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KELLOGG FOUNDATION FUND SUPPORTS HOUSING PROGRAMS

The Gateway Family YMCA was awarded a \$50,000 grant from the J.C. Kellogg Foundation Fund to assist the YMCA in serving homeless and housing insecure residents through Emergency, Transitional and Supportive Housing Programs during this global pandemic.

"We are thankful for the generous support of the J.C. Kellogg Foundation Fund. This grant assists us in helping some of the families and communities feeling the greatest strain under the COVID-19 health emergency," stated Krystal R. Canady, CEO. "In 2020, our Y served 755 unduplicated men, women, seniors and children through YMCA housing programs."

The Gateway Family YMCA has served the local community for over 120 years, providing housing and social services for over 300 individuals, families and veterans each evening. Through residential housing programs in Elizabeth and Plainfield, as well as a supportive housing program throughout Union County, the Y provides emergency, transitional and affordable permanent housing opportunities along with wraparound social services focusing on employment preparation, life skills and case management. On average, 95% of residents make significant progress on their Individualized Service Plans, and 70% transition to permanent housing within 12-48 months.



"The reality of the COVID-19 pandemic meant our residents lost jobs, became food insecure and struggled to access mainstream resources in a world that turned remote overnight. We have seen an increased need for essential housing and social services during this global health crisis," said Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. "We provide support 24 hours a day, 7 days a week for the most vulnerable individuals, families and veterans in our community. Extra precautions and facility improvements have been taken in our housing buildings for the protection of our residents and staff."

The Gateway Family YMCA's housing programs are open to all residents of Union County regardless of age, race, ethnicity, gender, sexual orientation, physical ability, primary language, or veteran status. As one of more than 25 agencies collaborating in Union County's Continuum of Care unit, The Gateway Family YMCA works with other partner agencies to end homelessness and prevent a return to homelessness in Union County, NJ.

If you or someone you know is in need of emergency shelter, please contact Union County's 24-Hour Homeless Emergency Response Hotline at 2-1-1. They will direct you to the housing program and support services that can best support you and your loved ones.

The Gateway Family YMCA is a leading 501(c)(3) non-profit, health and community service organization committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, the Y focus on empowering young people, improving health and well-being, and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, the Y ensure that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

For more information about The Gateway Family YMCA or Residential Programs, visit tgfymca.org or contact 908-355-9622.

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SONS OF UNION VETERANS OF THE CIVIL WAR

Submitted by Christopher D Sands

The Sons of Union Veterans of the Civil War is a fraternal organization dedicated to preserving the history and legacy of those who fought and worked to save the Union. Hereditary membership is available to a male descendant, 14 years of age, who directly descends from a Soldier, Sailor, Marine or member of the Revenue Cutter Service between April 12, 1861 and April 9, 1865.

The General Phil Kearny Camp #20 meets four times a year at the Abraham Clark House in Roselle, NJ. The next scheduled Camp meetings are September 11, and November 13, 2021, all Saturdays at 1 p.m. We support over 20 high schools and 2 universities with the SUVCW ROTC Medal. Our current program is to place signs where Grand Army of the Republic (GAR) posts met in North Jersey.

For more information visit suvchw.org.



(above) Colonel Stephen Harlan is inducted into the General Phil Kearny Camp 320 membership. Chaplain James O'Halloran, Secretary Clark McCullough, and Commander Peter Lindsey conduct the induction.

FAMILY SUPPORT GROUP TUESDAY JULY 20, 2021

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness? NAMI Union County's Family Support Group is for family members and caregivers of persons with mental illness. Join our peer-led group meetings and gain insight from others facing the same challenges. Zoom sessions are held on the 3rd Tuesday of every month from 7 p.m. - 8:30 p.m. To register, email Denise at: namiunioncounty@yahoo.com with your name, town, and phone number.

BE A LIFE-SAVER

On Sunday, August 1, from 8 a.m. to 2 p.m. a blood drive, conducted by Vitalant, will be held in the parish hall of Holy Spirit Church, 984 Suburban Road, Union. Summer is always a time when blood donations drop to dangerously low levels. This year the need is more urgent than ever.

Appointments are preferred, but walk-ins will be accepted. Please make your appointment at https://donor.cbsblood.org/donor/schedules/drive_schedule/53859 or by calling (877) 258-4825. Donors are required to wear cloth-based masks or face coverings.

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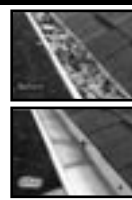
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GREAT SUMMERS START AT THE GATEWAY FAMILY YMCA

The Gateway Family YMCA Offers Y Summer Programming

Great Summers Start at The Gateway Family YMCA, and the summer of 2021 is no different. The Gateway Family YMCA is planning for a summer of fun including Summer Day Camp in Rahway and Union, NJ as well as Y Summer programs including swimming lessons, group exercise and youth programs. Registration for Summer Day Camp and Y programs for the Summer of 2021 is available online at tgfymca.org.

“This has been a challenging year for all, and we are just beginning to understand the effects of social isolation on all ages in our community. Our Y is committed to continue to serve members with programs that foster community, personal growth and overall wellness, all while meeting the strictest safety guidelines,” stated Krystal R. Canady, CEO, The Gateway Family YMCA.

The Gateway Family YMCA is offering Summer Day Camp July 5 – August 27 for children entering Pre-K Age 3 through 6th Grade. Summer Day Camp teaches essential leadership and social skills and helps kids build character and develop confidence and independence. At The Gateway Family YMCA Summer Day Camp, kids can develop new skills, build self-confidence, make new friendships and gain a sense of belonging – all while having tons of fun in an outdoor, active environment. From games and sports to arts and crafts to outdoor adventures to science and technology, a Y Summer Day Camp experience offers kids the chance to learn new things and enjoy new adventures.

In addition to Summer Day Camp, The Gateway Family YMCA offers YMCA Child Care, Swimming Lessons, Summer Swim Team, Group Exercise, Indoor, Outdoor and Virtual Programs, Youth Programs, Virtual WISE Services and family experiences including Basketball, Pickleball and Family Swimming, as well as traditional YMCA wellness, fitness centers, free weights and nutrition programs. In addition, The Gateway Family YMCA offers

chronic disease management programs to the community, including Blood Pressure Self-Monitoring and Diabetes Empowerment Education programs.

“At The Gateway Family YMCA, safety is our number one priority. We are following all state, local and CDC guidelines to ensure our Y branches, facilities and programs continue to meet the needs of our local communities,” stated Melynda A. Mileski, EVP, Chief Operating Officer. “We have adapted our Summer Day Camp programs to ensure the safest environment for our campers in the same way that we have adapted all Y services and programs throughout the pandemic. Because we provide housing and social services 24-hours a day in Elizabeth and Plainfield, our Y never closed. We have been here every day to meet the needs of our community.”

The Gateway Family YMCA is a leading

501(c)(3) nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. With a focus on empowering young people, improving health and well-being, and inspiring action in and across the local community, the Y brings together people from different backgrounds, perspectives and generations, to ensure that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive. The Y doesn’t just strengthen bodies – it strengthens people, families and communities.

For more information on The Gateway Family YMCA or Y Summer Programs, visit tgfymca.org. For information on Summer Day Camp at The Gateway Family YMCA, visit tgfymca.org/day-camp or contact The Gateway Family YMCA Five Points Branch 908-688-9622 or Rahway Branch 732-388-0057.



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ADVOCATES TAKE OATH TO SERVE LOCAL FOSTER YOUTH

Submitted by Gretchen Boger-O'Bryan

Nine Union County residents ranging from age 22 to 63 make up the newest class of volunteer child advocates for CASA of Union County, the only nonprofit advocating for the best interests of Union County youth removed from home due to abuse or neglect, and placed in foster care.

Superior Court Judge Marc R. Brown presided over the recent swearing-in ceremony via Zoom; advocates will now be matched to a foster youth or siblings and begin putting their 30 hours of training into practice. The class includes both non-parents and parents, and such backgrounds as teaching, freelance, law and homemaking. They are Jacqui Lenner and Nicole Sandstedt of Westfield, Laurie Litterio of Cranford, Rebecca Muston and Amy Saunders of Summit, Sue Pangis of Berkeley Heights, Tamara Parraga-Sez of Newark, Lydia Pernia of Linden, and Jackie Rodriguez of Clark.

Prior to administering the oath, the judge shared, "I find the value of CASA volunteers immeasurable. Although I practiced family law for decades, it involved pieces related to a family, like divorce. In these cases, everything we do is attuned to the entire family and it's the most rewarding in my career. I didn't previously realize the extent of need out there – from poverty, substance use, mental health, and the guidance needed, all of it. CASA is so significant; I always make a point of hearing from the CASA

volunteer during the hearing." Acknowledging that COVID-19 requires the swearing-in and court hearings remain virtual for now, he added, "I so look forward to being able to shake your hand and congratulate you. The assistance you will provide is, again, immeasurable. Thank you for doing this."

Currently, the organization serves just over 80 percent of all Union County foster youth in care. With a goal to provide an advocate for every youth that needs one, the organization has remained steadfast – despite the pandemic – in efforts to ensure its work continues. To that end, a fully online training and recruiting infrastructure was put into place, and protocols implemented to ensure advocates remained both connected to their youth and able to report to judges, and staff continued recruiting and training volunteers to help meet the need for youth still

awaiting an advocate.

Executive Director Mariel S. Hufnagel noted, "In the face of the challenging life circumstances we are all facing due to the COVID-19 global health pandemic, this tremendous group of women still made a decision to give of their time and energy, and train virtually to become advocates. I am so proud to welcome them to the CASA family and can't wait to see all of the ways in which they positively impact the youth to whom they will be assigned."

Upon being court-ordered to a case, CASA volunteers have access to the youth as well as foster parents, doctors, caseworkers, therapists and teachers in order to identify concerns and unmet needs, and protect best interests. For details on upcoming trainings and how you can Change a Child's Story, contact Walia at wworrill@casaoofunioncounty.org.



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Kick off your summer at Union Public Library with our Summer Reading program which runs from June 28th through August 29th. Adults, teens, and kids can win weekly prizes, and a chance at a grand prize at the end of the summer. Thanks to the Friends of the Union Public Library for sponsoring this program. For more information go to uplnj.org or call at 908-851-5450 x3. While you're there, sign up for our newsletter and be the first to know what's happening at the Library.

Summer also means great programs! Register at <https://uplnj.org/events/list/>. To participate by phone call 908-851-5450 x3. Please check whether programs are virtual (Zoom) or on-site.

Meditation with Bindu Bhatt

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Beginners Flow Yoga

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Memoir Book Club Reads Joan Didion

Wed., July 7 at 6:30 pm

Lisa Sisler from Kean University leads a discussion of Joan Didion's *The Year of Magical Thinking*. (Zoom). Contact the library if you need a copy of the book.

Dance Fitness with Instructor, Tiffany Taylor

Monday, 7/12/2021 at 6:00 pm

A fun cardio workout with hip-hop-inspired dance moves. (Zoom)

Zumba with Patricia Frazier

Tuesday, 7/13/2021 at 6:00 pm

Enjoy this workout session. (Zoom)

Tai Chi with Barry Galitzer

Wednesday, 7/14/2021 at 12:30 pm

(Outdoors at Vauxhall Branch)

American History Through Our National Parks

Wednesday, 7/14 at 6:30 pm

America's National Parks tell the stories of American History. Enjoy this travelogue/history with the National Park Service. (Zoom)

Off the Shelf Book Club

Thursday, 7/15 at 7:00 pm

This month the group reads *Roughing It* by Mark Twain, available to UPL cardholders on Hoopla or printed copies from the Library. New members are always welcome. (Zoom)

Animal Crossing

Friday, 7/16 @ 2:00 pm

Check out our inclusive virtual library building including a Mario-themed maze, shake fruit/money trees, Nooks & Abels store, and

craft DIYs. To visit -- add us as a friend with UPL Nintendo friend code SW-4027-1837-6212, reservation not required. For all ages. Questions? Contact jcarvajal@uplnj.org.

Six Pillars of Brain Health

Tuesday, 7/20 at 12:30 pm

Take charge of your brain health and obtain a healthy brain lifestyle. Learn about practical, brain-boosting behaviors. (Zoom)

Memoir Writing Part I

Wednesday, 7/21 at 6:30 pm

Ever want to write stories from your life for yourself or others to read? Lisa Sisler from Kean University leads a two-part workshop to help you get started. (Zoom)

Intro to Improv

Monday, 7/26 at 6:30 pm

Ever wanted to try improv comedy but never found the time? Led by a professional from Dreamcatcher Theater's popular improv troupe, learn to think on your feet by freeing your mind, body, and imagination, through group exercises, and games in a safe and supportive atmosphere. Improv is a valuable skill for auditions and job interviews, too. (Outdoors @ Main Library)

Living Longer, Living Smarter - Home & Community

Tuesday, 7/27 at 12:30 pm

None can predict the future, which is why it's important to identify what you want, create a plan, and share it with those who need to know.

Learn how to make both your home and community a place where you can live in comfort and safety — no matter what your life stage. (Zoom)

Looking for a Job "After" Covid

Wednesday, 7/28 at 6:30 pm.

How do you look for a job in the new "normal"? John R. Fugazzie KNOWS the job market and can help you in your search whether you are a mechanic or CEO. This program is for everybody. (Zoom)

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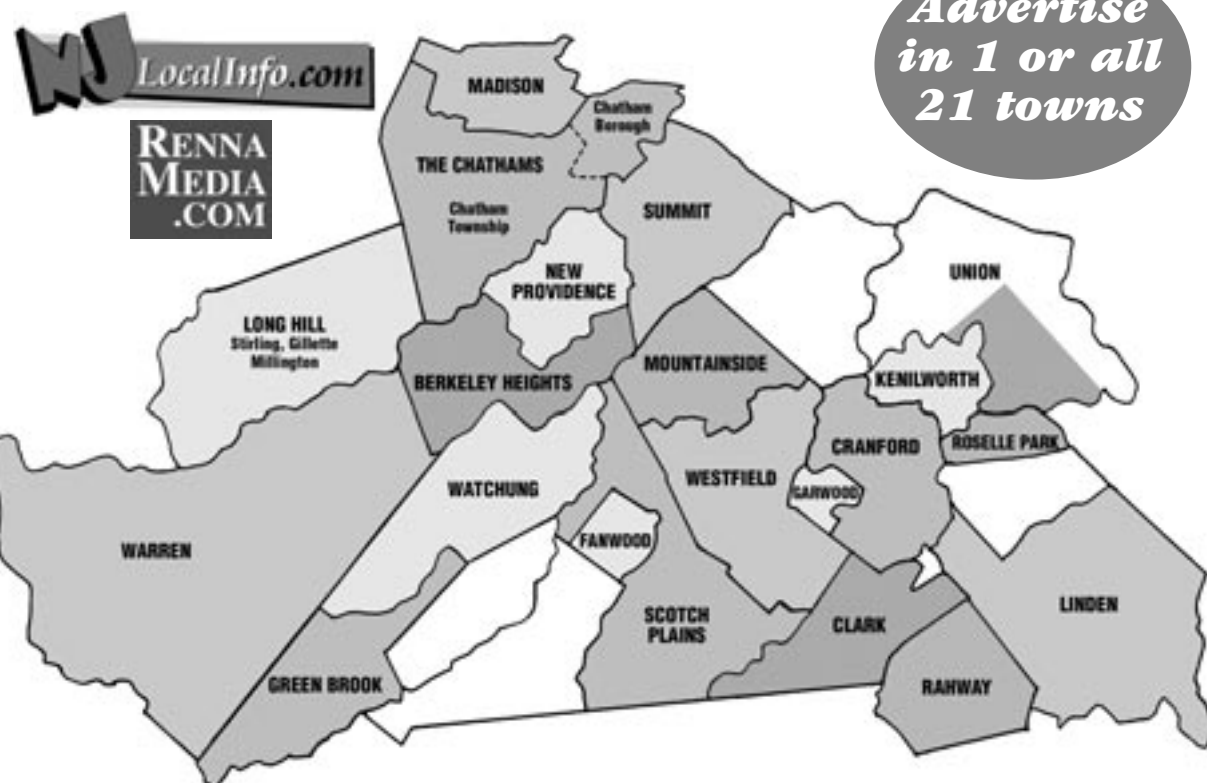
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FAITH LUTHERAN THANKS COMMUNITY FOR BIKE DONATIONS

Submitted by Larry Holt

Faith Lutheran Church, 524 South Street in New Providence, gives a substantial “Thank You” to the persons who donated 402 second-hand bikes, which will be used by needy persons in rural communities of African countries.

The parking lot of Faith, on Saturday, May 8, was the setting for the 402 bike collection, which had occurred over a few months. Generous persons from the following towns contributed bikes: New Providence, Berkeley Heights, Chatham, Summit, Basking Ridge, Long Hill Township, Cranford, Westfield, Maplewood, Scotch Plains, Mountainside, Watchung, Rahway

and Wayne. These towns suggest that some persons had to travel a distance to contribute their bikes. The large source of towns was mainly due to articles in the town newspapers published by Renna Media.

On that wet May 8 day and the subsequent Tuesday, May 11, members of Faith and two members of Osceola Presbyterian Church in Clark repaired and processed the bikes in Faith’s parking lot. The bikes were then placed on trucks of Pedals for Progress, an organization which annually recycles bikes for persons in developing countries of Asia, Africa and Latin America. Faith’s bikes will shortly be on their way to

Africa.

The bikes will provide reliable transportation for men and women to commute to work, transport produce to market, access health care and other services.

Since 2002, Faith has been collecting bikes for Pedals for Progress. The total of 402 significantly exceeds the number in any prior year. The persons giving their bicycles also donated \$1,248 toward the international shipping costs of the bikes. Faith will contribute \$2,800 toward the shipping expense.

Faith will continue its collection of second-hand bikes. Persons may drop off their bikes at the parking lot on any day. Those who have bikes but are unable to deliver them to Faith, may call the church office at 908-464-5177 or email the office at family.faith@verizon.net. Faith graciously asks that bikes with rusted frames, handlebars or rims not be left, as they cannot be repaired or used. The bikes are to be ridden, not scrapped.

Since 2016, the chairperson of this ministry of Faith has been Casey Walsh, who is a long time member of the church. Mr. Walsh lives in Bridgewater. His daughter, Anna, and son, Casey, helped repair and process the bikes.

Faith feels much gratitude toward the many persons who have kindly donated their bikes.

The pastor of Faith is Rev. Jane McCready. Visit online at famfaith.org or reach by phone at the above number. Sunday services are conducted online at 10 a.m. at facebook.com/FaithLutheranNewProvidence/live



(above, l-r) Alan of Pedals for Progress, Gary of Pedals for Progress, Bill Bradley of New Providence, Casey Walsh of Bridgewater, Sally Reier of Union, Diana Bjorge of Berkeley Heights, Ky Luu of Fanwood, Linda Fuller of Berkeley Heights.

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