



# SENIOR CONNECT

NOVEMBER 2022



## Hello Everyone!

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

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



# Municipal Events: November

November 2022

Expand All

Subscribe

Meetings Only

30	31 Recycling	1 Leaf Collection Fall Paint Night	2 Leaf Collection COVID-19 Bivalent Booster Clinic	3 Leaf Collection	4 Leaf Collection	5
6	7 Leaf Collection	8 Leaf Collection Election Day Closing	9 Leaf Collection	10 Leaf Collection	11 Leaf Collection Veterans' Day Closing	12
13	14 Leaf Collection Recycling Drive Through Flu Shot Clinic	15 Leaf Collection	16 Leaf Collection	17 Leaf Collection	18 Leaf Collection	19
20	21 Leaf Collection	22 Leaf Collection	23 Leaf Collection	24 Leaf Collection No Trash Collection Thanksgiving Day Closing	25 Leaf Collection Thanksgiving Closing	26 Make-up Trash Collection
27	28 Leaf Collection Recycling	29 Leaf Collection	30 Leaf Collection	1 Leaf Collection	2 Leaf Collection	3

# Senior Center Calendar - November 2022

## November 2022

### Lawrence Township Office on Aging Senior Center Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	<b>SIGN UP AT THE SENIOR CENTER TO PERFORM YOUR TALENT AT THE SENIOR SPECTACULAR SHOW - NOV. 30</b>	1 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 1:30 PM - 3:00 PM	2 LINE DANCE 9:30 AM TECH HELP 1:00 - 3:00 PM COVID BOOSTER CLINIC 1:30 PM TO 4:00 PM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	3 EXERCISE 9-10 AM HULA DANCE - 10:15 AM MATTER OF BALANCE - 1:00 PM PEOPLE AND STORIES 1:30 PM - ZOOM	4 YOGA 9:00 AM at Community Center LINE DANCE 9:30 AM BINGO - 1:00 - 3:00 PM	5
7	EXERCISE 9-10 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM at Community Center CHORALERS 1:00 - 2:00 PM	8 CENTER CLOSED Open for Elections ONLY <b>ELECTION DAY</b>	9 LINE DANCE 9:30 AM TECH HELP 1:00 - 3:00 PM SENIOR EXEC COMMITTEE AT 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	10 EXERCISE 9-10 AM HULA DANCE - 10:15 AM MATTER OF BALANCE - 1:00 PM PEOPLE AND STORIES 1:30 PM - ZOOM	11 CENTER CLOSED <b>VETERANS DAY</b> Veterans Ceremony 11:00 AM to 12:00 PM Municipal Building	12
13	EXERCISE 9-10 AM ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM at Community Center NO CHORALEERS DRIVE THROUGH FLU CLINIC 2 PM - 4 PM	15 CLUB #2 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 1:30 PM - 3:00 PM	16 LINE DANCE 9:30 AM HEALTH DEPARTMENT TALK ON DEMENTIA - 10:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	17 EXERCISE 9-10 AM HULA DANCE - 10:15 AM MATTER OF BALANCE - 1:00 PM PEOPLE AND STORIES 1:30 PM - ZOOM	18 LINE DANCE 9:30 AM BINGO - 1:00 - 3:00 PM	19
20	EXERCISE 9-10 AM ACRYLIC ART - 10:00 AM CHORALERS 1:00 - 2:00 PM 28 EXERCISE 9-10 AM ACRYLIC ART - 10:00 AM CHORALERS 1:00 - 2:00 PM TALENT SHOW REHEARSAL 2:00 PM	22 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 1:30 PM - 3:00 PM	23 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	24 CENTER CLOSED <b>HAPPY THANKSGIVING</b>	25 CENTER CLOSED	26
27		29 SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 1:30 PM - 3:00 PM	30 LINE DANCE 9:30 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM) SENIOR SPECTACULAR TALENT SHOW @ 1:30	DRIVE THRU FLU SHOT CLINIC MONDAY, NOVEMBER 14TH 2:00 PM TO 4:00 PM CALL HEALTH DEPARTMENT AT (609) 844-7089 TO REGISTER	COVID BOOSTER SHOT CLINIC WEDNESDAY, NOVEMBER 2ND 1:30 PM TO 4:00 PM CALL HEALTH DEPARTMENT AT (609) 844-7089 TO REGISTER	

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

**POLICY**  
Mask Strongly Encouraged When Social Distancing Can Not Be Followed. If You Have Symptoms, PLEASE STAY HOME!  
MERCER COUNTY NUTRITION HOT LUNCHESES  
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 Millie Booth at (609)883-8085 OR (609)989-6650

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

**TRANSPORTATION SERVICES**  
Senior Van available weekdays between 8:30 AM - 2:30 PM. By Appointment only - Must call 48 hours in advance

# Announcements / News

## 4th Quarter Tax Bills

2022 4th quarter tax payments are due in the Tax Collector's office by close of business day on November 10, 2022 to avoid penalty. Property taxes may be made online using this link.

**Call Tax Collector:** 609.844.7041

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## Leaf Collection

The Lawrence Township Public Works Department began leaf collection November 1 and will continue through December 31. The Township will assign (1) one leaf collection crew to each brush zone for approximately eight weeks of collection. Each crew will continue to collect leaves in your zone on a "street by street" basis through December 31, 2022. Residents can expect three (3) collections during this period.

**Call Public Works:** 609-587-1894

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## Cat License Renewal

2022-2023 cat license applications were due by September 30, 2022. All cats 7 months and older must be licensed. A delinquent fee of \$7.00 will be charged beginning November 1, 2022 and will increase an additional \$1.00 each month thereafter. For questions or additional information about cat licenses please

**Call the Clerk's office: (609) 844-7000**





# 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/](http://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](#).

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

## Seasonal Reminder










Please remember that as fall, winter and the holiday season approaches, more illness spreads during this time. Be mindful of how you feel daily, and please do not attend work, school, or other functions if you have symptoms resembling illness (fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea). Visit a physician or walk-in clinic if you feel it necessary, and if you must leave your house while ill, wear a tight-fitting mask and know that this action alone can help save lives by limiting the spread of the virus.

When taking a COVID-19 home test, remember that they are not 100% accurate and can deliver a negative result for COVID-19 when a person has the virus. A physician's office can perform a more accurate test for COVID-19 if needed. Standard flu is also of concern in the fall, and winter seasons, so please do your best to stay healthy and limit your movements if you fall ill.



## ATTENTION LAWRENCE TOWNSHIP RESIDENTS

### 2022 LEAF COLLECTION PROGRAM

-  Leaf collection will begin on November 1, 2022.
-  Residents will continue to place loose leaves at the curb for collection.
-  The Township will assign (1) one leaf collection crew to each brush zone for approximately eight weeks of collection. Each crew will continue to collect leaves in your zone on a “street by street” basis through December 31, 2022. Residents can expect three (3) collections during this period.
-  During the months of November and December, **BRUSH COLLECTION WILL BE SUSPENDED. DO NOT PLACE BRUSH AT CURB FOR PICK-UP.**
-  Leaves shall be placed ten feet from any storm drains.
-  The revised procedures have been implemented to adhere with the new Municipal Stormwater Regulations. This program is intended to give residents a more efficient leaf removal while protecting the environment.
-  Leaves shall be placed in an area of the street or road edge not greater than four feet (4') from the edge of the pavement. There is no restriction on the pile length for leaf collection.
-  October is the last month for collecting yard waste until January 2023.
-  Please contact the Public Works Department at (609) 587-1894 for any questions







# 2022 Fall Photo Contest

**Lawrence** • Mercer County, NJ

*Where nature smiles for 22 miles*

[www.lawrencetwp.com](http://www.lawrencetwp.com)

**2022 Fall Photo Contest** - Lawrence Township announces its first annual Fall photo contest!

Submit your best and most beautiful photos of autumnal Lawrence Township to [newsletter@lawrencetwp.com](mailto:newsletter@lawrencetwp.com) by November 5th!

The community will vote on the winners, and the first place photograph will be the cover of the 2023 Municipal Calendar! **To submit:** please include only one photo, the photographer's full name, and the location of the photo!

# We have a new E-Newsletter

Please visit our website to sign up:

<https://www.lawrencetwp.com>

## Latest Lawrence



 **Hello Lawrence!** 

Welcome to the new Township newsletter that will keep you up-to-date with all things municipality related!

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Township of Lawrence, NJ

Published by CW Lawrence · 3d · 🌐



Great work 🙌 [Lawrence Township NJ Police Department](#) for organizing last night's fun and festive Trunk-or-Treat! Our community's creativity was on full display. 🧛‍♀️🍊🍌



Lawrence Township NJ Police Department

3d · 🌐

We at the Lawrence Township Police Department would like to say a few "thank you's" regarding last night's "Trunk-or Treat." We had an AMAZING turn out! It was... See more

No insights to show ⓘ

Boost a post

👍❤️ Pawel Kownacki and 40 others

1 Comment



**Township of Lawrence, NJ**

Published by CW Lawrence · 4d · 🌐



The Lawrence Township Police Department has joined many surrounding communities in partnering with RING - Neighbors.

Help the LTPD keep our community safe by registering your RING camera.

Please feel free to email Chief Longo @ [clongo@lawrencetwp.com](mailto:clongo@lawrencetwp.com) with any questions.



[NEIGHBORS.RING.COM](https://NEIGHBORS.RING.COM)

### The Lawrence Township Police Department has joined Neighbors!

Hello Lawrence Township community! Lawrence Township Police is excited to join Neighbors i...

[See insights and ads](#)

[Boost post](#)

Like

Comment

Share



Write a comment...



Press Enter to post.



LAWRENCE RECREATION PRESENTS

# FALL *Paint Night*

CREATE YOUR OWN PERSONAL FALL WINE BOTTLE WITH FAIRY LIGHTS.

YOU WILL HAVE THE OPTION TO PAINT 1 OF 2 FALL DESIGNS ON YOUR WINE BOTTLE OR COMBINE THE DESIGNS TOGETHER!

ALL MATERIALS WILL BE PROVIDED FOR YOU (BOTTLE, FAIRY LIGHTS, PAINT & PAINT BRUSHES)

PIZZA AND BEVERAGES WILL BE PROVIDED FOR ALL PARTICIPANTS TO ENJOY!

TUESDAY, NOVEMBER 1ST  
6:00PM

LAWRENCE SENIOR CENTER  
30 E DARRAH LANE



**\$40**

REGISTRATION DEADLINE:  
OCTOBER 29TH BY 4PM

REGISTER ONLINE AT  
[WWW.LAWRENCETWP.COM](http://WWW.LAWRENCETWP.COM)  
RECREATION DEPARTMENT OR  
CALL 609-844-7064





# 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**

# **TAI-CHI**

At Senior Center – Under the tent

**Instructor: Glenn Swann**

**10:30- 11:30 AM**

**8 Week Session: \$24**

**Starting Sept. 12<sup>th</sup>**

**Class Dates: Sept. 12th, 19th, 26th**

Oct. 3rd, 17th, 24th

Nov. 7th, 14th

**To Pre-Register or For More Information**

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



30 E. Darrah Lane

Lawrence, NJ 08648





## *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 13<sup>TH</sup>**

**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

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 COVID-19 TEST TO TREAT



Mercer County Division of Public Health, Capital Health System, and Medical Home Pharmacy will be offering COVID-19 testing and vaccination for all ages. A nurse and doctor will be able to treat those that are sick.

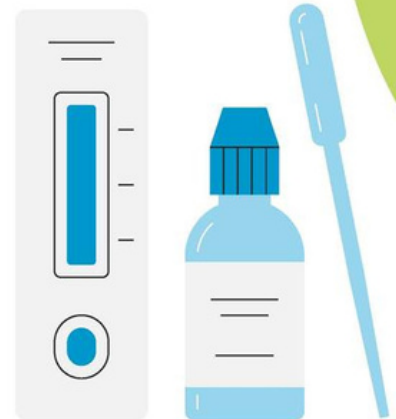
CURE Arena, GATE A-81 Hamilton Ave, Trenton 08611 on the following dates:

**November 3**  
**10:00 a.m.-2:00 p.m.**

**November 10**  
**10:00 a.m.-2:00 p.m.**

**November 17**  
**10:00 a.m.-2:00 p.m.**

**December 1**  
**10:00 a.m.-2:00 p.m.**



**There is no pre-registration required and no fee/cost.**

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)



## **PRESS RELEASE**

Kevin P. Nerwinski, Esq. Office  
of the Municipal Manager

October 17<sup>th</sup>, 2022

**FOR IMMEDIATE RELEASE**

### **Two Cases of Legionnaires' Disease Reported in Hamilton Township**

Trenton Water Works has reported recent issues with Legionella bacteria in the water. Two cases of Legionnaires' disease were reported in August 2022 from the section of Hamilton Township, Mercer County, served by Trenton Water Works. Contracting Legionella is fairly uncommon but not impossible. Because Legionnaires' Disease is a form of pneumonia, it is the severely immunocompromised, smokers, and elderly that are most at risk of severe illness and even death due to contracting the disease. Otherwise, healthy people may inhale the bacteria and suffer no consequence as is typically seen. There are many varieties of Legionella bacteria, around 60 currently known, with the most severe type we know being Legionella pneumophila which is the one most associated with Legionnaires' Disease.

According to the New Jersey Department of Health, residents can follow recommended best practices to reduce Legionella growth in their household water. For more information on best practices, please visit the Lawrence Township Health Department Legionella resources page at: <https://www.lawrencetwp.com/departments/health/LegionellaTestingResources>

The New Jersey Department of Health has also prepared resources regarding Legionnaires' Disease which can be found here: <https://www.nj.gov/health/cd/topics/legion.shtml>

Additional Resources:

<https://nj.gov/health/news/2022/approved/20220829a.shtml>

[https://www.nj.gov/health/cd/documents/topics/legion/pamphlet\\_Legionnaires\\_Household\\_Water.pdf](https://www.nj.gov/health/cd/documents/topics/legion/pamphlet_Legionnaires_Household_Water.pdf)

<https://www.nj.gov/health/cd/documents/faq/Legionellosis-New FAQ logo.pdf>





# MERCER COUNTY RECYCLING INFORMATION



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



**YES - you can recycle that!**



Mixed Paper

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](http://WWW.MCIANJ.ORG)



FOLLOW US AT  
[FACEBOOK.COM/MCIANJ](http://FACEBOOK.COM/MCIANJ)



Public Health  
Prevent. Promote. Protect.

HAMILTON TOWNSHIP DIVISION OF HEALTH

# STI TESTING & TREATMENT CLINIC

FREE AND CONFIDENTIAL



Tuesdays, 9am-12pm  
and 3pm-5:30pm!



609-890-3647



2100 Greenwood Ave,  
Hamilton, NJ 08609

**Walk-in, no appointment needed!**

To be seen in the clinic you must live in one of the following towns, please bring a photo ID or proof of address with you:

- Hamilton
- Lawrence
- East Windsor
- Ewing
- Robbinsville
- Hightstown
- Princeton
- West Windsor
- Hopewell Township

Students residing on the campuses of Rider University and The College of NJ will also receive services free of charge with a college ID.



**Face masks are required!**



**Please Note:** Pennington and Hopewell Borough residents must see Montgomery Township for services. Trenton City residents must see Henry J. Austin Health Center for services.

**All Mercer County residents may use the following clinic for HIV or STI testing:**



Henry J. Austin Health Clinic:  
321 North Warren Street  
Trenton, NJ 08618



609-278-5900







Public Health  
Protect. Promote. Prevent.

Lawrence Township Health Department



**The MediMobile**  
MEDICAL CARE AT YOUR DOOR

# **FREE PCR & RAPID COVID-19 TESTING**

## **THURSDAYS**

### **8AM-6PM**



SCAN QR CODE TO REGISTER:



**WALK-INS WELCOME**

**PRE-REGISTRATION PREFERRED:**

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

**SLACKWOOD FIREHOUSE  
21 SLACK AVE  
LAWRENCE, NJ 08648**

**PLEASE BRING YOUR INSURANCE CARD WITH YOU**

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



## ***Need Help Finding Your Calm After the Storm?***

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

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

We are here for you and your families with:

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

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

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

Scan code with your phone or  
call to join:

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



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



# 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](https://bit.ly/3D27n3Z) or scan our **QR code**. You will be contacted if you are selected to participate.





# Monkeypox: Get the Facts

- Monkeypox is a rare disease caused by the monkeypox virus
- Monkeypox can make you sick including a rash or sores (pox), often with an earlier flu-like illness
- Monkeypox can spread to anyone through close, personal, often skin-to-skin contact including:
  - Direct contact with monkeypox rash, sores or scabs
  - Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox
  - Through respiratory droplets or oral fluids from a person with monkeypox
- This contact can happen during intimate sexual contact including:
  - Oral, anal, and vaginal sex
  - Hugging, massage, or mutual masturbation
  - Kissing and talking closely
  - Touching fabrics and objects during sex that were used by a person with monkeypox, such as bedding, towels and sex toys
- We know the virus can be spread in fluid or pus from monkeypox sores, and are trying to better understand if virus could be present in semen or vaginal fluids



## What Are the Symptoms?

- Early flu-like symptoms of monkeypox can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion



- A rash or sores, sometimes located on or near the genitals or anus, but sometimes in other areas like the hands, feet, chest or face – sores will go through several stages before healing
- Sores may be inside the body, including the mouth, vagina, or anus
- Some people experience a rash or sores first, followed by other symptoms and some only experience a rash or sores
- Monkeypox can be spread from the time symptoms start until all sores have healed and a fresh layer of skin has formed – this can take several weeks

## If You Have a New or Unexplained Rash, Sores, or Other Symptoms...

- See your healthcare provider – if you don't have a provider or health insurance, visit a public health clinic near you
- When you see a healthcare provider for possible monkeypox, remind them that this virus is circulating in the community
- Avoid sex or being intimate with anyone until you have been checked out



## If You or Your Partner Have Monkeypox...

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



For more information, please visit [www.cdc.gov/monkeypox](http://www.cdc.gov/monkeypox)



# THANKSGIVING DRIVE

Interested In receiving a  
Thanksgiving food basket?  
We provide families with  
baskets filled with holiday  
food items!

Stop in to our location or  
give us a call for eligibility  
requirements :  
609-883-3379

295 Eggert Crossing Rd Lawrence NJ 08648



Our community drive  
helps to create special  
holiday memories...

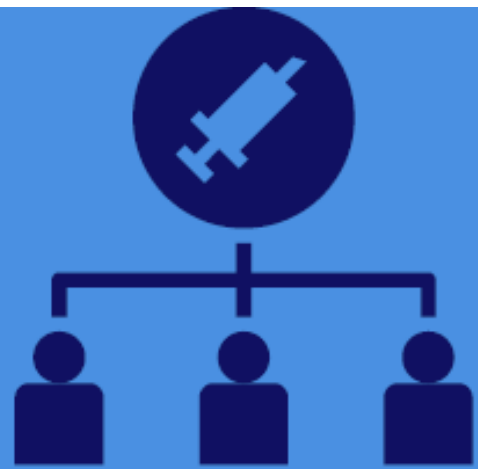


in Partnership with  
**HomeFront**  
Helping families break the cycle of poverty



July 28, 2022

# Monkeypox Vaccination in New Jersey



## Who can get vaccinated?

The vaccine for monkeypox is called JYNNEOS. With the current limited supply of JYNNEOS vaccine in New Jersey, **the following residents may be eligible for vaccination\***:

- People who have known contact with someone who tested positive for orthopoxvirus or monkeypox virus within past 14 days  
(Contact your [local health department](#) to coordinate vaccination)
- People who attended an event where known monkeypox exposure occurred within past 14 days  
(Make an appointment at a vaccine location) →
- People who identify as gay, bisexual, or men who have sex with men (MSM), and/or transgender, gender non-conforming, or gender non-binary and who have a history of multiple or anonymous sex partners within past 14 days  
(Make an appointment at a vaccine location) →

**\*New Jersey is expecting additional doses from the Centers for Disease Control and Prevention (CDC) and as the State gets additional supply the Department will continue to expand access to the vaccine.**

## HIGH PRIORITY GROUPS



Residents who are eligible for vaccination and who also have a condition that may increase their risk for severe disease should be considered high priority for vaccination, including people who:

- Have a weakened immune system
- Have a history of atopic dermatitis or eczema

## VACCINE LOCATIONS



**Appointment only – No walk ins:**

- Bergen New Bridge Medical Center, Annex 2 (white tent structure), 230 East Ridgewood Ave., Paramus: [www.newbridgehealth.org](http://www.newbridgehealth.org)
- Cooper Vaccine & Testing Clinic, Cooper University Hospital, 300 Broadway, Camden: 856-968-7100 or <https://my.cooperhealth.org/mychart/authentication/login>
- Hyacinth AIDS Foundation/Project Living Out Loud!, Jersey City: 201-706-3480
- North Jersey Community Research Initiative (NJCRI), Newark: 973-483-3444, ext. 200
- The Prevention Resource Network, a program of the Visiting Nurse Association of Central Jersey, Asbury Park: 732-502-5100



# Monkeypox Key Facts



Monkeypox is a rare disease caused by the monkeypox virus.

Monkeypox can make you sick including a rash or sores (pox), often with an earlier flu-like illness.

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact.



## Symptoms

- Early flu-like symptoms of monkeypox can include fever, headache, muscle aches, backache, swollen lymph nodes, chills, and exhaustion
- Rash appears within 1 to 3 days (sometimes longer) after fever, often beginning on the face then spreading to other parts of the body
- Illness usually lasts 2–4 weeks



## Transmission

- Monkeypox can spread through:
  - Direct contact with monkeypox rash, sores or scabs
  - Contact with objects, clothing, bedding, towels, or surfaces used by someone with monkeypox
  - Respiratory droplets or oral fluids from a person with monkeypox
- Monkeypox can spread from the time symptoms start until all sores have healed, which can take several weeks



## Recent Clusters of Monkeypox

- Cases of monkeypox have been recently reported in several countries that don't normally have monkeypox activity, including the United States
- It's not clear how the individuals were exposed to monkeypox but cases include people who self-identify as men who have sex with men



## Diagnosis & Treatment

- Healthcare providers should be alert for patients with rash illnesses consistent with monkeypox, regardless of gender or sexual orientation, particularly those with travel history or other risk factors
- There is no specific treatment for monkeypox, although antivirals developed for use in patients with smallpox may be beneficial



## Recommendations for the Public

- Risk to the general public is low
- Seek medical care immediately if you are concerned you have monkeypox
- Avoid close contact with sick people, including people with skin lesions or genital lesions



## For More Information

- Contact your healthcare provider with medical questions
- Visit the [Centers for Disease Control and Prevention](#) website

# 10 WAYS TO LOVE YOUR BRAIN



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



## HIT THE BOOKS

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



## BUTT OUT

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



## FOLLOW YOUR HEART

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



## BREAK A SWEAT

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



## STUMP YOURSELF

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

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

## HEADS UP!

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



## BUDDY UP

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



## TAKE CARE OF YOUR MENTAL HEALTH

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



## FUEL UP RIGHT

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



## CATCH SOME ZZZ'S

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



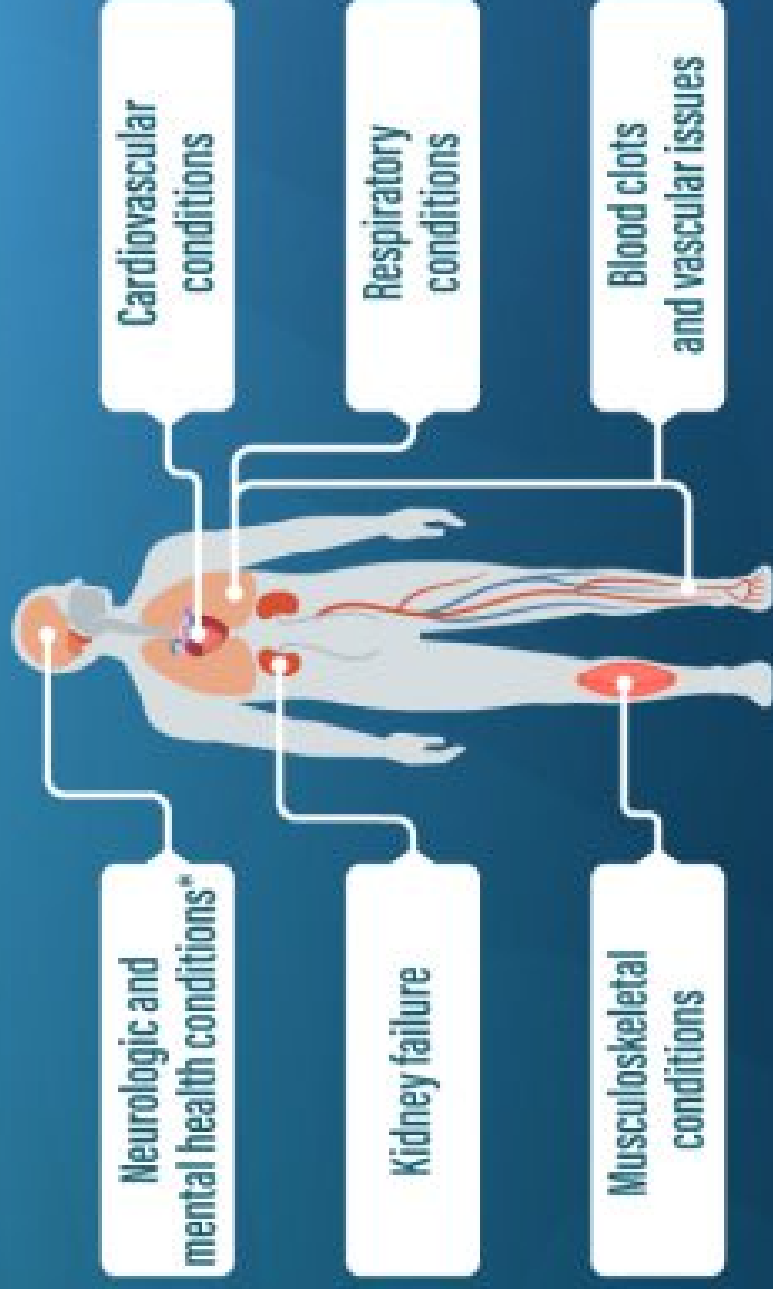
Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:



Approximately  
**1 in 5 adults**  
ages 18+ have a  
health condition  
that might be related to  
their previous COVID-19  
illness, such as:



**Talk to your health care provider  
if you have symptoms after COVID-19**



[bit.ly/MMWR7121](https://bit.ly/MMWR7121)

MAY 24, 2022

\* Adults aged 65 and older at increased risk

**MMWR**

**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](http://VeteransCrisisLine.net)

For more information about VA's mental health resources, visit [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov)



Confidential crisis chat at [VeteransCrisisLine.net/Chat](http://VeteransCrisisLine.net/Chat) or text **838255**

# IRS IMPOSTER SCAMS



The Internal Revenue Service (IRS) is the government agency that collects federal taxes.


Scammers pretend to be IRS officials to get you to send them money.



## How the scam works

You get a call.


**IRS** Your caller ID might show it's the IRS calling.

 The caller might give a badge number and know the last four digits of your Social Security number.


You are told:

 "You owe money."

 "You better pay now or you'll be arrested."

 "Put money on a prepaid debit card or wire it to us."

If you pay...

 You find out it wasn't the IRS. It was a scam.

 The money is gone.





## Warning signs

How will the IRS first contact you?		How will the IRS ask you to pay?	
Phone call	<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](https://www.irs.gov/balancedue).
- 
**Report the call**  
 File a complaint with:
  - the Treasury Inspector General for Tax Administration (TIGTA) at [tigta.gov](https://www.tigta.gov) or 800-366-4484.
  - the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint) or 877-FTC-HELP.
- 
**Warn friends and family**  
 Tell people you know that these calls are scams.

If you have any questions related to Senior Connect, or Lawrence Township broadly, reach out to the Community Aide for further information.

phone: 609-844-7074

email: [cdinwoodie@lawrencetwp.com](mailto:cdinwoodie@lawrencetwp.com)