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*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*

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➤ Reach the Senior Market

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CONTACT

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rosenman@lpiseniors.com or (800) 477-4574 x6421



Thomas J. Duch
Attorney at Law

201-794-7234

550 Mola Boulevard • Elmwood Park
TJDESQ@aol.com

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



**Richard "Riggs"
Rigoglioso**
MAYOR



111 Outwater Lane, Garfield, NJ

rrigoglioso@garfieldnj.org

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Cell 973-517-0854 • Fax 973-340-5183

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Joseph P. Delaney
Councilwoman
Erin N. Delaney



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CENSUS 2020 UPDATE

Frequently Asked Questions

Can I only take the census online?

NO. The 2020 Census will be available online, by phone, and by mail. Online and phone responses can be completed in 13 languages (English, Spanish, Chinese, Vietnamese, Korean, Russian, Arabic, Tagalog, Polish, French, Haitian Creole, Portuguese, and Japanese). A paper form will be mailed to every house that hasn't responded already when we send our fourth mail piece out.

What questions WILL NOT be asked by the Census Bureau?

During the 2020 Census, the Census Bureau will **never** ask you for:

- Your Social Security number.
- Money or donations.
- Anything on behalf of a political party.
- Your bank or credit card account numbers.

If someone claiming to be from the Census Bureau contacts you via email or phone and asks you for one of these things, it's a scam, and you should not cooperate..

Are non-citizens counted in the census?

YES. Everyone counts. The 2020 Census counts everyone living in the country, including non-citizens.

Does the 2020 Census ask about citizenship status?

NO. The 2020 Census does not ask whether you or anyone in your home is a U.S. citizen.

If you have a question about something not addressed here or see false information about the 2020 Census or the U.S. Census Bureau, please contact rumors@census.gov.

CITYWIDE GARAGE SALE
 SATURDAY & SUNDAY
 SEPTEMBER 12-13, 2020

September
12-13

CITYWIDE GARAGE SALE!




DETAILS TO BE ANNOUNCED!
 Follow: The City of Garfield Events





Dr. Dominick D'Agostino, Jr.



Dr. Michael Loreti

D'Agostino Chiropractic & Associates, PC

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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

Summer 2020 Transportation



***The City of Garfield Senior Bus
will resume service on
Monday, July 20, 2020***

Due to Social Distancing the occupancy is only
(8) passengers.

All occupants must wear a mask or face covering at
all times.

The bus will be disinfected with hospital grade
disinfectant:

- prior to the start of the route
 - in between bus trips
 - at the end of the day

Those who reside in the same household may share
adjacent seats.

All passengers on the bus must adhere to the above
policy or will be denied access.

RULES STRICTLY ENFORCED

Visit: www.Garfieldnj.org for more information

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HEALTH & COMMUNITY NEWS

COVID-19 RECOVERY
What You Need to Know

People across NJ are recovering every day from COVID-19.

Feeling Better

Overall, feeling better means:

- your fever is gone,
- your respiratory symptoms have greatly improved, and
- you feel generally recovered from your sickness

Staying Healthy

- Wash your hands and clean high-touch items often
- Cover coughs and sneezes with a tissue or your elbow
- Avoid sick people
- Follow social distancing and face covering guidelines

Returning to Work

If you tested positive for COVID-19 and have symptoms, you can return to essential work and daily activities once:

- At least 10 days have passed since symptoms first appeared,

AND

- At least 24 hours (1 full day) have passed since last fever without the use of fever-reducing medicine,

AND

- Your other symptoms have improved.

Questions? Call 2-1-1 or text NJCOVID to 898-211

<https://www.nj.gov/covid19/>



GARFIELD PREVENTION COALITION



Follow these 4 simple tips to avoid fraud:



♦ **JUST HANG UP!** Government agencies will not call you on the phone and ask for payment via pre-paid cards.

Don't be afraid to end the call!

- ♦ **SECURE WEBSITES** Utilize secure websites instead of non-secure ones – look for https:// to verify if it's secure.
- ♦ **EMAIL PHISHING** If it looks too good to be true, *it is*. Verify all email sender information if an incoming email offers a free vacation or a link to claim an amount of money.
- ♦ **BANKING SECURITY** Have 2-step verification in place on all of your accounts. This is an extra layer of security that could prevent hackers from gaining access to your information.

If you have any questions or think you have been a victim of fraud, please call or email Sergeant Jeffrey Stewart at 201-249-1305 or jstewart@garfieldpolice.org

Adapted from the Center for Alcohol and Drug Resources July 2020 'Celebrating Seniors Newsletter'

Help prevent the spread of respiratory viruses:

- ♦ Avoid close contact with those who are sick
- ♦ Cover your cough or sneeze with a tissue
- ♦ Avoid touching your eyes, nose or mouth
- ♦ Clean and disinfect frequently touched surfaces
- ♦ Stay home when you are sick, except to get medical care
- ♦ Wash your hands with soap and water for 20 seconds

For more information, visit www.CDC.gov/COVID19

If you or a loved one needs help with accessing addiction services and support...

Call or Text: 201-589-2976

Hotline Services are available 24/7

Services are provided by The Center for Alcohol and Drug Resources in partnership with The Bergen County Prosecutor's Office

THE CENTER
FOR ALCOHOL AND DRUG RESOURCES
A Program of Children's Aid and Family Services

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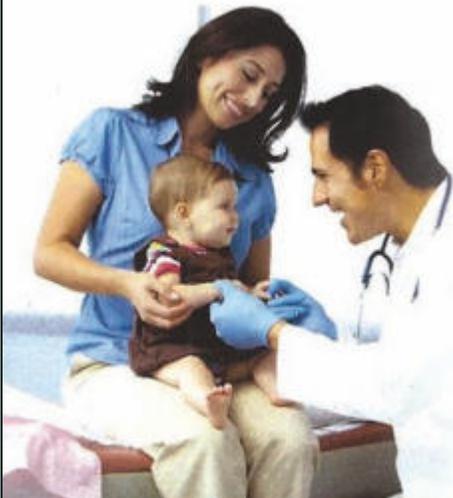
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SUMMER 2020 INSPIRATION

"Look how much you've
 already managed to
 adapt to. Look how
 resilient you've already
 been. There's no "right"
 way to respond to this
 because it's never, ever
 happened before. Give
 yourself some credit. ☆
 There's no one in the
 whole world who has
 this figured out yet.
 So it's absolutely okay
 if you don't either ♡
 mellow doodles



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!*