



MONTGOMERY

TOWNSHIP, NEW JERSEY

MONTGOMERY TOWNSHIP NEWSLETTER • SPRING 2024



MAKING HEALTHY CONNECTIONS IN 2024

Montgomery kicked off the year by making our presence known statewide and selecting Neena Singh to serve as mayor, the first Sikh and Indian-American woman in New Jersey to hold such office. Leaders from across the state were at the Township Committee's Reorganization Meeting celebrating the historic day, including Reps. Bonnie Watson Coleman and Andy Kim.

Many other historic firsts included the selection of Vince Barragan as the first Latinx deputy mayor and Dennis Ahn as the first Korean committee member in Montgomery. Patricia Taylor Todd is the second African American to serve on our committee, and former Mayor Devra Keenan continues serving our community with her years of experience.

As part of our yearly goal setting, we laid out a plan for encouraging our community to make healthy connections. We are bringing together township departments, residents, and community organizations

to enhance everyone's overall well-being physically, socially, and emotionally.

In 2023, we started direct efforts to enhance pedestrian and bicycle safety across our municipality. Through collaboration with state and county leaders, we opened a new crosswalk along Orchard Rd. and launched a public safety awareness campaign. We will continue in 2024, furthering our work to make intersections safer for everyone, especially our youngest residents.

Our commitment to our volunteer fire department and emergency medical services remains as strong as their dedication to helping everyone in Montgomery. While other municipalities have outsourced some public safety functions, we are incredibly proud of our volunteers and their work helping our community when we need it the most. Both fire companies and Montgomery EMS are actively recruiting volunteers - if you have time to give, please consider answering the call to serve.

Finally, our team remains focused on

finding ways to enhance services and quality of life while keeping costs down. Whether through attracting new ratables, finding outside sources of revenue, such as grants, or innovative shared service agreements, everyone working in our municipal center is stretching each dollar further.

As we get ready for Earth Day, Trails Day and more outdoor events, we hope to see you enjoying all Montgomery has to offer. ♦

- Mayor Neena Singh**
- Deputy Mayor Vincent P. Barragan**
- Dennis Ahn**
- Devra Keenan**
- Patricia Taylor Todd**

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Check out the latest information about upcoming Mayors Wellness Campaign programs!

INTRODUCING THE MAYORS WELLNESS CAMPAIGN

In a community of 23,000 people, improving health and wellness can sound like a daunting challenge. But through collaboration and by supporting one another, we can all live healthier lives physically, socially and emotionally. Mayor Neena Singh has signed the community pledge and Montgomery has formally joined 400 other municipalities on New Jersey Health Care Quality Institute's Mayors Wellness Campaign.

"Wellness is a collaborative effort. I am more likely to head out for a walk when I

know there is someone coming with me," said Singh. "Walking is a low impact workout and requires minimal equipment. To encourage everyone to get outside, I'll be hosting 'Walks with the Mayor' once the weather gets warmer."

Many of the events historically held throughout the year in our community have been focused on encouraging healthy behavior, and over the next year we will be even more intentional in promoting wellness. Our annual Earth Day Fair is an activity that promotes environmental health by preventing plastic and metal from polluting our local ecosystem. Nothing beats

a leisurely stroll outdoors, and Trails Day is a chance for everyone to enjoy our beautiful natural landscape.

"There will be opportunities for our health department, parks and recreation, schools, library, businesses and local community groups to collaborate on this important quality of life endeavor," explained Singh. A full calendar of events is being assembled, with opportunities for everyone to get involved. ♦



NATIONAL RADON ACTION MONTH



RABIES VACCINATION CLINIC



AMERICAN HEART MONTH

GETTING KIDS READY TO ENJOY THE OUTDOORS THIS SPRING

Warmer weather and the start of spring means our youngest residents are eager to get back outdoors and on their bicycles. Montgomery Police Department encourages everyone to enjoy the fresh air, but reminds us all that pedestrian and bicycle safety is a team effort.

"Children 16 years of age and younger are required, by law, to wear a helmet when riding a bicycle," said Montgomery Police Captain Silvio Bet. "Regardless of age, we encourage everyone to wear a helmet when biking - it could save your life in a crash."

In preparation for spring, parents are en-

couraged to review safety tips with their families. This includes:

- Always wear a helmet when riding a bicycle
- Walk on the sidewalk, when available, or against traffic in the shoulder
- Never walk along Rt. 206
- Only cross Rt. 206 at intersections controlled by traffic lights

Our engineering department continues working with state and county leaders to advocate for safety enhancements along our roadways. While these improvements are made, our police and health department will continue sharing safety tips. ♦



CLEAN STREAMS. HEALTHY WATER.

Whether your home is connected to public water or has a well, how you care for your lawn, clean up after your pet and maintain your car can make a big difference in drinking water quality. Rain carries pesticides, debris, and other materials to storm drains, basins, streams, and rivers which feed the aquifers that source our water.



Small changes can have a profound impact on the overall quality of our local water supply. "We're protecting our own health and the sustainability of our local ecosystem by paying careful attention to potential contamination," reminded Mayor Neena Singh. "Just by picking up after your dog, you can prevent harmful pathogens from seeping into the ground and our water."

With spring and warmer weather around the corner, here are the most important steps you can take:

1. Follow directions on fertilizers and pesticides. Do not over-apply and pay careful attention to the weather forecast to avoid application before heavy rain.
2. Check your car for leaks, make repairs, and dispose of used motor oil and antifreeze for free at Montgomery's Container Facility.
3. Go to a car wash that treats and recycles used water.
4. Clean up after your pets.
5. If you have a septic system, register and maintain it.

For more tips to keep our local water clean, visit www.CleanWaterNJ.org

A STRONG TREE CANOPY FOR A HEALTHIER COMMUNITY

Montgomery is known for our beautiful, natural landscape that is supported by our diverse tree canopy. Trees have many positive health benefits, including the ability to naturally filter air, and soak up and filter water during rainfall. Our local ecosystem is also supported in numerous ways by trees that provide a natural habitat for animals and insects.



Depending on age and size, one tree can absorb up to 10,000 gallons of water per year.

Recent storms have caused flooding across Montgomery and the region, and every portion of land that is made impervious impacts the natural absorption of stormwater into the ground. Trees are critical to flood prevention, especially larger, older ones that absorb water and stop it from seeping into your basement.



Household energy bills are also tied to the number of trees surrounding your home. Natural shade can reduce overall sun exposure, which means the air conditioning is more efficient. Lower energy use is a win-win, saving you money and preventing further greenhouse gas emissions that lead to severe storms and flooding.

Our township committee continues collaborating with state and county leaders to preserve open space and protect our tree canopy. You too can help by protecting and preserving the trees on your property.

A new Tree Preservation Ordinance is on the way following a mandate from state lawmakers requiring rules for protecting trees in every municipality.

JUMP INTO A MENTALLY STRONG SPRING

Are you feeling the winter blues? You are not alone. Late winter is when many people start to feel the effects of seasonal affective disorder (SAD) or seasonal depression. The lack of sunlight and warmth can negatively impact mental health, but there are strategies to beat the winter blues.

"Getting out of the house and going for a walk even when it looks like yet another gray day can have a really positive impact," suggested Health Officer Devangi Patel. "Encouraging a friend or family member to join you can make the day that much better."

Exercise is one of the best ways to keep SAD at bay, while bolstering physical wellness at the same time. "Our Parks and Recreation Department offers a whole

bunch of activities for residents of all ages," said Mayor Neena Singh. "I've been heading to Otto Kaufman Community Center for years and regularly enjoy the programs that give me a chance to support my physical well-being."

Stay tuned for opportunities to support your physical, social and emotional health through the Montgomery Mayors Wellness Campaign.

For a complete list of programs, visit the Parks & Recreation website.

2024 SPRING EVENTS



APR 12 ARBOR DAY TREE PLANTING

APR 13 STREAM CLEAN UP

APR 21 EARTH DAY FAIR

APR 28 RUN WITH ROTARY

MAY 04 SPRING FLING

MAY 18-19 CRAFT FAIR

JUNE 01 TRAILS DAY

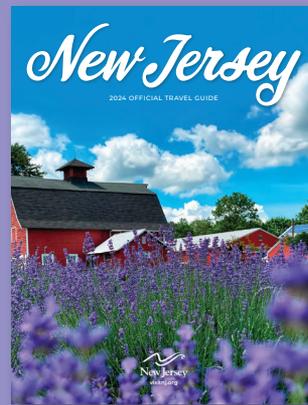
JUNE 01 FARMERS' MARKET

2024 PRIMARY ELECTION INFORMATION

 Primary Day: **June 4**

 Registration Deadline: **May 14**

 In-Person Early Voting: **May 29 - June 2**



Did you see Montgomery's Hidden Spring Lavender and Alpaca Farm featured on the cover of New Jersey Travel Guide Magazine?

JOIN THE MAYORS WELLNESS CAMPAIGN RUN WITH ROTARY TEAM

Sign Up



LET'S CONNECT MONTGOMERY!



SIGN UP FOR THE eBULLETIN

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IMPORTANT PHONE NUMBERS

- Municipal Offices (908) 359-8211
- Non-Emergency Police (908) 874-3333
- Parks & Recreation (609) 466-3023
- Senior Center & Food Pantry (609) 466-0846
- Department of Public Works (908) 874-3144