Sonnie Sorsor has come a long way. In the Fall of 2016, Sorsor will be enrolling at William Paterson University, where she plans to follow a pre-med track in order to pursue her dream of becoming a doctor in obstetrics and gynecology in the future.

Receiving a scholarship from the New Community Senior Advisory Board at its 32nd Annual Dr. Martin Luther King, Jr. Scholarship Dinner marked a significant step towards helping 17-year-old Sorsor achieve her goal.

For Brenda Allen, the good old days are literally flashing before her eyes.

Allen is a resident of New Community Extended Care Facility, a skilled nursing facility in Newark that recently completed a significant upgrade to its amenities: flat screen televisions are now featured in every residents’ room. Each television has access to 48 cable channels, including popular options such as the Food Network, Comedy Central, ESPN, BET, Lifetime and more.

On a recent afternoon, Allen reclined in her bed while watching an episode of the “Andy Griffith Show” on TV Land.

New Flat Screen TVs In All Resident Rooms

New Community Extended Care Completes Major Upgrade

For Sonnie Sorsor, the future is now. She has come a long way.

In the Fall of 2016, Sorsor will be enrolling at William Paterson University, where she plans to follow a pre-med track in order to pursue her dream of becoming a doctor in obstetrics and gynecology in the future.

Receiving a scholarship from the New Community Senior Advisory Board at its 32nd Annual Dr. Martin Luther King, Jr. Scholarship Dinner marked a significant step towards helping 17-year-old Sorsor achieve her goal.

The scholarship dinner on January 15 brought together NCC residents and staff at the New Community Neighborhood Center on Hayes Street in Newark to honor King’s legacy by presenting a young person residing at NCC with a scholarship towards his or her postsecondary education.

“She deserves it,” said Elnora Haynes, vice president of the advisory board.

Born in Monrovia, Liberia, Sorsor said she faced major challenges when she arrived in the U.S. as a child. She struggled at first to learn English and endured teasing at school as a result. However, the experience did not embitter her, Sorsor said.

On the job experience ingrained in me a sense of self-sufficiency. Upon fulfilling my duties to my boss’ satisfaction, I took home a paycheck. My employers paid money, not promises. As a result, I graduated college without being saddled with debt.

The state of our education system is dire as well. With public schools choking in the grip of teachers’ unions and mandated testing, it’s no wonder that our students are emerging less and less prepared to compete in a global economy. In an effort to support our youth and their academic careers, I established the Monsignor William J. Linder Scholarship Fund, which financially supports hard-working teens as they attend top-flight private schools in the area.

In the President’s speech, he addressed the very real need “to make college affordable for every American.” I could not agree more that the cost of quality education, both at the secondary and postsecondary level, has become absurdly costly and must be kept in check. But let me be clear that, on the other side of the coin, we must focus as a nation on creating real job opportunities for eager young workers who aim to put themselves through school.

There are many times that a lesson learned on the job can have a far greater impact than an objective recited in the classroom (which is not to say that education is not valuable, of course).

Here at New Community, our vocational training programs offer students training in a broad range of in-demand skills in industries such as health care, culinary arts, automotive, retail and building trades. Our young people must be equipped with the skills to forge a successful future for themselves. And our responsibility is to lay the foundation for the future generation.

We must build for tomorrow.
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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OUR MISSION
To help residents of inner cities improve the quality of their lives, 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.

Around the Network
Workforce Auto Program Receives $270K State Grant

New Community Workforce Development Center started off 2016 with a financial boost in the form of a grant awarded by the state to the Ford Automotive Training and Employment Program. The approximately $270,000 grant, which was awarded by the New Jersey Department of Labor and Workforce Development on January 12, will provide funding for automotive students to receive training in all areas related to vehicle maintenance and repair.

The Opportunity Partnership grant awarded to Workforce is aimed at “encouraging economic growth in New Jersey by investing in training partnerships designed to increase employment within the state,” state Labor and Workforce Development Commissioner Harold Wirths wrote in the letter.

“New Community Ford Automotive Training and Employment Program is pleased to partner with the New Jersey Department of Labor and Workforce Development to put local residents to work in the automotive industry,” Rodney Brutton, director of NCC Workforce Development, said.

“The strength of our program lies with our employer partners. Ford area dealerships, Kia, Mazda, Jeep/Dodge/Chrysler, Toyota, Hyundai (Sansone Automall), BMW-Step Program and a host of local employers have agreed to provide employment opportunities for program graduates. We are looking forward to another successful year.”

NCC Youth Services Scores Book Donation

New Community Youth Services recently received a significant donation of books from Torey J. Sabatini Elementary School. The books will benefit the children and teenagers in Newark served by Youth Services through programs such as the After-School Program, Summer Camp, Young Men’s Leadership Program and more. Michael Post, on right, principal of the elementary school in Madison, delivered the books to Director of Youth Services Edward Morris, on left, at the NCC Neighborhood Center on Hayes Street. Post’s school has donated books previously to other NCC departments including Harmony House. Photo courtesy of Edward Morris.

Go RED On Friday, February 5th!

February is officially American Heart Month and NCC invites the community to wear red on Friday, February 5, 2016, which is known as National Wear Red Day. The awareness day brings attention to issues surrounding heart disease, specifically for women. According to the American Heart Association, heart disease and stroke kills 1 in 3 women every year, yet 80 percent of instances are preventable. For additional resources on heart disease awareness or National Wear Red Day, visit www.goredforwomen.org.
Employee Of The Month: Carlos Galley

Carlos Galley keeps the supplies in stock and organized, in addition to his other duties at New Community Extended Care Facility.

The Fitbit on Carlos Galley’s wrist frequently counts more than 10,000 steps per day.

As the central supply technician at New Community Extended Care Facility, Galley tracks the myriad supplies and equipment used at the 180-bed capacity nursing home in Newark. If an item runs out on a particular floor, Galley can often be found bounding up the stairs with an armful of supplies or ferrying a cart up and down the hallway.

Galley was hired in 2010, after he worked as an intern with the maintenance department at Extended Care. Since then, he has become enough of an expert in the various medical equipment used at the nursing home that he can, for instance, repair a CPAP machine with his own two hands.

“He is very resourceful,” Facility Administrator Robert Smolin said of Galley. “He manages to get the lowest price for the best quality supplies needed for the nursing home. He also has great mechanical ability. You may think a machine is ready to be discarded but he will tinker with it and, voila, the machine is like new.”

Galley’s reputation for being “Mr. Fix-It” extends beyond medical machinery. Often he is called upon to help other staff at the nursing home with computer issues. Forgot your password? Printer not printing? Can’t get a spreadsheet to print on a single page? More often than not, someone will suggest calling Galley over. And if he is available to help, Galley does so with a smile (although he said he prefers that computer-related problems be directed to the Information Technology Department of New Community, per company policy).

“For me, it’s okay if I am free,” he said. “Especially if it’s going to help us get the job done.” He also worked closely with Healthcare Controller David Perez to implement the electronic medical record system at Extended Care and provide support to the staff.

His large stockroom, located in the basement, is meticulously presented in an alphabetical system organized by category (feeding bags on Shelf C, A and D vitamins on Shelf I, etc.). He also researches products and compares prices before making a purchase for the facility. His coworker, Ann Hope, described Galley as being a “conscientious and devoted” colleague. On an average day, Galley orders medical supplies, fixes equipment and organizes the inventory to ensure an adequate stock of items such as gloves, masks, adult diapers, feeding supplies and more.

Born in Lome, Togo, Galley initially worked as an IT consultant before moving to the U.S., where he first landed in Minnesota in 2009 and then moved to New Jersey. He learned of New Community through his older sister, Ramona, who is on staff at the NCC Workforce Development Center.

Galley’s knack for repairs has made him a valuable asset at Extended Care, according to staff. But for Galley, his work ethic is simply in his nature. “I was always trying to fix things and solve problems,” he said.

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

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SKO KOKO
BIRTHDAY CELEBRATION

FEBRUARY 12™
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AN EVENING OF LOVE-PRE-VALENTINE’S DAY

FEBRUARY 19™
ANONYMOUS
CLASSIC R&B

FEBRUARY 26™
BRADFORD HAYES,
JAZZY BLACK HISTORY CELEBRATION

Our Mission: To help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.
New Flat Screen TVs In All Resident Rooms

Continued from page 1

Robert Smolin, facility administrator at Extended Care, shows the room housing the recently installed cable boxes.

“I like that stuff,” she said with a grin. As of January, every resident’s room at the 180-bed capacity nursing home located at 266 South Orange Ave. in Newark was outfitted with a 32-inch Samsung flat screen television, Facility Administrator Robert Smolin said. The glossy, black-framed televisions are mounted on the wall in front of each resident’s bed, allowing for easy viewing access.

“It’s an improvement over all these years,” said Sharon Grant, a licensed practical nurse who has worked at Extended Care for 20 years. “The residents seem to be excited,” she added.

The effort to outfit the entire four-story nursing home with televisions started back in 2014, according to Smolin. He worked closely with the NCC departments of Environmental Services, to purchase the televisions, and Information Technology, to get the building wired and connected to DirecTV.

Previously, if a resident wanted to enjoy a show, they were allowed to bring in their own television set. However, this also required an antenna and a converter box for the televisions, many of which did not produce clear images.

Now, the pictures on every screen are crisp and each resident has control of a remote with a built-in speaker that allows for clear audio as well.

“I think it’s a big change. It’s a historic day,” Smolin said.

President of the Resident Association Robert Cook enjoys watching crime shows and described his viewing experience as “very clear and the sound is good.”

Smolin noted that watching television, in addition to providing a source of entertainment and information to both long term and short term nursing home residents, can also serve as “a psychological comfort.” Spanish-speaking channels are also among the options offered to residents.

“As a baby boomer, I really like TV,” he added, “whether it’s watching a movie, comedy or sports.”

Randy Curry, a resident on the second floor, now looks forward to watching the morning and evening news. “It’s real great,” he said enthusiastically.

NCC Senior Advisory Board Awards NCC Teen College Scholarship

Continued from page 1

Robert Smolin, facility administrator at Extended Care, shows the room housing the recently installed cable boxes.

Professor Louise Layton of Essex County College delivered a keynote address on the life of Dr. Martin Luther King, Jr.

Performances included praise dancers from the Love of Jesus Family Church of Newark.

Residents from New Community Manor Senior enjoyed dinner and dessert.

Seniors from New Community residences in Newark, Orange and Jersey City attended.

Scholarship recipient Sonnie Sorsor shared her life’s story with the audience.

The scholarship dinner was held at the NCC Neighborhood Center on Hayes Street.

“According to my research, there has never been a scholar who took my path,” Sorsor said. “If not for New Community, I would not be standing here in front of you today,” Sorsor said as she thanked the Senior Advisory Board for its financial gift. She also expressed gratitude for her supporters along the way, including Care Coordinator Dorothy Artis and Muobo Enohwo, senior property manager of Commons Family and Commons Senior.

The evening was filled with performances by the Silver Steppers, NCC Gospel Choir and praise dancers from the Love of Jesus Family Church of Newark. Under the direction of Sharon Pleasant-Jones, director of Health and Social Services, the care coordinators served the attendees dinner and dessert. Each table was festively decorated in a red, black or green tablecloth with a candle and confetti centerpiece.

Prior to Sorsor’s speech, Professor Louise Layton of Essex County College delivered a keynote address that highlighted notable parts of King’s life.

“I always say there are so many things we can learn from Dr. King,” she said, noting that King was arrested more than 30 times during his life as a result of his devotion to advancing civil rights and racial equality.

“We have to teach the next generation so that they know where they came from, and, thereby, move forward,” Layton added.
NCC Honors Longtime Staff For Years Of Service
Employees Celebrate 5, 10, 15, 20, 25, 30, 35 Year Work Anniversaries

Five years, front row, from left: Chineny Oluoha, Nursing; Olubummi Shadeko, Nursing; Denisha King, Family Service Bureau; Clifford Melville, Environmental Service; Mary Wallor, Dietary; Latasha Thomas, Dietary; Lisa Watson, CHELC; Kim Hawkins, CHELC. Second row: Denise Swiney, Nursing; Reine Abita, Nursing; Jacqueline Ozou, Nursing; Patience Udodia, Nursing; Nkechi Ifejika, Nursing; Ida Lawrence, Nursing; Therese Omari, Nursing. Third row: Carlos Galley, Nursing; Rosa Auquilla, SAIF; Alisha Adams, Security; Mohammed Kamara, Security; Aleta Morse, Security; Gladys Inazu, Security; Valerie White, Social Services. Not pictured: Michele Simmons, Community Arts; from Environmental Service: Getenet Gena, Manuel Guzman, Jorge Lliguicota and Anthony Lake; Haydee Paez, Family Service Bureau; Belane Belachew, BBECL; Vivian Pounder, Management; from Nursing: Janet Jolaosho, Joyce Misiani, Nancy Nii-Moi and Silifat Taiwo; and Darryl Milner, Security.

Ten years, from left: Amalia Aldana, Adult Learning; Gabriel Robinson, Home Friend; Chima Washington, CHELC; Uchenna Nwodi, Nursing; Lucia Dominguez, CHELC. Not pictured: from Nursing: Christiana Bnoonkhamhume, Ogheneochuko Erukanure and Priscilla Njoku Sc; Clifford Josiah, Environmental Service; Samuel Gaddy, Workforce Development; and Kurtrina Vandivier, Community Arts.


Twenty-five years, from left: Meena Pilgrim, Home Friend, and Jeanette Morales, Environmental Service; pictured with CEO Richard Rohrman. Not pictured: Pablo Quinones, Environmental Service; Enoobosun Enoaloa, Management; from Nursing: Robyn Moses, Gloria Austin and Wendel Mingo.

Thirty years, from left: Else Kossy, Nursing, and Robert Allen, Security, pictured with CEO Richard Rohrman.

Thirty-five years: Madge Wilson, right, board member and outreach coordinator, pictured with CEO Richard Rohrman, left, and Monsignor William J. Linder, center, founder and board chair.

Employees enjoyed a luncheon of roast beef, salmon, chicken, green beans, corn, roll, soda and dessert.

A beautiful cake from Calandra’s Bakery marked the special occasion.

Director of Mission Frances Teabout thanked the staff for their long term commitment to their jobs.

The Employee Recognition Ceremony featured a delicious luncheon, presentation of plaques to each employee and remarks from NCC leadership.

Story on page 7>>
Social Security News

Looking Ahead To Filing Taxes

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

It’s that time of year again: time to start preparing to file your taxes. If you receive Social Security benefits, one of the documents you will need when filing your federal income tax return is your Social Security Benefit Statement (Form SSA-1099).

Your Social Security benefits may be taxable. This includes monthly retirement, survivor, and disability benefits. About one-third of people receiving Social Security benefits must pay taxes on some of these benefits, depending on the amount of their taxable income. This usually happens only if you have other substantial income — such as wages, self-employment, interest, dividends, and other taxable income that must be reported on your tax return — in addition to your Social Security benefits. You will never have to pay taxes on more than 85 percent of your Social Security benefits, based on Internal Revenue Service (IRS) rules.

To find out if you must pay taxes on your benefits, you will need your Social Security Benefit Statement (Form SSA-1099). You should automatically receive your 1099 form each January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. The 1099 form is not available for people who receive Supplemental Security Income (SSI), as SSI payments are not taxable.

Whether you file your taxes early or wait until the deadline, Social Security makes it easy to obtain a replacement 1099 form if you didn’t receive one or misplaced yours. You can get an instant replacement quickly and easily by using your secure online my Social Security account. If you don’t already have an account, you can create one in minutes. Follow the link to the my Social Security page, and go to “Sign In” or “Create an Account.” Once you are logged in, select the “Replacement Documents” tab to obtain your replacement 1099 form. If you create a my Social Security account, you can also use it to keep track of your earnings each year, manage your benefits, and more.

You can also obtain a replacement 1099 form by calling us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m., or by contacting your local Social Security office. If you live outside of the United States, please contact your nearest U.S. Embassy or Consulate.

With a my Social Security account, gathering your Social Security information for tax season has never been easier. Open your own personal my Social Security account today at www.socialsecurity.gov/myaccount.

SENOR SPOTLIGHT: Martha Brown

Martha Brown pays special attention to the residents of the fourth floor at New Community Manor Senior.

As the floor captain, Brown is responsible for knocking on doors, distributing monthly calendars, passing out announcements, encouraging participation at Tenant Association meetings and generally ensuring the welfare of her neighbors.

Taking on the role as floor captain was somewhat unplanned for Brown. She inherited the role after the former captain had temporary plans to be away but never returned, according to Brown.

Now a few years into the position, Brown has embraced her role. Her concern for the well-being of others comes naturally. “How’s your foot?” Brown inquired of a fellow resident passing through the community room on a recent Tuesday.

A resident of Manor Senior since 2006, Brown also volunteers every Wednesday at a food pantry operated by First Hopewell Baptist Church in Newark, where she has been a member for more than three decades.

Her care coordinator, Giselle Oviedo, described Brown as a “very caring resident who is always willing to help out by all means.”

Born in Hartselle, Ala., Brown and her family moved from the South to New Jersey when she was young and they settled in Orange. Later on, Brown moved to Hillside.

In terms of jobs, Brown has worked in a wide range of settings. She’s been employed at toy factories, assembly lines for perfumes, credit card manufacturers, bag factory, cassette tape factories and worked at a temporary employment agency providing transportation. At one point, she served as a postal worker and even did a stint in food service, manning the kitchen grill at Montclair State University.

Brown had wanted to become a nurse but dropped out early in her high school career. Later on, however, she did go back to earn her GED.

A hardworking woman up until retiring at age 62, Brown jokes that she was looking to slow things down but eventually found herself part of the usher board at First Hopewell Baptist Church.

“When I came to this church, they found another job for me,” she said wryly.

Brown has three grown children who live in Orange and East Orange.

Wellness Tip

February is Heart Month. Heart disease is the leading cause of death for both men and women. You can make healthy changes to lower your risk of developing heart disease and inspire change in others by focusing on:

**Nutrition**

Making smart, healthy meal choices will reduce the risk of heart disease & stroke. Include:

- Fruits, vegetables, whole grains, beans, nuts, seeds, fat, lean poultry, shrimp, dairy & legumes.

Avoid Trans Fat.

**Stress Management**

High stress can be dangerous to your heart. Practice positive self-talk by saying things like “I got this!” “This won’t bring me down” and “I can deal with the situation.” Find pleasures by doing things you enjoy such as hobbies and activities. Relax by practicing yoga, meditation or deep breathing.

**Physical Activity**

Walking, swimming, jogging, going to the gym, cycling & dancing are just some of many activities you can do to help keep your heart healthy. Make time for exercise, keep reasonable expectations and make it fun to stay consistent. Don’t forget to celebrate your goals!

**Quit Smoking**

Smoking is the most preventable cause of premature death. In the US, smoking causes increased heart disease risk, decreased tolerance to physical activity, decreased HDL (good cholesterol) and is responsible for 34,068 adult deaths from second-hand smoke each year.

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

Source: American Heart Association. For more information please visit heart.org
Gifts For His Royal Highness: NCC Celebrates Three Kings Day

New Community Adult Learning Center rolled out the red carpet for a celebration fit for a king. During the holiday season, the center held a celebration in honor of Three Kings Day, which commemorates the biblical story of the three wise men who followed a star to Bethlehem, where they encountered baby Jesus and presented him with gifts of gold, frankincense and myrrh. The festivities included a film screening, refreshments and a room filled with presents to give away by the three kings, Alfred Rodriguez (blue), Hector Aguirre (red) and Joseph Perez (purple), from the Phi Iota Alpha fraternity. The event was co-sponsored by NCC and St. Rose of Lima Church, World Artist Network, Phi Iota Alpha Fraternity, Horizon NJ Health and the Toys “R” Us and Babies “R” Us stores located in Elizabeth, Rockaway and Flanders. The Adult Learning Center offers classes and workshops to the community, including English as a Second Language, citizenship, computer basics, GED, health screenings, mammograms, and more. For information, call 973-558-5536 or visit the center at 563 Orange St. in Newark. Photos courtesy of Cristhian Barcelos.

More than 70 employees of New Community were honored for their hard work and dedication to the agency at a recent Employee Recognition Ceremony.

“I really love this day because it gives me a chance to say ‘thank you,’” Richard Rohrman, CEO of New Community, said to the employees who represented various departments, ranging from Dietary and Workforce Development to the Family Service Bureau.

Organized by the Human Resources Department led by Director Ben Galvez, the ceremony recognized NCC employees who have served for five, 10, 15, 20, 25, 30 and 35 years at the agency. Each honored employee was treated to a luncheon, catered by the Food Service staff at Extended Care, and presented with an engraved plaque that included his or her name and years of service.

“This ceremony is dedicated to you,” Galvez said during his welcoming remarks at the event, which was held at New Community’s headquarters at St. Joseph Plaza on West Market Street in Newark.

Frances Teabout, director of Mission, imparted words of wisdom to the group and thanked the employees for their commitment to NCC’s mission. “You get up, day after day, put on your badge and come to work to make New Community what it is. We thank you,” she said.

While there were more than 30 employees recognized for achieving their five-year mark at NCC, Madge Wilson stood out as the single staffer being honored for reaching the milestone of 35 years of service this year. As both a board member and the agency’s outreach coordinator, Wilson is known for getting difficult tasks done, according to Monsignor William J. Linder, who has known Wilson for decades.

“It’s not really 35 years for Madge, it’s forever,” said Monsignor, New Community’s founder and board chairman. “As we all know, she is the most generous person there is,” he added. In recent years, Wilson has specifically focused on helping homeless veterans secure housing. She serves as a liaison between Veteran Affairs hospitals and New Community’s Property Management Department to ensure that the men and women who served in the armed forces have a safe and decent apartment to call home. For Wilson, who worked, years ago, at the Newark Housing Authority before coming to New Community, her job is a labor of love.

“As Monsignor said, I will work. I love working,” she said. “This is my home...I love New Community.”

Rohrman reminded the workers that their jobs at NCC serve a greater purpose.

“We continue to push forward because people need us,” he said.

FREE TAX PREPARATION
At New Community Family Resource Success Center
(Inside former Pathmark Shopping Center)
131-185 Bergen St., Newark, NJ 07103

Now until April 15, 2016
Tuesdays 10 a.m. to 2 p.m.
Wednesdays 4 p.m. to 8 p.m.
By Appointment Only!
Call 973-565-9500
Carl Kirton, DNP, MBA, RN, ANP, has joined University Hospital (UH) in Newark as the Chief Nursing Officer. He comes to UH from Lincoln Medical and Mental Health Center, in Bronx, NY, a teaching hospital for Weill Cornell Medical College.

Dr. Kirton’s special area of interest and expertise is the care of patients with HIV/AIDS. He is an AIDS Certified Registered Nurse (ACRN) and has taught future nurses and physicians to care for patients with this disease in both the classroom and in the clinic.

HIV/AIDS is a very complex disease. Thirty years ago the focus was to make patients comfortable as they battled multiple infections. Today the therapies are much more effective, and HIV is now considered a chronic illness. But with it comes a host of other health problems; some caused by the disease, others by the therapies themselves. A person may suffer damage to their kidneys, liver and/or heart, for example. And people with HIV must strictly adhere to the drug regimen. “A patient can’t miss even one dose. The nursing staff has to be extremely knowledgeable,” Dr. Kirton explains. “Even though we know the importance of taking medications every day, for some patients it remains difficult.”

But treating the physical aspects of the disease is only part of the caregiver’s job. There are also the psychological needs. “HIV takes a toll on everyone; family, friends and partners,” Dr. Kirton explains. “Unlike any other disease, this is a social one; it still carries a bit of a stigma. The patients’ healthcare professionals often become part of the whole family’s support system.”

So what exactly drew Dr. Kirton to the field of nursing and HIV/AIDS care in particular? On track to become a teacher, he got a clerical job in a doctor’s office during high school. It was then he decided he wanted to help people live healthier lives. He went on to earn a BS in nursing and started his career in the late 1980s at the height of the HIV/AIDS epidemic. “At the time there were no real treatments, so it was all about caring rather than curing,” he says. “Many of the patients died. I started working with these patients and immediately knew I wanted that to be my main focus as a nurse.”

The Clifton, NJ, resident went on to earn a doctorate in nursing and had an opportunity to work with a team of scientists doing research on HIV/AIDS. He was involved in some early testing of a possible vaccine, and he recently studied the correlation between certain patient characteristics and their effects on adherence to the drug regimen. He’s been able to incorporate his first love, teaching, into his career. He has taught at colleges and universities in New York and New Jersey and traveled to Africa to teach healthcare professionals there. As if that weren’t enough, he has written numerous papers, authored two books and speaks at events across the country.

Dr. Kirton has always worked at inner-city hospitals, where he believes he can help the most people. He is especially happy to have landed in Newark. “University Hospital is a large and highly respected medical center, which is an idea place for me to continue my work,” he says. “I’m looking forward to working with the staff to heal our patients and help community members live healthier lives. Inner-city hospitals offer help and hope for those who have very little. I’ve always found that mission very rewarding.”

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**A Celebration of African American Heritage at University Hospital**

**Calendar of Events – February 2016**

**Wednesday Jazz Series featuring Bruno Lee and Friends**

Wednesday, February 3, 10, 17, 24
Noon to 1:30 PM
UH Cafeteria

“Food for the Soul”

Every Wednesday throughout February
The UH Garden Café will feature a soul food menu
Noon to 2 PM
Call the talking menu at 973-972-4023 to hear the selections.

**Go Red Day**

Friday, February 6, 2016
Wear red to raise awareness of Women’s Heart Health
Free health screenings, health information and lectures
UH Cafeteria

**Screening of African American Classics in Film**

Thursday, February 4 and
Tuesday, February 9, 16, 23
Bring your own lunch
Films will be shown in the Bistro Café from 12:15 to 2 PM

**Market Place Vendor Days**

Friday, February 12 and 26
UH Cafeteria
A variety of vendors will sell unique goods

**Closing Events**

Friday, February 26
UH Cafeteria
Guest musician – Jazz Saxophonist Bradford Hayes
A variety of vendors will sell unique goods
Soul food menu will be served
Culinary Arts Specialist Training Thrives At NCC

The Culinary Arts Specialist Program students serve food to NCC staff and community members at the Culinary Cafe, located inside Extended Care.

The Culinary Arts Specialist Program is one of the hidden gems of the New Community Workforce Development Center.

Culinary students like Todd Anthony learn more than just how to cook. The program prepares students for jobs in the food service industry and offers practical experience in developing recipes, nutrition, food safety and more.

“One of the Workforce Center’s best kept secrets is its Culinary Arts Specialist Program,” said Rodney Brutton, director of NCC Workforce Development. “The program includes daily food preparation, menu selection/design, catering services, cutting/knife skills, an industry recognized credential, classroom lecture, and a host of other related subject areas. The Workforce Center look forward to doing exciting things in 2016 with its Culinary Arts Specialist Program,” he said.

Upon graduating from the Culinary Arts Specialist Program, students receive a ServSafe Food Safety certification and are prepared to launch their careers working for a commercial, institutional cafeteria or fine dining establishment.

Each day, students train under the watchful eyes of Instructor Jonathan Butler and Samuel Gaddy, his assistant. Once Butler gives out the day’s assignments, the students tackle their tasks, preparing lunch and dinner for the Extended Care Facility.

“These guys are so good,” Butler said, noting how much the students progressed during the 16-week course. In fact, Anthony, 46, of Jersey City, transitioned from student to NCC employee when he was offered a permanent position working in Dietary under Director Jackie Henry.

Like many students, Anthony did a previous stint in food service when he worked as a grill man. The curriculum and training at NCC have now provided him with a more refined skill set.

“This is more in-depth,” he said.

The Culinary Arts Specialist Program received funding through Essex County College, which was awarded a $1 million grant from the U.S. Department of Labor designed to serve the needs of incarcerated and formerly incarcerated individuals like Anthony. The college, which serves as the lead agency, has partnered with New Community, plus other agencies in the community, to offer workforce training, counseling, mentoring and other services “to create a holistic approach to career pathways for Essex County’s reentry population.”

“It’s always been a passion of mine. I should have been here years ago,” Anthony said.

New Community Is Hiring: Open Positions

New Community is hiring for the following open positions. If you are interested in applying, submit your resume to human.resources@newcommunity.org or fax 973-639-7866 (no phone calls please). Due to the volume of applications, NCC will only contact candidates of interest. NCC is an equal opportunity employer. For more details on the requirement of each position, visit www.newcommunity.org/human-resources/employment-opportunities.

Accountant
Full Time - 40 hours
Responsibilities include working with designated group(s) to help establish and maintain an accurate financial record of revenue and expenditures.

Environmental Services: Superintendent
Full Time - 40 hours
Must be skilled in plumbing, carpentry, painting, and electrical.

Harmony House: Case Manager
Full Time - 40 hours
Responsibilities include under the general supervision of the program administrator, case management services to program participants; ensuring that the program is operating in compliance with all contractual requirements including but not limited to data entry using Homeless Management Information System (HMIS), program rules and standards.

Licensed Clinical Supervisor
Full Time - 40 hours
Under the general direction of the Family Service Bureau of Newark’s executive director, the Licensed Clinical Supervisor will be responsible for the clinical services provided by the Family Service Bureau under various contract sources, such as, Division of Mental Health and Addiction Services and contracts at the county, state and federal level.

Dietary Aide
Full Time - 40 hours
Responsible for handling food in accordance with sanitary regulations, serving only food specified by diet lists, meeting meal schedules, and cleaning schedules, serving food at proper temperature and following direction carefully.

Maintenance Worker
Full Time - 40 hours
Must be skilled in basic repair, painting, plumbing, carpentry, and electrical. Maintenance worker must be responsive to residents and work as a team member with co-workers and management.

Management: Occupancy Specialist
Full Time - 40 hours
Responsible for monitoring and processing Certification, Voucher, and Special Claims. This includes but not limited to processed applications and background checks in accordance with Federal/State/City policies and regulations. Candidate must be bilingual (Spanish/English Speaking) and have five to seven years of work experience in the affordable housing industry and familiarity with HUD and LITC.

Management: Property Manager
Full Time - 40 hours
Will partner with the Occupancy Specialist to ensure that apartments are leased in accordance with the guidelines, procedures, and regulations set forth by the Department of Housing and Urban Development (HUD) and NCC.

Registered Nurse
Full Time - 40 hours
The RN will supervise staff RNs, LPNs and Nursing Assistants. Candidate must be bilingual (Spanish/English Speaking) and have a sense of humor and genuine enjoyment of seniors. Degree from accredited School of Nursing with a minimum of two to five years of nursing supervision in a healthcare setting, preferably long term care.
New In 2016: Internet Video Counseling At FSB

What’s new at the Family Service Bureau for 2016?

The Family Service Bureau is in the process of offering internet video counseling sessions to a select group of clients in 2016. We hope to expand this service over time to function as a viable alternative for many people.

Barriers to continuing regular counseling services may exist for some clients. Such barriers may include client illness, necessity to leave town, hospitalization, or simple inclement weather conditions. Our online video counseling services will provide a safe and protected video session by having a secure administrative login for the counselor and client. Unlike public Internet video sites, our service will be encrypted to comply with the rules and regulations of the Health Insurance Portability and Accountability Act (HIPAA). As one of our chief priorities is to ensure that your sensitive information remains protected, we have implemented all the required components to ensure that online services are offered at the same level of security and validity as in-person services.

Tele-mental health will change the world by making it easier, quicker and more affordable for healthcare providers to care for their patients anywhere, including rural and underserved areas. We believe everyone should have access to care through telemedicine. Telemedicine allows healthcare professionals to evaluate, diagnose and effectively treat patients in remote locations and underserved locations using telecommunications technology.

Unfortunately, in the past, most tele-mental health solutions tended to be expensive and complicated to use. As a result, most healthcare providers were either unable and/or unwilling to offer care for their patients through telemedicine.

FSB will be using an online tele-mental health service that no longer presents the barriers of being cost prohibitive or simply too technologically complex. Shortly, any licensed FSB professional will be able to provide care to our clients outside of the clinical setting. Our service will incorporate an online patient check-in and waiting room into the design so that both the therapist and client will continue to experience a familiar and natural visit.

It will be simple; all the client needs to start their tele-mental health visit is a web link to the FSB’s account using a standard computer or a mobile device. No special hardware or software is necessary.

We hope that this technology will support our mission to make care available to all and complement, not replace, the traditional care that we already deliver. We understand that a strong counselor-client relationship is the foundation for high-quality patient care. FSB simply wants to offer a convenient way to meet with our clients remotely, thereby ultimately improving their overall healthcare experience.

Evidence-Based Outcomes for Tele-mental health services have shown the effectiveness of using tele-mental health in lieu of in-person services, particularly through video-conferencing, to improve patient compliance to treatment and access to care. A four year study conducted by the U.S. Department of Veterans Affairs (VA) showed significant decreases in the number of inpatient psychiatric admissions and hospital stays for patients using tele-mental health services. On average, tele-mental health was attributed to the decrease of patients’ hospitalization utilization by approximately 25%. Since making mental health services more accessible through the use of telehealth, the VA has documented nearly 500,000 tele-mental health encounters.

State legislatures have made telemedicine a priority issue. Ten states have introduced legislation that will impact the way their licensing boards enforce their clinical practice standards: Arizona, Arkansas, Connecticut, Montana, New Hampshire, New Mexico, Oklahoma, Virginia, West Virginia and Wyoming. Six states have bills that will require telehealth parity under private insurance: Arkansas, Connecticut, Indiana, New Jersey, Rhode Island, and Washington.

The Family Service Bureau is working diligently to remain current in order to continue to provide quality care to our communities. We are hoping to begin to implement tele-mental health services as part of New Community’s Employee Assistance Program (EAP) by the end of this year.

Despite Life’s Curveball, NCC Resident Strives For High School Diploma

Selena Brown, 21, is a student of the Academic Enrichment program who is also a resident of New Community.

For Selena Brown, the journey towards achieving her high school diploma has been a long one. But she’s taking it one day at a time.

A resident of New Community Gardens Family, Brown, 21, is currently enrolled in NCC Workforce Development Center’s Academic Enrichment and High School Diploma Program for Older Youth. Under the guidance of her instructor, Odette Phillip, Brown and her classmates are learning subjects ranging from language arts and math to science, social studies and life skills.

Earning a high school diploma is a challenging task for Brown, who has been out of school for several years but still has her dream career in sight. “I want to be a nurse,” she said.

From around 2007 to 2012, Brown said that she left New Jersey and moved to South Carolina, where she worked as a janitor. After returning to New Jersey, she moved to Gardens Family housing, where she now lives with family.

She enrolled in the Academic Enrichment and High School Diploma Program for Older Youth in October, where she attends class Monday through Friday from 9 a.m. to 2 p.m. Science is her favorite subject but she’s still struggling in math.

“The main goal is to get them from the point where they came in to a higher level,” Phillip, her instructor, said. To that end, Phillip starts each class by reviewing homework before launching into the day’s lessons. At the end of the course, her students take the high school equivalency exam. From there, students move on to enrolling in a vocational training program offered at the Workforce Development Center, apply for a job or apply for college.

“The Workforce Development Center program staff understands the importance of providing quality academic services combined with exposure to careers that are in demand,” said Rodney Brutton, director of Workforce Development. “We are committed to helping our young people attain their high school diploma, connect to quality vocational training programs and enter the workforce.”

Each lesson helps to prepare Brown to eventually take the exam, but she also realizes that there is more work to do before reaching that point.

“I know a lot more but I still need to learn more,” she said.
How was your day today? What did you do today? Can you recall how much you laughed today? Huh? It’s not a question that you might ordinarily consider if you take the time to examine how you spent your day.

Most people will recount the number of individuals that they encountered over the course of the day. Some might even review the different places that they visited during a particular day. Not many people, however, consider how much laughter may have occurred in their day as it relates to their daily activities.

Studies have proven that laughter is actually good for you. Laughter is a natural occurrence that causes muscles in the face and body to stretch.

Other benefits of laughter include an increase in your blood pressure, which causes you to breathe faster, sending more oxygen into the tissues in your body.

So important is laughter to the spirit that God the creator advises us in the Bible that, “A merry heart doeth good like a medicine: but a broken spirit drieth the bones” (Proverbs 17:22, King James Version).

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**NCC Thanks Our Holiday Donors**

Supporters of New Community generously donated turkeys, gifts and other goods to families in need during both Thanksgiving and Christmas. We are deeply grateful to the following groups and individuals for spreading the spirit of joy during the 2015 holiday season:

- St. Paul’s Abbey of Newton - Fr. Odilo Yi
- St. Catherine of Sienna, Cedar Grove - Eileen Rendeiro and parishioners
- Mr. & Mrs. Mark Carelli and family, Maplewood
- Weichert Realty, Maplewood – Rebecca Berenson, office staff
- Our Lady of Sorrow Parish, South Orange - Mark & Sarah Duggan and parishioners
- Millburn Fire Department - Chief Michael Roberts and staff
- Mr. Frank Consentino
- St. Helen’s Catholic Parish, Westfield - Marilyn Ryan and parishioners
- Oak Knoll School of the Holy Child, Summit - Kathleen Lynch, Sarah Denaro and Brian Toppin
- St. Rose of Lima Academy, Short Hills - Patty Nascone, Barbara Bradshaw and parishioners
- Our Lady of the Lake, Verona - Margaret Gardner and parishioners
- Notre Dame Catholic Parish, North Caldwell - Donna Zarros and parishioners
- Seton Hall University School of Law - Fr. Nicholas Gengaro and the Thomas More Society
- St. Thomas Parish, Bloomfield - Lorraine McMillan and parishioners
- St. Andrews Catholic Parish, Westwood - Gail Stamatopaulas and parishioners
- Team Hope at Glenwood School, Short Hills - Penina Barr, teachers, and students
- Mr. & Mrs. Joseph Forlini, Newark
- St. Theresa of Avila Parish, Summit - Margaret Strong, coordinator, and parishioners
- Church of the Assumption Parish, Emerson - parishioners and the Social Concerns Committee
- Damascus Bakery - Wanda Hightower
- New Community employees
On Saturday, Jan. 23, 2016, most of Newark was quietly huddled indoors as record-breaking amounts of snow fell in the city and also blanketed the rest of New Jersey with significant amounts of snowfall.

In the midst of storm, New Community Extended Care Facility was a hub of activity.

Despite the historic accumulation of 28.1 inches of snow in Newark, according to the National Weather Service and the Community Collaborative Rain Hail and Snow Network, NCC staff from multiple departments banded together to keep the 24-hour skilled nursing facility adequately staffed, safely operating and cleared of snow, Facility Administrator Robert Smolin said.

Gwendolyn Robinson, a dietary aide, was one of many residents who worked the weekend by trudging through the snow, on foot, to show up to work. “Somebody’s got to feed the residents,” she said.

For nursing staff who were unable to travel on their own to the 180-bed capacity nursing home, the New Community Security Task Force drove to employee’s homes to give rides. Ramon Acosta, director of Housekeeping at Extended Care, also transported staff who were snowed in. “Don’t call out. I’m picking you up,” Acosta said he told his staff over the phone.

Ann Hope, employee health officer, played quarterback and deftly coordinated pick-ups in conjunction with the Task Force and kept the staffing at an average of 46 employees throughout the weekend. “They really worked well with us,” Hope said. “We’ve been through different storms...but this was the easiest one because of the team effort.”

Environmental Services also played a key role in clearing the snow so that vehicles of staff and EMS could reach the nursing home. A spirit of camaraderie prevailed, with many instances of colleagues helping each other, such as Food Service Director Jackie Henry preparing three meals a day for staff working beyond their normal shifts.

In addition to the Task Force and Environmental Services, Director of Nursing Veronica Onwunaka lauded each department of Extended Care, including Activities, Dietary, Housekeeping, Laundry, Maintenance and Nursing.

“The staff responded very well,” Onwunaka said. “I cannot say thank you enough.”

Samuel Gaddy, assistant instructor of the Culinary Arts Specialist Program, said he felt a sense of purpose showing up on Sunday in the aftermath of the storm. “I was happy to do it,” he said.