

Honorable Jeffery Jones, Mayor Presents  
**Paterson's Quality of Life e-Newsletter**

*August/September 2013, Volume 2, Issue 16*



**AUGUST/SEPTEMBER FEATURES...**



**August ~ Children's Eye Health & Safety**

**August ~ Cataract Awareness Month**

**August ~ Medic Alert Awareness Month**

**September ~ Prostate and Ovarian Cancer Awareness Month**

**September ~ Childhood Obesity Awareness Month**

**September ~ Fruits & Veggies Month**

**September ~ Cholesterol Education Month**

**SUPPORTING THE FIGHTERS, ADMIRING THE SURVIVORS,  
HONORING THE TAKEN & NEVER GIVING UP HOPE!**

## News From Department of Health & Human Services

### COOLING INFO HOTLINE

973-321-1277 Ext. 2757

- ◆ South Paterson Library located at 930 Main Street: CALL BEFORE YOU GO—973-357-3020;
- ◆ Totowa Branch Library is located at 405 Union Ave: CALL BEFORE YOU GO—973-942-7198;
- ◆ Division of Senior Services – Riverside Vets is located at 165 5<sup>th</sup> Ave: CALL BEFORE YOU GO—973-653-5932;

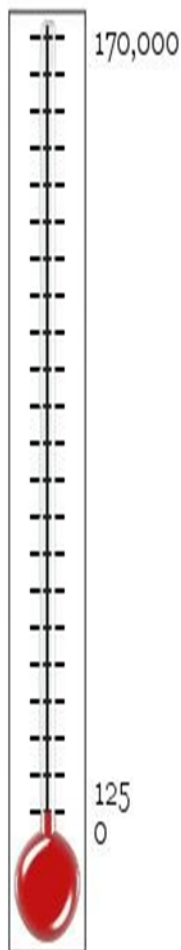
## DHHS ~ Division of Senior Services

### THE PATERSON SENIOR'S ASSOCIATION

We are happy to report that as of July 25, 2013 The Paterson Senior's Association has been certified as a New Jersey Nonprofit Corporation!!!

Congratulations to the members of the Paterson Senior's Association!!!

## DHHS~ Division of Health



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

Thanks to Mr. Ming the kick-off can be seen on Channel 77. When you tune in you will be able to see and hear the actual kick-off presentations and the invitation to join with all Patersonians.

Many cities across our nation are actively participating in city-wide weight loss programs. The purpose is for U.S. citizens to eat healthy which helps with weight loss.

Please first, check in with your physician regarding your dieting and exercise plans.

**Our goal is to loose - 170,000 lbs!!!**

#### 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](http://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:

#### Kick-off Announcement Agenda;

Information: Obesity

Personal Weight Loss Chart

Body Mass Index (BMI) Chart

Weight Management & Nutrition Support Locations

City Green Farm Stand Summer Schedule

Frequently Asked Questions

Please report your weight loss numbers by the 5<sup>th</sup> of each month either through

[www.patersonweightlosschallenge.com](http://www.patersonweightlosschallenge.com) or email to [hperez@patersonnj.gov](mailto:hperez@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!!!**

## MESSAGE FROM THE OFFICE OF EMERGENCY MANAGEMENT...

The Office of Emergency Management would like to remind everyone that a very active hurricane season is predicted this year. The hurricane season starts on June 1<sup>st</sup> and ends on November 30<sup>th</sup>. We encourage all residents to prepare a personal emergency disaster kit for the home which should include but not limited to the following items:

- ◆ Battery or crank operated flashlight and radio
- ◆ Non-Perishable food items (foods that do not have to be refrigerated)
- ◆ Manual can opener
- ◆ Bottled water
- ◆ First aid kit

If you must evacuate your home prepare an emergency go-bag with the following items:

- ◆ Medications
- ◆ Important documents
- ◆ Cell phone and chargers
- ◆ Change of clothing
- ◆ Feminine napkins/diapers
- ◆ First aid kit
- ◆ Infant food and formula (if you have infants)
- ◆ Blanket and pillow
- ◆ Prepare for your pets.

If a hurricane or other weather events have been forecasted, please secure all outdoor furniture and propane tanks as well as trim trees and remove any dead branches. Remember to fill your gas tank in the event a power outage occurs.

We also encourage residents and businesses to subscribe to the free Citizen Alert notification system at: [www.patersonnj.gov](http://www.patersonnj.gov)

For further readiness tips check the following websites: [Ready.gov](http://Ready.gov) as well as [FEMA.gov](http://FEMA.gov)

Glen Brown, OEM Director



## School Based Youth Services

### Celebrating Fatherhood!!!

#### “New Jersey Fathers Moving Forward”

#### The First Annual Statewide Fatherhood Forum

took place on August 7, 2013 @ the

New Jersey Department of Children & Families  
Professional Development Center in New Brunswick.

The event was a great success for both the parents and youth.

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

## RENT LEVELING

### Attention Landlords/Homeowners:

Please be advised that pursuant to Section 381-4 K of the Paterson Rent Leveling Ordinance, a registration form must be filed if your property has two (2) or more residential rental units.

Stop by or contact the office to get a form at 125 Ellison Street, 1<sup>st</sup> Floor.

**For more information contact: Mrs. Amelia Jimenez @ 973-321-1242 ext. 2285**

## 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/GARBAGE COLLECTION

- ◆ 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!**

## Community Development

### *WHAT DOES BEING SAFE IN YOUR NEIGHBORHOOD MEAN TO YOU?*

Drug-free zones around schools offer communities one way to give students a place where they can play and talk without being threatened by drug dealers and drug users. Federal law and many state and local laws increase penalties for drug-related activities in drug-free school zones. It is a law and a community-wide commitment to reduce drug use among young people. For more information call **Ms. Nancy Grier at 973-321-1212 ext. 2233.**

**We need you to get involved!** Together we can secure safer streets, community spirit, stronger relationships with law enforcement and so much more. Participate in Neighborhood watch, become an active group, contact your Neighborhood Assistance Office at 125 Ellison Street 2<sup>nd</sup> floor - **Ms. Nancy Grier at 973-321-1212 ext. 2233 or Sgt. Sharon Easton, PPD at 973-321-1272.**

To ensure our advertisings are offering a look of professionalism, please call - **Mr. GianFranco Archimede at 973-321-1355 to help with patrolling and reporting signage-commercial/business windows.**

Please call **Ms. Kathy Easton at 973-321-1233** if you are interested in helping with Paterson's Re-development plan as we continue to address vacant & abandoned property.

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:

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

**4<sup>th</sup> Thursday Monthly** – Pregnant & New Mother's Group 3:30 pm – 4:40 pm Hispanic Multi-Purpose Center 2<sup>nd</sup> 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 3<sup>rd</sup> Thursday & Every 3<sup>rd</sup> Friday - Food Pantry** sponsored by **Grandparents Relatives Care Resource Center, Inc.** for more info call 973-553-2091 or stop by 224 17th Avenue;

**Summer Camp** - For Information call **Paterson Recreation at 973-321-1313**;

**Summer Reading Club 2013** - For Details call Paterson Public Libraries - Main Library at the 250 Broadway @ 973-321-1223 ext. 2318, Southside Branch at 930 Main St. @ 973-357-3020 or Totowa Brand Library at 405 Union Ave @ 973-942-7198

**Every Tuesday - City Green Farm Stand @ Paterson City Hall** Downtown Market St (10:30am to 2:30pm) - **@ Christopher Hope Community Center** at 60 Temple St. (10:30am - 2:30pm) - **@ Paterson Public Library Southside Branch 930 Main St./Gould Ave.** (1pm - 2:30pm) Note: at these markets you can double your dollars - spend a dollar and get a dollar when you use EBT (food stamp)/SNAP, WIC, or Senior Market checks;

**Every Friday - Farmer's Market Truck @ Riverside Vets Building/Senior Nutrition Center @ 165 5th Avenue**, Paterson (10:00am to 2:00pm) - Please bring your vouchers before they expire - call Hilda Diaz or Diane McCallum for more details @ 973-653-5932;

**Passaic County Sheriff's Junior Police Academy** - For more information call 973-389-5920 August 12th -16th & August 19th-23rd for ages 11– 14;

**Aug 16th - Paterson Division of Recreation Presents: Family Movie Night - Eastside Park** Lower level across from Doby Field - Showtime 7pm—Free Popcorn - Free Hotdogs - Bring your blankets & chairs - Hosted by Commissioner Kenneth Simmons - for more info call 973-321-1313;

**Aug 16th - Paterson Community Health Center Presents: Family Health Day** - 10am—3pm at 32 Clinton St., Paterson, NJ - Health Screenings, Entertainment by DJ MOJO & Free Food - for more info call 973-790-6594 ext. 322 or 324 you can also call 973-278-2600 ext. 101;

**Aug 20th - Paterson Free Public Library Presents SCI-FI 5 Film Series "MARS ATTACKS"** a Science Fiction Film 5:30pm - Assembly Room— all are welcome, on site parking—FREE!!! 250 Broadway, Paterson, NJ -go to [www.patersonpl.org](http://www.patersonpl.org) or call 973-321-1223;

**Aug 21<sup>st</sup> - Paterson Free Public Library & City Green Present "DIRT"** a Farm & Food Film - 5pm - Assembly Room - all are welcome, snacks will be served, on site parking - FREE!!! 250 Broadway, Paterson, NJ - go to [www.patersonpl.org/www.citygreenonline.org](http://www.patersonpl.org/www.citygreenonline.org) or call 973-321-1223;

**Aug 24th - Join Assemblywoman Shavonda E. Sumter & Assemblyman Benjie E. Wimberly** in supporting **Martin Luther King III & Reverend Al Sharpton** for the **50th Anniversary March on Washington** - 4am sharp @ Mr. G's Diner 455 East 18th St. Paterson, NJ - Reserve your seat by calling Marilyn at 973-925-7061;

**Aug 27th - Paterson Free Public Library Presents SCI-FI 5 Film Series "SLEEPER"** a Science Fiction Film begins at 5:30pm in the Assembly Room -18 & over welcomed, on site parking & its all free!!! 250 Broadway, Paterson, NJ - go to [www.patersonpl.org](http://www.patersonpl.org) or call 973-321-1223;

**Sept 1st - City of Paterson's First Silk City 5K Run/Walk-** @ John F. Kennedy High School 61-127 Preakness Ave. Paterson, NJ - Race will begin at 8:30 sharp - for more info call 973-321-1357 or 201-274-4548;

**Sept 1st & 2nd - Memorial Day Weekend Great Falls Festival - 1pm –11pm**

**Sept 1st - Urban Renaissance Social Mixer & Networking Affair "The Tale of Two Cities"** hosted by *Paterson City Councilman At-Large, Kenneth D. McDaniel* and *Passaic City Councilman At-Large, Terrence L. Love Sunday, (No Work Monday) from 9:00 PM to 1:30 AM* Music by George "DJ Cut" Boddie @ **D'Classico Restaurant** 58 Ellison St., Paterson (*off street parking available*) for more info call **Paterson 973-910-0750 or Passaic 201-452-1090 -Vendors call 973-477-4880**

**Sept 3rd - Paterson Free Public Library Presents SCI-FI 5 Film Series "The Hitchhiker's Guide to the Galaxy"** a Science Fiction Film 5:30pm - Assembly Room -18 & over welcomed, on site parking - FREE!!! 250 Broadway, Paterson, NJ - go to [www.patersonpl.org](http://www.patersonpl.org) or call 973-321-1223;

**Paterson Task Force offers the public assistance for PSE&G** – For more info: call 973-279-2333

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