

# Berkeley Heights

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### KINDNESS TEAM CONTINUES TO MAKE A DIFFERENCE

A few months ago, most of us were preparing for the hustle and bustle of the holiday season. As trees were being trimmed, and menorahs lit, Silver Liming's Kindness Team was busy planning to help families in need. Partnering with the Berkeley Heights Education Association (BHEA) for the second year, the two groups united to conquer food insecurity for our residents. Fourteen families received Thanksgiving dinner, with all of the fixings. Adults picked up tons of groceries from ShopRite in Stirling, and Silver Liming teens were waiting at the Berkeley Heights YMCA to sort the food. A third set of volunteers delivered the meals. By Thanksgiving morning, both bellies and hearts were full. The kindness team circled back to many of our families and provided a few weeks worth of shelf sustainable groceries to get them through the winter. Thank you BHEA for helping to feed our community.

Days later, Silver Liming teens partnered with Cherished Creations to kick off our first ever toy drive. As usual, the citizens of Berkeley Heights stepped up to help. Deliver sites included Governor Livingston High School, Hughes and Mountain Park, the YMCA, and the library. Over 500 gifts were delivered to Cherished Creations, and shared with those in need. Thank you to all who generously donated. The teens also volunteered to dress as the snowman and reindeer at the winter walk on December 3rd. Many smiles were shared at families posed with the winter wonders.

Some of our teens were busy helping Santa at the Little Flower Cocoa and Crafts event on December 10th. They wore their finest 'ugly sweaters' and danced along with Santa during the evening.

Silver Liming Teens are on a mission to feed the hungry. They are currently holding a fundraiser through [boonsupply.com/collections/618600-silver-liming-foundation-teens](https://boonsupply.com/collections/618600-silver-liming-foundation-teens). Funds raised will be used to feed the homeless through our partnership with Bridges Outreach in Summit. Our teens will make sandwiches and fill bags with fruit, granola, and more that will be distributed in Newark, NJ.

Additionally, Silver Liming's Kindness Team hosted bingo at Park Edge. The goal was to promote friendships and community spirit after the pandemic. This was a huge success. We joined forces with the Berkeley Heights Recreation Department to bake desserts for the Senior Citizen Holiday Party and New Year's Day luncheon. Finally, members of Union Village United Methodist Church were kind enough to write letters of cheer to friends of Silver Liming Foundation. We appreciate all of the support the community provides. For more information visit [silverliming.org](https://silverliming.org), or follow us on Facebook @Silver Liming.



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**STUDENTS ENJOY “LUNCH AND LEARN” AT CMS**

*Berkeley Heights Public Schools*  
Lunch and Learn at Columbia Middle School is a fun and exciting program when teachers share an interest or hobby they enjoy with students during the EP portion of lunch.  
Recently, Señora Patricia Hetherington shared her love and knowledge of knitting with interested students. She tells us, "Last year I shared my earlier singing career and work at the Paper Mill Playhouse. This year when Mr. Kobliska reached out to the staff, I decided to share my love for knitting! This was a craft that

I learned in an 8th grade club when I was in Middle School. I invited students to come to learn how to knit or bring their own knitting projects and spend time with friends."  
The knitting Lunch and Learn was very well received by students and many of the 8th grade girls who attended are hoping to continue to meet and knit together throughout the rest of the school year. Thanks to the generosity of Mr. Stephen Hopkins, Curriculum Supervisor, there is now a supply of donated yarn for more creative projects in the future.



*(above) Señora Patricia Hetherington recently shared her love and knowledge of knitting with interested students.*  
Photo by Berkeley Heights Public Schools

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Spring Grove Rehabilitation & Healthcare Center has been named one of the nation’s “Best Nursing Homes 2022-23” by U.S. News & World Report. The 106-bed center, located at 144 Gales Drive in New Providence, provides post-hospital care, short-term rehab and long-term residential care.

“This honor is a testament to the excellent work being done by Spring Grove’s care team members and the facility’s ongoing effort to provide high-quality clinical services in a modern environment,” said Ugochi Opara, regional director of market development for Marquis Health Consulting Services, which supports Spring Grove. “The U.S. News Best Nursing Homes program provides one of our industry’s most sought-after distinctions, one that consumers and business partners alike recognize for its credibility.”

Spring Grove received its U.S. News high-performance rating for long-term care; this is the third consecutive year the facility has been recognized in at least one program category. Spring Grove recently completed a multi-million-dollar renovation, consisting of a full rebuild to accommodate the delivery of innovative care supported by advanced technology in a warm, homelike setting.

Additionally, Spring Grove’s five-star CMS rating for quality measures speaks to the facility’s commitment to its residents and community. In addition to its clinical offerings, Spring Grove is committed to serving as a healthcare resource. To



that end, the facility has established a library of physician-curated content, addressing many topics of interest; it can be found at [springgroverehab.com](http://springgroverehab.com).

This marks the 13th year U.S. News & World Report has released its Best Nursing Homes ratings. The highly respected program evaluates more than 15,000 nursing homes across the country based on care, safety, health inspections and staffing.

Brick, N.J.-based Marquis Health Consulting Services provides administrative and consulting services to skilled nursing facilities and senior housing communities along the Eastern Seaboard. The organization’s operational guidance enables its client facilities to overachieve their quality and customer service goals by embracing a progressive, multi-specialty approach to healthcare.

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# CELEBRATING ANNIVERSARY OF 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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(above) Bridget Keyes, a nurse from Berkeley Heights, attended a Fanwood Borough Council meeting to thank first responders who saved her life.

# BERKELEY HEIGHTS WOMAN THANKS HEROES WHO SAVED HER LIFE

At its final regular December meeting of 2022, the Fanwood Borough Council and Mayor Colleen Mahr honored the people they called true heroes for intervening during an October automobile accident in which the driver suffered cardiac arrest.

Bridget Keyes, a nurse from Berkeley Heights, went unconscious on October 25, 2022, and crashed her car into a fire hydrant on Martine Avenue. Rose Budka, a radiology technician who happened to be driving by, stopped to assist, assessed that Keyes had no pulse, and began CPR. Another passerby, Scotch Plains Fire Battalion Chief Dennis Hercel, also stopped and joined the life-saving effort by taking over CPR. Additional Scotch Plains Fire and Fanwood Fire units responded.

Ultimately, Ms. Keyes was transported to a hospital with a pulse. She recovered and had a defibrillator implanted and made a full recovery.

“It was determined by hospital staff that the quick reaction by Ms. Budka and Battalion Chief Hercel, along with other responders, is the sole reason the victim survived the incident,” read Mayor Mahr from the proclamation.

Keyes, Budka and Hercel were reunited at the Council meeting, each receiving a copy of the proclamation. Ms. Keyes had hugs for Ms. Budka and Mr. Hercel and expressed gratitude during brief remarks. She told the Council that doctors are still unsure why her heart stopped as she had no apparent underlying condition or previous history of heart problems.



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(above) Fanwood Borough Mayor Mahr, Bridget Keyes, Rose Budka and Fanwood Battalion Chief Hercel

Photos by Tom Kranz



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## NOMINATIONS SOUGHT FOR JEAN HUDSON GANO AWARD

The Junior League of Summit (JLS) is now accepting nominations for its Jean Hudson Gano Award program for 2023. This award recognizes special volunteer achievement by either an individual or a nonprofit organization. It is given in memory of and in tribute to Jean Hudson Gano, a JLS member who died of breast cancer in May of 1997. Jean's exemplary and extraordinary commitment to voluntarism, community service, and particularly to issues regarding women and children, was an inspiration to all those who were touched by her efforts.

Nominees from the communities of Berkeley Heights, Chatham, New Providence, and Summit are eligible for the award. Individual nominees should be of high school age or above whose dedication and excellence in leadership has served their community through their volunteer

efforts, either within the preceding year or as a long-term, on-going commitment. Organizations nominated should be those that benefit women and/or children within the past year and must supply verification of 501c3 status.

The award recipient will be honored at a future event, and the recipient's name will be displayed on a plaque at the JLS Thrift Shop. Recipients will receive a \$500 monetary award made possible by a generous gift given by Jean's father, Mr. William Hudson.

For more information, and to access the application, please visit [www.jlsummit.org](http://www.jlsummit.org). Applications are due by February 28, 2023.

Junior League of Summit, Inc. is an organization of women whose mission is to advance women's leadership for meaningful community impact through volunteer action, collaboration, and training. For more information

about the Junior League of Summit or to inquire about becoming a member, please visit the website at [www.jlsummit.org](http://www.jlsummit.org) or contact the office at 908-273-7349.

Those interested in donating to the League, please visit [jlsummit.org/?nd=donate\\_summary](http://jlsummit.org/?nd=donate_summary).

## LEAGUE OF WOMEN VOTERS OF NEW JERSEY

The Berkeley Heights, New Providence & Summit chapter of the League of Women Voters of New Jersey is folding effective February 15th. The current Management Team members are no longer going to be running the chapter. The membership was contacted to see if anyone else would step up. Unfortunately, no one did. Current members have been transferred to the Plainfield League, which is serving as a Union County


League as well.

We would like to thank the residents of Berkeley Heights, New Providence & Summit for their participation in our programs over the years as well as to those Candidates who participated in our Forums. If anyone needs to contact the League to run programs/forums, please email [rntrinity@aol.com](mailto:rntrinity@aol.com), or the State League at [contact@lwvnj.org](mailto:contact@lwvnj.org).

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## SENIORS CASINO TRIP

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, February 20. We will leave from the Berkeley Heights Town Hall on Park Avenue at 8:30 a.m. and return at approximately 7:15 p.m. The cost is \$35.00 which includes bus transportation and a \$20.00 voucher for slot play. For further information or reservations, call Ramona at 908-647-3295.

## CONTINENTAL MATH LEAGUE

### Berkeley Heights Public Schools

At Hughes and Mountain Park Schools, a new club is being offered to students in grades 3-5: the Continental Math League. Over 120 students are participating between the two schools. Students meet twice a month at each school and participate in different activities/challenges that activate their problem solving and critical thinking skills. For example, at a meeting in the fall, the students created different logic puzzles using pictures to represent numbers. In another example, the students were challenged to create a tower using only construction paper. There are also 'competition' days where students compete with other schools around the nation virtually.

The program is led by Math Specialist Joseph Reel who splits his time between Thomas P. Hughes and Mountain Park Schools. He told us, "I am so thrilled with the turnout and the feedback that we have gotten from the Continental Math League. Aside from the problem solving/critical thinking skills that the students are being exposed to, I think the biggest benefit of the program has been the opportunity to teach perseverance when faced with a difficult word problem. I look forward to continuing this club each year!"

Mr. Reel has been with the BHPS for 13 years. Prior to his current role as Math Interventionist at Hughes and Mountain Park Schools he was a special education teacher at William Woodruff School.



(above) Students meet twice a month and participate in different activities/challenges that activate their problem solving and critical thinking skills.

Photo by Berkeley Heights Public Schools

## SENIOR ACTIVITIES

If you are a senior citizen and have any questions about senior-specific and/or Township-specific information,

*please email seniors@bhtwp.com or call the clerk's office at (908) 464-2700 x. 2114.*

### BINGO

**Mondays, 10:00-11:00**

in the Highlander Room

### Chair Stretch

**11:15-12:00**

in the Multipurpose Room

### Art Class: Acrylics

**11:30-1:00**

in the Art Room

### Mahjong

**12:00-3:00**

in the Multipurpose Room

### Art Class

**Tuesdays, Watercolors 1:00-2:30**

in the Art Room

### Exercise

**Wednesdays, 10:00-11:00**

in the Multipurpose Room

### Chair Stretch

**11:15-12:00**

in the Multipurpose Room

### Open Circuit

**Thursdays, 10:00-11:00**

in the Fitness Center

### Exercise

**Friday, 10:00-11:00**

in the Multipurpose Room

### Senior Club Meeting

*held on Tuesdays in the Highlander Room:*

**2/7: General Meeting 10:30-12:00**

**2/14: Pizza Bingo Meeting 11:00-1:00**

**2/21: General Meeting 10:30-12:00**

**2/28: Pizza Bingo Meeting 11:00-1:00**

### Recreation Sponsored Valentine's Day

### Party – Free for Seniors:

**Friday, February 17, 11:30-2:30**

in the Multipurpose Room

## PUBLIC LIBRARY FEBRUARY PROGRAMS

29 Park Avenue, 2nd Floor

908-608-8603 • [bhplnj.org](http://bhplnj.org)

Monday - Thursday: 9am - 9pm;

Friday, Saturday: 9am - 5pm; Sun: 2 - 5pm

### CHILDREN'S STORY TIMES AND PROGRAMS:

#### Shake, Rattle & Read for ages 3 - 5

Wednesdays, February 1 - 22 at 9:30 am

#### Fun with Friends Story Time

Thursdays, February 2 - 23 at 9:30 am

for ages 0- 24 months

#### Yoga Story Time with Pam Nixon

Tuesday, February 7 at 10:30 am

for ages 3 - 5

#### Good Tyme String Band

Tuesday, February 14 at 10:30 am

Fun banjo sing-along for all ages.

#### Lego Play

Friday, February 17 from 2 - 3 pm

Have fun building with Legos. Completed projects will be displayed in the Children's Room.

#### Sing & Sign Story Time with Danielle Neri

Sunday, February 19 from 3 - 3:30 pm

"Mouse Loves Love" read aloud and signed in ASL for ages 2 - 5

#### Teen Book Club:

Tuesday, February 28 at 6:30 pm.

February's selection is American Royals by Katharine McGee. See the library's website at <https://bhplnj.org/teens/bhpl-teen-book-club/> for more information.

### ADULT PROGRAMS:

#### Book Group

Friday, 2/3 at 10:30 am

Tuesday, 2/14 at 7:15 pm.

February's book group selection is The Four Winds by Kristin Hannah. Please stop by in person, call the library or email [reference@bhplnj.org](mailto:reference@bhplnj.org) if you would like to join the book club.

#### Technology Assistance Weekend & Italian Conversation Class

Stay tuned - return dates in 2023 will be announced on the library website events calendar & Facebook page

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CHESS ACADEMY

## RETIRED POLICEMEN AND FIREMEN'S ASSOCIATION LOCAL 3

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

The NJRPF 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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- Will Craig

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<b>Florham Park</b> Press NJ Qty: 5,500 Zip: 07932	<b>Garwood</b> NJ Times Qty: 2,500 Zip: 07027	<b>Green Brook</b> NJ Gazette Qty: 3,000 Zip: 08812	<b>BUSINESS • LIFE</b> KENILWORTH NJ Qty: 3,500 Zip: 07033	<b>NJ LIFE in</b> LINDEN Qty: 17,900 Zip: 07036	<b>Long Hill</b> LEADER NJ Qty: 3,500 Zips: 07933, 07946, 07980
<b>MADISON</b> MONTHLY NJ Qty: 6,300 Zip: 07940	<b>MOUNTAINVIEW</b> NJ Qty: 2,900 Zip: 07092	<b>New Providence</b> NEWS NJ Qty: 5,100 Zip: 07974	<b>OUR TOWN</b> Rahway, NJ Qty: 13,000 Zip: 07065	<b>ROSELLE PARK</b> MONTHLY Qty: 5,600 Zip: 07204	<b>Scotch Plains</b> NJ WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
<b>Short Hills</b> MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	<b>Summit</b> NJ Times Qty: 9,600 Zip: 07901	<b>Spirit of</b> UNION NJ Qty: 6,800 Zip: 07083 (partial)	<b>WARREN</b> MONTHLY NJ Qty: 6,200 Zip: 07059	<b>Watchung</b> Post NJ Qty: 2,700 Zip: 07069	<b>Westfield</b> NJ MONTHLY Qty: 11,800 Zip: 07090

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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	
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Local C.A.R. groups, known as societies, are sponsored by chapters of the Daughters of the American Revolution (DAR) or Sons of the American Revolution. Here in central New Jersey, Elizabeth Snyder-Continental Chapter DAR in Green Brook sponsors the Pis-Cat-A-Qua Society C.A.R. Members may participate in state and national activities that focus on patriotism, service, and education about our American heritage.

Harriett Lothrop, a 19th century children's author from Concord, Mass., presented the idea for a children's organization to the DAR in 1895. Organized "for the training of young people in true patriotism and love of country," C.A.R. has promoted this vision to hundreds of thousands of members over the years. These boys and girls are the leaders of yesterday, today and tomorrow.

New members are welcome. Contact Elizabeth Snyder-Continental Chapter DAR at ESCchapterDAR@gmail.com, or learn more online at NSCAR.org.



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