New Providence NEWS

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New Providence

MEMORIAL

DAY

Monday

Issue 8 • May 2016

NEW PROVIDENCE MOM NAMED NJ MOTHER OF THE YEAR

Lisa Beck Ure was chosen to represent the state of New Jersey as Mother of the Year by American Mothers, Inc.

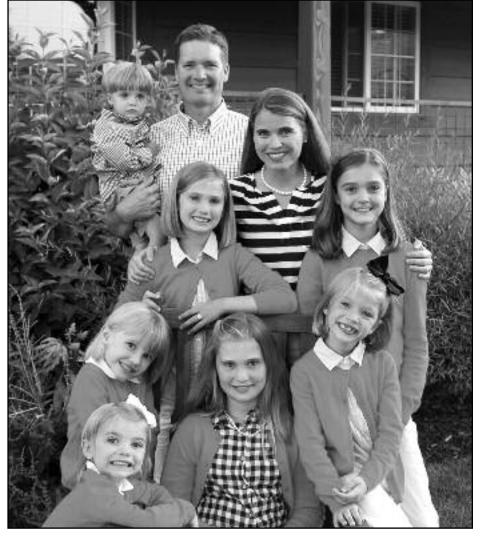
American Mothers, Inc. was founded in 1935 and is committed to valuing mothers through service and education. As the official sponsor of Mother's Day and the Mother of the Year®, American Mothers is the voice of 85 million mothers in America. Honoring the mission of the organization's founders Eleanor Roosevelt, Sara Delano Roosevelt, Mamie Eisenhower, JC Penney, and Norman Vincent Peale, American Mothers is dedicated to improving the lives of mothers and children in the US and around the world.

Lisa Beck Ure is currently a full-time mom. She was born and raised in Salt Lake City, Utah. While earning a bachelor's degree in elementary education from Brigham Young University she met her husband John.

The family first lived in Boston, MA. When John accepted a job in New Jersey in 2007, the couple could have chosen anywhere in the state to live. They chose New Providence and have lived here for 9 years since. Lisa recalls "It was so clear that New Providence is a wonderful place to raise a family. Every one we met was kind and welcoming to new people." They lived in their first New Providence home for 5 years while raising 3 children, and decided to buy a larger home in town as their family grew to include 7 children - Kate, Emma, Sarah, Jane, Madeline, Ella and Johnny.

Lisa is one of five children, her mother emigrated from Germany at age 8; her father was born and raised on a farm in Oregon. Lisa has extensive international experience. She served a full-time mission to the island of Kosrae (Micronesian Islands) where she taught family values and provided service for 18 months. She also participated in a study abroad program in Jerusalem, and a humanitarian aid mission to Kenya.

In April Lisa traveled to Washington, DC to accept her award. During her acceptance speech Lisa stated "I am humbled to be here representing the women of New Jersey and to be



(above) The Ure Family, Lisa and John with their children Kate, Emma, Sarah, Jane, Madeline, Ella and Johnny.

among you devoted mothers."

The theme for the event was "Recognizing our strengths – serving others." During her acceptance speech Lisa stated, "What a beautifully fitting topic for this gathering. Isn't service what motherhood is all about? To set aside all consideration of personal gain and reach out with all of our strength, energy and all the love our hearts have to offer as we raise our precious children. I know the greatest service we render is within our own homes. Oh how each home desperately needs the nurturing touch of a mother, her encouraging words, her strength, her inspiration and the abundant love a mother has to offer."

Her speech focused on recognizing our strengths and serving others. She shared three ways we can teach our children about service: Show: May we show our children that some of our finest work comes through service to others; Teach: It is our sacred duty to teach our children to serve; and Create: Create and cultivate opportunities to serve as families.



MAY 30TH Service at 9:00 a.m. at VETERANS MEMORIAL Parade will step off at 10 a.m. starting at Springfield and Central Aves.

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New Providence NEWS

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Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com



YE'S - NEW RESTAURANT OPENS IN WARREN

its neighbors in Green Brook to announce their opening. Ye's Asian Bistro opened its doors in February 2016. Owners, Kevin and Yan Dong offer a unique mix of Vietnamese and Chinese Cuisine for lunch and supper. Ye's is located at 41 Mountain Boulevard, Warren, NJ.

Balancing out the Vietnamese portion of the restaurant are several dishes from other traditions, like appetizers Peking Duck Steam Buns, Indian Pancake with Chicken Curry Dipping, and Hawaii Shrimp Rolls. There are also many spicy dishes like their Rock Shrimp Singapore Vermicelli and Mandarin Fish.

Ye's drink specials are a popular attraction. Their assortments of Bubble Teas are satisfying by themselves, but Yan explains it is common to drink them with a meal. They also offer a variety of Smoothies, fresh juices, flavored teas and coffee.

Prior to opening in Warren, Kevin owned and operated Arbor Asian Bistro in the SoHo Section of Manhattan for six years. They were living in Brooklyn at the time. They saw a listing for the vacant space and after visiting the location made plans to relocate. They were impressed by not

Asian Bistro

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as well as all types of

medication administration

ALL BREEDS, ALL NEEDS

A new restaurant in Warren is reaching out to only the restaurant space but by the town itself. Kevin and Yan now live in Warren and look forward to becoming part of the community. They have two children, three and ten years old.



(above, l-r) Kevin and Yan Dong



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		LUNCH MENU MonSat.: 11:30 am - 3:00 pm Choose a side: wonton soup or hot and sour soup or veggie spring roll.				
	ENTREES Choose rice: white rice, fried rice or brown rice.					
1		Teriyaki Chicken / Sal	mon	9 / 10		
IP'c		 Crispy Chicken Cutle Tropical Mango Chick 		9 9 / 10		
		🔹 Indian Curry Chicke		9		
Asian Bistro		 Vietnamese Basil Chi House Green Curry 		9/10/10 • • • • • • • • • • • • • • • • • • •		
Fine Asian Cuisine		So Thouse Green Curry		9 (9 9) 9		
Vietnamese and Chine	se	Broccoli Chicken / Bee	•	9/10/10		
		Szechuan Chicken / Be Sachuan Chicken / Be		9/10/10 9/10/10		
Dine in • take out		Sesame Seed Chicke	n	9		
b.y.o.b.		Sauteed Mixed Vegg		9 8		
908.668.7808		Sauteed String Bean		8		
		NOO	DLE AND RICE			
908.668.7807	◆ Ye's Stir-fried Rice N Vegetable / Chicken / Ba		9			
Business Hours:		• House Pineapple Frie Vegetable / Chicken / Be		9		
Mon – Thu: 11:30 am – 9:30 pm Fri – Sat: 11:30 am – 10:30 pm Sunday: 12:00 noon – 9:00 pm		💊 Vietnamese Basil Fri	ed Rice	9		
301009. 12.00 110011 - 9.00 pm		Vegetable / Chicken / Bo Yaki Udon Vegetable /	• •			
41 Mountain Blvd	l.	Singapore Vermicell Vegetable / Chicken / Bo		9		
Warren, NJ 07059	9	Classic Fried Rice Ve		_		
Gift Certificates Available		Roast Duck Egg Noo		12 13		
Corporate Catering Welcome		Seafood Udon Noodl	I OR RICE ON			
			dish with lettuce, tomato, cuc	umber		
		Vietnamese Grill Chi		9		
Order online		Vietnamese Grill Poi Vietnamese Grill Shi	•	9 10		
ww.Yesasianbistro.	com	Pork Spring Roll		8		
WOK AND GRILL SIGNATI	JRE		DRINKS			
Served w. White Rice		Bubble Tea (Cold) Free topping bubble, jelly or herb	 A Flavored Tea 	· ·		
/ Beef / Shrimp / Salmon 13 /	16/16/18	pudding (additional topping 50¢) Black Tea	Rose Green / Bl Passion Fruit Gi	reen Tea		
Chicken Cutlet Chicken breast deep fried to golden crispy, w. chef spe	cial sauce	Taro Green Tea	Honey Green / I Lychee Black Te	ea		
c al Mango Chicken / Shrimp 	13/15 Decas,	Coconut Strawberry	Grapefruit Gree Lemon Green /			
n. spicy sweet mango sauce ia Crispy Duck	20	Mango Chocolate	Flavored Tea			
ck glazed w. fruity red wine sauce over baby bok-cho		Almond	Rose Green / Bl Honey Green / I	Black Tea		
Imese Basil Chicken / Beef / Shrimp 13 / v. eggplant, prince mushroom, onion, sweet peas	13/15/15	Bubble Tea (Hot) Free topping bubble, jelly or herb	4 Grapefruit Gree	en Tea		
basil leaves w. spicy basil sauce		pudding (additional topping 50¢) Black Tea	Hot Tea (Per tab	ble) 2.00		
Green Curry Chicken / Shrimp 🕞 eggplant, prince mushroom, onion	12/13/15	Taro Green Tea	Coffee (Cold Coconut Mocha	or Hot) 4		
epper cooked in green curry sauce	20	Almond	Cappuccino Matcha Latte			
n Grilled Baby Back Ribs d short ribs, grilled in Korean style		Soft Drink (Can) 1 Coke	.25 Vietnamese Cof	fee		
Tangerine Chicken / Beef chicken shreds fried to crispy and glazed w. tangerine	13 / 15 sauce	Diet Coke Sprite	Fresh Juice Watermelon	4		
UCE Chicken / Shrimp / Sea Bass v. sweet peas, broccoli, prince mushroom and onion	13 / 15 / 26	Fanta Mountain Dew	Cucumber Kiwi			
od Pan Fried Noodles allop, crabmeat, squid, prince mushroom	20	lce Tea	Orange			
v. house special brown sauce, over crispy fried noodles	18	_				
Shrimp imp sauteed w. chef's special sauce, served w. fried bl	ack kerneled rice	New York Cheese Cake	DESSERT	5		
Grilled Chilean Sea Bass 🚱 er steamed mixed veggies w. miso-orange sauce	26	Green Tea Ice Cream		5		
arin Fish snapper lightly breaded to golden crispy	18	Mango Sorbet Coconut Sorbet		6 6		
beas, pineapple, onion and bell peppers over special s 1d Spicy Chicken / Beef	picy sauce 13 / 15	Tiramisu		6		
Il peppers, prince mushroom, sweet peas, stir-fried w. cl	hef special sauce	Mochi Ball Choice of Flav Mango, Strawberry, Vanilla		4		
r Cumin Lamp Chop raded flash-fried golden brown w. peppers and onion	26					
Curry Chicken Dli Chicken / Beef / Shrimp	13 12/13/14	We want Ye's Bistro to				
	12/13/14		e time enjoy a wide vai	riety		
al Tso's Chicken / Shrimp	13/15	of the most	famous Asian cuisine.			

Whatever dish you decide to enjoy, we use all

fresh vegetables, highest quality ingredients,

and all the homemade secret sauces.

APPETIZERS	
Fried Veggie Mini Rolls (4 pcs)	4
Shumai (6 pcs) Steamed or fried Japanese shrimp dumplings	5
Edamame 🐵	5
 Indian Pancake w. Chicken Curry Dipping Extra pancakes are \$2 each 	6
Vietnamese Pork Spring Roll (4 pcs)	6
Gyoza (6 pcs)	6
Choice of steamed or pan fried Crystal Dumplings (6 pcs)	7
Chicken Skewers (3 pcs)	7
Marinated, char-grilled, serve w. peanut, satay dipping	E
Fried Crab Cheese Wonton (6 pcs) Peking Duck Steam Buns (2 pcs)	6 8
 Lettuce Wrap (3) 	10
Choice of chicken or tofu, stir-fried w. basil, onion, chili pepper, pineapple, fresh lime juice, served w. lettuce leaves	
Hawaii Shrimp Roll (2 pcs) Shredded mango, jicama, avocado and crispy shrimp,	8
wrapped in roti pancake, served w. special sauce	
Summer Roll (2 pcs) 🗇	5
 Calamari Battered calamari rings, deep fried to crispy, served w. citrus mayo dipp 	8 bing
Rock Shrimp Battered rock shrimp fried to golden crispy, w. citrus mayo dipping	10
SOUPS AND SALAD	Cup / Bowl
Wonton Soup	3 / 5
Hot and Sour Soup	3/5
Lemongrass Seafood Soup Shrimp, scallop, crab meat, prince mushroom, vermicelli and coconut i	6 / 10 milk
Spicy Mango Salad ()	7
Shredded mango, jicama, crispy vermicelli and crushed peanuts in sweet chili sauce	
Avocado Salad	6
Seaweed Salad	5
Grilled Chicken Salad © Grilled Salmon Salad ©	9 10
	10
VEGITARIAN Lightly sauteed and erved w. white rice	
Mixed Veggies 🐵	10
Broccoli 💿	10
Mushroom and Tofu 🐵	11
Baby Bok-Choy 🐵	10
String Beans	10
NOODLE AND RICE	
Ye's Stir-fried Rice Noodles	12/14
Vegetable / Chicken / Beef / Shrimp 🕞 11 / 12 / Stir-fried w. dry tofu, onion, pepper and bean sprouts, top w. peanuts	15/14
House Pineapple Fried Rice	12/14
Vegetable / Chicken / Beef / Shrimp 🕑 11 / 12 / Stir-fried w. pineapple, corn, onion, bell pepper, carrots and raising	15/14
Vietnamese Basil Fried Rice	12/14
Vegetable / Chicken / Beef / Shrimp 11 / 12 / Stir-fried w. onion, bell peppers, basils, peas, carrots and corn	13/14
Yaki Udon	
Vegetable / Chicken / Beef / Shrimp 11 / 12 / Stir-fried w. baby bok-choy, onion, bell peppers and carrots	13/14
Singapore Vermicelli	12/14
Vegetable / Chicken / Beef / Shrimp I 11 / 12 / Stir-fried w. onion, bell peppers, bean sprouts and egg	13/14
Classic Fried Rice	12/14
Vegetable / Chicken / Beef / Shrimp 🕞 11 / 12 / Stir-fried w. egg, onion, peas and carrots	13/14
Roast Duck Egg Noodle Soup	12
Seafood Udon Noodle Soup	13
PHO © Pho starts with fragrant broth which is made fresh daily. The aromatic b	roth made
by simmering light, quality meat, beef knuckle bones, served with fres noodles, and topped with your meat selection, also fresh Asian herbs c	h flat rice
Pho Dac Biet	13
This Pho bowl is pocked with rare eye round steak, well-done skirt flank, soft tendon, and beef bolts. It's a different texture in every bite.	
Pho Tai	12
A layer of thin rare eye round steak is cooked by the beef broth right in y bringing out the sweetness & tenderness of beef slies in to each bite.	our bowl,
Pho Bo Vien Seasoned beef and soft tendon meaet balls cut into bite-size portions fu	11
seasoned beet and sort tendon medet balls cut into bite-size portions tu creamte on undertone of sweetness to the already fragrant beet broth. It is a favorite among children.	
r is a ravorite among chilaren. Pho Tom	13
Plum shrimp are topped over beef broth, low in calories but amazing in	taste.
Pork Chop Selected pork chop marenated in lemongrass special sauce	12
Grilled Chicken	12
Selected chicken breast marenated in lemongrass special sauce	
VERMICELLI OR RICE ON PLAT Vermicelli or rice dish with lettuce, tomato, cucumber	
VERMICELLI OR RICE ON PLAT Vermicelli or rice dish with lettuce, tomato, cucumber and roasted peanuts and fried onion. served with homemade chill lin	ne sauce.
VERMICELLI OR RICE ON PLAT Vermicelli or rice dish with lettuce, tomato, cucumber and roasted peanuts and fried onion. served with homemade chili lin Vietnamese Grill Chicken	
VERMICELLI OR RICE ON PLAT Vermicelli or rice dish with lettuce, tomato, cucumber and roasted peanuts and fried onion. served with homemade chill lin	ne sauce. 12

Indicates choice of mild, medium or hot, seasoned to your taste.

Every entree is prepared with fresh ingedients. No MSG or preservatives are used.

G Gluten Free options are available.

Order online www.Yesasianbistro. **WOK AND GRILL SIGNATU** Served w. White Rice 13/10 Chicken / Beef / Shrimp / Salmon Crispy Chicken Cutlet Breaded chicken breast deep fried to golden crispy, w. chef specie Tropical Mango Chicken / Shrimp G Fresh mango, onion, bell peppers, prince mushroom and sweet peo sauteed w. spicy sweet mango sauce Sangria Crispy Duck Crispy duck glazed w. fruity red wine sauce over baby bok-cho Vietnamese Basil Tofu / Chicken / Beef / Shrimp 13/1 Sauteed w. eggplant, prince mushroom, onion, sweet peas and fresh basil leaves w. spicy basil sauce House Green Curry 12 Tofu / Chicken / Shrimp 🕞 Broccoli, eggplant, prince mushroom, onion and bell pepper cooked in green curry sauce Korean Grilled Baby Back Ribs Marinated short ribs, grilled in Korean style Crispy Tangerine Chicken / Beef Seasoned chicken shreds fried to crispy and glazed w. tangerine so XO Sauce Chicken / Shrimp / Sea Bass 1 Sauteed w. sweet peas, broccoli, prince mushroom and onion Seafood Pan Fried Noodles Shrimp, scallop, crabmeat, squid, prince mushroom sauteed w. house special brown sauce, over crispy fried noodles Butter Shrimp Jumbo shrimp sauteed w. chef's special sauce, served w. fried blac Char-Grilled Chilean Sea Bass 🕥 Served over steamed mixed veggies w. miso-orange sauce Mandarin Fish Fresh red snapper lightly breaded to golden crispy w. sweet peas, pineapple, onion and bell peppers over special spic Hot and Spicy Chicken / Beef Onion, bell peppers, prince mushroom, sweet peas, stir-fried w. che Crispy Cumin Lamp Chop Lightly breaded flash-fried golden brown w. peppers and onion Indian Curry Chicken Broccoli Chicken / Beef / Shrimp 1 Garlic Chicken / Beef / Shrimp 1 13/15 General Tso's Chicken / Shrimp 13/15 Sesame Seed Chicken / Shrimp 🍽 Szechuan Chicken / Beef / Shrimp 12/13/14

Teriyaki

COMMUNITY SERVICE ASSOCIATION 3RD ANNUAL PASTA DINNER

The Community Service Association of New Providence (CSA) held its 3rd Annual Pasta Dinner on April 3, at the DeCorso Community Center. Hundreds of guests came out to support the CSA, enjoying pasta and meatballs prepared and served by the New Providence Lions.

A highlight of the event was the big basket raffle, with more than 80 baskets up for grabs. With everything from toys to a digital camera to tablets to Giants tickets, there was something for everyone.

Investors Bank was a Platinum sponsor for the Pasta Dinner; Creative Wallcoverings & Interiors, DataOnline, and Prestige Diner were Gold sponsors. The annual Pasta Dinner is the CSA's main fundraising event of the year.

The Community Service Association of New Providence is a 501(c)(3) nonprofit organization that assists New Providence residents with financial needs, while respecting the dignity and anonymity of the assisted individuals and families. This could mean helping a family with medical bills, paying utility bills or rent, clothing assistance, transportation, and more. The CSA was established in 1954 and is believed by longtime members to be the first organization of its kind in the country. New Providence residents who would like to get involved are welcome to the CSA meetings on the second Wednesday of each month.

NEW PROVIDENCE FIRE DEPARTMENT ASSIST TIGER SCOUTS WITH THEIR SAFETY BADGE

future volunteers in their firehouse on Saturday, April 9. Fire Captain John Signorello, Fire Captain Vincent Wycko and Fire Captain Robert Mercado provided a full tour and fire safety tips to the Tiger Scouts from Den 15, Pack 263. The Tiger Scouts are working on their elective badge Safe and Smart. Captain Signorello allowed the boys to hold an oxygen tank on their back, sit inside the fire truck and work with a heat sensor.

He also reviewed fire tips such as stop, drop

New Providence Fire Department hosted five and roll and what to do in a fire emergency. The New Providence Fire Department keeps our community safe and is comprised of all volunteers. The New Providence Fire Department will consider volunteers as young as 16 years old giving them light duties around the firehouse. This is a great opportunity for a young individual looking to serve their community and expand their resume. Anyone who wants to volunteer can contact the NPFD directly via the website: http://newprovfd.org/.



(above, l-r) Captain Vincent Wycko, Tigers Jack Maurer, Alec Ivanov, Mikey Zambrotta, Daniel Zambrotta, Captain John Signorello and seated Tiger Stephen Aranda

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BEARING GRIEF- GRIEF SUPPORT WORKSHOPS

Have you lost someone dear and cannot seem to find your bearings? The Presbyterian Church at New Providence is offering a free six-week support group designed to provide insight and support during the grieving process. The Bearing Grief group will begin its workshops on Tuesday, May 17 through June 21 from 7pm to 9 pm.

It is a small group, featuring video seminars and group discussion with materials prepared by grief counselors. Some of the topics will be: "Is this Normal?", "The Journey of Grief", and "Dealing with Regret, Anger, and Guilt". Group discussion and interaction will follow these video presentations.

Those who wish to share their experiences are welcome to do so; however, if you are more comfortable just listening that's fine too. Each person's journey is unique, but there is help to find healing and hope. The group is led by people who have experienced grief and found comfort.

Anyone wishing to attend or receive more information for any or all of these FREE Grief Support workshops, please call the church office at 908-665-0050. The church is located at 1307 Springfield Avenue, New Providence, NJ 07974.



Facing Medical Decisions Tuesday, May 10

As people face changes in their health status or a chronic illness progresses, there is a higher probability of experiencing a hospitalization and having to make medical decisions. These decisions may be complicated at times. Patients and families need information and guidance to assist them at these difficult times. During

this program led by Rita Dyer, Geriatric Nurse Practitioner, Overlook Medical Center, we will discuss common situations which may arise in a hospital situation, how to understand treatment options, how to arrive at goals of care for you and your family members. 7:00 pm – 8:30 pm,.

Medicare 101

Wednesday, May 18

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

PREP Caregiver Support Group

Wednesday, May 18 SAGE's PREP caregiver support group is held monthly for caregivers and is led by a social worker specializing in eldercare. 7:00 pm – 9:00 pm,

Living Options as we Age Thursday, May 19

As we and our loved ones, age, we are often faced with the difficult decision of whether or not to remain in our homes. In this panel discussion, we will learn about different living options with four different speakers: Deanna Butters, CDF, Director of Spend-A-Day at SAGE, Terri Klein, RN, BSN, Director of Nursing, Bright Care, Judah Orbach, LLNHA, Administrator, Chatham Hills Subacute Nursing Center, and Cynthia Rozenberg, Executive Director, The Chelsea at Warren. 7:00-8:30 pm,

Alzheimer's Association Support Group Tuesday, May 26

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.





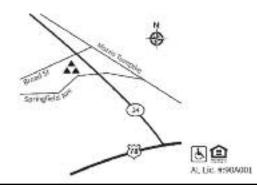
DISCOVER the difference



We'd Love To Hear From You!

Discover a verdant community in bloom at Spring Meadows Summit, an Assisted Living community in Summit. Our warm and inviting community features experienced and professional staff members who are committed to improving the quality of life of our residents. Beyond the amenities and services of our community, residents also enjoy the fact that they are just moments away from some of the area's best shopping, dining and entertainment destinations, as well as two nearby hospital. Residents are warmhearted, interesting people who enjoy the freedom from the worries with the knowledge of knowing someone is always at hand if help is needed.

Call for a complimentary lunch and tour or go on our website for more information.



SPRING MEADOWS SUMMIT

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springmeadowssummit.net

NEW PROVIDENCE SENIOR CITIZEN HEALTH FAIR

The New Providence Health Department and the New Providence Senior Citizens Club invite all interested senior citizens to attend the annual New Providence Senior Citizen Health Fair on Wednesday, May 25th, 2016, from 8 AM to 11 AM at the DeCorso Community Center located at 15 East Fourth Street, New Providence.

FREE BLOOD CHEMISTRY SCREENINGS will be available for all New Providence residents who have reached the age of 55 years and who have pre-registered prior to the Fair. In person pre-registration is required and begins on Tuesday, April 26th to Monday, May 23rd, between the hours of 11 and 1 PM at the DeCorso Community Center.

The Health Fair will provide a comprehensive group of exhibitors, health screenings and medical information at NO COST to the attendees. The New Providence Police Department will assist seniors who are interested in registering for Smart 911. The Summit Area YMCA will host a showcase of exhibitions such as nutrition information, exercise, meditation and dark chocolate sampling. The Community Health Department of Overlook Medical Center will be onsite to conduct Blood Pressure screenings. These are just a few of the many exhibitors that will be at there. Please come and meet these exhibitors and take advantage of these activities. There will also be refreshments and giveaway items for all who attend.

For additional information, contact the New Providence Public Health Nurse at 908-743-1049, or the New Providence Senior Citizen Coordinator at 908-665-0046.

BOROUGH OF NEW PROVIDENCE SENIOR CITIZEN HEALTH FAIR DEFRECE MEDICAL SCREENINGSEE Date: Wednesday, May 25, 2016 Time: 8am-11am Place: New Providence Senior Center 15 East 4th Street SCREENINGS BLOOD GLUCOSE **Blood Chemistry Screening** CHOLESTEROL PODIATRY Requirements CHRIORPRACTIC AND 12 Hour Fast for Bloodwork MORE New Providence Resident Ages: 55 years and Older LIGHT REFRESHMENTS Must Pre-register at Senior Center from WILL BE SERVED April 26th to May 23rd from 11am-1pm. NEW THIS YEAR Interactive sessions featuring exercise, nutrition and meditation tips as wells as dark chocolate sampling. New Providence Police Department will be onsite to help seniors register for Smart 911.

For More Information, Please Call

The New Providence Public Health Nurse at (908) 743-1049

New Providence Senior Center at (908) 665-0046



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Do you suffer from Knee Pain? ADULT STEM CELL THERAPY may be the answer.

Breakthrough treatment uses your own stem cells to heal you Naturally!



What is Adult Stem Cell Therapy?

Performance Rehabilitation & Integrated Medicine is a pioneer in the field of Adult Stem Cell Therapy. This emerging field of medicine uses a simple, in-office, medical procedure to obtain your own stem cells (not the controversial embryonic cells) and Platelet Rich Plasma (PRP) to rejuvenate and repair painful damaged joints, cartilage, tendons and ligaments. Adult Stem Cell / PRP Therapy is a proven, safe, non-surgical treatment for pain that can return you back to an active lifestyle again, NATURALLY!!

You may be a candidate if:

- Your knee is "bone on bone" and you are considering knee replacement surgery.
- You have a meniscus tear.
- · You have been diagnosed with arthritis.
- You have tried joint injections and/or physical therapy and still have pain.
- You have had surgery and still have pain.

What makes Performance Rehabilitation & Integrated Medicine's approach so different?

Since 2011, Dr. Joseph Mejia of **PR&IM** has pioneered the use of adult stem cell therapy for the treatment of arthritis and many other orthopedic conditions. We were the first clinic in New Jersey to combine Adult Stem Cell Therapy, Platelet Rich Plasma Therapy (PRP) and Rehabilitation for the comprehensive treatment of joint pain.

Learn more www.PerformanceRehabNJ.com

Based on the Most Current Research* Adult Stem Cell / PRP Therapy is proven to:

• Aid in the Repair of Knee Cartilage and Meniscus

Require No Lengthy Recovery
 Provide Effective Pain Relief

*The Journal of Arthroscopic Surgery & Related Surgery, January 2016

YES - major insurances including Medicare will pay for most, if not all of PR&IM's services.

Here is an example of what our patients have to say ...



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I had suffered with chronic pain for 15 months that kept me from enjoying my normal activities. I'd seen numerous physicians and none of them were able to alleviate the pain.

The Adult Stem Cell Therapy treatments at Performance Rehabilitation & Integrated Medicine changed all of that. I am finally able to return to doing the things that I love: boxing, working out, skiing, spending time with my son and just being active.

I am very happy with the quality of care that I received at PR&IM and with the positive results that I have achieved. - David E. Cassidy, Esq., Bridgewater, NJ



459 Watchung Avenue Watchung, NJ 07069

INAUGURAL INSTALLATION OF THREE PUBLIC SCULPTURES

inaugural installation of three public sculptures in New Providence, NJ. "Cycles of Joy" by Bob Hill is installed on the grounds of New Providence Memorial Public Library and two works by Tom Homes, "Cradle of Civilization" and "Spinning Fall" are installed in Centennial Park and at the corner of South Street and Central Avenue, respectively.

The NP Public Art committee was formed in November of 2015 and has been busy raising funds these past months. It is through the numerous contributions by residents that this inaugural installation is made possible. Two of the sculptures have been sponsored by Jim and Theresa Turner of New Providence. The committee is deeply grateful to the Turners for their generous contribution.

A great deal of effort has been put into choosing suitable works for public display and NPPA is pleased to have secured these three

NP Public Art is thrilled to announce its wonderful sculptures by the two artists for a duration. Tom Holmes' sculptures will be on loan to New Providence for a period of two years. Bob Hill's "Cycles of Joy" will be on view for one year followed by another work by him for an additional year.

> NP Public Art is grateful to have the support of the Borough of New Providence and its Department of Public Works and is indebted to the Downtown Improvement District for providing it with non-profit status. NPPA is also grateful to Murray Hill Inn for their support of the program and for allowing installation of work on their property.

> Support of this program through private donations is essential to its continuation. All contributions to NP Public Art are tax deductible. For more information please contact NPPA Chair, Marjan Nirou Saniee via email nppublicart@gmail.com For updates on activities please follow NP Public Art on Facebook.



(above, l-r) Colleen Byrne, Director NP Memorial Library, Marjan Nirou Saniee, chair NP Public Art, Bob Hill, creator of "Cycles of Joy", Christine Morgan representing Mayor Al Morgan, Theresa Turner, NPPA member and sponsor of the sculpture, Doug Marvin, New Providence Borough Administrator.



(above, l-r) David Waeschle of NP DPW, Arlene Regan, treasurer NPPA, Marjan Nirou Saniee, chair NPPA, Tom Holmes, creator of "Cradle of Civilization", Theresa Turner, member NPPA, Christine Morgan representing Mayor Al Morgan, Doug Marvin, Borough Administrator, Mark Allocco of NP DPW at Centennial Park.



(above, l-r) Kerry Lee, manager of Best Western Hotel, Marjan Nirou Saniee, chair NP Public Art, Tom Holmes, creator of "Spinning Falls", Theresa Turner, NPPA member and sponsor of the sculpture, Christine Morgan representing Mayor Al Morgan, Doug Marvin, New Providence Borough Administrator.



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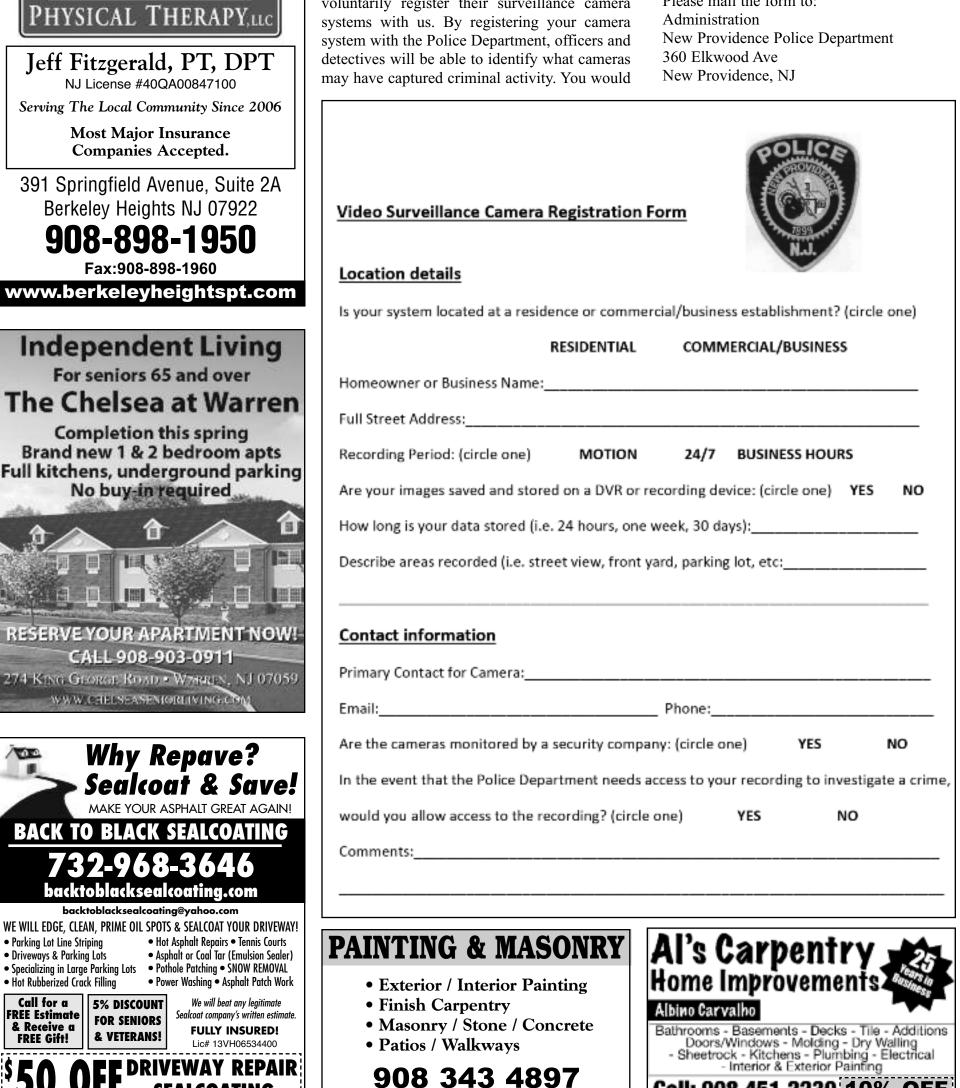
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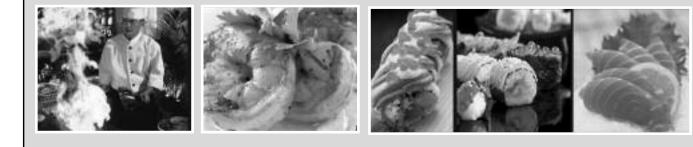


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5K RUN/1M WALK CASA RACES TO REACH FOSTER YOUTH

Lace up your sneakers, Cranford folks, and step up to change the life of an abused, neglected or abandoned union County child placed in foster care. It's easier than you think! On Saturday, May 14, 2016, CASA of union County will host its second annual Foster the Dream 5k Run and 1 Mile Walk right here at Oak Ridge Park to raise awareness of the need for community volunteers to serve as Court Appointed Special Advocates, and to raise funds to expand recruitment and training efforts.

Life in foster care — and the circumstances that led to it — is no walk in the park, but your walk or run in the park can change that! CASA

of union County currently serves 155 of the 600 youth in care; your participation brings waiting foster youth closer to having a CASA volunteer of their own. Appointed by family judges, trained CASA volunteers serve foster youth by advocating in court and the community to ensure needs are being met and best interests are a priority. The judicial appointment means advocates are authorized to speak with the youth's attorney, teachers, doctors, therapist, foster parents, caseworker and more, and then report findings to the judge.

The race course is uSATF-certified and awards are given to the first-place male and female finisher, as well as runners in age brackets.. The morning includes raffle prizes for the winning tickets are \$5 — and such postrace sustenance as fruit, bagels and water aplenty.

Check-in and packet pick-up begins 7:30 am race day; the 1 mile walk begins at 9 am and the 5k run at 9:30 am. High-quality performance race shirts are guaranteed to all paid registrants through April 20. Registration is \$25 for the run and \$20 for the walk; \$5 more after April 15. Children under 10 are free.

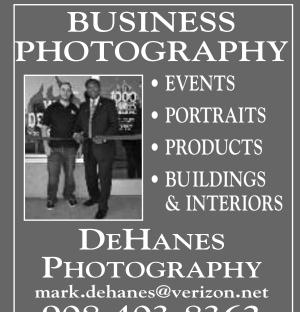
Register at www.fosterthedream.org, taking the first steps toward changing the life of an abused, neglected or abandoned child. Contact Jen Mutch, race chair and CASA board member, at (917) 453-5415 or jcdowntown@hotmail.com.





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