

# Summit NJ Times

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## STUDENTS TO PERFORM AT REGIONAL CHORUS

The Summit Public Schools is excited to announce that LCJSMS 7th graders Chloe Lee and Scott Au-Yeung were accepted into CJMEA's (Central Jersey Music Educators Association) Intermediate Regional Chorus this year! They will perform at 3:00 p.m. on Sunday, March 10, 2019 at Monroe Township High School, 200 Schoolhouse Rd, Monroe Township, NJ.

## FIVE MIDDLE SCHOOL STUDENTS CHOSEN FOR REGIONAL BANDS

Five student musicians from Lawton C. Johnson Summit Middle School (LCJSMS) were chosen by the Central Jersey Music Educator's Association (CJMEA) to play in junior regional bands. John Cho (8th grader) made 1st trombone, making him the top trombonist in the region. Brian Axtell (8th grade) and James Ritter (8th grade) were made 2nd and 3rd trumpet, respectively. Clarinet players Ian Ritter (8th grade) and Jamie Eck (7th grade) garnered spots in the Wind Ensemble and Symphonic Band. All five students will perform in a concert in March with the best middle school instrumentalists in the region. "We are so proud," said Rebecca Hoffler, Instrumental Music Teacher at LCJSMS.



Photos by Summit Public Schools

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(above, l-r) Jamie Eck, James Ritter, John Cho, Brian Axtell, and Ian Ritter will represent in junior regional bands.

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Community service organizations, schools and sports teams are encouraged to submit news of upcoming events or highlights and photos from recent events.

Organizations who are interested in submitting content, please email [Editor@rennamedia.com](mailto:Editor@rennamedia.com)

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# 5TH ANNUAL CEREAL BOWL SCORES A TOUCHDOWN AGAINST HUNGER

The LCJSMS 6th Grade Homerooms held their fifth annual Cereal Bowl from January 23 - February 6, 2019. During this competition, each sixth grade team tries to collect the most boxes of cereal to donate to the Loaves and Fishes Food Pantry at St. Teresa of Avila's Church.

Overall, 1,480 boxes of cereal were donated by the sixth graders! Leading the Cereal Bowl Teams were:

- Team Captain Crunch, consisting of the homerooms of Mr. Carapezza, Ms. Rand, and Ms. Tarantino; they brought in an astonishing 292 boxes of cereal!
- Team Cookie Crisps, consisting of the homerooms of Ms. Ettinger,

Ms. Kennedy, and Mr. Lodziato; they turned in an fantastic 288 boxes of cereal!

- Team Froot Loops, consisting of the homerooms of Ms. Hitchen, Ms. Macias, and Mr. Wannamaker; they donated a wonderful 283 boxes of cereal!

"We are constantly encouraging our students to be a community that helps others. Through the Cereal Bowl, our 6th graders took the lead in helping to feed many local families. Their enthusiasm was overwhelming. We could not be more proud of this group and their effort to support our community," said Bridgette Moore, leader of Team 6B.



(above, l-r) Sixth Grade Cereal Bowl competitors Samantha Cooper, Keira Borst, Juliet Ho, Saaniya Alangad, Nikita Shevyakov, and Christopher Smith.

Photo by Summit Public Schools.




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(above) Trustee Deb Belfatto with Nadine Brechner, Chief Development Officer for Trinitas. The Trinitas Family sends thanks to Deb and Joe, Lindsay and Marcus for their compassion and generosity.



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# COUNT YOUR BLESSINGS, SHARE YOUR BLESSINGS

Submitted by Yolanda Fleming

It's not only important to count your blessings, but to share your blessings.

"It's our family philosophy," says Deb Belfatto of Summit, a trustee for Trinitas Health Foundation, which serves as the fundraising arm of Trinitas Regional Medical Center.

Recently, her son-in-law Marcus Tabani, Store Team Leader of Whole Foods in Bryant Park, NYC, arranged to donate toys from the store to Trinitas' New Point Campus, which serves pediatric patients with behavioral health needs.


Loading up vehicles filled with donated gifts for a family in need or a chosen charity has been a Belfatto family tradition for many years. And now, her daughter Lindsay and her husband Marcus carry on the tradition of giving for the holidays. This year, they held a Christmas party and asked guests to bring presents for the children

at Trinitas in lieu of hostess' gifts. Marcus added to the collection with quality toys from Whole Foods, such as wooden blocks, stuffed animals and puzzles.

"I'm proud of Lindsay and Marcus for carrying on our tradition," says Deb. "The toys were delivered on New Years' Day when all the children could be there to receive them. They all gathered in the community room and Lindsay spoke. It was heartwarming. It was an opportunity to express gratitude for their blessings. And that's what Christmas is really all about."

Deb is Co-Chair of the "Peace of Mind" capital campaign, which is raising \$4 million to renovate and modernize the building that houses the extensive Department of Behavioral Health & Psychiatry of Trinitas Regional Medical Center.

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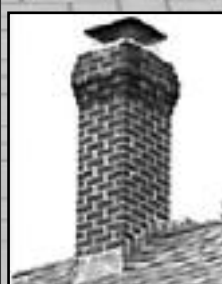
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## SUMMIT COUPLE NAMED SAGE'S "SWEETHEARTS OF THE YEAR" FOR 2019

*Submitted by Cindy Potters*

SAGE Eldercare has named Pam and Richard Hefter of Summit as their "Sweethearts of the Year" for 2019. Richard is originally from Bayside Queens and Pam grew up in Great Notch, New Jersey. They met in 1974 when they were both computer programmers at Met Life in Manhattan and played Hearts every day at lunch. "That's what computer people did – we played cards," said Richard laughing. They married in 1980 and moved to Summit the following year. They have two children; a son who is currently living in Poland and a daughter who resides in Manhattan.

When Richard retired five years ago he wanted to do something meaningful with his newfound free time. A friend in Washington DC had been delivering Meals on Wheels for years and told Richard how rewarding it was. He contacted SAGE and has been a volunteer with Meals on Wheels and the SAGE Grocery and Errand Service ever since.

Pam volunteers at SAGE's front desk and occasionally accompanies Richard when he delivers meals. Assisting her late parents, who

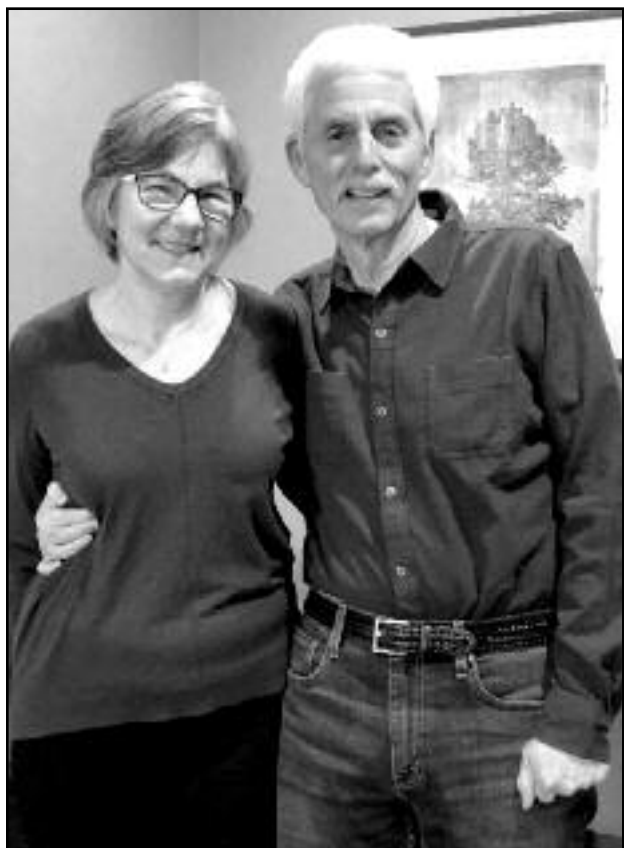
lived on Cape Cod, negotiate medical care was one of the reasons the two sought out SAGE. "The experience of helping my parents taught us a lot about what happens when you get older and don't want to leave your home," said Pam.

"A lot of people are quick to write off the elderly," said Richard, adding that he and Pam have met such wonderful, interesting people since they began volunteering, including a former top chemist for Polaroid and an Intervention Radiologist who helped Pam find a specialist when she was in need of one. They've also cooked dinners for clients, repaired electronics and run errands when needed, among other things. "People like Rich and Pam exemplify why Meals on Wheels is so much more than a meal delivery service," said Marianne Kranz, SAGE's Director of Volunteers. "Our volunteers take clients nutritious meals, but they also make sure they are safe each day and visit for that much-needed human connection."

Richard said he is always the last to return to

SAGE on the days he volunteers because he spends extra time visiting with clients. For many this is their only contact all day. "These people have lived full lives and have amazing stories to tell," he said. "This has been a learning experience."

Since 1954, SAGE Eldercare has been helping make the communities it serves amazing places to age. The organization provides a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible. From helping with errands, to exercise classes, community programs, care planning, and home health care, SAGE's expertise helps older adults remain independent in their own homes. SAGE is committed to being the leading provider of programs and services to meet the changing needs of older adults, their families, and caregivers throughout Union, Essex, Morris, and Somerset Counties. For more information, please call 908-273-5550 or visit [sageeldercare.org](http://sageeldercare.org).



(above) Sage Eldercare has named Pam and Richard Hefter of Summit "Sweethearts of the Year" for 2019. "The experience of helping my parents taught us a lot about what happens when you get older and don't want to leave your home," said Pam.

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# SPRING INTO ACTION AT THE SUMMIT LIBRARY: VOLUNTEER FAIR AND GREAT DECISIONS COURSE

Summit Times • Page 7 • March 2019

Who's ready for spring? The good news is it's almost here! Time to renew and reenergize—and the Summit Free Public Library has some great activities and programs to help you shake off those winter blues and out a spring back in your step!

## COME TO THE VOLUNTEER FAIR!

On Saturday, March 9, 2019 from 1-4 p.m., 25 Summit area non-profit organizations will be looking for a few good men, women, and teens at our Second Annual Volunteer Fair. Representing a range of interests, the non-profits cover social services, the arts, healthcare, animal care, and more. The Volunteer Fair is an opportunity to meet with representatives from each organization, learn more about their mission, and discuss the different types of volunteer options available. It's a great 'one-stop shop' for adults and high school students to find a volunteer position that fits both your personality and your passion.

Following is a list of non-profits that will be

exhibiting: American Red Cross; Area Baby Center; CASA of Union County; Christ Child Society; The Connection; Continuo Arts Foundation; Dreamcatcher Repertory Theatre; Family Promise; Fortnightly Club of Summit; Friends of the Summit Free Public Library; Furniture Assist; Great Swamp Watershed Assn.; Home for Good Dogs; Imagine: A Center for Coping with Loss; Junior League of Summit; Rahway Watershed Assn.; Reeves-Reed Arboretum; SAGE Eldercare; St. Hubert's Animal Welfare Center; Summit African American Action Assn.; Summit Helping Its People (SHIP); Summit Playhouse; Summit Volunteer First Aid Squad; Union County Rutgers Coop Ext. Master Tree; Visual Arts Center of NJ; YMCA.

## SPRING IS A GOOD TIME TO MAKE SOME 'GREAT DECISIONS.'

Interested in exploring world affairs or some of the most critical issues facing America? Join our Great Decisions discussion group! Great



(above, l-r) Lynn Robertson-Hotz, Andrea Cruise, Mayor Nora Radest, and Ann-Marie Aymer at the Chinese New Year Culture Fair at the Library.

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Decisions, a program established by the Foreign Policy Association, is bringing their hot topics to the Summit Free Public Library. The program launches on March 20, from 12-2 p.m. with a discussion focused on Refugees and Global Migration. Each session involves reading the relevant section of the Great Decisions Briefing Book in advance, then meeting at the library to watch a half-hour documentary followed by a moderated discussion. Attendance is free, although space is limited and it is recommended attendees purchase a Great Decisions Briefing Book, which is available for sale at the library at the discounted price of \$24. Subsequent month's topics will cover: The Middle East: Regional Disorder; Nuclear Negotiations: Back to the Future?; The Rise of Populism in Europe; Decoding U.S.-China Trade; The U.S. & Mexico: Partnership Tested; State of the State Department. Each Great Decisions topic will be discussed once per month running from March-December and attendees can sign up for each monthly topic that suits their interest. The Great Decisions® discussion series is funded through the generosity of the Friends of the Summit Free Public Library.

## KEEP EXPLORING YOUR WORLD!

The popular Explore Your Worlds: Minicourses for Adults program continues in March with The American Ambassador: Mark Twain (And the American Vandal) Abroad. The first class meets on March 22 from 2-4 p.m. and runs for 8 Fridays. Instructor Robert Comeau returns with a fascinating look at how Mark Twain's wanderlust, from his youth onward, and his well-chronicled travels to virtually every part of the globe. Comeau explores how Twain's travels would influence his writing throughout his life. Readings will include: The Innocents Abroad, A Tramp Abroad, and Following the Equator. Registration is required and seating is limited. The Explore Your World: Minicourses for Adults is made possible through a generous grant from the Summit Area Public Foundation.

## RELAY FOR LIFE KICK OFF MEETING - THURSDAY, MARCH 14

*Submitted by Marlene Sincaglia*

The American Cancer Society's Relay for Life of Berkeley Heights, Mountainside, New Providence and Summit will be holding its 2019 Kick-Off meeting on Thursday, March 14, 2019 at the New Providence High School Cafeteria. The program will run from 7 - 8:30 p.m. The theme this year is Through the Years. Learn more about Relay, how to form a team, fundraising ideas, etc., so you can become a part of this community based event. Come talk to people who have participated and can answer your questions. We are taking back the track.

Relay for Life 2019 will be held at Governor Livingston High School on June 15, 2019. Relay for Life has three prongs: Celebrate, Remember and Fight Back. Everyone has been touched by Cancer, whether it is you, a family member, a friend or a neighbor who heard the words "you have cancer." At Relay we celebrate the survivors and those who are starting the journey. We remember those we lost to cancer and fight back to help prevent Cancer. While doing those things, Relay also raises money for the American Cancer Society (ACS).

The American Cancer Society (ACS) gives money for research grants to find a cure for all cancers. ACS provides, through its 24-hour helpline at 1-800-277-2345 or via live chat at cancer.org, free information, support and access to resources. They also sponsor workshops for patients so that they can feel more empowered and confident and sponsor Hope Lodge, which provides lodging for a patient and their family when they have to travel for treatment. ACS helps

provide rides to and from treatment and trains navigators in hospitals and institutes that help patients by guiding them through cancer treatments. Seventy-five percent of all money collected goes to mission related items, including cancer research, patient support, prevention information, education, detection and treatment. Twenty five percent goes toward management and general and fundraising expenses.

Relay 2019 is looking for teams of people who

will work together to solicit money for ACS and then walk the track on June 15 to demonstrate that Cancer does not sleep and neither do we. It is not too early to start the process. Go to RelayForLife.org and sign up.

Relay 2019 is also looking for people to help plan the activities at the event.

Become part of the Event Leadership Team. If you are interested, contact Margaret Illis at [margaret.illis@gmail.com](mailto:margaret.illis@gmail.com).



(above) Team 'Where The Wild Things Run' from Summit was one of 53 teams that participated in Relay for Life 2018. Teams for Relay for Life 2019 are forming now.

Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the Summit Times page on [facebook.com](https://www.facebook.com). Feel free to "Like," "Tag," and "Share."

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## SUMMIT HIGH SCHOOL STUDENT HIGHLIGHT: BRIANA GILYARD

*Submitted by Mia Bivaletz*

Briana Gilyard is a senior at Summit High School, who has traveled through the Summit Public Schools attending Jefferson Elementary School and Lawton C. Johnson Summit Middle School.

Briana is very involved at Summit High School. She is one of the captains of the Cheerleading team and has been on varsity all four years. She first got excited about participating in cheerleading from her older sister who was part of the team. In addition to supporting her peers and the football team, this year she was excited to be part of a 3-day Cheer Camp experience. "We worked very hard this season, spending time conditioning, building endurance, and gaining strength," said Briana. Coach Fogarty helped her to increase her self-

confidence as well. During practices, the coach had the team watch and critique film of their routines, with the goal of not beating others, but improving themselves as a team.

Beyond athletics, Briana is interested in music. She is part of Jazz Band and sings lead vocals. The group practices in the evenings and a highlight of the year is performing at the annual Big Band Dance! They also tour the elementary schools to give younger students a glimpse into the music program offerings throughout the district.

Briana has been part of the SHS theatre program for the past four years. She began as a freshman as part of the props crew for Mary Poppins. Gaining confidence, she joined the ensemble in How to Succeed In Business Without Even Trying. She had a supporting role



(above) Briana Gilyard, a senior at Summit High School, is this month's "Student Highlight".

Photo by Summit Public Schools

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Tuesday, March 12

"Bloody Callan" at Bridgewater  
"Celtic Rebels Band" at Gillette  
"Courtney Colletti" at Flemington  
2 Seatings: 5:45 & 7:15 pm

Thursday, March 14

"Celtic Rebels Band" at Bridgewater  
"Round the House" at Gillette  
"The Snakes" at Flemington  
2 Seatings: 5:45 & 7:15 pm



**ST. PATRICK'S DAY** ♣

**Sunday, March 17**

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"Courtney Colletti" at Gillette  
"Bloody Callan" at Flemington

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in Legally Blonde as a junior, and in 2019 won a lead role in the production of Pippin.

School has afforded Briana many opportunities. She was a Stokes counselor for two years and participates in the Music Club. She helps with "Note", the music club, and they collaborate with "Word" to host the open mic performances. She enjoys math, and one of her favorite classes is AP Music Theory. She welcomed the challenging class and felt it opened her eyes about music, especially helping her with her piano playing. She has been playing both piano and violin since childhood.

Briana shared that one of many memorable moments of her high school experience was when she and her peers went to record in Studio B in Nashville. "It was amazing to be there, making music with close friends, and recording where such accomplished people have!" To capitalize on this important time in her life, Briana recalls helpful advice she was given, by a senior student, when she was just a freshman. "Follow your dreams, work hard, and follow your passion." She carried that advice with her throughout Summit High School. And to that she adds, "Do not let people bring you down or deter you from what you want to do. In the end, it is your life."

Following graduation, Briana plans to attend college to study the music industry. She hopes one day to be working alongside accomplished artists in the industry. She is inspired by people who are hard workers and who are passionate about what they do. She strives to always move forward by setting goals and working towards them. She shared, "I always focus on the future, and how to make it better. That is what motivates me." With that drive and focus, we know her bright light will continue to shine!

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## SUMMIT FIRE DEPARTMENT THANKS COMMUNITY SUPPORT FOR COAST GUARD GIFT CARD DONATION DRIVE

The Summit Fire Department would like to sincerely thank everyone that participated in its US Coast Guard gift card donation drive during the federal government shutdown. During the last week of January, the Fire Department received more than 70 gift card donations that were hand delivered by Deputy Chief Donald Nelson and Chief Eric Evers to the U.S. Coast Guard Base in Bayonne, NJ and to a local Coast Guard family in need of

assistance.

"I would like to sincerely thank the citizens of Summit and area communities for your generous donations," said Chief Evers. "The success of the drive is another example of the generosity of the Summit community, and a well-deserved expression of appreciation for the men and women of the US Coast Guard and their extraordinary dedication to the safety of the citizens they are sworn to protect."



(above) Deputy Chief Donald Nelson (far left) and Chief Eric Evers (far right) pictured with members of the US Coast Guard stationed in Bayonne, NJ.  
 Photo by City of Summit



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# STUDENT/PARTNER ALLIANCE CELEBRATES NATIONAL MENTORING MONTH

*Submitted by Ann Kent*

Student/Partner Alliance (S/PA), a Summit based non-profit, recently held their second annual wine and cheese networking event at Christ Church in Summit, NJ to celebrate National Mentoring Month. A group of 30 Partners, mentors, and prospective mentors from the Summit area filled the room to discuss the power of mentoring.

Rev. Chuck Rush of Christ Church in Summit spoke enthusiastically about the St. Benedict's Prep experience and the importance of love and support in leading to the success of young men in our urban areas. S/PA staff spoke about ways in which mentors can effectively communicate with their mentees and veteran Partners shared countless stories about their experiences mentoring S/PA students. We had 4 new mentors at the event who are looking forward to developing a relationship with their mentees over the next few years.

Research from mentor.org shows that mentors play a powerful role in providing young people with the tools to strive and thrive, to attend and engage in school, and to reduce or avoid risky behavior like drug use. In turn, these young people are:

- 55% more likely to be enrolled in college
- 81% more likely to report participating regularly in sports or extracurricular activities
- 78% more likely to volunteer regularly in their

communities. More than twice as likely to say they held a leadership position in a club or sports team.

The same research shows that one in three young people in our country will grow up without a mentor. Today in our community there are so many young people who could benefit from

having a mentor outside their family. To learn more about the role mentoring plays in our community and to find volunteer opportunities with us visit [studentpartneralliance.org](http://studentpartneralliance.org). If you would like to learn more about our program, please contact Ann Kent at [akent@studentpartneralliance.org](mailto:akent@studentpartneralliance.org).



*(above) Partners, mentors, and prospective mentors from the Summit area gathered for the Student/Partner Alliance's second annual wine and cheese networking event.*



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John Montanna



## ANNUAL END HUNGER 3.6 PACKAGING PROJECT

Submitted by Carmela Moeller

Based on the resounding success of the End Hunger 3.6 Packaging Project of March 2018, the Rotary Club of Madison and the Madison Rotary Foundation announced that this year's project will take place once again at the The Simon Forum at Drew University, Madison Avenue on Saturday, March 9, 2019 from 9 a.m. to 3 p.m. This year's goal is to surpass last year's total of 160,000 meals, by packaging 250,000 meals. With the newly merged District 7475, a second packaging event will take place on March 30 at Raritan Valley Community College from 12 p.m. to 6 p.m. to package 150,000 meals for a grand total of 400,000 meals. This is a Rotary District 7475-wide project which includes Summit and residents are welcome to volunteer and contribute.

What does 3.6 represent? Every 3.6 seconds someone in the world dies of malnutrition or starvation. In Rotary District 7475, which encompasses 10 counties in north central and central New Jersey, it is estimated that over 300,000 men, women and children are food insecure. Over one million persons are living below the poverty level in New Jersey. Over the long term, prevention of food insecurity is likely to be more cost-effective in treating the consequences of this crisis.

The End Hunger 3.6 project is a community event involving volunteers packaging non-perishable, ready to cook meals, such as macaroni and cheese, rice and vegetables, minestrone, and apple cinnamon oatmeal. All food is vitamin enriched and GMO-free. The meals are distributed to soup kitchens and feeding stations throughout Rotary District 7475

as this is a district-wide project.

In order to purchase ingredients for packaging, donations and grants are required. Donations of \$500 or more will be acknowledged in Rotary's publicity materials. Contributions are tax deductible and can be made online or by mail to Madison Rotary Foundation, P.O. Box 211, Madison, NJ. 07940. Contributions for the March 30 event at Raritan Valley Community College may be sent to: Branchburg Rotary Club Foundation, P. O. Box 5135, Branchburg, NJ 08876. Both are 501(c)3 organizations.

A total of 800 volunteers are needed for the day of the event. Please register by March 5 on Madison Rotary Website: madisonrotarynj.org. For further information, contact Ellsworth Havens, Chair, at: ellsworthhavens@icloud.com (Madison) or Tulsu Maharian, RVCC event Chair at trmaharian@gmail.com.



(above) A total of 800 volunteers are needed for each event. Volunteers come from all over New Jersey and beyond. Please register by March 5 on the Madison Rotary Website: madisonrotarynj.org.



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## SAGE PREPARES FOR 2019 MARCH FOR MEALS

*Submitted by Cindy Potters*

City officials and members of community organizations are invited to join SAGE Eldercare in March as it participates in the 17th annual March for Meals – a month-long, nationwide coming together of local community organizations, businesses, government officials and caring individuals to ensure that homebound and vulnerable older adults are not forgotten.

Participants have included NJ State Senator Thomas Kean Jr., Summit Mayor, Nora Radest, Police Chiefs from Summit, New Providence, Berkeley Heights, Springfield and Mountainside and local government officials and volunteers.

Established in 1966, SAGE's Meals on Wheels is the oldest continuously run home delivery meal program in New Jersey. In 2018, approximately 300 volunteers delivered more than 47,000 meals to 232 people in Union County (Berkeley Heights, Mountainside, New Providence, Springfield, and Summit), Essex County (Millburn and Short Hills), and Morris County (Chatham and Madison).

"The services that we provide older adults in our area are critical; it's not just a warm meal, but also a friendly visit, sometimes the only human contact a person gets the whole day," said Marianne Kranz, SAGE Director of Meals on Wheels. "Together, we can keep older adults living independently, healthier at home and feeling more connected to their community as they age."

For more information about participating in March for Meals, contact Marianne Kranz at: 908-598-5514 or email: [mkranz@sageeldercare.org](mailto:mkranz@sageeldercare.org).

### ABOUT SAGE

Since 1954, SAGE Eldercare has been helping make the communities it serves amazing places to age. The organization provides a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible. From helping with errands and providing Meals on Wheels, to exercise classes, community programs, care planning, an adult day health care center, and home health care, SAGE's expertise helps older adults remain independent in their own homes. SAGE is committed to being the leading provider of programs and services to meet the changing needs of older adults, their families, and caregivers throughout Union, Essex, Morris, and Somerset Counties. For more information, please call 908-273-5550 or visit [sageeldercare.org](http://sageeldercare.org).

### ABOUT MEALS ON WHEELS AMERICA

Meals on Wheels America is the oldest and largest national organization supporting the more than 5,000 community-based senior nutrition programs across the country that are dedicated to addressing senior hunger and isolation. This network exists in virtually every community in America and, along with more than two million volunteers, delivers the

nutritious meals, friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity. By providing funding, leadership, research, education and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time. For more information, or to find a Meals on Wheels provider near you, visit [mealsonwheelsamerica.org](http://mealsonwheelsamerica.org).



(above) Summit Mayor, Nora Radest and SAGE Board of Trustee Member, Chris Glacken of Berkeley Heights delivered Meals on Wheels in 2018 in support of March for Meals, a nationwide coming together of local community organizations, businesses, government officials and caring individuals to ensure that homebound and vulnerable older adults are not forgotten. If you would like to participate this year (one weekday for 1 1/2 hours) please contact Marianne Kranz at: 908-598-5514 or email: [mkranz@sageeldercare.org](mailto:mkranz@sageeldercare.org).

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## THE SUMMIT OLD GUARD MARCH EVENTS

If you are a retired male and have an interest in living an interesting life with like-minded men... new members are always welcomed. Put on your business casual attire or jacket & tie (or something more casual from May to September) and attend a meeting.

Meetings are held each Tuesday in the council meeting room of the New Providence NJ Municipal Center at 360 Elkwood Ave, New Providence NJ, starting at 9:30 a.m. with coffee and conversation, followed by programs consisting of stimulating talks by people such as past governors, mayors, politicians, Nobel Prize winners, physicians, judges, professors, scientists, economists, authors, journalists, etc.

After the meetings, many members join together to have lunch at various local restaurants.

In addition to the weekly meetings, there are activity groups for golf, bridge, hiking, trips, computer help, tennis and more.

For more information, contact James Hewitt, Chairman, Membership Committee, (908) 233-5507, [info@SummitOldGuard.org](mailto:info@SummitOldGuard.org). You can also visit [summitoldguard.org](http://summitoldguard.org).

### MARCH 2019 SPEAKER'S OLD GUARD MARCH 5

*Research on homeless and helping young children advance to College*

Rabbi Charles Kroloff, Rabbi Emeritus Temple Emanu-El Westfield, NJ and Professor at Hebrew Union College, New York. will speak about his research and his book on the homeless population, 'When Elijah Knocks' (A Religious Response to Homelessness) and also about "I Have a Dream" project to help underprivileged children.

### MARCH 12

*College Athletics – Then and Now*

Mr. Robert Beller, Risk Management and Institutional Compliance Officer- Athletics at Rutgers University will speak about today's demand on men and women's college athletic programs versus the demands of decades ago. Mr. Beller was a member of Harvard's basketball team in the 1970s.

### MAR 19

*Our Annual Special Topics for Saint Patrick's Day*

Dr. Dermot Quinn, Professor and Director of Graduate Studies at Seton Hall University, discussed last year at the Summit Old Guard, the diaspora of the Irish to New Jersey. This year he will continue speaking about some special interests with the Irish and Ireland.

### MARCH 26

*Sports Trivia Part Two – The rest of the story*

Mr. Joseph S. Gyenes, educator, basketball referee and trivia expert, spoke at an Old Guard meeting in 2017. At this meeting his topic was 'Sports Trivia with a Personal Touch'. At today's meeting he will continue his enjoyable discussion with more sports stories and information which we probably have never heard.

## SUMMIT HOMETOWN HEROES PROGRAM IS SEEKING ADDITIONAL APPLICANTS

Submitted by Meredith Hendra

The City of Summit is announcing that enrollment is now open for its 2019 Hometown Heroes program. The deadline to apply is March 31, 2019.

This will be the second year for the successful program that displays banners with the names, images and dates of service of active military and veterans on city streets from mid-May through mid-July. In 2019, the program will be expanded from 100 participants to include a total of 200 honorees. Applications will be accepted on a rolling basis and limited to the first 100 eligible applicants.

An individual qualifies to take part in the Hometown Heroes program if they are serving or have served in any one of the following branches of the United States Armed Forces: Air Force, Army, Coast Guard, Marines and Navy. Members of the United States Merchant Marine

and Women Airforce Service Pilots in World War II are also invited to apply.

Applicants must also have lived in Summit at any time in the past or present, or are currently or have been employed by the City of Summit or Summit Board of Education, or are current or former volunteers in the Summit EMS, Police Auxiliary and Volunteer Fire Division.

The program is funded through private donations with no fee to participate. Information on application requirements and how to apply is available at [cityofsummit.org/hometownheroes](http://cityofsummit.org/hometownheroes).

To make a tax-deductible donation in support of the Hometown Heroes program online, please go to [sappnj.org/donate](http://sappnj.org/donate).

Donations by check made payable to Summit Area Public Foundation can be mailed to Summit Hometown Heroes, P.O. Box 892, Summit, NJ 07902.

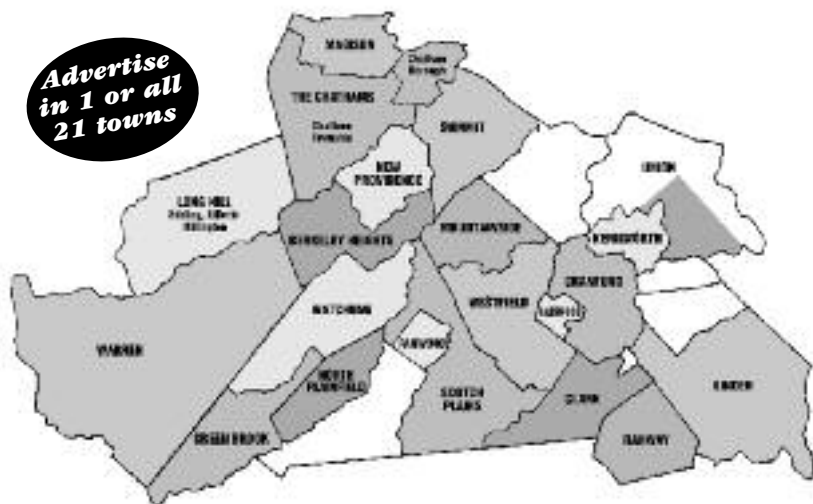
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## LET 'EM ROLL AT PATHWAYS 25TH ANNIVERSARY CASINO NIGHT CELEBRATION

Pathways, a women's cancer support program at The Connection, is celebrating its 25th anniversary with a Casino Night Event held on Saturday, March 30, from 7 – 10 p.m. at the Canoe Brook Country Club in Summit. Please join us for an exciting evening in support of the myriad services Pathways provides women with cancer. In addition to casino games with great prizes, there will be Hors D'oeuvres, dinner, wine, champagne and beer, plus \$100 in Casino Cash, are included with each ticket. For tickets, information and donations go to [BIDPAL.NET/PATHWAYS25](http://BIDPAL.NET/PATHWAYS25).

Twenty-five years ago, women with cancer who were scared and suffering found solace in the newly-founded Pathways breast cancer support groups. The support groups helped so many women feel safe in sharing their deepest fears as well as the triumphs achieved during their cancer journeys. During the past twenty-five years, Pathways expanded by offering many other programs and services to fit the needs of women with cancer and allow them to feel cared for, connected and empowered.

The Pathways 25th Anniversary fundraising event will help Pathways continue to provide our programs free-of-charge to women with cancer:

Pathways Cooks serves organic, nutrient-rich, delicious meals weekly to women undergoing cancer treatment and their families, allowing women to focus on recovery and gaining strength.

The Pathways Women's Cancer Teaching Project empowers breast and gynecological cancer survivors to enhance patient-centered, humanistic healthcare by sharing their personal journeys in educational sessions with doctors and students studying medicine at over 17 healthcare institutions in NJ.

The Pathways Financial Assistance Fund helps women undergoing treatment for any type cancer who are in critical need of financial assistance pay utility, rent, medical and other bills.

The Pathways Dragon Boat Team – Team SOS ("Save our Sisters") inspires female cancer survivors to paddle together weekly on a dragon boat in a serene lake setting on Lake Parsippany and to participate in festivals, offering exercise and a floating support group.

Wellness Programs such as Therapeutic Yoga allow women with a history of cancer to bond while managing stress and supports their recovery by increasing strength and flexibility.

Pathways Support Groups, led by a trained facilitator, are offered for breast and gynecological cancer survivors when interest is expressed by enough women to form a group.

The variety of programs offered by Pathways allow every woman to feel at home, regardless of her diagnosis and no matter where she finds herself in her cancer journey. As a breast cancer survivor, Pathways Director, Lesley Andrews, understands first-hand the struggles a survivor faces. She also knows how much Pathways can help a survivor find the strength to persevere and make meaning of her disease, as it did for her.

This very special event is being led by a dynamic committee: Lesley Andrews, Marie Avagliano, Terry Jacobs, Ann Karr, Alicia Molnar, Mary Orloff.

For more information about Pathways, or to make a tax-deductible donation to support our invaluable free programs and the women we serve, call Lesley Andrews

@ 908-273-4242 ext. 154, write to her at [pathways@theconnectiononline.org](mailto:pathways@theconnectiononline.org) or visit our website at [TheConnectionOnline.org](http://TheConnectionOnline.org).

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