



SENIOR CONNECT

OCTOBER 2022



Hello Everyone!

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

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



Municipal Events

October 2022		Expand All	Subscribe	Meetings Only			
25		26 Yard Waste Collection Shade Tree Advisory Committee	27 Yard Waste Collection Lawrence Alcohol and Drug Alliance Meeting Environmental Resources & Green Advisory Committee Meeting	28 Yard Waste Collection	29 Yard Waste Collection	30 Yard Waste Collection	1
2	Lawrence Township Community Day	3 Recycling Yard Waste Collection Planning Board Meeting (Cancelled)	4 Yard Waste Collection	5 Yard Waste Collection Rabies Clinic Trails, Open Space & Stewardship Advisory Committee	6 Yard Waste Collection Recreation Advisory Committee Meeting	7 Yard Waste Collection	8
9	The Blaze and the Brave	10 Yard Waste Collection Columbus Day Closing Historic Preservation Committee	11 Yard Waste Collection Growth and Redevelopment Committee Meeting	12 Yard Waste Collection Senior Executive Committee	13 Yard Waste Collection	14 Yard Waste Collection	15
16		17 Yard Waste Collection Recycling Planning Board Meeting	18 Yard Waste Collection Township Council Meeting	19 Yard Waste Collection Zoning Board Meeting	20 Yard Waste Collection Diversity, Equity and Inclusion Committee	21 Yard Waste Collection	22
23		24 Yard Waste Collection Shade Tree Advisory Committee	25 Yard Waste Collection Lawrence Alcohol and Drug Alliance Meeting Environmental Resources & Green Advisory Committee Meeting	26 Yard Waste Collection	27 Yard Waste Collection Trunk or Treat Affordable Housing Board Meeting	28 Yard Waste Collection	29
30		31 Recycling	1 Township Council Meeting	2 Trails, Open Space & Stewardship Advisory Committee	3 Recreation Advisory Committee Meeting	4	5

Senior Center Calendar - October 2022

October 2022



Lawrence Township Office on Aging Senior Center Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2 LAWRENCE TOWNSHIP COMMUNITY DAY 12:00 pm - 4:00 PM	3 EXERCISE 9-10 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM 10 COLUMBUS DAY CENTER CLOSED	4 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 1:30 PM - 3:00 PM 11 CLUB #2 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 1:30 PM - 3:00 PM 18 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 1:30 PM - 3:00 PM 25 CLUB #2 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 1:30 PM - 3:00 PM 31 EXERCISE 9-10 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM HALLOWEEN SOCIAL & COSTUME CONTEST - 1:30 PM	5 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM Chronic Disease Prevention 1:00 PM MEMOIR - 2:00 PM (ZOOM) 12 LINE DANCE 9:30 AM EXEC COMMITTEE 10 - 11 AM Balance Talk - 10:45 AM TECH HELP 1:00 - 3:00 PM BUSY BEES 1:00 - 3:00 PM Chronic Disease Prevention 1 PM MEMOIR - 2:00 PM (ZOOM) 19 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM TECH HELP 1:00 - 3:00 PM Chronic Disease Prevention 1:00 PM MEMOIR - 2:00 PM (ZOOM) 26 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM TECH HELP 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	28 LINE DANCE 9-10 AM VISION BOARD WORKSHOP - 10 AM HULA DANCE - 10:15 AM MATTER OF BALANCE - 1:00 PM 1:30 PM - ZOOM 13 EXERCISE 9-10 AM HULA DANCE - 10:15 AM MATTER OF BALANCE - 1:00 PM 1:30 PM - ZOOM 20 EXERCISE 9-10 AM HULA DANCE - 10:15 AM MATTER OF BALANCE - 1:00 PM PEOPLE AND STORIES 1:30 PM ZOOM 27 EXERCISE 9-10 AM HULA DANCE - 10:15 AM MATTER OF BALANCE - 1:00 PM PEOPLE AND STORIES 1:30 PM - ZOOM	29 6 EXERCISE 9-10 AM VISION BOARD WORKSHOP - 10 AM HULA DANCE - 10:15 AM MATTER OF BALANCE - 1:00 PM 1:30 PM - ZOOM 13 EXERCISE 9-10 AM HULA DANCE - 10:15 AM MATTER OF BALANCE - 1:00 PM 1:30 PM - ZOOM 20 EXERCISE 9-10 AM HULA DANCE - 10:15 AM MATTER OF BALANCE - 1:00 PM PEOPLE AND STORIES 1:30 PM ZOOM 27 EXERCISE 9-10 AM HULA DANCE - 10:15 AM MATTER OF BALANCE - 1:00 PM PEOPLE AND STORIES 1:30 PM - ZOOM	30 7 YOGA 9:00 AM at Community Center LINE DANCE 10:00 AM BINGO - 1:00 - 3:00 PM 14 YOGA 9:00 AM at Community Center LINE DANCE 10:00 AM BINGO - 1:00 - 3:00 PM 21 YOGA 9:00 AM at Community Center LINE DANCE 10:00 AM BINGO - 1:00 - 3:00 PM 28 YOGA 9:00 AM at Community Center LINE DANCE 10:00 AM BINGO - 1:00 - 3:00 PM	1 Pre-Register for ALL Senior Center Programs By Calling Or Visiting The Center. All Programs For Lawrence Seniors 60 Years and Older. 8 Social Distancing Will Be Followed. Temperature Checks at Door. Mask Recommended When Social Distancing Can Not Be Followed, Particularly if Unvaccinated. Any Symptoms? PLEASE STAY HOME! 15 MERCER COUNTY NUTRITION HOT LUNCHESES 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 Millie Booth at (609)883-8085 OR (609)989-6650 Lawrence Township Senior Center 30 East Dairrah Lane, Lawrence Twp. NJ 609-844-7048 Lillian LaSalle, Director llasalle@lawrencetwp.com Office Hours: 8:30 - 4:30 pm TRANSPORTATION SERVICES Senior Van available weekdays between 8:30 AM - 2:30 PM. By Appointment only - Must call 48 hours in advance

Drive Thru Flu Clinic
 October 17th
 10 AM to 12:00 PM
 at Senior Center

Create your own inspirational collage
Vision Board Workshop
 with Hamilton Grove
 October 6th, at 10 AM

**HALLOWEEN
 COSTUME CONTEST**
 at the Halloween Social on
 October 31st at 1:30 PM

Announcements / News

Recycling - Monday October 3rd

Since August 1, 2022 Cold Soil Road between US Route 206 and Keefe Road has been under construction for roadway improvements. The project includes a new sidewalk connection along the north side of Cold Soil Road. The entire project will take approximately 60 days to complete. There will be periodic detours required; however, the roadway will be open to emergency vehicles, garbage trucks and local residents at all times.

Road Work: Multiple Streets

Please be advised that the Township will be repaving several streets including Fairfield Avenue, Bergen Street (Lawrenceville-Pennington Road to Craven Lane), Province Line Road (Stonybrook Bridge to the Princeton Township Border), Blackwell Road, Teak Lane (portion) and Skillman Avenue. Notices to adjacent property owners will be provided by the contractor 48 hours prior to the start of each roadway. The work started on September 7, 2022 and the entire project will take approximately 60 days to complete. There will be periodic detours required; however, the roadway will be open to emergency vehicles, garbage trucks and local residents at all times.

Cat Licenses are due and must be renewed during the month of September. Proof of current rabies must be presented when purchased by mail or in person. Cat license fee is \$11.00 for cats that are spayed or neutered and \$14.00 for cats that are not spayed or neutered. The Township will charge a delinquency fee of \$5.00 plus \$1.00 per month for each month delinquent. Call Animal Control: 609-844-7092

LAWRENCE TOWNSHIP FIRE COMPANIES



THE BLAZE & THE BRAVE

SUNDAY
10.09.22

Celebration

OPEN HOUSES
10 AM - 2 PM

Let's kick off Fire Prevention Week by celebrating the history of Lawrence's Volunteer Fire Companies!

T-SHIRT
FUNDRAISER



TOURS +
SAFETY DEMOS



FREE
FOOD



FIRE SAFETY DEMONSTRATIONS



Slackwood Fire

21 SLACKWOOD AVE

Extinguishers
Demo @10:30 AM

Lawrence Road Fire

1252 LAWRENCE RD

Smokehouse and
Extraction @12:00 PM

Lawrenceville Fire

64 PHILLIPS AVE

Rescue Equipment
Demo @1:00 PM

QUESTIONS? CALL (609) 690-9452



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](#).



PRESS RELEASE

Kevin P. Nerwinski, Esq.
Office of the Municipal Manager
September 20, 2022
FOR IMMEDIATE RELEASE

The Township of Lawrence Announces Appointment of New Provisional Police Captain

Lawrence Township announces the appointment of Lt. Joseph S. Lech to the rank of Captain for the Lawrence Township Police Department. Under the NJ Civil Service Guidelines, Lt. Lech's appointment is provisional at this time and until further notice.

Captain Lech has over 26 years of law enforcement and leadership experience with the Lawrence Township Police Department. After beginning his career in 1996, Captain Lech's exemplary work as a police officer led to his promotions to the ranks of Sergeant in 2011 and Lieutenant in 2017. Throughout his time with the Lawrence Township Police Department, Captain Lech held a variety of departmental positions in the Investigative Division, the Patrol Division, and the Internal Affairs and Records Division. During his service in these capacities, Captain Lech pioneered best practices to further the Police Department's mission to keep Lawrence Township safe.

"Joe has my complete support as he tackles the day-to-day operations of the Police Department. Please join me in congratulating Captain Lech on his promotion. Filling the Captain's position at this time represents a significant change in the command staff of the Police Department, and I am confident that both Captain Lech and Chief Longo will successfully guide the department to meet the challenges of our community," said Municipal Manager Kevin P. Nerwinski.

Seasonal Reminder

Please remember that as fall, winter and the holiday season approaches, more illness spreads during this time. Be mindful of how you feel daily, and please do not attend work, school, or other functions if you have symptoms resembling illness (fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea). Visit a physician or walk-in clinic if you feel it necessary, and if you must leave your house while ill, wear a tight-fitting mask and know that this action alone can help save lives by limiting the spread of the virus.

When taking a COVID-19 home test, remember that they are not 100% accurate and can deliver a negative result for COVID-19 when a person has the virus. A physician's office can perform a more accurate test for COVID-19 if needed. Standard flu is also of concern in the fall, and winter seasons, so please do your best to stay healthy and limit your movements if you fall ill.

Public Works 609-587-1894



DEPT. OF PUBLIC WORKS

October

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



2022 Fall Photo Contest

Lawrence • Mercer County, NJ

Where nature smiles for 22 miles

www.lawrencetwp.com

2022 Fall Photo Contest - Lawrence Township announces its first annual Fall photo contest!

Submit your best and most beautiful photos of autumnal Lawrence Township to newsletter@lawrencetwp.com by November 5th!

The community will vote on the winners, and the first place photograph will be the cover of the 2023 Municipal Calendar! **To submit:** please include only one photo, the photographer's full name, and the location of the photo!

We have a new E-Newsletter

Please visit our website to sign up:

<https://www.lawrencetwp.com>

Latest Lawrence



 **Hello Lawrence!** 

Welcome to the new Township newsletter that will keep you up-to-date with all things municipality related!



SOLEMATES WALKING PROGRAM

This program will meet once a week and walk for about 45 minutes each session. The walks will be mild, with mostly flat terrain. A great way to meet new people, exercise, get some fresh air and discover the beautiful Lawrence Township parks!

Dates: Tuesdays-9/13, 9/20, 9/27, 10/4, 10/11, 10/18
 Time: 9-9:45am
 Locations: Various Parks (Week 1 - Village Park Yeger Pavilion)
 Ages: Adults
 Register Today!

LAWRENCE TOWNSHIP
RECREATION



PICKLEBALL LESSONS



Pickleball 101 - Sundays - 4:00pm to 5:15pm
 OR
Pickleball 201 - Sundays - 5:30pm to 6:45pm
September 11th - October 9th
@ Village Park

DISCOVER LAWRENCE!



LAWRENCE TOWNSHIP COMMUNITY DAY!

CENTRAL PARK

OCTOBER 2, 2022

12PM-4PM

**COMMUNITY,
FOOD, FUN, MUSIC
AND MUCH MORE!**

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

TAI-CHI

At Senior Center – Under the tent

Instructor: Glenn Swann

10:30- 11:30 AM

8 Week Session: \$24

Starting Sept. 12th

Class Dates: Sept. 12th, 19th, 26th

Oct. 3rd, 17th, 24th

Nov. 7th, 14th

To Pre-Register or For More Information

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



30 E. Darrah Lane

Lawrence, NJ 08648



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



Public Health
Prevent. Promote. Protect.

Lawrence Township Health Department

Drive Through Flu Vaccine Clinics



Lawrence Township Senior Center
Parking Lot

30 East Darrah Lane, Lawrence, NJ 08648

To register: click this [link](#) or call 609-844-7089

Bring your Medicare and/or Health Insurance card.

If insurance info is not provided, the vaccine costs \$32 or \$84.99 for high dose. Cash or check is acceptable. Vaccines will be available for children 13-17 when accompanied by their parent, and for individuals over the age of 18 years.



MERCER COUNTY RECYCLING INFORMATION



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

YES - you can recycle that!



Mixed Paper



Phone Books



Corrugated Cardboard
(flattened and/or cut)



Hard Cover Books
(covers removed)



Window Envelopes



Soft Cover Books



Glass Food & Beverage
Jars/Bottles (all colors)



Pet Food Cans



Milk Jugs & Plastic
Beverage Bottles



Aluminum & Metal
Beverage Containers



Juice Boxes &
Beverage Cartons



Detergent & Shampoo
Containers



Plastics with
#1 or #2 Symbols

NO - sorry, you can't recycle that!



Pizza Boxes



Plastic Bags

Light Bulbs

Aluminum Foil/Baking Pans

Styrofoam

Drinking Glasses, Dishes &
Broken Window Glass

Ceramics & Pottery

Aerosol Cans

Motor Oil & Anti-Freeze Containers

Clothes Hangers

Bandage Tins & Cookie Tins

Carbon & Waxed Paper

Tissue Paper, Napkins, Paper Plates
& Paper Towels

Plastics with #3 - #7 Symbols

FOR MORE INFORMATION CALL 609-278-8086 OR VISIT WWW.MCIANJ.ORG

FOLLOW US AT
FACEBOOK.COM/MCIANJ



Public Health
Prevent. Promote. Protect.

HAMILTON TOWNSHIP DIVISION OF HEALTH

STI TESTING & TREATMENT CLINIC

FREE AND CONFIDENTIAL



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



609-890-3647



2100 Greenwood Ave,
Hamilton, NJ 08609

Walk-in, no appointment needed!

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

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

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



Face masks are required!



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

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



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



609-278-5900





Public Health
Protect. Promote. Prevent.

Lawrence Township Health Department



The MediMobile
MEDICAL CARE AT YOUR DOOR

FREE PCR & RAPID COVID-19 TESTING

THURSDAYS

8AM-6PM



SCAN QR CODE TO REGISTER:



WALK-INS WELCOME

PRE-REGISTRATION PREFERRED:

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

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

PLEASE BRING YOUR INSURANCE CARD WITH YOU

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



Need Help Finding Your Calm After the Storm?

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

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

We are here for you and your families with:

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

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

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

Scan code with your phone or
call to join:

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



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



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.



Monkeypox: Get the Facts

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



What Are the Symptoms?

- Early flu-like symptoms of monkeypox can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion



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

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

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



If You or Your Partner Have Monkeypox...

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



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

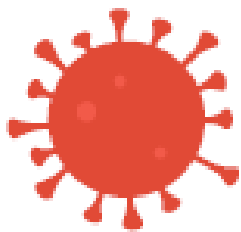


Mercer County Monkeypox (hMPXv) Vaccine Clinic



Mercer County Division of Public Health (MCDoPH) in partnership with the City of Trenton Health Department will be holding two Monkeypox (hMPXv) vaccine clinics in the City of Trenton on 9/29 and 9/30. Appointments are recommended, walk-ins may be accommodated.

For information on who is recommended to take the Monkeypox vaccine, please visit the New Jersey website at: www.nj.gov/health/monkeypox/about/faqs/



**September
29th**
10 a.m.-7 p.m.

**September
30th**
10 a.m.-3 p.m.



If you are interested in either of these two priority clinics, please call MCDoPH at 609-503-9893 for location and scheduling. All appointments and personal information will be kept confidential.

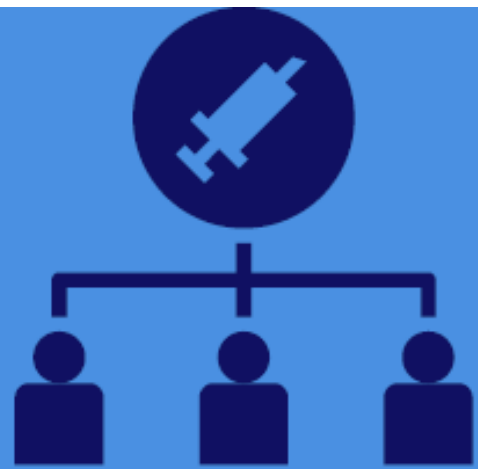
If you are unable to participate in either of these two clinics, additional dates and times are also available through the City of Trenton Health Department at 609-989-3242 x115.

County Executive Brian M. Hughes
Mercer County Division of Public Health
Health Officer Kristin Reed

Mayor Reed Gusciora
City of Trenton Health Department
Health Officer Yvette Graffie-Cooper

July 28, 2022

Monkeypox Vaccination in New Jersey



Who can get vaccinated?

The vaccine for monkeypox is called JYNNEOS. With the current limited supply of JYNNEOS vaccine in New Jersey, **the following residents may be eligible for vaccination***:

- People who have known contact with someone who tested positive for orthopoxvirus or monkeypox virus within past 14 days
(Contact your [local health department](#) to coordinate vaccination)
- People who attended an event where known monkeypox exposure occurred within past 14 days
(Make an appointment at a vaccine location) →
- People who identify as gay, bisexual, or men who have sex with men (MSM), and/or transgender, gender non-conforming, or gender non-binary and who have a history of multiple or anonymous sex partners within past 14 days
(Make an appointment at a vaccine location) →

***New Jersey is expecting additional doses from the Centers for Disease Control and Prevention (CDC) and as the State gets additional supply the Department will continue to expand access to the vaccine.**

HIGH PRIORITY GROUPS



Residents who are eligible for vaccination and who also have a condition that may increase their risk for severe disease should be considered high priority for vaccination, including people who:

- Have a weakened immune system
- Have a history of atopic dermatitis or eczema

VACCINE LOCATIONS



Appointment only – No walk ins:

- Bergen New Bridge Medical Center, Annex 2 (white tent structure), 230 East Ridgewood Ave., Paramus: www.newbridgehealth.org
- Cooper Vaccine & Testing Clinic, Cooper University Hospital, 300 Broadway, Camden: 856-968-7100 or <https://my.cooperhealth.org/mychart/authentication/login>
- Hyacinth AIDS Foundation/Project Living Out Loud!, Jersey City: 201-706-3480
- North Jersey Community Research Initiative (NJCRI), Newark: 973-483-3444, ext. 200
- The Prevention Resource Network, a program of the Visiting Nurse Association of Central Jersey, Asbury Park: 732-502-5100



Monkeypox Key Facts



Monkeypox is a rare disease caused by the monkeypox virus.

Monkeypox can make you sick including a rash or sores (pox), often with an earlier flu-like illness.

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact.



Symptoms

- Early flu-like symptoms of monkeypox can include fever, headache, muscle aches, backache, swollen lymph nodes, chills, and exhaustion
- Rash appears within 1 to 3 days (sometimes longer) after fever, often beginning on the face then spreading to other parts of the body
- Illness usually lasts 2–4 weeks



Transmission

- Monkeypox can spread through:
 - Direct contact with monkeypox rash, sores or scabs
 - Contact with objects, clothing, bedding, towels, or surfaces used by someone with monkeypox
 - Respiratory droplets or oral fluids from a person with monkeypox
- Monkeypox can spread from the time symptoms start until all sores have healed, which can take several weeks



Recent Clusters of Monkeypox

- Cases of monkeypox have been recently reported in several countries that don't normally have monkeypox activity, including the United States
- It's not clear how the individuals were exposed to monkeypox but cases include people who self-identify as men who have sex with men



Diagnosis & Treatment

- Healthcare providers should be alert for patients with rash illnesses consistent with monkeypox, regardless of gender or sexual orientation, particularly those with travel history or other risk factors
- There is no specific treatment for monkeypox, although antivirals developed for use in patients with smallpox may be beneficial



Recommendations for the Public

- Risk to the general public is low
- Seek medical care immediately if you are concerned you have monkeypox
- Avoid close contact with sick people, including people with skin lesions or genital lesions



For More Information

- Contact your healthcare provider with medical questions
- Visit the [Centers for Disease Control and Prevention](#) website

10 WAYS TO LOVE YOUR BRAIN



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



HIT THE BOOKS

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



BUTT OUT

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



FOLLOW YOUR HEART

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



BREAK A SWEAT

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



STUMP YOURSELF

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

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

HEADS UP!

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



BUDDY UP

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



TAKE CARE OF YOUR MENTAL HEALTH

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



FUEL UP RIGHT

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



CATCH SOME ZZZ'S

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

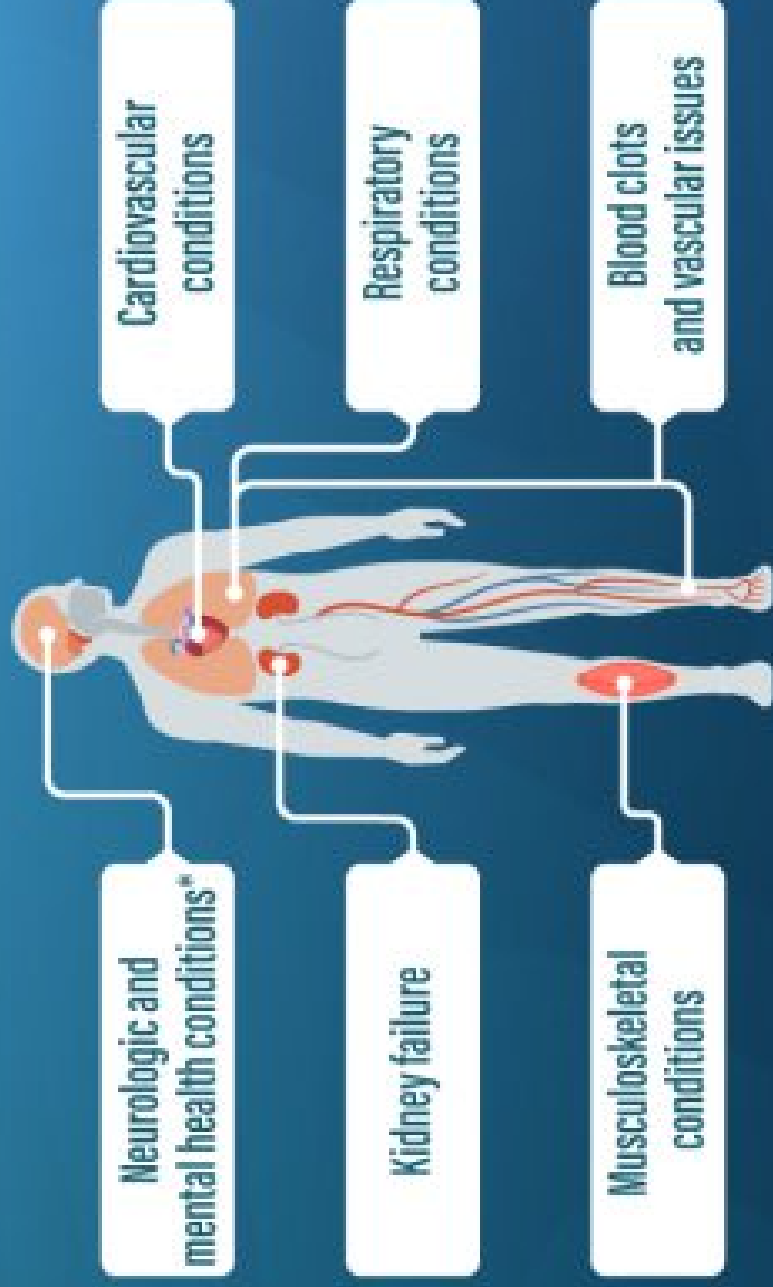


Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:

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



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



* Adults aged 65 and older at increased risk

bit.ly/MMWR7121

MAY 24, 2022

MMWR

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



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.
- 
Report the call
 File a complaint with:
 - the Treasury Inspector General for Tax Administration (TIGTA) at tigta.gov or 800-366-4484.
 - the FTC at 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