

## AttachAvi Autism Foundation

AttachAvi Autism Foundation, in collaboration with Sewa International Central Jersey, started a two-year all-inclusive program on social and emotional learning. This activity is designed and mentored by Akash Negi AttachAvi Borade of Director. This activity helps need young adults. In addition, it encourages the young high school volunteers from Sewa to show their support and empathy towards young adults on the autism spectrum from AttachAvi Autism Foundation.



## AttachAvi Truck-or-Treat

On Halloween eve, Sewa Leads collaborated with AttachAvi Autism Foundation PEGS for the Trunk-or-Treat event. After collecting the treats our leads distributed those to the children. Leads did a fantastic job in decorating their truck and was indeed a feast for eyes.



### Chapter Highlights

- ❖ AttachAvi Autism Foundation
- ❖ Sewa Meals

### Center Highlights

- ❖ Punarjann
- ❖ Edison Boat Basin
- ❖ Flags for Heroes
- ❖ Henna Fund Raiser

### Volunteer(s) Spotlight



Chitra Kuppaswamy ji has been involved with Sewa since April 2020. She joined Sewa when the COVID pandemic was at its peak "Mission Mask" project to help make & distribute thousands of handmade masks for the hospitals / first responders / community at large. She built a small team in Somerset for this worthy cause, but gradually became an ardent supporter of various Sewa projects including the startup of leads group in Somerset. She has since worked with Somerset leads for many community projects including Food / books / clothing drives, weekly meal preps for homeless at The United Methodist Church, Park clean-ups, park reforestation, Franklin picnic, help with handling Sewa's Social Media, provided food and services for families in-need and more. Chitra Ji lives with her husband, a dog, and two kids. She always has been passionate about volunteering and will not stop any time soon.

## Sewa Meals

**Somerset** Leads came together to make 2 meals each for 50 adults and 6 kids which was served at United Methodist Church, New Brunswick. The meal consisted of delicious Pulao , Chana masala , Chickpeas-veggie salad, pasta, grilled cheese sandwiches , PBJ sandwiches , cookies and fresh fruits. Sewa family is thankful to the sponsors of the meals for the month.



**Chesterfield** Leads prepared and delivered 170 meals to the Westminster Presbyterian Church in Trenton. The meals consisted of a veggie burrito bowl, tortilla chips and brownies. This time, many of our regular high school volunteers could not attend as they were with Homecoming. However, lead parents took time out of their busy schedule, filled in & helped pack meals. Our heartfelt thanks to Sewa families who sponsored this month's meal. This month's meal was sponsored by

- Rajeswari & Venkaji Dheram
- Monika & Shashi Khurana
- Madhu & Rajiv Rajpal
- Manju & Kannian Murali
- Lakshmi Sirisha & Nagarjun
- Shilpa & Mukul Rathi (State Farm)





**Monroe** leads prepared and delivered about 60 adult meals and six kid's meals on October 3rd, October 17th and October 31st. The meals were delivered to the Union Methodist Church @ New Brunswick, NJ. Despite the busy school schedules, leads have committed to preparing the meals and putting together a healthy, well-balanced plate for the adults and kids.



### Punarjanm

Our Somerset leads volunteered at the music concert hosted by Punarjanm @ Balaji temple on Oct 30th. This fundraiser was to support those families in India that were affected by Covid 19 pandemic. Our leads helped direct guests to their seats, pass out flyers, sell raffle tickets, etc., at the concert arena. Sewa volunteers also helped with plating more than 200 meals for the guests to enjoy during the concert break. Jersey Rythm performed the concert. The concert was an enjoyable evening not only for the guests but also for our volunteers.



### Garden Activities

**Kiddie Keep Well Summer Camp (KKWC) Garden** Our Edison leads gathered to refurbish a gardening yard located on the Kiddie Keep Well Camp property. Located in Roosevelt Park, Edison, this site has been used as a recreational center further to explore the creative aspects of a child's mind. Sewa leads have been tending to the garden throughout the month, ensuring it is as clean as possible. This involves clearing any leaves or grass near the garden and watering and nourishing the plants. As a result, the leads have been able to have a final harvest of about ~80-100 pounds of vegetables.



**West Windsor Art Center (WWAC)** Our Monroe leads have been maintaining the WWAC lawn since May and tirelessly continue to do so bi-monthly on Sunday mornings. Leads tended to the site in the month of October as well to keep it clear of weeds and raked dried leaves.



**Marlboro Garden** This is one of the favorite projects for our Monroe leads. As the project is about to wrap up, our leads harvested the sweet potatoes and began winterizing the garden in October. This month, one of our new leads who was working with the compost bin was greeted by a small harmless garden snake 😊.



### Edison Environment Boat Basin

7 Sewa International Leads met up in Meadow Road, Edison to help tend to its wonderful landscape. This involves renovating the dock and helping beautify the natural landscape (such as mulching, pruning, etc.). The leads had also helped clean up litter, greatly affecting the surrounding environment. The leads helped to revitalize the flower beds and other natural plants to emphasize the natural beauty of the basin.



### Navratri Garba at NJ Expo Center

Navratri is a beautiful Hindu holiday, the burst of colors alone fulfills most people's idea of the Hindu holiday; however, what wins everyone's hearts is a folk dancing event called Garba and dandiya. This year the New Jersey Convention and Exposition Center invited people to celebrate the holiday where Sewa International took the responsibility of aiding people into the Garba event and to set up a booth promoting Sewa International's mission and message of aiding people and having a lastingly positive impact on people's lives. Our Leads worked in shifts so that they could also partake in the heart-warming and popular event enjoyed by many people in New Jersey.





**Community Clean Ups**

**Cherry Hill Community Clean Up** - Our Cherry Hill leads grabbed an opportunity to clean up their local communities this month and committed to do so through end of November.



**Nemashimy Park**

Sewa Leads came out to Neshaminy State Park to help tend 700 trees planted. In addition, leads pulled weeds from 200 cages there and re-mulched trees. They also took time to pick up litter along the 500 yards long Delaware River.



### Chesterfield Community Clean Up

On the morning of October 16, about 18 Chesterfield Sewa volunteers cleaned up a 2.5 mile- stretch of White Pine Road. Even though this road does not have much traffic, it is surprisingly subject to a large amount of litter. During our cleanup, we found many alcohol bottles, chip bags, cans, etc. Thanks to all the volunteers for their efforts in keeping our town clean.



### Flags For Heroes Community Display

“Flags For Heroes” is a celebration of the people who have shaped us and inspired us. Each flag honors a person who has made a difference in someone’s life. The above fundraiser event is organized by Robbinsville Hamilton Rotary Club to support our Heroes.

On the morning of October 30th about 25 SEWA volunteers helped at the “Flags for Heroes” Community display at Robert Wood Johnson Hamilton from 9:30am – 12.00 pm, as part of this project, around 300 American flags were set up around the area by youth volunteers. They carried the poles and stuck them into the ground one by one, assisted by additional adult volunteers. Everyone who contributed to this project efforts felt proud to be part of the amazing event.



### Produce Delivery

The Central Jersey Chapter is now closely working with the local farms to transport some of the products which cannot be sold (such as excess and other medium quality produce) to needy food banks. This month Chesterfield volunteers delivered the produce in 2 batches.

On Oct 16th, 8 boxes of assorted produce (peppers, arugula, were delivered to Rise Food Pantry in Hightstown. Thanks to Honey Brook Farm for the generous donation. Also, thanks to our parent volunteer Murali Tummala for taking care of the delivery.

Another 2 boxes of yellow zucchini were delivered by Arathi Krishnakumar on Oct 29th to Rise Food Pantry. This was donated by Sewa volunteer & local business owner Ram Malladi.





**Donations from Crosswick Library**

The Crosswicks library at Chesterfield had held a summer food drive where residents were encouraged to donate the non-perishable food items. As part of this program, the library collected close to 150 pounds of food items. Chesterfield Sewa volunteers helped library in delivering the donations to Westminster Presbyterian Church, Trenton.



**Crosswicks Community Playground Mulching**

On Sunday Oct 17th, over 25 Chesterfield Sewa volunteers helped with the Crosswicks playground renovation project. As a result, of this project, the playground was mulched with 100+ bags of rubber mulch. Our volunteers helped with carrying the heavy rubber mulch bags to the playground & spreading them evenly to cover all part of the ground.



**Freehold Community Garden Mulching**

On Sunday Oct 31<sup>st</sup>, our Monroe leads have volunteered to clean up and spread mulch in the garden.

**Balaji Temple Activities**

Monroe leads continue their support for Balaji temple in Monroe. Our leads help with packing flyers, clean temple classrooms, kitchen and administer zoom classes. Leads also assist with the garden maintenance - watering plants and removed weeds in the temple premises.



### Henna Fund Raiser

Out Monroe lead, Srushti has participated in a unique opportunity of henna tattooing as a fundraising project. Srushti and Suneetha ji have done a henna tattoo on Karva Chauth's eve and raised \$280 for SAC.





### Upcoming Events

- ❖ MANAVI support
- ❖ AttachAvi Young Kids Program for special needs kids
- ❖ Teats For Troops
- ❖ Sewa Diwali Food Drive
- ❖ Fall Cleanup
- ❖ Pumpkin Compost
- ❖ Sewa Meals
- ❖ Winter Coat Drive
- ❖ Planting @ Foulsiak Preserve

### Newsletter Team

- ❖ Akhil Mannam
- ❖ Mahathi Chitti
- ❖ Pranav Palle
- ❖ Riddhi Rajpal
- ❖ Shruthi Saravanan
- ❖ Heet Chauhan
- ❖ Archisha Sharma
- ❖ Suja Sudhakar
- ❖ Chahel Kumar

### Communication Channels

Please visit our chapter website and follow-on Twitter, Facebook & Instagram

**Web:** <https://Sewausa.org/central-jersey-chapter>

**Twitter:** @JerseySewa

**FB:** @JerseySewa or Sewa Central Jersey

**Instagram:** centraljerseysewa

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