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TRI-M MUSIC HONOR SOCIETY INDUCTION

Submitted by Denis Kelly

inducted as either Returning Members or Newly Inducted Members at this year's Tri-M Music Honor Society induction Ceremony, held in February at Watchung Hills Regional High School.

WHRHS Music Teacher Dilorio Bird welcomed all to the induction ceremony, saying: "The students you see here before you have been selected to be a part of this very

Thirty-eight student singers and/or instrumentalists were prestigious group based on their passion, dedication and devotion to our music department. As chapter advisor it is a sincere pleasure to work with such talented students. The rigorous audition and selection process was in no way easy. I am confident that this strong and highly selective group will do all they can this year to share their talents, not only for the Watchung Hills' student body but also for the community."



(left, l-r) Secretary Maylin Zhu; **Treasurer** Miah Manning; Historian *Madeleine Johnson;* Charos-Reilly, DiIorio Bird; Co-President Christine Tanko; Vice president Matthew Schaeffer; and Co-President Katie Tan

Photos by WHRHS



(above) Some 38 student singers and/or instrumentalists, who were inducted as either Returning Members or Newly Inducted Members at this year's Tri-M Music Honor Society induction Ceremony, show their enthusiasm for their selection, and their love of music.

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SEND US YOUR NEWS

Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Do you have an event that you need help publicizing? Then send Green Brook Gazette your news!

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MANAGING GRIEF AND LOSS DURING COVID-19

Submitted by Safe+Sound Somerset, Lauren Lia, Director of Clinical Services

We most often associate grief with death of a loved one. Unfortunately, they are a reality of this time and the coronavirus pandemic. Many are experiencing the pain of losing loved ones, even as the ways we typically comfort one another and gather when someone passes has changed.

There are many other losses to acknowledge during this time as well: Loss of celebrations and milestones like a wedding or prom. Loss of freedom and independence when we are used to being on the go. Loss of routine and financial security. Loss of human connection from the hugs of extended family or seeing co-workers in person. And these are all legitimate.

There's been a flood of emotions as this crisis has unfolded. Depending on the day (honestly the minute), we have waves of overwhelming feelings. With so much uncertainty, it's comforting to be able to label our experiences. This is truly a time of grief and loss for everyone.

The grieving process, first developed by Kubler Ross, has 5 stages.

- 1. Denial Pretending like what's happening isn't real and pushing away our feelings.
- 2. Anger—In attempting to regain control of the situation, often directed at others or even ourselves. While grief does not cause abuse, this can make this time especially dangerous for those experiencing domestic abuse.
- 3. Bargaining—Trying to hold on to a sense of control such as bargaining with a higher power or rationalizing behaviors.
- 4. Sadness—Includes not only this emotion but lack of energy and pulling away from loved ones. Often more complicated if one struggles with depression.
- 5. Acceptance— Even though we wish circumstances are different we come to terms with the reality and move forward in a meaningful way. We may have to choose acceptance over and over and that's okay!

These stages aren't linear and we tend to move between these stages. Experiences of loss now commonly stir up past losses and trauma. Wounds that had healed frequently come back with renewed fervor.

WHAT CAN YOU DO?

Acknowledge the feelings.

Our feelings are important during this time. When we tell ourselves we shouldn't be upset about missing a holiday with family because others have it much worse, we block our process of healing. Keep a perspective of gratitude while still acknowledging how you feel.

PRACTICE HEALTHY COPING.

It may be tempting to fall into unhealthy patterns such as self-isolating, an extra glass of wine or letting our health slide. Doing things that are best for us often takes more energy initially but pays off for our emotional, physical, and spiritual wellness in the end. Choose or discover the coping skills that work for you.

GIVE OURSELVES AND OTHER SOME SELF-COMPASSION.

We may not be producing in our job at the same rate or be able to help our community the way we want. These are extraordinary times, so be gentle with yourself and give permission to be as you are. Even repeating these words to yourself can be powerful.

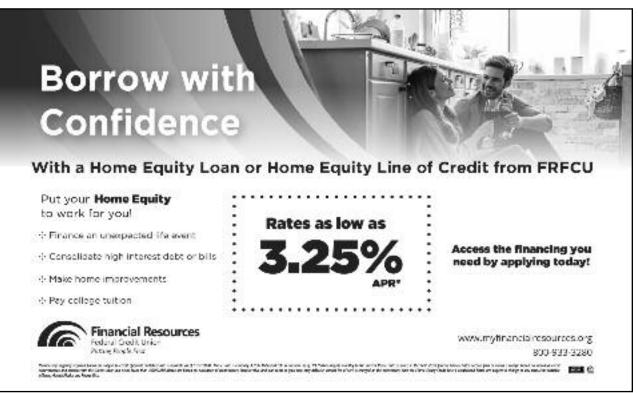
STAY IN THE PRESENT MOMENT.

There is uncertainty in what the future will bring. Take life moment by moment to stay grounded.

If you are struggling, reach out to Safe+Sound Somerset's call or text hotline at 866-685-1122. We are available to listen, offer support and provide referrals.

The NJ Mental Health hotline for COVID-19 is also available at 1-866-202-HELP (4357).





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CASA CONTINUES TO **MAKE A DIFFERENCE DURING COVID CRISIS**

Court Appointed Special Advocates of Somerset, Hunterdon and Warren Counties (CASA SHaW) is one of the nonprofits in our region that is doing its part to make sure that vulnerable children and families have items they can utilize as they cope with our new social realities during the COVID-19 crisis.

"Child abuse and neglect increase when schools are closed, caregivers lose their income, and worries about bills, food, and family stress builds. Due to the current crisis we all are facing and our new social realities of being quarantined, many foster children do not have ready access to their regular stabilizers and safety nets. We have been delivering items to help these kids and their families by letting them know they are not forgotten during this time," said Tracey Heisler, Executive Director of CASA SHaW.

In addition to helping children in foster care, CASA SHaW has also been delivering items like First Night bags, toiletry kits, birthday bags and boxes, nightlights, books, pajamas, school supplies, crayons and coloring books, backpacks, puzzles, games, and socks to other families in the community who need support. Staff also made "comfort bags" for medical personnel at local hospitals with donations from the Bound Brook Women's Club. These donations came to CASA SHaW from friends like St. John of the Mountain Church in Bernardsville, New York Life in Lebanon, the Jack and Jill Club of Central New Jersey, numerous women's club groups in the tricounties, and many other community partners.

Heisler recently received a heartwarming message from a grandmother of a foster child indicating that her very depressed 13-year old grandson, of whom she has custody, was elated to have received a birthday bag, a birthday box, and a First Night bag from CASA SHaW. "She told me, 'it has been years since I have seen him as excited as he was going through his birthday bag and the other things you brought," Heisler said.

CASA 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.

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COVID-19 SCAM WARNING

Affairs is alerting consumers to be aware of a number of apparent scams related to COVID-19. To avoid this and some of the tactics being reported as possible scams, the Division recommends:

Don't let CDC imposters into your home. Representatives from the Centers for Disease Control and Prevention are not going door-todoor seeking information or conducting surveillance on COVID-19. Imposters should be reported to local authorities and the Division.

Don't fall for fake cures. Beware of in-store or online advertisements for products that claim to cure or prevent COVID-19 or other similar offers. No cure or preventative medicine has been approved for sale.

Look out for phishing emails. Cybercriminals may take advantage of global concern and interest in COVID-19 to try to convince email recipients to open links or attachments that may direct them to malicious websites or deliver malware. Stay away from COVID-19 related information that does not come from a trusted source, to avoid exposing your personal information.

Keep in mind not everything online may be factual. The internet is full of information, but

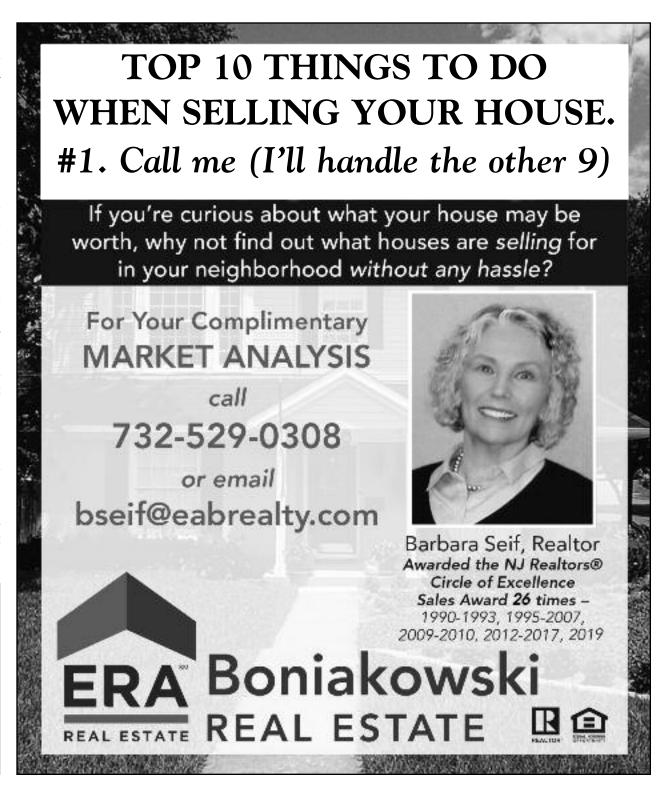
The New Jersey Division of Consumer be mindful of its accuracy. As false reports spread regarding the origination and spread of COVID-19, rely only on trusted sources for information.

> Be wary of unsolicited calls. Whether they are offering health insurance, including to supplement Medicare or Medicaid benefits, or a cure or treatment for COVID-19, refrain from sharing your personal information over the phone, unless you have initiated the call.

> Avoid internet adoption scams. Scammers are falsely misrepresenting themselves as CDC employees, and asking victims to send money overseas to adopt a pet being held at a quarantine station. The CDC does not quarantine pets or would not ask for payment to bring an animal into the U.S.

For more information please visit njconsumeraffairs.gov /.../C19-Scam-Warnings.aspx





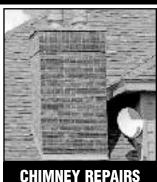






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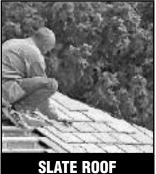
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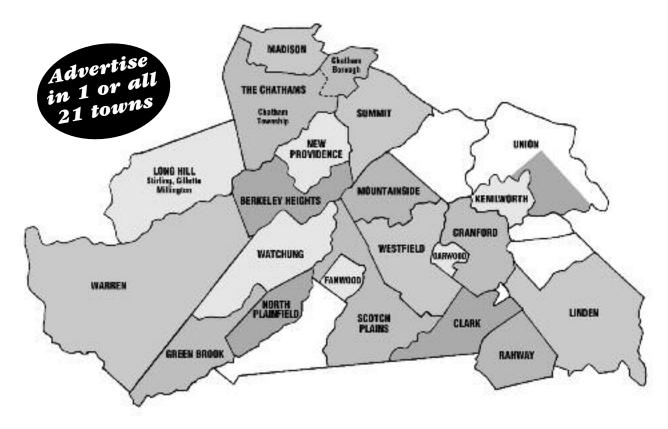
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joerenna@rennamedia.com Visit RennaMedia.com or NJLocalInfo.com See how businesses and organizations are getting by during the COVID-19 crisis on Joe Renna's Hyper Local Network on YouTube.

RENNA MEDIA COLLABORATES WITH ALL AGES OF GEEK

Katya Stec reached out to Joe Renna of Renna Media when she was a teen exploring opportunities to express her creativity in his newspapers. Renna Media publishes twenty-one community newspapers and has an active web presence and social media network. Through the years, Katya has developed her own online media production platform and made her service available to Renna Media's readership and advertisers.

Renna Media has been in business since 1984. The focus of its publications is to promote community service organizations to a hyperlocal market. Joe and his wife Tina deliver marketing, advertising and publishing services to local businesses and organizations, in-print and on line. They have joined forces with NJlocalinfo.com to offer website, SEO and social media services. By collaborating with All Ages of Geek they are able to offer video production and hosting.

Joe admits he has Geeky tendencies and shared "I have many Geeks among the folks I deal with on a day to day basis. The Geek culture is prevalent and is revealed when you get to know collogues on a personal level. It would be fun to showcase businesses and people in my newspaper and in video. It is a great marketing tool and an ice breaker to connect businesses to like-minded customers."

Renna Media and All Ages of Geek has developed a simple inexpensive menu of production services for businesses to make a foray into online marketing. The all inclusive packages are:

- Product placement \$250
- 30 second commercial \$500
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- 30 minute show \$1,500
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All videos will also be blasted though the an extensive social media network and the business will be featured in the newspapers, driving readers to the websites. The approach follows the model of Renna Media's newspapers: Delivering hometown community service news to a hyper-local audience, at affordable rates.

Businesses or organizations who would like more information or help with their marketing plans can call Joe Renna at 908-447-1295.

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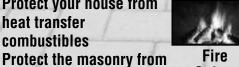


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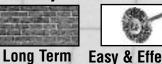
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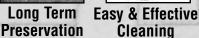
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