

SENIOR CONNECT

JULY 2022



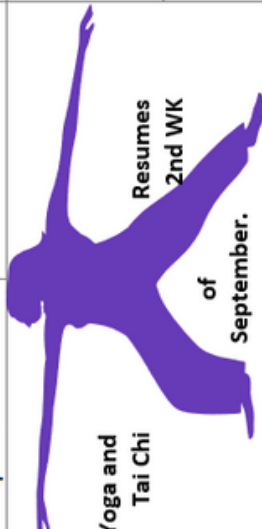
Hello Everyone!

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

Our goal is to connect people in our community. If you know a senior in Lawrence Township that would like the newsletter, print this out for them and deliver it with a friendly smile!



Senior Center Calendar - July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	REGISTRATION
3	4	5	6	7	8	9	POLICY Social Distancing Will Be Followed. Temperature Checks at Door. Mask Recommended When Social Distancing Can Not Be Followed, Particularly if Unvaccinated. If You Have Symptoms, PLEASE STAY
	COMPUTER LAB Available Monday thru Friday 9:30 AM - 12:00 & 1:30 - 4:00 PM For Lawrence Township Older Adults (60+)	CLUB #1 - 10:00 AM COMPUTER LAB 9:30 AM HEALTHY BONES - 1:30 - 3:00	6 LINE DANCE W/9:30 COMPUTER LAB 9:30 AM TCNJ HEALTH PROG. - 12:30 BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	NO EXERCISE COMPUTER LAB 9:30 AM	YOGA 9 - 10 AM LINE DANCE W/ ROSE - 9:30 CALLIGRAPHY - 10:00 AM COMPUTER LAB 9:30 AM BINGO - 1:00 - 3:00	LINE DANCE W/ ROSE - 9:30 CALLIGRAPHY - 10:00 AM COMPUTER LAB 9:30 AM BINGO - 1:00 - 3:00	
10	11	12	13	14	15	16	MEMBER COUNTY ACTIVATION HOT LUNCHEONS Program Resumed Indoors MON. WED. THURS. AND FRIDAY 9:00 AM - Coffee by 10:45 AM - Sign in for meal Pre- Registration Required Please call Millie Booth at (609)883-8085 OR (609)989-6650 Lawrence Township Senior Center, 30 East Darrah Lane, Lawrence Twp. NJ 609-844-7045 Lillian LaSalle, Director llasalle@lawrencetwp.com & Coral Phillips cpPhillips@lawrencetwp.com Office Hours: 8:30 - 4:30 pm
	NO EXERCISE COMPUTER LAB 9:30 AM ACRYLIC ART - 9:30 AM CHORALIERS 1:00 - 2:00 PM	CLUB #2 - 10:00 AM COMPUTER LAB 9:30 AM HEALTHY BONES - 1:30 - 3:00 Sculpture Class 1:00 PM	13 LINE DANCE W/ BILL 9:30 COMPUTER LAB 9:30 AM 10:45: Unclaimed Property/talk TCNJ HEALTH PROG. - 12:30 BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	EXERCISE 9:00 - 10:00 AM COMPUTER LAB 9:30 AM	YOGA 9 - 10 AM LINE DANCE W/ ROSE - 9:30 CALLIGRAPHY - 10:00 AM COMPUTER LAB 9:30 AM BINGO - 1:00 - 3:00	LINE DANCE W/ ROSE - 9:30 CALLIGRAPHY - 10:00 AM COMPUTER LAB 9:30 AM BINGO - 1:00 - 3:00	
17	18	19	20	21	22	23	
	EXERCISE 9:00 - 10:00 @ Senior Center COMPUTER LAB 9:30 AM ACRYLIC ART - 9:30 AM CHORALIERS 1:00 - 2:00 PM	CLUB #1 - 10:00 AM COMPUTER LAB 9:30 AM HEALTHY BONES - 1:30 - 3:00 Sculpture Class 1:00 PM	20 LINE DANCE W/ BILL 9:30 COMPUTER LAB 9:30 AM TCNJ HEALTH PROG. - 12:30 BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	EXERCISE 9:00 - 10:00 AM COMPUTER LAB 9:30 AM	LINE DANCE W/ ROSE - 9:30 CALLIGRAPHY - 10:00 AM COMPUTER LAB 9:30 AM BINGO - 1:00 - 3:00	LINE DANCE W/ ROSE - 9:30 CALLIGRAPHY - 10:00 AM COMPUTER LAB 9:30 AM BINGO - 1:00 - 3:00	
24	25	26	27	28	29	30	
	EXERCISE 9:00 - 10:00 @ Senior Center COMPUTER LAB 9:30 AM ACRYLIC ART - 9:30 AM CHORALIERS 1:00 - 2:00 PM	CLUB #2 - 10:00 AM COMPUTER LAB 9:30 AM HEALTHY BONES - 1:30 - 3:00 Sculpture Class 1:00 PM	27 LINE DANCE W/ BILL 9:30 COMPUTER LAB 9:30 AM TCNJ HEALTH PROG. - 12:30 BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	EXERCISE 9:00 - 10:00 AM COMPUTER LAB 9:30 AM 2:00 PM Beach Party - Social	LINE DANCE W/ ROSE - 9:30 CALLIGRAPHY - 10:00 AM COMPUTER LAB 9:30 AM BINGO - 1:00 - 3:00	LINE DANCE W/ ROSE - 9:30 CALLIGRAPHY - 10:00 AM COMPUTER LAB 9:30 AM BINGO - 1:00 - 3:00	
31	<div style="text-align: center;">  <p>Yoga and Tai Chi Resumes 2nd WK of September.</p> </div>						Student Help High School Students Available this summer For Help with Computers.
Lawrence Senior's PLEASE REGISTER FOR SENIOR CLUBS WHICH MEET ON TUESDAYS 10 AM							
TCNJ Health Education Program Starts Wednesday's at Senior Center in July!							



Lawrence Township Celebrates Pride Month



Happy Pride Month

During Pride Month, the LGBTQ community and its members are celebrated for their contributions to communities across the country, the positive impact they have had on our lives, and their achievements.

- Diversity, Equity, and Inclusion Committee



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](#).



Municipal Manager's Blog

A little look under the hood to see what's going on....

Over the past five-plus years as the Municipal Manager, the one thing that has become crystal clear to me is that significant capital improvement projects progress at a snail's pace, and rightfully so from the perspective of private citizens. The pace is slow for various reasons, but most assuredly because the use of public funds requires compliance with local, state, and federal laws at every stage. Though at times frustrating to navigate through, these laws are a good thing enacted with the best intentions. This may not be readily apparent to some or most of you, but I offer it up to all of you to factor in when trying to wrap your head around why things take so long to complete! Trust me when I tell you that work is happening even if it is not visible from your vantage point.

I thought I would take the time to inform you of the status of some of the projects that we continue to work on behind the scenes:

The Pit Stop

The "Pit Stop" is more formally known as 1175 Lawrence Road. Historically, it was the site of several gasoline service stations, the last being the "Pit Stop." To get you up to speed, I encourage you to check out my April 10, 2019, and July 12, 2021 articles on my blog at LawrenceTownshipNJManagerKPN. Since then, we have completed the demolition of the long-standing and dilapidated building and are now working through the site's Remedial Investigation to determine the extent of environmental contamination. We hope to meet with NJDEP in the coming months to discuss the project and our next steps in applying for additional funding to finalize the site clean-up. The goal is for the site to be certified by the NJDEP to be "clean." We will then take ownership of the property and repurpose it as a passive community park with a gazebo and other aesthetically pleasing elements which are more appropriate for this prominently situated site within our town, turning it from a source of embarrassment to one of pride.

Hero Dog Park

Hero Dog Park will be constructed at the long underused Hamnett Park located on Ohio Avenue. Please refer to my June 1, 2021, and June 17, 2021 blog articles for more background information. We have the park advancing through the design plan phase (as we continue to hunt for grant funding). In addition to two fenced-in areas (one for small and one for large dogs), the plans include a multipurpose walking path around the perimeter, pedestrian-scale lighting, shade structures, landscaping, and other related amenities. We anticipate bidding on the project for construction in the fall of this year.

Brunswick Streetscape

Yeah, this one is taking long! But I am happy to report that we received \$700,000 in funding to install streetscape improvements along Business Route 1 from the Brunswick Circle to Lake Drive. The project is in the final design stage and will include improved sidewalks, high visibility crosswalks, pedestrian-activated beacons, center median street trees, lighting, and other amenities. Please refer to my February 20, 2022, blog article for more details. We anticipate bidding on the project for construction in the fall of this year.

Continued....

Craven Lane Improvements

The Township received an \$80,000 grant for pedestrian safety improvements along Craven Lane between Lawrenceville Elementary School and US Route 206. The project will include sidewalk and intersection improvements, high visibility crosswalks, and a pedestrian-activated beacon at the Johnson Trolley Line crossing. This project is in the design phase, and we plan to bid the project for construction in early 2023. We are also in the running for additional grant funding that may be a gamechanger on this project!

Colonial Lake Park Improvements

The Township received a \$75,000 grant to install a multipurpose path through the recently acquired Sheft Property to complete the trail network around Colonial Lake. This project is in the design and permitting phase, and we plan to bid the project for construction in early 2023. We also intend to improve the recently acquired portion of the park (adjacent to the bowling lane) as a passive park with enhanced parking.

Electric Vehicle Fleet and Infrastructure

The Township received an \$8,000 grant to install a second fleet charging station at the Municipal Complex. We are continuing to expand our fleet of electric cars to pursue our sustainable goals and reduce our GHG emissions. We anticipate installation in the fall of this year.

Cold Soil Road Improvement

The Township is planning improvements to Cold Soil Road this summer that will include a sidewalk connection along the east side of the roadway from US Route 206 to Bergen Street. Back in 2020, the residents in this area petitioned the Township to evaluate the potential for a sidewalk connection. In 2021 the Township applied for and received a \$550,000 grant from NJDOT to improve the roadway and install the sidewalk connections.

LA Fitness

The project is still on hold; however, there is a potential that it could get started this summer. We are hoping to get an update from the ownership later this month. As I have said publicly before, I think the addition of LA Fitness at the Lawrence Shopping Center is a critical piece to continue the resurgence of the center and the surrounding commercial sites along US Route 1. So far, we can all agree that LSC is making a solid comeback with further improvements pledged by the owners. Keep supporting our local businesses!

40 Enterprise Avenue Site

The Township identified this property as an area in need of redevelopment. After completing a preliminary investigation, it was determined that the site contained vacant, sub-standard, dilapidated structures that were unsafe and detrimental to the community's health, safety, and welfare. A redevelopment plan was developed and adopted by the Planning Board and Governing Body. In June of this year, we anticipate an application being heard before the Planning Board to create a 261,000 square foot warehouse with aesthetically pleasing elements that will significantly improve this long-languishing area just within the boundary of the Township next to the City of Trenton. And before you say we don't need more warehouses in our town, I remind you that it doesn't work that way. We don't get to tell private property owners what to do on their land. Please refer to my December 1, 2020, blog article that explains the development process. I also suggest that as long as we all love the convenience of ordering items online and having them delivered to our homes, we will need more warehouses.

- Kevin Nerwinski

Lawrence Township Fireworks

AT RIDER UNIVERSITY

JULY 1ST

RAIN DATE JULY 2ND

6:00pm-Food Trucks

6:30pm-9:00pm Free Air Brush Tattoos

7:00-7:30pm-Bubble Guy Show

7:30pm-South Side Wanderers Band

Fireworks 9:30pm

LAWRENCE TOWNSHIP

RECREATION



609-844-7067

WWW.LAWRENCETWP.COM



Announcement

As warm weather and the summer months are approaching, please be vigilant! We have seen an uptick of unlocked vehicles being entered throughout the township.



TAKE your keys



REMOVE your valuables



LOCK your vehicle

Board / Committee Meetings: July 2022

Wednesday
6

Trails, Open Space & Stewardship Committee

Thursday
7

Recreation Advisory Committee (Cancelled)

Monday
11

Historic Preservation Committee

Tuesday
12

Growth & Redevelopment Committee Meeting

Wednesday
13

Senior Executive Committee (Cancelled)

Monday
18

Planning Board Meeting

Tuesday
19

Township Council Meeting

Wednesday
20

Zoning Board Meeting (Cancelled)

Thursday
21

Diversity, Equity, and Inclusion Committee

Monday
25

Shade Tree Advisory Committee

Tuesday
26

Lawrence Alcohol and Drug Alliance

Tuesday
26

Environmental Resources & Green Advisory Committee

Thursday
28

Affordable Housing Board Meeting

for more info, contact the Municipal Clerk: 609.844.7000

FIRST FRIDAYS



SUPPORT LAWRENCE BUSINESSES!

May

6

June

3

July

1

August

5

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



scan for promos

Shop
Lawrence



Delay in Service

Due to staffing shortages at Solterra, expect delays with the trash and recycling services for the next 3-4 weeks. Any delays will be cleaned up within a 24-to-36 hour period.



DEPT. OF PUBLIC WORKS



DEPT. OF PUBLIC WORKS

July 2022

Monthly Yard Waste Collection

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

zone 1 zone 2 zone 3 zone 4



The CDC now recommends that children and adolescents age 6 months and older get a Pfizer or Moderna COVID-19 vaccine. Children age 5 and older who receive the Pfizer vaccine should get a booster at least 5 months after their second shot.

COVID-19 has become one of the top 10 causes of pediatric death, and tens of thousands of children and teens have been hospitalized because of the virus. While children and adolescents are typically at lower risk than adults of becoming severely ill or hospitalized from COVID-19, the effects of the virus are unpredictable. Vaccination is the best way to protect children from COVID-19.

The COVID-19 vaccine is safe and effective. Before it was authorized for children across age groups, scientists and medical experts reviewed safety and effectiveness data from clinical trials involving thousands of children.



**Covid-19
Testing**

Every Thursday - Slackwood
Firehouse (8AM-6PM)

**Covid-19
Vaccine Clinics**
for ages 12+

7/12 - Homefront (4:00-6:00 PM)

7/23 - Quakerbridge Mall (10am-1pm)



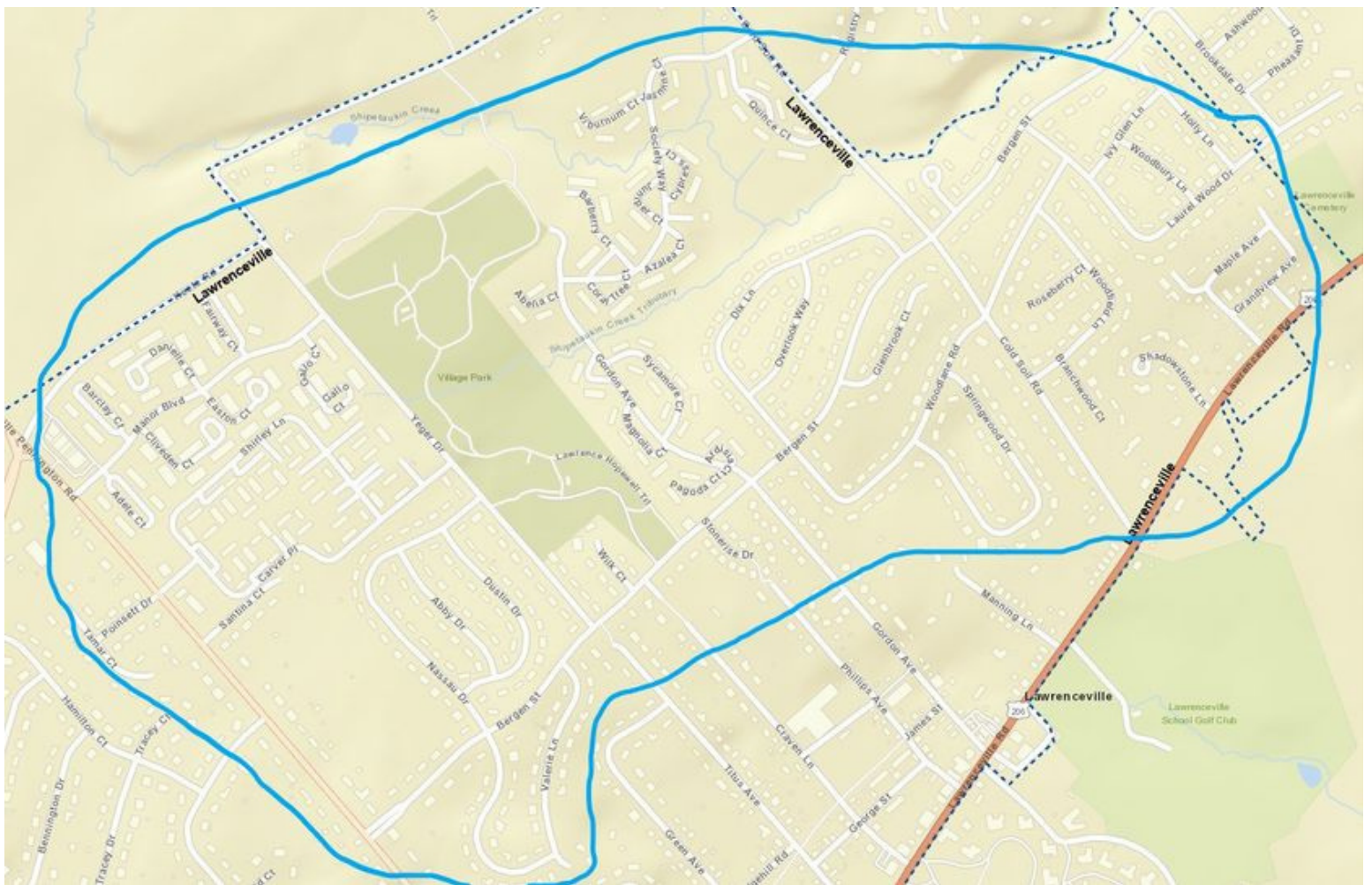


Beginning on July 16, 2022, 988 will be the new easy-to-remember number to reach the existing National Suicide Prevention Lifeline. The Lifeline responds 24/7 to calls, chats or texts from anyone who needs support for suicidal, mental health, and/or substance use crises, and connects those in need with trained crisis counselors.



July 28th is World Hepatitis Day. People can live with hepatitis C without symptoms or feeling sick. Left untreated, hepatitis C can cause serious liver damage and even liver cancer. The good news is treatments can cure hepatitis C. CDC now recommends all adults get tested, so talk to your doctor — it could save your life.





Aqua NJ Water Flushing

Aqua NJ will be conducting their annual flushing of the Aqua NJ Lawrence water system. Aqua NJ will notify customers via their website. It will begin June 22 and continue through the end of July dependent on weather, the customers will be notified that it will take about four weeks to complete the entire flush. There should be very minimal impact to the residents unless they are working directly on their street and they might notice a slightly lower water pressure and possibly a slight discolor to their water as we flush the hydrant. It should clear up as soon as we close the hydrant. If it doesn't, it is recommend running a cold water faucet for about five minutes till the water returns to normal. Use this link for the flushing map.

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!



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



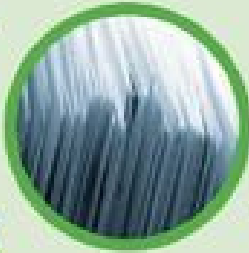
Phone Books



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**



Need Help Finding Your Calm After the Storm?

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

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

We are here for you and your families with:

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

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

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

Scan code with your phone or
call to join:

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



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



Monkeypox: Get the Facts

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



What Are the Symptoms?

- Early flu-like symptoms of monkeypox can include:
 - Fever
 - Headache
 - Muscle aches and backache
 - Swollen lymph nodes
 - Chills
 - Exhaustion



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

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

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



If You or Your Partner Have Monkeypox...

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



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

10 WAYS TO LOVE YOUR BRAIN



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



HIT THE BOOKS

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



BUTT OUT

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



FOLLOW YOUR HEART

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



BREAK A SWEAT

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



STUMP YOURSELF

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

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

HEADS UP!

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



BUDDY UP

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



TAKE CARE OF YOUR MENTAL HEALTH

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



FUEL UP RIGHT

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



CATCH SOME ZZZ'S

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

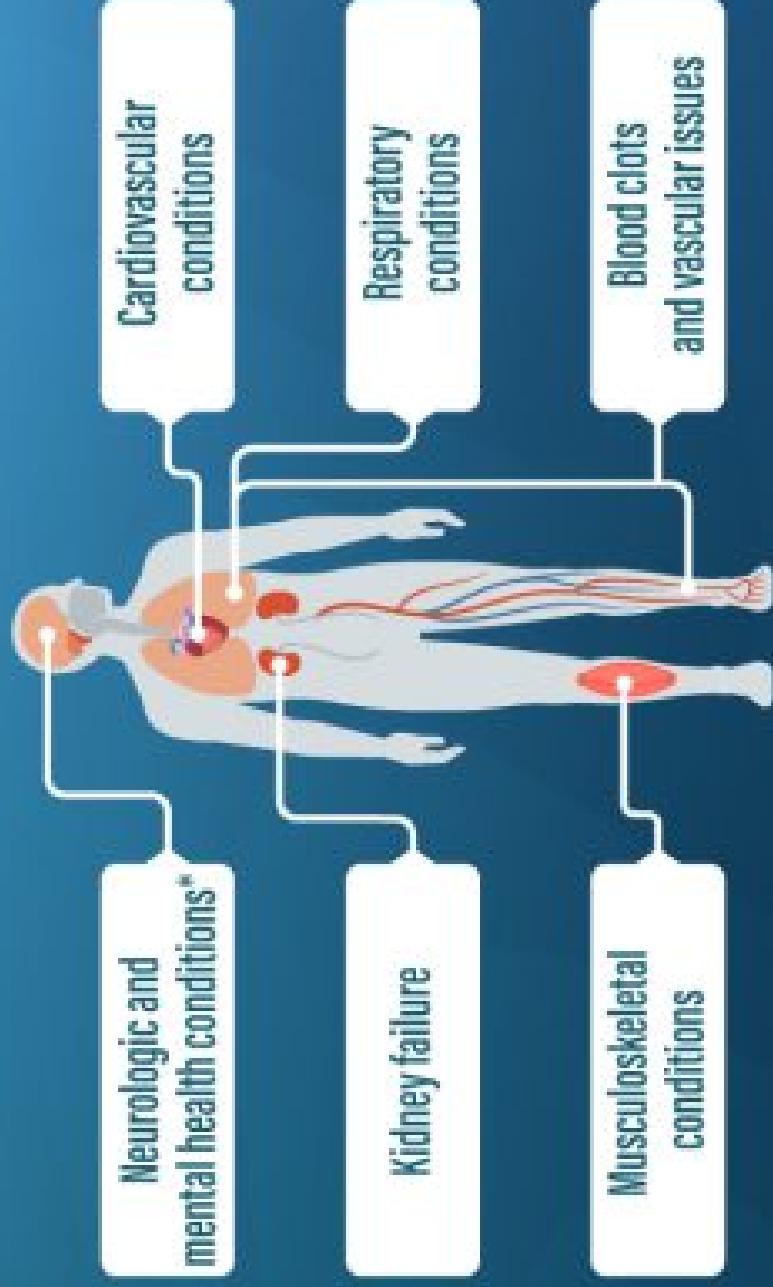


Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:

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



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



bit.ly/MMWR7121

MAY 24, 2022

* Adults aged 65 and older at increased risk

MMWR

Free BREAST CANCER SCREENINGS

for Princeton Area patients!

JUNE 18TH
9AM TO 2PM

YWCA Parking Lot
Princeton, NJ



ywca
princeton



REACH

FOX CHASE
CANCER CENTER
TEMPLE HEALTH



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

**Register
Here**

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

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

axiom**REACH**.org



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

Veterans Crisis Line Fact Sheet



Confidential crisis help for Veterans and their families

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

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

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

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

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

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

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

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

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



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

IRS IMPOSTER SCAMS



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


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



How the scam works

You get a call.


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

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


You are told:

 "You owe money."

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

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

If you pay...

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

 **The money is gone.**



Warning signs

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

Got a call?



Don't give the caller information

such as your financial or other personal information.



Write down details

such as the number and name of the caller.



Hang up



Contact the IRS directly

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



Report the call

File a complaint with:

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



Warn friends and family

Tell people you know that these calls are scams.

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

phone: 609-844-7074

email: cdinwoodie@lawrencetwp.com