



Senior Center Newsletter

Hamilton Township, New Jersey

Winter 2021 Edition

Message from the Mayor

Dear Neighbor,

Happy New Year! I hope you had a safe and joyous holiday season.

While I was able to meet many of you at the 2020 Valentine's Day Social, unfortunately many of the Senior Center programs and events planned for the rest of the year were cut short or cancelled due to COVID-19. Throughout all of this, I am proud of the work our Senior Center has done to continue to connect with its members and ensure each of you had access to the resources you needed. Despite COVID-19, meal pick up and most transportation services are continuously available.



If you have not yet received a copy of our 2021 Hamilton Township Calendar, you should see it your mailbox very shortly! It is full of important information for residents such as meeting and event dates and a removable "How Do I Get Rid of It?" guide. If you are in need of a calendar, additional copies will be available at the Senior Center or by calling our HAMStat Call Center at (609) 586-0311 (while supplies last).

My best wishes to you and your loved ones for a happy and healthy 2021. I look forward to seeing you all again soon!

Sincerely,

Jeff Martin, Mayor

Important Dates:

January

Friday, January 1st - Closed, Happy New Year!

Monday, January 18th - Closed, Martin Luther King Jr. Day

February

Friday, February 12th - Closed, Presidents Day

Monday, February 15th - Closed, Presidents Day

March

Sunday, March 14th - Daylight Savings Begins



Hamilton Township Senior Center

Accredited by



National Institute of
Senior Centers

Hamilton Township Senior Center
409 Cypress Lane Hamilton, NJ 08619
Phone: (609)-890-3686 • Fax: (609)-588-8074
Website: www.hamiltonnj.com/seniors

Hours of Operation:

The Hamilton Township Senior Center is currently CLOSED to the public.

Jeff Martin, MAYOR
Kathleen M. Fitzgerald, R.N., BSN
Director of Health, Recreation and
Senior & Veteran Services



Hamilton Township Council
Pasquale Papero
Anthony Carabelli
Nancy Phillips
Richard Tighe
Charles Whalen

SENIOR CENTER CLOSED

Friday, January 1st • New Years Day

Monday, January 18th • Martin Luther King Jr. Day

Friday, February 12th • Presidents Day

Monday, February 15th • Presidents Day

WINTER SAFETY TIPS FOR SENIORS



Check the weather. Before leaving home, be sure to view the forecast so you are aware of any special weather statements. Change your plans and stay indoors if needed.



Bring your walking aid if necessary. If you have a cane or walker, be sure to bring it along when leaving the house.



Stick to the path. When outdoors, be sure to walk on bare surfaces and use handrails whenever possible.



Invest in good footwear. Warm, waterproof, anti-slip boots are key for winter.



Plan ahead when going outdoors. Pack a snack, water, and any medication you may need to take throughout the day in case your trip takes longer than expected.



Bundle up. Be sure to dress in several layers suitable for cold weather, including a hat, scarf, and mittens.



Let others know where you are going and when you expect to return whenever leaving the house.



Ask for help for winter tasks. Do not attempt to shovel the driveway, break ice, or remove snow from your roof by yourself.



Eat a healthy diet and stay hydrated. Winter can lead to a deficiency in vitamin D due to lack of sun exposure. Consume vitamin D rich foods (such as salmon, fatty fish, mushrooms and egg yolk) to prevent deficiency. Drink plenty of water throughout the day to stay hydrated.

A Letter from The Health Officer:

As I am sure you've heard, Hamilton Township in partnership with the Mercer County Health Officers' Association started COVID-19 vaccinations in December for front line healthcare workers. This was certainly a positive way to end 2020. Even though there may be a faint light at the end of the tunnel, we must stay vigilant as we're likely to experience a few more very difficult months ahead.

- Keep wearing a mask that fully covers your mouth and nose
- Wash your hands often with soap and warm water
- Limit your exposure to others as much as possible and avoid crowds
- Stay home if you're sick
- Keep your distance, stay 6 feet apart from others

New Jersey is using a phased approach to COVID-19 vaccination to ensure that limited vaccines are distributed in a fair and equitable manner. Mercer County started its Phase 1A vaccinations on December 28, 2020. During 2021, additional people will become eligible to receive vaccination in New Jersey. NJDOH and the CDC provide Hamilton with their guidelines about the priority groups and how those doses will be spread across the state. It's important to remember that eligibility may change based on changes in vaccine supply and public demand.

TOWNSHIP OF HAMILTON **COVID-19 VACCINE PHASES** **Public Health**
Prevent. Promote. Protect.

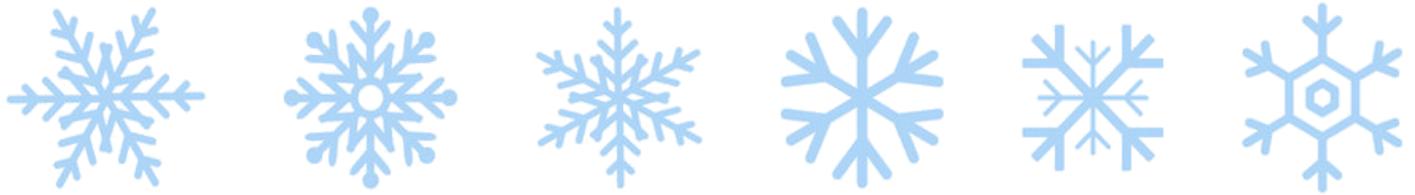
Current Phase

- Phase 1a**
 - Health care personnel
 - Long-term care residents
- Phase 1b**
 - Adults 75+
 - Frontline essential workers
- Phase 1c**
 - Adults 65-74
 - Persons 16-64 w/ high-risk medical conditions
 - Other essential workers
- Phase 2**
 - General Public

For more information visit [covid19.nj.gov/vaccine](https://www.covid19.nj.gov/vaccine)

More information on New Jersey's COVID-19 vaccination efforts can be found online www.covid19.nj.gov/vaccine.

Daily **zoom** Activities

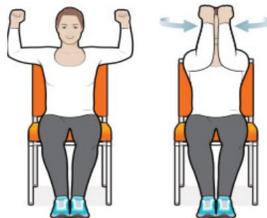


Our building is still **CLOSED** to the public.
ZOOM programs are being offered
Monday - Thursday.



Tai Chi
Monday's @ 12:30pm
Thursdays @ 10:00am

Chair Exercise
Tuesday's @ 10:00am



Step It Up
Wednesday's @ 10:00am

*All programs require a smart device
such as: Computer/iPhone/iPad/Android*

All programs are prerecorded DVD's.

To sign-up for the ZOOM programs, please call
The Hamilton Senior Center at 609-890-3686
with your name and email address.

RWJ Virtual Community Education Classes

RWJBH

RWJ Barnabas Health of Hamilton is offering free virtual community education classes to our senior community. If you are interested in attending these virtual programs, there are two ways to register:

Register:
Online: www.rwjbh.org/events
OR

Call: Health Connection at 609-584-5900

January Classes:

Tuesday - January 12, 2021 @ 10:30am
Understanding Congestive Heart Failure
Wednesday - January 20, 2021 @ 1:00pm
Mindfulness Meditation for Beginners
Wednesday - January 27, 2021 @ 1:30pm
Catch that Fall before it Happens



February Classes:

Monday - February 22, 2021 @ 11:15am
Your Mood & Food
Wednesday - February 24, 2021 @ 11:00am
Learn How to Spot a Stroke

March Classes:

Tuesday - March 16, 2021 @ 11:00am
Making Every Day Meaningful



The Hamilton Township Animal Shelter and Adoption Center is looking for volunteers!

If you are interested you can call 609-890-3550
or visit their website
Hamiltonnj.com/AnimalShelter



Hamilton Township Animal Shelter and Adoption Center

2100 Sylvan Avenue

Hours of Operation:

Monday - Saturday: 10:30am-3:30pm

Sunday: CLOSED



 Find them on Social Media! 

<https://www.facebook.com/HamiltonAnimalShelter>
<https://www.instagram.com/hamiltontownshipanimalshelter>



Website Information and Links

Visit the Hamilton Township Senior Center website at www.hamiltonnj.com/seniors and be informed of the Senior Centers hours, transportation services, upcoming events, activities and trips.



Helpful Phone Numbers



Hamilton Police Department:	609-581-4000
Housing Department of Hamilton:	609-890-3675
Mercer County Legal Services:	609-695-6249
Mercer County Connections:	609-890-9800
Mercer County Board of Social Services:	609-989-4346
Aging & Disability Center:	1-877-222-3737
Medicare Hotline:	1-800-633-4227
NJ Hope Line:	1-855-654-6735
NJ Social Security Office:	1-800-772-1213
PAAD hotline:	1-800-792-9745

HAMSTAT

HAMILTON'S ONE CALL CENTER

CALL 609-586-0311 FOR:

- Building Permits
- Dog License
- Garbage Collection
- Parks & Recreation Programs
- Potholes
- Senior Center Information
- Tax Information
- Township Events



Veterans Information

State Veterans Service Office

28 West State Street
Trenton NJ, 08625
609-292-5580

Mercer County Veterans Services

1440 Parkside Avenue
Trenton NJ 08638
609-989-6120

Trenton Vet Center

934 Park Ave
Ewing NJ, 08618
609-882-5744

Veterans Integrated Service Network

Hamilton Outpatient Clinic
3635 Quakerbridge Rd, Suite 30
Hamilton NJ 08619
1-800-661-8177

Information & Assistance Programs

Transportation Services

The Hamilton Senior Center provides transportation to medical appointments and some food shopping within our borders. Service is for Hamilton Senior residents. Not available on weekends.

CALL: 609-890-3686 to reserve transportation

Mercer County T.R.A.D.E. provides transportation to the Hamilton Senior Center. They also offer transportation medical appointments, beauty appointments, banks, and local malls throughout Mercer County.

CALL: 609-530-1971

Legal Assistance:

Mercer County Legal Services provides assistance with Housing, Consumer Fraud, Family Legal Issues, Last Will & Testaments.

CALL: 609-695-6249 for eligibility & to make an appointment.

Mercer County Bar Association: 609-585-6200

Medical Insurance Assistance:

Meet with a counselor to help you with information & forms regarding Medicare, PAAD, Senior Gold and other medical insurance.

CALL: 609-890-3686 for an appointment.

Re-Assurance Program:

Register FREE with the Hamilton Police Division to call in and be checked on your well being everyday. Great program for individuals that live alone.

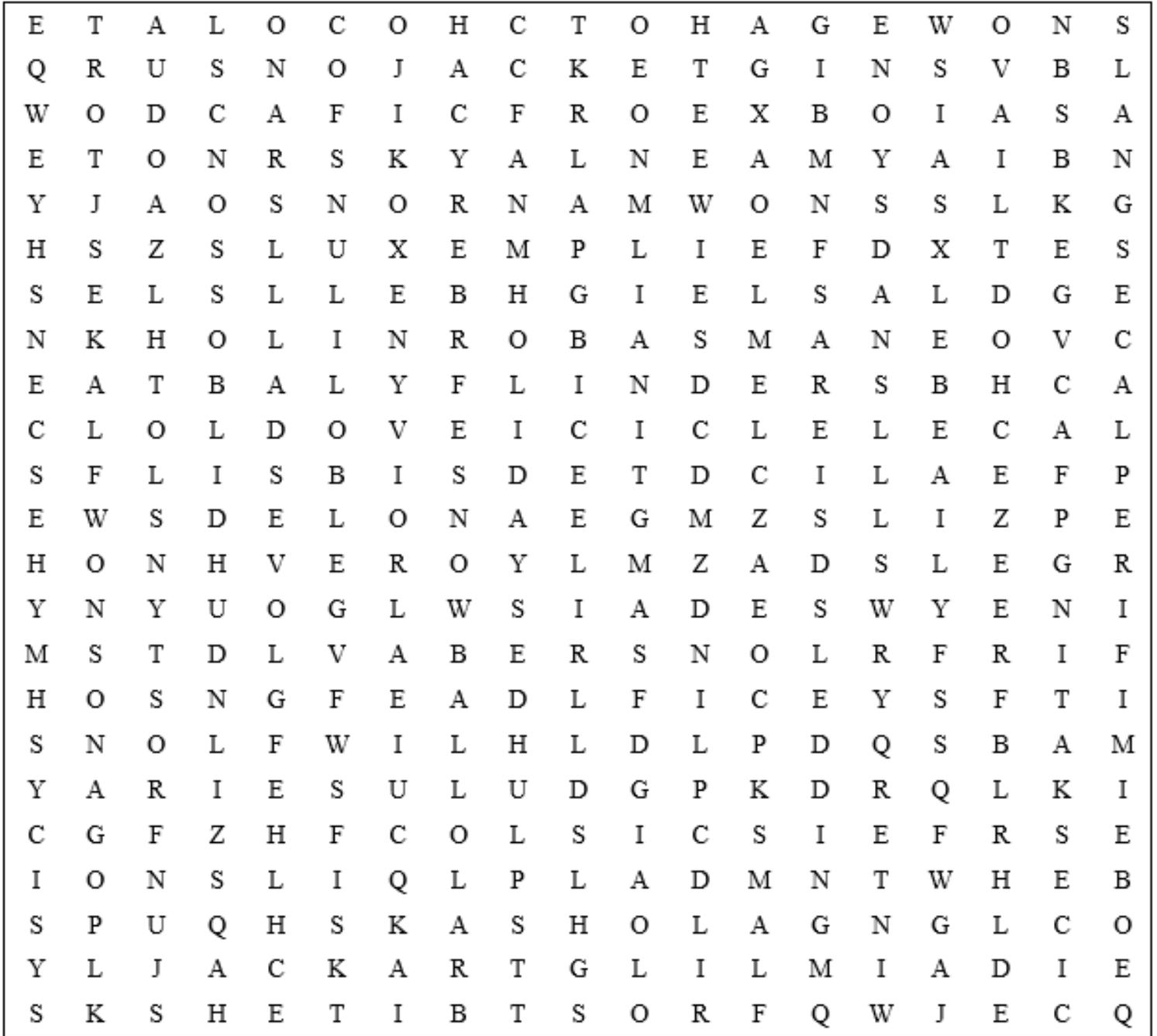
CALL: 609-581-4033 to register.

NJ Shares:

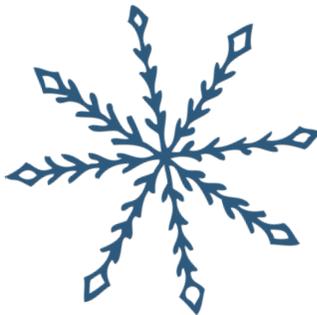
Assistance program for NJ Residents who have fallen behind on utility bills due to a temporary financial crisis. Applications for Hamilton Senior Residents ONLY. CALL: 609-890-3686.



Winter Word Search



Winter
Sleigh bells
Shovel
Fireplace
Blizzard
Snow
Slush
Snowflakes
Slippery



Blizzard
Holidays
Ice skating
Skiing
Frostbite
Icy
Frozen
Gloves
Jacket



Hot Chocolate
Flu
Snowman
Icicle
Frosty
Cold
Snowball
Sledding
Freeze



JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>Center Closed</i> New Years Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 <i>Center Closed</i> Martin Luther King Jr. Day	19	20	21	22	23
24	25	26	27	28	29	30
31						

*“Darkness cannot drive out darkness; only light can do that.
Hate cannot drive out hate; only love can do that.”
- Martin Luther King Jr.*

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12 <i>Center Closed</i> Presidents Day	13
14 <i>Valentines Day</i>	15 <i>Center Closed</i> Presidents Day	16	17 <i>Ash</i> <i>Wednesday</i>	18	19	20
21	22	23	24	25	26	27
28						

NOTE:

THE USE AND OR DISPLAY OF HARASSING BEHAVIOR & PROFANE LANGUAGE IS NOT PERMITTED ON THE SENIOR CENTER PREMISES. PLEASE RESPECT OTHERS AS YOU WISH TO BE RESPECTED. THANK YOU FOR YOUR COOPERATION.



MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 <i>Daylight Saving Time Begins</i>	15	16	17  <i>St. Patrick's Day</i>	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

*May the dreams you hold dearest, be those which come true.
And the kindness you spread, keep returning to you. • Irish Blessing*