



e-Connections



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September 2014

Time to Renew your NJ Smart Workplaces Application!



Nominations for the 2014 NJSW awards are now being accepted. NJSW awardees will be recognized at Greater

Mercer TMA's Annual Meeting in October. For more information on the program contact [Aly Dyson](#).

World Car Free Day - September 22

September 22 is World Car Free Day when more and more people around the world make an effort to take the heat off the planet by leaving the car at home and walking, biking or using public transportation. Car Free Day gives us all a chance to reflect on the negative consequences associated with driving and the hope is that once people have left the car at home for one day, this will turn into a habit.



If you plan to bike, walk or take public transportation on this day, let everyone know you are doing your part, [go to our Facebook page and join the World Car free Event](#).

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International Walk to School Day is October 8th



It's that time of the year again! School has started and that means Walk to School Month is close too! This is a great reason to



plan fun and exciting walking events in your community. But why stop there? Communities and schools can use Walk to School Month as a step toward changing community culture and creating better options for getting around that are safer, healthier, and also fun and rewarding.

Walking and Biking to School on October 8 is a global event that involves communities from over 40 different countries. What began as a one day event in 1997 has grown to become part of a Safe Routes to School movement; encouraging and celebrating walking to school.

Did you know that September is National Childhood Obesity Awareness Month? According to healthfinder.gov, one in 3 children in US is obese or overweight. Lifestyle changes like diet and exercise can help curb this problem. If your children are not already walking or biking to school, Walk to School Day is a great opportunity to start. Instead of taking the bus or driving your child to school, let your student discover that the journey to school can start with their own two feet!



Save the Date!

GMTMA's 30th Anniversary on October 30th!
Annual Luncheon and NJ Smart Workplaces Awards.
Guest speaker **Veronique Hakim** Executive Director
of NJ TRANSIT.

Invitation only.

September is Healthy Aging Month

Mobility is a critical aspect of healthy aging! We all need to have the ability to stay connected to our communities, healthcare, shopping and social opportunities.

How to help yourself or the seniors in your life:

1. Encourage everyone to keep walking. Maintaining mobility is a lot easier than regaining mobility.
2. Promote Complete Streets in your town so that safe walking is possible.
3. Keep driving skills sharp by signing up for a driver refresher course through AARP.
4. Learn how to use public transportation. It will be much easier to "put down the keys" if it should become necessary. [Contact GMTMA](#) to learn



about our travel training classes.

5. Learn about senior ride services like [TRADE](#) and [RideProvide](#) in Mercer County and [Ocean Ride](#) in Ocean County.
6. Advocate for improved transportation options for seniors.
7. Have a positive attitude!

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