BOROUGH OF
NEW PROVIDENCE
SETTLED IN 1720

NP NEWS

Spring 2019

Mayor:
Allen Morgan

Council Members:
Matthew Cumiskey
Peter DeSarno
Michael Gennaro
Nadine Geoffroy
Robert Muñoz
Robert Robinson

Fishing Derby

SATURDAY, APRIL 27, 2019
Oakwood Park, 8 AM

Calling all anglers! The Annual Fishing Derby returns to Oakwood Park on Saturday, April 27, 2019 from 8 – 11 AM. Co-sponsored by New Providence P.B.A. Local #132 and New Providence Recreation, this family favorite event is one of the borough's "signs of spring"!

Bring your rod, reel & bait to fish for trout of varying sizes stocked in the Oakwood Park pond. Prizes, generously donated by the PBA, will be awarded to the lucky fishermen who catch one of the six monstrous fish! FIRST PRIZE is a $200 gift card and five $25 gift cards will be available as runner-up prizes.

During contest hours, fishing is restricted to children 15 years and under. Adults with or without a license are welcome to accompany and assist their children but are not permitted to cast their own line until after the conclusion of the contest. All participants are asked to please bring their own rod & bait. Fees are $5/child or adult; max of $15/family. On-line registration is available at www.newprov.org/recreation or in person at the Recreation Department. Fishermen between 16 and 69 years old are required to have a NJ fishing license with a trout stamp if they would like to fish at the conclusion of the contest. Fishing license information can be found at the State's Division of Fish and Wildlife website: www.njfishandwildlife.com/als/websalesintro.htm. For additional information, please contact Patty Kummer in the NP Recreation Department 908-464-4430.

REMINDER!

For Official Borough News, Updates, and Information:

Website – www.newprov.org
Facebook @ Newprovnj
Quarterly Newsletters
Annual Calendar
Downtown Electronic Bulletin Board
Code Red
NPTV

Please note: The borough is not affiliated in any way with any other newsletter, calendar, FaceBook group, or publication that may be produced or distributed within the borough.

New Providence is a beautiful community where residents share concern for the overall attractiveness of our town. Over the winter months, debris, litter and trash generally accumulate in various areas of town. While our DPW crews are dispatched to clean up, they cannot attend to every space. If you notice garbage or debris around town, especially near storm drains, streams, or wooded areas, please help out and pick it up. If we all work together, we can keep our town clean and attractive for our residents and visitors.

thank you

Train Station Parking Permits

Train station Parking Permits expire March 31. Please visit www.newprov.org for more information

360 Elkwood Avenue
New Providence, NJ 07974
NEWPROV.ORG

New Providence Senior Citizen Health Fair

The New Providence Health Department and the New Providence Senior Citizens Club will host the annual Senior Citizen Health Fair on Wednesday, May 15, 2019, from 8 AM to 11 AM at the DeCorso Community Center, located at 15 East Fourth Street, New Providence. All New Providence residents, 55 years or older, are invited to attend the Health Fair which will host a comprehensive list of health screenings and medical information at NO COST to participants. Pre-registration is required for some screenings.

The focus for the Health Fair is to provide screenings relevant to senior health and well-being. One of the free central Health Fair screenings offered is a Stroke Health Risk Assessment conducted by the Community Health Department of Atlantic Health System's Overlook Medical Center. This screening is an assessment of significant stroke risk factors with follow-up counseling and is available to the first 30 registrants. Although the aging process alone is not a risk factor for Stroke, contributing risk factors such as the development of Hypertension, Diabetes, and Heart Disease can increase the incidence of Stroke and other related illnesses. Pre-registration for this screening is required.

There is also a FREE FASTING BLOOD CHEMISTRY SCREENINGS available for all New Providence residents who have reached the age of 55 years, and who have completed the required in-person pre-registration prior to the Fair. The pre-registration will begin on Monday, April 22nd through Friday, May 3rd, between the hours of 11 AM and 1 PM at the DeCorso Community Center.

For additional information please contact the DeCorso Community Center at 908-665-0046 or the New Providence Health Department at 908-743-1049. Funding for this program is provided by the Union County Community Development Block Grant Program.

Senior Updates

Ageless Grace® for New Providence Seniors

The Ageless Grace® Brain Health Fitness program will be back by popular demand and offered once again to seniors at the DeCorso Community Center. Six sessions will be taught by Certified Integrative Health Coach and Certified Ageless Grace® Educator Kara Hodes-Wechsler on Thursdays at 11:00 a.m. on March 7, 14, 21, and 28 and April 11 and 18. (There is no class on April 4; snow date is April 25.) Ageless Grace is a cutting-edge brain health fitness program based on stimulation of neuroplasticity to support cognitive function and activate all five primary functions of the brain. Each of the brain-changing movements also focuses on a primary physical skill needed for lifelong optimal function, such as mobility, balance, flexibility, strength and coordination. Simple, natural movements are used in a playful and joyful environment. The program is designed to be practiced seated, and anyone can participate at his or own level of ability. The class is free of charge to New Providence Senior Citizen Club members and to all New Providence senior citizens. Non-members may pay $5 per class. Please register in advance by calling (908) 665-0046 or in person at the DeCorso Community Center, 15 East Fourth Street, New Providence.

Tax Return Assistance

There is still time to schedule your appointment for tax return assistance…

New Providence, Berkeley Heights, and other area residents can obtain free assistance in preparing and filing their 2018 tax returns. There are no age or income limitations for participation in this program, but taxpayers with complex returns may be advised to seek paid assistance. Assistance will cover individual federal and NJ state income taxes, the NJ Homestead Property Tax Rebate, and the Property Tax Reimbursement Program.

AARP Foundation Tax aide counselors will be available on Mondays and Saturdays from 9:30 a.m. to 1:30 p.m. through Monday, April 15, 2019. Taxpayers may call the DeCorso Center at (908) 665-0046 between 10:30 a.m. and 2:00 p.m. Mondays through Fridays to schedule an appointment, or they may sign up at the Center.

Other Senior Happenings

There are many other activities for New Providence seniors—speakers, exercise classes, trips, etc. The New Providence Senior Citizens Club meets on Wednesdays at 11:00 a.m. at the DeCorso Community Center, 15 East Fourth Street, New Providence, and all New Providence seniors are welcome to attend. Meetings feature speakers on a variety of topics, musical performances, or "Club Days" to celebrate Club members' birthdays and socialize. Highlights of upcoming programs include:

(cont'd)

March 20 - Celebrate St. Patrick's Day with friends at a Club holiday luncheon, including a hot Irish meal and great live entertainment (advance tickets required)

March 27 - Singing group "The Larks" will perform a beautiful medley of "oldies," show tunes and patriotic numbers

April 10 - Dr. Mark Schlobohm of New Providence Chiropractic will give a presentation on "How to Stay Young" emphasizing the role of chiropractic care in having pain-free ease of mobility

April 24 - Overlook's New Vitality program will offer a presentation on the "Power to End Stroke"

May 1 - The Club will celebrate its 60th Anniversary with a special luncheon at Primavera Restaurant (advance tickets required)

May 15 – Senior Health Fair

May 22 - Joe Eberle of Weichert Realtors will speak about the New Providence housing market.

Please refer to the seniors page on the New Providence website https://www.newprov.org/seniors and its link to the monthly New Providence Senior Citizens Newsletter for the most current information, event details, class schedules, etc. All programs will be held at the DeCorso Community Center, 15 East Fourth Street, New Providence, unless otherwise noted.

SUSTAINABLE NEW PROVIDENCE
An Advisory Committee of the Borough of New Providence

Sustainable New Providence News

Attention Community Gardeners

Garden Orientation Meeting for all those who will have community garden plots in 2019. April 6 at theNew Providence Library.

Recycling

You can recycle your plastic bags at the Acme in the Village Shopping Center. The bin is outside the store so you can use it 24 hours /day. Please remember not to put those bags in your biweekly recycling bins and not to put bags with food or other materials into the Acme bin. It is not a garbage bin!

Safe Routes to School

A shout out to the New Providence elementary and middle school children who participated in a Valentine's Day event. They gave out cards and treats to their crossing guards who work tirelessly to keep them safe while walking and biking to school.

Got Drugs?

NATIONAL TAKE-BACK INITIATIVE

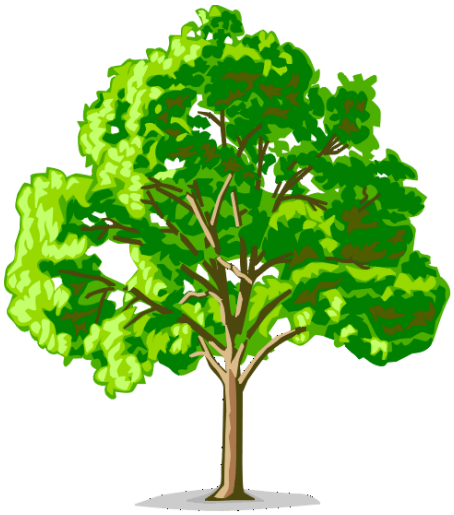
The Drug Enforcement Administration (DEA) has scheduled another National Prescription Drug Take-Back Day, which will take place on Saturday, April 27, 2019 from 10 AM to 2 PM. This is a great opportunity for those who missed the previous events or have subsequently accumulated unwanted, unused prescription drugs, to safely dispose of those medications.

Americans nationwide did their part to drop off a record number of unused, unwanted or expired prescription medications during the DEA's 15th National Prescription Drug Take Back Day on May 7, 2018, at close to 6,000 sites across the country. Together with a record-setting amount of local, state and federal partners, DEA collected and destroyed close to one million pounds-nearly 475 tons-of potentially dangerous expired, unused, and unwanted prescription drugs, making it the most successful event in DEA history. This brings the total amount of prescription drugs collected by DEA since the fall of 2010 to 9,964,714 pounds, or 4,982 tons.

The New Providence Police Department will again be participating in this important initiative and will have a collection site at:

Where: New Providence Police Department
360 Elkwood Avenue
When: Saturday, April 27 from 10 AM until 2 PM
For further information call (908) 665-1111.

Tree Seedling Giveaway



April 27, 10am-2pm, next to the New Providence Library. This will probably be the last year of the New Jersey Tree Recovery Campaign.

Seedlings planted today will create forests for our future.

5K Race to Save Lives

Join us on Sunday, June 2, 2018 at NJ Sharing Network Headquarters in New Providence, NJ for the 5K Walk & USATF Certified Race. The 5K Celebration of Life is a special time of healing for those whose lives have been touched by organ and tissue donation. NJ Sharing Network invites you to spend a morning with our loving and supportive community, whether you walk, run, volunteer, or simply cheer on the crowd.

The 5K event is a springtime road race, hosted by the New Providence Business Community in partnership with NJ Sharing Network Foundation, for donor families, transplant recipients, family members and friends, medical professionals, living donors and community partners. This fun, family-oriented event will include live music, food and drink, awards, prizes and amazing activities for all ages. To sign up visit https://www.njsharingnetwork.org/5K

NewProvidenceBusiness
SMALL COMMUNITY • BIG CHOICES

The Memorial Day Parade honoring those who have so loyally served the United States in its armed forces will be held on Monday, May 27 - rain or shine. American Legion Post #433, in cooperation with the Borough of New Providence, has sponsored the town's annual Memorial Day parade for over sixty years.

The parade, which begins at 10 AM, will march along Springfield Avenue from Central Avenue to Academy Street. The parade will pause at the United Methodist Church and the Presbyterian Church for Memorial Services, including an honor guard salute and taps played at each location. The parade ends at the Veteran's Memorial, adjacent to the New Providence Memorial Library, where remarks by the Mayor and Commanders of both the American Legion and the VFW Post will conclude the formal events of the day.

All community groups are encouraged to sign up to march in the parade. Sign up forms will be available on-line at www.newprov.org/recreation or contact us at 908-464-4430 or nprec@newprov.org.

Pool Requirements & Safety

ZONING REQUIREMENTS

Private swimming pools, hot tubs, spas and equipment shall be located only in the rear yard of an existing residential building, and shall not be constructed or installed within ten (10) feet of any side yard or rear yard line.

PERMIT REQUIREMENTS

A construction permit is required for the installation of an above-ground pool, in-ground pool, hot tub or spa. Below is a list of items that may be required for the permit application, depending on what is being installed:

- Building, electrical, plumbing, fire applications.
- Property survey to show location.
- Pool plans or specifications on above-ground pools, hot tubs, spas.
- Proposed fencing.

SAFETY TIPS

To help ensure safety in a back yard pool, here are some tips for a kid-proofed pool:
The fence is required to be at least 48 inches high with a self-latching devise on the gate. Any openings shall not allow passage of a four inch sphere.

Fence framing and braces should be on the inside of the pool enclosure to eliminate external hand or foot holds, which a child might use as a ladder.

Keep hedges and foliage trimmed, so that the pool area can be observed from inside or outside. This also prevents low tree limbs from being used to provide entry into pool area.

Keep pool gate locked at all times.

Always have adult supervision when pool is in use.

THE TIME TO DETERMINE BUILDING AND ZONING CODE REGULATIONS IS BEFORE ANY POOL IS PURCHASED. CONTACT THE CONSTRUCTION OFFICE AT 908-665-1098 FOR HELPFUL ADVICE.

Portable Generator Safety

During the past year, borough residents experienced several unusual weather events that resulted in power outages. Fortunately, many people were able to use portable generators to power their homes during those outages. Portable generators are useful when temporary or remote electric power is needed, but they can be hazardous. The primary hazards to avoid when using them are carbon monoxide poisoning, electric shock or electrocution, and fire. The United States Fire Administration would like you to know some simple steps that you can take to prevent the loss of life and property resulting from improper use of portable generators.

To avoid Carbon Monoxide Hazards:

- Always use generators outdoors, several feet away from doors, windows and vents.
- Never use generators in homes, garages, basements, crawl spaces or other enclosed or partly enclosed areas, even with ventilation.
- Follow manufactures instructions.
- Install carbon monoxide alarms in your home.

  Test alarms often.

To avoid Electrical Hazards with a Generator:

- Keep the generator dry. Operate on a dry surface under an open, canopy-like structure.
- Dry your hands before touching the generator.
- Plug appliances directly into the generator or use a heavy duty, outdoor-rated extension cord.
- Make sure the entire extension cord is free of cuts or tears and the plug has all three prongs, especially a grounding pin.
- NEVER plug the generator into a wall outlet. This practice, known as back feeding, can cause an electrocution risk to utility workers and others served by the same utility transformer.

To avoid Fire Hazards:

- Before refueling the generator, turn it off and let it cool. Fuel spilled on hot engine parts could ignite.
- Always store fuel outside of living areas in properly labeled, non-glass containers.
- Store fuel away from any fuel-burning appliance.

Youth Police Academy

The Police Department will be holding its annual Youth Police Academy this summer with the assistance of the Community Activities Department. The Academy will be held July 15-19, 2019 and is staffed by members of the New Providence Police Department and is designed for rising 5th and 6th graders.

This program intends to develop a close relationship between law enforcement and the young people of the borough in a positive atmosphere focused on learning. In addition to the members of the NPPD, other agencies will educate and inform the program cadets. This program will provide insight on local, state, and federal officers.

Police Orientated Program

-Variety of physical and educational activities

-Calisthenics

-Military Drill

-Uniform Inspection

-Presentations by Local, State, and Federal Law Enforcement Agencies.

Hands on activities include scenarios involving the cadets, Demonstrations by specialized police units, Graduation Ceremony and Awards.

Registration will be through Community Pass.

Spring Cleaning the Safe Way

In the spring, people often like to clean their homes. It's a great thing to do! But it's important to stay safe while you're doing it, especially from falls and poisoning – two of the top causes of home injuries.

When cleaning out closets or re-organizing things, always keep stairs, steps, landings and all floors clear.

Carry loads you can see over, and keep one hand free to hold banisters and railings.

Five gallon buckets are often used while cleaning and present a serious drowning danger to young children. Never leave a bucket or any standing water unattended and store buckets empty and upside-down.

Follow safety recommendations when using harsh products, such as wearing gloves and masks. Do not mix products together because their contents could react with dangerous results.

facebook

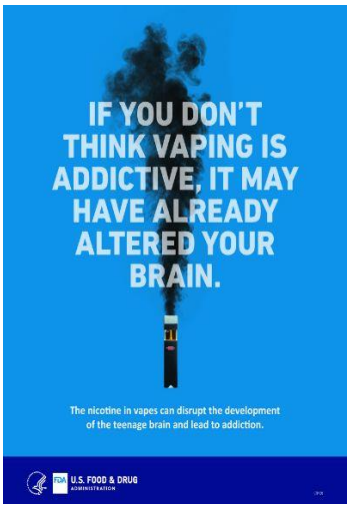
Teens are using vaping devices in record numbers!

Because vaping devices are marketed as a healthier alternative to traditional cigarette smoking, people are less scared to try vaping and for the health of a current smoker of cigarettes, switching to vaping *is* probably less harmful. But, despite its popularity, vaping is quite harmful for tweens, teens, and young adults. Here's why….

Nicotine is addictive. Nicotine causes changes to the brain that lead to addiction – especially in the developing brain of a tween, teen, or young adult. The benchmark for nicotine addiction is the smoking of 100 traditional cigarettes. One Juul® pod contains the nicotine equivalent of 20 cigarettes (that's one pack of cigarettes); the starter kit contains 4 pods, so after vaping those 4 pods, a person is already 4/5 of the way to becoming addicted to nicotine!

Aerosolized *chemicals*. Not vapor. The manufacturing and mixing of vape liquids is not regulated. So in addition to nicotine, vapers inhale harmful ultrafine particles that clog the lungs such as heavy metals, known cancer-causing agents, volatile organic compounds- propylene glycol, and even antifreeze and other chemicals that are converted to formaldehyde. One's heart, lungs and bloodstream can be poisoned from these vapors.

CBD and Marijuana, too! On top of all this, the marijuana industry is using the fact that vaping is *perceived* to be safe and cool to get kids to consume marijuana using these vape devices. In fact, the rate of teenage vaping of marijuana has jumped across all high schoolers. Vaping marijuana is addictive, highly potent, linked to decreases in I.Q., linked to psychotic episodes, can increase risk of cardiovascular issues, and contain those dangerous chemicals.



The earlier you use, the more you lose. 90% of all addictions begin during adolescence because the brain is developing and fragile up until the age of 25! The *earlier* someone starts using any addictive substance(including nicotine and marijuana), the more likely that person is to develop a lifelong addiction to that or other substances.

According to Dr. Nora D. Volkow, the Director of the National Institute on Drug Abuse, "Teens are clearly attracted to the marketable technology and flavorings seen in vaping devices: however it is urgent that teens understand the possible effects of vaping on their overall health."

Parents are truly the most influential people in the life of their children. Common-sense and positive parenting can prevent substance use in kids. Tools such as talking to your children, being informed about different substances, modeling appropriate behavior, and monitoring can make a difference. Other articles and interactive activities parents can do with their children can be found on the Alliance Facebook page and website.

Please consider joining our volunteer board ! *All are welcome to attend our monthly meetings held at the municipal library.*

New Providence Alliance

Invites you to attend

Free Training

- Prevent, Recognize & Respond to an overdose
- Receive free Narcan® kit (first 30 participants)
- Provided by JSAS HealthCare

Special Guest

- Will share her personal story and the importance for everyone to carry Narcan®

Who

- Community members
- Anyone at risk for opioid overdose, family members, friends

When

- March 28, 2019
- Thursday
- 7:00 p.m.

Where

- Borough Hall - Council Chambers
- 360 Elkwood Avenue
  New Providence

Why

- You could save a life

Direct questions to MunicipalAlliance@newprov.org

The Opioid Overdose Prevention Project is made possible by funding received from the New Jersey Governor's Council on Alcoholism and Drug Abuse, New Jersey Department of Human Services, Division of Mental Health and Addiction Services and JSAS HealthCare, Inc.

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Reminder – 2019 Bulk Collection Dates

June 3 – Zone 1B
June 10 – Zone 1A
June 17 – Zone 2
June 24 – Zone 3

The borough contracts annually for a special collection of what is generally known as bulk waste. Bulk Items are items that are too large to fit in a regular garbage can, such as rugs, carpeting, and split rail fencing (cannot be longer than four (4) feet in length and must be rolled and tied in liftable bundles), furniture, mattresses, household items, etc. Small items must be placed in a bag or container—do not put loose items at curbside.

IMPORTANT: YOU MAY NOT DROP OFF THE BULK ITEMS ABOVE AT THE DPW YARD! THEY MUST BE PUT AT THE CURB FOR PICK UP BY THE GARBAGE COMPANY.

All materials for disposal must be placed curbside, separated from normal household garbage, grass, brush materials, and recyclable materials, by 5 AM on the designated MONDAY for your zone.

While the actual collections will take more than one day in a given zone, once the truck has completed collection on your street, it will NOT return.

Please see the 2019 Calendar or the borough website for details and items that will NOT be collected.

Reminder from the town...

The Recycling Center is open the first and third Saturday of each month from 9AM – 1 PM.
The DPW Yard is located at 4 Park Place.