



CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Volume 32 — Issue 6 ~ June 2015

BRIGHT FUTURES: TRAINING FOR LIFE BEYOND THE CLASSROOM

NCC, Local High School Pilot Vocational Program For Older Students



Students from Fast Track Academy in Newark receive their textbooks from Instructor Tejumade V. Falae, standing, for the Certified Homemaker Home Health Aide Program.



Ronald Prysock, seated far right, a job developer at NCC, speaks to Fast Track Academy students on their first day of the Automotive Technician Employment and Training Program.

In an exciting new collaboration, New Community Workforce Development Center has partnered with Fast Track Academy to offer vocational training to older students who are on the cusp of adulthood but need job skills to secure their futures.

Known within Newark Public Schools as a transfer school, Fast Track Academy targets youth ages 16 to 20, who are “over age and under credit,” using a non-traditional academic setting that Principal Mark Comesañas says aims to prepare students for either college or a career.

Located in Newark at a site neighboring NCC—inside the former Newton Street School—Fast Track Academy has 160 students, 32 staff and a primary

focus of bridging the gap between a student’s final stretch of high school and the next stage of life.

That’s where New Community Workforce Development Center comes in.

After attending class from roughly 9 a.m. to 12 p.m., 40 students head to NCC from 1 p.m. to 4 p.m. where 20 students participate in the Allied Health Training Program and the other half are in the Automotive Technician Employment and Training Program, according to Rodney Brutton, Director of Workforce Development.

Students in the automotive course attend lectures and receive hands-on training at New Community’s state-of-the-art Automotive Training Center on West

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NCC Seniors Honored For Service At Citywide Fashion Show



Newark City Council President Mildred Crump, holding microphone, presents awards to NCC Board Member Madge Wilson, left photo, and Elnora Haynes, right photo, a resident of New Community Associates.

New Community made a big splash at the 26th Annual Senior Citizens’ Fashion Show and Cultural Extravaganza—for more reasons than just making a fabulous fashion statement.

Leaders and residents of New Community held prominent roles at the citywide event, from receiving special honors to playing parts both on and off the runway.

This year’s festivities culminated with the presentation of the 2015 Phil Orlando Award to Madge Wilson, NCC board member and director of outreach, for performing “extraordinary services on behalf of our Newark Senior Citizens.”

Also honored was New Community Associates resident Elnora Haynes. Haynes,

More photos on page 9

Train Derailment Must Spur Change

Editorial

By Monsignor William J. Linder

The investigation of the train derailment in Philadelphia is shrouded by unanswered questions as well as the eerily precise words believed to have been written in an online forum a few years earlier by the Amtrak engineer on board that very train:

“It shouldn’t take an act of Congress to get (the rail) industry to adopt common-sense safety systems on their own.”

Eight lives were lost after Amtrak’s Northeast Regional Train No. 188 derailed on May 12. The victims included a start-up executive on her way home to the Lower East Side to see her 2-year-old, a 20-year-old aspiring Navy SEAL who graduated high school as a valedictorian, and the dean of student affairs and enrollment management at a college in Brooklyn, who had a passion for helping youth.

Eight lives were cut short and many more suffered injuries after the train sped into a curve at a reported 106 mph and crashed. How many more wake-up calls must we endure?

The quoted statement, which seems to have foreshadowed the tragedy but obviously had no direct connection, reminds us that common sense safety measures have been ignored. We must have a rigorous debate addressing America’s infrastructure and what is being done to invest in the safety of every person who rides a train, drives down a highway or crosses a bridge.

Let me be clear, the time for scoring political points in the wake of the horrific crash—by Democrats or Republicans—is over. Partisan spats have divided our nation so deeply in recent years that legislators appear to have forgotten how to devote themselves solely to solving the matter at hand for the greater good of society. Yes, we need meticulous oversight of federally subsidized agencies such as Amtrak. But we also need dedicated funding for improvements such as the technology known as positive train control, a safeguard that might have prevented the recent crash. Safety must be a top priority. News reports say there is no evidence that the train engineer, Brandon Bostian, was criminally reckless.

Meanwhile, the rail industry must also do everything in its power to enact safety measures that are “common sense.” Because an act of Congress may come too late and we cannot wait for another catastrophe.

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

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233 West Market Street, Newark, NJ 07103
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RayZo Marketing Inc.

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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 Teams With NJIT To Promote Food Pantry On Web

New Community's Health and Social Services Department has collaborated with the New Jersey Institute of Technology to bring greater awareness to the services offered at its Emergency Food Pantry through a new website created by NJIT called the Hunger Prevention Awareness Resources. Check out the page for the NCC Emergency Food Pantry, located at 220 Bruce St. in Newark, on the website: <http://cecc.njit.edu/cms/ncc>. The website was created by the staff of NJIT's Civic Engagement Computer Center (CECC), which "provides quality information technology and web development solutions to non-profit organizations and schools in the northern NJ area," according to the center. For more information about CECC, visit www.njit.edu/cds or call 973-594-5401.

Around the Network

NCC Senior Honored As Unsung Heroine By Mayor



Newark Mayor Ras Baraka, left, with New Community Associates resident Elnora Haynes, right, as Haynes receives the Unsung Heroes and Heroines Award in the Municipal Council Chambers at City Hall on May 4, 2015.

Senior citizens serve as pillars of their communities but can often be overlooked for their decades of service and sacrifice. Newark Mayor Ras Baraka sought to "rectify that omission" in May by hosting the Newark Senior Citizen Unsung Heroes and Heroines Award to recognize 31 "seasoned citizens" who have dedicated their lives to improving their communities. Elnora

Haynes, a senior at New Community, was among the honorees and was described as "a longtime stabilizing force in her community." A resident of New Community Associates, Haynes has volunteered as a social services aide in her building at 180 South Orange Ave. in Newark for the last 17 years, helping serve fellow seniors and disabled adults from the Health and Social Services office. Haynes, 81, is also politically active and wears a second hat as an Essex County Democratic Committee district leader in District 42. A woman of deep faith, Haynes is the chaplain of her building, which she considers to be her most important post, and also serves as vice president of the New Community Senior Advisory Council. "I want to thank God and I also want to thank Mayor Baraka and Bessie Walker (of Senior Citizen Affairs) for thinking I was eligible to be there," Haynes said after the ceremony. "I was honored to be up there with all the other recipients. It's all because of the Lord, it's nothing of myself and I am grateful," she added.

Haynes has four children and several grand and great grandchildren.

New Private Nursing Area For Mothers, Babies At HHELC



A little privacy can go a long way for a nursing mother and her young child. The fish fry fundraiser that the staff of Harmony House Early Learning Center organized on April 8 raised money to purchase a privacy screen and rocking arm chair for use by nursing mothers and is located in the infant room at HHELC. Pictured on the left is HHELC staff Vanessa Brown, standing, holding Dominic Toulson, and Frances Davis, seated, with Kayden Stubbs. The nursing area also features educational posters about the advantages of breastfeeding infants. Thank you to everyone who supported the fish fry and made the new nursing area possible.

NCC Youth Star In Video Shoot



New Community's Youth Services Department saw lights, camera and action on a recent Thursday afternoon when a film crew visited the Neighborhood Center on Hayes Street to shoot a promotional video for Morgan Stanley's Healthy Newark initiative. The investment firm had identified Newark as the third location for its Healthy Cities program, which promotes health and wellness through a philanthropic effort that connects nonprofits, schools and hospitals. The Community FoodBank of New Jersey, which provides after-school snacks to NCC Youth Services as well as a monthly delivery of food to the NCC Emergency Food Pantry at 220 Bruce St., is the lead Healthy Newark partner. The film crew filmed on the same day that children from the after school program received services from KinderSmile Foundation, a nonprofit mobile dental program that offers free dental services to underprivileged children. Being interviewed, on left, is Nicholas Onaiwu and on right, Rakiyah Grove.

Employee Of The Month: Marilyn Rodriguez



When she's not at her desk, Marilyn Rodriguez can be found stationed at the front reception of the Family Service Bureau.

Marilyn Rodriguez says she's more than willing to be on call for her job at the Family Service Bureau (FSB) of Newark. Her dedication to show up at a moment's notice when Executive Director Arti Kakkar needs Rodriguez to fill in surpasses the fact that she must hop two buses to get to the office at 274 South Orange

Ave. in Newark.

An administrative assistant at FSB, which is an affiliate of New Community, Rodriguez displays a special dedication to her job of 14 years and views her role as an opportunity to expand her horizons.

"The more you do, the more you learn," said Rodriguez, who handles the billing of various agencies including Child Protection and Permanency, parole and Medicaid, among other office duties. "I have learned a lot over here. This place is like a school," she added.

FSB provides behavioral and mental health services including substance abuse education and counseling, parenting programs, anger management, group therapy, family crisis intervention for juveniles, and more.

In March, when the staff of FSB suffered the loss of their longtime colleague Benigno Garcia Jr., it was Rodriguez who quietly took over the duties of billing coordinator, without making any

fuss, according to her supervisor, Bart Chou.

"She just picked up the work," he said. That was on top of her administrative assistant role, which included receiving clients, opening and closing cases, answering phone calls, keeping the office humming and assisting in FSB's stream of interns who come seeking academic credit.

"She always goes way beyond the job description," said Chou, FSB's director of operations, who has worked with Rodriguez for three years.

A Newark native, Rodriguez was a stay at home mother before she began volunteering for half days at FSB. Around the same time, her older sister, Marisol, had been hired as a secretary at the FSB Kearny office. Rodriguez wanted to go back to work as her two boys reached adolescence.

Fourteen years later, she's still at FSB, working at the Newark site except for Thursday mornings, when she works at the Kearny office at 379 Kearny Ave. Her sister also continued in the same field and currently works at a mental health hospital in Florida, Rodriguez noted.

GOLF 2015
SAVE THE DATE

New Community Corporation
21st Annual Golf Outing
June 30, 2015
Montclair Golf Club
25 Prospect Ave,
West Orange, NJ 07052

Sponsorship information
www.newcommunity.org

Individual & Team Contests
Cocktail Awards Reception & Silent Auction
Immediately Following Golf Tournament

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



New Community Corporation

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

Where the Music Comes Alive

JUNE 2015

Live Entertainment & Music Calendar

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

JUNE 5TH

JACKIE JONES

JUNE 12TH

VICTOR JONES TRIO

JUNE 19TH

UNFINISHED BIZZNESS
CLASSIC R&B

JUNE 26TH

STRATEGY #1



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

A Mother's Day Tea Party Fit For A Queen

The clink of tea cups and polite murmurs filled the headquarters of New Community on a recent afternoon as ladies from NCC senior buildings in Newark, Orange and Jersey City gathered for a lavish tea party at St. Joseph Plaza. Dressed in elegant attire and sporting elaborate hats, seniors were treated by NCC's Health and Social Services Department to a celebration for Mother's Day. The fancy affair was designed to metaphorically "refill" the cups of those who needed refreshment, said Director of Mission Frances Teabout, who delivered remarks during the program. Special thanks go to Guardy's Pharmacy in Newark and pharmacist Paul Hsu for donating the food and refreshments for the tea party.



Pass the plate: Pinwheel and finger sandwiches with pink lemonade accompanied afternoon tea, followed by miniature desserts.



Bottoms up: After a brief lesson on the do's and don'ts of afternoon tea, the ladies enjoyed a variety of hot teas sipped from unique and dainty tea cups.



Frances Teabout, left, director of mission, with Chief of Staff Kathy Spivey.



Each guest received small gifts as tokens of appreciation from the staff of Health and Social Services.



Angela Potts, left, administrative assistant at Harmony House, assists in serving food.



Behind the scenes: Care coordinators planned for weeks to pull off the tea party for more than 100 seniors at St. Joseph Plaza.



Contest winners, from left: Jameelah Sharon Pleasant-Jones, left of podium, Martin (best hat), Walterine Hatton (most children, 12), Pearl Nickerson (oldest and guest performers provided musical entertainment backed by a pianist. dress).



NCC, Local High School Pilot Vocational Program

Continued from page 1



Mark Comesañas, principal of Fast Track Academy, distributed brand new uniforms to 40 students the week before they began vocational training at New Community.



Bigelow Street. The students who complete the allied health program will receive four certifications—as a home health aide, phlebotomy technician, EKG technician and clinical medical assistant.

"The exciting part of this initiative is connecting graduating seniors to quality career and technical education programs that leads to industry recognized credentials," Brutton said. "This partnership is designed to get young adults into the workforce," he added.

A creative mind, 19-year-old Divonte Perkins said he likes to work with his hands and dreams of moving to California and studying architecture one day. He views the automotive course as a practical way to land

a job and save money for a car and an apartment. "It's a good trade to take with you anywhere," he said.

Robert Clark, special advisor to district Superintendent Cami Anderson, said that NPS is striving to better serve disengaged youth.

"We need to create a realistic pathway for them," he said. "We want to figure out, 'what do you want to do? How do we connect you to the local economy?'"

Clark added, "I think New Community probably has the largest job training infrastructure in the city," noting that the partnership leverages the experience and programs of a community-based organization.

Students are accepted based on their attendance and grades, plus their responsibility, independence

and personal maturity, said Comesañas, who goes by "Mr. C." "It's a rite of passage for them," he said.

In some ways, Fast Track Academy looks like a mainstream high school. Flyers advertising prom dot the hallways. Basketball games are as much about socializing as they are about sport. But the student to teacher ratio at Fast Track Academy is relatively small and the staff, who purposefully wear multiple hats, intentionally foster a deep sense of community within the school.

Each day begins with a morning meeting where students and staff gather in a circle and share a one word descriptor of their current mood or state of mind (lowering one's defenses). When a student walks in tardy, he or she must give the group an explanation (accountability).

Ashley Rios, 18, said she struggled with school in the past because of a tough situation at home that left her filling the role of caretaker for her two younger brothers. Her favorite subject is biology and she said she's looking forward to training in the allied health program. "It'll be good for me," she said.

If the pilot is successful, Comesañas said he dreams of expanding the track options to other vocational courses offered at NCC, such as the ShopRite or Culinary Arts Specialist training programs.

"This hopefully makes it more tangible and real for them," Comesañas said. "It allows them to see a light at the end of the tunnel."

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

Better Together: Scenes From NCC's Adopt-A-Resident Day

Adopt-A-Resident Day 2015 was a great success at New Community Extended Care Facility. The annual event brought together New Community employees and community members with nursing home residents for a festive day filled with camaraderie, gift giving, delicious homemade dishes and showing of appreciation. Participants took time out of their workdays to visit Extended Care residents and present them with gifts such as blouses, socks, pants, shaving kits and slippers. Below are snapshots of the many smiles shared on Adopt-A-Resident Day.



NCC Volunteer Keeps Serving Even After Landing New Job

When Anne Moran landed a new job, she felt no impulse to leave behind her role as a volunteer at the New Community Family Resource Success Center.

Initially placed at the Family Resource Success Center as part of the Community Work Experience Program (CWEP), Moran quickly became Director Joann Williams-Swiney's point person for anyone seeking help paying their energy bills through NJ SHARES. NJ SHARES is a nonprofit that partners with authorized provider agencies, such as NCC, to help families in a financial crisis pay their electric and gas bills with a grant of up to \$1,200.

As a CWEP participant, Moran was assigned to the Family Resource Success Center in April of 2014 to improve her employability through structured activities that provide a direct community service. Under Williams-Swiney's guidance, Moran learned the ins and outs of the NJ SHARES application process. When a client walks in or arrives for an appointment, Moran launches into a lengthy process where she conducts a pre-screening interview, collects a stack of paperwork that documents the client's eligibility, scans it, enters information into the agency's database, fields questions from the client and keeps tabs on the application so she can eventually inform her client that the application has either been approved or denied.

Assisting with NJ SHARES is not every volunteer's cup of tea, Williams-Swiney noted.

But Moran has patiently learned the ropes.

"It makes me feel good," Moran said with a big grin. "It makes me feel like I've done my job."

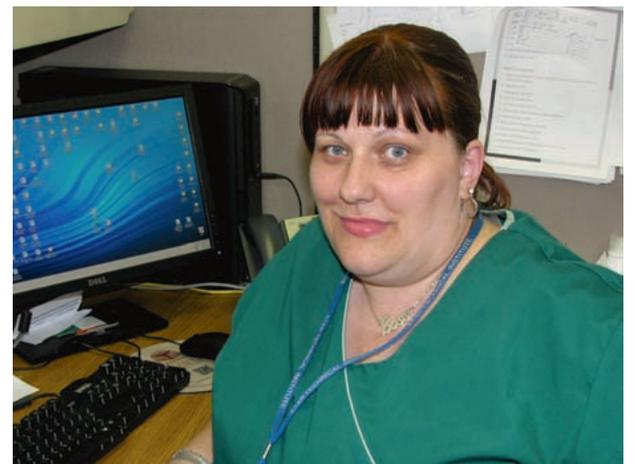
Moran expressed thanks to Williams-Swiney "for giving me a chance and opening her door to me. She said, 'treat it like a job,' and that's what I did."

Earlier this year, when Williams-Swiney received word that New Community Home Friends was looking to hire, she asked Moran if she was interested in the job and petitioned for Moran as a worthy candidate, based on her volunteer work at the center for a year.

"She not only treated it like a job, she treated it as a personal effort to help others who were struggling," said Williams-Swiney, who described Moran as a trustworthy and valuable member of the center.

A Newark resident, Moran said she previously worked as an administrative assistant at a church in Linden but went on medical leave in 2009 after being diagnosed with cancer and undergoing other subsequent surgeries. While unemployed, Moran said she survived on a patchwork of income from food stamps and her eldest son's Supplemental Security Income.

As a Home Friend, Moran works with tenants in Newark living at NCC senior and disabled



Anne Moran came to NCC as a Community Work Experience Program participant who volunteered at the Family Resource Success Center.

adult complexes known as Commons Senior and Associates on South Orange Avenue as well as at private residences on South 11th Street.

"So far it's been light cleaning. I can handle that," Moran, 46, said.

But after her 8 a.m. to 2 p.m. shift, Moran heads straight to the Family Resource Success Center, which is located inside the Pathmark Shopping Complex at 131-185 Bergen St. in Newark.

"I will probably be here for a long time. I love it here," she said.

Social Security News

Getting Married Soon? Give Social Security Your New Name

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

Every year, June marks the beginning of two busy seasons: summer and “wedding season.”

With joyful expectation, many of us have already marked our calendars and started wrapping up our plans for the vacations, ceremonies and honeymoons. While brides and grooms work out the details, Social Security wants to remind them about one detail that’s extremely important: the “record” Social Security keeps of your life’s earnings

Weddings often mean a name change is in order, and one task the happy couple should have on their to-do list is to contact Social Security.

If you are legally changing your name, you need to apply for a replacement Social Security card reflecting your new name. If you’re working, also tell your employer. That way, Social Security can keep track of your earnings history as you go about living your wonderful new life.

If you have reported income under your former or maiden name, we might not have received an accurate W-2 and your earnings may have been recorded incorrectly. This is easier to fix now — when you first change your name — than years from now when you retire. So, go to our website at www.socialsecurity.gov/ssnumber, or call us at 1-800-772-1213 (TTY 1-800-325-0778) to find out what specific documents you need to change your name and to apply for a replacement card.

After the honeymoon comes your career, moving to a new home, and a well-deserved retirement. It happens so fast! We hope somewhere in there, you opened your free my Social Security account at www.socialsecurity.gov/myaccount.

With your personal my Social Security account, you can make sure your earnings record is correct and that you have the 40 total work “credits” you need for us to pay you the benefits you’ve earned.

Remember, ensuring your earnings are reported accurately to Social Security is vital to getting every dollar in benefits that you deserve. If you need to change your name for any reason, go to www.socialsecurity.gov/ssnumber and apply for a replacement card right away.

Now, you’re all set. Let the celebrations begin!

SENIOR SPOTLIGHT: Claude Goodson



Claude Goodson can often be found perched on a bench at New Community Commons Senior with music playing from his portable speaker.

Claude Goodson may be a soft-spoken man, but you can often hear him coming before you can see him.

That’s because a catchy tune wafting from a sleek portable speaker will gradually announce Goodson’s presence as he strolls a hallway or enters the community room at New Community Commons Senior, where he has lived since 2005.

The speaker is connected via Bluetooth to Goodson’s mobile phone, where he stores tracks of rhythm and blues songs, soul and club music by artists such as The Whispers, Al Green and Teddy Pendergrass, among others.

“It just relaxes my mind,” Goodson, 75, said.

In his younger years, Goodson was known around town as “DJ Claude” and spun records at local bars in Newark as well as establishments like the Best Western Robert Treat Hotel. His older brother, Henry, was a deejay and Goodson said he inherited the gig after Henry was killed. Loading a van with turntables, speakers and amplifiers, Goodson said he spun tunes at wedding receptions, clubs and “oldie but goodie nights.”

He’s even brought music into Commons Senior on a few occasions. But around the senior and disabled adult complex at 140 South Orange Ave. in Newark, Goodson is better known for his generosity and giving spirit.

An active participant in the building’s events and outings, Goodson previously came up with an idea to host movie nights in the first-floor community room, Care Coordinator Doreatha Wertz said. Goodson, with the help of another resident, hauled his television down from his apartment, brought his movies and supplied popcorn and hotdogs to anyone who wanted to join, she said. “He never asks for anything in return,” Wertz said.

Recently for Mother’s Day, Goodson quietly purchased four dozen red roses and handed a rose to each woman at Commons Senior. He did this during the weekend, when all staff except security was away. “He’s a wonderful person,” Wertz added.

Born in Aaronville, Ala., Goodson was the youngest of 12 children. He moved to Newark in 1959 and worked as a forklift operator for about 15 years before becoming a deejay.



Wellness Tip
June, 2015

This month, we are bringing long-term care planning to the forefront of discussion, because regardless of your current age and level of health, long-term care needs will eventually arise and you will want to be prepared. From determining the type of care assistance you prefer to planning for the expenses that come with it, preparing now will help you save money and angst down the road.

GET THE FACTS!

What is long-term care?

Long-term care is a range of services and supports you may need to meet your personal care needs. Most long-term care is not medical, but rather assistance with the basic personal tasks of everyday life.

Who provides long-term care?

- An unpaid caregiver who may be a family member or friend
- A nurse, home health or home care aide, and/or therapist who comes to the home
- Adult day services in the area
- A variety of long-term care facilities

Where can someone receive long-term care?

Most long-term care is provided at home. Other long-term care services and supports are provided by community service organizations and in long-term care facilities.

Who pays for long-term care?

- Medicare: if you require skilled services or rehabilitative care; in a nursing home for a maximum of 100 days or at home if you are also receiving skilled home health or other skilled in-home services.
- Medicaid: for the largest share of long-term care services, but to qualify, your income must be below a certain level and you must meet minimum state eligibility requirements.
- Health Insurance: employer-sponsored or privately held covers the same services as Medicare.



Begin researching and planning today for long-term care. You and your family will be thankful you did!

For more information, about VNA Health Group services & programs, please call 800.862.3330 or visit www.vnahg.org. For more information about long-term care planning, visit www.acl.gov.

Tucked Away Inside Nursing Home, NCC Food Service Team Shines



Executive Chef Joe Rodriguez, foreground, and Food Service Director Jackie Henry of New Community Extended Care Facility have forged a team to serve and feed the NCC network.



Milagros Camacho of Extended Care Food Service portions out coleslaw for a meal.

At first glance, New Community Extended Care Facility appears to simply be a four-story nursing home that serves residents with an Alzheimer's disease and dementia day program, subacute care and rehabilitation services.

What most passersby miss, however, is the frenzy of activity taking place below, at the basement level, where the kitchen of Extended Care pulsates with activity as Executive Chef Joe Rodriguez and Food Service Director Jackie Henry lead a team that serves and feeds a vast network each day.

Rodriguez, a long timer at NCC, and Henry, a relative newcomer, have forged a crucial partnership to operate the hub of New Community's food services where a typical day's work includes the following: providing three square meals to residents of the 120-bed capacity skilled nursing facility; packing and delivering some 200 breakfasts, lunches and snacks to New Community's two early learning centers; fielding outside catering requests; and offering a hot home-style meal to the public for a reasonable price at the Culinary Cafe.

And that excludes special events that regularly take place around New Community, ranging from social gatherings to staff appreciation events and board meetings—all of which require meal preparation provided by the Extended Care Food Service staff.

It's not an easy load to carry but Food Service did receive a nod of approval from state

inspectors who visited Extended Care earlier this year for their annual unannounced inspection. They found no deficiencies in the kitchen, according to Administrator Robert Smolin, who cited the state report.

"We all feel—not just me—very grateful," said Rodriguez, who has worked at New Community for nearly three decades. State inspectors will often make a beeline for the kitchen of any facility they visit and closely examine for sanitary conditions but also request detailed documentation of specific food items, quantity, nutrition, temperature and other information.

"It put a lot of pressure on people but we manage," Rodriguez said. "Every day of the year we have to be prepared because we don't know when they're going to walk in here," he added.

A major part of Henry's duties is ensuring that Extended Care follows those state-mandated guidelines, which specify the layout of the space and the number of inches apart certain objects must be located from either the kitchen's ceiling or floor.

With 23 years of experience in food service, Henry said she's amazed that Rodriguez constantly accepts requests and makes an effort to never turn down an order.

Henry has worked at Extended Care for about two years.

"He always finds a way. He just amazes me," Henry said of Rodriguez, who is 80.

'Fabulous Me' Conference Set For June 12, Theme Is #queenmode



Family Service Bureau staff at the 2014 Fabulous Me Conference.

Family Service Bureau is excitedly preparing for the fourth annual Fabulous Me Womanhood Conference on Friday, June 12, 2015. The conference is open young ladies ages 12 to 17 from the northern counties of New Jersey, including Bergen, Essex, Hudson, Morris, Passaic, Sussex, and Warren and counties. This inspirational event has been planned by young

women participating in the conference who are called Juvenile Female Ambassadors. These young ladies from across New Jersey have volunteered their time on weekends and after school to make sure the 2015 conference is a success. The conference is set to take place once again at Seton Hall University in South Orange, New Jersey, from 8:30 a.m. to 3:00 p.m.

The theme of the conference this year is, "Find the inner strength to become a courageous positive leader! #queenmode." In previous years, themes have included, "Celebrating the leader within me" and "Sisterhood." This year, the overarching focus of the conferences is on leadership and professionalism with the goal of helping young ladies from across New Jersey to develop into positive female role models in their schools and communities. Topics to be discussed in breakout sessions include leadership, self-respect, relationships, educational planning and more! Vendors and resource tables are available for Juvenile Female Ambassadors and attendees are able to peruse during lunch.

The day will start with a continental breakfast and a welcoming address written and delivered by the Juvenile Female Ambassadors. Afterwards, the keynote speaker will take the stage to give an inspiring speech that will set the tone for the day by highlighting the theme of positive leadership. The day will then consist of two breakout sessions during which the girls will discuss the various topics prepared by outstanding guest speakers. The day will close with a return visit from the African drummers who will lead the young ladies in an interactive demonstration, which will leave the participants feeling empowered and ready to be leaders in their schools and communities.

The conference is funded by the New Jersey Governor's Juvenile Justice and Delinquency Prevention Committee (JJDP) and administered by the New Jersey Juvenile Justice Commission. Preregistration is required. Anyone interested in participating should contact Ms. MaryKatherine Mitchell at mmitchell.005@gmail.com or call 973-412-2056.

University Hospital Nurse is Recognized by Concerned Black Nurses of Newark



a patient's recovery.

To recognize these dedicated, hardworking professionals, the CBNN honors one nurse each year with its Clinical Nurse of the Year Award. The 2015 recipient is University Hospital oncology nurse Jocelyne Crevecoeur, BSN, MSN, CRRN, OCN, who received the award at a ceremony on May 9.

A nurse for more than 30 years, Ms. Crevecoeur has spent most of her career caring for the sickest patients in ICUs and on spinal cord and brain injury units. For last 10 years she has cared for UH cancer patients; some survive and go on to live fulfilling lives, others don't. But as hard as it is, she can't imagine doing anything else. "Even if I help bring about one good outcome out of many, I'm grateful," she says. "And I can help people feel better." For Ms. Crevecoeur that could mean giving them chemotherapy, or sitting next to the bed, holding the patients' hands and telling them, 'This too shall pass.' To stay "fueled" for the job, the

Rockaway resident says she reads the Bible and exercises. "The next day, I'm 100 percent ready to go," she says. "I can take on whatever is waiting for me."

Ms. Crevecoeur shares the knowledge she has garnered over the years with her peers, new employees and with nursing students. She teaches the same beliefs she herself learned from her peers and mentors, and as a result was honored with a Preceptor Excellence Award from the UMDNJ's School of Nursing in 2010.

"Jocelyn is a consummate professional and always has a smile when taking care of some of the most difficult patients," says her nominator. "She reminds us how important the role of the nurse is in saving lives."

Clinical nurses are on the front lines of providing care. The Concerned Black Nurses of Newark, Inc., (CBNN) knows what it takes to do such a difficult job and do it well. It understands the demands—physical and mental—and the stress involved in being vital to

Gold For University Hospital EMS



University Hospital's Emergency Medical Services (EMS) earned Gold Level Recognition from the American Heart Association, the first such award in New Jersey.

The American Heart Association's Mission: Lifeline EMS Recognition honors the success of ambulance services and medical first responders in implementing specific quality improvement measures for treating patients who suffer the deadliest form of a heart attack, known as STEMI, which involves damage to the full thickness of the heart muscle.

Gregory Sugalski, MD, noted that quick treatment is critical for patients with the onset

of STEMI symptoms and our EMS was recognized for the advanced emergency care we deliver throughout Essex County. Dr. Sugalski is the interim chief of service in the Department of Emergency Medicine. "The life-saving speed has benefited thousands of patients," he added.

The EMS services the City of Newark, including Newark Liberty Airport and the seaport. In a typical year, it answers nearly 100,000 calls for assistance.



University Hospital Heart Program offers Help for Heart Failure

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

You will be cared for by University Hospital's renowned cardiologists and have access to a team of healthcare professionals who will help you manage your care at home. The program also includes individualized and group educational sessions.

For more information on the Healthy Heart Program, call 973-972-1182.

If you or someone you know has heart problems and needs a physician, you can call University Hospital's Cardiology Department at 973-972-7400.

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NCC Seniors Honored For Service At Citywide Fashion Show

Continued from page 1



an active member of New Community who serves as a social services aide in her building, was one of three Senior Fashion Show Executive Committee honorees who received recognition.

Held at the Best Western Robert Treat Hotel in Newark, the Senior Fashion Show drew hundreds of chic ladies and dapper gentleman for an afternoon of enjoying the latest fashion trends from the runway, musical performances, prize giveaways and a luncheon. On the other side of the runway, NCC Director of Mission Frances Teabout served as a judge for the fashion show, scoring each model based on apparel and personality.

Large swaths of the room were awash in various shades of purple, which served as this year's color theme. Newark Mayor Ras Baraka, spotted wearing a violet tie, greeted New Community seniors and paused to take photos every few steps as he made rounds.

The fashion show allows the community to honor and celebrate its seniors, according to Council President Mildred Crump. "This is an event that all of us look forward to each year; an event in which we honor the most venerable of our community. Today's event indicates another year of our pledge...believing in Newark!" Crump said.



Haynes, who has served as a member of the Senior Fashion Show committee since 1998, gave credit to the Lord upon being presented by Crump with her award, but also lauded Baraka for pulling together spiritual leaders from various parts of Newark in an attempt to spur citywide revival.

Before presenting Wilson with her award, Crump praised Wilson for her well-known volunteerism

around the community. "When the name Madge Wilson came up (for the nomination), just about everyone agreed," she said.

Wilson serves low income seniors and children by working tirelessly during the holidays to supply Thanksgiving dinners and Christmas gifts, as well as year-round by helping the homeless find housing, obtain furniture and get school supplies, and generally advocates for those in need.

Happy Feet: Podiatrist Provides Easy-Going, Attentive Care At NCC



Crystal McCoy, left, a resident of New Community Extended Care, with podiatrist Dr. Robert Kosofsky.

For Dr. Robert Kosofsky, breaking the ice is an important part of his job.

Self-described as a chatty yet straightforward doctor, Kosofsky makes sure that residents of New Community Extended Care Facility feel comfortable the moment he walks in, because, after all, he's a podiatrist.

Most folks aren't too eager to have another person examine and handle their feet.

With residents like Crystal McCoy, Kosofsky will strike up a light-hearted conversation by discussing the cartoon show that she is watching.

Kosofsky, who goes by "Dr. K" around the nursing home, strategically schedules his visits with Extended Care residents in the morning hours. That way, he notes, they are more likely to be in a good mood after a night of rest and still lying down in their bed, without shoes on.

"I like to see him, we talk about cartoons," McCoy, 74, said. "I recognize him by his shoes," she added with a smile.

Facility Administrator Robert Smolin said that "the residents love Dr. K and the nurses appreciate his caring attitude, his ability to handle difficult podiatric issues, and his impeccable infection control practices," ever since Kosofsky started providing services at Extended Care earlier this year. He is employed by the podiatric practice Global HealthCare Partners.

He sees residents referred by a nurse every nine weeks (on Mondays, Wednesdays and Thursdays) to address issues such as discomfort caused by calluses or ingrown toenails and checks for broken skin and signs of infection.

Sometimes foot pain can result from specific conditions such as peripheral vascular disease, where arteries narrow and one's extremities can get infected. Other times, the cause may be neuropathy, where nerves are damaged and can cause weakness, numbness and pain.

"Bodies wear out, bodies change," Kosofsky said. "You just want their feet to feel good."

Initially a student of marine biology, Kosofsky became a podiatrist and practiced for years in the Midwest before settling in New Jersey. He grew up in Long Island.

A lover of food and travel, Kosofsky has visited far-flung destinations like Belgium and Hong Kong solely to enjoy the cuisine. He said that getting people to talk about cooking or a favorite dish often helps them open up.

"You have to develop a rapport with patients. The angrier they are, the nicer you have to be," he said.

Tips For Feet Care

- If you're diabetic, have your feet checked daily
- Shower and bathe regularly
- Stay hydrated so your skin doesn't dry out
- Use skin creams and emollients to prevent cracking
- See a podiatrist every six to 12 months
- See your primary care physician every four to six months

FAMILY SERVICE BUREAU OF NEWARK

New Start Supports, Celebrates Young Mothers And Their Families



The Family Service Bureau's New Start program celebrated Mother's Day by hosting a luncheon for families including, from left, Shaquanna Reddick, Zanovia, age 3 months, Zaniilah, age 2, and Gerrell Henry.



Jeronima Diaz, holding her son Jose, is a participant in New Start, which is a boarder baby prevention program that helps at risk mothers and their babies.



Destiny, foreground, age 2, and her younger sister, Ebony, age 1, colored pictures while attending the event with their mother, Tamara White, not pictured.



New Start staff prepared a luncheon complete with pasta, pizza, salad, sides and a cake.



Olguine Lovincy holds her 2-month-old daughter Olguina.



Antoinette Dixon, program manager of New Start, smiles next to gift bags prepared for each New Start mother.

Out And About: NCC Seniors Dine And Shop



Residents of New Community Douglas Homes, located at 15 Hill St. in Newark, took advantage of the spring-like weather on a recent day and went on a dine-and-shop excursion to the Union Plaza Shopping Center in Union. The group also enjoyed lunch at Red Lobster on the trip, which was organized by NCC Health and Social Services. Photo courtesy of Angeli Martinez.

Important Numbers:

NJ Mental Health Cares: 1-866-202-4357

Lifeline/PAAD: 1-800-792-9745

Medicaid Cards: 1-877-414-9251

LogistiCare Hotline: 1-866-527-9933

LogistiCare Complaints: 1-866-527-9934

Molina Recipient Eligibility Verification System:
1-800-676-6562 or 1-800-776-6334

NJ FamilyCare Health Benefits Coordinator:
1-800-701-0710

Orange Senior Gets Help With Medicare, Medicaid



Rodd Henson, standing, of the firm Bermudez Henson, spoke to residents of New Community Orange Senior about Medicare and Medicaid.



Orange Senior residents came prepared with questions to the information session.



Josephine Harris, far right, outreach coordinator with the New Jersey Department of Human Services Division of Medical Assistance and Health Service, fielded questions and provided resources.



Atanasildo Fleitas, right, a resident of Orange Senior, discussed his questions with Rodd Henson after the presentation.

Black History Notes

Desegregating the U.S. Marine Corps

Researched by James E. Du Bose



A platoon of Montfort Marine recruits in New River, N.C., in April of 1943, courtesy of PilotOnline.com.

John Martin was the slave of a Delaware man who was recruited—without permission from his owner—by the United States Marine Corps in April of 1776 by Capt. Miles Pennington of the Continental Ship USS Reprisal. Martin, also known as Keto, was a member of the Marine platoon on the Reprisal for a year and a half and took part in ship-to-ship combat and died with the rest of his unit when his ship sank off the Newfoundland banks in October of 1777.

Twelve other blacks served with different Marine units from 1776 to 1777. More may have served but were not identified as blacks in historic records. In 1798, when the Marine Corps was officially re-instituted, James McHenry, the secretary of war, declared that, “No Negro, Mulatto or Indian” be allowed to enlist. William Ward Burrows gave instructions to recruiters pertaining to the Marine Corps racial policy

that they can use blacks and Mulattos while they recruit, but cannot enlist them. This policy followed the British naval practice, which set a higher standard of unit cohesion for Marines so they would remain undivided, especially in the face of battle.

During World War II, the Marine Corps began to recruit blacks in June of 1942, with African-Americans assigned to all-black units.

These units were known as Montford Point Marines, after being stationed at the Montford Point Marine Base in North Carolina, which has since been renamed Camp Lejeune. While other races were accepted more easily into white units, blacks were not accepted within the corps nor was desegregation smoothly or quickly achieved. As a result of executive orders issued in 1941 and 1948, the integration of non-white Marine Corps personnel proceeded in stages from segregated battalions in 1942, to unified training in 1949 and finalizing full integration in 1960. By 2006, approximately 20 percent of Marines were black. Blacks fought alongside whites in the Continental Army against Great Britain, and in every war up to the War of 1812.

The first black marine officer, Frederick Clinton Branch, was commissioned November of 1945. General Frank Peterson was the first African-American promoted the rank of Lieutenant General in the Marine Corps in 1986.

During the Vietnam War, four African-American Marines were among the 20 black service members awarded the Congressional Medal of Honor.



Let It All Out

By Lesley Leslie

Do you remember being called a “crybaby” when you were younger? There was a popular song that the kids would mockingly sing if

you ever happened to be seen crying at any point during your elementary school years. It went like this: “Cry Baby, Cry Baby, stick your head in gravy, wash it out with bubble gum and send it to the Navy!”

Children can be so cruel.

The thing about crying is that it is something that you can do to express both joy and sadness. What an amazing emotion! Equally amazing is the fact that our tears provide an important function for our bodies. Through a process called lacrimation, tears clean and lubricate the eyes. Toxins can build up in your body when negative emotions affect you. When your tears flow, they flush out some of those toxins and chemicals in

the body. Getting rid of those toxins is a good thing. Hormones in the body contribute to or influence the flow of our tears. Thus, women tend to cry more often and more easily than men. This fact has contributed to the widespread belief that crying is a sign of weakness, given that women are viewed as the weaker sex.

But believe it or not, crying is actually a stress reliever! That is why it is not uncommon to hear someone say, “After a good cry, I feel so much better.” The body has several natural methods of dealing with stress and one of those methods is in our eyes. As we strive to live happier, healthier lives, we have to embrace the tools that are readily available to us and not be so concerned about how society will view us.

If crying is going to help you deal with some issues that are standing between you and your personal growth, then go ahead, cry and let it all out. Afterwards, dry your tears and move on to the next challenge that life brings your way.

Regaining Independence Through Rehab At NCC

The staff of Activa Rehabilitation Services offer a wide range of physical, occupational and speech therapy at the New Community Extended Care Facility. Based on the first floor of NCC’s 180-bed capacity skilled nursing facility, the rehab staff offer residents therapy sessions that are both rigorous and targeted to their individual needs. For more information about the rehab services offered at Extended Care, call the front desk at 973-624-2020 or visit 266 South Orange Ave. in Newark.



Armenter Hill, right, a resident of New Community Extended Care Facility, supports herself on the parallel bars as she works on building up her leg strength. The mirror at the far end of the parallel bars provides both the resident and therapist with visual feedback on the quality of the gait movement.



Occupational Therapist Janneth Gallosa, left, uses an electrotherapy device to massage the hand of resident Kyle Whitlock.



Joseph Johnson, left, practices strolling down the hallway of Extended Care with the assistance of his walker and, on right, Physical Therapist Assistant Toa Zoko.



Extended Care resident Gerard George, right, carefully climbs the stairs as he takes one step at a time.

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Roses Are Red, Violets Are Blue, NCC Goes Green

Bright-colored blossoms popped up around New Community as staff and residents planted, dug, weeded and watered the grounds of NCC residential and administrative buildings for Spring Up 2015. The annual beautification project took place May 26 to 29, with the Environmental Services staff delivering bags of mulch and flowers such as begonias, gerbera daisies and petunias, to each of the 11 participating sites in Newark. NCC Property Management and Health and Social Services departments coordinated the four day long project.



New Community staff planted begonia flowers outside the entrance of New Community Gardens Senior.



Environmental Services workers trimmed shrubs and cleared the brush before planting.



Jasmin Lopez, left, care coordinator at New Over at New Community Commons Senior, resident Community Associates, loosens the soil of a potted Mike Smith, center holding watering can, waters the newly planted flowers.