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Issue 25 • February 2023

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QUILTING CLUB MEETS AT THE LIBRARY

The Quilting Club meets on the 2nd & 4th Thursdays of the month at the Roselle Park Memorial Library from 1-3p.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.



Try out new quilting patterns

2nd & 4th Thursdays 1:00-3:00pm

404 Chestnut St., Roselle Park, NJ 07204

(908)-245-2456



(above, l-r) Kris Adams of Fanwood, Anita DeSimone of Colonia







(above) Diane Fleming of Westfield & Nancy Bassman of Scotch Plains



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



OSELLE ARK MONTHL

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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 Joe Renna: 908-447-1295 joerenna@rennamedia.com



Find us on online: rennamedia.com facebook.com/ Roselle Park Monthly

PBA LOCAL 27 DONATES BOOKS TO LIBRARY

Veterans Memorial Library as a small thank you for allowing us to come in for the Books and

The Roselle Park PBA donated books to the Badges program which has been a huge success! Follow Roselle Park PBA Local 27 on Facebook.



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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; \$50,000.01 - \$15,000.00: 3.14% APY; \$10,000.01 - \$50,000.00: 3.14% APY; \$50,000.01 - \$25,000.00: 2.09% - 1.25% APY; \$25,000.01 - \$50,000.00: 1.25% - 0.63% 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 - \$250,000.00: 3.45% APY; \$250,000.01 - \$200,000.00: 3.45% APY; \$250,000.01 - \$200,000.00: 3.45% APY; \$100,000.00: 3.45% APY; \$100,000.00: 3.45% APY; \$100,000.00: 3.45% APY; \$200,000.01 - \$200,000.00: 3.45% APY; \$200,000.01 - \$200,000.00: 3.45% APY; \$200,000 fee. Limit of one Ultra Savings account per tax identification number. 4) No surcharge when using an Atlantic Federal Credit Union Debit or ATM Card at ATMs in the Co-op Network. Visit https://www.coop.org/Shared-Branch-ATM for more information about the Co-op Network.

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[™], 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 MethodTM 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

This is where kids come to catch up and get ahead in math.



Is your child realizing their potential in math? Results from the National Assessment of Educational Progress show an alarming decline in math scores nationwide¹ — 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







NASIUM

The Math Learning Center

integrating Mathnasium's techniques with the math curriculum used in Union area schools. The Mathnasium MethodTM 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 MethodTM 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.



UGLY HOMES WANTED FOR TELEVISION PROGRAM IN THIS AREA

We need 30 Ugly Homes with Ugly Kitchens, Bathrooms, Siding, Window, etc., Inside or Outside that need fixing or Remodeling. We will Repair and Remodel them and shoot video for training film and future TV show on Home Remodeling Work.

Must Sign Release, for purpose of filming job! This must be a complete remodeling job, not just patch up work. This remodeling is to be specially priced, with compensation going back to the homeowner for a signed release.

Serious Inquiries Please!

CALL 833-375-1472 Ask for TV Project Department, for job evaluation and estimate of cost and compensations!

Tri-State Creations LLC - Lic. #s: NJ-13VH04728900, PA-39104

DONATION OF ORANGES BRINGS FLORIDA SUNSHINE TO FOOD PANTRY

Jewish Family Service of Central New Jersey Kathy Fernandez, JFSCNJ Charlotte Shak Kosher Food Pantry Coordinator, received a surprise phone call in January, from Christopher Rueda of Truck and Go LLC of Roselle Park, that resulted in a donation of 54 cases of oranges.

Christopher contacted his company for advice when he realized he had a surplus of oranges after his final delivery that he was driving to the tristate area from Florida. The staff at Truck and Go reached out to our food pantry to see if we would be able to accept the donation. Christopher then asked his brother, Hector Rueda, to help unload the 54 cases of oranges.

We are grateful to brothers Christopher and Hector Rueda who spent over two hours of their time and heavy lifting to unload the oranges, and to Truck and Go LLC for the generous donation.

The oranges were distributed to our Food Pantry clients and to other local food pantries in



Union County.

If you would like to make a donation to the JFSCNJ Charlotte Shak Kosher Food Pantry, volunteer, or get a volunteer group food drive project together contact Kathy Fernandez, kfernandez@jfscentralnj.org, 908-352-8375.

For all other volunteer opportunities,

contact Danielle McLeer, JFSCNJ Director of Community Engagement, dmcleer@jfscentralnj.org, 908-352-8375. For more information visit Jewish Family Service of Central New Jersey at www.jfscentralnj.org.



(above, l-r) Christopher Rueda, Kathy Fernandez (JFSCNJ Charlotte Shak Kosher Food Pantry Coordinator), Danielle McLeer (JFSCNJ Director of Engagement) and Hector Rueda.



ATTEMPTED GRANDPARENT SCAM LEADS TO ARRESTS

Cranford Police Department

A New York man and woman were arrested after attempting to defraud an alert Cranford resident during an attempted grandparent scam on November 29, 2022.

At approximately 0900 hours, police received a call from a Cranford resident reporting that an individual identifying themselves as a New York Prosecutor's Office had their grandchild in police custody. The scam caller stated that the grandchild was involved in a serious motor vehicle accident which required them to be bailed out of jail. The alert resident immediately recognized that this was a scam because another family member made contact with the grandchild - confirming that he was not in police custody. With the fraudster still on the line, another family member contacted the Cranford Police Department to report this event. Immediately, Detective Lieutenant John Swandrak, Detective

Lieutenant Spencer Durkin and members of the Both were processed and provided a Superior Cranford Police Investigative Division arrived on scene and established surveillance on the resident's home. The scam caller indicated that a member of the New York Prosecutor's Office would arrive to retrieve cash bail left in a package on the resident's front porch.

At approximately 1215 hours, police observed a woman, 19 year-old Melody Sandoval of Bronx, New York, approach the front door of the resident's home to retrieve the package of cash bail from the resident's porch. After a brief onscene investigation, Sandoval was taken into custody. Shortly thereafter, police located Sandoval's accomplice, 19 year-old Jeury Gonzalez of Tarrytown New York, in a 2005 Honda parked on an adjacent street and arrested him as well. The Union County Prosecutor's Officer approved charges against Sandoval and Gonzalez for 3rd Degree Theft by Deception.

Court Appearance Date.

Chief Ryan J. Greco commended the resident's quick-thinking in calling the Cranford Police Department as this incident was unfolding. "These grandparent scams tap into a family members' emotions, and the scam artists are relentless in their goal of defrauding victims of large sums of money," he said. He noted that typically, the fraudulent caller will pretend to be from law enforcement or an attorney's office. In light of bail reform, bail is rarely used in the State of New Jersey and residents should immediately be suspicious of any individuals who are willing to pick up large sums of cash in person to pay for legal bills, bail, or fines.

Residents are encouraged to share this story with family members who may not have access to social media to prevent future acts of fraud from occurring.





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220 South Ave. East **Cranford NJ**



Like us on Facebook ciaobellorestaurant.com

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FEBRUARY LIBRARY EVENTS

404 Chestnut St., Roselle Park, NJ 07204 • (908)-245-2456 • library@rosellepark.net • roselleparklibrary.org Monday, Tuesday, Thursday: 10 AM - 8 PM; Wednesday, Friday: 10 AM - 5 PM; Saturday: 10 AM - 2 PM; Sunday: closed

LIBRARY SERVICES

Notary Services

Monday through Thursday @ 10:00 AM - 2:00 PM Fax, Copy, Print, & Scan Services: Available during library hours - Free WIFI

TOT PROGRAMS (AGES 0-5)

Sensory Play Story Time

Alternate Tuesdays 11:00AM Enrich your toddlers senses through tactile learning with Miss Faith.

Rhymes and Rhythms

Alternate Tuesdays 11:00AM Expand your child's early numeracy and literacy skills through nursery rhymes stories

and songs.

Books & Badges

Wednesday 11:00am Children will have a chance to build vocabulary and enjoy a book and craft with our officers

from the RPPD **Pajama Story Time**

Thursdays 6:30pm

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

Let's Pretend! Storytime/Playgroup

Friday 11:00AM Explore stories, gain social skills, and learn preschool basics with Miss Faith.

KIDS PROGRAMS (AGE 5-11)

***Junior Chef Monday 02/06 3:30pm

Develop your culinary skills with Miss Faith as you make an easy after-school snack, learn kitchen safety tips, and enjoy a story. Ages 5+

*** Paint With Me

Monday 02/13 3:30pm Channel your inner Van Gogh while you paint a canvas with Miss Faith. Ages 5+.

FAMILY EVENTS

Lego Club

Saturdays 11:00am-1:00pm Use the library's LEGO bricks to build your own creations. Check the calendar for dates. ***Royal Tea Party

Saturday 02/04 11:00am-12:30pm Dress in your finest wardrobe for our Royal Tea Party, Enjoy tea while learning proper etiquette.

Family Movie Night

Monday 02/27 4:00pm Bring the family, wear your pajamas and join us for a snack and movie in our program room. ***Registration strongly encouraged. Limited spots available for programs marked with *** Visit the circulation desk or call to register.

ADULT PROGRAMS

Spanish Conversations

Tuesdays 6:30pm Practice your Spanish speaking skills with casual conversation in a relaxed and informal manner.

Knitting Club

Wednesdays 1:00 - 3:00 PM Knit and crochet winter hats and scarves to donate for the winter season. Basic help for beginners available

ESL For Adults

Thursdays 11:00 AM - 12:00 PM Learn ESL with Anthony.

Quilting Club

2nd + 4th Thursdays 1:00 - 3:00 PM Try out new quilting patterns with friends **ESL For Adults**

Thursdays 6:00pm- 7:00pm Learn ESL with Professor D'arpa.

An Evening of Jazz

Friday 2/17 5:00-6:30pm Delight in an evening of Jazz featuring the MRB Jazz Project, Light refreshments will be

available. **Tech Help**

Monday-Friday 9:00am-5:00pm

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

Snowbook Bingo

February 1st-March 31 Enter our Winter Book Bingo game to try and win the grand prize. See the circulation desk for

a bingo board, Adults only.

ROSELLE PARK SENIOR ACTIVITIES

classes and activities to residents throughout the week. Join the Center for one of their many activities!

The Casano Community Center also offers free curb-to-curb bus service for seniors 55 and older for essential needs Monday to Friday. Community Center at 908-245-0666.

The Casano Community Center offers fun Additionally, at the Center you will find free coffee, Wi-Fi and computer access. The Center is also available for local nonprofits to conduct their meetings and is available for rent on the weekends for private parties.

For more information, please call Casano

Monday	Tuesday	Wednesday	Thursday	Friday
10 AM: Mall Visit	11 AM: Chair Yoga	11 AM: Chair Yoga	11 AM: Chair Aerobics	11AM: Chair Yoga
11 AM: Healthy Bones	12 PM: Lunch (Meals on Wheels)	12 PM: Lunch (Meals on Wheels)	12 PM: Lunch (Meals on Wheels)	12 PM: Lunch (Meals on Wheels)
12 PM: Mahjong	1 PM: Grocery Shopping or Senior Bingo	1 PM: Grocery Shopping or Senior Bingo	1 PM: Rummikub	1 PM: Grocery Shopping or Senior Bingo
7 PM: Build-A- Body (ages 18+)	7 PM: Zumba (ages 18+)	7 PM: Zumba (ages 18+)	7 PM: Build-A- Body (ages 18+)	

CHESS IN MILLBURN

- In-person and Online Chess Lessons
- Rated Chess Tournaments
- Search us on YouTube: Chess Party
- Spring Classes Registration Open!
- Visit our website for details and placement test!

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www.chessinmillburn.com CHESS IN MILLBURN œ

CHESS ACADEMY

C.A.R. PROVIDES YOUNG PEOPLE WITH LEADERSHIP TRAINING

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PROPERTY TAX RELIEF

The State of New Jersey has extended the deadline for filing your ANCHOR benefit application to February 28, 2023. The Affordable New Jersey Communities for Homeowners and Renters (ANCHOR) program will provide up to \$1,500 to homeowners with 2019 gross incomes up to \$150,000, and up to \$1,000 for those with gross incomes of between \$150,000 and \$250,000 in that year. ANCHOR is also an important program for the tenants, who can receive \$450 if their gross income was \$150,000 or less in 2019.

To apply, visit the Division of Taxation's website: nj.gov/treasury/taxation/anchor The state has also established an ANCHOR hotline at 1-888-238-1233.



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10% DISCOUNT

Training tomorrow's leaders to serve our American heritage. country and preserve our nation's history is the mission of the Children of the American Revolution (C.A.R.). Members honor those who came before and paved the way for what we have today.

The nation's oldest and largest patriotic youth organization, C.A.R. offers membership to girls and boys from birth to age 22 who can prove lineal descent from a man or woman who supported the cause of American independence.

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

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.



CITY OF RAHWAY | MAYOR RAYMOND A, GIACOBBE

RAHWAY SPECIAL IMPROVEMENT DISTRICT **BUSINESS IMPROVEMENT GRANT PROGRAM** 2023

Applications Open from March 1 – April 30, 2023





cityofrahway

MAYOR RAYMOND A. GIACOBBE

Grant Opportunities for new and existing qualified businesses that meet the following criteria:

- Businesses must be registered with the State of NJ (NJBRC)
- Approved use in the City of Rahway 10
- More than 50% of business occurs within a brick and mortar location in the City of Rahway

to qualify for 50% forgiveness, and two years for 100% forgiveness.

- No chains or franchises
- A business must remain in operation for one year after issuance of Grant

BUSINESSES THAT QUALIFY WILL BE ELIGIBLE TO APPLY FOR A LIMITED NUMBER OF GRANTS. A \$2,000 GRANT IS AVAILABLE IN EACH OF THESE THREE FOLLOWING AREAS:

- . Fit Out - Interior
 - Non-permanent Interior Improvements
- Signage Exterior Zoning Approved Signs or Awnings
- **Brand Marketing and Design Services** Consultation and Design Opportunities for Logo, Marketing, Social Media, Collateral, Website

Receive an additional \$1,000 grant for MBE/WBE Certification*! *Must be registered as Minority, Women, Veteran,

LGBTQ-Owned Business Enterprises

Exterior Facade Improvement Program Outside Permanent Improvements - Storefront Level Only

Visit RahwaylsHappening.com for more info!







SMALL BUSINESS OF THE MONTH

The Borough of Roselle Park has awarded its first Small Business of the Month Award for 2023, naming Blooming Flowers the winner for January.

This local florist is well loved by the community for its beautiful floral designs and arrangements. In addition to their wide selection of flowers, the shop has many unique gift baskets, plants, and cards to choose from. Blooming Flowers prides themselves on their excellent customer service and strives to make every shopper's experience a pleasant one.

"I am so proud to have Blooming Flowers as a part of our community," said Mayor Joe Signorello. "It is obvious that Claudia has a passion and talent for floral design. This well-run business is a huge asset to Roselle Park."

"Family-run small businesses are near and dear to my heart," said Councilman-at-Large Joseph Signorello, Jr., who nominated Blooming Flowers for the award. "Congratulations to Claudia, and many thanks for being an important part of Roselle Park's business community."

Owner Claudia Pineda opened this store in 2021 after many years in the flower industry. Residing in Elizabeth, she happened upon this empty storefront on Chestnut Street and knew that it would be a great location for her shop. She runs the store with a very small staff of mostly family, including her daughter. She is very happy with her decision to open her shop in Roselle Park and is thrilled that Blooming Flowers has been recognized as "Small Business of the Month" so soon after first opening its doors.



STUDENTS OF THE MONTH ANNOUNCED

The Rotary club of Roselle Park announced their Students of the Month for December: Karla Torres of Abraham Clark High School, Sylvia Altman of Roselle Park High School, Henry Mejia of Abraham Clark High School, and Daniel Rodriguez. Students were selected because they exhibit the ideals of Rotary -Service to School and Community - as well as their dedication to academic excellence.

Students of the Month is a service project of the Rotary Club of Roselle-Roselle Park funded in part by a grant from the Rotary Foundation. This community service project honors a senior from each of the high schools in Roselle and Roselle Park, including Roselle Park High School, Roselle's Abraham Clark High School, and Roselle Catholic High School. Each student receives a personalized plaque commemorating the occasion, a gift card to Barnes and Noble, and an opportunity to speak to the group outlining their service to school and community and their academic successes. The project is coordinated by Rotarian Sarah Costa, Principal of Roselle Park High School. Rotarian Julie Pinho created the program for the Rotary club years ago. Courtney Washington shepherded the program through the COVID pandemic.

The Rotary Club of Roselle Park is a service organization that has served the twin boroughs of Roselle-Roselle Park since 1923 - 100 years! The only qualification for joining is that you are a good person who wishes to make a difference in the community, the world, and in the lives of others. See what we do at

roselleroselleparkrotary.org and join our cause!



(above, l-r) Pictured are the December Students of the month Karla Torres of Abraham Clark High School, Sylvia Altman of Roselle Park High School, Henry Mejia of Abraham Clark High School, and Daniel Rodriguez.

Courtesy photo

Discover for yourself what makes STS the premiere Salesian School in Union County

- Discover for yourself what makes STS the premiere Salesian School in Union County.
- Lil Stallions Day Care Infant & Toddler Program
- PK 3 and PK 4 All Day Classes
- Full day educationally based Kindergarten
- Middle States Accredited

- Before and After School Care
- STEM Classes
- Advanced Mathematics for Middle School
- 1:1 Chromebooks (Gr. 3-8)
- Interscholastic Sports
- · Clubs and activities
- Active Home School Association
- Financial Assistance (SFIC)

CALL FOR AN APPOINTMENT 908-276-7220 St. Theresa School www.mysts.org 540 Washington Ave., Kenilworth, NJ

ROSELLE PARK VETERANS MEMORIAL LIBRARY

PRESENTS

AN EVENING OF

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.

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 tendemess 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.



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!

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.

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

blind injection technique, which can be as inaccurate as playing pin the tail on the donkey

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 Call 732-827-0800

Scot Paris MD, FACS

Here's what our patients have to say

"I'm dancing without pain. I can more with no problem whatsoever. I can go up and down steps with no pain." + Patricia G.

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YMCA DISTRIBUTES FREE COMPUTERS TO STUDENTS

The Gateway Family YMCA

On January 16, 2023, the Loyalty Foundation distributed 100 Chromebook laptops to School Age Child Care (SACC) participants in need at The Gateway Family YMCA in Elizabeth, Rahway and Union, NJ. The distribution event at the Elizabeth Branch was attended by David Neeman, Founder, Loyalty Foundation, Rahmean Pops, 211 Community Impact, and the entertainer Redman.

"It was a beautiful Martin Luther King Jr. Day and we were so pleased to collaborate with all the wonderful folks from The Gateway YMCA in Elizabeth, NJ to distribute the computers. The community and atmosphere was electric, and we can't thank the incomparable Redman and Rahmean Pops of 211 Community Impact enough for supporting our equity empowerment mission. Seeing all the smiles on the families faces and knowing how much these computers will help them, means the world to us," stated David Neeman, Founder, the Loyalty Foundation

"We are very appreciative of The Loyalty

Foundation, a strong partner to The Gateway families on a first-come-first-serve basis at the 3 to technology is imperative to provide academic success and recovery from the learning loss experienced over these past few years. This donation opens a world of possibilities for our children," Melynda A. Disla, President/Chief Executive Officer, The Gateway Family YMCA. "It was a heartwarming event and a great collaboration. We are truly thankful to Redman for taking the time to visit with families at our YMCA and brighten the smiles of all who attended. We are thankful to Rahmean Pops of 211 Community Impact for joining the Loyalty Foundation in sharing the gift of technology with our students."

The computer donation was made possible by The Loyalty Foundation, a New York City-based 501(c)(3) Public Charity providing computers technology-based education programs to underserved K-12 youth populations across the U.S.

The Chromebooks were distributed to SACC



(above) Naldy Velarde, School Age Child Care & Camp Director, The Gateway Family YMCA, Jasmine Shaw, Housing Coordinator, Redman, Earnestine Brookins, Housing Coordinator, David Neeman, Founder, The Loyalty Foundation, Colleen Clayton, Chief Membership & Development Officer, Rahmean Pops, 211 Community Impact sharing a moment with the last Elizabeth YMCA family to pick up their laptop on Monday.



Family YMCA and the families we serve. Access different locations of The Gateway Family YMCA: Elizabeth Branch, Five Points Branch, and Rahway Branch.

> For more information about The Loyalty Foundation visit www.loyaltyfoundation.org

> For more information about The Gateway Family YMCA visit www.tgfymca.org.



(above) Elizabeth Branch family Shawnnah, Rashon, Jayceon and Jalani receive their laptop from the Loyalty Foundation.



(above) Chloe, Five Points Branch student smiles with her laptop, with mom and sister, Amber and Graisy. (Union)





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