



SENIOR CONNECT

SEPTEMBER 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

September 2022

28	29	30	31	1	2	3
				Recreation Advisory Committee Meeting		Make-up Trash Collection
4	5	6	7	8	9	10
	No Trash Collection Recycling (rescheduled) Labor Day Closing	Yard Waste Collection	Yard Waste Collection Trails, Open Space & Stewardship Advisory Committee	Yard Waste Collection	Yard Waste Collection	Recycling Collection Make-Up MCIA Household Hazardous Waste Event
11	12	13	14	15	16	17
9/11 Memorial Ceremony	Yard Waste Collection Historic Preservation Committee	Yard Waste Collection Growth and Redevelopment Committee Meeting	Yard Waste Collection Senior Executive Committee	Yard Waste Collection Diversity, Equity and Inclusion Committee	Yard Waste Collection	
18	19	20	21	22	23	24
	Recycling Planning Board Meeting	Township Council Meeting	Zoning Board Meeting (Cancelled)			
25	26	27	28	29	30	1
	Yard Waste Collection Shade Tree Advisory Committee	Yard Waste Collection Lawrence Alcohol and Drug Alliance Meeting Environmental Resources & Green Advisory Committee Meeting	Yard Waste Collection	Yard Waste Collection	Yard Waste Collection	

Municipal Clerk 609-844-7001

Senior Center Calendar - September 2022

September 2022



Lawrence Township Office on Aging Senior Center Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	REGISTRATION
	5 LABOR DAY CENTER CLOSED	6 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM	7 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM	1 EXERCISE 9-10 AM COMPUTER LAB 9:30 AM	2 LINE DANCE W/ ROSE - 9:30 COMPUTER LAB 9:30 AM	3	Pre-Register for ALL Senior Center Programs By Calling Or Visiting The Center. All Programs For Lawrence Seniors 60 Years and Older.
		Lawrence Senior Center 31st Anniversary Come Celebrate With Us On September 29th - Time TBD					
4	5 LABOR DAY CENTER CLOSED	6 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM	7 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM	8 EXERCISE 9-10 AM COMPUTER LAB 9:30 AM	9 LINE DANCE W/ ROSE - 9:30 COMPUTER LAB 9:30 AM	10	POLICY 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!
11 LAWRENCE TOWNSHIP 9/11 MEMORIAL SERVICE 8:30 AT MEMORIAL PARK 360 PILLA AVENUE LAWRENCE TOWNSHIP	12 EXERCISE 9:00 - 10:00 COMPUTER LAB 9:30 AM ACRYLIC ART - 9:30 AM TAI-CHI - 10:30 AM	13 CLUB #2 - 10:00 AM SCULPTURE CLASS 1:00 PM DECORATIVE 1:00 - 11:00 HEALTHY BONES 1:30 - 3:00	14 LINE DANCE 9:30 AM Chronic Disease Prevention 1:00 PM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	15 EXERCISE 9-10 AM COMPUTER LAB 9:30 AM	16 YOGA 9:00 AM LINE DANCE W/ ROSE - 9:30 NUTRITION ANNUAL PICNIC 9:00 AM - 1:00 PM	17	MERCER COUNTY NUTRITION HOT LUNCHEAS MON, WED, THURS. AND FRIDAY 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
18	19 EXERCISE 9:00 - 10:00 COMPUTER LAB 9:30 AM ACRYLIC ART - 9:30 AM TAI-CHI - 10:30 AM	20 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES 1:30 - 3:00	21 LINE DANCE 9:30 AM Chronic Disease Prevention 1:00 PM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	22 EXERCISE 9-10 AM COMPUTER LAB 9:30 AM	23 NO BINGO YOGA 9:00 AM	24	Lawrence Township Senior Center, 30 East Darragh Lane, Lawrence Twp. NJ 609-844-7048 Lillian LaSalle, Director llasalle@lawrencetwp.com Office Hours: 8:30 - 4:30 pm
25	26 EXERCISE 9:00 - 10:00 COMPUTER LAB 9:30 AM ACRYLIC ART - 9:30 AM TAI-CHI - 10:30 AM	27 CLUB #2 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES 1:30 - 3:00	28 LINE DANCE 9:30 AM Chronic Disease Prevention 1:00 PM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	29 EXERCISE 9-10 AM COMPUTER LAB 9:30 AM	30 YOGA 9:00 AM	1	TRANSPORTATION SERVICES Senior Van available weekdays between 8:30 AM - 2:30 PM . By Appointment only - Must call 48 hours in advance
2	3	LAWRENCE SENIORS PLEASE REGISTER FOR SENIOR CLUBS WHICH MEET ON TUESDAYS 10 AM	REMINDERS: 1. Nutrition 9/16 Annual Picnic at the Ice Skating Rink 2. Register for Yoga & Tai-Chi Classes begin second week in September 3. Hula Dance class starts September 15th - New students welcome! 4. Chronic Disease Prevention Health Education Group starts 9/14 (SPACE LIMITED) 5. Sign Up for "Vision Board" Workshop 9/8				2

Announcements / News

Household Hazardous Waste Disposal Day - MCIA will host this event on September 10 at the Dempster Fire School on 350 Lawrence Station Road between 8:00 a.m. and 2:00 p.m.

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.

The Municipal Building will be closed on Monday, September 5th for Labor Day.

Property Taxes: Payment is due by Tuesday, September 6, 2022, with no further grace period. **Tax Collector 609-844-7041**

Congratulations on your retirement, Chief Caloiaro! Thank you for your leadership and dedication in keeping Lawrence a safe place to live, work, and enjoy.





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](#).

Public Works 609-587-1894



DEPT. OF PUBLIC WORKS

September

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	

zone 1 zone 2 zone 3 zone 4

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!**



PRESS RELEASE

Kevin P. Nerwinski, Esq.
Office of the Municipal Manager
August 26, 2022

FOR IMMEDIATE RELEASE

Township of Lawrence Announces Appointment of New Provisional Police Chief

The Township of Lawrence announces the appointment of Lt. Christopher M. Longo as the Police Chief for the Lawrence Township Police Department. Under NJ Civil Service guidelines, Lt. Longo's appointment is provisional at this time and until further notice.

Chief Longo has over 22 years of law enforcement and leadership experience with the Lawrence Township Police Department. After beginning his career in 1999, Chief Longo quickly rose through the ranks to a supervisory role in 2008, and held a variety of departmental positions. His exemplary work as a Police Officer, Police Detective, Police Sergeant, Police Lieutenant, and most recently Commander of the Investigative Division and Detective Bureau, demonstrate the depth of his qualifications and insight into the organizational complexities of law enforcement.

"Chris has my full confidence, trust, and support as he takes on this challenging role within the department. His training and experience in law enforcement, respect of his officers, and deep roots within our community provide a strong foundation for him to successfully guide the department through the transitional period with the retirement of Chief Brian Caloiaro," said Municipal Manager Kevin P. Nerwinski."

On August 25th, Mayor John Ryan celebrated the grand opening of a new apparel and accessories store, Citi Trends, in the Lawrence Shopping Center.



Please join us at the 9/11 Memorial Ceremony to commemorate those who lost their lives on that tragic day and the first responders and heroes who rushed to the aid of others.

Located 9/11 at Memorial Park on Pilla Ave in Lawrence Township.

Beginning at 8:30am on Sunday, September 11, 2022.



**LAWRENCE TOWNSHIP
9/11
MEMORIAL CEREMONY**



**SEPTEMBER 11, 2022
8:30 AM**

**9/11
MEMORIAL PARK**

**PILLA AVE.,
LAWRENCE TOWNSHIP,**

The banner features two circular logos on the left and right, each containing an American flag and the text '9-11'. The central text is white on a dark blue background. Below the banner, there are three images: an American flag on the left, a red panel with event details in the center, and a white gazebo in a park on the right.



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



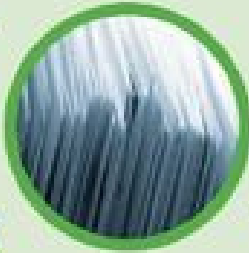
Phone Books



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



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...

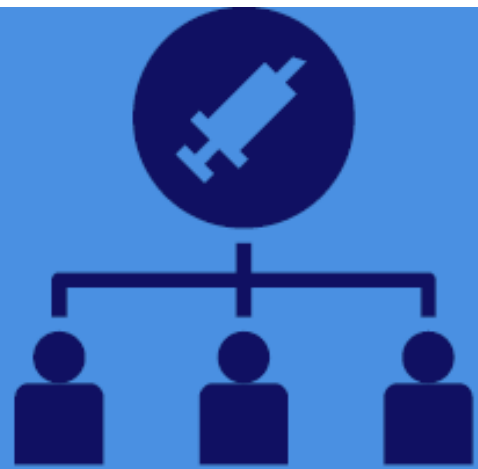
- Follow the treatment and prevention recommendations of your healthcare provider
- Avoid sex or being intimate with anyone until all your sores have healed and you have a fresh layer of skin formed.



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

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.

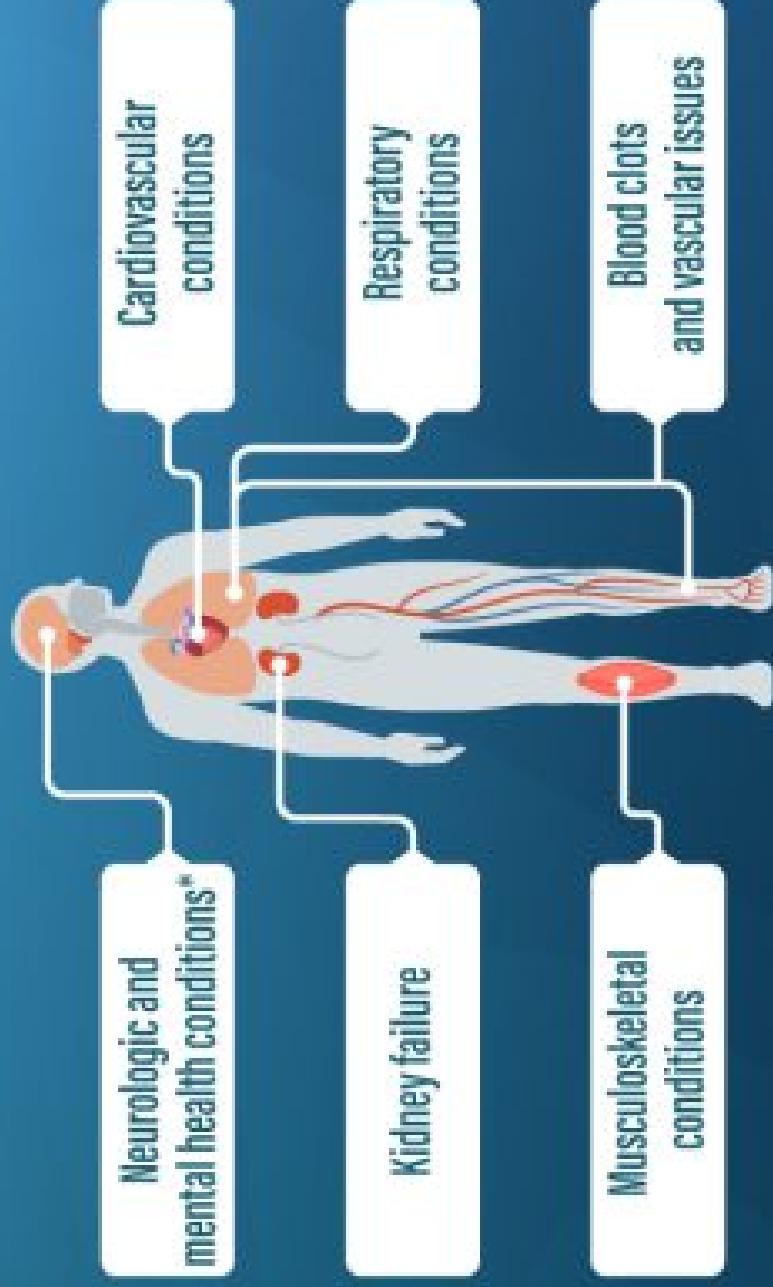


Visit alz.org/10ways to learn more.

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



REACH

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.

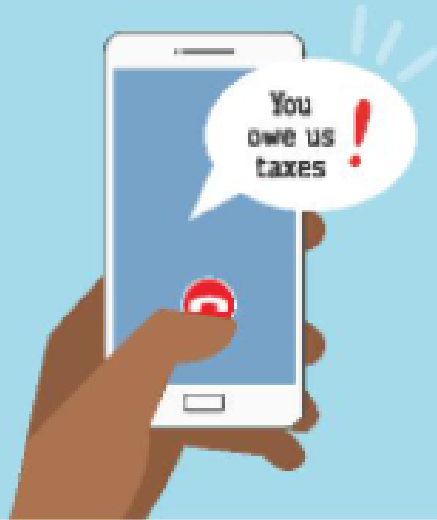
For more information about the Veterans Crisis Line, visit [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)

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

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