



SENIOR CONNECT

FEBRUARY 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.





Township of Lawrence, NJ

Published by CW Lawrence · January 18 at 3:31 PM ·



Meet Lawrence Township's newest Councilmember, Ms. Catherin "Catie" MacDuff, Esq.! Sworn in by Assemblyman Anthony Verrelli at last night's council meeting, she will be finishing the remainder of Councilmember Cathleen Lewis's term. We're excited to see the positive impact she'll make in our community. Welcome, Catie! Stay tuned next week for a short introductory video from our newest Councilmember.



Boards and Committees: February

February 2023

Expand All

Subscribe

Calendar

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

Senior Center Calendar - February 2023

February 2023

Lawrence Township Office on Aging
Senior Center Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	2 EXERCISE 9-10 AM HULA DANCE - 10:15 AM RUMMIKUB - 1:00	3 YOGA - 9:00 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM WEAR RED DAY BINGO - 1:00 - 3:00 PM 10 YOGA - 9:00 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM BINGO - 1:00 - 3:00 PM Poetry at Library 1:00 to 3:00	4 Wear red to raise awareness on heart disease.
5	6 EXERCISE 9-10 AM GAME TIME 9:30 - 11:15 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00 Pinoche 1:00 PM	7 CLUB #1 - 10:00 AM DUPLICATE BRIDGE - 9:30 SCULPTURE CLASS 1:00 PM AARP TAX By Appointment Mah-Jongg 1:00 to 3:00 HEALTHY BONES GROUP 2:00 PM to 3:30 PM	8 CLUB #2 - 10:00 AM DUPLICATE BRIDGE - 9:30 AARP TAX By Appointment Mah-Jongg 1:00 to 3:00 HEALTHY BONES GROUP 2:00 PM to 3:30 PM	9 EXERCISE 9-10 AM HULA DANCE - 10:15 AM RUMMIKUB - 1:00 PEOPLE & STORIES 1:30 PM	11	
12	13 CENTER CLOSED Lincoln's Birthday	14 CLUB #2 - 10:00 AM DUPLICATE BRIDGE - 9:30 AARP TAX By Appointment Mah-Jongg 1:00 to 3:00 HEALTHY BONES GROUP 2:00 PM to 3:30 PM	15 LINE DANCE 9:30 AM Nutrition Talk On Consumer Affairs 10:30 AM Valentines Day Social 1:30 PM to 3:30 PM Music by Unforgettable BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	16 EXERCISE 9-10 AM HULA DANCE - 10:15 AM RUMMIKUB Lessons - 1:00 PEOPLE & STORIES 1:30 PM	17 YOGA - 9:00 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM BINGO - 1:00 - 3:00 PM	18
19	20 CENTER CLOSED HAPPY * PRESIDENTS DAY	21 CLUB #1 - 10:00 AM DUPLICATE BRIDGE - 9:30 AARP TAX By Appointment SCULPTURE CLASS 1:00 PM Mah-Jongg 1:00 to 3:00 HEALTHY BONES GROUP 2:00 PM to 3:30 PM	22 LINE DANCE 9:30 AM Visit by George Washington 10:15 AM 11:15 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	23 EXERCISE 9-10 AM HULA DANCE - 10:15 AM RUMMIKUB Lessons - 1:00 Black History Social 1:30 to 3:30 PEOPLE & STORIES 1:30 PM	24 YOGA - 9:00 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM BINGO - 1:00 - 3:00 PM	25
26	27 EXERCISE 9-10 AM GAME TIME 9:30 - 11:15 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00 Pinoche 1:00 PM	28 CLUB #2 - 10:00 AM DUPLICATE BRIDGE - 9:30 AARP TAX By Appointment SCULPTURE CLASS 1:00 PM Mah-Jongg 1:00 to 3:00 HEALTHY BONES GROUP 2:00 PM to 3:30 PM	29 CLUB #2 - 10:00 AM DUPLICATE BRIDGE - 9:30 AARP TAX By Appointment SCULPTURE CLASS 1:00 PM Mah-Jongg 1:00 to 3:00 HEALTHY BONES GROUP 2:00 PM to 3:30 PM	30	31	32

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, Director
llasalle@lawrencetwp.com
Tatum Harbach, Recreation Leader
tharbach@lawrencetwp.com

TRANSPORTATION SERVICES
Senior Van available weekdays
between 8:45 AM - 2:30 PM. By
Appointment only - Must call 48
hours in advance

REGISTRATION

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

POLICY

Social Distancing Will Be Followed.
Temperature Checks at Door. Mask
STRONGLY Encouraged. If You Have
Symptoms, PLEASE STAY HOME!

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

AARP Safe Driving
course - March
30th, 2023
Sign up by
calling/visiting
Senior Center

People & Stories -
Short Story Reading and
Discussion Group
zoom series starting
every thursday from
2/9 to 3/30 at 1:30 PM

CARD GAMES:
Call the Office first to make
sure there is a group ready
to play. (609) 844-7048
Sign up for mah-jongg
lessons

Announcements / News

Municipal Building Closing

The Municipal Offices will be closed in observance of Lincoln's Birthday on February 13, and President's Day on February 20.

Covid Booster Clinic

There will be a Covid Booster Clinic at the Lawrence Township Community Center (295 Eggert Crossing Rd), on Feb 2 and Feb 16 from 1:00 PM to 3:30 PM.

1st Quarter Taxes Due

Reminder - 2023 first quarter taxes are due on February 1 and must be received in the Tax Collector's Office by 4:30 p.m. on February 10, 2023 to avoid any penalties.

Extended Road Closure

Beginning January 4, 2023 Texas Avenue, from Johnson Road to the Texas Avenue of the Lawrence Shopping Center, will be closed for infrastructure upgrades. Detours from both directions are in place.

A story about the budget process and the Lawrence Township community.....

Who is interested in a short story about the municipal budget process for Lawrence Township? Hmmm, well, I am going to proceed as if there are more than a few that are curious enough to read this article with the hope of being more informed on a topic that is generally a mystery to most. Before we begin, the NJ Municipal Budget Law and the books written in an attempt to interpret it are much more extensive and include much more details than the conversational description that follows. Please proceed with the knowledge that I intend to avoid the weeds....!

First things first: a budget is the funding tool for the various operations of the municipal government and the delivery of services to the community. In addition, it lays out the capital program for the maintenance and expansion of the town's infrastructure, equipment, and buildings. In our form of government (Council-Manager), the Municipal Manager is responsible for preparing the municipal budget, and the governing body (Council Members) is responsible for reviewing, considering, and adopting the budget by their majority vote at an open public meeting. By doing it this way, there is a check and balance system where the elected officials act on behalf of the taxpayers in an open and transparent process to ensure that their money is used responsibly to provide the essential services the community expects and deserves. Adopting a budget is the most critical function of the governing body.

Our "budget season" starts in October of the preceding budget year when the Chief Financial Officer (CFO) (Peter Kiriakatis) directs the various department heads of the municipal government (i.e., Public Works, Police, Fire/EMT, Recreation, Health, Finance, Construction, Court, etc.) to prepare their budgets. It requires them to determine what they need to deliver the services their department provides to the community and how much it will cost. It also requires them to forecast for anticipated and unanticipated future challenges and set a course to improve and enhance the services over time. Once the departmental budgets are received, they meet with the CFO to make changes, if necessary, to better conform with the overall budget strategy created through the collaboration of the CFO and the Municipal Manager.

The Municipal Manager and the CFO often can determine early in any given year the financial challenges they must address in the next budget year. For example, this past year, we are all aware of the economic fallout from the world health pandemic, with shortages across many industries that have led to inflation and higher costs in all areas of our lives (i.e., energy, fuel, insurance, etc., etc., etc.). You need to know that the higher cost of living you are dealing with in managing your household finances is the same challenge that municipal governments face when preparing a budget to deliver services to the community in the coming year....

.... The only difference is that a municipal government must, by law, prepare and adopt a budget that can only spend (appropriations) the same amount it expects to receive in revenue or through taxation. It is called a balanced budget, and unanticipated costs that arise during any given year are always problematic. Preparing a thoughtful and responsible budget is crucial for a town's financial strength.

After the department heads complete their budgets, the CFO and Municipal Manager have broader budget discussions and make decisions that result in the preparation of a "recommended budget" presented to the governing body formally at a council meeting. The CFO and Municipal Manager intend for the recommended budget to reflect and be consistent with the policies the governing body has established and directed them to achieve yearly. The "recommended budget" was presented to the council members on January 17, 2023, with a presentation by the CFO providing a broad overview. It is available on our website for those that are interested.

In February, the department heads will appear at council meetings (open to the public) and present a summary of their budget to the governing body and answer questions. Also, during this period, the council members will review the recommended budget line by line and often have questions or provide comments to the Municipal Manager in anticipation of the formal "Introduction of the Budget" scheduled to occur in the first meeting of March 2023. The budget presented in the "Introduction" often differs from the "recommended" budget after the governing body provides its input and direction for a budget it would accept and adopt. But that's not all! At the public hearing on the adoption of the budget, the public will have an opportunity to comment and let their opinions and concerns be known to the council members before they vote. We anticipate the public hearing and adoption of the budget will take place on April 18, 2023.

Before the "Introduction of the Municipal Budget" in March, I will be preparing a "Budget Message" that I will share with the community to provide explanations, reasons, and financial numbers that support the budget offered for adoption.

-- Kevin Nerwinski, Municipal Manager's Blog



Lawrence Township NJ Police Department

3h · 🌐



🔔🔔 ANNOUNCEMENT!! 🗣️🗣️ Chief Longo would like to introduce to the community, several new police officers who have been hired by the Lawrence Township Police Department.

Officer Stephen Sikora graduated from the Mercer County Police Academy on Friday, January 27, 2023 after twenty-one weeks of intense physical and academic training. Officer Sikora had previously been employed by the New Jersey State Department of Corrections.

Officer Brian Steigler came to the Lawrence To... See more



👍❤️ 168

46 comments 5 shares



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](#).

We have a new E-Newsletter

Please visit our website to sign up:

<https://www.lawrencetwp.com>

Latest  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



LAWRENCE RECREATION
VALENTINE'S DAY

Candle Light Walk
& Food Trucks

COLONIAL LAKE PARK
FRIDAY, FEBRUARY 10
6:00PM-8:00PM

COVID-19 VACCINES ARE ON GOING!



THURSDAY

February 2, 2023

February 16, 2023

1PM-3:30PM

295 Eggert Crossing Rd

Lawrence, NJ 08648

**ELIGIBLE FOR THE
UPDATED BOOSTER
SHOT?**

**GET YOUR VACCINE AT
THE LAWRENCE
COMMUNITY CENTER!**

**Free, no ID necessary, and no
insurance required.
Moderna (18+) & Pfizer (12+)
only available.**



Public Health
Prevent. Promote. Protect.

Lawrence Township Health Department

Walk-ins welcome, appointments encouraged.

Call for appointment:

(609) 844-7089

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

Lawrence Township Office On Aging

TAI-CHI

At Lawrence Community Center

295 Eggerts Crossing Road

Lawrenceville, NJ 08648

Instructor: Glenn Swann

10:30- 11:30 AM

8 Week Session: \$24

Class Dates: January 9th, January 23rd,
January 30th, February 6th, February 27th,
March 6th, March 13th, March 20th

**No Class on January 16th, February 13th or February
20th**

To Pre-Register or For More Information

Call (609) 844-7048 or Visit the Senior Center

30 E. Darrah Lane

Lawrenceville, NJ 08648



YOGA CLASS



LAWRENCE
TOWNSHIP
SENIOR CENTER

60 YEARS +



Friday's – 9:00 AM to 10:00
AM

\$24 Flat Fee

7 week session

Classes will be held at Lawrence
Community Center

295 Eggert's Crossing Road

Instructor

Cheri Dzubak

Class Dates:

January 13th, January 20th,
February 3rd, February 10th,
February 17th, February 24th,
March 3rd

No class: January 27th

Registration Required

Call the Senior Center at (609) 844 -7048 to Register

2023 Citizen of the Year Awards

THE 2023 LAWRENCE TOWNSHIP CITIZEN OF THE YEAR AWARDS

Let's celebrate the people who make our
community special!

2022 WINNERS



SUBMIT YOUR NOMINATIONS
BY APRIL 1, 2023



Nominate someone through the link below!

<https://docs.google.com/forms/d/e/1FAIpQLSdvYNCWFGM9rU-VacEjJUovCAuUiBRRjsoaBb8PcKMm54pKbQ/viewform>

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



Lawrence Township Office on Aging/Senior Center



9:30-11:35 AM Mondays & Fridays

in the Game Room

Scrabble

Monopoly

Trouble

Checkers

Yahtzee



Rummikub

Dominoes

Cards

Backgammon



Come out for some old-fashioned fun!

PLEASE NOTE: Games are also available at any time at your request, just ask senior center staff for assistance!

Lawrence Township Office on Aging

Line Dance

Wednesday's with James Ellis – 9:30 AM

Friday's with Rose Majofsky – 9:30 AM

Class size
limited

Lawrence Township
Senior Only 60
years and older

Visit or call
(609) 844-7048
the senior center to
register



DUPLICATE BRIDGE



Lawrence Township Senior Center
30 E. Darrah Lane
Lawrence, NJ 08648

TUESDAYS
9:00 AM

Come out and play Duplicate Bridge at the
Lawrence Senior Center.

Organized by Stu Augustin

Call the center at **(609) 844- 7048** to register.



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

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

FOLLOW US AT
FACEBOOK.COM/MCIANJ

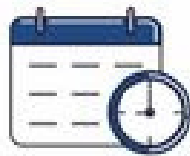


Public Health
Prevent. Promote. Protect.

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**

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



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 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 to learn more.

alzheimer's  association®

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.

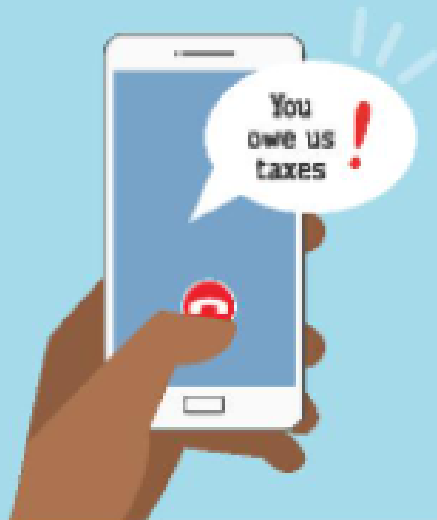
For more information about the Veterans Crisis Line, visit [VeteransCrisisLine.net](https://www.veteranscrisisline.net)

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



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."

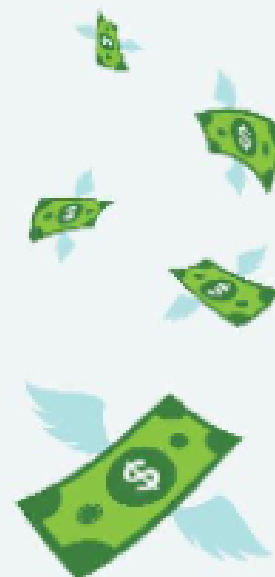
 "You better pay now or you'll be arrested."

 "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