days (sometimes longer) after fever, often beginning on the face then spreading to other parts of the body
- Illness usually lasts 2–4 weeks



Transmission

- Monkeypox can spread through:
 - Direct contact with monkeypox rash, sores or scabs
 - Contact with objects, clothing, bedding, towels, or surfaces used by someone with monkeypox
 - Respiratory droplets or oral fluids from a person with monkeypox
- Monkeypox can spread from the time symptoms start until all sores have healed, which can take several weeks



Recent Clusters of Monkeypox

- Cases of monkeypox have been recently reported in several countries that don't normally have monkeypox activity, including the United States
- It's not clear how the individuals were exposed to monkeypox but cases include people who self-identify as men who have sex with men



Diagnosis & Treatment

- Healthcare providers should be alert for patients with rash illnesses consistent with monkeypox, regardless of gender or sexual orientation, particularly those with travel history or other risk factors
- There is no specific treatment for monkeypox, although antivirals developed for use in patients with smallpox may be beneficial



Recommendations for the Public

- Risk to the general public is low
- Seek medical care immediately if you are concerned you have monkeypox
- Avoid close contact with sick people, including people with skin lesions or genital lesions



For More Information

- Contact your healthcare provider with medical questions
- Visit the [Centers for Disease Control and Prevention](#) website



MERCER COUNTY PEDIATRIC COVID-19 VACCINE CLINIC

Mercer County Division of Public Health will be giving out Pfizer and Moderna vaccines for ages 6 months to 5 years old. No appointments needed.

CURE Insurance Arena
Gate A, 81 Hamilton Ave.,
Trenton 08611
Thursday, July 28, 2022
10 a.m. to 2 p.m.



I got
vaccinated!

Provided in partnership with:

Children's Home Society of NJ
HomeFront
Hopewell Township Health Department
Lawrence Township Health Department
Mercer County WIC
Montgomery Township Health Department
Princeton Health Department

County Executive Brian M. Hughes
Mercer County Division of Public Health
Health Officer Kristin Reed

covidvaccine.nj.gov
1-855-568-0545
(8 am – 8 pm)

10 WAYS TO LOVE YOUR BRAIN



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



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.



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.



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.



FUEL UP RIGHT

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



CATCH SOME ZZZ'S

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

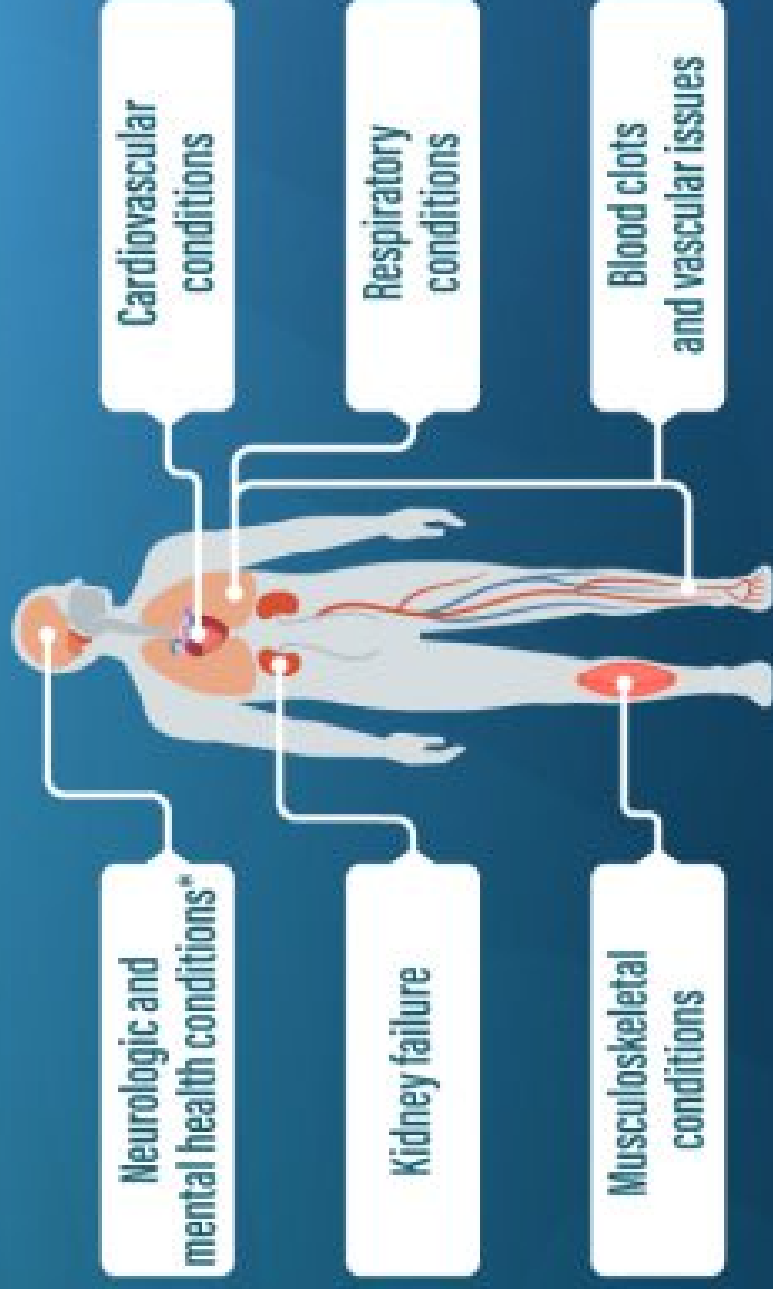


Visit alz.org/10ways to learn more.

alzheimer's  association[®]

THE BRAINS BEHIND SAVING YOURS:

Approximately
1 in 5 adults
ages 18+ have a
health condition
that might be related to
their previous COVID-19
illness, such as:



**Talk to your health care provider
if you have symptoms after COVID-19**



bit.ly/MMWR7121

MAY 24, 2022

* Adults aged 65 and older at increased risk

MMWR

Free BREAST CANCER SCREENINGS

for Princeton Area patients!

JUNE 18TH
9AM TO 2PM

YWCA Parking Lot
Princeton, NJ



ywca
princeton



FOX CHASE
CANCER CENTER
TEMPLE HEALTH



*Patients must have a prescription
from a primary care provider.
Contact us for help!*

**Register
Here**



We will also have booths with patient information and other resources!

AKSHAN SHAH
1 Palmer Sq., Suite 515, Princeton, NJ 08542
aas@axiomREACH.org | +1 (609) 277-3234

axiom**REACH**.org



Are you a veteran or know a veteran who may be in need of crisis support? The Veterans Crisis Line provides confidential crisis support for veterans and their families.

Veterans Crisis Line Fact Sheet



Confidential crisis help for Veterans and their families

The Veterans Crisis Line is a toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring U.S. Department of Veterans Affairs (VA) responders.

Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, chat online at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net), or send a text message to **838255** to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.

The responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances — from Veterans coping with mental health issues that were never addressed to recent Veterans struggling with relationships or the transition back to civilian life. Veterans Crisis Line responders provide support when these and other issues — such as chronic pain, anxiety, depression, sleeplessness, anger, and even homelessness — reach a crisis point. Some of the responders are Veterans themselves and understand what Veterans and their families and friends have been through.

Since its launch in 2007, the Veterans Crisis Line has answered more than 5.6 million calls and initiated the dispatch of emergency services to callers in crisis more than 204,000 times. The Veterans Crisis Line anonymous online chat service, added in 2009, has engaged in more than 660,000 chats. In November 2011, the Veterans Crisis Line introduced a text-messaging service to provide another way for Veterans to connect with confidential, round-the-clock support and since then has responded to more than 218,000 texts.

In 2011, the National Veterans Suicide Prevention Hotline was renamed the Veterans Crisis Line to encourage Veterans and their families and friends, who may be the first to realize a Veteran is in emotional distress, to reach out for support when issues reach a crisis point, even if it is not a suicidal crisis.

VA is working to make sure that all Veterans and their loved ones are aware of the Veterans Crisis Line. To reach as many Veterans as possible, VA is coordinating with communities and partner groups nationwide, including community-based organizations, Veterans Service Organizations, and local health care providers, to let Veterans and their loved ones know that support is available whenever, if ever, they need it.

Whether you're a Veteran or a friend or family member concerned about one, confidential assistance is only a call, click, or text away.

For more information about the Veterans Crisis Line, visit [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)

For more information about VA's mental health resources, visit www.mentalhealth.va.gov



Confidential crisis chat at [VeteransCrisisLine.net/Chat](https://www.VeteransCrisisLine.net/Chat) or text **838255**

IRS IMPOSTER SCAMS



The Internal Revenue Service (IRS) is the government agency that collects federal taxes.


Scammers pretend to be IRS officials to get you to send them money.



How the scam works

You get a call.


IRS Your caller ID might show it's the IRS calling.

 The caller might give a badge number and know the last four digits of your Social Security number.


You are told:

 "You owe money."

 "You better pay now or you'll be arrested."

 "Put money on a prepaid debit card or wire it to us."

If you pay...

 You find out it wasn't the IRS. It was a scam.

 The money is gone.



Warning signs

How will the IRS first contact you?		How will the IRS ask you to pay?	
Phone call	NO	With a prepaid debit card	NO
Email	NO	With a money transfer	NO
Mail	YES	Won't require a specific type of payment	YES

Got a call?



Don't give the caller information

such as your financial or other personal information.



Write down details

such as the number and name of the caller.



Hang up



Contact the IRS directly

If you think you may owe back taxes, call the IRS at **800-829-1040** or visit [irs.gov/balancedue](https://www.irs.gov/balancedue).



Report the call

File a complaint with:

- the Treasury Inspector General for Tax Administration (TIGTA) at [tigta.gov](https://www.tigta.gov) or 800-366-4484.
- the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint) or 877-FTC-HELP.



Warn friends and family

Tell people you know that these calls are scams.

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