

# Summit NJ Times

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Issue 2 • November 2015

## FIRST FRIDAY NETWORKING MEETING

**DECEMBER 4TH**

Will discuss  
holiday networking.  
Visit  
[suburbanchambers.org](http://suburbanchambers.org)  
for more information.



Summit Times

## ANNUAL "COLLECTABLES AND DELECTABLES" RUMMAGE SALE A HUGE SUCCESS

Christ Child Society of Summit's 7th Annual "Collectables and Delectables" Rummage Sale held on Oct. 3rd was a huge success with all proceeds going to help at risk children in the community.

Many thanks to those who generously donated items to sell and to the many volunteers who contributed their time. Memorial Hall at St. Teresa's was packed with treasures and delicious treats which were quickly purchased by the community. This much-anticipated event presents an opportunity for donors to recycle household goods and shoppers to find bargains and treasures, all while helping the community through the Christ Child Society's outreach programs.

The Christ Child Society of Summit is a non-denominational not-for-profit association of women dedicated to serving children in need in our community. In addition to fundraising through the Rummage Sale, the Christ Child Society of Summit helps children in need by providing school supplies to Summit children each August, layettes to babies at Overlook and Morristown hospitals throughout the year, and a scholarship to a high school senior. For more information visit [christchildsummit.org](http://christchildsummit.org).



(above l-r) Chris Waltzinger, Reilly Newsham and Justin Cise loading items to be donated to the Purple Heart Foundation.

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Christ Child Members and Friends Prepare to Open The Doors at 7th Annual Rummage Sale  
(above l-r) Marilyn Chambeau, Marge Yobbi, Margaret Strong, Kathi Franolich, Paddie Donohue, Paddie's granddaughter Maeve, Lori White, Marjorie Waltinger, Jill Stanley, Lambi Newsham, Kathryn Colao

\*\*\*\*\*ECRWSEDDM\*\*\*\*\*  
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## RENNA MEDIA IS PLEASED TO ANNOUNCE THAT LORI THEISS HAS JOINED ITS STAFF

Lori Theiss is the liaison to the Summit community and will be responsible for collecting news of community service events. Community service organizations are encouraged to contact Lori to promote upcoming events and report on past happenings.

**CALL LORI  
AT 908-858-4012  
EMAIL:  
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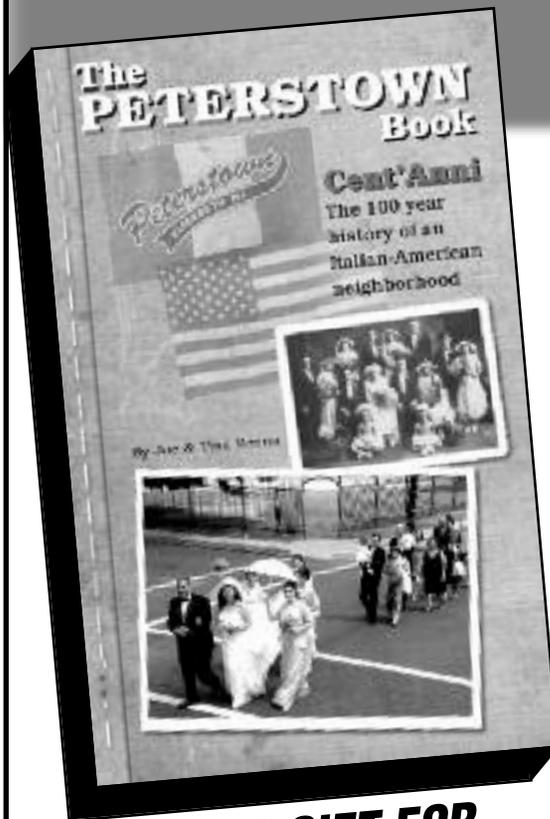
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# MOON OVER BUFFALO OPENS SUMMIT HIGH SCHOOL THEATRE SEASON

## November 12 – 14, 2015



(above) Cast photo for Moon Over Buffalo.

Moon Over Buffalo is a raucous farce about a dysfunctional theater troupe performing at the Erhlinger Theatre in Buffalo, New York in 1953. The company's fading stars, George and Charlotte Hay, are given one more chance at starring roles in a Frank Capra movie. Unfortunately, everything that can go wrong, does go wrong resulting in hilarious mishaps.

Moon Over Buffalo runs Thursday, November 12 – Saturday, November 14 at 7:30 pm. Tickets are \$11 for students and seniors and \$13 for adults, and go on sale on October 23. To order tickets, go to [www.showtix4u.com](http://www.showtix4u.com). To pay with cash or check, visit Summit High School on Saturday, November 7, from 10 am – 2 pm, or at the show each night one hour before curtain time.

Summit High School is located at 125 Kent Place Boulevard, Summit, NJ. Questions pertaining to ticket purchases should be directed to: [Summitshstheater@gmail.com](mailto:Summitshstheater@gmail.com)

For more information, please contact Shelly Scott at [23scotts@gmail.com](mailto:23scotts@gmail.com) (908) 273-3374.

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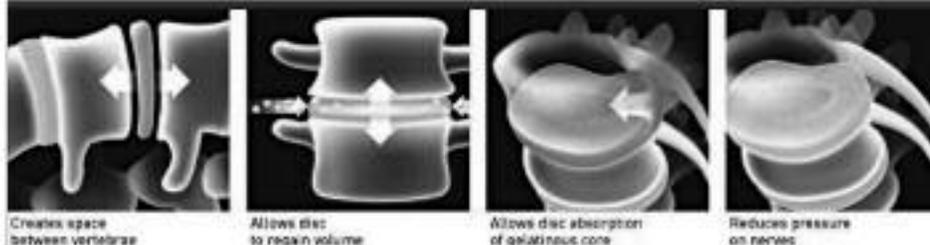
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## Spinal Decompression with Accu-Spina® (IDD Therapy®)



If you, like millions of other Americans, suffer from debilitating neck or low-back pain, Spinal Decompression with IDD Therapy® might be something to look into. IDD stands for Intervertebral Differential Dynamics® and the therapy is a highly precise computer-applied regimen which utilizes treatment forces to manipulate and mobilize specific spinal segments.

IDD Therapy® is the only treatment developed by a team of back specialists, including neurosurgeons, orthopedists, physiatrists, osteopaths, chiropractors, neurologists, and physical therapists. The procedure has been studied extensively over the past several years and has been clinically validated, with thousands of patients already successfully treated.

The treatment, in the hands of a trained professional, can achieve several objectives. Put in simple terms, the treatment helps to align facet joints, relieve nerve root pressure, reverse high intra-disc pressure, and facilitate the transfer of fluids, nutrients, and oxygen back inside the affected disc. Finally, a modality called oscillation is delivered to the surrounding muscle tissue helping to relax the spastic muscles. All this is done in 30 minutes while you rest comfortably on a heated massage bed, and the treatment is completed in approximately one month with minimal follow-up.

IDD Therapy® offers a greater than 85% success rate in treating and effectively eliminating severe back pain conditions. Unlike surgery which can be risky and includes significant downtime, this new non-invasive therapy is gentle and painless as it works to restore normal spinal function. In addition, the cost is minimal when compared to surgery or other invasive therapies.

IDD Therapy® is available at both our Summit and Newark offices. Other services include traditional physical therapy, acupuncture, and chiropractic care.

*"I suffered through severe sciatic pain for 3 years. I tried everything and even considered Spinal Surgery. I was skeptical when I first heard of Spinal Decompression but after a couple weeks of this type of therapy, my leg pain disappeared completely and my back pain improved 80%. I no longer have to do surgery and I can do the things in life that I like to do."*  
-M.B.

*"I had been suffering with a herniated disc for 5 years. I really didn't want to try this therapy but after I came in and got the treatments, I am no longer in pain. I feel the best I have in 4 years and I absolutely give full credit to spinal decompression therapy."* - B.G.

*"After my back injury, I went to see almost every type of back specialist. I had medication, spinal injections, back surgery and I scheduled for another back surgery. I started this therapy and I was able to go back to work in construction in 6 weeks. Not only am I pain free but I am active again."* -F.S.

*"Spinal Decompression Therapy was a very effective treatment for my neck pain. I endured neck pain for months. The pain was bad enough that I never got more than 1 to 2 hours of sleep per night during this time. One or two weeks after starting treatment I began to see improvement. I had almost no neck pain and got back to my regular 6-8 hours sleep per night."* -J.D.

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# SUMMIT CONFIRMS PURCHASE OF FORMER MERCK SITE BY CELGENE CORPORATION

The City of Summit, NJ is confirming that Celgene Corporation completed its purchase of the former Merck campus located at 556 Morris Ave. in Summit, NJ earlier today.

"We are extremely pleased that Celgene will continue to develop and grow its highly successful business in its new world-class Summit location," explains Summit Mayor Ellen Dickson. "Celgene is a long-standing community partner and we anticipate them making the most of another exceptional property."

Summit City officials had been actively involved in the search for a purchaser for the campus location since Merck & Co., Inc. announced plans in October 2013 to move its global headquarters to Kenilworth, NJ.

Dickson further explains, "The announcement by Celgene in early July of its intention to acquire the property was a clear indication that the company values Summit as a great place to do business. Partnering with Celgene to bring about

this important investment in the Summit community has been a priority for the City, and we look forward to working together with this outstanding organization for many years to come."

The 556 Morris Ave. site includes research and development facilities, laboratory and support buildings, manufacturing capabilities, storage, warehouse buildings and administrative office space. The site has approximately 850,000 square feet of administrative office space and 450,000 square feet of R&D space.

The acquisition of the Morris Avenue facility along with the completion of construction on a new 550,000 square foot office building at its 86 Morris Avenue global headquarters location will allow Celgene to concentrate its New Jersey operations at two campuses in close proximity in Summit.

For more information, please visit [cityofsummit.org](http://cityofsummit.org).

## SHS TO HOST COLLEGE NIGHT: NOVEMBER 11

The Summit High School School Guidance and Counseling Department will host its annual College Night on Wednesday, November 11, 2015 from 7pm until 8:30pm at SHS. Over 180 colleges and universities, the Armed Forces and technical schools will be present to speak to students and parents in an informal setting. The representatives will provide the most current literature and information regarding admissions, campus life and financial aid. Please check the Summit School District Guidance Department website for a list of the schools who will be present. All families from Summit and surrounding towns are welcome.

In addition, Michelle Meyer, a member of the Disability Services office at Centenary College in Hackettstown, NJ will conduct a presentation for students and parents, focusing on the level of support services that are available for classified students at the college level. The presentation will be held in the High School Library at 6:30 p.m.

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All are welcome to attend this free program. There is no registration required.

Mon Nov 09 @12:30PM

Film: Still Alice

Mon Nov 09 @ 6:30PM

Film: Still Alice

Mon Nov 16 @12:30PM

Film: Red Army

Mon Nov 16 @ 6:30PM

Film: Red Army

Mon Nov 23 @12:30PM

Film: Magic in the Moonlight

Mon Nov 23 @ 6:30PM

Film: Magic in the Moonlight

Mon Nov 30 @12:30PM

Film: Love is Strange

Mon Nov 30 @ 6:30PM

Film: Love is Strange

## COMPOSTING, BULK PICKUP AND TRANSFER STATION SCHEDULES FOR REMAINDER OF 2015

The City of Summit Department of Community Services is offering curbside pickup of leaves and large items such as appliances now through early/mid-December 2015.

Through December 4 or the first major snowstorm, the Division of Public Works will collect bagged leaves on regularly scheduled garbage pickup days. Leaves must be placed in biodegradable brown bags and placed at the curb. Residents may also bring leaves to the Transfer Station location at 40 New Providence Rd. The collected leaves are then composted and the compost is made available to the public in the spring for use on lawns and in gardens. For the next few weeks, pumpkins are also being composted at the Transfer Station with a "catapult your pumpkin" launch on Sunday, November 1 from 10AM to 2PM.

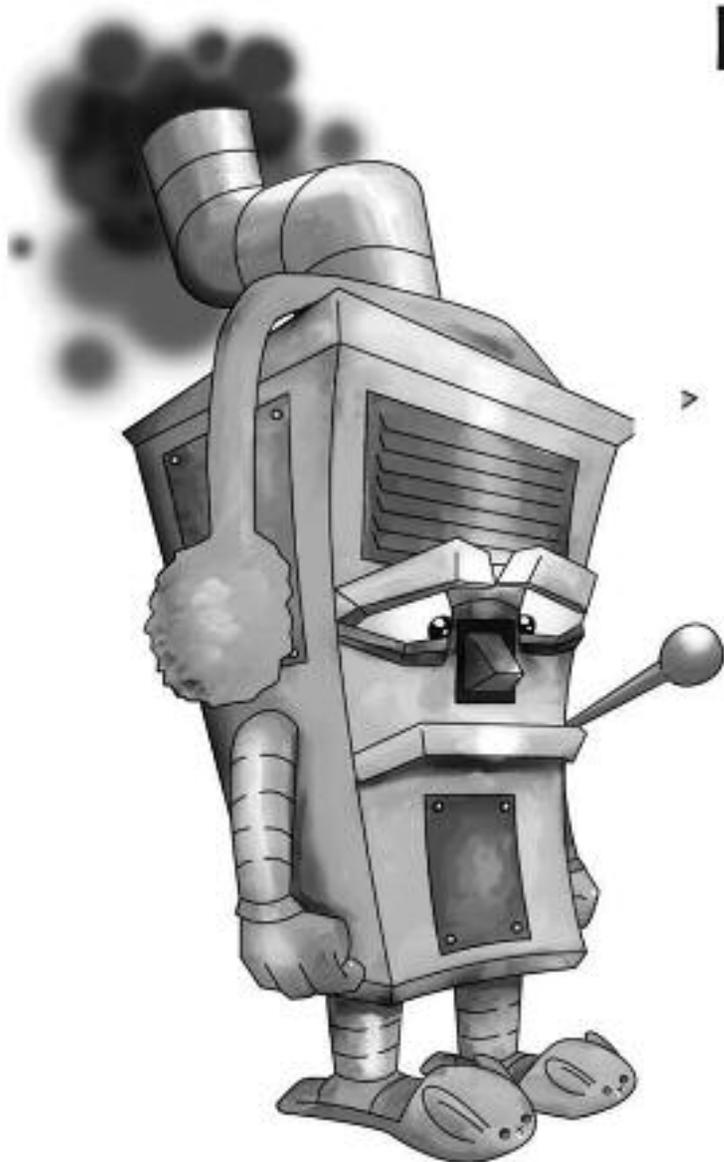
Residents are asked to refrain from piling leaves in streets, as this is prohibited by a city ordinance. Though the Division of Public Works operates street sweepers and leaf vacuums to clear streets of leaves and other natural debris, piling leaves in the street is a driving hazard. Doing so narrows driving lanes and creates traffic problems, especially during wet weather when leaves become slippery.

The City is also providing scheduled pick up of



bulky items such as furniture and appliances on December 4 and 18. Please contact the Department of Community Services at 908-273-6404 to arrange a pickup for those scheduled dates.

Please note: The Transfer Station will be closed on Thanksgiving Day 11/26 and reopen with regular operating hours on Friday 11/27 and Saturday 11/28. The Transfer Station will also be closed on Christmas Day Friday 12/25 and will reopen Saturday 12/26 with regular operating hours.



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# SENIOR HOUSING AVAILABLE IN BRIDGEWATER AND WARREN TOWNSHIP

*Cooperative Housing Corporation Units Available Now for Low/Moderate Income Seniors*

Cooperative Housing Corporation (CHC) has housing units available immediately for low-to-moderate income senior citizens in Somerset County. CHC housing includes private spacious rooms in single-level ranch homes for singles and couples, with fees for rent and services based on each individual's income and assets.

"The rapidly rising cost of supportive housing and long-term care for seniors puts a tremendous burden on both senior citizens and their families," said Angelo DiOrio, Executive Director, Cooperative Housing Corporation. "CHC is pleased to offer a services-based solution with available units that provide beautiful and affordable places to live, based on an individual's ability to pay."

While the term "long term care" (LTC) is most often associated with medical or health based care, such as Assisted Living or Nursing Homes, the reality is that for many seniors the "long" part begins well before the need for that kind of "care". Frequently, what is required is simply a housing arrangement that includes some supportive services, and not daily medical assistance. As the cost of nursing and assisted living settings continues to skyrocket, alternatives to defer their need for such care are critical to the average senior. CHC offers a senior housing option that extends a senior's ability to afford a longer period of self-budgeted LTC.

CHC offers two different types of housing for seniors age 62 and older, with income less than \$58,600: Independent living for seniors who are capable of managing their own needs, and

Supportive housing for seniors who need some assistance with the activities of daily living. Fees for rent never exceed 40% of one's income while services are paid for on a sliding scale based on each individual's income and assets. One monthly combined fee includes all CHC expenses!

In CHC homes, residents have their own private suite with bedroom and full bathroom, and share the spacious common areas including living room, dining room, porch, den, spa and hobby room. This shared living model offers the best of both worlds: privacy in one's own space, yet companionship when desired.

"I enjoy living here because I have my own room and the company of my housemates at the same time," said Don Sayre, 83, Bridgewater. "I love having my own bathroom!"

Food preparation, housekeeping, even nursing oversight, are provided at a fraction of the cost of other housing alternatives, while Cooperative Housing actively promotes independent living, in a mutually supportive environment. Residents enjoy the comforts of sharing a ranch-style house rather than a large facility. To learn more, visit [www.CHChousing.org](http://www.CHChousing.org) or call 908-526-8130.

### ABOUT COOPERATIVE HOUSING CORPORATION

Cooperative Housing Corporation (CHC) provides affordable, quality housing and services to low/moderate income senior citizens. Through a unique model of shared living, Cooperative Housing offers a cost-effective housing alternative with single-level ranch homes that are handicap accessible and senior-friendly.



*(above) Units at the beautiful Schaal House in Bridgewater are available for seniors with income less than \$58,600.*



*(above) A single-level ranch home from Cooperative Housing Corporation in Warren Township.*



*(above) Senior residents at a CHC home in Warren Township relax on the porch, one of the shared common areas, in addition to their private bedroom and bathroom.*

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## NOVEMBER 2015 CALENDAR OF EVENTS

**Friday, November 13**

**Mental Health First Aid**

Have you ever been concerned about someone who has suffered a loss, or wondered what to do when someone shows signs of depression? Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health-related crisis. SAGE is teaming up with CONTACT We Care to provide training to the public. The 8-hour training course and certification is \$75 for community members and \$40 for SAGE volunteers.

8:30 am – 5:30 pm

**Wednesday, November 18**

**Medicare Open House**

Do you have questions about Medicare? Are you overwhelmed by all the different plans and options? Join us for this presentation, led by Elyse Drucker, SHIP of Union County. Counselors will be available to answer Medicare-related questions. If you are unable to attend the presentation, please call 908.273.6999 to schedule an appointment. 12:00 pm – 1:30 pm

**Wednesday, November 18**

**Caregiver Support Group Meeting**

Caring for an older loved one can be a demanding and stressful responsibility. Help is available at PREP (People Responsible for Elderly Persons), a monthly caregiver support group. 7:00 pm – 9:00 pm

**Thursday, November 19**

**Memory Screenings**

In conjunction with the Alzheimer’s Foundation of America, SAGE Eldercare is partnering with Overlook Medical Center to conduct free and confidential memory screenings, which will be followed by a physician lecture at noon. 10:00 am – 1:00 pm, Overlook Medical Center, Auditorium, 99 Beauvoir Avenue, Summit. To register for this free program, please call 800.247.9580.

**Tuesday, November 24**

**Alzheimer’s Association Support Group**

This support group provides an opportunity for caregivers, families, and friends to learn more about Alzheimer’s disease, share their feelings and concerns, and support each other in coping with the effects of the disease. Held monthly on the fourth Tuesday. 10:00 am

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