



CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Volume 33 – Issue 5 ~ May 2016

2016 Spring Festival At St. Joseph Plaza A Big Hit



New Community staff, residents, friends and supporters danced the night away at St. Joseph Plaza in Newark during the annual Spring Festival and Auction, which benefited the Monsignor William J. Linder Scholarship Fund.

St. Joseph Plaza was in full bloom for New Community Corporation's 2016 Spring Festival and Auction on April 23.

The elegant church converted into the headquarters of NCC played host to the annual fundraiser, which supports the Monsignor William J. Linder Scholarship Fund. Scholarship recipient Natasha Wisdom, a junior at Christ the

King Preparatory School in Newark, highlighted the evening by expressing gratitude to Monsignor Linder for supporting her academic career.

"If it weren't for the Monsignor William J. Linder Scholarship, my dreams and accomplishments would have been delayed," said Wisdom, a Newark resident who volunteered at Spring Festival with her mother and older sister.

"I would like to give the utmost thank you to Monsignor and New Community Corporation for being a great help funding me as I continue to accomplish my goals throughout the schools I have attended," she added. The scholarship fund, established by NCC's founder, financially assists local high school students, like Wisdom, to be able to afford attending competitive prep schools in the region.

New Community employees, residents and guests filled St. Joseph Plaza for an evening of dinner, dancing and prizes that this year included an Apple Watch and a pair of tickets to the McDonald's Gospelfest plus dinner at Vonda's Kitchen.

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22nd Annual Golf Fundraiser Helps NCC Change Many Lives



Robert Shawah, center, one of this year's golf outing co-chairs, during the 2015 golf fundraiser.

If you're looking for a way to make a positive difference in someone's life, look no further than New Community's 22nd Annual Golf Outing.

Hosted at the Montclair Golf Club, the daylong fundraiser on Tuesday, June 28, 2016, brings supporters of New Community together to play a round of golf and bid at a silent auction where proceeds benefit NCC education programs, the Monsignor William J. Linder Scholarship

Fund and the families of Harmony House, which is a transitional housing facility for the homeless.

This year's outing will be co-chaired by Michael Kaisan, senior vice president of Tishman Construction; Robert Shawah, senior account manager vice president of Wells Fargo Insurances Services; Michael Pintabone, partner at WithumSmith+Brown; and Dr. A. Zachary Yamba, board member of NCC and president emeritus of Essex County College.

"I am happy to co-chair the golf outing, once again," Shawah said. "I am proud of the wonderful work of New Community and I look forward to doing what I can to get people involved in the outing."

Event committee member Antonio Lolo, of Ferry Carpet, said he is also looking forward to supporting New Community through the fundraiser.

"I am excited about (this year's) NCC golf outing. The lives that are enhanced by the work of New Community is really worth the effort," he said.

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Policing Needs Change

Editorial By
Monsignor William J. Linder

Lights, cameras and microphones pointed at the Newark Police Department when authorities announced a long-awaited set of reforms that put the department under federal oversight after investigations revealed abusive policing tactics running rampant in New Jersey's largest city.

But now that the lights have faded since the March 30 announcement, how will the residents of Newark know what is really changing? How do officials plan to provide transparency and accountability in this effort to reform Newark's policing practices?

Let me be clear, the problems within Newark police are serious and need to be rooted out. Unconstitutional use of "stop and frisk," racial profiling, theft and other wrongful practices have eroded the trust of residents, which ultimately, I believe, makes our city, even less safe.

Policing tactics have been under scrutiny across the U.S. for many years and officials admit that many issues are systemic. Newark's history of distrust between police and citizens goes far back. One of the most iconic incidents took place in 1967, when the alleged beating of cab driver John Smith by Newark police exploded into five days of civil disorder.

Open and proactive communication is a big first step to repairing the trust that's been broken for many decades. The new reforms require better officer training, a citizen oversight committee and body cameras for police. It all sounds great during a press conference, but what will these reforms look like on the street? What mechanisms are being put in place to enforce changes that initially meet resistance?

The price to reform the culture and practices of Newark police hurts a taxpayer's wallet. Former state Attorney General Peter Harvey is slated to serve a five-year initial term as monitor, subject to court approval. He has been tasked with assembling a team in his first 60 days and drawing up a monitoring plan over a 90-day period. The cost of a federal monitor, billed to Newark taxpayers, is approximately \$7.4 million, according to a report in the New Jersey Law Journal.

It turns out that Harvey oversaw the attempted reform in 1999 of the New Jersey State Police and issues of racial profiling. What was the outcome? We have been given too little information.

The fact that the powers that be have chosen Harvey to reprise his role zaps my confidence in the federal monitor. Entrenched problems in law enforcement are difficult to fix. This type of change will come at no small cost.

The New Community Clarion

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

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Visit www.newcommunity.org



OUR MISSION

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

New Community is recognized as:

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

Register Today For 'Fabulous Me' Conference



New Community's affiliate Family Service Bureau of Newark is hosting its annual Fabulous Me Womanhood Conference on Friday, June 10, 2016, from 8:30 a.m. to 3 p.m. at Seton Hall University.

The conference is designed to educate, empower and inspire young women, between the ages of 12 and 17, and will focus on topics such as health relationships, cyberbullying, body image, self-esteem, education and more. Continental breakfast and lunch will be provided.

Pre-registration is required and can be done online at www.newcommunity.org.

For more information, call FSB at 973-412-2056 or email droman@newcommunity.org.

Around the Network

NCC Lends Voice To College's Social Work Day



New Community staff from the department of Health and Social Services participated in Essex County College's Social Work Day. Care Coordinator Giselle Oviedo, standing at podium, and intern Chelsea Santiago, standing to her left, represented NCC and shared their experience working with the residents of New Community with college students interested in pursuing social work. The theme of the half-day program was "Social Workers in Action: Transforming Lives," and was hosted by ECC's Human and Social Services Program and the Social Work Student Association. *Photos courtesy of Giselle Oviedo.*

Ford Revs Up Auto Training Partnership With NCC



New Community Workforce Development Center continued to strengthen its longtime partnership with Ford Motor Company by introducing specific training elements. Ken Karwowski, business development manager for the East Market Area of Ford, recently held a training session for students of the Automotive Training Program at NCC on the "two-man team process," which is a skill set sought in entry-level automotive technicians by all manufacturers, according to Karwowski. He said that Ford plans to continue training auto students in small groups during future visits. *Photo courtesy of Rodney Brutton.*

Sweet Music: Pre-K Students Visit NCC Residents, Bring Music



Students from the Leaguers stopped by New Community Associates and brought a musical treat for the seniors and disabled adults who live there. The children, ages three to five, sang to residents gathered at the community room on the first floor. The Leaguers administer Head Start programs, which offer early childhood education to youngsters in Newark, Irvington, Elizabeth, Roselle and Union Township.

Photos courtesy of Lourdes Fuentes.

Employee Of The Month: Gwendolyn Robinson



Gwendolyn Robinson serves the residents of the Extended Care Facility as a dietary aide in the kitchen.

Years ago, Gwendolyn Robinson found herself assigned to the dietary department of New Community as part of a welfare-to-work program, despite having imagined herself in a different line of work.

Robinson had wanted to work in childcare but at the time, no spots were open. However, she made the best of her situation and learned the ins and outs of the kitchen as a dietary aide at New Community Extended Care Facility. Nearly 18 years later, Robinson is a veteran of the kitchen, where she has handled every role with grace, according to those around her.

“She comes in and does whatever it takes,” said Director Jackie Henry, who is Robinson’s supervisor. Henry recalled a snowstorm in January when public transportation was paralyzed and Robinson walked to work in the pre-dawn hours to ensure that the 24-hour skilled nursing facility could fully function with all its necessary parts, including the kitchen.

“She deserves to be employee of the month for dietary,” Henry said.

22nd Annual Golf Fundraiser Helps NCC Change Lives

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The schedule of events will be as follows on June 28:

- Registration at 11 a.m.
- Buffet lunch on the clubhouse patio at 11:30 a.m.
- Shotgun start at 1 p.m.
- Cocktail reception, silent auction and dinner at 5:30 p.m.

During the evening program, golfers will get a chance to hear testimonials from individuals whose lives have been changed by services and programs offered at New Community.

For more information about the golf outing, contact Philanthropy Officer Tracey Battles at 973-497-4414.

Her colleague, Culinary Arts Specialist Program Instructor Jonathan Butler, noted that Robinson’s years of experience span all roles—from cooking to dishwashing and everything in between. He described Robinson’s demeanor as “cheerful and sweet.”

For Robinson, each morning starts with arriving at 6 a.m. and making toast and preparing hot cereal. For the residents’ meals, she reviews each meal ticket, which details the dietary requirements and preferences of each person being served. Some plates must be prepared low-fat, others low-sodium. Some residents do not eat fish. Others must have their solid food pureed or finely chopped for safe consumption.

“Once you get the swing of it, it’s pretty easy,” she said of each customized dietary plan. In between handling breakfast and lunch, she chops salad, prepares bread and completes numerous other tasks.

Robinson was one of 11 siblings who grew up in Somerset, S.C., where she lived until age 20. She then moved to the Bronx and later to upstate New York, where she stayed for a few years with her sisters. Robinson relocated to New Jersey in her early 20s and worked at a factory in East Orange for more than 12 years, until the company went out of business.

Afterwards, she worked a stint at her brother’s bar in Orange, called Lou Gary’s, where she was a barmaid and manager.

Robinson, 64, has six grown children and 10 grandchildren. Her husband passed away in 2008. Previously, Robinson said that she cooked for her large family seven days a week but three years after her husband died, she said she scaled back. One of her signature dishes is spareribs. In her free time, Robinson hits the casinos.

Prior to her role at Extended Care, Robinson had some food service work under her belt working at truck stop restaurants as a waitress, cook and dishwasher.



New Community Corporation

St. Joseph Plaza

233 West Market St. Newark, NJ 07103

(973) 242-8012 | www.newcommunity.org

Where the Music Comes Alive

MAY 2016

Live Entertainment & Music Calendar

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

MAY 6TH

MADAME PAT TANDY

MAY 13TH

ROSALIND GRANT

MAY 20TH

UNFINISHED BIZZNESS

CLASSIC R&B

MAY 27TH

PATRICIA WALTON



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

2016 Spring Festival At St. Joseph Plaza A Big Hit

Continued from page 1

Jason Dossantos, of the Harrison-based Cole Painting and Wallpaper, won the 1st prize Samsung 60" Smart LCD TV. Dossantos is a contractor who works with the department of Environmental Services. Jeanette Morales, data entry manager at Environmental Services, won the 2nd prize Apple iPad Air 2. Director of Nursing Veronica Onwunaka celebrated when her sister, Christiana Ibeh, won the 50/50 cash raffle, which totaled \$225. More than a dozen other Spring Festival attendees took home prizes as well.

covered every decade—oldies but goodies to current top 40 songs. Of course, there was special tribute paid to music legend Prince, who died on April 21 at age 57.

Spring Festival has traditionally been held at the New Community Neighborhood Center on Hayes Street and this year, with the change in venue, the evening took on a fresh new flavor. Elegant centerpieces and table cloths graced each table as pastel-colored lanterns suspended from above floated over the dancing crowds.

The evening was fueled with deejay music that



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Disaster Drill At Extended Care Preps Staff For Active Shooter Scenario



Sign posted on the front entrance doors of New Community Extended Care Facility notified passersby of the active shooter drill.



Registered dietician Franco Ferrante, right, acts as the shooter who comes out of the elevator, encounters a Seton Hall University nursing student, left, and shoots her during his rampage.

It's a nightmare scenario that took place at a North Carolina nursing home several years ago: A shooter entered a facility filled with the elderly and infirm and opened fire, leaving eight people dead.

As incidents of mass shootings appear with increasing frequency in national headlines, New Community Extended Care Facility has taken proactive measures to prepare for the worst.

"Hopefully it never happens," Robert Smolin, facility administrator, said after the staff of the

180-bed capacity nursing home practiced a disaster drill of an active shooter scenario. Dr. Kathleen Sternas, associate professor at the College of Nursing at Seton Hall University, also brought a group of nursing students to participate in the drill.

Franco Ferrante, the registered dietician at Extended Care who previously worked as a peace officer, played the role of a disgruntled man who was visiting his mother. After visiting his mother on the second floor, Ferrante exited the building and pretended to go to his car to retrieve a gun.

When he returned to the nursing home, the security guard in the lobby saw the gun and fled. Ferrante went back to his mother's room where three gunshots rang out. He ran out of the room and shot a nurse that crossed his path in front of the elevator. Another staff person simulated dialing 911. When Ferrante stepped out of the elevator and into the first floor lobby, he opened fire on a half dozen staff and residents and then shot himself. The total carnage from the shooting rampage: Nine dead.

"It could happen and that's what they're preparing for," said Sgt. Bert Moita of the Essex County Office of Emergency Management, who observed the drill and provided feedback to the staff.

Extended Care typically holds two disaster drills a year, ranging from fire and smoke to more violent situations. Smolin described a facility such as the nursing home as "a soft target."

Delores Bynum, front desk receptionist, said the drill reminded her to "be more observant of my surroundings."

Moita advised Smolin and his staff to create a code word to use over intercom system to alert the entire building of an emergency situation. "It's good to practice, just in case," he said.



Nursing students from Seton Hall University acted out the part of shooting victims during the disaster drill.



A nurse on the second floor of Extended Care who heard the gunshots simulated calling 911.



Facility Administrator Robert Smolin, far left, simulated being the gunman who reentered the nursing home with a firearm during a run-through of the scenario.

Spirit Of Volunteerism Strong At NCC's Nursing Home



Staff of New Community Extended Care Facility thanked its volunteers, who selflessly give of their time year-round. Elizabeth Brookins, activities director, served drinks.



The annual Volunteer Appreciation Dinner featured dinner, words of appreciation, musical entertainment and a praise dance. Nursing home staff Yonette Semple, standing center, and Martina Gracias, to her right, ensured that everyone enjoyed the evening.



Administrator Robert Smolin, left, gave certificates of appreciation to representatives of each church group and to individual volunteers.



Volunteers log many hours helping with the Alzheimer's and dementia services, visiting residents and holding worship services. Delores Thomas, far left, served attendees a dinner of baked chicken, ham, macaroni and cheese, collard greens and dessert.

Social Security News Frequently Asked Questions

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

Q: I received a notice from Social Security recently. It said my name and Social Security number do not match Social Security's records. What should I do?

A: It's critical that your name and Social Security number, as shown on your Social Security card, match your employer's payroll records and your W-2 form. If they don't, here is what you need to do:

- Give your employer the correct information exactly as shown on your Social Security card or your corrected card; or
- Contact your local Social Security office (www.socialsecurity.gov/locator) or call 1-800-772-1213 (TTY 1-800-325-0778) if your Social Security card does not show your correct name or Social Security number.

Q: How do I report a lost Social Security card?

A: You don't have to report a lost Social Security card. In fact, reporting a lost or stolen card to Social Security won't prevent misuse of your Social Security number. You should let us know if someone is using your number to work (call 1-800-772-1213; TTY 1-800-325-0778). If you think someone is using your number, there are several other actions you should take:

- Contact the Federal Trade Commission online at www.ftc.gov/bcdp/edu/microsites/idtheft or call 1-877-ID-THEFT (1-877-438-4338);
- File an online complaint with the Internet Crime Complaint Center at www.ic3.gov;
- Contact the IRS Identity Protection Specialized Unit by calling 1-800-908-4490, Monday – Friday, 8 a.m. – 8 p.m.; and
- Monitor your credit report.

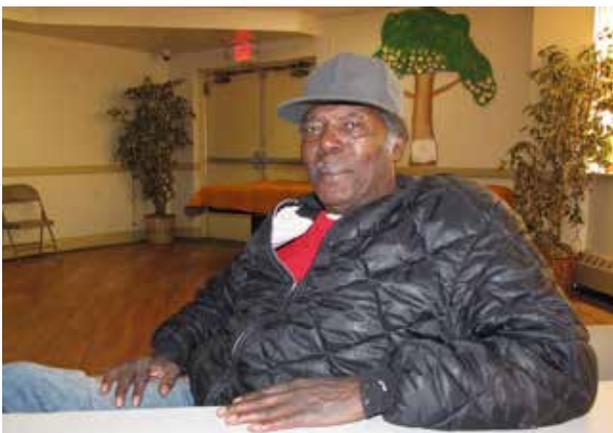
Q: I work in retirement. How much can I earn and still collect full Social Security retirement benefits?

A: Social Security uses the formulas below, depending on your age, to determine how much you can earn before we must reduce your benefit:

- If you are younger than full retirement age: \$1 in benefits will be deducted for each \$2 you earn above the annual limit. For 2016, that limit is \$15,720.
- In the year you reach your full retirement age: \$1 in benefits will be deducted for each \$3 you earn above a different limit, but we count only earnings before the month you reach full retirement age. For 2016, this limit is \$41,880.
- Starting with the month you reach full retirement age: you will get your benefits with no limit on your earnings.

Find out your full retirement age at www.socialsecurity.gov/pubs/ageincrease.htm.

SENIOR SPOTLIGHT: James 'Sonny' Patterson



Most of his friends and neighbors know James Patterson by his nickname "Sonny," which his mother gave him as a child.

James Patterson has lived much of his life on the highway, so it's no surprise that he still finds reasons to hit the road.

As a resident of New Community Commons Senior, Patterson, who goes by his nickname "Sonny," helps other residents by driving them in his 2005 Lexus to the bank, doctor's appointments and wherever else they need to go. At the beginning of each month, Patterson's schedule for providing rides starts at 6 a.m., according to Care Coordinator Doreatha Wertz.

"It doesn't matter what you need, if he can do it, he'll do it," Wertz said. "He's a good person. We love him," she added.

Each spring, Patterson eagerly awaits for May to arrive so that he can pack up his fishing rods and two two-foot-long coolers and head up to Boston to catch porgies, sea bass and striped bass. His younger brother, Lee, treks up from Delaware to join Patterson for the journey that he said can net up to 200 fish on a good day.

"All my luck is up in Massachusetts," Patterson said.

When he returns from his mid-May fishing trip, Patterson is known to share his catch with the residents and staff at 140 South Orange Ave. in Newark. Rosie Brown, a resident of the seventh floor where Patterson is a floor captain, said she has received fish from him many times. She likes porgies and said she prefers to either "fry or bake them."

A resident of Commons Senior since 2008, Patterson said he worked as a truck driver for 20 years. Born and raised in Greensboro, N.C., Patterson started driving trucks after finishing high school. He learned to drive in the wide open countryside at the tender age of 13. Patterson said his father was also a truck driver. "I loved the highway and being on the road," he said. "Once you get used to it, it's just like a car."

Patterson first got behind the wheel of a 48-foot-long freightliner but soon took over a 52-foot-long truck, which he used to crisscross the United States, hauling everything from vegetables to steel.

When the Virginia-based trucking company that Patterson worked for shut down, he moved to New Jersey where he has lived since 1982.

Patterson eagerly awaits May 14, which will signal the beginning of the fishing season. After returning from each trip, he meticulously cleans and oils his multiple rods and reels, replaces the lines as necessary, and stows them away with great care. Until he plans his next trip.

"That's my hobby now," he said with a grin.

Patterson, who is in his 60s and divorced, has two sons and two daughters from his past marriage.

vna Health Group
Visiting Nurse Association Health & Hospice
Wellness Tip
May 2016

#1 Cardio	#2 Strength	#3 Balance	#4 Flexibility
<p>Activities that build your heart rate will help your endurance. After doing consistent aerobics for a little over a month, you will begin to notice you have more energy. Such low impact exercises include:</p> <ul style="list-style-type: none"> -Walking -Cycling -Yoga -Swimming -Dancing -Tai Chi 	<p>We use muscles everyday to carry groceries, walk up stairs and even get up from sitting. Small changes in muscle strength can improve our daily activities. Low impact exercises include:</p> <ul style="list-style-type: none"> - Lunges - Push Ups - Sit Ups - Air Squats 	<p>Falls are the most common cause of hospitalization among seniors. Better balance may help avoid accidental slips, trips and falls.</p> <p>- Stand behind and grip a sturdy chair or surface. Lift one leg off the ground bending at the knee and count to 10. Then switch legs.</p>	<p>Some daily activities like getting dressed or reaching for objects in the kitchen may not be as easy as they once were. Improve flexibility by doing daily stretches.</p> <p>- Sit with legs out in front and stretch your legs by trying to touch your toes. hold for 10 seconds.</p>

Always check with your doctor or health professional before starting an exercise regimen. Your doctor may be able to request home therapy that can help improve your mobility, recover from a hospital stay or assess your home for fall risks. Most home therapy is covered by Medicare.

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

Extreme Makeover: Rehabilitation Therapy At NCC Nursing Home Gets A New Look



If you haven't seen the upgraded rehabilitation therapy room at New Community Extended Care Facility recently, the staff would welcome you to stop by.

They are eager to show off the renovated space, located on the first floor of the skilled nursing facility at 266 South Orange St. in Newark. As you will see, the changes are quite dramatic.

The rehabilitation services provided by Activa Rehab at Extended Care include physical, occupational and speech therapies. The team of therapists is dedicated to providing the highest quality care while maintaining a healing touch.

The rehab space now boasts a new kitchen, bedroom and bathroom—all designed to mimic a realistic house-like environment, Facility Administrator Robert Smolin said.

"We're hoping that the rehab is just like a person's apartment where they can relearn the skills needed to quickly get back home," he said. "You get robbed of that from an injury or a disease," he added.

The bedroom has a twin bed and matching wooden dresser, complete with accents like framed pictures. Here residents rehearse daily tasks such as transferring from the bed to a wheelchair or other walking assistance device, and vice versa.

At the kitchen, residents build up their tolerance of standing, said Toa Zoko, physical therapist assistant. Residents also employ their fine motor skills to adjust the knobs on the stove, turn on the faucet, heat leftovers in the microwave or open the refrigerator.

In the bathroom, which features a full tub and toilet, residents practice movements such as tub transfers. Getting more comfortable with the motions helps lessen any anxieties or fear of slipping once an individual is on his or her own, Janneth Gallosa, an occupational therapist, noted.

"They were so happy that they got this," Gallosa said of the reaction from residents. The newly installed simulation spaces greatly expand the range of therapy activities provided at Extended Care. The renovations were completed by Environmental Services in the span of about two to three weeks, according to Smolin.

Arlene George said she began going to physical therapy

at Extended Care in December of 2015 after having her left leg amputated. She works with the therapists for at least one-and-a-half to two hours each day.

"They always say take your time, have patience, everything will work out fine," said George, a 41-year-old resident of Newark.

A native of the Virgin Islands, George said that the new features are a big plus for rehab patients. "I use everything," she said. "It's great."

The makeover, which included new paint throughout the space, builds upon previous upgrades to the rehab room. Last September, Extended Care received a donated elliptical machine and home gym from a local resident who was moving out of state. Gallosa said that the machines provide more exercise options for higher functioning residents, such as middle-aged adults.

The completed renovations to the first floor rehabilitation therapy room complement other upgrades that have taken place around the 180-bed capacity nursing home. In January, every resident's room received brand new flat screen televisions with access to 48 cable channels.

For more information on rehabilitation therapy, call Extended Care at 973-624-2020.

GOLF 2016
SAVE THE DATE

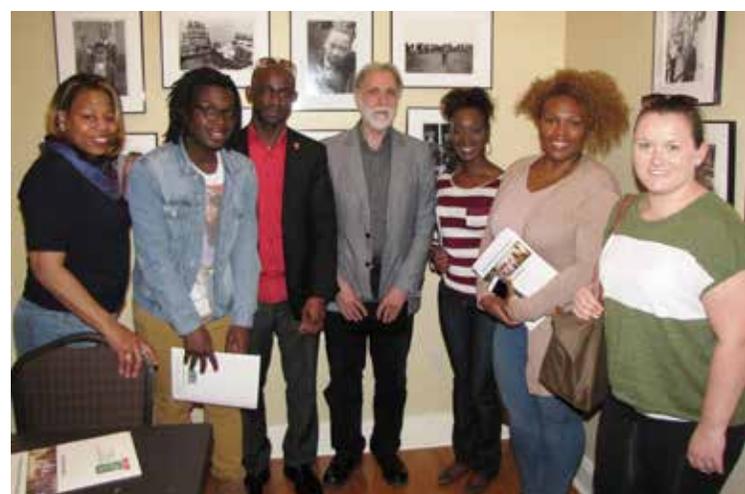
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Individual & Team Contests
Cocktail Awards Reception & Silent Auction
Immediately Following Golf Tournament

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

Criminal Justice Students Get Window Into Newark's History At NCC



Students from the Rutgers School of Criminal Justice recently visited New Community to learn about NCC's impact as one of the nation's largest community development corporations. Lori Scott-Pickens, far left, director of Community Outreach and Community-Based Learning at Rutgers, led the group of students as they met with Richard Cammarieri, center, director of Special Projects at New Community, at St. Joseph Plaza in Newark. The group also toured various NCC sites.



May is National Stroke Month

The NJ Comprehensive Stroke Center at University Hospital Makes Every Minute Count



The UH Stroke Team (l-r) Sudhir Aggarwal, MD, PhD; Stephen Kamin, MD; Charles J. Prestigiacomo, MD; Andrea Hidalgo, MD; I. Paul Singh, MD; Chirag D. Gandhi, MD; and Molly Jacob, APN-C.

More than 90 percent of patients across the country, who could benefit from a clot-busting drug that reduces the death and disability caused by stroke, do not receive the potentially life-saving treatment. Too often people who might have benefited from the drug, called tPA, didn't get to a hospital within 3 to 4.5 hours of first experiencing symptoms of a stroke, the period in which the drug is most effective.

Charles Prestigiacomo, MD, and his colleagues at The New Jersey Comprehensive Stroke Center at University Hospital (UH) in Newark are working hard to put time, and the odds of successful recovery from stroke, on the side of the people of northern New Jersey, which has one of the highest incidences of stroke in the nation.

"Minutes matter when someone has a stroke, and we've devoted years to making the most of those crucial minutes," says Prestigiacomo, Chair of Neurological Surgery at UH. Their efforts to speed and enhance the care of stroke patients was recognized recently by The Joint Commission—an independent accreditor of healthcare programs—awarded a Certificate of Distinction for advanced certification as a comprehensive stroke center. In addition to that designation and certification by the State of New Jersey as a comprehensive stroke center, the Center also has received the American Heart Association/American Stroke Association's Get with the Guidelines® – Stroke Gold Plus Quality Achievement Award for the last three years for excellence in stroke care. Dr. Prestigiacomo says that while The Joint Commission's certification represents the skill and dedication of the Center's staff, its real significance lies in what it says about the care patients receive.

"Certification signifies that we have an acute stroke team with training and expertise available 24/7, so when a patient comes to the hospital with symptoms, we evaluate him or her within 10 minutes and perform brain imaging within 25 minutes of arrival in the ER," he says. "In the last six months, half of our patients who arrived to the hospital quickly got that scan in even less time – under 12 minutes. The period from patient arrival to intravenous infusion of tPA – is now 100% within the required

time of less than 60 minutes. In fact, our Center is receiving the Target: Stroke Honor Roll Elite Plus award for 2015 from the American Heart Association/American Stroke Association for treating at least half of our patients even sooner: 45 minutes. We also have a neurosurgeon available 24/7 and are able to operate promptly if a person requires surgery. These and the many other steps we have put in place combine to offer patients high-quality, timely care that can help minimize the complications of a stroke."

Dr. Prestigiacomo notes that UH EMS personnel can draw blood for lab work even before the patient arrives at the hospital, and can take the patient directly to the CT scanner, once a doctor makes sure the patient does not need other emergency treatment first.

"I cannot emphasize enough that if someone has drooping or numbness on one side of their face, weakness or numbness in one arm, slurred speech or other symptoms of a possible stroke, they or someone with them should call 911 immediately," says Dr. Prestigiacomo. "We have more resources than ever before to help people having a stroke, and we want to see them and start providing care without delay."

To learn more about The New Jersey Comprehensive Stroke Center at University Hospital, visit <http://www.uhnj.org/stroke/index.shtml> or call 973-972-3488.

Facts About Stroke

- About 795,000 Americans each year suffer a new or recurrent stroke. That means, on average, a stroke occurs every 40 seconds.
- Stroke kills nearly 129,000 people a year. It is the number five cause of death.
- On average, every four minutes someone dies of stroke.
- About 40 percent of stroke deaths occur in males, and 60 percent in females.
- In 2010, the worldwide prevalence of stroke was 33 million, with 16.9 million people having a first stroke.
- Stroke is the leading cause of adult disability.
- African-Americans have nearly twice the risk for a first-ever stroke than Caucasians and a much higher death rate from stroke.
- Among Mexican Americans age 20 and older, 2 percent of men and 2.7 percent of women have had a stroke.
- Up to 80 percent of all strokes are preventable by managing the risks.
- People who smoke, are overweight or have uncontrolled high blood pressure have a higher risk of having a stroke.
- Maintaining a healthy weight, eating more fruits and vegetables, drinking very little alcohol and being active help decrease your risk of having a stroke.

Dancing With The Stars: Dads And Daughters Shine Bright



Fathers and their daughters received celebrity level treatment at this year's Father-Daughter Dance hosted by New Community Youth Services. Girls and their dads, or other significant male role model in their lives, enjoyed an evening of dinner, dancing and prize giveaways at the event, which was held at St. Joseph Plaza. Flashbulbs popped as professional photography captured keepsake portraits from the special evening. Many pairs color coordinated their outfits and the room was awash in frilly dresses and fancy shoes, as well as sharp suit jackets and snazzy bow ties. A memorable time was had by all. **Photos courtesy of Edward Morris.**

FAMILY SERVICE BUREAU OF NEWARK

How Are We Doing? Results Of Client Satisfaction Survey

Quality of care is a cornerstone at the Family Service Bureau (FSB) of Newark. Our latest survey continues to reflect a high level of satisfaction at both our Kearny and Newark facilities. In March, our clients evaluated our services, which include the following: mental health, family counseling and addiction counseling. Although there is always room for improvement, FSB is grateful for the recognition it received from its clients.

On a scale from 1= unhappy to 5= happy, the overall satisfaction with care was an average score of 4.65 for both sites in Kearny (4.8 score) and Newark (4.5 score). Clients identified many specific counselors that were very helpful. Here is a sampling of comments that survey participants shared on the survey:

“My counselor is great, a good listener and very understanding.”

“Great program.”

“The staff here is wonderful, the receptionists are warm and friendly, the counselors are considerate and informative.”

“My son has received valuable support and has tremendously improved since attending the program.”

“Coming here really helps me a lot. I enjoy coming it really helps me with my everyday life.”

The agency is staffed by professional mental health workers that possess licenses in social work, family therapy and mental health. Many of the

licensed professionals also supervise graduate students from many of the local colleges and universities, such as Seton Hall, Rutgers, and Montclair State University.

Family Services Bureau also works closely with the public and charter schools in Newark and across the New Community network by providing trainings and employee assistance counseling. The mission of FSB is to preserve, support, strengthen and enrich family life through prevention, intervention and community education programs that assist families, children and individuals to realize their full potential. The vision of the organization is to provide services to assist the community in its needs and be a leader in providing quality community-based services.

- FSB is committed to the ongoing improvement of the quality of care its clients receive, as evidenced by the outcomes of that care. The organization continuously strives to ensure that:
- Treatment provided incorporates effective, evidence-based best practices
- Services are appropriate to each person’s needs and available when needed
- Each client’s individual needs and expectations are respected and that he or she has the opportunity to participate in decisions regarding a treatment plan
- Services are provided with sensitivity, compassion and caring.

Diabetic NCC Residents Learn Lessons In Self-Care



Deborah Burt, a volunteer with the United Way of Essex and West Hudson, starts the session by reviewing a list of self-management tasks.

Nearly 10 percent of Americans have diabetes, according to the American Diabetes Association. The startling statistic from 2012 also noted that each year, another 1.4 million Americans are diagnosed with diabetes. Among older Americans, the risk grows further: More than 25 percent of seniors ages 65 and older have diabetes.

In an effort to help people with diabetes live healthy and fulfilling lives, New Community recently launched a diabetes self-management course in partnership with the United Way of Essex and West Hudson that’s designed to help residents with diabetes to holistically improve their own care.

“It’s about a lifestyle change,” said Community Health Specialist Claire Roudette, who facilitates the six-week course.

On a recent Friday, about a dozen residents of New Community Commons Senior gathered in the community room for the first session. Like

the first day of any class, each attendee received reading materials, wrote their names on a nametag and introduced themselves. Each person’s story was different, but the common thread was that everyone’s life had been touched by diabetes. For some, it was an immediate family member that they care for who had diabetes. For others, it was a loved one who underwent amputation. Several faced diabetes themselves.

“This class is not a diet,” said Roudette, whose grandmother’s leg was amputated after suffering from diabetes. “It’s not going to be a lot of us talking,” she added.

During the next two-and-a-half hours, Roudette and Deborah Burt, a volunteer with United Way, facilitated a group discussion on practical issues, like what factors increase a person’s blood sugar, what keeps blood sugar in balance and how to create an action plan for self-care.

“We can tell you what not to do, but it’s up to you once you get home (to follow through),” Roudette said.

The group also discussed the mental and emotional impact of dealing with diabetes and common issues faced such as depression.

Madelyn Derrick, a 74-year-old resident, said that diabetes impacts her daily life significantly, especially her diet. “I stopped eating sweets but I love potatoes and rice,” she said.

Despite the challenges, she is vigilant about managing her diabetes. She checks her blood glucose three times a day and said she decided to attend the six-week course to further educate herself.

“I’m doing this to see if I’m doing everything right,” Derrick said.



Claire Roudette, standing far right, a community health specialist at the United Way of Essex and West Hudson, has all attendees introduce themselves.



Residents of New Community Commons partake in a salad lunch prepared by Care Coordinator Doreatha Wertz.



Individuals with diabetes learned about various self-management tools, such as communication with one’s physician and coping with emotions.

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 <https://newcommunity.submit4jobs.com>.

Activity Assistant

Full Time – 40 hours

The Activity Assistant (AA) will be working in a Long Term Care/Sub Acute Facility. In this role the AA will be responsible for implementation and evaluation of therapeutic recreation services including but not limited to empowerment, maintenance, and supportive activities. The AA will uphold the philosophy, standards, objectives, and policies of the Department of Therapeutic Recreation.

Certified Nursing Assistant

Full Time – 40 hours

The Certified Nursing Assistant (C.N.A.) will provide personal care and related services, functioning under the direction of the License Practical Nurse. Follow assignments of residents as directed by charge/floor nurse. Assists residents to such in ADL's, i.e. eating, toileting, bathing, grooming, transferring dressing and undressing. Knowledgeable of resident's care plan and needed interventions. Interacts with residents, staff and family members in a helpful, professional manner.

Clinician – Bilingual Spanish

Full Time – 40 hours

The Family Service Bureau of Newark (FSB), an affiliate of NCC, is seeking a Counselor (Bilingual) to join its dynamic team of substance abuse professionals. Under the direction of the Clinical Supervisor, the Counselor will be responsible for the provision of direct clinical services to Spanish speaking population at the Kearny office. In addition, the Counselor

will provide comprehensive mental health assessments, treatment planning, individual and group counseling, facilitate linkage to treatment and other related services.

Group Teacher – Infant and Toddler

Full Time – 40 hours

In this role, the Group Teacher is responsible to provide a teaching model; observing, and contributing to the evaluation of the children. The primary goal of the Group Teacher (GT) is to ensure that the needs of each child in the group are met. The essential functions and responsibility of this position includes but not limited to: working within the structure of the company to carry out the functions, policies, and practices as established by the governing boards; maintaining supportive and consistent team teaching among self and Teachers Assistants to ensure quality educational programming on a daily basis; maintaining supportive working relationship with parents/guardians to enhance a warm exchange between program personnel and parents/guardians.

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.

On Second Thought

By Lesley Leslie



How many times have you ever done something and later wished you hadn't done it? Ever said something to someone and imagined, if only I could catch the words in the air and crumble

them up before they reached the person?

It happens all the time—you commit an act before you really think about it. Many times, the act is preceded by something offensive that you said.

Would you be surprised to hear how many incarcerated individuals share the common regret of “not thinking” before they acted? Can you imagine how different our world would be if we simply took a moment to ponder a situation before we acted on it? We live in such a fast-paced society that everything we do seems to be

instantaneous. Even the way we communicate is all about immediacy!

There is something to be said about “taking a moment.” The first thing that pops into your head may not always be the best thing to say in a given situation. In many cases, the first thought may be one that came into your mind as a result of something hurtful that was said to you. Thus your natural response may be to say something that is equally hurtful but is actually a defensive move on your part.

There is a scripture in the Bible that says, “Whoever keeps his mouth and his tongue keeps himself out of trouble” (Proverbs 21:23). We should understand that even God wants us to consider the things that we allow ourselves to say. In doing so, we can prevent a lot of negative repercussions that typically result from saying the wrong thing at the wrong time.

Resource Center Volunteer Lands Full-time Job



Nicole Colley celebrated her new job by visiting the staff of the Family Resource Success Center in Newark.

Nicole Colley has helped many clients at the New Community Family Resource Success Center.

She welcomes those who walk in the door, assists with food referrals, answers the phone and helps point clients in the right direction.

After volunteering at the center for nine months, Colley landed a full-time job working for Essex County at its juvenile detention center. Colley said she performs clerical work at the facility, where she officially started on March 7. Her duties include typing, answering the phone and mailing, among other tasks.

Colley was placed at the Family Resource Success Center as part of the Community Work Experience Program (CWEP) in June of 2015. The goal of the program is to increase one's employability through structured activities that provide a direct community service. Under the supervision of Director Joann Williams-Swiney, Colley quickly made herself an indispensable part of the Family Resource Success Center, located at 131-185 Bergen St. in Newark.

“Anything that involved the client, we helped them with,” Colley, a Nutley native, said.

When Williams-Swiney received a phone call from the county requesting potential candidates for job placement, she offered up Colley.

“It's wonderful when you get volunteers who come through...who are enthused about helping people,” Williams-Swiney said. “They show extra initiative. That's what she did.”

After two rounds of interviews, Colley landed a job at the detention facility, according to Williams-Swiney. She described Colley as always being “reliable,” “on time” and having a “good work ethic.”

For Colley, the new job is a thrill and “it's learning right now,” but she added that Williams-Swiney can always call on her for assistance at the center in the future. “If she needs me to do any volunteer stuff, I'd be willing to help,” Colley said.

Williams-Swiney congratulated Colley on her newfound success, emphasizing that Colley's hard work has paid off.

“I'm so happy. She deserves it,” Williams-Swiney said. “I know she'll do well.”

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Scenes From Week Of The Young Child At CHELC



Community Hills Early Learning Center marked the Week of the Young Child, April 11-15, with activities each day that celebrated NCC's youngest learners.



Stretching the body and mind: Students and staff at CHELC participated in a session of aerobics and yoga.



Students played instruments, waved flags and sang along during a lively musical set led by Presley and Melody Interactive Concerts.



The annual Trike-A-Thon capped a week of activities and raised money for St. Jude's Children's Research Hospital.



Students brought their bicycles, tricycles and helmets and pedaled energetically around the parking lot during the Trike-A-Thon.



Each class marched around the Community Hills complex. The Week of the Young Child brings attention to the needs of young children and their families and raises awareness of the early childhood programs and services that meet those needs.