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ISSUE 89 • NOVEMBER 2019



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A CLOSER LOOK AT ALZHEIMER'S DISEASE

A Health & Wellness Initiative for North Plainfield Senior Residents

This summer Councilwoman Keiona Miller partnered with the Act Now Foundation and the North Plainfield Senior's Group and presented a free seminar on Alzheimer's Disease and related dementia for North Plainfield Senior Residents.

This free seminar was held to bring awareness to Alzheimer's disease and related challenges that it raises. Dora Vadney, Program Coordinator for the North Plainfield Seniors said "The seminar was very interesting. A lot of helpful information was given, and I am excited that Councilwoman Miller will be doing a second seminar this

According to the CDC: "Alzheimer's and dementia is a public health epidemic with a large and rapidly growing burden that bears significant impact on the nation. The impact of Alzheimer's disease is felt at a national, state, and local level – as well as on a family and personal level – through financial burdens, resource needs, and professional requirements.



(above, l-r) Owners Jodyann Blagrove and Maxine Willoughby, standing on either side of North Plainfield Councilwoman Keiona Miller at the opening of Legacy Care Club, an adult day facility. They have agreed to host future Programs at their facility located at 130 US-22 in North Plainfield, NJ. See details of the opening ceremony on page 2.



(above) North Plainfield Seniors and Councilwoman Keiona Miller at a North Plainfield Senior's Weekly Meeting

- Alzheimer's disease is not a normal part of aging.
- 5.7 million Americans were estimated to be living with Alzheimer's disease in 2018.
- Symptoms usually begin after age 60, but Alzheimer's disease likely starts a decade or more before problems first appear.
- Risk factors include aging, diabetes, high blood pressure (hypertension), smoking cigarettes, and a family history of dementia.
- More than 16 million Americans provide unpaid care for people with Alzheimer's or other dementias.
- Currently, there is no cure. There are pharmaceutical options for managing symptoms and care planning.
- Alzheimer's death rates increased 55% and the number of Alzheimer's deaths at home increased from 14% to 25% while deaths in institutional settings decreased, from 1999 to 2014.

Councilwoman Miller will be presenting a second seminar this fall during a regularly scheduled North Plainfield Senior's meeting at the North Plainfield Community Center, 614 Greenbrook Road in North Plainfield.

All attendees, including family members and friends, will have the opportunity to participate in a free, confidential memory screening for Alzheimer's. If you are interested in participating or attending the next seminar please call 609-848-8801 or email keiona@keionamiller.com. The date and time of the next scheduled seminar are TBD. Stay tuned for information on when the next seminar will be held.

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Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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GRAND OPENING OF LEGACY CARE CLUB IN NORTH PLAINFIELD, NJ

Legacy Care Club, a private, membershipbased social adult day facility will be opened its doors on October 15th, 2019, able to serve clients in the early stages of Alzheimer's. Based in North Plainfield, NJ, Legacy Care Club is the vision of a Mother/Daughter duo, Maxine Willoughby and Jodyann Blagrove, with over 30 combined years of experience working within healthcare and the aging population.

Legacy Care Club will be a memory care social day club for adults and seniors, with a diagnosis of dementia, to provide daily activities that are mentally stimulating and fun. Activities include exercise, arts and crafts, trivia, computer lessons and weekly outings. The club will also provide concierge services that consist of a hair salon, occupational and physical therapy.

For more information, please contact 908-540-0500, or visit legacycareclub.com. The Club is located at 130 US-22 in North Plainfield, NJ and will be open Monday- Friday 8 a.m. – 6 p.m. and Saturdays 9 a.m. -2 p.m.



(above, l-r) Romeo Gallo of Fox Rehabilitation, Legacy Staffer Deborah McDougal, North Plainfield Mayor Michael Giordano, Somerset County Freeholder Shanel Robinson, Owners Jodyann Blagrove and Maxine Willoughby, North Plainfield Councilwoman Keiona Miller, Legacy Volunteer Maureen Randolph, and Chris Edwards of Somerset County Business Partnership.

Photos from this and other events can be found online at rennamedia.com and on Pride of North Plainfield page on facebook.com. Feel free to "Like," "Tag," and "Share."



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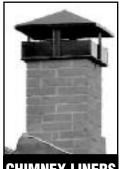
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CASA SHAW ANNOUNCES INFORMATION SESSIONS FOR NOVEMBER

Court Appointed Special Advocates of Boulevard, Washington, NJ 07882) Somerset, Hunterdon and Warren Counties (CASA SHaW) has announced Information Sessions in November for individuals in our community who are interested in learning more about becoming a CASA volunteer advocate.

"Attending an information session is the first step in becoming a CASA volunteer advocate for a foster child who has been abused and neglected. This is where individuals learn about what it takes to become volunteer," said Tracey Heisler, Executive Director of CASA SHaW. Attending an Information Session is required for anyone interested in applying to become a CASA.

Below are the dates, times and locations for the upcoming CASA SHaW information sessions scheduled for November:

Monday, November 4 - 5:30 p.m. at the Bethlehem Presbyterian Church in Hunterdon County (2 Race St, Pittstown, NJ 08867)

Saturday, November 16 - 10:00 a.m. at the CASA SHaW office in Warren County (150

Tuesday, November 19 - Noon at the Bethlehem Presbyterian Church in Hunterdon County (2 Race St, Pittstown, NJ 08867)

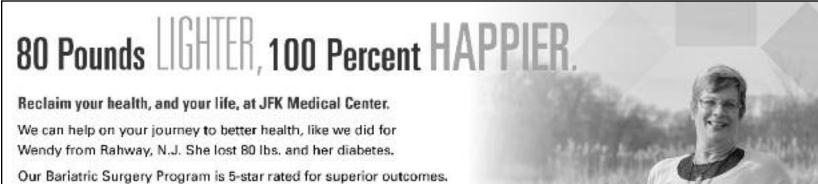
If any member of our community is interested in attending one of these information sessions, registration is required. Please contact our Volunteer Trainer, Karen Cassano, karen@casashaw.org or by phone at 908-689-5515 if you plan to attend.

CASA of Somerset, Hunterdon, and Warren Counties is part of a statewide network of community-based, non-profit programs that recruit, screen, train and supervise volunteers to "Speak Up for a Child" removed from home due to abuse or neglect. CASA is the only program in New Jersey that uses trained volunteers to work one-on-one with children, ensuring that each one gets the services needed and achieves permanency in a safe, nurturing home. To find a local CASA program in your county, visit casaofnj.org.

CRAFT AND VENDOR FAIR - SAT., NOV. 23

The Church of the Holy Cross will host its annual Craft and Vendor Fair on Saturday, November 23, 2019, from 9:00 a.m. to 3:00 p.m. in the parish hall which is located at 40 Mercer Avenue in North Plainfield. Vendors include Thirty-One Gifts, Mary Kay, Touchstone Crystal Jewelry, Young Living Essential Oils, a local NP

children's author, as well as handcrafted jewelry, accessories, soaps, tee shirts, holiday decorations, home goods and more. Overlooked Treasures presents new and gently used gifts of all types. Free admission. Visit our Holiday Cafe for lunch and take home some baked treats.



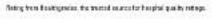
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ROTARY CLUB WELCOMES NEW MEMBER

Submitted by Michael Townley

The Rotary Club of the Plainfields recently welcomed Manuela Garcia as its newest member during a recent meeting held at Paulo's Restaurant in South Plainfield.

Ms. Garcia is the new executive director at United Family and Children's society in Plainfield. United Family provides counseling and adoption-related services. The former executive, Tom Reedy, retired after twenty-two years with the Agency. A veteran social work executive, Ms. Garcia formerly led Family Services Bureau in Newark.

"I was delighted to induct Manuela as our newest member," said club president Shannon Jefferys. "Manuela has the qualities of heart and mind that characterize a Rotarian, as well as the enthusiasm and thoughtfulness that will help us in our service to the Plainfields."

Anyone wishing to learn more about Rotary and the opportunities for service to others can learn more at the club's website, rotarypnp.org. Membership in Rotary is available to people who live or work in any of the three Plainfields and surrounding area. Contact the club via email at PNPRotary@gmail.com or call 908-822-1441.



(above) Tom Reedy and President Shannon Jefferys pose with Manuela Garcia, center, at her induction into the Rotary Club of the Plainfields. The induction took place at a regular weekly club meeting at Paulo's Restaurant in South Plainfield.



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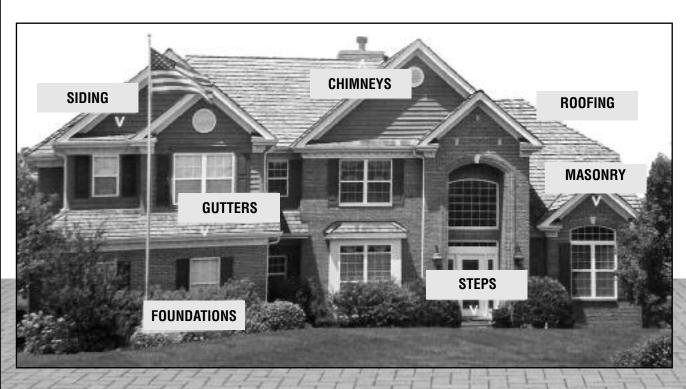
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NOVEMBER EVENTS AT NORTH PLAINFIELD MEMORIAL LIBRARY BRANCH

The Somerset County Library System New Jersey North Plainfield Branch is located at 6 Rockview Avenue, North Plainfield. For more information call 908-458-8435 or visit SCLSNJ.org. All programs listed are free. Registration is required unless otherwise indicated and programs are subject to change Please note the Library will be closed on November 28 and 29 for the Thanksgiving holiday.

CHILDREN, TWEEN, AND TEEN PROGRAMS

Toddler/Preschool Storytime - Rhyme and Play (ages 18 months - 5 years):

November 6, 13, 20: 10-11 a.m.

Baby/Toddler Storytime - Discover Stories

(ages birth - 3 years):

November 7, 14, 21; 10-11 a.m.

Family Storytime - Fables and Tables (families with children):

November 9, 11 a.m. - 12:30 p.m. **LEGO® Club (grades 2-5):**

November 11, 3:30-4:30 p.m.

Young Adult Leadership Academy (grades 5-12):

November 12, 3:30-5 p.m.

Digital Escape Room Design (grades 5-12): November 13, 3:30-5 p.m.

Learning Lab - Chemistry (grades K-5):

November 14, 3:30-4:30 p.m. Homework Help (grades 3-6):

November 18, 3:30-5:30 p.m.

Teen Volunteer Opportunity - Homework

Teen Volunteer Upportunity - Homewor Helpers (grades 9-12):

November 18, 3:30-5:30 p.m.

Culinary Creators (grades 5-12):

November 19, 3:30-5 p.m

Teen Movie Screenings - "If I Stay" (grades 5-12):

November 20, 3:30-5:30 p.m.

Family Night - Placemats

(families with children): November 21, 7-8 p.m.

Drop-In Activity - Learn About the Lenape (grades K-5):

November 25, 9:30 a.m. - 9 p.m. Murder, Mystery, and Pizza (grades 5-12): November 26, 3:30-5:30 p.m.

ADULT PROGRAMS

English Conversation Group:

November 4, 11; 7-8:30 p.m.

Knit and Crochet:

November 5, 19; 10 a.m. - noon **U.S. Citizenship Course:**

November 7, 14, 21; 6-8:30 p.m.

How To Start Your Own Business:

November 7, 7-8:30 p.m.

Writer's Group: November 12, 26; 6-8 p.m. **Book Discussion - "Circe" by Madeline Miller**

November 14, 1-2 p.m.

November 21, 7:15-8:30 p.m.

Special Needs Social Hour:

November 15, 11 a.m. - noon
Resume and Job Search Assistance:

November 20, 11 a.m. - noon

Friday DIY - Duct Tape Crafts:

November 22, 3-4:30 p.m.

Creative Crafts - Glittered Acorns:

November 23, 10-11:45 a.m.



(above) Recently families connected at the Somerset County Library System of New Jersey's (SCLSNJ) Watchung Library branch through playing Bingo. Pictured are the Cherrez family of North Plainfield: Kaylee, 6, Ethan, 4, Maved, 8, and their mom Veronica, discovering the fun of the game. For more interactive family fun at your Library explore: sclsnj.libnet.info/events.

THE STARLET LETTER — SONGS FROM THE SILVER SCREEN

Hickory Tree Chorus is excited to present their 2019 show, The Starlet Letter: Songs from the Silver Screen on Saturday, November 23, 2019 at 3 p.m. at the West Morris Mendham High School, 65 E Main St Mendham. Come hear movie favorites like Seasons of Love, Beauty and the Beast, Aquarius, and many more, sung in

four-part acapella harmony. The show also features guest quartet Taylor Made and student singers from West Morris Mendham H.S. Buy tickets at tickets@hickorytreechorus.org, \$22 adults/\$17 students. Tickets also available at the door for an additional \$5/ticket.

The Hickory Tree Chorus, an award-winning

chapter of Sweet Adelines, International, performs fun-filled popular music, barbershop style. Founded in 1968 in Chatham Township, NJ, HTC currently rehearses in Stirling, NJ. Rehearsals are open to guests and auditions are held year round. More info at hickorytreechorus.org.



(above) Hickory Tree Chorus will present their 2019 show, The Starlet Letter: Songs from the Silver Screen on Saturday, November 23, 2019 at 3

THE ROTARY CLUB OF THE PLAINFIELDS HAS NEW HOME

Submitted by Michael Townley

into a new regular meeting place.

After trying out several restaurants in its service area of the three Plainfields, the club has selected Paulo's Restaurant in South Plainfield for weekly meetings.

"We enjoyed all of the restaurants that we The Rotary Club of the Plainfields has settled visited," said Shannon Jefferys, club president and branch manager at South Plainfield's Columbia Bank. "Each one had positive aspects, but Paulo's was the overall choice of the members for its accessible dining room, service, and food offerings."



(above) Rotary Club of the Plainfields meeting at their new meeting place, Paulo's Restaurant, included Roberta Smith, Timothy Priano, Shannon Jeffereys, Tom Reedy, Vicky Griswold, Manuela Garcia, Valerie Jackson, Janice Allen, and Beki Perkins. (Not pictured is photographer Michael Townley.)

The Rotary Club met for many years at Giovanna's Restaurant in Plainfield, which closed recently after the property was sold to a developer of a Wawa gas station and convenience store.

Eugene Mitchell, who is president-elect of the club and the membership chair, pointed to the club's recent expansion into South Plainfield as a contributing factor to the decision. "We want to be the club that services all three Plainfield communities," said Mr. Mitchell. "Our club has held many meetings and projects in Plainfield and in North Plainfield over the years. We want to develop the same relationship with South Plainfield and encourage business and community leaders to join us in that mission."

Check the club website at rotarypnp.org or follow the club on Facebook (Facebook.com/RotaryPlainfields) to updated on club projects and activities.

The club meets every Wednesday at 12:15 p.m. at Paulo's Restaurant, 2341 Plainfield Avenue in South Plainfield, except the first Wednesday of the month when they hold a Social Hour at 8:30 a.m. at The Coffee Box, 1359 South Avenue in Plainfield.

Anyone with interest in helping others may attend any of the above meetings to learn more about the Rotary Club and how they serve the community. Contact the club secretary, Michael Townley, via email at secretary@rotarypnp.org for more information, or visit their website at rotarypnp.org.

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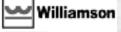
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VOLUNTEERS NEEDED FOR FALL LEAF CLEAN-UP

You can help an elderly or disabled resident get his or her yard ready for the winter months. This year's fall clean-up date is November 23, 2019, but other dates are available.

The Somerset County Office of Volunteer Services is looking for volunteers for its annual fall leaf clean-up program. Volunteers are needed to rake leaves for elderly and disabled homeowners around the county who have no other means to do yard work.

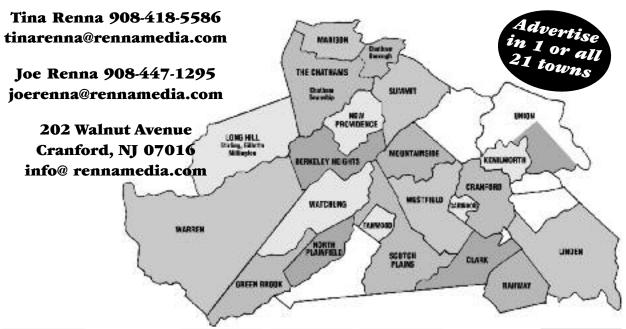
The annual leaf clean-up project will take place Saturday, November 23. However,

anyone who would like to help but cannot make it on November 23 is welcome to schedule an alternative date and time. For information and to sign up as a volunteer, call the Office of Volunteer Services at 908-541-5715.

Elderly and disabled residents who need the leaf-raking service can also call 908-541-5715.

To stay up to date with Somerset County events and information, sign up for free email alerts at co.somerset.nj.us/subscribe or follow us on Facebook, Twitter and Instagram.







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SMOKE DETECTOR REPLACEMENT PROGRAM CONTINUES IN NOVEMBER

William F. Eaton, Fire Chief/Director, North Plainfield Fire Dept.

October is National Fire Prevention Month and the North Plainfield Fire Department actively participates in this nationwide initiative. We wanted to take this opportunity to remind the community of some important fire safety facts and tips provided by the NFPA. The National Fire Protection Association (NFPA) is a global self-funded nonprofit organization, established in 1896, devoted to eliminating death, injury, property and economic loss due to fire, electrical and related hazards.

The most recent NFPA statistics show that in 2017 U.S. fire departments responded to 357,000 home structure fires. These fires caused 2,630 fire deaths and 10,600 fire injuries. On average, seven people died in a fire in a home per day during 2012 to 2016. Further statistics show that in a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and

practice can help you make the most of the time you have, giving everyone enough time to get out. This year's campaign theme is, "Not Every Hero Wears a Cape. Plan and Practice Your Escape!TM"

This message applies to virtually any location. Situational awareness is a skill people need to use wherever they go, no matter where you are, look for available exits. If the alarm system sounds, take it seriously and exit the building immediately.

During this campaign, activities throughout the month include conducting fire prevention and education visits to our local schools, as well as hosting visits to the fire department. Both the school and firehouse visits allow us to have a unique one-on-one interaction with the children where we can better cover the topic of fire safety and explain the importance of this year's theme.

October also kicks off our annual smoke

detector replacement program. Traditionally this program has been for our senior citizens, but it is open to all residents who live within our great community. During this month and through November, we schedule visits to these homes to assist in checking and replacing smoke detectors. This program has been offered for decades at no cost to the homeowner and any North Plainfield family or resident in need of this type of assistance can contact fire headquarters to arrange for a visit by calling us at 908-769-2935.



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