

MyMontvale

THE OFFICIAL NEWSLETTER OF THE BOROUGH OF MONTVALE

MyMontvale is produced by
Pascack Valley Community Life.
www.pvcommunitylife.com

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Montvale Matters

HILLS/VALLEY COALITION

THE FACE OF ADDICTION

The Hills/Valley Coalition will present "The Face of Addiction: A Family Portrait," on Wednesday, April 23 at 7 p.m. at Pascack Valley High School. A resource fair opens at 6 p.m.

Billed as a "must-see program for parents and teens," the event will feature keynote speaker David Sheff, New York Times writer and best-selling author of "Beautiful Boy: A Father's Journey Through His Son's Addiction," and "Clean: America's Greatest Tragedy."

David will weave together the perceptions and experiences of his son's addiction and their family's path through discovery, treatment, relapse, and recovery.

Pascack Valley High School is located at 200 Piermont Ave. in Hillsdale.

PUBLIC ASSISTANCE

THANKS SUPPORTERS

Thank you for your donations to the Tri Boro Family Care Fund which are helping many local families in need.

Your continued support is very much appreciated.

KATHIE BOWEN

Public Assistance Director

DOG DAY AFTERNOON



PHOTO COURTESY OF DOREEN SULLIVAN

The Montvale Girl Scout Troop 332 participated in the Bergen County K-9 Veterans Day of Observation on March 13 in Mahwah. The girls got to meet a variety of working dogs and heard stories about military dogs saving lives.

CONGRESSMAN GARRETT'S OFFICE

Every second Thursday of the month, there will be a representative from the Hon. Scott Garrett's office at Borough Hall to address any concerns or questions you may have.

Andrew Whitehouse will be here between 1 and 3 p.m. in Conference Room 1.



Welcome Dr. Del Rosario, OB/GYN, When Location Matters

To make an appointment with Dr. Elizabeth Del Rosario, call: 201.781.1750 (ext. 201), or visit www.hackensackumcpv.com
250 Old Hook Road, Suite 304, Westwood, NJ 07675



MAYOR'S MESSAGE APRIL

It's been a few months since our last issue as we were trying to line up sponsors. The Governing Body has decided to fund the newsletter monthly and, if we get some sponsors along the way, all the better. Special thanks to Hackensack University Medical Center for this month's sponsorship and committing to two more in 2014.

Our budget process is complete and there is what we think is a modest and reasonable increase of less than \$100 per average household. One of the most important sections in this budget is the capital expenses. We are providing over \$1 million in capital funding without borrowing any money. This is something we have been working towards for several years and is not an easy place to get to, particularly in the recent economic environment. It is also part of the reason we have been slowly increasing our surplus balance that some argue is too high. State mandated police and fire equipment, police cars, a fire officer's vehicle and technology upgrades will use up a couple hundred thousand dollars of that money. This winter has destroyed so many of our roads that we are spending over \$750,000 on our local roads, along with the county's repair of their roads. I welcome calls about too many paving projects going on rather than hearing how bad a road has deteriorated. If all goes well, we will be able to keep up with an aggressive paving plan using much of the savings realized by the establishment of the Pascack Valley DPW.

On the subject of the new DPW, I would like to compliment the workers and managers who managed to keep things moving this winter. There could not have been a more challenging way to start our new department and the crew and managers were up to the task.



Roger J Fyfe
Mayor

One storm after the other coupled with a statewide shortage of salt made the season challenging, but we all survived it. The comments I have received over the winter months have been largely complimentary and constructive. The issues we encountered have been gradually addressed and everything will hopefully run without a hitch next winter.

Montvale continues to attract new commercial and corporate residents large and small. We like to think we are more than fair and are willing to work with our corporate neighbors to help them feel at home and be as successful as possible. While we have way too many vacancies, (about 18 percent), it is still below the state average and we are working to get that even lower.

Our spring sports programs have begun and we wish all of our MAL, middle school, and high school teams the best of luck this season. Between St Joseph's and Pascack Hills our town is enjoying quite a reputation in several league sports. Congratulations to the Pascack Pi-oneers on their continued domination in their robotic competitions.

Please note on the first Tuesday of every month at 5:30 p.m. any resident can come over to Borough Hall and meet with their elected officials before the public Mayor and Council meetings. This is an informal setting and we hope it encourages residents who have questions to come down and ask them in person without cameras and microphones.

Enjoy the nice weather and please don't hesitate to email any of your representatives with any questions or concerns you might have. They are here to listen.

BOARD OF HEALTH

Health & Wellness Program

The Montvale Board of Health, in conjunction with the Health Awareness Regional Program of Hackensack University Medical Center, is sponsoring an Adult Health & Wellness Program on the first Thursday of the month from 10 a.m. to 1 p.m. and on the fourth Monday of the month from 10 to 11 a.m. at the Montvale Senior & Community Center, 1 Memorial Drive.

The free program, which is led by a registered nurse, is designed to help participants live healthy lifestyles. The program includes blood pressure assessment, body mass index, diabetes risk assessment, stress management, health education, and community resources.

For further information, call HackensackUMC at 551-996-2038.



MONTVALE ACCESS

We are working on building a group of volunteers to help put together a TV schedule of programs Montvale residents would enjoy viewing. We use Verizon Channel 35 and Cablevision Channel 77 to broadcast the Mayor and Council monthly meetings. We've also added a few town events for your viewing pleasure. At this point we need content to air and I am looking for volunteers to help with ideas as well as collecting or filming.

We also need people to help with filming, editing, scheduling and a lot of other behind the scene interactions. We are looking to build this group with local people to help make a program the whole town would enjoy. **NO EXPERIENCE NEEDED!** We can all learn from each other. If you are interested in our group, join us at Borough Hall on the first Tuesday of the month at 7 p.m. on the second floor in conference room 1, send an email to montvaletvaccess@montvaleboro.org, or call and leave a message at 201-391-5700, ext. 251.

Bill Lagno
Station Manager

MONTVALE POLICE DEPARTMENT

Hello Montvale:

New Jersey is facing a new drug epidemic: Heroin. Heroin has swept into the state at an alarming rate. Overdose deaths across the state and county have spiked. One of Montvale's own recently died from a heroin overdose. Nearly every town that surrounds us has had a fatality from heroin, and the victims are not just school age kids, but young adults as well. The situation has become so alarming that several counties are providing the police with naloxone, a medication designed to counteract the effects of opiates to be administered in life-threatening overdose situations. The Bergen County Prosecutor is in the process of providing naloxone to all police departments in Bergen County.

The causes for the epidemic and deaths are numerous, but included on that list would be:

Stronger, more potent, uncut heroin making its way to the street.

The drug is often "cut" or mixed with other dangerous chemicals.

The drug has become relatively cheap to purchase.

It is easy to obtain.

It can be snorted, smoked or injected.

No longer does buying heroin require a trip to a dangerous urban neighborhood or meeting with a seedy drug dealer in some



back alley because it is available in your suburban neighborhood. An alleged drug dealer was arrested for selling out of his Upper Saddle River home. He is charged with causing the death of a young man from Ramsey from a heroin overdose. I doubt he is the only one.

So what to do? Many parents are concerned about their children's privacy. Be more concerned about their health than their privacy. Be nosy. Check your kid's phone, check emails, check Instagram, Facebook, Twitter, and check all social media. Pay attention to their friends, who they are, and what they are up to. Look for signs of drug abuse. Know what drug paraphernalia looks like and how it is used and hidden. There are numerous resources for information on drug abuse including:

www.helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm. This problem is real

and it is not going away soon.

The Montvale Police Dept. has applied to the DEA to be a NJ Attorney General's Project Medicine Drop collection site. We will have a permanent collection box in place for all old or discarded medications and drugs to be dropped off with no questions asked.

Follow us on Twitter at [@MontvalePolice](https://twitter.com/MontvalePolice).

Weather alerts, Montvale traffic alerts, and more gets posted.

Stay safe,
Chief Abrams

MONTVALE SENIOR CLUB

After a very bad winter, spring has arrived and our members are enjoying getting out more, socializing with friends, and making new ones. We meet for our Business and Social meetings on the first and third Thursday of the month at our beautiful facility and Community Center located at 1 Memorial Drive. The purpose of the Montvale Senior Club is to sponsor good fellowship and wholesome recreation for men and women of Montvale and former residents who have attained their 55th birthday.

We just enjoyed our spring luncheon at the Florentine Gardens and our seniors had a great time as always. Montvale offers three of these elegant dinners a year. We also offer several luncheons such as Mother's Day, Valentine's Day, etc. Our club is enjoying new classes including computer training, card games, mahjong and crafts. We are open and looking for new ideas and programs. Our senior center provides chair exercise classes that have become very popular and also offers an opportunity to meet and socialize with others. A nurse is available from HARP and meets with members on our Social meeting days. Our club offers a Fun Night of pizza and bingo which is

enjoying a large attendance. The center is open Monday through Friday for exercise, card games, crafts and just socializing. We are fortunate to have a board member who attends meetings at the Bergen County Senior Citizens Coordinating Council, Inc. and informs us of any relevant information relating to senior citizens. Annual dues are only \$8 and we offer trips, chair exercises, entertainment, card games, and interesting speakers with relevant topics aimed at seniors. Our facility boasts an exercise room with a variety of workout equipment which is very popular.

Our trip coordinator is working on a variety of trips now that winter has passed. We are heading to Lancaster, Pa. for a performance of "Moses" at the Sight and Sound theatre and that information is available at the center along with other trips. Our long time member, Betty Rutishauser, prepares a detailed calendar of events every month and it's available at the center. If you have a particular interest, come down and share it with us. You can contact our president, Dick Voorhees, at 201-573-0761. We hope you will consider joining our group.

SENIOR CLUB EXERCISE ROOM



The Senior Exercise Room at the Senior/Community Center is in its seventh year of operation, and we have room for additional participants.

Hours of operation are Monday, Wednesday and Friday from 8 a.m. until noon.

Treadmills, ellipticals, stationary bicycles, a rowing machine and free weights are available for use by any resident who is at least 55 years of age. There is a registration fee of \$40 per calendar year.

So if you want to stay in shape or get back into shape come see us. The exercise and the companionship will do you good.

Dick Voorhees - 201-573-0761

MONTVALE RECREATION DEPARTMENT

ADULT PROGRAMS

BALLROOM AND LATIN DANCE FOR SENIORS AND OLDER ADULTS

Have you wanted to learn the Foxtrot, Waltz, Cha-Cha, Swing and/or the Hustle? Maybe you already know how to do these dances and just need a pleasant afternoon dancing your favorite. This will be your opportunity. Come meet new people, socialize and get some exercise while having fun in this dance class. All levels are welcome and no partner is necessary. This program began Wednesday, March 26. Classes are held from 12:30 to 1:30 p.m. in the borough Community Center. The low cost of this eight-week class is just \$40/couple or \$20/person for residents, and \$60/couple or \$30/person for non-residents. Instructor is Best Foot Forward owner/dance teacher Oscar Sanchez.

TABATA BOOT CAMP AND YOGA

The Tabata Boot Camp program is a proven method of High Intensity Interval Training (HIIT) and uses the 20-10 microburst method of training. This innovative class is guaranteed to deliver a great calorie burn workout followed up with a post metabolic boost. This class offers effective workouts that maximize your results in a minimal amount of time. The second part of this class will consist of yoga moves and nutritional advice. This eight-week class is offered on Tuesday mornings and began March 25 from 9 to 10 a.m. in the Recreation Center. Weather permitting, the class may be held outdoors as well. All levels are welcome to come and learn more about the hottest craze in fitness. Fee: \$80 for residents; \$100 for non-residents for this eight-week class. Instructor: Degreed and Certified Personal Trainer, Certified Tabata and Yoga instructor Rose Freeman brings 25 years of continuous training excellence.

ADULT CRAFT CLASS

This fun craft class will help you relax and make decorations for all the upcoming seasons. This eight week class meets on Tuesday evenings in the Memorial School art room from 7:30 to 9 p.m. The first class began on March 25. Fee: \$60 (plus the cost of supplies). Instructor June Hanna.

DRAMA FOR MAMA

Put all those hysterical, adorable and even stressful stories of motherhood to good use! This course uses each student's individual "stories" to create comedy for family story telling, journal writing that can be passed on to our children, stand up comedy and sketches. These stories are unique but universal. Share laughter and learn new skills in a creative workshop. Classes are held Monday mornings from 10 to 11 a.m. in the Recreation Center. First class began Monday March 24. Fee: \$80 for residents and \$100 for non-residents for this eight-week class. Instructor: Bernice Harris. Director of "AnitaLaugh" Improv & sketch comedy troupe voted "Best Comedy Entertainment" in Bergen County.

HATHA YOGA

Yoga will increase flexibility, physical strength and energy, and will also improve concentration, emotional stability and the ability to relieve stress through relaxation. Two, one day/week classes are offered in the Recreation Center. The first class meets Monday evenings from 7:30 to 8:30 p.m. and began March 24. The second class meets Friday mornings from 9:30 to 10:30 a.m. and began March 28. Registration will take place on the first session of each class. Residents and non-residents 18 years of age or older are invited. High school students may participate if registered by an adult. A mat or towel should be brought to each class. Fee: \$80 for residents; \$100 for non-residents for this eight-week class. Instructor: Debra Broadman.

IMPROV COMEDY CLASS

Improvisational comedy is an art form that has now come to Montvale. "AnitaLaugh" offers a fun-filled workshop featuring improv games like those seen on "Whose Line is it Anyway?" Theater games and acting exercises help anyone looking to ease the discomfort of public speak-

ing and help those trying to overcome shyness in a supportive and creative environment. Learn how to "think on your feet" and develop the skills useful for business, performing and all aspects of life. Anyone who wants to try their hand at comedy for fun or as a career will benefit greatly from learning improv. Classes are held Wednesday evenings from 7 to 8 p.m. in the Recreation Center. The first class began Wednesday, March 26. Fee: \$80 for residents and \$100 for non-residents for this eight-week class. Instructor: Bernice Harris. Director of "AnitaLaugh" Improv & sketch comedy troupe voted "Best Comedy Entertainment" in Bergen County.

TAEKWON-DO

TaeKwon-Do, the Korean Art of Self-Defense, is the scientific use of the body through physical and mental training for self-defense in unarmed combat. The program is available for adults and high school age students accompanied by an adult from 8 to 9 p.m. on Tuesday evenings. This eight-week class began Tuesday, March 25 in the Recreation Center. Fee: \$80 for residents; \$100 for non-residents. Instructor: Mario Liriano, 5th Degree Black belt.

TALKIN' BASEBALL

If talking about Baseball as it was in years past is your thing, please join us at our monthly meetings. The group meets the first Wednesday of each month at 8:15 p.m. in the Recreation Center. There is no fee for this program.

TENNIS LESSONS

Looking to improve your tennis game? This program will be offered through the Montvale Recreation Department, but lessons will be taught by Bill Bess of Tennis Dynamics for the beginner and the intermediate player. Instruction will be limited to a maximum of eight participants per group. Classes will be offered for kindergartners through adults. Two separate days of lessons will be offered independently of one another. The cost for the six-week program (one day/week) is \$80/person for residents and \$120/person for non-residents. Lessons will be given at the Memorial Drive tennis courts. Please note the courts will be reserved for lessons during the length of the program. Monday classes will begin on May 5. Saturday classes will begin May 10. Loaner rackets will be provided for those people that do not own their own racket but are interested in playing. To register, please read TENNIS REGISTRATION below.

Monday's lessons

Grades K-2 from 4-5 p.m.

Grades 3-5 from 5-6 p.m.

Grades 6-8 from 6-7 p.m.

H.S. and Adult 7-8 p.m.

Saturday's lessons

Grades K-2 & 3-5 2-3 p.m.

Grades K-2, H.S. & Adult Beginner 3-4 p.m.

Grades 6-8, H.S. & Adult Intermediate 4-5 p.m.



TENNIS REGISTRATION

You may register for your tennis pass (information below) and lessons (space permitting) at Borough Hall during normal business hours (8:30 a.m. to 4:30 p.m.). Please remember that space is limited for each of the sections of lessons.

TENNIS

A magnetic locking system is installed on the court gates of both the Memorial Drive and Chestnut Ridge tennis courts. This system has proven to be an effective way to reduce the number of non-registered people using our courts. Each year residents who wish to use the courts must register to receive their new access card.

Membership registration for the 2014 season which runs from March 1 through Dec. 31 may be purchased at the Borough Hall during normal business hours. The 2014 tennis fee schedule is:

CATEGORY	RESIDENT	NON-RESIDENT
Adult	\$30	\$60
*Student (14-18)	\$10	\$20
Family	\$50	\$100
Senior Citizen	FREE	FREE

*A student registering alone must register as an adult.

KID'S CORNER

SUMMER CAMP

Participation in this program is open to any Montvale resident who will be entering Grades 1-7 in September. Camp activities include bowling at the Montvale Lanes, swimming at the Montvale Swim Club, guest entertainers, Arts and Crafts and daily "Special Events." Registration will be held on Wednesday, April 30 and Friday, May 2 from 3:15 to 4:15 p.m. at the Community entrance of Memorial School. Following those dates, you may register at Borough Hall until June 20 during normal business hours. Although we do our best to keep camp open, in the event of severe inclement weather, there is the possibility we may have to close the camp.

DATES: June 30 through July 25

PLACE: Memorial School Complex

TIME: 9:30 a.m. to 12:30 p.m. (Monday through Friday)

RESIDENT FEE: \$200 per child (family max \$650)

NON-RESIDENT FEE: \$250 per child (family max \$800)

SUMMER CAMP COUNSELOR POSITIONS AVAILABLE

During the month of April the Recreation Department will be looking to fill counselor positions for its Summer Recreation Camp. Counselors must be 14 years of age or older by June 27. Students must be available to work the dates of June 27 through July 25 from 9 a.m. to 12:45 p.m. Applications for these paid positions will be available at Borough Hall and the Pascack Hills High School Guidance Office starting April 1. Interviews these positions will be held on April 24 from 4:30 to 6:30 p.m., April 25 from 7 to 9 p.m., and April 26 from 8:30 to 10:30 a.m. at the Recreation Center.

The parks on Memorial Drive will be closed from 9:30 a.m. to 1 p.m. during the summer camp season.

TAEKWON-DO

TaeKwon-Do, the Korean Art of Self-Defense, is the scientific use of the body through physical and mental training for self-defense in unarmed combat. Program will be offered two days/week for children in Grades K-8. The class for Grades K-4 will be offered Tuesdays and Thursdays from 6 to 7 p.m. Classes began Tuesday, March 25. The class for Grades 5-8 will be offered Tuesdays and Thursdays from 7 to 8 p.m. Classes began Jan. 7. The program will be held in the Recreation Center. Fee: for this 16-session class is \$120 for residents; \$180 for non-residents (space permitting). Registration: first day of class. Instructor: Mario Liriano; 5th Degree Black belt.

If you have an idea for a program, or would like to become an instructor, email us montvalerecreation@gmail.com at the address above. (Please don't speak with Mr. Freeman at school.)

DAY IN THE PARK - JUNE 14, 2014

If you are involved in a non-profit organization, and would be interested in having a table for your organization at Montvale's Day in the Park (where you can sell items or give information on your group),



MONTVALE PUBLIC LIBRARY



APRIL'S SPOTLIGHT:

FROM THE YOUTH SERVICES DEPARTMENT

WHAT: "Earth Day Paper Making Workshop"

WHEN: Tuesday, April 22 at 3:45 p.m.

INFO: Join us for a paper-making workshop in honor of Earth Day. Children will learn how paper is made and even make bookmarks and decorative cards out of recycled junk mail. In-person registration is required prior to the workshop date.

ALSO OF INTEREST

Did you know the Library currently sponsors three active Book Discussion Groups? The Monday morning group meets at 10:15 a.m. on the last Monday of every month. The Monday afternoon group meets at noon on the second Monday of every month. The Thursday evening group meets at 7 p.m. on the third Thursday of every month. There are currently openings in each of these book groups. If you'd like to join a group, please contact Specialized Services Librarian Lorissa Lightman.

Titles to be discussed in April include: "Snow in August," by Pete Hamill (Monday morning); "The Catcher in the Rye," by J. D. Salinger (Monday afternoon); and "The View from Penthouse B," by Elinor Lipman (Thursday evening).

FOR INFORMATION ON LIBRARY SERVICES AND PROGRAMS

Visit the Montvale Library's website at montvale.bccls.org, email the Library at movlcirc@bccls.org, or telephone the Library at 201-391-5090. Stop by and visit us, too!

email us at montvalerecreation@gmail.com. Please include the following items in your email:

- Name of non-profit organization
- Your name and affiliation with the organization
- What you would like to sell (items must be approved by the Recreation Department so organizations do not sell the same items)
- Contact info (email and cell phone number)

FIELD USE

Applications and Hold Harmless forms must be completed and returned to the Borough Hall Building Department to Mr. Jeff Fette with liability insurance and payment. Forms are available on line and at the Borough Hall front counter. Permits will be given according to availability.

CO-PRESIDENTS

SCOTT L. FORMAN
NJ Lenders Corp
The Forman Mortgage Team

STEVEN FOX
Morgan Stanley

1ST VICE PRESIDENT

TOM DAVEY
Davey's Locker

VICE PRESIDENT

TOM CHAPMAN
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COUNSEL

IRA KALTMAN, ESQ.
Beattie Padavano, LLC

ADOLPH ROMEI, ESQ.
Beattie Padavano, LLC

Board

MICHAEL FORMAN
NJ Lenders Corp
The Forman Mortgage Team

Linda Mitchell
Massage & Whole Body Health

Monthly Board Meeting Time: 1st Wed of the month at 4:00, Borough Hall, Montvale



The Montvale Chamber of Commerce

MONTVALE STREET FAIR 2014



HOLD THE DATE

• **June 1st - Montvale's Annual Street Fair**

Now Accepting Sponsorships for 2014 Street Fair

"Be a Part of an Amazing Community Event that attracts People from all over the Region"

Over 20,000 people attended last year's Street Fair.

Sponsorships range from \$500 - \$10,000*a sponsorship for every level!*

For more information visit our web-site at www.MontvaleChamber.com

Over 20,000 people
attended last year's Street Fair



Spring Membership Drive: Join the Chamber!

www.MontvaleChamber.com

MONTVALE IN MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Service Key Local Mtg. Household Trash Recycable Pick-Up				1 District 3, 4 Yard waste pickup	2	3
4	5 East Board of Health 7:45 p.m.	6 Central Planning Board Mtg. 7:30 p.m.	7 West	8 District 1, 2 Yard waste pickup	9	10
11	12 East	13 Central Mayor & Council Mtg. 7:30 p.m.	14 West	15 District 3, 4 Yard waste pickup	16	17
18	19 East Environmental Commission Mtg. 7:45 p.m.	20 Central Planning Board Mtg. 7:30 p.m.	21 West	22 District 1, 2 Yard waste pickup	23	24
25	26 Memorial Day Offices closed	27 East & Central Mayor & Council Mtg. 7:30 p.m.	28 West	29 District 3, 4 Yard waste pickup	30	31

MONTVALE OFFICIALS

ADMINISTRATION

ADMINISTRATOR/MUNICIPAL CLERK

Maureen Iarossi-Alwan - miarossi@montvaleboro.org

MAYOR AND COUNCIL

MAYOR

Roger J. Fyfe (R) - mayorfyfe@montvaleboro.org

COUNCIL PRESIDENT

Salvatore J. Talarico (R) - stalarico@montvaleboro.org

COUNCIL

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CONTACT INFORMATION

MONTVALE BOROUGH HALL

12 Mercedes Drive, Montvale, NJ 07645

Phone: 201-391-5700 Visit www.montvale.org

TV: Cablevision-CH 77 Verizon FIOS-CH 35

CONSTRUCTION/BUILDING DEPARTMENT

As we hopefully move into warmer weather and put this brutal winter behind us, now comes the time for all the cleanup work.

From the property maintenance perspective, all property owners will need to look at their property for damage. Heavy ice and snow can pull gutters away from the house as well as break branches off from trees.

The freeze-thaw cycle, which damages municipal roads, does the same to driveways, although to a lesser degree. Ice dams that occur along roof edges can cause damage to interior drywall and finishes. Pool gates and fences can be damaged by falling branches and result in loss of protection for the pool enclosure. Concrete sidewalks can heave from frost creating a tripping hazard. All of these items are considered general repair and maintenance and do not require building permits but do need to be addressed under our property maintenance code.

Finally, thanks to all who tried their best to maintain passable sidewalks. I know it was difficult given the huge volume of snow and the lack of a place to put it, but your cooperation and efforts were very much appreciated. Hopefully, we can look forward now to a beautiful spring.

Jeff Fette

Construction/Building/Property Maintenance Official

Welcome Dr. Del Rosario, OB/GYN

When Location Matters



We understand your need to have a board-certified, experienced, and compassionate OB/GYN close by.

Elizabeth Del Rosario, OB/GYN, with more than 25 years experience, is now located at 250 Old Hook Road in Westwood, within HackensackUMC at Pascack Valley.

She welcomes women of all ages to her practice for regular gynecologic care as well as obstetrics. Women will deliver in the family-friendly Maternity Center at HackensackUMC at Pascack Valley with all private rooms, 24/7 anesthesiologists, and a NICU for newborns who require special care.

To make an appointment with Dr. Elizabeth Del Rosario, call: 201.781.1750 (ext. 201).



Dr. Elizabeth Del Rosario

250 Old Hook Road, Suite 304
Westwood, NJ 07675

For more information visit:
www.hackensackumcpv.com

