

ROSELLE PARK MONTHLY

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ROSELLE PARK PARTNERSHIP JOINS UP WITH THE GREATER UNION TOWNSHIP CHAMBER OF COMMERCE

The Greater Union Township Chamber of Commerce (GUCC) Board of Directors formally welcomed the Borough of Roselle Park as a new addition to its association at a ceremony recently held at Meridia on Westfield Luxury Apartments in the Borough. Officials from both Union and Roselle Park were in attendance to mark the occasion.

“Although our Chamber has always welcomed businesses from outside the Union area to its membership roster, this is the first formal expansion of our organization that will bring the Roselle Park community under our auspices so that they may avail themselves of our member benefits and to have our Chamber represent and promote Borough businesses, said Union Chamber CEO James Masterson. “We warmly welcome them and will do all that we can to assist each business.”

Roselle Park Mayor Joseph Signorello said, “ We are

excited to become a part of this growing and active Chamber. We will do all that we can to encourage our local businesses to make the most of this special opportunity.”

Greater Union Chamber Board President Marie Maguire added, “ Roselle Park businesses who join the Chamber will find more than 50 member benefits to help them succeed in these challenging times and we are thrilled to include them in all that we do.”

The Greater Union Township Chamber of Commerce is an association of almost 400 businesses. Its mission is to promote, unite, represent and strengthen its members through networking opportunities, special events and a variety of economic initiatives.

For more information, or to join the Chamber of Commerce, visit: unionchamber.com/benefits-of-membership, or contact (908) 688-2777, executivedirector@unionchamber.com.



(above) On Thursday January 26, 2023, officials of the Greater Union Township Chamber of Commerce and the Borough of Roselle Park gathered at Meridia on Westfield to announce their new partnership to support the local Roselle Park business community. The “Meet and Greet” style event included Roselle Park Mayor Joseph Signorello III, members of Borough Council, several Roselle Park small business owners, the Greater Union Township Chamber of Commerce Executive Director/CEO James Masterson, and various Chamber of Commerce officials.

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BAKE SALE WAS A SWEET SUCCESS

The Ladies Auxiliary of Roselle Park Church of the Assumption, along with the help of Deacon David Farrell, held their annual Super Bowl Bake Sale during the weekend of February 11 and 12. Plenty of delicious, sweet treats were available. Proceeds of the sale will go toward repairs of the Church's air conditioning system.



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ROSELLE PARK YOUTH BASEBALL LEAGUE RECEIVES AED

Roselle Park PBA, Local 27 recently held a 50-50 raffle to raise money for an automated external defibrillator (AED) for the Roselle Park Youth Baseball League. The AED is a medical device designed to analyze the heart rhythm and deliver an electric shock to victims of ventricular fibrillation to restore the heart rhythm to normal. Ventricular fibrillation is the uncoordinated heart rhythm most often responsible for sudden cardiac arrest.

NOW ACCEPTING SHADE TREE REQUESTS

The Borough of Roselle Park has announced the roll-out of a program to spur shade tree planting throughout the community. In an effort to bolster its leaf canopy, and revitalize its stock of shade trees, the Borough has set aside over \$50,000 for tree planting. The Borough continues to work with the County of Union, New Jersey to acquire grants which offset local forestry costs.

The Borough has developed an online form (link: <https://forms.gle/F7kbq85SHKkB5DFD9>) which is designed to provide local residents with an easy way to request the planting of a shade tree within the public right-of-way in front of, or adjacent to their home.

Those unable to complete this form online can call the Borough Clerk's Office during regular business hours at 908-245-6222 EXT 78. Borough staff will enter the information on behalf of the requesting resident for review.



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



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¹National Assessment of Educational Progress

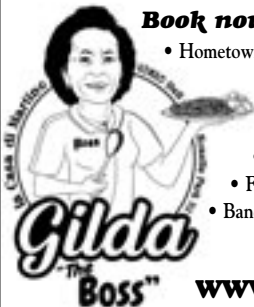


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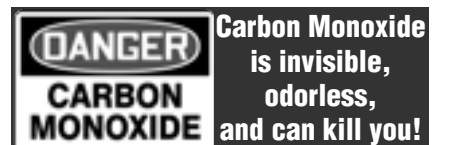
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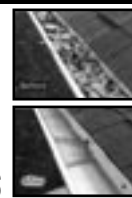
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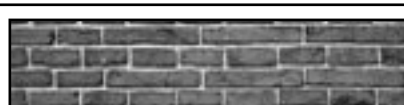
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SHINING STARS GALA SET FOR MARCH 14TH

Shining Stars Network, a non profit organization that creates opportunities in the performing arts for the special needs community, kicks off their 11th year with their 2nd “Reach for the Stars” Gala, set for Tuesday, March 14th at the elegant Park Chateau Estate & Gardens in East Brunswick.

The evening, which will begin at 6:00 p.m.,

will feature a five-star cocktail hour, open bar, dinner and dessert. Highlights of the evening include performances by the Shining Stars cast and buddies, live and silent auctions and a 50/50. Special guest will be celebrity chef and restaurateur David Burke, of Iron Chef America, who will auction off dinner experiences at his famous New Jersey eateries, including a personalized dinner for four.

“Our first gala in 2019 was a great success and we can’t wait for what will be another magical evening,” noted Shining Stars Network President and co-founder Mike Curci. “Park Chateau is one of the finest venues in the country, and we’re excited for our Shining Stars families, friends and supporters to enjoy this special night together.”

Individual tickets are \$175 and a table of 10 can be purchased for \$1500 (a savings of \$250). Email your request to ShiningStarsNetwork@gmail.com. Please mention “gala tickets” in the subject line. Venmo, checks and credit cards are gladly accepted. Sponsorship opportunities and journal ads are also available.

The Gala will start a big year for the Shining Stars, who will take to the stage for their “Evening of Shining Stars Talent Show” on Saturday May 13th at the Union County Performing Arts Center in Rahway.

On Saturday August 5th, history will be made when the Shining Stars make their Paper Mill Playhouse main stage debut, becoming the first special needs show to perform a full production on that iconic venue. Tickets for “The Greatest Show” — which will feature songs from Broadway and movies — will go on sale in late spring.

“We’re honored and thrilled to be co-producing a show with the esteemed Paper Mill team,” added Curci. “Our brookside cabaret at Paper Mill last September was an overwhelming success and to see our stars on the main stage this August will be a dream come true.”

The Camp Shine Summer Workshop will take place in late August, and the Stars will cap off the year with their annual “Christmas Spectacular” on Friday, December 1st.

“Shining Stars is all about being inclusive and giving our performers a chance to shine on stage while creating lasting memories,” noted co-founder and show director Sally Curci. “These opportunities build all-important self-esteem and self-confidence. Through the journey, our cast members and their high school buddies create bonds and friendships that they’ll always remember.”

For more information on the organization or events, please visit ShiningStarsNetwork.org.



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SUPPORTING CHILDREN COPING WITH LOSS WEBINAR, MARCH 21

Children will experience different losses in life: divorce, moving, friendships ending, sports injuries or the death of a friend or family member. Imagine, A Center for Coping with Loss is working to create grief informed communities where children will be surrounded by adults who are able to provide support as they cope with these losses.

On Tuesday, March 21st from 7:00–8:30 p.m., Imagine will offer a webinar on Supporting Children Coping with Loss for anyone who wants to learn how to support a child who is grieving. While loss due to death will be the primary focus of this webinar, the concepts that will be presented are applicable to all types of loss. It is especially important for parents and grandparents, guardians, teachers, members of community organizations, coaches, therapists, counselors, and social workers to attend this program. The webinar will be offered in both English and Spanish.

THOSE WHO ATTEND WILL BE ABLE TO:

1. Define the terms “loss,” “grief,” and “mourning”
2. Understand the different types of loss and the impact of those losses
3. Identify similarities and differences on how children, teens, and adults experience their grief
4. Learn how to support someone who is grieving

CEUs are available for social workers with a \$30 registration fee. For those who do not need CEUs, a \$30 donation is appreciated, but not required.

Those interested in the Spanish-speaking webinar do not need to register, but may contact Imagine’s Training and Education Director, Veronica Ortiz at veronica@imagineenj.org to receive the link to join the webinar.

Please join Imagine in our effort to create supportive communities for children who are grieving. To register for the English-speaking webinar, please scan the QR code below or visit imagineenj.org.



FREE COURSE ON MENTAL ILLNESS

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will start on Thursday evening, March 9, 2023 and meet each Thursday over a consecutive 9-week period. It is free-of-charge, with all necessary materials furnished.

The course is offered specifically to the parents, siblings, spouses, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. This course is taught by NAMI members who have completed intensive training.

Curriculum topics include: schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder, etc., the clinical treatment of these illnesses, and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative, and how to deal with critical periods.

Capacity is limited. To register, or if you have any questions, please contact Pat Roman at (732) 397-8123, or via email at: patroman2@aol.com. Please include F2F Course in the subject line. A F2F instructor will contact you with the details.

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FEB 2023 STUDENTS OF THE MONTH

Rotary Club of Roselle-Roselle Park

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 and 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 which 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

www.roselle-roselleparkrotary.org, and join our cause.



(above, l-r) Ekaterina Timura of Roselle Park High School, Casey Opoku-Minsah of Roselle Catholic High School, and Christian Tony of Abraham Clark High School who were selected because they exhibit the ideals of Rotary - Service to School and Community - as well as their dedication to academic excellence.

Photo by Bob Zeglarski

ORGAN DONATION IN NJ REACHED NEW ALL-TIME HIGH IN 2022

NJ Sharing Network

Carolyn M. Welsh, President and CEO of NJ Sharing Network, the federally-designated nonprofit organization responsible for the recovery of donated organs and tissue in the state, announced the number of organ donors (283) and organs transplanted in a single year (670) reached all-time highs in 2022.

These unprecedented totals mark significant increases over the previous records of 233 organ donors and 613 organs transplanted. This also marked the fourth consecutive year NJ Sharing Network has reported new records in the number of organ donors, underscoring the clear trend of increased support for organ donation in the Garden State.

"Thanks to the generosity of New Jersey organ donors and their families, more lives were saved last year than ever before - ensuring

others now have more time to share special moments with their loved ones," said Welsh.

In 2022, the 670 organs transplanted included 350 kidneys (all-time high), 170 livers (all-time high), 71 hearts, 58 lungs, 20 pancreata and one intestine. In addition, 40,000 eye and tissue gifts enhanced the quality of life for those in need. Tissue donations include corneas, heart valves, skin grafts, bone grafts, saphenous veins, ligaments, and tendons.

According to United Network for Organ Sharing (UNOS), nearly 4,000 people in New Jersey are on the organ transplant waiting list. One organ donor can save eight lives, and one tissue donor can enhance the lives of over 75 people.

To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.



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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.

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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

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

- Patricia G.

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

- Perry O.

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

- Quenton L.

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AUTHOR TALK

Union Township Historical Society

On Sunday, March 26, at 2 p.m. at Connecticut Farms Presbyterian Church, 888 Stuyvesant Avenue, Joanne Rajoppi will present "20th Century Women," based on her new book of the same name. In her talk Ms. Rajoppi will trace the course women traveled toward equality in society and opportunity in education and employment during times of changing cultural values. Her non-fiction work focuses on six women, all members of the Hamilton family, and recounts their journeys to independence.

Joanne, also a historian, is the author of three other books. In addition, she's a contributor to the Crossroads of the American Revolution's Meet Your Revolutionary Neighbors. Joanne serves as President of the Union County Historical Society and is a member of the Daughters of the American Revolution. Admission to the talk is free. Refreshments will be served. For more information, please call 908-591-4377.

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(above) Isaac Lima, 2023 Children's Miracle Network Hospitals New Jersey Champion.

ISAAC LIMA NAMED 2023 CHAMPION CHILDREN'S MIRACLE NETWORK HOSPITALS

Children's Specialized Hospital (CSH) is proud to announce the 2023 Children's Miracle Network Hospitals (CMNH) New Jersey Champion, Isaac Lima of Roselle Park, NJ.

Each year, participating hospitals identify a "Champion" in each of their communities to serve as the face for children treated at their local children's hospital. These ambassadors spend the year advocating for the charitable needs of children's hospitals across North America. Isaac will be representing Children's Specialized Hospital, central and northern New Jersey's local Children's Miracle Network hospital.

Isaac was a happy, active teenage boy until he experienced a tragic accident at cheer practice that caused a C4 complete spinal cord injury leaving him paralyzed from the neck down. After two lengthy emergency surgeries, Isaac was transferred to CSH and began therapies, including extensive physical rehabilitation to help him regain some mobility and psychiatry to help him process the severity of his injury and acclimate to life in a wheelchair.

Immediately after his accident, Isaac had shut down emotionally and was experiencing extreme bouts of anger and depression. At CSH he found hope and his energetic, kindhearted, and fearless spirit began to shine once again. His goal now is to spread awareness about mental health in children of different abilities.

"We are so excited to have Isaac as our champion in 2023," said Keely Davenport, Associate Director of Children's Miracle Network Hospitals at CSH. "Isaac's story of perseverance and his infectious spirit makes him the perfect ambassador for our hospital. He will honorably represent the thousands of patients that are treated at CSH each year."

When you see Isaac's photo at your local Costco, Walmart, Sams Club or other CMNH retail partner, 100% of your donation at checkout will support the 35,000 children who receive life-changing care at CSH each year. To learn more about Isaac and make a donation to CSH Foundation in his honor visit <https://bit.ly/isaaccmnh>.

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SUVCW INDUCTS NEW MEMBER

The General Phil Kearny Camp #20 swore in its newest member on December 22 at the Abraham Clark house in Roselle, NJ. Senior Airman Nathan Sands was home on leave from the Air Force and was sworn in by Camp Secretary Clark McCullough.

The Sons of Union Veterans of the Civil War (SUVCW) is a fraternal organization preserving the history of those that fought in the Civil War, including hereditary membership from a Civil War Veteran or associate membership. To learn more visit suvcw.org.

General Phil Kearny Camp #20 meets five times a year at 1 p.m. at the Abraham Clark Memorial House, located at 101 W 9th Ave, Roselle, NJ. 2023. Dates are March 18, May 6, September 9, October 28, and November 11.



(above) Camp Secretary Clark McCullough swears in Nathan Sands.



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OPEN HOUSE AT THE GATEWAY FAMILY YMCA

The Gateway Family YMCA Offers Membership Madness this March

The Gateway Family YMCA is celebrating Membership Madness March 22-24 with an YMCA Open House and Membership Special open to everyone in the community. Individuals and families are invited to visit and Find Your Passion, Find Your Purpose, Find Your Y. Swimming, Basketball, Pickleball, Soccer, Group Exercise and Water Exercise programs are available, as well as Chronic Disease Management programs like Blood Pressure Self-Monitoring, a Summer Day Camp Open House and Parent Information Session, and a Community Health Fair with program and vaccine information. Located in Elizabeth, Rahway and Union, individual YMCA Branch event schedules and details are available at tgfymca.org/events.

The YMCA provides programs and services with the goal of building community, developing youth and creating a safe experience for all. New members who join The Gateway Family YMCA online at tgfymca.org/join-the-Y or in person at the Y will pay \$0 Joiner Fee with the code SP23 March 22-24!

"More than ever before, health and family need to come first. As a nonprofit community organization dedicated to strengthening community, the Y is the perfect place to share healthy activities with loved ones, create lasting memories and make lifestyle changes to increase health," stated Melynda A. Disla, President/CEO, The Gateway Family YMCA. "We are here to meet the unique needs of our community, families, and neighborhood partners, every day."

The Gateway Family YMCA has served the community since 1900, and offers programs including Chronic Disease Management and Wellness, Youth Sports and Mentorship, Swimming Lessons and Drowning Prevention, Arts and Academic Enrichment, WISE Community Services, Child Care and Summer Day Camp, Housing and Social Services. With a

focus on healthy living, youth development and social responsibility, the Y provides a safe and supportive community to inspire everyone to find balance in spirit mind and body, both in person and virtually.

"Through our digital innovation efforts, we have expanded our options and provided the flexibility that is important in our members and community. The ability to provide 24-hour access to recorded content and live virtual group exercise and chronic disease management programs, enables us to serve our community in a unique and innovative way," stated Rodger D. Koerber, EVP, Chief Operating Officer. "At the Y, we are here for all, and making wellness, nutrition, mental health and enrichment programs easy, no matter where you are, is a priority."

As an alternative option for individuals who wish to participate from home, the YMCA is offering a Virtual Group Exercise Open House with registration available online at tgfymca.org. Throughout the week, the Y will also share community health and safety information on their Facebook page at facebook.com/GatewayFamilyYMCA highlighting healthy family tips, nutritious recipes and exercise recommendations.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community through Youth Development, Healthy Living and Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services for all. The Y doesn't just strengthen bodies – it strengthens people, families and communities.

For more information about The Gateway Family YMCA, visit www.tgfymca.org or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center and WISE Center Branch at 908-349-9622.

FIND YOUR PASSION.

FIND YOUR PURPOSE.
FIND YOUR Y.

MEMBERSHIP MADNESS



MARCH 22-24
YMCA Open House
\$0 Joiner Fee Special

Membership Special March 22-24
Use Code SP23 for \$0 Joiner Fee Online

THE GATEWAY FAMILY YMCA tgfymca.org

Save the Date! Healthy Kids Day
Saturday, April 29, 2023
Open House & Community Health Fair
Program & Vaccine Information

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SUPPORTING FOOD SECURITY IN UNION COUNTY

The SHARE Alliance (the “Alliance”), a newly formed 501(c)(3) organization dedicated to addressing food security concerns in the County of Union, NJ, recently received a \$3,000 donation from the Springfield-based Atlantic Federal Credit Union to support the Alliance’s mission to help community members in need.

“As a community-chartered Credit Union, we succeed when our Members, neighbors and the greater community succeed,” stated Atlantic Federal Credit Union Chief Executive Officer Anthony A. Mero. “We are honored to be able to support the SHARE Alliance as the team offers critical resources to put local families on the path to success through food security and education.”

The Atlantic Federal Credit Union is a not-for-profit financial cooperative providing banking services to residents and businesses in Union and Essex counties. For more than 85 years, the Atlantic Federal Credit Union has focused on delivering competitive rates on deposit accounts, low fees, and attractive rates on loans. In addition, the Credit Union regularly contributes to the social and economic wellbeing of the communities it serves by volunteering and donating to local charitable organizations.

More information about the Atlantic Federal Credit Union, including membership available to those who live, work, worship, attend school or conduct business in Union or Essex counties, is available at web.atlfedcu.com.

The S.H.A.R.E. (Sowing Hope and Reaping Equity) Alliance is a consortium of several congregations and other interested parties, is dedicated to the proposition that no one should go to bed hungry, or wonder where their next meal will come from. Under the sponsorship of the First Presbyterian Church of Springfield, the Alliance seeks to approach the issue of food security in Union County with a three-prong tactic of increasing availability of healthier food, coordinating their distribution, and promoting their right use in the kitchen. These objectives are achieved through the establishment of a Community Pantry and Community Kitchen that will operate from the Parish House, located at 37 Church Mall, Springfield.

“Recognizing that economic insecurity is a primary driver of nutrition related health issues, and that community members in food insecure settings are forced to make difficult decisions around food on a daily basis, the Alliance has come together to leverage the work of existing organizations and identify innovative solutions to help more people with food security and avoiding difficult tradeoffs between necessities like food and medicine,” stated Acting Executive Director of the SHARE Alliance Rev. Dr. Roberto Fois. “The donation from Atlantic Federal Credit Union will help us to promote better health and strengthen family cohesion.”

Information about the availability of services from the SHARE Alliance Community Kitchen and Pantry can be found on-line through the First Presbyterian Church of Springfield at springfieldpresbyterian.org. The SHARE Alliance can also be reached at info@SHARE-Alliance.net.



(above, l-r) S.H.A.R.E. Alliance: Rev. Dr. Roberto Fois, Andrea Holley-Blair, Russell Hovland, Rev. Reginald Harris, Jim Bover, Carol Kaiser; Atlantic Federal Credit Union: Anthony A. Mero, CEO; and Carla White-Garrett, Community Engagement Representative.

Courtesy photo

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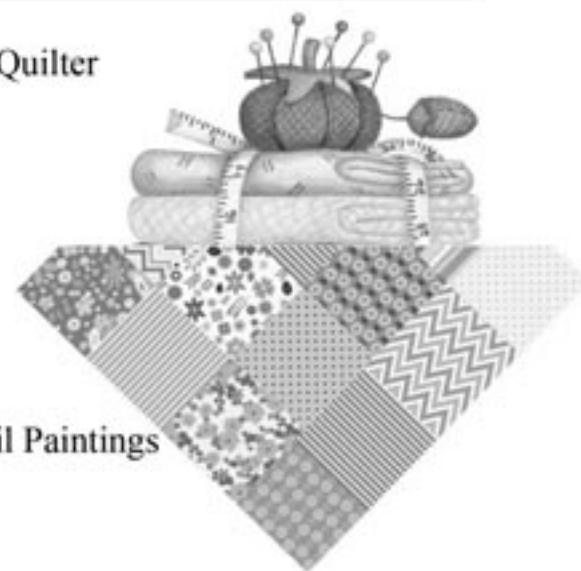
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MARCH EVENTS

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 Monday, Tuesday, Thursday: 10 AM - 8 PM; Wednesday, Friday: 10 AM - 5 PM; Saturday: 10 AM - 2 PM; Sunday: closed

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 Roselle Park Police Department.

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 03/06 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 03/20 3:30pm

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

TWEEN AND TEENS PROGRAMS (AGES 12+)

Spanish Club

Wednesday 4:00pm

Practice basic Spanish with peers and learn about the Spanish culture with Miss Faith

FAMILY EVENTS

Read Across America

Saturday 03/04 11:00am

Join us for our literacy carnival, as we feature special guest readers and activities.

Lego Club

Saturdays 11:00am-1:00pm

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

***Barbie's Birthday Party

Monday 03/13 3:30pm

Bring your Barbies and wear pink to celebrate with us! We'll have vintage Barbies on display, a Pink Mustang photobooth(weather permitting), and a cake!

Family Movie Night

Monday 03/27 4:00pm

Bring the family, wear your pajamas and join us for a snack and movie in our program room.

NJ Makers Day

Saturday 03/25 11:00am

New Jersey Makers Day inspires and activates libraries to showcase and highlight STEM and maker culture, enhancing life-long learning.

Join us for fun and games!

***Registration strongly encouraged. Limited spots available for programs marked with ***

Visit the circulation desk or call to register.

ADULT PROGRAMS

Salsa Dancing for Adults

Saturdays 03/11, 03/18 11:00am-12:00pm

Learn the basics of Salsa with the Starry Night Dance Studio. Sign up for one or both classes.

Singles and couples welcome! Registration strongly encouraged. Limited spots available.

Visit the circulation desk or call to register.

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.

Snow Book Bingo

February 1-March 31

Enter our winter book bingo game to try and win the grand prize! See the circulation desk for a bingo card. Adults only.

Tech Help

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SHINING STARS GALA SET FOR MARCH 14TH

Shining Stars Network, a non profit organization that creates opportunities in the performing arts for the special needs community, kicks off their 11th year with their 2nd "Reach for the Stars" Gala, set for Tuesday, March 14th at the elegant Park Chateau Estate & Gardens in East Brunswick.

The evening, which will begin at 6:00 p.m., will feature a five-star cocktail hour, open bar, dinner and dessert. Highlights of the evening include performances by the Shining Stars cast and buddies, live and silent auctions and a 50/50. Special guest will be celebrity chef and restaurateur David Burke, of Iron Chef America, who will auction off dinner experiences at his famous New Jersey eateries, including a personalized dinner for four.

"Our first gala in 2019 was a great success and we can't wait for what will be another magical evening," noted Shining Stars Network President and co-founder Mike Curci. "Park Chateau is one of the finest venues in the country, and we're

excited for our Shining Stars families, friends and supporters to enjoy this special night together."

Individual tickets are \$175 and a table of 10 can be purchased for \$1500 (a savings of \$250). Email your request to ShiningStarsNetwork@gmail.com. Please mention "gala tickets" in the subject line. Venmo, checks and credit cards are gladly accepted. Sponsorship opportunities and journal ads are also available.

The Gala will start a big year for the Shining Stars, who will take to the stage for their "Evening of Shining Stars Talent Show" on Saturday May 13th at the Union County Performing Arts Center in Rahway.

On Saturday August 5th, history will be made when the Shining Stars make their Paper Mill Playhouse main stage debut, becoming the first special needs show to perform a full production on that iconic venue. Tickets for "The Greatest Show" — which will feature songs from Broadway and movies — will go on sale in late

spring.

"We're honored and thrilled to be co-producing a show with the esteemed Paper Mill team," added Curci. "Our brookside cabaret at Paper Mill last September was an overwhelming success and to see our stars on the main stage this August will be a dream come true."

The Camp Shine Summer Workshop will take place in late August, and the Stars will cap off the year with their annual "Christmas Spectacular" on Friday, December 1st.

"Shining Stars is all about being inclusive and giving our performers a chance to shine on stage while creating lasting memories," noted co-founder and show director Sally Curci. "These opportunities build all-important self-esteem and self-confidence. Through the journey, our cast members and their high school buddies create bonds and friendships that they'll always remember."

For more information on the organization or events, please visit ShiningStarsNetwork.org.

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WEBSITE / SEO SERVICES

• STARTER WEBSITE: \$500

Basic static site that can be developed further

• WEBSITE CREATION/UPDATE: \$2,400

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

• WEBSITE HOSTING: \$300 PER YEAR

Includes website hosting, software updates, monthly website content updates

• SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

Call for free a consultation if you need

help developing an online marketing plan.

**STARTER
WEBSITE
\$500**

Call Walter at 201-478-7408

email: wwwinnj@gmail.com

WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

• SEE WHAT IS WORKING AND NOT WORKING

Know where your web traffic is coming from and why.

• ELIMINATE / AVOID COSTLY SCHEMES

Evaluate the return you are getting from your online marketing costs.

• INCREASE ONLINE MARKETING RESULTS

Recommendations include ways to increase traffic to your website

• NO OBLIGATION

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

**ONE TIME
FLAT FEE
\$250**

Call for a consultation
if you do not have a website
or if need a new one.

Call Walter at 201-478-7408

email: wwwinnj@gmail.com

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