

# ROSELLE PARK MONTHLY

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## ANNUAL TREE LIGHTING CEREMONY & WINTER MARKET

On Friday, December 2nd, the Borough of Roselle Park hosted its annual Christmas Tree Lighting Ceremony at Michael J. Mauri Park. The event coincided with the opening of the 2nd Annual Winter Market, a three-day long event that featured craft vendors, food vendors, free kids activities, and a beer garden.

Other entertainment included live performances from the Roselle Park School District Choir and Christmas carols by the Roselle Park High School Marching Band. An ice skating rink and free family portraits with Santa and Mrs. Claus.

(See photos on on pages 6 and 7.)

Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on Roselle Park Monthly page on [facebook.com](https://www.facebook.com).

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(above) The Roselle Park PBA donated toys and candy to give away at the Winter Market.



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## JUST JUBILANT IS DECEMBER'S SMALL BUSINESS OF THE MONTH

### The Borough of Roselle Park

The Borough of Roselle Park recently named Just Jubilant as the Small Business of the Month winner for December 2022.

This well loved local establishment is a greeting card store that offers so much more. In addition to an extensive selection of cards for any occasion, shoppers can enjoy a wide variety of unique stationery items, balloon bouquets, candy, scarves, candles, jewelry and more. With expert gift wrapping onsite, this is a one-stop shop for anyone's gifting needs.

"Just Jubilant is everything we want in our business community, well run, tasteful, and locally owned!" said Mayor Joe Signorello. "I'm so proud to have them as part of our community, and wish them continued success."

After working in the greeting card industry for over thirteen years, owner Jennifer George decided to take a leap of faith when she opened her store in 2021. George, a Roselle Park resident and mother of three, balances her busy family life with running this local gem. "Just Jubilant is excited and honored to be selected as the Roselle Park December Small Business of the Month," said George. "Our mission is to inspire customers to celebrate life's moments with humor,

originality, beauty and personal expression, whether it be with a funny card, quirky gift, or beautiful wrapped package." George hand-picks each curated item, choosing things that she loves.

Located right in the heart of Roselle Park, Just Jubilant invites shoppers inside with its brightly colored and well-adorned window display. Through the doors, customers are greeted with friendly service and personal attention as they peruse the thousands of one-of-a-kind gifts and cards. Non-locals can also enjoy shopping on their website which offers free shipping for orders over \$50.

Just Jubilant is located at 19B East Westfield Avenue in Roselle Park, NJ. For more information on their hours of operation, current promotions or full list of products please visit [justjubilant.com/](http://justjubilant.com/) or call 908-445-4227.



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# TEEN HELPS RAISE MONEY FOR FAMILIES FACING PEDIATRIC CANCER

Nick Swandrak, 18, of Cranford, NJ, teamed up with retired NFL Coach Tom Coughlin to raise money for local families facing pediatric cancer on October 21 at Cipriani 42nd Street, New York. In a speech to a crowd of nearly 500 professional athletes, celebrities and supporters at the Tom Coughlin Jay Fund's annual Champions for Children Gala, Swandrak shared his own journey of being diagnosed and treated for acute lymphoblastic leukemia and his subsequent relapse earlier this year. The Jay Fund, the nonprofit founded by the two-time Super Bowl winning coach of the New York Giants, marked its 17th year of providing financial, emotional and practical support for families tackling pediatric cancer in the New York/New Jersey Metropolitan area.

Swandrak knows all too well the challenges families face when a child is diagnosed with cancer, and he is passionate about raising awareness and funds to support them. He has

spent much of the last four years enduring grueling cancer treatments and being isolated from his friends due to his immunocompromised condition. His family, like all families who have a child with cancer, has faced expensive medical bills coupled with rising inflation and record-high food costs.

Swandrak and his family have been supported by the Jay Fund throughout his treatment.

"The Jay Fund covered our mortgage payments when our bills became overwhelming and has given me experiences that I will never, ever forget," Swandrak told the crowd of current and former New York Giants, business leaders and Jay Fund families and supporters.



Swandrak's emotional words captivated the audience, and his speech was one of the highlights of a night that raised \$1.25 million for the Jay Fund and the families it serves in the New York/New Jersey Metropolitan area.

"Nick is a remarkable young man and a current

Jay Fund scholarship recipient," said Mary Jane Pulzello, Managing Director of the Tom Coughlin Jay Fund in NY/NJ. "He received a standing ovation from the audience, as many were deeply moved by this young man's courage and tenacity in fighting cancer for more than four years."

Swandrak thanked his medical team who continue to help him through this fight, as well as his friends and family who have lifted him up from day one. He saved his most heartfelt appreciation for his parents, stating their love and support have been everything to him.


"As of today, I've had 126 chemo shots, 28 spinal taps, and over 200 days sleeping on scratchy hospital sheets," Swandrak told the crowd. "Fighting cancer is tough. You're in bed, and sick a lot of the time. There are days that are a real struggle. But I'm looking forward to ringing that bell for the second time this December and being back in remission."


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(above) Nick Swandrak, a Cranford, NJ, teen who has been tackling pediatric cancer for more than four years, joined former NY Giants head coach Tom Coughlin and the Tom Coughlin Jay Fund to help raise funds for other NY/NJ children and their families facing childhood cancer.

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## GARDEN HONORS BELOVED LONG-TERM PATIENT

Robert Wood Johnson University Hospital Rahway now has a garden honoring Everett Duchin of Colonia, a beloved hospital patient.

"When we first discussed it, it was going to be a bench and tree," joked Everett's brother Eric of South Plainfield. Everett's immediate family, together with friends and extended family, started a GoFundMe page to raise money. The Everett Howard Duchin Memorial Garden now includes several ornamental trees, flowering plants, and benches circling the hospital's familiar gazebo.

"We thank the Duchin Family and their many friends for providing a beautiful place for family, friends and staff," said Hospital President Kirk Tice.

Everett Duchin was 41 when he passed away at home in 2021. An infection during infancy had left him severely brain damaged requiring 24/7 care. As an adult, he sometimes needed a ventilator to help him breathe.

His family was devoted to his care. He was often hospitalized for weeks and months at a

time.

"My mom spent many a night in a chair by his bedside at the hospital," Eric recalled. "He was hospitalized so often, we said he should have a wing."

Everett, called Evi, was beloved by hospital staff, who would comb his hair, play with him or just come in to visit, recalled Everett's mother, Arleen Duchin. "He had a great smile," recalled Nurse Theresa Dobbin. "And he really loved Teddy Ruxpin," an animatronic toy bear that talked.

In a touching ceremony in front of the hospital's signature gazebo, Arleen Duchin thanked the hospital staff, hospital administration and Hospital President Kirk Tice, her family and all the family's many friends for contributing to the garden.

"This gift from the Duchin family created a beautiful space for people to take a moment in their day," said Vice President of Development Heather Hays.



(above) The Duchin family pose with some of the many staff members who took care of their son Everett. RWJ Rahway Nurse Melanie Mercado, Everett's parents Mel and Arleen Duchin, RWJ Rahway Nurse Theresa Dobbin. Back row, Everett's brothers Eric, Jared and Elliot.

Photo by J Martin Production

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Mayor Victor Sordillo was honored on Saturday, December 10, at an event in Edison, NJ, for his years of service and support of the Indian community.

The event was a fundraiser for Vedic Samaj of New Jersey. They are "an association of people brought together by a common bond of Hindu Dharma and cultural heritage. The group strives to enrich their lives through the practicing of vedic values and beliefs via prayers, social interactions, and caring for each other and the well-being of the community at large."

Mayor Sordillo championed the recognition of Diwali, also known as the Festival of Lights. It is one of the most important festivals within Hinduism.

"I am honored to be recognized by this very important segment of our community. The event clearly displayed exceptional talent and skill through song and dance but more importantly demonstrated charity and caring for the community," said Mayor Sordillo.



(above) Mayor Sordillo pictured receiving a bouquet of flowers from Dr. Jett Sethi, the chair of the Board of Trustees.

Courtesy photo

## JANUARY IS A SOUPER TIME TO VISIT RAHWAY

Rahway is your winter destination in 2023! Looking for something to do to fight off those winter blues? Bundle up and take the train, rideshare, or drive to Rahway to experience all that the city has to offer. Rahway is home to a diverse small business community with unique retail shops and dining experiences. You can start your day in Rahway with a hot cup of coffee and some shopping, get the kids out of the house for lunch and some family game time at the arcade, and plan a date night with drinks and dinner at any one of our many delicious restaurants. No matter what cuisine you are craving, you will find it in Rahway! Watch a show at the Union County Performing Arts Center, view an exhibit at one of our art galleries, or listen to local musicians who can help you rock and sway your way through the winter months.

Looking to warm up this winter? Our annual Soup Stroll, presented by our Special Improvement District (SID), will return every Saturday in January (Jan 7, 14, 21, 28) from 1-4 p.m. Mayor Raymond Giacobbe and the Rahway City Council encourage everyone to attend this free event as a great way to get together with friends, get out of the house, and sample some delicious soups while strolling through the City.

Restaurants will be stirring up their finest soups for you to try, so be sure to follow @Rahwayishappening on Facebook and Instagram or visit [RahwayisHappening.com/soupstroll](https://www.RahwayisHappening.com/soupstroll) for participating eateries and more information. Snap a photo of you and your Soup Stroll Squad enjoying your samples and share it with @rahwayishappening on Instagram to enter our Soup Stroll Selfie contest for a chance to win a \$25 Gift Card to your favorite participating restaurant.

Visit [Rahwayishappening.com](https://www.RahwayisHappening.com) for information on parking, lists of shops and restaurants and details about all of our upcoming events!

MAYOR RAYMOND A. GIACOBBE AND THE RAHWAY CITY COUNCIL PRESENT

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Please note: While supplies last. Establishments will not be able to accommodate food allergies or restrictions. Not all restaurants are open the entire 1-4pm. Please check individual hours of operation.

**the city of rahway**  
MAYOR RAYMOND A. GIACOBBE

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## FIND PASSION AND PURPOSE THIS WINTER

### The Gateway Family YMCA

Find your passion and purpose at The Gateway Family YMCA this Winter. At the Y, you'll find more than just a place to work out. With opportunities to connect with new people, develop new skills, explore new interests and support your community, you'll discover new passions and gain a greater sense of purpose. The Gateway Family YMCA is inviting the community to visit the Y and learn more with an Open House from January 11-13 and a YMCA Membership Special through January 15.

"We all need a place to go where we feel supported and where we belong. The Y is that place for many. A place where adults can find life balance; children can reach their full potential; seniors can be active and find community; and families can connect and strengthen relationships," stated Melynda A. Disla, CEO, The Gateway Family YMCA. "Our supportive community of staff and members will inspire you to find your inner strength and expand your health in spirit, mind and body."

To help more people benefit from the Y, The Gateway Family YMCA is hosting a membership special through January 15, providing No Joiner Fee for all new members who join using the code NY23 at [tgfymca.org/join-the-Y](http://tgfymca.org/join-the-Y) or in person at the Y. Flexible membership opportunities are available, including short-term memberships, virtual memberships, and a free community membership for all to belong to the Y. In addition, The Gateway Family YMCA will be opening their doors to the community January 11-13 for a YMCA Open House at four locations in Elizabeth, Rahway and Union. For more information, visit [tgfymca.org/events](http://tgfymca.org/events)

At the Y, individuals and families have the opportunity to improve their health and well-being and connect with the community, all while participating in their favorite program or activities at the Y, or virtually from home. "To be our best selves, we need to take care of our wholes selves, and our goal is to provide that

seamless opportunity to make healthy living easy for all, whether they travel to the Y or join their favorite class from home," stated Rodger D. Koerber, Chief Operating Officer. "Here, neighbors from all backgrounds and walks of life can discover common ground, broaden their perspectives and support one another. At the Y, there are no strangers, only friends you haven't yet met."

The Gateway Family YMCA is a non-profit charitable organization serving Eastern Union County and Northern Middlesex County since 1900. As a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other, the Y focuses on empowering young people, improving health and well-being and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, the Y ensures that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive. Through the Annual Support Campaign, Membership For All Financial Assistance is available to those who qualify.

The Gateway Family YMCA offers a variety of programs to help achieve greater health and well-being, nurture youth and inspire individuals to give back to better their community. Winter 2023 program registration is available online at [www.tgfymca.org](http://www.tgfymca.org) for programs including swimming lessons, youth sports, active older adult fitness, dance, gymnastics, virtual WISE adult services and chronic disease self-management programs. Through the 7th Grade Initiative, youth are supported with a complimentary membership, leadership opportunities and special events.

To learn more about The Gateway Family YMCA, visit [tgfymca.org](http://tgfymca.org) or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center Branch and WISE Center Branch 908-349-9622 for more information.

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### 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. Additions 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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## STUDENTS TAUGHT PEDESTRIAN SAFETY

*Roselle Park Police Department*

In December, Officers Jessica Cambroner and Ryan Hokanson of the Community Policing Unit provided pedestrian safety lessons to the Roselle Park pre-kindergarten classes as part of Chief Daniel J. McCaffery's community outreach initiative. The pictures were taken from Ms. Gina Cesaro's class at the Ernest J. Finizio Jr. Aldene School. Thank you to all the elementary schools for allowing us to share some safety tips with your students.



Photos by Roselle Park Police Department



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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
2-PAGE SPREAD	21" x 14"	\$700								
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### TOT PROGRAMS (AGES 0-5)

#### **Sensory Play Story Time**

*alternate Tuesdays at 11:00 a.m.*

Enrich your toddler's sense through tactical learning with Miss Faith.

#### **Rhymes & Rhythms**

*alternate Tuesdays at 11:00 a.m.*

Expand your child's early numeracy and literacy skills through nursery rhymes, stories and songs.

#### **Books and Badges!**

*Wednesdays at 11:00 a.m.*

Children will have a chance to build vocabulary and enjoy a book and craft with our officers from the RPPD

#### **Pajama Story Time**

*Thursdays at 6:30 p.m.*

Bring your favorite stuffed animal, wear your pajamas and join Miss Maria for a cozy bedtime story.

#### **Let's Pretend! Storytime/Play group**

*Fridays at 11:00 a.m.*

Explore stories, gain social skills and learn preschool basics with Miss Faith.

### KIDS PROGRAMS (AGE 5-11)

#### **Gel with us**

*Monday, January 9 at 3:30 p.m.*

Explore stories, gain social skills and learn preschool basics with Miss Faith. Ages 5+.

Limited spots. Reservations are strongly encouraged. Please register at the circulation desk to secure your spot.

#### **Paint with me**

*Monday, January 23 at 3:30 p.m.*

Channel your inner Van Gogh while you paint a canvas with Ms. Faith. Ages 5+. Limited spots.

Reservations are strongly encouraged. Please register at the circulation desk to secure your spot.

### **FAMILY EVENTS**

#### **Lego Club**

*Saturdays from 11:00 a.m. - 1:00 p.m.*

Use the library's LEGO bricks to build your own creations. Check the calendar for dates.

#### **Hibernation Station**

*Saturday, January 21 at 11:00 a.m.*

Discover the hibernation process many animals experience annually with a story time, craft, and activity. All Ages Welcome.

#### **Family Movie Night**

*Monday, January 30 at 4:00 p.m.*

Bring the family and join us for a snack and movie in our program room.

### ADULT PROGRAMS

#### **Spanish Conversations**

*Tuesdays at 6:30 p.m.*

Practice your Spanish speaking skills with casual conversation in a relaxed and informal manner.

#### **Knitting Club**

*Wednesdays from 1:00 - 3:00 p.m.*

Knit and crochet winter hats and scarves to donate to charities.

#### **Quilting Club**

*2nd & 4th Thursdays from 1:00 - 3:00 p.m.*

Try out new quilting patterns with friends.

#### **ESL for Adults**

*Thursdays from 6:30 - 7:30 p.m.*

Learn ESL with Professor D'Apra.

#### **Tech Help**

*Monday through Friday from 10-5*

Available in Spanish or English. Appointments are available, walk-ins welcome.

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