

# WARREN MONTHLY<sub>NJ</sub>

WARREN'S HOMETOWN NEWSPAPER

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## LESSON ON PERSEVERANCE AND TEAMWORK

### Warren Township Public Schools

Warren Township students benefit daily from the district's creative, dedicated, and driven educational staff. However, there is something extraordinary about student-to-student teaching.

Grade 5 students in Ms. Nancy Andrews REACH class Alina Shah, Michelle Zhang, Kiernan Melia, and Chase Surbrug, recently developed, planned, and delivered an entire lesson for Woodland's grade three students in Mr. Matthew Gamage's class.

The 5th-grade student-teachers strategized with Andrews to create a Growth Mindset lesson focused on Perseverance and Teamwork. During their planning time, Shah, Zhang, Melia, and Surbrug modified the lesson to provide the most effective and engaging approach to better assist the younger students with meeting the learning objectives.

On the day of the event, the student leaders organized Gamage's class into small groups. The students moved from station to station throughout the classroom completing tabletop activities as a team to gain a secret digit needed to unlock a treasure box.

The third graders happily worked through each mission and fully engaged in the assignment, while the grade 5 students provided leadership, direction, and encouragement.

Andrews was proud of each student for their participation, "Although only one group was able to unlock the box in the time given, every student was successful because they never gave up as they navigated through each station."

The REACH department will continue to provide challenges for students that require persistence and grit.



(above) The first group to complete the challenge were Chase Surbrug (grade 5 leader), Jeffrey Bubnowski, Ayush Bompalli, Sebastian Cua, Alexander Neto, and Logan Ditta.



(above) Pictured are the Grade 5 student leaders Alina Shah, Michelle Zhang, Kieran Melia, and Chase Surbrug.



(above) Reese Winch, Alexis Lindy, Landon Marucci, Robert Prodan, and Matthew Holliss are working together to complete a task.

Photos by Warren Township Schools



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## WILL YOU JOIN IMAGINE'S AMAZING TEAM OF VOLUNTEER FACILITATORS?

November is Children's Grief Awareness Month and at Imagine, A Center for Coping with Loss we're spending this month honoring the children who come to us for support by doing all we can to ensure that no child grieves alone. One of the ways that we're working to bring free grief support groups to more children is by bringing them to more communities, most recently to the Newark community.

In October, Imagine began offering free grief support groups every other week on Thursday evenings at the Boys and Girls Club of Newark on Avon Avenue. As these groups continue to grow, our need for volunteer facilitators will grow as well. Imagine's volunteer facilitators are the heart of our support group program. Facilitators first complete a three-day training to prepare them to create safe spaces and be loving listeners for the children, youth, young adults and adults in Imagine's support groups.

Imagine staff are planning a training for adults interested in facilitating Imagine's Newark support groups. The training will be held at the Teach for America location in Newark December 9-11 from 9 am-5 pm each day. If you're interested in making a difference in the lives of

grieving families and would like to participate in this life-changing training, we'd like to hear from you! Imagine's training will prepare you to be present for the children and families that participate at Imagine, help you support those in your family and community who are grieving and also provide an opportunity for you to receive support for losses you've experienced. Those interested in this training can complete this form <https://forms.office.com/r/RGwq323gHg> or contact Imagine's Newark Program Manager, Sonia Nunez at [sonia@imagineinj.org](mailto:sonia@imagineinj.org).

Please join us in honoring Children's Grief Awareness Month by considering joining Imagine's amazing team of volunteers. We hope to welcome you to the Imagine community.

Imagine offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information please contact Imagine at 908-264-3100 or [info@imagineinj.org](mailto:info@imagineinj.org).

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Warren Township Recreation will have a Toys for Tots collection box outside of the Recreation Office on the first floor of Town Hall.

Collection will be from November 9 through December 9, 2022.

Donations accepted are new, unwrapped toys only.

Donations will be collected Monday-Friday from 8:30am-4:00pm during the collection window.

Questions contact the Recreation Office at [recreation@warrennj.org](mailto:recreation@warrennj.org) or 908-753-8000 ext. 270 or 271



## 4-H CRAFT BOUTIQUE OFFERS FAMILY FUN

Bring the family to the Somerset County 4-H Holiday Craft Festival for some free holiday fun. Do some gift shopping, visit the gingerbread house contest, see a large working model train exhibit and, of course, there are photo opportunities with Santa! The dates are December 10 and 11 from 10 a.m. to 3 p.m. at the Ted Blum 4-H Center, 310 Milltown Road in Bridgewater. Free admission.



(above) The Holiday Craft Fair benefits the Somerset County 4-H Youth Development Program. It will be held on December 10 and 11 from 10 a.m. to 3 p.m.

## HOLIDAY FESTIVAL DEC. 10

The Warren Township Recreation Department will host a Holiday Festival on December 10, 2022 beginning at 4 p.m. at the Warren Township Municipal Complex, 46 Mountain Blvd.

Santa will be paying a visit. Also expect: Horse & Carriage Rides, Petting Zoo, Iceless Skating Rink, Food Vendors, Free Hot Chocolate, and more!

### SCHEDULE OF EVENTS:

- *Bonfire at 4:15 p.m.*
- *Tree Lighting at 6:50 p.m.*
- *Fireworks*

*by Garden State Fireworks at 7:00 p.m.*

## LETTERS TO SANTA

### NOVEMBER 10 - DECEMBER 5

Warren Township Recreation has been approved by Santa to gather mail from Township children and deliver it to the North Pole. We will be accepting mail from Thursday, November 10 through Wednesday, December 5.

Letters should be dropped off at the red mailbox in front of Town Hall or mail to:

“Santa” Warren Twp. Recreation,  
46 Mountain Blvd., Warren, NJ 07059.

Every child will receive a personalized letter from Santa, but after December 5, Santa will be busy getting ready for the holiday and will not be able to answer any more letters. Mom and Dad, please be sure to include a return address.

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## WARREN STUDENT INTERVIEWS A RISING STAR

### Warren Township Schools

As a cross-curricular activity for his REACH and Spanish classes, grade 5 Angelo L. Tomaso (ALT) student Benjamin B. recently interviewed local rising star Melina Rebimbas for the school's newspaper.

Rebimbas, a trilingual Rutgers Preparatory High School student, former Central School Eagle, and Warren Middle School Wolverine, and elite soccer player, sat down with Benjamin over Zoom on Wednesday, November 2, and discussed topics such as her unique ability to speak three languages, growing up in Warren, and her recent participation in the U-17 FIFA World Cup as a member of the U-17 Women's National Soccer Team.

In front of a small audience that included students, staff, Principal Christine Smith, and the District Superintendent, Dr. Matthew Mingle, Rebimbas described her family dynamics to Benjamin, who asked if speaking multiple languages provided her with a better appreciation of different cultures.

"All the different cultures coming together and combining as one in my big family is really special," Rebimbas, who speaks Spanish,

Portuguese, and English, explained. Rebimbas notes that as she grew up and understood where her family members hailed from, her desire to embrace and celebrate her family's culture grew stronger.

Rebimbas went on to explain how speaking multiple languages also helps her form relationships with athletes from all over the world. While playing against Spain and Brazil in the recent FIFA World Cup in India, Rebimbas was able to converse with her opponents on and off the field and build unique relationships with

athletes like herself.

Benjamin asked Rebimbas how she got to where she is today. "I started playing soccer when I was three. I played Rec soccer from five to eight, and then I played for the Watchung Hills Soccer Club before joining my current team (PDA)."

Rebimbas explained that soccer is her passion. "It has never felt like work to me. I've always wanted to train and put in the hours of practice. I think that's why I've gotten as far as I have, and I know I have so much further to go, and I'm so excited." Rebimbas was named High School Gatorade Player of the Year for the 2021-2022 school year.

Benjamin then asked Rebimbas how she managed her schoolwork while playing high-level soccer and traveling outside the country for games. "I developed good study habits at an early age and have always loved school." Rebimbas, who takes both AP and Honors classes, told Benjamin that she tries to maintain a healthy balance of fun, happiness, and the willingness to study and work hard in school.

As the interview questions ended, Benjamin asked Rebimbas if she had anything extra that she wanted to share. Rebimbas took a moment to reflect before responding, "If you have a passion, follow it; follow your heart. If you find something that you love, there should be nothing stopping you from doing it. There are so many things out there in this world; once you find your little thing, just go out there and do it."

Both Benjamin and Rebimbas received high praise from Principal Smith. "Ben took this opportunity as a journalist seriously and interviewed Ms. Rebimbas like a professional! We are truly grateful for Ms. Rebimbas taking the time to inspire our students to work hard and to find their passion."

The district looks forward to following Melina's academic and athletic career and thanks Señora Noralys Rebimbas and Ms. Nancy Andrews for coordinating the interview between Benjamin and Melina.



(above) Grade 5 ALT student Benjamin B. interviews rising star Melina Rebimbas for the school newspaper.



(above) Former Central School Eagle and Warren Middle School Wolverine student and elite athlete Melina Rebimbas participates in an interview with Grade 5 ALT student Benjamin B.

Photos by Warren Township Schools



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Animal Control Solutions- Animal Control Officer for Warren Township can be reached 24/7 at (908) 722-1271.

Warren Township Police Department- 24/7 non-emergency number - (908) 753-1000

In case of an emergency, please call 911.

You may also contact

Warren Township Health Department at (908) 753-8000 ext. 239,

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Monday-Friday 8:30 a.m. – 4:00 p.m.

## DAR DAY OF SERVICE BENEFITS VETS AND PETS

Members of Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution (DAR) observed the annual DAR Day of Service with projects for hospitalized veterans and for homeless pets.

For decades, the chapter has collected donations of clothing, books, games and other items to be distributed as holiday gifts for the hospitalized veterans at Lyons V.A. Medical Center. In addition, the chapter continued a more recent tradition of collecting pet food, cleaning supplies and gift cards for the Plainfield Area Humane Society Shelter in Plainfield.

“Providing gifts for veterans sends the message that we thank them for their service and that they are not forgotten,” said Chapter Regent Ashley Salsano. “A few years ago, we began another tradition by supporting the local animal shelter. Many of our members are pet owners and

wanted to help.”

There is still time for the public to send well wishes to the veterans at Lyons. The DAR will host a table at the Somerset County 4-H Holiday Craft Festival on December 10-11, 10 a.m. to 3 p.m. at the 4-H Center, 310 Milltown Road in Bridgewater. The chapter will have holiday cards available to the public, free of charge, to write a short note for a veteran; children may draw a picture. The chapter will deliver these items to Lyons. Admission to the festival is free.

The DAR is a nonprofit service organization open to women 18 and over who can trace their descent from a patriot of the American Revolution. Elizabeth Snyder-Continental Chapter, based in Green Brook, serves areas of Somerset, Middlesex and Union counties. New members are welcome. Contact ESCchapterDAR@gmail.com or visit DAR.org.

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(above) DAR chapter officers Marti Kalko and Susan Dobrinsky deliver donations of pet supplies to the Plainfield Area Humane Society Shelter.



(above) Attendees sign cards for veterans at the 2021 4-H Holiday Craft Festival.

Courtesy photos

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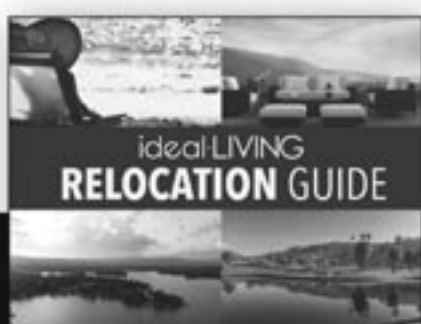
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December 4, 1pm: A Grinchmas Whobilation - See "The Grinch" on the big screen! Get your picture with The Grinch and Whoville characters!

Plus a special visit from Santa Claus! Dress in your best Whoville wears to enter our contest.

December 10, 12 pm: All aboard The Polar Express! See The Polar Express on the big screen in your comfiest pajamas with friends and family. Get your Golden Ticket and enjoy the movie, cookies, and a sleigh bell for every child, given out by Santa himself. Tickets \$7-\$12

December 16, 8 pm: Christmas with Chris Ruggiero features fan favorites from his much-

anticipated Christmas album such as "Sleigh Ride," "Christmas (Baby Please Come Home)," and "Have Yourself a Merry Little Christmas" as well as songs from his four albums, all delivered in Chris's own classic style. Joined by Emil Stucchio & the Classics. Tickets \$ 30-\$45

December 18, 3 pm: Brook Orchestra Holiday Pops. Deck the concert hall with holly jolly fun as Conductor Thomas Vacca and the Brook Orchestra fills the theater with timeless holiday music favorites. Tickets \$15-20

Visit our website [www.brookarts.org](http://www.brookarts.org) for information and discounted advance purchase tickets or call 732-469-7700 Box Office Opens at 6 pm for walk-up sales. Concessions, Bar, and Free Parking are available. The Brook Arts Center is in Bound Brook, NJ, one block from the Bound Brook Train station and a few short miles from Rt 22, 287, and 78.

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## CRAIG CLARK OF SCOTCH PLAINS CELEBRATES ANNIVERSARY OF HIS LIFE-SAVING HEART TRANSPLANT

Craig Clark, 61, is taking time to reflect on the gift of life and the miracle of organ and tissue donation and transplantation as he recently celebrated four years since his life-saving heart transplant. With his health and strength now restored, Craig is living each day to its fullest by enjoying life's precious moments and spending time on his favorite hobbies, including home improvement projects, day trips and travel.

"Each day that I get to travel and spend time with extended family and friends or special events like our children's weddings or the birth of a grandchild, I remember that it was made possible thanks to my organ donor and the care of Susan Pardi, NP, and the amazing transplant team at NYU Langone who kept me alive through heart failure," said Craig.

Now four years post-transplant, Craig is filled with energy and spends as much time as possible with his grandchild. He is also forever mindful of his organ donor who gave him the gift of life. "The only thing that I know about my donor is that he was 51 years old when he passed," said Craig. "My donor or his family's decision to be a donor has essentially given me a new lease on life."

Craig has also made it a priority to advocate for NJ Sharing Network, the nonprofit organization responsible for the recovery and placement of donated organs and tissue in the Garden State. By sharing his story with others, Craig hopes to encourage more people to register as organ and tissue donors. "One organ and tissue donor can save eight lives and enhance the lives

of over 75 others," said Craig.

At the age of 17, Craig enlisted in the U.S. Marine Corps. He earned bachelor's degrees in Criminal Justice and Art History from Seton Hall University before returning to active military duty as an Artillery Officer. At that time, doctors detected that Craig had a heart murmur, and he was soon diagnosed with cardiomyopathy. Despite his critical health challenges, Craig and his wife, Anna, raised their three children, Adam, Rachel and Nathan, and he enjoyed a successful career in transportation and supply chain management.

As years passed, Craig's heart disease grew progressively worse. He suffered a stroke and his heart stopped beating twice in a two-week period. Craig had a defibrillator implanted, but he was later diagnosed with congestive heart failure (CHF) in 2017. He was added to the heart transplant waiting list. On August 25, 2018, while admitted at NYU Langone, Craig's prayers were

answered when he received "the call" from NYU Langone cardiologist Alex Reyentovich, MD that a heart was available for transplant.

"I remember answering the phone was basically the only thing that I had enough strength to do at the time," said Craig. "The next day, I had my transplant. I recovered quickly in the immediate days and weeks after transplant. I was out of the hospital in just seven days!"

Currently, there are over 100,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant, according to United Network for Organ Sharing (UNOS). However, the generosity of those in the Garden State is providing hope for the future. Organ and tissue donor registrations in the Garden State continue to increase thanks to strong community education and outreach efforts and simplified ways to register. To learn more, get involved and register as an organ and tissue donor, visit [www.NJSharingNetwork.org](http://www.NJSharingNetwork.org).



(above) Heart transplant recipient Craig Clark of Scotch Plains recently celebrated the four-year anniversary of his life-saving transplant.

Photo courtesy of NJ Sharing Network

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**Christmas Eve**  
Saturday, December 24  
Family Service with Eucharist at 4:00 p.m.  
Candlelight Eucharist with Special Music at 6:00 p.m.

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Sunday, January 1 - One Service at 10:00 a.m.

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## FLINTLOCKS SCOUTER GROUP LIVES BY THE SCOUT LAWS

The Flintlocks, BSA, Inc. are a group of retired scouters who dedicate their time and talents to building and maintaining the scout camps of the Patriot's Path Boy Scout Council in northern New Jersey.

The group includes some tradesmen, but also professionals and volunteers of every background. Most are retired, but some still work full-time, and occasionally people volunteer to help for a day here or there. It is a very friendly group with great camaraderie and a good sense of humor. When one member reached age 100, they designated a parking spot reserved for "all Flintlocks over 100 years old". Two other members are 90 years old, but they will have to wait a while before parking in that spot.

The Flintlocks met for their Fall General Meeting on Thursday, October 20, 2022, at their workshop at Camp Winnebago in Rockaway, NJ. They reviewed the accomplishments of the previous year and discussed future projects the Council needs to have done. Some of the future projects include installing new windows in the dining hall, building a pavilion near the trading post, collecting Toys for Tots; and making craft

kits and Pinewood Derby cars for special needs children.

The Patriot's Path Council of the Boy Scouts of America encompasses 5 counties in central and northern New Jersey: Middlesex; Morris, Somerset, Sussex, and Union. The Council website is ppcbsa.org. There are 11,000 scouts who use the camps in this council.

In spite of their name, the Flintlocks have nothing to do with antique firearms, although some of the old guys are considered "antiques". They meet every Thursday at Camp Winnebago, Rockaway, NJ, all year round, and guests are always welcome. They are organized as a 501c3 nonprofit corporation. All of the members are registered with the BSA, take CPR and AED training, and are vaccinated for COVID.

More than half of the Flintlocks have been awarded the prestigious Silver Beaver Award, which is the highest National Award for a volunteer in the Scouting Program. They usually

provide approximately 5,000 hours of volunteer skilled labor every year, saving the Council close to \$250,000 of labor costs.

In the past, the Flintlocks have built cabins, picnic tables, painted the dining hall, built the archery range, built all the structures at the waterfront, financed, built and equipped the STEM Lab at Allamuchy Scout Reservation, financed and built an addition to the Wink Dousa Cabin, and repaired damage to camp structures. In addition to building structures and doing repairs and maintenance, they also volunteer at many Council programs throughout the year. One popular program for Cub Scouts for which the Flintlocks volunteer is called "For the Birds". The children learn about birds and build birdhouses and bird feeders.

The Facebook Page is "Flintlocks". Guests are always welcome. For more information contact Secretary Dr. Michael Hart at drmhart@yahoo.com.

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(above) The Flintlocks BSA, Inc. members showing the signs representing the 12 points of the Scout Law. They tease one member for always being seen with a coffee cup in his hand, so they made him a sign reading "coffee". These signs will be posted at the Allamuchy Scout Reservation in Byram, NJ, located near Waterloo Village.

Courtesy photo

## ARM PAIN

You Don't Have To Live With It!

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# RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

## DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **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 rehabilitation and medications.
- 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.

### 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 sound sleep.

### 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 fluoroscopy 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 fluoroscopy 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

Scot Paris MD, FACS



### Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."

- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."

- Perry O.

"After only four visits, I have absolutely no pain! The staff is 'top-notch.'"

- Quenton L.

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# APHASIA COMMUNICATION GROUP OFFERED

The Adler Aphasia Center is currently offering an Aphasia Communication Group for stroke and brain injury survivors with aphasia in Scotch Plains, NJ. This group provides those diagnosed with aphasia an opportunity to socialize with others who share similar experiences, provide tips to communicate more effectively, and time to practice communication skills in a natural environment. Aphasia is a language disorder caused by stroke or other brain injury. It affects spoken language, reading, and writing, but does not affect one's intellect.

This group is facilitated by a licensed speech language pathologist and is offered two Fridays of each month for two hours. A person with aphasia may join the group at any time but must pre-register. There is a nominal charge, but we never turn people away for lack of funds, we offer scholarships to those who are not able to pay \$80 for eight sessions.

To learn more about this communication group and to pre-register, please contact Gretchen Szabo, M.A., CCC-SLP at 551-287-2238 or email gszabo@adleraphasiacenter.org.

Adler Aphasia Center, a non-profit organization with three full-service facilities based in Maywood, West Orange, and Toms River, NJ and Aphasia Communication Groups located throughout the state, is an innovative, post-rehabilitative program that addresses the long-term needs of people with aphasia and their families. Aphasia is a communication disorder that impairs the expression and understanding of spoken language, reading, and writing. It occurs most often from a stroke or other brain injury. It affects a person's ability to communicate, but not his or her intellect. This communication disorder affects 40% of all stroke and brain trauma survivors. The Center is considered a world leader in long-term, post-rehab community-based care for people with aphasia. With 2.5 million people diagnosed with aphasia in the U.S., the Center is the only one of its kind in NJ, an area with an estimated 70,000 people living with aphasia.

For more information about the Center's programs and services in Maywood, West Orange, or Toms River, NJ, or for information about the Center's Aphasia Communication Groups in Bridgewater, Haddonfield, Hammonton, Maywood, Monroe, Scotch Plains, Toms River, Virtual Spanish Speaking Group and Virtual NJ Group, visit their website at adleraphasiacenter.org or call 201-368-8585

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## RETIRED POLICEMEN AND FIREMEN'S ASSOCIATION LOCAL 3

The Retired Policemen and Firemen's Association (NJRPFPA) Local 3, is comprised of members from of Union and Somerset counties. Monthly meetings are held at the Kenilworth VFW.

The NJRPFPA was established in 1987 to promote and develop a friendly spirit among its members, both retired and associate members. There are over 3,000 members of the association in various county Locals in NJ, as well as Local 22 in the State of Florida. These members are retirees from State, County and Local Firefighters, Police, Sheriff, Prosecutors, and Attorney General's Office to name a few. These members reside in NJ, NY, PA, FL, VA, SC and many other states.

If you live in Union County or Somerset County, please consider joining our Local 3 to keep abreast of major issues which may impact on your retirement benefits and issues that may be of value to you. Our yearly dues are \$10. For more information visit: [njrpfa.org/local3/](http://njrpfa.org/local3/)

During our careers as police and firemen, we never ignored a call for help from the public, we were always there and always ready, and now, that we are retired, we ask that we be--- not forgotten. We have over 300 members here in Union and Somerset Counties and we keep that comradery, and spirit of friendship by supporting our retired members, their families, and the community when they need help.

A recent guest speaker at our monthly meeting was Special Agent in Charge of the NYC DEA office, Frank Tarentino. Agent Tarentino spoke to our membership along with officials from Kenilworth's Harding School. The topic of the presentation was Fentanyl Awareness and the dangers of this drug coming into our country.

Local 3 also presented a check to the Union County Police Chiefs Association. It will go towards the new construction of the "Fallen Officers Memorial" which is located in front the Police Academy in Scotch Plains. Scotch Plains Chief Ted Conley accepted the Check from Chief

Kenneth Grady (Ret) President of Local 3.

Local 3 also participated in the National Red Ribbon week with Harding School officials. Harding School Counselor Kristen Jeans

obtained the red ribbons which were handed out at the meeting. National Red Ribbon Week is in tribute to slain DEA Agent Enrique Camarena who was killed in 1985 in Mexico.



*(above) Active and retired members of Local 3 participating in National Red Ribbon Week. National Red Ribbon Week is in tribute to slain DEA Agent Enrique Camarena who was killed in 1985 in Mexico.*



*(above) Members of the Union County Prosecutor's Office with retired Police Chief Kenneth Grady and Special Agent in Charge of the NYC DEA Office Frank Tarentino. Special Agent Tarentino addressed the members of Local 3 on the dangers of fentanyl. Members of Harding School were also invited. The meeting was in support of National Red Ribbon Week in tribute to slain DEA Agent Enrique Camarena. Red Ribbons were handed out to the membership.*



*(above) Retired Police Chief Kenneth Grady, President of the Retired Policemen and Firemen's Association Local 3 of Union County presented a check in the amount of \$1,000 to Scotch Plains Chief Ted Conley. The donation is to go towards the new construction of the "Fallen Officers Memorial " which is under construction in front of the John H. Stamler Police Academy in Scotch Plains.*

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## WARRENBROOK SENIOR CENTER EVENTS

Warrenbrook Senior Center located at 500 Warrentown Road is one of the six county operated Senior Center. Somerset County residents who are 60 years and older are welcome to participate in any of the programs at Warrenbrook Senior Center. They also provide a choice of 4 different meal choices during lunch that seniors can take advantage of during the weekdays. All the programs are FREE for the registered members. Please (908) 753-9440 for more information on how to become member of the Warrenbrook Senior Community.

Below is the highlight of some of the programs available at Warrenbrook Senior Center in December

### **Brain Games & Hand Bells with Adrienne Graubard**

**December 2 & 16, 11 a.m.**

Did you know that solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes? Join Adrienne for some mind-tingling, brain-stumping word games and fun-filled musical workout using hand bells.

### **Fun, Fit, and Fabulous: Stretch and Strength with Brandywine Living**

**December 5, 11 a.m.**

Brandywine Living and Powerback Rehabilitation present Fun, Fit, and Fabulous: Stretch and Strength. Join us for this interactive program taught by a licensed physical therapist to improve flexibility and mobility. A great way to age without injury is to stretch and strengthen muscles, so lace up those sneakers and let's get moving.

### **Healthy Eating During the Holidays by Jennifer Korneski, Program Coordinator, Rutgers Cooperative Extension**

**December 7, 11 a.m.**

Join the discussion around healthy eating during the holidays. It's actually possible. Jennifer will share some great tips on how to watch your waistline during these festive times

### **Santa Claus Craft with Debbie Perez, Local Artist. Join us and learn how to turn trash into a treasure**

**December 9, 11 a.m.**

Using a used-up light bulb, some paint, felt, and the magic touch you will create an heirloom you will want to keep forever. All supplies will be provided. Please call (908) 753-9440 for more information.

### **Heads Up Seniors by Anna Busler, Brain Injury Alliance of New Jersey**

**December 12, 11 a.m.**

The purpose of this workshop is to increase independence and decrease falls, along with discussing driving and pedestrian safety tips.

This is an interactive workshop that is designated to educate seniors on ways to be safe at home and in the community.

### **Warrenbrook Holiday Celebration with Entertainment by Clifford Seay**

**December 19, 11 a.m.**

Join us for our Annual Holiday Party featuring Clifford Seay. Clifford will be playing your favorite festive songs to get you in the holiday spirit. Come sing along and join the holiday celebration. Please call (908) 753-9440 for more information.

## DISABILITY ADVOCATES AWARD GOES TO SCLSNJ

The Somerset County Library System of New Jersey (SCLSNJ) was awarded a Disability Advocates Award by the Somerset County Board of County Commissioners on Tuesday, October 25, 2022.

The Disability Advocates Awards acknowledge individuals, organizations, and/or businesses that go above and beyond to ensure that people with disabilities in Somerset County are fully included in the life of the community.

"The Somerset County Library System has done a fantastic job ensuring all Somerset County residents are fully able to access books, digital materials, and programming of its libraries," said Commissioner Sara Sooy. "Our latest addition was the 2022 Disability Job Fair. This program helps ensure that everyone in Somerset County has job opportunities right in their backyard."

"The return of SCLSNJ's Job and Volunteer Fair for Persons with Disabilities, after a two-year hiatus, was a remarkable success on April 7, 2022," said Christopher Korenowsky, director of public service. "Many attendees and participating organizations expressed gratitude for the opportunities the fair provided and shared an interest in returning when SCLSNJ holds the event in 2023. It was my pleasure to nominate all members of the SCLSNJ Disabilities Committee who worked tirelessly to ensure the 2022 Disabilities Job Fair was a success."

To learn more about the Library System, call 908-458-8400. To discover all SCLSNJ has to offer, visit SCLSNJ.org or connect with SCLSNJ on Facebook, Twitter, or YouTube.



(above, l-r) Pictured are SCLSNJ staffers Jungwon DeVone, Naomi Furrier Boudodimos, and Nanette Peterson; alongside County Commissioner Sara Sooy.

Courtesy photo

## HOLIDAY PARTY FOR WARREN SENIORS

(Seniors 55 & older)

**DECEMBER 7TH at FOREST LODGE**

**FROM NOON TIL 4pm**

**Donation of \$15 Per Person**

(\$45 for a non-resident senior sponsored by a Warren resident)

**There will be music and dancing**

Choice of Sliced Beef Sirloin, Chicken Francoise or Sole stuffed with Crab meat.  
(wine with the meal – coffee and desert after)

For reservations Contact one of the following:

Mike D'Ambrosio – 908-255-7357

Kathleen Stahl – 732- 469-2077

Bill Sundburg - 908-754-8915

Irene Toth – 732-748-7213

Checks must be made out to "Warren Township"

Attendance is limited to 125 people. It would be wise to reserve early.

**Reservations MUST be received by Dec. 1st**



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Zip: 07204



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# EXPLORE SCLSNJ'S VIRTUAL PROGRAMS DECEMBER THROUGH FEBRUARY

All SCLSNJ branches will be closed on Saturday, December 24, 2022; Sunday, December 25, 2022; and Sunday, January 1, 2023.  
Warren Twp. branch will be closed on Saturday, December 31, 2022; Monday, January 16, 2023; and Monday, February 20, 2023.  
The Warren Twp. branch will be closed on Saturday, December 10, 2022.

To join a virtual program by phone, dial 646-876-9923. After dialing, you will be prompted to enter a meeting ID, which is unique for every event. The meeting ID is the series of numbers at the end of the Zoom link posted for each event.

## **Merry Berry Celebration - Cooking with Berries Throughout the Holiday Season**

December 1, 7-8 p.m.

<https://sclsnj.libnet.info/event/6767183>.

Presented by the Greater Raritan Workforce Development Board:

### **Study for Success**

December 5, 2-3 p.m.

<https://sclsnj.libnet.info/event/7154686>.

### **By the Numbers**

January 17, 11 a.m. - noon

<https://sclsnj.libnet.info/event/7154780>.

## **The Great British Baking Tour - Holiday Edition**

December 5, 7-8 p.m.

<https://sclsnj.libnet.info/event/6946459>.

## **RECIPE CLUB**

virtual and in person at Warren Twp. branch.:

### **Holiday Food Gifts**

December 6, 6-7 p.m.

<https://sclsnj.libnet.info/event/6661143>.

### **Slow Cooker Recipes**

January 17, 5:45-6:45 p.m.

<https://sclsnj.libnet.info/event/7133041>.

### **Seafood**

February 14, 6-7 p.m.

<https://sclsnj.libnet.info/event/7136352>.

### **Fifteen Gems for the Holidays**

December 7, 7-8:30 p.m.

<https://sclsnj.libnet.info/event/6770513>.

## **Creating Christmas - How a Centuries Old European Celebration Became Something Uniquely American**

December 8, 7-8 p.m.

<https://sclsnj.libnet.info/event/6850655>.

## **"A Christmas Carol" by Charles Dickens**

December 12, 7-8 p.m.

<https://sclsnj.libnet.info/event/6951749>.

## **Fantastic Plant Stories Presented by Somerset County Park Commission**

December 13, 7-8 p.m.

<https://sclsnj.libnet.info/event/6849807>.

## **A Real Toy Story, Two Entrepreneurs - America's Obsession with Toy Trains in the 21st Century**

December 14, 7-8 p.m.

<https://sclsnj.libnet.info/event/6767245>.

### **Victorian Holiday Traditions**

December 15, 7-8 p.m.

<https://sclsnj.libnet.info/event/6986765>.

## **How The Hard Winter of 1880- 81 Became "The Long Winter" Presented by Cindy Wilson, Author of "The Beautiful Snow"**

January 3, 7-8 p.m.

<https://sclsnj.libnet.info/event/7091288>.

### **Reducing Food Waste at Home**

January 4, 7-8 p.m.

<https://sclsnj.libnet.info/event/6874041>.

## **PRESENTED BY GREATER RARITAN**

### **ONE-STOP CAREER CENTER:**

#### **Overcoming Your Fear of Public Speaking**

January 5, 10 a.m. - noon

<https://sclsnj.libnet.info/event/7051462>.

#### **Defeating Unconscious Bias**

February 2, 10 a.m. - noon

<https://sclsnj.libnet.info/event/7067447>.

#### **Put Your Best Self Forward**

February 21, 11 a.m. - noon

<https://sclsnj.libnet.info/event/7154894>.

#### **Using the Power of Food -**

#### **To Heal Ourselves and Our Planet**

January 9, 7-8 p.m.

<https://sclsnj.libnet.info/event/7040121>.

#### **Hawaii - A Photo Tour of Tropical Isles**

January 10, 7-8 p.m.

<https://sclsnj.libnet.info/event/6849452>.

## **The Dressmakers of Auschwitz - The True Story of the Women who Sewed to Survive**

January 11, 7-8 p.m.

<https://sclsnj.libnet.info/event/6848139>.

#### **Italian Soup with Healthy Greens**

January 12, 7-8 p.m.

<https://sclsnj.libnet.info/event/6767361>.

## **I'll Do It Later - How to Stop Procrastinating**

January 17, 7-8 p.m.

<https://sclsnj.libnet.info/event/7040119>.

### **Mind Games -**

#### **The Science of Perception Deception**

January 18, 7-8 p.m.

<https://sclsnj.libnet.info/event/6773003>.

#### **Five Daily Exercises in Gratitude**

#### **to Transform Your Life**

January 19, 7-8 p.m.

<https://sclsnj.libnet.info/event/6937295>.

### **The Big Band Era**

January 23, 7-8 p.m.

<https://sclsnj.libnet.info/event/6135502>.

#### **"Why? Explaining the Holocaust"**

January 24, 7-8 p.m.

<https://sclsnj.libnet.info/event/6786696>.

### **Shutterfly Photo Books**

January 25, 7-8 p.m.

<https://sclsnj.libnet.info/event/7046547>.

## **Afterlives - Recovering the Lost Stories of Looted Art Presented by The Jewish Museum**

January 26, 7-8 p.m.

<https://sclsnj.libnet.info/event/7096223>.

### **Where's My Stuff?**

#### **The Ins and Outs of Managing Space**

January 30, 7-8 p.m.

<https://sclsnj.libnet.info/event/7044930>.

#### **Life in the Last Frontier - Alaska**

January 31, 7-8 p.m.

<https://sclsnj.libnet.info/event/6999172>. □

#### **Black Scientists We Should Know**

February 1, 7-8:30 p.m.

<https://sclsnj.libnet.info/event/6770636>.

## **The Most Fascinating, Obscure Figure in American History - Benjamin Lay, Abolitionist**

February 6, 7-8 p.m.

<https://sclsnj.libnet.info/event/6765075>.

## **Dr. Mary McLeod Bethune -**

### **The Link to our Past, Present, and Future**

February 7, 7-8 p.m.;

<https://sclsnj.libnet.info/event/6889393>.

### **Bessie Coleman - Fly! Bessie, Fly!**

#### **Performed by Daisy Century from**

#### **American Historical Theater**

February 8, 7-8 p.m.

<https://sclsnj.libnet.info/event/6916020>.

## **The Legacy of Harry and Harriette Moore**

February 9, 7-8 p.m.

<https://sclsnj.libnet.info/event/6816281>.

### **Chocolate Lover's Desserts -**

#### **A Virtual Bake-Along**

February 13, 7-8:30 p.m.

<https://sclsnj.libnet.info/event/6963073>.

### **Advanced Care Planning - Wills and**

#### **Healthcare Proxies Made Simple**

February 15, 7-8 p.m.;

<https://sclsnj.libnet.info/event/7147236>.

## **Motown - Music That Moved the World**

February 16, 7-8 p.m.

<https://sclsnj.libnet.info/event/6836221>.

### **The Harlem Renaissance -**

#### **Courage, Grace and Vision**

February 21, 7-8 p.m.

<https://sclsnj.libnet.info/event/6775462>.

## **Jesse Owens - A Life in American History**

February 22, 7 p.m.

<https://sclsnj.libnet.info/event/6911416>.

### **Overview of Atrial Fibrillation -**

#### **February is Heart Month**

February 23, 7-8 p.m.

<https://sclsnj.libnet.info/event/7086590>.

## **The Food and the Folks of the Great Migration**

February 27, 7-8 p.m.

<https://sclsnj.libnet.info/event/6830532>.

### **Self-Care Advocate -**

#### **7 Steps to Prevent Chronic Disease**

February 28, 7-8 p.m.

<https://sclsnj.libnet.info/event/7093964>.



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