

Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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TEENS ANSWER THE CALL FOR HELP RESCUE SQUAD

Submitted by Susan Baldani

Last year was surprising in a number of ways. In the midst of a pandemic, most people were doing their best to avoid others. So, the Scotch Plains Rescue Squad membership committee was not expecting any new applications to come in for quite a long time.

We couldn't have been more wrong. Community members came forward to help, while putting their own safety at risk. Even more surprising, many of these applicants were teenagers looking to join our cadet program.

Here, some of these members talk about why they made this decision, and how it has affected them.

JULIA – AGE 17

I joined the Rescue Squad during COVID-19, which is a scary thing, but also in my mind this was the most impactful time to join the squad. Of course, we are very cautious on calls with preventing the spread of this virus, but overall, if anything, I think this pandemic has just made me a stronger EMT. I love that I can help our community when it really needs me.

RILEY – AGE 16

Once the pandemic started, I saw all of the amazing work that first responders were doing. I noticed a need for EMTs and I wanted to do everything I could to help my community. Now being an EMT, I find it so rewarding to help people when they are in need. I couldn't imagine joining in a more pivotal moment in history, and I am so thankful that I am a part of the Scotch Plains Rescue Squad.

ASHINI – AGE 17

When I became a member during the pandemic, I was very nervous at first. I was afraid of such a deadly outbreak that had cost so many people their lives. But as I started to get more patients, I realized how rewarding this job was. There needs to be people who help those who are in need and I like the fact that I can try and be one of those. Helping people makes me happy and after seeing many people in pain, I realized that I want to try and at least make them feel a little better no matter what the issue is. Becoming a member during the pandemic is probably one



(above) Scotch Plains Rescue Squad welcomed new cadet members this past year.

of the best decisions I've ever made.

MAURA – AGE 18

I wanted to do something for the community amidst the pandemic, and I was drawn to SPRS because of my medical interest. Taking the EMT course hybrid was a little bit out of my comfort zone, but over time between that and virtual school I was able to get used to having online lectures. Because there were new precautions taken due to the pandemic, I felt like even though I was still learning on my shifts, everyone around me was learning a little as well. Everyone I've met at the squad has been so kind and supportive! They were always willing to help me review skills or study for my class. I'm so happy I made the decision to join!

KAROLINE – AGE 16

I joined the Scotch Plains Rescue Squad around June of 2020. Seeing my parents work during quarantine made me want to do something more with my time. I had always hoped to one day join a rescue squad and I felt like it was the perfect time to help those in need.

TJ – AGE 17

I initially looked into cadet programs last year prior to the pandemic, thinking that it would be a good way for me to get involved with healthcare. Once things were more stable over the summer, I started applying again because I wanted to jump in and help wherever I could. All over the news you would see doctors and nurses risking their lives for the well-being of others, and because I am young, healthy, and have an interest in working in medicine, I just wanted to serve my community and help in whatever way I could.

If you too are interested in joining the Scotch Plains Rescue Squad, please go to our website at scotchplainsrescuesquad.com, email us at scotchplainsrescuesquad@gmail.com, or call 908-322-2103.

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NJ SHARING NETWORK ANNOUNCES OFFICERS

Scotch Plains NJ WHAT'S HAPPENING MONTHLY

Scotch Plains Monthly is published by Renna Media. 9,500 newspapers are printed monthly and mailed to every business and resident in Scotch Plains.

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Submitted by Gary Mignone

The NJ Sharing Network Foundation Board of Trustees is pleased to announce the election of its 2021-2022 Board Officers to lead its strategic efforts to increase the number of lives saved through innovative research, family support, public awareness and education about the life-saving benefits of organ and tissue donation and transplantation.

Effective January 1, 2021, the new officers include Elizabeth Stamler of Scotch Plains, NJ as acting Secretary.

Elizabeth Stamler is a lifelong resident of Scotch Plains, NJ, where she serves as an elected member of the Township Council and as Deputy Mayor for 2021. Stamler has been touched by organ and tissue donation in more ways than one. Her brother, aunt and father, the late Union County Prosecutor John H. Stamler, each received a life-saving heart transplant. Her other brother later passed away and gave the gift of life as a tissue donor, enhancing the lives of over 30 people. Stamler is a longtime volunteer at NJ Sharing Network and has served on the NJ Sharing Network Foundation Board of Trustees for four years.

Stamler is employed as a Procurement Specialist with Union County Emergency Services. She holds a master's degree in Accounting from New Jersey City University and a certificate in Public Administration from Kean University. She earned a bachelor's degree in Criminology from The College of New Jersey.

The NJ Sharing Network Foundation Board of Trustees is comprised of a diverse group of individuals from both public and private sectors, many of whom have been touched by donation, including donor families and transplant recipients.

"[The new officers] are all dedicated volunteers and advocates who hold a true passion for organ and tissue donation," said Elisse E. Glennon, Executive Director, NJ Sharing Network Foundation. "They are respected leaders who bring a wealth of diverse experience, talent and expertise in their fields to further our mission to save and enhance lives."

ABOUT THE NJ SHARING NETWORK FOUNDATION

The NJ Sharing Network Foundation is committed to help increase the number of lives saved through innovative research, family support, public awareness and education about the life-saving benefits of organ and tissue donation and transplantation.

ABOUT NJ SHARING NETWORK

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 life-saving 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.



(above) Elizabeth Stamler of Scotch Plains, NJ was appointed as Secretary for the NJ Sharing Network Foundation Board.

Photo by Township of Scotch Plains

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4TH GRADERS LEARN CODE AT COLES

Submitted by Elizabeth Valcich

Barclays Capital volunteers recently hosted a virtual Code Playground event for the 4th grade students at J. Ackerman Coles Elementary School in Scotch Plains, NJ. The students learned the basics of programming through coding a video game in Scratch. The 4th graders were so excited to create their own video game from start to finish.

The Barclays program is hosted by a Coles parent and Barclays employee, Marci Needle, whose daughter is currently in 4th grade. Dr. Karen Wetherell, principal at Coles, feels fortunate to have hosted Barclays Coding Playground for the past 5 years.

"Coles 4th grade is so grateful to Mrs. Needle and the volunteers from Barclays," said Wetherell. "Teaching coding to students is not easy and teaching virtually added another level to the challenge. The Barclays group made it look easy! Giving our students this experience enhanced their skills in sequencing, counting, problem solving, logical thinking, cause and effect, and critical thinking. Plus, it's really cool to create a video game!"

Wetherell commented that it is always a great experience, enjoyed by everyone and she, the teachers, and the students appreciate the time and patience of the Barclays team in working with Coles School.

"I really liked coding my own video game,"

commented 4th grader Finn Doyle. "I can't wait to keep coding."

"My favorite part was learning how to make the characters move," added 4th grader Caroline Valcich.



(above) 4th grader Caroline Valcich enjoys coding her own video game.

Photo by FSP Public Schools

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

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Discover a Unique Approach to Fitness! 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. Classes are held on Friday mornings at 10 a.m., and will continue through April. All are welcome, you do not need to be a Scotch Plains resident to participate.

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. Combined 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. Live closed-captioning will be available during the classes to anyone who would like to use this service.

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.

TINY TIM FUND BOARD THANKS COMMUNITY FOR FUNDRAISING SUPPORT

Submitted by Bernadette Hoyer

The members of the Tiny Tim Fund Board extend sincere thanks to all Scotch Plains and Fanwood neighbors as well as their family members and friends who assisted and supported the organization's contact-less fundraiser in December.

Many volunteers assisted board members in distributing more than 2,000 solicitation letters to residents of Scotch Plains and Fanwood. Volunteers included members of the community who have participated in the Fund's

annual Carol Night fundraiser in the past as well as new volunteers who recognized the importance and difficulty of soliciting donations during a pandemic. The time devoted by groups from the SPFHS, the ST Bart's Youth Group and Girl Scout members is very much appreciated.

Gratitude and appreciation are also extended to the generous donors who have made it possible for the Tiny Tim Fund to continue its mission of providing financial assistance to local families for children who need medical, dental

or psychological services as well as medical supplies and equipment.

Traditionally the Tiny Tim Fund, which is a registered NJ Non-Profit Corporation 501(c)(3), actively seeks funds once during the year. Donations are gratefully accepted and appreciated at any time as well as requests for referrals and financial assistance.

The Tiny Tim Fund can be contacted at TinyTimSPF@gmail.com or by mail at The Tiny Tim Fund, Inc., PO Box 181, Fanwood, NJ 07023.

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MAKING MAGICAL MEMORIES AT CAMP FATIMA

Submitted by Sue Baldani

Like most nonprofit organizations, Camp Fatima of New Jersey is experiencing major challenges due to COVID-19. Founded in 1968 by four Seton Hall seminary students, the camp offers free sleep-away programs for disabled children and adults. And it's determined to continue doing so. Seeing the smiles on the faces of those it serves, and providing a respite to their families, is not something that can be sacrificed due to a pandemic.

And smile they do. It's not called FATIMAGIC for nothing. The campers, regardless of their disabilities, get to do things that most able-bodied children and adults take for granted. They splash around in pools, sing songs, eat s'mores, dance, and take part in arts and crafts. Every child has his or her own dedicated counselor to ensure the utmost care, so each activity can be individually tailored according to the camper's ability.

Its mission statement, "Camp Fatima provides free, life enriching camp experiences for children and adults with developmental disabilities," says it all. Some of the campers are in wheelchairs, while others have neurological, sensory or other serious issues. Camp Fatima and its volunteers open their hearts to all who come. It truly is a magical place.

The volunteers come from diverse ethnic and socio-economic backgrounds. Most have experience working directly with the disabled, and include teachers, nurses, police officers, firefighters, college students and other

professionals. For these selfless individuals, the sounds of laughter and the looks of pure joy on the campers' faces are all the payment they need.

Many of these volunteers live locally. Billy Malone, a Scotch Plains firefighter and Fanwood resident, became a volunteer in 1994 and has been the chairperson for the past 13 years. Scotch Plains resident and former Scotch Plains police officer, Jamie Denman, has been a volunteer since 1979, and is the current director.

Even though no one at the camp is paid, all this magic requires funding. It costs several hundred thousand dollars to operate the two children's summer sessions and the four adult weekends each year. Funding to support and host the more than 200 campers and over 450 on site-volunteers

comes from generous benefactors, corporate matching gifts, private giving, and fundraising. Because of COVID-19, many of the usual fundraisers are not able to take place. So this year, Camp Fatima is looking for individuals to sponsor a camper. The cost to feed, house, and supply materials to each camper is more than \$1,000.

To find out more about Camp Fatima, or to volunteer, make a donation, or sponsor a camper, please go to campfatimanj.org/. Since the camp is a designated 501(c) (3) organization, all donations may be tax-deductible.

Camp Fatima of New Jersey: Changing Lives, Enriching Hearts - One Camper, One Volunteer at a Time.



Photos by Camp Fatima



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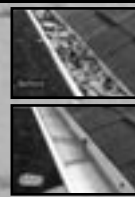
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The course is offered specifically to the parents, siblings, spouses, teenage and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental

disorders. The course is taught by NAMI members who have completed intensive training.

Curriculum topics include: schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder etc., the clinical treatment of these illnesses and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative and how to deal with critical periods.

Capacity is limited. To register, or if you have questions, contact Pat Roman at 732-382-0762 or email patroman2@aol.com.

Please include in the subject line: "F2F Course". A F2F teacher will contact you with the details.

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The New Jersey Medical Reserve Corps (MRC) – a network of community-based, locally organized units comprised of volunteers – is looking for reinforcements, particularly those with vaccination skills. MRC volunteers are especially vital during emergencies and disasters when paid public health and emergency response assets are overwhelmed. Healthcare professionals (including recently retired individuals) having vaccination skills are

especially needed now that COVID-19 vaccines are available.

In addition to skilled vaccinators, individuals with all types of skill sets (for example, security, language translation/interpretation, education and outreach, warehouse operations, clerical, counseling, and more) are needed. If you are interested in volunteering with the MRC, visit njlmc.njlincs.net and click on "Register as an Existing or New MRC Volunteer!"

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- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain. Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain." - Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal." - Perry O.

"After only four visits, I have absolutely no pain! The staff is "top-notch." - Question L.

COLES PTA SPONSORS WINTER WEATHER CLOTHING DRIVE

Submitted by Elizabeth Valcich

Just in time for the arctic air and snowstorm, the J.A. Coles School winter weather clothing drive was a huge success. We were able to donate three large trash bags full of scarves, hats, and socks to those in need this winter. Donations were dropped off at St. Bartholomew Church in Scotch Plains to be distributed to those in need, including the veterans at Friends of Valley Brook.

Elaine Coupe, Director of Community Outreach at St. Bartholomew Church thanked the Coles community and added, "The Vets have fallen on hard times during COVID. Warm socks, hats, and gloves let them know that we still care about them and they are not forgotten."

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) Pictured above are Poppy, Chloe the dog and Cole Muhlstock with donations.



(above) Pictured above are Jack, Piper and Cadence Hamel with some of the donations.

Photos by Fanwood Scotch Plains Public Schools

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J.A. COLES PTA SUPPORTS STAFF IN A CHALLENGING YEAR

Submitted by Elizabeth Valcich

The Coles PTA has been busy providing encouragement to its hard working teachers and staff during the 2020-2021 school year. We kicked off a return to hybrid learning on January 19 with a special surprise for our amazing Coles teachers and staff. As they entered the building, staff was greeted by beautiful signage donated by Insta Yard Grams. This sweet company worked with us to make sure that the signage was up for the entire week to show our teachers and staff some extra love as we transitioned back to hybrid learning.

You can follow Insta Yard Grams on Facebook or Instagram at instayardgrams.

In addition to the signage, the PTA kicked off the school year in September by Chalking the Walk with positive messages and gave each staff member a mask with the Coles Tiger logo. In lieu

of the traditional home baked cookies for the holidays, the PTA provided staff with candy bags and a catered lunch. Our staff works so hard for our children and the PTA was grateful to be able to provide these well deserved treats and words of encouragement.

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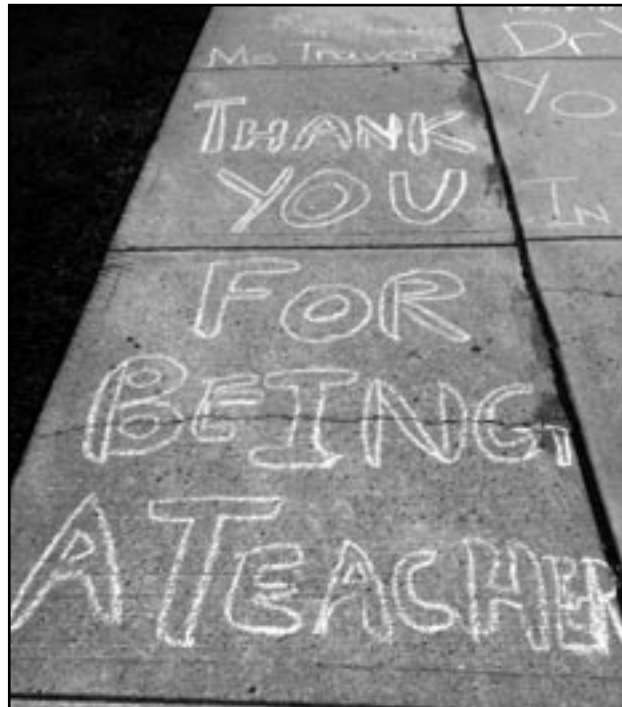
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Photos by J.A. Coles PTA



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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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BICYCLE COLLECTION FOR DEVELOPING COUNTRIES

Submitted by Larry Holt

In August 2020, Renna Media reported that Faith Lutheran Church collected and repaired 170 used bikes from residents of New Providence, Berkeley Heights and neighboring towns. The collection was conducted on behalf of Pedals for Progress, an organization which recycles bikes for persons in developing countries. Faith contributed \$1,700 toward the shipment of the bikes.

In the United States daily transportation occurs conveniently with little or no forethought. This is not the case in developing countries, where a village may not have one car. The mode of transportation for commuting to work, going to market and receiving medical care is frequently a pedal bike.

Later this year, Faith will again be asking persons to donate bikes for Faith to process through Pedals for Progress. A person may ask Faith to pick up the bike from his/her house or deliver the bike to Faith. If one wishes to donate a bike before the request, one may place the bike by the shed at the back of Faith's parking lot located at 524 South Street, New Providence, NJ. If you would like a bike picked up call 908-464-5177.

Since 2002 Faith has been participating in the Pedals for Progress program. For the past five years, Casey Walsh has chaired the ministry for Faith.

The pastor of Faith is Rev. Jane McCready. Visit online at famfaith.org, or reach by phone at 908-464-5177.



(above) This picture, sent to Faith by Pedals for Progress, demonstrates how completely and creatively the recipients use their bikes.

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