

CRANFORD MONTHLY_{NJ}

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EMMA CELEBRATES 10 YEARS WITH HEART TRANSPLANT

NJ Sharing Network

Emma Rothman of Cranford, NJ will be graduating this spring from Syracuse University with a degree in Food Studies. Like most college graduates, she has mixed emotions about taking the next step in her life's journey.

"I am definitely a bit terrified, but I am excited about the variety of opportunities that lie ahead," said Emma.

This is a remarkable time for Emma as she is also celebrating the 10th anniversary of her life-saving heart transplant (April 1). She is humble and always thankful for her donor who gave her the gift of life and made her achievements possible.

"Everything after my heart transplant was working towards moments like this," said Emma. "It motivates me to appreciate the day to day – being able to travel, go away to school, and have life experiences without my health dictating what I can and cannot do is a blessing. I owe all of this to my organ donor's act of extraordinary humanity."

In March 2011, Emma was 12-years-old when she suddenly began to feel extremely fatigued and could not make it through an entire day at school. Her parents brought her to Newark Beth Israel Medical Center (NBIMC) for what was supposed to be a quick, routine blood test. However, Emma went into cardiac arrest, was put on life-support under an induced coma and was rushed to the pediatric cardiac intensive care unit at New York-Presbyterian/Morgan Stanley Children's Hospital.

Emma, who showed no prior symptoms, was somehow battling end-stage heart failure brought on by hypertrophic cardiomyopathy. On April 1, 2011, Emma, underwent a successful emergency heart transplant, which saved her life. Just 15 days later, Emma was discharged, taking with her new knowledge about what a heart transplant is and how she could best care for her new heart at home.

"The last thing I remember was feeling uncomfortable while the nurses were attempting to draw blood at the hospital thinking I might have had mono or a virus," said Emma. "I woke up six days later and learned that I had a heart transplant. Prior to that, I had never heard of organ and tissue donation or transplantation."

In 2013, Emma and her family, guided by their firsthand experience, established Hearts for Emma, a 501 (c)3 organization that provides assistance to families of children with heart disease, and supports educational initiatives related to heart transplantation and promotes awareness of organ and tissue donation. As part of a joint outreach effort, Hearts for Emma established a Partner Fund within the NJ Sharing Network Foundation that has raised more than \$50,000 since its inception. The Hearts for Emma Partner Fund has helped educate more than 100,000 students in New Jersey about organ and tissue donation and transplantation through the production and distribution of education materials and related programs, and provides scholarships to high school seniors who are advocates of or personally impacted by the mission.



CALL TO ACTION

To learn more, get involved and register as an organ and tissue donor, visit www.NJSharingNetwork.org.

ADDITIONAL INFO

In New Jersey, there are nearly 4,000 residents currently waiting for a life-saving transplant, and one person in New Jersey dies every three days waiting for a transplant. Just one organ and tissue donor can save 8 lives and enhance the lives of over 75 people. Transplantable organs include heart, kidneys, liver, lungs, pancreas and intestine. Transplantable tissue includes corneas, heart valves, skin grafts, and bone grafts, ligament and tendons.

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 www.NJSharingNetwork.org.

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RAKE AND HOE GARDEN CLUB CONTINUES TO SUPPORT JARDINE ACADEMY

Submitted by Betty Round

Since the first year of its founding in 1952, the Rake & Hoe Garden Club of Westfield, NJ has been committed to supporting students with cerebral palsy at the Jardine Academy in Cranford.

As part of this commitment, each Spring and Fall garden club members select an appropriate children's book and make 100 ornaments inspired by the story. Club members take the ornaments to the Academy, read the story to the students, and decorate a tree with the ornaments. The tree stands in the school foyer for all to enjoy. A copy of the book is donated to the school library.

Unlike other years, Rake & Hoe club members did not visit the academy due to concerns over the spread of the Coronavirus. This year, Rake & Hoe Garden Club member Mary Lou Nolas spent many days making 100 colorful pinwheels. The ornaments were inspired by *Gilberto and the Wind* by Marie Hall Ets. The book tells how Gilberto plays with the wind. It takes his balloon up into the sky but does not fly his kite. He sees how his bubbles fly away, his pinwheels twirl around, and his paper boat sails across the water.

Ms. Nolas delivered a copy of the book and 100 pinwheel ornaments to Jardine Academy on March 9. The Academy staff will read the story to the students and decorate the tree. After enjoying the tree for a couple of weeks, each student will receive a pinwheel to take home.

The Jardine Academy, operated by the Cerebral Palsy League and approved by the New

Jersey Department of Education, provides a comprehensive educational program designed to meet the cognitive and physical needs of children and young adults, 3-21 with multiple disabilities.

The Rake and Hoe Garden Club is affiliated with the Garden Club of New Jersey and the National Garden Club, Inc. The club meets on the second Wednesday of the month at 12:00 p.m. at the Scotch Hills Country Club. Membership is open to residents of Westfield and surrounding towns. For more information, call Beth Siano 908-233-4150 or visit the club's website, rakeandhoe.org or Facebook page.



*(above) The Rake & Hoe Garden Club chose the book *Gilberto and the Wind* to donate to Jardine Academy this Spring. They created 100 pinwheel ornaments inspired by the book.*

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**Please submit your photos for consideration
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barbarazeckman@gmail.com**

**Selected photos will be enlarged
and prepared for this exhibit to be held
at South Avenue Arts in Garwood
in September
Attendance at this event is by invitation only.**

**Hosted by Cranford residents
Barbara Zeckman, Diana Dollard Hearn and Cindy Merlino.
Please reach out to us if you have any questions.**



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908-418-3503

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Diana Dollard Hearn
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Diana.dollardhearns@cbmoves.com



Cindy Merlino
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MEAL GIVEAWAY FOR CRANFORD FAMILY CARE

Submitted by Rebecca Tantillo

When Pauline Bennett-Oleary clicked on an article posted on the “Cranford, NJ Moms” Facebook group, she wasn’t expecting it to impact her the way it did.

The article was about a 3rd grade student from New Jersey who cried during her zoom class that she was starving. Pauline, who is an excellent cook, felt a tug at her motherly heartstrings. She immediately contacted the admins of the moms group and asked if she could please offer a catered meal for four to a Cranford family as a giveaway. In return, she only asked that anyone interested in winning, donate whatever they could to Cranford Family Care. She introduced her giveaway via a Facebook live to the group where she shared that she too was a hungry child growing up in Jamaica. She felt compelled to help, in some way, feed food insecure families.

Her giveaway quickly grew as other moms donated to the cause. Cougar Headquarters, Cindy Merlino Real Estate, Dawn’s Sweet-Treats and Set the Fancy Table all generously donated prizes. One lucky Cranford mom was selected to win the grand prize and as a result of this effort, Pauline raised \$4,252 for a wonderful cause and presented the check to Cranford Family Care on Monday, March 1.



(above, l-r) Pauline Oleary, Pauline’s son, and Cindy Merlino presenting the check to Cranford Family Care.

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INAUGURAL CRANFORD FILM FESTIVAL APRIL 17– 25

Calling all film buffs! Cranford's non-profit organization, Friends of the Performing Arts, along with Cranford resident and director of the acclaimed Nassau Film Festival, Lew Goldstein, have teamed up to present Cranford's first-ever film festival. The festival, which will be held virtually this year due to COVID restrictions, celebrates the best in short films from around the

world and locally.

This year, a collection of 50 films from over 200 submissions, has been chosen for the festival. The films range in length from three to 40 minutes, and will be available by category over the week of Saturday April 17 – Sunday April 25. Categories include: fiction, documentary, animation, music videos, and student films, with two nights being dedicated to New Jersey-based selections including a Martin Sheen-narrated documentary *The Heart of Camden: The Story of Father Michael Doyle*.

Several Cranford filmmakers' works will be featured in the festival as well including: Diego Colon's *Hostman: The Aftermath*, Ryan Rosenthal's *Straight to Voicemail* and *Rolling with the Punches*, Rick Walsh's, *Akita - Ten Carat Pursuit*, Eric Forman's *The Muralist*, Peter Collier's *Santa Force*, and Stephen Ruppell and Kevin Brodie's *Bearly Getting By*. The final film schedule will be posted on the festival's website in early April. A jury-selected "Best of the Fest" featuring the best film in each category will close the festival.

"I'm so excited to be bringing a film festival to our hometown," states Lew Goldstein. "We have so much talent in our community and I wanted to take my experience running the Princeton-based Nassau Film Festival to showcase our local filmmakers along with those from other areas."

Chris Hoffman, Board Member of Friends of the Performing Arts, adds "We were thrilled when Lew approached us to partner on the festival in order to raise money for the performing arts programs in our middle schools and high school. While our inaugural run this year will be virtual due to COVID, we plan to hold the event in person in future years. Not only do we wish to raise money for our schools and build awareness of local talent, we want to boost visibility and support for our local merchants as well."

A \$25 pass allows virtual viewing of all the films across its one-week run. The festival is also seeking sponsorships from businesses with recognition in the festival program, the festival website, and the opportunity to film a promotional video depending on the level of sponsorship.

All proceeds from the festival will benefit Friends of the Performing Arts (FOPA), the nonprofit that provides financial assistance to the performing arts programs in Cranford schools. Past funds have gone to purchase tents to allow the performing arts groups to continue practicing amidst COVID concerns, a new curtain for the Cranford High School stage, and chorus performance gowns. For more information on the film festival, to sponsor the event, or to purchase tickets go to the festival website: cranfordfilmfestival.org.

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One of the state's largest and comprehensive hospital-based Behavioral Health programs is offering new hope to patients with life-affecting mood disorders.

The new Mood Disorders Program at Trinitas Regional Medical Center has centralized all major treatments into a single, customized delivery system – one that now includes, medication, psychotherapy, esketamine and Electroconvulsive Therapy (ECT).

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CRANFORD FIRST AID SQUAD DONATION DRIVE

Submitted by Kent Lucas

The Cranford First Aid Squad fundraiser letter was mailed just a short time ago. We ask that all residents please take a moment to return it, along with any donation which they can afford. Or you can donate on-line at Cranfordfirstaid.org. Or make check payable to: Cranford First Aid Squad, and mail: PO Box 1771, Cranford, NJ 07016.

The all-volunteer Cranford First Aid Squad survived a challenging year for all EMS agencies. By completing our fifth year in a row of staffing every shift for the entire year, we came through 2020 as well as any squad in the county.

We responded to 1161 emergency calls, our highest total in the past 5 years. We transported 683 patients to 12 different hospitals. We assisted mothers in the delivery of two babies. Sadly, we also had a terrible total of 23 cardiac arrests.

Our top 10 call types were Falls: 219, Sick Person: 123, Difficulty breathing: 94, Psychiatric: 91, Motor vehicle collision: 90, Unconscious/fainting: 59, Bleeding: 41, Chest pain: 39, Abdominal pain: 38, Altered mental status: 37

We have a mix of highly experienced EMTs and new members which provides a good training environment for people wanting to gain emergent EMS experience. CFAS maintains a fun and positive atmosphere while providing high-quality EMS services to the township.

Our cadet program of 20 high school students remains the envy of many other squads. We expect a lot from our cadets and they meet the challenge. All of our top responders in 2020 started either while still in high school or shortly after graduating.

We continue to need older members over the age of 30. We have some members who are in their 60s and 70s and they have life and work experience which is badly needed in an organization of so many members under age 25. There seems to be a reluctance of older people to join, possibly due to the misconception that medical experience is needed, but this is not the case. We need people from all types of backgrounds.

Please visit our website at cranfordfirstaid.org for an application.



Elizabeth Bataille
Sales Associate



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RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- 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. Additions 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.

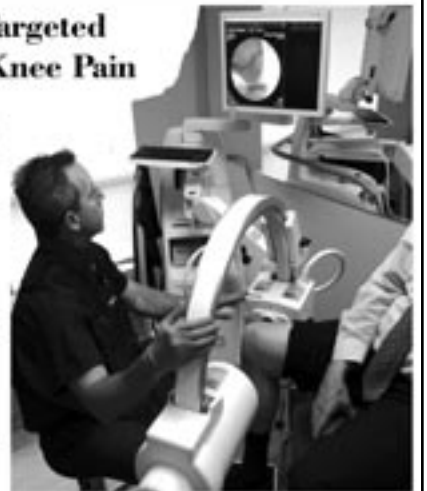
- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult 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."
- Quenton L.

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TROOP 80’S ANNUAL SKI TRIP

Submitted by Cady Kaneko

Troop 80 scouts took full advantage of the volume and powder that Shawnee Mountain has to offer on the annual ski trip. Located in Stroudsburg, PA, with a summit elevation of 1,350 feet and 125 acres of ski terrain, scout families embraced the much-anticipated opportunity to get out and devour the slopes and trails.

It was a day for first timers, the teens-with-no-fear, siblings that want to keep up, dads that really should have taken it slow but felt the surge of “I

feel 20-something” and then those that love to hang out on the beginners Green Hill and just came for hot cocoa and fresh air.

Troop dad, Dave Egurrola said, “It was fun getting out there with my sons and watching them take the skiing up a notch, tackling and gliding through the trees and watching them be confident enough to go for it. Then to see them come barreling out of the glades and wiping out on the run was funny too! At one point one of them got stuck in a particular deep hole of snow.”

First-time skier and Star scout, Sam Tallon was able to take a lesson in the morning and spent the whole day on the slopes and will be back for more.

One of the highlights was when the troop came together at the top of the mountain for a group photo in front of the old lodge. Picturesque views, a lot of cool runs and spills, and scout spirit made it a memorable experience for all.

Stay tuned for newly ranked Cranford Troop 80 Eagle Scouts and their community service projects and visit troop80cranfordnj.net.



(above) Troop 80 scouts pose a for a group picture during the annual ski trip to Shawnee Mountain.

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EAGLE SCOUT PROJECT BENEFITS CDC THEATRE IN CRANFORD

Even during a pandemic, things are going on at CDC Theatre in Cranford. The theatre has not been able to put on its usual mix of musicals and plays due to the pandemic restrictions on gatherings mandated by the state, but that presented an opportunity for an industrious local Eagle Scout candidate.



(above) Eagle Scout candidate
Harrison Brown, Troop 75

Harrison Brown, of Troop 75, reached out to the theatre and proposed a project that might not have been possible during the theatre's typical season. For his Eagle Scout Project, Harry and the group of volunteers he has organized will be repainting the interior of CDC Theatre auditorium.

Harry said "I chose to do this project because I have so many friends who have performed at CDC and have great memories of watching shows there. CDC Theatre is such an amazing

organization that helps spread the arts to so many young people. This project is important to me because the theatre has always been such a big part of the community."

To help raise funds for materials and supplies, Harry set-up a GoFundMe page at <https://gofund.me/752c91b1>. With work already underway, Harry Brown and his crew will have the theatre ready to welcome the public back to a production that is in the early planning stages for a May opening.



(above) One of the project crews at work at the theatre. (l-r) Max Kapetanakis, Harry Brown, Jack Doherty, John Scheurer, Mike Scheurer. (Also working but not in photo Gianni Vivas)

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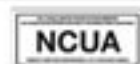
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BRAIN GAMES AND BRAIN HEALTH WITH THE COLLEGE WOMEN'S CLUB OF CRANFORD

The College Women's Club of Cranford invites the public to a free education program. This month the topic is Brain Games and Brain Health, "an exercised brain can help keep our memory strong!"

Our guest speaker is Carol Brush BS, CHES. Ms. Brush is a Health Educator II with Horizon BCBSNJ and a certified Health Education Specialist. She has 20 years of experience in promoting health and illness prevention for communities and groups within the state of New Jersey. Ms. Brush will take us through an interactive zoom presentation that focuses on the important topics of brain health and our brain as our "master computer". She will show how brain games help to keep the mind sharp. We will learn daily maintenance activities that we can do to keep this master organ healthy and in

good working order. Not only will the presentation touch on eating a healthy diet, exercise and proper rest but it will explore the fun of playing brain games and doing mental exercises. These practices will stimulate and exercise different parts of the brain to help increase memory.

HBCBS of NJ is dedicated to helping seniors stay active and healthy through its outreach team of nurses and health educators like Carol who bring wellness presentations, health screenings and interactive activities to the community. You do not have to be a Horizon BCBSNJ member to participate in their outreach program. Everyone is welcome to tune in to Zoom on April 12 at 8 p.m. Please email the club for the zoom meeting information at Cranfordcollegeclub@gmail.com and let the brain games begin!

SPRING PROGRAMS AT RECREATION & PARKS

Cranford Recreation & Parks Department registration for Spring programs is now open. All programs are listed in our online brochure, which is posted on the website cranfordnj.org/recreation-parks and the social media pages of at facebook.com/CranfordRecreationAndParks, instagram.com/CranfordRecreationAndParks.

Registration for all classes may be done online through Community Pass. Online registration will enable you to register 24 hours

a day, 7 days a week, to make payment by credit card and to receive the latest program updates as they occur through your account.

You may access your existing account or create a new account by visiting register.communitypass.net/cranford.

If you would like assistance to register online or have any other questions, please call the Recreation Department at (908) 709-7283, Extension 2.

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Adult Grab and Go Kit

Starting at 11:00 a.m.

Wednesday, April 14

Looking for a creative outlet? Pick up an adult grab and go kit from the Cranford Public Library and try your hand at a new art project!

This month, we're celebrating National Recycling Month. Each kit contains the supplies needed to turn recycled retro wallpaper into a gift bag. Kits will be available on a first come, first served basis. The Friends of the Library fund a new project every month, visit cranfordlibrary.org to learn more.

Creative Patterns

Every Wednesday at 3:00 and 6:00

Students in grades 4-6 are invited to join us for Creative Patterns, an informal weekly meeting where we tackle a new art or maker activity together. All of our projects are determined by the group, and all club members are encouraged to submit ideas! Participants are welcome to choose the time that works best for them.

Email L-Antolino@CranfordNJ.org to enroll.

Geronimo Stilton book club

Thursday, April 15 at 4:00 p.m.

Students in grades 2-3 are invited. We'll be talking about Field Trip to Niagara Falls and playing fun games. The first ten people to register will receive a free copy of the book, library staff will email you to arrange contactless pickup before the meeting.

Registration is required, visit

<https://bit.ly/3chuuZz> to enroll.

Emerging Readers: Read to a Dog

Thursday, April 29 from 6:00-7:00

Emerging readers are invited to hone their skills and share a story with a dog. Participants are assigned a 10 minute reservation, where they are able to read to Stella the dog over Zoom!

PROJECT HOME OF CRANFORD PHOTO CONTEST

Attention all amateur photographers. Project Home of Cranford is looking for you and your photos of your favorite undiscovered places in town.

What's the prettiest place in Cranford? While we all love the Eastman Clock and the cherry blossoms at Nomahegan, we want to see your favorite undiscovered places.

Submit your shots of your favorite spots in Cranford to Project Home of Cranford's Discover Cranford Photo Contest. The best photos will be posted on our social media and the followers of Project Home of Cranford will decide the winners. The five photos with the most "likes" will win a framed print of their photo from The Artist Framer, and the winning photos will be displayed in the Artist Framer's window in the center of downtown. The winning images will be featured on notecards that will be sold to raise funds for Cranford Family Care.

Any amateur photographer can submit an image—kids too! To submit your photo, go to ProjectHomeofCranford.org/Discover-Cranford

and print a submission form and see the entire list of rules. All entries must include a signed submission form.

All photos must be submitted by April 9, 2021 with winners announced by April 16, 2021.

Grab your phone or camera and snap away! Or if you have a favorite old picture, we would love to see those also.

For over 30 years Project Home of Cranford, a 501(c)3 charity has been working through Cranford Family Care to keep Cranford families in crisis in their homes. The funds raised by selling the notecards with the winning photos from the Discover Cranford Contest enable us to continue our mission of raising funds to support Cranford Family Care. To find out more about Project Home and our mission please email us at projecthomeofcranford@gmail.com visit us at projecthomeofcranford.org and Like us on Facebook at facebook.com/ProjectHomeOfCranford

Our special thanks to the Artist Framer for supporting this event.

RELAY FOR LIFE OF CRANFORD 2021

Cranford's 14th Annual Relay for Life will take place on May 22 at Cranford High School and it will look a bit different this year. Due to Covid-19 restrictions, the committee has decided to concentrate on two important components: Celebrating our Survivors and Remembering our lost loved ones. We are calling this year's event "Relay Reimagined"!

During the day, we invite all registered survivors for a socially distanced gathering in front of the high school. Light refreshments will be served. Survivors are welcome to bring a faithful caregiver with them.

The most emotionally moving time during Relay is the luminaria ceremony when we remember our loved ones lost to cancer. This year we will drive through the luminarias making a loop around the school. Luminaria bags will be distributed to all elementary and middle school students before the event, are available for purchase online, and will be personally decorated

by our participants. We line the "track" with the bags and light them up to illuminate the track at nightfall. Unfortunately, we all know someone who has lost their life to cancer. We take this time to slow down for a moment to reflect on the lives of those who did not win the battle.

Our fundraising efforts and the dedication Cranford has to this unique event is our way to fight back and have hope that we will see a world where cancer is completely eliminated. Relay for Life fundraising efforts support The American Cancer Society's lifesaving research, advocacy, and local patient services.

Each and every member of the community is invited to join us. A minute of your time can make a huge difference in the fight against cancer.

For more information, contact Linda Miklencic at 908-497-0283 or miklencic@verizon.net. To register visit relayforlife.org/cranfordnj.

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BEREAVEMENT SEMINAR

The First Presbyterian Church of Cranford (FPCC) is preparing for its free eight-week seminar, "Journey to Wholeness - Healing the Grieving Heart", taking place every Sunday from April 11 to May 30 from 6:30 - 8:30 p.m. Everyone across the United States who has experienced loss of any kind, in the past or present, are welcome to attend, as well as those who have previously attended this seminar. This unique seminar will take place via Zoom. Registration is required to attend this event. Call Patti Williams, seminar founder and trained pastoral bereavement counselor, to register at 908-709-1341.

Eight sessions, each designed to lead a person through the process of grief, will help those who have suffered any type of loss better understand the process and learn ways to cope, while also practicing self-care. Patti Williams, R.N. and Certified Pastoral Bereavement Counselor, and Virginia Waters, PhD. Psychologist, have helped almost 3,000 people experience healing, find new purpose for their lives and feel joy once again.

Per Williams, "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 every day may seem overwhelming."

The sessions include learning about the stages of grief and understanding the tasks of the

grieving process, coping strategies and tools for the journey, taking good care of ourselves, dealing with changes, decisions, loneliness, holidays, anniversaries, building a support system and more.

Both of the leaders and all of the facilitators have experienced loss within their lives and share from "the inside out." Bring family members and friends. All faiths are welcome.

In the words of a recent participant, name removed for privacy purposes, "I have learned more along this heartbreaking journey than I ever thought possible. I have learned that you will never ever forget your love and that you are changed forever, but you need to give yourself permission to heal... I believe that your loved one only wants the best for you and you will be reunited one day."

The seminar is dedicated to Patti's late husband, the Rev. Dr. Bruce D. Williams who had a vision for this program and a desire to help others deal with their pain and suffering during their time of loss.

For more information about the program, visit firstprescranford.org

ABOUT FIRST PRESBYTERIAN CHURCH OF CRANFORD

As the body of Christ empowered by the Holy Spirit, the First Presbyterian Church of Cranford (FPCC), 11 Springfield Ave., Cranford, seeks to live God's Word and inspire others to embrace Jesus' commandment to love one another as the Lord loves us. Learn more at firstprescranford.org

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ORANGE AVENUE POOL REGISTRATION

Registration for membership of Cranford's Orange Avenue Pool began on March 1. The pool will be open on May 29 (weekends only) and open for a full season as of June 21. Signup for summer swim lessons (for members only) will begin April 19.

Registration may be done online at register.communitypass.net/cranford. If you already have an account with Community Pass/Recreation Department, please do not set up a new account if you forgot your old one, as your ID'S will no longer be valid. If you forgot your user name and/or password, please call the Pool ("Registration" option), or send an email to pool@cranfordnj.org.

For more information, including exciting improvements, please visit the website at cranfordnj.org/pool-fitness-center or contact the Swim Pool Utility at 908-709-7260.

HAPPY 150TH ANNIVERSARY TO CRANFORD - INCORPORATED MARCH 14, 1871

Submitted by Margaret Gerlach, President, Cranford Historical Society

Those who live in Cranford know how unique this fantastic town is. Aside from being a family oriented and friendly town, our forefathers came from England to start their home life. In the 1690's, the Denman family were the first to acquire parcels of land on the south side of town and in 1720, they established their homestead.

In 1716, John Crane's family came and made their homestead on the north side of town, each family cultivating the soil as farmers. The Crane family also built a grist mill and saw mill along the Rahway River. Their homestead was where Gray's Funeral Home is today. Still standing there is the oak tree near their parking lot. Josiah Crane Sr., born in 1791, in his elder years was known as the Father of Cranford, owning all of the north side of town. As developers came in he sold parts of his land. At this time, Cranford was

called Crane's Mill and then later called Cranesville. As the town built up and more people settled in Cranesville, the town was incorporated in 1871 and renamed Cranford. Josiah Crane Sr. died in 1873.

If you would like to know more about the history of Cranford, visit our Facebook page and Website cranfordhistoricalsociety.org, or come into our office at the Hanson House, 38 Springfield Avenue, Monday through Thursday from 9:30 a.m. to 12:30 p.m. and visit our archives room. We ask that you please wear a mask when visiting the office. Unfortunately, please know that the Crane-Phillips House Museum will remain closed until further notice.

If you would like to become a member of the Cranford Historical Society our membership form can be located on our website and at the Hanson House office.

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CRANFORD'S TOWN WIDE GARAGE SALE

Submitted by Maggie Feeney

Cranford's Town Wide Garage Sale, hosted by Project Home of Cranford, is scheduled for Saturday, April 10, 2021, rain or shine. This is a great opportunity for residents to clean out items they no longer need and turn them into cash and most importantly help support township residents in need. This is the perfect time to start your spring cleaning early and to plan your sale.

Those who register will have the address of their sale and brief description of what they have to offer for sale included on the listing that will be posted on the Project Home website and on Facebook for shoppers looking to find sale locations. On-line registration will be available through April 6, 2021.

To participate in the Town Wide Garage Sale registration is available on-line through the Project Home website:

projecthomeofcranford.org.

Note, only your address and what you are selling will be posted to the site for shoppers to see.

All participants are requested to follow the current health and safety guidelines relating to COVID-19 while running their individual sale.

Since March 2020 and the start of the current COVID crisis Project Home of Cranford, through Cranford Family Care, has assisted over 25 families with housing costs. It is through fundraisers like the Town Wide Garage Sale that we as a community are able to lend a hand to those in need when unexpected financial crisis impacts our neighbors.

For 30 years Project Home of Cranford, a 501(c)3 charity has been working through Cranford Family Care to keep Cranford families in crisis in their homes. The Town Wide Garage Sale is one of the events that Project Home runs to raise funds for Cranford Family Care. For questions about the garage sale or just find out more about Project Home and our mission please email us at projecthomeofcranford@gmail.com visit us at projecthomeofcranford.org and Like us on Facebook,

facebook.com/ProjectHomeOfCranford.

HISTORICAL SOCIETY SEEKING MEMBERS

The Cranford Historical Society is a non-profit educational organization whose mission since 1927 has been to preserve and perpetuate the history of Cranford for now and for future generations. We cordially invite you to join us. By becoming a member you will help support the continuation of our archives collection, costume department, the maintenance of the Hanson House and Crane-Phillips House Museum, our 3rd grade school tours, our History Award program given out to a Cranford High School Senior every year and our community outreach programs and events for visitors of all ages. Also, our members receive 5 issues a year of our electronic newsletter, the "Mill Wheel" which is full of informative and interesting facts and stories about Cranford and its people.

A 2021 Membership Form can be found on the Society's website at cranfordhistoricalsociety.org.

For more info about joining the Cranford Historical Society, please call the Society's office at 908-276-0082 or e-mail cranfordhistoricalsociety@verizon.net.

HANSON PARK CONSERVANCY COVID-19 MEMORIAL BENCH FUNDRAISER

Submitted by Linda Livelli

Dear Friends of Hanson Park Conservancy (HPC),

Please help HPC honor those we've lost to COVID-19 by contributing to a Memorial Bench.

COVID-19 has taken the lives of over 150 residents of Cranford. HPC would like to honor those lives by placing a Memorial Bench next to the Butterfly Garden — a beautiful and serene place for remembrance and reflection.

All proceeds from this fundraiser will go directly to this memorial. Please contribute any dollar amount that you wish towards this memorial, which remembers our fellow residents. The bench is expected to be installed later this year and will include a plaque in tribute to those

we've lost.

The unique Hanson Park benches are hand made by a craftsman in upstate New York. They were chosen as part of the original design which envisioned a passive environmentally sensitive park along the Rahway River.

Tax exempt contributions can be made by mailing a check directly to HPC PO Box 542, Cranford, NJ 07016, visiting our website at hansonparkconservancy.com, or through our Facebook page.

We'd like to thank the entire community of Cranford for always supporting HPC.

Feel free to visit the park at 38 Springfield Avenue, Cranford, NJ. Details on the bench installation will be provided at a later date.

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Thank you for your support!

Mail membership form to:

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The Hanson House

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GIRL SCOUTS HOST 8TH ANNUAL PINEWOOD DERBY

Submitted by Kerry Rokicki

The Girl Scouts of Cranford (Service Unit 48) recently held its 8th Annual Pinewood Derby, boasting entries from 39 different troops. More than 135 Girl Scouts of all ages participated with Cadette Troop 40688 of Hillside Avenue School and Senior Troop 40444 of Cranford High School coordinating all of the logistics for the COVID-19 compliant event.

In a typical year, Girl Scouts come together to race their handcrafted vehicles in a series of heats, but due to current health parameters a new format was used. Staggered drop off times were implemented to minimize in-person interaction and the races were broadcast live so families could watch the competition from home.

"I'm really proud of our troops for pivoting to a new way of doing things. It required ingenuity and perseverance," noted Erin Esteves, leader of Troop 40688. "And I'm proud of the Girl Scouts of Cranford too. We had terrific support. It was a great event during a time when we all could use a little something extra to cheer about."

The entrants used their engineering skills and creativity to turn blocks of pine wood into miniature cars which were then raced on a specialized track. The four Grand Champion winners were:

4th place: Olivia Kelly, Cadette, 6th grade

3rd place: Oliva Sanghavi, Daisy, 1st grade

2nd place: Mia Segal, Brownie, 3rd grade

1st place: Evelyn Gannon, Brownie, 3rd grade

In addition to speed, there were awards for other specialized categories. Those included most humorous, most detailed, most bling, best engineered car, best wedge car, best use of glitter, most original, best movie and TV themed car, best sports car and best in show.

Kyle Schoenfeld, a father of one of the Girl Scouts, was also instrumental to the success of the Derby. He coordinated the tech team which brought the races right into the homes of the families. The Girl Scouts of Troops 40444 and 40688 emceed and more than 100 families were tuned in for the final Grand Championship race.

"We are so happy we were able to continue this well-loved tradition," said Stephanie Patterson,

leader of Troop 40444. "And we are thankful to all the families that dropped off canned goods when they picked up their cars. Because of their generosity we were able to donate a car-load of non-perishables to Cranford Family Care."

The races were held on Saturday, January 30 at the Cranford United Methodist Church. The Pinewood Derby concept was introduced to the Cranford Girl Scout community eight years ago as a way to get girls excited about STEM. STEM is a curriculum based on the idea of educating students in four specific disciplines — science, technology, engineering and mathematics — in an interdisciplinary and applied approach.

The Girl Scouts of Cranford boasts over 1,139 Girl Scout Members in 71 troops and Juliette's making it one of the largest non-profit organizations in town. The Cranford Service Unit is a part of the Girl Scouts Heart of New Jersey (GSHNJ) Council which is part of the Girl Scouts of the USA. If your family is interested in learning more about local Girl Scouts or to find out more information on the Girls Scouts of Cranford, please visit cranfordgirlscouts.com.

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(above) Awards for specialized categories were given, including most humorous, most detailed, most bling, best engineered car, best wedge car, best use of glitter, most original, best movie and TV themed car, best sports car and best in show.



(above) Girl Scouts at the 8th Annual Pinewood Derby.

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CRANFORD POLICE DEPARTMENT UTILIZES “SENSORY COMMUNICATION KITS”

Submitted by Detective Lieutenant Edward R. Davenport

A forward-thinking police officer, a generous Cranford-based business, and the Police Department's Community Outreach Unit combined efforts to create and deploy "Sensory Communication Kits" in all primary radio cars in Cranford. "The Sensory Communication Kits are intended to improve relationships and mitigate communication barriers between our officers and those individuals in our community who may have an underlying diagnosis involving sensory issues," Chief Ryan Greco announced.

Officer John Rattigan, a 16-year veteran of the force and paramedic, saw the value in providing officers with a kit comprised of self-soothing tools, ear protection, eye protection, and whiteboards to be used during crisis situations in which hypo and hyper-sensitivities may affect an officer's interaction with individuals with Autism Spectrum Disorder (ASD). After he assembled a prototype and pitched the idea to the organization, the Cranford Police Department created an additional 7 kits to outfit police vehicles in the Patrol Division, Juvenile Bureau and Community Outreach Unit. One kit will also be housed inside police headquarters.

The Community Outreach Unit, comprised of Lieutenant Matthew Nazzaro and Officer Ali Muhammad, then determined that the kits could benefit from being housed inside clearly identifiable, custom made bags. After approaching Scott and Donna Marino of Cougar Headquarters in Cranford to discuss design options, Scott and Donna immediately offered to design, produce, and donate all of the custom sensory bags towards this initiative. "Cranford is a special place where we have raised our family and grown our business," said Donna Marino. "We were thrilled to be a part of this new endeavor and are always on board to help the youth of the Cranford community." Cougar

headquarters has worked with many local organizations on custom, Cranford-themed apparel and has supplied equipment and uniforms for the annual Cranford Police Department Youth Police Academy held during summer months. "It was our pleasure to have partnered with the Cranford Police Department on this latest initiative."

The majority of Cranford Police Officers are Crisis Intervention Trained (CIT) and some officers have advanced training in Juvenile Crisis Intervention Training. "De-escalation is a major component of modern law enforcement that aids in the peaceful disposition of police-citizen encounters," Chief Greco added. He applauded Officer Rattigan for this innovative idea, and was encouraged when Officer Muhammad of the Community Outreach Unit spearheaded the effort to make the concept a reality. "Aside from showing great teamwork, I trust that this initiative demonstrates our officers' commitment to our Special Needs Community," said Chief Greco.

In addition to this initiative, the Cranford Police Department actively offers a Special Needs Registry. The Special Needs Registry is designed for residents who may be challenged with developmental disabilities such as Autism, Dementia, Down Syndrome, or other special needs. The program was created to better assist families with loved ones who might be at a higher risk for wandering from home and getting lost. By voluntarily registering, the police will have access to personal information should they encounter an individual who has difficulty speaking or identifying themselves.

For more information about the Special Needs Registry or other Community Outreach Initiatives, please contact Officer Ali Muhammad at a-muhammad@cranfordnj.org or call 908-272-8989.



(above) Officer Ali Muhammad with the assembled Sensory Communication Kits



(above, l-r) Officer John Rattigan, Donna Marino, Lt. Matthew R. Nazzaro



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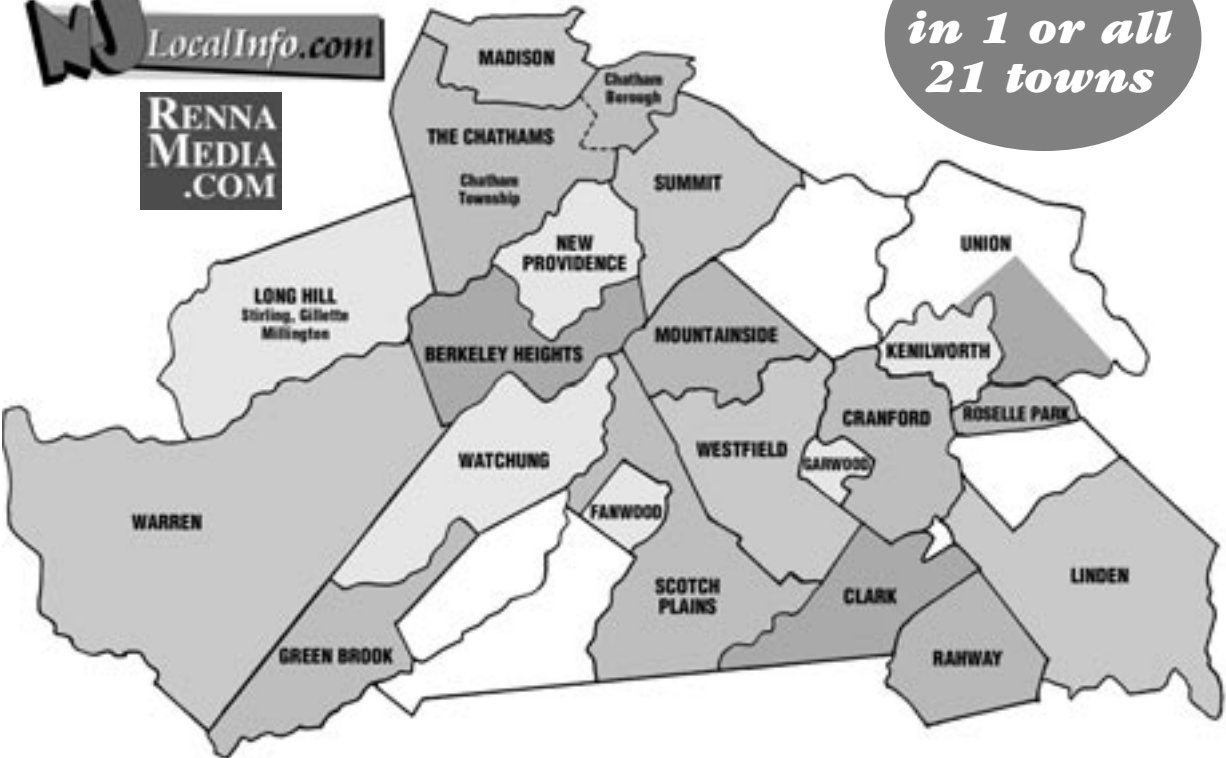
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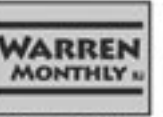
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BIG WHEELS ON PARADE

CRANFORD MONTHLY • Page 23 • April 2021

The first annual Cranford Big Wheels on Parade was held on March 20th. The event was organized by Cranford Community Connection. Over 20 trucks and big vehicles of all types from Cranford township departments, and Garwood borough departments, as well as several Cranford local businesses, formed a parade and drove around town for the Cranford families with kids to come and see all the big vehicles drive by.



Photos from this and other events can be found online at rennamedia.com and on the Cranford Monthly page on [facebook.com](https://www.facebook.com). Feel free to "Like," "Tag," and "Share."



(above) Melissa Lee with daughter Gemma (2 yrs), and sons Jamie (9 mos), and Zach (4 yrs), enjoy the Big Wheels Parade as it rolls by their home in Cranford.

CRANFORD NATIVE RELEASES MEMOIR ON CAREGIVING AND ENDURANCE SPORTS

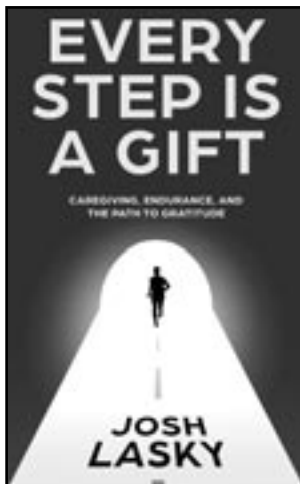
Josh Lasky's *Every Step Is a Gift* explores service to father who battled Parkinson's Disease

Josh Lasky, a Cranford, New Jersey native and current Washington, DC resident recently published his first book entitled *Every Step Is a Gift: Caregiving, Endurance, and the Path to Gratitude*. The book explores Lasky's 11-year journey as a caregiver to his father who suffered from Parkinson's Disease, a degenerative neuromuscular disorder that affects roughly six million people globally.

According to AARP, 78% of Americans are currently caring for an aging family member or believe they will likely do so at some point in life. Though the average age of caregivers in the U.S. is 49, Lasky took on the role at the age of 22. As he struggled to balance caring for his father with the demands of life as a young adult, Lasky turned to endurance sports to show his appreciation for his own health and mobility. In 2013, he rode his bike solo and self-supported from Washington, DC to Portland, OR, and since then, has completed more than 70 road and trail running races, including 50-kilometer, 50-mile, and 100-mile ultramarathons.

"I'm hoping that my story resonates with the millions of caregivers supporting family members and loved ones, showing them that their work, though challenging, can be incredibly empowering," said Lasky. "The weight of caregiving is daunting, but it also offers a reminder to be grateful for the gifts we have."

In its first month of sales, *Every Step Is a Gift* earned Amazon's #1 New Release recognition across the categories of Physician & Patient Caregiving, Sports Essays, and Parent & Adult Child Relationships. Ten percent of the proceeds



from sales of *Every Step is a Gift* will be donated to the Michael J. Fox Foundation for Parkinson's Research.

ABOUT THE AUTHOR:

Josh Lasky is a son, brother, husband, amateur endurance athlete, and author. He holds a Master's in public administration and a Bachelor's in political science from The George Washington University and has spent his career working to advance sustainability and social impact. He also serves as a board member of Climate Ride, a non-profit that organizes life-changing charitable outdoor adventures.

Lasky has completed more than 6,000 miles of bicycle touring and 50-kilometer, 50-mile, and 100-mile ultramarathons. Among his one-day endurance adventures, he's completed a double traverse of the Grand Canyon (Rim to Rim to Rim) as well as New Hampshire's Presidential Traverse. He's also set a record for the fastest unsupported time on the 31-mile Rock Creek Trail



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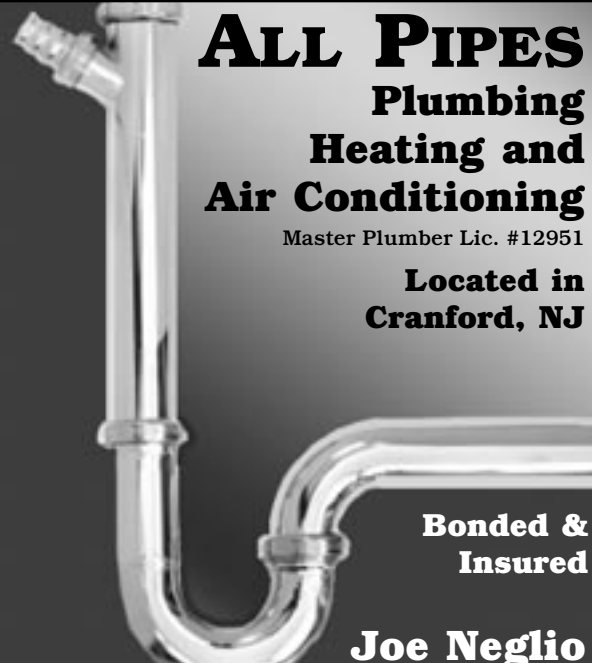
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