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Division of Community Affairs
Garfield Police Department
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www.Generations4Garfield.org
Edited by NYU SoM NIEHS Center CEC

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MAY 2019 NEWSLETTER

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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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LETTER FROM THE MAYOR

Dear Residents:

The months of May and June are usually busy with budget decisions, as the Council meetings are reduced to one in July and August for the summer. This is already shaping up to be a very busy year full of challenges and important decisions. We'll need to look carefully at our budget to ensure that we can continue to efficiently and effectively deliver on all the City projects and services while maintaining fiscal responsibility and the overall health of our City finances. We will continue to build an infrastructure for the future and continued positive changes; this is what our community has asked for and I believe we will deliver.

Summer time is around the corner and I am excited to see our families enjoying the outdoors. So, we would like to invite everyone to celebrate the upcoming 2019 Memorial Day Parade, which will be complete with food, fun and entertainment, as well as the beginning of our first summer concert series on Sunday May 25th at Columbus Field. I want to thank our businesses and sponsors, especially Kearney and Spencer Savings Banks, for their contributions to our Memorial Day parade celebration

As we head into the summer season, we can look forward to lots of other community and family events taking place throughout Garfield. Until then, the Council continues to work on projects related to the 2018 priorities. Here are some updates on that front: the new police department will be finished up by the end of June (fingers Crossed), redevelopment on Passaic Street will be also be getting underway, and the 2nd phase of the river road park will be starting soon.

When discussing the "City of Champions" part of that discussion should include The Garfield Colored Giants from 1930 to the mid 1940's, who were a force to be reckoned with on the baseball diamond. They won several North Jersey National League semi-pro baseball championships, and on June 15th the City of Garfield will pay homage to them, by placing a monument in century field. This is an historical moment in Garfield and Bergen County history. NO other Negro Baseball team has been immortalized through such a public display of honor in Bergen County. This has been long overdue. Congratulations!

June 15th is a very busy day in Garfield, as Fire Company #3 is having their annual BBQ, in which all our welcome, there will also be free shred day behind city hall, as well as a major soccer tournament going on throughout the city with over 100 soccer clubs traveling to Garfield. Finally "POPS" party on Passaic Street, will take place as the local business showcase the positive aspects of Passaic Street.

Remember, in the spring and summer there is always something for everyone, so take advantage of our programs for all ages-- the Boys and Girls club, The Garfield Recreation Department, and the YMCA will be having their summer programs in full swing for our pre-K to 8th grade students. Please make sure you register early as each program fills up very fast.



It is nice to go through our neighborhoods and see our residents out and about freshening up their yards and the kids playing outside in the fresh air. Our DPW has been working overtime to tidy up our parks for your enjoyment. As always, please drive with caution and watch for bicycles. I hope everyone can join us for our Memorial Day Parade on May 25 at 1 pm.

Thank You

Garfield Mayor

Richard "Riggs" Rigoglioso

MAY EVENT

Sunday	Monday	Tuesday	Wednesday
			1 Garfield Community Center Grand Opening: 159 pm, Ribbon Cutting
 <i>Are you or someone you know turning 100 in 2019? We want to celebrate Garfield's Centenarians! Email Sgt Stewart @ jstewart@garfieldpolice.org so we can include your special day in an upcoming newsletter.</i>			
5	6 Monday-Friday: Generations for Garfield Walking Club: Check-in at the Garfield Health Dept, 60 Elizabeth St, 9-3 pm 7:00pm Redevelopment Agency, Garfield City Hall	7 9:00-11:00 am Health Counseling/Blood Pressure Screening, Garfield Health Dept, 60 Elizabeth St. 5:30pm Family Story Time, Garfield Library	8
12 <i>Mothers Day</i>	13 Monday-Friday: Generations for Garfield Walking Club: Check-in at the Garfield Health Dept, 60 Elizabeth St, 9-3 pm	14 9:00-11:00 am Health Counseling/Blood Pressure Screening, GHD, 60 Elizabeth St. 5:30pm Family Story Time, Garfield Library 6:00pm City Council Meeting, City Hall	15 11-12 pm Generations for Garfield Walking Club, 20th Century Park
May 12-18th National Prevention Week			
19	20 <i>Older Adults Mental Health Awareness Day</i> Monday-Friday: Generations for Garfield Walking Club: Check-in at the Garfield Health Dept, 60 Elizabeth St, 9-3 pm 7:30 pm Zoning Board meeting	21 9:00-11:00 am Health Counseling/Blood Pressure Screening, GHD, 60 Elizabeth St	22 11-12 pm Generations for Garfield Walking Club, 20th Century Park
26	27  Memorial Day	28 9:00-11:00 am Health Counseling/Blood Pressure Screening, Garfield Health Dept, 60 Elizabeth St 6:00pm City Council Meeting, City Hall	29 National Senior Fitness Day 11-12 pm Generations for Garfield Walking Club, 20th Century Park



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Dr. Michael
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CALENDAR

Wednesday	Thursday	Friday	Saturday
	2 10:00 am Prevent Type 2 Diabetes, Garfield VFW 10:00 am Tiny Tots Story Time, Garfield Library	3	4
Community Engage- ment and Opening, 9 Grand St, 3-5 pm			
	9 10:00 am Prevent Type 2 Diabetes, Garfield VFW 10:00 am Tiny Tots Story Time, Garfield Library 12:00-1:00 pm Garfield Prevention Coalition Mtg, Garfield Boys & Girls Club	10	11 <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>
	16 8:30-9:30 Walking Club, 20th Century Park 10:00 am Prevent Type 2 Diabetes, Garfield VFW 10:00 am Tiny Tots Story Time, Garfield Library 7 pm Garfield YMCA Beefsteak	17	18
Garfield 20th Century			
Month Week			
	23 8:30-9:30 Walking Club, 20th Century Park 10:00 am Prevent Type 2 Diabetes, Garfield VFW 8 pm , Planning Board Mtg	24	25
Garfield 20th Century			
	30 8:30-9:30 Walking Club, 20th Century Park 10:00 am Prevent Type 2 Diabetes, Garfield VFW	31 World No Tobacco Day	
Health & Generations for Living Club, 20th			

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HEALTH & COMMUNITY



Community Food Bank Produce Market

Next Distribution Date: May 22nd

Generations for Garfield & the Garfield Recreation Department are excited to host the next FREE Produce Market on May 22nd at the Garfield Recreation Center from 1-3 p.m.



The market is hosted in cooperation with several community partners, including GPD Community Affairs and the Garfield Prevention Coalition. Information will be available regarding local and county resources, including the Community Food Bank's SNAP Ed program, Greater Bergen Community Action and more. Typically, on a market day, residents will receive a 15-20 lb bag of produce and a beverage (milk or juice). For more information or to pick up a voucher for the market, please call the Garfield Health Dept : 973-340-3340.



Mental Health Awareness Month

May is Mental Health Month to raise awareness about mental health conditions and the importance of good mental health. It can be overwhelming when you or someone you love is dealing with a mental health concern, so it is important to remember that mental illnesses are common and treatable. A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health.

Living a healthy lifestyle is not always easy, but it can be achieved by gradually making small changes and building on successes. Finding a balance can help you on the path towards total health-- between work and play, the ups and downs of life, and physical and mental health. Here are some simple steps toward creating new habits to boost mental and promote well-being:

- ◆ staying connected with friends
- ◆ having a pet for companionship
- ◆ exploring your spirituality and religion
- ◆ finding humor in everyday life
- ◆ creating work-life balance
- ◆ recreation activities
- ◆ finding a reason to laugh
- ◆ going for a walk with a friend
- ◆ meditating, playing with a pet
- ◆ working from home once a week

Adopting one or more of these habits can go a long way in making you both physically and mentally healthy – it's all about finding the right balance to benefit both the mind and body.

Additional resources:

NJ Mental Health Cares 866-202-4357

NJ Suicide Prevention Hotline 855-654-6735

Veteran's Crisis Line 800-273-8255

Bergen Alliance Counseling Services, Garfield 973-955-8137

NJ Helps www.nhelps.org

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NEWS & EVENTS

Council Honors Two Students



Garfield High School student Michael Filieri and St. Joseph Regional High School student Sammy alvares were honored for their wrestling accomplishments by the Garfield City Council on April 9. Michael Filieri who attends Garfield High School was the first wrestler in Garfield's school history to compete as a state finalist and places second in his weight class. Sammy Alvarez who attends St. Joseph Regional High School took first place in his weight class and was the recipient of NJSI-AA's Most Outstanding Wrestler award.



**A Fraud alert from
the Garfield Police
Department's
Community Affairs
Division!**



Garfield Community Engagement Center Grand Opening: May 1st

Generations for Garfield is excited to announce the Grand Opening of the new, and first-of-its kind, Garfield Community Engagement Center. The Center will house the offices of the GPD Community Affairs Division and provide a unique opportunity for Garfield's students with multiple disabilities to learn life skills in a realistic home setting. Intergenerational classes & workshops, community mediation, nutrition education and a healthy homes initiative are just some of the programming and services that will be available at the Center. For more information or to stop by for a tour, email generations4garfield@gmail.com or jstewart@garfieldpolice.org.



Ribbon Cutting, May 1st, 159 Grand St



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!*