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## BENNETT GLOVER FINISHED FIRST IN K OF C CHESS TOURNEY

*Submitted by Joe O'Brien, Chess Chairman*

The Florham Park/Madison Knights of Columbus hosted a Scholastic Chess Tourney which was played on Saturday March 26, 2022 in the Holy Family Gym in Florham Park. There were two divisions: Division A made up of 11 sixth, seventh, and eighth graders, and Division B made up of 13 third, fourth, and fifth grade players.

The Division A winner was Bennett Glover, a seventh grade student from Chatham Middle School (CMS). Robert Lai, a seventh grader, at Ridgedale Middle School (RMS) in Florham Park took the 2nd place trophy. Nick DiCrescenzo, a sixth grader, in Madison Middle School (MMS), took the 3rd place trophy.

Also playing in the Division A section were Calvin Peterson, a 6th grader at MMS, Nate Estrella, 8th grader, at St. Vincent Martyr School (SVM), Toby Monks, a seventh grader at CMS, seventh graders Mario Bagnara and Andrew Popowicz, and sixth graders Lucia Orlovski, Zack Wan, and Joe Caravano.

Fourth grader Leo Orlovski, Briarwood Elementary in Florham Park, won the Division B first place trophy. Ari Malhotra, a 5th grader at Central Ave School (CAS) in Madison finished



(above, l-r) KofC Chess Tournament Division B winners First place Leo Orlovski, second place Ari Malhotra, tied for third place Noah Shaughnessy and Mathias Estrella, fourth place Evan Malhotra, fifth place Samantha Paparo, and sixth place Shannon McNulty.

second and fifth grader Noah Shaughnessy of CAS and fourth grader Mathias Estrella of (SVM), Madison tied for third place. Ari's brother Evan, also a CAS fifth grader, finished fourth.

The field was rounded out by Samantha Paparo, Shannon McNulty, Cooper Loungo, John Caravano, Dominic Ospina, Patrick Fox, Teddy Muccifori, and James Caravano.

Knight of Columbus volunteers Joe Corriago, Don Inera, and Tom Fox were the score keepers. Pat Bianco handled the lunch duty, and Joe O'Brien was tournament chairman.



(above, l-r) KofC Chess Tournament Division A winners: First place Bennett Glover, second place Robert Lai, third place Nick DiCrescenzo, fourth place Calvin Peterson, fifth place Mate Estrella, and sixth place Toby Monks.

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## SHINING STARS TO PRESENT “GREATEST HITS” - MAY 14TH

The Shining Stars are back! Celebrating 10 years on the stage, the talented special needs cast will be presenting “The Greatest Hits” — covering many of the memorable performances over the past decade.

The outdoor show will take place on the campus of Woodbridge High School, located at 1 Samuel Lupo Way, Woodbridge, on Saturday, May 14, 2022 at 5 p.m. There will be food trucks, a tricky tray and a 50/50 raffle.

“It’s hard to believe it’s been ten years, but it’s been an incredible journey,” noted Shining Stars Network Founder and Show Director Sally Curci. “We continue to be inspired by our performers every day. Their passion, dedication and talent is what makes our shows come to life.”

The Shining Stars have performed in front of audiences of 1,000 or more, with cast members from seven different counties performing over the years. The Cranford-based organization still has many Cranford residents, but is open to anyone who wants to experience the performing arts.

“We’re all about inclusion and opportunity while building self-esteem and creating friendships,” said Shining Stars Network Founder and President Mike Curci. “There have been so many incredible performances over the years and we can’t wait to see our stars shine on stage once again.”

Tickets are available by going to [ShiningStarsNetwork.org](http://ShiningStarsNetwork.org) and clicking on the “purchase tickets” page. General admission tickets are \$15 in advance, \$20 at the show. Please bring a folding chair or blanket. Seating boxes are first-come, first-served. Gates open at 4 p.m. Plenty of on-site parking is available. Rain date is May 21st. Any cancellation will be noted at [ShiningStarsNetwork.org](http://ShiningStarsNetwork.org).

SHINING STARS NETWORK is a non-profit

organization based in Cranford, N.J. founded by Sally and Mike Curci that shines the light on the special needs community by creating opportunities in the performing arts, with the goal of building self-confidence and self-esteem while enjoying the experience of performing on stage. In addition, their Shining Stars Ambassadors basketball team travels to play local first responders and organizations while building friendship and understanding. Now entering its 6th year, Camp Shine (for ages 10-20 years) and The Shining Stars Summer Workshop (21 and over performers) are two-week intensive programs open to everyone, including those with developmental disabilities, that will take place August 15-26, 2022. For more information on Shining Stars Network or any of their programs, please visit [ShiningStarsNetwork.org](http://ShiningStarsNetwork.org) or send your email to [ShiningStarsNetwork@gmail.com](mailto:ShiningStarsNetwork@gmail.com).



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# MEMORIAL DAY CEREMONY

On Monday, May 30, 2022, a ceremony will be held at 8 a.m. in front of the Library and War Memorials on Main Street (or in the Fire House Commons Room if it's raining). There will be a Flag raising, vocals, council member address and a veterans salute.



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# A NEW KIND OF VETERANS' EVENT

Submitted by Jesus Alejandro MiroQuesada

The New Jersey Veterans Network (NJVN) has a different way of reaching out to veterans and they proved this during their recent NJVN Veterans Salute event, a joint venture between the NJVN and the State VFW. NJVN Director Frank "Doc" Schupp and President Michael Boll treated NJ veterans to an event filled with enjoyable times, hot meals, free business attire, and resources for our state's heroes.

As you walked into the large room at VFW 2433 in Union Township, NJ, there were dozens of veterans smiling and mingling while DJ Doc Bear (an army veteran) played some tunes. The usual serious tone of similar events was replaced with a feeling of fun, comradery and comfort.

Air Force Veteran Cristina Lozada said "This event provided an outlet for these veterans to be themselves and have fun in an environment with like-minded individuals. I saw firsthand how taking the time to give back really impacted these veterans lives by feeling cared for and acknowledged."

While waiting their turn to choose their clothing from an attic full of free apparel, veterans partook in video games, card games, and Army vs Navy, and Air Force vs Marines chess games. Delicious pizza was available from nearby Reggio's Pizza which was sponsored by NJVNs partner JM Rodgers. With impressive skill, local barber Emilio of Signature Barbers of Elizabeth, NJ cut veteran's hair free of charge. Volunteers, vets, and family members all enjoyed themselves side by side while honoring our brave men and women.

When asked about the event, organizer Doc Schupp explained, "We wanted to make it a point to create an atmosphere where vets can have fun while receiving resources; this way instead of feeling anxious and uncomfortable, they are relaxed while speaking to service providers."

The Veteran Salute program had plenty of community support as representatives from the

MOVES program, Vet Center, VFW, American Legion and New Bridge Medical Center were on hand to talk to veterans. The atmosphere was a very relaxed as vets interacted with service providers over games and refreshments.

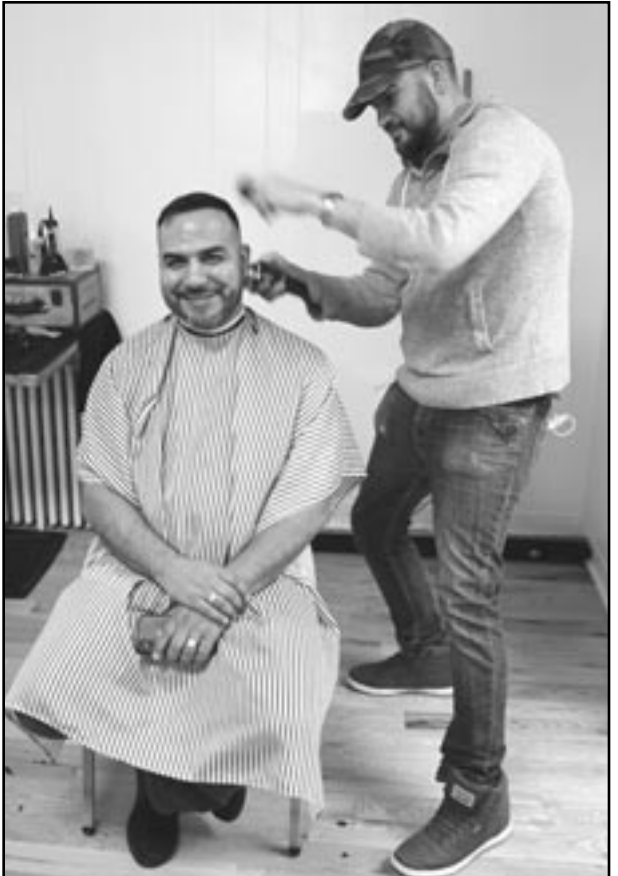
Camillo Vanegas of the MOVES program was on hand to discuss their veteran job placement program. American Legion Commander Dennis Duddie listened respectfully to veterans' stories and advised them of various local programs. The Vet Center was on hand to answer questions about counseling and case management. Bergen New Bridge Medical Center set up a table explaining their many veteran assistance programs. FDU's internship program.

Volunteers included the Union High School ROTC, 5-year-old Vickie Almanazar volunteered alongside her father Daniel, Army veteran Uncle Homer, and many more served food, helped with clothing distribution, entertained, or just visited with the veterans while listening to their stories.

Army recruit Miss Matias, who was shipping out to basic training shortly, was on hand to volunteer and shared her thoughts, "The Veterans Salute event was so successful. We helped a lot of people and touched so many lives. Sometimes all a person needs are a warm smile and friendly conversation to take their mind of their troubles, even if only for a moment."

## 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 mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. If you are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email [mbollio@optonline.net](mailto:mbollio@optonline.net). To learn more visit [njvn.org](http://njvn.org)



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### American Legion Auxiliary Unit #43

American Legion Auxiliary Unit #43 of Madison Florham Park will sponsor three Delegates to the Jersey Girls State Program being held at Georgian Court University in Lakewood from June 18-23, 2022. The girls selected to represent the Unit are: Jocelyn Xu from Chatham High School, Alison Dutton from Madison High and Mary Korab a resident of Florham Park, a student at Morris Catholic High School. Alternates selected include Ava DiGiovanni of Chatham High, and Erin Arone a resident of Florham Park attending Villa Walsh Academy.

In September 2022 each New Jersey School District in New Jersey will be requiring a minimum of two quarters of civics to be taught at the Middle School Level. The goal is for all New Jersey Students to receive explicit and sustained instruction in Civics, which has been missing on New Jersey schools for several decades! The law S-854 was named after Laura

Wooten who was the longest continuously serving election board worker in the United States. It is anticipated that the students will gain an understanding of the role of a citizen in a democratic society.

Each summer for over seventy years, The American Legion and its Auxiliaries have been providing a weeklong experience in Government at Boys State and Girls State programs throughout the country. Each group experiences how elections are handled on the local and county levels and how a campaign is run by campaigning for various positions. They also experience how local and county governments work by setting up a local government. As the week progresses a Governor for Girls State is elected after a vigorous campaign for votes. Two Senators are elected at the end of the week to represent New Jersey at Girls Nation, which is a weeklong experience in Washington, D.C. involving the Senators in government at the National level.



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## GRETA'S RUN FOR IMAGINE - MAY 22

The 9th Annual Greta's Run for Imagine will be held in-person for the first time in 2 years! Join us on Sunday May 22, 2022 for an official USATF 5K race through Westfield, NJ. This year, we are introducing a Memory Walk – a 0.6 mile route where families of the community can walk in memory of anyone who has died. Memory Walk Registrants can purchase a sign to decorate with the name of their loved one to line the walk route and memorialize their family member.

Greta's Run began 9 years ago when a group of Greta Schoenemann's friends decided they wanted to honor her memory with a 5k race.

Greta had died on September 15, 2002 due to injuries sustained when a branch fell on a group of students as they were eating lunch outside of Westfield High School. This year marks the 20th anniversary of Greta's death and the 9th year the race has been run in her honor.

Sadly, many of us have experienced the loss of someone we love and this year's event is in honor of all of them. We invite everyone to join us as we run, walk or roll in honor of Greta and all those we love who have died. At Imagine, we see this run as an act of honor, as an act of mourning and of remembrance for our families and our community.

Before the 5K race, we invite everyone to join us for a Memory Walk when we will provide time and space for all to walk in honor of those who have died but are not forgotten.

Proceeds from the race support Imagine's free peer support groups for children and families coping with grief, as well as Imagine's grief education programs which are available for schools and businesses looking to better support their communities. Additionally, Imagine staff are available to provide support in the immediate aftermath of a loss in a school community, organization or place of business.

We are so thankful for our sponsors thus far for the 9th Annual Greta's Run for Imagine. A big thank you to our Memory Walk Sponsor: Toriello Family in honor of MTT Memorial Fund and

thank you to our hydration sponsor Westfield Pediatric Dental Group, and shirt sponsors Family Investors Company and Rossi Funeral Home. Your sponsorships help underwrite the event and help ensure that every dollar goes directly to providing free grief support for children and families. To become a sponsor, please contact Angela Marie Tayco at [angela@imaginejnj.org](mailto:angela@imaginejnj.org) or 908-228-3360.

To register for Greta's Run and/or the Memory Walk, please visit [imaginejnj.org/gretasrun](http://imaginejnj.org/gretasrun). We look forward to coming together as a community to honor and remember those we love who have died.

Imagine's Executive Director, Lindsay Schambach would like to extend this invitation to you: 'We hope that you will join us and walk alongside our families, our children, and our community, and let everyone know that their loss matters, that they are not alone, and they are never forgotten.'

Imagine offers grief and loss education and training to the community and free year-round grief support groups for children ages 3-18 who have had a parent, sibling, or close family member die. Concurrent groups are available for parents and guardians of the children in our groups, and young adults 18-30. Imagine also offers a support group for Spanish speaking adults. For more information, please contact Imagine at 908-264-3100 or [info@imaginejnj.org](mailto:info@imaginejnj.org).





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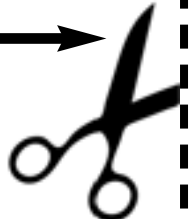




ATTENTION PARENTS OF KIDS AGES 6-18

31 IDEAS TO HELP KIDS  
EAT BETTER, RUN FASTER, GET STRONGER AND  
BECOME THE BEST VERSION OF THEMSELVES

Cut This Page Out and Put on Your Refrigerator



**Eat Better**

- ☐ Drink AT LEAST 4 Water bottles
- ☐ Have a fruit or veggie with each meal
- ☐ Have nuts instead of chips as a snack
- ☐ Have a source of protein in each meal
- ☐ Take a multivitamin
- ☐ Limit sweets to only one serving

**Get stronger**

- ☐ Perform 50 bodyweight squats
- ☐ Perform 50 pushups
- ☐ Perform a plank for 60 seconds 3 times
- ☐ Perform 25 vertical jumps
- ☐ Get at least 8 hours of sleep a night

**Be Happier**

- ☐ Get at least 30 minutes of exercise
- ☐ Do a morning routine that you enjoy
- ☐ Write 5 things that you are grateful for
- ☐ Adopt a Growth Mindset
- ☐ Listen to music whenever you can

**Run Faster**

- ☐ Do 10 hill sprints
- ☐ Perform 15 Broad Jumps
- ☐ Sprint for 50 yards
- ☐ Perform single leg jumps
- ☐ Perform High Knee Marches

**Build Confidence**

- ☐ Do something outside of your comfort zone
- ☐ Read a book
- ☐ Practice or spend time on your hobbies
- ☐ Learn a new skill
- ☐ Work towards a new Goal

**Be More Active**

- ☐ Walk during TV show commercials
- ☐ Schedule exercise time
- ☐ Whenever you see a commercial for a car company, perform 10 squats
- ☐ Find a buddy, and exercise with them
- ☐ Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

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- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level.**

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- They **will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- They **will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise ...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

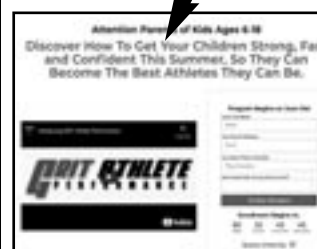


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### STEP 2 Enter Your Info When You Get To This Page



### STEP 3 We'll Notify You If You Win.



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## HOME FOR GOOD CELEBRATES 10,000TH ADOPTION

### Home for Good Dog Rescue

At Home for Good Dog Rescue, we recently celebrated an incredible milestone - Saving 10,000 dogs from the brink of death in just 11 short years. Each rescued dog is unique and has its own special "tail" to tell. Meet Remy and lean into his miraculous journey as he becomes our 10,000th adoption. This poor soul lived the entirety of his 7-year life confined to an outdoor wire pen with no human contact, love and affection, playtime, or snuggles. His human captors failed him miserably, and his forlorn eyes truly reflected a lifetime of cruelty, mistrust, and hopelessness.

Since his perilous rescue by Home for Good in 2021, we've seen his transformation from just 'existing' without proper nutrition, medical care, or being protected from the harshness of the

outside elements, to knowing what it's like to be loved, sleep in a warm plush bed, enjoy tasty treats, and receive endless cuddles. Remarkably, Remy has no remnants of the extreme cruelty that he endured, and from which he survived.

Home for Good Dog Rescue is 100% foster-based and this is why. With the help of his canine foster siblings, he began to gain confidence and how to trust. Prior to his rescue, Remy had never felt the gentle hand of a human. Through the patience and perseverance of his foster family, Remy has developed into the devoted dog he is today. He is affectionate, playful, and eager to please.

For more information on how you can become a foster family for a deserving pup like Remy, please visit

[homeforgooddogrescue.org/foster](http://homeforgooddogrescue.org/foster)

### ABOUT:

Home for Good Dog Rescue is a 100% foster-based, non-profit 501(c)(3) dog rescue established in 2010 in Summit, New Jersey with offices in Berkeley Heights. We socialize, care for, and provide them life-saving medical care at our property in Aiken, South Carolina, transport them to our rescue in New Jersey, and nurture them in our network of foster families while they await adoption into loving homes - giving them a second chance at life.



(above) Remy (center) is pictured with his new forever family.

Courtesy photo

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## NEW DEALS FOR OLD WHEELS

On Saturday, May 7, from 9 a.m. to 12 noon, Faith Lutheran Church, 524 South Street in New Providence, will again be collecting second-hand bikes for use by adults and children in third world countries. The collection is being conducted on behalf of Pedals for Progress, an organization which annually recycles 6,000 bicycles for persons in developing countries. Anyone with a bicycle in repairable condition is urged to donate to this worthy cause. Bikes may be dropped off at the parking lot next to the church. On that day, members of Faith will repair and process the bikes for shipment by P4P.

Since 2002, Faith Lutheran has been collecting bikes for P4P. In 2021, five hundred sixty-four bikes were collected from persons and organizations in New Providence, Berkeley Heights, Mountainside, Westfield, Chatham, Warren, Scotch Plains and Fanwood. The collection by Faith occurs throughout the year. The range of towns was aided by articles published in Renna Media publications.

Every year affluent Americans buy 22 million new bicycles and discard millions of old ones, abandoning many more in basements, sheds and

garages. Most of these end up in our already overburdened landfills.

P4P ships its reconditioned bikes to persons in need of countries in Latin America, Africa and Asia. The bikes provide reliable transportation to commute to work, transport produce to market, access health care and other services. Steady employment for adults is vital to the development and success of these economies.

P4P reports that the cost of shipping bikes has increased significantly in recent years and now presents a substantial financial burden to P4P. Last year, Faith contributed \$3,000 toward the shipment of the bikes. Persons donating bikes gave \$1,273 toward shipment. P4P is asking persons to donate \$15 toward the shipping costs, if they are financially comfortable doing so. Donation or not, Faith welcomes all bikes in repairable condition.

Since 2016, the chairperson of Faith's Pedal for Progress ministry has been Casey Walsh of Bridgewater, a long-time member of the church.

The pastor of Faith is Rev. Jane McCready. Visit online at famfaith.org or call the church office at 908-464-5177. The address is 524 South Street, New Providence. Courtesy photos



2021 Pedals for Progress volunteers.

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



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## CHATHAM EMERGENCY SQUAD INSTALLS NEW OFFICERS

*Submitted by Evan Skinner*

After a nearly two-year pandemic-forced delay, the Chatham Emergency Squad celebrated its newly installed officers and its members' service anniversaries at a long-awaited, in-person event. Returning as MC, Thursday Night Crew Chief Jeff Stanton kicked off the night using a more somber tone than previous events. Recalling the challenges that COVID brought to his fellow Squad members since CES was last able to celebrate in person, he ended his remarks, "I was never prouder to be a member of the Chatham Emergency Squad". His emotion-filled introduction brought the night's first of many rounds of applause.

Newly installed administrative officers were introduced by President Steve Davenport who expressed his admiration and appreciation for the commitment shown by all CES members, including the officers. Another round of applause greeted his closing line, "Our Squad is deep and wide, as strong as it has ever been in our 86 years." Captain Michael Lemons introduced the operations officers with a rousing call and response addressing all that CES accomplished last year. "How many Duty Crew calls were we unable to answer? How many second calls were we unable to answer? How many third calls ...?" The crowd knew the answer to all three – none. (CES responded to every Duty Crew call in 2021 as well as 130 scramble calls involving their second and third ambulances for a record-setting 1266 total calls.)

Recognized as 2022 Officers were: Craig Alperowitz, Equipment Lieutenant; Tom Boyle, VP, Facilities; Nicole DiMaggio, Operations Lieutenant; Robin Hoppe, VP, Membership; Bryan McGookin, VP, Finance; Evan Skinner, VP, Community Engagement; and Carole Wilmot, Secretary as well as MC Jeff Stanton, Training Lieutenant; Michael Lemons, Captain; and Steve Davenport, President.

Also feted were numerous members celebrating service anniversaries: Ellen Blazoski, Jay Crigler, Joanne Howden, Sarah Nelson and

Jill Rees (5 years); Jim Martin (10 years) and Rob Apati (20 years). Special recognition was made for Richard Nelson, who was honored for 25 years of service.

Richard, the Monday Night Crew Chief, heard words of praise from Kara McCaffrey, the most recent addition to his crew, as well as an original poem by Christine Grobert, his long time Monday Night partner, which started "So, it's been 25 years for Richard Nelson, That fact is unmistakably true/Monday Nights has been blessed to have such a strong leader always on their crew./A seasoned EMT, he's dashing in a tux, and he responds swiftly to any scene./Getting to that patient and administering care, he's amazingly rapid and keen./Calm and compassionate, thoughtful and caring have always been Richard's style./ If you're injured in the swamp and need help, don't worry...he won't hesitate to hike in a few miles."

In a surprise, final recognition before dinner and dancing, Captain Lemons presented long time member, Cathy Warbrick, with the Dick Richards Award, the highest honor a CES member can attain. As she received her award, an

emotional Cathy heard words of praise from two of her long-time fellow Thursday Night crew members, Marty Sechey and Alex Chorny, who had traveled from Delaware and Ohio respectively to be a part of the celebration.

### CHATHAM EMERGENCY SQUAD

The all-volunteer Chatham Emergency Squad (CES) serves both Chatham Borough and Chatham Township. CES never charges for its services; most of its annual expenses are paid for by donations from the community. In addition to providing Basic Life Support (BLS) service all day and night, every day and night, CES provides stand-by support for community events, such as the Chatham Turkey Trots, the Fishawack Festival, and many school sports events including CHS football games. CES also hosts blood drives and provides free CPR training to residents, teachers, coaches, school crossing guards and emergency personnel, including fire and police. CES is always interested in new volunteers;

to learn more, email  
membership@chathamemergencysquad.org  
To donate or to learn more about CES,  
visit chathamemergencysquad.org.



*(above) President Steve Davenport and Captain Michael Lemons*

Photos by Chatham Emergency Squad



*(above, l-r) Captain Michael Lemons, Richard Nelson, Deborah Nelson, and President Steve Davenport*



*(above, l-r) Chatham Emergency Squad Officers: Tom Boyle, VP, Facilities; Michael Lemons, Captain; Evan Skinner, VP, Community Engagement; Robin Hoppe, VP, Membership; Carole Wilmot, Secretary; Nicole DiMaggio, Operations Lieutenant; Jeff Stanton, Training Lieutenant; Bryan McGookin, VP, Finance; and Steve Davenport, President. Not pictured, Craig Alperowitz, Equipment Lieutenant*

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## 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.

"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," 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.

### ABOUT COMMUNITY ACCESS UNLIMITED:

Community Access Unlimited (CAU), who is celebrating 42 years in 2021, supports people with special needs in achieving real lives in the community. CAU provides support and gives voices to adults and the 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 3,000 individuals and families, with the number 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) Tonya Hopson at home  
with her dog Lexie



(above) Ronald Vigliano delivers an order  
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# SENIOR CENTER OF THE CHATHAMS MAY 2022 PROGRAMS

58 Meyersville Road (lower level), Chatham, NJ • Open Monday - Friday, 9:00 a.m. to 3:00 p.m. • Phone: 973-635-4565.  
ChathamSeniorCenter.org. Non-Chatham residents also welcome.

## GRIEF SUPPORT GROUP

*Tuesdays, May 3-24, 10:00 AM*

The Center is starting a Grief Support Group facilitated by Claire Solu-Burd, LCSW. Call the Senior Center if you would like to participate.

## HOW MINDFULNESS MAKES YOU HAPPIER

*Tuesday, May 3, 1:30 PM*

Mindfulness is a popular word today, but what is it? And how is it linked to our happiness? Curious to learn more? Sign up to attend this workshop run by Karen Frank, RN, Homewatch CareGivers of South Orange.

## CAREGIVER SUPPORT GROUP

*Wednesday, May 11, 10:30 AM*

Moderated on Zoom and in person at the Center by Phyllis Flemming, former Executive Director of Victorian Garden Adult Day Center, and experienced dementia support group leader. New participants are always welcome. Contact Center for Zoom link.

## A SAFE DRIVE THROUGH THE AGING PROCESS

*Friday, May 13, Noon*

This presentation takes a direct, yet compassionate approach to the sensitive subject of recognizing that someday it may be time to relinquish some of that treasured driving independence. The ultimate goal is not to take away driving opportunities, but rather, offer suggestions on how to recognize and compensate for diminishing skills so older adults may remain safe drivers. Presented by David Stamberg, Certified Dementia Practitioner, Senior Care Authority. Co-sponsored by HomeWell Care Services. Light lunch served; sign-up required.

## 'WEST SIDE STORY': BEHIND THE SCENES

*Friday, May 20, 1:00 PM*

The popular entertainment historian returns to the Senior Center to take us behind the scenes of "West Side Story" - the original film, the Broadway musical, and the recently-released film. Call the Center to sign up.

## MEN'S BASKETBALL

*Mondays & Fridays, 10:00 AM*

Fee for April-June 2022 is \$20.

## OPEN BRIDGE PRACTICE

*Mondays, Tuesdays, and Wednesdays, 10:00 AM-Noon.*

These sessions are open to those who want to practice playing bridge. Bring some friends and we'll provide the cards. Call ahead to confirm play is on.

## TABLE TENNIS

*Five Days a Week, 12:30 PM.*

Mondays, Wednesdays and Fridays are for experienced players; Tuesdays & Thursdays are for those new to the game or who'd like a lesson. If new or interested in instruction, please call the Center a few days ahead.

## BEGINNER KNITTING CLASS

*Mondays, 1:00PM*

Learn how to knit from Center staffer Carol Eisenhardt. All materials provided. Free class. Fee required as class progresses. Sign up is required.

## GENTLE EXERCISE CLASSES

*Mondays, Tuesdays, Thursdays, 12:20 PM*

The Gentle Exercise classes sequence is Balance & Flex on Mondays and Thursdays, Chair Yoga on Tuesdays. Instructor: Donna Sue Downton. Contact Center for fee information and to sign up.

## INTERMEDIATE EXERCISE CLASSES

*Tuesdays, Wednesdays, and Fridays, 9:00 AM*

The Intermediate Exercise Classes sequence is Balance & Flex on Tuesday, Mat Yoga (new!) on Wednesday, and Low Impact Cardio on Friday. Instructor: Donna Sue Downton. Contact Center for fee information and to sign up.

## WRITING WORKSHOP

*Tuesdays, 9:45 AM*

Grab a pen and paper and join us as the group explores the beauty of writing. This class is for new and returning students and will focus on all genres of writing, including personal memoirs, creative fiction, and poetry. Topics to be covered include character and narrative development, dialogue, plot, and much more. Each week, the group will read a short story or short memoir piece, share written homework assignments, have a lesson about writing techniques, and tackle a brief in-class prompt. No experience needed; just a willingness to learn, laugh, and write! Six-class session meets on Zoom. Instructor: Jenny Tananbaum. Fee is \$30 for the session. Must register to participate.

## PICKLEBALL

*Tuesdays & Thursdays, 10:00 AM*

Fee is \$20 through June 2022. Game is played in the Municipal Township Gym. Sign up is required.

## DVD LECTURE SERIES

*Tuesdays, 10:30AM*

The Center is showing the Great Courses Series, 'The Scientific Wonder of Birds' which explores the origins, biology, and behavior of birds. Three 30-minute lectures are shown at each session.

## THE WOMEN'S CIRCLE

*Tuesdays, 1:30 PM*

A social discussion group where women get to know one another by talking about issues of the day and topics that interest them.

## MAH JONG

*Wednesdays, 10:00 AM-Noon*

Mah Jong is a stimulating game of strategy that helps people enhance cognitive ability and improve planning, memory, and calculation skills – all while having a lot of fun. If you're an existing player or a beginner with knowledge of the game who's looking for a few tips, join this friendly group in a no-pressure environment. All game materials provided. Everyone is welcome! Call ahead to confirm game is on.

## NIFTY KNITTERS

*Wednesdays, 1:00 PM*

This active and social group gets together to create caps, blankets, and more for donation to local hospitals and veterans' organizations. They welcome all knitters interested in contributing to their cause.

## FREE PAINT

*Thursdays, 10:00 AM-Noon*

The art room is open for artists to work on their own creations using their own supplies.

## MOVIES

*Thursdays, 12:30 PM*

A movie is shown every Thursday. Call Center for titles. A foreign film is shown on a Friday once a month at 12:30 PM. Call Center for date and details. Sponsored by Spring Hills Livingston.

## MEN'S DISCUSSION GROUP

*Fridays, 10:30 AM*

A friendly and relaxed gathering of men who engage in lively discussion about current events, have some laughs, and exchange useful information over coffee.

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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
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# Attention Men & Women Over 40 Not Working Out Right Now HOW TO LOSE EVERY POUND GAINED DURING COVID IN 30 DAYS...GUARANTEED

**Covid 19 brought an average weight gain of 29 pounds  
...but not for these 4 local residents**

**"MY ACHES AND PAINS HAVE MOSTLY GONE AWAY,  
AND I DEFINITELY HAVE MORE ENERGY"**



David: The pandemic negatively impacted how dedicated I was to working out and the type of food I ate. When I joined the challenge I increased my workout routine to at least 5 days per week. Now I feel great. My aches and pains have mostly gone away and I definitely have more energy during the work day.

**"I STARTED TO FEEL IMPROVEMENT  
AS QUICKLY AS 1-2 WEEKS INTO JOINING"**



Tom: Before joining GFP I never really maintained consistent strength training. At GFP it's easy to build momentum, and I started to feel improvement as quickly as 1-2 weeks into joining. The challenge showed me how rapidly progress can occur if you pair nutrition guidance with regular workouts. More importantly it helped me build lasting habits that have made me consistently healthier.

**"GFP HAS GIVEN ME MY CONFIDENCE BACK.  
I FEEL GOOD IN MY BODY AGAIN"**



Kristy: Before GFP I had never been to the gym before, but the trainers helped me learn how to work out effectively. I started working out six days a week, and I really saw results. Those results kept me motivated to continue coming back. GFP has given me my confidence back. I feel good in my body again.

**"MY RESULTS INSPIRED ME TO KEEP GOING"**



Cathy: My fitness routine had gone off track, and some of my old injuries had started to bother me. I missed working out regularly, but I was lacking direction and the right motivation to get restarted. The trainers helped me get back on track with both my fitness and nutrition. I soon started to see results, which inspired me to keep it going.

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