

SENIOR CONNECT

SEPTEMBER 2023



Hello Everyone!

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

Our goal is to connect people in our community. If you know a senior in Lawrence Township that would like the newsletter, print it out for them and deliver it with a friendly smile! Black-and-white copies are available in the Municipal Building.



Greetings from the Executive Director

Office on Aging/Senior Center

Hello Everyone:

This issue of the Senior Connect was completed in collaboration with the newest staff member of the Office on Aging/Senior Center, Natasha Pacera (Recreation Leader). Natasha will continue the tradition of bringing you relevant Township and Senior Center news and updates and taking the lead in planning future activities and programs.


Within the Department of Recreation, the Senior Center is a focal point of senior activities, events, and programs. September marks the 32nd Anniversary of the Senior Center – and we will celebrate this milestone on September 14, 2023, with refreshments and live music.

Activities and programs at the Senior Center are designed for adults 60 years and older to promote socialization, recreation, education, health, and wellness. After a brief “summer break,” we are resuming several of our programs, including Tai Chi, Yoga, Choraleers, Walking with Ease, People and Stories, Hula Dancing, and many more. The Senior Center also hosts the Mercer County Nutrition Program, which provides an (almost) daily lunch option to our senior participants.

Feel free to stop by the Senior Center, located at 30 East Darrah Lane, adjacent to the County Library. We would love to meet you and help link you to the programs and services designed to keep you active and engaged. The Lawrence Township Office on Aging - Senior Center has a long-standing tradition of supporting and honoring our communities’ older adults. We are here to serve you!

Enjoy September’s Senior Connect, and feel free to “connect” with us by visiting or calling us at 609-844-7048.

Warm Regards,
Lillian LaSalle, Executive Director,
Office on Aging/Senior Center



Municipal Manager's Blog



For those of you with more than a passing interest in the issues being addressed by your local government, you may have come across the term “redevelopment.” It is most often in addressing areas within the town that are distressed or failing and require some form of rehabilitation or repurposing. Again, this is one of those subject matters that entire books (and laws) are written to describe and explain, but I thought it a good idea to provide you with a basic understanding and a good starting point should you want to explore it more thoroughly. Here it goes....

The type of redevelopment in this article involves private property owners and developers (known as “redevelopers”) entering into an agreement and working with local government under a set of laws known as the “Local Redevelopment and Housing Law” (under N.J.S.A. 40A:12A-1 et seq) to redevelop or rehabilitate an area in need of redevelopment.[1]

The best way I can explain this topic is to provide you with a real-life example of an area within our community that is in the latter stages of redevelopment under the law, 40 Enterprise Avenue (a commercial property situated in the southern portion of the town that borders Hamilton and Trenton).

For decades this property languished with a series of significantly deteriorated buildings (some vacant and some occupied) that proved to be a severe fire hazard and a dangerous situation for first responders frequently called to the site for various reasons. Simply put, it was an eyesore of epic proportions and fell well short of what we would want for our community, and, as a result, it was something we needed to address in some significant way.

Under the law, a “redeveloper” is defined as any person, firm, corporation, or public body that enters into a contract with a municipality to develop or rehabilitate an area in need.[2] To determine whether an area is “in need,” an investigation is conducted by a qualified professional (i.e., Municipal Planner), a properly noticed public hearing is held, and the governing body must determine that one of the established criteria is met (under N.J.S.A. 40A:12A-5).

In the case of 40 Enterprise Avenue, the governing body found criteria (a) of the statute had been met; the “generality of the buildings are substandard, unsafe, unsanitary, dilapidated, or obsolete, or possess any such characteristics, or are so lacking in light, air, or space as to be conducive to unwholesome living or working conditions.[3]

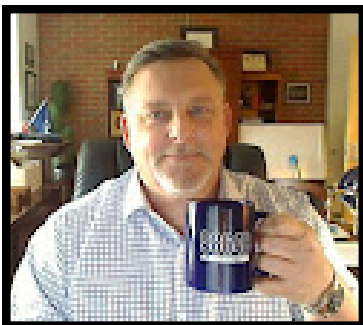
Notably, one of the seven criteria must be met for an area to be “in need of redevelopment” under the law. It is not an easy burden to meet, and such projects happen, if at all, only occasionally within a community. Additionally, if the project is not one that the governing wants, a majority vote (3 of 5 members) will end the process very early on.

You may be wondering why the governing body gets involved in a private issue involving private property owned by a private person or entity. The simple answer is that without local government involvement, there is no financial pathway for a land owner or developer to redevelop the property. As a result, the property languishes and deteriorates...to the detriment of the community and, most significantly, those residents and businesses nearer to the property. The local government can work with and provide incentives to the redeveloper by entering into agreements to reduce property taxes for a specified period of time. [4]

Local government must address these problem areas, and the law gives the municipality the responsibility for implementing the redevelopment plans and projects. The result is that the local government has a significant say (and unique opportunity) in the planning and details of the project to ensure that the community's goals are met.

For 40 Enterprise Avenue, the project involved demolishing existing buildings and structures, remediating existing environmental conditions, developing a warehouse/distribution center, and related improvements that included parking, stormwater management, lighting, and landscaping improvements.[5] The project dramatically changes the character and property for the better, and its location is warehouse appropriate. I know..... some of you will say, "We don't need more warehouses." But the reality is that local government can't force redevelopment upon a person or entity. It requires an agreement of the parties (redeveloper and local government) and always includes the incentive for realizing a profit for the redeveloper. That is just how it is, and we must navigate the process within those foundational elements for the greater good to our maximum benefit.

In a community like ours that is essentially built out (i.e., a suburban community with limited opportunities for the development of vacant land), the redevelopment law is an essential tool for the local government to use to fight blight, increase property values, and return languishing commercial properties to the tax rolls. By doing so, the local government can also better maintain the type and level of municipal services it provides to the community without turning automatically to increasing taxes to accomplish that goal.



-- Kevin Nerwinski, Esq. - Municipal Manager/QPA

Boards and Committees: August

Municipal Clerk 📞 **609-844-7001**

Meeting	Date/Time ▼
<u>Trails, Open Space & Stewardship Advisory Committee</u> Location: Municipal Building	09/06/2023 @ 07:30PM
<u>Recreation Advisory Committee Meeting</u> Location: Municipal Building	09/07/2023 @ 06:30PM
<u>Historic Preservation Committee</u> Location: Municipal Building	09/11/2023 @ 07:30PM
<u>Growth and Redevelopment Committee Meeting</u> Location: Municipal Building	09/12/2023 @ 07:00PM
<u>Senior Executive Committee</u> Location: Senior Center	09/13/2023 @ 09:30AM
<u>Township Council Meeting</u> Location: Municipal Building	09/19/2023 @ 06:30PM
<u>Zoning Board Meeting</u> Location: Municipal Building	09/20/2023 @ 07:00PM
<u>Diversity, Equity and Inclusion Committee</u> Location: Municipal Building	09/21/2023 @ 06:30PM
<u>Shade Tree Advisory Committee</u> Location: Municipal Building	09/25/2023 @ 07:00PM
<u>Environmental Resources & Green Advisory Committee Meeting</u> Location: Municipal Building	09/26/2023 @ 07:00PM
<u>Lawrence Alcohol and Drug Alliance Meeting</u> Location: Municipal Building	09/26/2023 @ 09:00AM

Senior Center Calendar - September 2023

SEPTEMBER 2023

Lawrence Township Office on Aging
Senior Center Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <p>Lawrence Senior Center 32nd Anniversary Come Celebrate With Us On September 14th - 1:30 to 3:30 PM</p> </div>	<div> <p>LABOR DAY TOWNSHIP OFFICES & SENIOR CENTER CLOSED</p> </div>	<div> <p>29</p> </div>	<div> <p>September UPDATES: Exercise Class will resume Sept. 11th and Yoga will resume Sept. 8th at the Lawrence Community Center. Tai- Chi will resume Sept. 11th under the tent at the Senior Center.</p> </div>	<div> <p>31</p> </div>	<div> <p>1</p> </div>	<div> <p>2</p> </div>
<div> <p>10</p> </div>	<div> <p>11</p> </div>	<div> <p>12</p> </div>	<div> <p>13</p> </div>	<div> <p>14</p> </div>	<div> <p>15</p> </div>	<div> <p>16</p> </div>
<div> <p>LAWRENCE TOWNSHIP 9/11 MEMORIAL SERVICE 8:30 AM AT MEMORIAL PARK 160 PILLA AVENUE LAWRENCE TOWNSHIP</p> </div>	<div> <p>9/11 MEMORIAL SERVICE EXERCISE - 9 AM at Community Center ACRYLIC ART - 10:00 AM TAI-CHI 10:30 - 11:30 AM under the Tent</p> </div>	<div> <p>Duplicate Bridge - 9:00 AM CLUB #2 - 10:00 AM SCULPTURE CLASS - 1:00 PM</p> </div>	<div> <p>LINE DANCE - 9:30 AM BUSY BEES - 12:30 PM Memoir - 2:00 PM (TBD)</p> </div>	<div> <p>EXERCISE - 9 AM at Community Center Hula Dance - 10:15 AM Rummikub - 1:00 PM</p> </div>	<div> <p>YOGA 9 - 10 AM at Community Center LINE DANCE - 9:30 AM Watercolor Freestyle 10:00 AM - 12:00 PM</p> </div>	<div> <p>LINE DANCE - 9:30 AM Watercolor Freestyle 10:00 AM - 12:00 PM BINGO - 1:00 - 3:00 PM</p> </div>
<div> <p>17</p> </div>	<div> <p>18</p> </div>	<div> <p>19</p> </div>	<div> <p>20</p> </div>	<div> <p>21</p> </div>	<div> <p>22</p> </div>	<div> <p>23</p> </div>
<div> <p>EXERCISE - 9 AM at Community Center ACRYLIC ART - 10:00 AM TAI-CHI 10:30 - 11:30 AM under the Tent</p> </div>	<div> <p>Game Time - 1:00 PM Mah-Jongg - 1:00 - 3:30 PM CHORALEERS - 1:00 PM</p> </div>	<div> <p>Duplicate Bridge - 9:00 AM CLUB #1 - 10:00 AM SCULPTURE CLASS - 1:00 PM</p> </div>	<div> <p>LINE DANCE - 9:30 AM BUSY BEES - 12:30 PM Memoir - 2:00 PM (TBD)</p> </div>	<div> <p>EXERCISE - 9 AM at Community Center Hula Dance - 10:15 AM Rummikub - 1:00 PM</p> </div>	<div> <p>EXERCISE - 9 AM at Community Center Hula Dance - 10:15 AM Rummikub - 1:00 PM</p> </div>	<div> <p>NO YOGA LINE DANCE - 9:30 AM Watercolor Freestyle 10:00 AM - 12:00 PM BINGO - 1:00 - 3:00 PM</p> </div>
<div> <p>24</p> </div>	<div> <p>25</p> </div>	<div> <p>26</p> </div>	<div> <p>27</p> </div>	<div> <p>28</p> </div>	<div> <p>29</p> </div>	<div> <p>30</p> </div>
<div> </div>	<div> <p>EXERCISE - 9 AM at Community Center ACRYLIC ART - 10:00 AM TAI-CHI 10:30 - 11:30 AM under the Tent</p> </div>	<div> <p>Duplicate Bridge - 9:00 AM CLUB #2 - 10:00 AM SCULPTURE CLASS - 1:00 PM</p> </div>	<div> <p>LINE DANCE - 9:30 AM Legal Service Talk - 10:45 AM Legal tips & Consumer Scams</p> </div>	<div> <p>EXERCISE - 9 AM at Community Center Hula Dance - 10:15 AM SOCIAL BRIDGE - 12:30 PM Rummikub - 1:00 PM</p> </div>	<div> <p>EXERCISE - 9 AM at Community Center Hula Dance - 10:15 AM SOCIAL BRIDGE - 12:30 PM Rummikub - 1:00 PM</p> </div>	<div> <p>Mercer County Nutrition Annual Picnic 9:00 AM - 1:00 PM Ice Skating Risk YOGA 9 - 10 AM at Community Center Watercolor Freestyle 10:00 AM - 12:00 PM NO BINGO</p> </div>
<div> <p>Lawrence Township Senior Center 30 East Darrah Lane, Lawrence Twp. NJ 609-844-7048 Office Hours: 8:30 - 4:30 pm www.lawrencetwp.com</p> <p>Lillian LaSalle, Executive Director llasalle@lawrencetwp.com</p> <p>Natasha Pacera, Recreation Leader npacera@lawrencetwp.com</p> <p>TRANSPORTATION SERVICES Senior Van available weekdays between 8:30 AM-3:00 PM. By Appointment only - Must call 48 hours in advance. For Lawrence Townships Residents 60+, Van Service only transports local.</p> <p>REGISTRATION Pre- Registration is required for ALL Senior Center Programs by calling or visiting the center. Programs for Lawrence Twp. Seniors 60 years and older.</p> <p>MERCER COUNTY NUTRITION HOT LUNCHEONS MON. WED. THURS. AND FRI. No Nutrition Tuesdays 9:15 AM - Coffee by 10:45 AM - Sign in for meal Pre- Registration Required Please call (609) 883-8085 OR (609) 989-6650 Site Manager: Vanessa Banks</p> <p>Registration Open The next series of Tai-Chi and Yoga classes. Sign up for People & Stories, Walking with Ease, Anniversary Social, Memoir, Hula Dance AND Tech help by Lawrenceville students.</p> </div>						



Announcements / News

Municipal Offices will be Closed

Lawrence Township Municipal Offices will be closed on September 4th in observance of Labor Day.

No Trash Collection

There will be no trash collection on September 4th. The make-up day will be Saturday September 2nd.

No Recycling Collection

No Recycling Collection in observance on September 4th. Make-up collection day is Saturday, September 9th

3rd Quarter Taxes

2023 3rd quarter estimated tax bills are being mailed 8/2/2023. Payment is due in the Tax Collector's office by close of business day (4:30pm) on September 5th 2023. After September 5th interest will be charged back to the original statutory due date of August 1st per N.J.S.A. 54:4-66.3

September 2023 - Monthly Yard Waste

Zone 1 - September 5 - 8

Zone 2 - September 11 - 15

Zone 3 - September 18 - 22

Zone 4 - September 25 - 29



Officer Spotlight



Hey Lawrence Twp.!! This week's "Spotlight" is Officer Thomas Brophy (SR7). Officer Brophy is our newest SLEO (Special Law Enforcement Officer) class III officer. Officer Brophy will be joining the cadre of police officers who patrol our schools. Officer Brophy, along with officer George Henderson, will be patrolling our elementary schools. Officer Brophy is a retired police officer from Trenton. While at Trenton PD, he was made a Detective and worked in the Special Victims Unit, as he excels when it comes to helping children.

Officer Brophy grew up in Lawrence and went through Lawrence Twp.'s school system, graduating from LTHS in 1982. He is still a resident in Lawrence Twp. and is also a member of the Lawrenceville Fire Company and the Lawrence Twp. First Aid Squad. Officer Brophy is married, has 5 children and 6 grandchildren. He enjoys spending time on the beach (with his family) and working on vintage cars. He actually restored a convertible 1970 GTO, which you may see him riding around town in!

Officer Brophy was asked where he saw himself 10 years from now. He said, "Sitting on a lounge chair, watching my kids go to work." With regards to other pastimes, he said he is a NY Giants fan. He has been a season ticket holder since 1976 (when Giants Stadium was built)! He has also been to the Super Bowl and revels when the Giants beat the Patriots. Officer Brophy enjoys "any" type of Italian food and he is also a "Star Wars" fan. He said he has watched all of the "Star Wars" movies several times.

Officer Brophy said he is looking forward to working in the schools that he went to. He said, "I'm sure the hallways and the classrooms are going to be a little smaller than I remember them!" Well Officer Brophy, welcome aboard. We're lucky to have you on our team. May the Force be with you!



PRIZE TICKET BINGO

9.8.2023

Come join the Lawrence Senior Center for PRIZE TICKET Bingo!
WIN a ticket with every bingo game you play. Don't miss this
fun opportunity. Play for nickels and a chance to win tickets for
prizes. Refreshments will be served.

1:00 - 3:00 PM

Lawrence Residents Only (60+)

GAME | PRIZES | FUN

SPONSORED BY

JOSH LEVIN - DIRECTOR OF NETWORK DEVELOPMENT



YOGA

CLASS



Friday's – 9:00 AM to 10:00 AM

For Lawrence Residents 60+ years

\$24 Flat Fee
8 -week Fall Session

Fee is Doubled for Non-Residents

Location: Lawrence Community Center
295 Eggerts Crossing Rd. Lawrence NJ

Pre-Registration Required
Call the Senior Center at
(609) 844 -7048 to Register



LAWRENCE TOWNSHIP SENIOR CENTER

Instructor
Cheri Dzubak

Class Dates:

Session 1 – September 8th

Session 2- September 15th

NO CLASS – September 22nd

Session 3 – September 29th

NO CLASS - October 6th

Session 4 – October 13th

Session 5- October 20th

Session 6 – October 27th

Session 7 – November 3rd

NO CLASS - November 10th
(Veteran's Day)

Session 8 - November 17th

**Bring your own yoga mat*

Lawrence Township Office on Aging

TAI-CHI

9 Week Fall Sessions: \$27

Instructor: Glenn Swann

At Lawrence Senior Center

30 E. Darrah Lane, Lawrenceville, NJ 08648

Mondays at 10:30 - 11:30 AM

Session 1 – September 11th

Session 2 – September 18th

Session 3 – September 25th

Session 4 – October 2nd

NO CLASS October 9th

Session 5 – October 16th

Session 6 – October 23rd

Session 7 – October 30th

Session 8 – November 6th

Session 9- November 13th



To Pre-Register or For More Information
Call (609) 844-7048 or Visit the Senior Center

30 E. Darrah Lane

SENIOR CENTER EXERCISE CLASS

FREE FOR AGES 60+ FOR LAWRENCE SENIORS

INSTRUCTOR - VIRGINIA SOLTIS

STARTS - SEPTEMBER 11TH
MONDAYS & THURSDAYS
9:00-10:00 AM

WHERE - LAWRENCE COMMUNITY CENTER
295 EGGERT CROSSING RD, LAWRENCE NJ

**FOR MORE INFORMATION AND TO REGISTER
PLEASE CALL LAWRENCE TWP SENIOR CENTER
(609)-844-7048**

**BRING A WATER
BOTTLE!**





Hula Dance

AT LAWRENCE TOWNSHIP SENIOR CENTER
30 E. DARRAH LANE, LAWRENCE TOWNSHIP, NJ 08648

Thursday's at 10:15 AM

**HULA WILL RESUME
SEPTEMBER 14TH!**

LOW IMPACT EXERCISE
GREAT FUN & FELLOWSHIP
SPREAD THE WORD!

INSTRUCTOR: ROSE MAJOFSKY

**PLEASE CALL LAWRENCE OFFICE OF AGING
TO REGISTER - (609)-844-7048**



PEOPLE & STORIES



SHORT STORY READING AND DISCUSSION GROUP
PRESENTED BY: PAT ANDRES, COORDINATOR

The People and Stories program consists of eight weekly, 90-minute reading and discussion sessions. The coordinator reads the story aloud while group participants follow with their own printed copy. After reading the short story, members will discuss and share opinions on the story.

Program open to Lawrence residents 60+



STARTS: SEPTEMBER 21ST
ENDS: NOVEMBER 9TH
(THURSDAYS)



1:30 PM TO
3.00 PM

How to Register

Call or Visit the Lawrence Township
Senior center 609-844-7048 or email
llasalle@lawrencetwp.com
or
npacera@lawrencetwp.com





Lawrence Township Senior Center

Happy Anniversary

Join us to celebrate 32 year of friendship and memories with dancing and light refreshments

Music by Daryl Gibson

THURSDAY	30 E. Darrah Lane
SEPTEMBER 14TH	LAWRENCE
AT 1:30 - 3:30PM	NJ, 08648

**Pre-Register by visiting or calling the
Senior Center at 609-844-7048**





LAWRENCEVILLE STUDENT TECH HELP

If you need computer help, phone or have tech questions, the Lawrenceville School students will be here at the Senior Center to gladly help you work out your technology issues.

WEDNESDAYS FROM 1:00 - 3:00PM

THE LAWRENCEVILLE
SCHOOL STUDENTS WILL
BE HERE ON THE FOLLOW
DATES:

- 9/13
- 9/20
- 9/27
- 10/4
- 10/11
- 10/18
- (NO 10/25)
- 11/1
- 11/8



LAWRENCE TOWNSHIP COMMUNITY FUN DAY!

**JOIN US FOR A DAY OF ENDLESS FUN AT LAWRENCE TOWNSHIP'S
COMMUNITY FUN DAY! FOOD TRUCKS, VENDORS, LIVELY MUSIC,
AND ACTIVITIES FOR ALL AGES.**

COME CELEBRATE LAWRENCE TOWNSHIP TOGETHER!

**CENTRAL PARK
SEPTEMBER 30, 2023 - 12PM-4PM
RAIN DATE OCTOBER 1ST**

Hula Hoop

EXERCISE CLASS
WITH ANGELA

Certified HoopLove Coach
& Hoola-Fit Instructor



Adult Hula Hooping combines fun, creativity, and fitness. Experience the joy of keeping a hoop spinning while dancing to hit music! As excitement builds, so does your stamina, coordination, and strength. You will leave feeling completely refreshed and exhilarated.

Never been able to
Hula Hoop before?
Now you can learn!

Lawrence
Veterans Park
5:30pm - 6:30pm
Tuesdays
September 5th
to
October 10th

Register on CommunityPass or call (609) 844-7064

LAWRENCE TOWNSHIP
RECREATION





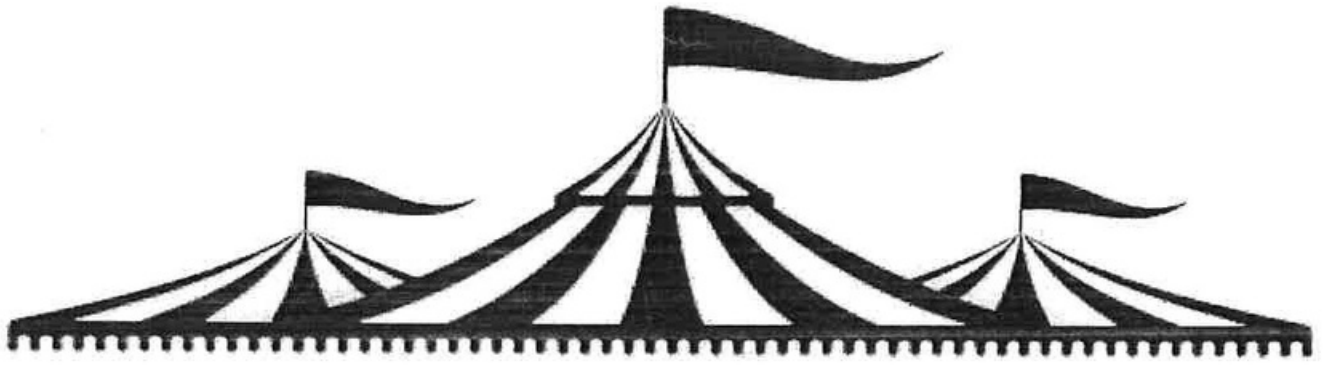
**LAWRENCE TOWNSHIP
9/11
MEMORIAL CEREMONY**

**SEPTEMBER 11, 2023
8:30 AM**

**9/11
MEMORIAL PARK**

PILLA AVE., LAWRENCE TOWNSHIP, N.J.





Step Right Up Don't Be Shy!

Join us on
Friday, September 29, 2023
9:00 a.m.—1:00 p.m.

For the Mercer County Nutrition Annual Picnic

Come take part in our Carnival with games, prizes, fortune telling, tattoo booth, and more.

Location : The Ice Skating Rink at the Mercer County Park in West Windsor **1638 Old Trenton Road, West Windsor, NJ 08550**

To participate, reserve your space by signing up with your site manager.

Deadline for sign-up is
Friday, August 18, 2023

Menu will be announced at a later date.



Move Your Body



Cardio



Strength and Core



Stretching

Take a class designed to get you moving! Burn calories, strengthen your core, improve your strength, flexibility, and balance while enjoying the beat of music!

Mondays - 9/11, 9/18, 9/25, 10/2
4pack or individual class registration

6:15pm - 7:00pm

Lawrence Senior Center

Adults 18+



100 MINUTES OF 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 - 9/12, 9/19, 9/26, 10/3, 10/10, 10/17

Time: 9-9:45am

Locations: Various Parks (Week 1 - Village Park Yeger Pavilion)

Ages: Adults

Register Today!

ADULT FITNESS BOOTCAMP

JOIN US FOR FUN & FITNESS!

Wednesdays - 9/27, 10/4, 10/11, 10/18

Purchase individual classes
or a 4PACK!

6:15pm to 7:00pm

Slackwood Elementary
School Gymnasium

Strengthen your core • Build muscle • Elevate your heart rate • Torch calories

RAN BY A CERTIFIED ASFA &
KICKBOXING INSTRUCTOR

LAWRENCE TOWNSHIP
RECREATION

MEDI-COOL PROGRAM

With funding from the Mercer County Department of Human Services Office on Aging, Catholic Charities, Diocese of Trenton and Rise, A Community Service Partnership, of Hightstown, have partnered to provide 5,000 BTU Air Conditioning Units for Mercer County low-income seniors and/or adults who have a disability.

Catholic Charities and Rise will screen applicants for eligibility from June 1, 2023 until all units are distributed. Approved applicants will receive a voucher and be scheduled to pick up their air conditioner from a storage facility in Trenton on a specific date and time.

ELIGIBILITY CRITERIA

- Age 60 and above with a disability or illness that restricts normal daily tasks, threatens one's ability to live independently, or puts one at risk of harm due to unfavorable environmental conditions.
- Age 18 and above with a disability and currently receiving SSI or SSD.
- Income at or below 200% of poverty line.
- Assets less than \$2,000.
- Must not have received an air conditioner through this program within the last three (3) years.

REQUIRED DOCUMENTATION

- Proof of income (*recent paystub, disability award letter, etc.*)
- Prescription from primary care physician (*must specify medical illness/condition and reasoning for needing an air conditioner*)
- Proof of assets (*recent bank statement*)
- Proof of residence (*utility bill, lease, etc.*)
- Individuals who qualify must bring someone with them who can help carry the air conditioner home from the scheduled pick-up appointment.



For more information or to schedule an eligibility screening, interested agencies or individuals may contact one of the programs listed below:

Markeesha Ferguson — Administrative Assistant
Catholic Charities, Diocese of Trenton
Mercer Community Services
132 N Warren Street, Trenton NJ 08608
609-394-8847 x2529 (*phone*)
609-394-3344 (*fax*)
mferguson@cctrenton.org

Maitiel Jimenez — Case Manager
Rise (Home Office)
219 Franklin St., P.O. Box 88
Hightstown, NJ 08520
609.443.4464
mjimenez@njrise.org

Electronics Recycling



NOTICE

Starting on Wednesday, June 28, 2023 the new electronic drop off site for Lawrence Township residents only, will be at the Joseph H. Mayer Jr. Ecological Center – 3701 Princeton Pike.

Electronics and tires off the rim may only be dropped off on Wednesdays between the hours of 7:30am and 2:30pm. No drop off between 11:45am and 12:30pm. Please see gate attendant. Proof of residency required.

There will be a designated trailer for electronics and tires to be placed in. Please do not place items on the ground.

This is a drop off site only. The attendant can not assist with removing items from vehicles. Please make provisions if assistance is required.

Approved E-waste items that can be dropped off are:

Computers

Laptops

Printers (must remove ink cartridges and paper)
NO COMMERCIAL PRINTERS

Monitors

Flat screen TV's

Plastic covered TV's (tube type)

An alternative E-waste drop off site, designated by the State of NJ is the Good Will Store located at 1632 North Olden Avenue, Ewing, NJ 08638 (across from the Home Depot) on the corner of Arctic Parkway. E-waste can be dropped off anytime during the store hours. The web site posted time of operation is Monday thru Saturday, 9:00am – 9:00pm. Sunday 10:00am – 6:00pm. The Good Will store may take additional items that the Lawrence facility does not. Check store for details.



The Lawrence Home Improvement Program

Lawrence is accepting names for participation in its municipally sponsored home improvement program for low and moderate-income families. Your name can be added to the waiting list by calling our program consultant Affordable Housing Administrators at 732-966-0674.

Eligible home improvements include roofing, windows, electrical upgrades, heating systems, water heaters, insulation, plumbing and any other health, safety or code violations. The program is structured as a forgivable loan. There are no monthly payments and no interest. If you stay in your home for ten years, you will owe nothing to Lawrence.

The program is available for owner-occupied single-family homes, condominiums, townhomes and duplexes in which the owner occupies one of the units. To be eligible to participate, your gross annual income (meaning pre-tax income) for all household members must be less than:

1 person household	\$ 68,665
2 person household	\$ 78,474
3 person household	\$ 88,283
4 person household	\$ 98,092
5 person household	\$ 105,940
6 person household	\$ 113,787
7 person household	\$121,635
8 person household	\$129,482

Kevin P. Nerwinski, QPA
Municipal Manager



EMERGENCY ALERTS



Sign up for Nixle alerts for Lawrence Township.

Nixle keeps you up-to-date with relevant information from your local public safety departments & schools.

Looking to Receive Alerts from Your Local Agencies?
TEXT YOUR ZIP CODE TO 888777 TO OPT-IN

Receive alerts for

-  Severe Weather
-  Criminal Activities
-  Severe Traffic
-  Missing Persons
-  Local Events

Or sign-up online to receive emails and phone calls
(It's easy and anyone can join): Go to **local.nixle.com/register/**

*Required

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

By clicking "I Accept," I accept Nixle's [Terms of Service](#).

Message and data rates may apply. Message frequency varies. [Terms](#) and [privacy](#).

We have a new E-Newsletter

Please visit our website to sign up:

<https://www.lawrencetwp.com>

Latest in Lawrence



sign-up for our weekly
e-newsletter



township events



services & programs




announcements



Township of Lawrence

www.lawrencetwp.com

Or call 609-844-7074
for sign-up assistance



Mercer County Nutrition Program

Meals are 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 & Transportation offered to Lawrence residents 60+ years.

Mercer County Nutrition is a federally funded program that encourages participants to make a suggested donation of \$1 per meal.

*Please call Vanessa Banks at
(609)-883-8085
or Mercer County Nutrition at
(609)-989-6650*



MERCER COUNTY RECYCLING INFORMATION

MCIA
MERCER COUNTY
IMPROVEMENT AUTHORITY

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



YES - you can recycle that!



☒ Mixed Paper

☒ Window Envelopes



☒ Phone Books

☒ Soft Cover Books



☒ Corrugated Cardboard
(flattened and/or cut)

☒ Hard Cover Books
(covers removed)



☒ Glass Food & Beverage
Jars/Bottles (all colors)



☒ Pet Food Cans



☒ Milk Jugs & Plastic
Beverage Bottles



☒ Aluminum & Metal
Beverage Containers



☒ Juice Boxes &
Juice/Beverage Cartons



☒ Detergent & Shampoo
Containers



☒ Plastics with
#1 or #2 Symbols



**NO - sorry, you
can't recycle that!**



☒ Pizza Boxes



☒ Plastic Bags

☒ Light Bulbs

☒ Aluminum Foil/Baking Pans

☒ Styrofoam

☒ Drinking Glasses, Dishes &
Broken Window Glass

☒ Ceramics & Pottery

☒ Aerosol Cans

☒ Motor Oil & Anti-Freeze Containers

☒ Clothes Hangers

☒ Bandage Tins & Cookie Tins

☒ Carbon & Waxed Paper

☒ Tissue Paper, Napkins, Paper Plates
& Paper Towels

☒ Plastics with #3 - #7 Symbols

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



FOLLOW US AT
FACEBOOK.COM/MCIANJ

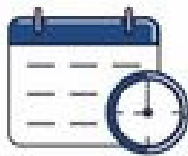


Public Health
Prevent. Promote. Protect.

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



Blood is an Essential Medicine

There Is No Substitute For Human Blood



1%

If just 1% more Americans
donated blood, shortages
would disappear



EVERY 2 SECONDS

someone in the U.S.
needs blood



29,700 UNITS

of red blood cells are used
each day in the U.S.



1 IN 7

hospital patients need blood
for many reasons, including:
trauma, postpartum
hemorrhage, cancer, sickle cell
disease, hemophilia, kidney
disease, liver disease, preterm
infants, transplants, critical
care and burns

The Components of Blood

Those most needed by patients are:

WHOLE BLOOD

Whole blood contains red cells, white
cells and platelets suspended in
plasma.

USE: MAJOR TRAUMA/SURGERY, (LIMITED
CIVILIAN USE)

RED BLOOD CELLS

Red blood cells carry hemoglobin and
are essential for oxygen exchange in
the lungs.

USE: ANEMIA, SURGICAL BLOOD LOSS,
CHEMOTHERAPY

PLATELETS

Platelets are small cell fragments
whose main function is to interact
with clotting proteins to stop or
prevent bleeding.

USE: THROMBOCYTOPENIA, CONGENITAL
AND ACQUIRED PLATELET DISORDERS

PLASMA

Plasma is a fluid, composed of ~92%
water and 8% proteins, mineral salts,
sugars, fats, hormones and vitamins.

USE: LIVER DISEASE, COAGULOPATHY,
ABNORMAL COAGULATION TESTS,
COAGULATION FACTOR DEFICIENCY

How Much Does It Take?

A person injured in an
automobile accident may
need up to

50

RED
BLOOD
CELL
UNITS



A patient with cancer
undergoing chemotherapy
may need up to

8

PLATELET UNITS PER WEEK



An organ transplant
recipient may need up to

25

PLASMA UNITS



30

PLATELET UNITS



40

RED BLOOD CELL UNITS



IT'S THE BLOOD ALREADY ON THE HOSPITAL SHELVES THAT SAVES LIVES.

Regular donation helps to ensure blood is readily available to patients whenever
it is needed. Find a Blood Donation Site Near You: aabb.org/DonateBlood



Need Help Finding Your Calm After the Storm?

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

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

We are here for you and your families with:

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

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

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

Scan code with your phone or
call to join:

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



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



10 WAYS TO LOVE YOUR BRAIN



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



BREAK A SWEAT

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



HIT THE BOOKS

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



BUTT OUT

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



FOLLOW YOUR HEART

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



STUMP YOURSELF

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

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

HEADS UP!

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



BUDDY UP

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



TAKE CARE OF YOUR MENTAL HEALTH

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



CATCH SOME ZZZ'S

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



FUEL UP RIGHT

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



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:

LOOKING AHEAD

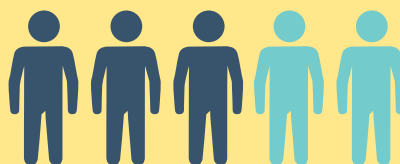
Improving Our Vision for the Future

VISION & EYE PROBLEMS ARE INCREASING AS AMERICA AGES

90
MILLION

Americans over
40 have vision and
eye problems

That's more than
3 in 5



By 2050, without effective interventions:



Diabetic retinopathy ↑ 72%



Cataracts ↑ 87%



Glaucoma ↑ 100%



Age-related macular degeneration ↑ 100%



Vision impairment & blindness ↑ 150%



COST OF VISION
PROBLEMS

↑ 159
BILLION

373

If you have any questions related to the Senior Connect,
please feel free to reach out to Natasha Pacera.

phone: 609-844-7048

email: npacera@lawrencetwp.com