

Where business and opportunity meet.

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Register today!

NOVEMBER 17

Tuesday Trivia

5:30 - 6:30 p.m. via Zoom

Quick! Brush up on your Thanksgiving trivia! It's an hour of fun and games to end your day on a high note.

NOVEMBER 19

Lunch & Learn

12 noon - 1 p.m. via Zoom

Holiday Season 2020: Tips for Making It Meaningful and Memorable.

NOVEMBER 24

Virtual Business Card Exchange

8:30 - 9:30 a.m. via Zoom

A great day of golf at an exciting new venue. Join us!

Register at mrcc.biz

MRCC - WORKING FOR YOU!

We hope this newsletter finds you all well. At MRCC, we have been busy this year working to help members navigate the pandemic by providing resources and information and adjusting the format of our programs to keep interaction and communication flowing.



We have also introduced new programs, including our latest initiative, First Friday Forum. These sessions are designed to provide our existing members with an opportunity to meet in smaller groups, either virtually or in-person, to discuss issues, brainstorm ideas, socialize and support one another. We kick off November 6 – visit our website to get involved!

We are here to help, so please reach out to us if we can be of service in any way. Our new office hours are 9:00 am – 2:00 pm.

Membership Benefits: Does your webpage include your company description, logo and your social media channels? Members may post jobs, add upcoming events to MRCC's Member Calendar, post discounts to members or to the community at large, post-employment opportunities for your company or your resume. Just log in to your client portal on our website mrcc.biz and follow the prompts.

Join a Committee: MRCC is an organization run by members. Joining a committee is a great way to make strategic alliances with other businesses.

Sponsorship Opportunities: Get great exposure for your business through event sponsorships, which are available in all price ranges for lunches and special events. We have also added a new Eblast Sponsorship opportunity.

Visit our website for updated information and events.

MRCC LAUNCHES FIRST FRIDAY FORUMS



The First Friday Forum discussions will include business focused topics such as Marketing, Sales, Human Resources, etc. Our intention is to create a peer group rather than a referral group to help our members find solutions and expand their networks. Meetings will be held on the first Friday of each month. A kickoff meeting is planned for Friday Nov 6. Groups will be facilitated by senior MRCC members. Only one member per Industry will be allocated to each forum and a confidentiality agreement will be implemented to ensure privacy. Meetings are open to members only - and will be offered free of charge. We invite you to fill out our online form to gauge your interest and involvement in this endeavor.

[CLICK HERE FOR FIRST FRIDAY FORUM INFO & SIGNUP FORM](#)

MRCC GOLF OUTING

MRCC honored CBS News anchor Chris Wragge at this year's Golf Outing.

More pictures on page 8



REMEMBERING JOE MIKULKA



MRCC lost a dear friend and colleague in June when Joe Mikulka passed away.

Born in Pennsylvania, Joe was an avid Pittsburgh Steelers fan. He

moved to the MRCC region to attend and graduate from Rockland Community College in Suffern. He married Linda DeStefano in 1972, and they moved to Suffern over 40 years ago to raise their three children.

Joe was the proud owner of Metro Pest Solutions for 20 years.

Joe's work at MRCC was wide ranging. He served as a Board of Directors member from 2007-2017 and again from 2019-2020. As a Vice President, he led the Directory committee through many successful years. He was also a perennial member and a mainstay of the Golf Outing committee.

Heading up the volunteer team at MRCC's annual Golf Outing for many years, Joe was an amazing presence as he and his golf cart cruised the course from end to end, solving problems and putting out fires. On the Directory committee, he was tenacious in the pursuit of excellence with one of MRCC's biggest fundraisers.

Joe was also Vice President of the Mahwah Regional Chamber of Commerce Foundation, and an active participant in the Suffern Chamber of Commerce.

Joe's heartwarming laugh and joyful sense of humor will live in the hearts of all who shared his journey.



NOVEMBER 24, 2020

8:30 - 9:30 AM

VIA ZOOM

YOUR COMPANY:

WHO ARE YOU?
WHAT DO YOU DO?

Members: \$10
Future Members: \$10

PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

I hope the Fall is treating you well and that you, your family, and your community are healthy and safe.

Fall is traditionally a time for family, friends, and football. It's a time of change and of giving thanks. As the days get shorter and the weather gets cooler, I want to send this message of gratitude to all of the members and volunteers who make the MRCC such a great organization.

An extra special thank you goes out to the Golf Committee who, under the leadership of Director Deborah Richin, planned and held a safe and successful golf outing this September. It was great to see so many of our members take advantage of the beautiful weather and pristine course while honoring our humanitarian of the year, CBS 2 NY News Anchor, Chris Wragge. Together we were able to raise funds and help support both the Mahwah Schools Foundation and The John F. Carty Memorial Scholarship.

Our staff and volunteers have continued to work behind the scenes to provide information and resources to help all members grow their businesses during these trying times.

While we may not have many in-person events on our calendar, there are still lots of ways to benefit from your MRCC membership. Our volunteer committees have come up with some new and creative offerings such virtual speed networking, a virtual health fair, and the recently launched First Friday Forum.

I invite you to check out our calendar and participate in one of our many virtual events. I'm certain there is something of value for everyone.

I look forward to seeing you soon.

Thank you and stay well.



Peter Gallo
MRCC President
Owner, Envision Video Services



MRCC CORPORATE PARTNERS

MEMBER NEWS BRIEFS

- At **C3Workplace** your safety is of the utmost importance. Our staff makes every effort to ensure our guests are able to be productive and successful in the safest environment that we can provide. C3Workplace is excited to announce that these efforts have been recognized by Safe Spaces™. As a holder of the Safe Spaces™ seal, C3Workplace has agreed to maintain rigid CDC guidelines throughout our facilities.

Even though up to 90% of employees will NOT return to their NYC or corporate offices, they still need some face to face collaborative time and space. Our triple duty parents (working, parenting and teaching) also need a way to be more productive and maintain their sanity.

C3Workplace has created SafeSpace™ team share programs as well as SafeSpace™ family share programs as a tool to manage COVID work-life balance.

To learn more or to schedule a tour of our offices please call Donna Miller at (973) 509-4632.

- **Good Samaritan Hospital**, a member of the Westchester Medical Center Health Network (WMCHealth), has established dedicated pediatric services in its Emergency Department (ED). Pediatric emergency medicine specialists are now available onsite to treat children from birth to age 21.

The new Good Samaritan Hospital pediatric emergency services are located within the main ED, where wait times are well below the national average*. The hospital has launched a 30 Minute Pledge that promises when patients visit the ED they will be seen by a provider within 30 minutes of completing registration. This pledge applies to all patients, including children.

Young patients of the new Pediatric Emergency Department (ED) will benefit from Good Samaritan Hospital's WMCHealth affiliation with the Maria Fareri Children's Hospital (MFCH), the Hudson Valley's only acute-care children's hospital. The most seriously ill or injured children in need of specialized care and procedures can be transferred seamlessly to Maria Fareri Children's Hospital for treatment.

To find out more information about The Good Samaritan Hospital Pediatric Emergency Department and the 30 Minute Pledge, visit www.goodsamhosp.org/pediatric-emergency-department

*Source: Centers for Disease Control and Prevention (CDC) reports the mean wait time in U.S. emergency departments (EDs) is 58.1 minutes.

- **Mary Swatek**, joins **Newmark Associates CRE** following 30-years of executive management in the healthcare and wellness industries. A native and current resident of Bergen County, Mary has developed an extensive network across diverse industries and professions, bringing reliable resources to her commercial real estate clients. Her ability to form strategic part-



nerships, identify market opportunities and manage all stages of contract negotiation and execution with close attention to detail provides clients with optimal service and results. A graduate of Lehigh University, Columbia University, and Bergen LEADS, Mary is a founding member of the Alumni of Bergen LEADS (ABL) as well as a Board Member and Grants Manager for the Tenaflly Educational Foundation (TEF). Mary offers investment sales, tenant and landlord representation, valuation and consulting services for commercial real estate including office, industrial, retail, and specialty spaces. With the addition of Mary, Newmark Associates is expanding its presence in Bergen County. Keep an eye on your mailbox for an upcoming mailing from us featuring Mary, the Newmark Difference in Bergen County, and Mary's newest listing in Mahwah!

We are proud to present the NEW



- With expanded certifications and training, **Precious Stones Coaching's** new rebranding reflects the three-pronged coaching now available. Experience fulfillment Professionally, Personally, and Spiritually.

"Developing yourself or your employees may be the Best Investment you can make!", says Di- Anne McKim, CACLC, AGAC2, CMHC.

Leadership Development, Performance Management, Employee Development, Performance Management, and Employee Engagement are some of the top reasons organizations invest in coaching. There is a direct positive return when you make this investment in your people.

Now is the time to take you and your employees to the next level. Reach out now to learn more about how Precious Stones Coaching can help. www.PreciousStonesCoaching.com/connect

- A Pace University doctoral student who founded an international first responder organization in the aftermath of the devastating earthquakes in Haiti has won a 2020 Jefferson Award, a prestigious national honor that recognizes America's top change makers and ordinary citizens who are doing extraordinary acts of public service.



In selecting Jacqueline Cassagnol for a National Award for Outstanding Public Service, Multiplying Good, the nonprofit organization that administers the Awards, cited the Rockland County resident's on-the-ground life-saving volunteer work in Haiti and her subsequent creation of **Worldwide Community First Responder, Inc.**, which provides health education, first-aid and disaster preparedness training to people in the United States and Haiti. Since the organization was

continued on page 3

MEMBER BRIEFS *continued*

established in 2011, it has educated and trained more than 350,000 community members in critical life-saving skills.

Cassagnol, a doctoral candidate in nursing at Pace's College of Health Professions, is the first student from Pace to earn the national honor, and the third member of the Pace community. She joins an impressive list of people who have earned an award that is often considered the "Nobel Prize for Public Service." This year's other national winners include actress and activist Kristen Bell, Youth Villages CEO Patrick Lawler, and TOMS clothing brand.

- **NJBG**, the non-profit support group for the **New Jersey State Botanical Garden** in Ringwood, has undertaken a project to restore one of the Garden's most photographed buildings, the iconic Pump House. Built in the late 1800s, it now has significant roof and structural issues. With State approval in hand, NJBG has begun architectural assessment and planning, with construction to follow as the weather permits. NJBG welcomes your donations and contributions to help preserve this charming building for future generations. For more info about the Botanical Garden or to donate, please visit us at njbg.org.



NJBG reminds you that the Botanical Garden is open every day from 8am-6pm with free admission and parking. Formal gardens, woodlands and meadows covering 1,100 acres make it a beautiful place to escape cabin fever, with plenty of room for social distancing. NJBG is an all-season park, so when the snow flies you're even welcome to bring your showshoes or cross country skies.



UPCOMING EVENTS

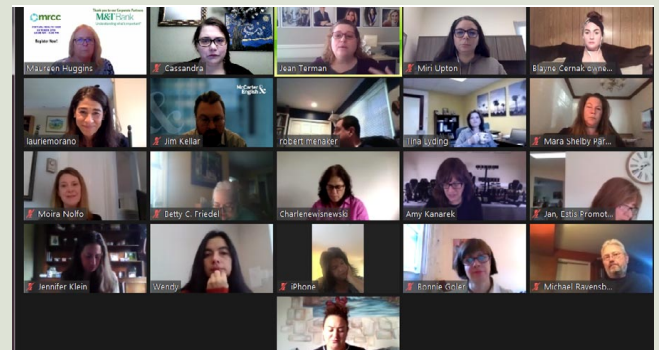
All MRCC events will be virtual via ZOOM until further notice.

- OCT**
 - 6 Speed Networking, Via Zoom
 - 14 Women In Business Initiative (WIBI); Sponsored by Good Samaritan Hospital, M&T Bank, TD Bank and Valley Health System; Via Zoom
 - 22 YPN Zoomberfest; Sponsored by TD Bank and Valley Health System
 - 27 Health Fair, Hosted by: Valley Health System; Via Zoom
- NOV**
 - 11 Women In Business Initiative (WIBI); Sponsored by Good Samaritan Hospital, M&T Bank, TD Bank and Valley Health System; Via Zoom
 - 17 Tuesday Trivia: Thanksgiving; Prize Sponsor: TD Bank, Trivia Sponsor: LB Entertainment; Via Zoom
 - 18 Women In Business Initiative (WIBI); Sponsored by Good Samaritan Hospital, M&T Bank, TD Bank and Valley Health System; Via Zoom
 - 19* Lunch & Learn "Holiday Tips for making it Meaningful & Memorable"; Via Zoom
 - 24* Virtual Business Card Exchange
- DEC**
 - 4 Holiday Luncheon; Sponsored by: Good Samaritan Hospital; Crowne Plaza Suffern-Mahwah
 - 9 Women In Business Initiative (WIBI) Holiday Breakfast; Sponsored by Good Samaritan Hospital, M&T Bank, TD Bank and Valley Health System; Via Zoom
 - 10* Lunch & Learn; Via Zoom
 - 15* Tuesday Trivia: Holiday; Prize Sponsor: TBD, Trivia Sponsor: LB Entertainment; Via Zoom

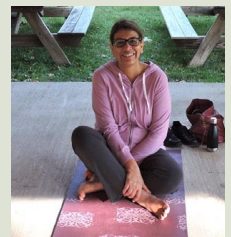
**Sponsorships still available. Please inquire at the office.*

All dates and events are subject to change. Please visit mrcc.biz for up-to-date information and to register for all events.

VIRTUAL & IN PERSON EVENTS



From Speed Networking (above) to Yoga (below), MRCC has found ways to create programs and events that are safe and socially distanced while they offer our members support, fun, and new ideas.



Valley Health LifeStyles 2.0

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At Valley Health LifeStyles your health and safety is our top priority.

Learn more about our commitment to safety at ValleyHealthLifeStyles.com.

WELCOMES NEW MEMBERS

MEMBER SPOTLIGHTS



MRCC welcomes these new members and invites you to visit them at mrcc.biz

- An Eye For Detail, Inc.; Morristown
- Centurion Title Services LLC; River Edge
- Chiro Health Spa; Ramsey
- Christie's International Real Estate; Ramsey
- Coach Melinda; Mahwah
- Green Way Products, LLC; Mahwah
- Newmark Associates CRE; Tenafly
- The Garlick Group, LLC; Wyckoff
- Traphagen CPAs & Wealth Advisors; Oradell

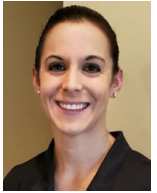
Effective October 22, 2020

Kinetic PT

Kinetic Rehab and Spine would like to welcome Dr. Chelsea Klinger, DC. Dr. Klinger is from Rockland County, NY. She graduated with honors from St. Thomas Aquinas College and NY Chiropractic College.

An avid runner, Dr. Klinger understands the importance of maintaining a healthy lifestyle. Combined with her chiropractic techniques, Dr. Klinger uses a variety of cutting edge diagnostic tools to treat her patients effectively and efficiently. Dr. Klinger finds the root of her patients' problems. Then, she educates her patients so they can return to a healthy and pain free lifestyle.

If you would like to schedule a free chiropractic consultation with Dr. Klinger contact Kinetic Rehab and Spine. www.kineticrehabspine.com or 201-327-1990



Family Promise

Throughout the COVID-19 pandemic, MRCC non-profit member Family Promise of Bergen County has been committed to meeting the growing and changing needs of low-income families due to job loss or reduced work hours – addressing both homelessness AND hunger. They provide shelter and/or support to families who are homeless or at-risk of becoming homeless via a combination of their New Leaf apartment program, hotels and with rental assistance. They also expanded their Walk-in Dinner meal program in Hackensack and worked with World Central Kitchen to distribute additional meals in Englewood. As the challenges and uncertainty facing our community's vulnerable populations continue to increase, Family Promise will continue to serve.



The following shows their impact since the pandemic began: 50 Family Members received shelter and support • \$40,000 in homeless prevention • 46,000 meals served in Englewood • 25,000+ meals served in Hackensack • 68 tons of produce distributed • \$20,000 provided in grocery gift cards.

**Emergency care.
When you need it.
Where you need it.**

**Emergencies don't wait. Neither should you.
Be seen by a provider within 30 minutes
of registration in our emergency department.**

*When it's an emergency, every minute counts.
Call 911 or go to the emergency room closest to you.*



Reach your customers
in a mailbox —
not just an inbox.



HITCH-A-RIDE in MRCC's Quarterly Mailer

We'll send your promotional
material to approximately
1,000 local businesses
for only **\$250!**

2021 Flyer deadlines:
Jan. 19 • April 20 • July 20 • Oct. 19



Our OMNI group held two outdoor in-person events.

On August 20, attendees enjoyed Tips
from a Golf Pro at the New York Country
Club.

On October 1, a group got
together for an outdoor Cigar & Happy
Hour at the Crowne Plaza.



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**If you are in the market for real estate or curious about
market valuations, give us a call!**

Kenneth D. Lundberg, SIOR • 201 488 5800 x138 • klundberg@naihanson.com

Patrick Lennon • 201 488 5800 x109 • plennon@naihanson.com

Lorenzo Lambiasi, MBA • 201 488 5800 x178 • llambiasi@naihanson.com

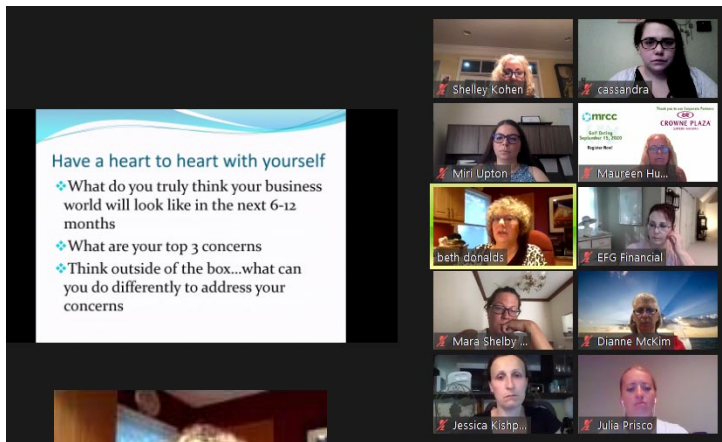
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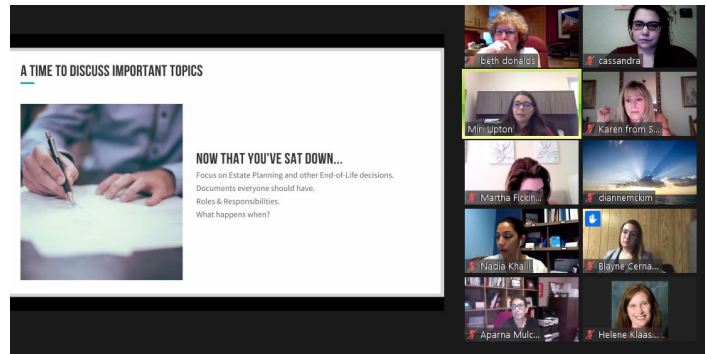
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naihanson.com

WIBI

WIBI continues strong virtually!



August speaker was Beth Donalds of The Business Doctor, speaking on 'Back to Business...Why you need to be fast, flexible, and first!'



September speaker was Miri Upton of Synergia Financial Group, giving advice on holding a family meeting and documents that should be in place.



October we had a webinar on Women-Owned Business Certification with (from l to r) Keynote Panelist Kiesha Blake Harp, Executive Director Women Presidents' Educational Organization ,along with Donna Johns, promarkdirt; Meg Ugenti, Focus USA; and Miri Upton moderating.

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COVID19 MASK DONATION INITIATIVE

A group of young adults from an outreach team have established a partnership with ASCEND foundation who donated thousands of masks to them.



The Cypol outreach team has been dropping the masks off to different organizations to distribute to hospitals, nursing homes, food pantries, and small businesses in the NJ/NY area. The MRCC received 2000 masks and in return MRCC gave 1000 to the Ramsey Chamber of Commerce. The remaining 1000 masks are being distributed to MRCC members.

BE SEEN!

Join our
Eblast
Sponsors!



Contact the MRCC Office for details – 201-529-5566

GIVE THE GIFT THAT WILL BE
CHERISHED
THIS HOLIDAY SEASON.

Preserve Your Memories For Generations.
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McBride Corporate Real Estate
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Tia Pyo
M&T Bank
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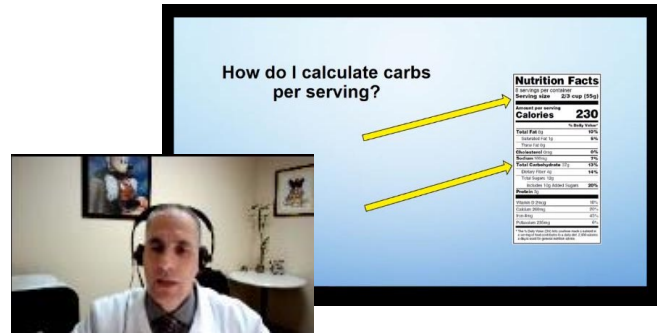
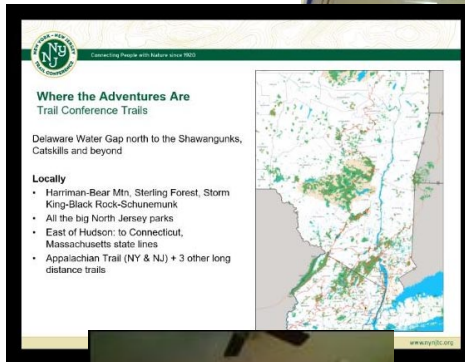
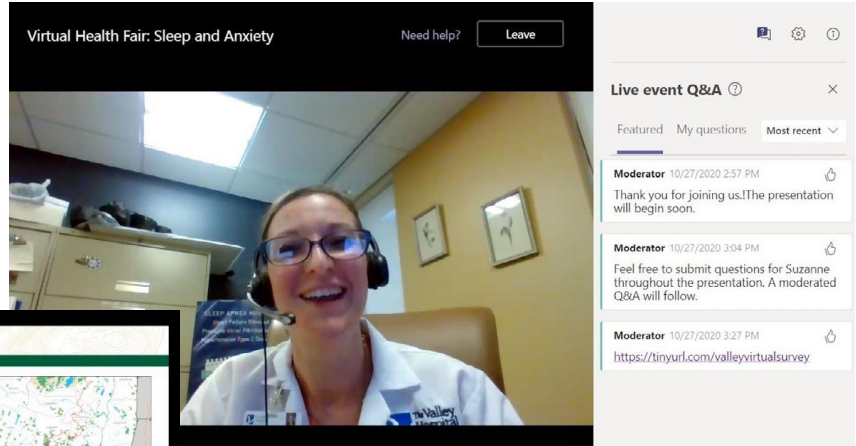
Sara Subramanian
Sheraton Mahwah Hotel
Community Relations VP

Miri Upton
Synergia Financial
Membership AVP

VIRTUAL HEALTH FAIR

We held our first Virtual Health Fair with Valley Health System on October 27.

Attendees were able to join in on six webinars throughout the day. Topics included - Coping with COVID, Ergonomics with Dr. Joe, Breast Cancer Risk Reduction, Diabetes and Nutrition, Sleep and Anxiety, and Boost Fitness with Hiking.



TUESDAY TRIVIA: THANKSGIVING

Hosted by: **MRCC | OMNI**

NOVEMBER 17, 2020

5:30 - 6:30 PM
VIA ZOOM
With Breakout Rooms

Prize Sponsor: **TD Bank**
America's Most Convenient Bank

Trivia Sponsor: **LB Entertainment**

mrcc

LUNCH & LEARN

Holiday Season 2020: Tips for Making it Meaningful & Memorable!

NOVEMBER 19, 2020

12:00 - 1:00 PM
VIA Zoom

stand out from the crowd.

develop your brand.
build your visual story.

graphic design
advertising
logo design
marketing materials
print purchasing & management

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DMS design
AND ADVERTISING, INC

MRCC Chamber Briefs

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MRCC reserves the right to edit information as needed.

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