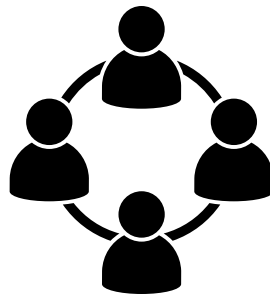




# Senior Connect

by Lawrence Township



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June 2022



# June 2022

## Lawrence Township Office on Aging Senior Center Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	REGISTRATION
<p><b>5</b></p> <p><b>COMPUTER LAB</b> Available Monday thru Friday 9:30 AM - 12:00 &amp; 1:30 - 4:00 PM For Lawrence Township Older Adults (60+)</p>	<p><b>6</b> EXERCISE 9:00 - 10:00 @ Community Center COMPUTER LAB 9:30 AM <b>TAI CHI 10:30 - 11:30 AM</b> @ Community Center <b>CHORALERS 1:00 - 2:00 PM</b></p>	<p><b>7</b> <b>PRIMARY ELECTIONS</b> NO CLUB MEETING NO HEALTHY BONES VOTING ONLY</p> <p><b>14</b> <b>CLUB #2 - 10:00 AM</b> COMPUTER LAB 9:30 AM <b>TAI CHI 10:30 - 11:30 AM</b> @ Community Center <b>CHORALERS 1:00 - 2:00 PM</b></p>	<p><b>1</b> LINE DANCE W/ BILL 9:30 COMPUTER LAB 9:30 AM <b>BUSY BEES 1:00 - 3:00 PM</b> <b>MEMOIR - 2:00 PM (ZOOM)</b></p> <p><b>8</b> LINE DANCE W/ BILL 9:30 COMPUTER LAB 9:30 AM <b>EXEC MEETING - 10:00 AM</b> <b>BUSY BEES 1:00 - 3:00 PM</b> <b>MEMOIR - 2:00 PM (ZOOM)</b></p> <p><b>15</b> LINE DANCE W/ BILL 9:30 COMPUTER LAB 9:30 AM <b>BUSY BEES 1:00 - 3:00 PM</b> <b>MEMOIR - 2:00 PM (ZOOM)</b></p>	<p><b>2</b> <b>EXERCISE 9:00 - 10:00 AM</b> @ Community Center COMPUTER LAB 9:30 AM <b>CONCERT BAND PRACTICE 7:00 PM</b></p> <p><b>9</b> <b>EXERCISE 9:00 - 10:00 AM</b> @ Community Center COMPUTER LAB 9:30 AM <b>CONCERT BAND PRACTICE 7:00 PM</b></p> <p><b>16</b> <b>EXERCISE 9:00 - 10:00 AM</b> @ Community Center COMPUTER LAB 9:30 AM <b>CONCERT BAND PRACTICE 7:00 PM</b></p> <p><b>23</b> <b>EXERCISE 9:00 - 10:00 AM</b> @ Senior Center COMPUTER LAB 9:30 AM <b>CONCERT BAND PRACTICE 7:00 PM</b></p> <p><b>30</b> <b>EXERCISE 9:00 - 10:00 AM</b> @ Senior Center COMPUTER LAB 9:30 AM <b>CONCERT BAND PRACTICE 7:00 PM</b></p>	<p><b>3</b> <b>YOGA 9 - 10 AM</b> @ Community Center <b>LINE DANCE W/ ROSE - 9:30</b> <b>COMPUTER LAB 9:30 AM</b> <b>BINGO - 1:00 - 3:00</b></p> <p><b>10</b> <b>YOGA 9 - 10 AM</b> @ Community Center <b>LINE DANCE W/ ROSE - 9:30</b> <b>CALLIGRAPHY - 10:00 AM</b> <b>COMPUTER LAB 9:30 AM</b> <b>BINGO - 1:00 - 3:00</b></p> <p><b>17</b> <b>YOGA 9 - 10 AM</b> @ Community Center <b>LINE DANCE W/ ROSE - 9:30</b> <b>CALLIGRAPHY - 10:00 AM</b> <b>COMPUTER LAB 9:30 AM</b> <b>BINGO - 1:00 - 3:00</b></p> <p><b>24</b> <b>YOGA 9 - 10 AM</b> In The Park <b>LINE DANCE W/ ROSE - 9:30</b> <b>CALLIGRAPHY - 10:00 AM</b> <b>COMPUTER LAB 9:30 AM</b> <b>BINGO - 1:00 - 3:00</b></p>	<p><b>4</b></p>	<p>Pre-Registration for ALL Senior Center Programs By Calling The Center. All Programs For Lawrence Seniors 60 Years and Older.</p> <p><b>POLICY</b></p> <p>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 HOME!</p> <p><b>MERCER COUNTY NUTRITION HOT LUNCHESES</b></p> <p>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</p> <p><b>Lawrence Township Senior Center,</b> 30 East Darrah Lane, Lawrence Twp. NJ 609-844-7048 Lillian LaSalle, Director llasalle@lawrencetwp.com &amp; Coral Phillips cphillips@lawrencetwp.com Office Hours: 8:30 - 4:30 pm</p>
<p><b>19</b> <b>HAPPY FATHER'S DAY</b></p>	<p><b>20</b> <b>CENTER CLOSED</b></p> <p><b>21</b> FIRST DAY OF SUMMER <b>CLUB #1 - 10:00 AM</b> <b>HEALTHY BONES - 1:30 - 3:00</b> COMPUTER LAB 9:30 AM <b>ORCHESTRA MEETS - 7:00 PM</b></p>	<p><b>28</b> <b>CLUB #2 - 10:00 AM</b> COMPUTER LAB 9:30 AM <b>HEALTHY BONES - 1:30 - 3:00</b></p>	<p><b>22</b> LINE DANCE W/ BILL 9:30 COMPUTER LAB 9:30 AM <b>BUSY BEES 1:00 - 3:00 PM</b> <b>MEMOIR - 2:00 PM (ZOOM)</b></p> <p><b>29</b> LINE DANCE W/ BILL 9:30 COMPUTER LAB 9:30 AM <b>BUSY BEES 1:00 - 3:00 PM</b> <b>MEMOIR - 2:00 PM (ZOOM)</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>26</b></p>	
<p>PLEASE REGISTER FOR SENIOR CLUBS WHICH MEET ON TUESDAYS 10 AM</p>	<p><b>LAP BLANKET PROJECT Is Ongoing - Pick Up Yarn At The Senior Center For Our "Neighbors Helping Neighbors Project"</b></p>						



# 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](http://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**



## School Security Statement

5/25/22

Press Release Contact:  
Lieutenant Chris Longo  
609-844-7128

The members of the Lawrence Township Police Department share the grief of the horrific act of violence in Uvalde, Texas. Our condolences and prayers are with the victims' families as well as the Uvalde community.

While there is a high level of confidence in our school security efforts, Lawrence Township Police Chief Brian Caloiaro has been in contact with school district officials and has coordinated additional safety precautions. An increased police presence at all private and public schools in Lawrence Township has occurred. The safety and security of our schools is paramount and is well coordinated. The strong partnership between the Lawrence Township Police Department and the Lawrence Township School District has provided the means for a collaborative effort to ensure the safety of our school children.

Please remember to stay vigilant and report suspicious activity immediately.

# Board / Committee Meetings: June 2022

Wednesday

1

**Trails, Open Space & Stewardship Committee**

Thursday

2

**Recreation Advisory Committee**

Monday

6

**Planning Board Meeting**

Wednesday

8

**Senior Executive Meeting**

Monday

13

**Historic Preservation Committee**

Tuesday

14

**Growth and Redevelopment Committee**

Wednesday

15

**Zoning Board Meeting**

Thursday

16

**Diversity, Equity, and Inclusion Committee**

Tuesday

21

**Township Council Meeting**

Monday

27

**Shade Tree Advisory Committee**

Tuesday

28

**Lawrence Alcohol and Drug Alliance**

Tuesday

28

**Environmental Resources & Green Advisory**



# 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

## June 2022

### Monthly Yard Waste Collection

S	M	T	W	T	F	S
29	30	31	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	1	2

zone 1   zone 2   zone 3   zone 4





CDC now recommends that children ages 5 -11 years should receive a booster shot 5 months after their initial Pfizer-BioNTech vaccination series.

Since the pandemic began, more than 4.8 million children ages 5 through 11 have been diagnosed with COVID-19, 15,000 have been hospitalized and, tragically, over 180 have died.

As cases increase across the country, a booster dose will safely help restore and enhance protection against severe disease.



A second booster using an mRNA COVID-19 vaccine is recommended in the following populations:

- People ages 50+ who received an initial COVID-19 booster dose (regardless of which vaccine was used) at least 4 months ago
- People ages 12+ who are moderately or severely immunocompromised who received an initial COVID-19 booster dose (regardless of which vaccine was used) at least 4 months ago
- People ages 18+ who received both a primary dose and an initial booster dose of J&J/Janssen COVID-19 vaccine at least 4 months ago



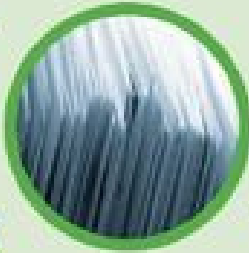


# MERCER COUNTY RECYCLING INFORMATION



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)



Glass Food & Beverage  
Jars/Bottles (all colors)



Pet Food Cans



Milk Jugs & Plastic  
Beverage Bottles



Aluminum & Metal  
Beverage Containers



Juice Boxes &  
Beverage Cartons



Detergent & Shampoo  
Containers



Plastics with  
#1 or #2 Symbols

## NO - sorry, you can't recycle that!



Pizza Boxes



Plastic Bags

Light Bulbs

Aluminum Foil/Baking Pans

Styrofoam

Drinking Glasses, Dishes &  
Broken Window Glass

Ceramics & Pottery

Aerosol Cans

Motor Oil & Anti-Freeze Containers

Clothes Hangers

Bandage Tins & Cookie Tins

Carbon & Waxed Paper

Tissue Paper, Napkins, Paper Plates  
& Paper Towels

Plastics with #3 - #7 Symbols

FOR MORE INFORMATION CALL 609-278-8086 OR VISIT [WWW.MCIANJ.ORG](http://WWW.MCIANJ.ORG)

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








**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/](http://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](#).



*The Bridge Academy presents...*

# *Bridge To The American Revolution*

*June 5 ♦ 2:00-4:30 pm*

**A day to celebrate our Revolutionary War  
history at**

**1900 Lawrenceville Road  
Lawrenceville, NJ 08648**

*(Parking at Adath Israel—1958 Lawrenceville Rd.)*

***Featuring: Reenactors, demonstrations, snacks,  
crafts, games, and our historic plaques***

***Thanks to our sponsors:***

***DAR and Lawrence Twp. Community Foundation***



***For additional  
information please  
call 609-844-0770***



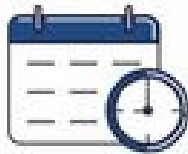


Public Health  
Prevent. Promote. Protect.

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**

# 10 WAYS TO LOVE YOUR BRAIN



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



## HIT THE BOOKS

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



## BUTT OUT

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



## FOLLOW YOUR HEART

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



## BREAK A SWEAT

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



## STUMP YOURSELF

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

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

## HEADS UP!

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



## BUDDY UP

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



## TAKE CARE OF YOUR MENTAL HEALTH

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



## FUEL UP RIGHT

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



## CATCH SOME ZZZ'S

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

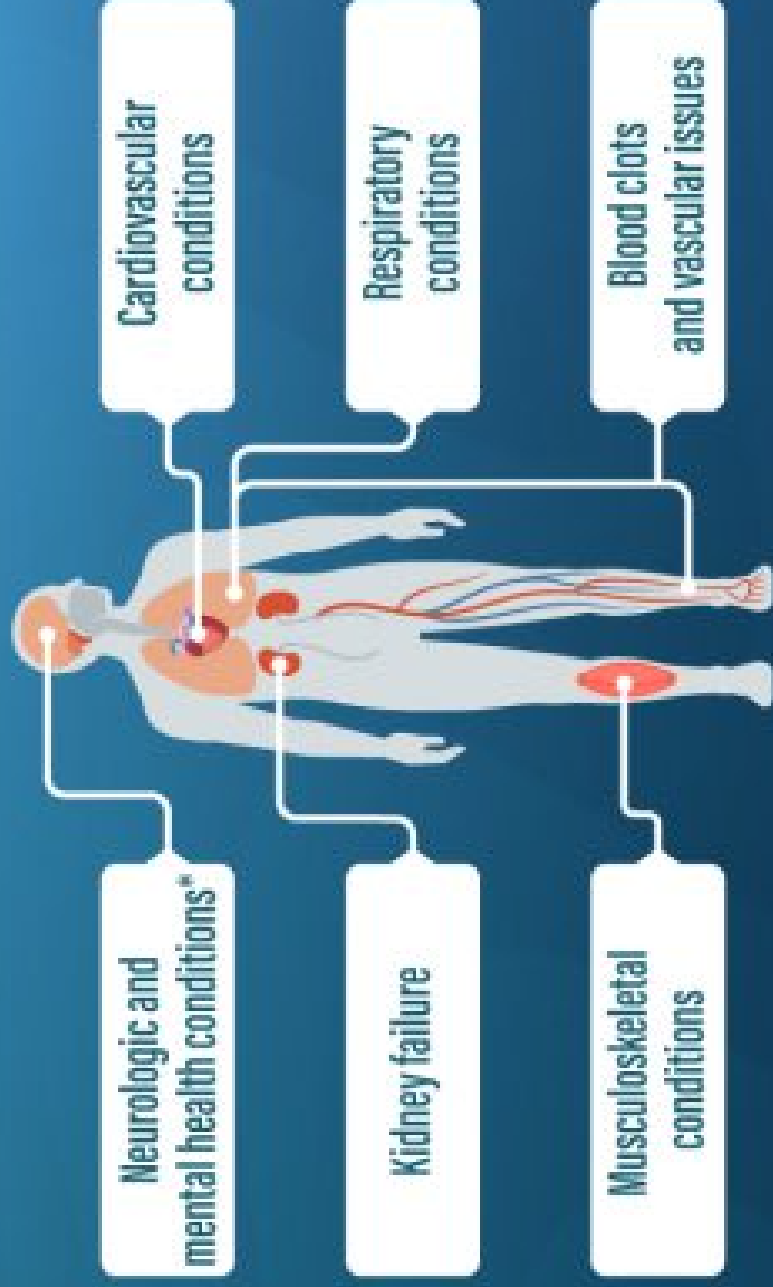


Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

alzheimer's  association<sup>®</sup>

THE BRAINS BEHIND SAVING YOURS:

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](https://bit.ly/MMWR7121)

MAY 24, 2022

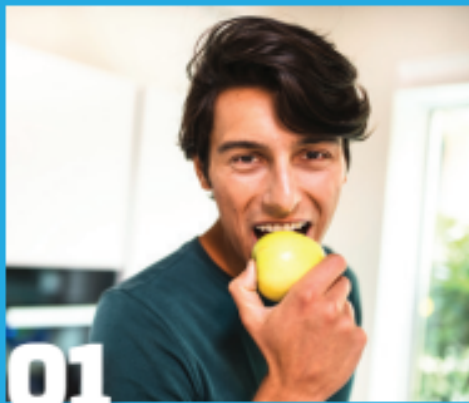
\* Adults aged 65 and older at increased risk

**MMWR**





# June is Men's Health Month



01

### Eat Healthy.

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

### Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

### Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

*"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)*

## 100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

## 1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

## 1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

## 88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

### ONLINE RESOURCES

**Men's Health Month**  
[MensHealthMonth.org](http://MensHealthMonth.org)

**Men's Health Network**  
[MensHealthNetwork.org](http://MensHealthNetwork.org)

**Get It Checked**  
[GetItChecked.com](http://GetItChecked.com)

**Talking About Men's Health Blog**  
[TalkingAboutMensHealth.com](http://TalkingAboutMensHealth.com)

**Men's Health Resource Center**  
[MensHealthResourceCenter.com](http://MensHealthResourceCenter.com)



## AWARENESS. PREVENTION. EDUCATION. FAMILY.

# Cataracts Awareness Month

## **Did you know:**

- Cataracts are the leading cause of vision loss in the U.S.
- Cataracts are a natural result of aging – a cataract is a clouding of the eye lens that can affect vision clarity. Left untreated, cataracts can lead to partial or total blindness. This, coupled with the fact that cataracts can naturally occur with age, makes it a dangerous disease if not proactively addressed.
- Age is not the only risk factor for cataracts. Lifestyle and behavior can also have an influence. Here are a few factors that can increase your chance of developing a cataract:
  - Family history of cataracts
  - Excessive exposure to sunlight
  - Smoking
  - High blood pressure
  - Diabetes
  - Obesity
- Wearing UV-blocking sunglasses and eating foods rich in Vitamin C are two lifestyle changes that may help lower your risk for cataracts.
- By age 75, over 70% of people have a cataract or have had cataract surgery.
- Cataract surgery is nearly painless and typically takes under 30 minutes.
- Cataract surgery is the most commonly performed surgery in the U.S. each year.
- In addition to improving vision, cataract surgery has also been shown to improve quality of life and reduce the risk of falling.



# Free BREAST CANCER SCREENINGS

for Princeton Area patients!

**JUNE 18TH**  
**9AM TO 2PM**

YWCA Parking Lot  
Princeton, NJ



**ywca**  
**princeton**



**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](https://www.mentalhealth.va.gov)



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

# IRS IMPOSTER SCAMS



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


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



## How the scam works

You get a call.


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

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


You are told:

 "You owe money."

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

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

If you pay...

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

 The money is gone.



## Warning signs

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

### Got a call?



#### Don't give the caller information

such as your financial or other personal information.



#### Write down details

such as the number and name of the caller.



#### Hang up



#### Contact the IRS directly

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



#### Report the call

File a complaint with:

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



#### Warn friends and family

Tell people you know that these calls are scams.

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

phone: 609-844-7074

email: [cdinwoodie@lawrencetwp.com](mailto:cdinwoodie@lawrencetwp.com)