

Bloomfield BUZZ

IN THIS ISSUE

January to June 2018

Spend 20 minutes and help create a healthier Bloomfield

Take the Community Health Survey



Five years ago, when the Bloomfield Health Department surveyed residents about health issues, they learned that diet and exercise were the most pressing health issues on residents' minds. Survey responses showed that 85% of residents were eating less than five fruits and/or vegetables a day -- well under the recommended five-to-nine daily servings.

With data in hand, the department went about bringing change to the Township.

- Bike racks were installed in eight locations around town. Funding came from grants because funders could see the need based on the survey.
- Neighborhood stores near public schools were tapped to prominently display healthy snacks to young shop-

pers instead of junk food.

- A mobile organic farm (City Green Veggie Truck) began making bi-monthly stops in Bloomfield to increase residents' access to fresh fruits and vegetables.



Now, residents have another chance to be heard on vital health issues. Bloomfield Health is conducting a 2018 community health assessment.

"To make sure we focus on the things that really matter, we need to hear from you," said Health Department Director Karen Lore. "Your opinions will help shape future programs and services offered by the department."

The survey takes 20 minutes to complete and responses are anonymous. You may fill out the survey online or go to the Health Department office in Town Hall for a hard copy. The

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survey is available in English or Spanish. Responses will be accepted through Jan. 17. For information, call the Health Department at (973) 680-4024.

Links to the online survey are available from the Health Department page of the Township website: <http://www.bloomfieldtwpnj.com/health-human-services/>. Or go directly to these sites:

- English version - <http://bit.ly/2017Bloomfield>
- Spanish version - http://bit.ly/2017Bloomfield_Span

9-week citizen police academy starts in February

Bloomfield and Montclair police will team up this winter to host their third annual Citizen Police Academy, a free nine-week course aimed at creating greater public awareness of the police function.

"We have found that education is the most effective way to gain understanding and support from the community," said community policing Officer

Yesenia Aponte.

Attendees will learn how police perform their duties and serve the community. They will learn about personnel demands, and policies that guide officers' public actions.

This year's academy will be held at the Bloomfield Middle School, 60 Huck Road. Classes will run every Tuesday starting Feb. 13, from 6:30 to 8:30 p.m.

To attend, you must be a Bloomfield or Montclair resident, age 18 years or older and must successfully pass a background investigation. There is no cost.

For more information or an application, visit the police department website at www.bloomfieldpdnj.com or contact Officer Aponte at yaponte@bloomfieldnjpd.com.

Twp. asks: How's your commute?

Bloomfield officials have created a survey to learn about residents' commuting needs, preferences, and habits. If you are willing to participate in this five-minute survey, please visit <https://www.surveymonkey.com/r/BloomfieldCS>. Your opinions are valued and your participation is appreciated.



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Give in the spirit of Martin Luther King

Make a difference in your local community. That's what Martin Luther King Day is all about. This year, in the run-up to the national holiday on Monday, Jan. 15, you can help the community in the following ways:

- Up to Jan. 13, donate food and baby items at Town Hall, fire stations, the Civic Center or the library. Look for collection boxes.
- Participate in the ShopRite food drive on Jan. 7.
- Buy items from Bloomfield Public Library's Amazon wish list.
- Buy items for the Bloomfield Animal Shelter wish list.

Two local MLK Celebrations

- Saturday, Jan. 13, at 8:30 a.m., at Demarest Elementary School.
- Monday, Jan. 15 at 4 p.m., at New Light Baptist Church in Bloomfield. Donations of food and baby items will be accepted.

For more details go to <http://dayofservice.nationbuilder.com/> or e-mail BloomfieldMLKday@gmail.com.

When there's lead in your water . . .

The Bloomfield Water Department found elevated levels of lead in drinking water during routine testing over the summer. It was discovered in four out of 35 samples taken from July through September in private homes and buildings where lead pipes, lead soldering and lead fixtures exist. Please know that elevated levels of lead are not present in the Township's pipes. For more details, visit the Township website, www.bloomfieldtwpnj.com, the EPA website, www.epa.gov/lead, or call the Bloomfield Engineering, (973) 680-4009.

Since lead can cause serious health problems, especially for pregnant women and young children, here's how you can reduce lead in your daily living.

- Use only cold water for drinking, cooking and making baby formula. Boiling does not remove lead from water. Hot water can cause lead, if present, to be absorbed into the water more readily.
- Regularly clean your faucet screen (or aerator).
- Use a water filter that's certified to remove lead.
- Before drinking, flush pipes by running the tap at least 60 seconds. Or take a shower, do laundry or a load of dishes.

• If you know you have lead piping, let the water run for two to three minutes to ensure getting fresh water from the Township's water main. Also, keep a container of drinking and cooking water in your refrigerator to reduce the need for flushing.

Bathing and showering should be safe even if the water contains lead over the EPA's "action level." Human skin does not absorb lead in water.

Free Home Test

The Township offers a free lead test for concerned residents. For details, call (973) 680-4009.

Learn about anti-abuse initiatives

The Bloomfield Municipal Alliance, a new Township committee devoted to alcohol and drug abuse prevention, holds quarterly public meetings in the police building, mayor's conference room. The next two dates are March 22 and June 21 at 1:30 p.m. For information, call (973) 680-4022.

Taste of Bloomfield set for April 22



Arrive hungry on Sunday, April 22 when Oakeside Bloomfield Cultural Center hosts its annual Taste of Bloomfield. More than 20 fine restaurants from Bloomfield and the surrounding area will dish out samples of their best offerings, including desserts! This year's event will take place from 4 to 6 p.m. Enjoy multiple live musical performers and a cash bar. Last year, tickets were \$30 in advance and \$35 at the door. This year's ticket prices have not been announced. Watch for details on the Oakeside website, oakeside240@aol.com, or call (973) 429-0960.

Town Council Meetings

Organizational meeting, Jan. 3, 6:30 p.m., Council Chambers. All below meetings at 7 p.m.

- Jan. 8 – conference meeting
- Jan. 22 – regular meeting
- Feb. 5 – conference meeting
- Feb. 26 – regular meeting
- March 5 – conference meeting
- March 19 – regular meeting

- April 9 – conference meeting
- April 23 – regular meeting
- May 7 – conference meeting
- May 21 – regular meeting
- June 18 – conference meeting
- June 25 – regular meeting

Regular Meetings: Council Chambers, Municipal Bldg., 2nd floor
Conference Meetings: Law Enforcement Bldg., Room 205
Questions: twpclerk@bloomfieldtwpnj.com or (973) 680-4015.

Primary election deadlines

Tuesday, June 5 will be primary election day. Polls will be open from 6 a.m. to 8 p.m. Preceding voter deadlines will be:

- April 2 - Last day to file petitions for the June primary.
- April 11 - Last day for party declaration.
- May 15 – Last day to register to vote or transfer registration.
- May 29 - Last day to apply by mail for a vote-by-mail ballot.

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Senior Extravaganza returns

Bloomfield residents age 60 and older are invited to the 4th annual Senior Extravaganza. Enjoy lunch, period music, dance (if you like), and make new friends — all at no cost. Bloomfield College nursing students will sponsor the event in collaboration with the Neighbor to Neighbor Network, the Bloomfield Recreation Department and the Bloomfield Department of Health and Human Services. To register by the March 15 deadline, call (973) 680-4017. Free transportation will be provided for those who need it.

Veggie truck to return in June

It was a hit last summer, and starting in June, the City Green Veggie Truck will return to Bloomfield. The mobile farm

stand (from City Green farm in Clifton) sells fresh fruits and vegetables on the first and third Tuesdays, from June to October, from 11 a.m. to 1 p.m. at #1 Municipal Plaza. This year, the truck will feature event tables, health screenings and other health-related programs. For details, call Bloomfield Health at (973) 680-4024.

Be a friendly visitor to a neighbor in need

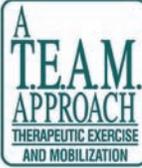
Seniors and people with disabilities can get friendly in-home conversation and help with errands like grocery shopping through the Friendly Visitor Program (part of the Neighbor to Neighbor Network). If you or someone you know could benefit from this free assistance, call (973) 680-4017. Or, to volunteer as a friendly visitor, call the same number.

Upcoming Health Screenings

www.bloomfieldtnj.com/health/public-health-nursing
(973) 680-4058

Unless specifically noted, all screenings are conducted at the Public Health Nursing Office, #1 Municipal Plaza, lower level. Appointments are required unless otherwise indicated.

- ◆ **Adult Vaccine Program** – age 19 and older. Monday through Friday, 8:30 a.m. to 4 p.m. Protect yourself against vaccine-preventable diseases. Call for information and eligibility.
- ◆ **Blood Chemistry** – March 20, 8:30-10 a.m. Includes health panel (blood chemistry, CBC, lipid panel, T4), \$35; PSA, \$35; health panel and PSA, \$50.
- ◆ **Blood Drive** - May 17, 3-7 p.m. Come to the Community Blood Services van at Municipal Plaza.
- ◆ **Blood Pressure (Free)**
 - First Thursday, 9:30-10:30 a.m., Town Hall.
 - Second Thursday, 10 a.m. - noon, Brookdale ShopRite.
 - Third Friday, 11:30 a.m. - 12:30 p.m., Civic Center.
- ◆ **Bone Density** – Feb. 13, June 4, 10 a.m. – noon. For men and women, ultrasound of the wrist. \$12.
- ◆ **Diabetes Screening** – Fourth Thursday, 10 a.m. - noon, Brookdale ShopRite. Free.
- ◆ **Memory Assessment** - March 12, 10 a.m. to noon. Engage in a one-on-one interview to address memory loss, risks, and hygiene.
- ◆ **Ocular Screening** - March 13, 11 a.m. to 3 p.m. Free exam by a Clara Maass physician.
- ◆ **Pap Smear, Mammography** – March 15, 8:30-10:30 a.m. Free screening for uninsured women age 40 and older who meet financial guidelines. Women with Medicare do not qualify.
- ◆ **Skin Cancer Screening** - April 9, 10 a.m. - noon. Free full-body physical exam for those not under the care of a dermatologist.
- ◆ **Tuberculin Skin Test** (PPD, Mantoux, TST) - \$20. Call for an appointment.
- ◆ **Urinalysis Screening** – Jan. 22 and April 16, 10 a.m. to noon. Immediate results provided. \$10.
- ◆ **Well Child Program** – Most Wednesdays, appointments at 9 a.m. Age 2 months to 18 years. Includes vaccines, lead screening, autism screening, growth and development assessment, and post-partum depression screening. Call for details and eligibility.
- ◆ **WIC Program** – Provides supplemental nutritious foods to pregnant, breastfeeding and postpartum women, plus infants and children up to age 5. For an appointment, call (973) 395-8960.



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■ Ongoing Library Programs

- Monday and Thursday movies at 12:15 p.m.
- Book Club – one Monday per month at 6:45 p.m. Call for topic and date.
- Nonfiction Book Club – one Tuesday per month, 6:30 p.m. Call for topic and date.
- Finance Club – Tuesdays at

- 6 p.m. Beginners welcome.
- Bridge Club – Fridays at noon.
- Genealogy Drop-In – second Wednesday at 6 p.m.
- Writer's Circle – second and fourth Tuesday at 6 p.m.
- Essex County Passport Outreach - fourth Wednesday from 1:30 to 6 p.m.
- Library Board Meetings - first Wednesday at 5:15 p.m.

■ Children's Programs

Story Times are offered year-round, all at 11 a.m., and all free.

- Tuesdays, Fridays - Toddlers with craft (age 1-1/2 to 3).
- Wednesdays - Preschool with craft (3-5 years).
- Thursdays - Baby & Me (up to 18 months). No craft.

Special Story Times

- Off-site at Lovlee Art Studios, Tuesday, Jan. 16, 1:30 p.m.
- Storytime with Ms. Katie of Shooting Star Dance Center, Wednesday, April 11, at 11 a.m.

Tutoring, Grades K-6 - Children age 9 and under **MUST** be accompanied by an

adult. Tutor schedules vary; call the library before arriving.

Special Olympics NJ, Young Athletes – For children ages 2 to 7, on select Saturdays, starting in spring. Registration through Special Olympics is mandatory. Visit www.sonj.org and click on "programs."

Children's Art is showcased in the library until April. Each month, a different district elementary school is featured.

Book Club, grades 4 to 6. Meets Saturdays, Jan. 27, Feb. 24, Mar 24, April 21, and May 19, at 2 p.m. (May session meets at 11 a.m.) Call for topics.

■ Bloomfield Historical Society

- The historical museum (above the Children's Library) is open Wednesdays from 2 to 4:30 p.m. Call (973) 743-8844 for information.

■ Learn English - Literacy Volunteers of America maintains an office on the second floor of the library. For help learning English or to volunteer as a tutor, call the library, x217 or x225.

■ Library Board Meetings

Meetings of the library board of trustees are held the first Tuesday of each month at 5 p.m. The public is welcome.

■ Holiday Closures

New Year's Day – Monday, Jan. 1
MLK Day – Monday, Jan. 15
President's Day – Monday, Feb. 19 (closing at 4 p.m.)
Good Friday – March 30
Memorial Day – Saturday, May 26 and Monday, May 28.

■ Wish List - Library staff has created an Amazon Wish List of books at <http://a.co/4lLoHBU>. There, patrons can purchase books for the library's general collection to be enjoyed by community readers for years to come. If you like, donate in honor of a friend or family member.

'Take Pride, Bloomfield'



Films, museum tours and book discussions are in store as part of a six-month community presentation, "Take Pride Bloomfield." The library's unique program on community tolerance recently won grant funding from the NJ Council for the Humanities. "Take Pride" was chosen for the ways it portrays the intersection of LBGT+ issues with race, class and religion. Through a series of community events, library staff hopes to stimulate discussions and insights on belonging and marginalization while building appreciation for differences.

'Take Pride' events will include:

- Saturday, Jan. 20 – Tour of the exhibit "Trigger: Gender as a Tool and Weapon," at the New Museum in Manhattan. Registration is required. Transportation is on your own.
- Wednesday, Feb. 28 - A screening of "Out in the Night" plus a discussion with Patreese Johnson, an actress in the documentary, in the library theater, 7 p.m.
- Saturday, May 19 - Drag Queen Storytime with Very Gerry, who has performed at "Dinner Under the Stars" and "Anthony's Cheesecake." Come to the library theater at 1 p.m.

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Van Tassel

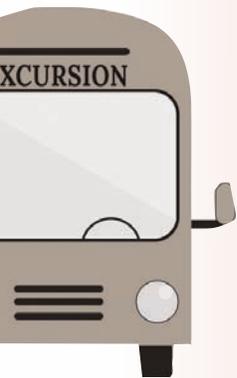
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Winter Bus Excursions Register Online

Monster Jam at The Rock

This world champion preliminary event features seven competitions in three

vehicles: Monster Jam trucks, speedsters and ATVs. It's all coming to Prudential Center (aka "The Rock") on Sunday, Jan. 28. Tickets are \$35 including bus transportation from the Civic Center. The bus will leave at 11:45 a.m. for the 1 p.m. show. Register online, at the Civic Center, or call (973) 743-9074.

African Art at Newark Museum

On Saturday, Feb. 17, discover the stories and meanings of African art through historical objects and recent artworks in the Newark Museum exhibit "Many Stories Matter: Arts of Global Africa." An art lesson

with artist/instructor Papa Tall will be scheduled after the trip. Meet at the Civic Center at 11 a.m., for the 11:30 a.m. bus. Tickets are \$30 for adults and \$25 for students/seniors/children under 13. The fee includes bus transportation, light refreshments, and the post-excursion lesson with Tall.

Marvel Age of Heroes, at The Rock

Come to a live, action-packed battle to defend the universe from evil on Friday, March 16 at 7 p.m. at Prudential Center in Newark. See Spider Man, the Avengers, Guardians of the Galaxy, Doctor Strange and more. Witness cutting-edge special effects, aerial stunts and video projections. Tickets are \$40 including bus transportation. Meet at the Civic Center at 5:30 p.m. for the 6 p.m. departure.

2018 Winter Programs

Registration is required for all winter programs. In-person registration at the Civic Center takes place Monday through Friday, 8:30 a.m. to 4:30 p.m., plus Wednesdays from 6 to 8:30 p.m. Or sign up online at www.bloomfieldrecreation.org. (Visa and MasterCard accepted.) The department website lists class details, dates and times.

Adult Programs

Yoga, Pilates, Zumba, Meditation for Relaxation, Boxing Fitness (see below).

Children's Programs

Karate, Magic with Joe Fischer, Ballet and Tap, Hip Hop Dance, Lego Robotics, Tumble Tots, Gymbble Tots, Children's Art, Baton, Improvisation, "Chef It Up" (see below), Pee-Wee Basketball, and Hovercraft Workshop (see below).

Boxing Fitness

(New! Adults, Co-Ed)

Get fit without getting hit. Learn basic boxing techniques and self-defense while building self-confidence and having fun. A Boxing Club-certified trainer will instruct.

Chef It Up: Foods Around the World (New! Children)

Kids take a culinary adventure preparing regional foods and drinks -- one country per class, to cook and take home.

Hovercraft Workshop (New! Children)

Build and take home a motorized hover racer. Race against your classmates. Take part in activities involving the science of air pressure, gravity and more.

Open-Gym Basketball for Adults

Bloomfield men and women, in two age groups, shoot and play pick-up games. Season passes are \$40, available at the Civic Center, online or at the gym. Proof of residency must be provided.

Men's Basketball League

Form a team of men age 18 and older (not in high school) for league play between mid-January and mid-March. Games are at Bloomfield Middle School, Monday through Thursday, at 8:15 or 9:15 p.m. Full teams required for sign-up. Fee: \$325 per team. For more information, e-mail msceurman@bloomfieldtwpnj.com.

Bloomfield Art League

Winter art classes at the Civic Center run from the week of Jan. 1 through the end of February. Spring classes extend from mid-March to May. Students must be age 14 or older. For details, e-mail dsampson@bloomfieldtwpnj.com or visit the Recreation Department website and click the Art League tab.

- **Drawing**, Tuesdays, Jan. 9 to Feb. 27, 10:30 a.m. to 1 p.m. Fee: \$112.
- **Watercolor**, Thursdays, Jan. 4 to Feb. 22, 10:30 a.m. to 1 p.m. Fee: \$112.
- **Recycled Mixed Media** (New!), Thursdays, Jan. 11 to Mar. 1, 4:30 to 5:30 p.m. Fee: \$112.

■ **The "Town Paints" annual art exhibit** will take place Saturday, May 12 on the Town Green.

Special Needs Programming

For information, contact John Baltz (973) 725-4485

- **Friday Night Canteen** (ages 7-17) - Participants enjoy recreational fun at Carteret School, plus special trips.
- **Horizons** (age 18 and older) - Monthly events include bowling, movies, dining out and more.
- **The CARE Station** (ages 7-16) - Attendees get academic support, snacks and recreational activities at this after-school program held at Carteret School.

Holiday Celebrations

Watch for details in the monthly Bloomfield E-Buzz newsletter.

- **Easter Egg Hunt** - Bloomfield Recreation Department and Skyline Community Church will host a hunt on Saturday, March 24 at Pulaski Park.
- **Memorial Day Parade** - Monday, May 28.
- **4th of July** - Food vendors, kids' rides and games, flag presentation, awards, live music, and fireworks at Foley Field.