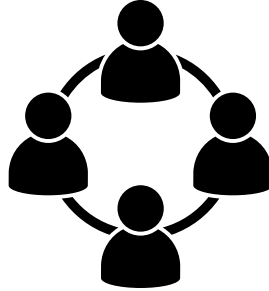




# Senior Connect

by Lawrence Township



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March 5,  
2022



# March 2022



## Lawrence Township Office on Aging Senior Center Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	REGISTRATION
27	28	1 AARP TAXES - 10:00 AM BY APPOINTMENT COFFEE HUB - 9:30 HEALTHY BONES - 1:30 - 3:00	2 COMPUTER HELP/AB (9 TO 12) SPANISH CLASS VIA SKYPE - 10:00 CRAFTS 1:00 - 3:00 PM	3 EXERCISE 9:00 - 10:00 AM @ Community Center PEOPLE AND STORIES 2:00PM 10:30 AM	4 YOGA 9 - 10 AM @ Community Center LINE DANCE w/ ROSE - 10:00 PRIZE BINGO 1:00 - 3:00 PM	5	Pre-Registration for ALL Senior Center Programs By Calling The Center. All Programs For Only Lawrence Seniors 60 Years and Older.
6	7 EXERCISE 9:00 - 10:00 AM @ Community Center COMPUTER HELP/AB (9 TO 12) TAI CHI 10:30 - 11:30 AM @ Community Center	8 AARP TAXES - 10:00 AM BY APPOINTMENT HEALTHY BONES - 1:30 - 3:00	9 LINE DANCE W/ BILL 9:30 COMPUTER HELP/AB (9 TO 12) SPANISH CLASS VIA SKYPE - 10:00 CRAFTS 1:00 - 3:00 PM	10 EXERCISE 9:00 - 10:00 AM @ Community Center PEOPLE AND STORIES 2:00PM 10:30 AM	11 YOGA 9 - 10 AM @ Community Center LINE DANCE w/ ROSE - 10:00 PRIZE BINGO 1:00 - 3:00 PM	12	<b>POLICY</b>  Social Distancing Will Be Followed. Temperature Checks at Door. Mask Required When Social Distancing Can Not Be Followed. If You Have Symptoms, PLEASE STAY HOME!
13	14 EXERCISE 9:00 - 10:00 AM @ Community Center COMPUTER HELP/AB (9 TO 12) TAI CHI 10:30 - 11:30 AM @ Community Center	15 AARP TAXES - 10:00 AM BY APPOINTMENT COFFEE HUB - 9:30 HEALTHY BONES - 1:30 - 3:00	16 LINE DANCE W/ BILL 9:30 COMPUTER HELP/AB (9 TO 12) SPANISH CLASS VIA SKYPE - 10:00 CRAFTS 1:00 - 3:00 PM	17 EXERCISE 9:00 - 10:00 AM @ Community Center PEOPLE AND STORIES 2:00PM 10:30 AM <b>ST. PATRICKS DAY SOCIAL</b> MUSIC BY AMBIANCE - 1:30	18 YOGA 9 - 10 AM @ Community Center LINE DANCE w/ ROSE - 10:00 PRIZE BINGO 1:00 - 3:00 PM	19	<b>VACCINES AVAILABLE</b>  Please Contact The Lawrence Health Department To Schedule Vaccine Appointment. Call (609) 844 - 7089
20	21 EXERCISE 9:00 - 10:00 AM @ Community Center COMPUTER HELP/AB (9 TO 12) TAI CHI 10:30 - 11:30 AM @ Community Center	22 AARP TAXES - 10:00 AM BY APPOINTMENT HEALTHY BONES - 1:30 - 3:00	23 LINE DANCE W/ BILL 9:30 COMPUTER HELP/AB (9 TO 12) SPANISH CLASS VIA SKYPE - 10:00 CRAFTS 1:00 - 3:00 PM	24 EXERCISE 9:00 - 10:00 AM @ Community Center PEOPLE AND STORIES 2:00PM 10:30 AM	25 YOGA 9 - 10 AM @ Community Center LINE DANCE w/ ROSE - 10:00 PRIZE BINGO 1:00 - 3:00 PM	26	<b>GRAB N GO LUNCHES</b>  To Register For Nutrition (Grab N Go) Call Millie Booth (609) 883-8085 OR (609) 989-6650
27	28 EXERCISE 9:00 - 10:00 AM @ Community Center COMPUTER HELP/AB (9 TO 12) TAI CHI 10:30 - 11:30 AM @ Community Center	29 AARP TAXES - 10:00 AM BY APPOINTMENT COFFEE HUB - 9:30 HEALTHY BONES - 1:30 - 3:00	30 LINE DANCE W/ BILL 9:30 COMPUTER HELP/AB (9 TO 12) SPANISH CLASS VIA SKYPE - 10:00 WOMEN'S HISTORY AFTERNOON SOCIAL - 1:30	31 EXERCISE 9:00 - 10:00 AM @ Community Center PEOPLE AND STORIES 2:00PM 10:30 AM	1 LINE DANCE w/ ROSE - 10:00 PRIZE BINGO 1:00 - 3:00 PM	2	<b>Contact</b> Lawrence Township Senior Center, 30 East Darrah Lane, Lawrence Twp., NJ 609-844-7048



Lawrence Community Center  
295 Eggerts Crossing Rd.  
Lawrence, NJ 08648

*May your troubles be less  
and your blessings be more  
And nothing but happiness  
come through your door*



## Helping Our Seniors Connect with Our Community....

Since March 2020, we have all been forced to navigate through something new and challenging; a world health pandemic known as Covid-19. We are doing better in limiting the spread of the virus and reducing the consequences of infection by following through on strategies of masking, social distancing, testing, and vaccinations. It hasn't been easy, and we have not all chosen to join together to fight this thing, but we are getting through and hopefully, the better days we see ahead are real and attainable. But there is one group in our community that has suffered most from the isolation made necessary to protect against the spread of the virus upon a vulnerable population, our Senior citizens.

Whether Seniors with family members fearful of infecting them and keeping their distance, Seniors with no family who rely upon meeting other Seniors at organized events and gatherings that are now infrequent if at all, or Seniors who were homebound before the pandemic that found themselves dip deeper into their solitary lives, most are feeling disconnected and lonely as never before. Now, more than ever, we all need to do something to reach out to them in some small or big way.

You may have heard of our Senior Connect newsletter, but never taken the time to participate in its goal to help Seniors feel connected and informed about the community they reside in. The link to it can be found on our website at [www.lawrencetwp.com](http://www.lawrencetwp.com) . The latest newsletter is here: <https://www.lawrencetwp.com/media/Departments/Community%20Aide/Senior%20Connect%202.15.22.pdf>.

Here is my pitch to you: So, you are asking what little thing you can do that may make a positive difference in someone else's life? I have the perfect easy and caring act you can do for a fellow Senior resident of Lawrence Township. If you have an elderly relative, friend, or neighbor that you are pretty sure is not on the internet and receiving community news, how about taking some initiative and printing out our Senior Connect newsletter and delivering it to them with a friendly smile and greeting? Senior Connect is meant to give Senior residents a social media experience in hard copy for their easy read and enjoyment, and keep them informed and....wait for it.....feel connected!

Three good things happen: 1) You are doing a selfless act for someone in need; 2) You engage and interact with a Senior who may really be feeling alienated and alone during this really difficult pandemic time, and 3) The Senior feels better connected to the community and knows someone cares enough to do this for them. I am sure there are more good things that come out of this, but those are my big three. The simple and greater goal of this is to have people act with a good heart and let the Senior know someone cares. Corny - yes, I know.... but I think we need a lot more "corny" in my opinion. If you are a Senior and you would like to receive a copy of the newsletter, please ask a family member, friend, neighbor or Craig Dinwoodie, our Community Aide to print you out a copy. He can be reached at his office number (609) 844 7074 or his email [cdinwoodie@lawrencetwp.com](mailto:cdinwoodie@lawrencetwp.com). He is the staff member that creates this monthly newsletter and is doing a great job! Peace and love.....Peace and love!!!

- Kevin Nerwinski, Municipal Manager

# **Board / Committee Meetings: March 2022**

**Tuesday**  
**1**

**Town Council Meeting**

**Wednesday**  
**2**

**Trails, Open Space & Stewardship Advisory Committee**

**Thursday**  
**3**

**Recreation Advisory Board Meeting**

**Monday**  
**7**

**Planning Board Meeting**

**Tuesday**  
**8**

**Growth and Redevelopment Committee Meeting**

**Tuesday**  
**8**

**Planning Board Meeting**

**Wednesday**  
**9**

**Senior Executive Meeting**

**Monday**  
**14**

**Historic Preservation Committee**

**Tuesday**  
**15**

**Township Council Meeting**

**Wednesday**  
**16**

**Zoning Board Meeting (Cancelled)**

**Thursday**  
**17**

**Diversity, Equity, and Inclusion Committee**

**Monday**  
**21**

**Planning Board Meeting**

**Tuesday**  
**22**

**Lawrence Alcohol and Drug Alliance Meeting**

**Monday**  
**28**

**Shade Tree Advisory Committee**

**Tuesday**  
**29**

**Environmental Resources & Green Advisory Committee**

\*for more info, contact the Municipal Clerk: 609.844.7000\*





**Township of Lawrence, NJ**

Published by CW Lawrence · 23h · 🌐



The municipal building is illuminated in blue and yellow in support of Ukraine [#ukrainestrong](#) 💪



[See Insights](#)

[Boost post](#)

👍❤️ 177

8 Comments 20 Shares








**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/](https://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](#).

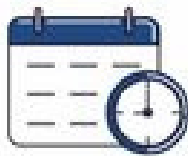


**Public Health**  
Prevent. Promote. Protect.

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



# COVID-19 Vaccine Booster Clinic



**Thursday, March 17, 2022**

**1pm–3pm**

**295 Eggerts Crossing Rd**

in the gym at the back of the community center

**Walk-ins welcome,  
appointments encouraged.  
Call for appointment: 609-844-7089**

J&J(18+), Moderna(18+), &  
Pfizer(12+) available.

**FREE! No insurance or ID required.**





## MERCER COUNTY FEB-MARCH 2022 COVID-19 CLINICS

Use QR code or visit [covidvaccine.nj.gov](https://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).

### Vaccination Clinics

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

March 7, 9 am-5 pm  
March 8, 10 am-6 pm  
March 14, 9 am-5 pm  
March 15, 10 am-6 pm  
March 21, 9 am-5 pm  
March 22, 10 am-6 pm  
March 28, 9 am-5 pm  
March 29, 10 am-6 pm



BOOSTER



1ST/2ND DOSE

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

Feb 28, 9 am-5 pm  
March 1, 9 am-5 pm  
March 3, 9 am-5 pm  
March 4, 11 am-7 pm  
March 9, 10 am-6 pm  
March 10, 9 am-5 pm  
March 16, 10 am-6 pm  
March 17, 9 am-5 pm  
March 23, 10 am-6 pm  
March 24, 9 am-5 pm  
March 30, 10 am-6 pm  
March 31, 9 am-5 pm

#### **NJDOH GRATEFUL FOR THE SHOT 540 CHESTNUT AVE, TRENTON**

Mar 6, 9 am-3 pm

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

### Testing Clinics

#### **CURE INSURANCE ARENA GATE A**

March 7, 9 am-5 pm  
March 8, 10 am-6 pm  
March 14, 11 am-5 pm

#### **1440 PARKSIDE AVE. SIDE DOOR ENTRANCE**

Feb 28, 11 am-5 pm  
March 1, 11 am-5 pm  
March 3, 11 am-5 pm  
March 4, 12 am-7 pm  
March 9, 12 am-6 pm  
March 10, 11 am-5 pm

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

[covidvaccine.nj.gov](https://covidvaccine.nj.gov)  
1-855-568-0545  
(8 am – 8 pm)

# COVID-19 CLINICS

## Be a Busy Beaver!

Saturday, March 5  
1:30 – 3 p.m.

TULPEHAKING NATURE CENTER

Free, Families with Children 12 and under

Have you ever wondered what a beaver does all day long? Visit the Tulpehaking Nature Center where you can put on a 'beaver mask' and learn what it takes to be as busy as a beaver. You'll even get to test your engineering skills at building a dam. Spaces are limited. Registration required.

## Watson Woods Walkers

Every Wednesday Morning

10 – 11:30 a.m.

TULPEHAKING NATURE CENTER PARKING AREA

Free for All Ages.

Enjoy an easy mile-long walk with our group as we observe the seasons change while exploring the beautiful trails of Roebeling Park each week. Co-Sponsored by the Friends for the Abbott Marshlands and the Mercer County Park Commission. No registration required.

## Meadow Management Walk

Saturday, March 12  
2 – 4 p.m.

REED BRYAN FARM @ MERCER MEADOWS

Free, Teen and Adults

Managing a meadow habitat is no easy feat, but the species that live there appreciate our hard work. Join us for this naturalist guided walk to learn about some common practices that keep the meadow healthy including prescribed burning, mowing, and seeding. Spaces are limited. Registration required.

## Second Saturday Standing Yoga and Spring Nature Walk

Saturday, March 12

Saturday, April 9

Saturday, May 14

11 – 12:30 p.m.

THE GAZEBO @ TULPEHAKING NATURE CENTER

Free, Ages 13 and older

Join us for a 20 minute outdoor yoga class and spring nature walk led by Cathy Frank. We will start with some standing poses and a good stretch then head off for a steady paced nature walk through the Abbott Marshlands. Registration required at <https://www.eventbrite.com/e/second-saturday-standing-yoga-and-spring-nature-walk-tickets-244586965197>

## Aqua Marooned! – a Trek-n-Game event

Saturday, March 19

2 – 4 p.m.

TULPEHAKING NATURE CENTER

Free, Ages 12 and older, groups of 3 or more players.

Come hang out, laugh, play, have fun, and explore nature in a new, exciting way! Aqua Marooned! is a new game that challenges you to get outside and get curious as you explore the outdoors. At this Trek-n-Game event, our staff will be on hand to introduce you to the game. Everyone goes home with a prize! Spaces are limited. Registration required.

## Just a Hike

Friday, March 11

BLACKWELL LOT @ MERCER MEADOWS

Friday, April 8

EAST PICNIC AREA @ MERCER COUNTY PARK

Friday, May 13

FIDDLERS CREEK LOT @ BALDPATE MOUNTAIN

2 – 4 p.m.

Free, Teens and Adults

No theme, no focus, no itinerary; this program really is just a hike. Join the Naturalist on these walks throughout our parks. We may take brief pauses to admire various elements of nature, but who knows what we will see or where this hike will lead us. Make sure to wear sturdy shoes and bring a water bottle. Spaces are limited. Registration required.

## REGISTRATION INFORMATION

- Registration & payment for public programs is taken online at [CommunityPass.net](http://CommunityPass.net). For assistance with registration, please contact [natureprograms@mercercounty.org](mailto:natureprograms@mercercounty.org) or call 609-888-3218, option 2.
- Unless otherwise specified, program registration closes at noon the day before programs scheduled Monday through Friday, or noon on Friday for programs held on Saturday or Sunday.
- Payment of fees for public & privately scheduled programs is due at the time of registration.
- Program details such as date, time and location are subject to change due to circumstances beyond the control of the Mercer County Park Commission. Registered participants will be notified of any program changes via the email used to register for the program. Please ensure that:
  - Your email address is accurate in the Communitypass system
  - Add "info@communitypass.net" to your address book to avoid the alert emails being sent to junk or spam folders
- All registered participants of a program will receive a confirmation email within 24–48 hours of the program start time. This email will contain the most up to date information regarding parking and meeting locations, as well as any special considerations for the program.
- Programs will start promptly at the stated time.
- Pets are not permitted to attend programs.
- Masks are required indoors.

## Park Commission Nature Programs

The Park Commission offers opportunities for adults, children, and families to connect with nature. Programs vary from brisk trail hikes and citizen science initiatives to family-oriented pond explorations and children's summer camps. Program participants have the opportunity to spend time as a family, meet other outdoor enthusiasts, and have an up-close encounter with nature. Experienced naturalists guide educational programs in some of Mercer County's most pristine natural areas, and take an explorative approach to learning about the natural world.

## Environmental Education Staff

Kelly Rypkema, Director of Environmental Education

[krypkema@mercercounty.org](mailto:krypkema@mercercounty.org)

Alexandria Kosowski, Park Naturalist

[akosowski@mercercounty.org](mailto:akosowski@mercercounty.org)

Gretchen Buxton, Program Coordinator

[gbuxton@mercercounty.org](mailto:gbuxton@mercercounty.org)



Aaron T. Watson  
Executive Director



Brian M. Hughes  
County Executive





LAWRENCEVILLE  
MAIN STREET



LAWRENCE TOWNSHIP  
Education Foundation  
Funding Excellence in Education

EVERY STUDENT • EVERY SCHOOL

# *Spring for the Arts*

ART & MUSIC FESTIVAL

MAY • 21 • 2022 | RAIN DATE 5/22 12PM TO 4PM

WEEDEN PARK/LAWRENCEVILLE ELEMENTARY SCHOOL



# Volunteer Award



[lawrencetwp.com/departments/communityaide](http://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. Secondly 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](mailto:cdinwoodie@lawrencetwp.com) include Volunteer Award in subject line
- Questions? Call – 609.844.7074

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Deadline:

The completed Nomination form must be submitted to [cdinwoodie@lawrencetwp.com](mailto: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.

**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**





# NJ Socks for Homelessness

## Sock Drive

**February 14 – March 16, 2022**

Did you know...

**NEW** socks are one of the most needed, yet least donated items for homeless individuals.

Why not used socks?

Most shelters treat socks as undergarments and cannot accept previously worn socks, even those in good condition.

What type of socks are best?

**NEW** socks for men, women, or children are greatly appreciated and socks are needed year-round, not just during the colder months. There is a greater need for men's black crew socks.

Health issues

The homeless suffer many health issues related to a lack of socks (or old, damp socks), including frostbite, infections, nerve damage and ulcerations. According to The Hoboken Shelter in New Jersey, some of their visitors walk over 10 miles per day.

### **DOP BOX LOCATIONS:**

The College of New Jersey  
Lobby of Administrative Services Building  
1872 Pennington Rd., Ewing, NJ

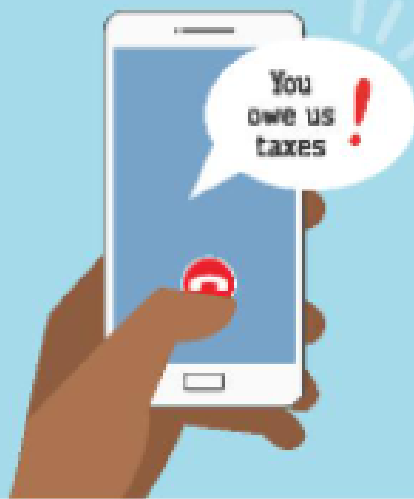
Assemblywoman Verlina Reynolds-Jackson  
District 15 Legislative Offices  
144 W. State Street, Trenton, NJ

Trenton Rescue Mission  
98 Carroll Street, Trenton, NJ



**Thank you for your socks!**  
**Assemblywoman Verlina Reynolds-Jackson and Trenton Rescue Mission**  
**For More Information call: 609-292-0500**

# 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	<b>NO</b>	With a prepaid debit card	<b>NO</b>
Email	<b>NO</b>	With a money transfer	<b>NO</b>
Mail	<b>YES</b>	Won't require a specific type of payment	<b>YES</b>

## 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](http://tigta.gov) or 800-366-4484.
- the FTC at [ftc.gov/complaint](http://ftc.gov/complaint) or 877-FTC-HELP.



### Warn friends and family

Tell people you know that these calls are scams.

Even if you haven't qualified before for the Earned Income Tax Credit you may be eligible this year. Visit [njeitc.org](http://njeitc.org)



In **2022**, more money  
is available to **more people**  
than ever before.



Get up to **\$2,691**  
back in your pocket  
if you have dependents  
or **\$601** without dependents!



YOU WORKED FOR  
**eitc**  
NJ EARNED INCOME TAX CREDIT  
NJ Department of the Treasury

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](mailto:cdinwoodie@lawrencetwp.com)