

SENIOR CONNECT

MARCH 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.



Ribbon Cutting



Welcome to Lawrence, Radwa Saad, DMD. Dent Blanche Dental!

Recently Mayor John Ryan, Councilmember Chris Bobbitt, and members of the Growth and Redevelopment Committee celebrated the grand opening of a new cosmetic dentistry establishment in our community.

3640 Lawrenceville Rd, Lawrence Township NJ

<https://www.dentblanchedental.com/>

Boards and Committees: March

March 2023

Expand All

Subscribe

Calendar

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

Senior Center Calendar - March 2023

March 2023

Sign up for Mahjong Lessons (Tuesdays)
\$12 for 4 weeks
 Lawrence Seniors can Visit or Call the Center
 at (609) 844-7048



Lawrence Township Office on Aging Senior Center Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 LINE DANCE 9:30 AM Speaker: Joel Schneider SENIOR MEDICARE PATROL at 10:45 AM TECH HELP 1:00 - 3:00 PM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	2 EXERCISE 9:00 AM HULA DANCE - 10:15 AM RUMMIKUB - 1:00 PEOPLE & STORIES 1:30 PM	3 YOGA - 9:00 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM BINGO - 1:00 - 3:00 PM	4
5 6 EXERCISE 9:00 AM GAME TIME 9:30 - 11:15 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00 Pinoche 1:00 to 3:00	7 CLUB #1 - 10:00 AM AARP TAX By Appointment SCULPTURE CLASS 1:00 PM Mah-Jongg Lessons 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	8 LINE DANCE 9:30 AM Talk : Council of Compulsive Gambling - 10:45 AM EXEC MEETING - 9:30 AM TECH HELP 1:00 - 3:00 PM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	9 EXERCISE 9-10 AM HULA DANCE - 10:15 AM RUMMIKUB - 1:00 PEOPLE & STORIES 1:30 PM	10 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM BINGO - 1:00 - 3:00 PM	11	
12 13 EXERCISE 9:00 AM GAME TIME 9:30 - 11:15 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00 Pinoche 1:00 to 3:00	14 CLUB #2 - 10:00 AM AARP TAX By Appointment SCULPTURE CLASS 1:00 PM Mah-Jongg Lessons 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	15 LINE DANCE 9:30 AM TECH HELP 1:00 - 3:00 PM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	16 EXERCISE 9:00 AM HULA DANCE - 10:15 AM St. Patricks Day Social 1:30 PM to 3:00 PM PEOPLE & STORIES 1:30 PM	17 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM BINGO - 1:00 - 3:00 PM HAPPY St. Patrick's DAY	18	
19 20 EXERCISE 9:00 AM GAME TIME 9:30 - 11:15 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00 Pinoche 1:00 to 3:00	21 CLUB #1 - 10:00 AM AARP TAX By Appointment SCULPTURE CLASS 1:00 PM Mah-Jongg Lessons 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	22 LINE DANCE 9:30 AM TECH HELP 1:00 - 3:00 PM BUSY BEES 1:00 - 3:00 PM Womens History Program "Telling Her Story" 1:30 PM to 3:30 PM MEMOIR - 2:00 PM (ZOOM)	23 EXERCISE 9:00 AM HULA DANCE - 10:15 AM RUMMIKUB Lessons - 1:00 PEOPLE & STORIES 1:30 PM	24 YOGA - 9:00 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM BINGO - 1:00 - 3:00 PM	25	
26 27 EXERCISE 9:00 AM GAME TIME 9:30 - 11:15 AM ACRYLIC ART - 10:00 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00 Pinoche 1:00 to 3:00	28 CLUB #2 - 10:00 AM AARP TAX By Appointment SCULPTURE CLASS 1:00 PM Mah-Jongg Lessons 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	29 LINE DANCE 9:30 AM TECH HELP 1:00 - 3:00 PM BUSY BEES 1:00 - 3:00 PM CRAFT WITH TATUM 1:00 TO 3:00 PM	30 EXERCISE 9:00 AM HULA DANCE - 10:15 AM RUMMIKUB Lessons - 1:00 AARP SAFE DRIVING 9:00 AM to 3:00 PM PEOPLE & STORIES 1:30 PM	31 YOGA - 9:00 LINE DANCE 9:30 AM GAME TIME 9:30 - 11:15 AM BINGO - 1:00 - 3:00 PM	1	

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

Lillian LaSalle, Director
 llasalle@lawrencetwp.com

Tatum Harbach, Recreation Leader
 tharbach@lawrencetwp.com

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

REGISTRATION

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

**MERCER COUNTY NUTRITION
 HOT LUNCHEONS**

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

Beauty & The Beast Jr.
 March 21st, 2023
 at 4:00 PM
 Lawrence Middle School

Announcements / News

Township Egg Hunt

Please join the Lawrence Twp. Police and Recreation Department for our Annual Egg Hunt on Saturday, April 1st at 10am!

Central Park, 100 Dave Nevius Way Lawrence Township, New Jersey

MCIA Household Hazardous Waste Event

MCIA is hosting this event at the Dempster Fire School on 350 Lawrence Station Road between 8:00 a.m. and 2:00 p.m.

Lawrence Township has been awarded \$88,000

Mercer County has awarded Lawrence Township \$88,000 to improve accessibility at the Nature Center.

2023 Lawrence Township Budget Message

The challenges we face in our 2023 municipal budget are the challenges we all face as individuals; the rising costs of all things across many industries in a post-pandemic world, otherwise known as inflation. Fortunately, we are well positioned to meet this challenge because our budgets over the past several years have conservatively addressed our needs, reduced our debt[1], and maintained the services to the community at the levels we expect and demand. This year we planned a budget and our future on fiscally solid ground.

With inescapable increases across all categories of appropriations (i.e., costs) partially offset by an increase in ratables, a half year of a new cannabis tax, and a successful grant program,[2] we are still able to address serious public safety needs by funding three new firefighters and two new EMT positions[3] and recommend a budget that provides for a 2.75-cent tax increase. We maintain and increase our Surplus Fund[4] by using only as much as can be regenerated by year-end. By doing this, we can better support our high credit rating and enjoy the benefits of the best rates for financing our essential community projects and infrastructure improvements. Additionally, this year we plan to transfer \$3,350,000 from our Surplus Fund to our Capital Improvement Fund to fund our future capital improvement projects to avoid paying higher financing charges from bonding for the work. Significantly, this transfer does not factor in the Amount to be Collected for Taxation.

The recommended municipal tax rate for 2023 is .6545 [".6270], which represents a 2.75¢ increase[5]. One (1) cent = \$470,635.

The Amount to be Raised by Taxation in 2023 is \$30,804,309.70 [\$29,427,103.63], which is \$1,377,206.7 over 2022.

- The Levy Cap Bank available from 2021 and 2022 is \$1,978,355 [\$1,353,473], and we will use \$0 to remain within the 2% tax levy cap. NOTE: The 2023 Recommended Budget is \$3,477,645 [\$895,916] under the Levy Cap and is available for "Banking." This addition to the 2021 and 2022 banks will leave a usable "cap bank" of \$5,456,000 [\$2,249,389] for future budgets.
- The 2022 year-end Surplus Fund balance is \$20,687,139.52 versus a 2021 year-end balance of \$17,529,312.69, an increase of \$3,157,826.83
- The Surplus balance remaining available after applying an amount as anticipated revenue will be \$10,772,139.52 [\$10,679,312.69], an increase of \$92,826.83 over the 2022 remaining balance.
- The cash reserve balance for tax appeals is \$6,219,491.18 [\$6,219,491.18].
- The decrease in outstanding debt continues. The 2010 closing balance was \$30,797,000. The 2022 closing balance is \$13,210,850 [\$15,631,000].

Fiscal strength is evident as \$9,915,000 [\$6,850,000] in Surplus Fund used in the 2023 budget has been regenerated at the close of 2022. Surplus Fund is the excess in the following Balance Sheet categories: Amount to be Raised by Taxation, Miscellaneous Revenues Anticipated (MRA), Delinquent Taxes, Prior Year Appropriations Lapsed, and Miscellaneous Revenues Not Anticipated (MRNA).

In 2023, we recommend utilizing \$9,915,000.00 from Surplus Fund, \$20,276,842.93 in MRA, \$830,000 in Delinquent Taxes, and \$30,804,309.70 in Amount to be Raised for Taxes. These balance sheet categories equate to the municipal budget of \$61,826,152.63.

s/Kevin P. Nerwinski

2/21/2023

NOTE to be included in a published article: The budget message and recommended budget are prepared by the Municipal Manager (and Chief Finance Officer) and presented to the Lawrence Township Municipal Council for review and consideration. The elected officials will review the proposed budget, consider the presentations by department heads and pose questions to the Municipal Manager and Chief Financial Officer, and, ultimately, decide whether to approve the budget as recommended or make adjustments they deem necessary and appropriate.

[1] We are on schedule to be debt free at the end of 2027 if no new debt is taken on.

[2] 1) ELSA increase; 2) Health Benefits increase; 3) Contractual increases to Salary & Wages; 4) New Hires (i.e., three firefighter, two EMTs and two PW employees); 5) Increase in Uncollected Taxes; 6) Increase in Debt Service (principal and interest/Capital Improvement Funding); 7) Increase in solid waste collection; and 8) Increase in Public Employee Pension contributions; and Emergency Dispatch Service increase.

[3] Multiple hires for Fire and EMT positions is required so that we can create an additional shift for each department. Less than these numbers will not accomplish our goal. At this point, it is either all or nothing to address this important need. NOTE: We are adding two new Public Works laborers to address increased responsibilities to maintain Brunswick Avenue Streetscape, Hero Dog Parks, and our other community parks.

[4] This is also known as Fund Balance on our General Ledger.

[5] NOTE: Figures in [] are 2022 amounts included for comparison.

-- Kevin Nerwinski, Municipal Manager's Blog



*******OFFICER SPOTLIGHT*******

Our first participant is Officer Owen Cutaneo (#260). Officer Cutaneo is one of our newer officers. He grew up in Lawrence and is a graduate of Lawrence High School. He became a Police Officer because he wanted to give back to the community that he grew up in. He enjoys sports (especially football and baseball) and likes to spend time with his family and friends. When asked what he thought about the job he said, "The job has it's ups and downs but each day isn't the same. Working in such a great department with great co-workers definitely helps with each shift." Officer Cutaneo also said that one of his favorite things about the job is seeing his old teachers and the gratitude they show him for the job he does. He also offered some advice for anyone who is considering a career in law enforcement. He said, "Don't hesitate! It's a great career and rewarding. The bonds and friendships made are like no other." Thank you Officer Cutaneo!! Stay safe and we'll see you out there.

SPRING AND SUMMER PROGRAMS - Register Today!

- Nature Detectives
- Adult Pickleball Clinic
- Adult Walking Program
- Adult Hula Hoop Exercise Class
 - Cornhole League
 - Tennis Classes
- Adult Fitness Bootcamp



Recreation: 609-844-7064

HOW HAS COVID-19 IMPACTED YOU?

TAKE OUR SURVEY



HELP US IMPROVE OUR COMMUNITY!

The Lawrence Health Department wants to know about your experiences, opinions, and feedback on the COVID-19 resources (e.g., testing, treatment, vaccines) within your community. Your input is greatly valued and will help to improve our approaches to combat COVID-19.



SCAN THE QR CODE WITH YOUR CAMERA ON YOUR PHONE TO TAKE THE ONLINE SURVEY!

Thank you for completing our survey! If you have any questions please contact the Lawrence Health Department at (609) 844-7089.



Public Health
Prevent. Promote. Protect.

Lawrence Township Health Department

Health: 609-844-7089

STREAM CLEANUP



APRIL 22
9 AM - 11 AM



COLONIAL LAKE PARK

100 BRIDGE DRIVE | LAWRENCE, NJ 08648



PRE-REGISTRATION REQUIRED!
thewatershed.org/stream-cleanups

- This event is rain or shine.
- **Bring a reusable water bottle and gloves.**
- **Masks optional.**
- **Do not attend if you are feeling unwell.**
- Children must be accompanied by an adult.

YOGA CLASS



LAWRENCE
TOWNSHIP
SENIOR CENTER



Friday's – 9:00 AM to 10:00 AM

For Lawrence Residents 60+ years

\$24 Flat Fee

8-week session

Classes will be held at Lawrence
Community Center:

295 Eggert's Crossing Road
Lawrenceville, NJ 08648

Registration Required

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

Instructor
Cheri Dzubak

Class Dates:

Session 1 – March 24th

Session 2- March 31th

Session 3 – April 14th

Session 4 – April 21st

Session 5 -April 28th

Session 6- May 5th

Session 7 – May 12th

Session 8 – May 19th

NO CLASS APRIL 7th



Women's History Program

“Telling Her Story”

Date: Wednesday, March 22nd, 2023

Time: 1:30 PM to 3:30 PM

Location: Lawrence Senior Center

30. E Darrah Lane

Music by Ambiance the Duo

Short stories, memoirs and poetry – by women, for women and about women

Light Refreshments will be served

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



St. Patrick's Day Social

Date: Thursday, March 16th, 2023

Time: 1:30 to 3:00 PM

Location: Lawrence Senior Center

30 E. Darrah lane

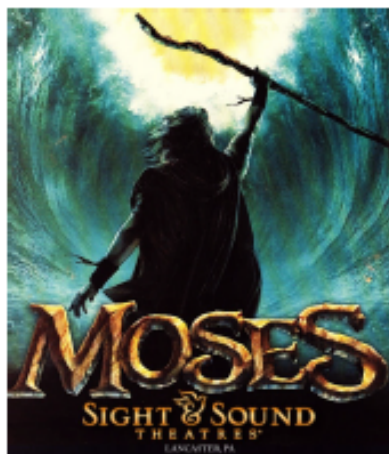


Lots of Games & Activities!!

Light Refreshments

**Visit or Call the Center to
Register at (609) 844-7048**

Lawrence Township Senior Club #2 Spring Trip to Sight and Sound Theatre.



Lawrence Township Senior Club #2

in collaboration with the Lawrence Twp. Office on Aging

Is sponsoring a bus trip to Sight & Sound Theatre, Lancaster, PA for the show **MOSES**.

Thursday, March 23, 2023

Depart Slackwood Fire Co., 21 Slack Avenue at 8:00 am Sharp, returning approximately at 6:30 pm.

**Price of the Trip is \$140.00 (Lawrence Senior Resident)
\$150.00 (Non-resident)**

Price Includes: transportation, Show, and lunch at Plain & Fancy Restaurant in Bird-in-Hand, PA.

Contact: Blanche Forker at 609-882-7678

A \$25.00 deposit will hold your seat, final payment due March 10, 2023.

Make Checks Payable to Lawrence Senior Club #2.



PERSONAL SAFETY PRESENTATION

The Mercer County Sheriff's Office will present information to Seniors that will focus on reducing the likelihood of becoming a target by identifying potentially dangerous situations. Seminar participants will learn:

- How to be aware of your surroundings
- How to develop awareness and avoidance skills
- What street predators look for in a victim
- How to avoid fitting a victim profile
- How to quickly escape danger in the event of an assault



THE OBJECTIVE OF THE CRIME PREVENTION & PERSONAL SAFETY PROGRAM PRESENTED TO SENIORS IS TO ILLUSTRATE CERTAIN CRIMINAL SITUATIONS AND ALTERNATIVES TO PREVENT THEM. ONE OF THE KEY POINTS OF THE PROGRAM IS TO FOCUS ON PROTECTING THEMSELVES FROM BECOMING A VICTIM WITH A FEW BASIC TIPS. INSTRUCTION IS GIVEN ON KEEPING THEMSELVES SAFE IN PUBLIC, IN THEIR CARS AND IN THEIR HOMES.

**FREE Personal
Alarms**

Thursday, March 23rd

1:00 P.M. - 2:00 P.M.

Please call 609-890-9800 to reserve space

MERCER COUNTY CONNECTION

Passport Services
Notary Services
Recycling Buckets



Voter Registration
Passport Photos
Meeting Room

Acme Shopping Center, 957 Highway 33 at Paxson Avenue, Hamilton

Brian M. Hughes, County Executive



PREVENT OPIOID OVERDOSE, SAVE LIVES

In case of overdose, use naloxone.

**FREE TRAINING via WEBEX and NALOXONE NASAL
SPRAY KITS SHIPPED
DATE: March 15th at 2:00 p.m.**

Mercer County is partnering with
RWJ Medical School to offer this **FREE** training!

Online Trainings

Attend the live presentation from home by clicking a link, and after the training, the kits will be shipped via UPS. The WEBEX link will be forwarded to you a few days before the training.

Distribution of FREE naloxone kits for training attendees includes family members, friends, professionals and individuals who are at risk or could be in the presence of someone who is at risk for an overdose.

Training of overdose death prevention strategies includes the appropriate administration of naloxone and rescue breathing.

Space is Limited.

To register, email name and address to:

Heather DeLorenzo
Mercer County, Office on Addiction Services
hdelorenzo@mercercounty.org
609-989-6897



EMERGENCY ALERTS



Sign up for Nixle alerts for Lawrence Township.

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

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

Receive alerts for

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

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

*Required

* Email: Public safety messages are sent here

* Password: Make it hard to guess!

* Full Name:

Language: ▼

Mobile Phone: Text alerts from local police and fire departments are sent to this device.

Home Phone: After sign-up, see your Settings page for supported Local Agencies

Voice Messages: ▼ Service only available from supported Public Safety Agencies

By clicking "I Accept," I accept Nixle's [Terms of Service](#).

Message and data rates may apply. Message frequency varies. [Terms](#) and [privacy](#).

We have a new E-Newsletter

Please visit our website to sign up:

<https://www.lawrencetwp.com>

Latest  Lawrence



**sign-up for our weekly
e-newsletter**

- township events
- services & programs
- announcements



Township of Lawrence

www.lawrencetwp.com

Or call 609-844-7074
for sign-up assistance

Lawrence Township Office On Aging

TAI-CHI

At Lawrence Community Center

295 Eggerts Crossing Road

Lawrenceville, NJ 08648

Instructor: Glenn Swann

10:30- 11:30 AM

8 Week Session: \$24

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

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

To Pre-Register or For More Information

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

30 E. Darrah Lane

Lawrenceville, NJ 08648



2023 Citizen of the Year Awards

THE 2023 LAWRENCE TOWNSHIP CITIZEN OF THE YEAR AWARDS

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

2022 WINNERS



SUBMIT YOUR NOMINATIONS
BY APRIL 1, 2023



Nominate someone through the link below!

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

Mercer County Nutrition Program for Older Adults

MEALS SERVED AT THE
LAWRENCE SENIOR
CENTER
MONDAY, WEDNESDAY,
THURSDAY & FRIDAY

30 E. Darrah Lane Lawrence NJ, 08648

The Mercer County Nutrition Program for Older Adults offers warm meals served in settings that bring people together for activities and socialization.

Registration Required and Transportation offered to Lawrence Residents 60 years or older

Mercer County Nutrition is a federally funded program that encourages participants to make a suggested donation of \$1 per meal.

Please Call **Millie Booth** at (609) 883-8085 or
Mercer County Nutrition (609) 989-6650



Lawrence Township Office on Aging/Senior Center



9:30-11:35 AM Mondays & Fridays

in the Game Room

Scrabble

Monopoly

Trouble

Checkers

Yahtzee



Rummikub

Dominoes

Cards

Backgammon



Come out for some old-fashioned fun!

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

Lawrence Township Office on Aging

Line Dance

Wednesday's with James Ellis – 9:30 AM

Friday's with Rose Majofsky – 9:30 AM

Class size
limited

Lawrence Township
Senior Only 60
years and older

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



DUPLICATE BRIDGE



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

TUESDAYS
9:00 AM

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

Organized by Stu Augustin

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



Project Healthy Bones

- ✓ *Do you want to improve strength, balance and flexibility?*
 - ✓ *Are you 60 years of age or older?*
 - ✓ *Are you at risk of or living with osteoporosis?*
- ✓ *Do you want to learn more about your bone health?*



**JOIN OUR FREE
24-WEEK EXERCISE PROGRAM
THE NEXT CLASS CYCLE WILL BE STARTING
TUESDAY, SEPTEMBER 13TH**

**Classes are held every Tuesday
1:30pm-3:00pm
Lawrence Senior Center**

Please Call Maria Sergio
ICGMC Project Healthy Bones Program Coordinator
609-393-9922

Medical clearance is required prior to enrollment

Developed by The State of New Jersey Office of Community Education and
Wellness Division of Aging and Community Service of Health and Senior Services

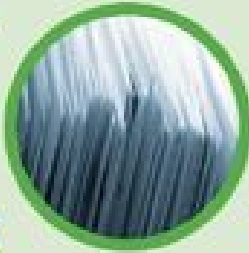


MERCER COUNTY RECYCLING INFORMATION



All recyclables must be in official buckets and at the curb by 7:00 a.m. - **NO ITEMS IN PLASTIC BAGS WILL BE COLLECTED**

YES - you can recycle that!



Mixed Paper



Window Envelopes



Phone Books



Soft Cover 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



FOLLOW US AT
FACEBOOK.COM/MCIANJ



Public Health
Prevent. Promote. Protect.

HAMILTON TOWNSHIP DIVISION OF HEALTH

STI TESTING & TREATMENT CLINIC

FREE AND CONFIDENTIAL



Tuesdays, 9am-12pm
and 3pm-5:30pm!



609-890-3647



2100 Greenwood Ave,
Hamilton, NJ 08609

Walk-in, no appointment needed!

To be seen in the clinic you must live in one of the following towns, please bring a photo ID or proof of address with you:

- Hamilton
- Lawrence
- East Windsor
- Ewing
- Robbinsville
- Hightstown
- Princeton
- West Windsor
- Hopewell Township

Students residing on the campuses of Rider University and The College of NJ will also receive services free of charge with a college ID.



Face masks are required!



Please Note: Pennington and Hopewell Borough residents must see Montgomery Township for services. Trenton City residents must see Henry J. Austin Health Center for services.

All Mercer County residents may use the following clinic for HIV or STI testing:



Henry J. Austin Health Clinic:
321 North Warren Street
Trenton, NJ 08618



609-278-5900





Public Health
Protect. Promote. Prevent.

Lawrence Township Health Department



The MediMobile
MEDICAL CARE AT YOUR DOOR

FREE PCR & RAPID COVID-19 TESTING

THURSDAYS

8AM-6PM



SCAN QR CODE TO REGISTER:



WALK-INS WELCOME

PRE-REGISTRATION PREFERRED:

<https://hipaa.jotform.com/220184479503153>

**SLACKWOOD FIREHOUSE
21 SLACK AVE
LAWRENCE, NJ 08648**

PLEASE BRING YOUR INSURANCE CARD WITH YOU

**FOR MORE INFORMATION PLEASE CALL
THE MEDIMOBILE AT (862) 799-7400**

Blood is an Essential Medicine

There Is No Substitute For Human Blood



1%

If just 1% more Americans
donated blood, shortages
would disappear



EVERY 2 SECONDS

someone in the U.S.
needs blood



29,700 UNITS

of red blood cells are used
each day in the U.S.



1 IN 7

hospital patients need blood
for many reasons, including:
trauma, postpartum
hemorrhage, cancer, sickle cell
disease, hemophilia, kidney
disease, liver disease, preterm
infants, transplants, critical
care and burns

The Components of Blood

Those most needed by patients are:

WHOLE BLOOD

Whole blood contains red cells, white
cells and platelets suspended in
plasma.

USE: MAJOR TRAUMA/SURGERY, (LIMITED
CIVILIAN USE)

RED BLOOD CELLS

Red blood cells carry hemoglobin and
are essential for oxygen exchange in
the lungs.

USE: ANEMIA, SURGICAL BLOOD LOSS,
CHEMOTHERAPY

PLATELETS

Platelets are small cell fragments
whose main function is to interact
with clotting proteins to stop or
prevent bleeding.

USE: THROMBOCYTOPENIA, CONGENITAL
AND ACQUIRED PLATELET DISORDERS

PLASMA

Plasma is a fluid, composed of ~92%
water and 8% proteins, mineral salts,
sugars, fats, hormones and vitamins.

USE: LIVER DISEASE, COAGULOPATHY,
ABNORMAL COAGULATION TESTS,
COAGULATION FACTOR DEFICIENCY

How Much Does It Take?

A person injured in an
automobile accident may
need up to

50 
**RED
BLOOD
CELL
UNITS**

A patient with cancer
undergoing chemotherapy
may need up to

8 
PLATELET UNITS PER WEEK

An organ transplant
recipient may need up to

25 
PLASMA UNITS

30 
PLATELET UNITS

40 
RED BLOOD CELL UNITS

IT'S THE BLOOD ALREADY ON THE HOSPITAL SHELVES THAT SAVES LIVES.

Regular donation helps to ensure blood is readily available to patients whenever
it is needed. Find a Blood Donation Site Near You: aabb.org/DonateBlood



Need Help Finding Your Calm After the Storm?

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

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

We are here for you and your families with:

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

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

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

Scan code with your phone or call to join:

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



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



VOLUNTEERS NEEDED!

Legionella Home Water Testing For Trenton Water Works Customers

What is needed:

The NJ Department of Health (NJDOH) is **seeking 30 volunteers** to participate in home water sampling for *Legionella*, the bacteria that causes Legionnaires' disease (lung infection).

Who can participate:

Homeowners who live in **Ewing, Trenton, Lawrence, and Hopewell** and receive water from **Trenton Water Works (TWW)**. The home must have its own **water heater** that is not shared with other units. People who rent are not eligible to participate.

Why should I participate:

The NJ Department of Health is expanding *Legionella* testing to better understand home water systems served by TWW. Based on your results, you will receive personalized recommendations for maintaining your home water system. **There is no cost to the homeowner to participate.**

How can I sign up:

Visit our weblink at bit.ly/3D27n3Z or scan our **QR code**. You will be contacted if you are selected to participate.



10 WAYS TO LOVE YOUR BRAIN



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



HIT THE BOOKS

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



BUTT OUT

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



FOLLOW YOUR HEART

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



BREAK A SWEAT

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



STUMP YOURSELF

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

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

HEADS UP!

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



BUDDY UP

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



TAKE CARE OF YOUR MENTAL HEALTH

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



FUEL UP RIGHT

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



CATCH SOME ZZZ'S

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



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:

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

Veterans Crisis Line Fact Sheet



Confidential crisis help for Veterans and their families

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

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

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

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

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

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

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

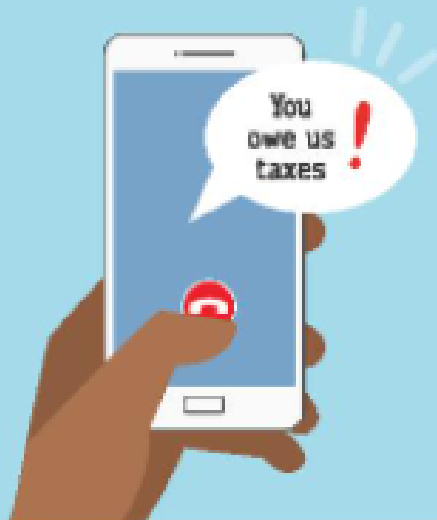
For more information about the Veterans Crisis Line, visit [VeteransCrisisLine.net](https://www.veteranscrisisline.net)

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



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

IRS IMPOSTER SCAMS



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


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




How the scam works

You get a call.


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

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


You are told:

 "You owe money."

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

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

If you pay...

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

The money is gone.



Warning signs

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

Got a call?



Don't give the caller information

such as your financial or other personal information.



Write down details

such as the number and name of the caller.



Hang up



Contact the IRS directly

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



Report the call

File a complaint with:

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



Warn friends and family

Tell people you know that these calls are scams.

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

phone: 609-844-7074

email: cdinwoodie@lawrencetwp.com