



# SENIOR CONNECT

DECEMBER 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 it out for them and deliver it with a friendly smile! Black-and-white copies are available in the Municipal Building.



# Municipal Events: December

December 2022

Expand All

Subscribe

Meetings Only

27	28 Leaf Collection Recycling	29 Leaf Collection	30 Leaf Collection	1 Leaf Collection	2 Leaf Collection COVID Vaccination Clinic	3
4	5 Leaf Collection	6 Leaf Collection	7 Leaf Collection	8 Leaf Collection Deck The Halls	9 Leaf Collection	10
11	12 Leaf Collection Recycling Tax Sale	13 Leaf Collection	14 Leaf Collection COVID 19 Booster Clinic	15 Leaf Collection COVID 19 Booster Clinic	16 Leaf Collection COVID 19 Booster Clinic	17 COVID 19 Booster Clinic
18 COVID 19 Booster Clinic	19 COVID 19 Booster Clinic Leaf Collection	20 Leaf Collection Township Council Meeting	21 Leaf Collection	22 Leaf Collection	23 Leaf Collection	24
25	26 Recycling (Rescheduled to December 31) Christmas Closing	27 Leaf Collection	28 Leaf Collection	29 Leaf Collection	30 Leaf Collection	31 Recycling Rescheduled Collection Day

# Boards and Committees: December

November 2022

Expand All

Subscribe

Calendar

30	31	1	2	3	4	5
		Township Council Meeting	Trails, Open Space & Stewardship Advisory Committee	Recreation Advisory Committee Meeting		
6	7	8	9	10	11	12
	Planning Board Meeting - CANCELLED	Growth and Redevelopment Committee Meeting (canceled)	Senior Executive Committee			
13	14	15	16	17	18	19
	Historic Preservation Committee		Zoning Board Meeting (canceled)	Diversity, Equity and Inclusion Committee		
20	21	22	23	24	25	26
	Planning Board Meeting (canceled)	Lawrence Alcohol and Drug Alliance Meeting ..... Environmental Resources & Green Advisory Committee Meeting				
27	28	29	30	1	2	3
	Shade Tree Advisory Committee		Zoning Board Meeting (Special Meeting)	Recreation Advisory Committee Meeting		

# Senior Center Calendar - December 2022

## December 2022

### Lawrence Township Office on Aging Senior Center Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 EXERCISE 9-10 AM ACRYLIC ART - 10:00 AM CHORALERS 1:00 - 2:00 PM	6 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM ORCHESTRA CONCERT - 7:30 PM HEALTHY BONES GROUP 1:30 PM - 3:00 PM	7 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	8 EXERCISE 9-10 AM HULA DANCE -10:15 AM PEOPLE AND STORIES 1:30 PM - ZOOM	9 LINE DANCE 9:30 AM Breakfast with the Elves 9:30 AM to 11:00 AM BINGO - 1:00 - 3:00 PM POETRY 1:00 - Library	10 LINE DANCE 9:30 AM BINGO - 1:00 - 3:00 PM
11	12 EXERCISE 9-10 AM ACRYLIC ART - 10:00 AM CHORALERS 1:00 - 2:00 PM	13 CLUB #2 - HOLIDAY LUNCH SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 1:30 PM - 3:00 PM	14 LINE DANCE 9:30 AM EXECUTIVE MEETING - 9:30 AM HEALTH DEPARTMENT TALK ON WINTER SAFETY - 10:30 AM Booster Clinic - 1:30 - 3:30 BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	15 EXERCISE 9-10 AM HULA DANCE -10:15 AM PEOPLE AND STORIES 1:30 PM - ZOOM COMMUNITY CONCERT - 7:00 PM	16 LINE DANCE 9:30 AM BINGO - 1:00 - 3:00 PM	17 LINE DANCE 9:30 AM BINGO - 1:00 - 3:00 PM
18	19 EXERCISE 9-10 AM ACRYLIC ART - 10:00 AM CHORALERS 1:00 - 2:00 PM	20 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 1:30 PM - 3:00 PM	21 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	22 EXERCISE 9-10 AM HULA DANCE -10:15 AM PEOPLE AND STORIES 1:30 PM - ZOOM	23 LINE DANCE 9:30 AM BINGO - 1:00 - 3:00 PM	24 LINE DANCE 9:30 AM BINGO - 1:00 - 3:00 PM
25	26 ALL TOWNSHIP OFFICES CLOSED HAPPY HOLIDAYS :)	27 SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 1:30 PM - 3:00 PM	28 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	29 EXERCISE 9-10 AM HULA DANCE -10:15 AM PEOPLE AND STORIES 1:30 PM - ZOOM	30 NO BINGO NEW YEARS EVE SOCIAL TIME TBD	31 NO BINGO NEW YEARS EVE SOCIAL TIME TBD

**REGISTRATION**  
Pre-Registration for ALL Senior Center Programs By Calling The Center. All Programs For Only Lawrence Seniors 60 Years and Older.

**POLICY**  
Mask Strongly Encouraged When Social Distancing Can Not Be Followed. If You Have Symptoms, PLEASE STAY HOME!

**MERCER COUNTY NUTRITION**  
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 Millie Booth at  
(609)883-8085 OR  
(609)989-6650

Lawrence Township Senior Center  
30 East Darrah Lane, Lawrence Twp.  
NJ 609-844-7048  
Lillian LaSalle, Director  
llasalle@lawrencetwp.com  
Office Hours: 8:30 - 4:30 pm  
TRANSPORTATION SERVICES  
Senior Van available weekdays  
between 8:30 AM - 2:30 PM. By  
Appointment only - Must call 48  
hours in advance



**COVID Booster Clinic**  
December 14th 1:30 - 3:30  
CALL HEALTH DEPARTMENT TO REGISTER  
(609) 844 - 7089

**Tree Lighting at Town Hall**  
December 8, 2022  
6:00 PM to 8:00 PM

Tai-Chi and Yoga will resume 2nd week in January. Payment will be accepted starting in January, no earlier.

# Announcements / News

## Municipal Building Closing

The Municipal Offices will be closed in observance of Christmas. Recycling on December 26th is cancelled, the make-up day is December 31st.

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## Tax Payment Notice

Please be advised that the last day to pay your property taxes and sewer payments using our on-line payment feature will be December 9th. The system will be unavailable until mid-January 2023.

## Tax Collector 609-844-7041

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## Leaf Collection

The Lawrence Township Public Works Department began leaf collection November 1 and will continue through December 31. The Township will assign (1) one leaf collection crew to each brush zone for approximately eight weeks of collection. Each crew will continue to collect leaves in your zone on a "street by street" basis through December 31, 2022. Residents can expect three (3) collections during this period.

**Public Works:** 609-587-1894

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# **Improving Communications with the Community**

**A seemingly very long time ago, the days before the world health pandemic called Covid-19, the members of our governing body and I had discussions about making a more substantial effort to improve communications with the community and better support our local businesses. Operating our municipal government in a fiscally conservative manner (i.e., with departments appropriately staffed - but not overstaffed, and maintaining the services we provide at a level acceptable to a reasonable person standard - but not more), the concept of improving and delivering something new and more to the residential and business community translated into a commitment beyond using what we had and making it better; a thought process that has and will be the first consideration.**

**Over the past several years, advancing this plan was “tabled” for budgetary reasons to minimize tax increases and maintain the good services we provide to our residents and business. Also, and just as important, we had not found the “right person” for a position that would be unique to our municipal operations and advance our effectiveness as a municipal government serving its community.**

**About a year ago, a young man responded to our advertisement for a position within our recreation department. Nancy Bergen (Superintendent of Recreation) reviewed his resume, was intrigued by his qualifications and interviewed him. Nancy came to my office after the interview and recommended that I meet with him because her sense was he may be perfect for the long-unfilled position we called “Community Aide.” She told me she was impressed with him and his ideas and skillset and believed the Township might be better served with him in this role as opposed to working in her department. So I met with Craig Dinwoodie, and I agreed. It was one of those times as a manager when having an “open door policy,” creating an environment of trust and a sense of “team” to empower your staff, paid off and continues to daily. Well done, Nancy!**

**Craig was hired about eleven months ago and has worked to define his role within our municipal operations and community in a manner consistent with the vision of our elected officials. Whether it is improving the delivery of information to the community in the digital landscape of social media, creating the monthly “Senior Connect” for the elderly, being the first point of contact for businesses (new and existing) to assist in their interactions with various municipal departments and the community, or working with Township committees to advance their missions, he finds himself in the mix in a lot good and positive ways.**

**The “Community Aide” is an evolving position within our municipal operations, making it unique to it as well. Here is a link to the Community Aide page on our website for a closer look: <https://www.lawrencetwp.com/directory/CommunityAide>. If you are curious about how the Community Aide may be of assistance to you, don’t hesitate to give him a call and find out. His email is [cdinwoodie@lawrencetwp.com](mailto:cdinwoodie@lawrencetwp.com), and his telephone number is 609.844.7074.**

**- Lawrence Township Municipal Manager, Kevin Nerwinski**



# 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/](https://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](#).

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



Lawrence Twp. Police Department in  
partnership with F.O.P Lodge #209  
is presenting:



# FOOD DRIVE and "Coffee with a Cop"



Join us for coffee or tea and  
help support Homefront, Inc.

**12-10-22**  
**9am-11am**

*Cafe du Pain*

2495 Us Highway 1 Ste 12,  
Lawrenceville, NJ 08648Y

We are especially asking for canned vegetables, canned proteins, breakfast items, peanut butter, rice, shelf stable milk and microwavable meals. All items, however, are

welcome!





JOIN US FOR A FREE  
TUBA CONCERT

# TUBA CHRISTMAS

DECEMBER 3RD  
2PM

MARKETFAIR MALL  
3535 US ROUTE 1  
PRINCETON NJ

Sponsored by the  
Lawrence Community Band

[https://www.facebook.com/  
lawrencecommunityband/](https://www.facebook.com/lawrencecommunityband/)



# SOUNDS OF THE SEASON CONCERT



**FREE ADMISSION**

ENJOY HOLIDAY MUSIC AND AN  
OLD FASHIONED SING A LONG



**December 15th, 7 pm**  
**Lawrence Senior Center**  
**30 Darrah Lane East**












LAWRENCE COMMUNITY BAND  
[WWW.FACEBOOK.COM/LAWRENCECOMMUNITYBAND/](http://WWW.FACEBOOK.COM/LAWRENCECOMMUNITYBAND/)





## ATTENTION LAWRENCE TOWNSHIP RESIDENTS

### 2022 LEAF COLLECTION PROGRAM

-  Leaf collection will begin on November 1, 2022.
-  Residents will continue to place loose leaves at the curb for collection.
-  The Township will assign (1) one leaf collection crew to each brush zone for approximately eight weeks of collection. Each crew will continue to collect leaves in your zone on a “street by street” basis through December 31, 2022. Residents can expect three (3) collections during this period.
-  During the months of November and December, **BRUSH COLLECTION WILL BE SUSPENDED. DO NOT PLACE BRUSH AT CURB FOR PICK-UP.**
-  Leaves shall be placed ten feet from any storm drains.
-  The revised procedures have been implemented to adhere with the new Municipal Stormwater Regulations. This program is intended to give residents a more efficient leaf removal while protecting the environment.
-  Leaves shall be placed in an area of the street or road edge not greater than four feet (4') from the edge of the pavement. There is no restriction on the pile length for leaf collection.
-  October is the last month for collecting yard waste until January 2023.
-  Please contact the Public Works Department at (609) 587-1894 for any questions





# 2022 Fall Photo Contest

**Lawrence** • Mercer County, NJ

*Where nature smiles for 22 miles*

[www.lawrencetwp.com](http://www.lawrencetwp.com)

**2022 Fall Photo Contest** - Lawrence Township announces its first annual Fall photo contest!

Submit your best and most beautiful photos of autumnal Lawrence Township to [newsletter@lawrencetwp.com](mailto:newsletter@lawrencetwp.com) by November 5th!

The community will vote on the winners, and the first place photograph will be the cover of the 2023 Municipal Calendar! **To submit:** please include only one photo, the photographer's full name, and the location of the photo!

# 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!

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LAWRENCE TOWNSHIP

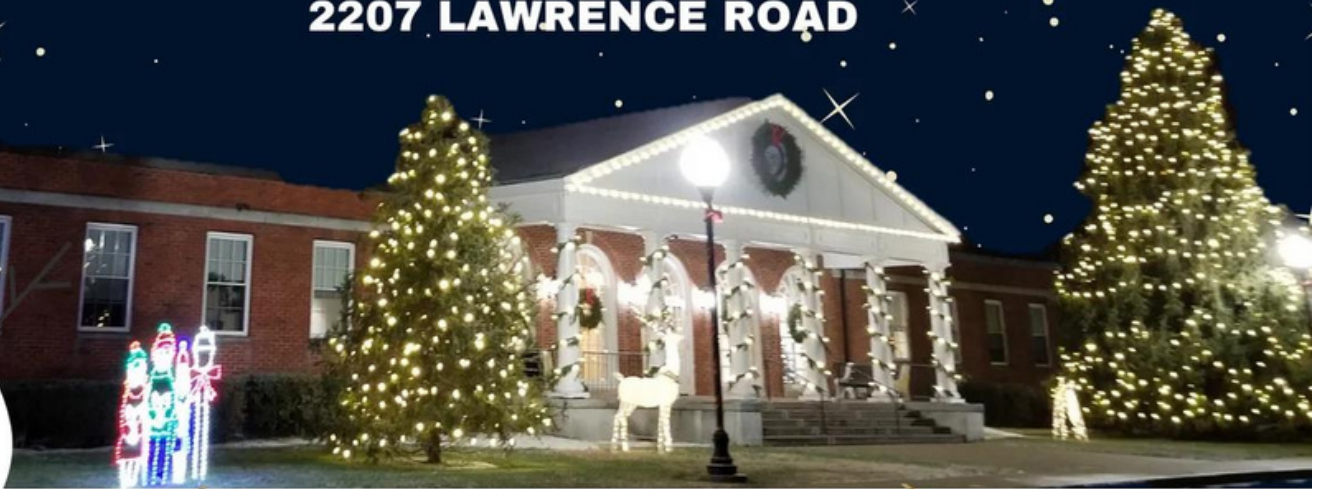
DECK THE  TOWN HALL

TREE LIGHTING & MORE

THURSDAY | 12-08-2022

6PM-8PM

LAWRENCE TOWNSHIP MUNICIPAL BUILDING  
2207 LAWRENCE ROAD



Featuring

Children's Goodie Bags

Children's Crafts (while supplies last)

Free Hot Chocolate & Cookies (while supplies last)

Giant walk thru snow globe & children's train ride

Starting @ 6:30pm

Santa Clause arrival ★ Tree Lighting

Madrigal performance by LHS



ALL ABOARD THE

# Jolly Trolley

FRIDAY, DECEMBER 16TH

EXPERIENCE THE HOLIDAY LIGHTS OF LAWRENCE HOMES IN STYLE ON A 45 MINUTE VICTORIAN STYLE TROLLEY RIDE. COZY UP WITH FRIENDS AND FAMILY, WHILE ENJOYING HOT CHOCOLATE AND SINGING ALONG TO SEASONAL FAVORITES. TROLLEYS WILL BE LEAVING TOWN HALL PROMPTLY AT DEPARTURE TIME



SESSION I: 5PM

SESSION II: 6PM

SESSION III: 7PM

\$10 PER PERSON



2 & UNDER FREE (LAP SEAT ONLY)

# ADULT FITNESS BOOTCAMP

JOIN US FOR FUN & FITNESS!

Wednesdays - 1/4, 1/11, 1/18, 1/25

Purchase individual classes  
or a 4PACK!

6:00pm to 6:45pm

Slackwood Elementary  
School Gymnasium

Strengthen your core ● Build muscle ● Elevate your heart rate ● Torch calories

RAN BY A CERTIFIED ASFA &  
KICKBOXING INSTRUCTOR



Adult Fitness Bootcamp is an excellent and fun fitness programs designed to elevate your heart rate, and to build up and strengthen one's core. This is your chance to have fun and meet new people who love to kick start their fitness with a group! The group fitness instructor designs several stations of exercises targeting a group of muscles in each station. Guaranteed to torch calories, incinerate fat and build new muscles overtime. Some example station are: battle ropes, weights and band movements, jump ropes and more!

Recreation 609-844-7067





Township of Lawrence, NJ

Published by CW Lawrence · 4d · 🌐



The Lawrence Township Police Department has joined many surrounding communities in partnering with RING - Neighbors.

Help the LTPD keep our community safe by registering your RING camera.

Please feel free to email Chief Longo @ [clongo@lawrencetwp.com](mailto:clongo@lawrencetwp.com) with any questions.



[NEIGHBORS.RING.COM](https://NEIGHBORS.RING.COM)

### The Lawrence Township Police Department has joined Neighbors!

Hello Lawrence Township community! Lawrence Township Police is excited to join Neighbors i...

[See insights and ads](#)

[Boost post](#)

Like

Comment

Share



Write a comment...



Press Enter to post.



Township of Lawrence, NJ

Published by CW Lawrence · November 1 at 11:17 AM · 🌐



Congratulations on your new location, [Meatheadz Cheesesteaks!](#) 😊

Today Council Members Jim Kownacki and Christopher Bobbitt and members of the Growth and Redevelopment Committee celebrated their grand re-opening in the Lawrence Shopping Center!

[#shoplawrence](#) [#lawrencebusinesses](#)



[See insights and ads](#)

[Boost post](#)



**Public Health**  
Prevent. Promote. Protect.

Lawrence Township Health Department

  
**QUAKER BRIDGE MALL**  
A SIMON MALL

# COVID-19 VACCINE CLINIC AT QUAKERBRIDGE MALL

Friday December 2, 2022 5PM-6:30PM

**MODERNA (18+) & PFIZER (12+) AVAILABLE!**

PLEASE BE SURE TO BRING  
YOUR VACCINATION CARD.



**FREE, NO INSURANCE, &  
WALK-UPS WELCOME!**

**Quakerbridge Mall  
3320 US-1  
Lawrence, NJ 0864**

**Clinic located on the first level near escalators.**

# Mercer County Nutrition Program for Older Adults

MEALS 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 and Transportation offered to Lawrence Residents 60 years or older

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

Please Call **Millie Booth** at (609) 883-8085 or  
Mercer County Nutrition (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 13<sup>TH</sup>**

**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

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



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](http://WWW.MCIANJ.ORG)

FOLLOW US AT  
[FACEBOOK.COM/MCIANJ](http://FACEBOOK.COM/MCIANJ)

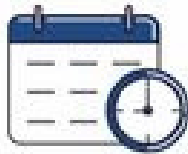


Public Health  
Prevent. Promote. Protect.

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**





## ***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



# VOLUNTEERS NEEDED!

## Legionella Home Water Testing For Trenton Water Works Customers

### What is needed:

The NJ Department of Health (NJDOH) is **seeking 30 volunteers** to participate in home water sampling for *Legionella*, the bacteria that causes Legionnaires' disease (lung infection).

### Who can participate:

Homeowners who live in **Ewing, Trenton, Lawrence, and Hopewell** and receive water from **Trenton Water Works (TWW)**. The home must have its own **water heater** that is not shared with other units. People who rent are not eligible to participate.

### Why should I participate:

The NJ Department of Health is expanding *Legionella* testing to better understand home water systems served by TWW. Based on your results, you will receive personalized recommendations for maintaining your home water system. **There is no cost to the homeowner to participate.**

### How can I sign up:

Visit our weblink at [bit.ly/3D27n3Z](https://bit.ly/3D27n3Z) or scan our **QR code**. You will be contacted if you are selected to participate.



# 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](http://alz.org/10ways) to learn more.

alzheimer's  association<sup>®</sup>

THE BRAINS BEHIND SAVING YOURS:

**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](https://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	<b>NO</b>	With a prepaid debit card	<b>NO</b>
Email	<b>NO</b>	With a money transfer	<b>NO</b>
Mail	<b>YES</b>	Won't require a specific type of payment	<b>YES</b>

### 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](mailto:cdinwoodie@lawrencetwp.com)