

East Rutherford

JOIN US!

Mark your
calendar to
attend our fall
events.

**Sign up for fun!
Pumpkin Patch -
Oct. 27; 3 to 5PM**

**Creative fun for children
ages 12 and under ...**

Bring your young trick or treaters out for a another fun after school pumpkin painting free event featuring light snacks and activities to spark their imaginations and smiles. Pumpkins are offered on a reserved basis.

Remember to register on the Borough website (events calendar) by October 14 to reserve your pumpkin!



Serving *all* East Rutherford Residents

ACCESS FOR ALL

***Celebrating a banner first year for our
inclusive-focused community!***

"We are committed to providing accessibility for all residents to enjoy the same quality of life in our community." East Rutherford Mayor, James Cassella



Access for All in our community is about providing opportunities for everyone to enjoy daily living - from shopping, dining and recreation, to education, jobs, housing, public events. Our purpose goes

beyond providing physical access to buildings. In less than one year, we are proud to have joined in this County-wide initiative by providing educational, informative and fun events that serve the

service and resource needs of our community's differently-abled. Our focus is providing awareness, education and events for children, young adults, caregivers, and seniors. Learn more at: www.eastrutherfordnj.net.

SUMMER & FALL EVENTS

Annual Night Out Against Crime - August 1

Pumpkin Patch - October 27

Caring for Caregivers - November 15

Holiday Celebration - Early December

Access for All Meetings - open to all
Last Monday of each month (Sept thru June)

Where & Time

Sesselman Park, East Rutherford
5:00PM to 7:00PM

East Rutherford Community Center
3:00PM to 5:00PM

East Rutherford Community Center
5:30PM to 8:00PM

Check the Borough website for
location and time

East Rutherford Community Center
7:00PM to 8:00PM

EMERGENCY PLANNING FOR LOVED ONES

What's in your "to go" bag?

We recently visited with **Kelly Boyd, Access and Functional Needs Planner with the NJ Office of Emergency Management**. Kelly's shared valuable tips and insights, from a differently-abled perspective, on how to relieve some of the stress when either natural, technical, or man made disasters may strike. Take some time to talk with your loved ones about how what to do so you are prepared and everyone knows "the drill".

Relocating -

Planning for emergencies sometimes requires having a strategy for relocation outside of your local area. When possible, connect with family, friends, colleagues, faith-based organizations, or Centers for Independent Living to define up front where you will go for which types of emergencies.

Important ID and Contact Information - Scan or make copies of ID, driver's license; passport, insurance cards; lists of allergies, medications, bank and credit contacts, etc. Keep them on two flash drives - one for you and one for your emergency contact person.

Label all medical equipment -

Things are easily lost when in crisis situations so label all devices - wheelchair, walker, cane, or cushion. Paint pens available at craft stores easily handle this job. They work on any material and do not get removed as would a peel and stick label.

About your money -

Know the branch and ATM locations closest to you; get their phone app. Whenever possible, arrange for automatic electronic payments for bills.

What to pack in your "to go" bag:

- water
- non-perishable foods in easy to open bags/containers

- list of: health and personal care providers; emergency contacts; medications (kept in a grab and go plastic bag)
- check with your local pharmacy in advance to learn if they have a Memorandum of Understanding with the local shelter;
- cash in a plastic bag (ATM's could be down)
- flash light and batteries
- battery or crank operated radio (approximately \$20 on-line) also charges cell phones!
- fully charged portable power charger for cell phone
- first aid kit: alcohol wipes, medicated ointment, pain reliever, gauze, gauze tape, bandaids, little scissors; antibacterial soap, thermometer, tweezers, and non-latex gloves
- eyeglasses: pack an extra pair or a repair kit in case they get broken
- hearing aids: extra batteries; if you have an old pair, save them
- toothbrush and toothpaste.

Boyd is also Co-Chair of The New Jersey Group for Access and Integration Needs in Emergencies and Disasters. The group meets monthly with major state agencies and disability organizations to discuss planning issues and best practices. They welcome recommendations from the public to address solutions state-wide with appropriate agencies.

For further information about emergency planning you may reach Kelly Boyd at:

Office: 609-963-6971

Cell Phone: 609-455-9068

lpboydk@gw.njsp.org

Register today!

East Rutherford Police Department partners with Access for All for Voluntary Emergency Management Registration

Registering yourself or a loved one allows first responders to deliver the most efficient and appropriate methods of emergency or disaster management support for East Rutherford residents with permanent or temporary special needs.

The Police Department's Records Management maintains your vital information including:

- type of assistance needed (i.e.: wheelchair, walker, cane, oxygen, dialysis, and other equipment;
- location of medications;
- emergency contact to notify caregiver or loved ones;
- language preferences;
- and so much more.

The voluntary registration form was mailed to all East Rutherford residences last October.

Registration forms are available at the Borough Hall, library or the Police Station Records Department. For more information contact the Records Department at: 201-438-0709.



"Most people at some point in their life will be a caregiver." Barbara London

CARING FOR CAREGIVERS IN OUR COMMUNITY

An evening of support for those who do and care for others.

Access for All hosts an annual special self-care dinner and educational program "Caring for Caregivers" each November during National Caregiver month.

Last November, participants of all ages, genders and backgrounds gathered at the Community Center to hear guest speakers Barbara London, President of Freedom Home Health Care, and Thomas Murphy, Esq. share insights on effectively managing day to day and legal issues relating to care of young or adult children,

and aging parents with special needs. The community's newer restaurant, Garden State Ale House on Paterson Road, provided the delicious light supper. Chair yoga at the start of the evening, led by local library yoga program instructor, Rebecca Walker, set the tone to remind participants how critical it is to also focus on their self-care - "at least 15 minutes a day makes a difference". These events offer opportunities for caregivers to meet and network with other caregivers, gaining

ideas, and support for addressing the special legal concerns (i.e.: Advance Directives, Living Wills, Trusts and financial management) along with health care challenges faced by caregiving women and men.



Many were searching for answers on how to manage their responsibilities between work demands and

family needs, while juggling communications with siblings or other relatives. Both speakers shared that when addressing care responsibilities and practical legal planning, "it's not always an easy conversation". Murphy suggests "these (conversations) can be emotionally charged for many reasons. Yet both speakers agree, remaining focused on creating the right type of support for the loved one is the best driver for developing successful solutions for everyone."

CREATING A CULTURE OF COMPASSION

Local Author, Eleni Theodorou, brings her tale of "Noko the Knight" to young readers at East Rutherford Public Library



Author, Eleni Theodorou, with Councilman Joel Brizzi and young readers.

In March, 2016, through a special collaboration with the Children's Department at the East Rutherford

Public Library, Access for All delivered a special reading of "Noko the Knight, featuring a fun and interactive learning program "Noko's Culture of Compassion". Local children's Author, Eleni Theodorou delighted the captive audience with her internationally acclaimed interactive program that fosters positive values through a fun, full sensory experience incorporating essential oils, South African music, coloring,

yoga meditation and affirmations.

This special reading of Noko the Knight was a great opportunity to bring children of all backgrounds in our community together in a fun, interactive way as they learned how to embrace our differences with compassion and understanding. The free companion, downloadable lesson plan for teachers offered opportunities to reinforce and extend this learning experience in the classroom where the children live these diversity and inclusion values every day.

Ms. Theodorou delivers this program at libraries, camps, and organizations around the globe. Her book is available at Amazon, and Barnes & Noble.

To book this program for a library, school, organization or event contact: www.EleniTheodorou.com.

“It’s about ensuring students have opportunities to learn new skills while building their self-confidence and understanding what it means to live diversity and inclusion.”

STUDENT VOLUNTEERS SUPPORT ACCESS FOR ALL

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| Access for All events offer opportunities for high school aged students to earn community service hours by volunteering as a room docent, greeter, guest | assistant, or room set-up coordinator. Students learn the skills of: professional communications while interacting with guest speakers and guests; public | speaking; project planning; and event management. Our Access for All Committee strives to make these opportunities meaningful and fun for the | students. To learn more or register your high school student as a volunteer for one of our events, visit our Access for All website page: www.eastrutherfordnj.net . |
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EAST RUTHERFORD SUPPORTS COUNTY-WIDE ACCESS FOR ALL INITIATIVE

ANNUAL BERGEN COUNTY ACCESS FOR ALL FORUM

“We need to cross political lines, and town borders, to work together.” East Rutherford Councilman Joel Brizzi

In May, Access for All was honored to host Bergen County’s Annual Access for All Forum, spearheaded by James Thebery, Bergen County’s Director of Division on Disabilities Services with the Department of Human Services. East Rutherford Mayor, James Cassella, shared the Borough’s past projects including curb accessibility and future focus on creating housing while expanding physical “accessibility for all residents to enjoy the same quality of life in our community”. Joined by Councilman Joel Brizzi, and Access for All Committee members, the audience heard from guest speakers: County Executive James Tedesco, former Freeholder, Bob Hermansen; Freeholders Maura DiNicola and Steven Tanelli and Tracy Zur; Councilwoman (Rutherford) Stephanie McGowan; and Mayor (Ridgewood) Paul Aronsohn. Brizzi as the Access for All Town Council liaison shared the importance of educating people on “making everyday life accessible to everyone.” He also focused on the need to develop solutions that serve those who age out of programs when they turn 18. “We need to cross political lines

and town borders to work together.” Mayors from Saddle Brook, North Arlington and many other communities in attendance agreed. “We have to figure out a way to do this so everyone can have access. It’s a simple thing. We have to start looking at things in our towns” cited Hermansen. He went to to state the need to “have accessibility in playgrounds, for our seniors, at events, pregnant women, ... there are a lot of things out there, not just what some consider for those with special needs ... we have to look out for everyone in the community”. Another untapped asset is including the perspective of young adults by adding an “at large” teen to Access for All Boards. Hermansen further suggested that teens can help Boards understand what they’re going through to reach out to this population and serve their unique needs. Freeholder Steven Tanelli cited “Everyone will benefit. There is no downside to this.” A lot of communities think there is a big financial obligation, there isn’t. It’s about making everything accessible for everyone to have the same opportunities.”

“Discrimination faced by people with disabilities is sometimes more insidious. In many cases people with disabilities lack equal access to information, resources, and facilities if their needs aren’t considered. They may not be deliberately excluded, but when an effort is not made to actively include those with different abilities, the result is the same. Whether intentional or not, it is discrimination, and that’s unacceptable. It hurts all of us.” County Executive Tedesco

Tedesco closed his remarks with an apt point: “We are stronger and better as a County when we include everyone.”

To view all the speakers visit the Borough website Access for All page: www.eastrutherfordnj.net and click on the UTube link: <https://www.youtube.com/watch?v=W3uQ8tJSI3A&list=PLR3tCrQ5eJ0Oo2IBito4u1dCMKrNfEMDB&index=7>.