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COLES STUDENTS PROVIDE LUNCH TO THOSE IN NEED

Submitted by Elizabeth Valcich

Our students might not be physically in the classroom, but that doesn't stop their giving hearts!

The J.A. Coles PTA, a part of the J.A. Coles School in Scotch Plains, NJ continues its Sharing Lunch Program despite the challenges of Covid-19. In November, Coles families made 93 lunches for people in need.

Each month, on a designated day, the Coles children (grades Pre-K-4th) typically pack an extra brown bag lunch and bring it in to "share." This year, collections take place at volunteers' homes. The lunches collected are brought to the Salvation Army in Plainfield, where they are given to patrons of their daily soup kitchen. Bagged lunches are packed with love by students at Coles and make their way to children only a few miles away who are hungry, to families that are struggling, and to older people who have a need. This initiative is part of our Coles Kids

Care program.

The J.A. Coles PTA is a 501(c)(3) non-profit whose mission is to enhance the educational experience of our students and support the staff and parents at the J. A. Coles School in Scotch Plains, NJ.



(above) The D'Alessandro Family loads their car with lunches.

COLES ELEMENTARY SCHOOL SPONSORS FALL COAT DRIVE

Submitted by Elizabeth Valcich

The J.A. Coles PTA, a part of the J.A. Coles School in Scotch Plains, NJ, sponsored Maddux's Coat Drive for the second year this Fall. We are proud to announce that 100 coats were donated, with donations being dropped off at a volunteer's home due to virtual learning.

Donated coats were combined with the collection at the East Orange 5th Ward Council Coat Drive/Giveaway. The coats, donated by Coles families and friends, will provide locals and homeless a much-needed warm coat this winter.

The J.A. Coles PTA is a 501(c)(3) non-profit whose mission is to enhance the educational experience of our students and support the staff and parents at the J. A. Coles School in Scotch Plains, NJ.



(left) The Coles Kids Care program, sponsored by the J.A. Coles PTA, continues to give back to those in need in our community throughout the school year.



(above) "We're warming the homeless and those in need one coat at a time," said Maddux McAndrews, pictured with some of the donated coats.

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PROMOTE YOUR COMMUNITY EVENT

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

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2021-2022 SCHOLARSHIP APPLICATIONS

The College Club of Fanwood-Scotch Plains 2021-2022 scholarship application forms can be obtained from the SPFHS Counseling Office or at <http://www.spfk12.org> or www.fspcollegeclub.org.

Scholarships are awarded annually to women who are:

- 1) high school seniors or
- 2) college students, and who plan to pursue a Baccalaureate Degree at a four year –college.

Scholarships totaling \$20,500 were awarded for the academic year 2020-2021 to 10 students, 5 of whom were high school seniors of the Class of 2020 and 5 of whom were attending College.

To be eligible for consideration, high school applicants must be residents of Fanwood or

Scotch Plains. College applicants must be local residents of Fanwood or Scotch Plains at the time they graduate from high school.

Scholarships are awarded based on three primary characteristics of the applicants:

- 1) financial need
- 2) academic achievement
- 3) character of the applicant.

This will be the 85th year that female students seeking financial assistance to pursue a four-year college degree have been helped by the club's fund-raising efforts. To date the College Club has awarded approximately \$690,000.00 in scholarships to approximately 552 women.

Application materials must be postmarked on or before February 15, 2021 to be considered.

TINY TIM NEEDS YOU

The Tiny Tim Fund is a non-profit corporation that provides financial assistance to help families pay for the medical needs of children in Fanwood and Scotch Plains. The organization has been providing financial assistance to local families since 1983.

The Fund is administered by a volunteer Board of Trustees, which consists of Fanwood and Scotch Plains citizens from varied sections of the community.

Traditionally, the Tiny Tim Carol Night held annually in December has been the organization's sole fundraiser. This year in an effort to keep carolers and neighborhoods safe during the current pandemic, the Tiny Tim Fund is launching a contactless fundraiser seeking donations through publicity and a letter distribution campaign.

Donations from civic and service clubs, as well as from local citizens will keep the Tiny Tim Fund from becoming a COVID tragedy. The trustees are confident that members of the community who have generously supported the Fund in the past, will make it possible for the Tiny Tim Fund to continue to provide assistance for current cases as well as be able to accept referrals of new requests for assistance during the coming year.

Checks made out to The Tiny Tim Fund can be mailed to:

The Tiny Tim Fund,
PO Box 181 Fanwood, NJ 07023.

Additional information can be obtained by contacting the Tiny Tim Board at TINYTIMSPF@gmail.com or follow The Tiny Tim Fund on Facebook @TinyTimFund.

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SP PUBLIC LIBRARY ANNOUNCES WEEKLY ONLINE GENTLE FITNESS SERIES

Resolve to move with more confidence in 2021! Through funds provided by the All of Us Research Program, the Scotch Plains Public Library is pleased to be offering a weekly balance and gentle fitness class live via Zoom, led by instructor Yasmin Ofek. The series will begin on Friday, January 8 at 10 a.m., and will continue through April.

Older adults in particular are encouraged to join these classes, which are designed to address the loss of balance and strength that can occur as we age. Yasmin's instruction integrates principles from the Feldenkrais Method, which emphasizes moving with awareness to allow your nervous system to discover easier, more efficient movement patterns. With her knowledge of anatomy and experience as a fitness trainer, Yasmin's classes can help you establish a better connection between the brain

and body, while also gently strengthening the muscles that keep your body upright.

All you'll need are a chair and sneakers to begin this gentle but effective approach to moving confidently throughout the lifespan! Registration is required. Please sign up at scotlib.org/events or call the Library at 908-322-5007, x204. You will be sent the Zoom link prior to the class.

Developed resources reported in this project are supported by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number UG4LM012342 with the University of Pittsburgh, Health Sciences Library System.

The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

BEREAVEMENT SEMINAR ON ZOOM

Submitted by Virginia Waters, PhD
and Patti Williams, RN

We are all navigating through especially challenging times due to the ravages of the pandemic, exhaustion from political conflict, depletion of our resources, the loneliness of increased isolation, and the unprecedented chaotic environment in which we currently exist. When you are also grieving a loss in the midst of all these stressors, life can become very dark and everyday may seem overwhelming.

The seminar, sponsored by the First Presbyterian Church of Cranford, grew out of a spark from Dr. Bruce Williams who co-created this program 20 years ago. Due to our respect for keeping our participants safe, the program has transitioned from in person to a ZOOM platform which allows us to include participants from a wider distance.

The seminar begins Sunday, January 10, 2021 for 6 consecutive weeks, from 6:30 p.m. to 8:30 p.m. Meet us on ZOOM, a meeting link will be provided upon registration. Register by calling Patti Williams at 908-709-1341.

We Welcome all who have experienced loss of any kind, in the past or present. All faiths are welcome. We also welcome all who have previously attended this Seminar to return for a refresher.

FANWOOD RECREATION WINTER PROGRAMS

ONLINE PROGRAMS FOR SENIORS

Registration is now open for these Winter 2021 (January–March) Fanwood Recreation programs for Seniors: Zumba Gold, Gentle Yoga, Aerobics and Meditation. All programs will be offered via Zoom. Each program will run for approximately 13 weeks and cost only \$15 for the entire program (Meditation is free). For more information and to register, please visit fanwoodrecreation.org.

WINTER AFTER-SCHOOL PROGRAMS

Beginning in January, Fanwood Recreation will offer a variety of programs for children ages 5 and up via the Zoom platform: Chess for Kids, STEM Masters, Art Lab, Fashion Designer Spotlight, Design Doll Collection and Babysitting Certification. For more information and to register, please visit fanwoodrecreation.org.

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Edward Anthony Somma, MD
Internal Medicine

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 as an Associate Professor of Medicine for their Internal Medicine program.

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GO FUND ME SET UP FOR SANDY KLING, FORMER SPF TEACHER



A Go Fund Me account has been set up for Sandy Kling by her friends Susan Palmer and Judith Murphy.

Sandy Kling taught in the Scotch Plains/Fanwood school system for 38 years. Sandy taught physical education and health, and in the last 5-6 years she taught health and psychology. Sandy said "I loved teaching teenagers, they are looking for important things to do with their lives and they need us, their teachers, to help them find it. This is not something in the curriculum."

Sandy also started the Gay/Straight Alliance organization. Sandy's students knew she was an adult whom they could go to talk about things that were hard in their lives and to celebrate the good. She was someone they knew they could trust.

Sandy has battled Multiple Sclerosis for 30 years. She now needs 24-hour care and is fully bed ridden. Therefore, she has fallen into hard times and has accrued an excessive amount of debt. At this writing nearly \$30,000 had been raised with a goal of \$50,000.

To donate please visit: gofundme.com/f/outstanding-debt-owed-by-sandy-kling

FREE A CAPPELLA SINGING WORKSHOPS ON ZOOM

Looking for joy in the new year? Love to sing? Making the most of the Zoom world, The Hickory Tree Chorus chapter of Sweet Adelines International offers a free Winter Sing series. Join the chorus via Zoom on Wednesdays in January, 7:15 to 9 p.m.

The chorus sings a variety of music, including old-fashioned love songs, Broadway, Disney, Beatles, and more. Using learning tracks and breakout rooms, singers continue to pursue their passion for singing via Zoom.

Hickory Tree is an award-winning women's

chorus singing four-part a cappella harmony in the barbershop style. We are passionate about music, performance, fun and friendship. We believe every voice counts and encourage women singers of all ages, colors, ethnicities, and orientations to visit us and share our joy of music.

Please contact the Chorus for the Zoom link for the free Winter Sing 2020 Workshops by email, info@hickorytreechorus.org or call 908-377-1399.

For more information visit hickorytreechorus.org.



(above) The Hickory Tree Chorus chapter of Sweet Adelines International is offering a free Winter Sing series. Join the chorus via Zoom on Wednesdays in January, 7:15 to 9 p.m.

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AUTHORS VISIT VIRTUALLY WITH COLES STUDENTS

Submitted by Elizabeth Valcich

J.A. Coles Elementary School students enjoyed virtual author visits this fall, sponsored by the J.A. Coles PTA.

2nd, 3rd and 4th graders at J.A. Coles School in Scotch Plains, NJ had a wonderful visit with author Dan Gutman. Mr. Gutman shared his writing process and encouraged children to never give up. Mr. Gutman also read the first chapter of his newest My Weird School series book, Mr. Corbett is in Orbit. The children had fun learning from Mr. Gutman and were able to ask lots of questions at the end of his presentation. To learn more about Dan Gutman, please visit his website, dangutman.com/.

Local author and Coles mother, Kim DiVita Smith, shared her Catch My Kiss series of picture books with PreK, Kindergarten and 1st grade students. She taught students to look for

rhymes when reading because it helps with reading, spelling and writing. She shared one of her favorite rhymes, “Every time I find a rhyme, I giggle and I wiggle.”

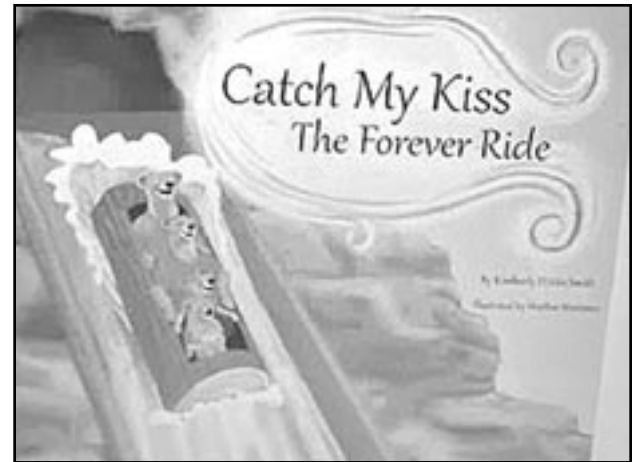
After answering questions, she left students with three key take-aways: always take a moment to catch or blow a kiss each day to a loved one; make it a habit to be kind so that you can spread happiness; if you’re looking for an adventure, just open any book!

The PTA is so thankful Ms. DiVita Smith could share her talent with our students. You can schedule a visit and find out more about Ms. DiVita Smith by visiting her website, booksbykds.com/.

The J.A. Coles PTA is a 501(c)(3) non-profit whose mission is to enhance the educational experience of our students and support the staff and parents at the J. A. Coles School in Scotch Plains, NJ.



(above) Author Dan Gutman visited virtually with the students at J.A. Coles School.



(above) The 3rd book in Kim DiVita Smith’s series, “Cath My Kiss - The Forever Ride”

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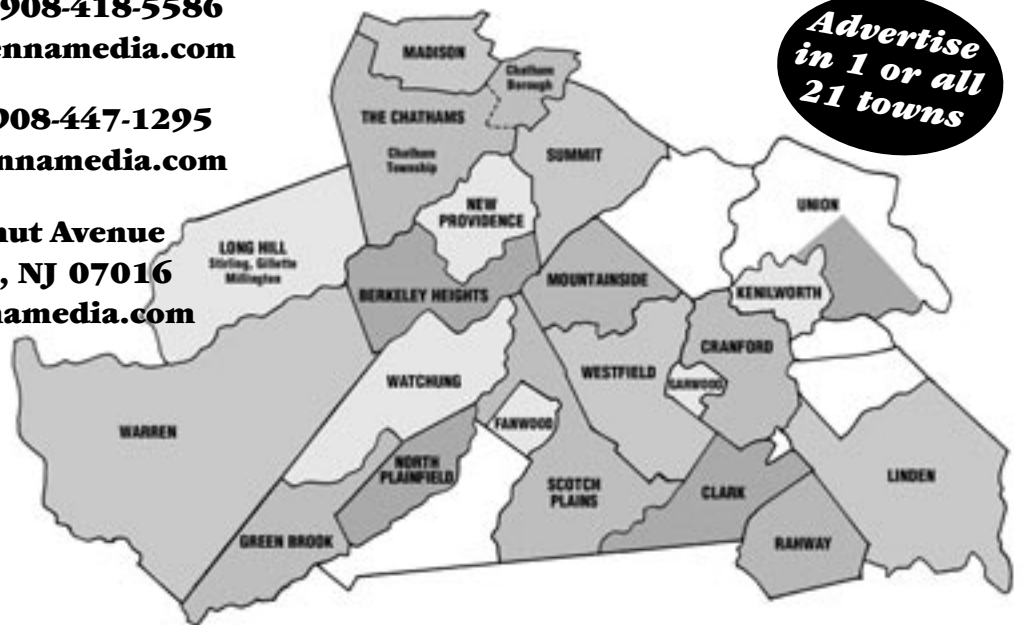
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LITERACY NEW JERSEY UNION COUNTY WELCOMES NEW TUTORS

Literacy New Jersey-Union County welcomed four new volunteer tutors to the program in December.

Lawrence Russo of Cranford, Carol Ann Townsend of Summit, Kacie Yip of Summit, and Roberta Tipton of Berkeley Heights all successfully completed a rigorous, 5-week online training program and received their certificates as Literacy New Jersey tutors.

Carol Ann Townsend of Summit is volunteering to tutor ESL students. She says: "I enjoy working with students and learning about new cultures. Ms. Townsend holds a graduate degree in Political science and History.

Kacie Yip of Summit tutors two different ESL classes each week. She is currently an intern at Mount Sinai Hospital and holds a Bachelor's degree in Animal Science. "I enjoy sharing my knowledge so that others can progress in life and witnessing their improvements give me great

satisfaction that I helped at least a little in their life."

Roberta Tipton of Berkeley Heights works with ESL students on Saturday afternoons. She is the Business Librarian at Rutgers University. Roberta says "I enjoy meeting new people and working together with my students."

Lawrence Russo of Cranford will be assisting adult students obtain their high school diploma. He is currently retired, but was a science teacher for 44 years.

The tutors will engage with students in online English as a Second Language, High School Equivalency or Basic Literacy classes.

After completing the training sessions, tutors are matched with a small group of adult students from the growing waiting list of students who need to improve their literacy skills. Tutors meet with their students online for 2-hours per week.

Literacy New Jersey provides ongoing supervision and support to tutors in the form of free professional development workshops on specific topics such as Health Literacy, ESL Conversation, Small Group Instruction and Job Readiness.

To volunteer, you must be at least 18 years old, able to speak English and willing to tutor in Union County. You do not need to have any teaching experience and you do not need to speak a foreign language. The training will provide volunteers with techniques and strategies for working with adult learners, as well as sample instructional materials and activities. Literacy New Jersey is a non-profit organization.

For more information or to register, please call Literacy New Jersey at 908-486-1777 or email Barbara Bagger, Program Director at bbagger@literacynj.org.



(above, l-r) Carol Ann Townsend of Summit, Kacie Yip of Summit, Roberta Tipton of Berkeley Heights, Lawrence Russo of Cranford

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