

# Community Resource Directory



Ron Rogers Arboretum, West Windsor, NJ



Town Center Lake, Robbinville, NJ



**Public Health**  
Prevent. Promote. Protect.



Hightstown Bridge, Hightstown, NJ

**West Windsor Health Department**

(609) 936-8400

[www.westwindsornj.org](http://www.westwindsornj.org)

# Municipal Governance



**West Windsor Township**  
Hemant Marathe, Mayor

## Council and Board of Health Members

Sonia Gawas  
Linda Geevers  
Andrea Mandel  
Michael Stevens  
Martin Whitfield

## Administration

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



## **Robbinsville Township**

David Fried, Mayor

## Council and Board of Health Members

Deborah Blakely  
Christine Ciaccio  
Mike Cipriano  
Mike Todd  
Ron Witt

## Administration

Joy Tozzi, Business Administrator



## **Hightstown Borough**

Susan Bluth, Mayor

## Borough Council

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

## Board of Health

Jennifer Bernal  
Nancy Distelcamp  
Edyth Duffy  
Skye Gilmartin  
Dr. John Laudenberg  
Elizabeth Morley  
Deb Napolitano  
Jean Ray  
Brenda Seals

Board of Health Secretary – Robert Gilmartin

## Administration

Dimitri Musing, Business Administrator

# Health Department Personnel

## West Windsor Health Department: (609) 936-8400

Marlena Schmid .....Director of Health and Human Services

Jill Swanson .....Health Officer  
*Licensed Health Officer, Certified Health Education Specialist*  
*Registered Environmental Health Specialist*

Geetanjali Jain..... Community Health Nurse  
*RN, BSN*

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

Nikita Brancato-Patel ..... Full-time REHS  
*Registered Environmental Health Specialist, Licensed Health Officer,*  
*Certified Health Education Specialist*

Greg Guttadora ..... Full-time REHS  
*Registered Environmental Health Specialist*

Max Shumanov .....Part-time REHS  
*Registered Environmental Health Specialist*

Chantelle Yearwood..... Secretary/Registrar

Dawn O'Connell ..... Secretary

### Contractual Professionals:

Dr. Radhakrishn.....Child Health Clinic Pediatrician

## Hightstown Office: (609) 490-5100

Registrar of Vital Statistics ..... Peggy Riggio

Board of Health Licensing/Vital Statistics ..... Peggy Riggio

## Robbinsville Office: (609) 259-3600

Registrar of Vital Statistics ..... Michele Seigfried

Board of Health Licensing .....Stacey Rohin

# 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 Chamberlain .....Part-time Local Health Outreach Coordinator  
*Licensed Health Officer, Certified Health Education Specialist*  
*Registered Environmental Health Specialist*

Fatema Haque.....Full-time Local Health Outreach Coordinator

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

Sasha Ostapenko.....Part-time Public Health Nurse/Infectious Disease Preparedness Generalist  
*RN, BSN*

Karen Rogers ..... Part-time Public Health Nurse  
*RN, BSN*

Ann Yates ..... Part-time Public Health Nurse  
*RN, BSN*

James St. John ..... Full-time Public Health Investigator

Katie Faure .....Part-time Public Health Aide

# 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 <https://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 seasonal flu shots for adults over 55.
- 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.



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# Public Health Services, cont.

## 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 x1108  
Hightstown Registrar (609) 490-5100 x628

# County and Municipal Resources

## **Mercer County**

[www.mercercounty.org](http://www.mercercounty.org)

Photo ID (609) 278-7108

Consumer Affairs (609) 989-6671

Mercer County Park Commission

(609) 303-0700

[www.mercercountyparks.org](http://www.mercercountyparks.org)

## **West Windsor Township**

(609) 799-2400

[www.westwindsornj.org](http://www.westwindsornj.org)

Recreation and Parks Department

(609) 799-6141

[www.wwparks-recreation.com](http://www.wwparks-recreation.com)

Senior Center

271 Clarksville Road

West Windsor, NJ 08550

(609) 799-9068

<https://westwindsornj.org/departments/senior-social-services>

Affordable Housing

(Piazza & Associates)

(609) 786-1100

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

## **Robbinsville Township**

(609) 259-3600

[www.robbinsville-twp.org](http://www.robbinsville-twp.org)

Senior Center

1117 Route 130, Robbinsville, NJ 08691

(609) 259-1567

[www.robbinsville-twp.org/departments/senior\\_center/](http://www.robbinsville-twp.org/departments/senior_center/)

Recreation Division

(609) 259-3600 Ext. 1132

[www.robbinsville-twp.org/departments/recreation\\_division/](http://www.robbinsville-twp.org/departments/recreation_division/)

Affordable Housing

(609) 259-3600 Ext. 1134

[www.robbinsville-twp.org/departments/affordable\\_housing/](http://www.robbinsville-twp.org/departments/affordable_housing/)

## **Hightstown Borough**

(609) 490-5100

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

Affordable Housing

(609) 664-2769 ext. 5

[www.hightstownborough.com/affordable-housing-and-housing-rehabilitation/](http://www.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)**. [Please click here to review the document.](#)

#### **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 info, visit [www.healthymercer.org](http://www.healthymercer.org) or call (609) 580-0621.



# Health Resources

## **Mercer County CEED (Cancer Education and Early Detection)**

Trenton Health Team (609) 888-6189

## **Mercer County Prescription Discount Card Program**

(877) 776-2285

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

FREE program that offers discount savings on prescription drugs.

## **NJ Department of Health**

(800) 367-6543

[www.state.nj.us/health](http://www.state.nj.us/health)

## **NJ Anonymous HIV Testing & Counseling**

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

(866) 448-2432 (Rapid HIV Testing)

[www.state.nj.us/health/hivstdtb/](http://www.state.nj.us/health/hivstdtb/)

## **NJCEED (Cancer Education and Early Detection)**

(800) 328-3838

[nj.gov/health/ces/public/resources/njceed.shtml](http://nj.gov/health/ces/public/resources/njceed.shtml)

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

**NJ QuitLine** (smoking cessation education, counseling, referrals)

(866) 657-8677

[njquitline.org](http://njquitline.org)

## **Breast Cancer Resource Center**

Princeton YWCA (membership not required)

(609) 497-2100 ext. 346 [www.ywcaprinceton.org/programs/bcrc/](http://www.ywcaprinceton.org/programs/bcrc/)

Provides support and information for breast cancer. Services include presentations, helpline, resource library, support groups, wigs/prostheses, and wellness programs.

## **Serenity Hospice Care, LLC**

56 Georgetown Road

Bordentown, NJ 08505

(609) 227-2400

[Serenity Hospice NJ – Hospice Services in NJ](#)

# Let's Move for Health

Physical activity, or moving your body, is one of the **most powerful** things you can do for your health.

**Did you know?** Regular physical activity can...

- Reduce stress and improve your mood
- Lower your blood pressure
- Improve your sleep
- Reduce your risk of diabetes, heart disease, stroke, and some cancers
- Help you maintain your weight, or even lose weight with changes in your eating
- Strengthen your bones and muscles
- Help you live a longer and healthier life!



**Moving is for every body** – from children through older adults of any fitness level. There are lots of ways to move, like walking, swimming, dancing, biking, or gardening. You might have to try a few different things to find one you like. Sometimes it helps to have a consistent routine, but variety can be fun too!

## How much?

Adults should get at least 30 minutes of physical activity on most days. Kids should get 60 minutes every day. If you have kids, find ways to be active together! It doesn't have to be all at once – try breaking it down into 10-minute chunks.

## 2 types of physical activity

Make sure to include both types of physical activity:

1. Aerobic – gets you breathing harder and your heart beating faster. You should feel like you're working moderately hard...about a 5 or 6 on a 10-point scale.
2. Strengthening – makes your muscles work harder. Think weights, resistance bands, yoga, or push-ups and crunches. You should do strengthening activities on 2 days each week.



**West Windsor Health Department** ■ (609) 936-8400

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

## Health Resources, cont.

### **DIALYSIS CENTERS**

#### **Fresenius Kidney Care Princeton**

609-520-8995

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

#### **DaVita Princeton Junction Dialysis**

Phone 833-380-3084

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

#### **Hunterdon & Mercer County Regional Chronic Disease Coalition**

(908) 237-2328

[www.hunterdonhealthcare.org/  
cancer-coalition/](http://www.hunterdonhealthcare.org/cancer-coalition/)

Planning, coordination, and implementation  
of cancer and chronic disease initiatives

#### **Partnership for Prescription Assistance**

[www.pparx.org](http://www.pparx.org)

Connects qualified residents to free or dis-  
counted prescription medications.

#### **Teal Tea**

(855) 832-5832

[www.tealtea.org](http://www.tealtea.org)

Raise awareness and support research for  
ovarian cancer.

#### **YMCA**

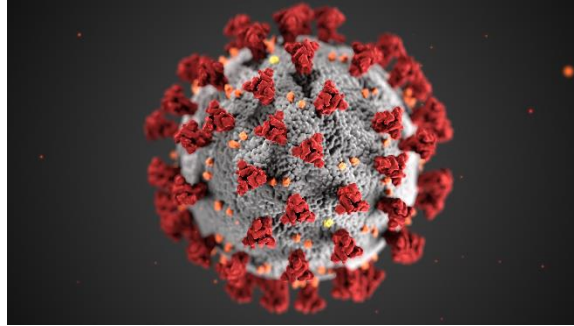
Hamilton: [www.hamiltonymca.org](http://www.hamiltonymca.org)

(609) 581-9622

Princeton: [www.princetonymca.org](http://www.princetonymca.org)

(609) 497-9622

# Covid-19 Resources



## **CDC Covid Webpage**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

## **New Jersey Covid Dashboard**

[New Jersey COVID-19 Information Hub \(nj.gov\)](https://www.nj.gov/health/covid-19/)

## **Covid Vaccinations**

New Jersey Department of Health

[NJ Vaccine Appointment Finder](https://www.nj.gov/health/covid-19/vaccines/)

## **Covid Testing Sites**

[How To Get Tested For COVID-19 In New Jersey \(nj.gov\)](https://www.nj.gov/health/covid-19/testing/)

1-855-568-0545

## **New Jersey Coronavirus Hotline**

1-800-962-1253

For questions medical-related Coronavirus questions. 24/7

<https://covid19.nj.gov/>

## **Robert Wood Johnson Barnabas Health**

Institute for Prevention and Recovery

Hope and Healing

<https://www.rwjbh.org/treatment-care/institute-for-prevention-and-recovery/>

Anyone who has been affected by Covid-19 emotionally or physically can get free education, emotional support services and resources to provide comfort and assistance.

## **Mercer County Health Department**

South Broad Street, Trenton, NJ

(609)278-7165

[Coronavirus Disease 2019 \(COVID-19\) | Mercer County, NJ](https://www.mercercountyhealth.com/covid-19/)

## **West Windsor Health Department**

271 Clarksville Road

(609)936-8400

<https://westwindsornj.org/covid-19>

## Promoting Mental Health and Preventing Substance Abuse



Mental health means overall psychological, emotional, and social well-being. Unfortunately, mental illness and substance abuse affect millions of Americans and their families. **1 in 5 adults** will have a mental health condition this year, and half of adults will during their lifetime. **With treatment, most people improve or recover completely.** However, only 41% of American adults with a mental health condition got treatment in the past year.

Stigma can stop people from seeking help when they need it. Mental health conditions are diseases, just like diabetes or cancer. Like physical health conditions, early treatment is the most effective.

### Know the symptoms

By knowing the symptoms of mental health conditions, you can get help sooner. If you notice any of the following symptoms over several weeks in yourself or a loved one, especially if they interfere with everyday activities, take action to seek treatment.

- Changes in energy level, sleeping more or less than usual
- Changes in appetite
- Problems with concentration
- Irritability and restlessness
- Feeling overly worried, sad, or hopeless
- Losing interest in enjoyable activities, social withdrawal

### Most common mental health conditions:

- Anxiety disorders (18% of adults)
- Mood disorders, including depression (10% of adults)
- Substance use disorders (8% of adults)

Even if you are not directly affected by mental illness or substance abuse, you can help **fight the stigma** by educating yourself, talking openly about mental health, and showing compassion for others.



**West Windsor Health Department** ■ (609) 936-8400

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

# Mental Health

## **Mercer County Division of Mental Health**

(609) 989-6574

[www.mercercounty.org/departments/human-services/division-of-mental-health](http://www.mercercounty.org/departments/human-services/division-of-mental-health)

Traumatic Loss Prevention Services  
(youth suicide prevention program)

(609) 989-6574

Emergency Mental Health Services

(609) 396-4357

## **All Access Mental Health (AAMH)**

(609) 452-2088

[www.aamh.org](http://www.aamh.org)

Community-based mental health center that provides behavioral health care.

## **Attitudes in Reverse**

(609) 945-3200

<https://air.ngo>

Mental health education and awareness.

## **Catholic Charities**

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

[www.catholiccharitiestrenton.org](http://www.catholiccharitiestrenton.org)

Services include mental health counseling, addiction treatment, and more.

## **Jewish Family & Children's Service**

(609) 987-8100 x115

[www.jfcsonline.org/counseling](http://www.jfcsonline.org/counseling)

Therapy and counseling services.

## **Greater Trenton Behavioral HealthCare**

(609) 395-7544

[www.gtbhc.org](http://www.gtbhc.org)

Provides mental health and substance abuse services.

## **iCARE of East Windsor-Hightstown**

(609) 987-8100 x102

[icareofewh.org](http://icareofewh.org)

Free support for local youth with mental illness or substance abuse.

## **Mental Health Association in New Jersey**

(800) 367-8850

[www.mhanj.org](http://www.mhanj.org)

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

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## Stress Management

Stress is the body's reaction to threat, whether that threat is real or not. In situations that are actually dangerous, stress releases hormones to help the body prepare for "fight or flight." Unfortunately, the body reacts the same way to things like bad traffic, deadlines at work, and family arguments. Having chronic stress over time leads to poor mental and physical health. The following strategies can help you manage your stress.

### Healthy habits

Physical activity, healthy eating, and sleep create the foundation of stress management. Get 30 minutes of physical activity most days, which can be as simple as walking. Eat plenty of fruits and vegetables, whole grains, and healthy proteins. Limit sugar, sodium, and alcohol. Aim for 8-9 hours of sleep each night, and avoid screen use before bed.

### Meditation and mindfulness

Put simply, meditation is the practice of trying to focus the mind. Mindfulness, a related idea, is about focusing on the present moment. Both can help activate the body's relaxation response, which is the opposite of the "fight or flight" stress response.



If you are curious to try meditation, focus on your breathing. Breathe slowly in and out, and pay attention to your breath. Your mind will wander, and that is normal. Distracting thoughts are actually a valuable part of meditation, because they help us to practice focus. When you notice your mind wandering, don't feel bad; simply bring your attention back to your breath each time. Imagine sitting by a stream with leaves floating by. When a thought comes into your mind, notice that thought, then place it on a leaf for it to float away.

### Healthy pleasures

Be sure to include healthy pleasures in your life. They may include enjoying a cup of tea, listening to music, taking a bubble bath, reading, hiking in the woods, or getting a massage. By making time for yourself to do things you enjoy, you can lower your stress.

### Social support

When you feel stressed, it can be helpful to talk to friends or family about what's bothering you. Spending time with loved ones can improve your mental health.



**West Windsor Health Department ■ (609) 936-8400**

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

## Mental Health, cont.

### **NAMI - National Alliance on Mental Illness (Mercer County affiliate)**

(609) 799-8994 x17 (Helpline)

<https://namimercer.org/>

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

### **Oaks Integrated Care**

(800) 963-3377

[www.oaksintcare.org](http://www.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.

### **RISE - A Community Services Partnership**

(609) 443-4464

[www.njrise.org](http://www.njrise.org)

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

### **Womanspace**

(609) 394-9000 (24/7 crisis line)

(609) 394-0136

[www.womanspace.org](http://www.womanspace.org)

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

### **Barbara and Herb Goodfriend Counseling Center**

(609) 394-2532

Counseling, screening and support in person or by phone and video. Please call first for appointment.

### **National Suicide and Crisis Lifeline**

Call or text 988

<https://www.samhsa.gov/find-help/988>

If you are feeling stressed, anxious, depressed or experiencing thoughts of suicide, there is help.

### **New Jersey Mental Health Hotline**

1-877-294-HELP (4357)

Offers emotional support, guidance, and mental health referrals.

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

#### **Disaster Distress Helpline**

Call or text 1-800-985-5990

TTY 1-800-846-8517

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Free, confidential, treatment referral and information service for individuals and families facing mental and/or substance use disorders.



# 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 [www.njconsumeraffairs.gov/meddrop/Pages/default.aspx](http://www.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



**Public Health**  
Prevent. Promote. Protect.

**West Windsor Health Department ■ (609) 936-8400**

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

# Substance Use

## NJ Connect for Recovery (855) 652-3737

### **Mercer County Human Services Resource Directory**

<https://www.mercer-county.org/home/showpublisheddocument/14797/638090253378900000>

### **Mercer County Office on Addiction Services**

(609) 989-6897

[www.mercercounty.org/departments/human-services/office-on-addiction-services](http://www.mercercounty.org/departments/human-services/office-on-addiction-services)

### **NJ Division of Addiction Services**

(844) 276-2777 (Addictions Hotline)

[nj.gov/humanservices/dmhas/home/](http://nj.gov/humanservices/dmhas/home/)

### **Alcoholics Anonymous**

(908) 687-8566 or (800) 245-1377

[www.nniaa.org](http://www.nniaa.org)

### **Catholic Charities**

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

[www.catholiccharitiestrenton.org](http://www.catholiccharitiestrenton.org)

Services include addiction treatment, mental health counseling, and more.

### **Corner House**

(609) 924-8018

[www.cornerhousenj.org](http://www.cornerhousenj.org)

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

[www.gtbhc.org](http://www.gtbhc.org)

Provides mental health and substance abuse services.

### **iCARE of East Windsor-Hightstown**

(609) 987-8100 x102

[icareofewh.org](http://icareofewh.org)

Free support for local youth with mental illness or substance abuse.

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# Substance Use, cont.

## **JSAS HealthCare**

(732) 988-8877

[www.jsashealthcare.org](http://www.jsashealthcare.org)

Outpatient substance abuse treatment.

## **Mercer Council on Alcoholism and Drug Addiction**

(609) 396-5874

[www.mercercouncil.org](http://www.mercercouncil.org)

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

## **Prevention Coalition of Mercer County**

609-396-5874 ext. 205

<https://www.mercercouncil.org/pcmc/>

**NJ QuitLine** (smoking cessation education, counseling, referral)

(866) 657-8677

[njquitline.org](http://njquitline.org)

## **Oaks Integrated Care**

(800) 963-3377

[www.oaksintcare.org](http://www.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**

<https://mcl.org/services/narcan/>

Each of the nine Mercer County Library (MCL) 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.

<https://harmreduction.org/issues/overdose-prevention/overview/overdose-basics>

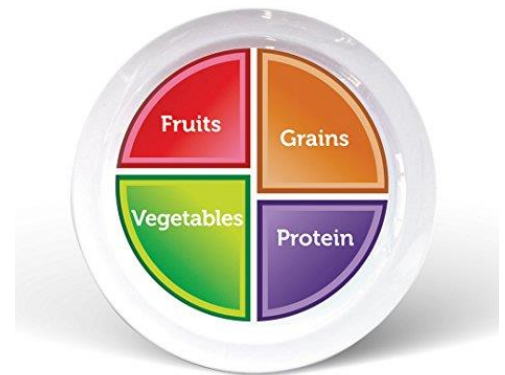
# Healthy Eating for Life

Healthy eating is important for overall health and well-being. Remember the Healthy Plate when you plan your meals, and make half your plate fruits and vegetables.

## Heroes: Fruits and Vegetables

90% of Americans don't eat enough produce. Adults should eat 1-2 cups of fruits and 2-3 cups of vegetables each day. If this sounds like a lot, try these tips:

- Cut up fruits and vegetables in advance, so that they're easy to use when you need them.
- When you want a snack, reach for a fruit or vegetable. Keep them handy in your fridge, workplace, and car.
- Add fruits and vegetables to foods you're already eating, such as oatmeal, omelets, sandwiches, pasta, soup, pizza, and casseroles.



## Sidekicks: Healthy grains, proteins, and oils

Grains include things like bread, pasta, rice, and tortillas. Make **at least half of your grains whole**, choosing foods like 100% whole wheat bread, brown rice, and oatmeal.

Healthy proteins include **fish, chicken, nuts, beans, eggs, and low-fat dairy**. Limit red meat due to saturated fat and processed meat due to sodium.

When you prepare food, **replace solid fats with oils** instead. Healthy oils include canola, olive, peanut, and safflower.

## Villains: Sugar and sodium

Sugar is a major culprit in poor health. Avoid sugary drinks like juice, soda, and sports drinks, and choose water instead. Sugar often hides in processed foods, so read the nutrition label. Sugar should make up less than 10% of your calories, which means less than 50 grams a day in a 2,000 calorie budget.

You might be surprised to learn that 75% of our sodium intake comes from processed foods and dining out, *not* from the salt shaker. This means that the best way to reduce sodium is to limit processed foods, cook at home, and read nutrition labels.



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# Food and Nutrition

## **Mercer County SNAP (formerly Food Stamps)**

(609) 989-4320

[www.mcboss.org/services\\_offered/  
food\\_assistance](http://www.mcboss.org/services_offered/food_assistance)

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

## **Mercer County WIC Nutrition Program**

(609) 498-7755

[www.state.nj.us/health/fhs/wic](http://www.state.nj.us/health/fhs/wic)

Provides healthy foods to pregnant, breastfeeding and postpartum women, infants and children up to age 5.

## **Mercer County Cooperative Extension**

(609) 989-6831

[mercerc.njaes.rutgers.edu/fchs/](http://mercerc.njaes.rutgers.edu/fchs/)

FCHS educates on nutrition and food safety.

## **NJ SNAP (formerly Food Stamps)**

(800) 687-9512

[www.state.nj.us/humanservices/dfd/  
programs/njsnap](http://www.state.nj.us/humanservices/dfd/programs/njsnap)

## **Arm in Arm**

Emergency food and financial support

(609) 396-9355

[www.arminarm.org](http://www.arminarm.org)

## **Jewish Family & Children's Service**

(609) 987-8100 x237

[www.jfcsonline.org](http://www.jfcsonline.org)

## **Meals-on-Wheels of Mercer County**

(609) 695-3483

[www.mealsonwheelsmercer.org](http://www.mealsonwheelsmercer.org)

## **Mercer Street Friends Food Bank**

(609) 396-1506

<https://mercerstreetfriends.org/>

(list of local food pantries)

## **Mount Carmel Guild of Trenton**

(609) 392-5159, option 1

<https://mtcarmelguild.org>

Emergency Assistance/Food Pantry

## **RISE - A Community Services Partnership**

(609) 443-4464

[www.njrise.org](http://www.njrise.org)

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

## **Salvation Army**

(609) 599-9373

[www.salvationarmy.org](http://www.salvationarmy.org)

Food Pantry: last Tuesday of the month, 10 AM – 12 PM. Must bring photo ID, proof of Mercer County address, proof of income, children's birth certificates.

## **Trenton Health Team Food Finder**

[Mercer County Free Food Finder \(mercercountyfoodfinder.herokuapp.com\)](http://MercerCountyFreeFoodFinder(mercercountyfoodfinder.herokuapp.com))

## A COMMUNITY RESPONSE TO CHILD HUNGER

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West Windsor-Plainsboro



Send Hunger Packing

By Mercer Street Friends,  
West Windsor-Plainsboro Schools,  
and concerned citizens who live and work  
in the served communities.

In Association With



MERCER STREET  
FRIENDS

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Send Hunger Packing (SHuP) is a partnership between the Mercer Street Friends Food Bank and the schools in the West Windsor-Plainsboro School District. While we are a thriving community, we sometimes overlook the 175+ children in grades K-6 who qualify for free or reduced price meals. For many of these children, the weekends bring the prospect of empty stomachs and hunger.

### There is hope!

SHuP helps to close the hunger gap by providing two nutritionally balanced morning meals and two healthy lunch/dinners for the weekend. These meals, put into students' backpacks on Friday afternoons, keep children from being hungry over the weekend. This allows them to return to school on Monday nourished and ready to learn.

The program is run through Mercer Street Friends Food Bank, a 501(c)(3) tax-exempt organization. We welcome many kinds of support. If you would like to help or get involved, please contact Melissa Hager at [mhager27@aol.com](mailto:mhager27@aol.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 [www.facebook.com/sendhungerpacking-westwindsorplainsboro/](https://www.facebook.com/sendhungerpacking-westwindsorplainsboro/)

# Housing

## **Mercer County Homeless Hotline**

(609) 468-8296

## **Mercer County Housing and Shelters**

[www.hud.gov/states/new\\_jersey/  
homeless/shelters/merc](http://www.hud.gov/states/new_jersey/homeless/shelters/merc)

## **Mercer County Human Services Resource Directory**

[https://www.mercer-  
county.org/home/showpublisheddocu-  
ment/14797/638090253378900000](https://www.mercer-county.org/home/showpublisheddocument/14797/638090253378900000)

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

(609) 786-1100

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

## **Robbinsville Affordable Housing**

(609) 259-3600 Ext. 1134

[www.robbinsville-twp.org/departments/af-  
fordable\\_housing/](http://www.robbinsville-twp.org/departments/affordable_housing/)

## **Hightstown Affordable Housing**

(609) 664-2769 x5

[www.hightstownborough.com/affordable-  
housing-and-housing-rehabilitation/](http://www.hightstownborough.com/affordable-housing-and-housing-rehabilitation/)

## **Hightstown Housing Authority**

(609) 448-2268

[hightstownhousing.org](http://hightstownhousing.org)

## **Catholic Charities**

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

[www.catholiccharitiestrenton.org](http://www.catholiccharitiestrenton.org)

Housing and residential services, etc.

## **HomeFront NJ**

(609) 989-9417 x141

[www.homefrontnj.org](http://www.homefrontnj.org)

HomeFront NJ works to end homelessness and help families become self-sufficient.

## **Isles**

(609) 341-4700

[isles.org](http://isles.org)

Free healthy home check-ups.

## **Mercer Alliance to End Homelessness**

[www.merceralliance.org](http://www.merceralliance.org)

We develop and implement policy designed to end homelessness.

## **Womanspace**

(609) 394-9000 (24/7 crisis line)

(609) 394-0136

[www.womanspace.org](http://www.womanspace.org)

Confidential emergency shelter, counseling and support for victims of abuse or sexual assault, housing services, and more.

# 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 [www.gmtma.org](http://www.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 • [www.gmtma.org](http://www.gmtma.org)



# Transportation

## **Mercer County Division of Transportation - TRADE**

(609) 530-1971

[www.mercercounty.org/departments/  
transportation-and-infrastructure/t-r-a-d-e](http://www.mercercounty.org/departments/transportation-and-infrastructure/t-r-a-d-e)

Non-emergency transportation to residents who are elderly and people with disabilities.

## **Greater Mercer TMA**

(609) 452-1491

[gmtma.org](http://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 check out the Mobility Guide at

[Mobility Guide | Mercer and Ocean Counties | Greater Mercer TMA \(gmtma.org\)](#)

## **Ride Provide Mercer County**

<https://rideprovide.org>

Non-profit organization which provide provides, safe, reliable transportation for anyone over 65 years of age or visually in Mercer County and Plainsboro.

## **Access Link – NJ Transit**

(973)491-4224

<https://accesslink.njtransit.com>

## **Hightstown Senior Transportation**

[https://www.hightstownborough.com/re-  
sources/](https://www.hightstownborough.com/resources/)

## **Robbinsville Senior Transportation**

(609) 259-1567

[https://www.robbinville-twp.org/depart-  
ments/senior\\_center/transportation\\_pro-  
gram.php](https://www.robbinville-twp.org/departments/senior_center/transportation_program.php)

## **West Windsor Senior Transportation**

(609) 799-9068

[https://westwindsornj.org/images/sen-  
iors/2022/WW-Senior-Center-Transporta-  
tion-Policy-Procedures.pdf](https://westwindsornj.org/images/seniors/2022/WW-Senior-Center-Transportation-Policy-Procedures.pdf)

## Vaping and e-cigarettes

Vaping is the use of e-cigarettes, also called vapes, to inhale a vaporized aerosol. This aerosol contains nicotine, flavorings, and other additives. E-cigarettes can also be used for marijuana and other drugs.

### Health Risks

Some people think vaping is a safer alternative to smoking. Although vapes don't contain tobacco, they do have **serious health risks**:

- Nicotine is a **highly addictive** drug. It **raises blood pressure** and increases the risk of **heart attack**.
- E-cigarettes can also contain **lead, formaldehyde, benzene**, and other **cancer-causing chemicals**.
- Adolescents become **addicted** to nicotine more easily. Nicotine harms the developing brain. Risks include **mood disorders** and **impaired attention and learning**.



### Impact on Youth

78% of middle and high school students were exposed to e-cigarette ads in 2016. Exposure to ads increases the chance of using e-cigarettes.



Marketing to youth often focuses on flavors, such as cotton candy, peanut butter cup, or strawberry shortcake.

82% of youth who vape cited flavors as a reason why they vape.



**38% of high school students** have tried e-cigarettes, and 16% used in the past month.

**14% of middle school students** have tried e-cigarettes, and 5% used in the past month.

**E-cigarettes don't "protect" youth** from using cigarettes. Youth who use e-cigarettes are more likely to try tobacco cigarettes in the future.

For help quitting, contact the NJ Quitline at (866) 657-8677 or [njquitline.org](http://njquitline.org).



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# Children and Families

## **Mercer County Division of Youth Services**

(609) 278-4845

[www.mercercounty.org/departments/human-services/division-of-youth-services](http://www.mercercounty.org/departments/human-services/division-of-youth-services)

## **Mercer County Board of Social Services**

(609) 989-4320

[www.mcboss.org](http://www.mcboss.org)

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

Child Support - (877) 655-4371

Medicaid - (609) 989-4664

## **Mercer County WIC Nutrition Program**

(609) 498-7755

[www.state.nj.us/health/fhs/wic](http://www.state.nj.us/health/fhs/wic)

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

## **Mercer County Division of Mental Health**

Traumatic Loss Prevention Services  
(teenage suicide prevention program)

(609) 989-6574

[www.mercercounty.org/departments/human-services/division-of-mental-health/traumatic-loss-prevention-services](http://www.mercercounty.org/departments/human-services/division-of-mental-health/traumatic-loss-prevention-services)

## **NJ Dept. of Children and Families**

(855) 463-6323

[www.state.nj.us/dcf](http://www.state.nj.us/dcf)

Child Abuse/Neglect Reports

(877) 652-2873

Safe Haven for Infants

(877) 839-2339

Women's Referral Central Hotline

(800) 322-8092

## **Big Brothers Big Sisters**

(609) 656-1000

<https://mercerbbbs.org/>

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

## **Catholic Charities**

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

[www.catholiccharitiestrenton.org](http://www.catholiccharitiestrenton.org)

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

## **KinderSmile**

(973) 744-7003, Option#1

[www.kindersmile.org](http://www.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.....*

# Don't wait. Vaccinate!

**Vaccines save an estimated 42,000 lives every year in the United States. They are safe, effective, and protect you and your loved ones.**

Most parents know that babies and young children need multiple vaccines in their first 6 years. You may not know that preteens and adults need vaccines too!



## Vaccines for preteens

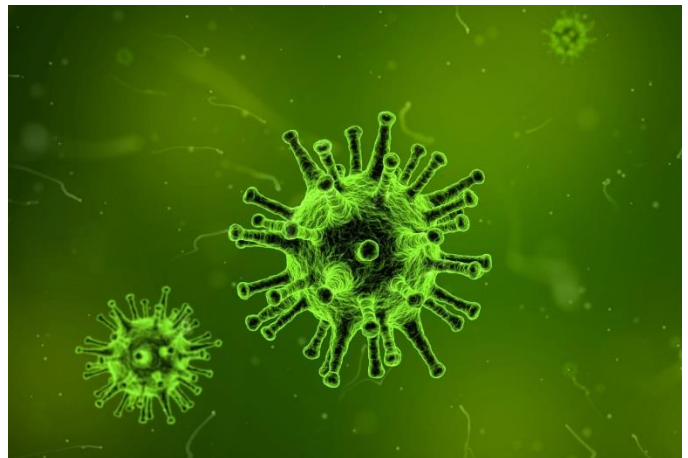
When your child is **11-12 years old**, they will need vaccines for:

- **Tdap** booster (to prevent tetanus, diphtheria, and pertussis)
- **HPV** (to prevent human papillomavirus and certain cancers)
- **MenACWY** (to prevent meningococcal disease)
- **Flu** (recommended yearly)

## Vaccines for adults

Depending on your age, health conditions, and immunization history, you may need the following vaccines:

- **Flu** (recommended yearly)
- **Td(ap)** booster every 10 years
- **Shingles/Zoster**
- **Pneumococcal**
- **Meningococcal**
- **Hib**



If you are traveling outside the United States, you may need additional vaccines. Make an appointment at least 6 weeks before your trip.

**Talk to your doctor about which vaccines are right for you and your family.**



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## Children and Families, cont.

### **Children's Futures**

(609) 695-1977

[www.childrensfutures.org](http://www.childrensfutures.org)

Children's Futures 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

[www.chsofnj.org](http://www.chsofnj.org)

Protects abused or neglected infants and children, strengthens families, and strives for stable, permanent, and loving homes.

### **HiTops**

Teen Health Clinic & Education Center

(serving ages 13-26)

300 Witherspoon St., Suite 204, Princeton, NJ 08540

(609) 453-2555

[www.hitops.org](http://www.hitops.org)

### **Womanspace**

(609) 394-9000 (24/7 crisis line)

(609) 394-0136

(609) 619-1888 (24/7 text for deaf/hard of hearing)

[www.womanspace.org](http://www.womanspace.org)

Confidential emergency shelter, counseling and support for victims of abuse or sexual assault; children's program; family court advocacy program.

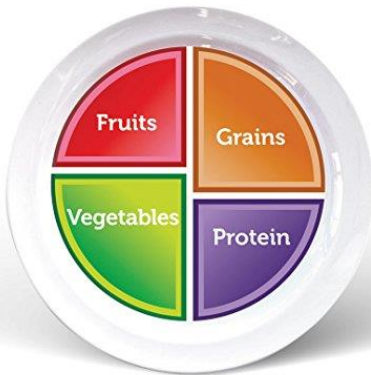
## Avoiding Heart Disease and Stroke

Heart disease is the leading cause of death in the United States, and stroke is the 5<sup>th</sup> top cause. Both diseases are due to changes in blood vessels that block the flow of blood to the heart or brain. Fortunately, many cases of heart disease and stroke are preventable with healthy habits.

**Do not smoke, vape, or use tobacco.** Tobacco and vapes both contain nicotine, which raises your blood pressure and increases your risk of heart attack and stroke. Call the NJ Quitline at (866) 657-8677 or visit [www.njquitline.org](http://www.njquitline.org) for help with quitting.



**Maintain a healthy weight.** Through healthy eating and physical activity, keep your body at a healthy weight (BMI less than 25). Even losing 5% of your weight, and keeping it off, can help to improve your health.



**Healthy eating:** Eat plenty of produce (1-2 cups of fruits and 2-3 cups of vegetables each day). Choose more whole grains, and healthy proteins like fish, chicken, nuts, beans, eggs, and low-fat dairy. When you prepare food, replace solid fats with healthier oils. Limit sugar, sodium, and processed foods. If you choose to drink alcohol, limit yourself to 1 drink a day for women, or 2 drinks a day for men.

**Physical activity:** Aim for at least 30 minutes of physical activity on most days. This might include walking, swimming, dancing, biking, or gardening. You can break it up into 10-minute chunks to fit it into your day.

**Get screened.** Talk to your doctor about screening for high blood pressure, high cholesterol, and diabetes. These conditions increase your risk of heart disease and stroke. By knowing your numbers, you can manage your health to lower your risk.

**Take your medicine.** When lifestyle changes aren't enough to lower your risk of heart disease and stroke, your doctor may prescribe medicine to lower your blood pressure, cholesterol, or blood sugar. Be sure to follow the instructions to take your medicine correctly, and ask questions if you're not sure.



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# Seniors and People with Disabilities

## **Mercer County Aging & Disability Resource Connection**

[Aging & Disability Resource Connection | Mercer County, NJ](#)

(609) 989-6661

(609) 695-3483 (Meals on Wheels)

(609) 989-6650 (Nutrition Project)

(609) 273-0588 (SHIP Medicare)

## **Mercer County Board of Social Services**

(609) 989-4320

[www.mcboss.org](http://www.mcboss.org)

SNAP, home health aide services, etc.

## **Mercer County Adult Protective Services &**

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

[Office on Aging | Mercer County, NJ](#)

## **Mercer County Division of Transportation - TRADE**

(609) 530-1971

[www.mercercounty.org/departments/transportation-and-infrastructure/t-r-a-d-e](http://www.mercercounty.org/departments/transportation-and-infrastructure/t-r-a-d-e)

Non-emergency transportation.

## **Mercer County Cooperative Extension**

(609) 989-6831

[mercerc.njaes.rutgers.edu/fchs/](http://mercerc.njaes.rutgers.edu/fchs/)

FCHS educates on aging, home environment, and other “life skills” topics.

## **The Family Resource Network**

(800) 372-6510

[www.familyresourcenetwork.org](http://www.familyresourcenetwork.org)

## **NJ Division of Aging Services**

(877)222-3737

[www.state.nj.us/nj/community/senior/](http://www.state.nj.us/nj/community/senior/)  
[www.state.nj.us/humanservices/doas/home](http://www.state.nj.us/humanservices/doas/home)

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

**HAAAD:** \$100 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 [www.state.nj.us/human-services/cbvi/](http://www.state.nj.us/human-services/cbvi/)

## **NJ Division of the Deaf & Hard of Hearing**

(609) 588-2648

(609) 503-4862 videophone

[www.state.nj.us/humanservices/ddhh/](http://www.state.nj.us/humanservices/ddhh/)

## **NJ Division of Developmental Disabilities**

(800) 832-9173 [www.state.nj.us/human-services/ddd/](http://www.state.nj.us/human-services/ddd/)

## **Catholic Charities**

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

[www.catholiccharitiestrenton.org](http://www.catholiccharitiestrenton.org)

## **Interfaith Caregivers**

(609) 393-9922

[www.icgmc.org](http://www.icgmc.org)

## Cancer Prevention

Cancer is the second leading cause of death in the United States, after heart disease. It includes more than 100 different diseases, with the common feature of uncontrolled growth and spread of abnormal cells.



### Get screened.

Regular screening tests can help to find cancer early, when treatment works better. There are screening tests available for colorectal cancer, breast cancer, and cervical cancer. Talk to your doctor to find out which screening tests are right for you.

### Get vaccinated.

- **HPV (human papillomavirus):** This vaccine lowers the risk of cervical, oral, and other cancers. It is recommended for all children at age 11 or 12, and has been approved for people aged 9 to 45.
- **HBV (hepatitis B):** This vaccine prevents hepatitis B, a liver disease that can lead to cancer. It is now given to infants, but talk to your doctor if you have not had the full series of 3 vaccines.

### Keep healthy habits.

- **Don't smoke, vape, or use tobacco.** Tobacco increases your risks of lung cancer and many other types of cancer. Vapes, although they don't have tobacco, contain other cancer-causing chemicals. Call the NJ Quitline at (866) 657-8677 or visit [njquitline.org](http://njquitline.org) for help with quitting.
- **Protect your skin.** Avoid direct sun from 10 AM until 4 PM. Wear protective clothing, a wide-brimmed hat, and sunglasses. Use sunscreen with at least SPF 15 that protects against both UVA and UVB. Don't use sun lamps or tanning beds.
- **Limit alcohol.** If you choose to drink alcohol, limit yourself to 1 drink a day for women, or 2 drinks a day for men.
- **Maintain a healthy weight.** Through healthy eating and physical activity, keep your body at a healthy weight (BMI less than 25). Eat plenty of fruits and vegetables. Limit sugar and processed meats. Aim for at least 30 minutes of physical activity on most days



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## Public Health 3.0 – New Trends



### What is Vision Zero?

Currently, about 40,000 people die each year in traffic crashes in the United States. Vision Zero is an approach to traffic safety that aims for zero deaths and severe injuries, with the mindset that any loss of life is ethically unacceptable.

Vision Zero addresses traffic deaths as a public health issue. Some of the strategies include:

- Reframing traffic “accidents” as crashes that can be prevented
- Designing streets that are safe and welcoming for people, not just cars
- Assuming that humans will make mistakes, and planning accordingly

Because humans aren’t perfect, Vision Zero focuses on changes to policy, systems, and the built environment, rather than on individual behavior. For example:

- Policy changes might include decreased speed limits
- Systems changes might include automated enforcement of traffic laws, such as red light cameras and speed cameras
- Environmental changes might include adding crosswalks and bike lanes

Vision Zero also uses a multidisciplinary approach. Communities need to engage a diverse group of stakeholders, including policymakers, traffic engineers, city planners, police, public health professionals, and residents.

To learn more, visit [visionzeronetwork.org](https://www.visionzeronetwork.org)



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# Other Social Services

## **Mercer County Human Services Resource Directory**

<https://www.mercercounty.org/community/about/county-directory>

## **Mercer County Connection**

957 Highway 33, Hamilton, NJ 08690  
Hamilton Square Shopping Center  
(609) 890-9800

[www.mercercounty.org/departments/mercercounty-connection](http://www.mercercounty.org/departments/mercercounty-connection)

## **Mercer County Department of Human Services**

(609) 989-6526

[www.mercercounty.org/departments/human-services](http://www.mercercounty.org/departments/human-services)

## **Mercer County Board of Social Services**

(609) 989-4320

[www.mcboss.org](http://www.mcboss.org)

SNAP, home health aide services, etc.

Child Support (877)655-4371

Medicaid (609)989-4664

## **Mercer County Adult Protective Services &**

(609) 989-6661

[Office on Aging | Mercer County, NJ](#)

## **NJ Helps**

[www.njhelps.org](http://www.njhelps.org)

Information about SNAP, cash assistance, and health insurance.

## **Catholic Charities**

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

[www.catholiccharitiestrenton.org](http://www.catholiccharitiestrenton.org)

Services include counseling; disaster response; domestic violence services; immigrant support services; mental health and recovery; and much more.

## **RISE - A Community Services Partnership**

(609) 443-4464

[www.njrise.org](http://www.njrise.org)

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

## **Salvation Army**

<https://easternusa.salvationarmy.org/new-jersey/trenton/>

Pathway of Hope (732)270-8393

## **United Way of Greater Mercer County**

211 (toll-free non-emergency helpline)

(877) 652-1148

[www.nj211.org](http://www.nj211.org) • [www.uwgmc.org](http://www.uwgmc.org)

Free 24-hour confidential helpline that connects people to health and human services, community resources and government assistance.



# Disasters Happen

**PREPARE NOW** **LEARN HOW**

By planning in advance, you can handle disasters better when they happen. Use the checklist below to help you plan for emergencies.

- Be informed.** Learn which disasters are more common in your region, and plan for them. Sign up for Nixle alerts to stay informed in case of an emergency in your area. Visit [www.westwindsornj.org/police/](http://www.westwindsornj.org/police/), [www.robbinssville-township-police.org/](http://www.robbinssville-township-police.org/), or [www.hightstownborough.com/emergency-management/](http://www.hightstownborough.com/emergency-management/)
- Collect contact information.** Include all household members, emergency contacts in your town and beyond, and medical providers and facilities.
- Make a family plan.** Talk to your family and write down specific plans for shelter or evacuation (depending on the emergency).
- Pack an emergency kit.** It should contain:
  - 3 days' worth of water (3 gallons per person) and non-perishable food, plus a can opener, utensils, cups and plates
  - Medications (prescription and over-the-counter), first aid, and medical supplies, including antibiotic and anti-itch creams, gloves, and N-95 masks
  - Toiletries, including soap, hand sanitizer, sunscreen, and insect repellent
  - Blankets or sleeping bags
  - A change of clothes, including warm clothing
  - Flashlights, radio, batteries, phone chargers
  - Matches and candles
  - Paper towels, toilet paper, garbage bags, storage bags, cleaning wipes and supplies
  - Cash
  - Important documents in a waterproof container
  - Books, games, toysRemember to consider your family's specific needs, such as diapers, pet food, medical conditions, dietary restrictions, etc.
- Practice!** Make sure to practice your plan with your family so that everyone knows what to do in case of an emergency.

To learn more about preparing for emergencies, visit [www.ready.nj.gov](http://www.ready.nj.gov)



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# Emergency Preparedness Resources

## Red Cross of Central NJ

(609) 951-8550

[www.redcross.org/local/new-jersey/about-us/locations/princeton-central-new-jersey.html](http://www.redcross.org/local/new-jersey/about-us/locations/princeton-central-new-jersey.html)

## US Dept. of Homeland Security

[www.ready.gov](http://www.ready.gov)

## NJ Dept. of Emergency Management

[ready.nj.gov](http://ready.nj.gov)

## Centers for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)

## NJ Dept. of Health –

Emergency Preparedness

[www.state.nj.us/health/er](http://www.state.nj.us/health/er)

## US Dept. of Health and Human Services

[www.phe.gov](http://www.phe.gov)

## 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](http://www.mercercounty.org/departments/human-services/division-of-public-health/emergency-preparedness/medical-reserve-corps-mrc)

## Preventing the Flu

Flu, or influenza, is a contagious respiratory disease. It hits suddenly with a fever, headache, fatigue, and body aches. Healthy adults and children usually recover from the flu in about 7 to 10 days. Older adults, or those with other health conditions, can have serious complications from the flu.

**Flu is caused by viruses, so antibiotics do not help.  
Prevention is the best medicine.**

- **Get your flu shot.** The best way to prevent the flu is to get the flu vaccine. You need the vaccine every fall, because it changes to keep up with the changing viruses. Adults and children older than 6 months should get the flu vaccine. If possible, get the vaccine by the end of October, but getting it later is still helpful.



- **Wash your hands** frequently with soap and water. Scrub for 20 seconds, washing all parts of your hands, fingers, and nails. If soap and water are not available, use an alcohol-based hand sanitizer.
- **Avoid touching your face.** Viruses often spread from your hands to your eyes, nose, and mouth.
- **Keep your distance.** Stay at least 3 feet away from sick people, especially if they are coughing or sneezing. If you are sick, avoid contact with others. Stay home from work, school, and errands until you have been fever-free for 24 hours.
- **Cover your cough and sneeze.** Either cough or sneeze into your sleeve, or into a tissue that you throw away. Wash your hands afterwards.
- **Disinfect shared objects and areas,** such as doorknobs, toys, faucets, light switches, remote controls, phones, and computer keyboards. Don't share food, drink, or personal items.

**Keep up healthy habits.** By eating healthy foods, being physically active, and getting plenty of sleep, you will keep your immune system working at its best.



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# Hospitals

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

## Capital Health

[www.capitalhealth.org](http://www.capitalhealth.org)

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

## Capital Health Regional Medical Center

750 Brunswick Avenue, 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 08629  
(609) 599-5000

**Carrier Clinic - Mental and Behavioral Health Center** (psychiatric services; free mental health programs and groups)

(800) 933-3579

[www.carrierclinic.org](http://www.carrierclinic.org)

## CentraState Healthcare System

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

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

## Penn Medicine - Princeton Medical Center

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

[www.princetonhcs.org](http://www.princetonhcs.org)

(833) 927-1246 (Cancer)  
(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  
(888) 437-1610, Option 2 (Outpatient Services and Admissions)

(888) 437-1610, Option 1 (Inpatient Services and Admissions)

<https://www.princetonhcs.org/care-services/princeton-house-behavioral-health>

## Robert Wood Johnson University

### Hospital Hamilton (RWJ Barnabas Health)

One Hamilton Health Pl, Hamilton, NJ 08690  
(609) 586-7900 (Main Number)  
(609) 584-5900 (Physician Referral)

[www.rwjbh.org/rwj-university-hospital-hamilton](http://www.rwjbh.org/rwj-university-hospital-hamilton)

## Lawrence Rehabilitation Hospital

2381 Lawrenceville Road  
Lawrenceville, NJ 08648  
(609) 896-9500

<https://lawrencerehab.com/>

# Staying Healthy While Traveling

## 4-6 weeks before you travel:

- **Visit your doctor or a travel health clinic.** The provider can check your health, recommend vaccines, and make sure you have any medicine you need. This includes your regular medications, as well as special prescription or over-the-counter medications for traveling. Try these local resources for travel health:
  - Passport Health: (732) 345-0029
  - Princeton Occupational Health: (609) 853-7474
  - RWJ University Hospital Hamilton: (609) 584-6654
- **Learn about your specific destination's risks** to health and safety: [www.cdc.gov/travel](http://www.cdc.gov/travel)
- If you are traveling internationally, **consider buying travel health insurance** because many plans don't cover health services outside the U.S.



## When you pack for your trip, remember:



- **Sunscreen** (at least SPF 30), hat, and sunglasses
- **Insect repellent** (containing at least 20% DEET or picaridin) and protective clothing (long sleeves and pants)
- **Alcohol-based hand sanitizer**
- **Basic first aid kit**  
**Medications, including over-the-counter (OTC) drugs** (e.g. pain reliever, anti-nausea, anti-diarrheal, laxatives, antacid, cough medicine, anti-histamine, decongestant, hydrocortisone cream, antibacterial cream). Bring extra in case of travel delays. Take any prescription medication in its original container with the prescription, and keep it in your carry-on just in case your checked bags get lost.

## During and after your trip:

- **Wash your hands often**, especially before eating. Soap and water are best, but if that's not an option use hand sanitizer instead.
- In certain countries, **be cautious with water and food**. Stick to bottled water, even for brushing teeth, and avoid ice which is usually made with tap water. Avoid uncooked foods as they may have been washed with tap water.
- If you get **sick after returning home, visit your doctor** and mention where you traveled.



By taking these steps to prepare for your trip, you can enjoy all that your vacation has to offer without worrying about your health!



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# 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.

## **AAMH — All Access Mental Health**

819 Alexander Road  
Princeton, NJ 08540  
(609) 452-2088  
[www.aamh.org](http://www.aamh.org)

## **Zufall Health Center (Penn Medicine Princeton Medical Center)**

1 Plainsboro Road, Plainsboro, NJ 08536  
(609) 853-7600  
[www.princetonhcs.org/care-services/community-health-center](http://www.princetonhcs.org/care-services/community-health-center)

## **Capital Health – Hamilton**

1445 & 1401 Whitehorse-Mercerville Road  
Hamilton, NJ 08619  
(609) 588-5050  
[www.capitalhealth.org/our-locations/hamilton](http://www.capitalhealth.org/our-locations/hamilton)

## **Serenity Hospice Care, LLC**

56 Georgetown Road  
Bordentown, NJ 08505  
(609) 227-2400  
[Serenity Hospice NJ – Hospice Services in NJ](http://Serenity Hospice NJ – Hospice Services in NJ)

## **Henry J. Austin Health Center**

(FQHC - Federally Qualified Health Center)  
(609) 278-5900  
[www.henryjastin.org](http://www.henryjastin.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 Street (main site)  
433 Bellevue Avenue, 4<sup>th</sup> Floor  
112 Ewing Street  
317 Chambers Street

## **HiTops**

Teen Health Clinic & Education Center  
(serving ages 13-26)  
300 Witherspoon St., Suite 204, Princeton, NJ 08540  
(609) 453-2555  
[www.hitops.org](http://www.hitops.org)

## **Samaritan Hospice**

(855) 337-1916  
<https://samaritannj.org/>

*Continued on next page...*



# Tick Safety



## What should I know about ticks?

Ticks are tiny but dangerous. Ticks become infected with germs by feeding on small mammals and then can infect a person by biting them. New Jersey consistently has one of the highest rates of tick-borne disease. The most common tick-borne diseases in NJ are:

- Anaplasmosis
- Babesiosis
- Ehrlichiosis
- Lyme disease
- Spotted Fever Group Rickettsiosis

## What are the symptoms of tick-borne diseases?

- Skin rash
- Flu-like symptoms
- Tiredness
- Fever
- Stiff neck
- Muscle aches
- Joint pain
- Dizziness



## How can I prevent tick bites?

- Ticks live in/near grassy or wooded areas. Stay on trails and cleared land in the sun.
- Apply EPA-registered insect repellent according to the product label instructions.
- Wear long sleeves and long pants tucked into socks. Wear light colors to spot ticks.
- Shower as soon as you get inside and dry clothes in a dryer on high heat for 10 min.
- Perform tick checks as regularly as possible, especially after being outdoors. Pay attention to hard-to-see areas such as between your legs, under your arms, and behind your ears.

## What if I find an attached tick?

- Using fine-tipped tweezers, grab the tick close to the skin and firmly pull straight up.
- Clean your skin with soap and warm water.
- Watch for symptoms of a tick-borne disease and contact your health care provider if you develop any.
- If you find a deer tick that has been attached for at least 36 hours, consult your health care provider



For more information, visit: [www.cdc.gov/ticks](http://www.cdc.gov/ticks) or [www.nj.gov/health/cd/topics/vectorborne.shtml](http://www.nj.gov/health/cd/topics/vectorborne.shtml)  
For help choosing a repellent, visit: [www.epa.gov/insect-repellents/find-repellent-right-you](http://www.epa.gov/insect-repellents/find-repellent-right-you)

# Health Centers and Clinics, cont.

## **Medina Community Clinic**

(609) 533-1580

[medinahealthcare.org](http://medinahealthcare.org)

Medina Community Clinic provides specialty healthcare to uninsured adults who do not have access to specialist physicians.

## **Planned Parenthood Association of Mercer County**

Routine gynecological care; birth control; emergency contraception; walk-in pregnancy testing and options counseling; abortion; HIV/STD testing; education programs.

(800) 230-7526

[www.ppmercer.org](http://www.ppmercer.org)

Trenton Health Center

437 East State Street, Trenton, NJ 08608

(609) 337-1275

Hamilton Health Center

2279 State Highway 33

Hamilton Square, NJ 08690

(609) 788-3233

## **Pregnancy Testing**

Children's Futures

(609) 695-1977

[www.childrensfutures.org](http://www.childrensfutures.org)

Children's Futures provides prenatal care, nurse home visiting, case management, child care, and family support services.

## **Wellness Centers**

### **Princeton Fitness & Wellness Center**

[princetonfitnessandwellness.com](http://princetonfitnessandwellness.com)

1225 State Rd. (Route 206)

Princeton, NJ 08540

(609) 683-7888

### **Robert Wood Johnson Fitness & Wellness Center - Hamilton**

3100 Quakerbridge Road

Mercerville, NJ 08619

(609) 584-7600

[rwjhamiltonwellness.com](http://rwjhamiltonwellness.com)

### **Sexually Transmitted Disease Services**

Henry J. Austin

321 North Warren Street, Trenton, NJ

609-278-5900

<https://henryj.austin.org/>

Hamilton Township Division of Health

2100 Greenwood Avenue, Hamilton NJ

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

<https://www.hamiltonnj.com/STD>

# Home Health Care

## **Mercer County Board of Social Services**

(609) 989-4320

[www.mcboss.org](http://www.mcboss.org)

Home health aide services; Medicaid.

## **Mercer Home Health Care**

(609) 227-2727

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

Mercer Home Health Care's nurses help patients in Mercer County who need assistance in managing a health condition or challenge at home.

## **Mount Carmel Guild of Trenton**

Home Health Nursing

(609) 392-5159, option 2

<https://mtcarmelguild.org/>

Mount Carmel Guild's Home Nursing Program assists low-income, frail individuals aged 60 years and over with many economic, medical, and social needs.

## **Penn Medicine at Home**

(609) 497-4900

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

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

# Helplines

\*\*disponible en español\*\*

## 211 \* ■ Non-Emergency Helpline

[www.nj211.org](http://www.nj211.org) \*

Information and Referral Services - Mercer County United Way

Available 24/7 ■ Free and confidential ■ Multi-lingual / TTY / TTD

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Addictions Hotline.....	(800) 238-2333 *
Alcoholics Anonymous.....	(800) 839-1686 *
American Diabetes Association .....	(800) 342-2383 *
American Lung Association .....	(800) 586-4872 *
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 *
<b>CANCER</b>	
American Cancer Society .....	(800) 227-2345 *
CancerCare (free support services) .....	(800) 813-4673 *
National Cancer Institute .....	(800) 422-6237 *
<b>CARDIOVASCULAR DISEASES</b>	
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 *
Child Abuse Reporting Hotline.....	(877) 652-2873 *
Consumer Product Safety Commission .....	(800) 638-2772 *
<b>DOMESTIC VIOLENCE</b>	
New Jersey Hotline .....	(800) 572-7233 *
Womanspace.....	(609) 394-9000 *
FamilyCare (health insurance) .....	(800) 701-0710 *

## Helplines, cont.

Family HelpLine (resource for stressed parents) .....	(800) 843-5437 *
HIV/AIDS & STDs	
New Jersey Hotline.....	(800) 624-2377
Hyacinth AIDS Hotline.....	(609) 396-8322*
Homeless Hotline (Mercer County) .....	211*
Juvenile Diabetes Research Foundation .....	(800) 533-2873
Legal Services Hotline .....	(888) 576-5529 *
MEDICATION ASSISTANCE	
Prescription Discount Card (ProAct) .....	(866) 287-9885
Pharm. Assistance for Aged & Disabled (PAAD) .....	(800) 792-9745
MENTAL HEALTH	
Emergency Mental Health Services .....	(609) 396-4357 *
2nd Floor Youth HelpLine .....	(888) 222-2228 *
National Suicide Prevention LifeLine.....	988*
NJ Connect for Recovery (substance use counseling) .....	(855) 652-3737
Poison Help Line.....	(800) 222-1222 *
NJ Self Help Group Clearinghouse .....	(800) 367-6274 *
NJ QuitLine (smoking cessation education, counseling, referral) .....	(866) 657-8677 *
OLDER ADULTS	
AARP (American Association of Retired Persons) .....	(888) 687-2277 *
Alzheimer’s Association .....	(800) 272-3900 *
Medicare .....	(800) 633-4227 *
National Institute on Aging.....	(800) 222-2225 *
Office on Aging (NJ EASE) .....	(877) 222-3737 *
Postpartum Depression Helpline .....	(800) 328-3838 *
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 *
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. Always discuss your findings with your health care provider. Be careful about information you find online.

- 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”.

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## CANCER

- American Cancer Society ..... [www.cancer.org](http://www.cancer.org) \*
- CancerCare (free support services) ..... [www.cancercare.org](http://www.cancercare.org) \*
- National Cancer Institute ..... [www.cancer.gov](http://www.cancer.gov) \*

## CARDIOVASCULAR DISEASES

- American Heart Association ..... [www.heart.org](http://www.heart.org)
- American Stroke Association ..... [www.strokeassociation.org](http://www.strokeassociation.org)
- American Lung Association ..... [www.lung.org](http://www.lung.org) \*
- American Liver Foundation ..... [www.liverfoundation.org](http://www.liverfoundation.org)
- Asthma and Allergy Foundation of America ..... [www.aafa.org](http://www.aafa.org)
- Auto Safety Hotline ..... [www.nhtsa.gov](http://www.nhtsa.gov)
- Centers for Disease Control and Prevention (CDC) ..... [www.cdc.gov](http://www.cdc.gov) \*
- Consumer Product Safety Commission ..... [www.cpsc.gov](http://www.cpsc.gov) \*

## DIABETES

- American Diabetes Association ..... [www.diabetes.org](http://www.diabetes.org) \*
- Juvenile Diabetes Research Foundation ..... [www.jdrf.org](http://www.jdrf.org)

## EMERGENCY PREPAREDNESS

- American Red Cross ..... [www.redcross.org](http://www.redcross.org) \*
- Centers for Disease Control and Prevention (CDC) ..... [emergency.cdc.gov](http://emergency.cdc.gov) \*
- NJ Department of Health ..... [www.state.nj.us/health/er](http://www.state.nj.us/health/er)
- Ready America ..... [www.ready.gov](http://www.ready.gov) \*
- FamilyCare (health insurance) ..... [www.njfamilycare.org](http://www.njfamilycare.org) \*

# Website Directory, cont.

Food and Nutrition Information Center .....	<a href="http://www.nal.usda.gov/fnic">www.nal.usda.gov/fnic</a>
HIV/AIDS & STDs	
American Sexual Health Association .....	<a href="http://www.ashasexualhealth.org">www.ashasexualhealth.org</a>
Hyacinth AIDS Foundation.....	<a href="http://www.hyacinth.org">www.hyacinth.org</a>
Housing and Shelters .....	<a href="http://www.hud.gov/states/new_jersey/homeless/shelters/mercer">www.hud.gov/states/new_jersey/homeless/shelters/mercer</a>
Immunization Action Coalition .....	<a href="http://www.immunize.org">www.immunize.org</a>
March of Dimes.....	<a href="http://www.marchofdimes.org">www.marchofdimes.org</a> *
Medicare .....	<a href="http://www.medicare.gov">www.medicare.gov</a> *
MEDICATION ASSISTANCE	
Prescription Savings .....	<a href="http://www.NJRxDiscountCard.com">www.NJRxDiscountCard.com</a> *
RxAssist .....	<a href="http://www.rxassist.org">www.rxassist.org</a>
Men’s Health .....	<a href="http://www.menshealthnetwork.org">www.menshealthnetwork.org</a>
Mental Health America.....	<a href="http://www.mentalhealthamerica.net">www.mentalhealthamerica.net</a> *
NJ Dept. of Environmental Protection .....	<a href="http://www.state.nj.us/dep/">www.state.nj.us/dep/</a>
NJ Helps (info about SNAP, cash assistance, and health insurance) .....	<a href="http://www.njhelps.org">www.njhelps.org</a> *
OLDER ADULTS	
AARP.....	<a href="http://www.aarp.org">www.aarp.org</a> *
Alzheimer’s Association .....	<a href="http://www.alz.org">www.alz.org</a> *
National Institute on Aging.....	<a href="http://www.nia.nih.gov">www.nia.nih.gov</a> *
SEARCH ENGINES	
Healthfinder .....	<a href="http://healthfinder.gov">healthfinder.gov</a> *
National Library of Medicine .....	<a href="http://medlineplus.gov">medlineplus.gov</a> *
SUBSTANCE ABUSE	
Alcoholics Anonymous of Northern NJ.....	<a href="http://www.nnjaa.org">www.nnjaa.org</a>
Al-Anon Family Groups .....	<a href="http://al-anon.org">al-anon.org</a>
Mercer Council on Alcoholism and Drug Addiction.....	<a href="http://www.mercercouncil.org">www.mercercouncil.org</a>
NJ Department of Health .....	<a href="http://www.state.nj.us/health">www.state.nj.us/health</a>
NJ Poison and Information System.....	<a href="http://www.njpies.org">www.njpies.org</a>
NJ Self Help Group Clearinghouse .....	<a href="http://www.njgroups.org">www.njgroups.org</a> *
New Jersey QuitLine (tobacco cessation) .....	<a href="http://njquitline.org">njquitline.org</a> *
Womanspace (domestic violence) .....	<a href="http://www.womanspace.org">www.womanspace.org</a> *
Women’s Health .....	<a href="http://www.womenshealth.gov">www.womenshealth.gov</a> *