

SENIOR CONNECT

JANUARY 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.



HAPPY NEW YEAR

2023

from
Lawrence Township

Boards and Committees: January

January 2023

Expand All

Subscribe

Calendar

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

Senior Center Calendar - January 2022



Lawrence Township Office on Aging Senior Center Activity Calendar

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 CENTER CLOSED 	3 CLUB # 1- 10:00 AM DUPLICATE BRIDGE - 9:00 SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	4 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	5 EXERCISE 9-10 AM HULA DANCE -10:15 AM	6 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM BINGO - 1:00 - 3:00 PM	7	
8	9 EXERCISE 9-10 AM GAME TIME 9:30 - 11:15 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALIERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	10 CLUB # 2- 10:00 AM DUPLICATE BRIDGE - 9:00 SCULPTURE CLASS 1:00 PM Mah-Jongg 1:00 to 3:00 HEALTHY BONES GROUP 2:00 PM to 3:30 PM	11 LINE DANCE 9:30 AM EXECUTIVE COMMITTEE MEETING AT 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	12 EXERCISE 9-10 AM HULA DANCE -10:15 AM	13 YOGA - 9:00 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM BINGO - 1:00 - 3:00 PM Poetry 1:00 - 3:00	14	
15	16 CENTER CLOSED 	17 CLUB # 1- 10:00 AM DUPLICATE BRIDGE - 9:00 SCULPTURE CLASS 1:00 PM Mah-Jongg 1:00 to 3:00 HEALTHY BONES GROUP 2:00 PM to 3:30 PM	18 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	19 EXERCISE 9-10 AM HULA DANCE -10:15 AM	20 YOGA - 9:00 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM BINGO - 1:00 - 3:00 PM	21	
22	23 EXERCISE 9-10 AM GAME TIME 9:30 - 11:15 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALIERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	24 CLUB # 2- 10:00 AM DUPLICATE BRIDGE - 9:00 SCULPTURE CLASS 1:00 PM Mah-Jongg 1:00 to 3:00 HEALTHY BONES GROUP 2:00 PM to 3:30 PM	25 LINE DANCE 9:30 AM LUNCH Nutritionist Talk 10:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	26 EXERCISE 9-10 AM HULA DANCE -10:15 AM	27 YOGA - 9:00 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM BINGO - 1:00 - 3:00 PM	28	
29	30 EXERCISE 9-10 AM GAME TIME 9:30 - 11:15 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALIERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	31 Craft with Tatum 10:00 AM - 12:00 PM DUPLICATE BRIDGE - 9:00 SCULPTURE CLASS 1:00 PM Mah-Jongg 1:00 to 3:00 HEALTHY BONES GROUP 2:00 PM to 3:30 PM	<p>Registration open for Tai-Chi and Yoga Classes \$24 for sessions Cash and check payments only. Thank you. Held at Lawrence Community Center. 295 Eggerts Crossing Road</p> <p>GAMES ARE BACK! Every Monday & Friday from 9:30 AM to 11:15 AM the game room is available. Scrabble, Monopoly, Checkers, Yahtzee, Rumikub, Dominos, Cards and Backgammon, etc.</p> <p>Sign Up for Rumikub Lessons at the center. Starting Thursday January 19th!</p>				

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 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 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

Announcements / News

Municipal Building Closing

On January 2nd, the Municipal Offices will be closed in observance of New Years.

Trash is Rescheduled

Trash will be collected on Saturday, December 31 as a make-up collection for Monday, January 2nd.

Municipal Calendars

Municipal Calendars are available to be picked up at the Municipal Building, Police Station, and Library.

Grant Funding

Governor Phil Murphy today announced critical funding to expand access to safe transportation and enhance areas around public transit facilities across the state. The awards total more than \$24 million across three programs as part of Governor Murphy's Fiscal Year 2023 budget. Lawrence Township will be receiving \$802,000 as one of 17 municipalities with programs funded through the Local Bikeway Program, which will provide \$8.4 million to promote bicycling as an alternate mode of transportation.

The Department of Environmental Protection is awarding \$9.95 million in grants to local government agencies, nonprofit groups, universities, and others to fund projects that will improve water quality and reduce the impacts of nonpoint source pollution from stormwater on publicly accessible lakes throughout New Jersey, Commissioner Shawn M. LaTourette announced today. This program includes a project in Lawrence Township (Mercer County): \$316,800. A multilayer approach will be used to improve Colonial Lake water quality through hydro-raking, removing impervious surfaces (an asphalt parking lot) and installing a living shoreline.

The process before the process -- a story about land development applications

As I look back on 2022, I can definitively say that land developers and business owners are actively looking to recover from lost time and money since the beginning of the world health pandemic, Covid-19. I come to this conclusion based on my seat as the Municipal Manager for the

Township of Lawrence. From early 2020 to early 2022, one aspect of my job decreased dramatically, and Covid-19 filled the void with new and different challenges. But the winds of change are upon us again, with developers and business owners acting with a sense of confidence in the future. Whether we like it or not, Lawrence Township remains an appealing option to those seeking to invest their time, effort, and money in their business pursuits. To some, that's a good thing, and to those who view new and different things negatively, it isn't.

What aspect of my job "decreased dramatically," you ask? The answer is, meeting with property owners, developers, and their professionals as they "pitch" their idea for a new "this or that" in our community. Judging by comments on the various social media sites, at public meetings, or to me directly while I am at and about in town, there seems to be a lack of understanding about the development process and the local government's involvement in it. So, I thought I would take a stab at giving a broad and general description of what typically happens before land developers submit applications to the Zoning Board or Planning Board (with board members from each appointed by our elected governing body "council members").

Before a property owner or developer commits their time and money to a given project, more often than not, they will reach out to a local official (i.e., Mayor, Municipal Manager, or Zoning Officer) and request a meeting to get a sense of whether their idea would be received positively or not in the community. Usually, they have prepared concept plans and offer a general description of their vision.

Jim Parvesse (Municipal Engineer/Zoning Officer) and I take these meetings because, in our form of government (Council-Manager), the elected officials are part-time, and the Mayor's role is limited beyond the governing body's collective and significant legislative power. We differ from Hamilton, Ewing, Trenton, Princeton, and others because voters do not elect our Mayor directly, and the Mayor is not a full-time position. Instead, the elected council members select the Mayor (by a majority vote) to serve a two-year term. In addition, those same elected officials appoint the Municipal Manager to a full-time position to oversee the day-to-day operations of the municipal government, much like a Chief Executive Officer in a private corporation. As a result, it falls on the Municipal Manager and staff to take these meetings. They are called "courtesy meetings" and are not required by law. However, it is a good practice for the town and the developer to meet to discuss potential projects because it is often where bad ideas die or potentially good ideas are improved before the developer submits an application for consideration by the planning or zoning board. There is no science to these meetings nor polls conducted in the community. We provide some honest and, at times, critical feedback that may guide the next steps taken.

Importantly, the township does not seek out land development within its borders; it is not a function of our government. What we (i.e., elected and appointed officials of our town) do is less direct. We work hard to make our community a desirable place to live, work and play and let the economics take care of the rest. We are not "Big City USA" and don't have an economic development department in our municipal operations. So, when developers call to meet with us, it is not a return call. They initiate it, and as a responsible government, we take the call and take the meeting no matter what. But here is the critical part, no decisions or agreements are EVER made between developers and municipal officials behind closed doors. It doesn't happen here. Neither myself nor our engineer (Mayor or council members) has the legal authority to approve or deny development applications. The development process is an open, public process that occurs at the Planning Board or the Zoning Board upon proper notice to the public, where all can participate and express an opinion before the appointed members vote to approve or deny applications based upon the facts and the law which they have taken an oath to abide.

And, here is the kicker, even if Jim or I (or the Mayor or Council Members) hate the development project for whatever reason (i.e., it's too big, too loud, too much traffic, or we "don't need another one of those," etc.), the developer has the legal right to move forward and make the application before the Zoning Board or Planning Board (which I am a voting member of) for consideration. When that happens, the community tends more often than not to support our negative feeling about the project, and they come out in droves to express their opinions. Also, it is common for us to meet several times with the same developer of a proposed project who works with us to implement the improvements we express are needed before they file their application. Those are received better by the boards and the community because they are scaled-down and have the elements we value as a community. And sometimes, a project that we think is excellent for the community is met with strong opposition (usually by those living near the site). The board members earn their keep at those times by approving or rejecting the application. In the end, however, all should rest assured that we always follow the lawful process before development occurs in our community.

-Kevin Nerwinski, Lawrence Township Municipal Manager



EMERGENCY ALERTS



Sign up for Nixle alerts for Lawrence Township.

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

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

Receive alerts for

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

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

*Required

* Email: 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

CHRISTMAS TREE COLLECTON



The Department of Public Works will be collecting Christmas trees starting in January. The zone collection schedule will be followed. Residents should place their trees at the curb on their designated zone collection week.

Trees must be free of lights, ornaments, decorations, tinsel, garland, wires, nails and tree stands.

Trees must not be placed in bags.

Flocked and artificial trees are not acceptable thru municipal collection.

Residents may also bring their Christmas trees to the Ecological Facility located at 3701 Princeton Pike. Regulations stated above apply.

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 Health Department



Public Health
Prevent, Promote, Protect.



Lawrence
COMMUNITY CENTER



COVID-19 Booster Clinics

Lawrence Community Center

295 Eggert Crossing Rd Lawrence, NJ 08648
in the gym at the back of the community center.

12PM-4PM



Walk-ins welcome, appointments encouraged.
Call for appointment: **609-844-7089**

**FREE! NO INSURANCE
OR ID REQUIRED.**

Moderna (18+), &
Pfizer (12+) available.



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

Holidays at the Municipal Building!



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





Choraleers

**Join the Lawrence Senior Center
choir group.**

Instructor: Nancy Chordas

Every Monday 1:00-2:00 PM

**Lawrence Township residents only - 60 years
and older**



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.

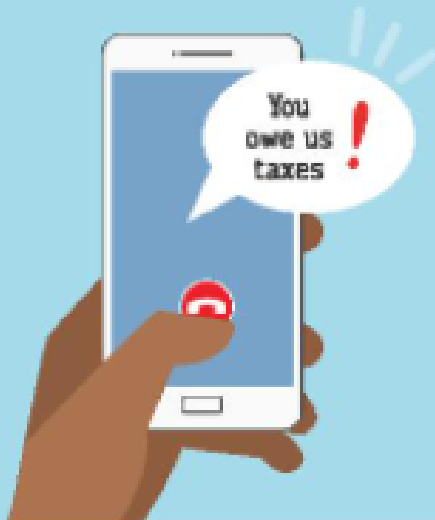
For more information about the Veterans Crisis Line, visit [VeteransCrisisLine.net](https://www.veteranscrisisline.net)

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