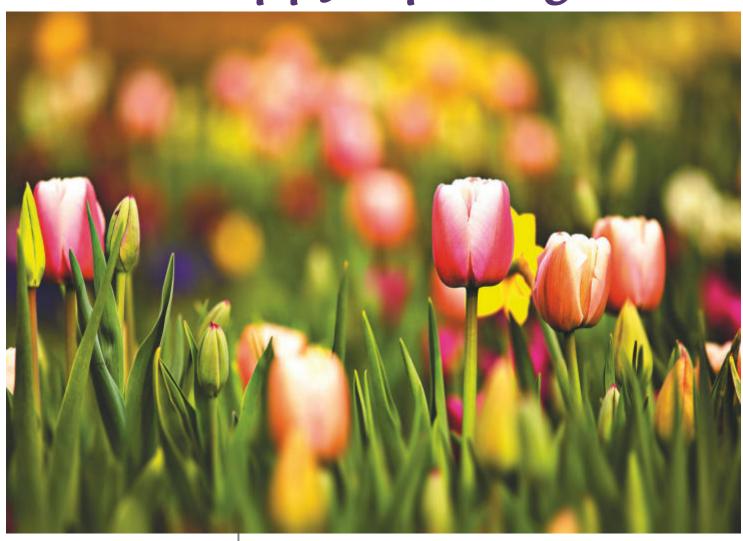


GENERATIONS for GARFIELD

A Community for All Ages
An Age-Friendly Initiative

Happy Spring!



Generations for Garfield
Division of Community Affairs
Garfield Police Department
160 Belmont Ave
Garfield, NJ 07026
www.Generations4Garfield.org
Edited by NYU SoM NIEHS Center CEC

Table of Contents

Page 3
Page 4-5
Page 6
Page 8

APRIL 2021 NEWSLETTER



Your one stop shop for your home security and automation needs!

Jozef Krzysik (877) 772-0061

info@alarmtech.com • www.alarmtech.com





506 8 Route 46 West Garfield NJ 07026 (973) 772-1770





SHOP EXPRESS

Deli, Grill & Grocery Quality is Our Secret! 27 Blemont Ave Garfield, NI

Tel: 973-253-8887

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact Jules Rosenman to place an ad today! jrosenman@lpiseniors.com or (800) 477-4574 x6421



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



Richard "Riggs" Rigoglioso

MAYOR

111 Outwater Lane, Garfield, NJ rrigoglioso@garfieldnj.org City Hall 973-340-2439 Cell 973-517-0854 • Fax 973-340-5183



52 Chestnut Street, Garfield, NJ 07026 "Let Us Cater Your Next House or Business Party"



"The Future is Now"

Deputy Mayor Joseph P. Delaney Councilwoman Erin N. Delaney



Enriching Quality of Life

- 24 Hours, 7 Days a Week Nurse and Physician
- Pain Control and Symptom Management
- Medication, Medical Equipment & Medical Supplies
 Personal Care Services Provided by Certified
- Spiritual and Bereavement Counseling

For More Information, Contact Us At: (973) 893-0818 | hospiceofnewjersey.com









90 PASSAJC STREET GARFIELD, NJ 07026

p: 973.928.5842

OMAIDA ACEVEDO Licensed Sales Agent

Se habla español

OmaidaAcevedo@gmail.com



SUPPORT OUR ADVERTISERS!





Generations for Garfield Newsletter Page 3

LETTER FROM THE MAYOR

With warm, spring weather upon us, I wanted to take a moment to acknowledge and thank our residents I see staying vigilant to the CDC guidelines while enjoying our parks, outdoor dining restaurants and shopping. It is inspiring to see such commitment to these guidelines from our community.

A little more than a year ago on March 11, 2020, Garfield closed its doors to the public, and, like many other municipalities our new way of running a city had begun. It was a dark Spring of 2020 – from a constant bombardment of bad news on the television of sickness and death with no end in sight. It was a quiet Spring – with outdoor activities and sports being cancelled for fear of the virus. Our students being educated remotely, unable to see their friends, restaurants not able to open and people afraid to have Easter meals with extended family. Finally, a Spring of Rejuvenation one year later, new businesses are opening throughout the city, outdoor dining is beginning to resume again. Garfield Little League, Babe Ruth, Girls Softball and Soccer leagues will be holding our sports program for the first time in a year. Our students are back in school with a hybrid schedule. Even the Easter Bunny made an appearance to hand out Easter baskets of chocolate and candy, to our littlest residents.

Outdoor events are being planned throughout our community and, as more and more people are being vaccinated, life is starting to feel like it may soon resume to normal seeing all the pews filled at church, children playing in the parks, concerts and festivals being planned by the events committee are all of the pleasures we used to take for granted are now a true blessing.

I would like to take a moment to thank our Police Department and Volunteer Fire Department they have been busy with Winter emergencies. On behalf of the City Council, we appreciate the sacrifices you make to keep our community safe. I would like to also acknowledge and thank 'Garfield Neighbors' and 'Stanger helping Strangers 'as they continue to service our most needy residents in a time of need...Thank You everyone!

Our Events Committee continues to flourish. Most recently they have been lifting spirits and keeping our residents safely engaged from having a successful city-wide scavenger hunt at the beginning of spring to planning a carnival beginning April 28th. Finally the Events committee is looking towards their annual firework show in July and a new festival called "Sunday Streets festival" ... Garfield opens a stretch of streets normally reserved for cars and other vehicles to allow cycling, walking, dancing, socializing and provides a family-friendly opportunity to be physically active. Date and time have not been established.

In closing, I encourage our residents to continue to follow safe social distancing guidelines. While we all remain diligent, please continue supporting our local businesses and restaurants so we can continue moving Garfield Forward.

Please continue to stay safe and healthy!

Mayor Richard "Riggs" Rigoglioso

HEALTH AND COMMUNITY NEWS





Virtual Take Control of Your Health



Fridays: 5/7, 5/14, 5/21, 5/28, 6/4, 6/11 9:30 a.m. - 11:30 a.m. Zoom link will be emailed after you register. Questions? Contact Stephanie Drag at 201-740-7096 or sdrag@cafsnj.org

Join us for this free program, where you'll meet new people and:

- learn strategies for managing symptoms
- learn strategies for working with health care professionals
- learn skills like: setting weekly goals, problem-solving, relaxing, handling difficult emotions, eating well, and exercising safely and easily.

Are you 55 or older and have an ongoing health condition or pain? Are you a caregiver for someone with a chronic condition?

Starts May 7th at 9:30 am

To register, visit: https://www.surveymonkey.com/r/ TakeControlBergen

Contact Stephanie with any questions: 201-740-7096

Participants who attend 4 out of 6 sessions will receive a \$25 qift card!

Dr. Dominick D'Agostino, Jr. Loreti

D'Agostino Chiropractic & Associates, PC D.M.L. Sports Medicine, LLC

COMMONLY TREATED CONDITIONS:

Back and Joint Pain - Post Surgical Recovery - Sciatica - Arthritis Sprains & Strains - Degenerative Disc Disease - Spinal Stenosis Acupuncture - Massage - Chiropractic Orthopedic - Nutritional Counseling NJ STATE PBA PHYSICIAN

96 MANNER AVENUE, GARFIELD, NJ 973-772-0099 WWW.DOCTORDOM.NET

Generations for Garfield Newsletter Page 5

WHAT'S NEW AT THE GARFIELD YMCA



FOR ALL

Garfield Y
33 Outwater Lane
490 Midland Ave
973-772-7450
www.garfieldymca.com





Join Us This Spring For

- Summer Camp Registration
- Swim Lessons
- Youth Sports
 - Lifeguarding Course
- Outdoor Exercise
- Virtual Fitness
 - Gym and Pool Usage



Louis G. Aloia - Manager NJ License No. 3372

Rosemarie A. Aloia - Director NJ License No. 3829

Andrea R. Gilkes NJ License No. 4114



FDIC Fully Insured Pre-Paid Pre-Planned Funeral Trust

UPCOMING EVENTS



SKIP THE LONG LINES AT THE ER!
NO INSURANCE NEEDED!

OPEN 7 DAYS A WEEK 365 DAYS, EVERY DAY!



GRAND OPENING



URGENT CARE



We provide fast, accurate and reliable treatment to patients with urgent & primary care needs.

ENT • Immunization
Minor Injuries • Body Aches
Flu Shots • Physicals • X-Rays
Allergy Testing & Treatment

Hours: Mon-Fri 8am-8pm Sat 8am-6pm • Sun 9am-5pm Complete Physical Assessment

\$50 Re

Labwork & vaccines additional if necessary. Not to be combined with any other offers.

862-295-3501 · 210 Passiac St., Garfield, NJ 07026 · www.urgentcaregarfield.com



Page 8 Generations for Garfield Newsletter

2021 NATIONAL TAKE BACK DAY



"NATIONAL TAKE BACK INITIATIVE" The Day to Get Rid of Your Unused, Unwanted, and Expired Medicine THE CENTER

WHAT TO 80 WITH UNUSED MEDICINE

Saturday, April 24, 2021 10AM-2PM

Garfield Police Department 411 Midland Avenue, Garfield NJ 973-478-8500

www.garfieldnj.org



On Saturday, April 24th from 10am-2pm at the Garfield Police Department, "National Take-Back Initiative" will be the day to get rid of your unused, unwanted, and expired medicine. The goal of the program is to allow the citizens of New Jersey to deliver their unwanted medications to law enforcement to dispose of them in a non hazardous manner, preventing them from falling into our children's hands or the illicit market.

Batteries must be removed from e-cigarette devices!!!



ALL PARTICIPANTS WILL REMAIN ANONYMOUS



<u>Upcoming event</u>: *Recycling Day 2021: An Enhanced Shred Day* June 10, 2021, 9 am— 1 pm @ Garfield City Hall. Rain or Shine. Shredding of confidential documents and collecting plastic bags/film and styrofoam for proper recycling (4 box, 40 lb limit, No wet paper).



Mayor Richard Rigoglioso: Rrigoglioso@garfieldnj.org Deputy Mayor Erin Delaney: Edelaney@garfieldnj.org Councilman Joseph Delaney: jdelaney@garfieldnj.org Councilman Romi Herrera: rherrera@garfieldnj.org Councilman Pawel Maslag: pmaslag@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!