



**A Community for All Ages**  
*An Age-Friendly Initiative*

# GENERATIONS *for* GARFIELD



*Generations for Garfield*  
*Division of Community Affairs*  
*Garfield Police Department*  
*411 Midland Ave*  
*Garfield, NJ 07026*  
*[www.Generations4Garfield.org](http://www.Generations4Garfield.org)*  
*Edited by NYU SoM Env Med CEP*

## Table of Contents

COVID Booster Clinic .....	Page 3
Health & Community News.....	Page 4-5
Puzzle page .....	Page 6
Support Small Business .....	Page 8

**OCTOBER-NOVEMBER 2021 NEWSLETTER**



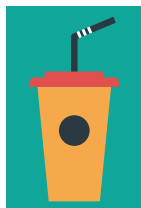
Your one stop shop for your home security and automation needs!

Jozef Krzysik  
(877) 772-0061

info@alarmtech.com • www.alarmtech.com

## Steve's Burgers

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



"What a real burger should taste like"

Mon. - Sat. 11am. 8pm  
thestevesburgers@gmail.com  
Find us on Facebook/Yelp

A&C  
AUTO INC.



740 River Drive | Garfield  
973-772-1195  
All Insurances Are Accepted



### SHOP EXPRESS

**Deli, Grill & Grocery**

Quality is Our Secret!

27 Blemont Ave Garfield, NJ

Tel: 973-253-8887

**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Jules Rosenman** to place an ad today!

jrosenman@4LPi.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  
City Hall 973-340-2439  
Cell 973-517-0854 • Fax 973-340-5183

**Pizza Luna**  
Restaurant & Pizzeria  
"CATERING FOR ALL OCCASIONS"

**(973) 478-8070**

www.pazzalunagarfield.com

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**



**HOSPICE  
OF NEW JERSEY**

### Enriching Quality of Life

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

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



YOUR HEALTH INSURANCE MAY COVER  
THE COST OF YOUR MEMBERSHIP,  
EVEN VIRTUAL WELLNESS  
EMAIL  
MBARCIAYMCA@OPTONLINE.NET  
FOR MORE INFO

Garfield YMCA  
33 Outwater Lane  
490 Midland Ave.  
Garfield NJ 07026



**UnitedHealthcare®**

Medicare Solutions

90 PASSAJC STREET  
GARFIELD, NJ 07026

OMAIDA ACEVEDO  
Licensed Sales Agent  
Se habla español

p: 973.928.5842

OmaidaAcevedo@gmail.com



Lumber • Hardwoods • Decking • Doors  
Windows • Cabinets • Hardware • Power Tools

**GARFIELD LUMBER &  
MILLWORKS, INC.**

**We Deliver**

260 Lanza Avenue, Gvarfield  
973-478-2160 • 973-546-6895

**SUPPORT OUR ADVERTISERS!**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicomunities.com

Garfield Police Department-Community Affairs 06-5306





# SHOT

Protect yourself and your loved ones.  
Get vaccinated against COVID-19.

**Bergen New Bridge Medical Center**  
in Partnership with Garfield Recreation Center

# COVID-19 Vaccines

## Thursday, November 18

10am – 1pm

**Garfield Recreation Center**

466 Midland Avenue  
Garfield, NJ 07026

### Vaccinations Available at No Cost\*

*\* No out-of-pocket costs or co-pay expenses.*

### Please Bring

- **Identification**  
(driver's license/ID card, Social Security card, passport, or birth certificate)
- **Insurance card** (if available)
- **Vaccine Record Card** (for 2nd dose & booster)

### Available Vaccines:

Pfizer, Moderna, and J&J — first, second & booster\*

*\*Available if you are 6 months out from your 2nd dose*

### Scan the QR Code Below to Register

- Passcode Pfizer Vaccine: GarfieldPfizer
- Passcode Pfizer Booster: PfizerBooster
- Passcode J&J Vaccine: GarfieldJ&J
- Passcode J&J Booster: J&JBooster
- Passcode Moderna Vaccine: GarfieldModerna
- Passcode Moderna Booster: ModernaBooster



Connect with us

**NewBridgeHealth.org**



<https://bergen covidvaccine.com/vaccine/invite>

# HEALTH AND COMMUNITY NEWS

## MINDFULNESS AND ITS PROVEN IMPACT ON LONELINESS:

### WHAT YOU SHOULD KNOW

Maybe you know someone who stands by taking five minutes each morning to meditate or finds time after lunch to quiet his or her mind and focus on breathing. Whatever the method may be, incorporating "mindfulness" practices into your life can have a wide range of positive health benefits like improving your memory, sleep, and immune

system, reducing stress and feelings of loneliness, and increasing compassion toward others and yourself.

Mindfulness means taking time to pay attention to yourself and your thoughts and feelings. Read on to learn how you can put mindfulness into practice in your life to help improve your overall health.

### How to make mindfulness a routine part of your day.

1. Find five to ten minutes each day to sit quietly and focus on your breath. (Helpful hint: Put your phone on silent or in another room so you can concentrate.) Take the time to notice where your mind goes and how your body is feeling. You just might find that this helps you focus and prioritize your day.

2. Before you go to bed take time to focus on the good things that happened that day. Write your thoughts down in a journal. Writing them down can help you deliberately recognize the positive, even on a tough day.

3. Search for "mindfulness apps" on your smartphone or tablet that lead you in a mindfulness exercise. For many people, using an app is an easy way to remain consistent with the practice. And many of these apps are free!

### Feeling lonely? Mindfulness can help.

Mindfulness has been shown to help older adults overcome a silent but urgent health issue: loneliness. It is estimated that

more than half of adults age 65 and over regularly experience moderate to severe loneliness. Loneliness is characterized by a marked difference between someone's desired companionship and actual relationships. Through unique studies conducted by UnitedHealthcare and AARP, researchers are applying the techniques of mindfulness to help combat loneliness in older adults.

Loneliness poses a serious threat to the quality of life for older adults. It is linked to negative health outcomes such as higher risk of dementia, mortality and disability.



"The health risk of chronic loneliness in older adults is equivalent to smoking 15 cigarettes a day, and has a greater impact on mortality than obesity," said Dr. Charlotte Yeh, M.D., chief medical officer, AARP Services, Inc. "That is why UnitedHealthcare and AARP Services Inc. are collaborating to identify actionable solutions, geared for any individual across the spectrum of loneliness."

Researchers looked at whether mindfulness interventions, like breath awareness, self-compassion and kindness exercises, could positively impact a person's optimism and quality of life — all factors that help reduce loneliness.

Conclusions were encouraging: Mindfulness activities were shown to decrease loneliness among older adults. The research demonstrated that mindfulness reduced stress, and improved memory, sleep, the immune system, resiliency, and compassion for self and others.

Although loneliness is complex and challenging to address, a mindfulness practice may help you live your best life.

(Courtesy of BPT)

NOVEMBER | 2021

©LPI



Dr. Dominick  
D'Agostino, Jr.



Dr. Michael  
Loreti

## D'Agostino Chiropractic & Associates, PC

### COMMONLY TREATED CONDITIONS:

Back and Joint Pain • Post Surgical Recovery • Sciatica • Arthritis  
Sprains & Strains • Degenerative Disc Disease • Spinal Stenosis

## D.M.L. Sports Medicine, LLC

Acupuncture • Massage • Chiropractic  
Orthopedic • Nutritional Counseling

NJ STATE PBA PHYSICIAN

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



## INDEPENDENT VERSUS ASSISTED LIVING

If you or an older family member are considering moving to a senior living community, you may be wondering what type of care is best. People often find it confusing to understand how independent living differs from assisted living. It's an important distinction.

Both types of senior housing are popular with seniors and their families. They provide older adults with an environment that supports their quality of life during retirement. Each is designed to offer services and amenities that meet the unique needs of seniors who are at different stages of life.



### WHAT IS INDEPENDENT LIVING?

Independent living communities are an ideal retirement option for active seniors. They offer a lifestyle free from the burdens and financial costs of home ownership. Most independent living communities include maintenance, housekeeping, snow removal, lawn care, and trash removal in their basic fee.

Because residents don't have to worry about the demands of keeping up a home, they have more time to pursue hobbies, favorite pastimes, and other interests. Independent living communities typically offer a wide array of life-enrichment activities. They range from yoga and tai chi to card clubs, movie nights, and art classes.

Independent living communities often host local group outings, organize travel to destinations near and far, and coordinate volunteer projects.

A few of the benefits of moving to an independent living community include:

- **Fitness classes:** Wellness programs like chair yoga, stretching, swimming, walking, weight training, and Pilates are common.

- **Life enrichment:** On-campus lectures, musical entertainment, art classes, religious services, craft workshops, gardening, and volunteer projects are all popular activities.

- **Informal gatherings:** Another advantage of an independent living community is how easy it is to expand social networks. There are many informal opportunities to make new friends, from residents gathering over a cup of coffee in the dining room to a friendly game of billiards in the game room.

- **Safe environment:** These communities also offer peace of mind. Accessible bathrooms, fire-suppression systems, grab bars, and handrails are usually standard.

#### What Is Assisted Living?

An assisted living community offers the same benefits as independent living, but with an added layer of care and support. They offer assistance with tasks that are referred to as activities of daily living. Those include help with medication management, assistance with personal care, and support with toileting.

Another question people often ask is how assisted living communities differ from nursing homes. The primary distinction is that while assisted living residents require support with the activities of daily living, nursing home residents usually have more complex medical needs. This care is usually provided by skilled nurses, therapists, and other licensed medical professionals.

In an assisted living community, the services generally offered include:

- Help with bathing, grooming, and dressing
- Monitoring of chronic health conditions
- Nutritious meals and snacks
- Toileting and continence care assistance
- Medication administration and reminders
- Transportation for appointments and errands

*Aloia*  
Funeral Home, Inc.



ATTENTIVE  
CREMATION  
SERVICE

Louis G. Aloia - Manager  
NJ License No. 3372

Rosemarie A. Aloia - Director  
NJ License No. 3829

Andrea R. Gilkes  
NJ License No. 4114

NEW JERSEY PREPAID  
FUNERAL TRUST FUND  
**CHICES**

FDIC  
Fully Insured Pre-Paid  
Pre-Planned Funeral Trust

180-182 Harrison Avenue, Garfield, New Jersey 07026 • 973-340-7077 • aloia@aloiafuneral.com • www.aloiafuneral.com

## PUZZLES OF THE MONTH

# Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6						3	2	
	4		2			6	8	5
	3	2			5	9		
7			5		3		4	
8		5		9				7
4	6			2		5		
				8				
			3					
		6	9					

©2021 Satori Publishing

DIFFICULTY: ★☆☆☆

ENIGMA™  
CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "J" = "H"

"BU YXX TSDSATP HA JHK KS XHHG  
YU UJBAIP, YAT AHU HA JHK UJSZ  
YMS UJSOPSLSP."

- NYMX EQAI

**PREVIOUS SOLUTION:** "It all depends on how we look at things, and not on how they are themselves." — Carl Jung

6	5	8	4	7	9	3	2	1
9	4	7	2	3	1	6	8	5
1	3	2	8	6	5	9	7	4
7	2	9	5	1	3	8	4	6
8	1	5	6	9	4	2	3	7
4	6	3	7	2	8	5	1	9
5	9	4	1	8	2	7	6	3
2	7	1	3	5	6	4	9	8
3	8	6	9	4	7	1	5	2

**Answer to Sudoku**



## CROSSWORD PUZZLE

ACROSS

- |    |                  |    |                  |
|----|------------------|----|------------------|
| 1  | <b>ACROSS</b>    | 39 | Secretary        |
| 4  | Surety (Lat.)    |    | (abbr.)          |
| 1  | Cubic feet per   | 41 | Evil             |
|    | second (abbr.)   | 42 | It! exclamation  |
| 7  | Father of        | 44 | Perturb          |
|    | Jehoshaphat      | 46 | Object of        |
| 10 | Stamp-sheet      |    | worship          |
|    | segment          | 49 | Hindu garment    |
| 11 | Sultry           | 51 | Abnegate         |
| 12 | Culmination      | 53 | Razor-billed auk |
| 14 | Wont             | 54 | Corrode          |
| 16 | Melville's       | 55 | Down (pref.)     |
|    | captain          | 56 | Mulberry of      |
| 17 | Droop            |    | India            |
| 18 | Inuit boat       | 57 | Single room      |
| 20 | Legal gambling   |    | occupancy        |
|    | (abbr.)          |    | (abbr.)          |
| 21 | Shoshonean       | 58 | Altar            |
| 22 | Leftside (pref.) |    | constellation    |

DOWN

- |                |                  |
|----------------|------------------|
| 1 Old Texas    | 5 Central points |
| linear measure | 6 Plagiarize     |
| 2 Anagram      | 7 Amer.          |
| (abbr.)        | Automobile       |
| 3 Dry wine     | Assn. (abbr.)    |
|                | 8 Sailboat       |

[illegible]

	1	2	3		4	5	6		7	8	9	
10					11				12			13
14				15					16			
17				18					19		20	
			21				22		23			
24	25	26				27		28			29	30
31					32		33		34			
35				36		37		38				
		39			40		41					
42	43			44		45				46	47	48
49			50		51				52			
53					54				55			
	56				57				58			

©2021 Satori Publishing

A45



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

**OPEN 7 DAYS A WEEK**  
**365 DAYS, EVERY DAY!**



**GRAND  
OPENING**



**Urgent Care  
Association  
of America**

## **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** Reg. \$100  
*Only*

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](http://www.urgentcaregarfield.com)

You're not done  
living the life  
you love so much.

**WHEN NEVER HOLDING HANDS AGAIN ISN'T OPTIONAL**

**REVOLUTIONARY CARE FOR:**

**BRAIN • NEUROLOGY • NEUROVASCULAR**  
**SPINE • ORTHOPEDICS • NEUROPSYCHOLOGY**

**IGEA**  
BRAIN | SPINE | ORTHOPEDICS

**ITSNOTOPTIONAL.COM | 866-435-6731 | LOCATED THROUGHOUT NEW JERSEY & NEW YORK CITY**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpcommunities.com](http://www.lpcommunities.com)

Garfield Police Department-Community Affairs 06-5306

## 10 TIPS TO SUPPORT SMALL BUSINESSES

The COVID-19 pandemic has been difficult on small businesses. Whether it's a local eatery, service provider, retail store or another type of business, when you shop small, you're supporting a real person who is striving to keep his or her entrepreneurial dream alive.

"Small businesses are the heart of our country and Ball® home canning products business," says Kris Malkoski, CEO of the Food Business Unit at Newell Brands. "We have been moved by the love our small business customers have shown their communities this past year. Still many small businesses are facing hardships and they need our support now more than ever."

You can personally help make a difference by considering 10 simple ways to support small businesses.



**SHOP NOW:** No need to wait for a sale or special event. By shopping now you're putting much-needed funds into a small business that is depending on income each month to make ends meet and keep doors open.

**REVERSE SHOPPING:** Rather than thinking of the recipient and then where to shop for a gift, think of the shop first and then the recipients that would most like items from that particular business.

**GO ONLINE:** For small businesses that offer e-commerce options, be sure to consider online orders that ship directly to your home. This is a safe and convenient way to support your favorite businesses.

**SHOP IN PERSON:** For businesses with physical locations, visit shops in person if you can use proper safety measures. If you know what you want, many businesses let you order ahead and opt for curbside or door-way pickup as well.

**CONSIDER GIFT CARDS:** Not sure what to buy? Gift cards are always one of the most desired gifts, so if you need to send a little love to a loved one, wrap up a gift certificate in a beautiful card and feel good about your present choice.

**LEAVE REVIEWS:** Online reviews can make a big difference for small businesses in expanding clientele. Go online and leave rave reviews for your favorite stores and why others should support them as well to help spread the word.

**BE VOCAL:** In addition to online reviews, talk up your favorite small businesses among friends. From independent restaurants to local service providers, use your voice as a powerful tool to build their reputation and support growth.

**PARTNERSHIPS:** Look for small businesses who partner together to offer products or services that complement each other in packages, such as a gift basket bundle featuring your favorite

local treats. You'll support multiple businesses at once and often get a discount compared to buying separately.

**DOUBLE UP:** For businesses like independent coffee shops or bakeries, consider a larger order. For example, go with that grande latte and order two dozen cookies to share with your neighbors.

**BE PATIENT:** Small businesses are dealing with a multitude of challenges these days, from supply chain holdups to sluggish shipping and beyond. Your kindness is valued, and your patience is crucial during these times.

"Actions big and small will help make a difference," says Malkoski. "This is our time to give back to the businesses that help build our culture and communities, and we at Newell Brands want to give back too."

(Courtesy of EPT)



Mayor Richard Rigoglioso: [Rrigoglioso@garfieldnj.org](mailto:Rrigoglioso@garfieldnj.org)

Deputy Mayor Joseph Delaney: [jdelaney@garfieldnj.org](mailto:jdelaney@garfieldnj.org)

Councilman Romi Herrera: [rherrera@garfieldnj.org](mailto:rherrera@garfieldnj.org)

Councilman Pawel Maslag: [pmaslag@garfieldnj.org](mailto:pmaslag@garfieldnj.org)

Councilwoman Alejandrina (Sugar) Banch: [abanch@garfieldnj.org](mailto:abanch@garfieldnj.org)

City Manager Erin Delaney: [edelaney@garfieldnj.org](mailto:edelaney@garfieldnj.org)

*Thank you to Mayor Richard Rigoglioso, the entire City Council & City Manager Erin Delaney for their support!*