Officials from the City of Newark, Essex County freeholders, NCC, LISC and Urban League of Essex County gathered for the ceremonial ribbon cutting.

The New Community Financial Opportunity Center is officially in business.

Located at 274 South Orange Ave. in Newark, on the first floor, the Financial Opportunity Center (FOC) serves low to moderate income families in an integrated service model approach that provides (1) financial literacy, (2) access to public benefits and (3) employment services.

Top officials from New Community gathered with leaders from the partnering agencies as well as dignitaries, business leaders and elected officials to commemorate the grand opening with a program and ceremonial ribbon cutting.

“Today is an exciting day for us,” Richard Rohrman, CEO of New Community, said. “The FOC will allow us to weave existing initiatives at NCC into the FOC, reinforcing our comprehensive approach to helping people reach self-sufficiency.”

The Financial Opportunity Center model is an initiative of LISC, which has established more than 76 Financial Opportunity Centers through the method of embedding the centers in neighborhood nonprofits in disadvantaged areas across the nation.

The two new FOCs in Newark—at New Community, 274 South Orange Ave., and the Urban League of Essex County, 506 Central Ave.—are principally funded by the Nicholson Foundation with additional support from the Prudential Foundation, JPMorgan Chase Foundation, Capital One, Synchrony Financial and Greater Newark LISC. The press conference highlighted the collaborative effort between New

Get Your Tickets! Spring Festival Set For April 23 At St. Joseph Plaza

This year’s festivities, which start at 7 p.m. and will go until midnight, will be held at New Community’s beautiful headquarters at St. Joseph Plaza at 233 West Market St. in Newark. The spacious venue, which has become a hotspot for parties, receptions and corporate functions, is an ideal setting for an evening of dinner, dancing and winning prizes.

With soaring ceilings, majestic architecture, hardwood floors and a newly installed sound system, St. Joseph Plaza has proven to be a timeless venue for special events and will not disappoint for the Spring Festival and Auction, according to Tracey Battles, philanthropy office and head of the planning committee.

“We are excited to rejuvenate this year’s Spring Festival and Auction and to showcase the best that St. Joseph Plaza has to offer the community,” he said.

Continued on page 4

Pope Francis On Immigration

Editorial By Monsignor William J. Linder

If the American people are looking for some wisdom amid the tired rhetoric dominating our nation’s current immigration debate, let’s look to Pope Francis for some renewed perspective.

In February, Pope Francis traveled to Mexico for six days and spoke directly on the immigration crisis along the Mexico-U.S. border.

He urged all those listening to see the issue as one characterized not by numbers and statistics, but illustrated by faces, families and personal stories.

As he stood on a platform overlooking the Rio Grande, Pope Francis called on each of us to view illegal immigrants through the lens of humanity. Let me be clear, those who are attempting the dangerous, and all too often deadly, journey from parts of Central America through Mexico and across the border are not asking for much. They are simply seeking survival. Their hopes cling to the possibility of a future for their kids without rampant drug violence. Realistically, they are not looking to amass the wealth of the 1 percent. Their dreams are often realized in blue collar jobs with long hours that, they desperately hope, will provide just enough for their children to make it to college one day.

The same can be said for the more than 1 million refugees who have flooded into Europe during last year, largely prompted by the conflict in Syria, the Pope reminded us.

“The human tragedy that is forced migration is a global phenomenon today,” he said.

When GOP presidential candidate Donald Trump called Pope Francis a “political man” for responding to Trump’s inflammatory suggestion to build a wall to keep out illegal immigrants, the Pope responded by reminding us that Aristotle defined a human being as “animal politicus” and pointed us to our shared humanity. Building a wall stretching across the 1,933-mile border between the U.S. and Mexico, as Trump has proposed, is not only inhumane but should make us question, who are we trying to keep out and why? What are we keeping in?

The only villain that the American people need protection against is the Donald himself.

In a particularly poignant gesture, Pope Francis laid flowers at the foot of a cross memorializing the many lives lost along the Mexican border. Like any American, those individuals simply wanted to provide a decent life for their families.

Pope Francis addressed pressing issues such as corruption, drug trafficking, poverty and inequality during his trip to Mexico. The issue of illegal immigrants struck particularly close to home for us, in light of the crisis abroad and the raging debate we face at home.

Continued on page 4
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.

What Is COPD? NCC Seniors Get Answers

Q: What is COPD?
A: COPD, which stands for chronic obstructive pulmonary disease, is a progressive disease that makes breathing difficult and gets worse over time.

Q: What are the symptoms of COPD?
A: Symptoms can include coughing up large amounts of mucus, wheezing, chest tightness or shortness of breath. The condition may develop slowly over time and can limit a person’s ability to perform basic activities such as walking, cooking or taking care of one’s self.

Q: What causes COPD?
A: Smoking is a leading cause of COPD. Other factors that may contribute are long-term exposure to fumes, dust, air pollution or other lung irritants.

Q: How common is COPD?
A: COPD is the third leading cause of death in the United States, according to the National Heart, Lung, and Blood Institute. Most people who have COPD have both chronic bronchitis and emphysema as well.

Q: Is COPD a disease that can be passed from one person to another?
A: No, COPD isn’t a disease that can be transmitted between people. However, there is currently no known cure.

Q: What can I do to manage my COPD?
A: If you smoke, quit. Exercise regularly but first ask your doctor for recommended physical activities. Eat a healthy and well-balanced diet. Get enough sleep each night. Take any medications as directed by your doctor. The damage done to your lungs and airways is permanent, but there are things that you can do to manage your COPD.

Q: Where can I learn more about COPD?
A: For more information, check out the following resources:

- American Lung Association
  800-LUNGUSA (800-586-4872)
  www.lung.org

- National Heart, Lung, and Blood Institute
  301-592-8573
  www.nhlbi.nih.gov

- American Association for Respiratory Care (AARC)
  972-243-2272
  www.aarc.org

- Global Initiative for Chronic Obstructive Lung Disease
  www.copd.org

Sources: Saint Barnabas Medical Center and the National Heart, Lung, and Blood Institute website
For nearly a decade, Carol Buckner has gone about quietly serving Newark residents as a Home Friend.

Her calm demeanor and caring smile make it easy to see why people welcome her into their homes with open arms.

For Newark resident Wilhelmina Register, a retired sewing machine operator who also worked for a pharmaceutical company, Buckner’s regular presence over the last six years—helping with light cleaning, chores, laundry and other tasks around the home—has made her seem more like family.

“She’s caring. She makes sure I take medicine. She encourages me to eat when I don’t feel like it,” said Register, who is 92 and lives by herself. Buckner serves residents who live at New Community Commons and Associates, both complexes for seniors and disabled adults, as well as residents who live on South 11th Street in Newark.

Buckner began working as a Home Friend on May 1, 2006 and reports to Director Tahisha Chambers.

“She goes above and beyond for this department,” Chambers said of Buckner. “I am blessed to have her as part of my staff.”

It’s easy for Buckner to strike up a conversation with her clients as she sweeps around their apartment or organizes the countertop.

“You get to know them. They tell you their story. You meet their kids,” she said. Even upon first meeting Buckner, she makes you feel at ease with her steady, gentle presence. “I love my clients,” she said. In turn, her clients will share their lives with her, cooking meals and introducing Buckner to some of their culinary favorites, which has included chicken feet.

Buckner said she first learned of Home Friends while she was taking a computer class and job searching at the New Community Workforce Development Center. She was matched for a job in housekeeping and thus pursued a career with Home Friends, she said.

According to Register, it was an ideal match. “She’s so perfect in so many ways,” Register said.

Born in Paterson, Buckner grew up in New York and then moved to New Jersey. One of 10 children, Buckner is the youngest sibling after having lost her younger brother.

As the single mother of five children—Steven, Stephanie, Sharod, Sharonda and Sameerah—Buckner said she enjoys watching television shows such as Law and Order, CSI or Matlock in her free time.

Employee Of The Month: Carol Buckner

Carol Buckner says the residents she serves as a Home Friend actually end up becoming like family.
Continued from page 1

Community, Greater Newark LISC and the Urban League of Essex County to open the new FOCs. The event included remarks from officials, a tour of the FOC and related services and a reception.

Already, the FOC located inside the New Community Workforce Development Center has helped local residents like Patrick Parris. Currently employed in food service at Canterbury Village, a senior assisted living residence in West Orange, Parris, 59, said that his training at the Culinary Arts Specialist Program at NCC paved the way for his current job. Additionally, the staff at the FOC helped him prepare and file his 2015 tax return, enroll in food stamps and work to start re-establishing his credit history.

Building a secure financial future involves job training and securing employment but also knowledge of how to plan for the future, Rodney Brutton, director of Workforce Development, said.

“Now that you’re making money, how do you manage that money?” Brutton said.

Newark resident Maxwell Kukubor has met with Financial Coach Victor Silva at the FOC to start mapping out his future. At age 24, Kukubor moved to the U.S. from Ghana a few years ago and is starting to build a career in the automotive industry. After completing his course at NCC’s Automotive Training Center on West Bigelow Street, Kukubor secured a full-time job at Toyota Autoland in Springfield.

Former NCC students like Kukubor and Parris can also access the financial services provided at the New Community Federal Credit Union, which has a specific mission of serving hard to reach populations. For more information on the Financial Opportunity Center, call 973-824-6484.

FINANCIAL OPPORTUNITY CENTER GRAND OPENING AT NCC

Get Your Tickets! Spring Festival Set For April 23 At St. Joseph Plaza

Continued from page 1

The annual event raises money for the Monsignor William J. Linder Scholarship Fund, which provides funds to give students in need the opportunity to attend top prep schools in the area.

The fundraising itself provides plenty of entertainment during the evening. Guests can purchase raffle tickets for this year’s grand prizes of a Samsung 60” Smart LED TV (1st prize) and an Apple iPad Air 2 (2nd prize). Raffle tickets are $1 each and the drawing will take place on Saturday, April 23 at 11 p.m.

“The festival supports a great cause and gives NCC staff, residents and members of the community an opportunity to enjoy themselves,” Battles said.

There will be many more exciting items up for grabs as part of the auction, Pot of Gold prizes and the 50/50 cash raffle. Dinner is provided and a cash bar will also be available.

Tickets are $25 and can be purchased from the head of each NCC department. For more information, call 973-497-4400.

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Red hats, red scarves and red dresses.

The room was awash in a scarlet hue.

New Community residents and staff dressed in red to raise awareness about heart health on National Wear Red Day on February 5.

“We ask that you be aware of your heart. Guard your heart,” Sharon Pleasant-Jones, director of Health and Social Services, said.

Organized by New Community’s departments of Health and Social Services and Mission, NCC’s Wear Red Day featured informational presentations, raffle prizes, a heart healthy lunch and activities like Zumba.

“It’s wonderful to see the sea of red,” said Margaret Cammarieri, regional vice president of Multicultural Initiatives and Health Equity for the American Heart Association, as she looked across the packed room.

Cammarieri gave an informational presentation on ways for seniors to make healthier choices, especially in the kitchen.

“Oatmeal will help your blood pressure (and) cholesterol go down,” she said, highlighting a healthy breakfast option.

But a good diet doesn’t start in the kitchen—it begins in the supermarket aisle. She encouraged residents to educate themselves on the sodium content of items that may have similar packaging. For example, instant flavored oatmeal has a much higher sodium content than regular old-fashioned oats, she noted as she held up both packages in comparison. “Everyone should try and read the food labels,” she said.

Edwina Smith, 68, said that because she has high blood pressure, she is careful about her diet. “I watch what I eat,” she said. Her mother, who lived until her 70s, died of congestive heart failure and an enlarged heart, according to Smith. As a result, Smith said she incorporates healthy habits into both her diet and exercise. “I’ve always been a walker,” she said.

Heart problems also run in the family for Sheila Rodriguez, so she’s cautious about her diet. Rodriguez, 71, use a juicer and combines carrots, apples, ginger and celery into a healthy drink. She tries to avoid sugar and eats steamed foods.

Director of Mission Frances Teabout urged residents to take care of their hearts in a different way—on an emotional and spiritual level.

“What does God see when he looks at your heart?” she asked the audience. She gave examples of habits, such as holding grudges or gossiping, that can negatively impact one’s overall wellbeing.

“We’ve got to let go of some stuff because it’s killing us,” Teabout said. “Protect your heart. Take care of it.”

Residents and staff of NCC participated in National Wear Red Day to raise awareness for heart health.

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Social Security News

Filing Taxes Just Got (A Little Bit) Easier

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

Now that it’s March, your annual tax filing deadline is fast approaching. If you receive Social Security benefits, one of the documents you need to file your federal income tax return is your Social Security Benefit Statement (Form SSA-1099/1042S).

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

To find out if you must pay taxes on your benefits, you will need your Social Security Benefit Statement (Form SSA-1099/1042S). You should automatically receive it in the mail each January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. The benefit statement is not available for people who receive Supplemental Security Income (SSI), as SSI payments are not taxable.

Whether you file your taxes early or wait until the deadline, Social Security makes it easy to obtain a replacement benefit statement if you didn’t receive one or misplaced it. You can get an instant replacement easily by using your secure online my Social Security account. If you don’t already have an account, you can create one in minutes. Follow the link below to the my Social Security page, and select “Sign In or Create an Account.” Once you are logged in, select the “Replacement Documents” tab to obtain your replacement 1099 or 1042S benefit statement. You can also use your personal my Social Security account to keep track of your earnings each year, manage your benefits, and more.

You can also obtain a replacement benefit statement by calling us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m., or by contacting your local Social Security Office. If you live outside of the United States, please contact your nearest U.S. Embassy or Consulate. But by going online you can print your replacement benefit statement immediately and not have to wait to receive it in the mail.

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

Senior Spotlight: Manuel Cabutihan

Manuel “Manny” Cabutihan previously served as a police officer in the Philippines and worked as a seaman on a merchant ship.

Manuel Cabutihan’s life reads like an adventure novel. A spry 70-year-old, Cabutihan now lives a more predictable routine at New Community Hudson Senior but a conversation can quickly take him back to his former days fighting crime or living on the high seas.

Nowadays, he’s content with the small pleasures in life.

Cabutihan, also known as “Manny,” has lived at the NCC senior housing complex in Jersey City with his wife, Rose, since 2014. He takes it upon himself to keep common areas of the building neat and tidy, according to Sande Le, property manager.

“He’s very helpful,” she said. “If we need him, he’s there,” she added. For example, Cabutihan, who serves as the second floor captain, can often be found running a vacuum up and down the hallway. During the warmer months, he tends a garden next to the building, where he grows eggplants and peppers. He and his wife also take it upon themselves to clean the garbage room on their floor each day.

Cabutihan is still thankful that he found housing at Hudson Senior at just the right moment. He had just received a notice from his landlord at the time that he needed to move out within two months. At that same time, Le contacted Cabutihan to let him know that his housing application had been accepted and that he had a new home at NCC.

Cabutihan and his wife, Rose, have been married for 53 years and have four grown children.
The crackling of the radio signaled a bygone era but the resounding words of the Rev. Dr. Martin Luther King Jr. still ring true.

A recording of King’s famous speech from 1963, known to most as his “I Have a Dream” speech, wafted through the speakers during the New Community Extended Care Facility’s commemoration of Black History Month.

The event, held at the nursing home’s activity room, celebrated the rich history of African-Americans and the many accomplishments they have achieved, despite having faced racism, discrimination and other challenges.

Organized by the activities staff at Extended Care, the Black History celebration included readings from staff and residents, educational video, a praise dance performed by Activities Assistant Yonette Semple’s daughter Keianna, and spoken word and music by DJ Ronnie.

Resident Joyce Bates shared a special tribute to President Barack Obama, the first black president of the United States, by reciting an original poem titled “Obama.” She said that she wrote the poem to highlight the president’s significant place in history.

Black history also extends beyond the U.S., Sister Elizabeth Lima reminded the attendees. A native of Tanzania, Lima prepared a brief presentation on the country’s first president, Julius K. Nyerere. She noted that the Tanzanian national flag does not include the color red because the country was founded through a democratic process that did not involve bloodshed.

Black History Month was officially recognized in 1976 by President Gerald Ford. However, its origins date back to 1915, when historian Carter Woodson and Jesse Moorland, a minister, founded an organization dedicated to promoting the achievements of blacks. The group, which is now called the Association for the Study of African American Life and History, sponsored a national “Negro History Week” in 1926 on the second week of February, which coincided with the birthdays of abolitionist

Frederick Douglass and President Abraham Lincoln.
University Hospital Helps Prevent Falls

Taking a fall can be devastating, especially for an older adult. Often the effects can never be remedied, and for seniors that sometimes means they can no longer get around, perform their daily activities and/or live on their own.

University Hospital (UH) knows just how serious falls can be. Besides causing severe permanent disabilities, they can be fatal. That’s why UH has launched a new Falls Prevention Program to help community members learn ways to keep from taking a tumble. The Falls Prevention Task Force, which is comprised of healthcare professionals and educators, is hosting free workshops that are usually open to the public at senior centers, churches and organizations throughout Newark.

Workshops usually begin with an explanation of the risk factors for falling. Age is number one. Anyone can fall, at any time, but those over 65 are much more likely to take spills. In fact, every year one out of every three seniors suffers a fall. And falling once doubles the chances of it happening again. But you don’t have to be a senior to take a tumble. Falls affect all of us no matter what our age, and sometimes they’re caused by things that seem completely harmless. Certain prescription medications, such as sedatives, tranquilizers, antidepressants and blood pressure medication; and some over-the-counter remedies like cold/cough medicines and sleep aids. Peoples’ physical health often contributes to the risk of falling. Poor mobility, poor balance and vision; low blood pressure; foot/ankle pain; slow reflexes; and muscle weakness are just a few of the conditions that may cause falls.

Your doctor or other healthcare provider can evaluate your risk of falling and go over your medications to see which ones may make you dizzy or sleepy. There are also exercises to do at home to improve strength and balance. And it’s a good idea to have your eyes checked at least once a year and get new glasses if you need them. Certain conditions like cataracts and macular degeneration can slowly steal your vision without your even knowing it.

Falls happen everywhere, but more than half happen at home while a person is simply going about his daily routine. Many hazards in the home are things people don’t even notice and may have lived with for years. A poorly lit stairway, for example, or a loose rug. Clutter on stairs, broken stair rails or no stair rails at all, and no grab bars in the bathroom are all culprits. Another thing many people are not aware of is that improperly fitting footwear can cause a fall; so can flip flops and floppy slippers.

Here are some simple ways to “fall-proof” your home.

- **Remove clutter:** small furniture, pet bowls, electrical or phone cords, or other things can cause you to fall.
- **Arrange furniture to give you plenty of room to walk freely.** Also remove items from stairs, hallways, and pathways.
- **Be sure that carpets are secured to the floor and stairs.** Remove throw rugs, use non-slip rugs, or attach rugs to the floor with double-sided tape.
- **Put non-slip strips on floors and steps.** Put non-slip strips or a rubber mat on the floor of your bathtub or shower, as well. You can buy these items at a home center or hardware store.
- **Try to avoid wet floors wherever you go, and clean up spills at home right away.**
- **During the winter, ask someone to spread sand or salt on icy surfaces.** Be sure to wear boots with good traction if you must go out when it snows.
- **Good lighting—inside and outdoors—can decrease your risk of falls.** Good lighting on stairways is especially important, as are light switches at the top and the bottom of stairs.
- **Place a lamp within easy reach of your bed.** Put night lights in the bathroom, hallways, bedroom and kitchen. Keep a flashlight by your bed in case the power goes out and you need to get up.
- **Have handrails installed on both sides of stairs.** If you must carry something up or down the stairs, hold the item in one hand and use the handrail with the other, and be sure you can see where your feet are stepping.
- **Have grab bars installed in your tub and shower,** and next to the toilet and use them every time you get in and out of the tub or shower.
- **Rearrange often-used items in your home to make them easier to reach.** Store boxes and cans of food, dishes, clothing and other everyday items within easy reach, so you don’t have to stand on a stool to get them.

You don’t have to be one of the millions of Americans who falls every year. By taking these few precautions, you can take a firm stand against falling.

For more information on preventing falls or attending a workshop, call the Task Force at University Hospital at 973-972-1025.

University Hospital is helping people at risk for falls stay balanced. Three members of the Fall Prevention Task Force recently became certified master trainers for a program known as “A Matter of Balance: Managing Concerns About Falls.” (MOB), and the hospital is also now licensed as an MOB trainer site. The master trainers are Lydia Albuquerque, APN, from the Heart Failure Program; George Gabriel, PT, from Physical Medicine and Rehabilitation; and Monica Hanna, Certified Health Educator (CHES) from Ambulatory Care.

As master trainers, the three will teach others to become MOB volunteer coaches. The coaches will then teach the program—in the community and in the ACC—to advocates and older adults concerned about falling. Clients are enrolled in group sessions designed to decrease their fear of falling and increase their activity level. MOB is based upon research conducted by the Royal Center for Enhancement of Late-Life Function at Boston University, and so far reported outcomes have been extremely positive. This effort is in collaboration with the NJ Department of Health and Senior Services and Maine Health.

The trainers attended the two-day workshop as part of an action plan developed by the UH Falls Prevention Task Force, which is chaired by Lois Greene, DHA, Nursing Director, ACC. The vision is to achieve a culture of safety at UH that helps inpatients as well as members of the local community.

For further information on the program, please contact Navigator Anna Padilla at 973-972-0856 or padillan@uhnj.org.
New Community Is Hiring: Open Positions

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

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

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

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

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

Dietary Aide
Full Time - 40 hours
Responsible for handling food in accordance with sanitary regulations, serving only food specified by diet lists, meeting meal schedules, and cleaning schedules, serving food at proper temperature and following direction carefully. Maintenance Worker Full Time - 40 hours Must be skilled in basic repair, painting, plumbing, carpentry, and electrical. Maintenance worker must be responsive to residents and work as a team member with coworkers and management.

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

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

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

Man’s Best Friend Shows TLC To Nursing Home Residents

Kathleen Sternas, Rocky’s handler, went around the room with Rocky on his leash to familiarize him with his surroundings (Rocky has vision problems due to cataracts, Sternas explained). But before long, Rocky was off his leash, bounding around the room whenever someone called his name. Residents took turns tossing a red frisbee that Rocky fetched.

While several residents petted Rocky and tossed his frisbee, Elizabeth Hairston maintained her distance. But as she watched, a soft smile spread across her face.

Advocates of pet therapy say that animals enrich the lives of people by offering a sense of comfort, security, companionship and loyalty.

Rocky, held by Kathleen Sternas, associate professor at the College of Nursing at Seton Hall University, greets resident Elizabeth Hairston, seated, and Activities Director Elizabeth Brookins, left.

“Most of the residents enjoy having pets around,” said Elizabeth Brookins, activities director at New Community Extended Care.

Residents of the New Community Extended Care Facility put their game of bingo on pause to greet Rocky.

It’s not often that you hear paws trotting down the hallways at New Community Extended Care Facility.

Or see a wagging tail, for that matter.

Recently, residents of the Extended Care Facility got a visit from a furry, four-legged friend who introduced himself—with a quick sniff and a happy wag—to anybody who crossed his meandering path.

Rocky, a mixed breed dog known as a Cockapoo, provided entertainment, amusement and excitement when he showed up at the third floor activity room, during a game of bingo.

After the game was put on pause, the nursing home residents gathered in a circle. It was time to play.

Two women petted Rocky as he weaved his way around the third floor activity room at Extended Care.

Rocky is a friendly, mixed breed known as a Cockapoo.
A training session will be held March 9 at 12 p.m. at 274 South Orange Ave. in Newark. Anyone interested can call the Family Service Bureau at 973-412-2056 to register or for additional details.

New Jersey is one of several states since September 2015 that has made Narcan available without a prescription. “Over 44,000 people die from accidental drug overdoses every year in the United States and most of those deaths are from opioids, including controlled substance pain medication and illegal drugs such as heroin,” said Tom Davis, vice president of pharmacy professional practices at CVS/Pharmacy. “Naloxone is a safe and effective antidote to opioid overdoses and by providing access to this medication in our pharmacies without a prescription in more states, we can help save lives.”

The Family Service Bureau is training its staff in conjunction with the Center for Addiction Education Recovery and Success (C.A.R.E.S.) of Morris County, who received a training grant for northern New Jersey. C.A.R.E.S. provides free training designed to proactively prepare individuals, friends and family members on how to effectively respond to an overdose. Naloxone administration is an important component of an overall “Overdose Action Plan” that enables one to take specific actions to revive an individual who has overdosed, stabilization of individuals as safely as possible, monitoring of their current physical and emotional condition, and best practices on how to communicate with 911, EMTs, and Law Enforcement.

Some of the topics covered in the Naloxone trainings (at noon on March 9, 2016 at FSB) include the following:

- Opioid overdose prevention education
- Hands-on training on how to administer Naloxone
- Complementary Naloxone kits
- Explanation of the “Overdose Protection Act”
- Beyond NARCAN (treatment, options, on-going recovery programming)

The current opiate and heroin epidemic puts anyone at risk. Therefore everyone should consider learning more about Narcan. Narcan (naloxone) is an opiate antidote. Opioids include heroin and prescription pain pills like morphine, codeine, oxycodone, methadone and Vicodin. When a person is overdosing on an opioid, breathing can slow down or stop and it can very hard to wake them from this state. Narcan is a prescription medicine that blocks the effects of opioids and reverses an overdose. It cannot be used to get a person high. If given to a person who has not taken opioids, it will not have any effect on him or her, since there is no opioid overdose to reverse.

Knowledge Is Power: Learn How To Prevent Opioid Overdoses

NCC’s Annual Father-Daughter Dance

Saturday, April 2, 2016
from 7 p.m. to 10 p.m.
St. Joseph Plaza
233 West Market St. in Newark
For tickets, call Youth Services at 973-242-7934
Do you consider yourself to be someone that other people trust? Is it important to you that others regard you as someone that follows through on what you say you are going to do? If you were to ask three of your closest friends if they thought you were someone who kept his or her word, are you confident that they would say “yes”? Is your word your bond?

The saying “my word is my bond” means people can trust you because if you promise to do something, you will do it and your word alone is assurance enough. Many people don’t know that there are actually many biblical references to keeping one’s word. Throughout both the New Testament and the Old Testament of the Bible, people are encouraged to honor their word to the Lord and to one another. One scripture that really stands out about keeping your word is from 1 John 2:5, which says, “But whoever keeps his word, in him truly the love of God is perfected. By this we may know that we are in him: whoever says he abides in him ought to walk in the same way in which he walked.” Every time you give someone your word, you’re putting your integrity on the line. That is why it’s important to always consider what you say you are going to do before you agree to do something. While a convenient argument may be made that “something came up” or “things happen” when or if something prevents one from keeping their word, every effort should be made to make things right, on the occasion that your word cannot be kept.

Available Courses

| English for Speakers of Other Languages | Mondays through Thursdays: 10 AM to 12 PM or 6 PM to 8 PM |
| Citizenship | Saturdays: 9 AM to 12 PM |
| Computers  □Basic & Intermediate Levels | Saturdays: 9 AM to 12 PM or 12 PM to 3 PM |
| ABE, Pre-GED, & GED (English only) | Mondays through Thursdays: 9:30 AM to 1:30 PM or 5:30 PM to 8 PM |

Free Services

| Health Screenings |
| Physicals, Mammograms, Cholesterol, Nutrition, etc. |
| Open Community |
| Free workshops conducted by private institutions and/or volunteers for the general public |
| Other Services |
| □Community organizing |
| □Community rooms |
| □Social services referrals |

Cursos Disponibles

| Inglés para Hablantes de otras Idiomas |
| Lunes a jueves: 10 AM a 12 PM o 6 PM a 8 PM |
| Ciudadana |
| Sábados: 9 AM a 12 PM |
| Computadora  □Nivel B: sálico e Intermedio |
| Sábados: 9 AM a 12 PM o 12 PM a 3 PM |
| ABE, Pre-GED, & GED (Ingles solamente) |
| Lunes a jueves: 9:30 AM a 1:30 PM o 5:30 PM a 8 PM |

Servicios Gratuitos

| Examenes Médicos Gratuitos |
| Físicos, Mammografías, Colesterol, Nutrición, etc. |
| Comunidad Abierta |
| Talleres gratuitos conducidos por instituciones privadas y/o voluntarios para el público en general |
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Is Falling Normal For Older Adults?

True or false: Falling is a normal part of aging?

This widely held notion is false, according to Anup Dhage, senior physical therapist at Newark Beth Israel Medical Center. Falls are not a normal part of aging and can thus be prevented, he said.

Dhage recently gave an educational presentation to the residents of Gardens Senior. Annie Dobson, a 67-year-old resident, found his presentation to be informative. “I learned how to prevent a fall, how to protect yourself and make your home safe,” she said.

If you do happen to fall, “The last thing you should be concerned with is embarrassment,” Dhuge said. “Nobody is laughing at you.”

Fast facts about falling:

- If you take more than four medications, you are at a greater risk of falling.
- Slow walkers are at greater risk of falling than fast walkers (fast walkers have a quicker reaction rate and can avoid potential falls more easily).
- Most falls occur inside a person’s home. The greatest risk is often found in the footprint between the bedroom and bathroom.
- Approximately 30 percent of falls occur at an unfamiliar public place.
- Men report falls less than women.
- Falls can have an impact on a person (1) socially, (2) physically and (3) financially.

My Word Is My Bond

By Lesley Leslie

Do you consider yourself to be someone that other people trust? Is it important to you that others regard you as someone that follows through on what you say you are going to do? If you were to ask three of your closest friends if they thought you were someone who kept his or her word, are you confident that they would say “yes”? Is your word your bond?

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B-I-N-G-O: Show Me Your Game Face, NCC

New Community is offering free income tax preparation services to qualified individuals during tax season. The services are offered at the NCC Family Resource Success Center, located at 131-185 Bergen St. in Newark, through the Volunteer Income Tax Assistance (VITA) Program. For more information or to set up an appointment, please call 973-565-9500.

Residents can make an appointment to meet with a tax preparer Tuesdays from 10 a.m. to 2 p.m. or Wednesdays from 4 p.m. to 8 p.m. The services are available now until April 15, but don’t wait until it’s too late!

By appointment only
Call 973-565-9500

Residents of New Community got their serious game faces on for a special round of Mardi Gras bingo recently. Photos courtesy of Angeli Martinez.