Extended Care Successfully Passes State Visit, Patient Care Receives High Marks

New Community Extended Care Facility recently celebrated a successful visit by state surveyors who conducted an intensive on-site review of the nursing home’s facilities and the quality of care given to residents.

From February 11 to February 20, officials from the New Jersey Department of Health observed all of the care and services provided to residents of Extended Care. The stamp of approval that Extended Care received earns the 180-bed capacity skilled nursing facility in Newark its license renewal for another year.

“Congratulations on successfully completing the advisory standards survey conducted at your facility on 02/20/2015,” wrote Barbara Goldman, Assistant Director of the Office of Certificate of Need and Healthcare Facility Licensure Program under the New Jersey Department of Health, in a letter dated March 9. “We appreciate your efforts to provide your residents with a high quality environment, and we hope our recognition of this effort is helpful to you in continuing to achieve a high standard of care in your facility.”

The successful state survey could mean more good news for Extended Care later this year, Facility Administrator Robert Smolin said. “I hope that this survey will catapult us into a five-star rating,” he said. “This was a very good survey.” Last year, Extended Care earned an overall four-star rating from the Medicare.gov report called Nursing Home Compare. In the report’s category for “quality measures,” which looks at how well residents are being cared for, Extended Care was rated five stars.

The visiting group consisted of a five-member team—two registered nurses, a pharmacist, building inspector and registered dietician. “They pretty much look at the building from top to bottom,” Smolin said.

Surveyors visited every resident room and closely examined operations, medical records, Environmental Services, medication administration, social services and recreational activities. They spoke to residents and their family members and even ate meals at the Culinary Cafe and inspected the kitchen.

“I hope that this survey will catapult us into a five-star rating,” said Robert Smolin, facility administrator of Extended Care.

Adrian ‘Bud’ Foley Jr., Prominent Attorney And Friend Of New Community

Adrian M. “Bud” Foley Jr., a former member of the New Community Foundation and one of New Jersey’s most prominent, powerful and highly-regarded attorneys, passed away on Feb. 9, three weeks after his 93rd birthday.

“He was one of the real ‘class’ human beings. He was a good friend of mine and of New Community,” said Monsignor William J. Linder, founder and board chairman of New Community Corporation. Foley was named by Monsignor Linder as one of his “50 People I Admire” in 2013.

Under Gov. Richard J. Hughes, Mr. Foley was appointed, in 1966, to preside as president of the New Jersey Constitutional Convention.

Without Mr. Foley, Giants Stadium and the Meadowlands Racetrack may have never been constructed. It was Gov. William Cahill who appointed Mr. Foley the first treasurer and chief financial officer of the New Jersey Sports and Exposition Authority, a position that saw him working with chairman Sonny Werblin to devise a bond issue that generated the funds for the Giants Stadium project. Mr. Foley was able to help bring funds for the Giants Stadium project. Mr. Foley was able to help bring...
The New Community Clarion

The New Community Clarion is published as a community service. The editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the view of the newspaper.

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Visit www.newcommunity.org

OUR MISSION
To help residents of inner cities improve the quality of their lives to reflect individual, God-given dignity and personal achievement.

New Community is recognized as:
• The largest and most comprehensive community development organization in the United States
• A large-scale deliverer of comprehensive programs and services
• A leader in affordable housing and economic development
• A model among non-profit, social entrepreneurship, and CDC communities
• Having beneficial partnerships on the local, national, and global level.

Spring Festival
Saturday, April 25, 2015
7 p.m. to Midnight
NCC Neighborhood Center
56-68 Hayes Street
Newark, NJ 07103

Tickets are $25
For ticket info, call 973-497-4400

Correction
In the Employee Of The Month article on Guadalupe Rosado that appeared in the March issue of the Clarion, the story incorrectly states that Rosado was not hired initially because of her lack of English skills. She was not hired the first time she applied to Harmony House Early Learning Center because there were no openings, according to Sister Maurice Okoroji, Director of HHELC. When a position opened up, Okoroji said that Rosado was invited back and then hired.

Family Resource Success Center Hosts Free Eye Exams

Eleven-year-old Alexandra Amoah (left) recently got her eyes checked, as did 85-year-old Edna Solomon (right), at the New Community Family Resource Success Center, which is located in the Pathmark Shopping Center at 131-185 Bergen St. in Newark. Free eye exams are offered at the Family Resource Success Center on the fourth Wednesday of each month, courtesy of the New Jersey Commission for the Blind and Visually Impaired. In addition, students from Rutgers New Jersey Medical School conducted free blood pressure and blood glucose tests. For more information, call the Center at 973-565-9500.

Cupcake Sale A Success At CHELC

Community Hills Early Learning Center celebrated sweet success with its cupcake sale fundraiser, where proceeds benefited Family Literacy Night on March 19 (see page 4). The fresh-baked cupcakes, sold for $1 each, were topped with frosting and sprinkles. They were prepared by Family Workers Yvette Johnson and Abigail Osorno, kitchen staff Marie Payen and Lucy Dominguez, and teacher Cheryl Hayes. On right, CHELC students James Alcantara, 4, and Jahsiya Marlin, 3, savor their cupcakes in the hallway at the end of the school day.

Bringing Healthcare Into NCC Senior Buildings

Residents of NCC Commons Senior received free blood pressure and blood glucose screenings from community health nursing students from Seton Hall University College of Nursing. The nursing students travel to NCC senior buildings and provide free screenings as well as health education. Photos courtesy of Jasminee Sawh-Ramroop.
In Memory of ‘Big Ben’ Garcia

Benigno Garcia Jr. was a true friend to many at New Community. Known affectionately as “Big Ben,” Garcia had worked at NCC’s Family Service Bureau since 2002, where he displayed a deep commitment to the agency’s work of helping individuals overcome life’s biggest hurdles through counseling and therapy.

His coworkers at the Family Service Bureau said they could always count on Garcia to be a genuine friend as well as a hard-working colleague as the Billing Coordinator for FSB. “Everybody loved Ben,” said Stanley Ross, a substance abuse counselor at FSB and friend. “He was always honest. You didn’t have to guess where Ben was coming from,” he said.

Garcia passed away on March 7, 2015 at the age of 56.

Garcia shared his love of Latin music and food—including his award-winning chicken wings—with office staff, coworker Lourdes Fuentes said. “Even with the little bit he had, he tried to share with everyone,” Fuentes said.

Executive Director Arti Kakkar said she witnessed Garcia make strides, growing both personally as well as professionally, over the years. “He really matured a lot. He made a lot of positive changes,” said Kakkar, who started at FSB the same time as Garcia. They were both hired as outreach workers in Essex and Hudson counties for Project Phoenix, which provided crisis counseling in the aftermath of the Sept. 11 attacks under the Federal Emergency Management Agency. “He really overcame a lot in his life,” she said.

Born on May 9, 1958, Garcia grew up in the Bronx and eventually moved to Camden, Jersey City and then to Newark. He was a founding member of the Hispanic Cycles, a Paterson-based motorcycle club.

“He is going to be missed,” said Doreatha Wertz, NCC Health and Social Services Care Coordinator and Garcia’s loving companion. “He was overall a wonderful man. He loved his family, he was an excellent cook,” she said.

In addition to Wertz, Garcia is survived by his mother, Francisca Garcia; brother, Pedro Perez; sister, Carmen Yolanda Garcia; children, Benny, Melissa and Gabby Garcia; stepdaughters, Tenaj Davenport and Dametria Wertz; ex-wife, Miriam Garcia; and a host of grandchildren, nieces and nephews. He was preceded in death by his father, Benigno Sr., and sister, Sandra.

Employee Of The Month: Meena Pilgrim

As such, Pilgrim walks a fine line supporting individuals who want to live independently but need help with chores such as making breakfast, washing dishes, cleaning or ironing, due to physical limitations caused, for example, by arthritis or a stroke. A Home Friend, she explains, provides such assistance but stops short of bathing residents or assisting with medications. Pilgrim currently works with seven clients—they live at NCC residences and other senior complexes in Newark—and sees each person twice a week.

“I feel happy when I can give and do something extra for somebody,” said Pilgrim, who has been a Home Friend since June of 1990.

Her regular presence also provides residents with a sense of companionship. Owen Phillips, a resident of New Community Associates, has been Pilgrim’s client for more than five years and described her as being “like family.” She visits him on Wednesdays and Fridays to clean his apartment, make trips to the store and generally ensure that Phillips, 73, is comfortable in his apartment.

“She’ll go out of her way to get it done,” he said. “She’s always on time, she’s always pleasant.”

Born in Guyana, Pilgrim first arrived in Brooklyn, New York, where she worked as a live-in domestic worker and eventually met and married her husband, Anthony, a pastor. His job led them to move to Lexington, Ky., where Anthony served at a church, and then to New Jersey, when he was hired to work at NCC’s Security Department. The couple have three grown children.

A woman of deep faith, Pilgrim leads intercessory prayer at the church in Newark that her husband helps to pastor called Gospel Light. After she retires, Pilgrim said she wants to go on a mission trip to Africa. For now, Pilgrim’s work is her ministry.

“She’s hardworking and dedicated to the job,” said Home Friends Director Tahisha Chambers, who noted that Pilgrim goes “above and beyond her job duties” and is loved by all her residents. “I am blessed to have Ms. Pilgrim (as) part of my team,” Chambers added.
Adrian ‘Bud’ Foley Jr., Prominent Attorney And Friend Of New Community

Continued from page 1

the project to fruition, despite the fierce political opposition from New York officials seeking to keep the Giants from moving across the Hudson.

“He was a remarkable human being. We need people like him desperately now,” Monsignor added, noting Foley had the ability to work with all kinds of people. He also had a deep interest as an NCC foundation member in helping inner city residents improve the quality of their lives.

Mr. Foley was a graduate of St. Benedict’s Prep in Newark, a school he loved and vigorously supported, and was the first recipient of the St. Benedict’s Prep Medal. He was also elected to the St. Benedict’s Athletic Hall of Fame. He went on to graduate cum laude from Seton Hall University. He was a decorated veteran of World War II, serving as a B-24 navigator in the U.S. Army Air Corps. Following the war, Mr. Foley earned a law degree from Columbia University.

His legal career spanned six decades and he held many influential and prestigious positions throughout his life, including being elected the youngest president of the American Bar Association and youngest elected surrogate in the state of New Jersey. He was also a partner in the Connell Foley law firm for 56 years.

Mr. Foley also held many other positions and appointments, besides being bestowed an abundance of honors recognizing his professional and social service. He is being remembered as ‘a thoughtful leader who represented everything that was good in public life.’

Literacy is at the heart of learning and NCC’s Community Hills Early Learning Center celebrated the importance of reading at its Family Literacy Night. Spearheaded by Family Worker Yvette Johnson, CHELC staff transformed the second-floor community room into scenes from multiple story books. Students and parents enjoyed refreshments, won raffle prizes, received information on literacy and participated in a host of creative book-themed activities.

A larger than life sized caterpillar graced a wall to represent Eric Carle’s classic, “The Very Hungry Caterpillar.” Teacher Lateisha Telfair dressed in a furry outfit to read “The Big Hungry Bear.” All these things, Johnson said, bring stories to life and help students to love reading. “That’s how you get them engaged,” she said.

NCC Board Member Honored At Lecture’s Inaugural Event

NCC Board Member Dr. A. Zachary Yamba was celebrated at the inaugural event of a lecture series named in honor of Yamba and Dr. Robert Manley, former professor of political science at Seton Hall University. The Manley-Yamba Lecture Series was initiated to recognize the two men, who are widely seen as important contributors to society. Dr. Yamba, President Emeritus of Essex County College, became a pillar of Newark’s higher education community during his more than four decades serving ECC, retiring in 2010 as the longest serving community college president in New Jersey. Dr. Manley is also the Founder and President of the Center for Globally Responsible Political Thought and Public Policy. First Presbyterian and Trinity Church in South Orange hosted the inaugural lecture and keynote speaker Dr. Fredline A. O. M’Cormack-Hale kicked off the lecture series with the topic of the Ebola crisis and its aftermath in Sierra Leone. Photo courtesy of Kofi Ayim.
Our Mission ~ To help residents of inner cities improve the quality of their lives to reflect individual, God-given dignity and personal achievement.

Family Workers Make Impact At NCC’s Early Learning Centers

At New Community’s early learning centers, Family Workers partner with students and parents to create a bridge between home life and the classroom. Family Workers regularly meet with their families either at school or home and help parents to create a Family Development Plan with goals they want to achieve. As part of the NCC network, Family Workers also help connect families to other services and programs offered throughout the agency. Here’s a snapshot of the impact that the Family Workers have had on three different families this school year:

Family Worker: Abigail Osorio, Community Hills Early Learning Center
Parent: Mariam Bankole
Student: Oyindamola Bankole, age 4
Goal: Enroll in medical technician classes at Essex County College
Background: Family Worker Abigail Osorio began working with Mariam Bankole and her daughter, Oyindamola, in September. When Osorio presented information to Bankole on medical technician classes being offered to low income parents that were funded through a state grant, Bankole immediately showed interest. Soon, she registered for classes and now hopes to begin classes later this year. Osorio said that Bankole “has since expressed to me how excited she is about continuing her education and how thankful she is about receiving this information. We are both excited about the positive direction she is taking.”

Family Worker: Yvette Johnson, Community Hills Early Learning Center
Parent: Tamyia Mitchell
Student: Samaa Mitchell, age 3
Goal: Open a second clothing store selling Islamic attire
Background: Family Worker Yvette Johnson recently celebrated a major accomplishment of parent Tamyia Mitchell: the grand opening of Mitchell’s second clothing store, called Snazzy Fashion, in South Orange. She said that Mitchell “is the proud owner now and happy to share her dream with other parents on how to accomplish and establish themselves.” Mitchell juggles a busy schedule between her first store, in East Orange, and her second location, but says that Johnson has been a consistent supporter. “She’s very open, she’s always there when I need her,” Mitchell said of Johnson.

Extended Care Successfully Passes State Visit, Patient Care Receives High Marks

which they found no deficiencies.

“Our goal is to make sure we provide the best quality care we can,” said Director of Nursing Veronica Onwunaka. The surveyors, she noted, were all very experienced and astute in their observations.

After spending hours each day at Extended Care, the surveyors only identified four low-level deficiencies such as a missing sprinkler head. Smolin and the staff followed up by submitting a plan of correction report. “All the staff should be very proud,” Smolin said after the survey. “It was a real team effort.”

Surveyors spoke privately with nursing home residents like Teresa Watkins to discuss any concerns about resident welfare and treatment. There were no issues needing to be addressed regarding abuse or mistreatment of resident’s rights, according to both Watkins and Extended Care officials.

Watkins, 49, has been at Extended Care since August of 2014 and says she’s satisfied with the care that she has received. “They have very good nurses and aides I’ve been dealing with,” she said.

Many healthcare professionals acknowledge that the state survey, which is an unannounced visit, creates some anxiety for the staff.

“Even though it’s a normal routine we do every day, we have to make sure it’s up to their standards,” said Maria Cruz, a licensed practical nurse. Nursing homes in New Jersey must meet the requirements outlined in two thick binders—for the New Jersey Department of Health and the Centers for Medicare and Medicaid Services—containing more than 600 regulations.

“I felt pleased our survey went very well this year,” said Robyn Moses, a licensed practical nurse on the fourth floor of Extended Care. “We prepare, really, every day by making sure we do everything according to the policy and procedures of the facility.”
Social Security News
Taxes, Ex-Spouse Benefits, And You

By Ammy Plummer
Social Security District Manager
Springfield Avenue, Newark NJ

April 14 is both Ex-Spouse Day and the eve of tax day. These two observances are doubly important if you are an ex-spouse, because Social Security pays benefits to eligible former spouses, and you may need to claim this income on your tax forms.

If you are age 62, unmarried, and divorced from someone entitled to Social Security retirement or disability benefits, you may be eligible to receive benefits based on his or her record.

To be eligible, you must have been married to your ex-spouse for 10 years or more. If you have since remarried, you can’t collect benefits on your former spouse’s record unless your marriage ended by annulment, divorce, or death.

Also, if you’re entitled to benefits on your own record, your benefit amount must be less than you would receive based on your ex-spouse’s work. In other words, we’ll pay the higher of the two benefits for which you’re eligible, but not both.

You can apply for benefits on your former spouse’s record even if he or she hasn’t retired, as long as you divorced at least two years before.

If, however, you decide to wait until full retirement age to apply as a divorced spouse, your benefit will be equal to half of your ex-spouse’s full retirement amount or disability benefit. The same rules apply for a deceased former spouse.

The amount of benefits you get has no effect on the benefits of your ex-spouse’s and his or her current spouse. Visit “Retirement Planner: If You Are Divorced” at www.socialsecurity.gov/retire2/divspouse.htm to find all the eligibility requirements you must meet to apply as a divorced spouse. Our benefits planner gives you an idea of your monthly benefit amount.

If your ex-spouse died after you divorced, you can still qualify for widow’s benefits. You’ll find information about that in a note at the bottom of the website.

Visit www.socialsecurity.gov/retire2/divspouse.htm today to learn if you’re eligible for benefits on your ex-spouse’s record. What you learn may bring a smile to your face … even on tax day!

SENIOR SPOTLIGHT: Keith Carney

Keith Carney has a knack for assisting others, but he’s also learned how to help himself through services offered at New Community.

A resident of New Community Associates, 61-year-old Carney is known in his building for helping new neighbors move in furnishings or helping out belongings for folks departing the senior and disabled complex at 180 South Orange Ave. in Newark.

“He’s kind of indispensable to us,” resident Elma Haynes said of Carney. “He’s helpful to all of us.”

He’s also your go-to man for tidying up the community room after a social event, carrying groceries or making a trip to the convenience store, for which Carney’s neighbors will obligate him a few dollars out of gratitude for his helpful service.

“We all need somebody to help,” Carney said. “One day, I’ll like to see somebody help me.”

In fact, Carney has already availed himself of support offered at NCC—specifically in the form of counseling at NCC’s Family Service Bureau, located at 274 South Orange Ave. in Newark. (FSB also has a satellite office at 379 Kearny Ave. in Kearny.) About two years ago, Carney began one-on-one counseling sessions at FSB, on the recommendation of NCC Health and Social Services, which is overseen by Director Sharon Pleasant-Jones.

“He’s come a long way,” she said, noting that Carney receives counseling on life skills, such as controlling his temper, as well as assistance applying for jobs. “He’s very teachable,” she added.

But Carney acknowledges that he still has more work to do. “I have to be patient sometimes,” he said.

“So far, I didn’t give up.”

Jasmin Lopez, Care Coordinator at Associates, notes that Carney’s demeanor seems brightened after he visits FSB. “Whenever he comes back, he explains how his visit went and (how) he’s looking forward to his next session,” Lopez said.

A Newark native, Carney worked for 15 years at a McDonald’s in Bordentown. Later he was transferred to the fast food chain’s restaurant in Belleville, where he worked for five years.

Pleasant-Jones said she sees a lot of potential in Carney, especially with his weekly counseling sessions at FSB, and hopes he will be able to land a job in the near future.

“He’s a very sharp guy,” Pleasant-Jones said.

Wellness Tip
April, 2015

National Healthcare Decisions Day is observed on April 16, but we work all year long to educate and empower the public and providers about the importance of advance care planning. National Healthcare Decisions Day is an good opportunity to take the steps now to express your healthcare wishes to your family and healthcare providers, whatever your wishes may be.

Did you know?
- 90% of Americans have heard of a living will
- 71% of Americans have thought about their end-of-life preferences
  - BUT only 29% had a living will in place
  - Without a plan, your health care team won’t know your wishes, and your family may not know

Questions to Discuss
- What do you want and not want at the end of life?
- Who should speak for you?
- What are your concerns?
- What gives your life the most meaning?
- What one thing do you want to be sure your doctors, family and friends know about your wishes?

For more information about advance care planning, visit the National Healthcare Decisions Day website at http://www.nhdd.org

For more information about VNA Health Group services & programs, please call 800-862-3330 or visit www.vnahg.org

Source: National Healthcare Decisions Day
Job opportunities are growing in the healthcare sector and New Community Workforce Development Center is ready to train job seekers looking to enter the field. “New Community is excited to reintroduce its Certified Homemaker Home Health Aide Program, realizing this is one of the fastest growing points of entry in the healthcare field,” said Rodney Brutton, director of Workforce Development.

The 100-hour program spans five weeks, where students attend classroom lectures, clinical training and workshops for life skills and job readiness. Classes are held Monday through Friday, from 9 a.m. to 1 p.m. The next five-week course will be offered in May.

Newark resident Mizani Drummond is currently one of 12 students enrolled in the training program, which relaunched in February. On a recent Tuesday, Drummond learned about the importance of oral hygiene from course instructor, Tejumade V. Falae, a registered nurse. Basic tasks such as brushing teeth can take on critical importance when, for instance, a hospice patient is unconscious or otherwise immobile, Falae said. She explained how a combination of saliva and mucus can build into a thick layer on a patient’s tongue and cause even more serious problems.

“You don’t want to cause any havoc to that patient,” Falae said. “Some hospice patients do turn around.”

Drummond said she learns most during the class from watching Falae’s demonstrations and then following up by practicing on the patient mannequin herself.

“She tells you what you’re doing right and doing wrong,” Drummond said. The 19-year-old said she enrolled in the course because she often attends to her older sister’s health issues—and has some know-how—but wanted to be officially certified.

Program graduates will be certified by the New Jersey Board of Nursing and licensed to work at skilled nursing facilities, home care agencies and private residences, according to Brutton. Nationally, jobs as home health aides are expected to grow 48 percent over the next decade, he said.

As baby boomers age, polls have indicated that the majority would like to be cared for in their own home, which is why demand for home health aides is expected to soar. The Homemaker Home Health Aide Program is funded in part by the City of Newark and is a partnership with the Urban League of Essex County, which refers students from their job readiness program to NCC’s home health aide course. Shamella Hughes of Newark hopes to land one of those jobs upon completing her training at NCC. However, she said she eventually wants to go back to school and pursue her dream of becoming a doctor. “I like caring for people, (including) the elderly,” Hughes, 19, said.

That’s exactly the type of aspiration that Falae wants to instill in her students. She recalled working as an operating room nurse and training at a teaching hospital in her home country of Nigeria, only to start over once she arrived in the U.S. First, she gained her credentials as a home health aide, then certified nursing assistant, licensed practical nurse and ultimately as a registered nurse. Her own career path allows her to both encourage her students and relate to them.

“There are other areas they can grow into,” Falae said. “They can actually climb higher.” For more information, visit Workforce at 201 Bergen St. in Newark or call 973-824-6484.
Women’s Wellness: An Important Issue

Here’s Something to SMILE About!

FREE Children’s Dental Screening

University Hospital and Rutgers School of Dental Medicine are hosting a FREE dental screening for children ages 2-6. Kids will get free dental exams and free fluoride varnish treatment to help prevent cavities.

WHEN: Saturday, April 18
9 a.m. to Noon

WHERE: Rutgers New Jersey Medical School
Come to University Hospital Emergency Department
150 Bergen Street, Newark, NJ
A volunteer will escort you to the clinic

RSVP: You must RSVP by FRIDAY, APRIL 17 to get an appointment
CALL 973-972-4620

Women’s lives have changed dramatically during the last century. The average lifespan of a woman in 1900 was 50 years; today it’s 82. Not only are women living longer, they are now taking control of their own health, which in turn improves the quality of their lives. It’s important to understand the health issues unique to the female body, particularly the reproductive system.

Theodore Barrett, MD, FACOG, Director of the Center for Fibroids and Menstrual Disorders at University Hospital, says that due to the complexity of the female reproductive system, a woman can experience a number of problems. Dr. Barrett says, “Menstrual disorders impact one of every two women, and they are the number one reason women see gynecologists.”

One of the causes of menstrual problems is uterine fibroids, noncancerous growths of the uterus that usually appear during childbearing years. They affect 50 to 80 percent of American women and are approximately two times more common in black women than other racial and ethnic groups.

Fibroids are not associated with an increased risk of uterine cancer and almost never develop into cancer. However, they can cause heavy menstrual bleeding; prolonged menstrual periods, pelvic pressure and pain, frequent urination, difficulty emptying the bladder, constipation, and backache or leg pain. Fibroids are not a cause for alarm and only require medical attention if they cause any of the symptoms listed above.

Dr. Barrett says there are several options for treating fibroids, including “watch and wait,” prescription therapies, hormonal treatments and/or same-day surgical procedures (SDS). One of the SDS procedures destroys the bleeding area within the uterus, eliminating or reducing the bleeding problems associated with fibroids. Another SDS procedure interferes with the blood supply to the fibroids causing them to shrink in size, reducing menstrual blood flow and pain.

Other options may include removal of the fibroids and/or hysterectomy, although hysterectomy is typically a last resort.

“We know every woman is different physically and emotionally, so treatment options vary,” he says. “Every patient’s decision about preserving fertility and/or her uterus is respected and given great consideration. We want the best outcome for every patient.”

Dr. Barrett can be reached at the Center for Fibroids and Menstrual Disorders at 973-972-2714.

University Hospital Heart Program offers Help for Heart Failure

If you are one of the six million Americans who have congestive heart failure, University Hospital’s Healthy Heart Program can help you monitor your symptoms and improve your quality of life.

You will be cared for by University Hospital’s renowned cardiologists and have access to a team of healthcare professionals who will help you manage your care at home. You will get help with the lifestyle changes you may need to make, such as possibly losing weight, no longer smoking, changing your diet and starting a regular exercise program.

A pharmacist will ensure that you have no allergies to your medications and explain the correct way to take them. You’ll also be alerted to any possible side effects the drugs might cause. The program also includes individualized and group educational sessions.

For more information on the Healthy Heart Program, call 973-972-1182. If you or someone you know has heart problems and needs a physician, you can call University Hospital’s Cardiology Department at 973-972-7400.

Photos courtesy of Greg Johnson.

Helping NCC Residents On The Mend

If you have a one-hour appointment scheduled with Janneth Gallosa, you will find that she makes every minute count towards your body’s healing.

As an occupational therapist, Gallosa works with residents of New Community Extended Care Facility to help improve their functional abilities in order to live independently. Residents can receive occupational therapy (OT) after undergoing surgery, suffering an incident such as a stroke, or are otherwise in need of regaining coordination, strength and mobility. Gallosa is employed by Activa, a service provider for Extended Care, and has been based on the first floor of NCC’s nursing home for three years.

“She’s a really good occupational therapist,” said Robert Smolin, Administrator of the 180-bed capacity skilled nursing facility in Newark. Gallosa strikes the right balance between being both gentle but firm, he said. Gallosa plays the role of both a healer and teacher. Whether she’s starting you off with small movements on the finger ladder to improve coordination or having you increase your range of motion on the shoulder wheel, Gallosa’s philosophy is to help residents grasp why an exercise is beneficial.

“I try to explain to them the purpose and remind them of their goal,” said Gallosa, whose clients range in age from 40 to 90.

Of course, she also gets down to brass tacks during each session, which can last anywhere from 30 to 75 minutes. Her approach to OT involves task segmentation, or breaking up a movement into smaller components and relearning each part until a difficult task becomes more fluid.

Take for instance Gallosa’s client, 61-year-old Elizabeth Rigsby. Rigsby credits Gallosa with helping her relearn how to walk after undergoing extensive surgery for multiple hernias and twisted bowels.

“The pain got so bad I could hardly walk,” said Rigsby, who was admitted to University Hospital in December of 2014. “I had to be retrained all over again,” she said. Gallosa worked with Rigsby, who started off in a wheelchair, then progressed to a walker and a cane.

“As she sees you can take more, she gives you more,” Rigsby said while sitting in the Extended Care library on February 13, less than two months post-surgery, able to walk with a cane. “Now I understand what a baby feels when he’s taking his first steps,” she added.

Gallosa also understands that after an intense session, her clients are bound to feel some soreness or discomfort the next day.

Rigsby recalled Gallosa checking on her after one such appointment, gently asking her, “How was your night?”

“It was like she knew, even though I didn’t want to say,” Rigsby recalled.
FAMILY SERVICE BUREAU OF NEWARK

CIRCLE OF LIFE: COPING WITH GRIEF

When Walt Disney released The Lion King in 1994, it touched the hearts of millions of viewers across the world. The songs, the story line and everything about the movie showed Disney’s classics at its best. Yet beyond all the animation and amazement, the message conveyed was a strong and undeniable truth of life: it’s a circle and we all will complete our journeys at different times. Loss and mourning are difficult and can often trigger your own feelings of mortality. Loss of a loved one is painful and is something that no one can really ever prepare for fully.

Loss can come in many ways—divorce, job loss, even a job promotion sometimes is a change that needs adaptation. Oftentimes loss is associated with death. Grieving is the inevitable process of loss. All living beings are bound to experience death and in spite of knowing that, we all struggle with grief. Grief has five stages—ranging from denial, anger, bargaining, depression and acceptance—that were first proposed in 1969 by Elisabeth Kübler-Ross. Since then there have been variations of the stages. Grief is one of the foremost reasons for people seeking counseling.

While the stages of grief do not necessarily follow a precise order (and some may not experience all stages), it is helpful to view the stages as a guide as to where you are in the process:

- **Denial** — One of the first reactions is denial, wherein the survivor imagines a false, preferable reality.
- **Anger** — When the individual recognizes that denial cannot continue, he or she becomes frustrated, especially at proximate individuals. Certain psychological responses of a person undergoing this phase would be, “Why me? It’s not fair! How can this happen to me? Who is to blame? Why would God let this happen?”
- **Bargaining** — The third stage involves the hope that the individual can avoid a cause of grief. Usually, the negotiation for an extended life is made with a higher power in exchange for a reformed lifestyle. Other times, they will use anything valuable against another human or agency to extend or prolong the life. People facing less serious trauma can bargain or seek compromise.
- **Depression** — During the fourth stage, the individual becomes saddened by the certainty of death. In this state, the individual may become silent, refuse visitors and spend much of the time mournful and sullen. “I’m so sad, why bother with anything? I’m going to die soon so what’s the point? I miss my loved one, why go on?”
- **Acceptance** — In this last stage, individuals embrace mortality, an inevitable future, or that of a loved one, or other tragic event. People dying may precede the survivors in this state, which typically comes with a calm, retrospective view for the individual, and a stable condition of emotions. “It’s going to be okay. I can’t fight it, I may as well prepare for it.”

The process of grieving is as unique as each individual — adults and children both. Yet the most crucial part is that we do need to take a moment at the time of loss to give permission to ourselves to feel the pain and to acknowledge that you need to take care of yourself. Often adults are more concerned about their children and try to get counseling services for them, however it’s a fact that children in all their innocence show behaviors and feelings that they observe in their home by the adults they trust.

At every step, you are not alone and there is help available. Family Service Bureau of Newark works with families and individuals to address and assist in the grieving process. Trained, licensed clinicians work diligently to ensure quality treatment. Throughout each stage, a common thread of hope emerges: As long as there is life, there is hope. As long as there is hope, there is life. You can reach us at 973-412-2056.

March Madness Bingo Bash For NCC Seniors

The March Madness Bingo Bash held in the community room at New Community Associates was a fundraiser organized by Health and Social Services that benefits the Harvest Ball. Activities Coordinator Angeli Martinez, left standing, greets seniors who came from residences around the NCC network.

Care Coordinator Jasmin Lopez, far right, squeezes mustard onto a hot dog served to a senior playing bingo. Care coordinators Doreatha Wertz, far left, and Giiselle Oviedo, center, also assist with serving refreshments.

Care Coordinator Sister Mary Prisca, right, serves a hot dog to a senior. Attendees ordered off a menu that included hot dogs with toppings such as chili and cheese, onions, and sauerkraut, chips, drinks and desserts of apple pie and pound cake.
**Black History Notes**

**Edith S. Sampson (1901-1979)**

*Researched by James E. Du Bose*

Edith Sparlock Sampson was born in Pittsburgh, Pa. As a child, she quickly learned about survival and the importance of working to earn money. Her father’s meager salary of $75 a month was not enough to support a wife and seven children, so she and her siblings were forced to work at an early age. Sampson was eager to learn and showed an interest in various subjects. She realized, at a young age, that education was her ticket out of poverty. She visualized herself getting an education, and then aiding those who needed her assistance.

Sampson’s college career began with her majoring in social work. Later, she was encouraged to pursue a law degree, which she ultimately selected as her chosen field. In 1925, she graduated from John Marshall Law School in Chicago. In 1927, she received her Master of Laws from Loyola University’s Graduate Law School. This event made national headlines because Sampson was the first woman to receive a law degree from Loyola. This was the first of many “firsts” in her career as a public servant.

Upon reaching her goal of becoming an attorney, Sampson served in the Cook County Juvenile Court and simultaneously established a private practice. Crossing barriers, Sampson broke through many of the contemporary restrictions that limited the progress of women and blacks in the field of jurisprudence. Over time, she gained notoriety as one of the leading attorneys in Chicago.

In 1962, Sampson became the first black woman ever to be elected as a judge in the state of Illinois. She served in Chicago Municipal Court and Cook County Circuit Court for two years. She was also the first black American to serve as a United Nations alternate delegate, a position in which she represented America as well as blacks in America. She retired from the bench in 1978.

Her first marriage to Rufus Sampson, a Tuskegee Institute field agent, ended in divorce. In 1935, Sampson married Joseph Clayton, also an attorney, and the two shared her legal practice until Clayton died in 1957.

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**Something Eating You?**

*By Lesley Leslie*

Do you deal with high levels of stress on a regular basis? Is it due to the environment that you live in or perhaps the environment that you work in every day? Stress can affect the body in many ways and studies prove that serious illnesses such as cancer, diabetes and high blood pressure may be exacerbated by stress.

Although it is nearly impossible to avoid stress altogether, there are things that you can do to limit the amount of stress that you encounter. One of those things is to accept responsibility for the role you may be playing in the stress that you are experiencing. For example, if you take on more responsibilities or projects than you can handle, you are setting yourself up to experience stress. So, learn how to say “no” to some things that you may be presented with.

Or, if you know that you have a deadline at work, waiting until the last minute to start the project will cause you to experience stress.

So, don’t procrastinate!

Finally, if you know that certain people in your life are toxic, do what you can to avoid spending time around those people.

With respect to addressing the stress in your life, there are various coping mechanisms that you can make use of to help you manage various stressors as they arise. Some of the more common stress reduction techniques are (1) exercise, (2) meditation, (3) prayer, (4) incorporating a low sodium/low sugar diet, (5) talking with a trusted friend or family member or (6) journaling your thoughts and feelings.

As you can see, there are several ways to cope with and manage stress. However, they all require change! You have to be willing and able to change the situation or change your reaction to the situation you’re in.

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**Save The Date For ‘Fabulous Me’!**

**2015 Celebration of Womanhood Conference**

**Presented by the Family Service Bureau of Newark**

Friday, June 12, 2015 from 8:30 a.m. to 3 p.m.

Seton Hall University, University Center

This conference focuses on the topics of sisterhood, healthy relationships, education and self-esteem for young women ages 12 to 17 from across New Jersey. Preregistration is required. For more information, contact MaryKatherine Mitchell at 973-412-2056 or mmmitchell305@gmail.com. Funding is provided by the New Jersey Governor’s Juvenile Justice and Delinquency Prevention Committee and administered by the New Jersey Juvenile Justice Commission.

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**Scenes From St. Patrick’s Day Parade At CHELC**

The parade, which was held indoors on March 17 due to weather, brought every classroom out into the hallway. Students of all ages at Community Hills Early Learning Center, including the infant class, participated in the school’s annual St. Patrick’s Day parade.

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**Black History Notes**

**Edith S. Sampson**

Edith Sampson in 1949, photo courtesy of Wikipedia.

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**American Shakers**

**Shakers**

A religious movement that began in 1777, the Shakers were a small religious group that practiced celibacy, communal living, and a strict simplicity of life. They believed in the Second Coming of Christ and lived in a self-sufficient community in New York, Ohio, and New Hampshire. They were known for their distinctive clothing and hairstyles, which included wearing white dresses and hats, and cutting their hair short. The Shakers were also known for their furniture and basket making, which were highly regarded for their craftsmanship. They practiced the worship of God and believed in the equality of all people, regardless of gender or race. They were known for their commitment to service and dedication to the community, and their beliefs and practices continued to influence many people for generations to come.

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Hope For The Best (But Prepare For Disaster)

Hurricane Sandy barreled through New Jersey in 2012 but the residents of New Community Gardens Senior recalled the events of the storm as if it were last week. Arlene Brunson, a resident of 265 Morris Ave. in Newark, said she wants to be better prepared for the next big event, whether it’s a natural disaster or man-made emergency, so she attended a recent presentation by the Disaster and Risk Associates held at her building. Joyce Sagi, Founder and CEO of Disaster and Risk Associates, and two other representatives, gave residents tips on how to create an emergency exit plan, what to store in an emergency kit (batteries, cash, water, blanket, hand warmers, whistle, etc.) and a reminder to keep copies of important documents ready to grab and go.

Care Coordinator Angelique Christopher noted that the presenters emphasized the importance of neighbors checking on neighbors during a crisis, which can help lessen the burden on emergency responders. “I want them to learn to depend on each other during an emergency,” Christopher said.

Also, seniors and disabled residents were urged to access Register Ready - New Jersey’s Special Needs Registry for Disasters, which helps emergency responders better serve individuals. You can register with the New Jersey Office of Emergency Management online at www.registerready.nj.gov.