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**ECHO, Inc.'s Annual  
Octoberfest &  
Senior Information Fair**



**Enjoy Your Choice of  
PUMPKIN SOUP  
OR  
CHICKEN NOODLE  
SOUP  
with  
Crusty Bread  
Cheese & Crackers  
Dessert and Coffee  
Cost: \$7.00**

Soup also available for  
Takeout \$3.00

**Friday, OCT. 26, 2018**

**11:00 a.m. to 2:00 p.m.**

**ECHO, Inc.  
471 Parkway Ave.  
Trenton, NJ 08618**

- Health Screenings
- Information on Senior Benefits
- SHIP Counseling
- Healthy Living
- Kick-off your holiday shopping!!

Handcrafted Knit & Crochet Items  
Baked Goods, Jewelry, Plants,  
Crafts and more!

For Profit Vendors are welcome  
Tables available  
\$10.00

Agencies also welcome at no charge  
Table Reservation &  
Registration & Payment due by  
Oct. 19, 2018



## Holiday Calendar Office Closing

October 1st—Shemini Atzeret

October 2nd — Simcha Torah

## November Food Pantry Schedule

Monday, November 5th 5:00 PM — 8:00 PM

Tuesday, November 6th 10:00 AM — 1:00 PM

Monday, November 12th 5:00 PM — 8:00 PM

Monday, November 13th 10:00 AM — 1:00 PM

Election day is Tuesday November 6th

To register in New Jersey you must be:

- A United States citizen
- age of 18.
- Resided in the county
- NOT currently serving a felony conviction

Must complete a Voter Registration Application and/or Party Affiliation Form and deliver it to the County Commissioner of Registration or Superintendent of Elections



**Habitat  
for Humanity®**

Apply to purchase for an affordable mortgage! Habitat for Humanity is building houses in: Princeton, Palmyra, Hamilton, Springfield, and Ewing.

Visit [www.habitatbcgtp.org](http://www.habitatbcgtp.org) or call (856) 441-3626 for more information

## What's Cooking in Gale's Kitchen?

# Apple Bread

A fast, healthy bread loaded with apples and walnuts. Perfect for a fall snack or for breakfast. Try it topped with peanut butter.

Makes 1 8 x 4-inch loaf

### INGREDIENTS:

2 cups cored, peeled and ½-inch diced apples (about 2 medium), can try Granny Smith, Golden Delicious, Cortland or whatever is available

1 ½ cups whole wheat pastry flour

1 tsp baking soda

1 tsp cinnamon

¼ tsp Kosher salt

½ cup unsweetened applesauce

2 Tbsp canola oil

2 Tbsp milk (any kind)

½ cup sugar

1 large egg

1 tsp vanilla extract

½ cup coarsely chopped walnuts, lightly toasted

### DIRECTIONS:

Preheat oven to 350 degrees. Lightly coat an 8 x 4-inch loaf pan with baking spray and set aside.

In a large mixing bowl, combine the flour, baking soda, cinnamon, and salt. In a separate bowl, whisk together the applesauce, oil, milk, sugar, egg and vanilla until smooth.

Make a well in the center of the dry ingredients, then add the wet ingredients all at once. Mix just until combined. The batter will be thick and stiff. Fold in apples and nuts.

Pour the batter into the prepared loaf pan and smooth the top. Bake 45 to 60 minutes until a toothpick inserted in center of loaf comes out clean. If the top is browning too quickly, cover with tented aluminum foil for last 10-20 minutes.

Place loaf on a wire rack and let cool 10 minutes in pan. Then turn out onto a rack to cool completely. Enjoy warm or at room temperature.

Store in an airtight container at room temperature for no more than 4 days. You can freeze it up to 2 months and let thaw in refrigerator overnight.

# A is for APPLE

If someone were to ask you to name familiar fruits, chances are you'd blurt out "apple" first. Apples are the second most popular fruit in America, after bananas. No one knows exactly how many apple varieties exist, but the number exceeds 7000. There are 2500 varieties grown in the United States.

In the northern hemisphere, apple season begins at the end of summer and lasts until early winter. Apples available at other times have been in cold storage or are imported from the southern hemisphere.

Apples are one of the healthiest foods a person can eat. They are high in fiber (4 grams for an average apple) and vitamin C, and they are also low in calories (90 calories for an average 6 oz apple), have only a trace of sodium, and no fat or cholesterol. Almost half of an apple's vitamin C content is just under the skin, so it's a good idea to eat apples with their skins. This is also where apples' fiber is found. They contain soluble fiber, which helps prevent cholesterol from building up in the lining of blood vessels, which in turn helps prevent atherosclerosis and heart disease.

The American Institute for Cancer Research recommends eating lots of fruits and vegetables, including apples. The antioxidant content of apples ranks among the highest for fruits, and research shows that antioxidants help prevent cancer. Lung cancer risk can especially be lowered through apples' antioxidants

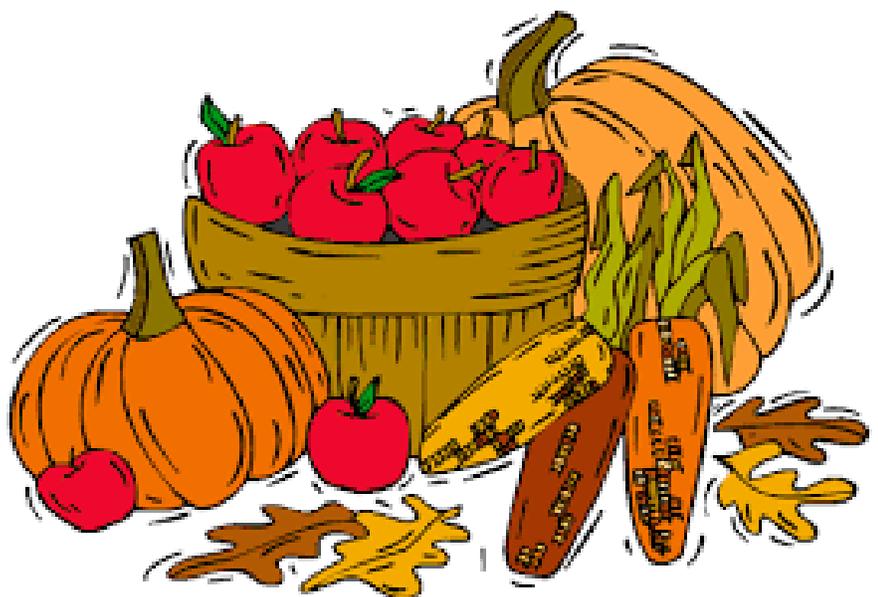
Store apples in the refrigerator to keep them firm; they deteriorate rapidly at room temperature.

What apples should you use?

**EATING:** It's a matter of individual preference but crisp and juicy varieties with a balance of sweetness and tartness are what to aim for. Some to consider: Braeburn, Empire, Fuji, Gala, Golden Delicious, Jonamac, Macoun, McIntosh and Winesap.

**APPLESAUCE:** Use hearty, full flavored apple. Try Jonamac, Jonathan, McIntosh, Northern Spy and Winesap.

**PIES, CRISPS and CAKES:** Use sturdy apples like Braeburn, Empire, Jonathan, Golden Delicious or Granny Smith. Avoid McIntosh – the filling will be mushy.





# New Jersey Department of Human Services **DHS**

## Quick Reference Guide to Social Services and Housing Resources for the Department of Corrections

### GENERAL

- **Department of Human Services** ([www.state.nj.us/humanservices](http://www.state.nj.us/humanservices)) is a website that provides a comprehensive list of all programs and services supported by the state.
- **NJHelps.org** ([www.njhelps.org](http://www.njhelps.org)) is a one-stop website to screen individuals for eligibility to over 30 social service programs. Individuals can go in independently or with the assistance of a case-manager or constituent services staff member and apply for services such as Food Stamps, welfare assistance and NJ FamilyCare health insurance.
- **NJ211.org** ([www.nj211.org](http://www.nj211.org)) is an informational hotline that can be dialed from any phone and on online, searchable social service directory with 'chat' function.

### ADDICTION SERVICES

- **NJ Drug Hotline.org** ([www.njdrughotline.org](http://www.njdrughotline.org)) has helped people find alcohol or drug treatment programs, locate 12-step support meetings, or find the answers to questions concerning drugs and alcohol. Trained telephone counselors are available 24 hours a day, 7 days a week to educate, assist or counsel individuals and families battling addictions. Calls are free and confidential.

### CHILD CARE

- **Child Care Resource and Referral Centers** (<http://www.state.nj.us/humanservices/dfd/programs/child/ccrr/index.html>) services include information and referral to help parents locate child care and to answer questions on types of child care, how to pay for care, and even how to become family day care and licensed child care providers.

### FINANCIAL ASSISTANCE

- **Work First New Jersey/Temporary Assistance for Needy Families (WFNJ/TANF)** the state's welfare program, helps families with children get off welfare, secure employment, and become self-sufficient, through job training, education, and work activities; and may include supports such as temporary cash assistance, case management, child care, and transportation. *A 2010 law change allows WFNJ/TANF applicants/recipients to be eligible for WFNJ benefits whether or not they have been convicted of a drug offense, as long as other eligibility requirements are met. There are no longer any requirements to participate in a drug treatment program as a result of a drug offense conviction.*
- **WFNJ/General Assistance (GA)** offers cash and medical assistance to single individuals or childless couples to transition to jobs and take the first step toward self-sufficiency. *The 2010 law change did not change any of the current GA regulations regarding conviction of a drug offense. Under the law, any person convicted on or after August 22, 1996 of felony drug distribution will be permanently ineligible to receive cash assistance. Persons convicted of possession or use of a controlled substance on or after August 22, 1996 may be*



*eligible for WFNJ/GA benefits, if the person enrolls in and actively participates in or completes a Department of Human Services (DHS), Division of Addiction Services (DAS) licensed or approved Residential Substance Abuse Treatment Program, and meets the provisions of the program.*

- **Emergency Assistance (EA)** is a supportive service to meet the emergent needs of WFNJ recipients who are at risk of homelessness and/or are experiencing emergencies.

### FOOD ASSISTANCE

- **NJ Food Stamps** (<http://www.njfoodstamps.com>) gives eligibility requirements and provides an application for food stamps, which are available to low-income households including families, couples without children, individuals, seniors, disabled persons, legal immigrant and victims of family violence. When you apply online, you also can choose to apply for welfare and/or Medicaid health insurance programs at the same time.
- **End Hunger NJ.org** ([www.endhunger.org](http://www.endhunger.org)) helping individuals and families locate food assistance at pantries and soup kitchens. The site also provides nutritional advice and information about food safety.

### HEALTH CARE

- **NJ FamilyCare.org** ([www.njfamilycare.org](http://www.njfamilycare.org)) provides information and an application on low or no-cost health insurance for families 350% or below the federal poverty level.
- **NJ HealthLink** (<http://www.nj.gov/njhealthlink/>) provides information about health related services.

### HOUSING

- **The NJ Housing Resource Center** ([www.njhousing.gov](http://www.njhousing.gov)) is an online tool for finding and listing affordable housing, helping people with disabilities find housing and finding housing information. Vacancies are updated bi-weekly.
- **The Homelessness Prevention Program** provides short term assistance to applicants meeting the program's eligibility guidelines. For renters facing eviction, go to [www.nj.gov/dca/divisions/dhcr/offices/docs/hppcontacts.pdf](http://www.nj.gov/dca/divisions/dhcr/offices/docs/hppcontacts.pdf). For homeowners facing foreclosure, go to [www.nj.gov/foreclosremediation/](http://www.nj.gov/foreclosremediation/) or call 1-888-989-5277.

### MENTAL HEALTH

- **Designated Psychiatric Screening/Crisis Centers** (<http://www.state.nj.us/humanservices/dmhs/MH-screeningcenters.html>) mental health screening centers and related hotlines.