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An Age-Friendly Initiative

GENERATIONS *for* GARFIELD



NATIONAL NIGHT OUT 2019!

*Generations for Garfield
Division of Community Affairs
Garfield Police Department
160 Belmont Ave
Garfield, NJ 07026
www.Generations4Garfield.org
Edited by NYU SoM NIEHS Center CEC*

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**Congratulations on Garfield's
Community Newsletter
"Generations for Garfield"**



**Richard "Riggs"
Rigoglioso**
MAYOR



111 Outwater Lane, Garfield, NJ
rrigoglioso@garfieldnj.org
City Hall 973-340-2439
Cell 973-517-0854 • Fax 973-340-5183



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LETTER FROM THE MAYOR

I can't believe that summer is quickly coming to an end. It seems like just yesterday we were congratulating the many graduates on all their accomplishments and now it is time for another school year. The beginning of a new school year is such an exciting and rejuvenating time in our community. The bustling of fall sports and the running around of joining clubs and activities is always a test to commitment of keeping our children busy. So, I challenge each of our students to go back to school with open minds and open hearts. Try out a new sport or club – you never know if you'll enjoy something or find a hidden talent until you give it a try. And take a moment to get to know someone new. Sometimes we get wrapped up in the friendships that we have, but I can tell you from experience, you never run out of room in your life for good friends.

The City of Garfield Restaurant Week was designed to do help our local restaurants during the slow days of August. So; we would like to thank all the restaurants that participated in Garfield Restaurant Week, with their awesome food and atmosphere and special menus this event was a total success. Additionally, we would like to thank all the residents who patronage the restaurants. But; do you want to know what the very best part is, this will be an annual event because of its success. We hope everyone found a new favorite restaurant during that week.

Our City Manager Tom Duch has managed to secure several grants that we used for capital improvements more importantly, for road repairs and repaving. As you can see, we have repaved the City Hall parking lot along with the Garfield Library, Girls and Boys Club and the Garfield Recreation Parking lots. It is our intention to be able to keep our roads in excellent shape all the time, rather than waiting until we are forced to take more costly measures. The City of Garfield is also proud to announce that we were rewarded \$515,000 with the Open Space Trust Grant from the Bergen County Freeholders, this grant is only earmark for the continuation of the development for the River Road Park from Monroe Street to Passaic Street. We are thankful to our Freeholders for choosing Garfield to be the recipient of this grant.

Staying on the topic of Passaic street, People who are moving to areas with a developed downtown and are looking for a vibrant, walkable, downtown with hospitality and entertainment, and that's the future the city wants to provide for our residents, so with that being said If you haven't heard, the City Council has approved the redevelopment of Passaic Street. The benefits provided by this project will strengthen the spirit of community in Garfield and improve our standing in our county. This is also a historic and unprecedented opportunity to bring much needed investment and redevelopment to the heart of Garfield. The project would not only increase the city's tax base it will also create jobs. The redevelopment on Passaic Street is a step in the right direction. Manhattan bagels, Sushi Café, BBQ Brew House, bookstore café and a dog walking business have inquired about the redevelopment of Passaic street.

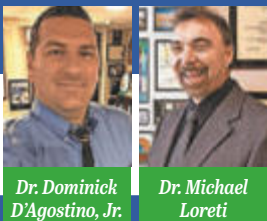
There are many fun events throughout September, on September 13 the Garfield recreation department will be hosting a free Concert in the Park at Century Field this is a celebration that will bring our residents out to enjoy incredible Motown music live from regional and local artists. Another event is our Annual Street Fair. This Street Fair on Midland Ave on September 29th began a few years ago. But with a lot of love from our Events Committee, the event has grown into an annual tradition for our families and residents. Residents can enjoy homemade creations from over 50 local vendors. In addition to the great food, crafts, and produce; there will be kid rides, petting zoo and inflatables and let's not forget live music

The City of Garfield and the Garfield Middle School is proud to partner with NJSUGARFREED (NJSugarfreed.org/get-involved), as we are the only city in North Jersey and the only Middle School in the state of New Jersey to pledge an initiative for our residents and students to reduce the consumption and sales of sugar sweetened beverages such as soda and fruit juices. Garfield will take the initiative to encourage our students, employees and residents to drink water rather than sugary beverages.

Finally; we all have our personal recollection of that moment when our countries, way of life was attacked. Do you remember where you were that September day in 2001. Eighteen years later, we have an entire generation of Americans who weren't born yet or were too young to have a personal memory of the actual event. For them, Sept. 11, 2001, is like Pearl Harbor to me; something they read about in history books or watch on TV. It now falls to us, the parents and grandparents of this youngest generation, to shape the written and visual accounts of this historic episode for them. Let's us not forgot all of the hero's and innocent victims that perished on September 11, 2001 and let's keep them and their families in our thoughts and prayers

SEPTEMBER EV

Sunday	Monday	Tuesday	Wednes
1	2 LABOR DAY	3	4 11-12 pm Generations for C Walking Club Gr 20th Century Par
8 <i>Include your community event on next month's calendar! Email the name, date, location & time of your event to Sgt. Jeff Stewart @ jstewart@garfieldpolice.org</i>	9 Monday-Friday: Generations for Garfield Walking Club: Check-in at the Garfield Health Dept, 60 Elizabeth St, 9-3 pm	10 9:00-11:00 am Health Counseling/Blood Pressure Screening, Garfield Health Dept, 60 Elizabeth St. 8:00pm City Council Meeting	11 11-12 pm Generations for C Walking Club Gr 20th Century Par
15 	16 Monday-Friday: Generations for Garfield Walking Club: Check-in at the Garfield Health Dept, 60 Elizabeth St, 9-3 pm	17 9:00-11:00 am Health Counseling/Blood Pressure Screening, GHD, 60 Elizabeth St.	18 11-12 pm Generations for C Walking Club Gr 20th Century Par 5:30-6:30 pm C Prevention Coali Garfield YMCA,
22	23 Monday-Friday: Generations for Garfield Walking Club: Check-in at the Garfield Health Dept, 60 Elizabeth St, 9-3 pm	24 9:00-11:00 am Health Counseling/Blood Pressure Screening, GHD, 60 Elizabeth St 8:00pm City Council Meeting	25 11-12 pm Generations for C Walking Club Gr 20th Century Par 1-3 pm Free Pro Garfield Rec Cer
29 10 am Garfield Street Fair Midland Ave (Elizabeth/ Krakow)	30 Monday-Friday: Generations for Garfield Walking Club: Check-in at the Garfield Health Dept, 60 Elizabeth St, 9-3 pm		



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EVENT CALENDAR

Wednesday	Thursday	Friday	Saturday
	<p>5</p> <p>8:30-9:30 Walking Club, 20th Century Park 10:00 am Salsa Class Prevent Type 2 Diabetes, Garfield VFW</p>	<p>6</p> <p>7 pm, VFW Post 2867 Mardi Gras Casino Night 340 Outwater Ln</p>	<p>7</p> 
	<p>12</p> <p>8:30-9:30 Walking Club, 20th Century Park 10:00 am Salsa Class Prevent Type 2 Diabetes, Garfield VFW 12-1:30 Garfield Prevention Coalition Meeting, Boys & Girls Club</p>	<p>13</p> <p>Music in the Park Parkway Soul, 20th Century Field</p>	<p>14</p>
	<p>19</p> <p>8:30-9:30 Walking Club, 20th Century Park 10:00 am Salsa Class Prevent Type 2 Diabetes, Garfield VFW</p>	<p>20</p>	<p>21</p>  <p>Chalk for a Cure Boys & Girls Club/YMCA Parking Lots</p>
	<p>26</p> <p>8:30-9:30 Walking Club, 20th Century Park 10:00 am Salsa Class Prevent Type 2 Diabetes, Garfield VFW</p>	<p>27</p>	<p>28</p> <p>1 pm Sew Sista's Artful Quilted Wall Hanging Senior Center, Midland Ave</p> <p>10-1 pm Garfield Shred Event Garfield Rec Center</p>



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HEALTH & COMMUNITY

Let's Get Fit and Healthy Together

The Garfield Prevent Type 2 (T2) initiative is a CDC National Diabetes Prevention Program supported by the Russ Berrie Foundation, facilitated by Hackensack University Medical Center, and promoted by Generations for Garfield, An Age-Friendly Community Initiative. Diabetes is currently the seventh leading cause of death in the United States. Over eighty-four million Americans now have prediabetes – that's 1 out of 3 adults! Of those 84 million, 9 out of 10 of them don't even know they have it. Without taking action, many people with prediabetes could develop type 2 diabetes within 5 years. The prevent T2 diabetes program is a lifestyle change program that runs over the course of 1 year to assist with making changes to lower the risk factors of occurring type 2 diabetes. The participants of the program learn how to eat healthy without giving up all the foods they love and how to incorporate physical activity into their busy schedules. If you are interested in joining the Garfield Prevent T2 program please call the Garfield Health Center for more information at 973-340-3340.



Prevent T2 first cohort participating in a teaching kitchen at the Garfield VFW (above). Team members in photo: Susan Kraus, RDN and Joanne Wendolowski, MS, RN.

Fitness dance class at the Garfield VFW Post lead by a HackensackUMC Fitness & Wellness Center (below)



The Garfield Green Team Needs YOU!



Garfield is proud to be a certified Sustainable Jersey community. One of the key factors in building sustainability is having a city-wide 'Green Team'. The Green Team works to incorporate sustainable plans and ideas into the many departments and committees of Garfield. The Green Team is a great way to get involved in your community and is always looking for new volunteers! For more information, visit our Facebook page at:

www.facebook.com/garfieldgreenteam

Or, email Yvette Delaney @ ydelaney@garfieldnj.com for more information.



Join the GPC for our next meeting on Thursday, **September 12th from 12-1:30 pm** at the Garfield Boys & Girls Club (490 Midland Ave). The time for this meeting has been extended to 1:30 to allow for some special announcements, a guest speaker and time to enjoy a lunch that is graciously being provided for us by a generous anonymous supporter. Or, if evenings are better for you, join us on **Wednesday, September 18th from 5:30-6:30 pm** at the Garfield YMCA (33 Outwater Lane). Same agenda as the day-time meeting.

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Garfield Police Department-Community Affairs 06-5306

NEWS & EVENTS

Thank you!



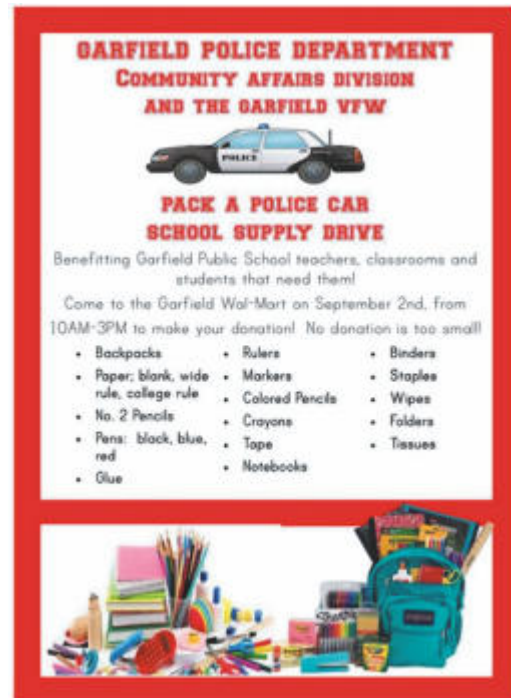
Thank you to all the Greater Bergen Community Action volunteers who helped at the Generations for Garfield Produce Market on August 28th! Produce markets are typically held once per month at the Garfield Recreation Center. The produce is *FREE*, but registration is required. Please call the Health Dept at 973-340-3340 to pick up a voucher for the September market.

Next Generations for Garfield Produce Market : September 25th.

School Supply Drive 2019

PACK A POLICE CAR!!

Join the Garfield Police Department’s Community Affairs Division on Monday, September 2nd from 10-3 pm at the Garfield Walmart. School supplies collected benefit Garfield students & teachers! Markers, Crayons, Pens, Notebooks, Tape, Folder, Rulers and so much more are needed for this school year.



Check out Garfield's new website for important updates & events:
<http://www.garfieldnj.org>



Mayor Richard Rigoglioso: Rrigoglioso@garfieldnj.org
Deputy Mayor Joseph Delaney: jdelaney@garfieldnj.org
Councilwoman Erin Delaney: Edelaney@garfieldnj.org
Councilman Frank Calandriello: fcalandriello@garfieldnj.org
Councilman Louis Aloia: laloia@garfieldnj.org
City Manager Thomas Duch: tduch@garfieldnj.org

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