

SENIOR CONNECT

MAY 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: May

Subscribe

Calendar

1 Planning Board Meeting - (cancelled)	2 Township Council Meeting	3 Trails, Open Space & Stewardship Advisory Committee	4 Recreation Advisory Committee Meeting
8 Historic Preservation Committee	9 Growth and Redevelopment Committee Meeting	10 Senior Executive Committee	11
15 Planning Board Meeting	16 Township Council Meeting	17 Zoning Board Meeting	18 Diversity, Equity and Inclusion Committee
22 Shade Tree Advisory Committee	23 Lawrence Alcohol and Drug Alliance Meeting Environmental Resources & Green Advisory Committee Meeting	24	25
29	30	31	1 Recreation Advisory Committee Meeting

Senior Center Calendar - May 2023

May 2023 Lawrence Township Office on Aging Senior Center Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOGA & TAI-CHI Held at the Community	1 EXERCISE 9:00 AM at Community Center ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	2 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	3 INTERNATIONAL FASHION SHOW - 10:45 AM BUSY BEES 12:30 PM TECH HELP 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	4 EXERCISE 9:00 AM at Community Center HULA DANCE - 10:15 AM	5 NO YOGA - 9:00 LINE DANCE 9:30 AM Cornhole Practice 10:30 to 11:15 BINGO - 1:00 - 3:00 PM	6
7	8 NO EXERCISE Cornhole Practice 10:30 to 11:15 ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	9 CLUB #2 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	10 LINE DANCE 9:30 AM Executive Committee 9:00 BUSY BEES 12:30 PM	11 EXERCISE 9:00 AM at Community Center HULA DANCE - 10:15 AM	12 YOGA - 9:00 LINE DANCE 9:30 AM Honoring Mothers at 10:45 AM	13
14	15 EXERCISE 9:00 AM at Community Center Cornhole Practice 10:30 to 11:15 ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	16 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	17 LINE DANCE 9:30 AM BUSY BEES 12:30 PM TECH HELP 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	18 EXERCISE 9:00 AM at Community Center HULA DANCE - 10:15 AM RUMMIKUB 1:00 PM Bereavement Support 1:30 to 3:30 PM	19 YOGA - 9:00 LINE DANCE 9:30 AM Cornhole Practice 10:30 to 11:15 BINGO - 1:00 - 3:00 PM	20
21	22 EXERCISE 9:00 AM at Community Center Cornhole Practice 10:30 to 11:15 ACRYLIC ART - 10:00 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	23 CLUB #2 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	24 LINE DANCE 9:30 AM Cornhole Practice 10:30 to 11:15 BUSY BEES 12:30 PM MEMOIR - 2:00 PM (ZOOM)	25 EXERCISE 9:00 AM at Community Center HULA DANCE - 10:15 AM RUMMIKUB 1:00 PM Bereavement Support 1:30 to 3:30 PM	26 YOGA - 9:00 LINE DANCE 9:30 AM BINGO - 1:00 - 3:00 PM	27 Memorial Day Parade - 10 AM Senior Walkers or Van riders Wanted
28	29 Center Closed 	30 Lawrence Senior Center Open House 10 AM to 2:00 PM Bring a friend!	31 LINE DANCE 9:30 AM Cornhole Practice 10:30 to 11:15 BUSY BEES 12:30 PM MEMOIR - 2:00 PM (ZOOM)	Bereavement Support Group May 11th, 18th, 25th - 1:30 PM to 3:30 PM Location: Lawrence Senior Center Register by visiting or calling the center at (609)844 - 7048 Sponsored by Serenity Hoplice	Cornhole Tournament June 29, 2023 1:00 PM - 4:00 PM **Partner needed to sign up for Tournament**	Game Room Mon/Fri 9:30 AM to 11:15 AM

Notes

5

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

Lillian LaSalle, Executive Director
llasalle@lawrencetwp.com

Tatum Harbach, Recreation Leader
tharbach@lawrencetwp.com

TRANSPORTATION SERVICES
Senior Van available weekdays
between **8:45 AM - 3:30 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 LUNCHEES

MON, WED, THURS. AND FRIDAY
No Nutrition Tuesdays
9:15 AM - Coffee
by 10:45 AM - Sign in for meal
Pre-Registration Required
Please call (609)883-8085 OR
(609)989-6650
Site Manager: Vanessa Banks

Grab your partner
& come practice
prior to the
Cornhole
Tournament. See
Dates above for
practice times

Announcements / News

Municipal Building Closed

Lawrence Township Municipal Offices will be closed on Monday, May 29 in observance of Memorial Day. Monday's trash and recycling has been rescheduled for Saturday, May 27 and Saturday, June 3rd.

Citizen of the Year Awards

You nominated community members to receive the Citizen of the Year Award. Come to the Awards Ceremony at Town Council 5/2.

Lawrence Township has been awarded \$65,000

Lawrence Township has been awarded \$65,000 by the New Jersey Department of Community Affairs' Local Recreation Improvement Grant to update Eldridge Park equipment.

Lawrence Township named a 2022 Tree City!

Lawrence Township was named a 2022 Tree City USA® by the Arbor Day Foundation in honor of its commitment to effective urban forest management!

Property Taxes

Second quarter property taxes are due in the Tax Collector's office by 4:30 on Wednesday May 10th 2023 to avoid penalty. Tax Collector: 609-844-7041

If it's on the internet, it must be true.....ehhh, not really! A brief history of my salary and my responsibilities. - Kevin Nerwinski, Municipal Manager's Blog

I recently came upon a Facebook post on one of the several community pages that stated the following: While raising our taxes, the town manager went from a salary of about \$140,000 to \$225,000. Why is the council making these moves. Did anyone else ever get a salary increase like that???????! No wonder the manager wants behind-closed-doors meetings instead of public discussions.

So, I thought, ok -- this may be the time where I peel away the onion of misinformation and celebrate a little more transparency with facts and context. My salary was an issue at the last election, and it seems like it may be again in this year's election. I responded to the post as follows (with some slight modifications included):

Hey Everyone; not everything you find and read online is true or provides context or explanation. The Employment Agreement I executed with the Township of Lawrence is dated April 28, 2017, and is available to anyone who makes an OPRA request. I took over the position of Municipal Manager from my predecessor, Richard Krawzcun, who was earning approximately \$227,000 annually (yes, six years ago). My initial salary was \$164,000, not \$140,000, as the post suggests. More than \$60,000 less than the predecessor Municipal Manager.

The Employment Agreement provided for annual adjustments based on the cost of living increases received by other "Unclassified and/or Exempt" personnel working for our town. In addition, the Agreement provided for performance appraisals conducted on a semi-annual basis for December 2017, 2018, and 2019 and June 2018, 2019 (a probationary period to allow the elected officials to evaluate my performance more regularly and make incremental salary adjustments to close the salary gap with my predecessor). These performance reviews were negotiated and built into the Agreement because the disparity between the initial salary of \$164,000 and the salary of my predecessor was substantial, and I would not accept the position otherwise.

The Township hired me as the Municipal Manager and QPA (Qualified Purchasing Agent has a separate average statewide salary of approximately \$45,000). In addition to the responsibilities of a municipal manager by statute in our form of government, I am the Director of Community Development (previously a full-time township position) a member of the Planning Board and Director of Public Safety. Also, when the Director of Affordable Housing (Andrew Link) retired (earning a salary and benefits that totaled more than \$120K), I took on his responsibilities because I knew affordable housing from when I worked with him as the Municipal Attorney. I did this for no additional compensation (and hired an outside firm to process applications for less than \$12,000 annually, so we didn't have to employ any support staff - saving the Township approximately \$115,000).

With these savings, we were able to add the Community Aide position to our operations -- providing the Township with a professional and designated information officer to better communicate with our residents on various platforms and support new businesses. The governing body wanted to....

implement this for several years, and we seized the opportunity to do it at the right time. We accomplished this AND reduced THE OVERALL costs to the taxpayer. In addition, for those that have stated publicly and incorrectly, I do NOT take health benefits from the Township, which can cost more than \$20,000 for families.

Moreover, because of my experience as the Municipal Attorney for the Township, I frequently review and prepare documents that, under my predecessor, were done by the Township Attorney (charging an hourly rate). There are way too many instances to name where my prior municipal attorney experience has allowed our community to save thousands of dollars in legal fees because we do not have to engage and pay a private attorney to do the work or provide guidance on issues.

Finally, when my contract was renewed and extended in July 2020 (also available to anyone who makes an OPRA request), the governing body included that I am to maintain a social media presence on various social media sites (which consists of a blog site) and to roll out a committed social media program and communications plan for the Township.

So, if you judge me.....please consider the facts and what I do for the community. Also, please do not compare me to Business Administrators within Ewing Township, Hamilton Township, Trenton, or any other community with a directly elected Mayor. That would be comparing apples to oranges. They have fewer responsibilities than Municipal Managers. We are a Council-Manager form of government. Our elected officials are part-time. Our Mayor has no authority or responsibility over municipal operations or even an office in our Municipal Building. A municipal manager is responsible for all of the day-to-day operations of the municipal government (and all that it entails with 12 departments and more than 200 employees providing services to our community) AND is ultimately responsible for resident concerns.

For directly elected Mayor towns, along with a full-time business administrator, the Mayor is a full-time position, earning a full-time salary (and benefits), with authority to hire and fire department heads, handles constituency concerns, and is involved more directly in preparing the municipal budget. And has one or more full-time assistants. That is not what we do here. Our elected officials appoint the municipal manager, set policy and are responsible to adopt a municipal budget and pass other important ordinances and resolutions.

I hope this shines more light and clarifies how much I am paid, how my salary has increased over the six years I have been working here (which is close to equal to my predecessor of six years ago), and my overall responsibilities. I will leave for another day how we transformed our grant program to bring in millions of dollars more annually to this community compared to past years. As opposed to how the person who posted on FB about my salary increases, the other way to look at it is that our elected officials required the newly hired municipal manager to prove his value over a period of 2.5 years instead of simply matching the salary of the prior manager. Six years into this job, I am now at the salary level of my predecessor.

As for the comment that I want "behind closed doors meetings," I can only say that it is not only false, it is simply incredible in light of all of the information I have made available to all of you in the past six years. The effort I have made to explain our decisions or the process we follow is well documented, and the community is more informed now than ever before.



*******Officer Spotlight*******

This week's "Spotlight" is Officer Michael Hammond # 250. Officer Hammond is a 3-year veteran with the Lawrence Twp. Police Department. Officer Hammond has been working in Lawrence Twp. for much longer than that however. In 2013 he began working for the Township as a Police Dispatcher. Following that he was a firefighter. His family also has a long history in law enforcement. Both of his grandfathers were Police Officers, Sergeants actually!

Officer Hammond said he became a Police Officer because he wanted to give back to the community. He also said that he really enjoys being a Police Officer as it had been his dream since before he was dispatching. It took him some time to get hired but he made it! He also said he enjoys the fact that he is "preventing crime" in our community but the "community outreach" is really important to him. He is frequently involved in community events and always tries to get to know the people in the community he serves.

Officer Hammond said, "The job, like any job, has its ups and downs. The important thing that I always remember is that I am here to serve the community." Officer Hammond said it is that service that keeps him going and makes the job memorable and rewarding. To sum up Officer Hammonds character in one word, the word would be "Service." Great having you with us Officer Hammond!

SPRING AND SUMMER PROGRAMS - Register Today!

**Art Camp
Safety Town
Summer Camp
Nature Camp
Adult Pickleball
Hula Hoop**



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

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



On Earth Day, we celebrated longtime community leader Anne Demarais for her decades long commitment to sustainability and green space initiatives by renaming the Nature Center in her honor.

Thank you, Anne!

We would like to thank all of Anne's family and friends who helped us put this event together!



Today Councilmember Jim Kownacki and members of Growth and Redevelopment welcomed a new cosmetic spa to Lawrence Township! Congratulations Soulmedica, and thank you for choosing Lawrence.

25 Texas Ave, Lawrence Township NJ



Public Works employees Dave, Anthony, and Anton planted a Forest Pansy Redbud at the Municipal Building for arbor day! Additionally we will plant six Dawn Redwoods at Maidenhead donated by Shade Tree Advisory Committee member David Bosted. Thank you for keeping Lawrence green!



 **DEPT. OF PUBLIC WORKS**

May 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



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

**Available to Lawrence
Township Residents
60 years +**

TECH HELP

Wednesday's

1:00 PM to 3:00 PM

3/29	4/5	4/12	4/19
4/26	5/3	5/10	5/17



**Help by
The Lawrenceville
School Students**

**Location:
30 E. Darrah Lane**



PLEASE JOIN US FOR

Bereavement SUPPORT

Presented by:
Catherine Crawford
*M.A., M. ED,
Association Director of Counseling*

ON THE
FOLLOWING DAYS
5/11 | 5/18 | 5/25

1:30-3:30

Lawrence Township
Senior Center
30 East Darrah Lane
Lawrence Twp, NJ

SPONSORED BY



IN COLLABORATION WITH
THE LAWRENCE TOWNSHIP OFFICE ON AGING



MEMORIAL DAY *Parade*

**Sign up to walk the 1 mile Memorial Day
parade to represent the Lawrence Township
Senior Center.**

Saturday, May 27, 2023

**Step off at 10:00 AM at Lawrence High
School.**

Arrive at 9:15 AM to gather as a group.

**Register by visiting or calling the center at
(609) 844 - 7048**



OLDER
AMERICANS
MONTH



AGING UNBOUND: MAY 2023

LAWRENCE TOWNSHIP SENIOR OPEN HOUSE

ART DISPLAYS, EXERCISE
CLASS DEMONSTRATION,
HEALTHY LIVING DEMOS,
NUTRITIOUS FOOD SAMPLING,
HEALTHY SNACKS,
GIVEAWAYS & DOOR PRIZES

TUESDAY
MAY 30, 2023
10AM-2PM
LAWRENCE TOWNSHIP
SENIOR CENTER

FOR LAWRENCE RESIDENTS 60 YEARS & OVER!

LAWRENCE TOWNSHIP SENIOR CENTER
30 E DARRAH LANE
LAWRENCE, NJ 08648
(609) 844-7049

Please fill out and return the slip below to the Lawrence Township Senior Center.

SENIOR CENTER OPEN HOUSE REGISTRATION

- NAME
- ADDRESS
- PHONE NUMBER

I would like to receive a COVID-19
booster at this event!

☐

YES

NO

☐



Public Health
Prevent. Promote. Protect.

Lawrence Township Health Department

COVID-19 VACCINES ARE ON GOING!

TUESDAYS

MAY 2, 2023

MAY 23, 2023

2:00PM-6:00PM

PFIZER [6 MONTHS - 4 YEARS]

PFIZER [12 YEARS & ADULT]

MODERNA [6 MONTHS - 5 YEARS]

MODERNA [12 YEARS & ADULT]

**FREE, NO ID NECESSARY, AND NO INSURANCE REQUIRED.
WALK-INS WELCOME!**

LOCATION:

HOMEFRONT

1880 PRINCETON AVE, LAWRENCE, NJ 08648

HELD IN THE ARTS SPACE ROOM



**FOR MORE INFORMATION CONTACT
THE LAWRENCE HEALTH DEPARTMENT
(609) 844-7089**



MERCER COUNTY CLERK PAULA SOLLAMI COVELLO AND STAFF TO PRESENT U.S. PASSPORT CLINIC

***WHERE: Lawrenceville TWP Senior Center-
30 E Darrah Ln, Trenton, NJ 08648***

WHEN: June 22nd, 11:00 AM - 3:00 PM

***WHO: Residents of Mercer County seeking a new
passport, passport renewal, and/or passport photo***

***MUST BRING A CURRENT DRIVER'S LICENSE AND
EITHER A GOVERNMENT-ISSUED BIRTH
CERTIFICATE OR AN OLD PASSPORT***

***CHECKBOOK OR MONEY ORDER REQUIRED*
FOR MORE INFORMATION OR TO SCHEDULE AN
APPOINTMENT CALL 609-989-6473 OR 609-989-6131**



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:	<input type="text"/>	Public safety messages are sent here
* Password:	<input type="password"/>	Make it hard to guess!
* Full Name:	<input type="text"/>	
Language:	<input type="text" value="English"/>	
Mobile Phone:	<input type="text"/>	Text alerts from local police and fire departments are sent to this device.
Home Phone:	<input type="text"/>	After sign-up, see your Settings page for supported Local Agencies
Voice Messages:	<input type="text" value="No Voice Msgs"/>	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 in 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 SENIOR CENTER

CORNHOLE TOURNAMENT



JUNE 29TH, 2023
1:00 PM TO 4:00 PM
30 E. DARRAH LANE

MUST HAVE PARTNER TO SIGN UP
FOR LAWRENCE TOWNSHIP RESIDENT 60 YEARS +

VISIT OR CALL THE SENIOR CENTER TO
REGISTER (609) 844 -7048

CORNHOLE PRACTICE

DATES:

MAY 5

MAY 8

MAY 15

MAY 19

MAY 22

MAY 24

MAY 31

10:30 TO 11:15 AM

**LIGHT REFRESHMENTS WILL
BE SERVED AT THE
TOURNAMENT**

**PRIZES, GIVEAWAYS &
TSHIRTS FOR PARTICIPANTS**

TOURNAMENT SPONSORS:



ADDITIONAL INFORMATION

IN ORDER TO PARTICIPATE IN THE CORNHOLE TOURNAMENT, YOU MUST HAVE A PARTNER & FILL OUT A SAFETY CONSENT FORM. YOU MAY PRACTICE WITH YOUR PARTNER ON THE SET PRACTICE DATES AT THE SENIOR CENTER. SEE PRACTICE TIMES ABOVE.

VISIT OR CALL THE SENIOR CENTER TO SIGN UP AT

(609) 844-7048

30 E. DARRAH LANE

DEADLINE FOR TOURNAMENT SIGN UP IS FRIDAY,

JUNE 2, 2023

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



NJ Division of
Aging Services

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

MCIA
MERCER COUNTY
IMPROVEMENT AUTHORITY

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 &
Juice/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

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.



FACTS

- ! A closed door may slow the spread of smoke, heat, and fire.
- ! Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ! Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



**NATIONAL FIRE
PROTECTION ASSOCIATION**

The leading information and knowledge resource
on fire, electrical and related hazards

Your Logo

OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023

May is Older Americans Month. The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences...

Sign up to participate in the Lawrence Township Senior Center's

International Fashion Show

Wednesday, May 3, 2023

10:45 AM

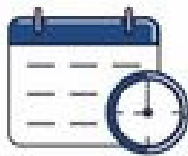


Public Health
Prevent. Promote. Protect.

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
Prevent. Promote. Protect.

Lawrence Township Health Department



TheMediMobile
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.



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.



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.



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.



CATCH SOME ZZZ'S

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



FUEL UP RIGHT

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



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:

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