

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

**MARCH/APRIL FEATURES...**

MAR/APR 2014

VOL. 3 - ISSUE 3



Team Updates due the 10<sup>th</sup> of month via e-mail: [hperez@patersonnj.gov](mailto:hperez@patersonnj.gov)  
Designed & Written by the Department of Health and Human Services

## Department of Health & Human Services

### HIGHLIGHTS FROM DHHS...



#### **Ms. Mara Kettle... is Paterson's 'Gates Millennium Scholars Finalist'**

She is a JFK senior, when she is the winner she will receive

**\$50,000** a year for 4 years

to go to a college of her choice!

This is Bill Gates we are talking about...

This is an amazing young lady who is soaring @  
JFK and is winning all types of accolades,  
scholarships, contests, etc.

Just wanted you all to be informed about some of our greatness!!!

**Thank you School Based &  
Congratulations BIG TIME Ms. Mara**

## 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)

## Dog Safety



♣ Recent events involving dogs remind us all that while we may talk to children about “stranger safety”, looking both ways before crossing the street and/or the importance of education, we rarely talk to them about safety around animals and in particular around dogs. The weather is finally getting nicer so the dog parks will be “jumping”, people will be out walking their dogs and inevitably dogs will escape from their homes or yards. While the following statements might go against what your instinct tells you, following them might save you or a loved one from unnecessary injuries when dealing with dogs.

- ♣ Remember-dogs are animals
- ♣ Dogs have an innate “prey drive”.
- ♣ If you run they will chase you. Not a particular breed of dogs, all dogs.
- ♣ If you scream, wave your arms, kick them or run from them,

**THEY WILL CHASE YOU** and if you kick them they will probably **BITE YOU**.

- ♣ They may chase you because they think you’re playing or they may chase you because they feel threatened. Don’t wait to find out.
- ♣ **DO NOT RUN - DO NOT RUN - DO NOT RUN.**
- ♣ Dogs sense fear. If they sense it they might think you are the one to fear. Try to stay calm.
- ♣ If you encounter a stray or unattended dog walking towards you, quietly and calmly turn and walk the other way or...
- ♣ Quietly and calmly walk in the direction you were going in, but keep an eye on the dog, do not speed up, do not slow down and keep the same pace with your hands at your side.
- ♣ Do not try to pet the dog or restrain the dog.
- ♣ If the dog knocks you down, curl up with your coat/shirt over your head and neck and your hands under you. Stay there until the dog has left or help arrives.

**Once safely to your destination call animal control and report the incident 973-881-3640**

**“Judge the deed, not the breed”**

## *Rent Leveling Office*

### Attention Landlords and Homeowners of Paterson...

who have received letters  
requesting to update your  
**Property Registrations**, please send them  
by mail, fax or e-mail to  
[ajimenez@patersonnj.gov](mailto:ajimenez@patersonnj.gov)  
your cooperation is expected.

If you need assistance in completing the form,  
please contact

**Amelia Jimenez at (973) 321-1242 ext. 2285**





## ***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 Umoja (Unity) club was honored at Ramapo College by Sisters Connection (Young Ladies Mentoring program), during the Annual Women Recognition Kick-off ceremony. The group received the Community Service Award.

Next Family Event: The School-Based Youth Service Program is celebrating Women Recognition History Month with programs 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 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!!!**



## **FLOOD PREPAREDNESS!**

### **¡PREPARACION EN CASO DE INUNDACIONES!**

#### **Quick Reference Guide when Planning for Evacuation** **Guía de Referencia Rápida en la Planificación para la Evacuación**

For ALL weather Updates: [www.patersonnj.gov](http://www.patersonnj.gov)  
Channel 12 News, Radio WPAT 9:30 am or Cablevision Channel 77

Para TODAS las Actualizaciones del Tiempo: [www.patersonnj.gov](http://www.patersonnj.gov)  
Canal 12 de Noticias, Radio WPAT 9:30 AM ó Canal 77 de Cablevisión

<b>Evacuation to Shelter</b>	<b>Evacuation to Family or Friend</b>
<ul style="list-style-type: none"><li>♣ Take all medications;</li><li>♣ Take change of clothing/personal care items for all;</li><li>♣ Take Identification;</li><li>♣ Take items for babies/kids;</li><li>♣ Turn off gas, electricity, unplug all appliances;</li><li>♣ Make arrangements in advance to relocate your pets to relatives, friends or Paterson's animal shelter No Pets allowed in shelters!</li></ul>	<ul style="list-style-type: none"><li>♣ Take valuables to home of a relative/friend;</li><li>♣ Move automobiles to higher ground;</li><li>♣ Take all medication;</li><li>♣ Take clothing for all;</li><li>♣ Take items for babies/kids;</li><li>♣ Turn off gas, electricity, unplug all appliances;</li><li>♣ Make arrangements in advance to relocate your pets to relatives, friends or Paterson's animal shelter</li></ul>
<b>Evacuación para los Refugios</b>	<b>Evacuación a Casa de Familiares o Amigos</b>
<ul style="list-style-type: none"><li>♣ Lleve todos los medicamentos;</li><li>♣ Lleve cambio de ropa, artículos de cuidado personal para todos;</li><li>♣ Lleve Identificación;</li><li>♣ Lleve los artículos para infantes/niños;</li><li>♣ Desconecte el gas, electricidad y todos los aparatos electrodomésticos;</li><li>♣ Haga arreglos de antemano para reubicar a sus mascotas en casa de familiares, amigos o en los refugios de animales de Paterson ¡No se permiten mascotas en los refugios!</li></ul>	<ul style="list-style-type: none"><li>♣ Lleve los objetos de valor a la casa del familiar/amigo;</li><li>♣ Mover los automóviles a lugares más altos;</li><li>♣ Lleve todos los medicamentos;</li><li>♣ Lleve ropa para todos;</li><li>♣ Lleve artículos para infantes/niños;</li><li>♣ Desconecte el gas, electricidad y todos los aparatos electrodomésticos;</li><li>♣ Haga arreglos de antemano para reubicar a sus mascotas en casa de familiares, amigos o en los refugios de animales de Paterson</li></ul>

**Planning in advance will keep your family safe!**  
**¡La Planificación anticipada mantendrá a su familia protegida!**

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 [enrollment@northjersey.cognosante.com](mailto:enrollment@northjersey.cognosante.com) or call 908-758-1247 for more info;

**Every Tuesday & Thursday Norwescap Enrollment for Health Insurance** - Paterson Public Library 250 Broadway, Paterson (Assembly Room)- 10am -1pm - - Go to [www.patersonpl.org/2directions.html](http://www.patersonpl.org/2directions.html) - for more info call 973-321-1223;

**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;

**MAR 18 - Paterson Public Library Presents THE COMEDY 5 Film Series - "A Night at the Opera"** - 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 22 - OBAMACARE Enrollment Event - Presented by Northwest Jew Jersey Community Action Partnership & Paterson Free Public Library** - 10:30am—3pm - FREE Admission & On site parking - 250 Broadway, Paterson—for more info call 973-321-1223;

**MAR 25 - Paterson Public Library Presents THE COMEDY 5 Film Series - "Play It Again Sam"** - 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 27 - Help make your streets & community safer! First Ward Meeting** 5:30pm – 8:30pm @ **BridgeHope Community Development Center 12 North 5th Street** - The meeting will be focused on discussing East and North Main Streets - Refreshments will be served at the meetings - If you plan to attend, please RSVP to Cynthia Nikitin - [cnikitin@pps.org](mailto:cnikitin@pps.org);

**APR 1 - Paterson Public Library Presents THE COMEDY 5 Film Series - "Raising Arizona"** - 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;

**APR 8 - Paterson Public Library Presents THE COMEDY 5 Film Series - "Down By Law"** - 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;

**APR 15 - Paterson Public Library Presents THE COMEDY 5 Film Series - "Airplane"** - 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.;

**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.

**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!

**CITY GREEN is Hiring Crew Leaders!!!** Get your application at <http://citygreenonline.org> - Email Josh Kane at [jkane@city-green.org](mailto:jkane@city-green.org) or call 973-869-4086 - 171 Grove Street, Clifton, NJ 07013 - [www.citygreenonline.org](http://www.citygreenonline.org)