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Issue 15 • May 2023

# MILLBURN TOWNSHIP FOUNDING DAY CELEBRATION

Explore Millburn-Short Hills hosted a day of historical education, and family activities during the Millburn Township Founding Day Celebration held on Saturday, April 22. The 2nd annual event celebrated the founding of the town in 1857. Most activities centered around the Bauer Center in historic Taylor Park.

Victorian Era live music was performed by the Florian Shantz Jazz Combo. Refreshments were provided in 21st century style with the sweet addition of historic candy.

"Explore" is an independent 501c3 non-profit organization that serves as the Special Improvement District (SID) for the town. Established by the Township Committee in August 2020, the SID encompasses five distinct commercial areas (Downtown, Wyoming Business Center, Short Hills Station, Upper Millburn Avenue and Morris Turnpike at Short Hills) and serves nearly 500 businesses. Explore's portfolio of services includes district-wide marketing, branding, placemaking, beautification, events including live music, direct business advocacy and overall economic development efforts.





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# **MUSIC IN OUR SCHOOLS MONTH FINALE**

Millburn Township Public Schools

March's Music in Our Schools Month came to a beautiful finale with this year's District Choral Festival on Wednesday at Millburn High School. All the school choruses from grades 5 to 12, performed to a full house, and came together in grand finish singing Everlasting Melody! It is so wonderful to hear all of these voices become one! Many thanks to our students and choral teachers, Aileen Koch, Katelyn Saxton, and Rodrigo Vega, and Director of Music, John Leahey for all their hard work!



Photo by Millburn Township Public Schools



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	Sat:	8 am	- 1 pm

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# GALINA MULLER APPOINTED EXECUTIVE DIRECTOR OF SAGE ELDERCARE

The Board of Trustees at SAGE Eldercare, Summit-based nonprofit provider of programs and services to the elderly, their families, and caregivers, has appointed Galina Muller, most recently Director of Finance & Administration, as Executive Director, effective February 9, 2023.

Since 1954, SAGE Eldercare has provided a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible. From helping with errands, to exercise classes, community programs, care planning, meals delivery, adult medical daycare and home health care, SAGE's mission is to help older adults remain independent in their own homes.

Muller joined SAGE in 2007 as Finance Director, to supervise all accounting activities and maintain financial records. During the pandemic, Muller was promoted to Director of Finance and Administration, interim for the vacant Executive Director position, and took on addressing organizational effectiveness. She restructured SAGE's business model by identifying best practices, consolidating its two clinical care programs, HomeCare and Spend-A-Day, to improve quality of care, and reducing costs to allow the organization to deliver on its mission for many years to come. As Executive Director, Muller will oversee the overall operations and the fundraising component of SAGE Eldercare.

Muller earned a master's degree in accounting from Fairleigh Dickinson University and a bachelor in economics, accounting, and finance from New Bulgarian University. Prior to joining SAGE, she held various positions of increasing responsibility at Robert Saunders CPA in Westfield, Island Auto Rental Group, and Glory School of Foreign Languages.

"I am pleased to announce Galina Muller has accepted the responsibilities of Executive Director for SAGE. Her knowledge of SAGE and tenure with the organization contributes to keeping it constant and thriving for our community. Galina is committed to the mission of SAGE and the clients we serve," said Leslie Hardin, President of SAGE Eldercare's Board of Trustees.

"In my role as Executive Director of SAGE, I look forward to helping the organization grow and evolve to meet the increasing needs of older adults in our area and continuing on our mission to help seniors age at home where they want to." said Muller.

For more information regarding SAGE Eldercare, call 908.273.5550 or visit www.sageeldercare.org.



# **5 WAYS TO SURVIVE THE SANDWICH GENERATION PRESS**

Between the kids' activities, household upkeep, and for many, the demands of work, life can undoubtedly be overwhelming at times. Add in the responsibility of caring for an aging parent and you could soon feel the fatigue and stress common to the "Sandwich Generation."

Today, more and more people, sandwiched between their own children and a 65+ parent, are tasked with stepping into dual provider roles: caregiver to an aging loved one and parent or guardian. In fact, more than half of all Americans in their 40s and 50s fit into this category – and the number is on the rise.

If you're a sandwich generation caregiver, it can be extremely important to know your personal and financial limits and be open to voicing your challenges with family and friends. While it may sound impossible, there are ways to carve out moments for yourself – whether breaks at home or time away – in order to mentally and physically reset. In fact, your health may depend on it.

If you're in a good place with your own



wellness, you can be a far stronger care provider for your loved ones. Here are 5 ways you can help manage your caregiver stress and survive the sandwich generation press: needed respite and ensure your parent or aging loved one is safe while you're not there. Many Care Professionals are trained specifically for elder care, helping with personal care such as

#### **1. ASK FOR HELP WHEN YOU NEED IT.**

Sounds easy enough, but the reality is we often feel obligated to do it all. If you have younger children, you could ask a friend or family member to pick them up from school or soccer practice – or create a carpooling schedule. Team up with other parents to swap play dates so you can be kid-free for Mom's doctor's appointment, or for a few hours of personal time each week. Don't ever feel guilty for carving out time for yourself.

#### 2. CREATE YOUR OWN HOME SPACE.

Not every part of the house needs to be dedicated to caregiving. Give your kids and/or your parents their space while you have a room or area of the house to decompress with TV, yoga or listening to music in a comfy chair. Make a wellness appointment for yourself: pencil in times on the calendar to be in this spot every week.

#### 3. JOIN A SUPPORT GROUP.

You are not alone – not by a long shot. With the panini generation becoming more prevalent in recent years, there are many caregiver support groups and resources that can help you manage your role. If no services are available nearby, try joining an online support group or a social media group. A quick search for "family caregiver" brings up a slew of options.

#### 4. LINE UP RESPITE CARE.

Professional care services can offer much-

needed respite and ensure your parent or aging loved one is safe while you're not there. Many Care Professionals are trained specifically for elder care, helping with personal care such as bathing and other tasks you may not feel comfortable doing and engaging older adults with their hobbies and other fun activities to help them thrive. Care Professionals also can provide rides to appointments, cook, help with household tasks, and may be available for ongoing care. Talk with your mom and dad about their options and inquire what government and insurance care benefits they may be eligible for.

#### **5. SYNC WITH YOUR EMPLOYER AND FRIENDS.**

If you're employed, you could let your boss or colleagues know about your situation and caregiving needs. Being transparent can ease stress and help others understand what you need to be at your best. You may also be eligible for Employee Assistance Program (EAP) benefits that could help manage your stress. If you're a stay-at-home parent or retired, talk to your neighbors and friends about your needs and see if they have similar stories or advice to share.

There may be days ahead that you feel like you have the weight of the world on your shoulders. It's okay if you're not there for everyone, all the time. Co-workers can help hold down the fort for you. Kids can watch TV while you're dealing with all the things. Really. Cut yourself some slack on the household chores (better yet, assign some to those kids!). And when you feel you're ready for help, check out the resources and support that a Home Instead network Care Professional could provide.

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# **STUDENTS WIN NATIONAL MEDALIST AWARDS**

Millburn Township Public Schools Two of Millburn High School's visual artists have been notified that they received the very prestigious National Medalist Award for the Scholastic Art and Writing Competition.

Junior Riana Joseph earned a Silver award for her piece entitled Heritage. Erika Hsu Kasuga, a junior who has returned to her native Japan, earned one Gold and two Silver awards for her work. The Scholastic Art & Writing Awards are the nation's longest running and most prestigious program for creative teens in grades 7-12. Only .006% of students receive a national award! Thanks to our Art Department teachers who encourage students to enter these contests each year, with amazing success.

# **"MEET THE ARTIST" SERIES AT THE SUMMIT LIBRARY**

Artist" series at the Summit Library, which will showcase new theatrical works and provide a forum for the public to speak with playwrights, directors, and actors. At each event, a new work will be presented, followed by a conversation with the artists who created it. The series aims to provide insight into the creative process of theatrical production, from the written form to the final performance. It also gives the playwrights an opportunity to receive feedback from the audience. The series will be held at the Summit Free Public Library on four Wednesdays in May: May 3rd, May 17th, May 24th, and May 31st, from 7 to 9 p.m.

"We are so excited to be holding our Meet the Artist series at the Summit Public Library this

Vivid Stage has announced its "Meet the year," said Laura Ekstrand, Artistic Director of Vivid Stage. "It's the perfect place to experience new works and to have a conversation with the audience in a casual setting."

> Vivid Stage is a non-profit theater located at Oakes Center in Summit, NJ, with a professional ensemble of actors. The theater is dedicated to representing its neighbors and their personal stories, and aims to create an inclusive environment where everyone feels at home.

> The Summit Free Public Library is located at 75 Maple Street, Summit, NJ. To attend this series, visit the Library's website at: summitlibrary.org. For more information on the "Meet the Artist" series and Vivid Stage, please visit: vividstage.org.



(above) Riana Joseph earned a National Medalist Silver award for her piece entitled Heritage. Photo by Millburn Township Public Schools



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# THE SPOTTED LANTERNFLY IS HATCHING

Invasive Insect Is a Danger to Trees, Decorative Plantings, and Agriculture

Residents are reminded to keep an eye out for the invasive spotted lanternfly that has caused damage to residential and agricultural plants and trees throughout the area. Residents are asked to check trees, fences, and other flat surfaces around their homes and neighborhoods for egg masses, as well as grown lanternflies and Stomp Them Out!

The spotted lanternfly is native to China, India, and Vietnam. While not harmful to humans or animals, this invasive insect feeds on the sap of many different hardwood trees, scrubs, ornamental plants, and has the potential to impact agricultural crops of economic importance. Feeding damage caused by the spotted lanternfly significantly stresses the affected plants which can lead to decreased health.

Residents and visitors are advised to keep an eye out for spotted lanternflies and their egg masses and kill them on sight. Destroying spotted

lanternfly egg masses before they hatch is the best way to limit their spread. Eggs can be laid on any flat hard surface including metal, wood, and plastic. Egg masses are commonly found on fence posts, telephone poles, lawn furniture, and the underside of tree branches. Egg laying begins in September and continues through November or until the first freeze.

While adult spotted lanternflies do not survive the cold winters, their egg masses do. Beginning in May through June, the eggs will start to hatch and mature through their life stages into adulthood. Join the battle to beat the bug and help us Stomp Them Out!

#### **IF YOU FIND SPOTTED LANTERNFLY EGG** MASSES:

• Scrape egg masses using scraper cards, or anything else that is hard, tapered and/or flat • Kill eggs by putting them into doubled bags, using alcohol/hand sanitizer, or by smashing

GREEN WOOD	
GARDENS	What's Happening this Season in the Garden
	May 5Opening DayMay 12Celebrating the Beauty of BulbsMay 18The Gilded Age LectureMay 21Rookwood Art Pottery LectureMay 25Tai Chi in the GardenMay 26Broadway Classics Concert
Discover the Enchanting Beauty of Greenwood Gardens	May 31 Creative Arts Day in the Garden Jun 1 Birder's Walk Jun 6 Garden Sensory Walk
A stunning terraced formal garden with stately fountains, garden ornaments, woodlands, grottoes, Arts and Crafts follies, and winding paths. Connect with nature and revitalize your spirit in a historic garden oasis!	Jun 8 Qigong in the Garden   Jun 14 Members Jazz Picnic   Jun 14 Creative Arts Day in the Garden   Jun 23 Tackling Invasive Plants   Jun 27 Members Twilight Tour & Croquet

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May 25	Tai Chi in the Garden
May 26	Broadway Classics Concert
May 31	Creative Arts Day in the Garden
lun 1	Birder's Walk
lun 6	Garden Sensory Walk
lun 8	Qigong in the Garden
lun 14	Monbors Jazz Picnic
lun 14	Creative Arts Day in the Garden
lun 23	Tackling Invasive Plants
lun 27	Members Twilight Tour & Croquet
lun 29	Members Historical Society Bus Tour of Short Hills
lul 11	Twilight Tour of Garden Ornaments
ul 21	The AAPI Jazz Collective Concert
lul 27	Members Tour & Picnic
Aug 12	History Presentation & Tour
Aug 16	Creative Arts Day in the Gardena
Aug 24	Arts & Architecture Walk

See the full program calendar at: greenwoodgardens.org/programs

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# **PAUL JACOBS SOLO RECITAL CONCERT - MAY 21**

Grammy-award winning organist Paul Jacobs for a solo recital concert on Sunday, May 21, 2023 at 4:00 pm. The special, one-day only concert will feature a selection of works, including J.S. Bach, and showcasing the church's historic Aeolian-Skinner Opus 1347 pipe organ, which is the largest of its kind in New Jersey. The signature performance at Christ Church in Short Hills commemorates the church's 140th Anniversary.

Paul Jacobs has been heralded as "one of the major musicians of our time," by Alex Rose of The New Yorker and as "America's Leading Organ Performer" by The Economist. He is an internationally celebrated organist who combines a probing intellect and extraordinary technical mastery with an unusually large repertoire, both old and new.

The Paul Jacobs Organ concert is presented free of charge. Free will donations are welcome. A Reception will follow the performance in the Parish Hall of Christ Church in Short Hills located at 66 Highland Avenue, Short Hills.

#### **ABOUT THE ARTIST**

An eloquent champion of his instrument, Paul Jacobs is known for his imaginative interpretations and charismatic stage presence. He has performed to great critical acclaim on five continents and in each of the fifty United States and is the only organist ever to have won a Grammy Award-in 2011 for Messiaen's towering "Livre du Saint-Sacrément." No other organist is so frequently re-invited as soloist to perform with prestigious orchestras, thus making him a pioneer in the movement for the revival of symphonic music featuring the organ.

Prodigiously talented from his earliest years, at 15 years old Jacobs was appointed head organist of a parish of 3,500 in his hometown, Washington, Pennsylvania. Mr. Jacobs studied at the Curtis Institute of Music, double-majoring in organ and harpsichord, and at Yale University. He joined the faculty of The Juilliard School in 2003, and was named chairman of the organ department in 2004, one of the youngest faculty appointees in the school's history.

Mr. Jacobs has moved audiences, colleagues, and critics alike with landmark performances of the complete works for solo organ by J.S. Bach and Messiaen, as well as works by a vast array of other composers. He made musical history at the age of 23 when he played Bach's complete organ works in an 18-hour marathon performance on the 250th anniversary of the composer's death.

A fierce advocate of new music, Mr. Jacobs has premiered works by numerous composers. As a teacher he has also been a vocal proponent of the redeeming nature of traditional and contemporary classical music.

In addition to his concert and teaching appearances, Mr. Jacobs is a frequent performer at festivals across the world, and has appeared on American Public Media's Performance Today, Pipedreams, and Saint Paul Sunday, as well as NPR's Morning Edition, ABC-TV's World News Tonight, and BBC Radio 3. In 2017 he received an honorary doctorate from Washington and

Christ Church in Short Hills welcomes Jefferson College. Mr. Jacobs has written several ABOUT THE ORGAN articles for the Wall Street Journal.



(above) Grammy Award-winning organist Paul Jacobs will perform a free concert at Christ Church in Short Hills on Sunday, May 21, 2023. Courtesy photo

The organ at Christ Church in Short Hills is a 63 rank Aeolian-Skinner Opus 1347 designed by organ builder Joseph Whiteford in 1960. It is the largest of its kind in the state of New Jersey. The organ was restored in 2015 by Adam Dieffenbach and Steve Emery of Emery Brothers Organs in Allentown, PA. The new antiphonal organ and Trompette en Chamade was tonally designed by organ builder, Bynum Petty. The Aeolian-Skinner rebuild was part of a \$1.2 million restoration of the sanctuary by the congregation of Christ Church in Short Hills.

#### **CHRIST CHURCH IN SHORT HILLS**

Christ Church in Short Hills, established in 1882, is part of the Episcopal Diocese of Newark and the worldwide Anglican Communion. Christ Church in Short Hills is located at 66 Highland Avenue, Short Hills. For more information, please visit: www.christchurchshorthills.org



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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# Sunday, May 21, 2023, 4 PM

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For tickets, a full listing of alumni events and performance opportunities, and for more ways to connect with and support NJYC,

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# HARTSHORN'S KARATE CLUB GOES GLOBAL

Millburn Township Public Schools Students in Hartshorn's karate club are preparing to compete in the Soke Cup International Chito Ryu Karate Championship in Kumamoto, Japan in August of 2023.

To help prepare for the upcoming tournament, guest instructors Koukichi Uchiyama (Renshi, 6th dan) and John Gambino (Shihan, 5th dan) flew in high ranking instructors Martin and Sandra Phillips (Shihan, 5th dans) from the Sunshine Coast, Australia participated via Google Meet, as well as other students from Kentucky.

Hartshorn paraprofessional, Necole Gambino (2nd dan), also participated and is a practicing Chito Ryu member, instructor and competitor.

Principal Ken Frattini has been practicing martial arts for 40 years and has been running the Hartshorn Karate Club for 10 years. Hartshorn karate students continue to participate even after they leave Hartshorn! Hartshorn's Karate Club currently includes students from Hartshorn School, Washington School, Millburn Middle and Millburn High School!



(above) Millburn students and guests watched and participated in training and exercises, during the 3-hour clinic. The club thanks all of the instructors and the friends from Australia who got up and started training with them at 3:00 a.m.!

Photo by Millburn Township Public Schools

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MILLBURN TOWNSHIP FOOD PANTRY

Millburn Township operates a food pantry for for a more discreet location, local-only. Millburn-Short Hills residents in need. The pantry is available by appointment only and is mainly stocked with non-perishable foods. For more information or to make an appointment, please contact the Township Social Worker, Ana Millan at (973) 535-7961 ext. 231 or amillan@millburntwp.org. Please note that all communication between the social worker and pantry manager, Annette Romano, as well as its volunteers is strictly confidential. Food drop-offs can be made at the resident's home or arranged

The pantry accepts monetary donations which are exchanged for gift cards to local supermarkets, then distributed to food pantry recipients. If you would like to make a donation, please contact the Town Social Worker, or make a check out to the Township of Millburn and mail it to Ana Millan, Millburn Health Department at 375 Millburn Ave. Millburn, NJ 07041. Nonperishables can also be brought to Town Hall during business hours. Thank you for your generosity.



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22 S Mountain Rd	5	4.2	1	\$1,695,000	\$1,756,000	14
16 Elsway Rd	5	3.0	2	\$1,595,000	\$1,595,000	22
400B Millburn Ave	4	4.1	1	\$1,095,000	\$1,210,000	16
282 Glen Ave	4	3.1	2	\$1,150,000	\$1,070,000	108
1 Nottingham Rd	2	1.1	1	\$675,000	\$750,000	14



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