

# Berkeley Heights

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## CLAIRE TEITELBAUM'S SILVER AWARD PROJECT

*Girl Scout Troop 40950*

On September 12, 2023, Claire Teitelbaum of Berkeley Heights Girl Scout Troop 40950, presented her Silver Award project to the residents of Autumn Lake Healthcare. The Girl Scouts Silver Award is the second highest award of the Girl Scouts of the USA, and the highest award that a Girl Scout Cadette can earn. The award is earned after a Girl Scout completes a project that helps make a difference in their community. The project must have a lasting impact and bring a positive change to that community.

Claire chose to help the residents of Autumn Lake. "I had to think for a long time about which part of my Berkeley Heights community needed some attention, and then I thought about the residents here at Autumn Lake. My grandfather was a resident here a few years ago, and I always enjoyed visiting him and doing activities with him", said Claire.

The result of Claire's hard work is a series of activity mats, called "Memory Mats", which will help the residents who are suffering from dementia and memory loss.

Using the methods taught to her as a child in Montessori school, as well as generous crafts donations from the Berkeley Heights community, Claire researched and designed four sensory mats. Maria Delia, of Maria's Sewing Box, charitably donated her time and expertise to give Claire sewing lessons. "Claire was such a pleasure to teach sewing skills to and that she chose a project that would benefit the elderly."-Maria Delia

Sensory mats are activity mats that are widely used with toddlers, children, and adults on the autism spectrum, as well as seniors suffering from memory loss. These therapeutic mats will provide a variety of activities and tactile sensations to keep the residents active and busy. The different fabrics and textures can offer sensory stimulation that can be reassuring and have a calming effect.

"I made four mats in total, all similar but not exactly alike. I used many bright and welcoming colors to stimulate the senses. There are also many different textures and fabrics, and some fabrics offer sounds as well. By using these mats daily, I hope they will help the residents with their muscle memory, increase their focus, help engage their gross motor stimulation, and calm them down when feeling agitated or stressed", says Claire.

"I've worked here at Autumn Lake for 17 years! These sensory mats are amazing! Most definitely one of the most creative projects ever presented to us! Our residents REALLY enjoy them, and they keep them entertained for a while! (Which is a difficult task normally.)

I also notice that our residents play with them "together", which is so nice to see! The interaction and fun they have brought to us is a beautiful thing!

Claire's presentation was also so heartfelt and beautiful! She showed such love and compassion toward our residents while presenting them.

We couldn't be more grateful that Claire chose us for her amazing creative project." Said Cathy Balsamo, Autumn Lake Healthcare.



Here is what the residents have to say:

"Not only do we enjoy the activity mats, we loved the presentation and the visit from Claire!"

"The mats are something different then our usual puzzles, cards and board games, they are entertaining for us."

"We enjoy playing with them when we are watching television."

"I like that my hands can stay busy buckling and unbuckling and tightening and untightening. I even remembered how to tie a tie!"

"The activity mats are fun!"

Claire really enjoyed making these mats and is proud to have been involved in the Silver Award project. She hopes the residents at Autumn Lake enjoy them as well and will get many years of use out of them!

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**LET'S GO TO THE MOVIES!**  
**A CELEBRATION IN SONG - NOV 11**

The magical music of the movies comes alive on stage! Hickory Tree Chorus will perform songs from Disney, Broadway, holiday songs and more, all sung in ringing four-part harmony at their annual show. Let's Go To The Movies! is on Saturday, November 11, 2023, at 2 p.m. at Drew University Concert Hall, located in the Dorothy Young Center for the Arts, 36 Madison Avenue, Madison, NJ. Come hear favorites like What I Did for Love, Weekend in New England, Seasons of Love, Beauty and the Beast, On the Road Again, and many more. The Maplewood Glee

Club and the Steppin' Out Quartet will be featured guests. Tickets are \$25 and are available at [hickorytreechorus.org/tickets](http://hickorytreechorus.org/tickets) or by emailing [tickets@hickorytreechorus.org](mailto:tickets@hickorytreechorus.org). This is our biggest fundraiser of the year. Come support local singing while enjoying a musical journey.

The Hickory Tree Chorus, an award-winning chapter of Sweet Adelines International, performs fun-filled popular music, barbershop style. Founded in 1968 in Chatham Township, NJ, HTC currently rehearses in Stirling, NJ. Find more info at [hickorytreechorus.org](http://hickorytreechorus.org).



(above) Hickory Tree Chorus

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119 Chestnut Hill Dr	5	5.1	2	\$1,349,000	\$1,500,000	11
22 Hawfinch Dr	4	3.1	2	\$1,174,114	\$1,169,114	128
22 Ridge Dr W	4	2.1	2	\$975,000	\$1,100,000	9
41 Kingman Rd	4	2.1	2	\$949,900	\$1,055,000	9
160 Mcman Ave	4	2.1	2	\$950,000	\$925,000	53
16 Ford Pl	4	2.1	2	\$769,000	\$852,000	16
26 Hilltop Ave	3	2.0	2	\$795,000	\$825,000	27
63 Whitney Dr	4	3.0	2	\$725,000	\$760,000	9
165 Fairview Ave	4	2.1	1	\$729,000	\$760,000	12
68 Lincoln St	4	2.1	2	\$675,000	\$720,700	19
229 River Bend Rd	4	2.1	2	\$650,000	\$700,000	15
180 Kline Blvd	4	2.1	2	\$700,000	\$700,000	34

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# TWO INTERNATIONALLY RENOWNED SHOWS AT SIEMINSKI THEATER

The Sieminski Theater is honored to present two internationally renowned shows that will captivate audiences of all ages. Located in Basking Ridge, NJ on the campus of Fellowship Village, this intimate state-of-the-art theater offers student and senior discounts, dinner and show packages, and free parking. Tickets are available at [sieminskitheater.org](http://sieminskitheater.org) or call the Box Office at 908-580-3892. Like us on [facebook.com/SieminskiTheater](https://facebook.com/SieminskiTheater)

**Sons of Serendip** who won the hearts of fans and judges alike as finalists on America's Got Talent (Season 9) with their ethereal and emotionally stirring interpretations of pop music, arranged with a unique blend of vocals, harp, piano, and cello is appearing on **November 4th** for a 7:30 p.m. performance. With four successful albums and soulful live performances, this classical crossover ensemble has been lifting audiences to a sublime experience by delivering a fresh and creative interpretation of the music

you love. Sons of Serendip were selected to compete in the first-ever America's Got Talent. For more information on the quartet visit [sonsofserendip.com](http://sonsofserendip.com)

On **December 9**, for two performances (3:30 pm & 7:30 pm), the Sieminski Theater offers a heartwarming holiday event for the entire family! Drawing on the infinitely rich treasury of Ireland's cultural heritage, **Tomáseen Foley's A Celtic Christmas** is a re-creation of a night

before Christmas in the West of Ireland in the 1940s. A Celtic Christmas brings to life just such a night. On stage, the spirit of Christmas dances to life and glows brightly to create an Irish family feast - direct from the rich table of communal life in the west of Ireland. The show invites its audience to come into that cottage, into that world, into that era, with us, and be our neighbors for the night. Visit their website @ [www.tomaseenfoley.com](http://www.tomaseenfoley.com)

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# GLHS VARSITY FIELD HOCKEY WIN DIVISION TITLE

The Governor Livingston Varsity Field Hockey team are the new Essex-Union Conference Blue Division Champions! This is the first Division Championship for the program in school history and comes after a commanding season where the team went 6-0 in division play.



Photo by Berkeley Heights Public Schools

# WHARTON ARTS HOLIDAY CONCERTS & EVENTS

Wharton Arts, New Jersey's largest independent non-profit performing arts education center, announces its 2023-24 season dedicated to promoting excellence and equity in performing arts education. Over the course of the season, the nearly 2,000 Wharton Arts students and music lovers of all ages will inspire audiences through the power of collaboration and celebrating the strength that comes from creating together. For a complete listing of concerts and events and to purchase tickets, visit [WhartonArts.org](http://WhartonArts.org).

During the month of December, Wharton Arts presents exciting concerts and events embodying the holiday spirit with the Wharton Players' production of Beauty and the Beast Jr., New Jersey Youth Chorus' Readings and Carols, the Holiday Kids-for-Kids Choral Festival by the Paterson Music Project Choir, and the All That Jazz Holiday Concert featuring the NJYS Youth Symphony and Jazz Orchestra. In addition to performances, Wharton Arts has planned an

informative Parent Circle Series, offering insights into supporting student musicians. These discussions cover a range of topics, including preparing college applications and supporting neurodiverse children in their study of music.

Wharton Arts is New Jersey's largest independent non-profit community performing arts education center serving nearly 2,000 students through a range of classes and ensembles. The 5 ensembles of the New Jersey Youth Chorus, an auditioned choral ensemble program for students in grades 3-12, encourage a love and appreciation of choral music while nurturing personal growth and creative development. The 15 ensembles of the New Jersey Youth Symphony, which serve over 500 students in grades 3-12 by audition, inspire young people to achieve musical excellence through high-level ensemble training and performance opportunities. Based in Paterson, the Paterson Music Project is an El Sistema-inspired program of Wharton Arts that uses music

education as a vehicle for social action by empowering and inspiring young people to achieve their full potential through the community experience of ensemble learning and playing. From Pathways classes for young children to Lifelong Learning programs for adults, the Wharton Performing Arts School has a robust musical theater and drama program and offers both private and group classes for instruments and voice for all ages and all abilities. With the belief in the positive and unifying influence of music and that performing arts education should be accessible to all people regardless of their ability to pay, Wharton Arts offers need-based scholarships.

Wharton Arts is located in Berkeley Heights, New Providence, and Paterson, NJ and reaches students from 12 counties. All of Wharton Arts' extraordinary teaching artists, faculty members, and conductors hold degrees in their teaching specialty and have been vetted and trained to enable our students to achieve their personal best.



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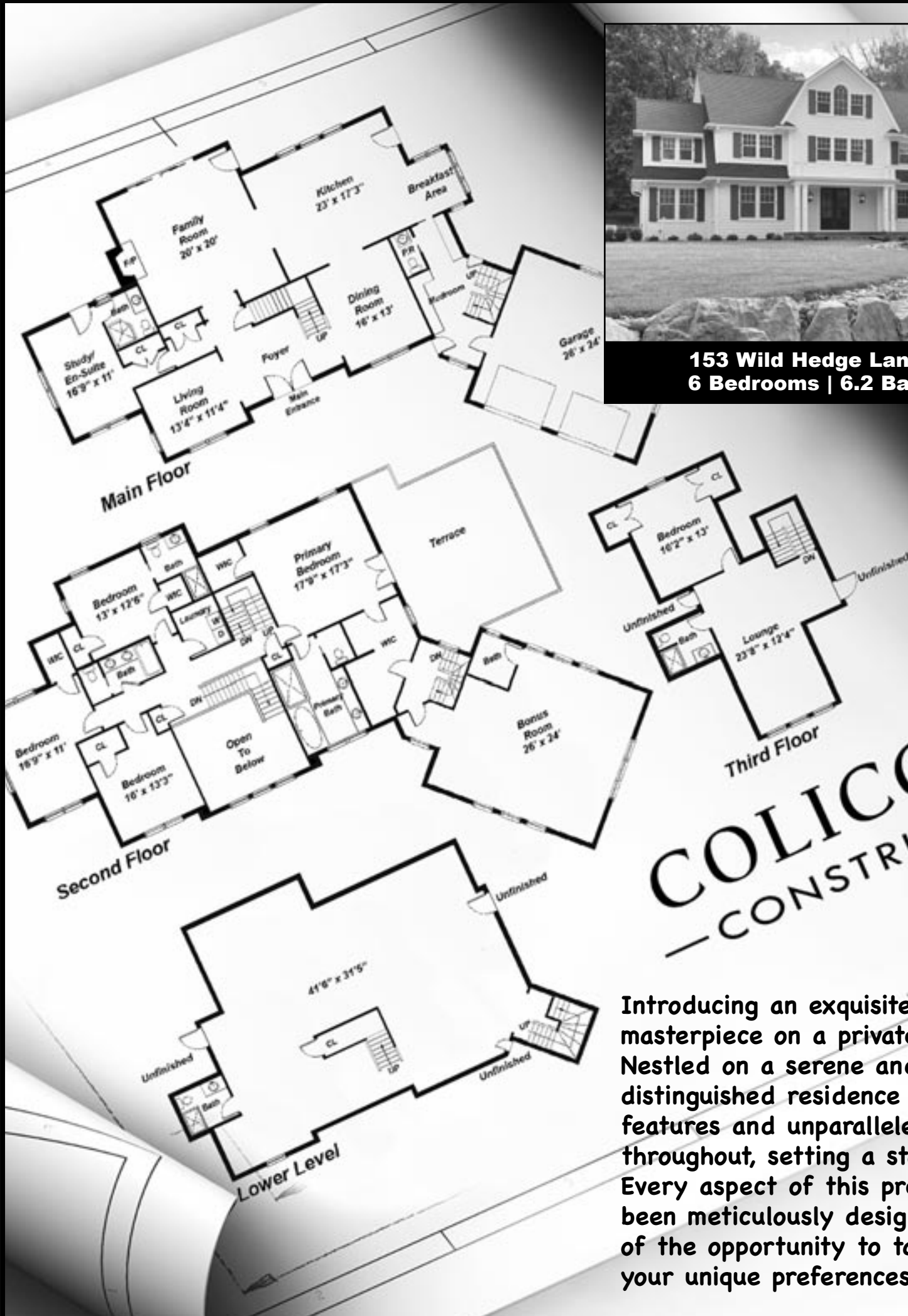


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# SUMMIT'S SANTA CLAUS SHOP

## SENIOR DAY TRIP NOV. 20

The Berkeley Heights seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, November 20. The bus leaves the parking lot at Town Hall, 29 Park Avenue, at 8:30 a.m. and returns at approximately 7:15 p.m. The cost is \$35 which includes bus transportation and a \$20 voucher for slot play. For further information or reservations, call Ramona at 908-647-3295.

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For the 57th consecutive year, the Santa Claus Shop will open its doors to area families to provide complementary holiday shopping. The Shop serves more than 400 low-income families and senior citizens from Summit, New Providence, Berkeley Heights, and other local communities.

This year's Santa Claus Shop will be held at St. John's Lutheran Church, 587 Springfield Avenue in Summit. Families will be offered shopping hours by invitation only during the first week of December.

The Santa Claus Shop is chaired by Summit residents, Michelle Kalmanson, Alison MacMillan, Katie Orr and Elizabeth Somerlot and co-chaired by Jen Adel, Amanda Darnowski, Jenny Groves and Corinne White. The Santa Claus Shop exists solely on donations and

volunteers. With the monetary donations from area residents, local organizations and businesses, the Santa Claus Shop can purchase the gifts that allow less fortunate neighbors to experience the joy of holiday giving without financial burden.

To keep the holiday spirit alive for local residents in need, the Santa Claus Shop chairwomen ask for members of the community to consider giving. Checks can be made payable to SHIP, with Santa Claus Shop noted on the check's memo line, and mailed to the Santa Claus Shop, P.O. Box 119, Summit, NJ 07902.

The ability to make an online donation is also available at [summitsantaclausshop.com](http://summitsantaclausshop.com). If you would like to find out more information, or get involved, please visit our website or follow us on Facebook at Santa Claus Shop - Summit, NJ and Instagram - @santa\_claus\_shop\_summit.



(above, l-r) Summit's Santa Claus Shop is preparing to help deliver a joyous holiday to locals in need. The chairs for this year are Michelle Kalmanson, Alison MacMillan, Katie Orr and Elizabeth Somerlot.

Courtesy photo

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## "WHAT AN OWL KNOWS" LECTURE AT THE RAPTOR TRUST NOV. 12TH

New York Times Best-selling author Jennifer Ackerman joins The Raptor Trust on Sunday, November 12th, 2023 at 2:00 p.m. for a discussion of her latest book, What an Owl Knows.

We are excited to bring the 2023 lecture back in an in-person format after several years of virtual presentation! We look forward to welcoming attendees just down the road from The Raptor Trust at the Environmental Education Center (190 Lord Stirling Rd, Basking Ridge, NJ 07920).

General Admission tickets are \$10 (\$5 for Senior Citizens). VIP tickets are \$75 include a copy of What an Owl Knows, preferred seating, and an invitation to the Opening Reception where you will be able to meet Jennifer Ackerman (to occur immediately before the event).

We hope you join us for this Owl-tastic event! For more information visit: [theraptortrust.org/ldsmlf-annual-lecture](http://theraptortrust.org/ldsmlf-annual-lecture)

The Raptor Trust is a 501 (c)(3) not for profit organization. We are dedicated to the fulfillment of three primary missions: To provide free care and assistance to injured, sick, or orphaned wild birds. To educate people about wild birds, especially birds of prey. To provide a humane example for others.



## HUGHES SCHOOL HOSTS MUSIC ASSEMBLY

*Berkeley Heights Public Schools*

Students at Thomas P. Hughes School recently enjoyed an assembly in honor of Hispanic Heritage Month. The assembly, 'A Journey Through Latin Percussion,' featured musicians who used only percussion instruments to create

various sounds and rhythms originating from different Hispanic cultures. The students and staff also tried some salsa dancing and Mr. Derman, the Instrumental Music Teacher at Hughes, joined the performers for some of the drumming!



## COLUMBIA SCHOOL'S NEW COUNSELING CENTER

*Berkeley Heights Public Schools*

The counselors at Columbia Middle School are very excited to welcome students and staff to a brand new counseling space at the school. The new space is warm and inviting, and offers many different coping tools and resources for students to take advantage of. Some highlights include a mindful coloring wall, a cozy couch for talking, and lots of space for yoga mats where students can stretch and relax.

CMS also recently held their first official Advisory lesson on September 13th where the September precept "Be here, be you, belong!" was announced. Staff and students participated in some friendly icebreakers with a goal of connecting and getting to know each other. Many more fun advisories are planned to come to build

community and confidence among CMS students. Mrs. Saunders, the CMS 6th grade counselor, is also in the process of meeting with every 6th grade student in short, group meetings. The goal is for students to have a warm welcome to CMS, connect with the counselor and peers, and see the new counseling space.



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In the 10 years that Imagine has been offering peer support groups for children, youth facilitators have played an important role in the groups for children ages 3-12. Imagine's youth volunteers are high school age and co-facilitate with adult facilitators in support groups for younger kids. Recently, Imagine staff trained twelve young people who devoted a full Sunday to learning the companioning model of facilitation practiced at Imagine. Imagine's youth facilitators are such a valued and essential part of their support group program, and their staff are grateful for the commitment of this new group of youth facilitators and the many others who have been supporting Imagine's kids.

Abigail Preece, Imagine's Program Supervisor ran the training along with their Bilingual Program Manager, Sonia Nuñez. Abigail said this about the new group of youth facilitators: "Imagine's Youth Facilitators are such an inspiring group of people and this training class is no exception. They are an empathic and

enthusiastic group and will do an amazing job being present and supportive to our participants. We are so excited to welcome them to the Imagine community!"

Imagine's youth facilitator training program is held once a year in September. If you are a youth who is interested in participating in the 2024 training, Imagine staff recommend you and a parent or guardian schedule a tour of Imagine's center. Tours can be scheduled by visiting Imagine's website at [imagineenj.org](http://imagineenj.org).

Imagine is a 501c3 nonprofit that offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. Imagine also offers grief and loss education and training to the community.

For more information please contact Imagine at 908-264-3100 or [info@imagineenj.org](mailto:info@imagineenj.org).

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(above) Imagine's staff members Paul Muir, and Abigail Preece with youth facilitators Gavin LaConti, Aanya Wright, Alexis Zhang, Arissa Xiang, Elsea Reynoso, Haley Motz, Kira Goldman, Noa Goldstein, Benjamin Ooi, Robert Qi, Chloe Katz, and Jagger Cohen

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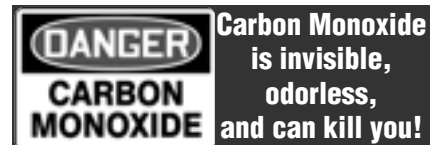
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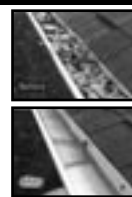
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# 5TH ANNUAL BRIDGES STREETS-TO-HOMES 5K WALK & RUN

## Bridges Outreach

Bridges Outreach hosted its 5th Annual Bridges Streets-to-Homes 5K Walk & Run in Summit, NJ on Saturday, September 30th. Despite the rain, over 100 participants crossed the finish line. Other events of the day included a Kids Fun Run, a rejuvenating Burn & Flow class led by The Goodburn, and stations to meet event sponsors and pack lunches for distribution during Bridges' streets-based case management. Thanks to event sponsorships as well as individual and team fundraising efforts, the event raised over \$36,000 to end chronic homelessness in Union and Essex Counties - NJ.

"The Bridges 5K was such a wonderful event! I want to thank all of our sponsors for their generous support – we couldn't do it without you!" reflected Jessica Mills – Bridges Board Member and Fundraising Chair.

Bridges Outreach is at the forefront of tackling chronic homelessness. Founded in 1988 by Geoff and Ginger Worden of Summit NJ, Bridges provides resources and case management to those experiencing homelessness and facing imminent homelessness. Project Connect, launched in 2014, connects people experiencing homelessness in Newark with trained case managers to ultimately achieve permanent housing. "This past year, Bridges has helped to create a 27.7% reduction in unsheltered homelessness, in New Jersey. Bridges is about meeting people where they are, literally and figuratively. We believe that housing is a human right." Shares Richard Uniacke, President of

## Bridges Outreach.

Runners were fueled with competition, camaraderie, and a shared passion to make an impact. Congratulations to the top 3 male finishers: Paul Dorsey, 18:14.1, Leon Sarkissian, 19:04.3, and Carlos Cañaveral, 19:14.7; and the top 3 female finishers: Dena Peyster, 20:46.5, Christine Ciccone, 24:11.2, and Sophie Capone, 25:35.3.

Bridges is grateful to all event sponsors. Collaborative Sponsor: Boston Consulting Group; Influencer Sponsors: NY Giants, Oak Knoll School, and Coni Frezzo and Ed Sannini; Outreach Sponsors: Allied Beverage Group, Liquid Church, PSEG, Delia Hamlet, and Rosen Kelly Conway; Community Partner Sponsors: Frames for You, Club Pilates Short Hills, Kent Place School, Lois Schneider Realtor, Propeller,

Veracity Athletics, The Fine Art of Mike Dziomba, The R3finery, and Brynne & David Thompson Family; Valued Sponsors: The Goodburn, New Jersey DJ Services, Robert Irvine's FitCrunch, and Sweet Nothings. Special thanks to Teens Tackle Homelessness and Oak Knoll School students who helped with event registration and the Kids Fun Run, and The Goodburn for a pre-run stretch & warm-up for all.

"Participating in events like The Bridges 5K is just one way that we can prioritize the physical and mental well-being of each and every member of our community. When we support each other, we thrive!" reflected Valerie Flax and Jessica Scarpelli of The Goodburn.

To learn more about Bridges Outreach or to become a volunteer, visit [bridgesoutreach.org](http://bridgesoutreach.org).



Men Top 3 finishers  
(above) Paul Dorsey, Leon Sarkissian, Carlos Cañaveral, and Richard Uniacke - President of Bridges Outreach



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berkeleyheights.gov/  
1511/PickleballTennis-Information  
Winter Recreation Programs  
Tuesday, December 5 - Saturday, March 2.  
Registration Opens:  
Monday, October 30 at 8:00 AM  
berkeleyheights.gov/1529/Winter-Programs  
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berkeleyheights.gov/352/Senior-Information  
Senior Citizens Thanksgiving Luncheon  
Friday, November 17  
11:30 am – 2:30 pm  
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berkeleyheights.gov/1558/Santa-Visit  
Christmas Tree Lighting  
Saturday, December 2  
6:15 PM (following the Winter Walk)  
Peppertown Park - FREE  
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berkeleyheights.gov/  
1559/Christmas-Tree-Lighting

LIBRARY NOVEMBER EVENTS

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CHILDREN PROGRAMS:

Read with Morrigan the Dog  
Tuesday, November 14 at 3:30 pm  
Story Time for ages 3 - 5  
Tuesdays, November 7, 21 at 10:30 am  
Fun with Friends Story & Play  
for ages 0- 24 months  
Thursdays, November 2, 9, 16, 30  
at 9:30 am  
Make Diya Lights for Diwali for ages 8-12  
Sunday, November 5, 3-4 pm  
Limit of 15 crafters, registration is required -  
email rsvp@bhplnj.org  
with phone # & child's name & age.  
LEGO Play for ages 5-9  
Thursday, November 9, 2-3 pm  
Sing & Sign Story Time with Danielle Neri  
for ages 2-5  
Sunday, November 12 at 3 pm  
Good Tyme String Band  
Tuesday, November 14 at 10:30 am  
Sing & Sign Story Time with Danielle Neri  
for ages 2-5  
Sunday, November 12 at 3 pm  
Yoga Story Time with Pam Nixon for ages 3-6  
Tuesday, November 28 at 10:30 am

TEEN PROGRAMS

(for grades 6-12 unless otherwise specified):  
Teen Library Council Mtg  
Thursday, 11/ 2, 7 pm  
registration requested  
Take and Make -Yarn Pumpkin garland  
Pick up kit November 8 & 9 starting at 3pm  
Fall Luminary Craft  
Thursday, 11/16, 7 pm  
registration required  
Teen Book Club Discussion Mtg:  
Long Way Down by Jason Reynolds  
Tuesday, 11/28 at 6:30 pm

ADULT PROGRAMS:

BHPL Morning & Evening Book Group:  
This Tender Land by William Kent Krueger.  
Meeting dates are Friday, 11/3 at 10:30 am  
and Tuesday, 11/14 at 7:15 pm.  
Call the library or email reference@bhplnj.org  
with any questions.  
Books Speak Volumes Book Group:  
Harry Truman's Excellent Adventure  
by Matthew Algeo  
Meeting date is Thursday, 11/16  
(meeting time TBA).

SCHOOL YEAR KICKS OFF WITH NEW PROGRAMS

Berkeley Heights Public Schools  
The Counseling department at Governor  
Livingston High School has had a busy start to  
the 23-24 school year as they get the new  
freshman up-to-speed on all things 'GL', assist  
seniors with college and post-secondary HS  
plans, and work to bring students and staff  
together as a school community through activities  
and events. A new activity, Walking Wednesdays,  
will be taking place every Wednesday at lunch  
and will see a counselor lead students on a walk  
around the building as a way to refresh for the  
afternoon.  
Mrs. Morin, one of GLHS School Counselors,  
commented, "Come walk with us! Exercise is a  
fun and an important way to get your brains

rejuvenated". The GLHS September Precept is,  
"Stop Competing, Start Connecting." Each  
month the counseling department will have a new  
school precept that relates to the school  
community.  
Governor Livingston is also excited to be  
welcoming our new Student Assistance  
Counselor (SAC) Ms. Nebus to our department.  
"I am excited to get to know and interact with all  
of the students and become part of the GLHS  
community. One way that I have been meeting  
the students and introducing myself to them is  
bringing back Feel Good Fridays this year, where  
I have mindfulness activities for them to stop by  
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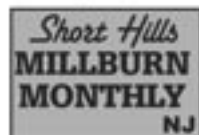
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