

Honorable Jeffery Jones, Mayor Presents

Paterson's Quality of Life e-Newsletter

November/December 2013, Volume 2, Issue 19



NOVEMBER/DECEMBER FEATURES...



Department of Health & Human Services ~ Division of Health

**Fight the Flu
Get Vaccinated**

**PATERSON DIVISION OF HEALTH
ANNUAL FLU SHOTS
176 Broadway**

Dates: November 26, 2013 **Times:** 1:00 pm - 3:00 pm

**Please Bring Your...
Medicare, Medicaid, or Private Insurance Card**

"How to Survive the Holidays Without getting Food Poisoning, Burning Your House Down or Going Crazy"

It's the time of the year when family and friends get together, share gifts and eats lots of food. While it's a great time of the year it's also the time where improperly cooked food causes more than a few visits to local hospitals, drunk driving arrests peak and stress is high.

The following tips might just help prevent that!

- ◆ Always defrost meat in the refrigerator or by running cool water over it in a sink. Never defrost meat on the counter.
- ◆ Remember to remove the plastic pouch from inside the turkey!
- ◆ Cook food to the proper temperature. Butterball has a hotline you can call with "turkey questions". 1-800-Butterball.
- ◆ When frying a turkey make sure you are OUTSIDE (not in a garage or shed) and far enough from a structure so that it doesn't catch on fire.
- ◆ Defrost the turkey before you place it in the turkey fryer.
- ◆ Store perishable food in refrigerators or heavily iced coolers. Just because it's cold outside don't think that it's cold enough to place food in the attic or basement until serving time.
- ◆ Don't use "real" candles. Use the LED type candles that are battery operated. The number of deaths from candle related fires has gone up dramatically over the past few years.
- ◆ When using "Sternos" make sure that the tablecloth is flame retardant, not paper or plastic.
- ◆ Check all holiday lights for frayed cords before using them to decorate.
- ◆ If you have pets make sure you don't overdo it on the table food. Use caution with tinsel on trees and glass ornaments. Also keep holiday chocolate way out of reach of cats and dogs. It can kill them.
- ◆ Do not drink alcohol and drive. The holidays provide enough distractions. Drinking impairs judgment. Distractions and drinking are a lethal combination. Get a designated driver or call a taxi/car service.
- ◆ Above all-take the time to rest and eat properly. While it's a great time of the year, it's a stressful time of the year.

Have a great, safe, healthy, happy holiday season!

For more information call the **Environmental Health Office** at (973) 321-1277 dial 1 and Ext. 2756 or 2762

You can also email vgood@patersonnj.gov

If your landlord is responsible for supplying heat and maintaining the heating system but your apartment is still cold!

Then you have the right to file a "No Heat Complaint" when:

- ◆ You have notified or attempted to notify your landlord and/or property manager where reasonable time has elapsed and landlord has failed to restore the heat.
- ◆ The temperature in your **home** is 68 degrees Fahrenheit or below and the **outside** temperature is 55 degrees Fahrenheit or lower during **daytime hours** (6:00am-11:00pm)
- ◆ During **night-time hours** (11:01pm and 5:59am) if the temperature of your **home** is 55 degrees Fahrenheit or lower and the **outside** temperature is 40 degrees Fahrenheit or lower.

Who do you contact: The Division of Health, Environmental Health Office

- ◆ Monday through Friday from 8:30 am until 4:30 pm call: 973-321-1277 dial 1 Exts. 2756 or 2762
- ◆ After 4:30pm and on weekends and holidays, please leave a message on the "Heat Hotline" 973-321-1277 then when prompted 12757

When calling be ready to provide:

Full name, address, telephone number where you can be reached, apartment number and/or floor number so that the **Division of Health** can provide a thorough investigation.



For more information call the **Environmental Health Office** at (973) 321-1277 dial 1 and Ext. 2756 or 2762

Go to **176 Broadway, Paterson, NJ 07505**

You can also email vgood@patersonnj.gov

School Based Youth Services

SAVE OUR STREETS EVENT!!!

School-Based Youth Services Program - Positive Development Workshops for Parents: (Rights, Responsibilities & Joys of Parenting) Male Mentoring & Fatherhood Workshops (Free)

For more information on events like this & Positive Development Workshops for Parents contact: Mr. William "Raheem" Smallwood or Mr. Anthony Wilson @ 973-321-0541 Program located at JFK High School, Preakness Ave., Paterson, NJ.



MESSAGE FROM THE OFFICE OF EMERGENCY MANAGEMENT...

Alert! Alert! Alert!

The City of Paterson will be conducting a live test of the Emergency Siren System at 12 noon on December 7, 2013. The test will include multiple and different siren sounds/tones as well as a test of the Public Address System. This test will take approximately 30 - 45 minutes.

Be Ready!

With winter and the holiday season approaching the Office of Emergency Management would like to remind you of the dangers that can happen and encourage you to be prepared.

The Importance of CO Detectors!

When power outages occur after severe weather such as hurricanes or tornadoes, using alternative sources of power can cause carbon monoxide (CO) to build up in your home and poison your family. CO is a colorless, odorless gas created by burning fuel when using portable generators, gas ranges, burning wood or by running your car.

While [hundreds of people die in the U.S.](#) each year from accidental CO poisoning, this tragedy can be prevented. If you don't have a battery-powered or battery back-up CO detector in your home, install one as soon as possible and check it every six months. You should also [follow these safety tips](#):

- ◆ Do not run your car inside a garage that is attached to your home, even if the garage door is open to the outside;
- ◆ Have your heating system, water heater and other gas, oil or coal burning appliances serviced by a qualified technician each year; and
- ◆ Never heat your house with a gas oven.

Holiday Lights

Maintain Your Holiday Lights

Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.

Do Not Overload Electrical Outlets

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires – they should not be warm to the touch.

Holiday Decorations

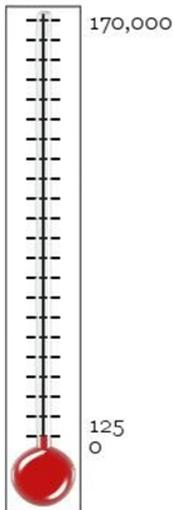
Use Only Nonflammable Decorations Don't Block Exit Ensure that trees and other holiday decorations do not block an exit way. In the event of a fire, time is of the essence. A blocked entry/exit way puts you and your family at risk.

Holiday Gift Ideas

Are you tired of not knowing what to buy that special someone for the holiday? Show them you care by giving them a personal disaster preparedness kit.



Paterson Weight Loss Challenge



**MAYOR JEFFERY JONES & DIVISION OF HEALTH PRESENTS:
PATERSON'S WEIGHT LOSS CHALLENGE
KICK – OFF was on July 22, 2013**

Let's Get Healthy Paterson!

Remember to get the OK from your physician before starting a diet or exercise program...

Next step: go to www.patersonweightlosschallenge.com

Click on: "How it Works" – complete the name, email address & lbs. loss since 7/22/13;

To the left: Click on: "Click here for Forms & Other Information";

Now you have everything you need:

Please report your weight loss numbers by the 5th of each month either through

www.patersonweightlosschallenge.com or email to hperetz@patersonnj.gov

The Paterson Weight Loss thermometer will total our weight loss monthly and document in our Paterson's Quality of Life e-Newsletter...

We can't do this without you!!!

Department of Public Works

RECYCLING

- ◆ Paterson residents must recycle or they will be subject to a fine of up to \$1,000.00.
- ◆ Glass bottles, Plastic containers, Aluminum cans and bi-metal cans can be placed curbside in a single container.
- ◆ Cardboard and newspaper must be bundled and tied or placed in brown paper bags.
- ◆ Brush may be placed curbside on your scheduled recycling day. Branches has to be no more than four (4) foot in length.
- ◆ Grass and leaves are also collected on recycling days and must be place in biodegradable bags.
- ◆ Recycling host's two hazardous waste collections and two electronics collection events during the year, for information call (973) 321-1393.



SOLID WASTE/GARBAGECOLLECTION

- ◆ All garbage containers are to be placed curbside.
- ◆ No garbage containers are to be placed curbside before 6:00 PM the day before scheduled collection.
- ◆ Empty garbage containers are to be removed from the curb in a reasonable period of time.
- ◆ Each violation is considered a separate offense.
- ◆ Bags containing garbage must be place into a container with a lid and cannot exceed seventy (70) pounds.

Our citizen litter, recycling and/or park patrol team is being led by Diane Polifronio and she can be reached at 973-321-1393 Community volunteers are needed to help patrol our streets and report findings accordingly.

See someone dumping illegally, take a photo or jot down their license plate # and call it in to DPW. A summons will be mailed to the owner of the vehicle! With your help we can stop illegal dumping!

This e-newsletter provides information about upcoming activities, projects and meetings as it relates to addressing our Quality of Life issues throughout the City of Paterson.

Please join the areas that interest you...

This Month's Calendar of Events:

In addition to previously mentioned events...please look to support the following:

4th Thursday Monthly - Paterson Senior's Association Meetings 10:45AM @ 165 5TH Avenue (Riverside Vets Bldg.)

2nd Thursday Monthly – Pregnant & New Mothers' Group 3:30pm – 4:30 pm Paterson Public Library 3rd floor;

4th Thursday Monthly – Pregnant & New Mother's Group 3:30 pm – 4:40 pm Hispanic Multi-Purpose Center 2nd floor;

First Time Moms – call 973-942-3630;

Every Wednesday - Senior Wellness Aerobics - Free low impact aerobics class—All ages are welcome. United Presbyterian Church, 375 Van Houten Street 11:30AM - 12:30PM call 973-742-9755;

Every First Saturday of Each Month - Souper Saturday Free Community Meal - from 12 noon - 2PM United Presbyterian Church, 375 Van Houten Street Call 973-742-9755;

Every Friday & Monday, Every 3rd Thursday & Every 3rd Friday - Food Pantry sponsored by **Grandparents Relatives Care Resource Center, Inc.** for more info call 973-553-2091 or stop by 224 17th Avenue;

Nov 11—Dec 6 Paterson Public Schools Present Family to Family Food Drive - Drop off locations: PS #6 (137 Carroll St. Paterson) PS#10 (48 Mercer St. Paterson) - PS#18 (51 East 18th St, Paterson) - PS #28 (200 Presidential BLVD) - MLK/PS #30 (851 East 28th St. Paterson) for more info call Bridget Arrick at 973-321-0884;

Nov 16 - The Paterson Free Public Library Northside Branch Grand Opening! @ Christopher Hope Community Center @ 60 Temple St., Paterson Room 3 -form 2-4pm - On-site parking available - Drawstring Back packs for the first 200 children who attend - Entertainment, Book Giveaways, Refreshments for more info call 973-321-1309 or go to www.patersonpl.org;

Nov 18 - Paterson Quality of Life Citywide Follow-up Session Putting the Puzzle Pieces Together 6pm-8pm @ Rosa Parks High School (Auditorium) 413 12th Avenue Paterson, NJ 07514;

Nov 18 - The New Jersey Homekeeper Program - this program is available to all New Jersey residents - Are you unemployed or underemployed & struggling with your mortgage? This Program is for You!!! 1:00pm -2:30pm @ Paterson One Stop Center 200 Memorial Drive, Paterson, NJ—for more info or to star your application call Yolanda Melendez @ 973-321-1242 ext. 2420

Nov 19 - The Paterson Free Public Library presents THE SPY 5 Film Series - The Deadly Affair @ 5:30pm in the Assembly Room - Must be 18 to attend - FREE - On-site parking available - Paterson Free Public Library 250 Broadway , Paterson, NJ - www.patersonpl.org 973-321-1223;

Nov 20 - The Paterson Free Public Library & City Green present DIRT! - The Farm & Film Series @ 5:00pm in the Assembly Room - All welcome Snacks will be served - On-site parking available - Paterson Free Public Library 250 Broadway , Paterson, NJ - www.patersonpl.org 973-321-1223;

Nov 21 - The Paterson Pastor's Workshop Clergy on Fire PRESENTS its annual, **Family of the Year** in conjunction with the, I.A.A.M Initiative, Recognition & Awards Banquet. @ 7pm held @**The Bethwood** 38 Lackawanna Ave Totowa, NJ 07512. All are welcome to attend. For Tickets info Contact Reverend Marcus for tickets @ 201-820-2014;

Nov 26 - The Paterson Free Public Library presents THE SPY 5 Film Series - The Quiller Memorandum @ 5:30pm in the Assembly Room - Must be 18 to attend - FREE - On-site parking available - Paterson Free Public Library 250 Broadway , Paterson, NJ - www.patersonpl.org 973-321-1223;

Dec 7th - The City of Paterson will be conducting a live test of the Emergency Siren System at 12 noon. The test will include multiple and different siren sounds/tones as well as a test of the Public Address System. This test will take approximately 30 - 45 minutes.

Dec 9 - The Paterson Free Public Library & Northwest New Jersey Community Action Partnership present Affordable Care Act Sememar @ 6pm in the Assembly Room - All are welcome - On-site parking available - Paterson Free Public Library 250 Broadway , Paterson, NJ www.patersonpl.org 973-321-1223;

Jan 18 - Shabazz Production Presents Annual Martin Luther King Jr. Jazz Festival - from 6pm to 12midnight @ Church of Assumption 35 Orange Ave., Clifton, NJ—for more info call 973-478-4124;

National Suicide Prevention Lifeline 1-800-273-TALK(8255) Suicides are quickly becoming a major concern in our community & on a national level.