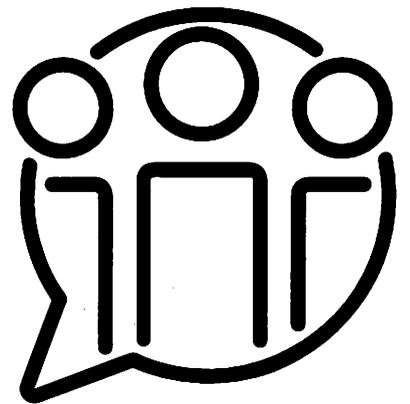


Senior Connect

Lawrence Township



SC- 6
April 21, 2020

Lawrence Township NJ Manager KPN

This blog exists to engage the Lawrence community in a more personal and substantive way. To inform residents about important issues affecting the community, and to provide my perspective and thought process so there is a clear understanding (whether you agree or disagree with me) of how or why a decision has been made. This blog does not represent the opinions of our elected officials unless I specifically indicate so.

Monday, April 13, 2020

2020 April 13. Thoughts and Prayers for Our Fellow Residents of Lawrence.

Hey Everyone: Today I received the daily report from our Health Officer, Carol Chamberlain, on the totals for residents infected with the virus and the number that have died from the virus. As of today, we have 67 residents that have tested positive, and 3 residents who have died.

If you are like me...and keeping up with this public health crisis by staying informed through emails from public officials, TV, radio or social media.... we are reminded endlessly of the "totals" by country or state in the U.S. Or about the "curve" and it's peak.

But, for a just a moment or two today, please take the time to be very mindful that the "totals" are people. Those testing positive, are people who are most likely terrified to have contracted this deadly virus, and who can't receive the comfort from others to get them through this because they must be isolated from everyone. Those that have died from the virus are someone's mother, father, brother, sister, friend, co-worker or fellow resident. People who were trying to live their best life before this virus took over our world....and took their lives.

We have 67 people from our community right now fighting this virus, and the families of 3 residents mourning the loss of a loved one. Collectively as a community we can all...at the very least...send a prayer...if you are religious...or a peaceful and kind thought...if you are not religious....to those who are sick and those that are in mourning. It's difficult to do much to help when you have to maintain physical distancing, but we can keep our heads clear and mindful of the humanity of this all. And always be compassionate and empathetic to others.

I will be looking into some ways for us as a community to help others during this pandemic, and will let you know as soon as details can be shared....please be safe and well...and strong. 🙏🙏

them on social distancing, the pandemic, and why it is important to follow the guidelines of the health officials fighting the spread of this virus on our behalf. If they don't care about themselves, try offering up caring for others as an alternative means of persuasion.

So our parks will remain open for now. They will be closely monitored. If we come to realize that people simply can't abide by the physical distancing requirements despite our best efforts....I will make the decision to close the parks. We, as a community, also have a responsibility to be a part of the solution, not the problem. Knowing that we tried...and knowing that it was important enough to give it an extra effort on behalf of the community...has to be enough for now. Stay safe and well! 🙏🙏

at April 07, 2020 No comments:

Email This Blog This! Share to Twitter Share to Facebook Share to Pinterest

Friday, April 3, 2020

Random Thoughts During These Difficult Times

Warning: This is mushy. Those not in the mood, just move along!

Hey Everyone: Before I started typing this I had no real words in mind and nothing specific to report....just a feeling that I wanted to reach out to all of you and say I'm thinking about you...hoping that everyone knows and understands the critical importance of physical distancing and leaving your home for only completely necessary reasons. The latest advice is to wear a mask (makeshift if need be) covering your mouth and nose when you go into a public place...please do this for now.

I know it feels like the walls are closing in on us, and everything we see on social media and the tv is a minute by minute breakdown of where we are right now during this crisis. But I offer a simple reminder to all....be thankful for the people in our lives...those that give you the reason to get up in the morning and meet each day with the plan to do our best. There is no time better than now to make sure we all be the best versions of ourselves. Treat each other with kindness and respect. To not be afraid to make a positive difference in someone's life that you think may need your help in big ways or small ways.

Most importantly, everyone needs to understand that each one of us is doing our best to hold it all together. Some are doing better than others. For those that may seem on edge, grumpy or unnecessarily unkind...just take a long moment to be mindful of what they may be thinking and feeling...and provide an empathetic response.

To be honest, I have lost my head a couple times over the past couple days from the pressure of it all...and regret things I have said or the manner in which I said it. I admit my humanness. I will make sure I reach out to those people and offer an apology (and hope they can accept it).

Ugh...these are truly bizarre and troubling times. I just heard that a classmate of mine from NDHS lost his battle with the virus today...after receiving such a positive report about his progress yesterday. In a short time, each one of us will have known someone who passed away from this virus. And years from now...when we are done with this thing...it will not be far from the surface of our psyche. So I think a good plan is to be fully aware that the time is now to be strong and kind and thoughtful and positive....

Police, Fire, EMT, Health, Public Works and all of our other departments are doing all they can to give us the ability to provide the services you expect from us. We will be working short staffed, and we ask you understand if some services are stopped or delayed in some way. All we can do is our best, and I know our people are committed to do just that. Stay safe. Stay Smart. Stay Responsible. #LawrenceNJStrong!!! 🙏🙏🙏

Caveat: "Together is Better" is a book by Simon Sinek. It really had a positive impact on me. It is a perfect book for a young person in your life. I have given out 20 books already as a gift. It provides the reader with important life lessons to face challenges in a meaningful and positive way. And yes, that is a Raiders bug in the background!!!



LOCAL FOOD STORE LISTING

STORE NAME	ADDRESS	TELEPHONE NO.	SENIOR HOURS	DELIVERY
WEGMANS	240 NASSAU PARK BLVD	609-919-9300	7 - 8 AM - DAILY	NO LONGER
SHOPRITE OF LAWRENCE	ROUTE 1 (MERCER MALL)	609-275-8555	6 - 7 AM DAILY	2-3 WEEKS WAIT
WHOLE FOODS	3495 ROUTE 1	609-799-2919	7 - 8 AM - DAILY	PRIME MEMB. ONLY
COSCO WHOLESALE	4100 QUAKERBRIDGE RD	609-779-7000	8 - 9 AM (TUE. WED. THRS)	1 WK WAIT (INSTACART)
SAVE A LOT	1560 N. OLDEN	609-396-0329	7 - 8 AM DAILY	NO DELIVERY
SPEEDY MART FOOD	1097 PARKWAY AVE #1	609-637-9611	NONE (WILL EXPEDITE SHOPPING)	NONE
TRADER JOE'S	3528 BRUNSWICK PIKE	609-897-0581	8 - 9 AM DAILY	NONE
CHERRY GROVE FARMS	3200 LAWRENCEVILLE RD	609-219-0053	NONE	ORDER BY 12:00 PREV. DAY
MID EAST MARKET	1681 PRINCETON AVE.	609-989-7000	10 - 11 - MON-SAT.	NONE
SUPER FOOD MARKET	359 PENNINGTON AVE.	609-656-8500	7 - 8 AM DAILY	NONE
WELSH FARM (CONV. STORE)	92 FLOCK RD/Q'BRIDGE	609-586-8747	2 - 3 PM (POSS.)	\$25. MIN. PURCHASE
WALMART	101 NASSAU PRK BLVD	609-987-0202	6 - 7 AM (TUES.)	NONE
INTERFAITH CAREGIVERS	3636 QUAKERBRIDGE	609-393-9922	VARIOUS	EXISTING CLIENTS ONLY
SHOPPING ANGELS		614-664-9155		
ROUTE 1 DINER	2009 US HWY 1	609-392-3500		UBER EATS/DOOR DASH ETC
DOOR DASH, FRESHDIRECT, GO PUFF, GRUBHUB, INSTACART, UBER EATS, PEAPOD - ARE EXAMPLES OF DELIVERY APPS. THAT CAN ALSO BE USED FOR FOOD OR GROCERIES DELIVERY.				

EMERGENCY AND FREQUENTLY REQUESTED NUMBERS

Fire or Police Emergency Call - 911

**Emergency Housing/Utility Assistance and
Social Service Help: Call - 211**

TOWNSHIP OF LAWRENCE

Lawrence Township Office on Aging/Senior Center	609-844-7048
Lawrence Township Clerk's Office	609-844-7000
Lawrence Township Health Department	609-844-7094
Lawrence Township Recreation Dept.	609-844-7067
Lawrence Township Manager's Office	609-844-7005
Lawrence Township Department of Public Works	609-587-1894
Lawrence Township Tax Office	609-844-7043
Lawrence Township Website	www.lawrencetwp.com
Township TV	Verizon Channel 36 and Comcast Channel 19
Lawrence Township Facebook	@TownshipofLawrence
Lawrence Township Recreation Facebook	@LawrenceTownshipNJRec
Lawrence Township Police Facebook	@LtwpNJPD

MERCER COUNTY OFFICES

Mercer County Office on Aging	609- 989-6661
Mercer County Clerk's Office	609- 989-6464
Mercer County Housing Department	609-989-6858
Mercer County Nutrition Project	609-989-6650
Mercer County TRADE transportation	609-530-1971
Mercer County Recycling (MCIA)	609-278-8100
Mercer County Library- Lawrence Branch	609-882-9246

MISCELLANEOUS NUMBERS

Lawrence Community Center/Food Bank	609-883-3379
Mercer County Meals on Wheels	609-695-3483
Senior Legal Project of Central Jersey	609-695-6249
Telephone Reassurance/Contact	609-896-2120
Woman's Space Emergency services	609-394-9000
Goodwill Home Medical Equipment	609-396-1513
Access Link	800-955-2321

A Statement from the Hon. James Kownacki, Mayor of the Township of Lawrence

April 9, 2020

To: Lawrence Residents and Visitors:

Recently, Governor Phil Murphy issued Executive Order 118, which closed all State and County parks until further notice. He specifically left the decision to close municipal parks to each municipality. As a result, for the time being, Lawrence will keep our parks and trails open. The playground and exercise equipment remain off-limits and are properly closed-off and signed.

The decision to keep our parks open has been made after a careful assessment of our community's needs. We believe it is critically important to continue to provide a safe environment for passive recreation (i.e., walking, bike riding, etc.), and our parks offer that opportunity to our residents. We will keep our parks open, but will monitor their use to assess whether people are respecting physical distancing, not gathering in groups and refraining from using the playground and exercise equipment. This will require all members of our community to respect social distancing practices, and to be on the same page, in order to allow the parks to remain open. There will be a more prominent police presence at the parks, as community-caretakers, to address any activities that risk the spread of the virus and disregard the physical distancing restrictions.

We ask that every parent take the time to discuss with their children the critical importance of maintaining physical distance from others as we fight to reduce the spread of this deadly virus. From our observations and reports received from concerned residents, it appears that it is mainly young adults and teens that are congregating at the parks and playing sports that involve physical contact. In order for our parks to remain open, this needs to stop.

We urge you to keep an appropriate social distance (6ft.) from others, only go out in public if necessary and, if you do, please wear a mask that covers your mouth and nose, keep your hands clean by washing them frequently, and keep your hands away from your face as much as possible. If you feel unwell, please immediately contact your medical physician and follow the instructions provided.

It is important to remain calm, to stay informed, and to act responsibly as we work through this crisis. Please keep in communication with elderly relatives, neighbors and friends to check on their well-being. This is a time for our community to be at our best, and I am confident we will be.

Please stay connected to our Township resources as we continue to provide daily information relating to our community and to the pandemic. Our website is www.lawrencetwp.com, our Facebook is www.facebook.com/TownshipofLawrence and Twitter is <https://twitter.com/LawTwpNJ> and our Municipal Manager's blog is <https://lawrencetownshipnjmanagerkpn.blogspot.com/>

A letter from County Executive Brian M. Hughes

Dear Mercer County Community,

Four weeks ago, the New Jersey Department of Health announced the first positive case of coronavirus disease in Mercer County. As of today, the Health Department reports 1,282 cases in Mercer and 39 deaths.

I send my heartfelt condolences to all who have lost family members and friends to COVID-19 as the pandemic continues to turn our lives upside down.

The increase in positive cases is a result of both community spread and increased testing for COVID-19, and we expect the number of positive cases to continue to rise. But I can assure you that we are continuing to do everything we can to protect the health and well-being of our residents.

Mercer County, in collaboration with health care partners, opened an appointment-only, drive-up testing site for COVID-19 at Quaker Bridge Mall in Lawrence on March 31. Through today, the center has tested more than 900 symptomatic individuals, and we are geared up to continue testing at that site next week.

We also have worked with our partners to make testing for COVID-19 available in the City of Trenton beginning Monday. Pop-up test sites will be open in each Trenton ward one day a week. Testing at both Quaker Bridge Mall and the pop-up sites is for Mercer County residents who are symptomatic for COVID-19 and have an appointment scheduled through their primary health care practitioner.

To get a test, contact your doctor. If a test is needed, your doctor will fax a prescription to the Mercer County health call center at 609-630-4031, and the center will contact you. If you voice an inability to get to Quaker Bridge Mall, you will be offered an appointment at a pop-up site along with instructions. If you don't have a doctor, call the Henry J. Austin Health Center in Trenton at 609-278-5900 to arrange for screening. Again, you must have an appointment to be tested.

We recognize the need to reach pockets of our communities that cannot get to the Quaker Bridge Mall for COVID-19 testing, and we will continue those efforts. I thank Robert Wood Johnson University Hospital Hamilton, Capital Health System, St. Francis Medical Center in Trenton, Trenton Health Team, Henry J. Austin Health Center, the City of Trenton,

Lawrence Township and Quaker Bridge Mall management for collaborating with the County on setting up these test sites.

The grim reality for all of us is that the most effective way to slow the spread and flatten the curve of COVID-19 is to continue to practice social distancing at all times. That means adhering to the statewide mandate to stay at home. If you must go out, keep at least 6 feet from others. And continue to take everyday preventive measures: wash your hands frequently with soap and water for 20 seconds, cover coughs and sneezes, and clean and disinfect frequently touched surfaces.

Health experts say this approach has been effective, but now is not the time to take our foot off the gas. Everyone's continued commitment to these measures is necessary to keep us safe, take the pressure off our health care system, and enable us to return to a normal way of life as soon as possible.

Finally, thank you to our heroic first responders and health care professionals for your extraordinary efforts as you battle on the front lines of this pandemic. Thank you to the grocery and drug store workers, restaurant staff, delivery drivers, educators, public servants and other essential workers who are keeping our communities functioning. And thank you, everyone, for making the daily sacrifices necessary to help slow the spread of COVID-19.

Let's continue to stay home, practice social distancing, wash our hands and help our neighbors. If we work together, we WILL get through this crisis.

Brian M. Hughes
Mercer County Executive

HAVE GENERAL QUESTIONS ABOUT COVID-19?

The NJ Poison Control Center and 211 have partnered with the State to provide information to the public on COVID-19:

Call: 2-1-1

Call (24/7): 1-800-962-1253

Text: NJCOVID to 898-211

Visit covid19.nj.gov or nj.gov/health for additional information

COVID-19 Facts for Older Adults



Who is at Higher Risk?

Older adults and people who have severe chronic medical conditions like heart, lung, or kidney disease seem to be at higher risk for more serious COVID-19 illness.

- As people age, their immune systems change, making it harder for their body to fight off disease and infections.
- Underlying conditions make it harder to cope and recover.

What To Do If You Are At Higher Risk?

- Stay at home as much as possible
- Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time. Consider mail order for medications.
- Be sure to have over-the-counter medicine and supplies to treat fever and other symptoms.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often. If soap and water is not available, use handsanitizer that contains at least 60% alcohol.
- Avoid crowds
- Avoid touching surfaces in public ie. door knobs, elevator buttons, light switches, hand rails, etc. and promptly wash your hands afterwards.
- Don't touch your face, nose, or eyes.
- Prepare enough household items and groceries on hand for a period of time. Consider ways of getting food brought to your house through family, social, or commercial networks if needed.
- Clean and disinfect your home to remove germs on faucets, door knobs, cell phones, remotes, etc.
- Stay up to date on CDC Travel Health Notices. Defer all cruise ship travel worldwide.

Symptoms of COVID-19

- Symptoms include fever, cough, and shortness of breath.

Emergency Symptoms:

- Difficulty breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

What to Do if You Get Sick

- Stay home and call your doctor. Let them know your symptoms, and that you may have COVID-19. Follow their instructions. If you are not sick enough, you can recover at home.
- Seek medical attention immediately if you have any of the emergency warning signs listed above.



Public Health
Prevent. Promote. Protect.

Lawrence Township Health Department



Mercer County

COVID-19 Update

Mercer County Executive Brian M. Hughes & The Board of Chosen Freeholders

IMPORTANT COVID-19 Update Information

Mercer County positive COVID-19 cases for 4-16-2020

The New Jersey Department of Health announced that as of April 16, 2,037 Mercer County residents have tested positive for COVID-19 and sadly, 87 people have died. Contact tracing continues. As more testing sites open around the county, we expect to see an increase in the number of positive cases. Mercer County is also tracking data at the municipal level. To view statistics by municipality, please visit the Mercer County COVID-19 dashboard at <https://arcg.is/1y1eHO>

Please note that municipal data lags behind the state data and will update as information becomes available.

Mercer County continues to recommend basic steps for residents. Whether you are ill or not, adhere to the Governor's Executive Orders and stay home. If you must leave your home, practice social distancing and wear a mask over your mouth and nose. Wash your hands. Cough and sneeze into your elbow or a tissue. Clean and disinfect frequently touched surfaces.

The NJ Poison Control Center and 211 have partnered with the State to provide information to the Public on COVID-19:

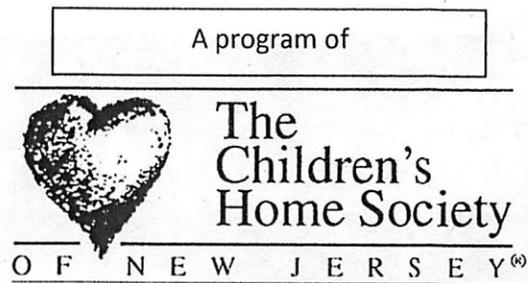
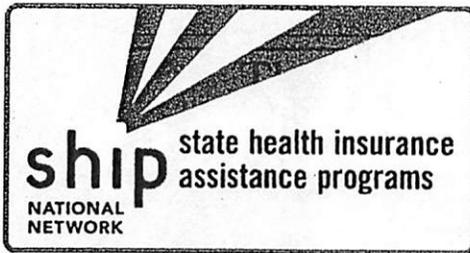
Call: 2-1-1

Call (24/7): 1-800-962-1253

Text: NJCOVID to 898-211

Text: your ZIP code to 898-211 for live text assistance

Visit: www.covid19.nj.gov



State Health Insurance Assistance Program (SHIP) in Mercer County Open Virtually for Business

- Turning 65 this year and suffering from information overload with regards to your Medicare choices?
- Over 65 but reconsidering your retirement plans and thinking you might need Medicare earlier than expected?
- Worried how you're going to manage the costs of Medicare on a fixed income?

We know that during this global pandemic, you may find your circumstances have changed, or simply have too much time on your hands to research, and be in need of some **local, free, and unbiased assistance.**

The SHIP team in Mercer County are here to help!

We have a team of certified volunteer SHIP counselors available to speak to you virtually – over the phone, by email or via video chat.

Call our coordinator Cathy Forbes on 609-273-0588 or email cforbes@chsofnj.org to set up an individual SHIP counseling session

April 2020

HOW TO MAKE SURE YOU RECEIVE YOUR COVID-19 STIMULUS CHECK

What is the Stimulus check?

In response to the COVID-19 pandemic, the federal government recently passed a bill known as the CARES Act (Coronavirus Aid, Relief, and Economic Security Act). This law is intended, among many things, to help individual Americans who may be experiencing financial hardship as a result of the pandemic. Part of the law includes funding to make direct payments to individuals. Individuals whose income is under \$75,000 will receive \$1,200 plus \$500 for each qualifying child dependent. Individuals whose income is between \$75,000 and \$99,000 will receive a partial stimulus payment and individuals whose income is over \$99,000 will not be eligible for a payment. Married couples whose income is under \$150,000 will receive \$2,400 plus \$500 for each qualifying child dependent. Married couples whose income is between \$150,000 and \$198,000 will receive a partial stimulus payment and couples whose income is over \$198,000 will not be eligible for a payment. Income calculations will be based on your 2019 federal tax return, if filed, or your 2018 tax return, if your 2019 has not yet been filed.

How do I ensure I get the Stimulus check?

For individuals who filed either a 2018 or 2019 federal income tax return, the IRS will calculate and automatically send the payment to the direct deposit account or address, if you elected against direct deposit, on file with the IRS based on your most recent return. In other words, if you are required to file a 2019 income tax return, you can either go ahead and file it (even though the deadline has been extended to July 15) or the IRS will simply rely on your 2018 tax return. If you did not elect direct deposit and your address has changed since your filing, you can obtain the change of address form at <https://www.irs.gov/taxtopics/tc157>.

But what about individuals who are not required to file a tax return like many Social Security Disability, Social Security Retirement, Railroad Retirement, or Supplemental Security Income recipients? The IRS and Social Security Administration have stated that those receiving Social Security Disability or Retirement or Railroad Retirement, and SSI recipients who do not file tax returns do not have to take any additional steps. These individuals will have their stimulus checks automatically sent to same account or address as their Social Security Disability, SSI or Retirement or Railroad Retirement checks. However, if the recipient has a child dependent, they will need to take additional steps like other non-filers, as outlined below, in order to receive the dependent stimulus payment of \$500.

Other non-filers, such as Veterans Benefits recipients, or individuals who simply have low earnings, will need to enter their information on the non-filer portal available at <https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>. To ensure prompt receipt of your stimulus check, in the manner in which you chose, complete the online form. You will need the following information:

- Full name, current mailing address and an email address
- Date of birth and valid Social Security number

benefits through September 21, 2020. During this time, Social Security benefits will not be garnished to pay non-tax debts owed to the federal government. If you owe federal taxes, those debts may still be taken from your Social Security.

At the time of this writing, the stimulus payments have not been designated as federal benefits, which would offer them the same protected status as the benefits listed above. This means that the stimulus payments can be taken from your bank account if your account is levied upon pursuant to a state court judgment for a credit card, medical bill, or other debt.

At present, the stimulus payments are scheduled to be automatically deposited into the accounts of all individuals who receive their Social Security Disability or Retirement by direct deposit, and there is no opt-out to receive a paper check posted on the IRS website. Creditors are aware that the stimulus payments are being sent out, and may be trying to seize those funds to pay their judgments. If you are aware of state court judgment creditors that have or may attempt to levy upon your bank account, you should quickly withdraw the stimulus payment upon receipt, or consider using the stimulus payment to pay bills that you know are coming due in the near future. So long as your account contains no more than two months' worth of your federal benefit payment amount, it should be protected from levy.

Will my Supplemental Security Income (SSI) or Medicaid be affected by the Stimulus payment?

No, your SSI, Medicaid, or other means-tested government benefit will not be affected by the stimulus payment. Since this stimulus payment is categorized like a tax rebate or tax refund, it is not considered income and it is not considered as part of your resources for 12 months. In other words, you must spend it within 12 months of receipt in order to maintain your eligibility for means-tested government programs.

Timing

The IRS has stated that for individuals who are receiving paper checks, it may take up to five (5) months to receive their stimulus. For individuals receiving direct deposits, the IRS has begun making payments.

Central Jersey Legal Services

CJLS' attorneys and paralegals assist individuals facing problems with Medicaid eligibility, government entitlements such as food stamps and unemployment benefits, housing issues such as eviction, family issues including divorce and child support, and consumer debt issues, among many others. All people, regardless of their financial situation, deserve a fair shot at justice – and that requires legal help. It's not justice when a senior or disabled person is denied health care services or a family loses their home simply because they couldn't afford the legal help they needed. Central Jersey Legal Services provides access to legal help and information for clients in life-changing legal situations who could not otherwise afford an attorney.

If you need legal help, please contact our Mercer County office at 609-695-6249 to be screened for eligibility.

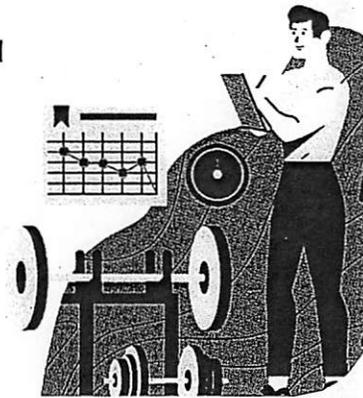
Managing COVID-19 Stress

Tips on looking after yourself



Take care of your body.

Meditate, eat well-balanced meals, take deep breaths aside from staying safe



Take a break from the news.

Information overload can be upsetting. Make an effort to switch off your screens once in a while

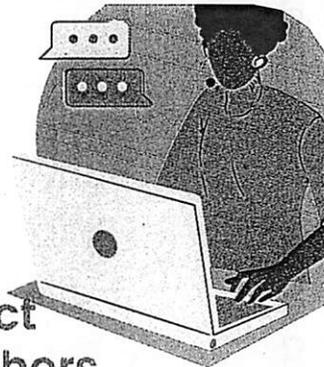


Public Health
Prevent. Promote. Protect.
Lawrence Township Health Department



Make time to unwind.

Use a few minutes of your day to do something you enjoy



Connect with others.

Talk to people you trust about your feelings/concerns

All this may be overwhelming now, but getting through this will make you and your community stronger.



BE COUNTED! RESPONDING TO CENSUS IS SAFE AND EASY

Have you completed your 2020 Census form? It is important that everyone does their part and responds to the Census. It's safe and easy.



Census data will help establish how billions of dollars in federal funding will be allocated. Funding for emergency services, health clinics and hospitals is determined by Census participation. It is critical that you are counted so that we can have the funds that are necessary to assist our community in good times and bad.

Responding to the Census has never been easier. Complete yours online, by phone or by mail. To respond online, visit <https://my2020census.gov/login>; to respond by phone, call 844-330-2020 (English) or 844-468-2020 (Spanish).

Coronavirus Hotline at New Jersey Poison Center Assists Over 15,000 Residents

The COVID-19 (Novel Coronavirus) outbreak has hit New Jersey hard. Thousands of residents are ill with coronavirus (confirmed positive) and the numbers continues to soar each day. During this time of uncertainty, all residents are frightened and concerned for their health and that of their loved ones. In response, Governor Phil Murphy and the New Jersey Department of Health established the NJ Coronavirus Hotline, 1-800-962-1253, to provide up-to-date medical information about this emerging outbreak to the public, 24/7, in any language. This is in partnership with NJ 2-1-1, the statewide hotline providing non-medical assistance about COVID-19 including information about housing, unemployment, and testing site locations.

The New Jersey Poison Information and Education System (NJPIES), also known as the New Jersey Poison Center, has been part of the State's COVID-19 response since late January when the Governor announced opening the NJ Coronavirus Hotline. Poison Center staff have worked around the clock to provide a reliable resource to concerned New Jerseyans — credible information to alleviate fear and dispel rumors, up-to-date guidance for ill persons and the worried well, and best-practices for prevention. NJPIES has also recruited many healthcare volunteers within Rutgers Biomedical and Health Sciences (RBHS) to assist with call volume. With emerging outbreaks, information changes quickly. Poison center staff are in daily contact with State and Federal health officials to monitor questions as they arise and to also participate in daily briefings on new information.

"Since its inception, the State's Coronavirus Hotline has assisted over 15,000 New Jersey callers, with an unprecedented surge in call volume as the pandemic has unfolded in our state," says Diane Calello, MD, Executive and Medical Director of the New Jersey Poison Control Center at Rutgers New Jersey Medical School's Department of Emergency Medicine. "To ensure the coronavirus hotline stays accessible to the public during the current surge, we implemented a contingency plan which enables us to continue our mission of providing medical advice and assistance 24/7 — expanded our available phone lines, put remote teleworker status into effect to allow additional staff on the phones, and deployed a multidisciplinary team of Rutgers graduate student and faculty volunteers. Moving forward, we continue to expand our staffing with dedicated healthcare volunteers throughout the state."

As COVID-19 continues to march through New Jersey, the hotline will be available 24 hours a day to assist the public with their growing concerns. "We ask that callers remain patient while waiting to speak with one of our staff. Hold times are longer than usual for the Poison Center as we continue to provide medical advice and assistance to over 500 callers a day," says Calello.

Are you a New Jersey resident looking for information on novel coronavirus (COVID-19)? There are three options available — Call 2-1-1; Call 1-800-962-1253 (the NJ Poison Center); or Text: NJCOVID to 898-211.

If someone is unconscious, not breathing, hard to wake up, or having a seizure, call 9-1-1 immediately.

Help is Just a Phone Call Away!

Stay Connected: Facebook ([@NJPIES](#)) and Twitter ([@NJPoisonCenter](#)) for breaking news, safety tips, trivia questions, etc.

Real People. Real Answers.



HomeFront

Helping families break the cycle of poverty

OPERATIONS UPDATE 3/24/20

During the coronavirus crisis, our service hours and operations have changed.

All available client support services will be accessible **by phone and e-mail** to limit in-person visits.

Our Front Desk, FreeStore, and Furnish the Future programs at 1880 Princeton Avenue are **closed**. Our Food Pantry is operating from our side loading dock.

Our Current Food Pantry Hours

Mondays from 11am-2pm

Tuesdays from 3pm-6pm

Thursdays from 11am-2pm

To reach HomeFront for help or questions,
please **call** 609-989-9417 or
e-mail homefront@homefrontnj.org

Thank you for understanding!

Press Release

Monday, March 16, 2020
For Immediate Release



Mark Hinkle, Acting Press Officer
press.office@ssa.gov

News Release

Effective March 17, 2020, Social Security Offices Will Only Offer Phone Service

**** Online Services Remain Available ****

All local Social Security offices will be closed to the public for in-person service starting Tuesday, March 17, 2020. This decision protects the population we serve—older Americans and people with underlying medical conditions—and our employees during the Coronavirus (COVID-19) pandemic. However, we are still able to provide critical services.

Our secure and convenient online services remain available at www.socialsecurity.gov. Local offices will also continue to provide critical services over the phone. We are working closely with the Centers for Disease Control and Prevention (CDC), state and local governments, and other experts to monitor COVID-19 and will let you know as soon as we can resume in-person service.

If you need help from Social Security:

- First, please use our secure and convenient online services available at www.socialsecurity.gov/onlineservices. You can

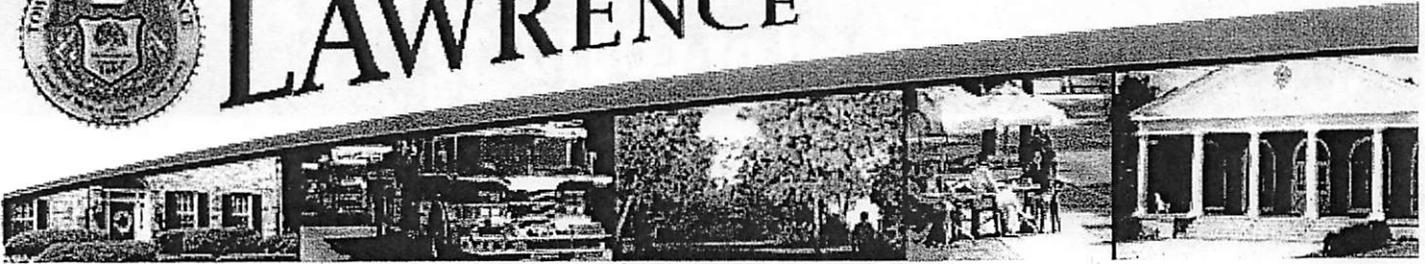
apply for retirement, disability, and Medicare benefits online, check the status of an application or appeal, request a replacement Social Security card (in most areas), print a benefit verification letter, and much more – from anywhere and from any of your devices. We also have a wealth of information to answer most of your Social Security questions online, without having to speak with a Social Security representative in person or by phone. Please visit our online Frequently Asked Questions at www.socialsecurity.gov/ask.

- If you cannot conduct your Social Security business online, please check our online field office locator for specific information about how to directly contact your local office. Your local office still will be able to provide critical services to help you apply for benefits, answer your questions, and provide other services over the phone.
- If you already have an in-office appointment scheduled, we will call you to handle your appointment over the phone instead. If you have a hearing scheduled, we will call you to discuss alternatives for continuing with your hearing, including offering a telephonic hearing. Our call may come from a PRIVATE number and not from a U.S. Government phone. Please remember that our employees will not threaten you or ask for any form of payment.
- If you cannot complete your Social Security business online, please call our National 800 Number at 1-800-772-1213 (TTY 1-800-325-0778). Our National 800 Number has many automated service options you can use without waiting to speak with a telephone representative. A list of automated telephone services is available online at www.socialsecurity.gov/agency/contact/phone.html.



TOWNSHIP OF LAWRENCE

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[Home](#) > [CoronavirusCancellations](#)

Coronavirus Cancellations/Postponements

- All advisory board/committee meetings have been cancelled until further notice.
- Municipal Court is suspended. [Please Click Here For More Information.](#)
- The collection of bulk waste will be suspended beginning April 6 through May 4.
- Nutrition meals will not be distributed at the Lawrence Township Senior Center until further notice.
- The Ecological Facility is now open, Monday-Friday 7:30-2:30; Lawrence and Princeton residents only, no commercial vehicles until further notice. Site will remain closed on Saturdays until further notice. Site employees will manage social distancing rules.

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Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

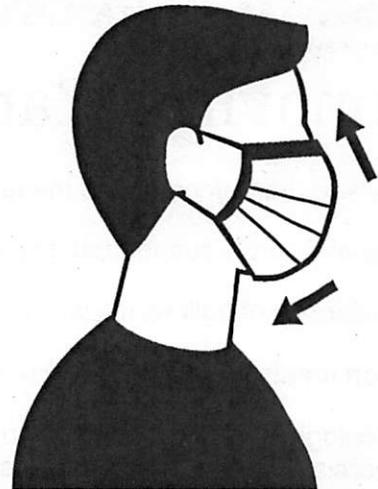
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

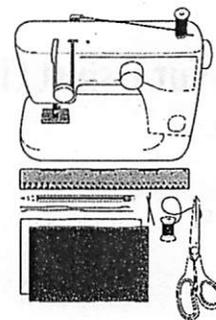


[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Sewn Cloth Face Covering

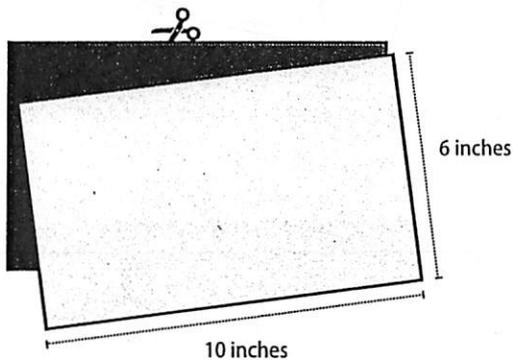
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

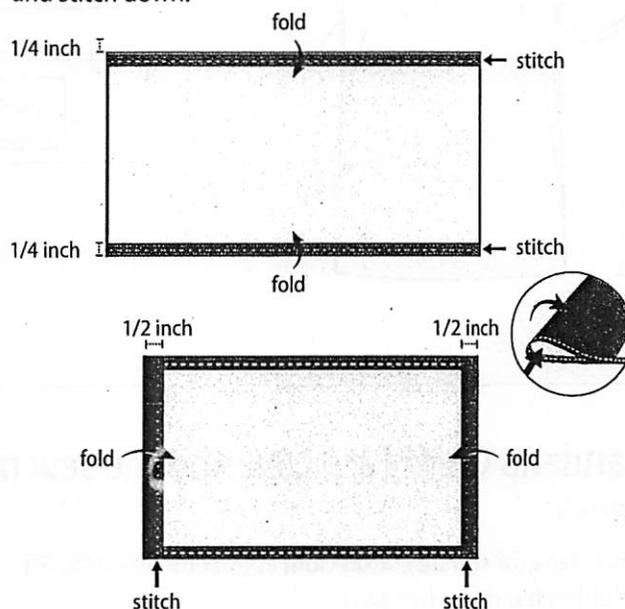


Tutorial

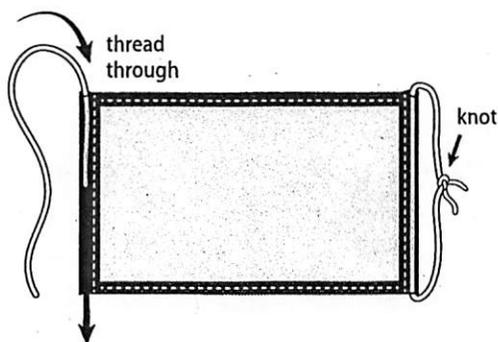
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



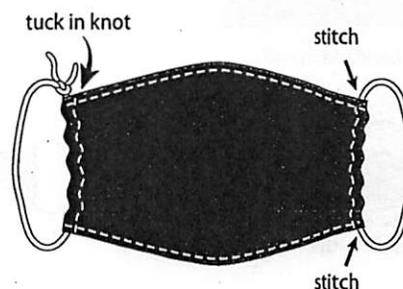
2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.



3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

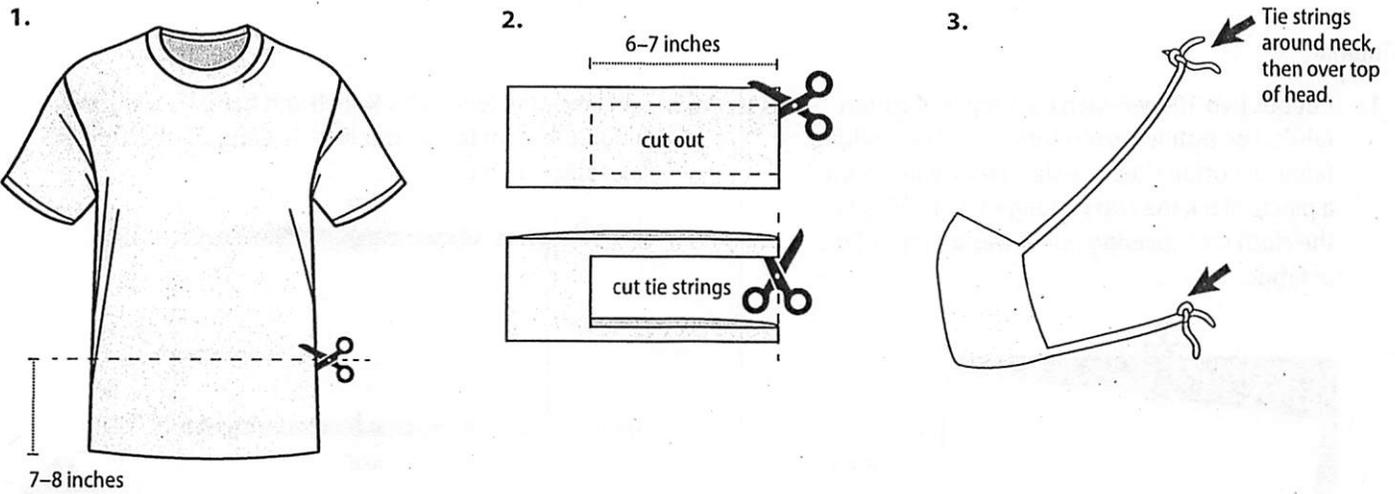


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

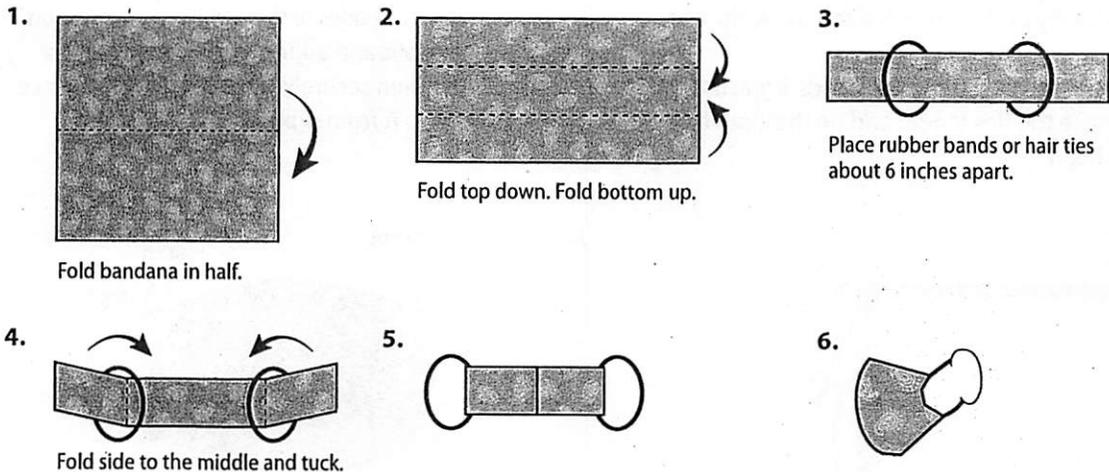


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial





COVID-19 AND FOOD SAFETY FAQ

IS CORONAVIRUS (COVID-19) A CONCERN WITH TAKEOUT?

By: NC STATE EXTENSION

CDC, FDA and USDA are not aware of any reports at this time that suggest COVID-19 can be transmitted by food or food packaging. Current evidence shows the biggest risk of transmission of COVID-19 is being around individuals who are symptomatic (and to a lesser extent, infected but not showing symptoms.) Food businesses should be following employee health policies and health department recommendations to keep these individuals home.

What are the risks of takeout or drive-thru food?

There is no current indication that takeout or drive-thru meals will increase illness. This option is a good risk management choice, especially for high risk and elderly groups because it helps maintain social distancing and reduces the number of touch points.

What are the risks of food delivered to the home?

Similar to takeout food delivery helps maintain social distancing and reduces the number of touch points between preparation and serving the food.

Can I get COVID-19 from touching food or packaging exposed to COVID-19?

The risk of transfer of viruses is very low, based on current research. To further minimize risk, handling food packaging should be followed by handwashing and/or using hand sanitizer.

What happens in your body if you do ingest COVID-19 through food?

COVID-19 is generally thought to be spread from person-to-person through respiratory droplets. It may be possible for a person to get COVID-19 by touching a contaminated surface or object and then touching their mouth, eyes, or nose, but this is not thought to be the major way the virus is transmitted.

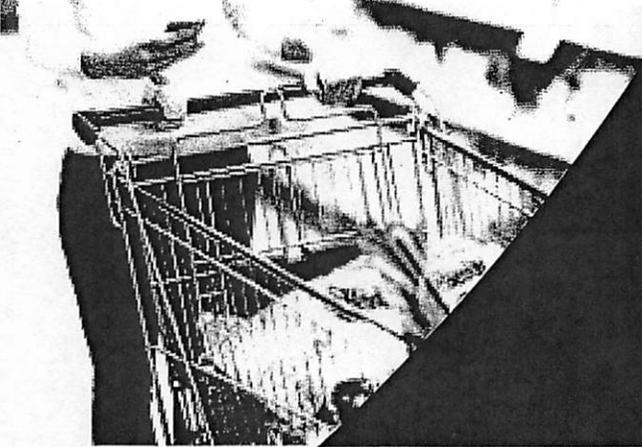
Currently, there is no evidence to support transmission of the virus directly by eating food that might inadvertently contain virus.

In commercial food production, processing, and preparation, there are many best practices that are routinely followed as per federal, state, and local regulations. These are all designed to prevent foods from becoming contaminated with microbes from the environment, including viruses.

The best thing a consumer can do is to continue using good food safety practices before preparing or eating food, like always washing your hands with soap and water for 20 seconds after using the restroom, and after blowing your nose, coughing, or sneezing.



Any information, suggestions, recommendations or best practices represented by NIP Group in this Risk Control Bulletin are solely for consideration in your loss prevention efforts. The information provided is intended to be a general summary and for educational purposes only. NIP Group takes reasonable efforts to provide accurate information but cannot guarantee its accuracy or that it meets local, state, or federal statutes, laws, or agency regulations. It is not intended to be complete or definitive in identifying all hazards associated with your business or in preventing workplace injuries or accidents. NIP Group disclaims any and all liability and is not responsible for reliance upon the information contained herein.



COVID-19 AND FOOD SAFETY FAQ

IS CORONAVIRUS (COVID-19) A CONCERN AT GROCERY STORES?

By: NC STATE EXTENSION

CDC, FDA and USDA are not aware of any reports at this time that suggest COVID-19 can be transmitted by food or food packaging. Current evidence shows the biggest risk of transmission of COVID-19 is being around individuals who are symptomatic (and to a lesser extent, infected but not showing symptoms.) Food businesses should be following employee health policies and local health department recommendations to keep these individuals home.

Can I get sick with COVID-19 from touching food or packaging if the COVID-19 was present on it?

There is no indication that food packaging material has served in significant connection to virus transmission. If concerned, handling of food packaging can be followed with handwashing and/or using hand sanitizer.

How should produce be handled?

Consider using hand sanitizer before and after selecting produce items. Avoid touching multiple produce items when making selections. As per good food handling practices in general, wash hands before food preparation or eating, avoid touching the face and consider supplementing handwashing with the use of hand sanitizer.

What steps can I take to minimize risk when shopping at the grocery store?

Use hand sanitizer when entering stores, and wash hands and/or use sanitizer as soon as possible after leaving. Try to maintain social distancing as much as possible while shopping. Avoid touching surfaces or items unnecessarily and avoid touching your mouth, nose or face. Do not go shopping when showing symptoms or think you have been exposed to the virus.

What is my grocery store doing to minimize my risk?

Many stores are following CDC guidelines on cleaning and disinfection. Some are limiting hours to allow for additional cleaning and disinfection. Stores may also be providing hand sanitizer to customers and be asking sick employees or customers to leave.



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Stay Connected

The fear associated with a public health emergency can push people apart. People who are normally close to family and friends may avoid contact because they are afraid they might get sick or get someone else sick.

It is important to stay connected with others. Use the phone, e-mail, or other electronic means of communication. If you are anxious about a health risk, talk to someone who can help. This may be your doctor, a family member, friend, member of the clergy, teacher or mental health professional.

If you notice a big change in a loved one, friend or co-worker, reach out to them. Make some time to talk. Watching out for others shows you care. It can be comforting to both of you.

If you or someone you know is having a hard time managing their emotions, seek help from a medical or mental health professional.

If you notice that a loved one, friend or co-worker's behavior has substantially changed, reach out and ask them how they are doing. Make some time to talk, when it is convenient for both of you, and follow up later on to see how they are doing. Watching out for each other demonstrates that you care and it can be comforting to both of you.

Get Reliable Information

When we face uncertainty about health risks, it is important to keep things in perspective. Get information during public health emergencies from:

- Your doctor or healthcare Provider
- Your local health department
- The New Jersey Department of Health website at: <http://nj.gov/health/> (800) 367-6543

The Centers for Disease Control and Prevention:

1-800-CDC-INFO (4636)
for assistance in English and Spanish

TTY: 1-888-232-6348

E-mail: cdcinfo@cdc.gov

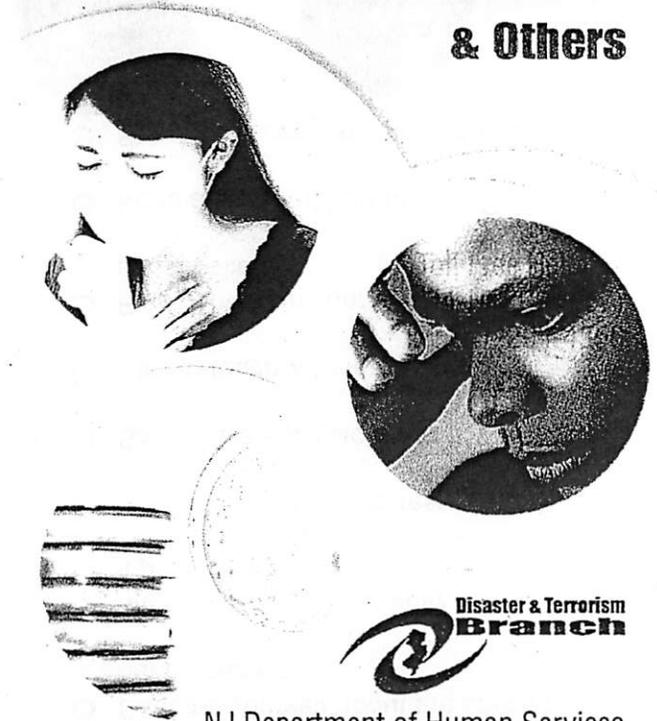
This publication available on-line at
www.disastermentalhealthnj.com.



Produced by DHS Office of Publications 9/2014

Coping with the Emotional Impact of Public Health Emergencies

Helping Yourself & Others



NJ Department of Human Services
Division of Mental Health
& Addiction Services
Disaster & Terrorism Branch

www.disastermentalhealthnj.com

Toll Free Helpline
877-294-HELP (4357)
TTY: 877-294-4356

Coping with Public Health Emergencies

The information in this brochure can help you cope with fears and anxiety related to public health emergencies. Such emergencies may include outbreaks of contagious disease, air or water contamination, or the effects of a natural disaster on individuals, families and communities.

It is natural to be upset when you think your health – or the health of your loved ones - is threatened. Pay attention to your own feelings and take care of your own emotional needs. By doing so, you can better help friends and family members handle their concerns.



Uncertainty

Anxiety can be related to fear of the unknown. It is normal to feel anxious and worried about a spreading disease, especially if there is no known cause or cure, or if the disease manifests as a frightening illness or includes injuries.

Everyone reacts differently to a public health risk.

These are normal reactions:

Physical

- headaches
- tiredness
- increased pulse
- high blood pressure
- changes in appetite
- unexplained aches or pains
- trouble sleeping
- stomach aches

Emotional

- panic
- anxiety
- distrust
- fear
- anger
- irritability
- sadness
- blame
- feeling overwhelmed
- increased stress

Mental

- troubling concentrating
- problems at work or school
- memory problems
- troubling thoughts
- concern about health issues

Behavioral

- avoiding others
- substance abuse
- excessive cleaning or washing
- being overly cautious

Here are some ways you can cope with stress and anxiety:

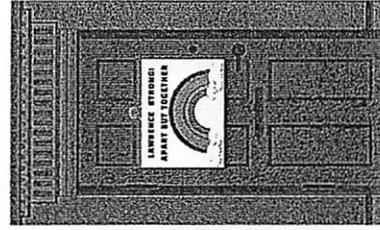
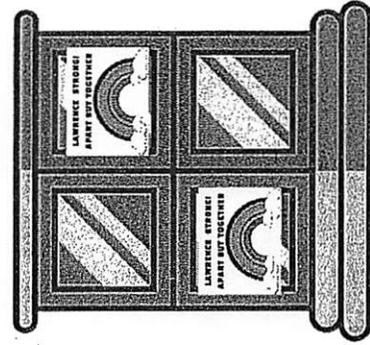
- Limit your exposure to graphic news stories
- Get accurate, timely information from reliable sources
- Educate yourself about the specific health hazard
- Maintain your normal daily routine, if possible
- Exercise, eat well and rest
- Stay active – physically and mentally
- Stay in touch with family and friends
- Find comfort in your spiritual and personal beliefs
- Keep a sense of humor
- Share your concerns with others



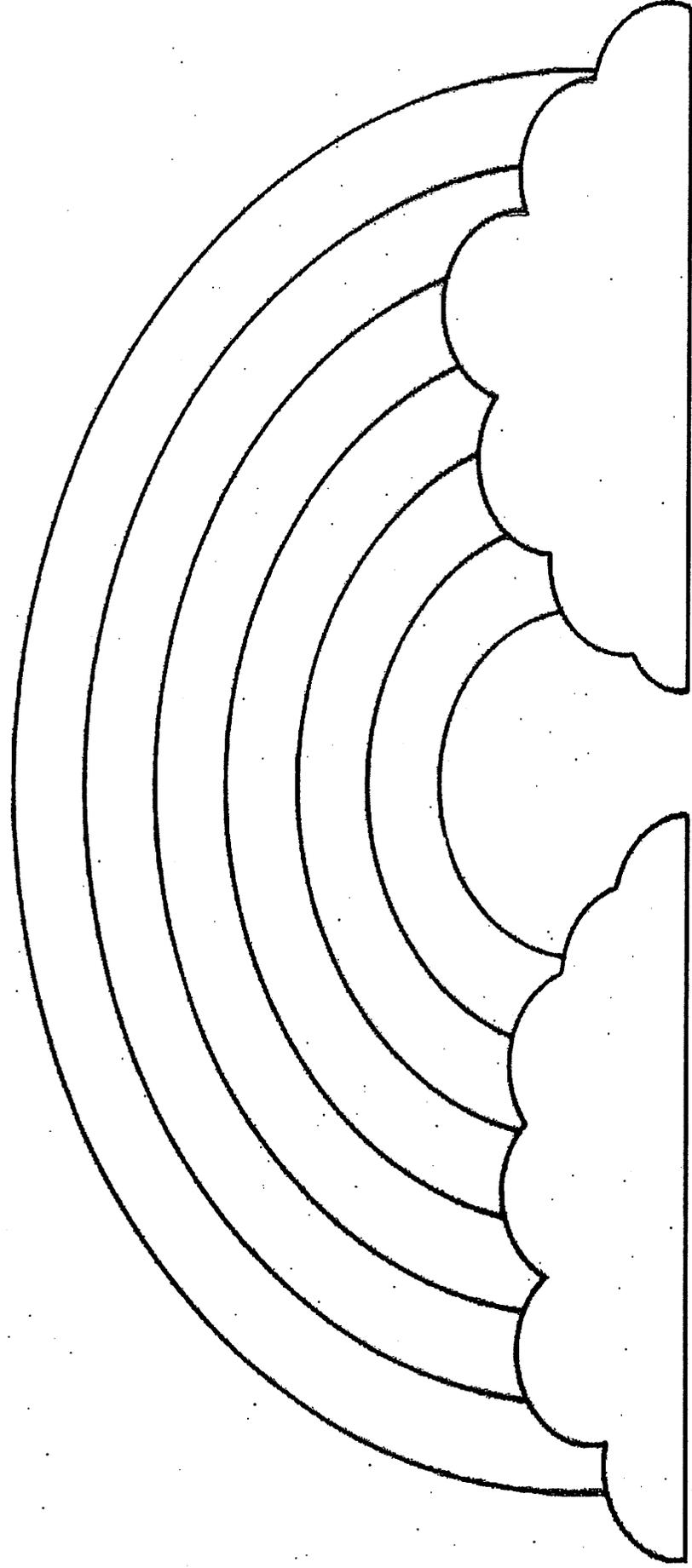
Lawrence Township Rainbow Coloring Pages



**COLOR AND HANG
ON YOUR FRONT
DOOR OR WINDOW**

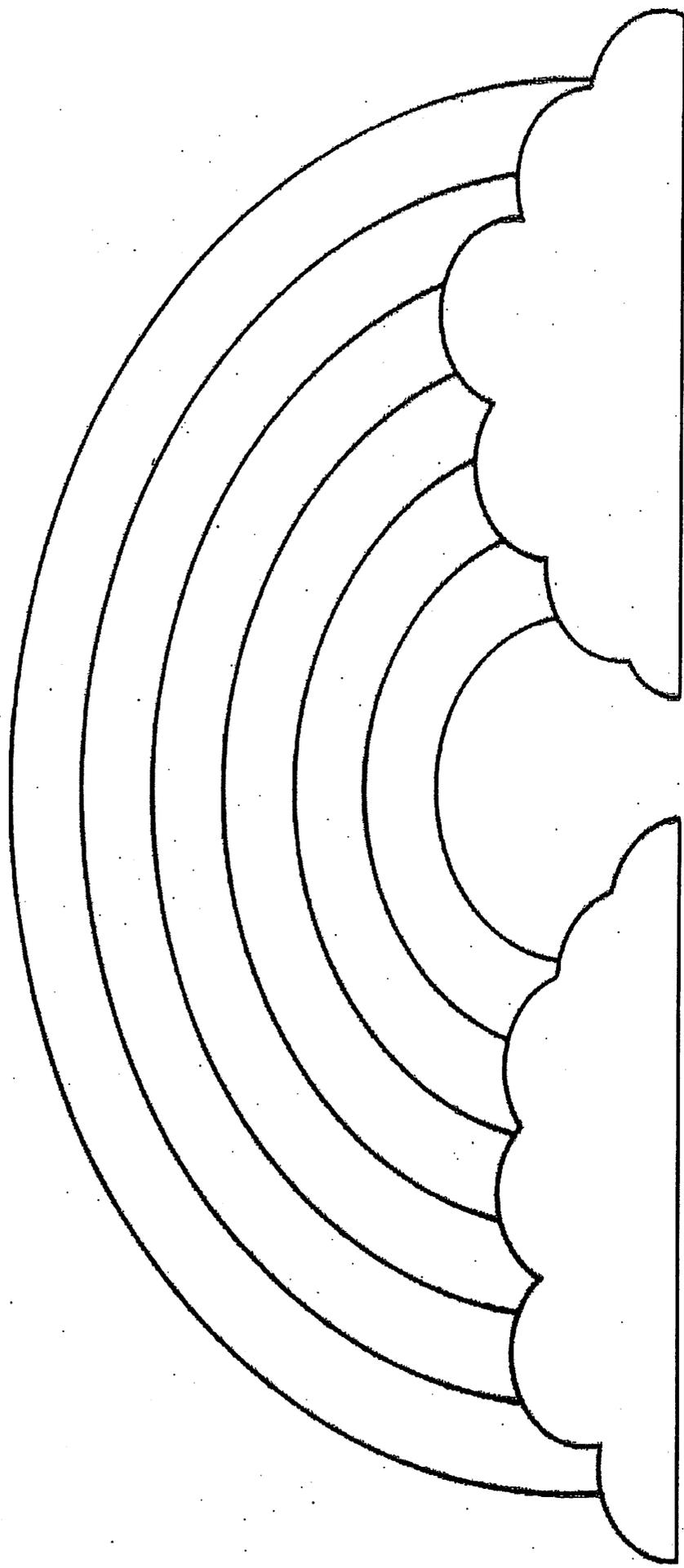


**WE WILL BE
TOGETHER SOON**



LAWRENCE STRONG!

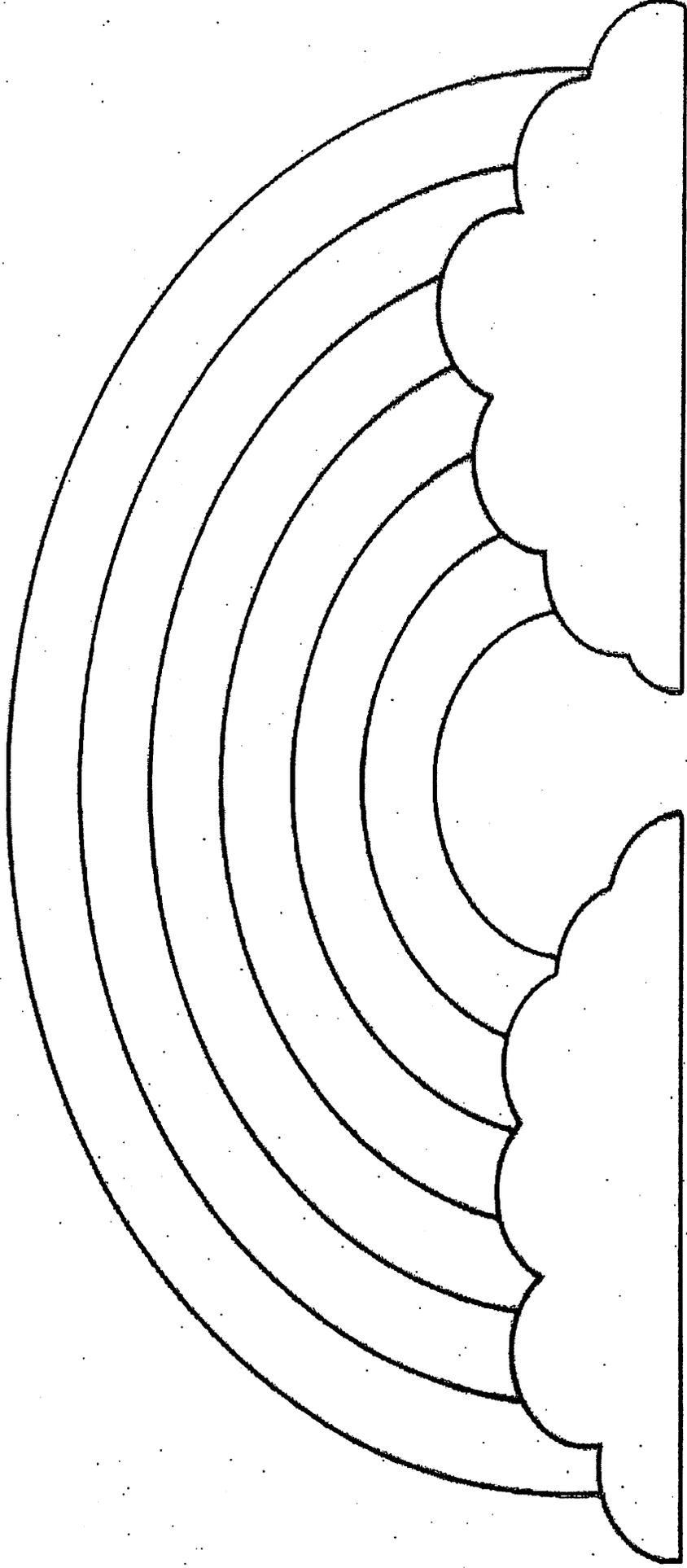
**WE WILL GET THROUGH THIS
TOGETHER BUT APART**



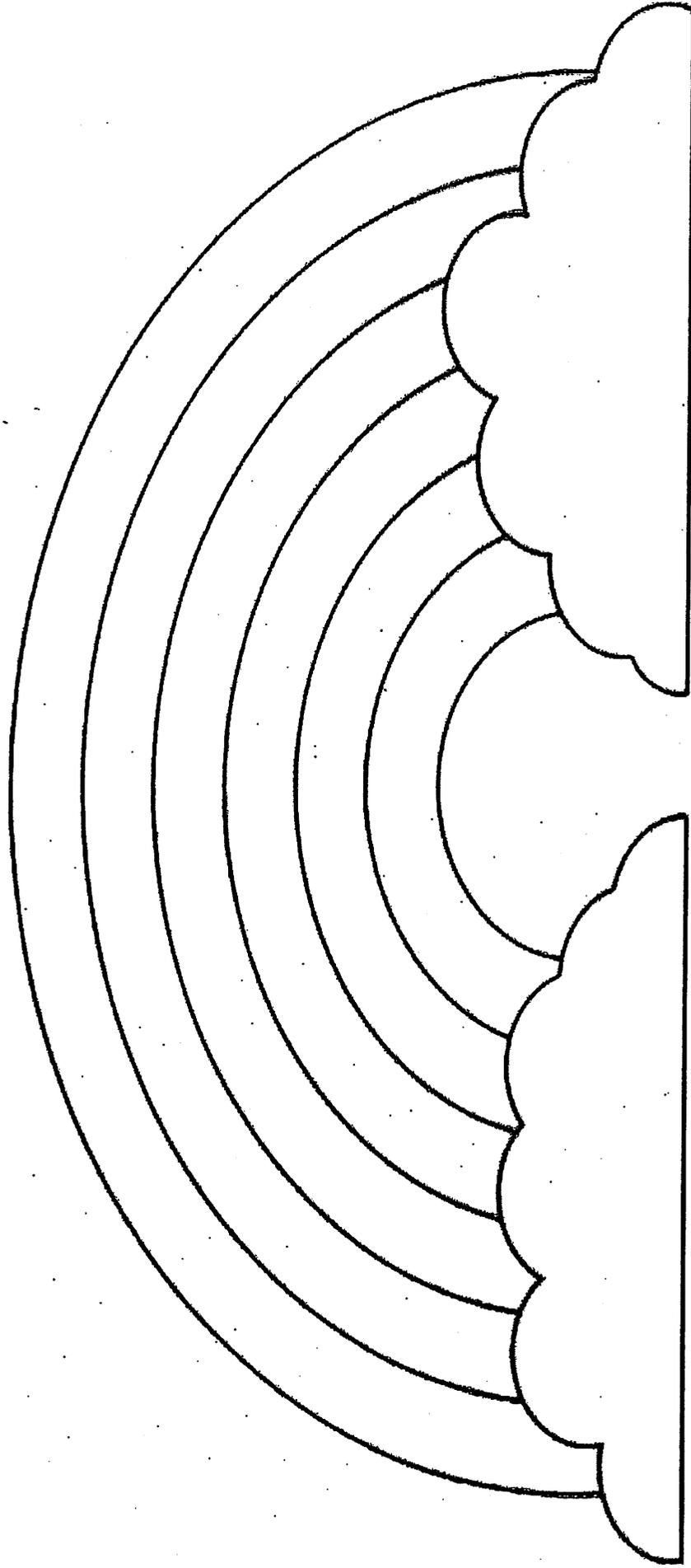
LAWRENCE STRONG!

WE'RE ALL IN

THIS TOGETHER



LAWRENCE STRONG!



LAWRENCE STRONG!