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## ST. VINCENT DE PAUL PARISH SERVING THE COMMUNITY

*Submitted by Teri Kesselmeier*

This past November the St. Vincent de Paul Parish Rosary Society collected 7 adult and 6 children bikes, 7 tricycles, 5 strollers and over 1,600 bags of clothing and shoes to be distributed to needy throughout the world. Boy Scout Troops 56 and 59 collected close to 8,000 items of food to help stock the shelves of four separate food pantries.

St. Vincent de Paul Parish is a Catholic community rooted in the Eucharist and committed to the service and needs of the poor. We take this mission seriously by participating with Bridges Outreach, Inc. to end homelessness through a volunteer driven outreach to meet the homeless most urgent needs of hunger and clothing items. Volunteers donate needed supplies to make over 200 sandwiches and fill toiletry bags for the homeless in the cities of Newark, Irvington, and New York. The food and clothing items are distributed through Bridges Outreach, Inc. in Summit, N.J.

St. Vincent de Paul Church has scheduled preparation and distribution days for January 9, March 5, and April 24, 2021. If you are interested in supporting this endeavor visit our Church website for more information. Monetary donations may be sent or brought to St Vincent de Paul Parish Office, 250 Bebout Avenue, Stirling, NJ 07980 from Monday to



*(above) St Vincent de Paul Parish Rosary Society recently collected bicycles, strollers and over 1,600 bags of clothing and shoes to be distributed to needy throughout the world. Boy Scout Troops 56 and 59 collected close to 8,000 items of food to help stock the shelves of four separate food pantries. The next distribution days are January 9, March 5, and April 24, 2021. If you are interested in supporting this endeavor visit our Church website for more information. Monetary donations may be sent or brought to St Vincent de Paul Parish Office, 250 Bebout Avenue, Stirling, NJ 07980 from Monday to Thursday.*

Thursday.

St. Vincent de Paul parish also sponsors a food pantry which serves the local community of Long Hill Township and beyond. We depend on donations to stock the food pantry. We usually serve 60 or more families a month. Due to demand, food pantry donations deplete quickly. The food pantry needs are canned vegetables, canned fruits, canned spam, canned chicken, canned tuna fish, canned coffee, pasta, canned soups, dried beans, rice (not instant), pancake mix, pancake syrup, jelly, and tomato sauce. Donations may be brought to the Church narthex (lobby).

Your generosity makes a difference in the lives of many people. If you or someone you know are in need of food contact St. Vincent de Paul parish office at 908-647-0118. As St. Vincent de Paul has said, "Charity is the cement which binds communities to God and persons to one another." During this time of Covid-19 pandemic, may we all take this saying of St. Vincent de Paul to heart and act upon it.

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**PROMOTE YOUR COMMUNITY EVENT**

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

*Organizations who are interested in submitting content can email editor@rennamedia.com or call 908-858-4012*

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**GREEN BROOK HOCKEY CLUB SUCCESSFULLY PLAYED A MODIFIED FALL SEASON**

*Submitted by Ann Marie Kleiber*

With all the uncertainty of Covid in September as to whether schools and sports would take place, Green Brook Hockey Club (GBHC) chose after much deliberation and planning to have a modified Fall season featuring Saturday pickup games only. Parents and Board Members of the League were looking for ways to safely give their kids some physical activity and outdoor fun. It was decided that GBHC could offer this by running a carefully planned “mini” 8-week season in October and November.

A sense of normalcy was the goal at GBHC, even though we had to change many of our protocols. Pre-screening questionnaires, temperature checks, social distancing, mask wearing, and thorough sanitizing of high-touch areas were put in place so that we could proceed with the modified season.

Sixty-three children registered for the season. All the families that participated were overjoyed and thankful that their children had something to look forward to. The start of the season was a big success, and so a two-week “Iron Man” tournament was added on Sundays for our older divisions. Because we are a non-checking and recreational league, hockey at GBHC is always fun competition so everyone can enjoy the game.

Registration for the GBHC Spring 2021 season is now open and we are hoping for as much of a normal season as we can deliver in the Spring. No matter what comes, we will try our best to provide roller hockey fun in some shape or form for the children in our surrounding communities.

Please visit our website at greenbrookhockeyclub.com to learn more about our club and to register.

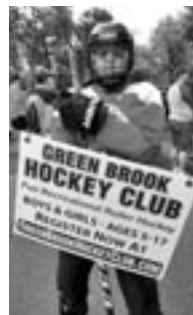


*(above) Green Brook Hockey Club players during a Saturday Fall game.*



**WWW.GREENBROOKHOCKEYCLUB.COM**  
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*Visit our website now to learn more about our league! Registration is open now for our Spring 2021 season*



- We accept boys & girls ages 5-17 from all towns
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- We are a non-checking roller hockey league and offer fun competition so everyone can enjoy the game.
- No travel required. We have a dedicated rink where all games & practices are held behind the Green Brook Middle School (132 Jefferson Ave, Green Brook)
- We have a Spring and Fall season every year
- We are a fun, well run, and highly regarded inline roller hockey league since 1999



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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](mailto:info@hickorytreechorus.org) or call 908-377-1399. For more information visit [hickorytreechorus.org](http://hickorytreechorus.org).

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(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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2  
*Frozen Family Night*

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For details please give us a call or visit us online.

## CLASS OF 2021 ATHLETES SIGN LETTERS OF INTENT

*Submitted by Denis Kelly*

Six Watchung Hills Regional High School (WHRHS) student athletes in the Class of 2021 signed letters of intent to play intercollegiate athletics for the colleges they plan to attend next on Wednesday, November 11.

That date is one of three days throughout the school year when most students make their

intentions public about planning to play intercollegiate sports. The other two times during the school year are in February and in May.

On November 11, there were a total of 6 who signed to matriculate and play intercollegiate sports: Five at Division I colleges and one at Division II colleges.

Intercollegiate sports at colleges are generally

divided into three levels of competition: Division I, Division II and Division III.

*(left, l-r)*

1. *Ethan Steier of Warren Township plans to matriculate and play intercollegiate sports in Cross Country for the Jacksonville University "Dolphins," Jacksonville, Fla., Atlantic Sun Conference (ASUN).*
2. *Brenna Conway of Green Brook Township plans to matriculate and play intercollegiate sports in Field Hockey for the Quinnipiac University "Bobcats," Hamden, Conn., Metro Atlantic Athletic Conference (MAAC).*
3. *Melanie Nunn of Watchung plans to matriculate and play intercollegiate sports in Swimming for the Marist College "Red Foxes," Poughkeepsie, Metro Atlantic Athletic Conference, (MAAC).*
4. *Sydney Sharma of Warren Township plans to matriculate and play intercollegiate sports in Tennis for the Boston University "Terriers," Boston, Mass., Patriot League.*
5. *Kayla Horvaht of the Stirling section of Long Hill Township plans to matriculate and play Soccer for the University of New Haven "Chargers," New Haven, Conn., Metro-Atlantic Athletic Conference (MAAC).*
6. *Daniel Edelman of Warren Township, Soccer for the University of North Carolina "Tar Heels," Chapel Hill, N.C., Atlantic Coast Conference (ACC)*



Photos by WHRHS / Elderman by US Soccer

## ANNOUNCING THE NEW OFFICE OF DR. EDWARD SOMMA IN BERKELEY HEIGHTS

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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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## CHAMBER WELCOMES NEW BUSINESS

The Long Hill Chamber of Commerce president, Michelle Cavett, welcomed Mane Salon as its newest member. The salon had a ribbon cutting ceremony on Decemebr 5, 2020 celebrating its Grand Opening on Main Street in Stirling. Long Hill Township Mayor Brendon Rae presided over the event. He was joined by Deputy Mayor Guy Piserchia, Cavett and Chamber Board Member Gary Gianakis in assisting the owners in cutting the ribbon.

Mane Salon is owned by stylists Christy Rillo of Gillette and Cara Curti of Scotch Plains. Like most people, Christy and Cara spent the spring of 2020 out of work while obeying the stay-at-home orders in New Jersey. They each spent this time off reflecting on what they really wanted for themselves once they were able to get back to doing what they love. As best friends, they both had the same vision and decided to work together to make it a reality.

The Long Hill Chamber of Commerce works to benefit everyone in town. A calendar of events along with a directory fo members can be found on their website [longhillchamber.com](http://longhillchamber.com).

Anyone interested in joining can find information on the website or by emailing [longhillchamber@gmail.com](mailto:longhillchamber@gmail.com).



(above, l-r) Mane Salon is owned by stylists Cara Curti of Scotch Plains and Christy Rillo of Gillette.

Photos by @peacelovefoto

## SUBURBAN CHIROPRACTOR CELEBRATES 36 YEARS OF SERVICE

The Suburban Chiropractic Center, located at 301 Main Street in Chatham, New Jersey will celebrate their 36th anniversary on January 7, 2021. Dr. Joseph J. Murphy began the center in 1985 to offer the community a natural alternative to the traditional allopathic medical facilities in the Chatham area. They owe their success to the loyal patients who have continued with them, referred their friends and family, and to their efforts to provide the highest level of service possible.

Dr. Joseph J. Murphy, Director of the Center explains, "We are elated to be celebrating 36 years. We are blessed to be entering our 37th year of service to this fine community." He continues, "We have tried to give back to the community in every way and it shows through the happiness and health of our patients and their continued support." His office manager, who is celebrating her 26th year in the practice, Mrs. Lynn Egan adds, "It gives me a great sense of satisfaction that the community has rewarded us for our dedication by their continued praise and support." Massage Therapist and CA, Janis Piccirillo, CMT has also been a longtime member of the team with 22-years of service; and Trevor DeFrank, CA is the newest member joining in 2019.

The Suburban Chiropractic Center has been the recipient of numerous awards over their 36-year history including Business of the Year and letters of praise from previous Mayors of Chatham, former State Senator Leanna Brown, Senator Walter Cavanaugh, Congressman Rodney Frelinghuysen, Assemblyman Walter D. Gaetano, and Governors Christie, Corzine, Whitman, and Florio.

Dr. Joseph J. Murphy, Director of the Center, is past president of the NJ Board of Chiropractic Examiners where he was appointed by Governor

Christie Whitman in the year 2000. He's a former president of the New Jersey Chiropractic Society, the Morris County Chiropractic Society, and the Chatham Chamber of Commerce. He was recently re-appointed to the Chatham Mayor's Wellness Committee where he has served since 2011, and has previously served on the Chatham Borough Historical Commission.

Dr. Murphy, Office Manager Lynn, Massage Therapist/Chiropractic Assistant Janis and Chiropractic Assistant Trevor will be holding an open house to celebrate their anniversary in the upcoming months. You can find out much more about the Suburban Chiropractic Center by visiting their website at [drmurphy.com](http://drmurphy.com).



(above) Dr. Joseph J. Murphy

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# LONG HILL GIRL SCOUT CADETTE, JILLIAN GAYDOS, COMPLETES SILVER AWARD PROJECT

*Submitted by Allison Kempe*

For the past year, Long Hill Girl Scout Cadette from Troop 5050, Jillian Gaydos, has been planning and executing the building of platforms for tents to “bring camping back to Hick’s Tract”, since so many scouts camped there prior to the destruction caused by Superstorm Sandy back in 2012.

The silver award is the highest award a Girl Scout Cadette can earn, requiring a minimum of 40-50 hours of work. The next award is the gold award pursued by Girl Scout Seniors or Ambassadors, which requires 100 hours for their project.

Jillian worked with Lisa Scanlon, director of LHT recreation, and then obtained permission from the LHT Township Committee. She raised funds for project materials by baking Father’s Day brownies in the community and hosting a virtual music concert via Facebook Live, with a cameo appearance by Jillian playing her Sax to “Mustang Sally”.

The project included the design and build of two 12x12 platforms in the pine grove section of Hick’s Tract, near the fire ring. The platforms fit standard 6 person tents and have hooks to secure rainfly and anchor the tent.

The platforms are named “Samoa” (Jillian’s favorite Girl Scout cookie) and “Trefoil”, which means “three leaves”. Each leaf stands for a part of the Girl Scout Promise. The eagle and shield within the trefoil signify that Girl Scouts stand ready to serve their country.

The name signs were crafted and donated by LHT resident and family friend, Jeremy Herring. His wood design company can be found on Instagram at “stars\_and\_stripes\_by\_j”.

The ribbon cutting ceremony was held on November 20 and was attended by Lisa Scanlon and Long Hill committee member Matthew Dorsi.

Jillian would like to thank everyone who supported her through donations, advice and encouragement.



(above) Long Hill Girl Scout Cadette Jillian Gaydos built platforms for tents to “bring camping back to Hick’s Tract.”

## MORRIS COUNTY POSTMASTERS SHARE TIPS FOR RESPONSIBLE PET OWNERSHIP

Last year, a total of 5,803 USPS employees were attacked by dogs in the United States. New Jersey ranked ninth among the 50 states with 169 dog attacks in 2019. The 31 postmasters serving the 39 municipalities in Morris County are joining their colleagues throughout the Garden State and across the nation to raise public awareness of the importance of responsible pet ownership in helping prevent dog bites.

To prevent dog bites, Morris County Postmasters recommend the following tips for responsible pet ownership:

Obedience training can teach dogs proper behavior and help owners control their dog in any situation.

When the letter carrier comes to your home, keep your dog inside, away from the door, in another room, or on a leash.

- Dogs can be protective of their territory and may interpret the actions of letter carriers as a threat. Please take precautions when accepting mail in the presence of your pet.
- Dogs that haven’t been properly socialized, receive little attention or handling, or are left tied-up for long periods of time frequently turn into biters.

By following these few simple tips, pet owners can significantly improve neighborhood safety for everyone. The Postal Service has a short animated dog bite video available on its YouTube site, USPS TV.

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## KEAN UNIVERSITY STUDENT-VETERAN RECEIVES K-9 SERVICE DOG



(above) Jason Pryor, a U.S. Army veteran who did tours in Iraq and Honduras and suffers from PTSD, received the K-9, named Keen, as a gift from the Kean Office of Student Government through an on-campus fundraiser.

Photo by Kean University

## 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.

As we enter the darkest time of the year, we offer a ray of light and welcome you to join the Journey Toward Wholeness bereavement seminar. 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 co-leaders of the program Patti Williams, RN, Certified Bereavement Counselor, and Virginia Waters, PhD have both personal and professional training and experience in the field of grief and loss and are joined by a team of trained facilitators who provide support and lead breakout groups for individuals with like losses.

Follow the light to find comfort, support, tools, and connection at our next seminar.

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.

There is no cost for this seminar. We have had over 3,500 participants over 20 years. Come join us as we light up the darkness together.

A special ceremony was held on Kean University's Union campus as senior Jason Pryor, a U.S. Army veteran, introduced the K-9 service dog that he received through an on-campus fundraiser.

Pryor, a senior from Elizabeth majoring in exercise science, did tours in Iraq and Honduras and suffers from PTSD. He received the K-9, named Keen, at the start of the Fall semester as a gift from the Kean Office of Student Government.

"Being with Keen has taught me to be more patient," said Pryor, whose dog accompanies him to class. "Keen is used as a measure to help prevent me from going through the symptoms and effects of spiraling down, by me tending to his needs and having him tend to me."

Keen is ranked first in the nation among large public schools for its programs supporting student-veterans, according to the Military Friendly Schools survey.

Student Government raised nearly \$20,000 to support service dogs through Rebuilding Warriors, a volunteer non-profit organization whose mission is to provide trained service dogs to veterans. The bulk of the funds raised went toward training Pryor's dog, and the rest was donated to Rebuilding Warriors to help train other K-9 dogs.

At the ceremony held outside Miron Student Center, Vito Zajda, director of Veteran Student Services at Kean and a U.S. Coast Guard veteran, called Pryor a remarkable student.

"He has been a big support and influential person in our program," Zajda said. "He has helped open our eyes about how the University can best support its vets."

Vice President of Rebuilding Warriors Jeff Mullins, also a veteran, said post-traumatic stress disorder (PTSD) is a condition that can't be seen by others. "It's invisible, stays with you your entire life, and it's not easy sometimes," he said. "Our goal is to provide veterans and first responders with a service dog to help them achieve their new normal."

The University's Veterans Day event included a color guard, a performance of the national anthem by the Kean Gospel Choir, and the presentation of other honors.

Juan Leon Torres, a senior from Spotswood also studying exercise science and a U.S. Navy veteran, received the 2019 Kean Veteran's Award for Outstanding Mentor. He develops transition opportunities and initiatives, and mentors a student-veteran each semester.

"Being a veteran and going back to school is super hard because you go from one community to a different lifestyle," Torres said.

Zajda noted that it is important to support veterans at all times. "The importance of Veterans Day is to recognize that it's 365 days a year, as veterans go through different highs and lows in their lives," he said.

### ABOUT REBUILDING WARRIORS

A 501(c)3 Non-Profit Providing Service Dogs to Veterans

Rebuilding Warriors provides highly trained and socialized Service/Companion Dogs to Veterans diagnosed as Amputees as well as those with PTSD, (Post Traumatic Stress Disorder) and TBI (Traumatic Brain Injury). For more information, or to support our mission, please visit [www.rebuildingwarriors.com](http://www.rebuildingwarriors.com).

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Monday - Thursday: 10:00 am to 7:00 pm, Friday 10:00 am - 5:00 pm,  
Saturday 10 am - 2 pm and Sunday 1 pm - 5 pm.

Our website remains open all the time, so please check there for up to date information or call us at (908) 647-2088. You can place book requests over the phone or on-line through the catalog.

During this crazy time, we have added a number of on-line resources for you. Download books and audiobooks through cloudLibrary. Download books, music, movies and more via Hoopla. Stream movies and television onto your favorite device via Kanopy. Feel free to call the library and ask for a librarian to talk you through the sign in process! That's what we are here for.

In January, we will have a number of programs that we hope you can join. Most are on-line and accessible via Zoom.

### Mindful Movement

Tuesdays in January, 7:00 pm- 7:40 pm.

Join us for class in which we gently move our bodies and free our minds.

### Staying Positive

Monday 1/25 6:30-7:30 pm

Diane Lang, certified counselor, will speak to us on this topic .

We will have Take and Make craft and citizen science projects every week. Call to see what the topic is and to reserve your bag of supplies! We will be making vision boards and paper wreaths and observing nature together. We hope to encourage our community to participate in citizen science projects all year long, including the Great Backyard Bird Count 2/12-15. To learn more about birds, walk by our gorgeous window, created by Kaitlyn Mattheiss!

### Read with us! Join a book club in 2021!

Monday 1/11 at 7pm

Online. The Hunting Party by Lucy Foley. A thriller set over New Year's Eve.

(Available on Hoopla)

Thursday 1/28 at 10 am

Online. The Last Days of Night by Graham Moore. A fictional account of Thomas Edison's race to electrify the country.

(multiple hard copies available).

Friday 1/29 at 2pm.

Walking Book Club. Kantor Park Pavilion. The Queen's Gambit by Walter Trevis.

(Available on Hoopla).



# COVID-19: TIPS FOR MORRIS COUNTY'S 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 partner of Morris County government 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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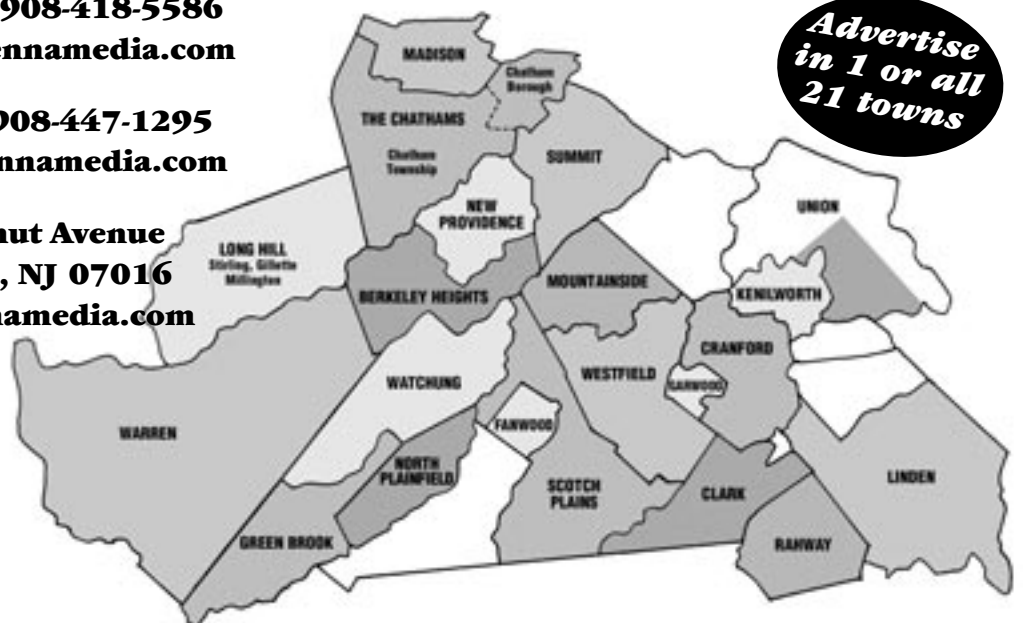
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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
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