

SEPTEMBER 2020

A community magazine serving the residents of Nutley

NUTLEY NEIGHBORS

The Bernardo Family Finds Nutley 'Just Right'

Photograph by
Randall Kenneth
Photography



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Groundhog Day?

Yes, I know it's September and Groundhog Day is long over, but don't you wish we could ask the groundhog to take a peek to predict what the rest of the year will be like? (If he sees his shadow, does that mean six more weeks of quarantine?)

But if there's one thing 2020 taught me, it's that no one really knows the future, and (unfortunately) that includes groundhogs.

It also taught me that good things can happen too. Putting the magazine together each month reminds me of that and this issue is no exception. Even though I can't *predict* what each new issue of *Nutley Neighbors* will look like, I can *plan* to help create a magazine that is enjoyed by readers all around town.

Our cover story introduces us to the Bernardo family who really love Nutley. They not only chose this town from a list of nearby locations, but beautifully redesigned the house for their growing family. They told me that when they saw the street and neighborhood, they envisioned their children playing in the cul-de-sac and attending the local schools.

Their eyes were on the future.

The same is true at the Nutley Museum. Barry Lenson acknowledges that the last few months have been tough, but read about all the planned upcoming exhibits. I think it's especially meaningful that the museum (which we all associate with things from the past) is looking toward the future with new ideas.

The Nutley Public Library remains a constant in our lives. They have embraced the technology that keeps patrons connected to each other through online events and to the library's vast amount of resources. They all deserve a virtual round of applause!

Dave Wilson takes us to the playgrounds of yesterday with some wonderful photos reminding us of good times that can certainly return.

And if you need a reason to smile, read about the 100th birthday celebration of Carmela Milici Cantagallo. I love the photos, especially the one of her as a child. At that particular moment in time, no one could have predicted that her centennial birthday would be held in Nutley with a large and loving family around her.

When this year started, I didn't know any of these articles would be in this issue. I also didn't know that I would be wearing a face covering, but neither did the groundhog and that's okay. Predictions can limit our thinking.

Looking for the shadows (like a groundhog) might prevent us from seeing the real thing or envisioning something better.

Now, it's time to turn the pages and see how our *Nutley Neighbors* are preparing for the possibilities of a better future.

Joyce Corey Content Coordinator



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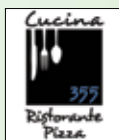


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Dr. Theresa Radtke is a 2016 graduate of the Arizona College of Optometry. Through completing a residency and clinical rotations focused in Ocular Disease, she honed her skills in diagnosing and treating a full spectrum of eye conditions. InSight Eye & Vision Care is a full

service optometric practice and optical shop she opened in 2017 with hopes of providing a one stop shop for excellent eye care, eyewear and personalized service for the community.



INVESTORS HOME MORTGAGE

Joe Isabella is a Certified Mortgage Planning Specialist (CMPS®). He has been with Investors Home Mortgage since 2010 and is a Circle of Excellence Award winner. Since joining Investors, Joe has helped many families in Nutley and the surrounding area with their home financing needs. He was born and raised in Nutley and still

resides in his home town. He is a graduate of both Nutley High School and Montclair State University.

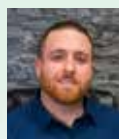


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Doctor Dominick J. Ligresti is a Medical Doctor who is a Board Certified Dermatologist (which is the highest degree in medicine and dermatology). He is also an Adjunct Professor of Dermatology and Clinic Chief at Mount Sinai School of Medicine in NYC.

He teaches medical doctors from Hackensack University Hospital.

He successfully treats all skin diseases for adult and pediatric patients, including advanced painless allergy testing. Ligresti Dermatology Associates is a full service dermatology practice including cosmetic dermatology for antiaging like: Restylane fillers, Botox/Dysport, Chemical Peels and Microdermabrasion. The office is located at 175 Franklin Ave. Nutley.



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Visit our website for information about applying to adopt Breezy. www.darlingpawsrescue.rescueme.org/

Submitted by Yellow
Brick Road Rescue NJ

Vincent Van Gogh, aka Vinny, is a 2-year-old male who traveled from Texas to New Jersey in hopes of finding his forever home! He is very sweet and craves attention. He tolerates other cats and dogs, but won't go out of his way to interact with them. He would be fine as an only pet as well. He was beat up on the streets of Texas, where he received a severe leg wound, and also has a "cauliflower" ear. Despite all he has been through, he is very loving. He would be great with children! He is FIV/FelV negative, dewormed, neutered, and up-to-date on vaccines. \$100 adoption fee applies.

To apply for Vincent Van Gogh:
www.yellowbrickroadrescuenj.com/cat-adoption-application/ or email us at yellowbrickroadnj@gmail.com ■





The Bernardo Family Finds Nutley 'Just Right'

By Joyce Corey Photograph by Randall Kenneth Photography

"Love the life you live, live the life you love." —**DAN AND SUSY BERNARDO**

Do you remember the story of Goldilocks and the Three Bears? Apparently, the concept of things being 'just right' can be applied in other areas of life, like the field of astrobiology or with how the Bernardo family chose Nutley to make their home and raise a family.

Exploring the cosmos led scientists to the Goldilocks Principle, which states that for life to exist, conditions should not be too extreme and must be within particular margins. This sounds exactly like how this family narrowed down their choices to a particular house in the Avondale section of town.

"We purchased our house in the summer of 2017 and spent a bit of time remodeling it to our liking," Dan said. "Susy and I worked with an architect and really tried to create a shabby transitional chic type of style with the design. We finally moved into our home in May of 2019



Dan and Susy walking down the aisle after they said "I do" in front of family and friends at St Teresa of Avila in Summit, NJ.

after two years of anxiously waiting! The end result was much better than what we could have imagined."

Susy adds some picturesque details about their neighborhood. "We have an expanded cape on Hetherington Road. The street is quiet and filled with many different types of trees, and flowers bloom all year round. It's a lovely area, short steps away from the NJ transit bus to New York City or a quick walk to the beautiful Glotzbach Memorial park and playground. We are near the downtown area on Washington Street with restaurants, cafes, and bakeries and just a short drive away from the Clifton Commons shopping center."

But let's zoom out and see how Nutley even came to be on their list of potential places to live.

"Shortly after we got married, on August 20, 2016, we started house hunting," Dan said. "After looking at the Caldwells, Rutherford, Cedar Grove, Verona, and Wayne, we decided on Nutley for several reasons. It has a close proximity to Manhattan and was near to our families."

"We're all about family," Susy adds. "Our friend and real estate agent, Jorge Rosa at Century 21, had us both create a "wish list" of what we both wanted. Nutley seemed to check off all the boxes: great school district, beautiful and charming neighborhoods, many parks within walking distance, nearby shopping, tree-lined streets, and a growing diverse community."



*Halloween 2019 with the Bernardos (left)
Always riding together no matter what - riding through Mykonos, Greece (right)*



Dan and Susy have a daughter, Chloe, who is 2, and are expecting a baby boy any day now. It looks like their growing family will be enjoying the yard and a short walk to school in the fairly near future.

The couple is also busy in their respective careers but they still make time for an interesting life outside of work.

Dan attended Rutgers University and NJCU graduating with a Bachelor of Science

Family is indeed important to this couple and their vision of life in Nutley reflected their hopes and dreams.

"The home sits on a beautiful and spacious lot and is within walking distance of one of the many great elementary schools in Nutley," Dan said. "As we drove up the road towards the home, we pictured our kids playing in the cul-de-sac one day. What really won us over was the oversized great room, an addition that was made to the home prior, with a cathedral ceiling held by a large wooden beam."

degree in finance and economics. He currently works for a Canadian bank in the Legal and Compliance department.

Susy holds a Bachelor of Science in business marketing from Rutgers University. She works on the anti-money laundering team for a global Brazilian bank.

"As full-time working parents, we believe it's important to maintain a life outside of work," Susy said. "We both enjoy traveling the world, cooking all sorts of ethnic cuisines in our new kitchen, hosting our family and friends,

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and spending weekends or holidays in beach town resorts all over the world."

"I especially enjoy cycling, swimming, and soccer," Dan adds. "If it weren't for COVID-19 restrictions, we would have caught a couple of hockey games (Go Devils!) and soccer games (Go Red Bulls!)."

Music and humor are also part of the Bernardo home.

"Susy has a beautiful voice and not many may have heard it," Dan tells us. "When she was in high school, she was part of the theater club and also took piano lessons. She usually sings around the house to me and Chloe."

Dan may not be credited with a singing ability, but he brings joy to his family in a different way. "Dan is a jokester and loves playing pranks or reenacting funny stories in his different voices," Susy said. "On days when I need a laugh, I typically look for comic relief from him."

On a more serious note, both volunteer their time at Toni's Kitchen in Montclair and by cleaning up local parks. Dan is a volunteer member of the Big Brothers/Big Sisters of America foundation in New York and also

Five Things the Bernardo Family Loves About Nutley

1. Great shopping, excellent restaurants, cafes (Starbucks - hello!) and bakeries
2. Nutley will connect you to NYC (25 minute drive!) or the entire world (Newark Airport is a 20-minute drive)
3. Beautiful and clean parks (11 to be exact) with breathtaking trails and playgrounds and lots of open green space
4. Quaint, charming, and historic streets filled with trees and beautiful homes built in classic styles (French colonials, Tudors, Victorians) that are simply gorgeous
5. Nutley's culturally-rich, family-friendly community activities



A selfie taken inside the great room of the residence halfway through the remodel of 41 Hetherington.

volunteers at the Food Bank in West Harlem.

Something very dear to their hearts is the Portuguese community where they donate their time and resources in helping the less fortunate.

Although Chloe is young, she is already involved in Nutley activities.

"She has been part of the swimming program at the local YMCA," Susy said. "Our hope is that she will also

become involved at an early age with helping out in the community."

Penelope, a bichon and cocker spaniel mix, joined the family in 2012.

"Dan surprised me with a visit to the pet store," Susy explains. "She's an amazing dog who brings a lot of joy and love to our family. When she was about three months old, she was such a little fluff ball hopping around the kitchen that my sister confused her for a little rabbit."

With a wonderful and newly-remodeled house, in a picture-perfect neighborhood, interesting careers, fulfilling activities, and a growing family, I can see why the Bernardo family says that Nutley is 'just right.'

I'm sure Goldilocks would agree. ■

We are always looking for fascinating residents to feature in Nutley Neighbors. If you are interested in being included or would like to nominate one of your neighbors please email jcorey@bestversionmedia.com.



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25 River Rd. A1	239,900	250,000	4.20%	13
109 River Rd. E2	259,000	255,000	-1.50%	19
286 Highfield Ln.	310,000	315,000	1.60%	19
30 Hillside Ave.	310,000	290,000	-6.50%	19
4 Saint Mary's Pl.	329,900	340,000	3.10%	16
11 Princeton St.	335,000	341,000	1.80%	44
30 Jefferson St.	395,000	380,000	-3.80%	20
51 Terrace Ave.	415,000	413,000	-0.50%	66
43 Jefferson St.	424,900	410,000	-3.50%	13
48 Funston Pl.	459,000	485,000	5.70%	14
477 Prospect St.	475,000	467,500	-5.70%	20
42 Church St.	499,999	500,000	0.00%	84
110 Elm St.	536,900	530,950	-1.10%	10
11 Overlook Terrace	539,000	510,000	-5.40%	146
20 Joerg Ave.	589,000	605,000	2.70%	4
99 Alexander Ave.	624,900	600,000	-4.00%	88
124 Stanley Ave.	625,000	590,000	-5.60%	45



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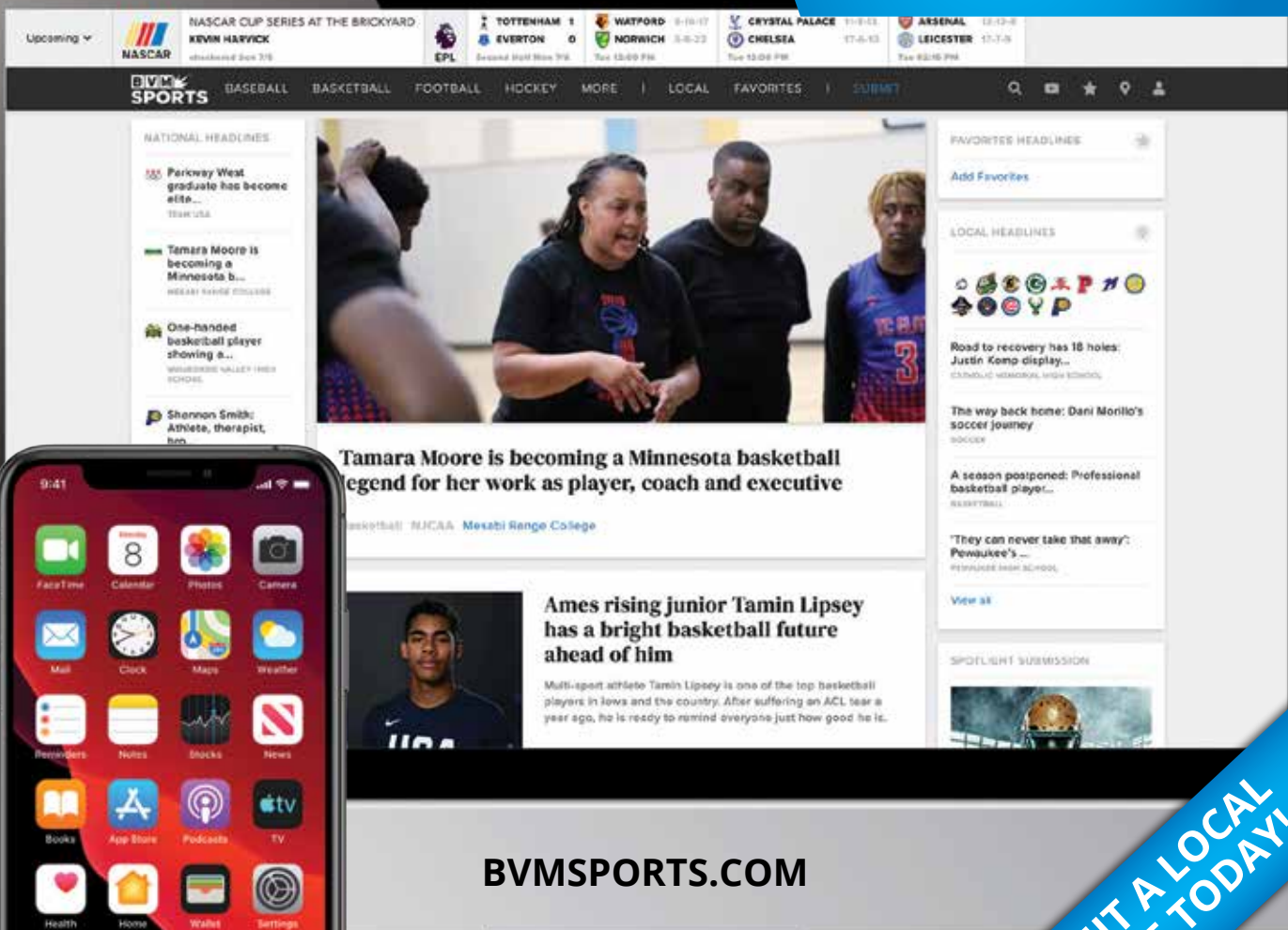
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Playground Memories

By David Wilson

Playgrounds bring back many memories of our childhood: our first swing ride, the first time down the slide, spinning, reaching the top of the monkey bars, the first scary 'up' trip on a see-saw. We see playgrounds everywhere: in backyards, daycare centers, public parks, fast food joints, anywhere there are children.

A look through the Wilson family album found some late 1950s pictures from the Kingsland Park playground. This month is a picture montage to stimulate your memories. The photo with the infant swing shows our house-to-be in the center background. The metal sliding board had exactly twenty-four steps to the top. Who sat on waxed paper to go really fast? That metal got hot on summer days, ouch!

The see-saw is visible in the left corner of the monkey bar picture. That's the ride that taught us physics and cooperation! Adjust the center point for weight variations, coordinate getting on and off the seat, and scream that first time you went up, all without a seatbelt or helmet.

Remember getting on the adult swings for the first time and going as high as possible, then dragging your feet to stop? How about pushing your first girlfriend on the swing? And who didn't twist the seat and chains, then spin into blessed dizziness?



Kingsland Park with the Wilson brothers 1957-59

The monkey bars or jungle gym was where we could climb, hang, build our confidence, and achieve new heights. The horizontal ladder built muscles and we celebrated the first time across without stopping. We spun the spinner as fast as possible for our friends and then took our turn as passenger. And all of this was done without any fancy rubber chips or soft surfaces, maybe a few wood chips sometimes.

Modern playground equipment is safer, offers more complex movements, and stimulates the imagination. Take your kids to the park, create some memories, and enjoy the many locations that have playgrounds. ■

David Wilson is the author of Fire in Our Lives, a book containing stories, experiences, and advice from his forty-year career in public safety. Available at Amazon, Barnes & Noble and Google Play.

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Teachers Rising Up

By Joyce Corey

"#TRU is more than just a non-profit; it's a way forward to heal." —**DAVID CROFT**

Sometimes life takes seemingly unrelated people and events to bring together a powerful movement. Like when a retired teacher, a Bruce Springsteen song, and school violence combined to form Teachers Rising Up (TRU), a non-profit organization dedicated to supporting those involved in traumatic school events.

David Croft, Founder and CEO, formed Teachers Rising Up in 2017 and officially incorporated the organization in 2019.

In his last year of teaching in Colorado, several students were assaulted by a member of the faculty.

"I saw the devastation of trust among the teachers, students, and their families," Croft said. He also saw a need for ongoing support for all those affected.



Teachers Rising Up is doing just that. Their goal is to provide immediate and long-term support for teachers, students, and families of a school shooting or act of violence anywhere in the country. The organization partners with national and local agencies to offer rapid response services and extended programs for

those who experience both physical and mental trauma in a school environment.

"My passion, my mission, is to help these victims become whole again," said Croft.

Croft spent 30 years as an educator so he understands the complex and destructive issues associated with violence in a place that should offer safety and security for students and teachers.

Croft's family includes several teachers, one of whom is his wife, Nancy Sorensen, who grew up here in Nutley. Both his

brother-in-law and sister-in-law, David Sorensen and his wife Sarah, are involved in the Nutley school system as well. David has been a school administrator and they are both currently teaching here in town. Another relative, Jill Sorensen, is a special education teacher in Nutley.

Joe Cimo, NHS 2002 graduate and physical education teacher in Leonia, has been instrumental in connecting schools to this group. He is the owner of a woodworking business and made flags to give to those who partner with Teachers Rising Up.



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"Teachers need to take care of each other as our police, firefighters, and veterans groups do," Croft said. He recognizes that teachers are first responders in traumatic school events and, consequently, they suffer trauma. Teachers Rising Up is a way to offer quantifiable support to school staff, students, and their families through financial assistance with counseling, copays, and prosthetics.

Now, you may be wondering how the Bruce Springsteen song fits in.

Croft told me, "everything fell into place" as he was organizing Teachers Rising Up. While in the car one day, Springsteen's song, "The Rising", started to play and his daughter said that the lyrics captured the spirit of what her father wanted to do.

Springsteen's song was a tribute to the first responders after the September 11 attack.

Croft now had a name for his organization which represented the tangible tribute he wanted to give the first responders in traumatic school events. In only 3.5 months, he received the non-profit status and Teachers Rising Up was ready to start the work he envisioned.

The logo he created visually depicts schools and the international reach they hope to attain. The open book is marked by a strip of yellow that is reminiscent of a school bus. But Croft explains the larger view in mind.

"The stripe is shown on our American flag and can be imaged with other country flags to represent the sacrifice of the teachers who educate our population. We want this yellow stripe to be the international symbol for our

duty to education," he said.

"I can help more people now than when I was a teacher," Croft said. "Some of these victims are stuck because of what they saw and have been through in these violent events. I want to help these kids and educators move forward and find peace."

This is spoken like a true educator who is leaving his suburban classroom setting for a nationwide, and perhaps, worldwide, podium to better serve the needs of teachers, students, and their families. ■

To find out more or to see how you can become involved visit their website: www.teachersrisingup.org



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September is #LibraryCardSignupMonth

By Nick Van Dorn, Senior Librarian

This September, DC's Wonder Woman is embarking on a new mission to champion the power of a library card as Library Card Signup Month Honorary Chair. A founding member of the Justice League, Wonder Woman is known for strength, compassion, and truth. Armed with the Lasso of Truth, Wonder Woman makes a perfect ambassador to support the value of learning and the role libraries play in transforming lives and strengthening communities!

As all superheroes know, there is nothing more empowering than having your own library card. With your Nutley Public Library card, you have instant access to digital books, audiobooks, movies, comics, music, and magazines. These digital materials, through apps such as Hoopla, RB Digital, and Libby, readily available on the library's website, can be accessed on your phone, tablet, or computer.

When visiting the Nutley Public Library, in person or through our contactless pickup service, you can borrow from a vast selection of nearly 100,000 items. You also have expanded access to 76 neighboring



public libraries, since Nutley Public Library is a member of the Bergen County Cooperative Library System (BCCLS) system. BCCLS, like the Justice League, is an amazing team! With BCCLS, Nutley Public Library cardholders have access to millions of items to borrow. These materials can be requested online instantly, and they are then shipped to the Nutley Public Library to pick up.

Your library card is also the key to unlock premium research databases and resources. These databases include business resources such as Reference USA and

Small Business Reference Center, genealogy resources such as Ancestry and Heritage Quest, and language resources such as Rosetta Stone and Mango. There are even readers' advisory resources, such as Novelist, to help you find your next favorite book!

During this time of social distancing and uncertainty, programs and events for the month of September will be online. We have many fun events planned for all ages! Some programs to look forward to are book and film discussions, the virtual cookbook club, story times, take home crafts, workshops, and games. Like past years, we will have special events celebrating Library Card Signup Month! A listing of our upcoming programs can be found on our website.

Become a member of the Nutley Public Library and join the nearly 21,000 Nutley Public Library superhero cardholders! Check out nutleypubliclibrary.org and sign up for a library card today. ■

For up-to-date information about programs, events, and library happenings, stay connected with the Nutley Public Library through the following: nutleypubliclibrary.org; on social media at Facebook, Instagram and Twitter; email the librarians at reference@nutleynj.org; or call the Reference Desk at 973.667.0405 x2604. Our friendly staff members are available and always happy to assist you.



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Happy 100th Birthday, Carmela Milici Cantagallo!

By Joyce Corey



The year 2020 will be remembered for a lot of things but for Carmela Cantagallo's family it included an extra special celebration - on August 7 she turned 100, and the party of the century began!

As the family's matriarch for over 60 years, Carmela's love for her family has touched each and every one, and her birthday festivities showed the planning and thoughtfulness of her relatives.

Nutley's police and fire departments saluted Carmela in a drive-by greeting, coordinated by Al Petracco who personally joined to wish her a happy birthday. Mayor Tucci was on hand to celebrate as well.

Carmela became an official Nutleyite in 1953 when she and her husband, Joe, moved to Hopper Avenue. The couple were married in 1943. (Joe passed away in 2009 at the age of 90.)

For a number of years she worked for The International Ladies' Garment Workers'

Union (ILGWU).

She has two children: Ron, who lives with his family in Atlanta, Georgia, and Joyce, who currently resides here in town.

Carmela is grandmother to Christopher and Carey, and great-grandmother to Sofia.

While that may tell you some facts about her, her family tells us about the Carmela they all love.

She is very social.

She enjoys listening to Frank Sinatra, partying, and dancing with her siblings, and her many nieces, and nephews.

She is the first one on the dance floor to jitterbug.

Most of all, she loves being with her family.

August 7th - the 100th birthday of Carmela Milici Cantagallo - brings a wonderful celebration to this year!

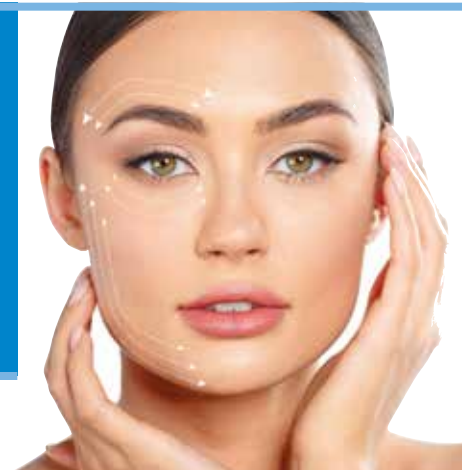
Join us as we wish her a very happy birthday! ■



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The Nutley Museum Has Big Plans for Our Reopening

By Barry Lenson

The Nutley Museum, located at 65 Church Street in town, has been quiet over the summer. We didn't have our annual Ice Cream Social. John Simko, our Museum Director, didn't lead his annual "Walk in the Park" history tour of our parks on Memorial Day. We cancelled an evening of sports films that was part of the Gary and Zeny Erbe Film Festival. And we have just learned that we will not be permitted to rent out our first-floor meeting/party space until September at the earliest.

Like you, we have been through a tough time. But we've been making huge plans for wonderful new things for the people of Nutley to enjoy when we open our doors.

■ WE'RE PLANNING A BLOCKBUSTER EXHIBITION TO HONOR NUTLEY'S FIRST RESPONDERS AND VETERANS

The Nutley Museum owns a large collection of photographs and memorabilia that are related to Nutley's long history of public servants and veterans from years past - firefighters, policemen and women, Red Cross volunteers, and more. And we're planning to put our

collection on display at a special event and exhibition. Stay tuned after we open our doors again.

■ WE'RE OPENING A PERMANENT ANN TROY EXHIBITION

Ann Troy (1890-1983) is best known to Nutley people as the author of the "bible" on Nutley History, a book called Nutley: Yesterday and Today. She was also principal of the Park Street School from 1919 until 1934 and later, principal of Washington School until 1952. And back in 1945, she was one of the founders of the Historical Society and Museum.

Museum Director John Simko (and his family too) have been working hard to create an area in the Museum where a collection of Ann Troy's possessions will be on permanent display. And there will be a big surprise. John Tiene, a longtime friend of the Museum, has given us the desk where Ann Troy wrote her book. It will be the centerpiece of our new permanent display.

■ WE'RE POLISHING UP OUR DISPLAY OF WORKS BY NUTLEY ARTISTS

Thanks to a grant from Essex County, we have been able to restore a painting we own by Frank Fowler, who founded the Enclosure Artists' Colony nearly 150 years ago. We plan to display it when we reopen, alongside works by Nutley's other great artists. We're also hoping to invite today's Nutley artists to lend their work to the show.

■ WE'RE UNVEILING THE VINCENT METHODIST CHURCH GATES

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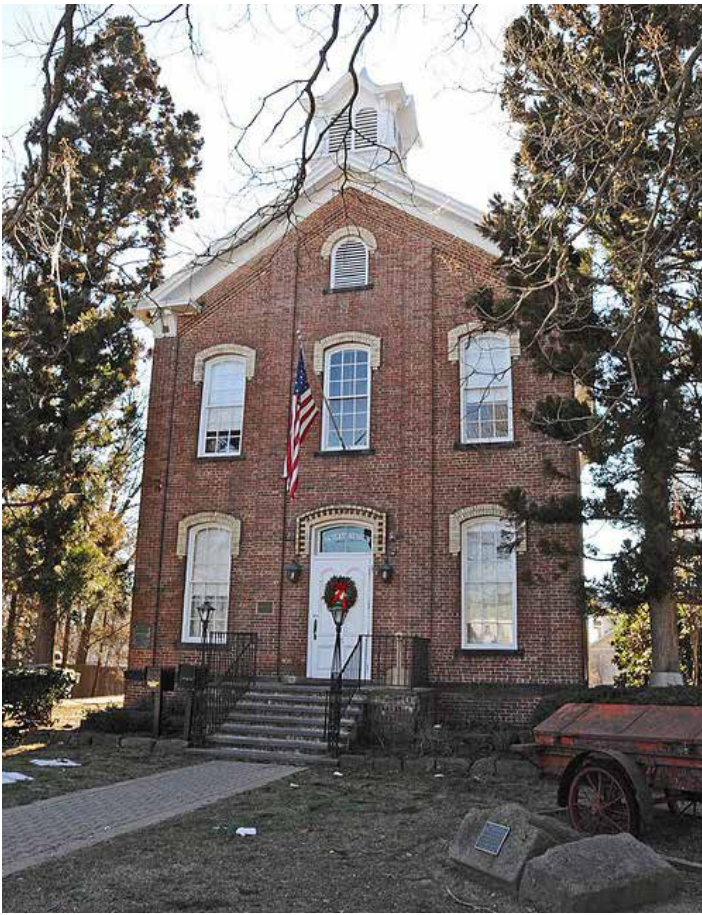
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Nutleyites as the cultivator and developer of the gorgeous Mountsier Garden, has underwritten the cost of restoring and reinstalling the impressive wrought-iron gates that once stood at the entrance of Vincent Methodist Church. They are now being professionally restored. We plan to reinstall them as a grand entrance to the Nutley Museum, or nearby on museum property. Stay tuned. It will be a grand event and a major addition to our beautiful town.

■ AND THAT'S NOT EVERYTHING ...

We're unveiling lots of artifacts from our history ... class trips will come again and fill the museum with fun and laughter ... we will host our annual Pumpkin Festival, Holiday Party and other events ... we'll hold lectures and special exhibitions ... and we can hardly wait to see you at the Nutley Museum!

■ JOHN DEMMER HAS GIVEN US HIS NUTLEY SUN ARCHIVES

John, our Town Historian, has donated an extensive collection of old issues of *The Nutley Sun*. While the Nutley Public Library has its own digitized collection too, we are thrilled to add this resource to our research tools. ■

Won't You Join the Nutley Historical Society and Museum? We invite you to become a member of the Nutley Historical Society. It's easy and fast to join. Please visit nutleyhistoricalsociety.org.



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EVENTS CALENDAR **SEPTEMBER** 2020

At the time this magazine went to print, all event times and locations were accurate, but please check event websites for the most current information. Some events may have been postponed or canceled.

Sept. 1, Tue.

All Recovery Meeting (Online)

All Recovery Meetings are non-denominational and offer an opportunity to focus on the hope found in recovery. Recovery does not happen alone. Join this group and connect with others who are initiating and maintaining a recovery lifestyle. All Recovery Meetings are facilitated by trained and certified IFPR Peer Recovery Specialists and provide social support for those seeking or maintaining recovery, as well as family members, friends, and supporters of those who have been influenced by substance use. Time: 12-1pm

For more information and the meeting link, visit www.rwjbh.org/events/event/?event=14409. For other dates and times visit the

Clara Maass Medical Center event calendar at www.rwjbh.org/events/

Sept. 1, 15, Tue.

Board of Commissioners Meeting

Please take notice that the regularly scheduled meetings of the Board of Commissioners will take place via Zoom webinars for the remainder of 2020. Members of the public may participate by utilizing their PC, iOS, or Android device to visit the Zoom link or by dialing in through their telephone.

Time: 7pm

For more information, Zoom access link, and call-in numbers, visit www.nutleynj.org/meeting-agendas-and-minutes

Sept. 6, 13, 20, 27, Sun.

Nutley Farmers Market

@537 Franklin Ave., Municipal Parking Lot 9
This season, in light of COVID-19, special measures are in place to help ensure the safety of patrons, vendors, and the community consistent with guidelines from the

CDC and NJ Department of Health. Time: 9am-2pm

For more information on vendors and safety guidelines visit www.nutleynj.org/farmersmarket

Sept. 24, Thurs.

Comprehensive Blood Screening Program

@Clara Maass Medical Center (Cancer Center Conference Room), 1 Clara Maass Dr., Belleville
Screening includes a complete cholesterol profile and glucose test in addition to other elements including electrolytes and a complete blood count. Preregistration is required.

Time: 7-9pm

Cost: \$40 payable at time of screening

For more information and to register call 1-888-724-7123. For a full list of what is included on the blood test, www.rwjbh.org/events/event/?event=15783

This pandemic has suddenly made most of us very aware of our health and it seems to be all we

discuss anymore (over Zoom meetings or Facebook or over the phone... you get the idea). How about redirecting your health-related focus into learning something new? The American Red Cross offers online courses for many common emergency situations. A few are listed here, covering first aid and CPR (for people of all ages... and your furry friends), life-threatening emergencies, and recognizing and managing symptoms of stress in yourself and those around you.

Adult, Child, and Baby First Aid/CPR/AED Online Course

@online through American Red Cross Training Services

This online course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children, and infants. The course features award-winning simulation learning and an interactive experience where you will respond to real-world emergencies in a virtual setting. This course requires



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a high-speed internet connection and will take about 2 hours and 45 minutes to complete.
Cost: \$35
For more information and to register visit
www.redcross.org/take-a-class

■ Cat and Dog First Aid Online Course

@online through American Red Cross Training Services
You love your pets and want to give them the best life possible; being equipped to deliver first aid and provide a healthy lifestyle for your pet is the best way to do that. In this course, learn the basics of providing first aid care for your cat or dog as well as dealing with common emergency situations. The course covers understanding your pet's vital signs, breathing and cardiac emergencies, wounds and bleeding, seizures, and preventative care for dogs and cats. This course is desktop and tablet compatible and will take about 35 minutes to complete.
Cost: \$25
For more information and to register visit
www.redcross.org/take-a-class

■ Anaphylaxis and Epinephrine Auto-Injector Online Course

@online through American Red Cross Training Services
This course will teach you the signs and symptoms of anaphylaxis and how to care for a person having a severe allergic reaction, including how to administer epinephrine using an auto-injector device. The course includes video, activities that reinforce key information, and a learning assessment. It will take about 30 minutes to complete. Upon registration, you will receive an email with information on how you can request a free EpiPen (epinephrine) Auto-Injector training device.
Cost: \$35
For more information and to register visit
www.redcross.org/take-a-class

■ First Aid for Opioid Overdoses Online

@online through American Red Cross Training Services
This course will provide you with the knowledge and confidence to respond to a suspected opioid overdose emergency. Learn to identify the signs and symptoms of a suspected opioid overdose and then the appropriate care to provide based on the responsiveness of the person. This

course includes information on how to use several different naloxone products – a nasal atomizer, Narcan, and EVZIO – to reverse the effects of an opioid overdose. This interactive course includes audio, video, and a final quiz needed to pass the course. It will take about 45 minutes to complete.
Cost: \$30
For more information and to register visit
www.redcross.org/take-a-class

■ Psychological First Aid: Supporting Yourself and Others During COVID-19

@online through American Red Cross Training Services
The uncertainty associated with a global health crisis like COVID-19 challenges everyone's ability to cope. This course will help you to build resilience and support yourself and others through this crisis by reviewing basic principles of providing psychological first aid, including how to recognize and manage stress in yourself and others, and how to lend support to family, friends, and coworkers during and following the COVID-19 outbreak.
Cost: \$20
For more information and

to register visit
www.redcross.org/take-a-class

Another way to extend your learning would be to check out colleges, both local and online, that are offering courses or college credits for meeting certain qualifications. This one in particular is for essential workers.

■ Essential Workers Tuition Waiver Program (EWTW)

Essex County College
The EWTW Program is a grant that will cover full tuition and approved education fees for 6-18 college credits for eligible essential workers, after all other state, federal, institutional, and community aid have been applied. You may be eligible for this waiver program if you have been a resident of Essex County for one year, have an Adjusted Gross Income (AGI) of no more than \$65,000, have enrolled in 6-18 college credits for the Summer or Fall 2020 term, completed a FAFSA or NJ Alternative Application, and provided a letter from your employer that confirms your essential worker status.
For more information and to apply visit www.essex.edu/ecwgrant/

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