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Edited by NYU SoM NIEHS Center CEC

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*Congratulations on Garfield's
Community Newsletter
"Generations for Garfield"*



**Richard "Riggs"
Rigoglioso**
MAYOR



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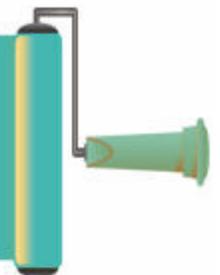
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LETTER FROM THE MAYOR

I hope you are all staying safe and healthy. By the time you receive this newsletter, the official results for the city council election will have been certified. With an amazing system of government transition that allows our residents to determine who we want to represent our city and even though tempers may flare, when the dust settles and the votes are counted, most of us grin or grimace for a day or two and then it is back to work and doing the best we can. Garfield will now have two new faces on Council, Romi Herrea, and Pawel Maslag, as well as incumbents Councilwomen Erin Delaney, Deputy Mayor Joseph Delaney, and myself. Regardless of who is sitting there, we will work together with the best interest of our City. As Mayor, now is the time for all of us to come together, focus on the future and do what we can to make sure Garfield...has a "Vision for the Future". I would like to take the time to thank Councilman Louis Aloia and Frank Calendrillo for their years of service to the City of Garfield. They have served the city for 24 years with honor and respect. Even though we have had different opinions on the vision for Garfield, they have always had Garfield's best interest in mind. With respect I wish them health and happiness.

A few updates: Garfield and the VFW paid tribute to our veterans on Veterans Day, Wednesday, Nov. 11th. Unfortunately because of because of COVID-19, we had to downsize the ceremony, but it was heartfelt, nonetheless. Due to the COVID -19 , the Garfield Free Public Library and the City of Garfield Annual Tree Lighting will be held virtually/remote. The event committee continues to support our local small business that are facing or experiencing financial distress through events like *Mayors Restaurant Week Challenge*. Join the Garfield YMCA Susan Gallagher-Colurciello December Dash 5K on Saturday, December 19 at 20th Century Field, Registration is from 9 to 9:45 a.m., call the YMCA for more information.

We would like to congratulate the Passaic Street business who took advantage of Garfield's Small Business COVID Relief Grant Program. *The Garfield River to Rail Neighborhood District and the City of Garfield in partnership with Greater Bergen Community Action offered a COVID-19 relief grant to help support our local small businesses which have been adversely affected by the Coronavirus Pandemic and I am proud to say that there are 12 business along Passaic street that took advantage of this opportunity and received \$10,000 grants for their bills and rent.*

COVID -19 continues to impact Garfield resident's ability to meet basic needs and provide for their families. Maschio Food Service continues to give 3,000(average) free meals per day to all city residents under the age of 18. Additionally, "Strangers Helping Strangers", "Garfield Neighbors", the YMCA and the Garfield Police Community Affairs Division distribute another 750 meals daily as well to our residents and senior citizen four times a week. Furthermore, they have been collecting over hundreds of coats and turkeys that will be distributed for the residents for Thanksgiving. These organization and programs continue to support our residents through a very difficult and challenging year.

Since we are in the season of giving thanks...I am thankful to all our volunteers and organization who continuously show up everyday to help out our most needy residents during these challenging times. Believe me when I say, your service to our city does not go unnoticed and is very much appreciated!

Please wear a mask, avoid large crowds, stay safe and most of all enjoy Thanksgiving...Mayor "Riggs"



GARFIELD
PREVENTION
COALITION

National Drug Take Back Day, Oct. 24, 2020

Thank you to all who participated in Drug Enforcement Agency’s National Take Back Day in Garfield ! In total, we collected 85 pounds. The Bergen County collection was nearly 1600 pounds, while statewide the total was 8,000 pounds of medications for disposal. Nation-



wide, nearly 1 million pounds of medications were collected. This biannual program creates an opportunity to dispose of unused medications in a way that prevents misuse and abuse, and is environmentally friendly. The drugs are incinerated in industrial furnace specifically designed for this purpose with filters to ensure nothing reaches the air or water supply. While this is a national event twice per year (October and April), please know that there is a 24 hour drop box available for all residents to dispose of medications at the Garfield Police Dept. at 411 Midland Avenue. Thank you for doing your part to keep our City safe and clean!



Why it’s Time to Start Drinking More Water

While it may not be a cure-all, the benefits of drinking water are numerous. So, why do Americans find it so difficult to sip from what is arguably the fountain of youth?

Answers vary, but the fact is, one in 10 Americans drink zero cups of water per day, according to a study by Dr. Alyson Goodman, a medical epidemiologist for the Centers for Disease Control and Prevention. Zero. “Water is vital for life,” she says. “Many health risks decrease when you drink plain water.” Which is why, she says, the results are “mind-boggling.”

The following reasons should help you discern why choosing water over any other drink is

the better option:

It balances body fluids. Your body is composed of about 60 percent water and performs vital functions such as protecting your organs and tissues, regulating your body temperature, and carrying nutrients and oxygen to your cells. Essentially it keeps your body running like a well-oiled machine.

It keeps skin looking good. Water moisturizes your skin and functions as a protective barrier to prevent excess fluid loss (think free anti-aging cream). In addition, it can keep your skin fresh and smooth.

It boosts the immune system. Those who guzzle water are less likely to get sick. This crystal-clear concoction helps fight against flu, cancer, and other ailments.

It can help control calories. While drinking water may not be a weight-loss strategy per se, substituting it for higher-calorie or sugar-filled beverages can help by removing byproducts of fat, filling you up so you’re not noshing. It also acts as a natural appetite suppressant and raises your metabolism.

(Courtesy of NewsUSA)

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PUZZLE PAGE

All About Autumn

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HEALTH & COMMUNITY NEWS

How Soon after COVID-19 Exposure Should I Get Tested?

Exposed to COVID-19?



You may want to get tested...



But don't get tested too soon! Your result may not be accurate.



Wait 5-7 days after being exposed to COVID-19 to get tested.



While you wait to get tested, quarantine at home and stay away from others.



After testing, quarantine at home and stay away from others while awaiting results.



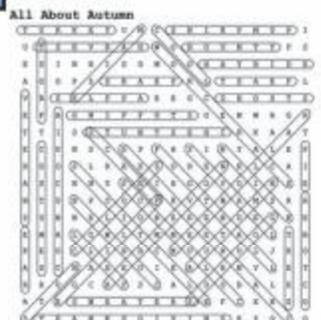
If you test negative, you will continue to quarantine for 14 days after being exposed. If you test positive, you will isolate for 10 days after getting tested. For more information, see "[How Long Do I Need to Stay in COVID-19 Isolation or Quarantine?](#)"



For general questions about COVID-19 call 211 or 1-800-222-1222. To find a testing site visit: covid19.nj.gov/testing.

October 29, 2020

Answer key for pg 5 'puzzle page'



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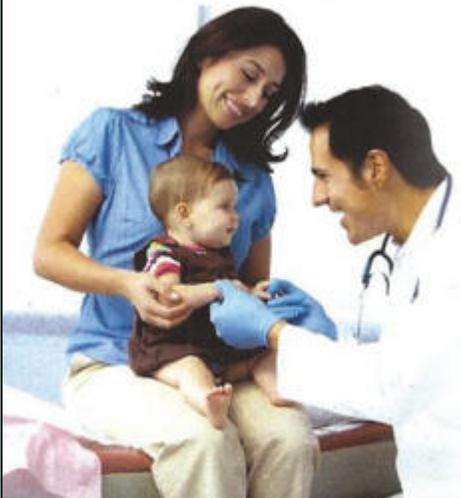
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LAST CHANCE!



Garfield, NJ COVID-19 Community Survey

How has your life been impacted by the COVID-19 pandemic?

- ◇ We want to hear from you!
- ◇ All responses will be collected anonymously.
- ◇ The survey will take 6-7 minutes of your time and may be completed online- see the link below- or over the phone.



Survey link: <https://is.gd/GarfieldCOVID19>

Email or call Shannon @ Shannon.doherty@nyulangone.org or 646-754-9447 for more information.



Thank you to everyone who has filled out the *Garfield COVID-19 Community Survey!* Only a few days left until we close the survey. For more information or to take the survey by phone, please email Shannon.doherty@nyulangone.org or call 646-754-9447.



Package Theft

With more home deliveries due to the holidays and COVID we are expecting more **STOLEN PACKAGES** within the City. Help stop package thefts.

Here are some things YOU can do:

- ◇ Have your package delivered to your work.
- ◇ Have your package delivered to the home of a relative or friend that you know will be home.
- ◇ Have your package held at your local post office for pickup.
- ◇ Take advantage of "Ship to Store" option that many stores offer. Amazon offers a "locker" feature that allows you to pick up your package from a secure location. Like the Chase bank lobby on Passaic St.
- ◇ Request that your package has signature confirmation upon delivery.
- ◇ Ask your carrier to place package in an area out of plain view.
- ◇ Buy a Ring/video doorbell or similar camera.



Mayor Richard Rigoglioso: Rrigoglioso@garfieldnj.org
 Deputy Mayor Joseph Delaney: jdelaney@garfieldnj.org
 Councilwoman Erin Delaney: Edelaney@garfieldnj.org
 Councilman Frank Calandriello: fcalandriello@garfieldnj.org
 Councilman Louis Aloia: laloia@garfieldnj.org
 City Manager Thomas Duch: tduch@garfieldnj.org

Thank you to Mayor Richard Rigoglioso, the entire City Council & City Manager Tom Duch for their support!