



SENIOR CONNECT

JULY 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.



Boards and Committees: July

Municipal Clerk 609-844-7001

July 2023

Expand All

Subscribe

Calendar

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

Senior Center Calendar - July 2023



Lawrence Township Office on Aging Senior Center Activity Calendar

July 2023

Lawrence Township Senior Center
30 East Dairrah Lane, Lawrence
Twp. NJ 609-844-7048
Office Hours: 8:30 - 4:30 pm
www.lawrencetwp.com

Lillian LaSalle, Executive Director
llasalle@lawrencetwp.com

TRANSPORTATION SERVICES
Senior Van available weekdays
between 8:30 AM - 3:00 PM. By
Appointment only - Must call 48
hours in advance. For Lawrence
Townships Residents 60 +. Van
Service only transports local.


REGISTRATION

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

**MERCER COUNTY NUTRITION
HOT LUNCHES**

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
Site Manager: Vanessa Banks

**No Executive Committee
Meetings in July or August.
Next Meeting:
September 13, 2023**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2		3 EXERCISE 9:00 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALIERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	4 CENTER CLOSED 	5 LINE DANCE - 9:30 AM BUSY BEES 12:30 PM Memoir - 2:00 PM (ZOOM)	6 EXERCISE 9:00 AM HULA DANCE - 10:15 AM Social Bridge - 1:00 PM	7 LINE DANCE - 9:30 AM Watercolor Freestyle 10:00 AM to 12:00 PM BINGO - 1:00 - 3:00 PM	8	
9		10 EXERCISE 9:00 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALIERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	11 CLUB #2- 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	12 LINE DANCE - 9:30 AM Senior Well Being - 10:30 AM Keep Your Mind Sharp Speaker: Steve Garino BUSY BEES 12:30 PM Memoir - 2:00 PM (ZOOM)	13 EXERCISE 9:00 AM HULA DANCE - 10:15 AM Social Bridge - 1:00 PM	14 LINE DANCE - 9:30 AM Watercolor Freestyle 10:00 AM to 12:00 PM Poetry @ 1:00 PM Prize Ticket BINGO - 1:00	15	
16		17 EXERCISE 9:00 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALIERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	18 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	19 LINE DANCE - 9:30 AM BUSY BEES 12:30 PM Memoir - 2:00 PM (ZOOM)	20 EXERCISE 9:00 AM HULA DANCE - 10:15 AM Social Bridge - 1:00 PM	21 LINE DANCE - 9:30 AM Watercolor Freestyle 10:00 AM to 12:00 PM BINGO - 1:00 - 3:00 PM	22	
23		24 EXERCISE 9:00 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALIERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	25 CLUB #2- 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	26 LINE DANCE - 9:30 AM BUSY BEES 12:30 PM Memoir - 2:00 PM (ZOOM)	27 EXERCISE 9:00 AM Craig Dinwoodie - NIXLE 9:30 AM to 11:00 AM HULA DANCE - 10:15 AM Social Bridge - 1:00 PM Summer Pizza Party 1:00 to 3:00	28 LINE DANCE - 9:30 AM Watercolor Freestyle 10:00 AM to 12:00 PM BINGO - 1:00 - 3:00 PM	29	
30		31 EXERCISE 9:00 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALIERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	Exercise Class is back at the Senior Center on Monday & Thursdays!				Prize Ticket Bingo 7/14/23 Win a ticket everytime you win a game of Bingo for a chance to win a prize!	

Announcements / News

Municipal Offices will be Closed

Lawrence Township Municipal Offices will be closed on July 4th in observance of Independence Day.

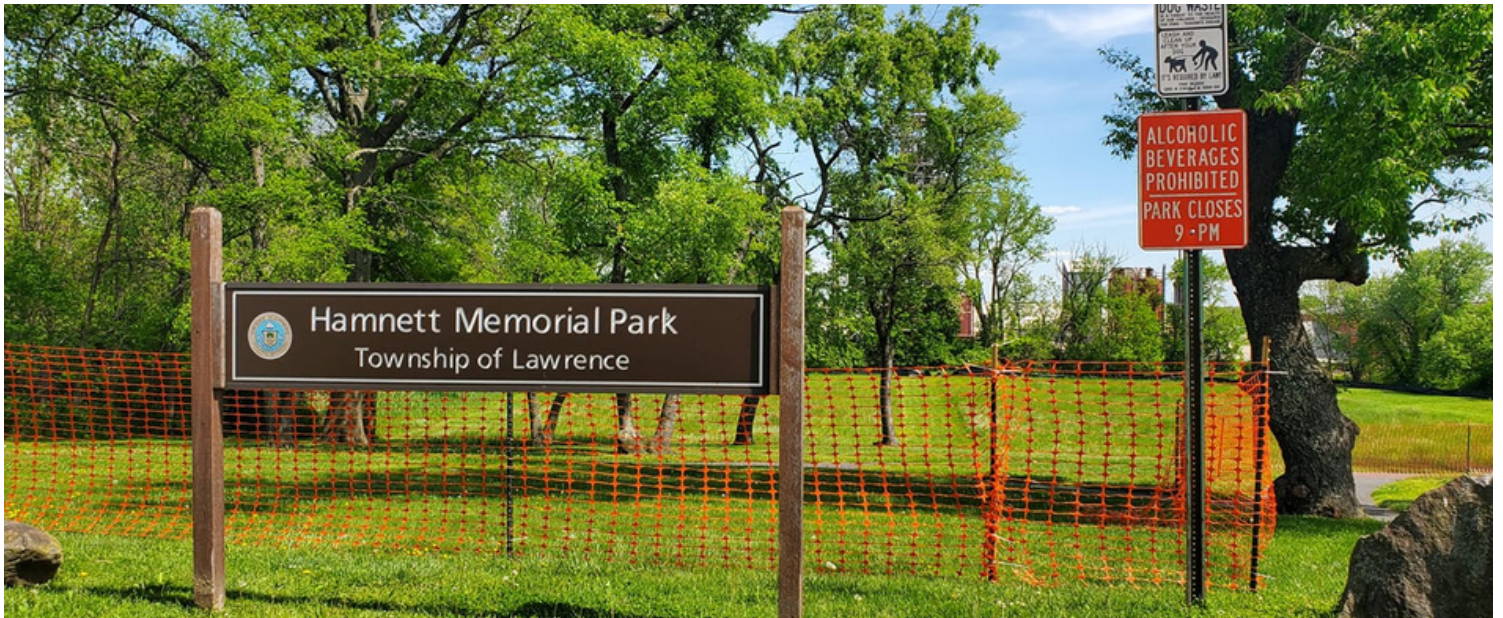
No Trash Collection

There will be no trash collection on July 4th. The make-up day will be Saturday July 1.

Announcements / News

We broke ground!

In May we broke ground on the construction of Hero Dog Park!



We have Pickleball Courts!

Central Park has two new Pickleball courts!





Happy Independence Day!

TODAY WE CELEBRATE

National Disability Independence Day

— **JULY 26TH** —



Lawrence Township

This month we celebrate National Disability Independence Day!

"Disability Independence Day is celebrated on July 26th, the anniversary of the passing of the Americans with Disabilities Act (ADA). This day celebrates and recognizes the millions of Americans with a disability and the struggles they have continually faced even since the passing of the ADA. Although the ADA was important for increasing accessibility for Americans with disabilities, many barriers remain in housing, education, and employment. Thus, while Disability Independence Day celebrates those with a disability and the challenges they have overcome, it is also meant to bring attention to ongoing issues regarding accessibility and equity."

Lawrence Township Diversity, Equity and Inclusion Committee



DEPT. OF PUBLIC WORKS

July 2023

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

July's Yard Waste Collection

Zone 1: July 3 - 7

Zone 2: July 10 - 14

Zone 3: July 17 - 21

Zone 4: July 24 - 28



THE BOULEVARD AT BRUNSWICK PIKE

What a strange long trip it's been...

What a long strange trip it's been..... The Boulevard at Brunswick Pike

About two weeks ago, many of you saw actual work to further the project that, through many iterations, became known as "THE BOULEVARD AT BRUNSWICK PIKE – A UNIFIED STREETSCAPE." On February 20, 2020, I published an article detailing the long history of the project and explaining some key factors, including a timeline for work to commence. Little did I know that in just several weeks, a health pandemic would rock our world in too many ways to describe here. Needless to say, this capital improvement project, along with many others (worldwide), was sidelined to allow government officials to focus on the immediate health and safety challenges presented by an unprecedented event where no playbook existed.

Witnessing the "shovel in the ground" on this project was an incredible and long-awaited moment for our community. The following incorporates some of the information I shared in my 2020 article and some present-day facts to get you all up to date.

In checking the records in our engineering department, the earliest documentation we found about the Township's efforts to improve the streetscape along Brunswick Pike date to 2005. For those involved in all things "Lawrence" back then, you may have a personal recollection of discussions on this topic before...

2005, but for our purposes, I am putting 18 years as the most accurate time frame. Records I have reviewed indicate that our Township officials agreed with NJDOT (2010) on a plan to create a pedestrian-friendly urban streetscape that promotes commercial development. The agreement included slowing traffic speed, improving pedestrian circulation and connectivity, and adding aesthetic elements to provide context for a "Main Street" environment. The design and planning were completed in 2015.

For those who may not be aware, this section of road between Brunswick Circle to Lake Drive (U.S. Route 1) has always been owned and maintained by the State of New Jersey. For the past several years, the Township took over that portion by agreement with the State after the State completed improvements that included the construction of the round-a-bout at Whitehead Rd, created on-street parking, widened the grass medians, and installed pedestrian crosswalks. These improvements provided the "bones" for the Township to complete the final improvements in creating a more pedestrian-friendly ("Main Street") environment.

Once that work was completed, the Township immediately applied for and received a \$60,000 grant to study and design a streetscape. We then had our "community conversation" at several meetings (2/11/20 – Growth and Redevelopment Committee Meeting, 3/11/20 at the Slackwood Fire House, and council meetings) and obtained feedback and support from the stakeholders (i.e., our residents).

This has been a very long process, but our commitment to get this done was strong and sincere. This section of our town deserves the attention we are giving it now after a long strange trip to get here. Though some may believe the plan falls short of expectations or possibilities, these improvements are thoughtful, significant, reasonable, and represent a fiscally responsible project. And when you throw in the fact that we won a \$700,000 grant from the State of New Jersey to do this work, it is hard to see a downside.

The goals and framework we followed for this project are as follows:

- Integrate the commercial corridor with the surrounding residential neighborhoods;
- Create safe pedestrian connections;

- Transform a highway to a more pedestrian-oriented "place";
- Honor the history of this transportation corridor; and
- Engage the community in design development

Though our community discussions and planning involved the installation of "wind turbines" on the Whitehead Road round-a-bout, they have proven problematic from a traffic safety standard. We are opting for landscaping and planting a mature Red Bud tree at the center.

I hope that our community can rally behind this project and appreciate the importance of responsibly making the strategic improvements we can and should make throughout our town. Eighteen years is a long time, but over the last six years, we recentered our focus, kept our eye on the prize, and are getting it done



-- Kevin Nerwinski, Municipal Manager's Blog

"The Right To Clean Water is a Human and Constitutional Right" - A Story About Our Town and TWW

From time to time, I check on the various community Facebook pages to see what members are interested in. A topic that seems to come up often is Trenton Water Works and, more specifically, what the Township is doing on behalf of its residents to address the poorly performing water utility that serves a majority of our community. Surprisingly, many comments demonstrate a lack of awareness of the actions taken by the municipal government over the past several years to address the issue. In response, I thought I would pull together information shared on the township website (www.lawrencetwp.com) and my blog ([Add a subheading](#)). Both sources provide information on all things "Lawrence Township" and should be a part of your "search" for information on any given topic related to the community. The information is also frequently shared on our Facebook page ([Add a subheading](#)). We can only make the information available to you, but you must take a step to receive it.

Many, but not all, of our residents, are customers of Trenton Water Works. Over the years, customers (including me) have received alarming notices from the utility about one issue or another relating to the quality of water we drink and use. As you may know, Trenton Water Works is a public utility owned and operated by the City of Trenton (one of the oldest in the country). With more than 225,000 customers, it serves the City of Trenton and portions of Hamilton, Ewing, Lawrence, and Hopewell. It has been operating, believe it or not, since 1804! In our recent history, over the past several decades, the aging infrastructure and poor management have been a consistent concern for all.

In 2010, there was a serious initiative to sell TWW water lines and other infrastructure that serves the "outside water users" (Hamilton, Lawrence, Hopewell, and Ewing) to New Jersey American Water for \$80 million. The sale met with opposition from customers from the townships concerned that the deal would result in higher water costs and resistance within the City that it would lose a significant asset that funded a portion of Trenton's budget. Ultimately, the residents of Trenton voted against the sale.

I was the Municipal Attorney for Lawrence Township back then, and my personal opinion then, as it is now, was that the deal with NJ American Water was good for the customers in the Township. NJ American Water was a professionally managed water utility serving millions of customers in more than 20 states. It had the means to replace the old water lines (with many being lead-based) and would be able to improve (pledging to commit millions of dollars to do so) and operate the facility with the highest standards. Instead, we were left with TWW being owned and maintained by the City of Trenton and beholden to a dysfunctional city council that voted against funding much-needed improvements to the facility.

In 2020, the New Jersey Department of Environmental Protection filed a lawsuit against Trenton and TWW to compel the water utility to take certain corrective actions to improve the infrastructure and operations of the facility. I provided a copy of a Press Release explaining the action taken by the State against the City and then wrote a blog article that fully discusses the lawsuit.[i] After NJDEP's lawsuit was filed and made public, township officials from the outside water users (Hamilton, Lawrence, Ewing, and Hopewell) met to discuss the civil action and agreed that the towns should join the lawsuit to advocate on behalf of their residents who were customers of TWW. As a result, the towns joined together and filed a motion to intervene in the lawsuit. In an article I posted in my blog dated July 13, 2020[ii] I explained the action taken by the town to join the lawsuit to ensure they had a "seat at the table" to advocate for its residents. In their filing, the townships demanded that "Trenton and TWW provide safe and clean drinking water for its residents. The right to clean water is a human and constitutional right. This is non-negotiable. It is clear that Trenton and TWW have repeatedly and egregiously missed benchmarks in fulfilling their obligation to provide safe and clean water for the customers." Another demand was asking the court to force Trenton to sell the portion of TWW that serves their townships "because TWW has proven incapable of consistently producing safe drinking water."

Since the time the townships joined the lawsuit (during the time of the pandemic, which slowed the progress of the case), there have been many court conferences among the parties, site inspections and reviews, and many positive actions by TWW to improve the facility, infrastructure, and management. In addition, the new makeup of the Trenton City Council is a significant and positive development for the success of TWW.

Mayor Reed Gusciora was never the problem. He understood the need for TWW to improve in all respects, and now, I believe the new governing body has demonstrated through their actions and vote that they know and understand that the facility needs to be properly funded to meet the demands and conditions set by NJDEP officials.

Since NJDEP is the administrative entity that has the authority over water utility companies operating in New Jersey, it is best positioned to enforce the regulations, identify the issues causing TWW to operate below standards, and compel specific and necessary action for it to improve. Remember, in addition to your township, the State of New Jersey and Mercer County are public entities that represent you and your interests as residents. I have read many comments on Facebook by residents that believe nothing is being done by their municipal officials. It's not true. Improving a failing water utility with infrastructure that is aged and operated by underqualified professionals for decades will take time. Have the actions taken by NJDEP and the townships to compel TWW to improve worked? Yes, but we ain't done yet! TWW has made progress, but it still has a long way to go to get where it needs to be to regain the confidence of its customers. Confidence that the water we all drink and use and pay for is safe. Not from time to time, but always. Getting all of us to that mindset will take sustained and effective efforts by the City of Trenton and TWW to work to do what needs to be done. Until that day happens, rest assured, the NJDEP and the townships will be relentless in their efforts to achieve the goal we all want – consistently safe water to drink and use – and one day not worrying whether it is or not.

For those wanting to take a deeper dive into this subject matter, I encourage you to visit my blog, where I go into more detail and provide links to pleadings by the parties.



-- Kevin Nerwinski, Municipal Manager's Blog

LAWRENCE SENIOR CENTER

SUMMER PIZZA PARTY

Music by Unforgettable

**THURSDAY, JULY 27TH
1:00 PM TO 3:00 PM**

Visit or Call the center to
register at (609) 844-7048

Lawrence residents 60 +



**LAWRENCE TOWNSHIP
SENIOR
CENTER**



Lawrence Township Senior Center Club #2 2023 Bus Trip

TRIP NAME: "Remember Me" starring Joyce DeWitt at the Hunterdon Hills Playhouse

DATE: Wednesday, August 2, 2023

DEPARTURE TIME: 9:30 AM – Be at location by 9:15 AM

DEPARTURE LOCATION: Slackwood Fire House – 21 Slack Avenue, Lawrence, NJ 08648

MEAL INCLUDED: (YES X)

FEE: Club members and Lawrence Residents \$105.00

Non -Lawrence Residents \$115.00

FEE DUE: July 7th, 2023

Make Check payable to: Lawrence Senior Club #2

5 Rossa Ave. Lawrenceville, NJ 08648

Phone # (609) 882-7678



Detach here & return bottom portion with payment to Blanche Forker

TRIP NAME: "Remember Me" – Hunterdon Hills Playhouse

Lawrence Senior Club Member Name(s): _____

Address: _____ **City** _____ **State** _____ **Zip** _____

Home Phone : _____ **Cell Phone:** _____

Emergency Contact Name: _____ **Number** _____

(Non-Member) Guest Name(s): _____

Address: _____ **City** _____ **State** _____ **Zip** _____

Home Phone : _____ **Cell Phone:** _____

Emergency Contact Name: _____ **Number** _____

AMOUNT ENCLOSED \$ _____ **check one:** _____ **cash** _____ **check**

Number of attendees in your party: _____

Club use only

Date Received _____ **Amount Received** _____

Paid in Full: Y or N

Bus Seat Number(s) _____ **Table Number(s)** _____

Club member: Y or N

LAWRENCE TOWNSHIP
RECREATION

609-844-7067

RECREATION@LAWRENCETWP.COM

ADULTS AND TEENS (13+)

Yoga
in the
Park

6/28 - 7 TO 8AM

6/29 - 5 TO 6PM

7/6 - 5 TO 6PM



5PACK OR INDIVIDUAL

7 TO 8AM

7/26, 8/2, 8/9, 8/16, 8/23

AT VILLAGE PARK

REGISTER





MEDI-COOL PROGRAM

With funding from the Mercer County Department of Human Services Office on Aging, Catholic Charities, Diocese of Trenton and Rise, A Community Service Partnership, of Hightstown, have partnered to provide 5,000 BTU Air Conditioning Units for Mercer County low-income seniors and/or adults who have a disability.

Catholic Charities and Rise will screen applicants for eligibility from June 1, 2023 until all units are distributed. Approved applicants will receive a voucher and be scheduled to pick up their air conditioner from a storage facility in Trenton on a specific date and time.

ELIGIBILITY CRITERIA

- Age 60 and above with a disability or illness that restricts normal daily tasks, threatens one's ability to live independently, or puts one at risk of harm due to unfavorable environmental conditions.
- Age 18 and above with a disability and currently receiving SSI or SSD.
- Income at or below 200% of poverty line.
- Assets less than \$2,000.
- Must not have received an air conditioner through this program within the last three (3) years.

REQUIRED DOCUMENTATION

- Proof of income (*recent paystub, disability award letter, etc.*)
- Prescription from primary care physician (*must specify medical illness/condition and reasoning for needing an air conditioner*)
- Proof of assets (*recent bank statement*)
- Proof of residence (*utility bill, lease, etc.*)
- Individuals who qualify must bring someone with them who can help carry the air conditioner home from the scheduled pick-up appointment.



For more information or to schedule an eligibility screening, interested agencies or individuals may contact one of the programs listed below:

Markeesha Ferguson — Administrative Assistant
Catholic Charities, Diocese of Trenton
Mercer Community Services
132 N Warren Street, Trenton NJ 08608
609-394-8847 x2529 (*phone*)
609-394-3344 (*fax*)
mferguson@cctrenton.org

Maitiel Jimenez — Case Manager
Rise (Home Office)
219 Franklin St., P.O. Box 88
Hightstown, NJ 08520
609.443.4464
mjimenez@njrise.org

Electronics Recycling



NOTICE

Starting on Wednesday, June 28, 2023 the new electronic drop off site for Lawrence Township residents only, will be at the Joseph H. Mayer Jr. Ecological Center – 3701 Princeton Pike.

Electronics and tires off the rim may only be dropped off on Wednesdays between the hours of 7:30am and 2:30pm. No drop off between 11:45am and 12:30pm. Please see gate attendant. Proof of residency required.

There will be a designated trailer for electronics and tires to be placed in. Please do not place items on the ground.

This is a drop off site only. The attendant can not assist with removing items from vehicles. Please make provisions if assistance is required.

Approved E-waste items that can be dropped off are:

- Computers
- Laptops
- Printers (must remove ink cartridges and paper)
NO COMMERCIAL PRINTERS
- Monitors
- Flat screen TV's
- Plastic covered TV's (tube type)

An alternative E-waste drop off site, designated by the State of NJ is the Good Will Store located at 1632 North Olden Avenue, Ewing, NJ 08638 (across from the Home Depot) on the corner of Arctic Parkway. E-waste can be dropped off anytime during the store hours. The web site posted time of operation is Monday thru Saturday, 9:00am – 9:00pm. Sunday 10:00am – 6:00pm. The Good Will store may take additional items that the Lawrence facility does not. Check store for details.



It is with great pleasure that we introduce one of our newest Officers: Officer Harmodio Cruz (#269) is one of the 9 new Officers that Chief Longo has hired during the past 12 months. Officer Cruz graduated the Cape May County Police Academy less than two weeks ago. Officer Cruz Graduated from South Brunswick High School in 2017 and then attended the University of Albany (SUNY) where he majored in Homeland Security and had a minor in Leadership. When asked why he wanted to become a police officer he said, "Since I've been small, I've always loved helping people. I find that I always put others before myself, making sure that others are ok."

Lawrence Township Office on Aging

TAI-CHI

At Lawrence Senior Center

30 E. Darrah Lane

Lawrenceville, NJ 08648

Instructor: Glenn Swann

10:30- 11:30 AM

7 Week Sessions: \$24

Session 1 – June 12th

Session 2 – June 26th

Session 3 – July 3rd

Session 4 – July 10th

Session 5 – July 17th

Session 6 – July 24th

Session 7 – July 31st

NO CLASS JUNE 19th – HOLIDAY

To Pre-Register or For More Information

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

30 E. Darrah Lane

Lawrence, NJ 08648





The Lawrence Home Improvement Program

Lawrence is accepting names for participation in its municipally sponsored home improvement program for low and moderate-income families. Your name can be added to the waiting list by calling our program consultant Affordable Housing Administrators at 732-966-0674.

Eligible home improvements include roofing, windows, electrical upgrades, heating systems, water heaters, insulation, plumbing and any other health, safety or code violations. The program is structured as a forgivable loan. There are no monthly payments and no interest. If you stay in your home for ten years, you will owe nothing to Lawrence.

The program is available for owner-occupied single-family homes, condominiums, townhomes and duplexes in which the owner occupies one of the units. To be eligible to participate, your gross annual income (meaning pre-tax income) for all household members must be less than:

1 person household	\$ 68,665
2 person household	\$ 78,474
3 person household	\$ 88,283
4 person household	\$ 98,092
5 person household	\$ 105,940
6 person household	\$ 113,787
7 person household	\$121,635
8 person household	\$129,482

Kevin P. Nerwinski, QPA
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

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



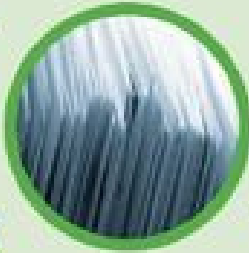
Phone Books



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

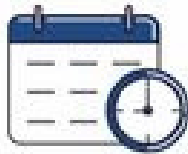


Public Health
Prevent. Promote. Protect.

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



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



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®

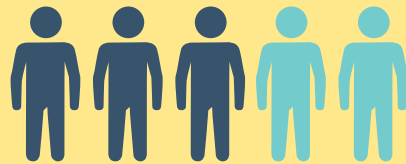
THE BRAINS BEHIND SAVING YOURS:

VISION & EYE PROBLEMS ARE INCREASING AS AMERICA AGES

90
MILLION

Americans over 40 have vision and eye problems

That's more than
3 in 5



By 2050, without effective interventions:



Diabetic retinopathy ↑ 72%



Cataracts ↑ 87%



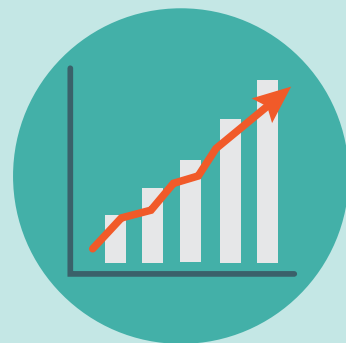
Glaucoma ↑ 100%



Age-related macular degeneration ↑ 100%



Vision impairment & blindness ↑ 150%



COST OF VISION PROBLEMS

↑ **\$159**
BILLION

373

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