# **BUSINESS + LIFE** ENILWORTH LIFE

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## **GETTING ACTIVE AT THE SENIOR CENTER IN 2023**

The Kenilworth Senior Center, located at 526 Boulevard, has a lot of friendly, and safe activities going on. Seniors aged 60 and older are welcome to join our weekly activities. Senior caretakers are welcomed as well. If you have any questions please feel free to call Darleen at 908-276-1716. Leave a clear message along with a contact phone number for a return call.

On Tuesday, February 21st we are celebrating Valentine's Day/Madi Gras at 12 noon. Lunch will be served. Wear your favorite colors, and enjoy musical entertainment and dancing. Come on out to enjoy a full afternoon of getting together and celebrating life, friends, and our wonderful community.



(above) Photos of the Kenilworth Senior Holiday Gathering, held on Dec. 28th, 2022.



(above, l-r) Angela Lazzari, Kenilworth Borough Clerk; Lisa Wood, Assistant Finance Officer; Kathleen Moschitta, Deputy Borough Clark, and Darlene Candarella





#### **WEEKLY SCHEDULE:**

**Free Line Dancing** 

Mondays @ 11:30 a.m.-12:30 p.m. / Lunch 12 noon (Cost \$1.75)

**Free Senior Fitness** 

Tuesdays @ 10:30 - 11:30 a.m.

**Free Bowling at Garwood Lanes** 

Tuesdays 1:00 p.m. must register/sign in.

Free Zumba Gold

Wednesdays @ 9:30 - 10:30 a.m. / Lunch 12 noon (Cost \$1.75)

Free Chair Yoga

Fridays @ 10:00 - 11:00 a.m. / Lunch 12 noon (Cost \$1.75)

#### **BUS RIDE TO AC RESORTS CASINO**

Thursday, February 16, 2023. The bus will leave the Acme parking lot at 9:30 a.m. The cost is \$35 which includes \$15 back in slot play. For reservations contact Lilliam Furze at 908-709-0515.

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# KENILWORTH

Renna Media LLC, Publishers 202 Walnut Ave., Cranford, NJ 07016

Kenilworth Business Life is published by Renna Media. 3,500 newspapers are printed monthly and mailed to every business and resident in Kenilworth, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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#### **SEND US YOUR NEWS**

Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (honor, award, etc.), send us your news! **Email: editor@rennamedia.com** 

#### **ADVERTISING**

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## MARTIN LUTHER KING DAY LESSON

To celebrate Martin Luther King Day second grade classes from St. Theresa School in Kenilworth did a writing assignment. They had to explain MLK's dream and write down their own dreams for the world.

They did an experiment with Mrs. Keating and Mrs.DeMaio showing brown eggs and white

eggs and how they look different from the outside. When the eggs were cracked open the children noticed there was no difference on the inside.

They learned that all people are the same and everyone looks different but they should all be treated fairly.



(above) Mia Chaves, Benjamin Selemi, Nyah Harris, and Jacob Westervelt showcase their work.

Courtesy photo

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Get started at AtlFedCU.com, call us at 908-245-1750 or visit us at our branches in Union and West Orange.

1) APY = Annual Percentage Yield. Rates current as of January 26, 2023. Rates are subject to change without notice. Fees could reduce earnings on the account. 2) Ultra Checking is a blended rate tiered account with dividends paid on portions of your balance falling within designated tiers: \$0.00 - \$1,000.00: 3.14% APY; \$1,000.01 - \$5,000.00: 3.14% APY; \$5,000.01 - \$15,000.00: 3.14% APY; \$10,000.01 - \$50,000.00: 3.14% APY; \$50,000.01 - \$10,000.00: 3.14% APY; \$50,000.01 and above: 0.63% - 0.02% APY, \$1,000 minimum balance to open. There is a \$1,000 minimum daily balance requirement to avoid a \$15 monthly maintenance fee. Limit of one Ultra Checking account per tax identification number. 3) Ultra Savings is a blended rate tiered account with dividends paid on portions of your balance falling within designated tiers: \$0.00 - \$100,000.00: 3.45% APY; \$100,000.01 - \$500,000.00: 3.45% APY; \$500,000.01 - \$5,000.00: 3.45% APY; \$500,000.01 - \$5,000,000.01

## **NEIGHBORHOOD MATH EXPERTS SET UP SHOP IN UNION**

Mathnasium Operates on Core Belief That Every Child Can Become Great at Math

Mathnasium of Union is now open for business, bringing fun and effective supplementary math programs for community children in grades K through 12. A Grand Opening Celebration is being held on Saturday February 11th, weather permitting, at 10am with light refreshments being served.

The learning center, located at 326 Chestnut St in the Five Points Shopping Center, focuses solely on math and operates on the core belief that virtually any child can excel in the subject. The Mathnasium Method<sup>TM</sup>, implemented at more than 1000 Mathnasium centers in the U.S. and abroad, is a unique program that provides every student with an individualized learning plan and personal instruction in a way that makes sense to them. "Our students will work in a fun, encouraging environment to improve their number sense and computational skills, as well

as gaining an intuitive understanding of how numbers work," said Dr. James Campora, Center Director of Mathnasium of Union.

"Our goal is simple: to teach math in a way that makes sense to kids," Dr. Campora continued. "Mathnasium centers across the country have helped struggling students develop into 'A' students and 'A' students go on to even greater achievements. We are thrilled to be able to bring our Mathnasium Method<sup>TM</sup> to support the families of Union and the surrounding area."

The Mathnasium experience begins with an assessment designed to pinpoint a child's strengths and weaknesses. These results provide the foundation from which Mathnasium constructs the student's customized learning plan. Students learn math in a friendly, productive learning environment and are taught by caring and knowledgeable instructors well-versed in

integrating Mathnasium's techniques with the math curriculum used in Union area schools. The Mathnasium Method<sup>TM</sup> uses a unique combination of mental, verbal, visual, tactile, and written techniques to help children really understand math and has been developed over more than 40 years of practical experience with thousands of students.

Mathnasium students receive the support they need for school homework and tests while building their math foundations. "As educators, we strive to offer students a balanced math learning experience: one that fills in the gaps, keeps students on track with math taught in school, and, most importantly, makes learning math a fun and joyful experience," Dr. Campora concluded.

Learn more: www.mathnasium.com/union **ABOUT MATHNASIUM** 

Mathnasium, the nation's leading math-only learning center franchise, specializes in teaching kids' math in a way that makes sense to them. When math makes sense, kids excel—whether they're far behind or eager to get ahead. The proprietary Mathnasium Method™ is the result of 40+ years of hands-on instruction and research. Franchising since 2003, Mathnasium has become one of the fastest-growing educational franchises. There are over 1000 Mathnasium franchises in the U.S. and abroad.

For more information,

visit www.mathnasium.com.



Is your child realizing their potential in math? Results from the National Assessment of Educational Progress show an alarming decline in math scores nationwide! — clear evidence of the toll the pandemic has taken on students. But there's plenty of time to turn things around, with personalized math instruction at Mathnasium. A customized learning plan will focus on what your child needs to improve their math skills and build their confidence for the rest of the school year!

Mathnasium of Union (908) 325-9069 mathnasium.com/union 326 Chestnut St., Union NJ 07083



National Assessment of Educational Progress





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Ask for TV Project Department, for job evaluation and estimate of cost and compensations!

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## **TROOP 83 PANCAKE BREAKFAST**

Join Troop 83 in Thanking our Veterans & First Responders at our 6th Annual Troop 83 Pancake Breakfast Fundraiser

## Sunday, February 5th, 2023 **Anytime between 8:00am-12:00pm**

### **Kenilworth's VFW Hall** 33 S. 21st St. Kenilworth

Tickets: \$8.00 per person Veterans, First Responders & children under 5 eat FREE Buy Tickets at: https://njtroop83.square.site or email: troop83mom@gmail.com

To-go orders available... Must show proof of purchase. Breakfast includes:pancakes, sausage, fruit, and beverage



## BUSINESS LUNCH

## In & Out in Under an Hour! 2 COURSES: \$1495 **Appetizer or salad & Entree**

Choice of Appetizers: Pasta Fagioli, Fried Zucchini, Meat Ball, Mussels Marinara, Mozzarella Carrozza, or Salads: Caprese Salad, Ceaser Salad.

Ciao Bello Salad, Italian Salad. Entree: Chicken Marsala, Chicken Parmigiana, Penne Vodka, Ravioli Marinara,

Children Francases, Cavatelli Broccoli, Eggplant Parmigiana, Chicken Spinich Wrap, Personal Pie Pizza.

Coffee & Tea

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## SUPERBOWL PARTY FUNDRAISER

School in Kenilworth will be running a runner up will receive a \$100 gift card. Superbowl Party Fundraiser. The DBMHS-PTO will be raffling off a catered party for 15-20 ppl on Superbowl Sunday, February 12th. Hot and cold food items to include but not limited to; pizza, sandwich platter, wings, pasta, chips, dips, 2 cases of soda, case of bottled water, 3 dessert items, football themed decorations and paper

Once again, the David Brearley Middle High goods ....... and a 43" Smart TV. The second

Delivery will be curbside 2/11 & 2/12. Cost to enter is \$20. Participants must live within a 6mile radius of Kenilworth for delivery. Participants can VENMO to DBMHS-PTO@PTO-DBMHS (please include phone contact) or contact Susan @ 908-591-1481 for more details.



#### BACK BY POPULAR DEMAND!!! HERE'S WHAT YOU'LL GET:

- 1st PLACE WINNER ONLY WILL RECEIVE:
  - 43" Smart TV (\$300+Value)
  - Catered party for 15-20 people with football-themed decorations & paper goods (including cups, plates, napkins & utensils)
  - · Hot & cold food: pizza, wings, sandwiches, etc.
  - 2 cases of soda: diet & regular / 1 case of water
  - · Snacks including chips, dip, etc.
  - · 3 dessert items
- 2<sup>nd</sup> PLACE WINNER WILL RECEIVE A \$100 GIFT CARD

DRAWING WILL BE LIVE ON THURSDAY, 2/9/23 @ PTO MEETING



## SUBERBOWL SPECIALS!



Chicken Wings - 30 Pieces Baked Ziti - Small 1/2 Tray Sloppy Joes - 18 Count

Feeds 8-10 People

3 & 6 FOOT SUBS (Includes Pickles)

1. Philly Cheesesteak Sub American Cheese-Fried Onions Peppers-Mushrooms Cut into 2 inch sections

3 FOOT \$65.99 Feeds 8-10 People

6 FOOT \$119.99 Feeds 20-25 People

2. Marinated Grilled Chicken Sub Fresh Mozzarella-Roasted Red Peppers **Balsamic Dressing** Cut into 2 inch sections

3. Turkey & Cheese or Italian Sub Lettuce-Tomato-Our Seasoned Vinaigrette Dressing Cut into 2 inch sections

#### We are open **Suberbowl Sunday** February 13th from 12PM-4PM

See our menu online

@cozycornerdeli.net 558 RAHWAY AVENUE, UNION (down the street from Comcast)

908-688-8884

Visa & Mastercard Accepted

## VIRTUAL 'CLUTTER-BUSTING' WORKSHOP

Presented by Professional Organizer Christa Mobley

Participants in the Kenilworth Historical Society's Sat., March 4, virtual workshop, "Decluttering – Tips and Tricks to Finally Get It Done," will learn practical ways to manage time and resources effectively in order to clear unwanted clutter from their living and work spaces. Starting at 2 p.m., the enlightening, approximate 90-minute interactive session will be presented by professional organizer and transformation specialist Christa Mobley, owner and president of InnerLift Organizing, LLC of Frederick, Md.

"I help people clear up the confusion around them so they can uncover the possibilities within them," says Mobley, who recommends a segmented approach to tackling clutter challenges. The workshop experience will enable participants to develop a positive mindset about clutter and to create manageable personalized "clutter-busting" plans.

For a registration fee of \$15, participants will

receive an electronic link to attend, via Zoom, the virtual workshop and question-and-answer session. For further information and to register for the program, please call 908-709-0434.

Proceeds will benefit the Kenilworth Historical Society's Oswald J. Nitschke House (c. 1880) "living history" museum and cultural arts center by helping defray building/operating expenses, including the cost of an elevator that makes all levels of the site ("living history" museum, exhibition center and cultural arts center) fully accessible to everyone.

Christa Mobley has more than 30 years' experience in the professional organizing and consulting field. Her firm, InnerLift Organizing, LLC offers both "in-person" and virtual assistance in decluttering, space organizing and moving/downsizing. A number of workshops also are offered, as detailed on the company's website (innerlift.com).

## BUS TRIP TO WIND CREEK CASINO OF BETHLEHEM, PA.

The Kenilworth Historical Society will host a bus trip to Wind Creek Bethlehem Casino in Bethlehem, PA, on Saturday, March 18, 2023.

The trip will depart Kenilworth (St. Theresa's School parking lot) at 8:30 a.m. and return to Kenilworth at approximately 5:30 p.m. Cost of \$52 includes comfortable motor coach transportation, an approximate 6-hour visit to the casino and \$25 in free slot play. There will be complimentary door prizes on the bus. The casino offers more than 3,000 state-of-the-art slot machines ranging in denomination from 1 cent to \$100, more than 150 table games — and more. The Wind Creek Bethlehem site additionally houses a wide range of distinctive outlet stores and popular restaurants/eateries.

For further information and reservations, please call 908-709-0434. As space is limited, particularly for safe "social distancing" on the bus, reservations and payment should be made by March 3 to ensure availability. Gift certificates for the trip are also available for purchase.

Proceeds from the bus trip will benefit the Kenilworth Historical Society's historic Oswald J. Nitschke House (c. 1880) by helping defray operating expenses, including the cost of an elevator that makes the restored "living history" museum and cultural arts center fully accessible to everyone.

The Kenilworth Historical Society (.kenilworthhistoricalsociety.org) is an independent, volunteer-based, non-profit, tax-exempt, 501 (c) (3) organization dedicated to the research, preservation and interpretation of the Oswald J. Nitschke House, local history and culture.

## **QUILTING CLUB**

The Quilting Club meets on the 2nd & 4th Thursdays of the month at the Roselle Park Memorial Library from 1-3 p.m. No registration or membership is required.

Participants are from Roselle Park and surrounding towns. Newcomers are always welcomed. You don't need any crafting experience to enjoy the company of other crafters and creative exploration. Feel free to bring a project to work on, and / or a finished item to show others.



(above) Donna Hutchens of Kenilworth & Claudine DeSiome of Colonia





## Sayaka Ganz Reclaimed Creations

Produced by David J. Wagner, L.L.C., David J. Wagner, Ph.D., Curator/Tour Director



The Galleries at Kean University present Sayaka Ganz RECLAIMED CREATIONS, an amazing art exhibition featuring sculptures of animals in motion, utilizing reclaimed plastic objects, rich in color and energy.

On view January 18 - March 23, 2023 Open to the public

Liberty Hall Academic Center Gallery 1003 Morris Ave #2 | Union, New Jersey galleries@kean.edu | 908-737-5302 galleries.kean.edu

## **GIVING THANKS FOR A LIFE WELL LIVED**

#### Elizabeth Coalition to House the Homeless

Mikaela Santos came into our lives in the summer of 2022. In July, we received an email from Karen Gilmour, a yoga instructor with Alluem Yoga in Cranford, telling us about a young student with a desire to give back to the community, especially homeless children. She wanted to collect backpacks full of all the necessary school supplies to start the year off right. Mikaela, together with her instructor Karen, her sister Vivienne, her mother Yesica, her Aunt Natalie, and her good friend, Marielle,



(above) Mikaela Santos

started a giving tree with the backpack needs of nearly 50 children in our housing programs.

Mikaela made her a different person, "Mikaela was my first-born, she's the reason I became a

A few weeks later at the beginning of the 2022 school year Mikaela passed away. Mikaela was just 11 years old. She lived most of her life in and out of hospitals because she had childhood cancer. So briefly did we know her yet how profoundly she affected us all. She left everyone she met with a sense of love and light. And it is her story we want to share with you today.

Just days after her death, her mother, sister, aunt, and friend delivered her backpack project to the Elizabeth Coalition. We were amazed at the love and care that went into creating each individual backpack. Mikaela willed her idea into being...she really made it happen!

What made Mikaela so special was her ability to transform her experiences of pain and illness into a project for others. Mikaela was asked what inclined her to helping others when she herself was going through so much. Mikaela answered, matter of fact-ly, "I might have cancer but I also have love, a home, and my family to support me. One thing does not have to do with the other."

Karen remembers Mikaela as someone who always showed up with love...to the studio...to her practice of yoga...to her friendships. "Every moment with Mikaela was a favorite one. I loved her little laugh and her sweet smile. Mikaela was a light in this world...and in my life."

Mikaela's mom, Yesica, recalls how knowing

Mikaela made her a different person, "Mikaela was my first-born, she's the reason I became a mother and then when her sister, Vivienne, was born we were complete. Knowing Mikaela makes me feel honored and proud to be her mother." Mikaela's precious spirit burns brightly in memory for those who loved her most but also for those lives she touched so briefly with her creativity, her giving, and her compassion.

The children who received a backpack wrote notes and drew pictures to thank Mikaela. Some notes make mention of an angel, which is how they choose to remember her and her supreme act of bravery in being a force for good in the world. To be so young and yet full of such a wise mind and kind heart, sharing her blessings with others, is a page from her remarkable story that we can all learn and grow from.

Thank you, Mikaela.

It is supporters like Mikaela that are so vital to our work. Donations and volunteers free us to offer premium case management to those who need it, allowing us to offer the care and focus on each client who comes through our door. Consistent, dedicated partnerships push our vision that one day, we will eliminate homelessness and equip each person with the support they need.

For volunteer opportunities to help our homeless brothers and sisters, and donate, visit theelizabethcoalition.org.

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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 ostcoarthritis, 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
- 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 fluoros-

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 fluoros copy 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.

Scot Paris MD, FACS

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

"I'm dancing without pain. I can more with no problem whatwever. 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 hack to normal." - Perry O.

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

- Quenton L.

#### **MOST INSURANCES ACCEPTED - INCLUDING MEDICARE**

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1043 Raritan Rd., Clark, NJ 07066 www.nespinecenter.com Call 732-827-0800 for your RISK-FREE Consultation!



## **LIBRARY PROGRAMS**

908-276-2451 • www.kenilworthlibrary.org 548 Boulevard, Kenilworth, NJ 07033 Monday - Wednesday: 10 AM-5 pm; Thursday: 10am-8pm; Friday: 10 pm-5 pm; Saturday: 10am - 2pm; Sunday: Closed

## CHILDREN'S DEPARTMENT: WEEKLY PROGRAMS:

**Lap Sit** 

February 7, 14, 21 & 28 10:30am - 10:50am Interactive stories and songs for ages 0 - 2 years old

#### **Toddler Time**

February 1, 8 & 15, 10:30am – 10:50am Interactive stories, songs and activities for ages 2-3 years old

#### **Lego at The Library**

February 2, 9, 16 & 23, 3:30pm – 4:00pm Explore and build with our collection of Legos

#### **FEBRUARY SPECIAL EVENTS**

Registration is required for all special events.

#### **Valentine's Day Craft**

February 3, 3:30pm – 4:00pm Create a unique craft to take home and display for ages: 4 – 9.

#### **President's Day Craft**

February 17, 3:30pm - 4:00pm

Create a unique craft to take home and display for ages: 4 - 9.

#### **Good Tymes String Band**

Wednesday, February 22 at 10:30am - 11:00am.

All ages are welcome to attend and enjoy foot tapping knee slapping music

Kenilworth residents may begin to register one week prior to each special event. Out of town residents may begin to register two days prior to each event, space permitting. To register for individual special events, call the library at 908-276-2451, or visit 548 Boulevard.

### **ADULT PROGRAMS**

"Paper Pals."

Tuesday, February 7 & 21 at 2:00-4:00 p.m.

for our card making group. You don't need any paper crafting experience to join the fun. This is a free program for adults.

#### "Yarnies"

Thursday, February 2 & 16 2:00-4:00 p.m. Thursday, February 23 at 6:00-7:30 p.m.

The Library has added many new fiber-arts books to our collection! Come check out all our wonderful new books!



## **CENTER FOR HOPE'S AUXILIARY YEAR-END DONATION**

The Center for Hope Hospice & Palliative Care, a community-based non-profit hospice organization in Union County, New Jersey, celebrated the season with their Auxiliary on Monday, December 5. At the party, the Center received a very generous gift: a check for \$100,000 representing the funds raised from the Auxiliary over the past year.

Marge Hussey, the Auxiliary's president, was pleased to be able to present the check to the Center. "Each year," she said, "with our many events and the Hope Chest Thrift Store, we work tirelessly to not only educate the community about the Center, but to help the Center in its mission: providing only the finest in hospice care to all those who need it regardless of an inability to pay. As I present the fruits of that work to the Center tonight, I hope you all can share the pride I feel in knowing that we're making a difference in the lives of so many each and every year."

Tom Kasper, the Chairman of the Center's

Board of Trustees, was on hand to accept the gracious donation. "This is incredible," he said. "While each and every one of us, alone, do what we can, it pales in comparison to the work that can be done when we come together as a group and work toward a goal. You all have shown that here tonight. There's simply no way the Center can properly state the gratitude we feel for the Auxiliary throughout the year."

Marge concluded by saying, "As we come together this holiday season, I want to again thank everyone for their hard work...and remind everyone that our work is not done! Next year, those in need in our community will still remain and will still need our support." She reminded the group that "we still need new members to help us do even more next year."

The Center for Hope offers hospice and palliative care in its two residences in Scotch Plains and Elizabeth, and provides hospice care to patients in the wider community where they live. For more information on the Center or the Auxiliary, visit cfhh.org.

## ABOUT CENTER FOR HOPE HOSPICE & PALLIATIVE CARE, INC.

Center for Hope Hospice & Palliative Care (Center for Hope) is a non-profit, communitybased organization that provides terminally ill patients with hospice care, and their families or loved ones with physical, emotional, and spiritual support during their time of need. The Center actively supports the individual's right to live out the remainder of their life with dignity and in comfort, surrounded by the love of family and friends, and eased from the burdens of physical, emotional, spiritual, financial or social distress. Center for Hope welcomes all terminally ill patients, their families and loved ones without concern for race, ethnicity, religious affiliation or ability to pay. It also offers pain and symptom management for chronically ill and seriously ill patients through its palliative care program. Center for Hope operates two facilities in Scotch Plains and Elizabeth; the latter provides nearly \$3.5 million a year in charity care. For more information, visit cfhh.org.





(above, l-r) The officers of the Center for Hope Auxiliary present a \$100,000 check to the Center for Hope's Board of Trustees Chairman. Pictured are Marge Hussey, Dolores Paruta, Ginny Comer, Thomas Kasper, Dolores Hynes, and Rosemary Burke.

Courtesy photo





## **WINTER TIME SLEIGH RIDES AND MORE**

Sleigh riding years ago in Kenilworth was a lot turn left or right. When snow fell, out to the street different. Some of those years-gone-by opportunities no longer exist for children and adults. Let's look back.

Old timer Gene Coppola – now passed on – had a horse-drawn sleigh back in the 1930s that he completely rebuilt from a broken-down relic he obtained for free from a local trucking company. At the time Gene worked at the old Kensington Riding Stables on the Boulevard where the Wells Fargo Bank now sits. In 2016 Gene recalled, "During the winter I took people for horse-drawn sleigh rides from the Kensington Stables. I'd fill the sleigh with hay; drive the sleigh over to S. 21st St., go down Orange Ave. all the way over to Springfield Ave. by the Canoe Club. Then it was up Springfield Ave. to the Boulevard, and then back to the stables. I charged people two dollars each for a ride that took about an hour and covered a bit more than four miles. In winter I put my little sister Sally in the sleigh and gave her rides."

Back in the 1940s and 1950s it seemed that all kids had a Flexible Flyer sleigh with metal runners and a steering bar at the front that you pressed against with your feet to get the sleigh to we'd go, pulling or pushing one another. "Faster and faster," riders would shout to the puller or pusher. A real treat – although dangerous – was when someone's dad would tie up with ropes a bunch of sleighs to his car's rear bumper. The car tires were clad in bulky, noisy snow chains for traction. We'd climb aboard our Flexible Flyers and yell to the father, "Hurry up; hurry up; let's go." Some one's dad shifted to first gear and we'd be off. It seemed like we were sledding at supersonic speed, but in reality, the car never exceeded 5 or 10 miles an hour. What a thrill when we turned a corner and the sleighs would swing out far to the side due to centrifugal force. When moms found out what a dad did, they'd chastise their husbands for towing kids up and down the streets.

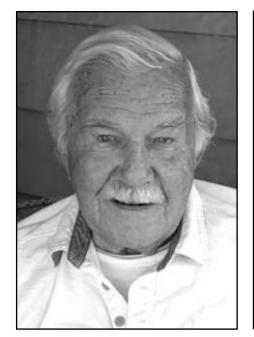
Bob Allcroft, now 92 recalled with a chuckle, "When a car crept along trying to go up a hill, a bunch of us would dart out with our sleighs and grab onto the back bumper and get towed along on the snow-covered road. The last one to grab on got stuck behind the exhaust pipe."

The best place in town to enjoy the snow was Galloping Hill Golf Course. Hundreds of adults and children from town and thousands more from all over would show up to take advantage of the hills and slopes. The steepest hill for sleigh rides was right where the Garden State Parkway runs alongside of Graceland Cemetery. It was packed with people. That was the steepest hill. That scary decline no longer exists as it was filled over by the Parkway itself.

Behind the club house was a fairly long hill that was a popular spot for toboggans. It was not uncommon for experienced tobogganers to advise first-time riders that the best and safest seat was at the very front of the toboggan. Truth be told, it was the worst possible seat. Whoever sat there received the full brunt of the snow being thrown up into the air by the rapidly descending toboggan. When the ride was over, the rookie victim easily could have passed as a twin of Frosty the Snowman.

There even was skiing on the golf course. Right behind the third tee once stood a tall water tank on four legs – the highest elevation on the course. Skiers would climb or latch on to a long rope to help them to the top of the hill. Then off they would go down the longest hill on the golf course maneuvering in and out between fellow skiers and sleigh riders who couldn't resist the thrill of the extended ride. Then they journeyed back to the top to do it again and again.

Sometime in the 1970s the golf course was closed to snow lovers. Some theorize it was due to accidents and issues of liability. Whatever the reason, those days are just memories. Research provided by Walter E. Boright, Ed. D., historian, and Historic Signs, Inc. Persons with inquiries about this or other aspects of Kenilworth history may contact Dr. Boright at drbori@aol.com or 908-256-5200.



(above) Bob Allcroft grabbed onto car bumpers.



(above) Sleighs on Arbor St, L-R: Madeline Boright, Terry Boyle, and Claire and Diane Boright, 1946.

Photo: Family



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(above) Sally Coppola in sleigh built by her brother Eugene, 1930s

Photo: Coppola family



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## **IMAGINE WELCOMES NEW FACILITATORS**

Recently, Imagine, A Center for Coping with Loss staff members Sonia Nunez, Newark Program Manager and Ashley S. Allen, Newark Training and Education Manager trained a wonderful new team of facilitators who will join our rapidly growing Newark Night of Support. Many of the new facilitators will be facilitating Imagine's groups that meet at the Boys and Girls Club in Newark. Our new volunteers spent three full days training in the Teach for America (TFA) headquarters in Newark and we're so grateful to TFA for sharing their beautiful space with us!

During the training, our new volunteers had an opportunity to share their grief experiences and receive support from one another while learning facilitation and companioning skills. We're so happy to welcome this amazing group to our team of volunteer facilitators!

If you're interested in joining the Imagine community as a volunteer facilitator at either our Newark or Mountainside location, the best way to start is with a tour. Please visit our website at imaginenj.org to sign up for an upcoming tour and join our wonderful volunteer team!

Imagine is a 501c3 nonprofit that 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 are 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@imaginenj.org.



(above, l-r) Back row: Ashley S. Allen, Imagine's Newark Training and Education Manager;
Sonia Nunez, Imagine's Newark Program Manager; Cynthia White Shabazz, Irvington;
Christina Macauley, Union; Idalmi Acosta, East Orange; and Afina Roberts, Millburn. Front row:
Marco Antonio Nunez, Newark; Cari Libysen, Sparta; and Tiffany Newton, Newark.
Also attending but not pictured, Jean Marie Morgan, Westfield.









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