

Northern Valley Press

S O U T H

ALPINE • CRESSKILL • ENGLEWOOD • ENGLEWOOD CLIFFS • TENAFLY

LAVISH LUNCHES

It was a parade of elegant gourmet meals and entertainment as the JCC in Tenafly held "Lavish Lunches," a fundraiser to support programs for seniors.

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MARCH 20, 2017

TENAFLY

SANCTUARY CITY PROPOSAL ADVANCES

Council supports vote on resolution for March 28

BY PAUL HUMMEL
CORRESPONDENT

After lengthy discussion among its members, the Tenafly Council has decided to move forward in passing a resolution to affirm the borough's commitment to protect the rights of all its residents – regardless of their immigration status.

During the March 15 Committee of the Whole meeting, council members offered their opinions on a proposed resolution to make Tenafly a sanctuary city, which was first mentioned by Councilman Maxim Basch at a Feb. 21 municipal meeting.

At the February meeting, Basch, who immigrated to this country from Romania to escape communism four decades ago, proposed a resolution to make Tenafly a sanctuary city, which is a loosely defined term for a municipality that does not report the immigration status of non-violent people interacting with local government officials to federal authorities.

Last month, Basch said, "The time has come for us to take a stand and say that America is a city of immigrants and we're not going to be a racist society. I'm asking for a resolution to be put upon the order to be discussed at our next session of what is called a sanctuary city."

With the exception of Councilman Anthony Barzelatto, all other council members agreed with Basch to vote on such a resolution at a future council meeting.

See **SANCTUARY** on page 27 ▶

A ST. PATRICK'S DAY CELEBRATION

Young and old revel in culture at center



Youngsters enjoyed the celebration of St. Patrick's Day at Bergen Family Center in Englewood with their teacher Darlene Tomlinson.

BY HILLARY VIDERS
SPECIAL TO NORTHERN VALLEY PRESS

Every year on March 17, people around the world – both Irish and Irish-at-heart, celebrate St. Patrick's Day. What began as a religious feast day for the patron saint of Ireland has become an international festival celebrating Irish culture with parades, dancing, Irish food and a whole lot of green.

PHOTO BY HILLARY VIDERS

Keeping in this tradition, St. Patrick's Day was celebrated joyfully throughout the Bergen Family Center in Englewood. Youngsters at the Day Care Center made shamrocks and the Senior Day Care Center welcomed Olga Mosciaro, Rev. Joseph Foley and Chris Gagliardi for a holiday presentation. Green was everywhere – from the shamrock decorations, to the cake that Mosciaro

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WALK WITH ZONTA

Join this local club as they take steps to fight violence against women.

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NORTHERN VALLEY

OVERDOSES ROSE IN 2016

Prosecutor's office details scope of opioid epidemic

BY SHANNON MCLAUGHLIN
OF NORTHERN VALLEY PRESS

Heroin and opioid overdoses continue to rise on national, state and county levels and Bergen County is not immune to the epidemic, according to a report released by Bergen County Prosecutor Gurbir S. Grewal.

The report details overdoses that occurred in the county in 2016. According to the report, last year saw a 6.9 percent increase in reported overdoses in the county compared to the year prior. The report stated that in 2016, the 308 overdoses were reported, while 288 overdoses were reported in 2015.

Grewal attributed this to both an overall rise in the number of heroin and opioid abusers and an increase in the potency of heroin being sold. According to the report, heroin is often mixed or substituted with fentanyl, a synthetic opioid that is up to 50 times more powerful than the drug it replaces.

Despite the increase in overdoses over a one-year period, the number of overdose fatalities remained undeviating, Grewal said. Both years saw 87 overdose fatalities, according to the report.

The prosecutor attributed this unchanging number to an increase of Narcan deployments last year.

See **OVERDOSES** on page 3 ▶

Rock in time...

In the 19th century, you might have lived in Palisades or Englewood township.

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LAVISH LUNCHEES BENEFIT SENIORS

BY HILLARY VIDERS
SPECIAL TO NORTHERN VALLEY PRESS
TENAFLY

You would not usually associate a sumptuous buffet breakfast with celebrity guest speakers, glamorous A-listers, followed by a parade of elegant gourmet lunches and entertainment, with Alzheimer's disease and dementia, but the Kaplen JCC on the Palisades does just that, and they do it with great style.

Now in its 15th year, the Kaplen JCC hosted its annual "Lavish Lunches" on March 2 to support its many senior programs, such as the Montessori-style Social Day Care Program at the Kaplen Adult Reach Center, a daily Senior Activity Center and a Retired Executives and Professionals Club.

A celebrity chef holds court

This year's Lavish Lunches event began with breakfast at the Tenafly home of Alissa and

Zachary Epstein and featured celebrity chef Josh Capon. Capon is the executive chef and partner of Lure Fishbar, B & B Winepub and El Toro Blanco in New York



Chef Josh Capon puts the finishing touch on his cauliflower salad.

City and South Beach, Fla.

Capon was the host of Spike TV's food series "Frankenfood" and has worked at famed restaurants Aureole and Park Avenue Cafe. Capon further honed his skills in restaurants in France, Italy, Germany and Spain, then returned to the U.S. to build his own culinary empire.

Capon is also a six-time winner of the People's Choice Award at the New York City Wine and Food Festival's "Burger Bash" competition. He has appeared on "Rachael Ray," "Live with Regis and Kelly," CBS' "The Early Show," "Today" and Food Network, and he has been featured in the New York Times, New York Magazine and Time Out New York.



Lavish Lunches hostesses welcome 107-year-old Frank Lucia and his son, who are members of the JCC senior program.



JCC Board Member Jennifer Schiffman, Chef Josh Capon, Samantha Endick, Robyn Ophir and Board President JoJo Rubach.

After an introduction by breakfast hostess Alissa Epstein, Claire Rodman, a member of the Kaplen JCC on the Palisades senior program, touched everyone with her story of how the Kaplen JCC enriches her life every day.

Capon followed with a fun and fascinating look at his career and his lifelong love of food. "My whole life revolves around food," he said. "I have hospitality in my blood, and I couldn't imagine doing anything else!"

Capon spoke about his jobs and partnerships in numerous restaurants around the world and how important it is for chefs to have *mise en place*, i.e., everything properly prepared, stored and ready to go.

"To be a good chef, you must always be at the top of your game. Every meal and every customer

deserves your best effort," said Capon.

That was obvious in the delicious seasoned cauliflower salad which Capon put his finishing touches on in the Epsteins' kitchen and served to guests seated in the living room.

In addition to Capon's informative talk, attendees received gift bags with a certificate for Capon's hit restaurant, Lure Fishbar, as well as a set of high-end serving utensils.

The brunch also included a raffle with fabulous prizes such as vacation packages, jewelry, restaurant certificates, skin care products and spa treatments.

This year's Lavish Lunches

CONTINUED ON PAGE 23



Adorable 4-year-old dancers entertained the seniors at the Mitzvah Lunch.



Lavish Lunches Committee members

NORTHERN VALLEY

HIGH SCHOOL STUDENTS CAN ATTEND YOUTH POLICE ACADEMY

The Bergen County Prosecutor's Office and Bergen County Sheriff's Office are pleased to announce that applications are now being accepted for the Bergen County Youth Police Academy – Class #13.

The Academy is a two-week "day camp" (Monday through Friday) that is offered to qualified Bergen County high school students who are entering the 9th, 10th, 11th and 12th grades, free of charge. The camp is funded through the use of monies forfeited from criminal enterprises, and is staffed by members of the Sheriff's Office and Prosecutor's Office. This year's Academy will run from June 26 through July 7.

The motto of the Bergen County Youth Police Academy is "Honor – Respect – Commitment." The objective is to educate young people about public service including emergency services, law enforcement, and government agencies.

"Designed by law enforcement professionals, the Academy provides high school students with a real understanding of what police academy cadets experience," stated Prosecutor Gurbir S.

Grewal.

"This is a unique opportunity for young people to focus on strengthening their life skills of self-respect, respect of others, teamwork, and commitment to one's goals."

The curriculum will consist of hands-on, interactive educational activities as well as physical training activities. Daily programs include presentations from educators, interaction with county agencies, and field trips. The cadets will be given exposure to available state and county resources.

The Youth Police Academy will be held at the Bergen County Law and Public Safety Institute in Mahwah, and is headquartered at the Bergen County Jail in Hackensack. Application forms are available at local high schools, police departments or online at www.BCPO.net (at Resources tab), and must be submitted by Friday, April 14, 2017.

Space is limited. If you have any questions, contact the Bergen County Prosecutor's Office Community Outreach unit at (201) 226-5509, or mparenta@bcpo.net.



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LAVISH LUNCHESES BENEFIT SENIORS

FROM PAGE 18

was co-chaired by Lorin Cook and Brandi Rubin. The event committee included Dana Baumbarten, Orly Chen, Stephanie Cohn, Alissa Epstein, Nira Feldman, Merle Fish, Jenna Gutman, Michele Ross, Beth Rubach, Jennifer Schiffman, Jillian Somberg and Fran- cie Steiner.

An exciting array of lunch options

After the festive breakfast, guests attending Lavish Lunches went to one of 12 different homes or local venues (that they had pre-selected) where hosts provided lunch and a wide variety of activities, including classes in floral arrangements and cupcake decoration, spa treatments, arts and crafts projects and educational lectures.

A popular choice, the "Mitzvah Lunch," took place at the Kaplen JCC building in Tenafly. At this event, hosted by Stephanie Cohn, Lorin Cook and Brandi Rubin, guests enjoyed a delicious luncheon with members of the JCC's senior programs and were entertained by students of the JCC Dance School, under the direction of Allyson Carolan. A

group of adorable 4-year-old girls dressed in blue tutu skirts performed tap dances that enchanted everyone.

Senior programs at the Kaplen JCC on the Palisades

The Kaplen JCC on the Palisades provides year-round programming for senior adults, including a social adult day care program for people with Alzheimer's disease and dementia, extensive programming for active retirees, door-to-door transportation in wheelchair accessible vehicles; hearty breakfasts and hot kosher lunches; programs for the arts; lectures and concerts; discussions on current affairs; gardening, music and exercise; sing-alongs and dancing; birthday and holiday celebrations; inter-generational programs with nursery school children and other programs that allow seniors to successfully "age in place" and remain engaged and connected to the community.

Kaplen Adult Reach Center- ARC

The Kaplen Adult Reach Center (ARC) helps individuals with Alzheimer's disease and related forms of dementia, making it possible for participants to

make friends and enjoy a socially engaging life, while providing respite, support and guidance for their family caregivers. ARC meets four days a week, from 9 a.m. to 2 p.m., in a bright spacious room with an outdoor patio. Door-to-door transportation in handicapped accessible vans is provided to many area towns. The program includes a full breakfast and hot kosher lunch, as well as a diverse calendar of activities that all take place in a safe environment with experienced professional staff. ARC is reasonably priced and offers financial assistance. Free caregiver support groups are available twice a month. For more information about senior programs or to arrange a visit, contact Judi Nahary at (201) 408-1450 or jnahary@jccotp.org.

Senior Activity Center (SAC)

This program serves independent seniors 75 and older and includes trips and outings, door to door transportation, exercises, guest speakers, rap sessions, discussions on current events, canasta and bridge, bingo and more. The program meets Monday-Friday, 9 a.m. to 1:45 p.m. It includes door-to-door transportation and nutritious hot meals are

served daily. For information, contact: Helene Schwartz, (201) 408-1451 or hschwartz@jccotp.org.

REAP (Retired Executives and Professionals)

This group gathers once a week on Tuesdays at 10:30 a.m. to participate in lectures and spin-off programs including bridge, current events, short stories, book discussions and more. Transportation is offered from many towns for \$5. Participants bring their own brown-bag lunch or purchase at the JCC cafe.

Lavish Lunches makes it happen

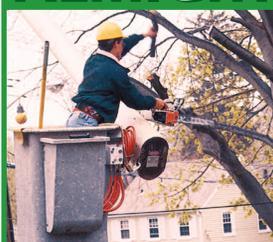
Lavish Lunches helps fund all of these senior programs.

Committee Chair Lorin Cook explained, "We take in about \$50,000 a year from Lavish Lunches and it goes towards these wonderful programs. We are always looking for additional donations, as our expenses are high and we want to offer seniors the very best in services, food and entertainment. The Kaplen JCC is a place where seniors always feel that they are welcome and in great company."

Lavish Lunches 2017 was a huge success, as it has been every year since it began. It is one of many special events that make the Kaplen JCC on the Palisades the premier Jewish community venue in Bergen County.

PHOTOS BY HILLARY VIDERS

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