

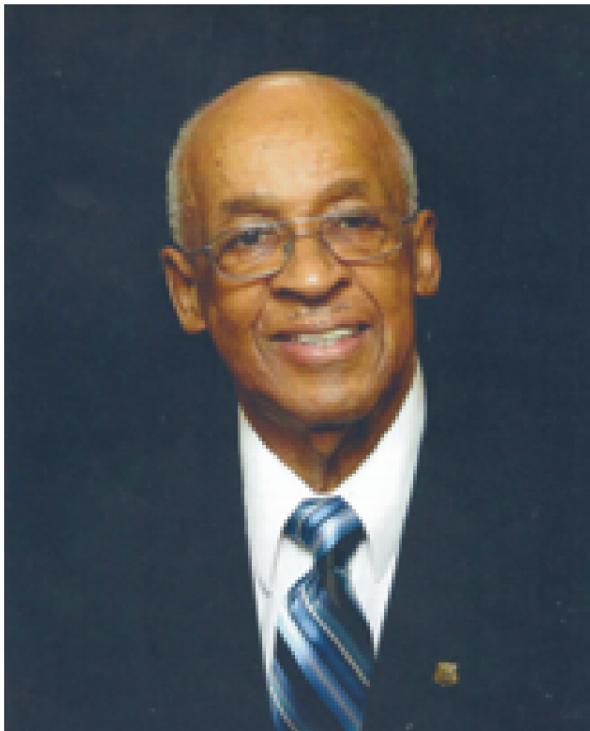


CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Volume 32 — Issue 12 ~ December 2015

Clarion History Columnist, Former NCC Security Director, Dies At 86



James Du Bose wrote the monthly Black History Notes column for the Clarion. Photo courtesy of the family.

For James Du Bose, service to his community was of utmost importance. A native of Newark, Du Bose spent his professional career protecting and serving

those around him, including the residents and employees of New Community which he served as NCC's director of security. He died October 29 at the age of 86.

Known to most Clarion readers as the history buff who shared fascinating reads in the "Black History Notes" column, Du Bose was passionate about educating the community about the past events that helped shape present day.

Like a skillful journalist, Du Bose had a knack for finding the story behind the story. His columns featured historical figures such as Oney Judge, the personal slave of First Lady Martha Washington. Judge's story of escape, via a community of free blacks in Philadelphia, ignited the abolitionist movement as inspirational tales traveled quickly about the slave who had escaped the most powerful man in the nation, George Washington.

Du Bose also dug up tragic stories such as the execution of teenager George Junius Stinney Jr. Stinney, just 14 at the time, was the youngest person ever to face capital punishment in the U.S. when he was put to death by electric chair. (Stinney's second-degree murder conviction was posthumously vacated in 2014.)

Continued on page 4

New Community Asks For Your Support During Annual Fundraising Campaign

Dear Friends of New Community, *Stable communities, strong families, a solid foundation for our youth.*

What are these worth to you personally?

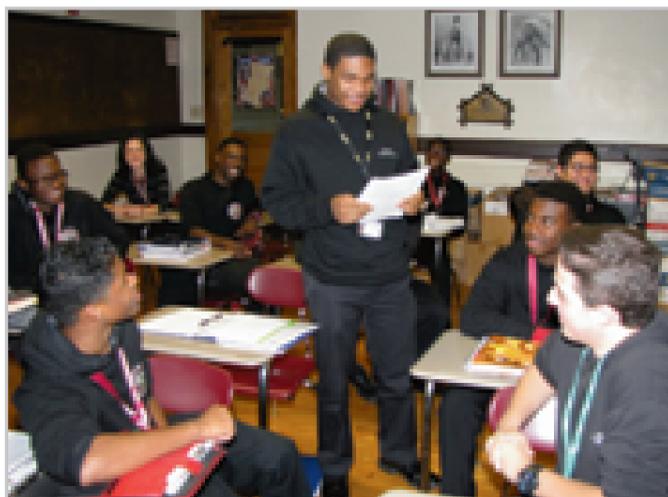
I imagine you would say, "A lot."

You can play a role in accomplishing all of these things with your gift to New Community Corporation. Donors like you are extremely important to us. Your gift has the power to help transform the life of a struggling student, unemployed young adult or homeless family, helping to solve some of America's most pressing social challenges.

With your donation, you are saying "Yes!" I can make a difference in someone's life.

That one person may be someone like Bryon Simmons, a junior at St. Benedict's Preparatory School. A Newark native, Byron is a recipient of the Monsignor William J. Linder Scholarship Fund, which makes it financially possible for him to attend the prestigious, all-boys private school.

Continued on page 3



Byron Simmons, a junior, in his American history class at St. Benedict's Prep, an all-boys school in Newark.

James Du Bose: A Man With A Big Heart

Editorial

By Monsignor William J. Linder

One of James "Jim" Du Bose's favorite phrases was, "Family is everything."

You should know that Jim had a generous and broad definition of family.

When he joined the ranks of the Newark Police Department at age 29, the brotherhood in blue became his family.

Later in the early 1990s when he joined the Essex County Sheriff's Department, Jim's family that he protected and served expanded outside his hometown of Newark to the 21 other municipalities in the county.

During the intervening years, Jim made New Community his home and he made all of us his family.

I had known Jim for many years and learned early on that he tended to be a reserved person. He let his actions speak louder than his words.

Jim developed a tremendously positive reputation among residents living in the public housing projects while he was a police officer, which made him a perfect fit for taking the reins as New Community's director of security. It was clear that Jim could handle himself. He wouldn't be intimidated.

Meanwhile, Jim faithfully contributed to the scholarship fund, writing a check each month to support youngsters attending prep schools. He continued even after he retired from NCC.

In his later years, Jim's passion for black history continued to serve the community he so dearly loved. His interest in the great stories of blacks who achieved things in the face of adversity—such as Edith Sampson, the first black woman ever elected as judge in Illinois, or the distinguished engineer J. Ernest Wilkins, Jr., who earned his doctorate in mathematics at age 19—allowed readers of the Clarion to peek into the past to gain knowledge and inspiration for the future.

It was Jim's idea to run a monthly column in the Clarion and I was all for it. Even when he moved down to North Carolina after retirement to be near his family, Jim's connection to us—his other family—remained strong. His family had become the readership of this newsletter, which reaches all across the country.

He was a very exceptional human being. Thank you for everything, Jim. You are greatly missed.

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.

Publisher

New Community Corporation
233 West Market Street, Newark, NJ 07103
973-623-2800

Editor, Writer and Photographer

Eunice Lee

Graphic Design and Layout

RayZo Marketing Inc.

Sign-up for the e-clarion.

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.

NCC Workforce Has Relocated!

New Community Workforce Development Center has relocated to 274 South Orange Ave. in Newark. Located on the first floor of the Health Care Services building, Workforce Development—including SAIF (Supportive Assistance for Individuals and Families)—continues to offer the same level of services from its new location. For more information on enrolling in a vocational training program (allied health, automotive, building trades, culinary arts, ShopRite Partners-In-Training, etc.), please visit or call Workforce at 973-824-6484.

Around the Network

NCC Security Department Gets Boost With New SUV



Director of Security Prentiss Thompson, left, receives the key to a new SUV from New Community CEO Richard Rohrman. The white, four-door Ford Escape boasts the NCC Security Department logo on the side as well as emergency lights on the roof. The goal of adding the new vehicle is to help the Security Department better patrol NCC's nearly 45 acres of properties.



Honoring Hispanic Heritage Month At Community Hills Early Learning Center

Students in Room 7 at NCC Community Hills Early Learning Center celebrated Hispanic Heritage Month by having parents and staff get involved with special projects and cultural meals that reflected a family's customs. Cynthia Acosta, standing right, mother of CHELC student William Fernandez, spoke of her Dominican heritage to a group students. **Photo courtesy of Nelly Payen.**

NCC Joins In City's Community Financial Empowerment Day



New Community participated in the city of Newark's Community Financial Empowerment Day. Part of the purpose of the Empowerment Day press conference, held at the first floor rotunda in city hall, was to promote new Financial Opportunity Centers (FOC) that are soon to open around Newark. New Community is opening its FOC inside the location currently known as the NCC Family Resource Success Center, located inside the Pathmark Shopping Center. The new FOC, which will continue to offer services previously provided by the Resource Center, will give low and moderate income residents the tools they need for financial empowerment. That includes financial coaching, employment services, credit counseling, financial literacy, referral to job training at NCC and more. Rodney Brutton, director of NCC Workforce, standing center.

Employee Of The Month: Lucia Dominguez



Lucia Dominguez is a food service worker at Community Hills Early Learning Center.

Lucia Dominguez brings a ray of sunshine to NCC Community Hills Early Learning Center.

As a food service worker at CHELC, one of two early learning centers at New Community, Dominguez ensures that all of the children's meals—including breakfast, lunch and snack—are served on time and meet dietary guidelines set by the U.S. Department of Agriculture,

according to Cheryl Mack, director of CHELC.

It's the same routine each day for Dominguez, who is affectionately called "Ms. Lucy," but she performs each task with a smile and a light touch.

"In addition to her daily duties, which include overseeing and maintaining a spotless kitchen, Ms. Dominguez can sometimes be found in the classrooms dancing and singing songs to the children and encouraging them to try different foods," Mack said. Dominguez began working at CHELC in May of 2005.

Her day at CHELC starts at 7:20 a.m., when the students' meals prepared by the food services staff of New Community Extended Care Facility arrives. Donning a hairnet, Dominguez cleans her work surface and lays out the cups, plates and utensils, with assistance from her colleague, Marie Payen, who also helps to serve the students at CHELC. Students are served breakfast by 8 a.m. and finished by 8:45 a.m.

Next, Dominguez prepares formula for the infant room teachers to feed their students. Then, she shifts to preparing lunch, which gets served by 11:50 a.m. Following that is snack, served at 1:30 p.m. In between serving, breakfast, lunch and snack, Dominguez races back to the kitchen to wash plates and serving ware.

"Fast, fast, fast," Dominguez said of the pace of each day at CHELC. "I like working. I like the kitchen," she added.

Born in Loja, Ecuador, Dominguez graduated from college and pursued pharmacy for seven years before coming to the U.S. Once in New Jersey with her husband, Dominguez worked at restaurants, setting tables and preparing salads, due to her limited English. When she became pregnant with her sons, now ages 14 and 12, she decided to stay at home.

The couple lived in Union City but moved to Newark after they entered a lottery for housing and secured a home on Central Avenue in 2004. Dominguez enrolled her sons, Michael and Gabriel, at CHELC as young children. It wasn't before long that the then CHELC director offered Dominguez a job in the kitchen.

For Dominguez, the most difficult part of her job is communicating in English. Despite the language barrier, her effusive personality shines through in moments when she sings to the infants or offers a child a hug.

"She brings a warm and caring energy to her job function and is genuinely pleasant every day," Mack said.

New Community Asks For Your Support During Annual Fundraising Campaign

Continued from page 1

Byron previously struggled while attending public school, which included charter schools, and got "lost" academically, his mother, Michele Simmons, said. Now an active 16-year-old, Byron maintains a solid GPA while running track and cross country, and is seeking a student leadership role within his junior class. "I see myself as more mature, actually trying to apply myself to the work that I'm doing," he said of being able to attend St. Benedict's Prep through the scholarship fund.

Byron dreams of becoming an engineer one day and his future is bright because of supporters like you.

Please help New Community continue its life-changing work. Our mission to improve the quality of life for inner-city residents—including our youth—must remain alive to give people hope for the future. Every gift is valued and the return on your investment will be counted many times over in the lives you touch.

With Sincere Appreciation for Your Generosity,

Monsignor William J. Linder
Founder and Board Chairman
New Community Corporation

P.S. A gift of \$25, \$50, \$100, \$500 or more will go a long way in helping a young person like Byron realize their dreams; move a homeless family from dependency to self-sufficiency or ensure a poor child receives a quality pre-school education at one of our two early learning centers.



New Community Corporation

St. Joseph Plaza
233 West Market St. Newark, NJ 07103
(973) 242-8012 | www.newcommunity.org

Where the Music Comes Alive

DECEMBER 2015

Live Entertainment & Music Calendar

Every Friday from 7 PM to 11 PM ~ Food or Beverage Purchase Required

DECEMBER 4TH

CLOSED-PRIVATE PARTY

DECEMBER 11TH

UNFINISHED BIZZNESS
CLASSIC R&B

DECEMBER 18TH

CARRIE JACKSON
HOLIDAY EXTRAVAGANZA

DECEMBER 25TH

CLOSED-CHRISTMAS DAY



Our Mission: To help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.

Clarion History Columnist, Former NCC Security Director, Dies At 86

Continued from page 1



James Du Bose served in the Newark Police Department for 28 years. Courtesy of the family.

Monsignor William J. Linder, founder of New Community, called Du Bose “a very exceptional human being” and praised his efforts to impart relevant lessons from history to Clarion readers.

“The very fact that he had that interest—I wanted to promote it,” Monsignor said.

Born January 31, 1929, James E. Du Bose, Sr. attended Newark Public Schools and graduated from Barringer High. Known as “Jim” to most of his friends and acquaintances, Du Bose served

28 years in the Newark Police Department. While working in the department’s Intelligence Unit, he worked undercover investigations and coordinated the security for such high profile visitors as President Jimmy Carter, President Gerald Ford, the Dalai Lama, Rosa Parks and Muhammad Ali, among others. Previously, he completed the New Jersey State Police Special Tactics training program in Sea Girt and had earned a brown belt in karate.

“Jimmy Du Bose was all about service to our community,” said Essex County Sheriff Armando Fontoura. “All of his energy, drive and focus was aimed at making safe havens for Essex County residents. He literally invented the concept of Community Policing which has now become the core focus of police-community relations,” he said.

In 2014, Du Bose received recognition from NPD that was long overdue. He and his then partner, the late Det. Norman Harris, were awarded the Medal of Honor by Newark police for rushing into a burning home and rescuing five children (plus a puppy) on Sept. 11, 1963.

The honor, which came about 50 years after the fact, was prompted by a letter that Du Bose wrote on March 28 to then Police Director Sheila Coley. He explained to Coley that he believed both he and Harris, who were patrolmen, were overlooked by the department due to racial prejudices. Du Bose said that he was seeking

recognition on behalf of himself and his partner after watching a news clip from earlier that month of President Obama presenting the Medal of Honor to veterans of the Korean and Vietnam wars as well as World War II.

“He believed in everything that’s right and fair as a police officer,” said Madge Wilson, New Community board member, who had known Du Bose for more than 25 years.

Du Bose also knew what it meant to be part of history. He led a group of black police officers who ended up serving as parade marshals in the historic March on Washington in 1963. He also petitioned the French government, through the office of Congressman Peter Rodino (D-NJ) to restore France’s highest military honor to a World War I veteran, Newark resident William Ogden Layton, when the medal was stolen from him upon returning from France. Layton was a member of the famed 369th Infantry Regiment.

After his time at NCC, Du Bose worked at the Essex County Sheriff’s Department from 1992 to 2006. However he continued to stay connected to NCC and faithfully contributed to the Monsignor William J. Linder Scholarship Fund each month, Monsignor noted. The same year he retired from the sheriff’s department, Du Bose moved to North Carolina, where he resided with his family in the town of Chocowinity. He was a member of Metropolitan AME Zion Church in Washington, N.C.

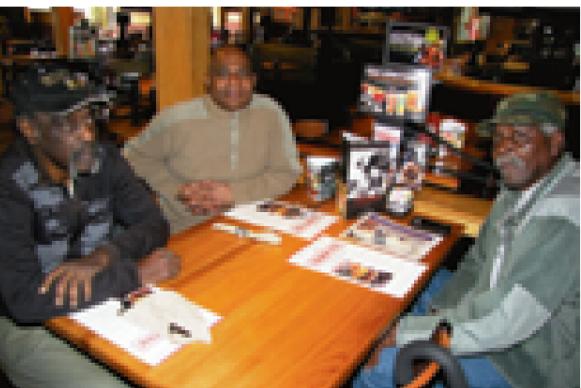
Treated To Lunch, NCC Vets Dine At Applebee’s



New Community residents from Gardens Senior and Commons Senior who served in the armed forces enjoyed a free meal at Applebee’s in Newark on Veteran’s Day.



Darrel Armstrong, left, and Derrick Wisdom, both residents of Douglas Homes, wait for their meals.



Commons Senior residents Seldon Childs, left, and Ray Hopkins, right, with Darrel Armstrong, center.



Daryl Poe, left, and Jose Torres, both residents of Douglas Homes, enjoyed a menu selection that included sirloin steak, double crunch shrimp and fiesta lime chicken.

Sweet Farewell Party For Extended Care Residents



For three residents of New Community Extended Care Facility, bidding goodbye to the nursing home marked an occasion to celebrate sweet success. Darlene Parker, Lena Swift and Kyle Whitlock (seated and cutting cake, from left to right) successfully completed physical therapy and rehabilitation at Extended Care and are now heading back to their respective homes. The staff of Extended Care thanked the residents for their commitment to their therapy treatment, which was evidenced by the improvement in their physical conditions over the time spent at the nursing home.

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

NCC Building Trades Student Lands Job At Newark Airport



Maurice Culley, a graduate of NCC's Building Trades Training Program, now works at Newark airport servicing ground support equipment.



equipment at the airport. "He's reliable," Rude, lead mechanic for Delta Airlines at Newark airport, said of Culley, who typically starts his day before 6 a.m.

Last year, Culley landed a job working for a contractor at Kuehne Chemical Company in South Kearny after completing the 540-hour Building Trades course, which covered the basics of carpentry, electricity, plumbing and an internship. After that contract wrapped up, Culley secured a job with Aerotek at the airport.

"You gotta be motivated," Culley said of searching for a job. In October, Culley visited his Building Trades instructor, William Robinson, Director of Workforce Development Rodney Brutton and his former classmates. "I go to show how thankful I am," said Culley, 23, of Newark. "They had hope in me."

"Maurice was always studious, punctual, serious-minded and goal driven," Brutton said. "He makes us all very proud."

In the future, Culley said he hopes "to do my own thing" and start a business that helps other job seekers, who are in a similar position as he was in previously, gain skills.

"I never thought I'd be doing stuff for some big company," Culley said with a smile.

Maurice Culley's handiwork can be seen all over Terminal B at Newark Liberty International Airport.

Culley, a 2014 graduate of the New Community Workforce Development Center's Building Trades Training Program, works as a mechanic for Aerotek, a contractor for Delta Airlines that provides maintenance and repair services for all of Delta's equipment. Aerotek also staffs other services, ranging from food to janitorial, at Newark airport.

On a recent Tuesday, Culley carefully applied a coat of white paint to baggage tow tractor. He

focused intently, working alone in a garage near gate 43 at Terminal B, with the radio and roar of jet engines filling the background.

Before painting the stocky, two-seat vehicle that pulls baggage carts to and from aircrafts, Culley said he power washed the vehicle to remove grease and used a grinder to smooth the surface before applying the first coat of paint.

Culley also paints container loaders, bag carts and belt loaders, according to his supervisor, Jeff Rude.

"You'll never run out of work," Rude said of Culley's role maintaining the ground support

Served With Love: WithumSmith+Brown Hosts Dinner For Harmony House



WithumSmith+Brown, a longtime supporter of New Community, hosted a festive Thanksgiving dinner for the residents of Harmony House.



Volunteers from WithumSmith+Brown served a dinner that included ham, stuffing, mashed potatoes, gravy, pasta, vegetables, cranberry sauce, pies and cookies.



Youth from the Harmony House after school program performed a skit about gratitude before dinner was served. Aze Williams, a Harmony House youth, wrote the skit.



Families from Harmony House, a transitional housing facility for the homeless, enjoyed dinner, dancing and music at the gathering, which was held at St. Joseph Plaza.



A group of young men from Harmony House enjoyed each other's company as they feasted on the food.



More than 120 residents of Harmony House participated in the Thanksgiving festivities hosted by WithumSmith+Brown.

Social Security News Frequently Asked Questions

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

Q: How are my retirement benefits calculated?

A: Your Social Security benefits are based on earnings averaged over your lifetime. Your actual earnings are first adjusted or “indexed” to account for changes in average wages since the year the earnings were received. Then we calculate your average monthly indexed earnings during the 35 years in which you earned the most. We apply a formula to these earnings and arrive at your basic benefit. This is the amount you would receive at your full retirement age. You may be able to estimate your benefit by using our Retirement Estimator, which offers estimates based on your Social Security earnings. You can find the Retirement Estimator at www.socialsecurity.gov/estimator.

Q: I know that Social Security’s full retirement age is gradually rising to 67. But does this mean the “early” retirement age will also be going up by two years, from age 62 to 64?

A: No. While it is true that under current law the full retirement age is gradually rising from 65 to 67, the “early” retirement age remains at 62. Keep in mind, however, that taking early retirement reduces your benefit amount. For more information about Social Security benefits, visit the website at www.socialsecurity.gov.

Q: My dad, who is receiving Supplemental Security Income (SSI), will be coming to live with me. Does he have to report the move to Social Security?

A: Yes. An SSI beneficiary must report any change in living arrangements within 10 days after the month the change occurs. If the change is not reported, your dad could receive an incorrect payment. Also, your dad needs to report his new address to Social Security so that he can receive mail from us. Even if benefits are paid by direct deposit, we need to be able to get in touch with him. He can report the change by telephone, mail, or in person at any Social Security office. Keep in mind that failing to report a change to Social Security could result in incorrect payments that may have to be paid back or a penalty deducted from SSI benefits. Just call 1-800-772-1213 (TTY 1-800-325-0778). You can get more information in the booklet Understanding SSI, at www.socialsecurity.gov/ssi.

Q: I am expecting a child and will be out of work for six months. Can I qualify for short-term disability?

A: No. Social Security pays only for total disability — conditions that render you unable to work and are expected to last for at least a year or end in death. No benefits are payable for partial disability or short-term disability, including benefits while on maternity leave. If you think your short-term disability might develop into a long-term one, visit www.socialsecurity.gov/disabilityssi/apply.html for more information.

SENIOR SPOTLIGHT: The Wedderburns



George Wedderburn, left, and his wife, Rosalee, helped to prepare a Thanksgiving meal for the residents of Orange Senior.

Residents at New Community Orange Senior were busy cooking a Thanksgiving feast for the entire building a week before the official holiday. Among the cooks were residents George and Rosalee Wedderburn.

The married couple prepared a roasted chicken, turkey as well as vegetables such as string beans for the gathering, which was held in the festively decorated community room.

For Rosalee, 73, cooking for a large group comes naturally for both she and her husband.

“That’s the way we were raised in Jamaica. Cook for each other. Cook for the community,” she said.

The couple contribute to special events and have grown a reputation for their culinary skills, according to Care Coordinator Sister Pauline

Echebiri.

“They’re a very nice couple,” Sister Pauline said, adding, “They’re willing to help whenever you call them.”

George, 80, worked as a professional chef for many years at major hotels in Jamaica.

He can easily whip up native dishes such as curry goat, steamed fish, grilled lobster or ackee and codfish, which, he noted, is the Jamaican national dish.

Born in the suburban parish of St. James in Jamaica, George worked for years in the hotel industry. Rosalee worked in hotel housekeeping. George met his wife during the time that they both worked in the same city of Montego Bay, where she was born. They immigrated to the U.S. almost five years ago, with Rosalee arriving first and then filing papers for her husband. During that time, she worked as a custodian at Orange Public Schools. The couple have five children, two of whom are deceased.

While working in the hotel industry, Rosalee recalled meeting travelers from many different countries. Similarly at Orange Senior, she said, she has met folks from various backgrounds and walks of life.

An easy way—an inviting way—to bridge gaps among different people is through cooking and sharing food. For both the Wedderburns, it’s that simple: “We like to feed the people. They like it. We eat with them,” Rosalee said.



Wellness Tip
December, 2015

Winter often brings safety hazards such as frigid temperatures, icy walkways and blinding blizzards. Make sure you and your family are prepared by reviewing these tips to **Winterize your Life!**



Plan for Winter Weather

Storms can leave you cold and without power for days. Make sure to:

- * Regularly listen to weather forecasts
- * Stock up on water & non-perishable food
- * Keep cell phones charged as often as possible
- * Stay warm by wearing hats, scarfs, gloves and layering clothing
- * Keep shovels & salt/sand handy for clearing snowy or icy walkways

Prepare your Home

Homes take a beating during the cold months. Before winter hits:

- * Check your heating system to make sure its running properly
- * Make sure you have enough heating fuel if applicable
- * Check and replace batteries in smoke detectors and CO alarms
- * Install weather stripping, insulation and storm windows

Prepare your Car

Winter provides some of the most dangerous driving conditions. Before you drive in winter:

- * Check your tire treads, install snow or all-terrain tires
- * Check and refill antifreeze & windshield washer fluid
- * Keep an emergency kit in case you get stranded. Include: first-aid kit, car phone charger, jumper cables, flashlight, water & food, blankets & dry clothes, road flares & sand for traction

For more information, about VNA Health Group services & programs, please call 800.862.3330 or visit www.vnahg.org

Some of these tips were cited from the Center for Disease Control and prevention. For more information please visit cdc.gov

New Nurse Practitioner Lends Expertise At Extended Care



Hinda Lemdani, standing, is a nurse practitioner working for Optum and is based at Extended Care.

Hinda Lemdani has two basic goals for New Community's Extended Care Facility.

As a certified family nurse practitioner, Lemdani said she's focused on improving wellness and preventing sickness among the nursing home's residents.

So what does that look like?

To improve wellness, Lemdani promotes health maintenance: making sure residents get diabetes testing, mammograms, colonoscopy,

eye exams and other check-ups. She is easily accessible to residents, families and staff because she spends more time in the facility than the average doctor.

However when someone gets sick, Lemdani's role is to treat the person "in place" as much as possible to avoid unnecessary hospital visit, where further complications may arise. Elderly and ill patients can develop bedsores and are susceptible to viruses and bacteria from other sick individuals. Also, reacclimating to a change in surroundings can be disorienting, she noted.

"This is their home," said Lemdani, whose office at Extended Care is located on the first floor.

To that end, Lemdani strives to treat residents at Extended Care as much as possible. She works with families to ensure that they are updated and comfortable with the plan of care in place for their loved one.

Lemdani works for a health services company called Optum and has been based at Extended Care since October 1. Optum operates under United Health Care Insurance, a Medicare Advantage program that supplies a nurse practitioner to the facility for residents enrolled in the insurance

program.

"She is a compassionate nurse who has expertise in many skilled nursing areas, which will be a great help to the nursing staff and to the residents enrolled in the program," Facility Administrator Robert Smolin said.

Another aspect of Lemdani's role is working with the Extended Care nursing staff, whom she praised for their work. "They're responsive, they're helpful," she said.

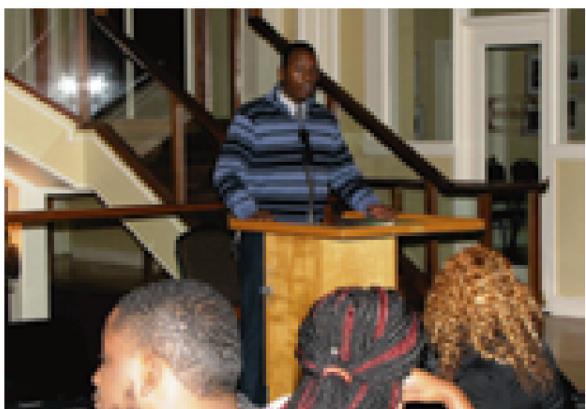
Born in Algiers, the capital city of Algeria in northern Africa, Lemdani immigrated to Brooklyn in 1998 with her husband.

They moved to New Jersey 11 years ago seeking a suburban life as they raised their two sons, who are now ages 12 and 16. In her free time, she enjoys hiking with her family and taking Zumba and yoga classes

In many Mediterranean cultures, Lemdani noted, the topic of death is taboo. Over time, she learned the importance of addressing the topic and making advanced care plans that allow an ailing person and their loved ones to say goodbye.

"Sometimes it's a difficult conversation so you have to be comfortable with it," she said.

Workforce Holiday Luncheon Honors Students In Job Training Programs



Christopher Breeden gave a testimonial about the skills he has gained so far in the automotive program.

New Community Workforce Development hosted a holiday luncheon to honor its students and to acknowledge the hard work of its staff.

Hosted at the headquarters of NCC at St. Joseph Plaza, the occasion brought together more than 100 students from the vocational training programs offered at Workforce—ranging from Academic Enrichment for Older Youth to Allied Health and ShopRite Partners-In-Training—and illustrated the magnitude of New Community's job training programs across various sectors.

Richard Rohrman, CEO of New Community, commended the Workforce students on the progress they had made thus far. "Your commitment to attending class each day and gaining job skills is the best way to invest in your future," he said.

The luncheon featured several speakers in addition to Rohrman, including Board Member Madge Wilson, employer partners and others. Students from the Culinary Arts Specialist Program, overseen by Instructor Jonathan Butler and Assistant Instructor Samuel Gaddy, catered the luncheon, which featured fried chicken, meatballs, rice, salad, green beans, collard greens, fruit punch and cake.

Mizani Drummond said she is proud to be working at Newark Beth Israel Medical Center. Since graduating from the Allied Health Program, she was hired at the hospital as a home health aide earning \$11.31 an hour. However, she also plans to return to NCC to take the courses for EKG and phlebotomy technician. "I'm happy to be working," Drummond, 20, said, but added, "It motivates me to want to go back to school and do more."



Students of the Culinary Arts Specialist Program both prepared and served the holiday luncheon.



Students of the Automotive Technician Training Program with their instructors, Winston Thomas, third from right, and Julio Arroyabe, second from right.



Rodney Brutton, at podium, director of Workforce Development, acknowledged the work of his staff.



The staff of Supportive Assistance for Individuals and Families, otherwise known as SAIF, enjoyed the luncheon.

A Story Worth Telling



As a detective in the Essex County Prosecutor's office, Roberta Harper relies on clues, and a bit of intuition, to solve crimes. But as a fit, healthy young woman, she didn't have even a hint that she could or would have a stroke.

Harper's story has a happy ending, thanks to the quick action of those around her and the expertise of the stroke team at University Hospital. She hopes to raise awareness by recounting her experience here.

It was a November day in 2012 when Harper woke up with a bad headache. She attributed it to the stress she had been under preparing for her daughter's upcoming Sweet 16 party. She decided to go to work anyway. When she arrived, she was pleasantly surprised to see the security guard, who usually patrols the other side of the building. On her way up the stairs, she began to feel dizzy. "It was like I just got off a roller coaster," she recalls. "Then it sounded like a siren was going off in my head. Soon I felt really hot, and then my hearing totally shut down."

Harper told the guard she was ill, and he rushed to steady her. He also summoned the nurse from her office one floor above. As luck would have it, the nurse had just returned to her office. She had gone to a meeting in another building but returned to get something she had forgotten. She looked Harper over and saw several of the telltale symptoms of a stroke. She immediately called 911.

Neurosurgeon Chirag Gandhi, MD, of University Hospital's Comprehensive Stroke Center, was waiting for Harper in the emergency room. He determined that she had had a life-threatening stroke in her brain stem, the area that connects the brain to the spinal cord. It controls the body's heart rate, respiration and blood pressure and funnels the constant flow of messages between the brain and the body. It is vital to survival.

Dr. Gandhi immediately got to work, performing what is known as an intra-arterial thrombolysis and mechanical thrombectomy. He inserted a small catheter into Harper's femoral

artery and guided it to the blood clot, breaking it up and safely removing it. The next morning Harper was sitting up in bed, chatting with her mother. Her brain had sustained no damage at all. One week later she was released and did not need any type of therapy. She was able to hold the Sweet 16 party she so lovingly planned. "We had a quite a bit to celebrate that day," she recalls.

Harper credits several people with her recovery. "It was a miracle that the guard and the nurse both happened to be there that day," she says. "I may have fallen down the stairs when I got dizzy, or I may not gotten the help I needed as quickly as I did." She adds that getting the proper treatment within an hour after the onset of symptoms gives a person the best chance of a full recovery. Most of all, she is grateful to Dr. Gandhi and the stroke team at University Hospital. "I believe there are angels on earth," she says. "And Dr. Gandhi is one of them. He was put here to save people's lives."

At the first sign of stroke, call 9-1-1. To make an appointment at University Hospital's Comprehensive Stroke Center for preventive or post-acute stroke care, call 973-972-3488.



FAST is an easy way to remember the signs of a stroke.

F - FACE. Does one side of the face droop?

A - ARM. Does one arm drift downward?

S - SPEECH. Is speech slurred or strange?

T - TIME. Any of these signs? Call 9-1-1 immediately.

Did You Know?

Strokes kill almost 130,000 Americans each year—that's 1 out of every 20 deaths.

The risk of having a first stroke is nearly twice as high for blacks than whites, and blacks are more likely to die following a stroke than whites.

Strokes can and do occur at any age, although the risk increases with age.

Stroke is a leading cause of serious long-term disability in the U.S.

Risk Factors You Can Change

High blood pressure is the number one cause

of stroke. Know your blood pressure and have it checked often.

Smoking triples your risk of having a stroke. Don't smoke and avoid second hand smoke.

Diabetes can cause disease of blood vessels in your brain, which can lead to blockages. Have your doctor help you keep your diabetes under control.

High cholesterol increases the risk of blocked arteries. Eat a diet high in vegetables and fruits and low in fat.

Physical inactivity and obesity increase your risk of cardiovascular disease and stroke. Do at least 30 minutes of exercise a day.

Senior Building Thanksgiving Celebrations Around NCC



Brothers Of Samson Lodge No. 66 Treats NCC Seniors



The Brothers of Samson Lodge No. 66 invited local residents, including seniors from New Community, to enjoy a sumptuous Thanksgiving feast the Sunday before the official holiday at their lodge, located on Irvine Turner Boulevard. Photos courtesy of Angeli Martinez.

Overflowing: Harmony House Receives Thanksgiving Baskets



A group of young adults from the Center for Independence visited Harmony House, a transitional housing facility for homeless families, to deliver Thanksgiving baskets to its residents. Five young adults presented families from Harmony House with 10 large baskets filled with Thanksgiving dinner fixings, including turkey, stuffing, mashed potatoes, rice, juice, dessert, and other side dishes, as well as household items such as blankets and children's clothing. The Center for Independence works with young adults with autism and related disabilities in a day program based in Livingston.

FAMILY SERVICE BUREAU OF NEWARK

FSB Client Receives Prestigious Student Of The Year Award



Wesley Way, right, a client of the NCC Family Service Bureau, is honored at an awards ceremony held at the East Orange Public Library.

On October 20, 2015, Wesley Way received the Literacy Volunteers of America's Student of the Year Award. Literacy Volunteers of America (LVA) is a national non-profit learning program for adults who want to learn how to read and write in English.

The Student of the Year Award is their most prestigious award and is given to a student who excels at LVA in their achievement, commitment and diligence.

Way enrolled in LVA when he was a client

at NCC Family Service Bureau's Gateway to Freedom (GTF) Outpatient Program and was referred to LVA by his counselor Stanley Ross. The GTF program is an evidence based holistic rehabilitative program designed to enable clients to reassess their values, goals and priorities in life, in a positive way while acquiring the personal, social and technical skills necessary for a successful and permanent rehabilitation and re-entry into society as productive citizens, parents and coworkers. The staff at GTF recognizes that becoming literate will not prevent participation in crime, but illiteracy may preclude knowledge of the legal system, participation in treatment programs, finishing education, finding employment, and may interfere with establishing good social relationships.

After his admission into the GTF program on August 20, 2012, Way began to evolve and during this process was able to accomplish and exceed the goals set forth in his original GTF personal treatment plan. During his treatment process, Way eventually became 100 percent compliant with all GTF attendance and treatment policies, and displayed focus, commitment, diligence and perseverance.

As a result of his effort and accomplishments, the GTF Clinical Team awarded Way the

GTF Certificate of Completion for his participation in the Intensive Outpatient and Outpatient Programs. Due to the unique circumstances of Way's situation, the Clinical Team determined that it would be in Way's best interest to receive additional services at a lower level of care through our Outpatient Program. By providing Way with this continuum of care, he remains connected to the GTF case management services and to an ongoing positive support network.

If you have any questions concerning the GTF Program, please contact the NCC Family Service Bureau at 973-412-2056.



Stanley Ross served as Wesley Way's counselor at FSB and offered remarks at the awards ceremony.

Happy Autumn: Scenes From CHELC Fall Festival, Parade



Happy Fall: Students and staff at NCC Community Hills Early Learning Center marched the hallway in their costumes to celebrate the season of autumn.



Many students dressed up in their favorite character-themed pajamas.



Boom, clap: Tambourines, maracas and drums helped to keep a lively beat during the costume parade.



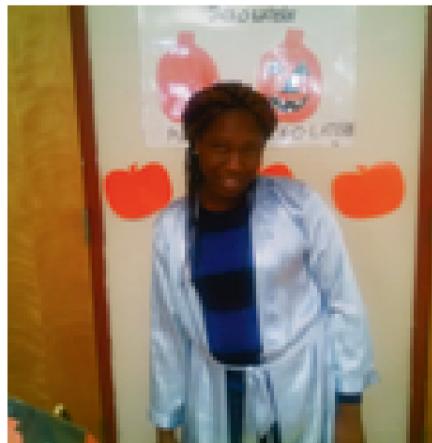
Halloween costumes sported by students at CHELC included ladybugs, skeletons and princesses.



More instruments and character-themed pajamas in the parade.



Students also participated in a number of games, crafts and activities. Photo courtesy of Cheryl Mack.



Draw a face: Students decorated pumpkins and turned them into jack-o-lanterns. Photo courtesy of Cheryl Mack.



CHELC students enjoyed the festivities that marked the fall season and a celebration of Halloween. Photo courtesy of Cheryl Mack.



New Community Adult Learning Center

563 Orange Street, Newark, New Jersey 07107

(973) 558-5536

www.newcommunity.org/services/adult-learning-center/

Available Courses

English for Speakers of Other Languages

Mondays through Thursdays:
10 AM to 12 PM or 6 PM to 8 PM

Citizenship

Saturdays:
9 AM to 12 PM

Computers – Basic & Intermediate Levels

Saturdays: 9 AM to 12 PM or 12 PM to 3 PM

ABE, Pre-GED, & GED (English only)

Mondays through Thursdays:
9:30 AM to 1:30 PM or 5:30 PM to 8 PM

Free Services

Health Screenings

Physicals, Mammograms, Cholesterol, Nutrition, etc.

Open Community

Free workshops conducted by private institutions and/or volunteers for the general public

Other Services

- Community organizing
- Community rooms
- Social services referrals

Cursos Disponibles

Inglés para Hablantes de otras Idiomas

Lunes a jueves:
10 AM a 12 PM o 6 PM a 8 PM

Ciudadanía

Sábados:
9 AM a 12 PM

Computadora – Nivel Básico e Intermedio

Sábados: 9 AM a 12 PM o 12 PM a 3 PM

ABE, Pre-GED, & GED (Ingles solamente)

Lunes a jueves:
9:30 AM a 1:30 PM o 5:30 PM a 8 PM

Servicios Gratuitos

Exámenes Médicos Gratuitos

Físicos, Mamografías, Colesterol, Nutrición, etc.

Comunidad Abierta

Talleres gratuitos conducidos por instituciones privadas y/o voluntarios para el publico en general

Otros servicios

- Organización de la comunidad
- Sala de reuniones
- Referidos a servicios sociales

*Weekdays and Saturdays courses are 9, 10, and 21 weeks long depending on the selected course.

A ‘Senior Moment’

By Lesley Leslie



Are you fortunate enough to have “seasoned” citizen in your life? Seasoned citizens, or senior citizens, are individuals who have reached a period in their lives where they retire from employment or are near a certain stage of life. The definitive age that determines whether a person is a senior citizen or not varies according to one’s culture. However, the United States generally identifies someone as a senior citizen if they are over the age of 60.

These individuals have a lot of wisdom and experience to offer those who take the time to get to know them. The senior that lives in the same apartment building as you may be a retired expert in the profession that you are pursuing. Or

perhaps the grandmother of your best friend may have at one time owned her own business. Who better to talk to about the dreams and aspirations that you have about that business start-up you’ve been wanting to try? Who better to serve as a career mentor?

You can learn a lot from your elders and the experiences that they lived through but you have to be willing to listen and take their advice. Many times, we really think we know it all and lose out on an opportunity to grow as a result. We can all benefit from the resources and knowledge that a nurturing senior citizen can provide if we are willing to share a moment with a senior.

There is a saying that goes, “Listen to your elder’s advice. Not because they are always right, but because they have more experiences being wrong!”

Snapshots Of Ghosts, Goblins At NCC Youth Services Halloween Party

Girls and boys dressed up for some ghoulish and to win prizes for the best costume during the New Community Youth Services Department’s annual Halloween Party. Held at the Neighborhood Center on Hayes Street in Newark, the festivities include activities and candy. Photos courtesy of Edward Morris.



The New Community Clarion
233 West Market Street
Newark, NJ 07103
www.newcommunity.org

Non-profit
US Postage
PAID
Permit # 5780
Newark, NJ

12

CLARION

Volume 32 — Issue 12 ~ December 2015

Newark, New Jersey

A Spooky Sweet Time With Seniors At Associates



No trick, just treat: Seniors at New Community Associates proved that Halloween can be enjoyed at any age. Dressing up with witch hats, masquerade masks and festive sweaters, seniors and disabled adults at Associates, located at 180 South Orange Ave. in Newark, danced and celebrated the season. **Photos courtesy of Angeli Martinez and Chelsea Santiago.**

Farm Fresh: Apple Picking With Hudson Senior Residents



Residents of Hudson Senior trekked out to Alstede Farm in Chester for a day of apple picking and other harvest activities. Alstede Farm is a family-owned enterprise that produces a variety of local fruits, vegetables and flowers. The trip was organized by the NCC Department of Health and Social Services. **Photo courtesy of Angeli Martinez.**