ROSELLE PARK MONTHLY

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THREE FAMILIES MADE OFFICIAL ON ADOPTION DAY

Multi-town parade includes superheroes, gift baskets and more

CASA of Union County

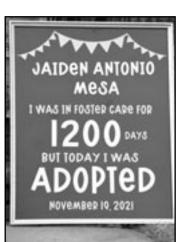
The frosty morning of Nov. 19 may have been any other Friday for many, but for three Union County foster youth in Roselle Park, Rahway and Roselle, all under age three, their lives changed forever, as Union County Superior Court Judge Lara DiFabrizio granted each the consistency and stability deserved by all children, finalizing their adoptions and ending their time in the child welfare system. Each family had their own CASA volunteer working the case.

The annual event is held the Saturday before Thanksgiving and courts nationwide often celebrate National Adoption Day the business day before, or even open on Saturday, to hold adoption hearings. Here in Union County, all hearings were performed via Zoom due to Covid-19, and Judge DiFabrizio made official what each child likely already felt: they were finally home.

Despite the virtual component, those involved ensured the excitement was palpable. Upon completion of each adoption, the homes were visited by a caravan of fire trucks, police cars, court staff, law guardians and other case stakeholders, CASA of Union County staff and two of its interns suited up as Captain America and Mr. Incredible, and the bear mascot from Kenilworth's David Brearley Middle and High School. All cheered for the family, where each took their first official photo together, and the children spent time with the superheroes and school mascot.

Families received a hot breakfast donated by Urban Griddle in Elizabeth; a flower bouquet provided by Jane Phillips who, until her recent retirement, headed the Adoption Day Committee for the judiciary; and a gift basket from CASA of Union County made possible by collections of board and card games, puzzles and movie night fixings from the Kenilworth school and Summit's Oak Knoll School of the Holy Child. The latter collection was spearheaded by Desiree Mitchell, daughter of CASA volunteer Hope Mitchell, and included fleece blankets made with classmates. In addition, each child and all siblings received their own superhero dress-up costume and books











(above) Captain America and Mr. Incredible, and Kenilworth's School bear mascot visited homes of each adoption.

hand selected by the Phi Eta Omega Chapter of Alpha Kappa Alpha. Each family received a WalMart gift card funded by the Union County Bar Association. Costumes for CASA's interns were loaned by generous members of the Facebook Buy Nothing Group in Cranford and Garwood.

Today, more than 120,000 youth nationwide need a permanent home, with an average wait in foster care of four years. Each year, 23,000 youth age out of the system without a family or safety net in place. For details on CASA of Union County's mission, the need for volunteer advocates and how to become one, contact Lucia at lfield@casaofunioncounty.org or log on to casaofunioncounty.org.



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ARK MONTHL

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FORMER BOY SCOUTS SUPPORT TOYS FOR TOTS

Flintlocks BSA, Inc.

The Flintlocks enthusiastically support the Boy Scouts of America Patriot's Path Council Toys for Tots campaign every year. All of them have sons who were in the scouts, and many have grandchildren now participating. President John Koneski was the first one to donate toys this year. Further, while Dr. Michael Hart says that he likes to buy toys which he thinks he would enjoy playing with himself, Bob Pysher's wife, however, likes to purchase a spread of different age group toys, including dolls for the girls, to ensure that all children in the various age groups get toys. Because of this, it is not a

surprise that Frank is attracted to the Trouble game (just kidding). Also, since Chuck is shy, he hid behind a basketball.

The Flintlock volunteers who donated toys to the program are former scouts who also donate approximately 5,000 volunteer hours per year to the Boy Scout Council, which includes helping to do maintenance and build new structures throughout all of the scout camps. They meet at the Flintlocks building at Camp Winnebago, located at 102 Timberbrook Road, Rockaway, NJ, the first building on the right, every Thursday from 8 a.m. to 2 p.m. Guests are always welcome.



(above) The happy group of Flintlock volunteers donating toys to the Toys for Tots program.

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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
- 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.

rehabilitation and medications

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

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 fluoros-

copy 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 fluoros copy 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

Here's what our patients have to say

- "I'm dancing without pain. I can more with no problem whatsoever. I can go up and - Patricia G.
- "Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting
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DOT HARTMAN HONORED BY REC DEPT

By Sheila Leonard

On Wednesday, November 3, 2021, the Roselle Park Department of Recreation honored Dot Hartman for her active volunteerism, participation, and dedication to Roselle Park Recreation. The event began at 6 p.m. for the department to recognize Dot for her great work as well as displayed a plaque in her honor.

The plaque reads, "Dot was born and raised in Jersey City, NJ, graduating from Snyder High School in 1950 where she had actively participated and lettered in four sports: basketball, bowling, softball and volleyball. She was voted 'Most Athletic' in her graduating class. Upon graduation, she played on an adult female basketball team donating the proceeds to the Pollic Clinic, a treatment center for tuberculosis that enabled the patients to be more comfortable. She also coached CYO basketball. In 1953, she married Fred Hartman and had four children: Linda, Fred. Carol and Ellen.

In 1963 the family moved to Roselle Park. Dot was a very active participant in her community in Jersey City and wanted to become immediately involved in Roselle Park. She became active in the Community United Methodist Church, The Robert Gordon PTA and the Roselle Park Youth Baseball League. She approached the newly formed Roselle Park Recreation Committee to sponsor open girls basketball (the first town sponsored girls athletic program) using the Middle School Gym. In 1965 she was appointed to The Recreation Committee, starting a Girls Baseball League in 1968 sponsored by the Recreation Committee using Wolf Field. She started a program 'camperships' for children with special needs, was a member of the Pink Panthers to help advance girls sports at Roselle Park High School, coached and umpired for the Roselle Park Youth Baseball League, and coached Morley & McGovern, an adult women's softball team in a Union County League. Dot also umpired for the Roselle Park Women's Softball League and actively participated in the planning of the Green Acres project at the high school. Dot was a committee member of the Roselle Park Community Center participating in the planning, building and rules and regulations for usage.

Before her passing last spring, Dot served as a committee member of the Roselle Park Athletic Hall of Fame and enjoyed watching her grandchildren in their athletic endeavors.

We thank her for her service and commitment."

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New Jersey Veterans' Network

If you have ever been to a New Jersey Veterans Network event, you have probably been welcomed there by a sweet furry face and a puppy kiss. That furry face, kiss and sweet disposition come from the NJVN Mascot, Shadow, known as America's pup.

Shadow is a therapy dog in training. A therapy dog (unlike a service dog for which he is often confused) is a dog who can lend comfort and affection to people dealing with emotional issues or turmoil during events or in a rehabilitative setting. In Shadow's case he often serves to help break down barriers some veterans can put up while isolating because of depression or PTSD. Animals can act as great grounding tools, bringing Veterans into the here and now and away from traumatic memories that can often be hard to escape.

Shadow is a great example of how effective animals can be in lifting spirits! During 2021, a year that has been difficult for many, he has been part of dozens of visits to veterans', and events and has brought smiles to our military heroes throughout the state at everything from National Guard Units to Veterans shelters. Last year he was even presented a Unit Patch by the National Guards' 143rd transportation Unit during a visit.

"Shadow seems to know when someone could use some love and he is quick to run up tail wagging and give it, he is truly a blessing," says proud Shadow Poppa and NJVN Outreach Director, Frank "Doc" Schupp. Often times during speaking engagements at veteran events Shadow will go through the crowd with his handler calming down veterans who may be anxious and turning frowns into smiles; it's very hard not to smile when he's around," he continued.

For the last two years as part of the NJVN Helping Heroes project, Shadow suited up as "Shadow the Reindeer" and assisted "Santa—Doc" and other NJVN volunteers, including fellow canine companion and NJVN Mascot "Mush" in delivering Christmas gifts and toys to Veterans' families in seven New Jersey Counties.

This program brought toys and gifts to over 140 children, many of whom were very happy to see Shadow, as well as food, clothing and resource assistance to dozens of families in need.

In addition to his many veterans' visits this past year, Shadow could also be seen on a recent mini documentary Vice News did on Doc Schupp and during footage rolled while NJVN President Michael Boll was being interviewed on Fox and Friends.

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our entire team is truly committed and dedicated with helping veterans and their families live a better way of life. If any veteran or their family members needs any assistance, or if you'd like to contribute or join our team of volunteers, please contact us at via email NJVN1775@gmail.com or call 973-332-1556.



(above) Shadow suites up at Christmastime as "Shadow the Reindeer" and assists NJVN volunteers in delivering.



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SONS OF UNION VETERANS OF THE CIVIL WAR

Submitted by Christopher D. Sands

Sons of Union Veterans of the Civil War (SUVCW) held its quarterly meeting on November 13th, 2021 at the Abraham Clark House, located at 101 West 9th Avenue, Roselle, NJ. Three new members were sworn in and a presentation on FreeMasons in the Civil War was given. Since the new school year has started, the camp has begun planning how it will cover the awarding of the SUVCW ROTC/JROTC to the

approximately thirty schools in the area. The The General Phil Kearny Camp #20 of the camp covers all of North Jersey above the Raritan River to the New York Border.

> The SUVCW is a fraternal organization dedicated to preserving the history and legacy of veteran heroes who fought and worked to save the Union in the American Civil War. The organization meets four times a year and the meetings in 2022 will be on March 5th, May 7th, September 10th, and November 5th, all starting at 1 p.m. For more information, visit suvew.org.





(above) Camp Commander, Peter Lindsey, swears in Fredrick Dillman and Robert Caruso during the SUVCW Gen. Phil Kearny #20's November 13th meeting.







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WINTER MARKET WELCOMES IN THE HOLIDAY SEASON



(above) Mr. and Mrs. Santa Claus with Library Director Kit Rubino.

Borough of Roselle Park hosted its first Winter Market at Michael J. Mauri Park. The three-day event had a multitude of free family friendly activities, performances, and vendors for residents to enjoy.

On the first day, Friday, December 3rd, the Borough held the Christmas tree lighting

During the first weekend of December, the ceremony. There were craft and food, vendors, free activities for children, and a beer garden. Live performances included the Roselle Park School District Choir and Christmas carols by the Roselle Park High School Marching band. There was an ice skating rink as well as free family portraits with Santa and Mrs. Claus.





(above) Family took photos with Mr. and Mrs. Santa Claus with the help of Mark Jaskula and Terry Loneker.











HIGH SCHOOL MARCHING BAND FEATURED AT WINTER MARKET

















(above) Members of the Roselle Park High School Concert Choir with Director Richard Witkowski.







(above) Girl Scout volunteer Lisa Coppola and Sgt. Josh Medrano, commissioner of Roselle Park Youth Football.



(above) Refreshment tent was sponsored by Roselle Park Youth Football (l-r) James Motley and Ron Stamboly

Photos from this and other events can be found online at rennamedia.com and on the Roselle Park Monthly page on facebook.com Feel free to "Like," "Tag," and "Share."



(above) Caitlin Nelson gave the gift of life by donating her heart, lungs, kidneys, pancreas, and liver. She also donated over 200 bone and tissue grafts. Her gifts have already helped 50 people.

Photos by NJ Sharing Network

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MEMORY OF UNION COUNTY RESIDENT HONORED DURING CELEBRATION OF LIFE

NJ Sharing Network

On September 12, thousands of walkers, runners and volunteers participated in NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race at the organization's headquarters in New Providence, NJ. The event, which was presented by Hackensack Meridian Health and Pfizer and supported by dozens of other generous sponsors, honored those who gave the gift of organ and tissue, paid tribute to those who have received a transplant, offered hope to those currently waiting for a transplant and remembered the lives lost while waiting for the gift of life.

Family members and friends of the late Caitlin Nelson, 20, of Clark, NJ, gathered together to form the "Caitlin Gives" 5K team to honor her memory and show their support for NJ Sharing Network's life-saving mission. Caitlin, who tragically passed away in 2017, was an organ and tissue donor who saved and enhanced the lives of many others. Caitlin was a social work student hoping to be a pediatric oncology social worker and she was also a huge proponent of organ donation. At one time prior to her tragic accident, Caitlin told her mother to donate her organs if anything ever happened to her because she said someone could use them. Members of "Caitlin Gives" offered the following message during the 5K Celebration of Life:

Caitlin was a selfless, loving, amazing, warmhearted girl who was one month shy of celebrating her 21st birthday when she tragically passed away. Her passion for life and devotion to helping others was remarkable.

Caitlin's brilliant smile had this way of lighting up a room. She had an incredible, dazzling charm and a sweet, warm personality. She was a fervent supporter of organ donation and strongly encouraged her family and friends to sign up to become organ donors. Caitlin gave the gift of life by donating her heart, lungs, kidneys, pancreas, and liver. She also donated over 200 bone and tissue grafts. Her gifts have already helped 50 people.

Our angel baby accomplished so much and touched so many lives in her 20 years. As a daughter, sister, girlfriend, cousin, friend, and niece, Caitlin will be missed terribly but will live on in our minds and hearts.

ABOUT NJ SHARING NETWORK

Dedicated to saving lives through organ and tissue donation, NJ Sharing Network is the non-profit organization responsible for the recovery and placement of donated organs and tissue for the nearly 4,000 New Jersey residents waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization, selected by NJBIZ as one of the state's "Best Places to Work" for the fourth consecutive year, is also part of the national recovery system, serving the 110,000 people on the national waiting list.

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



(above) Family members and friends of the late Caitlin Nelson, 20, of Clark, NJ, gathered together to form the "Caitlin Gives" 5K team to honor her memory and show their support for NJ Sharing Network's life-saving mission

HIRING PEOPLE WITH DISABILITIES IS A WIN FOR EVERYONE

Community Access Unlimited

Ronald Vigliano has proven himself as a valuable employee with nearly 22 years of experience working at ShopRite. He prepares orders, delivers them to customers, and processes returns at the bustling store.

Tonya Hopson enjoys her job at Target and has worked at the store for 18 years, stocking and organizing in different departments and preparing drinks at Starbucks.

Vigliano and Hopson are two of thousands of people with developmental disabilities who have unique skills and a desire to work in the United States. Yet across all age groups, people with disabilities are much less likely to be employed than people with no disabilities.

The 2018 American Community Survey found that only 36% of people with disabilities were employed, compared to 77% of the total population. Further, according to a 2019 Census Bureau report, workers with disabilities earn only two-thirds as much as the average worker without a disability. Workers with disabilities have also been disproportionately affected by the pandemic, making this a critical time for

inclusive hiring practices in American economic recovery.

McCray said. She added that she helps members stay on task and follow any business procedures

"If they have the ability to do the work, they should be allowed to have a job," Vigliano said. "Why not?"

Vigliano's boss, Store Manager Frank Juba, said the store welcomes employees with different abilities and works to accommodate them.

"We're flexible, and a gentleman like Ron is fully capable," Juba said. "We find a position that suits their abilities."

Vigliano and Hopson receive job coaching support from Community Access Unlimited (CAU). Every week, Deirdre McCray visits them at work to provide supervision and assistance with any work-related tasks that they need, such as, learning how to use a register or taking a training test. People with disabilities that are seeking assistance in their job search, job readiness training, or businesses looking to hire people with disabilities in New Jersey, can contact CAU. CAU is an Elizabeth-based nonprofit that seeks to integrate individuals into the community through comprehensive ways.

"The people I work with know their jobs,"

(above) Ronald Vigliano delivers an order at ShopRite



(above) Tonya Hopson at home with her dog Lexie





McCray said. She added that she helps members stay on task and follow any business procedures and rules, as well as may pitch in physically depending on the member's needs.

The extensive benefits of hiring people with different abilities are becoming well-documented. A 2018 study by Accenture, in partnership with the American Association of People with Disabilities as well as Disability:IN, reports that businesses that actively seek to employ people with disabilities outperform businesses that do not. Their revenues were 28% higher, net income was two times more, and profit margins were 30% higher. Additionally, workers with disabilities have high employee retention rates, high reliability, and a positive effect on employee motivation.

Vigliano and Hopson said that working is an important part of their lives. They feel productive during the day, get out of the house, and most importantly, earn an income that helps pay their bills and other expenses.

"I like to be out of the house and the activity — I like to be working," Vigliano said.

Hopson said she loves the people she works with and appreciates that the store hires people with different abilities.

"There's someone at my job who is deaf, but she works great," Hopson said. "They're equal at my job and there's no prejudice or anything."

After paying bills, Hopson said her favorite way to spend her money is to take care of her dog, Lexie. For Vigliano, it's important to have extra funds to buy his favorite foods.

"We work to find the right jobs for people with different abilities, and we want businesses to see the opportunity and benefits of hiring them," said Sandra Lynch, Managing Assistant Executive Director of Supported Employment and Vocational Programs.

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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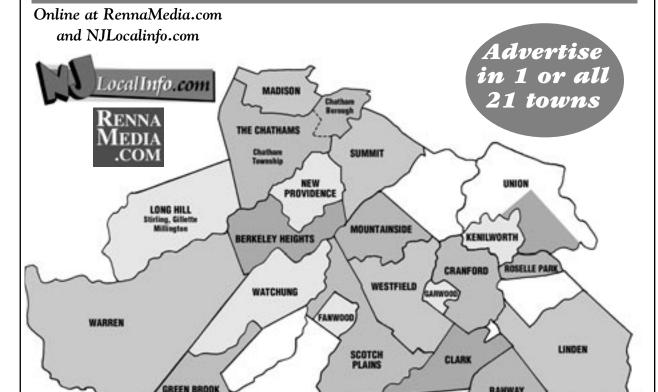
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KENILWORTH CHESS CLUB IS BACK ON BOARD

The Kenilworth Chess Club resumed meeting on November 11, 2021, after twenty months of being closed due to the Covid-19 restrictions.

Club President Jack McCorkell of Cranford held a "Welcome Back Tournament" to celebrate. The casual unrated tournament excited members, and even some new arrivals, who were itching to play "over the board" again. The three-week tournament ended in a tie for first place between Hanna Malko of Clark and Joe Renna of Cranford.

The club was formed in 1972 amid the chess craze in America spearheaded by Bobby Fischer's march to the world championship. For 45 years the club was a force to be reckoned with as its member roster included many Master level players, including state champions.

The club has a reputation for being friendly and accommodating. It welcomes non-members with no obligation or cost. It's a place where beginners can learn in a casual setting without being intimidated. Strong players are generous with their time in analyzing and giving instruction.

The club's website, kenilworthchessclub.org, is well read and features an award-winning blog by Michael Goeller and other instructional

Players are welcome to just pop into the Kenilworth Chess Club with no formalities every Thursday evening at 8 p.m. at the Kenilworth Community Center located next to Kenilworth Borough Hall on the Boulevard and the corner of 24th Street.



(above, l-r) Brandon Verno of Kenilworth, John Moldovan of Garwood, Hannah Malko of Clark, Jack McCorkell of Cranford, Mark Shoengold and Louis Leiggi of Colonia analyze a critical position during the post mortem of Welcome Back Tournament game between Verno and Leiggi held at the Kenilworth Chess Club.

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