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15TH ANNUAL CHATHAM TURKEY TROT RESULTS

Submitted by Curt Ritter

"The 15th Annual Chatham Turkey Trot was a great success. With more than 1,300 runners participating in one mile family fun run and 5K race we raised \$40,000 bringing our 15-year total to more than \$300,000 for area first responders and diabetes research and education. We are grateful for the tremendous support of our volunteers, the Chatham community, and our Gold Sponsors Boxcar, Citizens Bank, Debbie Woerner Realty, Dreyer's Lumber & Hardware, and our Silver Sponsors: Klas Electric, Morris Animal Inn and Mary Weichert Realtor. We look forward to seeing everyone next year," said Curt Ritter Founder & President of The Chatham Turkey Trot.



ABOUT THE CHATHAM TURKEY TROT

The Chatham Turkey Trot organizes and hosts the annual Chatham Turkey Trot, a 1 Mile Family Fun Run and 5K Race in which runners race through the scenic Highlands section of Chatham Township, NJ on Thanksgiving Day. Since 2009, The Chatham Turkey Trot has raised more than \$300,000 for the Chatham Township Volunteer Fire Department, the Diabetes Research Institute, the Chatham Emergency Squad and The Barton Center for Diabetes Education.

Like us on Facebook

or visit us at TheChathamTurkeyTrot.org.

5K WINNERS

• Men:	Sam Ellis	16:02
• Women:	Jem Berney	19:58
• Boys:	Jack Cross	19:22
• Girls:	Brinley Pickett	21:16

1 MILE WINNERS:

• Boys:	Thomas Gallagher	4:45
• Girls:	Ava Koscielniak	5:22

(above) National Anthem

(above) 1 mile fun run winners:
Ava Koscielniak, and Thomas Gallagher



(above) Gabby Moore, 6 yrs, and
Izzy Moore, 4 yrs, of Chatham

More photos on pages 16 and 17.

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G Garden
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HEART ASSOCIATION AWARDS CERTIFICATION TO SPRING GROVE

Building on its commitment to comprehensive care and services, Spring Grove Rehabilitation & Healthcare Center in New Providence recently earned the American Heart Association’s (AHA’s) new Skilled Nursing Facility Heart Failure Center Certification. The 106-bed skilled nursing facility, located at 144 Gales Drive, provides post-hospital care, short-term rehab and long-term residential care.

The world’s leading nonprofit focused on heart and brain health, the AHA has invested more than \$4.8 billion in research since its founding. Evaluation criteria for its new skilled nursing certification – earned by less than 2% of skilled nursing facilities nationwide, to date – was designed by heart failure experts. Certification requirements include program management, personnel education, clinical management, care coordination and performance improvement, as well as patient and caregiver education and support.

“This advanced certification provides heart patients with the assurance that Spring Grove is recognized by the AHA for delivering the most effective heart failure treatment strategies based on a standardized method of current evidence-based guidelines,” said Kani Burgos, regional director of market development at Marquis Health Consulting Services, which supports Spring Grove. “These specific care strategies and services are aimed at improving outcomes for those with chronic heart failure and its co-

morbidities, as well as reducing readmissions.”

Spring Grove’s reputation for progressive skilled nursing care is well established. The center was named one of the nation’s “Best Nursing Homes 2022-23” for long-term care by U.S. News & World Report; marking the third consecutive year Spring Grove has been recognized in at least one program category. It maintains a five-star rating for quality measures from the Centers for Medicare & Medicaid Services (CMS). More information on Spring

Grove can be accessed on the facility’s website, springgroverehab.com.

Brick, N.J.-based Marquis Health Consulting Services provides administrative and consulting services to skilled nursing facilities and senior housing communities along the Eastern Seaboard. The organization’s operational guidance enables its client facilities to overachieve their quality and customer service goals by embracing a progressive, multi-specialty approach to healthcare.

Courtesy photo



(above) Spring Grove Rehabilitation & Healthcare Center’s interdisciplinary care team

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55 Fairview Ave	6	6.1	1	\$2,199,000	\$2,185,999	43
88 Meyersville Rd	5	4.0	2	\$1,499,000	\$1,550,000	56
130 Center Ave	3	1.1	1	\$875,000	\$1,000,000	10
11 Joseph St	4	2.0	1	\$849,000	\$901,000	8
109 N Passaic Ave	3	2.1	1	\$899,900	\$899,900	50
4 Kimball St	3	2.0	1	\$749,000	\$809,000	8

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Sources: GSMLS, select properties sold 12/23/2023-1/23/2024. If your property is currently listed with another Realtor, this is not intended as a solicitation of that listing. Information deemed reliable, but not guaranteed. Each office independently owned and operated. Equal housing opportunity. Some homes may be sold and listed by other brokers.



THE FEBRUARY SPEAKERS PROGRAM FOR THE SUMMIT AREA OLD GUARD

The Summit Area Old Guard was founded in 1930 and meets most Tuesdays at the New Providence Presbyterian Church located at 1307 Springfield Ave. Our motto is "Come for the Programs. Stay for the Friends."

February speakers include Scott Hough, Ed Oatman or Amy Wagner, Dr. Yaron Moshel, and Amy Behr-Shields. Please join us. Our programs are free to the public, and we welcome you!

Our speaker on Tuesday, February 6th will be Scott Hough, Superintendent of Schools, Summit, NJ. Scott will give us an overview of the school system and describe the impact covid had and how he dealt with it (he was appointed to his position in June 2020!). Scott will also discuss critical issues facing all school administrators, such as bullying, security and student safety. Roughly one half of Summit's annual budget goes to support the public schools, and the appeal of Summit as a great place to live is supported by

its excellent schools.

Our speaker on Tuesday, February 13th will be either the manager or deputy manager of Union County, NJ. Union County has a diverse population equivalent in size to that of Wyoming and a budget of a half billion dollars. Most people are quite familiar with their own city or town, but usually know much less about their county. Ed Oatman, manager, or Amy Wagner, deputy manager, will hopefully change that for you. County operations include areas such as law enforcement/courts, parks & recreation, public works -roads and infrastructure, health care, economic development, and a lot more.

On Tuesday, February 20th, Dr. Yaron Moshel, co-director of the Gerald J. Glasser Brain Tumor Center at Atlantic Health System's Overlook Medical Center, will be our speaker. He is one of a select few surgeons who specialize in removing deep-seated brain tumors using technology that

includes computer-guided navigation, awake intraoperative brain mapping, endoscopy, and microsurgery. Dr. Moshel will explain how the convergence of precision medicine, advanced robotics, and specialized imaging are fostering new breakthroughs in the treatment of brain and spine tumors.

Finally, on Tuesday, February 27th, we ask the question, 'with so much information accessible online, is a public library still relevant'? Amy Behr-Shields, the Director of the Summit Free Library, will explain how the library is needed to curate reliable sources of information, and to manage the complexities of digital and non-digital media, while serving as a community center and a welcoming environment.

Past speakers and much more can be viewed at SummitOldGuard.org but we encourage people to drop in on our meetings which take place at the church at 10:00 a.m. most Tuesdays.

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4TH ANNUAL FIRST DAY WALK FOR OPEN SPACE



(above) Woody from Green Village sports the 2024 First Day Walk pin on his collar

Courtesy photos

THRIFT SHOP FEBRUARY SALES

The Madison Independent Thrift Shop February sales will include glassware, china, and wristwatches at 50% off.

The Thrift Shop, located at 39 Kings Road, is open Tuesday, Thursday and Friday from 10:00 a.m. - 5:00 p.m. and Saturday from 10:00 a.m. - 3:00 p.m. A nonprofit group, it is operated entirely by volunteers. Proceeds received from sales during 2023 were recently distributed to charitable groups in Madison and surrounding communities.

The thrift Shop is looking for community minded volunteers to help staff the store. Anyone wanting further information, or may be interested in becoming a volunteer, is encouraged to drop by the shop, or call 973-377-2450 during business hours listed above.

BSA Troop 280 hosted its 4th annual First Day Walk for Open Space on New Year's Day, helping residents ring in the new year with health and happiness.

Approximately 200 people participated in the 2.4 mile walk from the Loantaka Way parking lot of Loantaka Brook Reservation, through Giralda Farms Preserve, and back. Everyone received a commemorative pin, and some displayed all three pins they had received in prior years.

First Day Walk is a service project of the Troop, comprised of 40 girls ages 11-17. The Troop will celebrate its anniversary next month, five years after Boy Scouts of America permitted girls to register.

"It was so much fun to welcome people to First Day Walk," said Nitya Raimugia, Assistant Senior Patrol Leader of the troop. "Everyone came with a smile and enjoyed the bells we rang as they started and finished their walk."

Contributions by First Day Walk participants support the troop's local conservation projects. Recent projects include two new bridges built across streams at Green Village Conservation Trail (accessible along Green Village Road next to Oak Knoll Fields), tree plantings at Colony Pool and Giralda Farms, garden rehabilitation at The Learning Path pre-school, and many others. The bridges were constructed as Eagle Projects by Sophia Maciejewski and Maria DePasquale.

The Facebook page "First Day Walk - New

Year's Day" provides updates on projects and the annual event. To learn more about the troop, please email troop280chatham@gmail.com or visit bsatroop280chathamnj.com or the Facebook Page "Troop 280 Chatham".

The Troop meets Thursday nights at Gloria Dei Lutheran Church at 300 Shunpike Road, Chatham, and takes part in many weekend outdoor adventures.



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SWIMMING WITH FRIENDS FOR OVER 20 YEARS

Barbara Rushman

A group of Masters Swimmers from Madison and the surrounding areas have now had the privilege of swimming together for two decades at the Madison YMCA, the Madison Community Pool, the Summit YMCA and other close by locations. Traditionally, we track monthly swim yardage for the entire year on a user-friendly web site (with support from our web site coordinator Barry Lass). Each of our 60 swimmers has a chance to see how they rank throughout the year in total yards within the group in a monthly newsletter.

Also, as we do every year in January, the Masters Yardstick Swimmers gathered recently at our 20th anniversary annual awards breakfast on January 6th - a combined live (at the Kemmerer Library in Harding Township) and online (via Zoom) event- with strong participation (39 in person and 6 on Zoom)! Hosted by longtime swimmers Bob Nissen, Joe Donohue, and Richard Clew, the multi-media slide show and event highlighted activities of 2023 (aided by our group historian, Barbara Rushman) and brought us together in such a way that all active members could enjoy.

It began with a fascinating summary of our 20-year history- how we started, how we have evolved and grown as the “Yardstick Swimmers”, and what we have accomplished as a group. Since 2004, our collective swimming efforts are amazing- logging more than 371 million yards- or nearly 211,000 miles! That is equivalent to swimming “around the world” more than 8 times!

After reviewing a number of “20th Anniversary Workouts” submitted by our swimmers, we were entertained with a Surprise Video Tape and Congratulations Message from Rowdy Gaines, 3-time Olympic Gold Medal Winner in Swimming.

Many of our swimmers enjoy participating in group workouts at the Walker D. Kirby Aquatics Center in its modern eight lane pool at the Madison YMCA. For further information on the pool and swim program, please contact the main desk at the Madison YMCA at 973-822-9622.

Ultimately, we moved on to the highlight of the event- our Annual Awards. Jane Ikeda of Mendham, Diane Dinsmore of Madison, and Bob Franks of Chatham were each named “Bold Performer of the Year”, for demonstrating improved performance, exceptional effort and a special commitment to the swimming program. 3 D(imension) 20th Anniversary Awards for long

term participation and passion for swimming by exemplifying Commitment, Consistency, and Competitiveness were presented to Jennifer Bauman of Parsippany, Bill Sullivan of Florham Park, and Richard Clew of Harding Township.

The Team Competition was unbelievable, with our two squads each swimming more than 12 million yards in a competition that was close until the final day, when The Yardstick Rulers (led by Captain Richard Clew) bested the Yardstick Junkies (led by Captain Bill Sullivan). Finally, our top two swimmers for 2023 were runner up Cindy Viola of Chatham, and Yardstick Winner Sandra Seddon of Chatham, swimming

1,461,630 yards, or 830 miles! Sandra was awarded the Doug Clark Championship Yardstick, named in memory of our former “Yardstick Swimmer”.

We all had a great time and were so happy to connect with our swimming friends for this special 20th Anniversary celebration. And we will continue our monthly yard tracking in 2024, and are convinced that our program will grow in numbers! Adult swimmers of all levels from beginners to experts are welcome to the Masters programs. To learn more about our Yardstick Challenge, please contact Bob Nissen at bobnissen@gmail.com.



(above, l-r) Row 1: Yardstick Winner Sandra Seddon, Barbara Rushman, Bob Nissen, Deborah Fennelly, Joe Donohue; Row 2: Bob Franks, Bree Olivari, Nicole Sullivan, Noreen McManus, Melissa Griffie, Jane Ikeda, Nicole Bearce; Row 3: Chachi Sabatino, Bill Sjoval, Debbie Gouliau, Susan Kirk, Irene Fisher, Ed Tsuzuki, Jim Sullivan; Row 4: Diane Dinsmore, Bill Sullivan, Alan Sawyer, Lynda Przedpelski, Sarah Sangree, Barry Lass, Ted Bohlman, Sam Kongsamut; Row 5: Jennifer Bauman, John Przedpelski, Richard Clew, Barbara Wattenbach, Cande Olsen

Courtesy photo

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SENIOR CENTER OF THE CHATHAMS EVENTS

Registration for programs is required by calling the Senior Center at 973-635-4565, Mondays-Fridays, between 9 a.m. – 3 p.m.

Alzheimer's NJ Caregiver Support Group

Thurs., Feb. 2 @ 10:30 a.m.

Provides families and caregivers with support and education to better understand Alzheimer's Disease and other forms of dementia in loved ones.

Senior Scams & Fraud

Tues., Feb. 6 @ 11 a.m.

(Snow date: Tuesday, Feb. 13, 10 a.m.)

Presentation and Q&A session by representatives from the Morris County Prosecutor's Office on efforts to scam older adults.

George Washington & the Masonic Connection

Thurs., Feb. 15, 12:30 p.m.

Presentation by Sam Davis about how freemasonry played a role throughout George Washington's life.

Get to the Heart of Health

Tues., Feb. 20 @ 1:00 p.m.

A collaboration by the Senior Center of the Chathams and the Mayor's Wellness Campaign, this presentation by Claudia Irmieri, NP, Cooperman Barnabas Medical Center will teach you how to maintain a healthy heart.

AARP Foundation Free Tax Aide Program

Mon., Feb. Feb. 26 through Mon., April 15

Trained and IRS-certified AARP volunteers will provide free tax help to older adults.

Appointments are mandatory. Call the Center to get signed up (973-635-4565).

Winter Birds & How to Feed Them

Mon., Feb. 26, 12 p.m.

Representatives of the Friends of the Great Swamp will talk about winter birds and what to put in your yard to help feed them during the cold months.

Tech Support

Thurs., Feb. 29, 3:15 p.m.

Chatham High School students will help with iPhone, tablet, and laptop issues. Limited number of spots; advanced registration is required. Bring device.

Golf Lessons with Pro, Lou Ruina

Wednesdays, March 6-March 27, 12:30 p.m.

Sign up for lessons ahead of time in February.

Call Center for fee information.

On Thursday, March 7, 2024, Wharton Arts will honor award-winning jazz bassist, educator, and composer Rufus Reid with its Lifetime Achievement Award at its Annual Gala. An active presence in the jazz world since the 1970s, Reid has recorded over 500 albums and can be heard on recordings with Dexter Gordon, Andrew Hill, The Thad Jones/Mel Lewis Quartet, Kenny Barron, Stan Getz, J.J. Johnson, Lee Konitz, and Jack DeJohnette, among others. His reputation as an educator is equal to that of his musical achievements. Reid's book, *The Evolving Bassist* (Myriad Limited, 1974), remains the industry standard for double bass methodology. Reid and Dr. Martin Krivin created the Jazz Studies and Performance Bachelor of Music Program at William Paterson University, a program offering the first professional academically accredited Bachelor of Music in Jazz Studies in the tri-state area.

Reid received the prestigious John Simon Guggenheim Memorial Foundation Fellowship and the MacDowell Colony Grant. His 2014 release, *Quiet Pride – The Elizabeth Catlett Project*, received two Grammy Nominations for Best Large Jazz Ensemble and Best Instrumental Composition.

The prestigious Wharton Arts Lifetime Achievement Award distinguishes individuals who, during their lifetime, have made creative contributions of outstanding artistic significance to the performing arts and represent a beacon of inspiration to Wharton Arts' students. Previous Wharton Arts Lifetime Achievement honorees were Jamie Bernstein, John Debney, Paul Shaffer, and Angel Blue.

In addition to the Lifetime Achievement Award, Wharton Arts will honor George Marriner Maull with its Education Award at the 2024 Gala. Today, Maull is the Artistic Director of The Discovery Orchestra and a three-time Emmy-nominated public television personality.

Wharton Arts is New Jersey's largest independent non-profit community performing



(above, l-r) Renowned Jazz Bassist Rufus Reid and The Discovery Orchestra's George Marriner Maull to be honored at the 2024 Wharton Arts Gala Courtesy photos

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.

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.

Wharton Arts' Annual Gala will feature student performances and a live auction at the Westmount Country Club, 728 Rifle Camp Road in Woodland Park, NJ. To attend the gala and support Wharton Arts, including its silent auction, please visit WhartonArtsGala.org.

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SIX ORGANIZATIONS BENEFIT FROM 15TH ANNUAL CHATHAM TROT

Submitted by Curt Ritter

The Chatham Turkey Trot is proud to announce the distribution of \$33,000 to six organizations supporting first responders, diabetes research and education, and cancer research. The proceeds are the result of the 15th annual Chatham Turkey Trot held on Thanksgiving Day 2023 in Chatham Township.

The Chatham Turkey Trot has now raised more than \$300,000 in its 15 years of existence, benefiting the Chatham Township Volunteer Fire Department, the Chatham Emergency Squad, the Chatham Township PBA #170, the Diabetes Research Institute, the Barton Center for Diabetes Education, and the Leukemia & Lymphoma Society. This year's funds were distributed as follows:

- The Chatham Township Volunteer Fire Department - \$10,000
- The Chatham Emergency Squad - \$10,000
- The Diabetes Research Institute - \$5,000
- The Barton Center for Diabetes Education - \$5,000
- The Leukemia & Lymphoma Society - \$2,000



(above) Diabetes Research Institute Foundation CEO Michael Burton accepts a check for \$5,000 from The Chatham Turkey Trot President Curt Ritter.



(above) Chatham EMS President Evan Skinner accepts a check for \$10,000 from The Chatham Turkey Trot President Curt Ritter, Junior Race Committee President Grace Ritter, and VP Sonia Gulati.

- The Chatham Township Police Department PBA #170 - \$1,000

"The 15th annual Chatham Turkey Trot was one of our most successful races ever, attracting more than 1,300 runners and raising important funds for our first responders and organizations supporting diabetes research and education," said Curt Ritter, founder and president of The Chatham Turkey Trot. "Over the past 15 years The Chatham Turkey Trot has become a family holiday tradition representing all that is great about the Chatham community. We thank our sponsors and participants for making this one of the most popular events in Morris County to kick-off the Holiday Season."

Grace Ritter, president of the Junior Race Committee, commented, "We appreciate the support of our local businesses who have played an important role in our fundraising efforts. We extend our gratitude to our Gold Sponsors: Boxcar, Citizens Bank, Debbie Woerner Real Estate Team, Dreyer's Lumber and Hardware Inc., and Silver Sponsors: Klas Electrical Contractors & Generators, Mary T. Weichert

Realty, and the Morris Animal Inn."

The 16th Annual Chatham Turkey Trot will take place on Thanksgiving Day, Thursday, November 28, 2024 in the Highlands section of Chatham Township. Individuals interested can register at TheChathamTurkeyTrot.org before November 1st to receive a T-shirt. For more information about The Chatham Turkey Trot, please visit our website or contact TheChathamTurkeyTrot@gmail.com.

ABOUT THE CHATHAM TURKEY TROT

The Chatham Turkey Trot organizes and hosts the annual Chatham Turkey Trot, a 1 Mile Family Fun Run and 5K Race in which runners race through the scenic Highlands section of Chatham Township, NJ on Thanksgiving Day. Since 2009, The Chatham Turkey Trot has raised more than \$300,000 for the Chatham Township Volunteer Fire Department, the Diabetes Research Institute, the Chatham Emergency Squad and The Barton Center for Diabetes Education. Like us on Facebook or visit us at TheChathamTurkeyTrot.org.



(above) Chatham Township Volunteer Fire Department President Richard Gentles accepts a check for \$10,000 from The Chatham Turkey Trot President Curt Ritter, Junior Race Committee President Grace Ritter, and VP Sonia Gulati bringing the Turkey Trot's 15-year total donations to the CTVFD to more than \$110,000.

Courtesy photos



(above) Sargent Anthony LoPorto and Patrolmen Conner Mildon and Colm Dougherty accept a check for \$1,000 from The Chatham Turkey Trot Junior Race Committee President Grace Ritter.



(above) 5K winners: (l to r): Jack Cross, Brinley Pickett, Jem Berney, Sam Ellis



(above) 5K participants



(above) The Osif family, from Chatham



(above) Members of the Chatham Emergency Squad



(above) Curt Ritter addresses the runners prior to the 5K



(above) A member of the Chatham Township Fire Dept hands out a ribbon to a participant in the 1 mile fun run.



(above) The Leach family, of Chatham



(above) Members of the Chatham Township Fire Dept.



(above) Amanda St. Clair and Ian St. Clair, of Berkley Heights, and Kate Matlin, of Mountainside

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IMAGINE'S VOLUNTEER FACILITATOR FEBRUARY TRAINING

A recent participant in Imagine's last volunteer facilitator training shared this about her experience: "The training was truly amazing and inspiring. I am so honored to have had the opportunity to participate in it." Another shared: "The Imagine Staff are amazing. I so appreciate all the knowledge they shared and the encouragement they gave to me and the other participants."

Participants in Imagine's training programs often describe the experience as "life-changing". In addition to story sharing and the opportunity to support one another, training participants gain knowledge and skills regarding Alan Wolfelt's Companioning Model for grief support that's practiced at Imagine. Participants often walk away with a new understanding of themselves, and a new capacity for supporting the people in their lives. They bring this understanding to their role as facilitators in Imagine's peer support group program where children, youth, young adults and adults come together to share their grief experiences and receive and give support.

Imagine's volunteer facilitators come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary. Volunteers must be 18 years or older. Bilingual (Spanish speaking) volunteers are

needed as well. Volunteers serve as companions and loving listeners for those who are grieving and help create a space where participants can share tears and embrace the joys of life.

If you'd like to join us for Imagine's next facilitator training, it will be held Saturday, Feb. 17th through Monday, February 19th from 9 am-5 pm each day at Imagine's Newark Center at 570 Broad Street in Newark, and we ask that our new volunteers attend the entire training. Our new Newark center is located downtown in the Chase building with parking available directly behind the building. It's also close to public transportation. We're hoping those completing the training will be able to facilitate groups held every other week at our Newark center. We have so many children and families currently in need of support that we're planning to launch a new Night of Support in Newark. We're also looking for a few new facilitators for our Mountainside location.

If you're interested in making a difference in the lives of grieving families and would like to participate in this transformative training experience, please visit Imagine's website at imagineenj.org or scan the bar code below to let us know of your interest. Please reach out to Imagine's Program Supervisor, Abigail Preece, LPC at abigail@imagineenj.org with any questions.

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.

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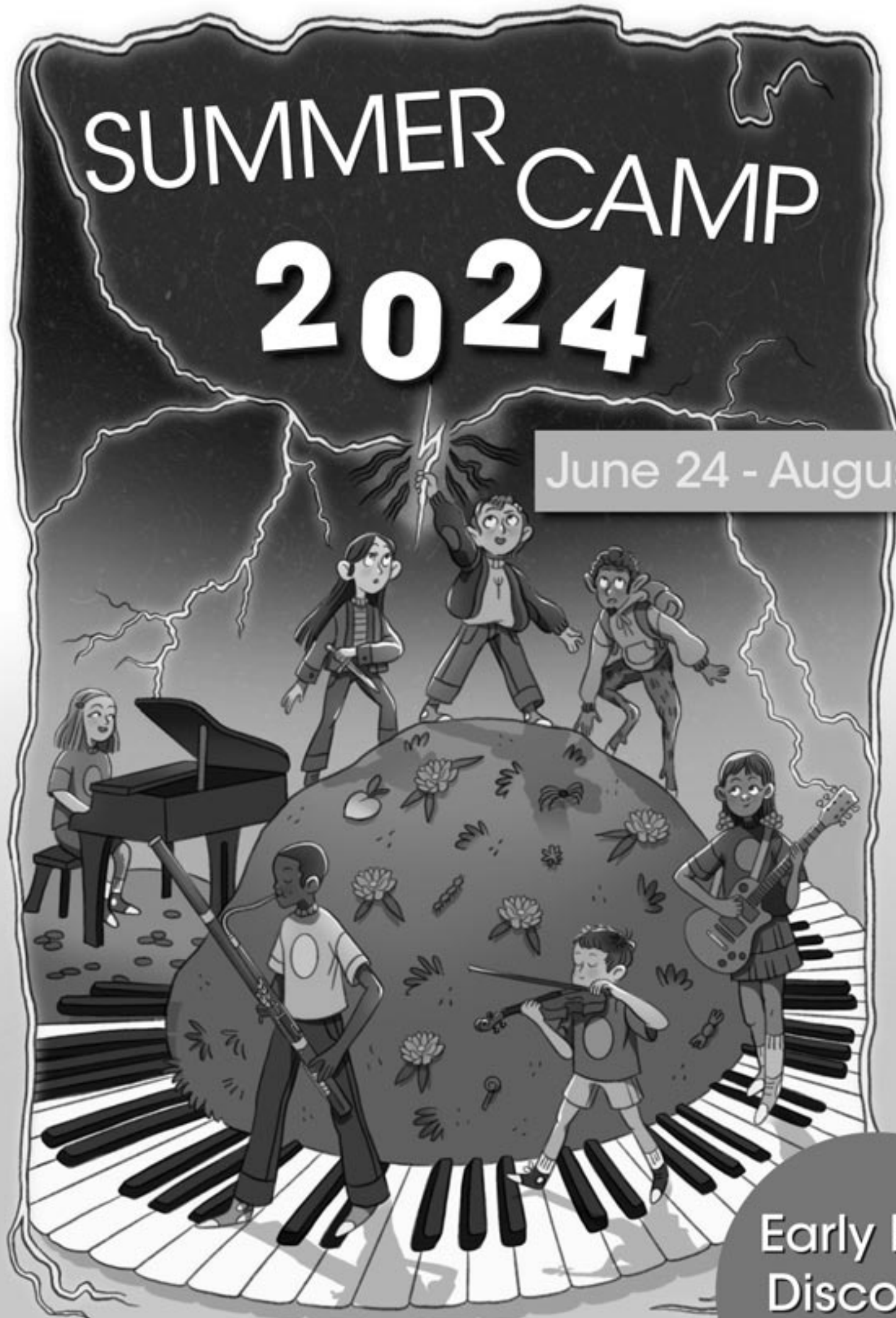
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