

COMMUNITY RESOURCE DIRECTORY



Public Health
Prevent. Promote. Protect.



Includes information on local resources for:

- ✓ Public Health
- ✓ Health Care (Hospitals & Clinics)
- ✓ County & Municipal Services
- ✓ COVID-19
- ✓ Children & Families
- ✓ Social Services
- ✓ Mental Health & Substance Use
- ✓ Food & Nutrition
- ✓ Housing
- ✓ Transportation
- ✓ Seniors & People with Disabilities
- ✓ Emergency Preparedness

West Windsor Health Department

Serving the communities of West Windsor, Robbinsville, and Hightstown

March 2025

☎ (609) 936-8400 🌐 www.westwindsornj.org

Municipal Governance



West Windsor Township
Hemant Marathe, Mayor

Council and Board of Health Members

Sonia Gawas
Linda Geevers
Andrea Mandel
Daniel Weiss
Martin Whitfield

Administration

Marlena Schmid, Business Administrator/
Director, Health & Human Services



Hightstown Borough
Susan Bluth, Mayor

Borough Council

Joe Cicalese
Cristina Fowler
Todd Frantz
Jeet Gulati
Joshua Jackson
Fred Montferrat



Robbinsville Township
David Fried, Mayor

Council and Board of Health Members

Deborah Blakely
Amit Chopra
Christine Ciacchio
Hal English
Mike Todd

Administration

Bruce R. Darvas, Business Administrator

Board of Health

Jennifer Bernal
Nancy Distelcamp
Edyth Duffy
Skye Gilmartin
Dr. John Laudenberg
Elizabeth Morley
Deb Napolitano
Dr. Robert Duffy
Walgena Daniels

Board of Health Secretary: Robert Gilmartin

Administration

Dimitri Musing, Business Administrator

Health Department Personnel

West Windsor Health Department: (609) 936-8400

Marlena SchmidDirector of Health and Human Services

Jill SwansonHealth Officer
Licensed Health Officer, Certified Health Education Specialist
Registered Environmental Health Specialist

Geetanjali JainPublic Health Nurse
RN, BSN

Douglas Davidson..... Manager, Environmental Health Services
Registered Environmental Health Specialist

Nikita Brancato-PatelFull-time REHS
Registered Environmental Health Specialist, Licensed Health Officer,
Certified Health Education Specialist

Greg GuttadoraFull-time REHS
Registered Environmental Health Specialist

Stephanie ShumanovFull-time REHS
Registered Environmental Health Specialist

Daria VinciPart-time REHS
Registered Environmental Health Specialist

Fatema Haque.....Full-time Local Health Outreach Coordinator
Certified Health Education Specialist

Jean Ward.....Registrar

Jessicca Goense..... Secretary

Falguni PatelSecretary

Hightstown Office: (609) 490-5100 ext. 628

Registrar of Vital Statistics and BOH Licensing.....Peggy Riggio

Robbinsville Office: (609) 259-3600

Registrar of Vital Statistics.....Michele Seigfried

Board of Health Licensing.....Stacey Rohin & Zoe Wright

Outreach Staff

In recent years there has been an uptick in new and emerging communicable diseases, including the Novel Coronavirus pandemic and an increase in the presence of tickborne diseases throughout New Jersey. To better address these emerging diseases, the State of New Jersey has offered funding to local health departments throughout New Jersey to support prevention efforts to reduce the spread of communicable diseases. Additional staff has been onboarded to strengthen prevention efforts through a variety of activities including community education and outreach, enhanced communicable disease surveillance and investigation, the implementation of mass vaccination clinics as well as heightened environmental monitoring. Listed below are the outreach staff assigned to complement the full-time health department staff in disease prevention and health promotion efforts.

West Windsor Health Department: (609) 936-8400

Carol ChamberlainPart-time Local Health Outreach Coordinator
Licensed Health Officer, Certified Health Education Specialist
Registered Environmental Health Specialist

Ann Wang..... Full-time Infectious Disease Preparedness Generalist/Health Educator
Registered Dietician

Katie Faure Full-time Outreach Coordinator/Health Educator
Certified Health Education Specialist

Karen Rogers Part-time Public Health Nurse
RN, BSN

Ann Yates Part-time Public Health Nurse
RN, BSN

Public Health Services

West Windsor Health Department

Serving the communities of ■ West Windsor ■ Robbinsville ■ Hightstown

Our vision is to develop and maintain thriving communities whose residents are focused on promoting lifelong personal and family health.

(609) 936-8400 | westwindsornj.org/division-of-health-home

271 Clarksville Road, West Windsor, NJ 08550

For emergencies, dial 9-1-1.

For non-emergencies, contact the Police:

West Windsor (609) 799-1222

Robbinsville (609) 259-3900

Hightstown (609) 448-1234

Animal Services

- Free walk-in rabies clinics for cats and dogs are offered several times a year.
- **Pet licenses:** Dogs 7 months or older must be licensed and renewed every January. Proof of rabies vaccination is required and must be valid through October of the licensing year. Cats in West Windsor are licensed/renewed in April, and cats in Hightstown are licensed/renewed in July. Proof of rabies vaccination is required.



For pet licenses, contact:

West Windsor Health (609) 936-8400

Robbinsville Clerk (609) 259-3600

Hightstown Clerk (609) 490-5100

- All bites (dogs, cats, bats, raccoons, etc.) must be immediately reported to the Health Department at (609) 936-8400.

- Animal control services are administered by the Police (see numbers above).

Communicable Disease Control


- Provide vaccination to populations at risk for serious health impacts posed by illness and to groups which have barriers to access to care.
- Refer for confidential sexually transmitted infection (STI) services.
- Investigate outbreaks and initiate follow-up measures. Keep records of all reportable communicable diseases and report to the NJ Department of Health.
- Conduct immunization record audits of all preschools, daycares, and schools.



Continued on next page...

Public Health Services

Environmental and Consumer Health

- Inspect retail food establishments to ensure that food retailers meet the State Sanitary Code.
- Investigate public health nuisances in response to citizen complaints regarding animals, insects, rodents, garbage or debris, weed or poison ivy control.
- Conduct routine inspections of public swimming pools for safety standards and cleanliness. 
- Monitor solid waste management and solid waste disposal.
- Lead Poisoning: investigate complaints, test for lead paint, and initiate abatement procedures if indicated.
- Regulate the installation, repairs and maintenance of sewage disposal systems and private wells. A permit is required for all installations and repairs.
- Provide information about septic systems and private wells. Homeowners should test private wells every year, and pump septic tanks every three years.

Health Education

Educational programs, information and referrals to community resources are available to all residents. Call the Health Department for more information.

Health-Related Complaints

- Call the Health Dept.: (609) 936-8400
- Send in writing to West Windsor Health Department, P.O. Box 38, West Windsor, NJ 08550

Include your name, contact information, and a detailed description of the situation.

Maternal and Child Health

Uninsured infants and pre-school children up to age 6 may attend free Child Health Conferences (CHC). Services include physical exams, vaccines, and lead and TB screening. Children through age 18 may also receive booster shots and other services. Call the Health Department for information about eligibility, dates and locations of the CHC.



Public Health Nursing

The public health nurse is available to residents seeking referrals for resources such as family planning, health screenings, help with insurance, and other services.

Vital Records

You can request certified copies of births, marriages, and deaths for a fee. Call in advance to apply for a marriage license.

West Windsor Health (609) 936-8400
Robbinsville Clerk (609) 259-3600 ext. 1109
Hightstown Registrar (609) 490-5100 ext. 628

County and Municipal Resources

Mercer County

mercercounty.org

Photo ID (609) 278-7108

Consumer Affairs (609) 989-6671

Mercer County Park Commission

(609) 303-0700

Email: parksinfo@mercercounty.org

Website: mercercountyparks.org

West Windsor Township

(609) 799-2400

westwindsornj.org

Senior Center

271 Clarksville Road

West Windsor, NJ 08550

(609) 799-9068

westwindsornj.org/departments/senior-social-services

Recreation and Parks Department

(609) 799-6141

westwindsornj.org/recreation-home

Affordable Housing

(Piazza & Associates)

(609) 786-1100

piazza-and-associates.com/afhousing.php?pa=wwtwp

Robbinsville Township

(609) 259-3600

robbinsville-twp.org

Senior Center

1117 Route 130, Robbinsville, NJ 08691

(609) 259-1567

robbinsville-twp.org/departments/senior_center/

Recreation Division

(609) 259-3600 ext. 1145

robbinsville-twp.org/departments/recreation_division/

Affordable Housing

(609) 259-3600 ext. 1134

robbinsville-twp.org/departments/affordable_housing/

Hightstown Borough

(609) 490-5100

hightstownborough.com

Affordable Housing

(609) 664-2769 ext. 5

hightstownborough.com/affordable-housing-and-housing-rehabilitation/



The Greater Mercer Public Health Partnership (GMPHP) is a collaboration of hospitals, health departments, the Department of Health and Human Services, and other nonprofit organizations. Our mission is to **measurably improve the health of residents of the Greater Mercer County community**.

As part of a collaborative effort to improve the health of the community, the GMPHP regularly conducts a **Community Health Assessment (CHA)** and develops a **Community Health Improvement Plan (CHIP)**. The 2024 Community Needs Assessment report can be accessed [here](#).

Community Health Assessment (CHA)

A CHA uses quantitative and qualitative methods to collect and analyze data about community health, and is conducted in partnership with the community. The CHA identifies health-related needs and assets. The ultimate goal of a CHA is to develop public health priorities and a data-driven CHIP.

Community Health Improvement Plan (CHIP)

A CHIP is a long-term plan to prioritize and address public health needs based on the CHA. It includes priority areas, goals, objectives, and strategies to improve community health. This plan is used by health, education, and human service agencies, in collaboration with community partners.

The GMPHP website is dedicated to the health and wellness of our Greater Mercer County residents, with a directory listing local health-related resources. From finding your nearest farmer's market to accessing high quality healthcare for you and your family – you'll find it all here. You can stay connected to your community, and get the information you need, all in one place.

For more information, visit gmphp.org or call (609) 580-0621.

Health Resources

Mercer County CEED (Cancer Education and Early Detection)

Trenton Health Team: (609) 256-4555

Mercer County Prescription Discount Card Program

(877) 776-2285

mercercounty.org/i-want-to/prescription-discount-card-program

FREE program that offers discount savings on prescription drugs.

NJ Department of Health

(800) 367-6543

nj.gov/health

NJ Anonymous HIV Testing & Counseling

NJ AIDS/HIV/STD Hotline: (800) 624-2377

NJ AIDS/HIV/STD Text Line: (973) 339-0712

Find a testing site near you:

nj.gov/health/hiv/services/testing/

NJCEED (Cancer Education and Early Detection)

(800) 328-3838, option 3

nj.gov/health/ces/public/resources/njceed.shtml

Free education and screening for breast, cervical, colorectal and prostate cancer for uninsured residents who meet financial criteria.

NJ QuitLine

(866) NJ-STOPS or (866) 657-8677

njquitline.org

Free, multilingual, 24/7 telephone service to help NJ residents quit using tobacco products.

Breast Cancer Resource Center

Princeton YWCA (membership not required)

(609) 497-2100

ywcaprinceton.org/programs/bcrc/

Provides support and information for those living with, through, and beyond breast cancer. Services include presentations, resource library, support groups, wig fittings, bra and prosthetic fittings, and wellness programs.

Serenity Hospice Care, LLC

(609) 227-2400

Email: admit@serenityhospicenj.com

Website: <https://serenityhospicenj.com>

Hunterdon-Mercer County Regional Chronic Disease Coalition

(908) 237-2328

hunterdonhealth.org/services/hunterdon-merc-chronic-disease-coalition

Plans, coordinates, and implements cancer and chronic disease initiatives.

Continued on next page...

Health Resources

Partnership for Prescription Assistance

pparx.org

Connects qualified residents to free or discounted prescription medications.

Teal Tea

tealtea.org

Raises awareness and support research for ovarian cancer.

YMCA

Hamilton Location

(609) 581-9622

Email: info@hamiltonymca.org

Website: hamiltonymca.org

Princeton Location

(609) 497-9622

gscymca.org/locations/princeton-ymca/

Dialysis Centers

Fresenius Kidney Care Princeton

(609) 520-8995

freseniuskidneycare.com

DaVita Princeton Junction Dialysis

(800) 424-6589

davita.com

Health Benefits of Physical Activity



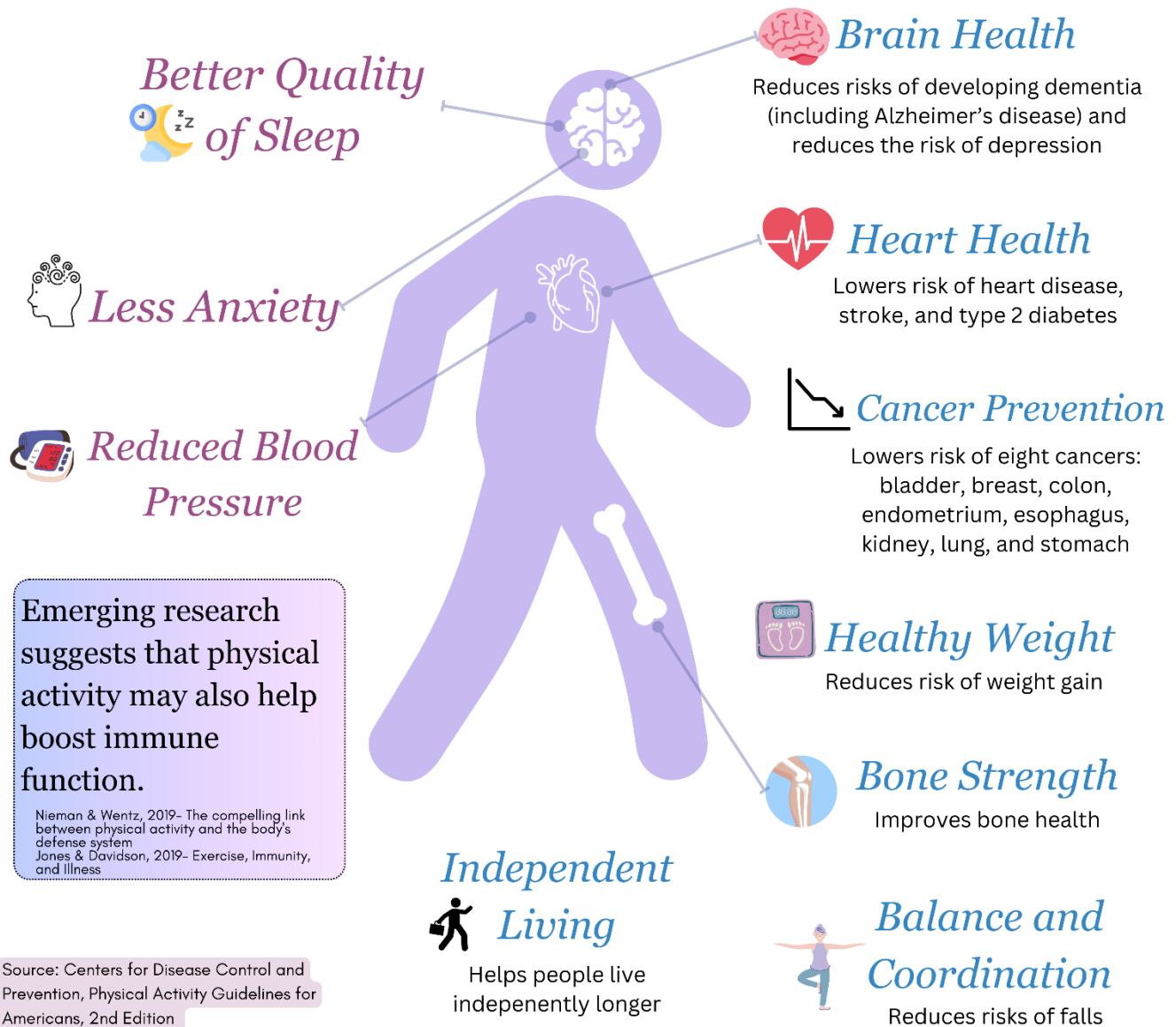
Immediate:

A single bout of moderate to vigorous physical activity provides immediate benefits for your health.

Long-term:

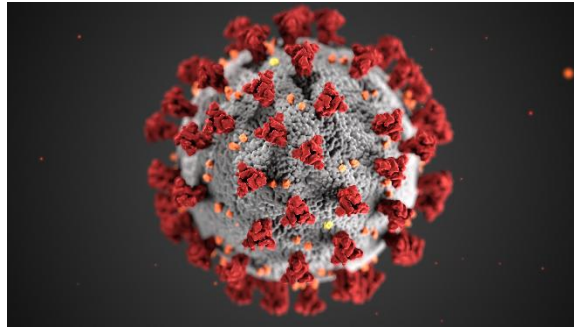


Regular physical activity provides important health benefits for chronic disease prevention.



Source: Centers for Disease Control and Prevention, Physical Activity Guidelines for Americans, 2nd Edition

COVID-19 Resources



CDC COVID-19 Webpage

cdc.gov/coronavirus/2019-ncov/index.html

New Jersey COVID-19 Information Hub

nj.gov/health/covid-19/

COVID Vaccination Locator

Enter your ZIP code to find local pharmacies offering COVID-19, flu, and RSV vaccines.

vaccines.gov/en/

CDC COVID-19 Testing Site Locator

testinglocator.cdc.gov/

Enter your ZIP code or address to find a location offering no-cost COVID-19 testing.

New Jersey Coronavirus Hotline

(800) 962-1253

nj.gov/health/covid-19/

For medical-related questions about COVID-19.

Mercer County Health Department

South Broad Street, Trenton, NJ

(609) 278-7165

Email: publichealth@mercercounty.org

Website: mercercounty.org/departments/division-of-public-health/coronavirus-disease-2019-covid-19

West Windsor Health Department

(609) 936-8400

westwindsornj.org/covid-19

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Eating healthy
- Engaging in social contact (virtual or in person)
- Talking to a trusted friend or family member
- Getting adequate sleep on a regular schedule
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies



For help finding treatment, visit [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).



If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).

Mental Health

Mercer County Division of Mental Health

(609) 989-6574

Website: mercercounty.org/departments/human-services/division-of-mental-health

Oversees State-contracted and County-contracted community mental health services.

All Access Mental Health (AAMH)

(609) 452-2088

Email: info@aamh.org

Website: aamh.org

Community-based mental health center that provides psychiatric day treatment, individual and family psychotherapy and counseling, psychiatric evaluation, and other behavioral health services.

Attitudes in Reverse

(609) 945-3200

Website: air.ngo

Provides mental health education and awareness.

Catholic Charities

(609) 394-3202 or (800) 360-7711

Email: info@cctrenton.org

Website: catholiccharitiestrenton.org

Non-profit agency that provides mental health counseling, addiction treatment, and more.

Jewish Family & Children's Service

(609) 987-8100

Email: contactus@jfcsonline.org

Website: jfcsonline.org/counseling

Provides therapy and counseling services.

Greater Trenton Behavioral HealthCare

(609) 395-7544

Website: gtbhc.org

Provides mental health and substance abuse services.

iCARE of East Windsor-Hightstown

(609) 987-8100 ext. 102

Website: icareofewh.org

Offers free support for local youth with mental illness or substance abuse.

Mental Health Association in New Jersey

(800) 367-8850

Website: mhaj.org

Promotes mental health for children and adults through advocacy, education, training, and services.

Continued on next page...

Mental Health

National Alliance on Mental Illness (NAMI) (Mercer County affiliate)

(609) 799-8994 ext. 17 (HelpLine)

Email: helpline@namimercer.org

Website: namimercer.org

Provides advocacy, outreach, education, support, and resources to empower families and persons affected by mental illness.

Oaks Integrated Care

(800) 963-3377

Website: oaksintcare.org

Dedicated to improving the quality of life for children, adults and families living with a mental illness, addiction or developmental disability.

RISE - A Community Services Partnership

(609) 443-4464

Email: getintouch@njrise.org

Website: njrise.org

Provides short-term emergency assistance, food pantry and free community dinners, counseling and support services.

New Jersey Mental Health Helpline

(866) 202-4357

TTY: (877) 294-4356

Website: njmentalhealthcares.org

Offers emotional support, guidance, and mental health referrals.

Younity (formerly Womanspace)

24/7 Crisis Line: (609) 394-9000

Office Phone: (609) 394-0136

Office Email: info@younitynj.org

Website: younitynj.org

Provides confidential emergency shelter, counseling and support for victims of abuse or sexual assault.

National Suicide and Crisis Lifeline

Call or text 988

Website: 988lifeline.org

Provides 24/7 support to those affected by stress, anxiety, depression, or suicidal thoughts.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Disaster Distress Helpline

Call or text (800) 985-5990

TTY: (800) 846-8517

Website: samhsa.gov/find-help/disaster-distress-helpline

Provides free, confidential, treatment referrals and information for individuals and families facing mental and/or substance use disorders.



Unwind with...

Positive Coping Strategies



Meditation & mindfulness



Do you often find yourself ruminating on the past or stressing about the future, instead of living in the present? If so, consider trying meditation! You can get started by practicing deep breathing or following an online guided meditation video.

Step outside!

There's nothing quite as rejuvenating and relaxing as spending time in the great outdoors! Step outside and observe what you see - wildlife, flowers, anything.



Express your creativity



Channel your inner artist by painting, doodling, or coloring. If you don't enjoy art, consider another creative outlet, such as writing.

Write it down!

Get those thoughts down on paper! Journaling is an excellent way to process our emotions and experiences.



Hobbies, hobbies, & hobbies

Try a new hobby (or do one you already love)! Reading, playing an instrument, and knitting are all great ways to start.



Self-care

Treat yourself to something special, like a bubble bath or massage! Make sure to choose an activity that YOU find relaxing.



Substance Use

NJ Connect for Recovery (855) 652-3737

Mercer County Human Services Resource Directory

Access the Resource Directory at the following link:

mercercounty.org/home/show-publisheddocument/14797/638090253378900000

Mercer County Office on Addiction Services

(609) 989-6897

mercercounty.org/departments/human-services/office-on-addiction-services

NJ Division of Mental Health and Addiction Services

(800) 382-6717

nj.gov/humanservices/dmhas/home/

Alcoholics Anonymous (Central Jersey Intergroup)

24-hour Hotline: (609) 586-6900

Office Phone: (609) 586-6902

Office Email: office@cjiaa.org

Website: cjiaa.org

Offers 24-hour emergency hotline and support groups for those affected by alcohol abuse.

Catholic Charities

(609) 394-3202 or (800) 360-7711

Email: info@cctrenton.org

Website: catholiccharitiestrenton.org

Non-profit agency that provides mental health counseling, addiction treatment, and more.

Corner House

(609) 924-8018

cornerhousesite.com

Provides substance abuse prevention and leadership programs; education and outreach; treatment; recovery support groups; drug court treatment program for adults.

Greater Trenton Behavioral HealthCare

(609) 395-7544

gtbhc.org

Provides mental health and substance abuse services.

iCARE of East Windsor-Hightstown

(609) 987-8100 ext. 102

icareofewh.org

Offers free support for local youth with mental illness or substance abuse.

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Substance Use

JSAS HealthCare

(732) 988-8877

Email: support@jsashealthcare.org

Website: jsashealthcare.org

Outpatient substance abuse treatment, including outpatient opioid treatment, medical services, counseling, mental health screening, and more.

Mercer Council on Alcoholism and Drug Addiction

(609) 396-5874

Email: mcada@mercercouncil.org

Website: mercercouncil.org

Substance abuse prevention programs, community education, advocacy, counseling, information, and referrals.

Prevention Coalition of Mercer County

(609) 396-5874 ext. 205

Email: pcmc@mercercouncil.org

Website: mercercouncil.org/pcmc/

Strives to reduce substance use in youth and adults through collaboration with community-based organizations.

NJ QuitLine

(866) NJ-STOPS or (866) 657-8677

njquitline.org

Free, multilingual, 24/7 telephone service to help NJ residents quit using tobacco products.

Oaks Integrated Care

(800) 963-3377

oaksintcare.org

Oaks Integrated Care is dedicated to improving the quality of life for children, adults and families living with a mental illness, addiction or developmental disability.

Narcan Kit Distribution in Mercer County

mcl.org/services/narcan/

Each of the nine Mercer County Library System (MCLS) branches has kits available for distribution. No prescription is needed to access Narcan from MCL branches. A kit includes a supply of Naloxone with instructions, as well as educational information and resources.

Project Medicine Drop

For too many New Jersey residents, addiction begins in the medicine cabinet. Project Medicine Drop allows people to dispose of medicines anonymously, 7 days a week, 365 days a year, at "drug drop boxes" in police departments. This helps keep medications away from those at risk of abusing them.

The drop boxes accept solid medicines such as pills, capsules, patches, and inhalers. They cannot accept syringes or liquids.

To learn more, visit njconsumeraffairs.gov/meddrop/Pages/default.aspx



Mercer County Locations

Ewing Police Department	2 Jake Garzio Drive, Ewing, NJ 08628	(609) 882-1313
Hamilton Police Department	1270 Whitehorse-Mercerville Road Hamilton, NJ 08619	(609) 581-4045
Hightstown Police Department	415A Mercer Street, Hightstown, NJ 08520	(609) 448-1234
Hopewell Police Department	201 Washington Crossing Pennington Road Titusville, NJ 08560	(609) 737-3100
Lawrence Police Department	2211 Lawrenceville Road Lawrenceville, NJ 08648	(609) 896-0225
Mercer County Sheriff's Office	(across from building) 640 South Broad Street, Trenton, NJ 08611	(609) 989-6111
Princeton Police Department	1 Valley Road, Princeton, NJ 08540	(609) 921-2100
Princeton University	Department of Public Safety 200 Elm Drive Princeton, NJ 08544	(609) 258-1000
Robbinsville Police Department	1117 U.S. 130, Robbinsville, NJ 08691	(609) 259-3900
The College of New Jersey Police Department	2000 Pennington Road Ewing Township, NJ 08618	(609) 771-2345
Trenton Police Department	225 N. Clinton Avenue, Trenton, NJ 08618	(609) 989-4055
West Windsor Police Department	20 Municipal Drive, West Windsor, NJ 08550	(609) 799-1222



West Windsor Health Department (609) 936-8400

Serving the communities of ■ West Windsor ■ Robbinsville ■ Hightstown

HEALTHY EATING

Introduction

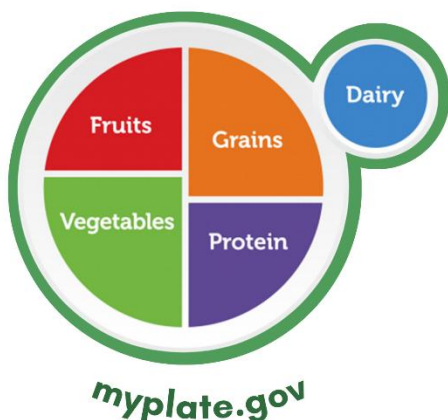
The food we eat becomes us. Food not only becomes our body - our tissues and organs, our muscles and bones - but food also gives us the energy we need to move and live. It is not surprising that countless research ties nutrition with health.

It's never too late to make smarter food choices and add health habits, like being physically active, to help reduce your risk of chronic diseases, such as heart disease, diabetes, and osteoporosis. Making wise food choices might be easier than you think!

Start Simple with MyPlate

Remember the food pyramid? Meet MyPlate. MyPlate is the current nutrition guide by the USDA. It is a visual reminder to make healthy choices from each of the five food groups.

Whether it be in a bowl or plate, aim to make 1/2 of what you eat be fruits and vegetables, 1/4 be grains, and 1/4 be proteins.



Sources: NIH "What's on Your Plate" & myplate.gov & USDA "2020-2025 Dietary Guidelines for Americans"

How Much to Eat?

The energy you get from food and drinks is measured in calories. We should eat the right amount of calories for our body, which will vary based on sex, age, physical activity level, and chronic diseases. Talk to your healthcare provider to learn what the right amounts are for you. You can also visit myplate.gov for a personalized MyPlate Plan.

As we age, how the body gets energy from food can change. This means that some older adults must become more active or eat fewer calories to maintain or achieve their ideal weight. Others may lose weight without trying. Sudden, unintended weight loss can be a sign of a serious medical problem. If you or a loved one is losing weight rapidly without meaning to do so, consult a health care professional.

What to Eat?

Eating the right amount is important, but so is making sure you're getting all the nutrients you need. Older adults often need fewer calories, but more nutrients, which makes it important to choose foods and drinks that are full of nutrients.

- Fruits** Make at least half your fruit be whole fruit instead of juice.
- Vegetables** Vary your vegetable colors for different nutrients.
- Grains** Make half your grains be whole grains.
- Protein** Aim for seafood twice a week and leaner meats (less than 93%). Certain plants are great sources of protein as well, like beans, peas, lentils, nuts, seeds, and soy!
- Dairy** Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).
- Limit** Choose foods and beverages with less added sugars, saturated fat, and sodium.



***This newsletter contains nutrition advice for the general public. Talk with your health care provider about what eating pattern is right for you, especially if you have a chronic disease.

Food and Nutrition

Mercer County SNAP (formerly Food Stamps)

(609) 989-4320

Email: mcboss@mcboss.org

Website: mcboss.org/services_offered/food_assistance

SNAP (formerly Food Stamps) helps low-income families buy the food they need.

Mercer County WIC Nutrition Program

From the Children's Home Society of New Jersey

(609) 498-7755

chsofnj.org/services/maternal-child-health-family-success-centers/chsofnj-mercercounty-wic-program/

Provides healthy foods to pregnant, breast-feeding and postpartum women, infants and children up to age 5.

Rutgers Cooperative Extension of Mercer County

(609) 989-6830

Email: mercerc@njaes.rutgers.edu

Website: mercerc.njaes.rutgers.edu/fchs/

Educates New Jersey residents on nutrition and food safety using science-based knowledge.

NJ SNAP (formerly Food Stamps)

Hotline: (800) 687-9512

nj.gov/humanservices/njsnap/

Arm in Arm

(609) 396-9355

Email: info@arminarm.org

Website: arminarm.org

Provides housing, food, and job support services.

Jewish Family & Children's Service

(609) 987-8100 ext. 237

Email: contactus@jfcsonline.org

Website: jfcsonline.org

Offers services to address food insecurity, including mobile and onsite food pantries and distribution programs.

Meals on Wheels of Mercer County

(609) 695-3483

mealsonwheelsmercercounty.org

Delivers meals to homebound individuals who cannot shop or cook for themselves.

Mercer Street Friends Food Bank

(609) 406-0503

Email: foodbankinfo@mercercstreetfriends.org

Website: mercercstreetfriends.org/food/

Distributes meals through network of food pantries, shelters, soup kitchens, meal sites, and senior centers.

Continued on next page...

Food and Nutrition

Mount Carmel Guild of Trenton

(609) 392-5159, option 1

Email: info@mtcarmelguild.org

Website: mtcarmelguild.org

Provides nutritious food and other necessities to those in need

RISE - A Community Services Partnership

(609) 443-4464

Email: getintouch@njrise.org

Website: njrise.org

Provides food pantry, free community dinners, and support services.

Salvation Army of Trenton

(609) 599-9373

easternusa.salvationarmy.org/new-jersey/trenton/our-programs/

Provides services to promote food security.

Community Dinners from Trenton Area Soup Kitchen

(609) 695-5456

trentonsoupkitchen.org

First Presbyterian Church of Hightstown
320 North Main Street, Hightstown, NJ
Mondays, 3:30pm-5:30pm

St. James A.M.E. Church
413 Summit Street, Hightstown, NJ
Wednesdays, 3:30pm-5:00pm
609-516-6784

First United Methodist Church of Hightstown
187 Stockton Street, Hightstown, NJ
Thursdays, 3:30pm-5:00pm

Mercer County Free Food Finder

mercerfoodfinder.herokuapp.com/?key-word=



SEND HUNGER PACKING

WEST WINDSOR-PLAINSBORO

Send Hunger Packing WW-P (SHuP WW-P), a program of Mercer Street Friends, began in 2017 in the West Windsor-Plainsboro School District. Through this program, on Friday afternoons during the school year, weekend food is placed in the backpacks of food-insecure children in grades K-6. It has been found that children who regularly do not get enough nutritious food frequently have behavioral, emotional, and academic problems. This program has been found to make a difference.

SHuP WW-P is run through Mercer Street Friends Food Bank, a 501(c)(3) tax-exempt organization. The program welcomes many kinds of support. If you would like to help or get involved, please email sendhungerpackingwwp@gmail.com.

"I have found this program to be very successful. 70% of our eligible families participated this year and none have dropped out. One mother I have spoken to personally finds the program very helpful in making ends meet...It is great that the food is sent directly home with the children because so many of these working families lack transportation and cannot take time off from work to avail themselves of many services in school. All of my students seem happy to get their bag on Fridays."

- Alice Guest, RN, CSN, School Nurse

For more information, visit shupwwp.org.

Housing

Mercer County Homeless Hotline

(609) 468-8296 (8:30am-4:30pm)

Mercer County Office on Homeless Services

(609) 989-6982

New Jersey Homeless Hotline

Dial 211 or text your ZIP code to 898-211
nj211.org

**West Windsor Affordable Housing
(Piazza & Associates)**

(609) 786-1100
[piazza-and-associates.com/
afhousing.php?pa=wwtwp](http://piazza-and-associates.com/afhousing.php?pa=wwtwp)

Robbinsville Affordable Housing

(609) 259-3600 ext. 1134
[robbinsville-twp.org/
departments/affordable_housing/](http://robbinsville-twp.org/departments/affordable_housing/)

Hightstown Affordable Housing

(609) 664-2769 ext. 5
hightstownborough.com/affordable-housing-and-housing-rehabilitation/

Hightstown Housing Authority

(609) 448-2268
hightstownhousing.org

Catholic Charities

(609) 394-8847
catholiccharitiestrenton.org
Housing and residential services, etc.

HomeFront NJ

(609) 989-9417
Email: homefront@homefrontnj.org
Website: homefrontnj.org
HomeFront NJ works to end homelessness and help families become self-sufficient.

Isles

(609) 341-4700
isles.org
Strives to foster self-reliant families and healthy communities through training, education, affordable housing, and home health check-ups.

Mercer Alliance to End Homelessness

merceralliance.org
Develops and implements policy designed to end homelessness.

Younity (formerly Womanspace)

24/7 Crisis Line: (609) 394-9000
Office Phone: (609) 394-0136
Office Email: info@younitynj.org
Website: younitynj.org
Provides confidential emergency shelter, counseling, and support for victims of abuse or sexual assault.

Greater Mercer Transportation Management Association



Greater Mercer Transportation Management Association (GMTMA) is a nonprofit, public private partnership dedicated to promoting and providing transportation choices that are designed to reduce congestion, improve mobility, increase safety and further sustainability in Mercer and Ocean County.

BICYCLE AND PEDESTRIAN PROGRAMS

GMTMA provides a variety of bicycle and pedestrian programs including safety presentations, walkability audits, and bike route planning.

RIDESHARE MATCHING

GMTMA provides rideshare matching for commuters. Carpool and vanpool applications are available online at gmtma.org.

SCHOOL AND STUDENT PROGRAMMING

GMTMA partners with the New Jersey Department of Transportation to implement the statewide Safe Routes to School (SRTS) program in schools throughout Mercer and Ocean counties.

ENVIRONMENTAL EDUCATION

GMTMA works with businesses, schools and the community to reduce idling and improve air quality by promoting alternate fuels and encouraging the use of public transportation, biking, carpooling, and other alternative commute options.

RIDEPROVIDE

RideProvide is GMTMA's transportation program for seniors and visually impaired adults in Mercer County, Plainsboro, and the southern part of Montgomery, NJ.

INFORMATION RESOURCE

GMTMA provides assistance in developing commute options and programs for businesses and for the community.

(609) 452-1491 | Email: tma@gmtma.org | Website: gmtma.org

Transportation

Mercer County Division of Transportation - TRADE

(609) 530-1971

Email: trade@mercercounty.org

Website: mercercounty.org/departments/transportation-and-infrastructure/t-r-a-d-e

Non-emergency transportation to older adults (60+) and people with disabilities.

Greater Mercer Transportation Management Association

(609) 452-1491

Email: tma@gmtma.org

Website: gmtma.org

Transportation programs and activities to reduce congestion and improve mobility, safety and sustainability.

For detailed information on transportation options throughout Mercer County, please see the Mobility Guide at:

gmtma.org/mobility-guide/

Ride Provide Mercer County

(609) 452-5144

Email: info@rideprovide.org

Website: rideprovide.org

Non-profit organization that provides safe, reliable transportation for anyone over 65 years of age or who is visually impaired living in Mercer County and Plainsboro.

Access Link – NJ Transit

(973) 491-4224

njtransit.com/accessibility/access-link-ada-paratransit

Provides transportation for people with disabilities who are unable to use the local fixed-route bus or light rail systems.

Hightstown Transportation Resources

hightstownborough.com/resources/

Robbinsville Senior Transportation

(609) 259-1567

robbinsville-twp.org/departments/senior_center/transportation_program.php

West Windsor Senior Transportation

(609) 799-9068

westwindsornj.org/images/seniors/2022/WW-Senior-Center-Transportation-Policy-Procedures.pdf

SIX STEPS TO QUIT VAPING

**YOU
CAN QUIT²**
MAKE YOUR FUTURE
TOBACCO FREE

Trying to quit vaping? You're not alone.

The number of people who want to quit vape products like JUUL or e-cigarettes is increasing.

How do I quit?

Quitting vaping is similar, but not 100% the same, as quitting traditional tobacco products (think: cigarettes and dip).



Follow these six steps to quit vaping:

1 Remember why you want to quit.

Maybe you want to quit to break the tie to nicotine or protect your health. Keep that reason in your back pocket at all times. Literally. Make your reason the background on your phone or keep a note in your pocket – personal motivation is powerful when quitting.

2 Identify triggers.

When you try to quit, certain places (like the bar) or your buddies vaping around you, may make you want to join in. Make a plan to avoid triggers as much as possible and find replacement activities for the times you used to vape.

3 Fight cravings like a pro.

Some vape products have more nicotine than traditional cigarettes. Know exactly how to fight nicotine cravings so that when you feel one coming on, you hit the gym, grab some lemon water or call a friend to redirect your attention. Talk to your health care provider about other options such as nicotine replacement therapy.

4 Talk to your support system.

The people who care about you want to see you succeed. Share how you are feeling - the good, the bad, the ugly and everything in between. Share these tips on how your friends or family can support you during your quit.

5 Quit together.

Quitting may not seem like the “cool thing” to do, but as the dangers of vaping become clearer, it’s possible your buddy wants to quit too. Show your strength by asking them to quit with you and let them know it’s easier to quit together.

6 Celebrate your accomplishments.

Every milestone is important during your quit journey – starting with conquering those first 24 hours vape free. Celebrate these moments because it will help you fight cravings and stress.

Quitting may seem like a huge challenge right now, but just take it step-by-step. You can live vape free.



U.S. Department of Defense

www.ycq2.org



Children and Families

Mercer County Division of Youth Services

(609) 278-4845

mercercounty.org/departments/human-services/division-of-youth-services

Mercer County Board of Social Services

(609) 989-4320

Email: mcboss@mcboss.org

Website: mcboss.org

SNAP (formerly Food Stamps); Temporary Assistance to Needy Families (TANF).

Child Support: (877) 655-4371

Medicaid: (609) 989-4320, option 1, 2

Mercer County WIC Nutrition Program

From the Children's Home Society of New Jersey

(609) 498-7755

chsofnj.org/services/maternal-child-health-family-success-centers/chsofnj-mercercounty-wic-program/

Provides healthy foods to pregnant, breast-feeding and postpartum women, infants and children up to age 5.

Mercer County Division of Mental Health

(609) 989-6574

Website: mercercounty.org/departments/human-services/division-of-mental-health

Oversees State-contracted and County-contracted community mental health services.

NJ Dept. of Children and Families

(855) 463-6323

nj.gov/dcf/

Child Abuse/Neglect Hotline

(877) 652-2873

Safe Haven Infant Protection Hotline

(877) 839-2339

Women's Referral Central Hotline

(800) 322-8092

Big Brothers Big Sisters

(609) 656-1000

Email: friends@mercerbbs.org

Website: mercerbbs.org

Provides children with strong 1-to-1 relationships that improve their lives forever.

Catholic Charities

(609) 394-5157

catholiccharitiestrenton.org

Services include children/family, maternity, immigration, and more.

KinderSmile

(973) 744-7003

Email: kfs@kindersmile.org

Website: kindersmile.org

Provides underserved children with access to comprehensive dental care and educates children and their families on the importance of dental hygiene.

Continued on next page...

Children and Families

Children's Futures

(609) 695-1977

childrensfutures.org

Provides prenatal care, nurse home visiting, case management, child care, and family support services.

The Children's Home Society of New Jersey

(609) 695-6274

Email: info@chsofnj.org

Website: chsofnj.org

Protects abused or neglected infants and children, strengthens families, and strives for stable, permanent, and loving homes. Provides adoption and birth parent services, counseling, school-based services, and more.

HiTOPS

(609) 453-2555

Email: info@hitops.org

Website: hitops.org

Provides sex education to adolescents, peer leadership, support for LGBTQIA+ identified youth, and professional development.

Younity (formerly Womanspace)

24/7 Crisis Line: (609) 394-9000

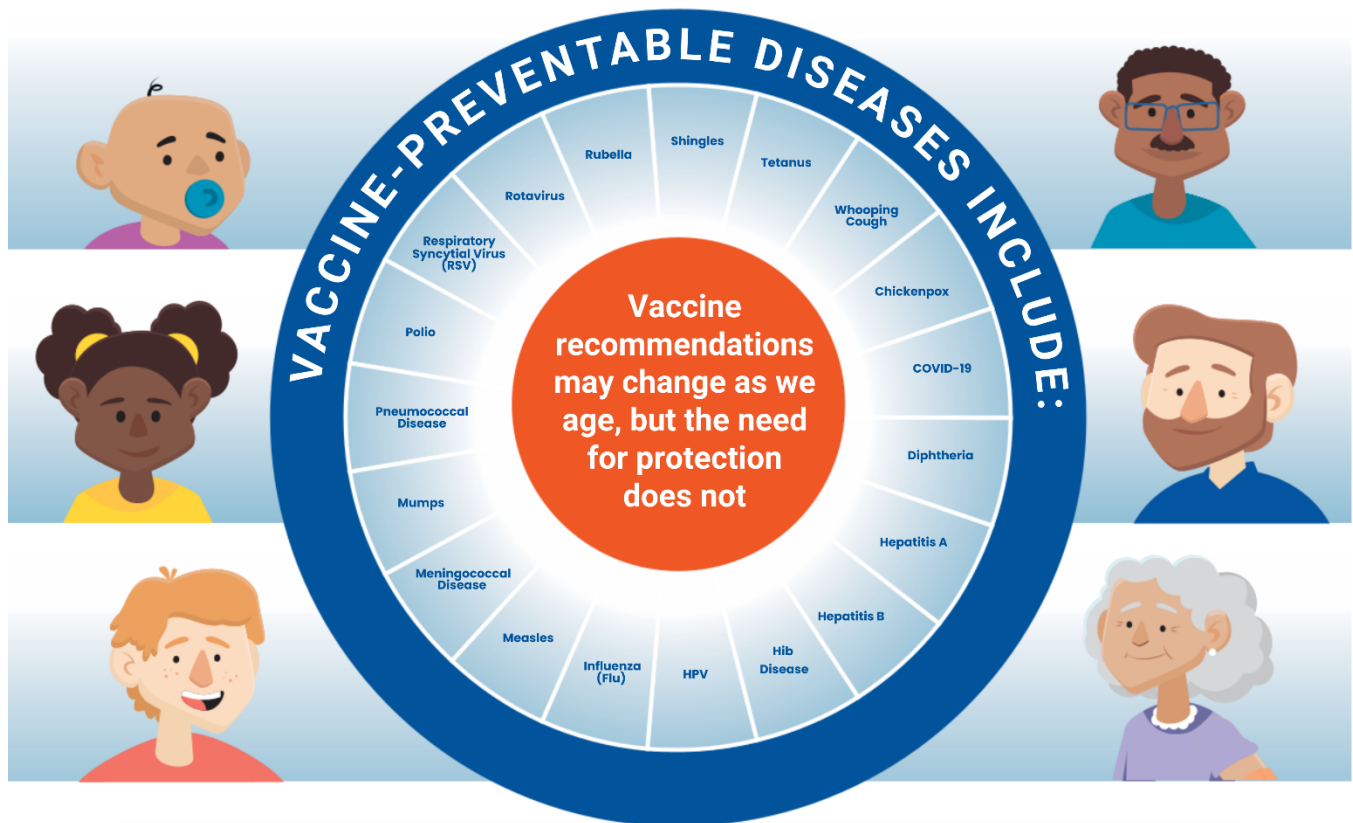
Office Phone: (609) 394-0136

Office Email: info@younitynj.org

Website: younitynj.org

Provides confidential emergency shelter, counseling, and support for victims of abuse or sexual assault.

VACCINES HELP PROTECT YOU THROUGHOUT YOUR LIFE



Vaccines Save Lives and Help Prevent:



Up to a month of missed work or school days



Millions of hospitalizations and hundreds of thousands of deaths



Tens of thousands of illnesses and permanent disabilities

**TALK TO A HEALTHCARE PROFESSIONAL ABOUT
VACCINES RECOMMENDED FOR YOU**



National
Foundation for
Infectious
Diseases

To learn more, visit:
www.nfid.org

Know the Difference

Cardiovascular Disease, Heart Disease, Coronary Heart Disease

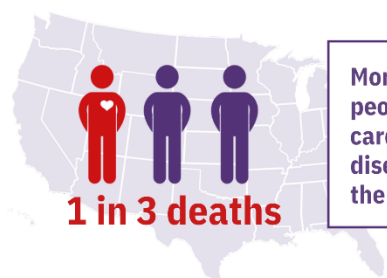


Cardiovascular disease, heart disease, coronary heart disease – what’s the difference? Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease

The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **heart failure**, and **peripheral artery disease**.



More than 800,000 people die of cardiovascular disease every year in the United States.

Heart Disease

A type of cardiovascular disease

“Heart disease” is a catch-all phrase for a variety of conditions that affect the heart’s structure and function.

Keep in mind — all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about “heart disease” they often mean coronary heart disease.



Nearly 650,000 Americans die from heart diseases each year.

About 11% of American adults (that’s more than 1 of every 9) have been diagnosed with heart disease.

Coronary Heart Disease

A type of heart disease

Coronary heart disease is often referred to simply as “heart disease,” although it’s not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans die from coronary heart disease each year.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

What you can do to protect yourself from cardiovascular diseases?

There’s a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don’t smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**



Seniors and People with Disabilities

Mercer County Aging & Disability Resource Connection (ADRC)

mercercounty.org/departments/human-services/aging-disability-resource-connection

ADRC: (609) 989-6661

Meals on Wheels: (609) 695-3483

Nutrition Program: (609) 989-6650

State Health Insurance Assistance Program: (609) 273-0588

Mercer County Board of Social Services

(609) 989-4320

Email: mcboss@mcboss.org

Website: mcboss.org

SNAP, home health aide services, adult protective services.

Mercer County Division of Transportation - TRADE

(609) 530-1971

Email: trade@mercercounty.org

Website: mercercounty.org/departments/transportation-and-infrastructure/trade

Non-emergency transportation for adults 60+ and people with disabilities.

The Family Resource Network

(800) 372-6510

familyresourcenetwork.org

Offers support services and education for families.

Rutgers Cooperative Extension of Mercer County

(609) 989-6830

Email: mercerc@njaes.rutgers.edu

Website: mercerc.njaes.rutgers.edu/fchs/

Educates New Jersey residents on nutrition and food safety using science-based knowledge.

NJ Division of Aging Services

nj.gov/nj/community/senior/

PAAD: Prescription drugs and insulin at a reduced cost; (800) 792-9745

HAAAD: Rebate with proof of purchase of a hearing aid; (800) 792-9745

Lifeline Utility Assistance: \$225 credit for homeowners or renters (800) 792-9745

NJ Commission for the Blind & Visually Impaired

(877) 685-8878

nj.gov/humanservices/cbvi/home/index.html

Provides vocational rehabilitation, independent living skills programs, eye health services for people who are blind or visually impaired.

Continued on next page...

Seniors and People with Disabilities

NJ Division of the Deaf & Hard of Hearing

(800) 792-8339

(609) 503-4862 videophone

nj.gov/humanservices/ddhh/

Provides assistive communication devices to eligible individuals, coordination of communication access services, hearing aid programs, and sensitivity training.

NJ Division of Developmental Disabilities (800) 832-9173

nj.gov/humanservices/ddd/

Provides eligible individuals with service coordination, behavioral supports, assistive technology, and more.

Catholic Charities

(609) 394-5157

catholiccharitiestrenton.org

Offers food pantry, mental health services.

Interfaith Caregivers

(609) 393-9922

Email: info@icgmc.org

Website: icgmc.org

Free, non-medical support for homebound seniors, exercise education program for older adults, etc.

STAY UP TO DATE WITH SCREENINGS!

Many cancers can be found early with routine screening. Screening early can help with early detection, where treatment is often less invasive and more successful.

BREAST CANCER

Breast cancer is a disease in which cancer cells form in the tissues of the breast. Breast cancer is the second leading cause of death from cancer in American women. Breast cancer can be detected with early screening. At this time, a mammogram is the best way to find breast cancer for women of screening age. A mammogram is an x-ray of the breasts. USPSTF guidelines recommend women at average risk should be screened every other year **starting at age 50**. Talk to your doctor about starting screening earlier or being screened more frequently.

COLORECTAL CANCER

Colorectal cancer is a disease in which cells in the colon or rectum grow out of control. Polyps, or abnormal growths, can also form in the colon and may turn into cancer. Screening tests can find polyps so they can be removed before turning into cancer.

People of average risk should follow one of these six testing schedules starting at age 45 (as recommended by your healthcare provider):

- Colonoscopy every 10 years
- Guaiac-based fecal occult blood test (gFOBT) every year
- Fecal immunochemical test (FIT) every year
- Multi-targeted stool DNA test every 3 years
- Flexible sigmoidoscopy every 5 years

OSTEOPOROSIS

Osteoporosis is a condition where bones are weakened to the point that a bone break can happen more easily, like if you bump into something. Breaks are most often in the hip, forearm, wrist, and spine. Osteoporosis is more common among older adults and women (as compared to men). Women 65 and older are recommended to be screened for osteoporosis. Those 50-65 years old should speak with their doctor to see if screening is recommended. The recommended test to screen for osteoporosis is a type of x-ray called a central dual-energy x-ray absorptiometry (DEXA) of the hip and lumbar spine.

Talk to your healthcare provider about what screenings are right for you. If you or a loved one are uninsured, contact the West Windsor Health Department at 609-936-8400 for information on low/no-cost screening programs.

CERVICAL CANCER

Cervical cancer is most commonly caused by HPV (human papilloma virus). HPV is transmitted through sexual contact. Most people are exposed to HPV during their lifetime. HPV is preventable with vaccination.

Anyone with a cervix should be tested with a Pap test, HPV test, or both starting at age 21. These tests can detect changes in your cervical cells that suggest cancer may develop in the future.

Based on your history, your healthcare provider may recommend screening stops at age 65.

SKIN CANCER

Skin cancer may happen when skin is exposed to sun, sunlamp, or tanning bed damage over time. Talk with your physician to determine a skin cancer screening schedule that is right for you based on your risk.

It is important to **check your own skin regularly** for any new or changing moles or other changes in the skin. Be sure to check your entire skin, including less visible areas like the soles of the feet.

LUNG CANCER

Lung cancer screening is recommended only for adults who are at high risk for developing the disease because of their smoking history and age. If you are over the age of 50 and have a history of smoking, you should talk to your healthcare provider to see if screening is right for you. The only recommended screening test for lung cancer is low-dose computed tomography (LDCT). During an LDCT scan, you lie on a table and an X-ray machine uses a low amount of radiation to make detailed images of your lungs.

PROSTATE CANCER

Prostate cancer is the most common nonskin cancer among men in the United States.

Men age 55 or older can talk with their healthcare provider to determine whether prostate cancer screening is recommended. Routine testing is not recommended for all men.

The screening test for prostate cancer is a prostate specific antigen (PSA) level, which is a blood test. Many things can affect a PSA level. Your healthcare provider would be able to better interpret the results.

Other Social Services

Mercer County Connection

(609) 890-9800

mercercounty.org/departments/mercer-county-connection

Services for voter registration, recycling, passports, etc.

Mercer County Department of Human Services

(609) 989-6526

Email: humanservices@mercercounty.org

Website: mercercounty.org/departments/human-services

Mercer County Board of Social Services

(609) 989-4320

Email: mcboss@mcboss.org

Website: mcboss.org

SNAP, home health aide services, etc.

Child Support: (877) 655-4371

Medicaid: (609) 989-4320, option 1, 2

Mercer County Adult Protective Services &

(609) 989-6661

Email: adrc@mercercounty.org

Website: mercercounty.org/departments/human-services/aging-disability-resource-connection/office-on-aging

NJ Helps

njhelps.gov

Information about SNAP, cash assistance, and health insurance.

Catholic Charities

(609) 394-3202 or (800) 360-7711

Email: info@cctrenton.org (please add location in subject line of email)

Website: catholiccharitiestrenton.org

Provides counseling, domestic violence services, immigrant support services; mental health and recovery support, and much more.

RISE | A Community Services Partnership

(609) 443-4464

Email: getintouch@njrise.org

njrise.org

Provides short-term emergency assistance, food pantry and free community dinners, thrift store, and counseling and support services.

Salvation Army in Trenton

(609) 599-9373

easternusa.salvationarmy.org/new-jersey/trenton/

United Way of Greater Mercer County

(609) 896-1912

uwgmc.org

Offers food security programs, education, and youth programs.



EMERGENCY PREPAREDNESS



New Jersey experiences plenty of storms. Are you ready for the next one?
Consider what to do and what to have in case of another weather event.

Sign Up For Alerts & Warnings

Sign up for local alerts from the Police Department and other public safety agencies using email or text message. Visit your township's police department website for more information.

Receiving timely information about weather conditions or other emergency events can make all the difference in knowing when to take action to be safe. Public safety officials use timely and reliable systems to alert you.

Other alert systems include:

- Wireless Emergency Alerts (WEA) (mobile text)
- Emergency Alert System (EAS) (TV, radio, satellite digital audio services, and cable systems)

Learn more here: <https://www.ready.gov/alerts>

Make a Plan

Your family may not be together if a disaster strikes, so it is important to plan for how you will contact one another and reconnect if separated.

Talk to your family about the following questions:

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan? What is my evacuation route?
3. What is my family/household communication plan?
4. Do I need to update my emergency preparedness kit?

Create a family emergency plan with contact information, emergency contacts, meeting places, medical information, and insurance information. Practice your plan with your family.

Safeguard valuable documents in case of an emergency.

This includes having copies of important documents in case you need to file an insurance claim after a disaster.

Pets are part of the family, so make sure to include them in the plan.

Assemble or Update Supplies

A **disaster supplies kit** is a collection of basic items your household may need in the event of an emergency. Some items to include:

- First aid kit
- Food (enough for 3 days)
- Water (1 gallon per person, per day)
- Prescription medications (2 weeks' worth) with paper copies of prescriptions
- Glasses
- Cash
- Manual can opener
- Personal hygiene items, like a toothbrush
- Warm clothing + sturdy shoes
- Extra set of car keys and house keys
- Cell phone charger
- Sanitary napkins, garbage bags, and plastic ties
- Duct tape
- Flashlight and batteries
- Rain poncho
- Matches in a waterproof container
- Whistle
- Plastic sheeting
- Blanket
- Battery-powered radio
- N95 mask
- Local map



Other things to remember:

- Written emergency contacts, including family and medical providers
- Important documents in a waterproof bag
- Special medical equipment, such as CPAP machine, oxygen
- Pet supplies, such as food/cat litter/pee pads/leash, documentation of vaccines
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Identification

Make Your Home Safer

Emergencies can easily happen at home, including falls, poisoning, and burns. It is important to know how to act and have items ready for when accidents and injuries happen.

Some things you can do to be prepared include:

- Learn first aid, including how to perform CPR and use an automated external defibrillator (AED). Classes are offered through the American Red Cross or other local groups.
- Build a first aid kit to have ready for minor injuries.
- Keep your environment safe to prevent falls, including clearing pathways of hazards, using lights, and removing ice from walkways.
- Keep all medications in locked cabinets out of reach of children. Store chemicals in their original containers and in locked cabinets. Know the number for Poison Control- 800-222-1222.
- Never mix household or chemical products together. Doing so can create a dangerous gas.
- Be aware of burn first aid- including removing all clothing and jewelry from the burn and running the burned area under cool water. Cover with a cool, dry cloth. Do not apply ice or any ointments.

Source: Ready.gov

An official website of the U.S. Department of Homeland Security

Emergency Preparedness Resources

Red Cross of Central NJ

(609) 951-8550

redcross.org/local/new-jersey/about-us/locations/princeton-central-new-jersey.html

Centers for Disease Control and Prevention

cdc.gov

US Dept. of Health and Human Services

hhs.gov

US Dept. of Homeland Security

dhs.gov

NJ Dept. of Emergency Management

nj.gov/njoem

NJ Dept. of Health – Emergency Preparedness

nj.gov/health/er

In an emergency, many ask “What can I do to help?”

We know that major emergencies may overwhelm our first responders, especially during the first 12-72 hours. Medical and other volunteers can provide important “surge” capacity during that critical period, filling in gaps in emergency response plans to improve overall response capabilities. You can help!

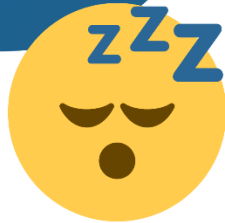


Mercer County Medical Reserve Corps (MRC)

(609) 989-6887

www.mercercounty.org/departments/human-services/division-of-public-health/emergency-preparedness/medical-reserve-corps-mrc

STOP THE FLU!



PROMOTE ... A STRONG IMMUNE SYSTEM!

- Get adequate rest.
- Exercise for at least 30 minutes on most days.
- Choose a healthy diet that includes lots of fruits and vegetables.



PROTECT... YOURSELF AGAINST GERMS!

- Avoid touching your eyes, nose, and mouth.
- Wash your hands with soap and warm water for 20 seconds, or use an alcohol-based hand sanitizer.
- Stay away from people who are sick, coughing, or sneezing.
- Get a flu shot to protect yourself from seasonal influenza.



PREVENT ... THE SPREAD OF GERMS!

- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your sleeve, not your hands.
- If you are sick, stay home from work, school, or errands.



Hospitals

In addition to direct health care, hospitals offer a wide variety of free or low-cost community education and screening programs.

Capital Health

capitalhealth.org

(609) 537-6363 (Cancer Center)
(609) 537-7081 (Diabetes Education)
(609) 537-6420 (Cardiac Rehabilitation)
(609) 537-7300 (Institute for Neuroscience)

Capital Health Regional Medical Center

750 Brunswick Ave, Trenton, NJ 08638
(609) 394-6000

Capital Health Medical Center Hopewell

One Capital Way, Pennington, NJ 08534
(800) 637-2374

Capital Health - East Trenton

601 Hamilton Ave, Trenton, NJ 08638
(609) 599-5000

Hackensack Meridian Carrier Clinic

252 County Rd 601, Belle Mead, NJ 08502
(800) 933-3579

hackensackmeridianhealth.org/en/locations/hackensack-meridian-health-carrier-clinic

Lawrence Rehabilitation Hospital

2381 Lawrenceville Rd, Lawrenceville, NJ 08648

(609) 896-9500

lawrencerehabhospital.com

CentraState Healthcare System

901 West Main St, Freehold, NJ 07728
(732) 431-2000

centrastate.com

Penn Medicine - Princeton Medical Center

1 Plainsboro Rd, Plainsboro, NJ 08536
(609) 853-7000

princetonhcs.org

(609) 853-6590 (Cancer Center)
(609) 853-7885 (Cardiac/Pulmonary)
(609) 853-7890 (Diabetes Management)
(888) 742-7496 (Stroke Center)
(888) 897-8979 (Community Wellness)

Princeton House Behavioral Health

905 Herrontown Rd, Princeton, NJ 08540

Inpatient Admissions: (888) 437-1610,
Option 1

Outpatient Admissions: (888) 437-1610,
Option 2

General Phone: (609) 497-3300

princetonhcs.org/care-services/princeton-house-behavioral-health

Robert Wood Johnson University

Hospital Hamilton (RWJ Barnabas Health)

1 Hamilton Health Pl, Hamilton, NJ 08690
(609) 586-7900

www.rwjbh.org/rwj-university-hospital-hamilton



Travel Safety Checklist

Safety Tips for All Your Trips



Before Your Trip

- ☐ Check your destination for country-specific health risks, recommended pre-travel vaccines or medications, and safety concerns.

Check health-related risks and recommendations for your destination here.



CDC Travelers' Health
Destination Pages

Check for travel advisories for your destination here.



Travel.State.Gov

- ☐ Make an appointment with your doctor to get destination-specific vaccines, medications, and advice at least 1 month before you leave for your trip.
- ☐ Check your vaccination history to make sure you're up-to-date on all routine vaccinations.
- ☐ Prepare for emergencies by sharing important travel information (e.g., your itinerary, contact information) with a trusted person at home. This way, they'll know where you'll be and how to reach you in the case of an emergency.
- ☐ Sign up for the Department of State's Smart Traveler Enrollment Program (STEP). This program provides you with travel warnings specific to your destination. Plus, the US Department of State will know your travel destination in case you face serious legal, medical, or financial challenges while away.



Enroll in STEP here, or visit
<https://step.state.gov/>

- ☐ Pack a travel health kit, complete with prescriptions, over-the-counter medicines (enough for the whole trip, plus a few extra days), a first aid kit, insect repellent, sunscreen, aloe, hand sanitizer, water disinfectant tablets, and your health insurance card.

Continued on next page...



Travel Safety Checklist

Safety Tips for All Your Trips



During Your Trip

- ☐ Choose safe transportation and always wear a seat belt. If traveling by foot, be alert and aware of surroundings, especially when crossing roads. Be sure to bring a flashlight and wear reflective clothing if walking at night.
- ☐ Avoid bug bites by wearing insect repellent. Remember, bugs (such as mosquitoes, ticks, fleas, and flies) can spread diseases like malaria, yellow fever, Zika, dengue, chikungunya, and Lyme. It's important to monitor for symptoms after returning home.
- ☐ If you or your travel companion(s) become sick or injured, seek medical attention immediately.



Want to learn how to seek medical services during your trip? Scan the QR code for the CDC's page, "Getting Health Care During Travel."



- ☐ Choose safe foods and drinks. For instance, avoid lukewarm food, as germs grow when food is left in the "danger zone" between 40 and 140 degrees Fahrenheit. Hot food should be served hot and cold food should be served cold. Also, determine if tap water at your destination is safe before drinking it. If it's not safe to consume, you can boil or filter it, or buy bottled water.
- ☐ Protect yourself from the sun. Apply sunscreen, even if it's cloudy or cold. Consider wearing a wide-brimmed hat and sunglasses, too. Stay hydrated.
- ☐ Wash your hands to prevent illness and the spread of germs to others. Bring along hand sanitizer (containing at least 60% alcohol) to use if soap and water are not available.
- ☐ Be careful during water activities. Follow water safety recommendations (e.g., researching local water conditions and sea animals, paying attention to colored flags posted on beaches, etc.).



If you feel sick **after** traveling, speak with your doctor and let them know where you traveled.

Health Centers and Clinics

In addition to direct health care, health centers and clinics offer a wide variety of free or low-cost community education programs and health screenings.

All Access Mental Health (AAMH)

819 Alexander Rd, Princeton, NJ 08540

(609) 452-2088

Email: info@aamh.org

Website: aamh.org

Zufall Health Center

1 Plainsboro Rd, Plainsboro, NJ 08536

(609) 853-7600

princetonhcs.org/care-services/community-health-center

Capital Health – Hamilton

1445 & 1401 Whitehorse-Mercerville R.,
Hamilton, NJ 08619

(609) 588-5050

capitalhealth.org/our-locations/hamilton

Serenity Hospice Care, LLC

56 Georgetown Rd, Bordentown, NJ 08505

(609) 227-2400

Email: info@serenityhospicenj.com

Website: serenityhospicenj.com

Henry J. Austin Health Center

(FQHC - Federally Qualified Health Center)

(609) 278-5900

henryjalexander.org

Provides comprehensive primary health, oral and mental health/substance abuse services. Services are offered to all persons regardless of ability to pay; fees are on sliding scale.

Trenton locations:

321 North Warren St (main site)

433 Bellevue Ave, 4th Floor

112 Ewing St

317 Chambers St

Samaritan Hospice

Locations in Voorhees and Mt. Holly, NJ

(856) 548-5715

samaritannj.org

Medina Community Clinic

(609) 533-1580

medinahealthcare.org

828 North Olden Ave, Trenton, NJ 08638

Provides specialty healthcare to uninsured adults who do not have access to specialist physicians.

Continued on next page...

Health Centers and Clinics

Pregnancy Testing & Reproductive Health Services

Planned Parenthood Association of Mercer County

Patient Assistance Line: (833) 365-7526

plannedparenthood.org/planned-parenthood-northern-central-southern-new-jersey

Routine gynecological care, birth control, emergency contraception, walk-in pregnancy testing and options counseling, abortion, HIV/STD testing, cancer screening.

Trenton Health Center
437 East State St, Trenton, NJ 08608
(833) 365-7526

Hamilton Health Center
2279 State Highway 33
Hamilton Square, NJ 08690
(833) 365-7526

Children's Futures

16 West Front St, Suite 220, Trenton, NJ 08608
(609) 695-1977

Provides prenatal care, nurse home visiting, case management, child care, and family support services.

Wellness Centers

Princeton Fitness & Wellness Center

1225 State Rd. (Route 206)

Princeton, NJ 08540

(609) 683-7888

princetonfitnessandwellness.com

Robert Wood Johnson Fitness & Wellness Center - Hamilton

3100 Quakerbridge Rd, Mercerville, NJ 08619

(609) 584-7600

rwjhamiltonwellness.com

Fitness equipment, aquatics center, group fitness classes, childcare, and more.

Sexually Transmitted Disease Services

Henry J. Austin

321 North Warren St, Trenton, NJ, 08618

609-278-5900

Email: info@henryjaustin.org

Website: henryjaustin.org

Hamilton Township Division of Health STI Clinic

2100 Greenwood Ave, Hamilton, NJ 08609

(609) 890-3647 or (609) 890-3884

hamiltonnj.com/271/STI-Clinic



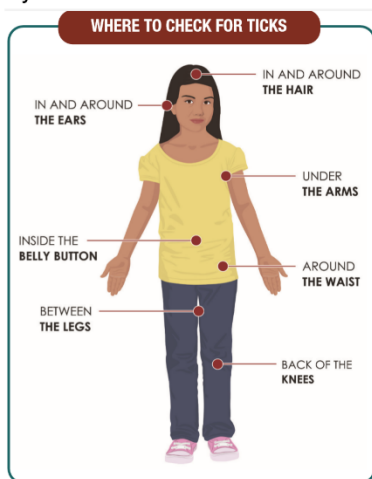
Ticks Can Make You Sick!

Prevent tick-borne diseases

What are tick-borne diseases?

Ticks feed on infected mammals, such as deer, and become infected with a tick-borne disease. Ticks can then bite a human and spread the disease to the human. Some tick-borne diseases that are common in New Jersey are Anaplasmosis, Lyme disease, Babesiosis, Ehrlichiosis, and Rocky Mountain spotted fever. The longer an infected tick is attached (biting into your skin), the more likely it can spread disease.

Tick-borne diseases are diagnosed by a healthcare provider through examination and blood tests. Most diseases are able to be treated by medications prescribed by your healthcare provider. Early treatment is very effective. More serious disease symptoms may occur if left untreated. Older adults and those who do not receive treatment are at high risk for serious illness. It is very important to talk to your healthcare provider if you think you may have been bit by a tick.



Some symptoms of early tick-borne diseases include:

skin rash
tiredness
fever/chills
headache
stiff neck
muscle aches



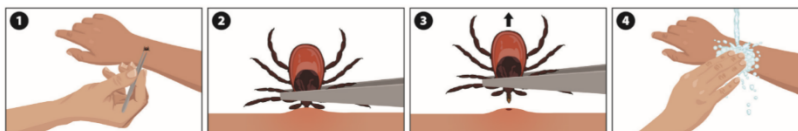
Know how to prevent tick bites!

- Know where ticks are: ticks live near woody, grassy areas. Walk in the center of paths to avoid ticks.
- Use insect repellents: use an **EPA-registered repellent** on your skin. Reapply as directed on the bottle. You can use **permethrin** on clothing, boots, and camping gear to keep ticks away.
- Wear long sleeves and pants tucked into socks to prevent ticks from climbing into your clothes.
- Shower right after being outside to wash ticks off that are not attached. Use shower time to check for ticks on your body.
- Always perform tick checks after being outdoors.
- Keep your yard mowed. Clear any brush and leaf litter.
- Treat dogs and cats for ticks as recommended by a veterinarian.



Remove a tick as soon as possible!

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose a live tick by putting it in alcohol, placing it in a sealed container (e.g., plastic bag), wrapping it tightly in tape, or flushing it down the toilet.



Home Health Care

Mercer County Board of Social Services

(609) 989-4346 or (609) 989-4347 or

(609) 989-4320, Option 1, 1, 3, 1.

mcboss.org

Provides home health aide services, Medicaid.

Mercer Home Health Care

(609) 227-2727

mercerhomehealth.com

Helps patients in Mercer County who need assistance in managing a health condition or challenge at home.

Mount Carmel Guild of Trenton

Home Health Nursing Program

(609) 392-5159, option 2

Email: info@mtcarmelguild.org

Website: mtcarmelguild.org

Assists low-income, homebound, age 60+ residents of Mercer County with nursing care, medication management, and nutritional services.

Penn Medicine at Home

(609) 497-4900

[princetonhcs.org/care-services/
princeton-homecare](http://princetonhcs.org/care-services/princeton-homecare)

Provides in-home nursing and rehabilitation, hospice care, infusion therapy, and support services.

Helplines

disponible en español

211 * ■ Non-Emergency Helpline nj211.org *

Available 24/7 ■ Free and confidential ■ Multilingual ■ TTY Users: Dial 711 first

American Diabetes Association	(800) 342-2383 *
American Lung Association	(800) 586-4872 *
	TTY: (800) 501-1068
American Liver Foundation	(800) 465-4837
American Red Cross	(800) 733-2767 *
Asthma and Allergy Foundation of America	(800) 727-8462
Auto Safety Hotline	(888) 327-4236 *
	TTY: (888) 275-9171
CANCER	
American Cancer Society	(800) 227-2345 *
CancerCare (free support services)	(800) 813-4673 *
National Cancer Institute	(800) 422-6237 *
CARDIOVASCULAR DISEASES	
American Heart Association.....	(800) 242-8721 *
American Stroke Association	(888) 478-7653 *
Catastrophic Illness in Children Relief Fund	(800) 335-3863
Centers for Disease Control and Prevention (CDC) Info Line	(800) 232-4636 *
	TTY: (888) 232-6348
Child Abuse Reporting Hotline.....	(877) 652-2873 *
	TTY: (800) 835-5510
Consumer Product Safety Commission	(800) 638-2772 *
	TTY: (800) 638-8270

Continued on next page...

Helplines

DOMESTIC VIOLENCE

National Domestic Violence Hotline	(800) 799-7233*
	TTY: (800) 787-3224
New Jersey Domestic Violence Hotline	(800) 572-7233 *
	TTY: (609) 392-2990
Younity (formerly Womanspace).....	(609) 394-9000 *
	TTY: (609) 619-1888
Family Helpline (resource for stressed parents).....	(800) 843-5437 *
	TTY: (877) 294-4356

HIV/AIDS & STDs

NJ AIDS/HIV/STD Hotline.....	(800) 624-2377
Hyacinth AIDS Foundation Hotline	(609) 396-8322*
Homeless Hotline	211*
	TTY: 711
Breakthrough T1D (formerly Juvenile Diabetes Research Foundation)	(800) 533-2873
Legal Services Hotline	(888) 576-5529 *
Maternal Mental Health Hotline	(833) 852-6262 *
	TTY: 711, then (833) 852-6262

MEDICATION ASSISTANCE

Prescription Discount Card (ProAct)	(877) 776-2285
Pharm. Assistance for Aged & Disabled (PAAD)	(800) 792-9745

MENTAL HEALTH & SUBSTANCE ABUSE

Addiction Helpline (ReachNJ)	(844) 732-2465
National Alliance on Mental Illness (NAMI) Helpline	(800) 950-6264
NJ Connect for Recovery (substance use counseling)	(855) 652-3737
NJ Mental Health Cares Helpline	(866) 202-4357
	TTY: (877) 294-4356

Continued on next page...

Helplines

MENTAL HEALTH (continued)

Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline	(800) 662-4357 *
	TTY: (800) 487-4889
Suicide and Crisis Lifeline	988 *
	TTY: 988
2nd Floor Youth HelpLine	(888) 222-2228 *
Veterans Crisis Line	988, Press 1*
NJ FamilyCare (health insurance)	(800) 701-0710 *
	TTY: 711
NJ QuitLine (smoking cessation education, counseling, referral)	(866) 657-8677 *
	Esp.: (855) 335-3569
NJ Self-Help Group Clearinghouse	(800) 367-6274
	TTY: (877) 294-4356

OLDER ADULTS

American Association of Retired Persons (AARP)	(888) 687-2277 *
	Esp.: (877) 342-2277
	TTY: 711
Alzheimer's Association	(800) 272-3900 *
	TTY: 711
HealthEASE (NJ Division of Aging Services)	(609) 438-4797
Medicare	(800) 633-4227 *
	TTY: (877) 486-2048
National Institute on Aging	(800) 222-2225 *
Poison Help Line.....	(800) 222-1222 *
Pregnancy Helpline (Children's Home Society of New Jersey).....	(800) 247-6365 *
Safe Haven for Infants.....	(877) 839-2339 *
Social Security Administration	(800) 772-1213 *
	TTY: (800) 325-0778
WIC (Women, Infants & Children) Supplemental Nutrition Program	(800) 328-3838

Website Directory

If you want more information about a disease, the internet is a good place to start. However, not all websites provide reliable health information. When searching for health information, be sure to follow the tips below, and always discuss your findings with your health care provider.

- Look for resources from government agencies (.gov), national nonprofit and professional organizations (.org), universities (.edu), and libraries.
- Having prescriptions filled online can be cheap and convenient. Only purchase medication prescribed by your own doctor.
- Be skeptical about online medical consultations. Only accept a diagnosis or treatment from a doctor who has seen you personally and has access to your medical records.
- Question any site that sells products, especially ones that sound “too good to be true”.

CANCER

American Cancer Society cancer.org
CancerCare (free support services) cancercare.org
National Cancer Institute cancer.gov

CARDIOVASCULAR DISEASES

American Heart Association heart.org
American Stroke Association stroke.org
American Lung Association lung.org
American Liver Foundation liverfoundation.org
Asthma and Allergy Foundation of America aafa.org
Auto Safety Hotline nhtsa.gov
Centers for Disease Control and Prevention (CDC) cdc.gov
Consumer Product Safety Commission cpsc.gov

DIABETES

American Diabetes Association diabetes.org
Breakthrough T1D (formerly Juvenile Diabetes Research Foundation) .. breakthrough1d.org

EMERGENCY PREPAREDNESS

American Red Cross redcross.org
Centers for Disease Control and Prevention (CDC) cdc.gov/emergency/index.html
NJ Department of Health nj.gov/health/er
Ready America ready.gov

Continued on next page...

Website Directory

FamilyCare (health insurance)	njfamilycare.dhs.state.nj.us
Food and Nutrition Information Center	nal.usda.gov/fnic
HIV/AIDS & STDs	
American Sexual Health Association	ashasexualhealth.org
Hyacinth AIDS Foundation	hyacinth.org
Housing and Shelter	hud.gov/states/new_jersey
Immunize.org	immunize.org
March of Dimes	marchofdimes.org
Medicare	medicare.gov
MEDICATION ASSISTANCE	
Prescription Savings	NJRxDiscountCard.com
RxAssist	rxassist.org
Men's Health	menshealthnetwork.org
Mental Health America	mhanational.org
NJ Dept. of Environmental Protection	nj.gov/dep
NJ Helps (info about SNAP, cash assistance, and health insurance)	njhelps.gov
OLDER ADULTS	
AARP	aarp.org
Alzheimer's Association	alz.org
National Institute on Aging	nia.nih.gov
SEARCH ENGINES	
My Healthfinder	odphp.health.gov/myhealthfinder
National Library of Medicine's Medline Plus	medlineplus.gov
SUBSTANCE ABUSE	
Al-Anon Family Groups	al-anon.org
Central Jersey Intergroup (AA)	cijaa.org
Mercer Council on Alcoholism and Drug Addiction	mercercouncil.org
NJ Department of Health	nj.gov/health
NJ Poison and Information System	njpies.org
NJ Self Help Group Clearinghouse	njgroups.org
New Jersey QuitLine (tobacco cessation)	njquitline.org
Women's Health	womenshealth.gov
Younity (formerly Womanspace)	younitynj.org