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Division of Community Affairs
Garfield Police Department
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Edited by NYU SoM NIEHS Center CEC*

Table of Contents

Letter from Mayor	Page 3
Events Calendar	Page 4-5
Community & Health News	Page 6
News & Events	Page 8



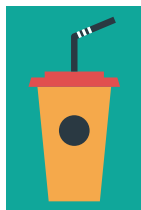
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**Congratulations on Garfield's
Community Newsletter
"Generations for Garfield"**



**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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Garfield Police Department-Community Affairs 06-5306

LETTER FROM THE MAYOR

Hello Residents, as we sadly begin to watch the sun setting earlier, the breezes getting a little chillier, and the leaves changing colors, it just makes me think that we haven't even reached Halloween, yet the premature abundance of Christmas decorations filling the stores is right around the corner. And just like that our tans are quickly fading, and I find myself spending my weekends on farms picking pumpkins instead of having my feet in the sand at the beach.

Garfield must continue to take a proactive approach towards reaching our goals and shaping our own destiny. If we become stagnant and lose sight of our vision, then we will fail to show the rest of the county what we are truly made of. I remain committed to working with the dedicated staff and city officials, and residents and business leaders to maintain and enhance the services and programs that we so proudly offer. We need to embrace new initiatives and continually identify new opportunities to remain economically competitive, while, at the same time, preserving the quality of life valued by our residents. With the help and support of all of you, we will continue to strive as a vibrant city with a bright future.

I'd also like to mention that Garfield has received The Neighborhood Preservation Program grant, which awards our city \$125,000 each year for the next 5 years. We are the only recipient of this grant throughout Bergen County. The grant will be devoted to improving the streetscape area along Passaic St. This grant will be a great help in the continuation of the River to Rail area, where residents can enjoy nice time with their friends and families, as well as bringing out of towners into Garfield to enjoy the day. This will help us continue making Garfield the new hidden gem of Bergen County.

The Garfield Events Committee is a dedicated team of volunteers that is focused on delivering quality events that create community spirit. They have received many accolades over the last 3 years, and they will continue to constantly push the envelope and expand the amount of opportunities for our residents to develop memories with each other, family, and friends. Making such memories is what makes Garfield such a great community.



This October remember that Garfield is having their annual pumpkin picking contest, and also for the first time we will have a trip to the Pumpkin Blaze in upstate NY. Our annual Halloween House Decoration Contest will take place October 23rd, and our senior citizens will be the judges voting for the most original and scariest homes in Garfield house. Please check the website for specific dates for these events and more.

Lastly, I'd like to thank the Garfield Prevention Coalition for raising awareness and spreading information regarding the use of electronic cigarettes amongst our residents. The City Council will be looking into creating an ordinance banning the sales of these harmful, deceptive, and addictive vices.

As always, my door remains open and I welcome you to share your ideas and concerns with me. I wish you a happy fall season, while enjoying community festivities and Halloween parties.

Mayor Richard "Riggs" Rigoglioso

OCTOBER EVENTS

Sunday	Monday	Tuesday	Wednesday
		1 9:00-11:00 am Health Counseling/ Blood Pressure Screening, GHD, 60 Elizabeth St	2 11-12 pm Generations for Garfield Walking Club Gr... 20th Century Par...
6 <i>Include your community event on next month's calendar! Email the name, date, location & time of your event to Sgt. Jeff Stewart @ jstewart@garfieldpolice.org</i>	7 Monday-Friday: Generations for Garfield Walking Club: Check- in at the Garfield Health Dept, 60 Elizabeth St, 9-3 pm	8 9:00-11:00 am Health Counseling/ Blood Pressure Screening, Gar- field Health Dept, 60 Elizabeth St. 8:00pm City Council Meeting	9 11-12 pm Generations for Garfield Walking Club Gr... 20th Century Par...
13	14 Columbus Day City Hall Closed	15 9:00-11:00 am Health Counseling/ Blood Pressure Screening, GHD, 60 Elizabeth St.	16 11-12 pm Generations for Garfield Walking Club Gr... 20th Century Par... 6:00 pm Free Narca... Senior Center 480...
20	21 Monday-Friday: Generations for Garfield Walking Club: Check- in at the Garfield Health Dept, 60 Elizabeth St, 9-3 pm	22 9:00-11:00 am Health Counseling/ Blood Pressure Screening, GHD, 60 Elizabeth St 8:00pm City Council Meeting	23 11-12 pm Generations for Garfield Walking Club Gr... 20th Century Par...
	28 Monday-Friday: Generations for Garfield Walk- ing Club: Check-in at the Gar- field Health Dept, 60 Elizabeth St, 9-3 pm	29 9:00-11:00 am Health Counseling/ Blood Pressure Screening, GHD, 60 Elizabeth St	30 11-12 pm Generations for Garfield Walking Club Gr... 20th Century Par...



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NT CALENDAR

Wednesday	Thursday	Friday	Saturday
	3 <i>Opioid Awareness Day</i> 8:30-9:30 Walking Club, 20th Century Park 10:00 am Prevent Type 2 Diabetes, Garfield VFW	4	5 Boilermaker 5K Run 20th Century Field
Garfield Group Walk, Park			
	10 8:30-9:30 Walking Club, 20th Century Park 10:00 am Prevent Type 2 Diabetes, Garfield VFW 12-1:30 Garfield Prevention Coalition Meeting, Boys & Girls Club	11	12 The Great Jack O' Lantern Blaze Trip to Van Cortlandt Manor, Croton-on-Hudson, NY Contact Donna: donna@moondoggiecoffee.com for tickets/more info
Garfield Group Walk, Park			
	17 8:30-9:30 Walking Club, 20th Century Park 10:00 am Prevent Type 2 Diabetes, Garfield VFW	18	19 
Garfield Group Walk, Park an Training Midland Ave			
	24 8:30-9:30 Walking Club, 20th Century Park 10:00 am Prevent Type 2 Diabetes, Garfield VFW	25	26 10 am-2 pm Operation Take Back Day, Garfield Police Dept 160 Belmont Ave
Garfield Group Walk, Park			
	31 HALLOWEEN 8:30-9:30 Walking Club, 20th Century Park 10:00 am Prevent Type 2 Diabetes, Garfield VFW		
Garfield Group Walk, Park			

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HEALTH & COMMUNITY NEWS

Hospice of NJ

Aging in place (home, assisted living, nursing home) is happening within every community across the United States. Families struggle everyday with the day-to-day caregiving responsibilities and many do not know one of the most robust benefits provided by Medicare/Medicaid.

The service is called Hospice. To many this word has a negative connotation because someone they love is at their end of life. Don't struggle alone when there is a benefit available 24/7 for you and your family.

Hospice's mission is to walk alongside those we serve to provide end-of-life care with respect and dignity. A hospice team takes pride in helping patients, families, and all their loved ones by providing excellent care and support. The support begins with a personalized plan of care, specifically by the patient's physician and the hospice's medical director and interdisciplinary team.

Hospice benefits covered under Medicare:

- ◇ Medical equipment: hospital bed, mattress, wheelchair, walker, oxygen, commode etc.
- ◇ Medical supplies: incontinent supplies, personal care, gloves etc.
- ◇ On-call nurse and staff available 24 hours a day, 7 days per week.
- ◇ Nurse visits, aide visits, social worker, spiritual care, volunteers, bereavement/grief counseling.
- ◇ Medications for symptom and pain management.

4 levels of care provided:

1. Routine care - provided wherever someone lives. (home, assisted living, nursing home)
2. Respite care - provided to give temporary relief to a patient's caregiver.
3. Continuous care - requires direct care/symptom management between 8-24 hours a day.
4. Inpatient care - provided in a facility with 24 hour staffing when patient's symptoms are not controlled, such as pain.

Help prevent the back and forth to the emergency room and let Hospice of New Jersey walk by your side and help through the last steps of life's journey.

For further information contact: Lorraine Spiotta, Community Liaison 201-906-1274



EPIC Takes a Stand for Prevention

The Garfield EPIC (Empower Peers, Inspire Change) youth community prevention group recently presented to the Garfield Mayor and Council on the research they have done on e-cigarettes. The Center for Disease Control has declared the use of e-cigarettes and vaping as an "epidemic." The youth presented options to the council and explained their support of licensing vendors who sell electronic smoking devices.



"We are very fortunate to have the EPIC students at Garfield High School as a shining example of all that is good about young people. These students are a welcome, capable, well-spoken group of advocates against alcohol and drug abuse. Their presentation before the governing body was excellent. They are all a credit to the school district, to the Garfield Prevention Coalition, and to the City as a whole. We are fortunate to have them as a force for good in our Community." Tom Duch, Garfield City Manager.



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NEWS & EVENTS

Mark Your Calendars!

A Garfield, NJ Free Event
Sew Sistas Stocking Series
Convert old threads into a new treasure

When: Thursday Evenings
Time: 6:30-9 PM
Where: VFW

5 class series
 Class 1 Nov. 7 **Design**
 Class 2 Nov. 14 **Sew**
 Class 3 Nov. 21 **Sew**
 Class 4 Dec. 5 **Sew**
 Class 5 Dec. 12 **Finish!**

Take old things from around the house and turn them into something new

An old favorite garment, buttons, trims, pins...
 Let Your imagination soar!

Fabric and supplies will also be available for you to choose from

Make a Memory
 Learn new stitches

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Join the Sew Sista's beginning November 7th for their 'Stocking Series'. Projects will be finished in time for Christmas.! Email garfield100quilter@gmail.com for more information or to sign up now!

Cover pictures: Sept 28th Shred & Fraud Prevention Event in partnership with AARP (top & bottom left). Also on 9/28, Sew Sista's intergenerational quilting event at the Senior Center (top & bottom right pics).

Garfield Street Fair 2019



Games, food & tons of fun were set up on Midland Ave on Sunday, September 29th for the 3rd annual Garfield Street Fair. Thank you to everyone

who came by the GPD Community Affairs tent for a visit.

And, a special thank you to the Garfield HS EPIC students who were such a HUGE help with the games & prizes.



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!