## New Providence NEWS

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## **14TH ANNIVERSARY OF FAITH LUTHERAN MENORAH LIGHTING**

Submitted by Larry Hold

On the evening of Tuesday, December 15, the sixth of the eight days of Hanukkah, Faith Lutheran Church in New Providence and the Summit synagogues of Congregation Ohr Shalom-Summit Jewish Community Center and Temple Sinai, lit the sixth candle of the Menorah at Faith. This was the fourteenth consecutive year that Faith and the synagogues have partnered in the lighting of the Hanukkah Menorah on the front lawn of Faith.

In response to the pandemic, this year's lighting was different than the earlier ones. At the prior thirteen, members of each of the three congregations attended. On December 15, only the three clergy of the congregations were present; Rev. Jane McCready of Faith Lutheran, Rabbi Avi Friedman of Congregation Ohr Shalom-Summit Jewish Community Center and Rabbi Erin Glazer of Temple Sinai. Each was masked. The ceremony was live streamed via Faith's Facebook Page: Faith Lutheran, New Providence.

The lighting ceremony began with a welcome from Pastor McCready, who expressed her appreciation for the long-term friendship Faith has had with the two synagogues. She observed that while the night's lighting was different than the past, the members of the three congregations were still together in spirit and emotion.

Rabbi Friedman thanked Faith for hosting again the lighting ceremony. He said "We should never forget that Rev. Murdoch MacPherson, pastor of Faith, began and led this fantastic tradition." Rev. MacPherson (Pastor Mac) served Faith for thirty-five years and passed away in 2017. The members of the Jewish community have great respect and love for his memory. Rabbi Friedman then lit the sixth candle of the Menorah.

In response to an anti-Semitic incident in the community in 2007, Pastor MacPherson initiated discussions with Rabbi William Horn, now Rabbi Emeritus of Congregation Ohr Shalom-Summit Jewish Community Center, and Rabbi Stuart Gershon, now Rabbi Emeritus of Temple Sinai. The result was the first lighting of the Menorah



(above) Rabbi Erin Glazer sings Hanukkah song during lighting of Menorah with Rabbi Avi Friedman and Rev. Jane McCready.

at Faith during Hanukkah later that year. Accompanying the Menorah was a sign saying, "In Celebration with our Jewish Brothers and Sisters." The sign has continued at each subsequent Hanukkah.

Rabbi Glazer expressed her appreciation to Pastor McCready and Faith for conducting the lighting ceremony with the two synagogues. Their members have been grateful for the friendship of and recognition by Faith. Rabbi Glazer then sang a Hanukkah song.

Also, on Faith's lawn and near the Menorah during the Christmas season is a manger, lying on straw within a small, open wooden stable. On early Christmas morning, a wrapped gift was placed within the manger. It represents the birth of Jesus, a gift from God to all people. Christianity was born from the Jewish tradition.

The ceremony on December 15 concluded after Rabbi Glazer's Hanukkah song. Before the adjournment, Rabbi Friedman noted that following past ceremonies, everyone went to Faith's education hall and sang fun Hanukkah songs. The cantors led the singing. Subsequently, all enjoyed visiting and the kosher refreshments, provided by the synagogues. The refreshments included jelly donuts, latkes, cheeses, fruits, cookies and nuts, all traditionally served at Hanukkah celebrations.

Rabbi Friedman said the Menorah signifies light and hope for us. Let's aspire that the fifteenth anniversary of the Menorah lighting of the three houses of worship allows persons to attend in person.



## **New Providence NEWS**

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## **CANDY DROP MISSION COMPLETED**

The New Providence Police Department and New Providence PBA local 132 would like to thank residents for helping to make Operation Candy Drop successful. Several boxes were mailed to various New Jersey National Guard soldiers deployed in Afghanistan. The candy was combined with hand written letters from students of Salt Brook Elementary School to help make these Troops' mission a little more comfortable.

Follow New Providence Police and New Providence Office of Emergency Management on Facebook.









## Our Orthopedics Team Has New Stars

Say hello to Dr. Ben Brown, Dr. Derrick Heydinger and Dr. Jared Preston. Here to bring expertise and great care to adults and children.



Ben Brown, DO Shoulder, Elbow, Hip, Knee and Ankle Surgeon Sports Medicine New Providence & Clark



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Jared Preston, MD Hip and Knee Surgeon Robotics (Mako<sup>114</sup>) Clark



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## NEW PROVIDENCE EMS LIFE-MEMBER TERESA NELL PASSES AWAY

It is with heavy hearts that we announce the passing of our matriarch and life-member Teresa Nell. Teresa was an active New Providence EMS member for over 25 years, during much of which she covered multiple weekly day shifts. Everyone at NP Rescue Squad considered her family and she left an ever-lasting impression on every person who was blessed to have met her. Teresa embodied the characteristics of compassion, care, strength and wisdom and truly looked after everyone.

Teresa's abundance of love and compassion spilled into her cooking. If your nose didn't cue you into the fact that she was cooking, you were

fortunate if there was still an open seat at the table as people would start pouring into the building for her family-style portions as soon as word of mouth spread. True to form, she would selflessly give her time to lift our spirits and fill our bellies

with delicious food.

It was because of Teresa that we view the Rescue Squad not as a mere building, but as a home where sisters and brothers from different walks of life can come together to serve NP residents. We will continue to carry on your legacy, Teresa. Godspeed 739. We miss you dearly.

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## **ANNOUNCING THE NEW OFFICE OF DR. EDWARD SOMMA IN BERKELEY HEIGHTS** *"Providing exceptional comprehensive health care with unrivaled compassion and personalized attention for more than 2 decades"*



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.

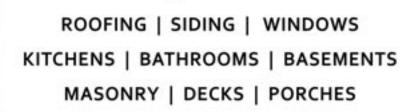
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## **AWR STUDENTS SPREAD KINDNESS THROUGH POSTERS**

Allen W. Roberts (AWR) students created Kindness Posters to spread some kindness around town. Recently they displayed their appreciation for the New Providence Police Department. The effort was organized by school counselor Kaitlyn Conlan.

## DR. JOSEPH MURPHY CELEBRATES 36 YEARS



The Suburban Chiropractic Center, located at 301 Main Street in Chatham, NJ 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.

Dr. Joseph J. Murphy is past president of the NJ Board of Chiropractic Examiners. He's a former president of the New Jersey Chiropractic Society, the Morris County Chiropractic Society, and the Chatham Chamber of Commerce. He serves on Chatham Mayor's Wellness Committee, 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.

## **LEG PAIN** You Don't Have To Live With It!

That "searing, burning pain" in your thigh and calf... that "aching, numbing" feeling in your hip and buttocks... that "finaling" in your feet

that "tingling" in your foot and toes and loss of balance... It interferes with your ability to walk, to ride a bicycle, play golf, garden... to have FUN IN LIFE!

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## **VOLUNTEERS READY TO HELP** WITH GROCERY SHOPPING

If any older New Providence adult feels uncomfortable grocery shopping due to the rising number of virus cases in our area, a local group of volunteers is ready to help. New Providence-Our Community For All, the nonprofit founded last spring to support an age-friendly New Providence, provided free volunteer grocery shopping help to older adults in New Providence during the early months of the pandemic. They have volunteers signed up now, too, ready to be of service.

"Our shopping recipients have been relieved not to have to shop," says Chanda Yonzon, Volunteer Coordinator for the program. "One of our program participants even told us it allowed her to rest well at night, knowing she didn't have to go into a crowded grocery store."

The program has provided some lighter moments, too. "Acme has been a great business partner! They gave us a gift card to use to buy a balloon and small cake for our grocery shopping recipients on their birthdays. It really brightened the day for an older adult staying home to stay safe," said Yonzon.

Each user of the service is matched with just one volunteer, who does their shopping as

If any older New Providence adult feels comfortable grocery shopping due to the rising mber of virus cases in our area, a local group volunteers is ready to help. New Providencear Community For All, the nonprofit founded needed. For each shopping trip the volunteer shopper is immediately reimbursed for the groceries by the older adult, by check. A neighborly bond is formed between the two New Providence residents.

> "It's been heartwarming how many New Providence neighbors have volunteered for this project," said Patricia Jacobs, Executive Director of New Providence-Our Community For All. "The stories they tell us of their connections show us how important it is to be part of a supportive community, for both the older adult and the volunteer. Everyone wins."

> To get connected to a volunteer to help with shopping, call Chanda Yonzon, Volunteer Coordinator, at 908-451-3331 or email chanda\_belle@yahoo.com. To become a grocery shopping volunteer, please sign up at https://www.signupgenius.com/go/9040b4ea9a9 2fa0f94-senior.

> New Providence-Our Community For All is grant-funded by The Grotta Fund for Senior Care, an advisory council fund at the Jewish Community Foundation of Greater MetroWest NJ. Learn more about the group and their other projects on their website, npocfa.org.

## OAKWOOD PARK CLOSED FOR SKATING

The New Providence DPW Maintenance staff monitors the pond at Oakwood Park and determines whether or not skating is permitted based upon the conditions of the ice.

When the conditions are right and the ice is thick enough, a sign will be posted by the parking lot indicating "Skating Today". It normally takes a week to ten days of consecutive subfreezing temperatures to produce safe skating conditions.

The operating schedule is subject to change and may be modified throughout the season. Any changes to the standard operating schedule will be posted at www.newprov.org/recreation.

Weekend and Holiday schedule (9 am- 9 pm)\*\*

Weekday Schedule (9 am-8:30 pm)

The upper baseball field lights will turn on 5 minutes before the pond lights go off – please use this time to safely exit the ice and make your way to your car. The pond lights will only be turned on when DPW determines the ice conditions are safe for skating.

\*\*Holidays include New Year's Day, Martin Luther King Day and Presidents Day. In addition, the Pond will operate under the Holiday Schedule between Christmas Day and New Year's Day (Weather Permitting).

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## **NEW JERSEY'S FAITH LEADERS DISCUSSED SUPPORT** FOR ORGAN AND TISSUE DONATION DURING LIVE PANEL DISCUSSION

#### Submitted by Gary Mignone

On November 12, NJ Sharing Network kicked off National Donor Sabbath weekend with an interactive Donation and Faith Panel Discussion that brought together faith leaders from throughout New Jersey to discuss why most major religions in the United States support organ and tissue donation as an unselfish act of charity. A recording of the panel discussion can be viewed on NJ Sharing Network's Facebook page or at www.YouTube.com/NJSharingNetwork. Some of the key messages from the panelists included:

E. Denise Peoples, Agape Family Worship Center of Rahway and NJ Sharing Network panel moderator, and double-lung transplant recipient - "We are extremely fortunate to have strong partners in our local faith-based communities who support our life-saving mission by discussing organ and tissue donation with their congregations and by sharing their inspirational stories and unique perspectives about donation."

Rev. Dr. Vanessa M. Brown, Rivers of Living Water Ministries UCC of Newark - "Life is one of the greatest gifts that you can give, and it is a gift that can be shared. It is part of us doing good in this world by saving lives."

Rev. Dr. Marilyn M. Harris, First Baptist Church of Teaneck - "We share information with our community about organ and tissue donation to show them what love looks like. Many in our faith community have had life-saving transplants and they show others what the gift of life looks like."

Rajesh Karnani, son of a tissue donor and member of the Hindu community - "My father was passionate about his family, his faith and his support for organ and tissue donation. He would often speak with our Hindu religious leaders to discuss the virtues of organ donation, and they recognized it as the best gift anyone could give to another person."

Rabbi Ari Lucas, Congregation Agudath Israel (CAI) of Caldwell - "Organ and tissue donation is supported by all major streams of Judaism. Many in our synagogue community have been profoundly affected by the generosity of people who gave and they are the greatest preachers of the importance of this because they are living testaments to the value of organ and tissue donation."

Fr. Edmund Luciano, Parish of the Visitation

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908-381-8160 janetleichtdpm.com 369 Springfield Avenue Berkeley Heights, NJ 07922 of New Brunswick, and heart transplant recipient ABOUT NJ SHARING NETWORK - "The Catholic Church is very much in support of organ and tissue donation. We encourage our families to be aware of this. It is a testament of love for our neighbor."

Observed annually in November, National Donor Sabbath seeks to educate faith-based communities across the country about the critical need for organ and tissue donation, and the vital role faith plays in making the decision to register as a donor.

For National Donor Sabbath tools and other resources visit NJSharingNetwork.org/donorsabbath.

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



## **OPERATION BLUE ANGEL OFFICIALLY KICKED OFF**

This safety program aims to aid older adults who are over 55 years of age, are medically impaired or are frequently alone. Operation Blue Angel gives emergency services quick access to a residence if the resident is unable to open the



(above) Detective and Community Service Officer, Dave Rodriguez illustrates lockbox.

door.

Those who participate in the program will receive a small, free combination-controlled lockbox to store a spare key in. The key is provided by the resident, and the lockbox will only be accessible to the resident's local police department; no one else will have the code. In the case of an emergency where the resident is unable to come to the door, police, the fire department or emergency medical services (EMS) will be able to enter the home using the spare key.

Participation is completely voluntary, free, and may be stopped or started at any time. In addition to providing access in an emergency, the program promotes safety and peace of mind at home.

To enroll: call the New Providence Police Department at (908) 665-1111 and leave a message for the Community Policing Officer, Detective Dave Rodriguez.

Detective Rodriguez and his team will make an appointment with the resident to talk about Operation Blue Angel and set up the lockbox. They will also be able to discuss other safety programs for older community members like Smart911, the File of Life and safety evaluations.

Follow New Providence Police and New Providence Office of Emergency Management on Facebook.

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

#### Submitted by Ann Marie Kleiber

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 Pre-screening questionnaires, protocols. 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. With all the uncertainty of Covid in 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 website visit our at greenbrookhockeyclub.com to learn more about our club and to register.



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

EY CLUB

## **CHRISTMAS SHARING TREE PROVIDES GIFTS TO PERSONS IN NEED**

Following its annual tradition, Faith Lutheran Church in New Providence contributed Christmas gifts to persons served by social service agencies in the community and St. Stephan's Grace Community Church in Newark. Many of the gifts were in response to the specific wishes expressed by the persons.

Organizations in receipt were the following: The ARC of Union County, which provides resources to persons with intellectual and developmental disabilities and their families to ensure that the persons realize full and productive lives. The Possum Way Group Home in New Providence is part of ARC.

Cheshire Home, which provides residential specialized care facilities for disabled adults.

New Providence Community Service Association, which offers financial assistance to New Providence citizens in their time of need.

St. Stephan's Grace Community Church, which is a diverse and multicultural church in the Ironbound Section of Newark. Members of Faith tutor children there. The children will be receiving the gifts.

Joanne Berryman of Madison chairs and manages this ministry for Faith Lutheran. With the St. Stephan's portion, she is assisted by Kim Delatour of Berkeley Heights.

The Pastor of Faith is Rev. Jane McCready. Faith is located at 524 South Street. Its web site is famfaith.org and phone number is 908-464-5177.





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



#### WWW.GREENBROOKHOCKEYCLUB.COM A Recreational Inline Roller Hockey League Information: greenbrookhockeyclub@gmail.com • We accept boys & girls ages 5-17 from all towns

- We welcome players of all experience levels 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)
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## **NEW PROVIDENCE LIBRARY JANUARY EVENTS**

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#### Virtual Teddy Bear Workshop (Kids) January 6 @ 3:30 PM

Listen to a story, then bring a special plush character to life by hand stuffing it, wishing on a rainbow star, and naming it! For children in grades K-2. Space is limited. Email npmlchildrens@gmail.com to register for the Zoom and reserve your character kit.

#### Only 1 per family. Teen De-Stress Kits (Teens) January 7 @ 3:00 PM

Everyone needs to destress and embrace the calm after the holiday season. This kit includes a soothing tea bag, some bubble wrap to pop, a few Sources of Strength printed activity sheets, and all the pieces needed to create your own mini zen garden to help you find that inner peace. This is the perfect at-home kit to go with our Stress Relief breathing & meditation zoom session on Jan 9. Why not sign up for both? For students in grades 6-12. Signup will open on

#### Wed, Dec 30 at 9:00AM. NASA's Next Mission to Mars (Adults) January 7 @ 7 PM - 8 PM

Learn all about NASA's next mission to Mars with amateur astronomer Paul Cirillo! The Mars 2020 Rover will look for signs of habitable conditions on Mars in the ancient past as well as for signs of past microbial life itself. Perseverance is scheduled to land on Mars on February 18, 2021. While geared for adults, the minimum age to attend is 10. To register and receive the zoom link, email npmlref@yahoo.com .

#### Teen Stress Relief Meditation & Breathing Session (Teens)

January 9 @ 10:45-11:15 AM Dr. Somya Ramrakhyani, renowned pediatrician, meditation teacher and mental health advocate will offer a free 30-minute age appropriate meditation & breathing practice for teens. These methods have been proven to reduce stress, anxiety and aggression, and promote inner peace, confidence and focus. Email NPMLTeens@gmail.com to sign up and receive the zoom link and passcode.

#### Baseball Discussion Group (Adults) January 11 @ 7 PM - 9 PM

Discuss your favorite team and players over Zoom, or just listen to the other baseball fans talk. You may call in over the phone instead if you prefer. The baseball group has been going strong for 7 years. To join, email npmlref@yahoo.com.



#### Virtual Read to a Dog (Kids) January 12 @ 7 PM

Join us on Zoom and practice reading aloud to trained Seeing Eye dogs and puppies. Email npmlchildrens@gmail.com to receive the link.

#### For children in grades 3 and up. Meet Author Katie Arnold, Author of "Running Home"

January 14 @ 7:30 PM -8:30 PM An evening with ultramarathon runner Katie Arnold, author of the memoir "Running Home" - named one of the best books of 2019 by Real Simple magazine. Arnold lived in this area

when she was young and is now a contributing editor of Outside magazine. The zoom is open to anyone who would like to attend and library

book group members, who are reading "Running Home". To register, email the library. Teen Volunteer Program (Teens)

January 18-21

We miss our amazing Teen Volunteers and hope to be able to welcome you back in the building to help out with library service hours. Keep checking our Teen Volunteer page on our website for more information as we determine what's possible in the new year!

https://www.newprovidencelibrary.org/services/ teen-services/volunteering

**Dinosaur Terrarium Kits (Kids)** January 19 @ 10 AM

Grow your own mini dinosaur garden! Kits are limited and must be reserved. Email npmlchildrens@gmail.com to reserve your kit.

For children in grades 3-5. Only 1 kit per family. Book Group (Adults)

January 19 @ 10:30 AM The book group will discuss "When Books Went to War: The Stories That Helped Us Win World War II" by Molly Guptill Manning over zoom. Copies will be available for group members to check out one month prior to the discussion. To join the group, email the library at npmlref@yahoo.com.

#### Signup for February Teen Take Out boxes (Teens)

January 25 @ 3:00PM Teen Take Out is a monthly box of fun for NP teens in grades 6-12 with a current NPML library card. Each month, we put together a box for you including fun treats like snacks, crafts, bookmarks, buttons, stickers and more. Plus, we select a YA Fiction book for you based on your answers to our questionnaire!



## PRESENTATION OF THE FILM JOHN LEWIS: GOOD TROUBLE

The League of Women Voters of Berkeley Heights, New Providence & Summit and the American Association of University Women-Summit College Club will be kicking off Black History Month with the presentation of the film John Lewis: Good Trouble with a discussion to follow. The film will be available via virtual screening 48 hours prior to the discussion. The Discussion will take place via zoom on Sunday, January 17th at 1:30 p.m. If you wish to participate you need to register by sending an email to LWVBHNPS@yahoo.com. The link for the virtual screening and the zoom meeting will be sent to you.

John Lewis participated in thousands of protests. He was arrested 45 times. He served 33 years in Congress. This is a portrait of courage. Many consider him an American Hero not only a hero for African Americans. "Sometimes change calls for a little trouble." Until his death on July 17, 2020, he called upon his fellow citizens to get into "Good Trouble".





