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## UC COLLEGE GRADUATES NOW ATTENDING ELITE COLLEGES

Union County College is proud to announce that three of the College's spring 2020 graduates are continuing their educations at prestigious colleges and universities. Kamilla Kocsis is attending Dartmouth College, Beianka Tomlinson is attending Princeton University, and Vasiliki "Vas" Vlastaras is attending Georgetown University.

While each of these three graduates had their own journey, there is a common thread: they all wanted to start their college experience at an affordable school that provided a high-quality education and was close to home. Once at Union, to further grow, they sought out engagement and leadership opportunities through their involvement with student clubs, American Honors, and the honor society Phi Theta Kappa (PTK).

Kamilla Kocsis, of Rahway, has continued her studies at Dartmouth College with a major in international relations. At Union, Kamilla was an American Honors student with a 4.0 GPA. She served as president of the College's Model United Nations Club, was a Cranford Senator for the Student Government Association (SGA), and served as Co-VP of Scholarship for Phi Kappa Theta, the international honor society for two-year colleges. In 2020, Kamilla was named a Jack Kent Cooke Foundation Undergraduate Transfer Scholar. This prestigious award includes up to \$40,000 per year in financial support to attend a four-year college or university. Kamilla was selected as one of only 50 recipients out of almost 1,500 applicants.

Beianka Tomlinson was accepted as one of only 13 transfer students admitted to Princeton University for the fall

2020 semester. Beianka graduated from Union with a 4.0 GPA and her Associate in Science degree in chemistry. While attending Union, she was an American Honors student, served as SGA President, and was a member of PTK. Beianka also served as a tutor in the College's Academic Learning Center (ALC) which provides free peer-to-peer tutoring to students. At Princeton, Beianka is majoring in chemistry. She hopes to pursue a career in medicine as a cardiovascular surgeon.

Vas Vlastaras, of Union, is now attending Georgetown University. She is majoring in government with a minor in modern Greek. While at Union, Vas was also an American Honors student. She served as SGA Secretary, Vice President for the American Honors Council, Fellowship Committee Leader for PTK, and worked as an ALC tutor. Vas graduated from Union with her Associate in Arts degree in public administration. Vas headed to the right city for her future goals: she hopes to become a lobbyist or campaign staffer.

"Each of these three outstanding students made their mark at Union before moving on to their dream four-year schools. Their hard work and dedication has paid off. As Kamilla, Beianka, and Vas did, we welcome all students to start their higher education journey at Union: earn an affordable and excellent education and then go on to attend the four-year school of your choice. We look forward to seeing what they do next," stated Union President Margaret M. McMenamin.

Registration for the fall 2021 semester is open. To apply with our free application, and to learn about financial aid and more, visit [ucc.edu/fall](http://ucc.edu/fall) or call 908-709-7000.



(above) Union graduates Beianka Tomlinson, Kamilla Kocsis, and Vasiliki "Vas" Vlastaras.

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## LOCAL CHORUSES PRESENT FREE ONLINE SHOW

Summer is coming! And what better way to celebrate than with a virtual concert full of songs about sunshine and summer and the hope they bring.

Here Comes the Sun: Three Great Choruses, One Online Show will premiere Sunday, May 23, at 5:00 p.m. on YouTube. It's a first-of-a kind collaboration between three of the area's best-loved choruses. The Maplewood Glee Club is a community chorus that's been delighting local audiences with its harmonies and humor since 1946. The Morris Music Men is Morris County's premiere barbershop harmony chorus. The award-winning Hickory Tree Chorus shares the joy of barbershop through songs from the Beatles to Broadway.

This family-friendly show features a range of uplifting songs including Happy Together, Kokomo, Heat Wave, and Circle of Life, plus music by Beyoncé, Whitney Houston, Chance the Rapper, and more! The show will also feature guest appearances by two dynamic teen ensembles from West Morris Mendham High School.

Here's the best news about Here Comes the Sun: it's free! Just register ahead of time at [threechoruses.com](http://threechoruses.com) and you'll receive a free show link 24 hours before the premiere.

The choruses are also spreading sunshine by raising money for Newark Working Kitchens, a non-profit organization that enables many local Newark restaurants to keep their doors open, their stoves on, and their employees paid during the Covid-19 crisis by cooking and delivering

hundreds of meals a day to low-income seniors and families and people without homes. Donations can be made during the show or through the show's website.

To learn more about Here Comes the Sun, visit [threechoruses.com](http://threechoruses.com) or contact Josh Adler at [JJadler@ymail.com](mailto:JJadler@ymail.com) or 917 697-2893.

To learn more about the three great choruses, check out: [maplewoodgleeclub.com](http://maplewoodgleeclub.com); [morrismusicmen.org](http://morrismusicmen.org); and [hickorytreechorus.org](http://hickorytreechorus.org).



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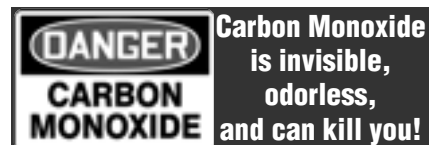
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## BOYS & GIRLS CLUBS ANNOUNCES 2021 YOUTH OF THE YEAR

*Submitted by Lisa Sepetjian*

Boys & Girls Clubs of Union County (BGCUC) is pleased to announce the 2021 Youth of the Year winner, Joy S. from the Elizabeth Club. Joy was chosen from three finalists from our Union, Elizabeth, and Plainfield Clubs. Joy is a 17 year-old junior at Union County Vocational Technical High School and plans to attend Kean University to be a preschool teacher. She has been a member of the Elizabeth Club for the past four years. She currently serves as a BGCUC Elizabeth Keystone Club (Teen Leadership) Vice President, an Educator rising at Union County vocational technical school, and usher/praiser team leader at Orient Church of God in Jersey City.

Joy now moves on to Boys & Girls Clubs of New Jersey State Youth of the Year competition, where she will compete against 18 other Youth of the Year winners in New Jersey.

"Each of the finalists is a winner! Youth of the Year is our premier recognition program for Club members. We always look forward to celebrating the accomplishments of our members," said Russell Triolo, CEO of Boys & Girls Clubs of Union County. "It's great to see our members receive recognition for all that they do at the Club and in the community".

Joy competed with Nasim C. of our Plainfield Club and Moyosola A. of our Union Club. Each of these members is a leader in their Club. Nasim

attends Don Bosco Prep in Ramsey and plans to attend Ohio State University to study Business. His future plan is to open a Sports Rehabilitation Center. Moyosola works 2 part-time jobs, is a member of the National Honor Society and maintains a 4.5 GPA. She will be attending Steven's Institute of Technology to study Artificial Intelligence.

Thanks to the generous support of our partner and long-time supporter, Christopher Hillmann, this year's finalists and winner will each receive a partial college scholarship. Joy will receive \$10,000; Nasim and Moyosola will each receive \$5,000. Chris Hillmann shared his inspiration with our finalists; his father passed away when he was young and someone reached out and helped him. He has never forgotten the impact this gesture has made in his life. Chris gave our finalists words of wisdom: have integrity, work hard, open your mind and serve in your community.

Each of these members went through an arduous application process and then appeared before a panel of judges. This year's judges were: Mark Kaminski of Phillips 66; Richard Rodman; Jocelyn Virgil-Phillips of Blue Apron; Michele Spinowitz of Hillmann Consulting; and Dr. Demond Hargrove of Union County College. Head judge, Michele Spinowitz said the finalists were very close in scoring; each of them should be proud of their accomplishments.

Summer Camp Registration is now open at our Union, Elizabeth and Plainfield Clubs. "Virtual School" and After-School programs are now in session at our Union, Elizabeth, and Plainfield Clubs. Contact us at 908-687-2697 for information and registration. Aquatics, stroke development, and water safety instruction is available at our Union Club. Teen Leadership Club programs are available at our Clubs in Plainfield, Elizabeth, and Union. Teen members participate in character, leadership, career preparation, and community service activities throughout the year.

### BOYS & GIRLS CLUBS OF UNION COUNTY

Boys & Girls Clubs of Union County seek to inspire and enable young people, who need them most, to realize their full potential and have provided opportunity for youth since 1955. They are part of a national network of some 4,000 neighborhood-based facilities, Boys & Girls Clubs of America, which serves more than 4.6 million young people annually, in all 50 states and on U.S. military bases worldwide. Clubs provide guidance-oriented character development programs on a daily basis for children 6-18 years old, conducted by a full-time professional staff. Key Boys & Girls Club programs emphasize leadership development, education and career exploration, financial literacy, health and life skills, the arts, sports, fitness and recreation, and family outreach.



(above) BGCUC 2021 Youth of the Year, Joy S. with CEO Russell Triolo

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## MAKE A DIFFERENCE! BOYS & GIRLS CLUBS ANNUAL FUND DRIVE

Be the change you want to see in your community. Support Boys & Girls Clubs of Union County Annual Fund Drive. Our Mission: To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens. This year, we have set a goal to raise \$125,000. Your support allows many of our members to attend programs in our Clubs. Each day, we serve an average of 800 youth ages 5-18 in Union County.

"We have seen an increased need for our programs and services over the last few years, especially during the pandemic," said Russell Triolo, Chief Executive Officer. "Many members cannot pay; we do not turn away members who are not able to pay. Your support is needed to ensure these youth are able to participate in programs in a safe and nurturing environment."

Core programs include: Teen Leadership Programs (Keystone Club and Torch Club), Digital Literacy, Educational Enhancement, Aquatics, Healthy Lifestyle Choices, Community

Engagement, Drug and Alcohol Prevention, Youth of the Year and Career Preparation, and Summer Camp. Each program is made up of components designed to prepare members to reach their full potential as adults. We are committed to do Whatever It Takes to build great futures for our members.

Please visit our website [bgcuc.org](http://bgcuc.org) and click the Annual Fund Drive banner to make a donation; or contact our office at 908-687-2697 x111. Your support provides youth with a safe place, where they can learn in a structured environment.

"Your support allows us to provide quality programs for youth," said Brian Phillips, Board Chair. "For the past 7 years, 100% of our Club seniors graduated on-time, with a plan for their

future. Teen members participate in Civic Engagement, Leadership and Career Preparation. Each of these programs helps to build the whole child".

Summer Camp Registration is now open at our Union, Elizabeth and Plainfield Clubs. "Virtual School" and After-School programs are now in session at our Union, Elizabeth, and Plainfield Clubs. Contact us at 908-687-2697 for information and registration. Aquatics, stroke development, and water safety instruction is available at our Union Club. Teen Leadership Club programs are available at our Clubs in Plainfield, Elizabeth, and Union. Teen members participate in character, leadership, career preparation, and community service activities throughout the year.

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(above) The Boys & Girls Clubs of Union County Annual Fund Drive is underway. The Boys & Girls Clubs of Union County seek to inspire and enable young people, who need them most, to realize their full potential.

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## CELEBRATE OLDER AMERICANS MONTH

### *The Gateway Family YMCA*

In honor of Older Americans Month this May, The Gateway Family YMCA and Shaping Eastern Union County will be hosting a series of free virtual community educational HealthEASE Presentations, YMCA Chronic Disease Self-Management programs, wellness opportunities and social events. Individual event listings and registration information is available at [tgfymca.org/events](http://tgfymca.org/events)

“The global coronavirus pandemic has brought unique challenges to our senior population, exacerbating chronic disease, social isolation, mental health and obesity rates based on multiple recent studies. At The Gateway Family YMCA we found a bright spot in the consistency, community and support we have been able to build within our virtual programs and events, especially within this group of community participants,” stated Krystal R. Canady, CEO, The Gateway Family YMCA.

Virtual programs will be facilitated by Susan Butler, Director of WISE Adult Day Services and Paul Mickiewicz, Senior Director of Healthy Living at The Gateway Family YMCA.

Virtual Events offered by The Gateway Family YMCA in celebration of Older American’s Month this May include:

#### **HealthEASE - Serving Up Good Nutrition**

**May 3, 2:00-3:00 p.m.**

Learn to identify common nutritional deficiencies in older adults and learn some easy ways to make meals healthier.

#### **HealthEASE – Keep Your Mind Sharp**

**May 10, 2:00-3:00 p.m.**

Learn about the effects of normal aging on the brain, how to improve brain function and prevent “senior moments”.

#### **None Better Than a Boomer Trivia!**

**May 24, 2:00-3:00 p.m.**

Join The Gateway Family YMCA for a fun and fact-filled virtual trivia game, especially designed for Boomers! Test your knowledge and spend time with friends.

#### **Healthy Eating Presentation**

**Mondays 10:15-11:15 a.m.**

Provided as a complementary program to Blood Pressure Self-Monitoring, individuals will learn about health, nutrition and healthy eating options.

#### **Blood Pressure Self-Monitoring program**

**Wednesdays 2:00-3:00 p.m.**

Participants work with trained YMCA staff to improve their self-monitoring skills with the goal of reducing and managing blood pressure and enhancing knowledge of healthier eating habits.

#### **Diabetes Empowerment Education Program**

**Wednesdays 2:00-3:00 p.m.**

This program is designed to help participants gain a better understanding of diabetes self-care. Curriculum includes preventing complications, increasing physical activity, improving nutrition and utilizing available resources.

### **Healthy Living Behavior Change**

**Fridays 10:15-11:15 a.m.**

This program is designed to assist members in setting goals and making personal progress to a healthy life.

Free community registration for all individual events and sessions is available at [tgfymca.org/events](http://tgfymca.org/events). In addition to these community events, the YMCA suggests individuals check with their health insurance regarding programs and options that may be available to cover the costs of a Y membership or provide incentives for participation.

“The YMCA is one place where everyone can participate, get healthy and make new friends, even virtually,” stated Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. “We have served communities in Eastern Union County and Northern Middlesex County since 1900, and understand the unique needs of those who may need a little extra support in their wellness journey.”

The Virtual WISE Adult Services program provides specialized support for individuals, families and caregivers living with dementia, Alzheimer’s or mild cognitive impairment. For more information, contact Susan Butler, Director [wiseinfo@tgfymca.org](mailto:wiseinfo@tgfymca.org) or 908-349-9622. The HealthEASE educational series was developed by the NJ Institute for Successful Aging and is sponsored by the NJ Department of Health and Senior Services.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers



*(above) Older Americans Month is May. Join The Gateway Family YMCA for their series of free virtual programs, wellness opportunities and social events.*

dedicated to strengthening the foundations of community and stands For Youth Development, For Healthy Living and For Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services to people of all ages, races, faith or incomes. The Y doesn’t just strengthen bodies – it strengthens people, families and communities.

Shaping Eastern Union County is committed to improving the health and well-being of county residents and creating strategies to support improved health, nutrition and physical activity for all. The Shaping Eastern Union County Initiative is sponsored by the County of Union.

For more information about programs and services provided by The Gateway Family YMCA, visit [tgfymca.org](http://tgfymca.org) or contact 908-355-9622.

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## FIREFIGHTER MATHEW PRIBISH HELPS NJ SHARING NETWORK

### NJ Sharing Network

Celebrated in April each year, National Donate Life Month features local, regional and national activities that encourage Americans to register as organ and tissue donors and to celebrate those who have saved lives through the gift of donation.

Linden, NJ firefighter Mathew Pribish helped NJ Sharing Network kick off National Donate Life Month by sharing his personal heart transplant story to help raise awareness about the importance of organ and tissue donation. Inspired by Mathew's story, Linden Mayor Derek Armstead and the Linden Police and Fire Departments teamed up to educate the community through speaking engagements and a public service announcement on LindenTV, which can be viewed on youtube.com. Mathew's personal story is detailed below.

### A PERSONAL STORY FROM MATHEW PRIBISH

My gift of life story started more than a decade ago when I went to the doctor for a regular cardiology checkup because heart disease runs in my family and I wanted to make sure that, as a firefighter, my heart was healthy. I was told during one of these regular checkups that I have Marfan Syndrome, a connective tissue disorder that affects the heart, joints and other parts of the body.

In 2013, after being monitored for a few years, my aortic root was enlarged to the point that I needed replacement surgery. Although my surgery went well, I had an adverse reaction and went into advanced heart failure. The doctors made the decision to implant a Centrimag BiVad, an external device to pump both sides of my heart. After a couple of weeks, my heart healed enough to remove the device and implant an LVAD-Left Ventricular Assist Device. That was my lifeline for four years and I was placed on the New York heart transplant list.

Life with an LVAD isn't easy and it was hard to adjust to at first - no swimming, limited



*(above) Mathew Pribish, a Linden Firefighter, shared his heart transplant story to help raise awareness about the importance of organ and tissue donation.*

showers, limited activities and lots of medication. Thankfully, with my family, my fire department family and my doctors, I was able to forge through into this new normal. I was able to return to work for the fire department as an Administrator and Fire Inspector. I started to walk/jog in local 5K events in a healthy condition so that I would be a perfect candidate for transplant.

In 2017, my cardiologist recommended that I also be put onto the New Jersey transplant list. In the time leading up to my approval on the New Jersey transplant list, the alarm of my LVAD device started to sound, on and off. The team of doctors decided that it was a mechanical issue and that they would either need to either replace

the LVAD or hold me in the hospital for transplant.

On June 22, 2017, I was informed by Newark Beth Israel Medical Center that I was officially listed on the New Jersey list. It was just four days later that my wife got the phone call early in the morning. They said, "Mrs. Pribish, we found a heart for your husband."

There were so many emotions that day. I felt happy and thankful that I now had hope that my health could be restored. I also felt a great deal of sadness for the family that lost their loved one. On June 27, 2017, I had a successful LVAD removal/Heart Transplant.

Since my transplant, I have been blessed to return to the life I had known before. In my donor's memory, I decided to become a transplant advocate through NJ Sharing Network.

In Fall 2018, I was released by the doctors to return to full firefighting duties. On January 3, 2019, I officially returned to the fire department for my first day back at the position I left almost six years before.

I never thought that the day would come where I could return back to active duty. But thanks to my donor, my doctors, and NJ Sharing Network, this dream became a reality. I hope that my story can give hope to others that may need a transplant to inspire them to keep the faith.

### ABOUT NJ SHARING NETWORK

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

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Please register for all programs by going to [uplnj.org/events/list/](http://uplnj.org/events/list/). To participate by phone call UPL Reference at 908-851-5450 x3. At this time, all programs are virtual via Zoom.

### **Dealing Successfully with Ageism**

**Tuesday, May 4 at 11:00 a.m.**

Do you feel that you are not advancing at work or getting a job due to age discrimination? Marty Latman discusses how you can use your age to strengthen your position as the ideal candidate. Managing Partner of Latman Advisory Services LLC, he also provides career coaching services, training, and support.

### **Man Failure:**

### **The Story of NJ's Deadliest Train Wreck**

**Tuesday, May 11 at 6:30 p.m.**

On a drizzly evening in 1951, the Pennsylvania Railroad commuter train known as "The Broker" derailed in Woodbridge, NJ, killing 85

and injuring hundreds in what remains the deadliest railroad accident in the state's history. Find out what happened and why with Gordon Bond, author of *Man Failure*.

### **Art Tutorial for Adults: Colored Pencil Flowers**

**Thursday, May 13 at 7:00 p.m.**

Get ready to unveil your artistic potential and learn how to create an eye-catching floral design with colored pencils. Join self-taught artist and enthusiastic crafter, Komal, as she helps you bring your art to life. Check website for details.

### **Vegetable Gardens 101**

**Monday, May 17 at 6:30 p.m.**

Vegetables from your backyard are the best! Learn how to grow them with Madeline Flahive DiNardo, County Agricultural Agent.

### **Off the Shelf Book Club**

**Thursday, May 20 at 7:00 p.m.**

This month the group reads, *Dear America: Notes of an Undocumented Citizen*, by Pulitzer Prize-winning journalist Jose Antonio Vargas, available to UPL cardholders on Hoopla. New members are always welcome.

### **Animal Crossing**

**Friday, May 21 at 3:00 p.m.**

Come explore UPL Island! Check out our inclusive virtual library building that serves children, teens, and adults. Discover our Mario-

themed maze, shake fruit/money trees, shop at Nooks & Abels, help craft DIYs, and leave a message on the bulletin board. As a thank you for visiting, there will be freebies! In order to visit our island, you must add us as a friend before entering the island. Our UPL Nintendo friend code is SW-4027-1837-6212.

### **Hilton Readers Book Discussion Group**

**Monday, May 24 at 6:00 p.m.**

Hilton Readers Book Discussion Group members will discuss some of their favorite books and authors! New members are always welcome. May's title is *American Dirt* by Jeanine Cummins.

### **Meditation**

**Thursdays, May 6, 13, 20, 27 at 11:30 a.m.**

Join Bindu Bhatt for a virtual meditation session. No experience necessary. Bindu has practiced meditation for over 30 years and would like to share her insight with you.

### **Beginners Flow Yoga**

**Thursdays, May 6, 13, 20, 27 at 6:00 p.m.**

This class will lead you through the foundations of yoga postures, body awareness and alignment, relaxation of the mind, and a connection with the breath. You will learn how to improve muscle strength, promote flexibility, and build your own yoga program specifically for your mind and body.

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## FAMILY CAREGIVERS WEATHERING COVID-19

*Submitted by Erin Jerome*

Having reached a dead end in his career, Thomas Corea decided to become a stay-home dad when his son, TJ, was 18 months old. Not long after that, he and his wife, Carol, discovered TJ was on the autistic spectrum. Thomas Corea has been the family caregiver for his son, now 26, ever since.

While Thomas Corea is a very positive person – he is a musician by trade – he often found it daunting to deal with the system that is in place to provide people with disabilities and their families the supports they need.

“Unless you stand on a mountain and scream, you get nothing,” he said. “You try to keep your head above water and their head above water to keep them safe.”

According to estimates from the National Alliance for Caregiving, 65.7 million Americans serve as family caregivers for an ill relative or a relative with a disability. Per the Administration for Community Living, research indicates family caregiving takes a significant emotional, physical and financial toll. With nearly half of all caregivers over the age 50, many are vulnerable to a decline in their own health, they say. Studies show that coordinated support services can reduce caregiver depression, anxiety and stress.

To ease that stress, Thomas Corea turned to Community Access Unlimited, first for direct support services while TJ was in school, then for respite services when he turned 21. Monique St. Claire is the family’s support counselor, providing the family with 6.5 hours of respite

support one day each week. St. Claire takes TJ on short trips, such as to outside events.

“TJ’s mother and father need a break because he takes a lot to handle,” St. Claire said. “I’m getting him out of the house and giving his parents respite...He gets frustrated when he doesn’t get what he wants. But I can reason with him and then he says with a sweet voice, ‘Okay.’ It’s very endearing.”

St. Claire’s support became even more important when Covid-19 hit the United States and all TJ’s other supports stopped. St. Claire is back to visiting weekly.

“He lost all his routine,” Thomas Corea said. “He lost his sense of day and night. He needs constant attention...Now that he has it back, he’s back to normal.”

CAU plays a major support role for thousands of family caregivers and has not abated its services during Covid. Yet the agency is facing drastic increases in expenses related to the pandemic and is asking for help.

“CAU is working hard to keep our members and staff safe during the pandemic and we continue to incur significant expenses, such as personal protection equipment,” said Bernadette Griswold. “We are asking people to consider becoming a monthly donor – 100 percent of their donations will support ongoing safety measures and program expenses as we continue to support individuals and families with special needs in New Jersey.”

Griswold said there are three ways people can support the agency: volunteering their time,

advocating for CAU members, or donating directly via the agency’s website or choosing CAU as their charity of choice on Amazon Smile and eBay for Charity. To learn more, visit [caunj.org/support-us/](http://caunj.org/support-us/).

To learn more about CAU, visit [caunj.org](http://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/](http://caunj.org/support-us/).

CAU is Hiring! Community Access Unlimited continues to expand and we have a number of full time and part time openings available. Contact our HR department at 908-354-3040 ext. 4203 to learn more! For a full list of available positions, visit [caunj.org](http://caunj.org)

### **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 right. CAU currently serves more than 5,000 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](http://caunj.org) or by mail at 80 West Grand Street, Elizabeth, NJ 07202.

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*(above, l-r) Monique St. Claire, support counselor at Community Access Unlimited, poses with one of the families she supports, TJ, Carol and Thomas Corea.*

## **MAY IS MENTAL HEALTH MONTH**

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# MEMORIAL DAY PARADE CONCERT

Save the date for our Veteran's Alliance Memorial Day Parade Committee's concert fundraiser featuring The Cameos on Saturday, May 8th at Hannah Caldwell School as we dance and enjoy the oldies hits of yesteryear.

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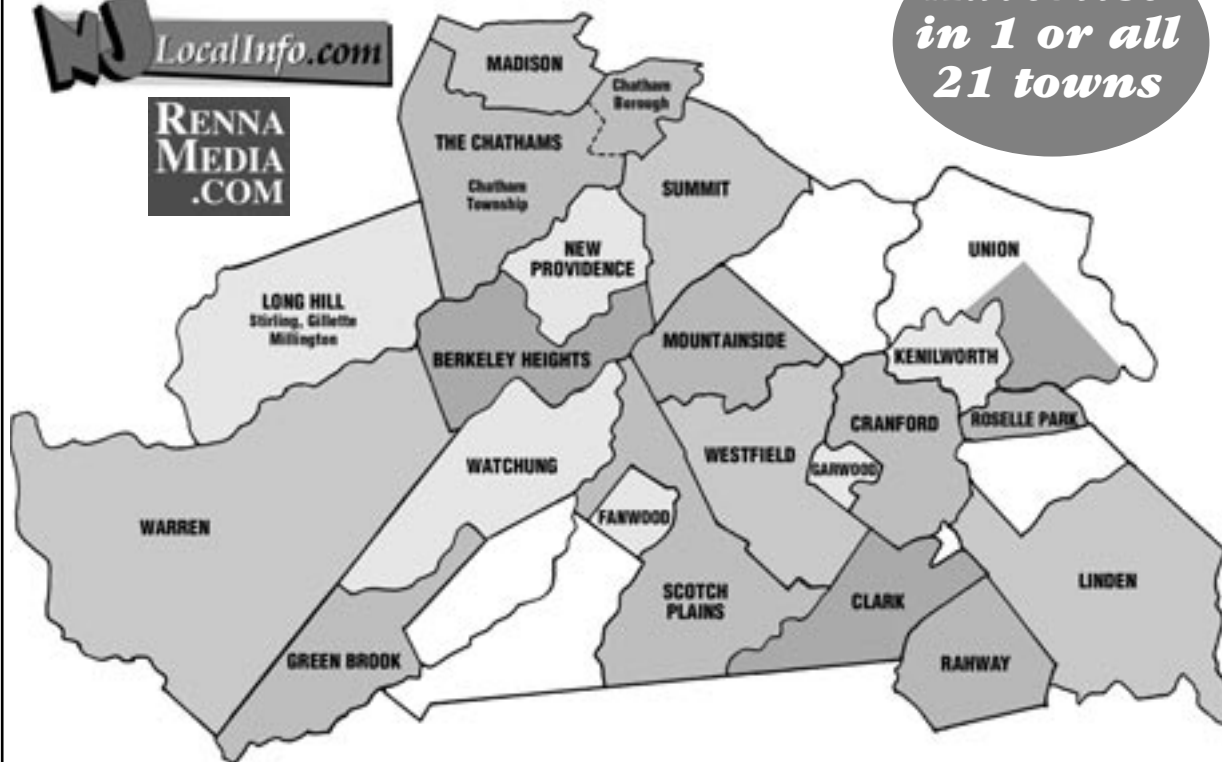
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Joe Renna at 908-447-1295

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  
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**STARTER  
WEBSITE  
\$500**

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