

GENERATIONS for GARFIELD

A Community for All Ages
An Age-Friendly Initiative



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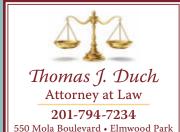
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Congratulations on Garfield's Community Newsletter "Generations for Garfield"



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



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Deputy Mayor Joseph P. Delaney Councilwoman Erin N. Delaney



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LETTER FROM THE MAYOR

The City of Garfield is unlike anywhere else in New Jersey and it is because of you, our residents! Having the opportunity to serve as your mayor for these past four years have truly been some of the best years. As such, I want to thank each one of you, for the support you have shown me. This has been an amazing experience so far and one that I would not change for the world, largely because I have the privilege of serving in the most amazing City. We have had some memorable (mostly good) experiences together and I know that I am a better person today because of the residents of this community.

This year has been unlike anything I have ever experienced (or wanted to experience), and I am sure many of you probably feel the same way. Although this year has been unprecedented in so many ways, it also provided me a new outlook. This past year there were many things, I believe as a city we did correct, from supporting our business, community and residents that were, and are, struggling to handling the pandemic, all the while, we were committed to moving our city forward for a better future. We are weathering these challenging times... together!

With that said, I would like to extend warm wishes and gratitude to our residents and city employees. I am continually in awe of the many wonderful residents, organization, business, volunteers, and city workers that have lived up to our name "Garfield: City of Champions" we all are working together to strengthen our community during this pandemic. I want to thank each and every one of you, you all have gone above and beyond what was ask. Individually and as a city we have experienced many changes in 2020, and despite the unexpected detours we have faced, there are reasons for optimism. We have endured revenue losses throughout the city, but we are entering into a somewhat solid financial position in 2021, which is largely due to our strong economy, our numerous amounts of grants that were rewarded to the city, and our approach to COVID and conservative decisions.

We asked you to participate in the 2020 Census. An amazing 68.7% of our residents responded, that is higher than the 66.4% self-response rate in 2010. This participation will make a tangible difference for our city and state, as an accurate count helps attract federal dollars to Garfield to support a variety of programs and helps our city get its share of funding and resources for the next 10 years.

This has also been a banner year for capital improvements, road projects were completed throughout the city, significantly improving traffic safety. The anticipated development in our "Opportunity Zones through the city is also ongoing. Meanwhile, several projects are proceeding with completion expected within a year or two. This includes the redevelopment of Passaic Street, the removal of the train tracks on Monroe Street, the clean-up and redevelopment of the old Kalama Chemical Plant (Monroe and River Road), the Second Phase of the River Road Park, and a new design for the Columbus Field Park. These represent some of the most noteworthy city projects; however, growth is occurring in nearly every corner of the city with improvements added almost every month.

While unprecedented challenges may linger, I know we will continue to remain strong and resilient. I think about all that has happened in 11 months. Again; I would like to personally thank everyone for their patience, flexibility, understanding, and, respect, we will collectively work through these unprecedented times. We still have things to learn, overcome and accomplish, but I am beyond grateful to serve a city that unites through tough times. Residents can rest assured that your Garfield City Council and City Employees will continue providing the best services possible during this pandemic. Wishing you a new year full of peace, health, and happiness.

Thank You

Garfield Mayor Richard "Riggs" Rigoglioso Page 4 Generations for Garfield Newsletter

EMERGENCY PREPAREDNESS







MAKE A PLAN

BUILD A KIT

BE INFORMED

ITEMS TO INCLUDE IN YOUR EMERGENCY KIT:

- ✓ Prescription & over-the-counter medications
- ✓ First-Aid Kit
- ✓ Masks
- √ Gloves
- √ Thermometer
- √ Hand sanitizer & soap
- ✓ Disinfecting wipes &sanitizing products
- ✓ Frozen foods & non-perishable food
- ✓ Bottled water
- ✓ Manual can opener

- √ Garbage bags
- ✓ List of important phone numbers
- √ Cash and important documents
- ✓ Eyeglasses
- ✓ Tool kit: flashlight, wrench, screwdriver, lighter, duct tape
- √ Whistle (to signal for help)
- ✓ Ready to use electronics, chargers, radio (crank or battery powered)
- ✓ Extra batteries
- ✓ Fire extinguisher
- ✓ Pet food





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COMMONLY TREATED CONDITIONS:

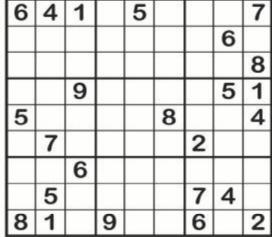
Back and Joint Pain - Post Surgical Recovery - Sciatica - Arthritis Sprains & Strains - Degenerative Disc Disease - Spinal Stenosis Acupuncture - Massage - Chiropractic
Orthopedic - Nutritional Counseling
NJ STATE PBA PHYSICIAN

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PUZZLES OF THE MONTH

Sudoku

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



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DIFFICULTY: ★公公公

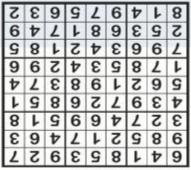


ENIGMATM Enigma cryptograms are created from quotations and proverbs from around the world. Each letter and proverbs from around the world. Each letter stands for another letter. Hint: "J" = "N"

"NLXSSOHA LEEGQ LTGO NHTOJCQFTI, WBQS LTGO X RELN LEEGQ LTGO X CEZ."

- XBSFEH BJGJERJ

dog," - Author Unknown PREVIOUS SOLUTION: "Flattery looks like friendship, just like a woll looks lik



Answer to Sudoku



CROSSWORD

ACROSS Arabic letter

4 Fr. priest 8 Barge 12 Kimono sash

13 Mayan year 14 Sayings (suf.) 15 E. Indian timber

tree 16 Calm 18 Lop 20 Fr. artist 21 Month abbr. 23 Musical

23 Musical instrument (string) 27 Bonga (2 words) 32 Counsel 33 River (Sp.) 34 Of vision

36 Sheep disease 37 Fraction of a rupee 39 Kind of gypsum

41 Small anvi 43 Licensed practical nurse (abbr.)

12

15

18

37

44 Book of the Apocrypha 48 Growl 51 Pierides (2 words) 55 Amazon tributary 56 Polish border

river 57 Melville's captain 58 Cut edge of coin 59 Jewish title of honor 60 Similar

61 Girl Scouts of America (abbr.)

DOWN

Tufted plant Dayak people Stele Asian gazelle Judges' bench Pressure (pret.) Ivory (Lat.) 3

N I N E W N S E S А I **В** В А А Р Ј Я Я И В И 388A MIIM

8 Sieve 9 Rom, first day of the month 10 Unity 11 Gob 17 Pro

19 River into the North Sea 22 Palestine

(abbr.) 24 Basic 25 Revise 26 Give up 27 Unruly child 28 One (Ger.) 29 Nat'l Park Service (abbr.) 30 Shoshonean 31 Sesame 35 Celsius (abbr.) 38 To the rear 40 Negative population growth (abbr.) 42 Stowe

Liberation Organ.

character 45 Golden wine 46 Yahi tribe survivor 49 Galatea's beloved 50 Indian music 51 Mine roof support 52 Mountain on

Crete 53 Modernist 54 Compass direction

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JANUARY

2021

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HEALTH & COMMUNITY NEWS

The YMCA would like to say thank you to the Garfield community and all our volunteers! As a thank you, we are providing this gift of health for the month of January (see below).

TO ALL OUR COMMUNITY

JOIN OUR PRIVATE FACEBOOK WELLNESS GROUP FOR FREE

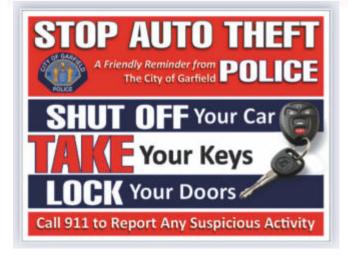
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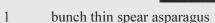
SALMON AND ASPARAGUS SHEET PAN

Vitamin D can be especially important in the winter when we can't be outside as much as we would like. Salmon is a

great source of vitamin D anvtime of the year.

Prep time: 5 minutes Cook time: 15 minutes

Servings: 2



tablespoon, plus 1/4 teaspoon, extra-virgin

olive oil

1/8 teaspoon salt, divided

salmon fillets (4 ounces each), no more

than 3/4-inch thick

pinch black pepper

3 tablespoons olive oil-based mayonnaise

tablespoon lemon juice 1 teaspoon Dijon mustard

1/4 teaspoon minced or pressed garlic

tablespoon grated Parmesan cheese

Heat oven to 425 F.

Wash asparagus and remove woody ends. Place on rimmed baking sheet and toss with 1 tablespoon olive oil and pinch of salt. Arrange in single layer, leaving space for salmon. Place salmon skin-side down on sheet. Brush with remaining olive oil and season with remaining salt and pepper. Place in oven and bake 12 minutes.

In small bowl, combine mayonnaise, lemon juice, mustard and garlic.

Remove sheet pan from oven, sprinkle asparagus spears with cheese and cook 3 minutes, or until fish reaches 145 F and asparagus spears are tender and beginning to brown on tips.

COVID-19 UPDATE

COVID-19 **Vaccine Info**

NYU Langone Health **Dept Environmental Medicine**



A tale of 2 (FDA-approved) vaccines: Pfizer vs. Moderna

Pfizer

- · mRNA technology
- 95% effective
- 2 doses given 21 days apart
- Approved for use in people over the age of 16 years

Moderna

- · mRNA technology
- · 94.5% effective
- · 2 doses given 28 days apart
- · Approved for use in people over 18 years of age



Facts about mRNA vaccines

mRNA teaches our cells how to make proteins

getting infected if the real virus enters our bodies.

They cannot give someone COVID-19

mRNA vaccines do not use live virus that cause COVID-19

They do not affect or interact with a person's DNA

- mRNA does not enter the area of the cell where the
- The cell breaks down and gets rid of the mRNA after it is



Most commonly reported side effects

- Injection site reaction
 Chills
- · Fatigue or tiredness
- · Headache
- Muscle Pain

Source: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mma.html

If you need more information, or want to pre-register to receive the vaccine, visit this website: www.covidvaccine.nj.gov



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