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SALLY HOGAN CITED FOR SERVICE TO CASA, CHILD ADVOCACY

November 14 virtual gala includes auctions, celebrity appearances and more

Submitted by Gretchen M. Boger-O'Bryan

Court Appointed Special Advocates (CASA) of Union County, the nonprofit that serves as extra eyes and ears for judges in family court cases involving abused, neglected and abandoned children removed from home and placed in foster care, has tapped longtime board member Sally Hogan of Fanwood as an honoree during its Foster the Dream Gala on Saturday, November 14.

Hogan, who completed her board tenure this summer after 15 years and was an inaugural member responsible for helping bring CASA of Union County to fruition in 2005, will receive a new gala honor in her name: The Sally Hogan Dream-Catcher Award for Exemplary Commitment. Prior to becoming a board member, Hogan trained as a CASA volunteer and advocated for a sibling set until their case closed. During that time she earned a child advocacy certification from Montclair State University. Hogan's professional background is in therapeutic recreation, and she worked 17 years at Fanwood-Scotch Plains and Rahway YMCAs.

This year's gala – the single-largest fundraiser responsible for the lion's share of the organization's funding – has gone virtual due to Covid-19. Traditionally an affair with cocktail attire, dinner, dancing and live and silent auctions, this year's gala will be special in its own right, and all are invited to attend from the comfort of their own couch. Plans include surprise celebrity appearances, auction items, award presentations, a former Union County foster youth sharing her story, and more.

Two others will be feted: the Honorable Jo-Anne B. Spatola Dream-Maker Award will go to Westfield United Fund, a grassroots organization also fueled by volunteers, and focused for more than 80 years on helping vulnerable neighbors as well as small-but-mighty nonprofits like CASA of Union County fulfill its mission in those same trenches. Thanks to Westfield United Fund, CASA of Union County's growth continues, with expanded trainings and implementation of a model that vastly increased the number of youth served without impacting staff size.

Clark's Teresa LaStella will receive the Dream-Keeper Award for Outstanding Volunteerism, given her tenacious commitment to the same foster youth for nearly 10 years. From attending her elementary school graduation to now working to ensure the youth – who is at risk of aging



(above) Sally Hogan of Fanwood will receive the Sally Hogan Dream-Catcher Award for Exemplary Commitment at the Foster the Dream Gala.

out without the permanency of family – is prepared for life on her own without the safety nets many take for granted. The youth has endured more than 15 placements and at least three caseworkers and through it all LaStella has remained the one constant in her corner.

For details on how to attend and to participate virtually, log on to fosterthedream.org.

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CHRISTMAS TREE SALE

Dear Supporters of the Fanwood Lions Club and Fanwood Fire Department's Christmas Tree Sale, we regret to inform you that our volunteer organizations will not be selling Christmas Trees this year.

Since there is a limited supply of trees caused by a past economic downturn and the loss of our Fraser Fir whole seller. You see, tree growers tend to use economic indicators to determine the amount of trees that they plant each year and it usually takes about 10 years to grow a retail worthy tree. In essence, a scaled back planting and/or harvesting of trees has a long term retail impact. In addition to the nation-wide tree shortage, the coronavirus also played a role in our decision to suspend this year's tree sale. Our

members have to do their part to stop the spread.

The Fanwood Lions Club has been selling Christmas Trees as its primary fundraiser for a total of 70 years. Our wonderful partnership with the Fanwood Fire Department allowed the tree sale to continue during the past 10 years. The Fanwood Volunteer Fire Company is an organization of dedicated individuals devoted to serving those in need.

The possibility of holding a Christmas Tree Sale in 2021 will be explored at the appropriate time.

Thank you for your understanding and your support.

Dave Trumpp, President
Fanwood Lions Club

MERIT FINALISTS AND COMMENDED STUDENTS

Scotch Plains-Fanwood High School seniors Luke Checchio and Miles Roper have been named semifinalists in the 2021 National Merit Scholarship Program. These two students are among approximately 16,000 Semifinalists in the 66th annual National Merit Scholarship Program. These academically talented high school seniors have an opportunity to continue in the competition for some 7,600 National Merit Scholarships that will be offered next spring.

Additionally, seniors, John Dazzo, Matthew Dembiec, Amit Deshpande, Ryan Eng, Conor Feeney, Jayden Nyamiaka and Erica Schug have all been recognized as Commended Students in the 2021 National Merit Scholarship Program.

ONLINE REC PROGRAMS FOR SENIORS CITIZENS

Registration is now open for these Late Fall (November–December) Fanwood Recreation programs for Seniors: Zumba Gold, Gentle Yoga, Aerobics and Meditation.

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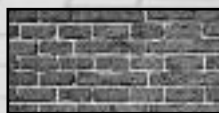
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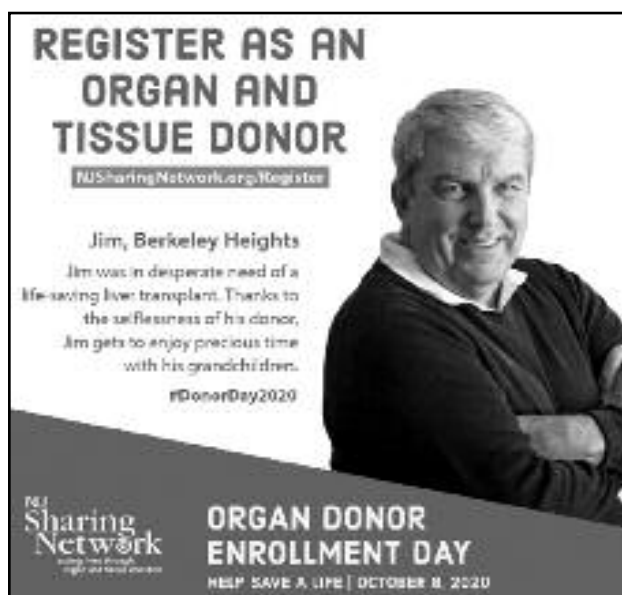
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(above) Jim Rhatican of Berkeley Heights was in desperate need of a life-saving liver transplant. Thanks to the selflessness of his donor, Jim gets to enjoy precious time with his grandchildren. You can register as an organ and tissue donor by visiting: <https://njsharingnetwork.org/register>

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ORGAN DONOR ENROLLMENT DAY

On October 8, NJ Sharing Network and its many healthcare partners and volunteers throughout the state worked together to register organ and tissue donors in celebration of Organ Donor Enrollment Day. The non-profit, federally designated organ procurement organization set a goal of amassing at least 2,020 new donor registrations on 2020 Organ Donor Enrollment Day. The 2,020 goal helps create a positive spin on the number '2020' as opposed to the negative '2020' references seen virtually everywhere due to the challenges faced this year.

Currently, there are nearly 110,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. You can register to be a donor at any time by visiting njsharingnetwork.org/register.

"Organ Donor Enrollment Day is about taking action and inspiring others to learn more about how they can save lives through organ and tissue donation," said Joseph S. Roth, president and chief executive officer of NJ Sharing Network. "One organ and tissue donor can save eight lives and restore health to over 75 people."

In New Jersey, one person dies every three days waiting for an organ transplant. However, the generosity of those in the Garden State is providing hope for the future. New Jersey's organ and tissue donor registrations continue to rise thanks to strong community education and outreach efforts as well as simplified ways to

register as an organ and tissue donor are also helping to save more lives. It is now easier than ever for New Jerseyans to register in any of the following options:

Online at www.NJSharingNetwork.org

Through the iPhone Health App

In person at your local Motor Vehicle Agency

Another key component of Organ Donor Enrollment Day is encouraging those who register to have a conversation with their family and friends about their decision to donate.

"Donation provides comfort and healing to so many families after losing a loved one. It is so important to talk to your family and share your decision about organ donation so your gift is honored," said Carolyn M. Welsh, vice president and chief clinical officer, NJ Sharing Network.

ABOUT NJ SHARING NETWORK

Dedicated to saving lives through organ and tissue donation, NJ Sharing Network is the non-profit organization responsible for the recovery and placement of donated organs and tissue for the nearly 4,000 New Jersey residents waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization, selected by NJBiz as one of the state's "Best Places to Work" for the third consecutive year, is also part of the national recovery system, serving the nearly 110,000 people on the national waiting list. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.



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IMAGINE LAUNCHES SUPPORT PROGRAM FOR NURSES

Imagine, A Center for Coping with Loss announced the expansion of its virtual group support programs with one designed to help nurses dealing with the stressors of healthcare work during Covid-19. Imagine, which serves more than 2,000 individuals annually and is nationally recognized for its work helping bereaved children and their families, offers its Peer Support Group for Nurses at no cost. Interested nurses can join the weekly support group that takes place via Zoom from 7:30 – 8:30 p.m. on Wednesdays.

When asked about the decision to launch this program, Imagine's Founder and Executive Director Mary Robinson said, "Through the pandemic, we recognized a gap in support for some of the people we rely on most: our nurses. Supporting nurses who are themselves supporting grieving families felt like a perfect fit for our mission."

Robinson, who was named a 2019 CNN Hero, went on to say, "Nurses continue to selflessly care for others despite their own fears about their potential exposure to Covid-19. We need to ensure they have a place to turn to for support."

For many, the anxiety they feel going to work in a healthcare environment comes on top of grief they were feeling before the pandemic even hit.

Talia Sion, a newly minted nurse, had attended Imagine's Young Adult Group for support following the death of her mother in January, and then joined the organization's pilot support program for First Responders when the pandemic hit.

Of her experience, Sion said, "I was quickly overwhelmed with the weight of so many sick and unstable patients, not knowing if and when things would ever get back to 'normal.' Once again, Imagine created a program for me to turn to with people who understood how I feel; people who understood what I was facing on a daily basis at work."

The nature of the program's virtual environment breaks down geographic boundaries for those seeking support. Nurses from New Jersey and throughout the country are welcome to attend.

"New Jersey is no longer a hotspot for Covid-19, but many of the nurses here are processing

what they went through and bracing for a possible resurgence," Robinson said. "Meanwhile, there are nurses in other states in similar positions to where we were a few months ago. Sharing these stories, fears, and challenges at all different stages in a peer support model is proven to be an effective way to learn coping strategies."

As with all of Imagine's offerings, this free Peer Group Support for Nurses program will be available year-round for as long as is needed. Those who are interested can register at imaginenj.org/nurses.

Imagine, A Center for Coping with Loss is a New Jersey-based grief support center for children, young adults and families dealing with the death or life-altering illness of a parent, sibling or child. In addition to its peer grief support programs, Imagine provides training through education and outreach programs across the state to a variety of organizations including schools, houses of worship and corporations. Its goal is to create communities where grief and loss are transformed into resilience, empathy and compassion; and where no child grieves alone.

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SPF HONORS NEWLY TENURED TEACHERS AND STAFF

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On October 15th the Scotch Plains-Fanwood Board of Education was proud to recognize forty-seven teachers and support staff on achieving tenure. Dr. Joan Mast, Superintendent of Scotch Plains-Fanwood Public Schools remarked that each person receiving tenure should be very proud and that receiving tenure demonstrates the hard work, commitment and dedication to their students and families. The recognition was held at the beginning of the Board of Education Meeting. Due to COVID restrictions, the recognition was a virtual event where the principals and administrators spoke about the achievement for these well-deserved individuals:

- Brunner Elementary School: Deirdre Donovan, Cristiana Garcia, Kristen Lipari
- J. Ackerman Coles Elementary School: Kristy Daubert, Mandee Leonardis, Jennifer Liang, Victoria Pinho, Meghana Soni
- School One Elementary School: Caitlin Disney, Kerry Scazafave, Cristina Shea,

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- Evergreen Elementary School: Remy Bernardo, Marianne Bondarowicz
- Park Middle School: Kimberly DeOliveira, Amanda Giangeruso, Renee Pecarific, Linda Trang, Katelyn Washuta, Elizabeth Yesalavich
- Terrill Middle School: Rasheeda Adams, Olivia Annitti, Stephanie Cooper, Zachary Heebner, David Knoblock, Trey Shore, Erin Thomas
- Scotch Plains-Fanwood HS: Kyle Anderson, Mini Chawla, Jennifer Infante, Nicole Petrone, Glenn Romano, Elizabeth Sandford, Victoria Vanoni, Sarah Weber, Virginia Weber
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HOLOCAUST SURVIVOR MEETS LMA STUDENTS

Submitted by Eugene Bell

Holocaust survivor Peter Stein recently met with the students and faculty of Westfield's Lamberts Mill Academy (LMA) to share his experiences about living through the Holocaust. Mr. Stein spoke of his struggles and loss of family growing up as a young boy in German occupied Czechoslovakia. As he told his story the students were captivated by his recollections. He was born to parents of a mixed marriage – his father Jewish and his mother Catholic. As the terror grew, he identified with his mother to find some level of protection. Frequently his father was taken to do hard labor at Terezin without any notice. Most of his father's family were murdered there during the war.

He shared his fear on the days that Germany moved in to occupy – how their country and his life went from carefree to fearful. His childhood images were filled with the sight of soldiers and

equipment constantly moving around the city. He told of the affirmations he was meant to give every day at school to Adolph Hitler and the propaganda rallies they had to attend on a weekly basis to boost German morale. He spoke of the class bully who targeted him by calling him a dirty Jew and his fear that this might reveal his true background.

Mr. Stein also spoke of hope as he talked about the spirit of his people and their aspirations for a better future. He also highlighted other parts of his childhood – his meals with his Catholic grandparents where food was plentiful while at home there was rationing and a struggle to have enough to eat. He also told of the times that they secretly listened to the BBC on Sunday nights despite the German's radio jamming. He said this always gave them hope as the Allies moved closer.

After his presentation, several students and faculty asked questions. These ranged from his

levels of fear, what it was like to survive a bombing, and if he still believed in God. He noted that he was among the lucky as he and his mother were able to immigrate to the US after the war and establish a life in a free country. He emphasized several times how lucky we are to live in the US where we are free. Two students told Mr. Stein he was a hero for living through the terror and sharing his feelings with young people.

The assembly was part of the school's history program that brings history to life for its students. Lamberts Mill Academy is one of five special needs schools sponsored by the Union County Educational Services Commission, a public-school district headquartered in Westfield, NJ, to serve the needs of students in Union County and nearby towns.

Further details about LMA or the other schools may be gathered by calling their offices at 908-233-9317.

EVELYN KISS DAY CELEBRATED

The Borough of Fanwood named October 15th 'Evelyn Kiss Day' to celebrate the Fanwoodian's 100th birthday.

Photo by Borough of Fanwood





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Each month, over 135,000 newspapers are mailed to every home and business in 21 towns. He also offers full color printing and mailing services as well as an online presence that parallels his print publications. Through these publications, Renna Media has focused on the needs of the local business owner offering customized, affordable, advertising opportunities. Joe Renna also helps his advertisers with their marketing plans as a value-added service.

Mr. Renna's presentation will address the different aspects of building a marketing plan and tuning up existing ones. The audience will leave with the information to guide them in developing a plan that will get them the best return for their marketing budget. The presentation will encourage questions from the audience and will address specific challenges facing participating business owners.

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FREE VIRTUAL PROGRAMS ON VISION

Vision Loss Alliance of New Jersey will be able to offer FREE virtual wellness classes, peer support groups and technology-focused offerings over Zoom thanks to a grant from the Grotta Fund for Senior Care. Anyone who has low vision in New Jersey, as well as out-of-state residents, can participate.

VLANJ offers virtual classes in managing grocery shopping, yoga, Zen, meditation and mindfulness. Additionally, their tech talk classes help people understand their tech devices and how to use them to connect to online events. The classes have been a hit, helping people with vision loss stay active, learn skills and connect socially.

Vision Loss Alliance of New Jersey is a nonprofit organization serving people who are blind or have low vision. Through the group's programs, participants learn skills that allow them to manage their lives, and create a welcoming community in which they feel safe and supported.

The Grotta Fund provides its grantees with opportunities for technical assistance, learning, and networking with other non-profits. In turn, grantees are encouraged to promote the results of their grant, leverage funding, and sustain programs which have been funded by Grotta. The fund is administered through the Jewish Community Foundation of Greater MetroWest NJ.

To Register for Classes visit <https://www.vlanj.org/programs/>

The post Vision Loss Alliance's Virtual Classes Get a Boost from Grotta Fund first appeared on Morris County, NJ.

THRIFT SHOP OPEN

The Fanwood Presbyterian Church Thrift Shop, located at 74 S Martine Ave., Fanwood, will be open every Wednesday from 10 a.m. – 4 p.m. Masks will be required and we can only accommodate 4 visitors at a time. Our dressing room is closed and we are not accepting donations. All receipts from our sales support local charities.

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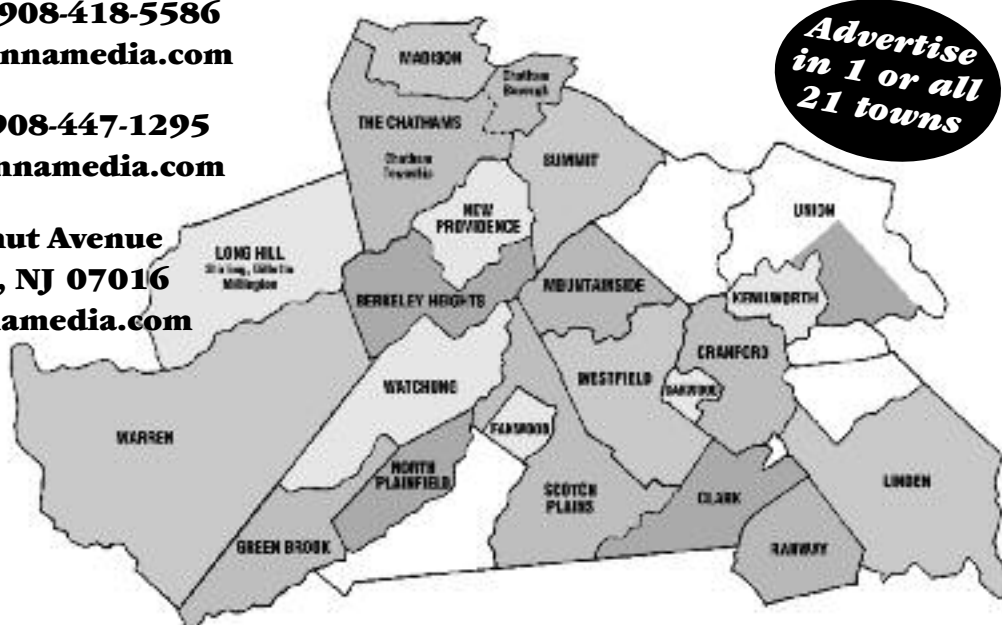
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Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 8" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

Back cover, front page banner and front box reserved on first come, first served basis. Current advertiser has right of first refusal.

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TIPS FOR OLDER RESIDENTS ON DEALING WITH PANDEMIC ISOLATION

Submitted by NewBridge Services

While the COVID-19 pandemic continues to impact our communities, physical distancing remains the order of the day — especially for older adults.

But socializing is a basic human need, and studies show it contributes to better physical and emotional health. Isolation, on the other hand, is linked to depression, anxiety, cognitive decline, a weakened immune system, and high blood pressure, among other maladies.

Seniors must seek out ways to connect with others while minimizing their exposure to the coronavirus.

Michelle Borden, CEO of Parsippany based NewBridge Services, a nonprofit that offers counseling services, housing and educational programs in North Jersey, offers the following advice:

USE TECHNOLOGY

Video conferencing, using FaceTime, Zoom and other programs on smartphones, tablets or computers, has become a popular way to “gather” with family and friends. Getting started on the programs may be challenging for seniors new to technology; call a tech-savvy neighbor, friend or family member to coach you through the process.

Phones, whether ‘smart’ or landline, are also

excellent for staying in touch; some people feel more comfortable conversing without being on camera. People can call in to join a Zoom conversation.

Movie buffs with Netflix accounts can set up ‘watch parties’ using a free Google Chrome extension, which can be downloaded at netflixparty.com.

THE ART OF THE LETTER

If tech is not your thing, consider making connections the way people have for centuries: through letter-writing. Handwriting (or typing) letters allows you to process thoughts and feelings and create a bond with the recipient. Mailing or delivering ‘thinking of you’ cards is a thoughtful way to remind recipients they are not forgotten.

JOIN AN ONLINE CLASS OR GROUP

Many social groups, including religious communities, are hosting online gatherings. An organization called Senior Planet offers free access to virtual exercise classes. Online learning opportunities also abound. Platforms such as coursera.org and edX.org offer both free and fee options. Courses, which may be live-streamed, self-paced, or some combination, are taught by university professors.

The Osher Lifelong Learning Center at Rutgers University is running more than 30 online courses during its summer session, and registration will begin soon for the fall. Anyone age 50 and over can study areas of interest with no assignments or grades.

The Virtual Senior Center run by the nonprofit Selfhelp Community Services is an online community of seniors who take courses, enjoy cultural experiences and discuss topics of interest in real time over their home computers and tablets. While volunteer opportunities are harder to come by during the pandemic, some organizations are seeking virtual helpers. The nonprofit Points of Light maintains a list of virtual volunteer opportunities.

GET TOGETHER IN PERSON

Seniors can socialize in person, as long as you take precautions. Walking, running or biking with a friend is a great way to stay both fit and connected. Keep at least a six-foot distance, and wear a mask if you’re unable to maintain that distance. Some senior citizen groups offer fitness classes either outdoors or indoors, with participants well spaced and other safety measures in place.

Picnicking with a couple of friends or family members is a fun way to spend the day, but be sure to wear masks when not eating. Use hand sanitizer, especially if you’re sharing any utensils.

STRUGGLING?

The pandemic is taking a toll on us all. To get through it, we have to make self-care part of our daily routine, and that includes staying connected with others. If you are struggling, contact NewBridge Services at 973-316-9333 to schedule a telehealth counseling session.

The Institute on Aging has a Friendship Line at 1-800-971-0016 that is both a crisis intervention hotline and a nonemergency warmline for emotional support.

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Video advertising

Production:

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- 30-minute show \$1,500
- 3-hour shoot - \$2,000

Do not commit to a service unless you have a solid marketing plan and budget.

Your plan should work on paper before you spend dime one. Don't waste money just trying something. There is no magic bullet.
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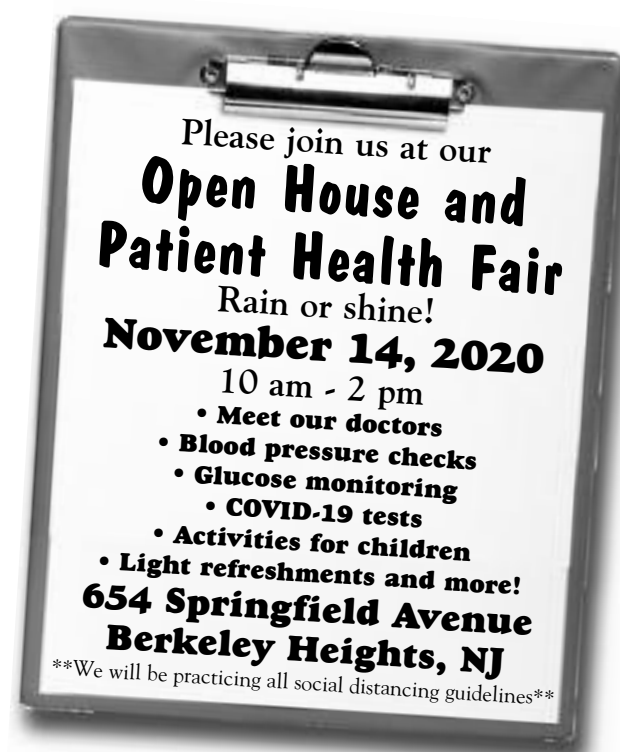
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Announcing
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After graduating from medical school, Dr Somma served his internship in Internal Medicine at Trinitas Regional Medical Center. He then completed his residency in Internal Medicine at Seton Hall Post Graduate School of Medicine, where he was elected Chief Resident of Internal Medicine in his final year.

Dr. Somma has been in practice in Union and Middlesex counties for over 20 years, with an emphasis on excellence and compassion for his patients. He has served as the physician for the Elizabeth Fire Department, the Board of Health of Hillside and has served the Board of Education for Woodbridge NJ. He was granted the Humanitarian of the Year Award by Trinitas Health Foundation in May 2014, for his dedication to the community and his outstanding service to the goals of the Foundation.

Dr. Somma has special interests in various fields of Internal Medicine, including diabetes, obesity, cardiovascular diseases and arthritis/rheumatology. He has represented to major pharmaceutical companies, such as Schering-Plough and Pfizer, in a consulting and educational role for his peers. Dr. Somma has been a clinical educator for Seton Hall's Physician Assistant Program and is an Associate Professor of Medicine for their Internal Medicine program.



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