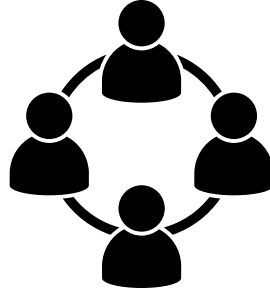




Senior Connect

by Lawrence Township



February 15,
2022









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](#).

February is Black History Month! Join us in celebrating the impact of Black American heritage, culture, and achievements through our annual Art and Essay Contest. Entries are due no later than 2/22!

**BLACK HISTORY
MONTH**

**20
22**

ART or ESSAY CONTEST

Submit a piece of writing such as an essay, poem, or letter; or a piece of art including but not limited to a painting, drawing, poster, or sculpture. Pick a black leader of your choice who has inspired you. Express that inspiration into your piece of work. On the back of each piece please provide your name, entry level, and phone number.

Resident votes will be accepted via Google Form.
Voting will take place February 23rd - 27th.

GRADE ENTRY LEVELS:

K - 2

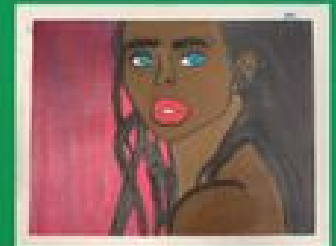
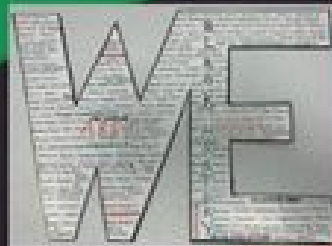
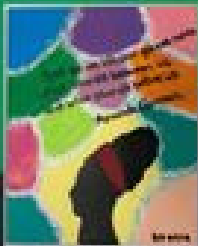
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HIGH SCHOOL

ADULT



Entries are due no later than 4:30pm on February 22nd and can be dropped off at the Lawrence Township Municipal Building Monday-Friday 8:30am-4:30pm. Call us when you arrive (609) 844-7064 and we will meet you outside to pick it up. The winners will be announced on February 28th.

Be your own kind of creativity

Lawrence Township has received a grant from NJ Department of Community Affairs to install a new trail segment in Colonial Lake!



State of New Jersey
DEPARTMENT OF COMMUNITY AFFAIRS
101 SOUTH BROAD STREET
PO Box 806
TRENTON, NJ 08625-0806

PHILIP D. MURPHY
Governor

Lt. GOVERNOR SHEILA Y. OLIVER
Commissioner

February 1, 2022

[Via Email: jryan@lawrencetwp.com]

The Honorable John Ryan
Mayor, Lawrence Township
2207 Lawrence Road
Post Office Box 6006
Lawrenceville, NJ 08648

Dear Mayor Ryan:

On behalf of Governor Philip D. Murphy and the New Jersey Department of Community Affairs, I am pleased to inform you that Lawrence Township will receive a Local Recreational Improvement grant of \$75,000. This award will provide funds to install a new trail segment around the western bank of Colonial Lake through recently acquired open space to complete the recreational trail in Colonial Lake Park.

Provision of such financial assistance is subject to appropriate execution of a grant/loan agreement with the Department and compliance by Lawrence Township with the terms, conditions and requirements set forth therein. Expenditures incurred prior to receipt of the executed grant agreement are incurred solely at the risk of the grant recipient should funding not be available to support this award. If you have any questions regarding this funding, please do not hesitate to contact the Department of Community Affairs' Division of Local Government Services at (609) 292-4584.

I would like to extend my best wishes for this most worthwhile project and its successful completion.

Sincerely,

A handwritten signature in black ink that reads "Sheila Y. Oliver".

Sheila Y. Oliver
Lt. Governor

Message from Municipal Manager:

I am sharing an email I received from Jack Oakley - Chief/EMC of our Fire and EMS department. It details the work that went into pursuing grant funding for a new ambulance that we desperately need that resulted in a \$198K award to us from FEMA! Jack informs me that our EMTs ingenuity in creating an apparatus to use as a decontamination space attached to an ambulance for Covid-19 cases they handled most likely put our application over the top for FEMA to approve our funding request.

This is simply great work by dedicated people who work hard each day for their community, mostly behind the scenes doing things that are beyond the requirements of their job. Well done!

Peace and love.....Peace and love! - Kevin Nerwinski



To the Participants of the Lawrenceville Nutrition Program:

Grab and Go Lunches are available through the Nutrition Project for the Elderly, 10:00 AM – 12:00 PM (While supplies last, first come first served, pre-registration required).

Please register with Site Manager, Milagros Booth at (609) 883-8085 or the Nutrition Office at (609) 989-6650. Mask is required, **Drive thru ONLY**. Meals are perishable, prompt refrigeration or consumption is highly recommended. **There is no congregate meal program at this time.** Meals are free but donations are accepted and appreciated.

Thank you for your cooperation.



Looking to get tested for Covid or receive a vaccine? Here is a list of dates and locations to do just that! Walk-ins welcome, but pre-registration is preferred. Let's keep our community safe this winter.



COVID-19 CLINICS

MERCER COUNTY FEBRUARY 2022 COVID-19 CLINICS

Use QR code or visit covidvaccine.nj.gov for preregistration (preferred). Walk-ins always welcome. Vaccines are administered in partnership with Capital Health. If you are unable to find an appointment online, you may call the New Jersey COVID-19 Vaccine Appointment Support at: 1-855-568-0545 (8 am – 8 pm).

Vaccine Clinics

CURE INSURANCE ARENA GATE A, 81 HAMILTON AVE., TRENTON 08611

- Feb 1, 10 am-6pm
- Feb 3, 9 am-5pm
- Feb 7, 9 am-5pm
- Feb 8, 10 am-6pm
- Feb 10, 9 am-5pm
- Feb 14, 9 am-5pm
- Feb 15, 10 am-6pm
- Feb 17, 9 am-5pm
- Feb 21, 9 am-5pm
- Feb 22, 9 am-5pm
- Feb 23, 11 am-7pm



BOOSTER



1ST/2ND DOSE

1440 PARKSIDE AVE., EWING 08638 (SIDE DOOR ENTRANCE) IN GYM

- Feb 2, 11 am-7 pm
- Feb 9, 11 am-7 pm
- Feb 18, 11 am-7 pm
- Feb 24, 9 am-5 pm
- Feb 28, 9 am-5 pm

Covid-19 testing is conducted in partnership with Vault Testing. Option of Rapid or PCR test based on availability. No appointment required.

Testing Clinics

CURE INSURANCE ARENA GATE C, 81 HAMILTON AVE., TRENTON 08611

- | | | |
|-----------------|------------------|------------------|
| Feb 1, 9 am-4pm | Feb 9, 9 am-4pm | Feb 16, 9 am-4pm |
| Feb 2, 9 am-4pm | Feb 10, 9 am-4pm | Feb 17, 9 am-4pm |
| Feb 3, 9 am-4pm | Feb 11, 9 am-4pm | Feb 18, 9 am-4pm |
| Feb 7, 9 am-4pm | Feb 14, 9 am-4pm | Feb 21, 9 am-4pm |
| Feb 8, 9 am-4pm | Feb 15, 9 am-4pm | Feb 23, 9 am-4pm |

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

covidvaccine.nj.gov
1-855-568-0545
(8 am – 8 pm)

February is American Heart Month. The attached provides tips for a healthy heart and preventing heart disease.

Healthy Habits for Preventing Heart Disease. By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack.

Choose Healthy Foods and Drinks. Choose healthy meals and snacks to help prevent heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods. Learn more about healthy diet and nutrition at the Centers for Disease Control and Prevention's (CDC) [Nutrition, Physical Activity, and Obesity website](#). Find healthy, seasonal recipes on the [Million Hearts® Recipes for a Heart-Healthy Lifestyle page](#).



Keep a Healthy Weight. People who are overweight or obese have a higher risk for heart disease. Carrying extra weight can put extra stress on the heart and blood vessels. To find out if your weight is in a healthy range, you can [calculate your Body Mass Index \(BMI\)](#) at [CDC's Assessing Your Weight website](#).



Get Regular Physical Activity. Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol and blood sugar levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week.

Children and adolescents should get one hour of physical activity every day. For more information, see [CDC's Nutrition, Physical Activity, and Obesity website](#).

Don't Smoke. Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit. For more information about tobacco use and quitting, see [CDC's Smoking & Tobacco Use website](#).



Lawrence Township NJ Police Department



Yesterday at 10:41 AM · 🌐

Please join us in welcoming Lawrence Township Police Department's newest members! These officers graduated from the Mercer County Police Academy on January 28, 2022. (from left to right) Officer Marcin Janusz, Officer Kamil Zander, Officer Johnathan Fleming and Officer Owen Cutaneo



  207

47 Comments 13 Shares

Volunteer Award



lawrencetwp.com/departments/communityaide



Lawrence Township

VOLUNTEER
AWARD

submit your nominations by April 1, 2022

Volunteer Award: Nomination Form

Lawrence Township Volunteer Awards

2022 NOMINATION FORM

(Awards will be presented in April 2022 – During National Volunteer Month)

Category: (Please check one box)

Youth ___ Adult ___ Leadership ___ Lifetime Achievement ___

Arts/Culture/Diversity ___ Small Group ___ Large Group ___

NOMINEE Information

1. Individual or Group Name:

2. Contact Person (if group):

3. If Group Nominee, Number of Volunteers: _____

Phone: _____ Email: _____

Street Address:

4. If youth, Grade Level: _____

5. Organization Nominee Volunteers with
Name of Organization (if applicable):

NOMINATOR Information:

Name: _____

Address: _____

Phone: _____ Email: _____

Signature: _____ Date: _____

Volunteer Award: Nomination Form

Nomination Questions: The judges will evaluate nominations based upon the following criteria: Please include a separate document that summarizes the nominee with complete answers to the questions below (NOTE: Limit of 500 words for each section):

Community Need – What specific needs were addressed, and who benefited from the services?

Activity and frequency – Briefly state the nominee's responsibilities with the volunteer organization. Include the number of hours, frequency, and years of service, how this volunteer provides motivation, and examples of active engagement.

Needs and impact – How have the individual's or group's efforts helped meet the needs of the volunteer organization and/or the community?

Spirit of volunteerism – Tell us how the nominee embodies volunteerism with examples of inspiring or leading others, overcoming personal or organizational challenges, using resources efficiently, etc.

Reflection – Offer your comments about the nominee's accomplishments and impact. Or, include a story of how this volunteer/group has affected another person's life in the community.

Leadership (for those nominated in the Leadership Category only) – Provide examples of the nominee's specific leadership roles, duties, or governance roles.

Growth (for those nominated in the Youth Category only) – Provide examples of the nominee's personal development.

PLEASE INCLUDE A PHOTO OF THE NOMINEE.

Helpful tips:

- Be as specific and concise as possible.
- Focus on one program that most exemplifies the nominee's service. Secondarily describe other volunteer work as it ranks in importance.
- Assume the judges know nothing about the nominee or the organization, so tell the story as you would to a stranger.
- Have another proofread the nomination form for errors or omissions.
- Must be emailed or mailed to cdinwoodie@lawrencetwp.com include Volunteer Award in subject line
- Questions? Call – 609.844.7074

Deadline:

The completed Nomination form must be submitted to cdinwoodie@lawrencetwp.com (include Volunteer Award in subject line) on or before April 1, 2022.

Volunteer Award: Categories and Nomination Rules

The **Lawrence Township Volunteer Award** is presented to individuals and groups who performed outstanding volunteer service in our community. Award recipients will be honored at a Council meeting by resolution of the governing body and on the township social media sites in April 2022 during *National Volunteer Month*.

Individual Categories:

Youth Award — An individual who is 18 years old or younger.

Adult Award — An individual 19 years of age or older.

Volunteer Leadership Award - An individual who demonstrates community impact through a leadership role. This award is often given to a person who is a current or past member of committees, task forces or boards of directors.

Heart of Gold Lifetime Achievement Award — A volunteer whose lifetime of service exemplifies notable achievement in community service. The award has typically been given to a volunteer who is 60+ years of age.

Individual or Group Category Arts, Culture or Diversity Award — An individual or group who has provided service to organizations and activities that promote arts, culture or diversity within the community.

Group Categories:

Small Group Award — A group of 10 or fewer volunteers whose combined volunteer efforts have strengthened the community.

Large Group Award — A group of more than 10 volunteers that has enhanced the community through their volunteer achievements.

Nomination Form Instructions:

- ✓ Nomination forms must be filled out completely and legibly — please print or type.
- ✓ Individuals or groups may nominate more than one candidate or may nominate themselves.
- ✓ Past recipients are ineligible to receive the award again for three years, but may be part of a group award.
- ✓ Volunteers can only be nominated and receive an award in one category. How will someone know if one person nominates them for a leadership award and another for an individual award? Maybe split like below?
- ✓ Nominators may only nominate an individual for recognition for one category per year
- ✓ Volunteers can only receive an award in one category at a time.
- ✓ A maximum of two additional supporting documents are allowed to accompany the nomination form (e.g., reference letters, newspaper articles, etc.). Please don't send DVDs, scrapbooks, binders or links to videos or websites. Unless the video or website is work product of the volunteerism.
- ✓ All nomination information should be considered public and may be disclosed at the awards ceremony or to the media.
- ✓ A panel of judges (members of governing body, appointed officials and Township staff will choose a recipient for one or more categories in February, May, August and November.
- ✓ The panel may request additional information. Their decisions are final.

February is Black History Month: Here are local events to celebrate the achievements and contributions of African Americans

CALENDAR OF EVENTS



Slavery At Morven

Morven Museum

55 Stockton St., Princeton

(609) 924-8144 | morven.org

Please visit Morven's online exhibition highlighting the history of slavery at Morven.

The topic of human beings being treated as property is a difficult one and we aim to address it with the appropriate gravitas. Morven Museum & Garden's mission is to preserve our legacy by sharing its authentic stories. By not shying away from our story of enslaved people, we believe our visitors will have a better understanding of how our world evolved to where we are today. Much of this information has been available on our gallery walls, and in this format we can deepen the viewer's understanding by linking to source material. Research into the men, women, and children enslaved by the Stockton's at Morven is ongoing and this site will be updated as new information is discovered.

To view this online exhibition, please see the link below:

<https://www.morven.org/slavery-at-morven>

THROUGH MARCH 5

Overcoming: Reflections on Struggle, Resilience, and Triumph

Arts Council of Princeton

102 Witherspoon St., Princeton

artscouncilofprinceton.org

February is Black History Month: Here are local events to celebrate the achievements and contributions of African Americans

FEBRUARY 7, 6:30 p.m.

VIRTUAL: The Harlem Renaissance: Courage, Grace, and Vision

The Mercer County Library, Lawrence Headquarters Branch

2751 Brunswick Pike, Lawrenceville

(609) 883-8294 | mcl.org

The Harlem Renaissance was the beginning of an explosion in creativity that transformed African American identity and history, but it also transformed American culture in general. Never had so many people of all backgrounds read the thoughts of African Americans and embraced the Black community's productions, expressions, and style in art, literature, music, dance, and theater. This talk will introduce you to many of the inspired artists who produced astonishing and ground-breaking works. Please email hopeprogs@mcl.org to register to receive link to program.

FEBRUARY 18, 2 p.m.

INDOOR PROGRAM: Black History Month Movie Matinee

The Mercer County Library, Ewing Branch

61 Scotch Road, Ewing

(609) 882-3130 | mcl.org

"Hidden Figures" (2016, PG, 127 min.), with Taraji P. Henson, Octavia Spencer and Janelle Monáe. The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program. Please email ewprogs@mcl.org or call 609-882-3148 to register.

FEBRUARY 22, 4:30 p.m.

INDOOR PROGRAM: Meet the Inventor, Celebrating Black History Month

The Mercer County Library, West Windsor Branch

333 North Post Road, Princeton Junction

(609) 799-0462 | mcl.org

February is Black History Month: Here are local events to celebrate the achievements and contributions of African Americans

FEBRUARY 22 and 28, 6:30 p.m.

INDOOR PROGRAM: Let's Celebrate Black Artists

The Mercer County Library, Lawrence Headquarters Branch

2751 Brunswick Pike, Lawrenceville

(609) 883-8294 | mcl.org

In celebration of Black History Month, join us for a fun, hands-on program combining art and history! Each session will feature a different black artist, such as Alma Woodsey Thomas and Faith Ringgold. Kids will get to learn about an artist and create their own artwork inspired by that artist's techniques and methods. The whole family is welcome – these art projects can be adapted to any age! Sponsored by the Friends of the Lawrence Library. Registration will begin Feb. 22 at 7 a.m. Please email lawysprogs@mcl.org or call 609-883-8295 to register.

FEBRUARY 22, 7 p.m.

VIRTUAL: In Graves of Their Own

The Mercer County Library, Lawrence Headquarters Branch

2751 Brunswick Pike, Lawrenceville

(609) 883-8294 | mcl.org

Algernon Ward, a notable figure in Trenton's history community and President of the 6th Regiment of the United States Colored Troops Reenactors, will highlight the history of Locust Hill, the largest remaining African American cemetery in the Capital city of Trenton. Co-sponsored by Friends of the Hickory Corner Branch, Hightstown Library Association, Friends of the Hopewell Library, Friends of the West Windsor Library and Friends of the Lawrence Library. Please email hopeprogs@mcl.org to register to receive link to program.

FEBRUARY 23, 7 p.m.

INDOOR PROGRAM: If These Stones Could Talk (livestream at branch)

The Mercer County Library, Hopewell Branch

245 Pennington-Titusville Road, Hopewell Township

(609) 737-2610 | mcl.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**, 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

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



Confidential crisis chat at VeteransCrisisLine.net/Chat or text **838255**

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