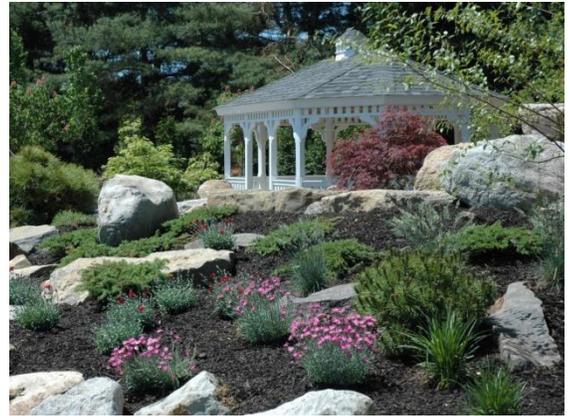


Community Resource Directory



West Windsor Township



Robbinsville Township



Public Health
Prevent. Promote. Protect.



Borough of Hightstown

West Windsor Health Department

(609) 936-8400

www.westwindsornj.org

Municipal Governance



West Windsor Township
Hemant Marathe, Mayor

Council and Board of Health Members

Linda Geevers
Ayesha Hamilton
Virginia Manzari
Alison Miller
Yingchao "YZ" Zhang

Administration

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



Robbinsville Township

David Fried, Mayor

Council and Board of Health Members

Vincent J. Calcagno
Christine Ciaccio
Mike Cipriano
Dan Schuberth
Ron Witt

Administration

Joy Tozzi, Business Administrator



Hightstown Borough
Lawrence D. Quattrone, Mayor

Borough Council

Susan Bluth
Steven Misiura
Dimitri Musing
Charles Stults

Board of Health

Jennifer Bernal
Nancy Distelcamp
Edyth Duffy
Skye Gilmartin
Walter Hewitt
Dr. John Laudenberg
Elizabeth Morley
Jean Ray

Board of Health Secretary – Robert Gilmartin

Administration

Debra Sopronyi, Business Administrator

Table of Contents

Public Health Services.....	5
County and Municipal Resources	7
Municipal Governance.....	2
Health Resources	9
Mental Health.....	13
Substance Use	17
Food and Nutrition	21
Housing.....	25
Transportation	27
Children and Families	29
Seniors and People with Disabilities	33
Other Social Services	37
Emergency Preparedness Resources.....	39
Hospitals	41
Health Centers and Clinics	45
Home Health Care	49
Helplines	50
Website Directory.....	52

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

Registered Environmental Health Specialist

Geetanjali Jain Community Health Nurse

RN, BSN

Douglas Davidson Manager, Environmental Health Services

Registered Environmental Health Specialist

Sharon Black Full-time REHS

Registered Environmental Health Specialist

Nikita Patel Full-time REHS

Registered Environmental Health Specialist

Cheryl Wnek Part-time REHS

Registered Environmental Health Specialist, Part-time

Deonna Amos-Whitfield Secretary/Registrar

Eileen Lang Secretary/Registrar

Contractual Professionals:

Tiffany Neal Certified Health Education Specialist

Dr. Radhakrishnan Clinic Pediatrician

Hightstown Office: (609) 490-5100

Registrar of Vital Statistics Debra Sopronyi

Board of Health Licensing/Vital Statistics Peggy Riggio

Robbinsville Office: (609) 259-3600

Registrar of Vital Statistics Michele Siegfried

Board of Health Licensing Carlos Reyes

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 www.westwindsornj.org/healthmain.html
271 Clarksville Road, West Windsor, NJ 08550

For emergencies after-hours, 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 in December, January and April of each 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.



Continued on next page...

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.
- Provide radon test kits for \$25.
- 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, 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

Photo ID (609) 278-7108

Consumer Affairs (609) 989-6671

Mercer County Park Commission

(609) 303-0700

www.mercercountyparks.org

West Windsor Township

(609) 799-2400

www.westwindsornj.org

Recreation and Parks Department

(609) 799-6141

www.wwparks-recreation.com

Senior Center

271 Clarksville Road

West Windsor, NJ 08550

(609) 799-9068

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

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

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

Affordable Housing

(732) 477-7750

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

The logo for the Greater Mercer Public Health Partnership. It features the acronym 'GMPHP' in a blue, vertical, sans-serif font on the left. To the right of the acronym, the words 'Greater Mercer' are stacked above 'Public Health' in a large, black, sans-serif font. Below 'Public Health', the word 'Partnership' is written in a smaller, black, italicized serif font.

GMPHP Greater Mercer Public Health *Partnership*

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)**.

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

FREE program that offers discount savings on prescription drugs.

NJ Department of Health

(800) 367-6543

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/

NJCEED (Cancer Education and Early Detection)

(800) 328-3838

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

Breast Cancer Resource Center

Princeton YWCA (membership not required)

(609) 497-2100 ext. 346

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.

Compassionate Care Hospice

(609) 584-6521

chnet.net

We are a Hospice Inpatient Unit at Robert Wood Johnson Hospital in Hamilton. Our hospice team has comprehensive knowledge and expertise in providing end of life care to patients with complex clinical needs in an acute setting.

Continued on next page...

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.

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

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

Teal Tea

(855) 832-5832

www.tealtea.org

Raise awareness and support research for
ovarian cancer.

YMCA

Hamilton: www.hamiltonymca.org

Princeton: princetonymca.org (609) 497-9622

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

Visit this website for a more detailed screening quiz: [MHAScreening.org](https://www.MHAScreening.org)

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 Human Services Resource Directory

<http://www.mercercounty.org/home/showdocument?id=5352>

Mercer County Division of Mental Health

(609) 989-6574

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

Traumatic Loss Prevention Services
(youth suicide prevention program)

(609) 278-7924

Emergency Mental Health Services

(609) 396-4357

All Access Mental Health (AAMH)

(609) 452-2088

www.aamh.org

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

Attitudes in Reverse

(609) 945-3200

attitudesinreverse.org

Mental health education and awareness.

Catholic Charities

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

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

Therapy and counseling services.

Greater Trenton Behavioral HealthCare

(609) 395-7544

www.gtbhc.org

Provides mental health and substance abuse services.

iCARE of East Windsor-Hightstown

(609) 469-0022

icareofewh.org

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

Mental Health Association in New Jersey

(973) 571.4100

www.mhanj.org

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

Continued on next page...

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)

www.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

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

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

Womanspace

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

(609) 394-2532

www.womanspace.org

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

Project Medicine Drop

For too many New Jerseyans, 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



Mercer County Locations

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



West Windsor Health Department ■ (609) 936-8400

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

Substance Use

NJ Connect for Recovery (855) 652-3737

Mercer County Human Services Resource Directory

<http://www.mercercounty.org/home/showdocument?id=5352>

Mercer County Office on Addiction Services

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

(609) 989-6826

NJ Division of Addiction Services

(844) 276-2777 (Addictions Hotline)
nj.gov/humanservices/dmhas/home/

Alcoholics Anonymous

(908) 687-8566 or (800) 245-1377
www.nnjaa.org

Catholic Charities

(609) 394-3202 or (800) 360-7711
www.catholiccharitiestrenton.org
Services include addiction treatment, mental health counseling, and more.

Corner House

(609) 924-8018
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

Provides mental health and substance abuse services.

iCARE of East Windsor-Hightstown

(609) 469-0022
icareofewh.org

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

Continued on next page...



West Windsor-Plainsboro Alliance

"Creating Healthy & Safe Communities"

GCADA
Leading the Way
for Healthy and
Safe Communities.

The West Windsor-Plainsboro Alliance for Prevention of Alcoholism & Drug Abuse is a volunteer organization working to prevent alcohol and drug related problems, abuse and addiction in our communities. We are a member of a statewide network of nearly 400 community-based Municipal Alliances encompassing more than 530 municipalities throughout NJ.



Our mission is to:

- Encourage the community to practice healthy, drug-free living;
- Provide education and resources on the prevention, intervention and treatment of alcoholism & other drug problems;
- Prevent alcohol and drug related problems and addiction in West Windsor and Plainsboro.

We are always looking for new members!

Do you live or work in West Windsor or Plainsboro?

Do you care about our communities and prevention?

We meet from September – June, generally on the 3rd Thursday of the month at West Windsor-Plainsboro High School North at 8:30 AM. Meetings are open, but we do ask that you let us know ahead of time you are attending so we have enough seats and handouts.

RSVP to info@wwpalliance.org .

For more information, visit our website: <http://wwpalliance.org/>

Substance Use, cont.

JSAS HealthCare

(732) 988-8877

www.jsashc.org

Outpatient substance abuse treatment.

Mercer Council on Alcoholism and Drug Addiction

(609) 396-5874

www.mercercouncil.org

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

NJ QuitLine (smoking cessation education, counseling, referral)

(866) 657-8677

njquitline.org

Oaks Integrated Care

(800) 963-3377

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.

West Windsor-Plainsboro Alliance

(609) 799-0909 x1109

www.wwpalliance.org

A volunteer organization working to prevent alcohol and drug related problems, abuse and addiction in our communities.

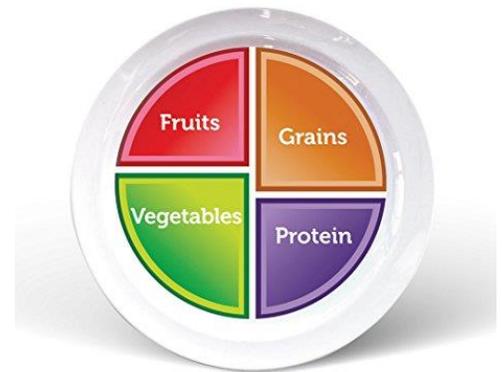
Healthy Eating for Life

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.



West Windsor Health Department ■ (609) 936-8400

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

Food and Nutrition

Mercer County SNAP (formerly Food Stamps)

(609) 989-4491

[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

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

Mercer County Cooperative Extension

(609) 989-6831

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

Jewish Family & Children's Service

(609) 987-8100 x237

www.jfcsonline.org/services

Food pantry and other services.

Meals-on-Wheels of Mercer County

(609) 695-3483

www.mealsonwheelsmercer.org

Mercer Street Friends Food Bank

(609) 396-1506

[mercerstreefriends.org/food-bank/where-
to-find-help/](http://mercerstreefriends.org/food-bank/where-to-find-help/) (list of local food pantries)

Mount Carmel Guild of Trenton

(609) 392-5159, option 1

www.mcgtrenton.org

Emergency Assistance/Food Pantry

RISE - A Community Services Partnership

(609) 443-4464

www.njrise.org

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

Continued on next page...

A COMMUNITY RESPONSE TO CHILD HUNGER

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

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.

"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/sendhungerpackingwestwindsorplainsboro/

Food and Nutrition, cont.

Salvation Army

(609) 599-9373

[newjersey.salvationarmy.org/
newjersey/Trenton](http://newjersey.salvationarmy.org/newjersey/Trenton)

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.

575 E. State St.
Trenton, NJ 08609

Send Hunger Packing (SHuP)

[www.facebook.com/sendhungerpacking
westwindsorplainsboro/](http://www.facebook.com/sendhungerpackingwestwindsorplainsboro/)

SHuP helps to close the hunger gap by
providing meals to low-income students
over the weekend.

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

[http://www.mercercounty.org/home/
showdocument?id=5352](http://www.mercercounty.org/home/showdocument?id=5352)

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

Hightstown Affordable Housing

(732) 477-7750

[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

Catholic Charities

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

www.catholiccharitiestrenton.org

Housing and residential services, etc.

HomeFront NJ

(609) 989-9417 x141

www.homefrontnj.org

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

Isles

(609) 341-4726

isles.org

Free healthy home check-ups.

Mercer Alliance to End Homelessness

(609) 599-9762

www.merceralliance.org

We develop and implement policy designed to end homelessness.

Womanspace

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

(609) 394-2532

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.

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

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

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

Children and Families

Mercer County Division of Youth Services

(609) 278-4845

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

Mercer County Board of Social Services

(609) 989-4320

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

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) 278-7924

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

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

bbbsmercer.org

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

Catholic Charities

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

www.catholiccharitiestrenton.org

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

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

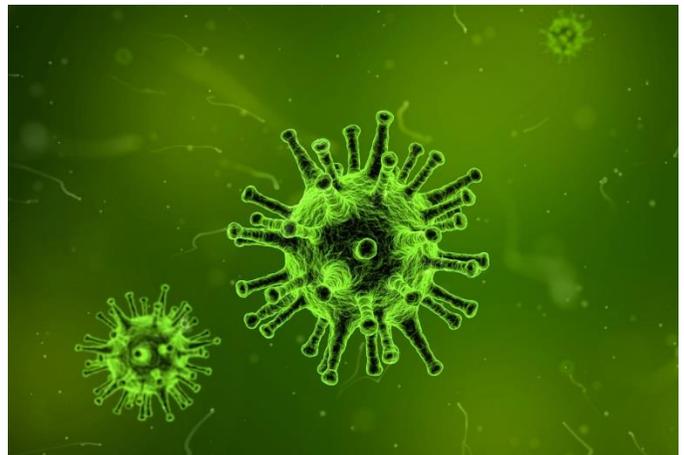
When your child is **11-12 years old**, they will need vaccines for:

- **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.



West Windsor Health Department ■ (609) 936-8400

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

Children and Families, cont.

Children's Futures

(609) 695-1977

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

We protect abused or neglected infants and children, strengthen families, and strive for stable, permanent, and loving homes.

HiTops

Teen Health Clinic & Education Center

(serving ages 13-26)

21 Wiggins Street, Princeton, NJ 08540

(609) 683-5155

www.hitops.org

Womanspace

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

(609) 394-2532

www.womanspace.org

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

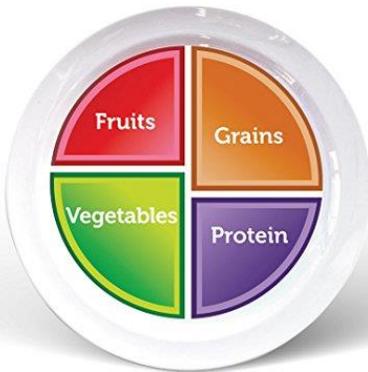
Avoiding Heart Disease and Stroke

Heart disease is the leading cause of death in the United States, and stroke is the 5th 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 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.



West Windsor Health Department ■ (609) 936-8400

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

Seniors and People with Disabilities

Mercer County Human Services Resource Directory

<http://www.mercercounty.org/home/showdocument?id=5352>

Mercer County Aging & Disability Resource Connection

(609) 989-6661

(609) 695-3483 (Meals on Wheels)

(609) 989-6650 (Nutrition Project)

(609) 695-6274 x215 (SHIP Medicare)

Mercer County Board of Social Services

(609) 989-4320

www.mcboss.org

SNAP, home health aide services, etc.

Adult Protective Services & Social Services – (609) 989-4346 or (609) 989-4347

Mercer County Division of Transportation - TRADE

(609) 530-1971

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

Non-emergency transportation.

Mercer County Cooperative Extension

(609) 989-6831

mercercounty.njaes.rutgers.edu/fchs/

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

NJ Division of Aging Services

(877) 222-3737

www.state.nj.us/nj/community/senior/

www.state.nj.us/humanservices/doas/home

PAAD: Prescription drugs and insulin at a reduced cost

HAAAD: \$100 rebate with proof of purchase of a hearing aid

Lifeline Utility Assistance: \$225 credit for homeowners or renters

NJ Commission for the Blind & Visually Impaired

(877) 685-8878

www.state.nj.us/humanservices/cbvi/

NJ Division of the Deaf & Hard of Hearing

(609) 588-2648

www.state.nj.us/humanservices/ddhh/

NJ Division of Developmental Disabilities

(800) 832-9173

www.state.nj.us/humanservices/ddd/

Continued on next page...

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 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.



West Windsor Health Department ■ (609) 936-8400

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

Seniors and People with Disabilities, cont.

Catholic Charities

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

www.catholiccharitiestrenton.org

The Family Resource Network

(800) 376-2345

www.familyresourcenetwork.org

Services for people with disabilities.

Interfaith Caregivers

(609) 393-9922

www.icgmc.org

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)



West Windsor Health Department ■ (609) 936-8400

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

Other Social Services

Mercer County Human Services Resource Directory

<http://www.mercercounty.org/home/showdocument?id=5352>

Mercer County Connection

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

www.mercercounty.org/departments/mercercounty-connection

Mercer County Department of Human Services

www.mercercounty.org/departments/human-services

Mercer County Board of Social Services

(609) 989-4320

www.mcboss.org

SNAP (formerly Food Stamps); Temporary Assistance to Needy Families (TANF); home health aide services; Refugee Resettlement.

Adult Protective Services & Social Services – (609) 989-4346 or (609) 989-4347

Child Support - (877) 655-4371

Medicaid - (609) 989-4664

NJ Helps

www.njhelps.org

Information about SNAP, cash assistance, and health insurance.

Catholic Charities

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

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

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

Salvation Army

newjersey.salvationarmy.org/newjersey/Trenton

Pathway of Hope case management

(609) 599-9373

United Way of Greater Mercer County

211 (toll-free non-emergency helpline)

(877) 652-1148

www.nj211.org • 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/, www.robbinssilletownshippolice.org/, or 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



West Windsor Health Department ■ (609) 936-8400

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

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
www.redcross.org

Centers for Disease Control and Prevention

www.cdc.gov

US Dept. of Homeland Security

www.ready.gov

NJ Dept. of Emergency Management

ready.nj.gov

NJ Dept. of Health – Emergency Preparedness

www.state.nj.us/health/er

US Dept. of Health and Human Services

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!

West Windsor Community Emergency Response Team (CERT)

(609) 799-8735

www.westwindsornj.org/ems.html



Mercer County Medical Reserve Corps (MRC)

(609) 989-6898

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.



West Windsor Health Department ■ (609) 936-8400

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

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

(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

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

(800) 933-3579

www.carrierclinic.org

CentraState Healthcare System

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

www.centrastate.com

Deborah Heart and Lung Center

200 Trenton Road, Browns Mills, NJ 08015
(609) 893-6611

www.deborah.org

Penn Medicine - Princeton Medical Center

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

www.princetonhcs.org

(609) 853-6777 (Cancer)
(609) 853-7885 (Cardiac/Pulmonary)
(609) 853-7070 (Diabetes Management)
(888) 742-7496 (Stroke Center)
(888) 897-8979 (Community Wellness)

Princeton House Behavioral Health

905 Herrontown Rd., Princeton, NJ 08540
(800) 242-2550 (Inpatient Services)
(888) 437-1610 (Outpatient Services)

Continued on next page...

Hospitals, cont.

**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

St. Francis Medical Center

601 Hamilton Avenue, Trenton, NJ 08629

(609) 599-5000

www.stfrancismedical.org

(609) 599-5222 (Cancer)

(609) 599-5277 (Cardiovascular)

(609) 599-6430 (C.A.R.E.S. mental health program for 3-21 year olds)

(609) 599-6215 (Diabetes)

(609) 599-5050 (Specialty Clinics)

(609) 599-5792 (Stroke)

(609) 599-6464 (Community Outreach)

St. Lawrence Rehabilitation Center

2381 Lawrenceville Road

Lawrenceville, NJ 08648

(609) 896-9500

slrc.org

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
- 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 is 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!



West Windsor Health Department ■ (609) 936-8400

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

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

Bristol-Myers Squibb Community Health Center (Penn Medicine Princeton Medical Center)

1 Plainsboro Road, Plainsboro, NJ 08536
(609) 853-7600
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

Compassionate Care Hospice

(609) 584-6521
cchnet.net

We are a Hospice Inpatient Unit at Robert Wood Johnson Hospital in Hamilton. Our hospice team has comprehensive knowledge and expertise in providing end of life care to patients with complex clinical needs in an acute setting.

Henry J. Austin Health Center

(FQHC - Federally Qualified Health Center)
(609) 278-5900
www.henryjaustrin.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, 4th Floor
112 Ewing Street
317 Chambers Street

HiTops

Teen Health Clinic & Education Center
(serving ages 13-26)
21 Wiggins Street, Princeton, NJ 08540
(609) 683-5155
www.hitops.org

Continued on next page...



Medina

Community Clinic

Medina Community Clinic is a registered 501(c)(3) nonprofit organization, serving the uninsured population of New Jersey. The mission of the organization is to provide specialty healthcare to uninsured adults who do not have access to specialist physicians. Medina Clinic works with the Henry J. Austin Health Center, and the charity care departments of three major Mercer County hospitals -- RWJ-Hamilton, Capital Health Regional Medical Center, and St. Francis Medical Center. Medina Clinic relies on the primary care sites and public health nurses to refer uninsured or underinsured patients to the care of specialists.

Medina Clinic's specialist panel has 32 highly trained physicians who donate not only their time and services, but also their private practice space to serve Medina referred patients. The specialties include Gastroenterology, Rheumatology, Plastic Surgery, Cardiology, Urology, Podiatry, Infectious Disease, Allergy, Endocrinology, Oncology, Hematology, Optometry, Pain Management, Mental Health Counseling, Pulmonology, Nephrology and ENT. We hope to expand into more specialties including ophthalmology, neurology, dermatology, and orthopedics.



Since its establishment in 2014, Medina has provided over 600 office visits and lifesaving procedures, completely free of charge to the patients and with no compensation to the physicians. Some notable procedures include: surgeries, colonoscopies, endoscopies, catheterizations, and stents. Medina Community Clinic is a growing part of the dedicated healthcare community in New Jersey working towards a healthier and better served society.

*Navigator Judith Hamilton and
Director Arshe Ahmed at a flu clinic*

To learn more about Medina Clinic, please visit our website www.medinahhealthcare.org or call (609) 270-5067 or (609) 273-9488.

Health Centers and Clinics, cont.

Medina Community Clinic

(609) 235-8820

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

Trenton Health Center
437 East State Street, Trenton, NJ 08608

Hamilton Health Center
2279 State Highway 33
Hamilton Square, NJ 08690

Freehold Health Center
800 W Main Street
Freehold, NJ 07728

Princeton Fitness & Wellness Center

princetonfitnessandwellness.com

Princeton Location:

1225 State Rd. (Route 206)

Princeton, NJ 08540

(609) 683-7888

Plainsboro Location:

7 Plainsboro Road

Plainsboro, NJ 08536

(609) 799-7777

Robert Wood Johnson Fitness & Wellness Center - Hamilton

3100 Quakerbridge Road

Mercerville, NJ 08619

(609) 584-7600

rwjhamiltonwellness.com

Home Health Care

Mercer County Board of Social Services

(609) 989-4320

www.mcboss.org

Home health aide services; Medicaid.

Mercer Home Health Care

(609) 227-2727

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

mtcarmelguild.org/home-health-nursing/

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

Princeton HomeCare Services

(609) 497-4900

www.princetonhcs.org/care-services/princeton-homecare

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

Helplines

211 * ■ Non-Emergency Helpline

www.nj211.org *

Information and Referral Services - Mercer County United Way

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

Addictions Hotline.....	(800) 238-2333 *
Alcoholics Anonymous	(908) 687-8566
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 *
CANCER	
American Cancer Society	(800) 227-2345 *
CancerCare (free support services)	(800) 813-4673 *
National Cancer Institute	(800) 422-6237 *
CARDIOVASCULAR DISEASES	
American Heart Association.....	(800) 242-8721 *
American Stroke Association	(888) 478-7653 *
Catastrophic Illness in Children Relief Fund	(800) 335-3863 *
Centers for Disease Control and Prevention (CDC) Info Line	(800) 232-4636 *
Child Abuse Reporting Hotline.....	(877) 652-2873 *
Consumer Product Safety Commission	(800) 638-2772 *
DOMESTIC VIOLENCE	
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.....	(800) 433-0254 *
Homeless Hotline (Mercer County)	(609) 468-8296
Juvenile Diabetes Research Foundation.....	(800) 533-2873
Legal Services Hotline	(888) 576-5529 *
MEDICATION ASSISTANCE	
Prescription Discount Card (ProAct).....	(877) 776-2285
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.....	(800) 273-8255 *
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”.

CANCER

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

CARDIOVASCULAR DISEASES

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

DIABETES

- American Diabetes Association www.diabetes.org *
- Juvenile Diabetes Research Foundation www.jdrf.org

EMERGENCY PREPAREDNESS

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

Website Directory, cont.

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