

Honorable Jeffery Jones, Mayor Presents

## Paterson's Quality of Life e-Newsletter

VOL. 3 - ISSUE 2

FEB/MAR 2014

FEBRUARY/MARCH FEATURES...



Fight the No. 1 Killer of Women

# HEART DISEASE

During American Heart Month

The facts are clear. More women die of heart disease than all forms of cancer combined.  
Uncover the truth and make ending heart disease a reality.

# National Women's History Month

## Department of Health & Human Services

### HIGHLIGHTS FROM DHHS...

- ♥ **DSS Drivers** have performed above and beyond the call of duty to ensure our **seniors and medically fragile residents** reach their destinations safe and sound. We all know our driving conditions have been horrific so if you happen to see one of our Drivers providing transportation in the county busses, please at least give them a **HUGE smile** and if possible, a **HEARTY THANK YOU!**
- ♥ **Ryan White** is inviting **Bergen & Passaic County residents to visit a HIV/AIDS Planning Council meeting.** If you are interested and would like additional information i.e., meeting dates, times and locations, **please contact: MJ at 973.644.2542 ASAP.**
- ♥ **Rent Leveling Division** reports **717 foreclosures** recorded from March 2011 to date. This Division has **provided guidance, direction and specific assistance to 485 landlords and/or tenants during 2013.**
- ♥ **Planning and Program Analysis** the award letters have been mailed to **this year's non profit social services grant recipients.** The process begins all over again – please **look for the Request for Proposal** announcement for **fiscal year 2015 (effective 7/1/14 – 6/30/15).**
- ♥ **Youth Services Bureau** – During this school year **4 YSB** program participants and the program staff are celebrating the academic performances as they have made the honor roll. **CONGRATULATIONS to Mr. Hargrove, staff and certainly our student scholars!**
- ♥ **Mercantile Inspector reports** collecting revenue totaling **\$45,375 for 2013.** Since this Inspector has been in position he has contributed to the city's revenue by \$50,000 annually since 2011.
- ♥ **Weights & Measures Inspector** continues to work diligently on behalf of the citizens to ensure scales for our gas stations, jewelry stores, pharmacy's, Laundromats, etc. are accurate.
- ♥ **DOH - Need help with understanding the Affordable Health Care application process?** Please feel free to walk-in on Wednesday's from 10:00 – 11:00 a.m. or call **Tabitha or Robin 973-321-1277ext. 2412 or 2715!!!**

## Department of Health & Human Services ~ Division of Health

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:

- ♥ After 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 4:00 pm call: 973-321-1277 dial 1 Ext. 2756 or 2762
- ♥ After 4:00pm and on weekends and holidays, please leave a message on the "**Heat Hotline**" 973-321-1277 then when prompted enter 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](mailto:vgood@patersonnj.gov)

## Women and Heart Disease

When you think of diseases that affect women do you think of breast cancer, skin cancer or ovarian cancer? While these diseases are serious and require early diagnosis and treatment the disease that most women die from is heart disease. As a matter of fact more women than men die from diseases related to the heart. At least part of the problem is that symptoms are different than those of men. When it comes to heart attacks women often experience neck, shoulder, upper back or abdominal discomfort...as well as nausea, shortness of breath, sweating, dizziness or unusual fatigue....Now if you're a woman reading this you're probably thinking, "I experience one or more of these feelings on a daily basis." Correct and that's part of the problem. Women tend to "write off" or ignore aches and pains choosing instead to tend to family or tasks at hand.



Sadly when they finally realize there's a serious issue and arrive at the local emergency room a lot of heart damage might have already occurred. The crushing pain that is often associated with heart attacks occurs more in men than in women. So the bottom line is "better safe than sorry." If you experience one or more of these symptoms call an ambulance...do not drive yourself or have someone drive you. If it is a heart attack you need to be in an ambulance where equipment is available to assist.

How can you prevent heart disease? Well there are some things you can change and some things you can't. You can't change: hereditary factors: if you're a guy, if you're older, if you're a woman who is post menopausal or if you're African American, American Indian or Mexican American. If you fit into any of those categories you already are at risk of heart disease. The factors you can change are: smoking, high "bad" cholesterol, overweight, uncontrolled diabetes, uncontrolled high blood pressure, uncontrolled stress and anger. There is also something called "C-reactive protein" which if high also contributes to risk factors.

### What can you do?

- ♥ Check family health history.
- ♥ Control your diabetes if you have it.
- ♥ Control your high blood pressure (hypertension) if you have it.
- ♥ Exercise at least 30 minutes per day.
- ♥ Quit smoking.
- ♥ Lower bad cholesterol.
- ♥ Eat a healthy, well balanced diet.
- ♥ Manage stress.
- ♥ Get a yearly physical with blood-work.

**These are steps you can't afford to skip!**

## *Paterson Weight Loss Challenge*

### MAYOR JEFFERY JONES & DIVISION OF HEALTH PRESENTS: PATERSON'S WEIGHT LOSS CHALLENGE



#### 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

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 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)

Weight loss totals will be documented on a monthly basis and posted on Paterson's Quality of Life e-Newsletter...

**We can't do this without you!!!**

## ***School Based Youth Services***

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

The School-Based Youth Services Program staff and parents celebrated Dr. Martin Luther King Jr. Holiday at the Paterson Youth Council 8<sup>th</sup> Annual Dr. MLK Jr. Youth Recognition Awards Brunch. Twelve School Based students were nominated and Mara Kettle received the 1st place Community Service Award.

Next Family Event: The School-Based Youth Service Program is celebrating African-American History Month with program and events throughout the Month.



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.

## ***Paterson Free Public Library***

**Need help signing up for Obamacare?  
Have questions about enrolling for healthcare through the Affordable Care Act,  
but aren't sure how to get the answers?**



**Paterson Free Public Library has a special hotline.**

**Call 973-321-1338**

**Get connected with the resources you need!**

For Department of Public Works Information call 973-321-1488

**ARTICLE VI, Removal of Snow and Ice [Adopted 12-18-1979 by Ord. No. 79-111 as Ch. 23, Art. 7, of the 1979 Revised General Ordinances of Paterson]**

**§ 435-103.** Owner or tenant to remove snow and ice.

The owner or tenant in possession of lands abutting or bordering upon the sidewalks of public streets or public places in the City shall remove all snow and ice from the abutting sidewalks within 12 hours of daylight after the same shall fall or be formed thereon.

**§ 435-104.** Failure to comply; removal by City; lien for cost. [Amended 12-19-1995 by Ord. No. 95-068]

If the owner or tenant of any such premises shall neglect or refuse to remove the snow or ice as required in § 435-103, it shall be the duty of the Director of Public Works or his designee to forthwith have said snow and ice removed. The Director of Public Works or his designee shall thereupon certify the cost of the removal to the Department of Finance, which shall examine such certificate and, if found to be correct, shall cause such cost to be charged against the land abutting or bordering upon such sidewalks, and the amount so charged shall forthwith become a lien and tax upon such real estate and be added to and be a part of the taxes next to be assessed and levied upon such lands and shall bear interest at the same rate as other taxes and shall be collected and enforced in the same manner as other taxes.

**§ 435-105.** Casting snow or ice upon streets and sidewalks.

No person shall:

**A.** Place or cause to be placed any snow or ice upon the traffic lanes of the roadway of any street. If it is necessary to clear the roadway of snow and ice in front of any property for the purpose of providing parking space or to give access to such property, then such snow or ice shall be properly piled in the roadway line and in such a manner that the gutterway shall be unobstructed.

**B.** Remove any snow or ice from any private property and place the same onto any sidewalk or roadway of any street.

**§ 435-106.** Violations and penalties. [Amended 12-19-1995 by Ord. No. 95-068; 5-23-2006 by Ord. No. 06-045]

Unless another penalty is expressly provided herein, any person who violates any provision of this article shall, upon conviction thereof, be subject to punishment by payment of a fine in the amount of \$50. Fines are payable at the Violations Bureau without a court appearance. Costs of court of \$30 will be imposed, consistent with New Jersey Court Rule 7:11-4, for all such payments.

**ARTICLE X, Vehicles Obstructing Snow Removal [Adopted 5-9-1995 as part of Ord. No. 95-027]**

**§ 435-131.** Snow removal during street cleaning times; removal of unoccupied vehicles.

In addition to emergency snow removal, the Department of Public Works shall remove snow from City streets during said street's designated street cleaning day and time. Any unoccupied vehicle, stopped, parked or standing on a street during said street's designated days and hours for street cleaning and/or snow removal shall be removed by any police officer, the Director of the Department of Public Works or any person designated by him for the removal of such vehicle. The owner of such motor vehicle shall pay the reasonable costs of removal and storage which may result from removal before gaining possession of said vehicle.

**§ 435-132.** Violations and penalties. [Amended 2-8-2005 by Ord. No. 05-015]

Every owner of a motor vehicle who is convicted under this article shall pay a fine in the amount of \$50. Fines for violation of § 435-131 are payable at the Violations Bureau without a court appearance. Costs of court of \$30 will be imposed, consistent with New Jersey Court Rule 7:11-4, for all such payments.

**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:

**Every Wednesday Enrollment for Health Insurance Marketplace** - Paterson Public Library 250 Broadway, Paterson - 9am -3pm - North Jersey Federally Facilitated Marketplace Enrollment Team - Cogno Assistance Services - Go to [enrollmentnorthjersey@cognosante.com](mailto:enrollmentnorthjersey@cognosante.com) or call 908-758-1247 for more info;

**Free Tax Preparation Until April 15, 2014 - United Way of Passaic County Financial Empowerment Zone** - Tuesdays & Thursdays 9:30am-4pm @ PCCC (Paterson Community Technology Center) 218 Memorial Drive - Saturdays 10am-4pm @ United Way (Center City—Upper Level) 301 Market Street Make an appointment!!! Dial 2-1-1 or call 877-652-1148 or 973-279-8900 ext. 205;

**Every Wednesday until March 15, 2014** between 10am - 11am - “**Instructions to Help You Complete the Application for Health Coverage and Help Paying Cost for OBAMACARE**” - Stop by the Paterson Division of Health 176 Broadway—Ask for **Tabatha or Robin, Health Educators**;

**Every 1st Wednesday of the Month, Every 3rd & 4th Friday - Food Pantry** sponsored by **Community Baptist Church - 10am to 1pm** - For more info call 973-742-9119 or 973-341-3897 - Location East 24th Street & Broadway (Entrance East 24th Side);

**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 3rd Thursday 11am—4pm& Every 3rd Friday 10am-1pm - Food Pantry** sponsored by **Grandparents Relatives Care Resource Center, Inc.** for more info call 973-553-2091 or stop by 224 17th Avenue;

**FEB 22 - First A.M.E. Zion Church Presents Music, Dance & Poetry From Our Past And Present Artist, Performed By Our “Special Guests” Celebrating R & B Jazz & Gospel** @ 326 Ellison Street, Paterson, N.J. - Time: 5:00 P.M. Donation \$10.00;

**FEB 22 - Bringing Visibility to the City of Paterson by Promoting Economic Development.** You are invited to attend a **Robert Belmont Foundation** Networking Event - 6PM-10PM at **Hamilton & Ward Steakhouse** - 101 Ward Street, Paterson NJ, 0750 - For more info and cost call 973-278-4196;

**FEB 23 - Anointed Entertainment Presents “A Day of Healing”** Hosted by **Jason Moody, WBLS & WBLS's Own Liz Black - Many Special Music Performances** - For Ticket Info call 404-855-1345 - Location John F. Kennedy High School 61-127 Preakness Ave, Paterson, NJ 07522;

**FEB 24 - First A.M.E. Zion Church Presents Nights of Movies Commemorating the Contributions Made by African Americans to the Music & Film Industry - “IT'S BLACK ENTERTAINMENT”** @ 326 Ellison Street, Paterson, N.J. - Time: 6:30 P.M. for more info call 201-306-3215 or 201-774-5438;

**FEB 25 - Paterson Public Library Presents THE ROMANCE 5 Film Series - “Jules et Jim”** - 5:30pm in the Assembly Room - Must be 18 to attend - FREE Admission & On site parking - 250 Broadway, Paterson—for more info call 973-321-1223;

**FEB 25 - First A.M.E. Zion Church Presents Nights of Movies Commemorating the Contributions Made by African Americans to the Music & Film Industry - “THE GREAT DEBATERS”** @ 326 Ellison Street, Paterson, N.J. - Time: 6:30 P.M. for more info call 201-306-3215 or 201-774-5438;

**FEB 26- First A.M.E. Zion Church Presents Nights of Movies Commemorating the Contributions Made by African Americans to the Music & Film Industry - “INVICTUS”** @ 326 Ellison Street, Paterson, N.J. - Time: 6:30 P.M. for more info call 201-306-3215 or 201-774-5438;

**FEB 27 - First A.M.E. Zion Church Presents Nights of Movies Commemorating the Contributions Made by African Americans to the Music & Film Industry - “Lee Daniels’ THE BUTLER”** @ 326 Ellison Street, Paterson, N.J. - Time: 6:30 P.M. for more info call 201-306-3215 or 201-774-5438;

**FEB 28 - JumpStart Productions** - In search of actors for our “Black History Month Play” “**Blame it on the Alcohol**” - Eastside High School 150 Park Ave, Paterson, NJ 6:30pm - 8:30pm - For more info call 862-232-8653;

**MAR 4 - Paterson Public Library Presents THE ROMANCE 5 Film Series - “Panic in Needle Park”** - 5:30pm in the Assembly Room - Must be 18 to attend FREE Admission & On site parking - 250 Broadway, Paterson—for more info call 973-321-1223;

**MAR 8 - Health Insurance Marketplace Enrollment**— 10am -2pm @ St. Luke Baptist Church 139 A.M. Tyler Place (Carroll St.) Paterson, NJ - For more info call 973-345-4309;

**MAR 11 - Paterson Public Library Presents THE ROMANCE 5 Film Series - “Wings of Desire”** - 5:30pm in the Assembly Room - Must be 18 to attend - FREE Admission & On site parking - 250 Broadway, Paterson—for more info call 973-321-1223;

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

**4<sup>th</sup> Thursday Monthly - Paterson Senior's Association Meetings** 10;45AM @ 165 5TH Avenue (Riverside Vets Bldg.);

**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.