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ISSUE 9 • APRIL 2014

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ECRWSS

ST. VINCENT STUDENTS PARTICIPATES IN A "BRIDGES RUN"

Submitted by Catherine Marshall

On March 21st, the seventh and eighth grade students from St. Vincent de Paul School in Stirling, NJ, assembled over 300 lunches as part of a community service project. Several times each year, the St. Vincent de Paul Parish participates in a "Bridges Run" by donating food and toiletries to the housed and homeless in the community.

Bridges Outreach began 25 years ago and is named for the place it began, under the Brooklyn Bridge. Bridges Runs deliver more than 100,000 brown bag meals a year. This year, St. Vincent de Paul School took up collections of water, sandwich fixings, cookies and paper supplies from the families in pre - K through eighth grades.

"It was wonderful working with the students with their excitement and commitment to make those less fortunate aware that there are people that truly care. The messages on the lunch bags written by the students were truly heart-felt and moving," said Pat Garcia, Bridges Coordinator for the Social Ministry group at SVdP.

High school students from the church's Youth Ministry Group, along with Nicole Finnegan, a teacher from St. Vincent de Paul School, helped to distribute the lunches near Battery Park.



(above, front, l-r) Seventh graders display the assembled lunches, David Gerda, Michael Sullivan, William Walto, Alexis Beechner, Cosette Apuzzo, Elaine Limbo, Emma Quiroga. (back row, l-r) Mrs Shantal Sanchez, World Language Teacher; Munish Ganorkar, Grace St.Pierre, Julia Ozgar, Cameron Bury, Spencer Hofmann, Tommy Garo, Andrew Meisner, Kathleen O'Mullan, Sr. Elsa Jeronimo, director of social outreach. Photo Credit: Catherine Marshall

CHAMBER PLANS TO HOST MILLINGTON DOWNTOWN DAY

June 1, 2014 - 11:00 am - 3:00 pm - Rain Date June 8, 2014

The Long Hill Chamber of Commerce, along with many of the businesses in our town, are planning a day of fun activities, events, good food and music to be enjoyed by both the young and old and everyone in between. Our goal is to put the spotlight on many of our local businesses, both large and small. This event will take place in the downtown area of Millington. We are in the process of finalizing our goals for at least four large sponsors for our event, but are now looking to our businesses in town and the surrounding area to sponsor some of the other events we are planning.

We are planning to have radio station New Jersey 101.5, rides, face painting, balloon twisting, cotton candy, popcorn, ice cream, local vendors and other fun events that will require sponsors. Sponsorship on most items can be shared with other local businesses and both will have banners or signs with your company name and ample space for anyone that would like to have a table to promote their company.

We believe that this day will draw many people within our town and surrounding areas to see how our local business community gives back and how we are an integral part of Long Hill Township.

Please join us in this special event and sponsor one of the activities we have available. All rides and activities will be fully insured and staffed with an attendant. However, you may want to have a representative from your business there to meet and greet the people of Long Hill.

If you have any questions or would like to discuss the event and sponsorship, please contact Dawn Kougias, at the Millington Station Café (908) 377-7647.

Please make all checks payable to the Long Hill Chamber of Commerce and return to The Millington Station Café, Attention: Dawn Kougias
1931 Long Hill Road, Millington, NJ 07946

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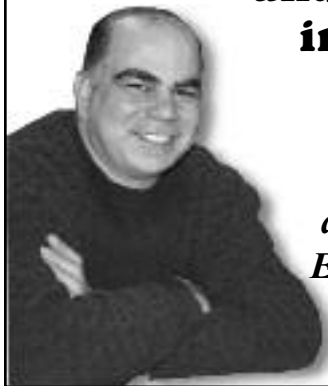
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Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

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GOVERNOR CHRISTIE'S 111TH TOWN HALL MEETING AT COMMUNITY CENTER

Submitted by by Evie Ernst, President Long Hill Community Center

Officials of Long Hill Township and The Long Hill Community Center were pleased to be the chosen location for Gov. Chris Christie's 111th Town Hall meeting, held at the Center, Wednesday, February 26th. Preparation took three days to turn the Community Center into a media site. Gov. Christie's team brought a huge staging background curtain, risers that planked the side walls of the center for additional seating and other risers for all the many camera men and lighting equipment. Over 445 chairs were set up provided by the Community Center, Long Hill Seniors, Long Hill Library, and Fire Company. State inspectors and security and the protection of the LH Police Department, Cert, LH First Aid, and Long Hill Fire Department were all on hand. Together, Town officials and Community Center officials were well prepared to meet the influx of over 500 visitors. On the scene, Lisa Scanlon, Parks & Recreation Director, coordinated with Dealmaan Buses, the critical job of moving the 500 attendees in and out of the community center's building without any issues. With her help, everything worked out and flowed smoothly.

Gov. Christie was welcomed by the crowd



(above) Gov. Chris Christie February 26th.

with applause and started out by saying he was happy to be in his home county, County of Morris. The Town Hall Meeting lasted approximately one and three quarter hours.

We especially thank Long Hill Township Mayor Guy Piserchia, Long Hill Administrator, Neil Henry, and Parks & Recreation Director Lisa Scanlon, for initiating this event with us. We also thank the Long Hill Township Police, Fire Department, First Aid, Cert and all that made this historic event possible.

It was a great day for our Township as well as for the Long Hill Community Center.



(above, l-r) LH Mayor, Guy Piserchia;
LH Detective, Gary Bower; Deputy Mayor,
Brenden Rae & LH Administrator, Neil Henry.



(above, l-r) LH Chief of Police, Mike Mazzeo;
Sergeant Sean Brown & Lt. Ahmed Naga.

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Sciatica, Stenosis and Herniated Discs May Be to Blame for Pain and Numbness in Legs



What are patients saying?

"I have had neck pain and arm pain for seven years from several herniated discs in my spine. I have tried other chiropractic and physical therapy treatments with little success. I have completed the DRX treatment four weeks ago and I am symptom free. Thanks to Performance Rehab I have gotten my life back."

- Melissa Miller, Phillipsburg, NJ

Who is a candidate for treatment?

There are many types of symptoms that can be relieved including:

- Back/Neck pain
- Leg pain
- Chronic low back pain
- Sciatica
- Stenosis
- Neuropathy
- Herniated/Degenerated discs

"Hi, I am Dr. Spaggiola, clinic director of Performance Rehabilitation & Integrated Medicine, and if you suffer with back or neck pain, I invite you to try non-surgical Spinal Decompression. Did you know that 30 million Americans suffer from back pain every day? This pain affects everything that you do, from work to play and ultimately your quality of life. I am here to tell you that there is hope. You can get rid of your back pain and get your life back. At Performance Rehabilitation & Integrated Medicine, we have helped hundreds of back pain sufferers just like you. We only offer the most advanced non-surgical treatments. We are so confident that we can help eliminate your back pain, we are offering one free visit to see if treatment can help you. There is no obligation and the only thing you have to lose is your pain."

— Ron Spaggiola, DC

Why pain pills are NOT a long-term game plan

People often cover their pain by relying on prescription or even nonprescription pain pills. While this may work in the short term, the side effects can be alarming. How many people do you know are addicted to pain medications? How did the addiction start? The answer to this question is typically the same. Due to an injury, medications were prescribed which gave temporary relief and soon enough, the medication became necessary to function at all. Countless individuals have been innocently entangled with prescription pain pills while initially using them as prescribed.

Can time heal pain?

Yes, in some cases time can heal pain but that is not generally the case. At Performance Rehabilitation & Integrated Medicine we have treated too many people that have needlessly suffered for years with back and neck pain. They have also spent a fortune on everything from buying new mattresses to medications. It doesn't have to be that way. The doctors and staff at Performance Rehabilitation & Integrated Medicine have literally helped thousands of local residents relieve their pain without drugs or surgery.

Surgery should not be taken lightly

Some severe back injuries require surgery but most do not. At Performance Rehabilitation & Integrated Medicine, we believe that surgery should only be considered when all other options have been exhausted. If your back or neck pain is so severe that you are considering surgery we invite you to ask yourself this question: "If there is a long-term solution to back/neck pain that doesn't require surgery, is it worth an hour of my time to find out more?"

The Truth about Surgery

- Costs can exceed \$100,000
- Prescription pain medications will be introduced
- Surgery may not solve your pain problems
- Surgery can lead to even more surgery in the future
- Recovery time can be painful and prolonged
- Surgery cannot be undone if outcomes are not favorable
- Missed time away from work, family, friends
- Quality of life can be reduced

About Performance Rehabilitation & Integrated Medicine

The team of medical providers at Performance Rehabilitation & Integrated Medicine understand what individuals in pain are experiencing. Each has a deep commitment to your health and to you as a person. During your first visit you will receive personalized attention from a seasoned staff of medical doctors, physical therapists and acupuncturists. An analysis of your condition by the medical team in conjunction with a detailed treatment plan will be described in as much detail as possible. There is no pressure to accept treatment as the staff at Performance Rehabilitation & Integrated Medicine strives to create a relaxed environment by educating patients about their options. The ultimate decision maker is the patient.

What makes Performance Rehab's Approach so different?

The medical providers of Performance Rehabilitation & Integrated Medicine have made it their mission to treat patients without surgery or drugs. After years of study, training and trials, they have chosen only the most effective non-surgical options and have brought them together all under one roof.

• **Non-Surgical Spinal Decompression** — Non-surgical spinal decompression is an FDA cleared technology that can relieve disc herniations, sciatica, stenosis and general pain and numbness in the back, neck, legs and feet. Non-surgical spinal decompression does this by using advanced technology to control treatment duration, distraction/angle, intensity, and relaxation of the spine, thus creating a vacuum effect which pulls the disc back into its normal position and brings in a fresh blood supply to promote healing. The treatment is gentle and soothing, with no discomfort to the patient.

• **Specialists in Pain Management** — A medical specialty also known as Physical Medicine and Rehabilitation (PM&R). This methodology gives particular focus to non-surgical spinal treatment, sports injuries and Peripheral Neuropathy.

• **Cold Laser** — A comfortable, non-invasive procedure which is successful in treating chronic conditions without pain or discomfort to patients.

• **Physical Therapy** — A traditional treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

• **Acupuncture** — Through clinical trials, acupuncture has been proven effective in treating various medical conditions including back and neck pain and has been expanded into conventional medicine practices throughout the world.

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— Ron Spaggiola, DC (Clinic Director)

— Joseph Mejia, DO, F.A.A.P.M.R. (Medical Director)

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STEM PROGRAM WINS INNOVATIONS AWARD



(above, l-r) Eighth graders Colleen Cirrotti and Emily Dolan start working on a functional chair constructed from cardboard.



(right) Fifth Grader Nate Gallic tests how many books his structure will support.

Sixteen schools in the Diocese of Paterson, including St. Vincent de Paul School, in Stirling, NJ, are the recipients of the inaugural 2014 Karen M. Ristau Innovations Award. The award, sponsored by the National Catholic Educational Association (NCEA) recognizes the diocese's STEM (Science, Technology, Engineering, Math) program.

St. Vincent de Paul started its STEM program in 2012. The program combines the disciplines of Science, Technology, Engineering and Math and focuses on problem solving, discovery and student initiative. STEM programs include many opportunities for hands on learning. For example, St. Vincent de Paul's upper school students were tasked with challenges including building a functional chair using cardboard. Lower school students were asked to build tall towers that could support a golf ball. "During these projects, students were asked to imagine, plan, create and improve," explained JP Crescenzo, St. Vincent de Paul's principal.

According to Crescenzo, the benefits of the program are visible in the classroom and science lab. "This deeper, more thought-provoking style of teaching has proven to be exciting for the children, as well as the teachers. We are honored to be recognized for our achievements in the STEM program," said Crescenzo.

The award will be presented during the NCEA's annual convention on April 21st in Pittsburgh, PA.



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SPRING FEVER SAVINGS FRENZY HITS LOCAL DEALER

Hundreds of Cars Marked Down to Clear Inventory

North Plainfield, NJ- Global Auto Mall, a well-known local automotive sales dealer, was hit by the first case of Spring fever this season. All the sun, and greenery has got them itching to clear their inventory and make way for new cars. With the huge surplus of brand new cars, trucks, minivans, hatchbacks and SUVs they've decided to have a Spring Fever Savings Frenzy with tons of discounts and a free 3 year maintenance plan with every purchase.

This special event will have hundreds of cars to choose from ranging from brand new models to pre-owned vehicles all priced to move quickly.



The Spring Fever Savings Frenzy will feature major brands including: Chevrolet, Hyundai, Jeep, Kia, Mitsubishi and a large variety of pre-owned makes and models.

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The Spring Fever Savings Frenzy is scheduled for a limited time only. Once it's over, it's over! Hurry in to Global Automall today and drive home with the vehicle you've always wanted at a price you'll love. For further information please call 1-866-645-4337, or visit www.globalautomall.com.

LONG HILL LIBRARY

Location/Address: Long Hill Township Library, 917 Valley Road, Gillette NJ 07933

Registration is required for most programs and can be done in person, by phone, (908) 647-2088 ext. 2, or via email to childrens@longhilllibrary.org. First priority for these programs is given to Long Hill Township residents, but non-residents are welcome to join our waiting list.

PROGRAMS FOR PRESCHOOLERS

Rhyme Time (ages birth-2 with caregiver)

Tuesdays at 10:30 am, May 6, 13, 20, 27

*no registration necessary

Join us for 20 minutes of fingerplays and songs! Art

Experiences (ages 2-6 with caregiver)

Beach – Friday, May 16 at 10:30 am

Join us for process-oriented art!

Please wear play clothes or bring a smock.

PROGRAMS FOR SCHOOL-AGED KIDS

Easy Reader Book Club (Gr. K-2)

Tuesdays at 4 pm. May 20 - Volcanoes

Join us as we discuss a book, do an activity and make a craft. Please be sure to read the book before the program.

To pick up book please ask the Children's Librarian.

PAWS for Reading (Gr. K-5)

Wednesday, May 21 - 7 to 7:45 pm

Dogs make great listeners! Enjoy a fun, no pressure reading experience where you choose a favorite book to share with a trained therapy dog. This is a drop-in, first come, first serve program. No registration required.

Origami Workshop (Gr. 2 and up)

Wednesday, May 7 between 4 - 5 pm

*no registration necessary. Drop-in the Children's Area between 4-5 pm and learn to make paper flowers!

TEEN PROGRAMS

ZODIAC

Sunday, May 4 at 2 pm

Come listen to LHT's own local teen band play a mix of classic and pop rock. Jacob Lesser, Lucas Mammone, and Jack Melillo will play covers including the classic What I Like About You and more modern Ho Hey.

Teen Advisory Board (TAB) (Gr. 6-12)

Wednesday, May 14 from 7-8 pm

Want to earn community service hours while talking about the latest books, magazines and videogames? Join us for our TAB meetings where we'll also have Advanced Reader's copies of books to give away! Call or email lhteens@gmail.com to register.

Teen Projects Group (Gr. 6-12)

Wednesday, May 7, 4-5 OR 7-8 pm

Wednesday, May 14, 4-5

Wednesday, May 21, 4-5 OR 7-8 pm

Wednesday, May 28, 4-5 OR 7-8 pm

LONG HILL LIBRARY BOOK CLUB

Monday, May 12 from 7 to 8 pm.

Discuss The Aviator's Wife

by Melanie Benjamin.

Benjamin, author of the highly acclaimed Alice I Have Been (2010) and The Autobiography of Mrs. Tom Thumb (2011), delivers a stellar historical novel based on the experiences of an extraordinary woman.

In this outing, she spotlights Anne Morrow Lindbergh, wife of wildly famous Charles Lindbergh and pioneering aviatrix and accomplished author in her own right.

Though their courtship is the stuff of every girl's romantic fantasy, time and reality combine to reveal a much different story.

Plagued by tragedy and often stifled by her domineering husband, she eventually manages to carve out a quasi-independent life and career for herself. Fictional biography at its finest; serious readers may want to pair this with the recently published Against Wind and Tide, the sixth and final volume of Anne Morrow Lindbergh's copious letters and journal entries.

PROTECT YOUR IDENTITY

Tuesday, April 22 at 7pm

What to Keep and What to Toss. You'll find out how long to save financial and tax records, what documents can be recycled or needed to be shredded, and how to safely store your documents in this time of identify theft. This program presented by Claudia Mott, CFP, CDFA & Mary Sunderland, CFA, CFP, IRS Enrolled Agent.

SHREDDING DAY

Saturday, May 17 from 9am to Noon.

A shredding truck from Security Shredding will be in the library's parking lot from 9am til Noon to shred your papers. Shredding Day is a fund-raiser for the library. The Shredding fees are \$5 per grocery bag, \$10 per box, and \$35 per 30 gallon garbage bag. It's an opportunity for you to securely dispose of your confidential and personal documents. The Security Shredding truck uses the latest state of the art equipment and shreds documents while you watch. Security Shredding is licensed, fully bonded and insured. You drive in, unload your papers and drive out with peace of mind.



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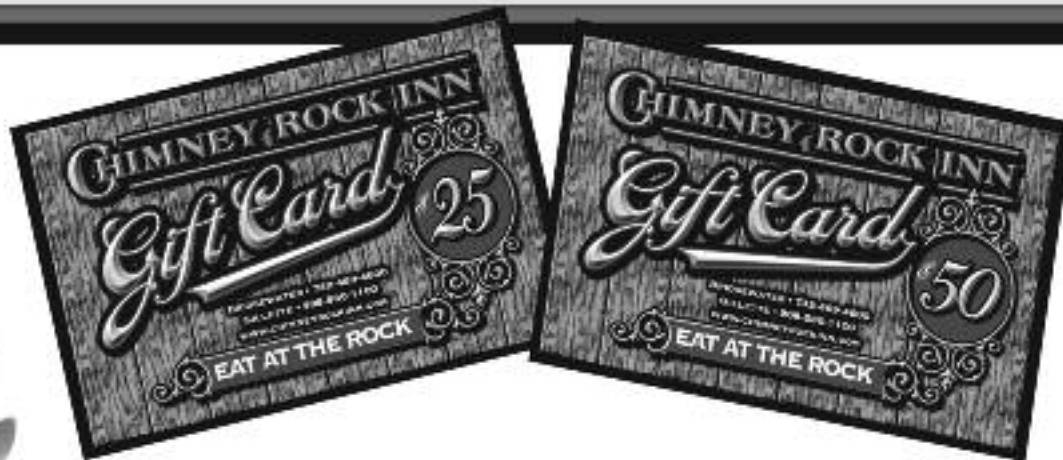
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BIG EGG-CITEMENT!

Saturday, April 12 was Long Hill's Annual Egg Hunt, sponsored by the Long Hill Chamber of Commerce. The fun in the sun began at 10:00 am at Matthew G. Kantor Memorial Park. There were prizes, refreshments and Peter Cottontail too! Soo Bahk Do Karate and Wellness sponsored the petting zoo and pony rides at the event, and raffled off a large basket filled with goodies. It was a glorious day for all!

Photos by Lisa Scanlon



(above) Recreation Advisory Committee Chairperson, Tracy Aroneo (right), congratulates one of our lucky Egg Hunt winners.



(above, l-r) Michelle Cavett and Sherry from Soo Bahk Do Karate and Wellness of Gillette pose with Peter Cottontail.



(above, l-r) Patrick and Nikki Coleman from Stirling with Peter Cottontail.



(above, l-r) Gillette residents Paige Moholkar and Ava Long.



(above) Peter Cottontail thanks our Long Hill Police Explorers for all their help with the event. The Explorers helped get all of the eggs rolled out early in the morning, and then facilitated in managing the "egg hunters." They were a big contributing factor to the success of the Egg Hunt.



(above, l-r) Peter Cottontail welcomes Abby Melamed of Gillette to the Egg Hunt.

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HARLEM WIZARDS VS LHT MASTER MINDS

Watchung Post • Page 9 • April 2014

The Harlem Wizards versus the LHT Master Minds basketball game at the Watchung Hills Regional High School on March 28th was a PTO sponsored event. It was intended as a fun family night and fundraising opportunity. The PTO sponsors numerous educational, cultural and enriching opportunities that students would not have the opportunity to experience otherwise. We also grant numerous teacher requests for technology or anything that would enhance the learning environment for the students and school. We are able to provide



these opportunities through fundraising. The PTO earned close to \$10,000 with this event.

The game was a sold out event. We filled the gym with over 900 people. The LHT Master Minds' team included over 30 teachers, staff and administrators from all three schools (Gillette, Millington and Central Middle School). Some team members included the Superintendent of Schools, Dr. Rene Rovtar; Millington School principal, Jennifer Dawson, and the ferocious tiger was Central Middle School principal, George Villar.

At the Wizards game fans saw amazing basketball talent combined with hilarious comedy. The athleticism, tricks, fancy teamwork and ball-handling wizardry, plus wild dunks thoroughly entertained the crowd. Their comedy is for everybody. The Wizards look to push the envelope on fun, combining pre-planned comedic acts with spontaneous humor.

The PTO received a donation from Dr. Rob Lorino from Long Hill

Orthodontics was used to purchase all the t-shirts for the teacher team and volunteers. The donation from Halls Garden Center in Berkeley Heights was used to offset some of our expenses. They also supplied the blue & gold balloons that we used to decorate the gym.

BLUE AND GOLD DINNER

Cub Scout Pack 59 held its annual Blue and Gold dinner on Saturday, March 22, at St Vincent de Paul School.



(above, l-r) the four boys who earned Arrow of Light and will be moving onto Boy Scouts: Timothy Marshall, Nate Gallic, Brandon Wasserbach and Tyler Eberle. Also pictured, Catherine Marshall, AOL den leader.



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PAY FOR 6 MONTHS AND GET 1 FREE

LOCAL REALTOR OFFERS SPECIAL SERVICE FOR SENIOR HOMEOWNERS

RE/MAX Premier in Warren is proud to announce "NJ Seniors On The Move", the office Senior Real Estate team, organized by Gerry Seylaz. Gerry is a Broker/Realtor who has achieved the Senior Real Estate Specialist (SRES) designation. A national program since 1998, this specific designation identifies those members who have successfully completed its education program. By earning the SRES designation, Gerry has demonstrated the knowledge and expertise to counsel seniors through the major lifestyle transitions, involved in relocating or selling the family home. She has received special training, receives regular updates, and, with her team, is prepared to offer appropriate options in making life changing decisions and realizing successful outcomes. "Life on Your Terms" is the SRES motto.

The RE/MAX Premier office has 58 full time agents, 16 of whom are brokers, with an average 15 years real estate experience. The office is #1

in Warren and the #3 RE/MAX office in New Jersey. Actively involved in Community Affairs, it sponsors and supports numerous township and sports programs.

Gerry, a Long Hill resident, has been an area Realtor for the past 20 years. She was Sales Manager at Villa Domenico, an adult community in Watchung. Because of her successful and rewarding experience there, she has decided to expand her practice to give special assistance to the maturing community in our area. As a senior herself, she understands the challenges, as well as the rewards, of the "Golden Years". She and her team will assist in preparing the home for market, supervising estate and moving sales, providing names of qualified service providers and developing an aggressive marketing campaign. The team will be available throughout the selling process, offering transition and relocating options when requested. These services can be very helpful to



(above, l-r) Owner/sales associate Siu Wong and Gerry Seylaz in their Re/Max office.

children of seniors not living in the area but seeking assistance for their parents in the selling and relocating process. Gerry also chairs the Seniors Concerns Committee at St. Vincent de Paul Church in Stirling.

While focusing a portion of her practice on seniors, Gerry will remain active in providing expert service to All buyers and sellers. She may be reached on her cell at 908-872-0138 or email at gerry@gerryseylaz.com.

ST. VINCENT'S SOCIAL MINISTRIES OFFERS SENIOR SERVICES

The Social Ministries Committee of St. Vincent de Paul Church in Stirling has initiated a Senior assistance program, with the purpose of providing aid to seniors in our community, seeking information and advice with daily and life-changing decisions.

Their initial task is to enlist the services of elder attorneys, accountants, home improvement specialists, home care assistants, etc. They are gathering information from assisted living, nursing homes, and adult day care institutions. They are also seeking personal referrals for handymen, landscapers, painters, etc. These services are to be on a volunteer "fee-free" basis for the initial consultation only. As a practical point, such volunteer services may lead to client relationships. The following is a description of the services provided by the Committee volunteers.

BARBARA CARLSON – HEALTH AND WELLNESS

Barbara is a nurse involved with hospice care.

She can provide advice in medical situations and will be instrumental in establishing a Parish Nurses Program, which we are considering for the future. As chair of the Social Ministries Bereavement Committee, she is our liaison with Social Ministries.

MONICA DOBBIN – SOCIAL WORK

As a Social Worker at Morristown Hospital, Monica is a valuable asset to the senior community. Her expertise with the administration of the many senior programs will assist them in making educated decisions.

HELEN O-MULLAN – SPIRITUALITY

Spiritual resources are especially important for seniors, in good times and in difficulties. Whether it's accessing the Sacraments during an illness; receiving spiritual encouragement; seeking reliable Catholic help in making decisions for end of life of one self or loved ones; planning for Advance Directive or Healthcare Proxy, the Senior Concerns group

can help directly or recommend reliable resources. Helen will be our resource person.

ELEANOR SCHUBAUER – RESEARCH

As a former teacher and managing editor of "Books in Print", Eleanor will research not only the various programs and services, but the institutions which provide them as well. She, with Pat Steger, will publish our newsletter and a Senior Directory.

GERRY SEYLAZ – REAL ESTATE

As a Seniors Real Estate Specialist (SRES) Gerry understands selling a home can be an emotional time, potentially involving other life decisions. She recognizes the issues facing older adults. By taking a no-pressure approach, she can help you navigate your choices and may be able to suggest alternatives that help you stay in your home.

GINA SHAHADE – NEEDS ASSESSMENT

Gina enjoys interacting with seniors and has the personality to put them at ease. Many times she will be the first contact, responsible for assessing needs and arranging contact with the appropriate committee member.

PAT STEGER – PRACTICAL ISSUES OF LOSS

In addition to publishing our newsletter and Senior Directory, Pat will advise on the many emotional and practical challenges of loss, including the volumes of paperwork required after the death of a loved one.

KAREN SWARTZ – FINANCIAL

Karen is a financial advisor and is helping initiate a seniors program at St. Patrick's in Chatham. She is attending Second Half of Life classes at St. Elizabeth's and has networked throughout the community, offering much needed insight on many issues.

As you can see, we have great goals and expectations. We are enlisting the aid of volunteers who can provide service to our senior community. Contact Gerry@GerrySeylaz.com

njseniorsonthemove.com

By Your Side from Preparation to Closing



Seniors -
Do you want to sell
but don't know
where to begin?

- Prepare home for marketing
- Names of qualified service providers
- Discounted services
- Oversight of service providers
- Complimentary Market Analysis
- Aggressive marketing program
- Information on Alternative Life Styles

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Seniors Serving Seniors
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COUPON

FRESH SHRIMP

\$9⁹⁹ lb

LGH

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 5/21/14.



FRESH FISH

Available Thursday
to Sunday

Filleted, Steaked,
Cleaned to your liking!

Top or Little Neck Clams

\$3⁹⁹ /dozen

COUPON

SALMON FILLET

\$7⁹⁹ lb

LGH

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 5/21/14.



FRESH FRUIT OR VEGETABLE PLATTERS

Platters over stuffed with the best the season has to offer.

14 inch 24.99 • 16 inch 29.99 • 18 inch 39.99



**Perfect for
Special
Occasions!**



COUPON

BOAR'S HEAD CHICKEN BREAST

\$5⁹⁹ lb

LGH

Must purchase 1 lb. Limit 1 lb. per coupon. Coupon may not be combined
with other offers. Limit 1 offer and coupon per day. Offer expires 5/21/14.



COUPON

BOAR'S HEAD BABY SWISS

\$5⁹⁹ lb

LGH

Must purchase 1 lb. Limit 1 lb. per coupon. Coupon may not be combined
with other offers. Limit 1 offer and coupon per day. Offer expires 5/21/14.



COUPON

**\$2.00 OFF
your purchase of
\$20.00 OR MORE**



LGH

Excludes garden center and fish purchases. Limit 1 offer per customer
per day. Not to be combined with other offer. Offer expires 5/21/14.

COUPON

1/2 GALLON TREE RIPE ORANGE JUICE

2 FOR \$5⁰⁰

LGH

Coupon may not be combined with other offers.
Limit 1 offer and coupon per day. Offer expires 5/21/14.



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herb plants, trees,
plant, shrubs
& much much more.**