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2022 ROCKTOBERFEST PHOTO ALBUM

On Saturday, September 17, Rocktoberfest, presented by Millburn Education Foundation, was held in Taylor Park from Noon to 10 p.m., then the party continued on Main Street from 10 p.m. to midnight. The annual event is billed as a community-building FUNdraiser that the whole family can enjoy. Proceeds from the day's events benefit the Millburn Education Foundation which supports Millburn Township schools, teachers and students.

(Continued on pages 16 & 17)



Photos from this and other events can be found online at rennamedia.com and on Millburn Short Hills Monthly page on [facebook.com](https://www.facebook.com) Feel free to "Like," "Tag," and "Share."



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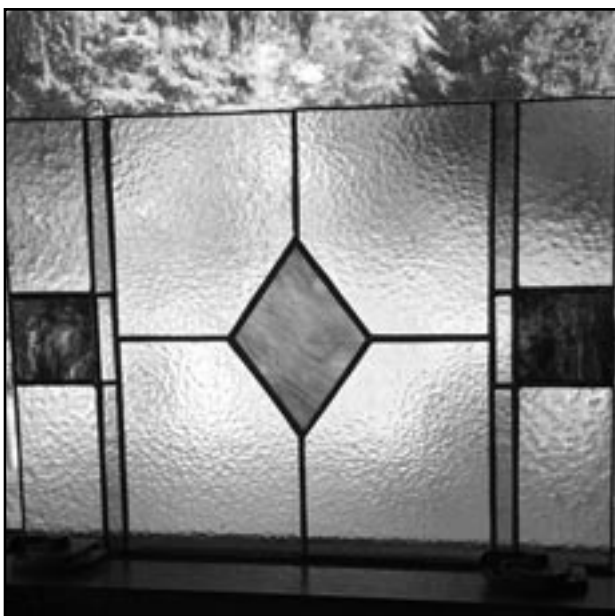
Short Hills Millburn Monthly

NEW LIFE FOR OLD GLASS

Madison stained glass artist Margaret Malishchak was gifted an antique leaded glass window that a friend discovered in the garbage. It was in disrepair but most of the pieces were still intact.

After removing and cleaning the lovely antique glass, Margaret realized that she could create 3 smaller panels, each with one of the diamond shapes that were part of the original design. The 3 new panels, each suitable for hanging, can be viewed on Margaret's glass4good website: glass-4-good.constantcontactsites.com

Through glass4good, Malishchak sells her original stained glass artwork and donates 100% of sales to NJ-based helping organizations. She has donated over \$5,800 since November 2020.



(above) Pictured are the original window and one of the new panels created from the glass.

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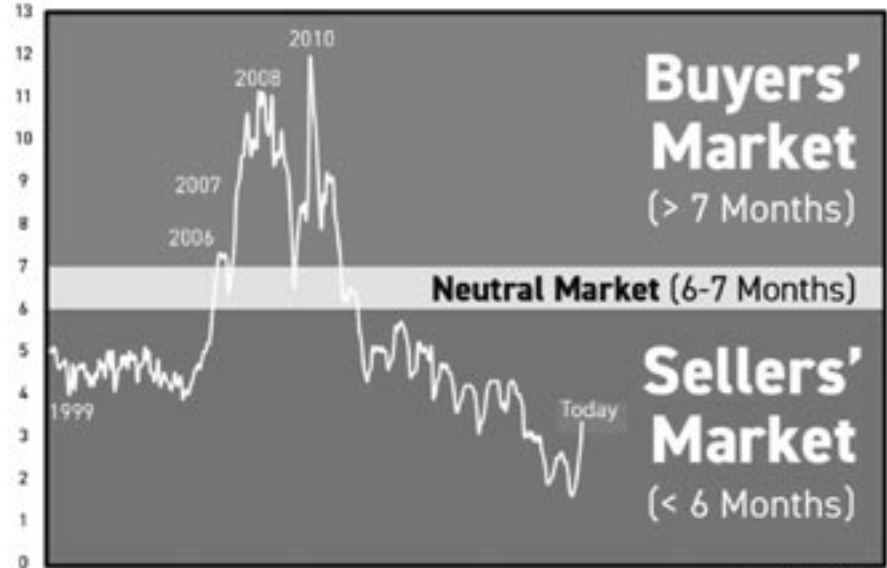
REAL ESTATE MARKET SHOWS SIGNS OF COOLING DOWN

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The supply of homes for sale is increasing.

List prices are dropping and homes are sitting on the market longer as buyer activity slows down. According to major real estate companies:

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After seeing record highs, sellers are adjusting their expectations. Buyers feeling the sting of higher mortgage rates are visiting fewer homes and bidding less fiercely overall.

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LIVING DONOR KIDNEY TRANSPLANT NEEDED FOR SUMMIT POLICE OFFICER

The Summit Police Department, Summit Fire Department, Summit PBA Local #55, Summit FMBA #54, Summit Volunteer First Aid Squad and city officials are joining together to raise awareness about the immediate need for a living donor kidney transplant for Summit Police Officer Karen Stenstrom Sauers.

Karen was diagnosed at age 24 with polycystic kidney disease, an inherited disorder in which clusters of cysts develop primarily within the kidneys, causing them to enlarge and lose function over time. At the time of diagnosis, she was told that one day she would need a kidney transplant to prolong her life. Now is that time.

Raised in Summit from the age of eight, Karen Stenstrom was a scholar and an athlete. She was co-captain of the women's lacrosse team, graduated from Summit High School as part of the Class of 1989 and pursued a degree in education at Boston College. After graduation, Karen returned to Summit, began teaching in Newark public schools and volunteering on the Summit Volunteer First Aid Squad.

As she watched the twin towers fall on September 11, Karen realized that she was meant to serve the community in a different way and enrolled in the John H. Stamler Police Academy. She is now a valued and decorated police officer in Summit and has served the community

faithfully for more than 20 years.

Karen met and married Jon Sauers, also a Summit Police Department officer, and is a co-parent to Andy, age 20, and the devoted mother of 13-year-old twins Tommy and Maggie. None of her immediate family or relatives are a match for a kidney transplant so her life depends on receiving a donor kidney. Karen is a patient with the Living Donor Institute at Cooperman Barnabas Medical Center. The program allows patients with chronic kidney disease to receive kidney transplants from living donors and deceased donors as soon as possible.

While receiving a kidney from a deceased donor would prolong Karen's life for a handful of years, a living donor kidney would extend Karen's life expectancy for 10 to 15 more years.

"Officer Karen Sauers is one of the kindest and

most positive individuals I know," explains Summit Police Chief Steven Zagorski. "Throughout her distinguished career with the agency and now on this difficult journey, she has shown great strength and commitment. As colleagues and friends, we want to do everything possible to help find a potential donor. Please consider learning more about it."

For more information on the process of kidney donation, visit www.CBMCLivingDonor.org. Please include the code KARENSAUERS if completing the health history questionnaire so all potential matches are connected to Officer Sauers.

For more information on Officer Karen Stenstrom Sauers and the Summit Police Department go to www.cityofsummit.org/police or contact Nikki Griffiths at 908-277-9472.



(above) *Summit Police Officer
Karen Stenstrom Sauers*

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SUPERCCELL STORM CLOUD
Photo by Marko Korosec, near Julesburg, Colorado

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SAGE WORKSHOP RENEWS LIFE FOR 20-YEAR-OLD FATHER'S DAY GIFT

Ed Midgley of Berkeley Heights received a bench as a Father's Day gift from his children. After years of outdoor weathering and exposure to the temperatures, it had fallen apart in a distant corner of his garden. While spring cleaning this year, Ed decided to have it refurbished at SAGE Workshop in Summit and it is now a focal point of curbside appeal for his home. "Coming into the workshop in the basement" said Ed, "is like coming into Santa's Workshop with every workstation abuzz with elves working on gifts for the holiday."

Simon Rosenstein, workshop volunteer, chose mahogany flooring to restore the bench. He measured, cut the wood planks to fit the originals, and painted the wrought iron back to its original glamour. "Repairing this bench for Ed was an honor," said Simon.

Since 1961, the SAGE Eldercare Workshop has offered the public fine-quality furniture repair. The volunteers will consider repairing any piece of furniture that can be carried into the workshop. The Workshop has a reputation throughout Union County and beyond for its fine reweaving of caned and rushed chairs. Our artisans are all highly trained volunteers. Proceeds from the Workshop benefit SAGE programming. Prices are reasonable and depend upon the condition of the chair or furniture item and the materials required in the restoration process.

The Workshop started out over fifty years ago

as a place for older men who no longer had access to a home workshop. Dozens of women have worked in the historically male enclave. Most volunteers are former professionals including investment bankers, college professors, physicians, and scientists. Over the years, they have taught each other caning, rushing and a myriad of other techniques needed to fix the aging furniture brought to them for restoration.

The Workshop is in the basement of the SAGE building located at 290 Broad Street, Summit and is easily accessible. Shop hours are Mondays through Fridays, 8:30 a.m. – 11:30 a.m. For more information about the service, or to schedule an appointment to bring in furniture, call 908-598-5531.

ABOUT SAGE ELDERCARE

SAGE Eldercare supports the independence, wellbeing and quality of life of older adults, their

families and caregivers, through the provision of client-centered health, social and support services. Founded in 1954, SAGE is both the oldest and one of the few nonprofit eldercare agencies in the United States that offers a broad and comprehensive array of services under one roof that assist elderly, often frail, adults to remain independent in their own homes. SAGE Eldercare programs include: HomeCare; Meals-on-Wheels; Spend-A-Day Adult Day Health Center; InfoCare free information and referral service; Fall Prevention Initiative; Chore Service; Shopping Service; Bill Paying Service; PREP caregiver support group; and SHIP(State Health Insurance Assistance Program). SAGE Eldercare serves over 5,000 older people and their families annually in Union, Essex Morris and Somerset counties. For more information, call 908.273.5550 or visit sageeldercare.org.



(above) Ed Midgley of Berkeley Heights with bench after repairs.

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AN ACTION PLAN FOR SUCCESSFUL AGING

Communicating With Loved Ones

Growing older forces changes that often affect areas of life such as living choices, driving, relationships and dating, financial choices, health, and end of life. What if you could no longer remain at home without help? How do you tell your adult children you are dating? What will you do if you can't drive, or you must tell someone you love that he or she shouldn't? Making decisions, identifying choices, and conveying wishes are an important part of the road ahead. That does not always happen. According to Marist research, 80 million Americans are reportedly conversation avoiders, meaning they have not talked about any important end-of-life issues with their parents or children, or have talked about just one issue. Research conducted by the Home Instead network, which reveals 70% of family conversations about aging are prompted by an event such as a health crisis or other emergency. Why aren't families talking? For one, it's difficult. Research conducted by the Home Instead network indicates that most adult children

(54%) surveyed described their critical conversations with parents as uncomfortable at times, difficult but necessary, emotional with yelling and tears, or difficult and unsuccessful.

The 40-70 Rule

Beginning these conversations is so important and does not need to be daunting. Experts have said that by the time you are approaching age 40 and a loved one is around age 70, you should have had the "talk" about issues so many families want to avoid. This is known as the 40-70 Rule, a program developed by Home Instead Senior Care to address the importance of starting difficult conversations early. These conversations are to encourage individuals and families to document their wishes and create understanding.

Action Plan for Successful Aging, The 40-70 Rule: An Action Plan for Successful Aging, provides expert advice to help you and your loved one start the necessary conversations about the future and put your plan into action. With the assistance

of noted experts in aging, finances, health, end of life and communication. This resource will take the guesswork out of some of the issues that many families eventually face. Included are conversation tips and considerations for a variety of circumstances such as living alone, blended families, dementia, and religious preferences – topics that so many families are dealing with in today's world. This Action Plan is for the individual who wants to face aging with confidence. You also maybe filling out an Action Plan with someone you love including a parent, spouse, or friend. Whether this plan is for you or someone close to you, creating a plan with help preserve relationship with loved ones, as well as help you prepare for the road ahead.

Home Instead Senior Care:

Home Instead Senior Care located in Millburn, NJ is committed to helping older adults plan for the future. Please call the office if you would like more information.

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5TH ANNUAL BENEFIT CONCERT FOR THE HOMELESS

On Sunday, October 9, Catholic Charities of the Archdiocese of Newark will host its 5th Annual Benefit Concert for the Homeless at St. Philomena Church in Livingston. All proceeds from the event will help to fund the homeless programs and services of the agency that provides assistance to thousands of individuals and families in need.

The Drive-In Concert will offer a variety of

family/kid friendly activities (face painting, magicians, balloon artists, etc.) along with a full concert by New Jersey's own "The Nerds" – a widely acclaimed rock and roll band. Food trucks will be available but folks are encouraged to tailgate as well.

Registered participants get a parking space with an adjoining space to set –up chairs, etc. Each car can carry up to 6 occupants and parking

spaces are priced at \$300, \$175 & \$125 based on their proximity to the stage.

For event details, please visit ccanconcert22.GiveSmart.com or call Peter Ruccione, Catholic Charities Director of Development, at 973-818-4060.

Last year Catholic Charities provided over 71,000 nights of Shelter, food, and clothing for over 1,171 people, individuals and families.

For more information on Catholic Charities of the Archdiocese of Newark, visit ccannj.org.

ABOUT CATHOLIC CHARITIES

Catholic Charities of the Archdiocese of Newark has been in operation since 1903 serving adults, children, families, seniors, veterans, and those suffering from HIV with compassionate care and services that provide help and hope. Our 84 programs serve close to 50,000 individuals in Bergen, Essex, Hudson and Union Counties annually. Our programs include counseling and support services for at-risk youth and their families; psychological and psychiatric help for those with mental illness; job training for those who are cognitively disabled; childhood education for preschoolers in Newark, Bloomfield and Elizabeth; emergency shelter for the homeless and for those who are HIV-positive; affordable housing for low-income families; immigration legal services; refugee resettlement; and adoption services.



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MILLBURN TOWNSHIP FOOD PANTRY

Millburn Township operates a food pantry for Millburn-Short Hills residents in need. The pantry is available by appointment only and is mainly stocked with non-perishable foods. For more information or to make an appointment, please contact the Township Social Worker, Ana Millan at (973) 535-7961 ext. 231 or amillan@millburntwp.org. Please note that all communication between the social worker and pantry manager, Annette Romano, as well as its volunteers is strictly confidential. Food drop-offs can be made at the resident's home or arranged for a more discreet location, local-only.

The pantry accepts monetary donations which are exchanged for gift cards to local supermarkets, then distributed to food pantry recipients. If you would like to make a donation, please contact the Town Social Worker, or make a check out to the Township of Millburn and mail it to Ana Millan, Millburn Health Department at 375 Millburn Ave. Millburn, NJ 07041.

Non-perishables can also be brought to Town Hall and Green Nectar Juicery during business hours, or to 15 Cypress Street. Thank you for your generosity.

SHORT-TERM FINANCIAL ASSISTANCE AVAILABLE

Down the Block's mission is to provide short-term financial assistance to residents of Millburn-Short Hills who are facing unexpected financial setbacks. When a Township resident needs help paying bills (rent, utility, insurance, etc.) due to unexpected financial stress or because of losses in a natural disaster, Down the Block can step in with short-term assistance -- provided that their eligibility requirements are met.

For more information please visit: downtheblock.org. Or contact DtB at: contact@downtheblock.org for a confidential discussion.



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Monday, Tuesday: 10AM–7:45PM • Wednesday - Saturday: 10AM–5PM • Sunday: 1–4:45PM

PROGRAMS FOR ADULTS:

1-on-1 Tech Help

Every Monday, 2-4 p.m.,

Online or In-Person

Chat with a librarian 1-on-1 about anything tech! Whether it's our library apps for eBooks, audiobooks or streaming shows, or any general technology question. 25-minute appointments can be in-person or via Zoom; we can also accept walk-ins if time is available. Email matt@millburnlibrary.org or call to book a time. Web Development Series

Learn HTML

Tuesday, October 11, 3- 4:30 p.m., Online

Learn the basics of creating a website using HTML, the standard coding language for web pages. The first part of a three-class in the Learn Web Development Series, where we'll start creating a live website. No prior experience required.

Learn CSS

Thursday, October 20, 3-4:30 p.m., Online
Second in the Web Development Series, learn how to use CSS to apply shape & style to your HTML web pages. Everything from color, size, layout, hover effects, mobile-responsiveness and more are coded using CSS.

Learn Javascript

Tuesday, October 25, 3- 5 p.m., Online
Add dynamic features to your static website with the JavaScript programming language, Final part of the three-part series.

Wonderful Things: An Introduction To King Tutankhamun and his Tomb With Dr. Richard Veit

Tuesday October 4, 7-8 p.m.,
In Person, Auditorium

The discovery of the tomb of the Pharaoh Tutankhamun in 1922 was arguably the most famous archaeological find of the 20th century.

Does Bigfoot Exist? With Mike Familant

Tuesday October 11, 7-8 p.m.,
In Person, Auditorium

Join Producer, Lead Investigator and New Jersey Native Mike Familant as he shares his experiences researching and tracking down the truth behind North America's most iconic cryptid, Bigfoot.

Friday Flicks

Fridays October 14 and 28, 2-4 p.m.,
In Person, Auditorium

Stop by and enjoy a movie at the Library. BYOS- Bring your own snacks!

Book Chat

Mondays September 12 and 26,
11 a.m. - 12 p.m., Online

Join us for a round-robin virtual book discussion. Come prepared to tell us what you're reading, what it's about, and why you love (or don't love) it. Questions? Contact jon@millburnlibrary.org

TWEENS & TEENS:

Teen Library Volunteers

For grades 7-12

Teen Read & Review

Get service hours for doing what you love: reading! Go to millburnlibrary.org/teens to see examples and access the Google form.

Overview:

- 1) There is a limit of 2 review submissions per month.
- 2) Books must be on the student's reading level, preferably from the Library's Middle Grade or Young Adult collections.
- 3) Every 100 pages = 1 volunteer hour + 1 hour for writing the review itself

Any questions?

Email Janis: janis@millburnlibrary.org

Teen Gaming

Tuesday October 18, 3:30-4:45 p.m.,
In-Person, Room A
Ages 12 and up

Play on our Switch for glory and bragging rights!

Food Adventures With Janis!

Friday, October 21, 3-4 p.m.,
In-Person, Room B
Ages 12 and up

Hang with Janis as we (yes, you're helping!) create something tasty! For October, we will make Witch Hat Air Fryer Cookies. Registration is required.

COLLEGE PREP

Demystifying AP Courses

Monday, October 17, 7-8 p.m.,
In-Person, Room A

What can they do for you and which ones should you take for specific tracks? We'll answer all your questions. Presented by C2 Education.

PROGRAMS FOR KIDS:

Stay & Play

Wednesday, October 12, 11 a.m. - 12 p.m.,
In Person, Children's Room

For ages 2-5 years

Children with caregivers are invited to the library to "stay and play!" Stay & Play is a program for young children using toys to encourage play with an emphasis on STEM and developmental skills. Registration required.

October: Sensory Play

Discover new skills with toys that stimulate the senses.

Cartooning with Mike Dawson

Thursday, October 13, 4:30-5:30 p.m.,
In Person, Auditorium
For ages 8-12

In this fun presentation and workshop with graphic novelist Mike Dawson, children will learn the fundamentals of making comics. Registration required.

Indian Classical Dance Performance & Workshop

Saturday October 22, 3-3:45 p.m.,
In Person, Auditorium
For all ages

Acclaimed choreographer Parul Shah will present the North Indian classical dance, Kathak, in celebration of Diwali, the festival of lights celebrated by Hindus, Jains, Sikhs, and Buddhists. Registration required.

Crafternoon

Wednesday, October 19, 4-5 p.m.,
In Person, Children's Room
For ages 4-12

What does crafts + afternoon equal? Why, crafternoon of course! Kids are invited to make a fun seasonal craft in the children's room. Drop in.

Afternoon at the Movies

Thursday, October 27, 3:45-5:15 p.m.,
In Person, Auditorium
Family Event

Join us in the auditorium for a fun time at the movies! Bring your own snacks! Drop in.

PROGRAMS FOR ALL AGES:

Grand Re-Opening & Ribbon Cutting

Saturday, October 8, 9:30 a.m. - 12 p.m.,
1st Floor

Celebrate the grand re-opening of the renovated Millburn Library! Ribbon cutting, giveaways, refreshments, Friends "open house," and lots of fun. Sponsored by the Friends of the Library.

NANOWRIMO Launch Event

Wednesday October 26, 7-8 p.m., Online
November is National Novel Writing Month. Join us! This kickoff event will set you up for a productive month. Sign up, get inspired, and get writing! Registration required.

Spice Kits

Add a little spice to your life with our spice kits! Stop by the Information Desk to pick up a pre-measured world spice or blend. You'll also get information on the spice as well as a recipe or two that you can make at home. New spice kits each month. Kits are available while supplies last for Millburn Library cardholders. One pack per family, please.

October: Allspice

BINGO

Friday October 14, 4-5 p.m., In Person
Join us for a few rounds of the classic game with prizes!
New!

Metropolitan Museum of Art passes are now available with the Library's Museum Pass program. Visit millburnlibrary.org/museum-passes to reserve yours today.

Access hundreds of video lessons taught by experts and icons with Masterclass. Visit millburnlibrary.org/masterclass to request a free 7 day pass.

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IMAGINE WELCOMES NEW VOLUNTEERS

The staff at Imagine, A Center for Coping with Loss was so pleased to be able to offer our first in-person volunteer training since 2020 at our Mountainside Center this summer! Pictured are the participants in our 2022 Imagine Summer Training Class, who have joined our wonderful community of volunteers - facilitating grief support groups for children, teens, young adults and their parents/guardians. Our new volunteers participated in a three-day training program that prepared them to be present for the children and families that participate at Imagine, gave them tools to help support those in their family and community who are grieving, and provided an opportunity for them to receive support for losses they've experienced themselves.

Another big milestone is coming up for

Imagine! Our grief support groups will be returning to the city of Newark through a partnership with the Boys and Girls Club of Newark (BCGN).

This is an experience like none other; the experiential nature of the training will prepare you to facilitate support groups in a way that a lecture-style training could never do. Previously trained volunteers have said this training is "life-changing" and "inspiring," and we hope you can be a part of it!

If you're interested in making a difference in the lives of grieving families and would like to participate in Imagine's volunteer facilitator training, please visit our website at imagine-nj.org/become-grief-support-facilitator. If you have questions, please contact Imagine at 908-264-3100.



(above, top row, l-r) Debbie Berez, Mountainside; Stacey Glickstein, Scotch Plains; Vernita Bostick, Belleville; Carrie Greenberg, Springfield; Sonia Nunez, Imagine's Newark Program Manager; Joan Castellano, West Orange; Abigail Preece, Imagine's Interim Program Manager and John Hutchinson, Glen Ridge; (middle row, l-r) Deborah Ojeda, Imagine's Graduate Intern, Dan Vorhaus, Summit; (bottom row, l-r) Diane H. Tracey, Jersey City; Gen Belfiglio, Union; Anna Fishman, Short Hills; Gregory D. Edgell, Nutley; and Zakeeyah Harris, Newark.

Courtesy photo

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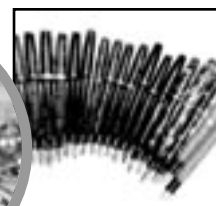
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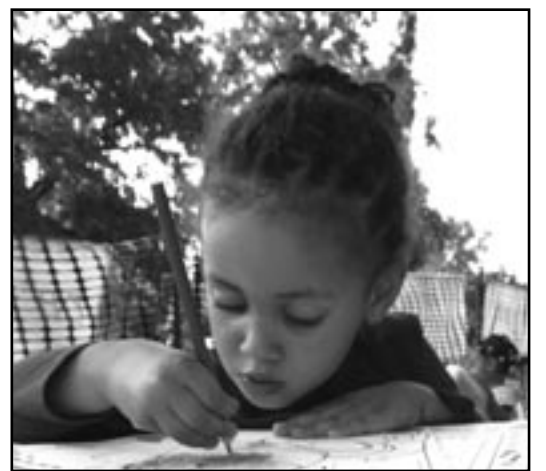


2022 ROCKTOBERFEST PHOTO ALBUM (continued from page 1)



Photos from this and other events can be found online at rennamedia.com and on Millburn Short Hills Monthly page on [facebook.com](https://www.facebook.com/millburnshorthillsmonthly) Feel free to "Like," "Tag," and "Share."

2022 ROCKTOBERFEST PHOTO ALBUM (continued from page 16)



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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
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MOM AND DAUGHTER RAISE AWARENESS OF ORGAN AND TISSUE DONATION

New Jersey Sharing Network

Jane Fischer and her daughter, Suzy, understand what it takes to overcome some of life's greatest challenges. As they celebrated Suzy's 48th birthday on July 18, they both took time to reflect on the gift of life and the miracle of organ and tissue donation.

On the day Suzy was born, doctors told Jane and her husband, Al, that their daughter would never be able to talk or walk or play like other children. While Suzy's special needs were great, Jane and Al kept hope alive that they would be able to persevere on the difficult journey ahead.

"Suzy proved them all wrong," said Jane. "Over the years, she has kept defying all the odds through her tenacity, courage, and strength. She surprised some of the best pediatricians and neurologists in our area by constantly working hard to develop and learn to do all the things they said she could never do."

While Suzy's life seemed to be filled with endless obstacles, she began to develop critical health issues shortly after turning 24 years old. Her kidneys began to fail, and she was soon placed on dialysis.

"It seemed like there were complications in nearly every one of her dialysis sessions," said Jane. "It took its emotional toll on Suzy and all of us, but she always did her best to keep her smile and the staff at the dialysis center loved her."

In December 2000, the Fischer family was in an airport in Jacksonville, Florida, when Jane's pager kept beeping and buzzing. "At the time, I mistakenly thought it was due to air traffic signals creating interference," said Jane. "But when we arrived home in New Jersey after our flight, we received an urgent phone call from our transplant coordinator at Saint Barnabas (Cooperman Barnabas Medical Center). They had a donated kidney for Suzy!"

Suzy received a successful kidney transplant, and the family is forever grateful to the 64-year-old woman who gave the gift of life. For 13 years, Suzy's transplanted kidney restored her

health and she continued to fight through other serious health issues, including thyroid cancer that forced her to undergo a thyroidectomy.

In 2013, Suzy's transplanted kidney began to fail, and she faced another uphill struggle as dialysis loomed as the only treatment option. However, Suzy received encouraging news when another donated kidney became available for transplant. This time, her donor hero was a 24-year-old man who passed away in a tragic motorcycle accident.

"Suzy definitely had a lot of survivor's guilt," said Jane. "It helped ease her pain when I explained to her that the young man would have wanted his kidney to go to her to keep his memory alive."

Today, Suzy continues to thrive and enjoy life's most precious moments thanks to her organ donor heroes. Suzy and Jane have made it a priority to support NJ Sharing Network, the nonprofit organization responsible for the recovery and placement of donated organs and tissue in the Garden State. By sharing their story with others, Suzy and Jane hope to encourage more people to register as organ and tissue donors.

"The most important thing is to get others to understand the need for organ and tissue donation and how it saves and enhances the lives of others," said Jane. "We also want to keep hope alive for those waiting for a life-saving transplant. We want to encourage them to never give up. I do not know why Suzy's life has been so hard, but I have always believed it has been to help others and make a difference in someone else's life."

According to United Network for Organ Sharing (UNOS), there are over 100,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. One organ and tissue donor can save eight lives and enhance the lives of over 75 others.

"We forever honor our donor heroes, as well as their supportive families, for their selfless decision to save and enhance the lives of others."

Because of them, Suzy and all transplant recipients now have more birthdays, holidays, and special moments to share with their loved ones," said Joseph S. Roth, President and CEO of NJ Sharing Network.

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



(above, l-r) Jane and Suzy Fischer.

Photo courtesy of NJ Sharing Network

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NEW STEPS**

Expires October 31, 2022



**\$800 OFF
ANY NEW
ROOF JOB**

Expires October 31, 2022



**\$1,300
CHIMNEY
LINER**

