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*Edited by NYU SoM NIEHS Center CEC*

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**MAY 2021 NEWSLETTER**



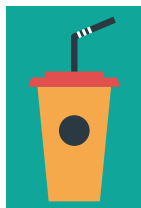
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# THIS DAY IN HISTORY

**MAY 1, 1941:** Directed and starring Orson Welles, "Citizen Kane" premiered in New York.

**MAY 2, 1885:** The magazine "Good Housekeeping" was first published.

**MAY 3, 1937:** Margaret Mitchell won a Pulitzer Prize for "Gone with the Wind."

**MAY 4, 1970:** The Ohio National Guardsmen opened fire on students during an anti-Vietnam war protest at Kent State University, where four students were killed.

**MAY 5, 1865:** The Thirteenth Amendment was ratified, abolishing slavery in the U.S.

**MAY 6, 1941:** Bob Hope gave his first USO show at California's March Field.

**MAY 7, 1915:** The British ocean liner Lusitania was sunk by a German submarine, killing 1,201 civilians.

**MAY 8, 1958:** U.S. President Eisenhower ordered the National Guard out of Little Rock as Ernest Green became the first black to graduate from an Arkansas public school.

**MAY 9, 1958:** Richard Burton made his network television debut in the presentation of "Wuthering Heights" on CBS-TV.

**MAY 10, 1994:** Nelson Mandela was sworn in as South Africa's first black president.

**MAY 11, 1910:** Glacier National Park in Montana was established.

**MAY 12, 1978:** The National Oceanic and Atmospheric Administration announced that they would no longer exclusively name hurricanes after women.

**MAY 13, 1989:** Thousands of students began a hunger strike on Tiananmen Square in Beijing.

**MAY 14, 1878:** The name Vaseline was registered by Robert A. Chesebrough.

**MAY 15, 1964:** The Smothers Brothers, Dick and Tom, gave their first concert in Carnegie Hall in New York City.

**MAY 16, 1929:** The first Academy Awards were held in Hollywood.

**MAY 17, 1985:** Bobby Ewing died on the season finale of "Dallas." He returned the following season.

**MAY 18, 1953:** Jacqueline Cochran, the first woman to fly faster than the speed of sound, piloted an F-86 Sabrejet over California at an average speed of 652.337 mph.

**MAY 19, 1536:** Anne Boleyn, the second wife of England's King Henry VIII, was beheaded after she was convicted of adultery.

**MAY 20, 1873:** Levi Strauss began marketing blue jeans with copper rivets.

**MAY 21, 1980:** The movie "The Empire Strikes Back" was released.

**MAY 22, 1967:** "Mister Rogers' Neighborhood" premiered on PBS.

**MAY 23, 1934:** Bonnie Parker and Clyde Barrow were killed by Texas Rangers in Bienville Parish, Louisiana.

**MAY 24, 1844:** Samuel F.B. Morse formally opened America's first telegraph line. The first message was sent from Washington, D.C., to Baltimore, Maryland with the message, "What hath God wrought?"

**MAY 25, 1992:** Jay Leno debuted as the new permanent host of NBC's "The Tonight Show."

**MAY 26, 1896:** The Dow Jones Industrial Average appeared for the first time in the "Wall Street Journal."

**MAY 27, 1995:** Christopher Reeve was paralyzed after being thrown from his horse during a jumping event in Charlottesville, Virginia.

**MAY 28, 1957:** National League club owners voted to allow the Brooklyn Dodgers to move to Los Angeles and that the New York Giants could move to San Francisco.

**MAY 29, 1945:** Bing Crosby makes his first recording of Irving Berlin's "White Christmas."

**MAY 30, 1431:** Joan of Arc was burned at the stake in Rouen, France, at the age of 19.

**MAY 31, 1927:** Ford Motor Company produced the last Tin Lizzie in order to begin production of the Model A.

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# HEALTH AND COMMUNITY NEWS

## COVID Vaccine Information

### Additional Outreach to Serve the Homebound

As efforts continue to vaccinate homebound individuals, anyone who has not yet connected with their local health department or a home health agency and needs an in-home vaccination can make a request at [covid19.nj.gov/homeboundvax](https://covid19.nj.gov/homeboundvax) or can contact the N.J. Vaccine Call Center at **855-568-0545**. The New Jersey Department of Health (NJDOH) will assist in connecting them with a vaccine provider. Register Ready, a free secure voluntary database for persons with disabilities and functional needs, is another resource for those who may need assistance. Local offices of emergency management have used this registry to conduct wellness checks on homebound residents throughout this pandemic and many health departments also use it for vaccination planning. To join Register Ready, text READYNJ to 899-211 or call 2-1-1 directly.

### United Way, NJ211 and Lyft Partner on Vaccination Transportation

Through a partnership with Lyft, United Way and NJ 211 are providing free or discounted rides to vaccination sites wherever Lyft services are available. The transportation program, known as Ride United, is open to all, including people with collapsible wheelchairs and walkers, and personal aides can ride along. Dial 2-1-1 to schedule a ride to a vaccination site or text your zip code to 898-211 for assistance.



*Vaccine information provided by the NJ DOH 'Vax Matters', May 7, 2021*



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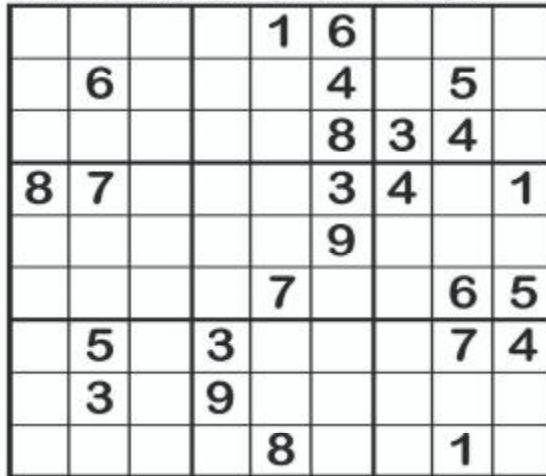
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# PUZZLES OF THE MONTH

## Sudoku

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



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DIFFICULTY: ★★☆☆

## ENIGMA™ CRYPTOGRAM

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

"LND CDAATFA JD VDG LTRR CDAATF  
QPDGJ VDG."

— JGOYTAN FODKHOP

PREVIOUS SOLUTION: "Who gossips to you will gossip about you." — Turkish proverb



Answer to Sudoku



## CROSSWORD PUZZLE

- ACROSS**
- 1 Of the kind of (abbr.)
  - 5 Distress signal
  - 8 Chinese (abbr.)
  - 12 Gooseberry
  - 13 List-ending abbreviation
  - 14 Small armadillo
  - 15 Fringe of curls or bangs
  - 17 Mother of Horus
  - 18 Hebrew letter
  - 19 Expiate
  - 21 Greek letter
  - 22 Atlantic (abbr.)
  - 23 Rim
  - 25 Jap. three-stringed instrument
  - 29 Eur. porgy
  - 32 Malay law
  - 33 June bug
  - 35 Haw. feast
  - 36 Tamarack
  - 38 Bank
  - 40 Eng. dramatist
  - 42 Weaken

- 43 Her Royal Highness (abbr.)
- 45 Night (pref.)
- 47 Have (Scott.)
- 50 Authentic (abbr.)
- 52 Jamb (2 words)
- 54 District
- 55 Deviate
- 56 King Atahualpa
- 57 Diagonal
- 58 Compass direction
- 59 Wife of Esau



### DOWN

- 1 Formerly betroth
- 2 Poi source
- 3 In the same place (Lat.)
- 4 Fr. pronoun
- 5 Ait
- 6 Eight (Ital.)
- 7 Setting

- 8 Consumer price index (abbr.)
- 9 Evening star
- 10 Egypt. bird
- 11 Heb. patriarch's title
- 16 Food
- 20 Electronic data processing

- (abbr.)
- 22 H
- 24 Dance
- 25 Gal of song
- 26 Ohio college town
- 27 Ledum (2 words)
- 28 Land of Cain
- 30 Lively (Fr.)
- 31 Absent
- 34 Renew
- 37 Chin. dynasty
- 39 Duo
- 41 Germanic gods
- 43 Mayan year
- 44 Country (Lat.)
- 46 Preserve in brine
- 47 Assistance
- 48 Reliquary
- 49 Greenland town
- 51 Laughter sounds
- 53 E. Indian herb



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# ARTICLE OF THE MONTH

## TIPS FOR A SPARKLING KITCHEN

You wipe down the counters, clean the floor and run the dishwasher regularly. Your kitchen appears clean on the surface, but there's probably a lot that could use a refresh. It's time to pay attention to frequently used but often forgotten items in your kitchen.

Make sure to include these kitchen items on the next round of cleaning so you get the sparkling kitchen you deserve.



### Thoroughly clean your dishwasher

Why would a machine with the main job of cleaning need cleaning itself? Because food debris and mineral buildup from water can clog important components, causing your dishwasher to work inefficiently. To thoroughly clean your dishwasher, start by removing the filter and cleaning it out. Then fill a dishwasher-safe coffee cup with white vinegar, put it on the top rack and run on the hot cycle to remove soap scum and other buildup. Try to do this monthly for a sparkling clean dishwasher that works great.

### Clean your microwave with water and lemon

Food steams, spurts, and splatters

in a microwave every day, and even if it appears visually clean, there's probably a lot of grime on the inside walls. Rather than scrubbing harshly, make it easy to get off the grime with a simple solution: Fill a microwave-safe bowl with one cup water and then slice a lemon in half. Squeeze the lemon in the water and then add the halves. Microwave for three minutes and then let sit for five so the steam can penetrate the buildup. Finally, open the microwave, remove the bowl and easily wipe away grime with a washcloth.

### Leave kitchen knobs and handles looking like new

You make it a habit of wiping down your faucet knobs when you clean the sink, but what about the other

knobs in your kitchen? The knobs on the cabinets are sometimes touched hundreds of times in a month by different people, which can transfer germs and bacteria, not to mention grease and other grime on fingertips. Start by wiping all knobs down with disinfectant wipes. For grimy buildup, use hot water with a touch of dish soap and wipe down with a rag to break down grime and leave knobs looking good as new.

The kitchen is the heart of the home and deserves a good clean. Add these items to your next round of kitchen cleaning and you'll have a sparkling clean space you can enjoy.

*(Courtesy of BPT)*



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# WELLNESS

## FURRY FRIENDS BRING GREAT HEALTH BENEFITS

Having a four-legged, furry companion is good for our mental and physical well-being. To celebrate National Pet month, here are four reasons to adopt a pet!

1. **Unconditional support:** Animals are typically loyal creatures that stick by us through thick and thin. They are there for us in ways most people can't be. For an adult who has recently experienced the loss of a loved one, a pet makes an ideal companion during the process of grieving and healing.
2. **Stress and anxiety relief:** Research shows that pets lower stress levels and blood pressure. The very act of petting a furry friend is soothing. Finding natural remedies for reducing stress is important for maintaining optimum health.

3. **Activity:** An older adult might be reluctant to go for a walk around the neighborhood on their own but will happily share the journey with a pet. Walking is one of the best forms of exercise for people of all ages, but especially for seniors. It helps maintain stamina and balance while reducing the risk for depression.

4. **Socialization:** Pets attract attention and make new friends easily. If you routinely take your pet for a walk, it won't be long before you make new friends, both human and animal. It's a great way to get to know the neighbors.

### Tips for Adopting a Pet

First, consider your budget. Some breeds of cats and dogs are more expensive to maintain. It might be

higher grooming expenses, a specialty food, or more frequent veterinary care. Before you adopt a pet, make sure you are confident you can afford the monthly expenses.

Next, learn more about the animal's disposition and needs. For example, a dog like a Jack Russell Terrier may require more exercise than, for example, a family with two working adults can safely manage. A calmer breed might be better.

Also take the home environment into consideration. If you don't have outdoor living space or easy access to a park, a cat could be a better choice. Some families also find birds make good companions.



**Upcoming event:** *Recycling Day 2021: An Enhanced Shred Day* June 10, 2021, 9 am– 1 pm  
@ Garfield City Hall. Rain or Shine. Shredding of confidential documents and collecting plastic bags/film and styrofoam for proper recycling (4 box, 40 lb limit, No wet paper).



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