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Issue 3 • April 2021

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PORCHFEST III SEEKS TALENT AND VOLUNTEERS

With warmer weather on the horizon, it's time for Porchfest III, where local talents shine, and music is abound. The Roselle Park 24/7 volunteer organization is calling on local musical talent of all ages to sign up for its next musical event for 2021.

Roselle Park 24/7 Porchfest was showcased during the summer of 2020 as a way to encourage people to bike and walk around town while enjoying Roselle Park's aspiring and seasoned music professionals. Residents volunteer their home porch fronts or front yards as venues.

"During the most difficult time during the Covid pandemic, people still needed to socialize and enjoy the outdoors," said Roselle Park 24/7 representative Joe DeIorio. "We created Porchfest to meet those needs, and now we want to take it to the next level."

Each performance can be from 20 to 45 minutes long and residents are welcomed to get to know the performers and sing along.

Performances are also live streamed, and residents are encouraged to use the interactive map on Roselle Park 24/7's website to travel between performances and stop by a Roselle Park small business eatery and grab a bite.

To be successful, Roselle Park 24/7 is looking for talent, homes as venues and volunteers. Sign-ups are encouraged at RosellePark247.org.

Roselle Park 24/7 is a volunteer organization whose mission is to create and support activities for the Borough of Roselle Park that bring people together to celebrate, educate and promote pride and the many positive and diverse aspects of our community.



Photos by Lisa Coppola

PHOTOS OF PORCHFEST 2020



Photo by Erica Schultz



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Joe Renna at 908-447-1295
email: JoeRenna@RennaMedia.com

ROSELLE PARK MONTHLY

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ROSELLE PARK

ROSELLE PARK SOCCER CLUB WINS RECREATIONAL PROGRAM OF THE YEAR

Submitted by Jennifer Miller

New Jersey Youth Soccer (NJYS) recently announced the recipients of the 2020 Awards Dinner presented by RWJBarnabas Health. Amongst the recipients of this year's prestigious awards, Roselle Park Soccer Club (RPSC) was given the honor of being recognized as the Recreational Program of the Year.

"This is a huge honor for our club", said RPSC president Max Gregory. "It is a wonderful recognition of all the hard work our volunteer board members and coaches have put in over the last five years, and is hopefully an award the whole Borough of Roselle Park can be proud of."

While the Awards Dinner could not take place in person this year, RPSC were still able to be presented with the award by US Soccer legend and two-time FIFA World Cup champion Carli Lloyd.

RPSC was founded on principles of being open to all and representative of its diverse community. Players that register with Roselle Park Soccer Club all receive individual attention. RPSC plans on using the momentum of this award to continually improve the player experience for all members. NJYS has proved to be a big help in the development and success of the club and will continue to be important partners in providing support in coaching instruction and special needs programming.

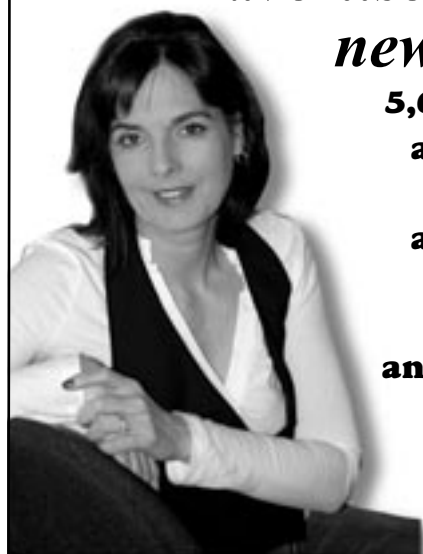
Roselle Park Soccer Club was formed in 2015 to provide a quality soccer program to the youth of Roselle Park. Since its formation, the club has grown quickly and now provides programming to several hundred children each season from the ages of 3 to 18. RPSC caters to all ability levels, including a TOPSoccer program for children with special needs. To learn more about the club visit roselleparksoccer.com



(above) Roselle Park Soccer Club was awarded NJ Youth Soccer Recreation Program of the year for 2020.

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(above) Roselle Park Police Department is offering *Crafting with a Cop*, a program for children aged 5-12, on April 13, 2021 at 4 p.m.

CRAFTING WITH A COP

Roselle Park Police Department (RPPD)'s Community Oriented Policing (C.O.P.) strives to foster and build future collaborative partnerships with our community. C.O.P. offers a wide range of services from aging assistance, L.E.A.D

(formerly D.A.R.E), neighborhood watch, crime prevention and mental health support. COVID 19 continues to be a learning curve for C.O.P, however thanks to modern platforms, they have been able to re-imagine our outreach.

Most recently, C.O.P. announced the launch of a new virtual experience: *Crafting with a Cop*. This virtual based experience is geared towards children 5-12 years old. Crafting materials will be provided to our residents at no cost. To participate, register your child, collect a craft kit then sign in to google meet (on the corresponding date and time) and most importantly, get ready to have fun!

The next event is on April 13, 2021 at 4 p.m. Registration is limited and offered on a first come first serve basis. To register email: jdiaz.roselleparkpd@gmail.com with your child's name, age, address and whether you would like to pick up the craft kit from Police headquarters or have a contact-free drop off.



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Depression and mood disorders can affect an individual's ability to carry on a normal life. They can leave a person feeling unusually sad, depressed, anxious, manic and generally not able to live life to its fullest.

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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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ROTARY CLUB OF ROSELLE-ROSELLE PARK WELCOMES NEWEST MEMBER

BOROUGH DISTRIBUTES FREE MASKS

Through a grant received from the Department of Health and Human Services, the Borough of Roselle Park has been awarded nearly 23,000 free masks for Roselle Park residents.

In March masks were distributed to each student and faculty member at Sherman Elementary School, Aldene Elementary School, Robert Gordon Elementary School, Roselle Park Middle School, and Roselle Park High School.

“As cases are dropping and vaccination rates are increasing, we see the light at the end of the tunnel, but we all must continue to mask-up and practice social distancing. As a community, we must thank our Borough staff for this grant, especially, Rupen Shah, the Casano Center Director who applied for this grant,” said Mayor Joseph Signorello.

Residents can contact the Casano Community Center, 908-245-0666, to request masks, while supplies last, between the hours of 10 a.m. and 6 p.m., Monday through Friday.

Submitted by Bob Zeglarski

The Rotary Club of Roselle-Roselle Park welcomes its newest member, Donna Eleazer.

A resident of Roselle, Donna Eleazer is a Founding Member and Vice President of Concrete Rose Project, a 501c3. She is also Chairperson of the Concrete Rose Project Mentoring Program.

Aside from her service to Rotary and Concrete Rose, Donna serves as the President of Roselle Mayor's Senior Advisory Committee.

Ms. Eleazer works in Social Services for Union County as a Human Services Specialist IV - Family Care Supervisor. Rotary benefits from the vocations of its members like Donna who bring their expertise to the club in its efforts to serve the community.

Donna has already contributed much to the Rotary Club, working and contributing to the club's last service project, The Rotary Community Sock Drive. She is an active participant in the club's virtual meetings and planning sessions.

For more stories about The Rotary Club of Roselle-Roselle Park visit roselle-roselleparkrotary.org. Join our cause.



(above) The Rotary Club of Roselle-Roselle Park welcomes its newest member, Donna Eleazer.

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PROJECT MEDICINE DROP



Submitted by Roselle Park Green Team

The Roselle Park Police Department is proud to be participating in the "Project Medicine Drop" initiative which allows citizens to properly and safely dispose of expired or unused medications 24 hours a day, seven days a week, 365 days a year.

Project Medicine Drop helps prevent the abuse of these drugs by giving New Jersey residents a safe and secure method to dispose of unneeded medications. This initiative also protects New Jersey's environment by keeping these drugs out of landfills and out of the water supply.

Members of the public are invited to visit the Project Medicine Drop sites and drop off any unused prescription medications anonymously and with no questions asked.

The Borough of Roselle Park's Project Medicine Drop box is located in the lobby of the Roselle Park Police Department at 110 E.

Westfield Avenue, Roselle Park, NJ. All unused and expired prescription medications as well as pet medications can be placed anonymously in the Project Medicine drop box. Residents should remember to remove personal information such as address labels off of the bottles before dropping them in.

For safety reasons, the Project Medicine Drop boxes can only accept legal prescriptions or over the counter solid medications such as pills, patches, inhalers, and similar objects. The boxes cannot accept liquids, medical waste, or syringes. Consumers wishing to dispose of these objects should speak with their doctors or pharmacists to find the safest and best ways to dispose of them.

More information about Project Medicine Drop, including the full list of Project Medicine Drop locations can be found at njconsumeraffairs.gov.

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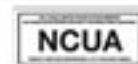
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The COVID-19 pandemic has affected our town in many different ways, and we remain concerned about what the current public health circumstances mean for our friends, family and neighbors – and especially for our community's most vulnerable members. Please remember we are in this together, and we are here to help.

If you or someone you know needs help, please call the Casano Center at (908) 245-0666 to determine the best way to assist you.

Donations of non-perishable food items are highly appreciated and may be dropped off from 9 a.m. to 5 p.m., Monday to Friday to the Casano Community Center, 314 Chestnut Street, Roselle Park.

LOTTERY FOR COMMUNITY GARDEN PLOTS

The Roselle Park Environmental Commission has announced that the community garden will be open again to the public, following COVID-19 friendly guidelines.

The Commission will be hosting a lottery for residents of Roselle Park to rent out a 4' x 8' garden raised bed filled with organic compost and an automated watering system installed. The community garden is located at 133 Valley Road. Anyone interested in entering the lottery should go to sites.google.com/view/RPGarden. It costs \$50 to rent a garden raised bed for the season, we will also have seeds and a limited amount of plant starts available for members.

Our goal is to make sure that anyone who is interested in growing their own food has an equal opportunity to join. "This is a great opportunity to learn or improve your growing skills"

In partnership with the local boy scout troop

56, we also have two new waist high raised garden boxes which can accommodate the elderly or anyone with a physical disability.

The Commission will be accepting applications for the lottery until Friday, April 9, 2021, and will be selecting 25 individuals/families through the lottery system on Saturday, April 10th.

ABOUT THE ROSELLE PARK ENVIRONMENTAL COMMISSION

The Roselle Park Environmental Commission consists of seven (7) regular members and two (2) alternate members, one of whom is a member of the Borough's Municipal Land Use Board and all of whom are residents of Roselle Park. Members are appointed by the Mayor who also designates one of the members to serve as Chairperson. The Commission meets the third Wednesday of the month.



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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

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. 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.'"

- Quenton L.

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CELEBRATING 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.

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VIRTUAL SERVICES HELP PEOPLE WITH DISABILITIES AND YOUTH IN NJ

Submitted by Erin Jerome

Service Providers for people with disabilities continue to raise the bar for remote learning and virtual programs to meet the needs of the people they serve.

Staff at Community Access Unlimited have been working hard since the start of the pandemic to make sure members don't miss out on enrichment just because they are at home. CAU is an Elizabeth-based, statewide nonprofit that works to integrate people with disabilities and youth at risk into the general community through comprehensive supports.

CAU is currently accepting registrations for virtual Day Habilitation, the Academy of Continuing Education (ACE), and Vocational services. Members can choose from a wide selection of groups such as Life Skills, Fundamentals of Reading, World Cultures, Culinary Arts, and Health and Safety in the Workplace, depending on what services suit their needs.

"It was important for us to create a virtual



(above) Alyssa Elenis prepares for her CAU virtual learning program, the Academy of Continuing Education, at home.

learning experience that emulates an in-person day program structured day that provides age appropriate activities, offers variety and choice, and focuses on small groups and individual interactions," said Onekia Grier, managing assistant executive director of Day Habilitation & Educational Services.

Both Day Program and ACE have virtual groups, but with different offerings. ACE is CAU's answer to post-graduation learning for adults with developmental disabilities. Program choices are designed to appeal to every type of student.

This fall, CAU students participated in a financial literacy workshop series presented in partnership with Valley Bank. The program was specifically designed for members using presentation materials provided by Valley. The four-part series has concluded for ACE students and is currently being offered to students in the Pathways to Academic & Career Exploration to Success program, a college and employment prep service for high school and college-aged youth at risk. The special series is not the only collaborative educational partnership for ACE this year—the program also partnered with Kean University in November for a virtual music workshop for individuals with disabilities.

Students said they were eager to learn more about money to set goals and develop good habits.

Student Alyssa Elenis works part time at ShopRite and has set a goal to save enough money to buy a new laptop for her online classes.

"I think I spend too much money and I want to lower that," she said. "They did a great job with the class and were helpful with answering questions."

Student Jessica Sucuzhanay said she enjoys taking ACE classes to continue learning and retaining her education.

"I want to learn how to save and manage money," said Sucuzhanay, who is looking for a part-time job. "I want to know how to spend money when I go to the supermarket and how to

create a budget to plan for the future."

Elenis said that she is reaping the benefits of virtual services with classes in music and theater, computers, art and media, and self-help.

"It helps a lot," she said of her self-help class. "We practice taking notes, learning about current events, and managing how we're feeling."

The financial literacy series has helped members better understand how money works, how to make smart spending decisions and what a bank can do to support and help them reach their financial goals, according to Stacy Marshall, assistant executive director of Educational Services.

"It's empowering to understand money and make knowledgeable decisions about how to spend that money," Marshall said. "They can feel more independent going out into the community and making those choices. We appreciate our partnership with Valley Bank to learn about personal finance."

To learn more about CAU, visit caunj.org or follow the agency on Facebook, Twitter and Instagram. Learn more about supporting the agency and become a monthly donor at caunj.org/support-us/.

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating more than 40 years in 2020, supports people with special needs in achieving real lives in the community. CAU provides support and gives

voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 4,000 individuals and families, with the number served growing each year. For more information about CAU and its services, contact us by phone at 908-354-3040, online at caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



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BLOOD DONATION REMAINS ESSENTIAL

American Red Cross

A year ago, many things in the world paused due to the COVID-19 pandemic. But the need for blood never stopped. Today blood donations are just as essential, and the American Red Cross urges individuals who are healthy to make an appointment to donate blood.

For patients in the emergency room, fighting cancer or coping with a life-threatening illness, help can't wait. Their health is reliant on the selfless generosity of blood donors. However, the blood supply continues to face challenges from the ongoing pandemic and extreme winter weather that impacted much of the U.S. last month.

More donors, especially those with type O blood, are needed now to ensure that patients have lifesaving blood products available for emergencies and everyday medical treatments. Schedule a blood donation appointment by downloading the Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

NAMI UNION COUNTY APRIL PROGRAMS

Tuesday, April 27 at 7:30 p.m.

Dr. James McCreath, Ph.D., Vice President, Behavioral Health & Psychiatry at Trinitas Regional Medical Center

The National Alliance on Mental Illness (NAMI) affiliate of Union County invites the public to hear about the \$3.7 million federal grant from the Department of Health and Human Services given to Trinitas Regional Medical Center to expand and increase operations of mental health care. This grant will enable Trinitas to be better equipped to identify those who have had an acute psychiatric crisis and are in need of community services for psychiatric, medical and substance use services.

Join us to hear Dr. McCreath explain how this program can alleviate decades old challenges by assisting individuals to receive the fully integrated care that they need on an ongoing basis

to help stabilize them in the community and reduce hospitalizations.

You must register in advance for this program. Email namiunioncounty@yahoo.com or visit online at naminj.org/affiliates/union or on Facebook at facebook.com/NAMI.UnionCounty.

Tuesday, April 20 at 7 p.m.

Family Support Zoom Group

This group is for family members and caregivers of persons with mental illness. Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness? Join this peer led group meetings and gain insight from others facing the same challenges. This group meets on the 3rd Tuesday of every month 7:00 p.m. - 8:30 p.m. Next meeting is April 20, 2021.

To register: email Denise at namiunioncounty@yahoo.com with your name, town, and phone number

RAHWAY TASTE PASSPORT 2021

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FOUR FROM ROSELLE PARK GRADUATE THE TRINITAS SCHOOL OF NURSING

One hundred and six students received their nursing diplomas from the Trinitas School of Nursing on January 21st, including Roselle Park residents Angelika Perez Ohara, Caitlin Ann Speers, LaTasha Benson, and Fernando Gregoire.

“Trinitas School of Nursing is a National League for Nursing Center of Excellence in Nursing Education for the fourth time,” said Dr. Roseminda Santee, Dean of the Trinitas School of Nursing, which is affiliated with Union County College, and also awards Associates in Science Degrees to the graduates. “I have data to show that the enrollment and applications to the School of Nursing have increased. And during

the pandemic, it did not falter. It continued increasing. You would think that people would no longer be interested. Instead, they go forward. We are very proud of our class of January 2021, and our faculty and staff, for doing this professional work during a very challenging situation and practicing all precautions including screening, social distancing, handwashing, and masking.”

Trinitas School of Nursing, operated jointly by Trinitas Regional Medical Center and Union County College, currently holds full accreditation from the Accreditation

Commission for Education in Nursing (ACEN), and the New Jersey State Board of Nursing. The National League for Nursing has awarded the School of Nursing a fourth designation as a Center of Excellence in Nursing Education status for the years 2015 - 2024 for Creating Environments that Enhance Student Learning and Professional Development. The School also holds a 20-year, 40-class national licensing examination (NCLEX) passage rate of 86.30% on first writing.

For more information about Trinitas School of Nursing, visit www.trinitasschoolofnursing.org

Individual photos were taken by Grace Photography and edited to create the class photo.



(above) Although a typical ceremony was not held, 89 women and 17 men became eligible to sit for the registered nurse licensing exam.

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EARTH DAY RAHWAY RIVER CLEAN-UP — SAT., APRIL 24

All volunteers are invited to celebrate Earth Day 2021 with Boy Scout Troop 330 and members of the Rahway River Watershed Association in a clean-up of the Rahway River on Saturday, April 24th (with a rain date of Sunday, April 25th). The clean-up will focus on areas upstream and downstream of the Bloodgoods Pond Dam at Winfield Park, New Jersey. Please plan to stop by the parking area adjacent to the waterfall of the Rahway River by the dam at Winfield Park, NJ at 8:45 a.m. to register, pick up bags, gloves, bottled water and snacks, and receive safety information. Folks should feel free to travel to any part of the river where they would like to perform cleanup activities but we specifically will ask folks to work in small groups for safety purposes with folks socially distanced and wearing masks. The team working registration will provide suggestions on areas with large volumes of floatable debris.

Cleaning up a river and park area is a great way to celebrate Earth Day and if you haven't participated in an event like this before, you will find it invigorating, and you will feel good about what you have accomplished...it is also fun and educational...especially for scouts and young adults as they always find something interesting.

The clean-up will generally be between 9 a.m. - 12 noon, but any amount of time or effort that

folks can volunteer is appreciated. There is always a large volume of floatable debris to pick up. Over the 20+ years this cleanup has occurred thousands of folks have participated, including girl scouts, cub scouts, boy scouts, fishermen, local activists and citizens, and we pulled some amazing things from the river.

All participants should wear jeans, long-sleeved shirts, gloves and boots, and please wear a mask. Waders are welcome for folks who like to get a little wet. Each participant should bring

a standard 5-gallon carry bucket with a handle (put your name on the bottom)...this makes for easy carrying of "stuff" for transfer to the large garbage bags. When we complete the event we do a basic inventory of the "big stuff" that we removed....and within approximately 24 hours Union County Parks removes and disposes of all the trash. There is no RSVP required but if you need more information or think you will attend please let us know by e-mail at rivercleanup@comcast.net.



(above) 2020 Rahway River Clean Up.



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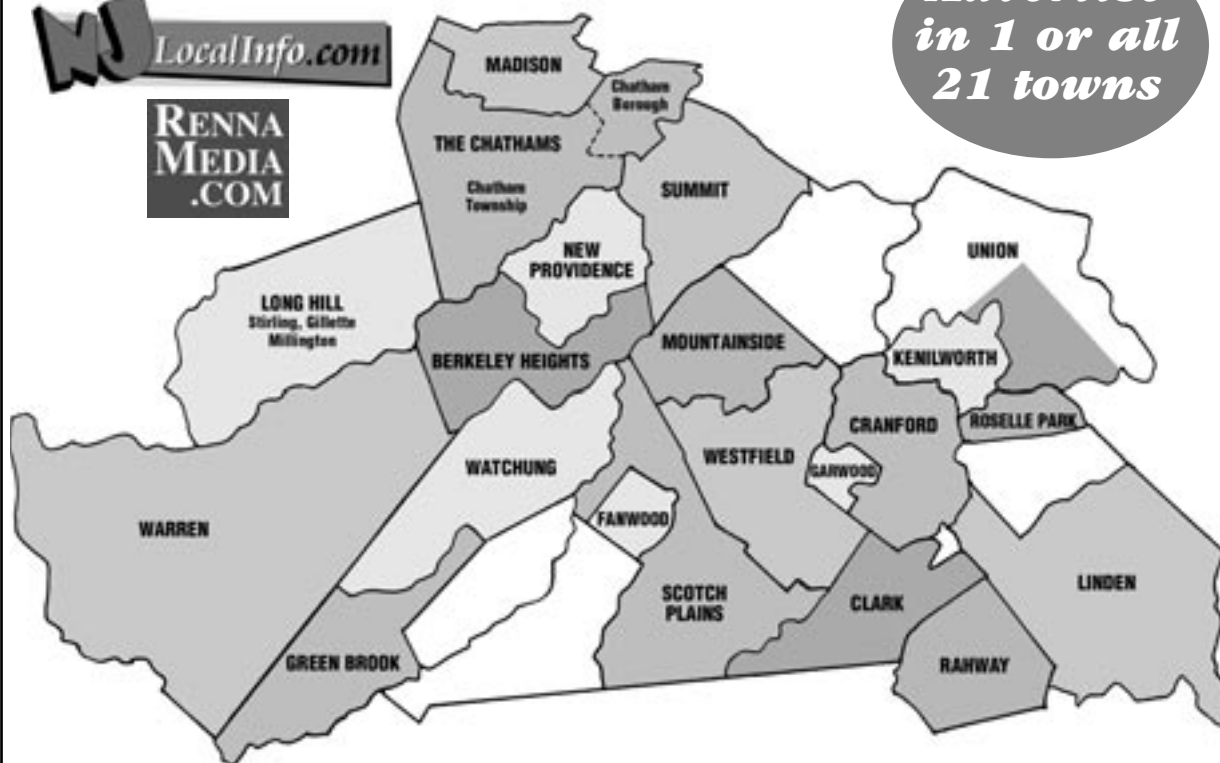
Call today for FREE consult on marketing and business plans.

Online at RennaMedia.com

and NJLocalInfo.com



Advertise
in 1 or all
21 towns



Berkeley Heights COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	THE CHATHAMS NJ Qty: 7,400 Mailed to every home and business. Zip: 07928	Clark Monthly Qty: 6,700 Mailed to every home and business. Zip: 07066	CRANFORD MONTHLY NJ Qty: 9,800 Mailed to every home and business. Zip: 07016	Fanwood Post NJ Qty: 3,000 Mailed to every home and business. Zip: 07023	Garwood Times NJ Qty: 2,200 Mailed to every home and business. Zip: 07027	Green Brook Gazette NJ Qty: 3,000 Mailed to every home and business. Zip: 08812
KENILWORTH NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	Life in LINDEN NJ Qty: 17,400 Mailed to every home and business. Zip: 07036	Long Hill LEADER NJ Qty: 3,600 Mailed to every home and business in Gillette, Millington and Stirling. Zip: 07933, 07946, 07980	MADISON MONTHLY NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	MOUNTAINVIEW NJ Qty: 2,900 Mailed to every home and business. Zip: 07092	New Providence NEWS NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	OUR TOWN Rahway, NJ Qty: 12,400 Mailed to every home and business. Zip: 07065
ROSELLE PARK MONTHLY NJ Qty: 5,600 Mailed to every home and business. Zip: 07204	Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,600 Mailed to every home and business. Zip: 07076	Summit Times NJ Qty: 9,600 Mailed to every home and business. Zip: 07901	Spirit of UNION NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083	WARREN MONTHLY NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	Watchung Post NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	Westfield MONTHLY NJ Qty: 11,800 Mailed to every home and business. Zip: 07090

NEWSPAPER AD RATES

Rates are per month. Artwork included in price. Newspapers are black on white.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

Back cover, front page banner and front box reserved on first come, first served basis. Current advertiser has right of first refusal.

PREPAY 6 MONTHS AND GET 1 MORE FREE
PREPAY 12 MONTHS AND GET 3 MORE FREE

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

Full Service Online Marketing

ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- **GET UNLIMITED CLICKS**

An alternative to expensive pay-per-click programs

- **FREE AD DESIGN AND COPYWRITING**

Advertising webpage includes many features including write-up, images, video, Google map, etc.

- **POSTS ARE SHARED THROUGH SOCIAL MEDIA**

Posts shared on multiple Facebook pages and twitter.

- **PAID SEARCH ENGINE PROMOTIONS**

Posts are promoted by industry, key words and location.

- **TRACKABLE RESULTS**

All ads include a live view counter.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

**\$20
PER POST
Block of 20
for \$200**

**RENNA
MEDIA
.COM**

NJ LocalInfo.com

WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**

Know where your web traffic is coming from and why.

- **ELIMINATE / AVOID COSTLY SCHEMES**

Evaluate the return you are getting from your online marketing costs.

- **INCREASE ONLINE MARKETING RESULTS**

Recommendations include ways to increase traffic to your website

- **NO OBLIGATION**

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

**ONE TIME
FLAT FEE
\$250**

**Call for a consultation
if you do not have a website
or if need a new one.**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**

Basic static site that can be developed further

- **WEBSITE CREATION/UPDATE: \$2,400**

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

- **WEBSITE HOSTING: \$300 PER YEAR**

Includes website hosting, software updates, monthly website content updates

- **SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH**

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

**Call for free a consultation if you need
help developing an online marketing plan.**

**STARTER
WEBSITE
\$500**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

Full Color Flyers and Menus Printed and Mailed to Every Home and Business in Town!

MENUS - PRINTING - \$50 PER THOUSAND

Rate is for quantities of 25,000 or more.

For quantities less than 25,000 cost is \$68 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock /

Includes folding (quarter fold or tri-fold, with or without coupons tab)

FLYERS - \$35 PER THOUSAND

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock /

Tri-fold add \$10 per thousand

INSERTED AND MAILED TO EVERY HOME AND BUSINESS

\$60 per thousand. (as low as \$30 per thousand depending on quantity.)

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**FLYERS
\$35
PER 1,000**

**MENUS
\$50
PER 1,000**



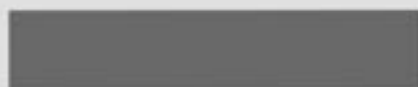
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