

SENIOR CONNECT

JUNE 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.



Boards and Committees: June

Municipal Clerk 609-844-7001

June 2023

Expand All

Subscribe

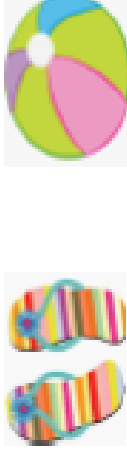
Calendar

28	29	30	31	1 Recreation Advisory Committee Meeting	2	3
4	5 Planning Board Meeting (canceled)	6	7 Trails, Open Space & Stewardship Advisory Committee	8	9	10
11	12 Special Planning Board Meeting Historic Preservation Committee	13 Growth and Redevelopment Committee Meeting	14 Senior Executive Committee	15 Diversity, Equity and Inclusion Committee	16	17
18	19	20 Township Council Meeting	21 Zoning Board Meeting	22	23	24
25	26 Shade Tree Advisory Committee	27 Lawrence Alcohol and Drug Alliance Meeting Environmental Resources & Green Advisory Committee Meeting	28	29	30	1

Senior Center Calendar - June 2023

June 2023

Lawrence Township Office on Aging Senior Center Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PASSPORT DAY AT SENIOR CENTER JUNE 22, 2023 - 11:00 AM - 3:00 PM CALL MERCER CLERKS OFFICE TO MAKE AN APPOINTMENT (609) 989-6473 OR (609) 989-6131		World Elder Abuse Awareness Day Thursday, June 15, 2023 at College of NJ Sign up at the senior center	1. EXERCISE 9:00 AM at Community Center Cornhole Practice - 10:15 AM HULA DANCE - 10:15 AM WALK WITH EASE - 1:00 PM	2. YOGA IN THE PARK - 9 AM LINE DANCE - 9:30 AM Cornhole Practice - 10:30 AM BINGO - 1:00 - 3:00 PM Watercolor Freestyle 1:00 PM - 3:00 PM	3
4	5. EXERCISE 9:00 AM at Community Center ACRYLIC ART - 10:00 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00 WALK WITH EASE - 1:00 PM	6 PRIMARY ELECTIONS NO SENIOR CENTER PROGRAMS	7. LINE DANCE - 9:30 AM Cornhole Practice - 10:30 AM BUSY BEES 12:30 PM Memoir - 2:00 PM (ZOOM)	8. EXERCISE 9:00 AM at Community Center HULA DANCE - 10:15 AM Community Concert FROM BACH TO ROCK 7 PM @ SENIOR CENTER WALK WITH EASE - 1:00 PM	9. YOGA IN THE PARK - 9 AM LINE DANCE - 9:30 AM Cornhole Practice - 10:30 AM Poetry at Library - 1:00 PM BINGO - 1:00 - 3:00 PM Watercolor Freestyle 1:00 PM - 3:00 PM	10 Lawrence Library Health & Happiness Fair - 11:00- 3:00
11	12. EXERCISE 9:00 AM at Community Center ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00 WALK WITH EASE - 1:00 PM	13. CLUB #2- 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	14. LINE DANCE - 9:30 AM Executive Committee 9:30 Cornhole Practice - 10:30 AM BUSY BEES 12:30 PM Memoir - 2:00 PM (ZOOM)	15. EXERCISE 9:00 AM at Community Center HULA DANCE - 10:15 AM World Elder Abuse Program @ The College of NJ - 9:30 AM WALK WITH EASE - 1:00 PM	16. YOGA IN THE PARK - 9 AM NO LINE DANCE CRAFT WITH TATUM 9:30 AM TO 12:00 PM BINGO - 1:00 - 3:00 PM Watercolor Freestyle 1:00 PM - 3:00 PM	17
18	19. CENTER CLOSED JUNETEENTH	20. CLUB #2 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	21. LINE DANCE - 9:30 AM Cornhole Practice - 10:30 AM BUSY BEES 12:30 PM Memoir - 2:00 PM (ZOOM)	22. EXERCISE 9:00 AM at Senior Center HULA DANCE - 10:15 AM PASSPORT DAY 11:00 AM to 3:00 PM WALK WITH EASE - 1:00 PM	23. YOGA IN THE PARK - 9 AM LINE DANCE - 9:30 AM Cornhole Practice - 10:30 AM BINGO - 1:00 - 3:00 PM Watercolor Freestyle 1:00 PM - 3:00 PM	24
25	26. EXERCISE 9:00 AM at Senior Center ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	27. CLUB #2- 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	28. LINE DANCE - 9:30 AM CORNHOLE PRACTICE FOR TOURNAMENT PLAYERS 9:00 AM TO 11:00 AM BUSY BEES 12:30 PM Memoir - 2:00 PM (ZOOM)	29. EXERCISE 9:00 AM at SENIOR CENTER HULA DANCE - 10:15 AM CORNHOLE TOURNAMENT 1:00 TO 4:00 PM	30. YOGA IN THE PARK - 9 AM LINE DANCE - 9:30 AM Cornhole Practice - 10:30 AM BINGO - 1:00 - 3:00 PM Watercolor Freestyle 1:00 PM - 3:00 PM	Sign up for Walk with Ease Mondays & Thursdays in June Meet at Colonial Lake Park at 1:00 PM Visit or Call center to Register
2	3	4	5	6	7	8

Lawrence Township Senior Center
30 East Darrah Lane, Lawrence
Twp. NJ 609-844-7048
Office Hours: 8:30 - 4:30 pm
www.lawrencetwp.com

Uillian LaSalle, Executive Director
llasalle@lawrencetwp.com

Tatum Harbach, Recreation Leader
tharbach@lawrencetwp.com

TRANSPORTATION SERVICES
Senior Van available weekdays
between 8:30 AM-3:30 PM. By
Appointment only - Must call 48
hours in advance. For Lawrence
Townships Residents 60 +. Van
Service only transports local.

REGISTRATION

Pre-Registration is required for ALL
Senior Center Programs By Calling
The Center. Programs For Lawrence
Twp. Seniors 60 Years and Older.

MERCER COUNTY NUTRITION

MON, WED, THURS. AND FRIDAY
No Nutrition Tuesdays
9:15 AM - Coffee
by 10:45 AM - Sign in for meal
Pre-Registration Required
Please call (609)883-8085 OR
(609)989-6650
Site Manager: Vanessa Banks

Announcements / News

Municipal Offices will be Closed

Lawrence Township Municipal Offices will be closed in observance of Juneteenth.

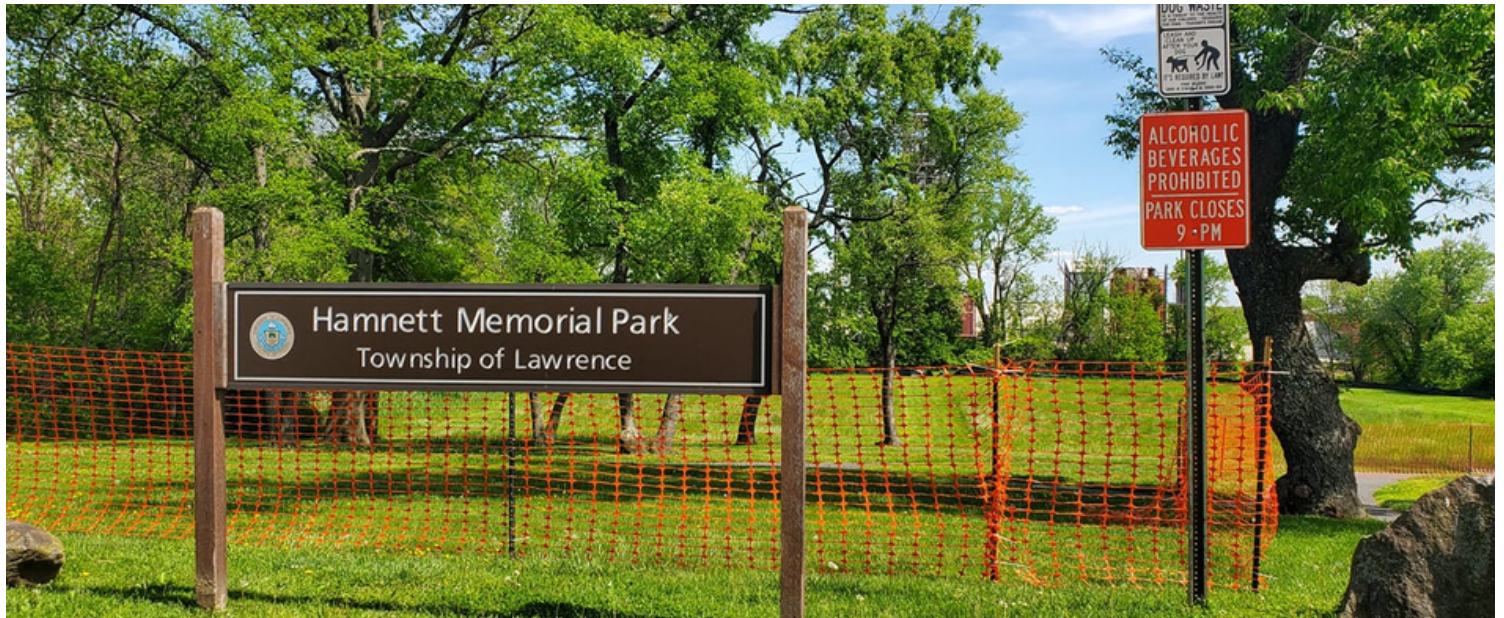
MCIA Hazardous Waste Event

MCIA is hosting this event at the Dempster Fire School on 350 Lawrence Station Road between 8:00 a.m. and 2:00 p.m.

Announcements / News

We broke ground!

In May we broke ground on the construction of Hero Dog Park!



We have Pickleball Courts!

Central Park has two new Pickleball courts!





THE BOULEVARD AT BRUNSWICK PIKE

What a strange long trip it's been...

What a long strange trip it's been..... The Boulevard at Brunswick Pike

About two weeks ago, many of you saw actual work to further the project that, through many iterations, became known as "THE BOULEVARD AT BRUNSWICK PIKE – A UNIFIED STREETSCAPE." On February 20, 2020, I published an article detailing the long history of the project and explaining some key factors, including a timeline for work to commence. Little did I know that in just several weeks, a health pandemic would rock our world in too many ways to describe here. Needless to say, this capital improvement project, along with many others (worldwide), was sidelined to allow government officials to focus on the immediate health and safety challenges presented by an unprecedented event where no playbook existed.

Witnessing the "shovel in the ground" on this project was an incredible and long-awaited moment for our community. The following incorporates some of the information I shared in my 2020 article and some present-day facts to get you all up to date.

In checking the records in our engineering department, the earliest documentation we found about the Township's efforts to improve the streetscape along Brunswick Pike date to 2005. For those involved in all things "Lawrence" back then, you may have a personal recollection of discussions on this topic before...

2005, but for our purposes, I am putting 18 years as the most accurate time frame. Records I have reviewed indicate that our Township officials agreed with NJDOT (2010) on a plan to create a pedestrian-friendly urban streetscape that promotes commercial development. The agreement included slowing traffic speed, improving pedestrian circulation and connectivity, and adding aesthetic elements to provide context for a "Main Street" environment. The design and planning were completed in 2015.

For those who may not be aware, this section of road between Brunswick Circle to Lake Drive (U.S. Route 1) has always been owned and maintained by the State of New Jersey. For the past several years, the Township took over that portion by agreement with the State after the State completed improvements that included the construction of the round-a-bout at Whitehead Rd, created on-street parking, widened the grass medians, and installed pedestrian crosswalks. These improvements provided the "bones" for the Township to complete the final improvements in creating a more pedestrian-friendly ("Main Street") environment.

Once that work was completed, the Township immediately applied for and received a \$60,000 grant to study and design a streetscape. We then had our "community conversation" at several meetings (2/11/20 – Growth and Redevelopment Committee Meeting, 3/11/20 at the Slackwood Fire House, and council meetings) and obtained feedback and support from the stakeholders (i.e., our residents).

This has been a very long process, but our commitment to get this done was strong and sincere. This section of our town deserves the attention we are giving it now after a long strange trip to get here. Though some may believe the plan falls short of expectations or possibilities, these improvements are thoughtful, significant, reasonable, and represent a fiscally responsible project. And when you throw in the fact that we won a \$700,000 grant from the State of New Jersey to do this work, it is hard to see a downside.

The goals and framework we followed for this project are as follows:

- Integrate the commercial corridor with the surrounding residential neighborhoods;
- Create safe pedestrian connections;

- Transform a highway to a more pedestrian-oriented "place";
- Honor the history of this transportation corridor; and
- Engage the community in design development

Though our community discussions and planning involved the installation of "wind turbines" on the Whitehead Road round-a-bout, they have proven problematic from a traffic safety standard. We are opting for landscaping and planting a mature Red Bud tree at the center.

I hope that our community can rally behind this project and appreciate the importance of responsibly making the strategic improvements we can and should make throughout our town. Eighteen years is a long time, but over the last six years, we recentered our focus, kept our eye on the prize, and are getting it done



-- Kevin Nerwinski, Municipal Manager's Blog



*******OFFICER SPOTLIGHT*******

This week's "Spotlight" is Officer Darren Gould (#251). Officer Gould has been with Lawrence Township PD for 2 years. Prior to being hired by LTPD, Officer Gould went to Mercer County Community College and then transferred to Rutgers where he obtained a BA Degree in Criminal Justice. He also has an associate degree in Sociology. Officer Gould enjoys outdoor sports and hobbies like fishing and hunting. He said he also enjoys doing these things with his friends.

When asked why he became a police officer, Officer Gould said that he really enjoys interacting with the community. Whether one on one or as a whole at events, he enjoys meeting new people. Especially our residents and members of the business community.

Regarding the job itself, as far as expectations, Officer Gould said, "The job is full of surprises." It can be complex sometimes, but through teamwork and communication we get the job done." He added, "No day is the same and that is what keeps me motivated." When asked about his most memorable experiences on the job Officer Gould said, "The moments I realize that I made a difference, when people express their gratitude, that's what it all about." He also added, "No matter how grand or how small the expression of gratitude is, it keeps me going."

Officer Gould said that there is "no other job" for him. He said he loves being out and about every day at work. Well Officer Gould, please accept THIS expression of gratitude: THANK YOU!! Good to have you on the team. Stay safe and we'll see you out there.

SPRING AND SUMMER PROGRAMS - Register Today!

**Art Camp
Safety Town
Summer Camp
Nature Camp
Adult Pickleball
Hula Hoop**



Recreation: 609-844-7064

HOW HAS COVID-19 IMPACTED YOU?

TAKE OUR SURVEY



HELP US IMPROVE OUR COMMUNITY!

The Lawrence Health Department wants to know about your experiences, opinions, and feedback on the COVID-19 resources (e.g., testing, treatment, vaccines) within your community. Your input is greatly valued and will help to improve our approaches to combat COVID-19.



SCAN THE QR CODE WITH
YOUR CAMERA ON YOUR
PHONE TO TAKE THE ONLINE
SURVEY!

Thank you for completing our survey! If you have any questions please contact the Lawrence Health Department at (609) 844-7089.



Public Health
Prevent. Promote. Protect.

Lawrence Township Health Department

Health: 609-844-7089

June Covid Clinics from the Health Department

Saturday June 10th 11AM-3PM at the Lawrence branch Mercer County Library, 2751 Brunswick Pike, Lawrence, NJ 08648.

Sunday June 11th 12PM-1:30PM at First Baptist Church of Eggerts Crossing, 121 Hillcrest Ave, Lawrence, NJ 08648.

Tuesdays June 13th & June 27th 2PM-6PM at Homefront, 1880 Princeton Ave, Lawrence, NJ 08648.

Friday June 16th 4:30PM-6:30PM at Quakerbridge Mall, 3320 US-1 Lawrence, NJ 08648

Lawrence Township Fireworks

AT RIDER UNIVERSITY

JUNE 30TH

RAIN DATE JULY 1ST

6:00pm-Food Trucks

7:00-7:30pm-Bubble Guy Show

7:30pm-Blast From The Past Band

Fireworks 9:30pm

LAWRENCE TOWNSHIP

RECREATION



609-844-7067

WWW.LAWRENCETWP.COM



MERCER COUNTY CLERK PAULA SOLLAMI COVELLO AND STAFF TO PRESENT U.S. PASSPORT CLINIC

***WHERE: Lawrenceville TWP Senior Center-
30 E Darrah Ln, Trenton, NJ 08648***

WHEN: June 22nd, 11:00 AM - 3:00 PM

***WHO: Residents of Mercer County seeking a new
passport, passport renewal, and/or passport photo***

***MUST BRING A CURRENT DRIVER'S LICENSE AND
EITHER A GOVERNMENT-ISSUED BIRTH
CERTIFICATE OR AN OLD PASSPORT***

***CHECKBOOK OR MONEY ORDER REQUIRED*
FOR MORE INFORMATION OR TO SCHEDULE AN
APPOINTMENT CALL 609-989-6473 OR 609-989-6131**

Lawrence Township Office on Aging

TAI-CHI

At Lawrence Senior Center

30 E. Darrah Lane

Lawrenceville, NJ 08648

Instructor: Glenn Swann

10:30- 11:30 AM

7 Week Sessions: \$24

Session 1 – June 12th

Session 2 – June 26th

Session 3 – July 3rd

Session 4 – July 10th

Session 5 – July 17th

Session 6 – July 24th

Session 7 – July 31st

NO CLASS JUNE 19th – HOLIDAY

To Pre-Register or For More Information

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

30 E. Darrah Lane

Lawrence, NJ 08648



SOCIAL BRIDGE



FOR BEGINNERS OR REFRESHER CLASS

Lawrence Senior Center
30 E. Darrah Lane
Lawrence, NJ 08648

4 LESSONS IN JUNE

THURSDAYS AT 1:00 PM – 3:00 PM

4 CLASSES: JUNE 8TH, JUNE 15TH, JUNE 22ND, JUNE 29TH

Come out and learn how to play Social Bridge or
review/ refresh basic skills.

Taught by Naurene Donnelly

Visit or Call the center at (609) 844- 7048 to
register.



SUMMER YOGA IN THE PARK



LAWRENCE
TOWNSHIP
SENIOR CENTER



Friday's – 9:00 AM to 10:00
AM

For Lawrence Residents 60+ years

\$15 Flat Fee
5 -week session

Classes will be held at Central Park

Off of Eggert's Crossing Road
Lawrenceville, NJ 08648

Registration Required

**Call the Senior Center at (609) 844 -
7048 to Register**

Instructor
Cheri Dzubak

Class Dates:

Session 1 – June 1st

Session 2- June 9th

Session 3 – June 16th

Session 4 – June 23rd

Session 5 -June 30th

***Bring a towel to place
under yoga mat to avoid
wet grass***



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

THURSDAY
JUNE 15, 2023

THE COLLEGE OF NEW JERSEY ("TCNJ", Ewing Township)

BROWER STUDENT CENTER CONFERENCE ROOM

REGISTRATION 9:30 AM • PROGRAM 10:00 AM

Speakers Include Representatives from:

- Office of the State Long-Term Care Ombudsman
- U.S. Postal Inspection Service
- New Jersey Bureau of Securities

Speaker Topics Include:

- Elder Abuse, Neglect and Exploitation
- Mail Fraud Schemes
- Grandparents Bail Scam
- Investment Scams

Vendor Tables with Give-A-Ways • Music Entertainment

OPEN TO PUBLIC

FREE BREAKFAST • FREE LUNCH • CHAIR YOGA

To Register online visit: njoag.gov/ea-reg or Scan QR code

Hosted by
OAG, OIFP, EPTF



To Register over the phone or more information call (609) 292-1272



LAWRENCE SENIOR CENTER **WALK WITH EASE**

Date & Time

Mondays & Thursdays

At 1:00 PM

June 1

June 5 & 8

June 12 & 15

June 22

Address

Meet at Colonial Lake

100 Bridge Drive

Lawrence Township,

NJ 08648

Health Benifits

- Improve Balance
- Reduce Pain
- Build stamina, strength, confidence and walking pace

Registration

Visit or Call the senior
center at
(609) 844-7048
to register



Watercolor Freestyle



Bring your own water color supplies, no instructor, just come paint with other watercolor enthusiast!



Date

Every Friday

Starting June 2nd

10:00 AM to 12:00 PM

Location

Lawrence Senior Center
30 E. Darrah Lane
Lawrence, NJ 08648

- For Lawrence Residents
60 years +
- No cost!
- Space limited to 15 people

For additional questions and to register, visit
or call the senior center at (609) 844-7048



Join us for a gathering celebrating the community in which we live and serve.

- Enjoy cocktail hour, followed by a plated dinner featuring delicious dishes from Hambone Opera, Terhune Orchards, Lady & the Shallot, Cafe Kreyol, Tea for All and Pie'd Piper
- Browse some of the Market's wonderful stalls, enjoy live entertainment and an ArtSpace pop-up show.
- Tickets – \$100 per guest includes a four-course dinner paired with wine from Terhune Orchards. Please let us know in advance if you have dietary restrictions.

Attire? Wear something you feel comfortable in!



Purchase tickets and learn more — visit www.tinyurl.com/TasteofHope2023 or scan the QR code



*Special Thanks
to Our Sponsors!*



CSAA Insurance Group,
a AAA Insurer





Health & Happiness Fair

date: Saturday, June 10, 2023

time: 11 am to 3 pm

location: Lawrence Headquarters Branch
Mercer County Library System
2751 Brunswick Pike
Lawrenceville, NJ 08648

Free health screenings:

- Blood pressure
- Eye screening
- Body composition analysis
- ... and more!

Plus a raffle,
free giveaways
& snacks!

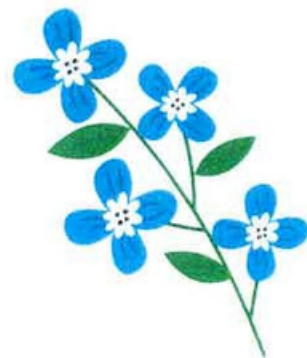
Wellness Vendors:

- Local health & mental resources
- Community services
- Meet & greet a therapy dog
- ... and more!

Crafts &
activities for
children

Food provided by:

- Cherry Grove
- Cafe du Pain



COVID-19 vaccines will be available for adults.

No appointment necessary.

Call 609-883-8292 or e-mail lawprogs@mcl.org for questions.



Public Health

Lawrence Township Health Department



Lawrence Headquarters Branch

2751 Brunswick Pike
Lawrenceville, New Jersey 08648 | 609-882-9246
<https://mcl.org/branches/lawrence>



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 for Older Adults

MEALS SERVED AT THE
LAWRENCE SENIOR
CENTER
MONDAY, WEDNESDAY,
THURSDAY & FRIDAY

30 E. Darrah Lane Lawrence NJ, 08648

The Mercer County Nutrition Program for Older Adults offers warm meals served in settings that bring people together for activities and socialization.

Registration Required and Transportation offered to Lawrence Residents 60 years or older

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

Please Call **Millie Booth** at (609) 883 -8085 or
Mercer County Nutrition (609) 989-6650



Lawrence Township Office on Aging/Senior Center



9:30-11:35 AM Mondays & Fridays
in the Game Room

Scrabble

Monopoly



Trouble

Checkers

Yahtzee



Rummikub

Dominoes

Cards

Backgammon



Come out for some old-fashioned fun!

PLEASE NOTE: Games are also available at any time at your request,
just ask senior center staff for assistance!

Lawrence Township Office on Aging

Line Dance

Wednesday's with James Ellis – 9:30 AM

Friday's with Rose Majofsky – 9:30 AM

Class size
limited

Lawrence Township
Senior Only 60
years and older

Visit or call
(609) 844-7048
the senior center to
register



DUPLICATE BRIDGE



Lawrence Township Senior Center
30 E. Darrah Lane
Lawrence, NJ 08648

TUESDAYS
9:00 AM

Come out and play Duplicate Bridge at the
Lawrence Senior Center.

Organized by Stu Augustin

Call the center at **(609) 844- 7048** to register.



Project Healthy Bones

- ✓ *Do you want to improve strength, balance and flexibility?*
- ✓ *Are you 60 years of age or older?*
- ✓ *Are you at risk of or living with osteoporosis?*
- ✓ *Do you want to learn more about your bone health?*



**JOIN OUR FREE
24-WEEK EXERCISE PROGRAM
THE NEXT CLASS CYCLE WILL BE STARTING
TUESDAY, SEPTEMBER 13TH**

**Classes are held every Tuesday
1:30pm-3:00pm
Lawrence Senior Center**

Please Call Maria Sergio
ICGMC Project Healthy Bones Program Coordinator
609-393-9922

Medical clearance is required prior to enrollment



NJ Division of
Aging Services

Developed by The State of New Jersey Office of Community Education and
Wellness Division of Aging and Community Service of Health and Senior Services





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

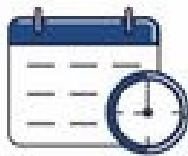


Public Health
Prevent. Promote. Protect.

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





Public Health
Prevent. Promote. Protect.

Lawrence Township Health Department



TheMediMobile
MEDICAL CARE AT YOUR DOOR

FREE PCR & RAPID COVID-19 TESTING

THURSDAYS

8AM-6PM



SCAN QR CODE TO REGISTER:



WALK-INS WELCOME
PRE-REGISTRATION PREFERRED:

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

SLACKWOOD FIREHOUSE
21 SLACK AVE
LAWRENCE, NJ 08648

PLEASE BRING YOUR INSURANCE CARD WITH YOU

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

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



VOLUNTEERS NEEDED!

Legionella Home Water Testing For Trenton Water Works Customers

What is needed:

The NJ Department of Health (NJDOH) is **seeking 30 volunteers** to participate in home water sampling for *Legionella*, the bacteria that causes Legionnaires' disease (lung infection).

Who can participate:

Homeowners who live in **Ewing, Trenton, Lawrence, and Hopewell** and receive water from **Trenton Water Works (TWW)**. The home must have its own **water heater** that is not shared with other units. People who rent are not eligible to participate.

Why should I participate:

The NJ Department of Health is expanding *Legionella* testing to better understand home water systems served by TWW. Based on your results, you will receive personalized recommendations for maintaining your home water system. **There is no cost to the homeowner to participate.**

How can I sign up:

Visit our weblink at bit.ly/3D27n3Z or scan our **QR code**. You will be contacted if you are selected to participate.



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

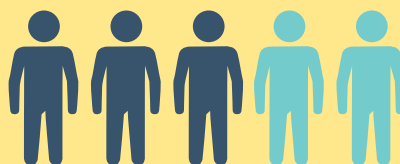
Improving Our Vision for the Future

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



June is Men's Health Month

awareness | prevention | education | family



01

Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

Online Resources

100%
Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

1 in 2
1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

On May 31, 1994

1994 President Clinton signed the Men's Health Network Act.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."
Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100

women by the time they reach age 65 – 74.

Men's Health Month
menshealthmonth.org

Men's Health Network
menshealthnetwork.org

Get It Checked
getitchecked.com

Talking About Men's Health Blog
talkingaboutmenshealth.com

Women Against Prostate Cancer
womenagainstoprostatecancer.org

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