

Imagine Trains New Volunteer Facilitators

MOUNTAINSIDE — Imagine peer support groups are available for New Jersey children and families coping with loss due to death or illness. Support groups are facilitated by trained adult volunteers who attend a four-day training and ongoing continuing education programs. Volunteers come from all walks of life and need no special background other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in pain without trying to fix, solve or give advice. Twelve new volunteers were recently trained to become facilitators. Volunteer facilitators learn how to create a safe space, facilitate difficult conversations, and develop the skills that will serve them not only at Imagine, but in the rest of their lives as well.

"We could not be more grateful for this exceptional group of people," said Mandi Zucker, Imagine's program director. "Our programs have grown tremendously in the past few years and we need to keep training new volunteers to keep up with the demand. In this particular training, we also needed to make sure to have Spanish-speaking volunteers because we are starting a group for Spanish-speaking adults in the fall. We are also expanding our Coping with Illness program to include children who are affected by an illness in the family, so we need to make sure to have

enough volunteer facilitators to meet these needs."

Imagine has over 90 active trained volunteers from 34 different New Jersey towns. "Our participants come from over 50 New Jersey towns with very diverse backgrounds, so it's important to us that our volunteers represent that same diversity. We are always looking for ways to engage people in all levels of the organization that represent the participants that we serve," Ms. Zucker said.

There are other volunteer opportunities besides facilitating support groups. Imagine is looking for people to provide hospitality and to help set up and clean up on each Night of Support, serve on the board of trustees, help in the office and on various committees, and conduct DIY fundraisers for Imagine online and IRL (in real life.) Those interested in getting involved can go to imaginejnj.org/tours to register for a one-hour information session.

Imagine is a free, year-round, peer grief support center located in Mountainside serving children, young adults and parents/guardians who have had a parent, sibling or child die. Support groups for family members of a person living with a life-altering physical illness also are available. Those interested in learning more about Imagine are asked to visit imaginejnj.org or call (908) 264-3100.



NEW VOLUNTEERS...Members of the most recent group of trained volunteer facilitators are now prepared to help children and adults served by Imagine, a peer-support organization for those coping with loss due to death or illness. Individuals interested in learning more about Imagine are invited to visit imaginejnj.org or to call (908) 264-3100.

Garwood Knights Collecting New School Supplies

GARWOOD — The Garwood Knights of Columbus are collecting brand-new school supplies on behalf of the children of St. Joseph Social Service Center in Elizabeth.

The following items are suggested: pencils, pens, pencil cases, filler paper, notebooks (marble, one-, two-, and five-subject), rulers, crayons, coloring books, folders, binders, highlighters, scissors, staplers, staples, rubber bands, erasers, paper clips, glue sticks, art supplies, backpacks and any other supplies as well.

Donations can be dropped off now from 4 to 6 p.m., weekdays, at the Columbian Club of Garwood Building (where the Knights hold their meetings), located at 37 South Avenue, Garwood, and Sundays after 1 p.m. starting in September. Parking is available behind the hall off Willow Avenue (turn at Pet Sup-

plies Plus). Visitors are asked to use the side-door entrance. For information, call (908) 789-9809 after 4 p.m., or Keith M. Gallagher at (908) 789-0931. Monetary donations can be made payable to "Garwood Knights School Supplies Collection."

Since 1983, St. Joseph Social Service Center has served the materially poor and homeless community of greater Elizabeth, N.J., by providing for basic human needs such as food, clothing and medications, as well as a wide range of services and programs to help them acquire the material goods and social services they need to live with integrity.

For information on St. Joseph's, visit sjeliz.org and YouTube "Homeless in Elizabeth" parts one and two for an in-depth look at their programs.

— Obituaries —

Olive Stoker Tice, 100, Beloved Mother, Grandmother and Great-Grandmother

Olive Louise Stoker Tice (known as "Ollie") was born on November 5, 1917 in Auburn, N.Y., and passed away at the age of 100 on Monday, July 23, 2018, in Basking Ridge, N.J.

She graduated from Russell Sage College in 1939 and was married for 58 years to Edward Allen Tice, who passed away in 1999. She is survived by her children, Stephen Tice, Laura Weiner and Virginia Stillman; by her grandchildren, Andrew Stillman, Loren Stillman and Kay Weiner, and by her great-grandchildren, Charlotte Stillman, Levi Stillman, Ziggy Stillman and Milo Stillman.

Ollie loved gardening, music,

reading, cooking, raising her many dogs, cats, and three children, and spending time with her grandchildren and great-grandchildren.



Olive Stoker Tice

A memorial service was held at Fellowship Village in Basking Ridge, N.J., on Monday, August 13, 2018. Those who wish may donate in Ollie's name to The Fred Hutchinson Cancer Research Center or to the First United Methodist Church of Westfield for the Organ Restoration Fund.

Arrangements are by Gray Funeral Home of Westfield. Please go to www.grayfuneralhomes.com to offer condolences.

August 23, 2018

Community Access to Hold Walk-A-Thon September 15

ELIZABETH — Community Access Unlimited (CAU) will hold its Annual Ira Geller Memorial Walk-A-Thon on Saturday, September 15, at Oak Ridge Park in Clark to raise funds for programs and services that support people with disabilities and at-risk youth.

Community Access Unlimited, a Union County-based, statewide nonprofit that strives to integrate people with disabilities and at-risk youth into the general community, supports its members with housing, vocational skills and life-skills training, education, advocacy and recreation.

Registration for the Walk-a-Thon will begin at 11 a.m., with the walk starting at noon. Lunch will follow

at 12:30 p.m. The day also will include games, prizes, activities and music. Pre-registration is not required.

There are many ways to support the walk and CAU and its members. The agency welcomes individuals as well as teams from local businesses and community organizations to walk.

Businesses and organizations can donate items for participant goody bags as a way to garner brand exposure. CAU also welcomes volunteers to help with the event.

Anyone interested in donating goody bags or volunteering should contact Cara Clair at (908) 354-3040, extension no. 4376, or by e-mail at cclair@caunj.org.

Blood Drive Is Friday In Berkeley Heights

BERKELEY HEIGHTS — The American Red Cross has announced that a blood drive will take place on Friday, August 24, from 1:30 to 6:30 p.m., at Summit Medical Group, located at 1 Diamond Hill Road, Berkeley Heights.

In appreciation for helping to deal with recent critical shortages, all those who donate blood or platelets through Thursday, August 30, will receive a \$5 Amazon.com Gift Card via e-mail. Restrictions apply; see amazon.com/gc-legal. More information is available at RedCrossBlood.org/Together.

Individuals can make an appointment to donate blood by downloading the free American Red Cross Blood Donor App, visiting

RedCrossBlood.org or calling 1-(800) RED CROSS (1-800-733-2767). Those who donated blood earlier this summer may be eligible to give again. Blood can be safely given every 56 days, and Power Red donations can be given every 16 weeks.

A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years old in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High-school students and other donors age 18 and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

Wallberg Post to Host Talk on VA Benefits

WESTFIELD — David Brimmer, community outreach manager for the Veterans Administration (VA) New Jersey Healthcare System, will present a program on veterans benefits at Martin Wallberg American Legion Post 3 at 7 p.m. on Tuesday, October 9. The post is located at 1003 North Avenue West, Westfield.

Included will be information on diagnostic, treatment, preventative and other healthcare services available to eligible veterans enrolled for VA healthcare benefits; eligibility, and information on local VA health centers and community-based outreach centers. There also will be representatives from the Union County Office of Veteran Services with information from local and state organizations.

Scotch Plains Res. Squad Tip: What is All That Noise I Hear?

The world can be a noisy place. Sometimes you just have to get away from it all, find a quiet place and relax.

However, what if the noise was coming from inside your own head? What if you could not get away from it, ever? For people who suffer from Superior Canal Dehiscence Syndrome (SCDS), it can make everyday living a nightmare.

As reported on www.Hopkinsmedicine.org, "Researchers at Johns Hopkins identified superior canal dehiscence syndrome (SCDS) in 1995. This condition involves an abnormal opening in the uppermost canal of the vestibule of the inner ear. SCDS may be caused by the bony surface of the canal not growing to its normal thickness during development." Common bodily functions, such as chewing or swallowing, appear very loud. Those afflicted can even sometimes hear their own heartbeats or the blood coursing through their veins. And any external noises, such as coughing, speaking or a telephone ringing, can cause vertigo, blurred vision, headaches, anxiety and nausea since every sound is amplified. Flying, head trauma, or any straining, such as giving birth or heavy lifting, can cause symptoms to appear. Some people also notice it as they grow older.

According to rarediseases.info.nih.gov, others with SCDS may experience an echo when speaking or chewing, and/or think that items that are stationary are actually moving. Until recently, these complaints were considered

psychosomatic and patients were often referred to psychiatrists.

Once diagnosed, the only way to fix the condition is through surgery. Additional physical therapy may be needed to overcome any lingering dizziness. For more information, go to the SCDS Society at <https://www.scdsociety.com/scds/>.

The Scotch Plains Rescue Squad is a volunteer organization of Neighbors Helping Neighbors. With over 90 volunteers, we answer emergency calls not only in Scotch Plains but in surrounding towns as well when needed. Besides answering calls, you will see our ambulances at many special events held in town, such as Scotch Plains Day, the Memorial Day Parade, high school football games, and the summer concerts on the Village Green. We are also available to provide demonstrations for Boy and Girl Scout troops, clubs, and any other group that may be interested in what we do. In addition, we lend out wheelchairs, crutches, canes and other assorted medical equipment free of charge. Our Auxiliary Group holds fundraisers and provides other much needed support for our members. Please reach out to us if there is something we can do for you, or if you would like to become a part of our organization, at (908) 322-2103 for non-emergencies or scotchplainsrescuesquad@gmail.com.

Contributing author Susan Baldani is a life member of the Scotch Plains Rescue Squad.



WESTFIELD OF YESTERYEAR...An historic photo of the Westfield Historical Society which will be among the architectural highlights of a Walking Tour of Downtown Westfield. The walk will be held this Sunday, August 26, between 9 and 11 a.m. See article and an additional photo on page 20.

Vigman & Pollock, PA Retired Medical Records Available

Melvin P. Vigman, M.D. and Jeffrey C. Pollock, M.D. of Vigman & Pollock, PA have retired from medical practice.

You may obtain your medical records by mailing your request with complete contact information

to: Vigman & Pollock PA, 208 Lenox Avenue, Ste 410, Westfield, N.J. 07090.

Paid Bulletin Board
goleader.com/form/bulletin



TOP READER...Megan Moritz was the top reader, logging more than 268 hours, in the Cranford Public Library's annual Summer Reading Program. This year, children of Cranford collectively read for 18,493 hours, beating last year's total by 2,166 hours. See another photo on page 8.

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