



CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Volume 32 — Issue 11 ~ November 2015

Caring Medical Team To NCC Founder's Rescue Three Doctors, Plus NCC's Nursing Director, Call Successful Medical Procedure A 'Miracle'



Monsignor William J. Linder, center, founder and board chairman of New Community, with Dr. Najam Wasty, left, and Dr. Mark Granata. Photo courtesy of Veronica Onwunaka.

Each day, New Community Director of Nursing Veronica Onwunaka changes a bandage that protects the left foot of NCC Founder Monsignor William J. Linder.

It's not an elaborate process but it requires at least two sets of hands, a watchful eye and the utmost attention given to complete cleanliness.

Wearing latex gloves, Onwunaka carefully unwraps several sponges, pads, gauze and bandages. She snips off the old bandage and cleanses the now recovering foot before applying a new bandage, with the help of another nursing home staff.

Continued on page 4

NCC Shines In Commitment To Helping House Veterans



Madge Wilson, left, visits Vietnam veteran Nathaniel Lawrence at his apartment at New Community Associates in Newark.

Madge Wilson's phone is constantly ringing.

Starting about four years ago, a growing number of those calls to Wilson, NCC board member and outreach coordinator, sought help for military veterans who were about to become homeless.

Since then, New Community has grown in its commitment to house vets like Nathaniel Lawrence.

A Vietnam-era veteran, Lawrence, now 58, resides at New Community Associates, a senior and disabled adult complex at 180 South Orange Ave. in Newark.

Wilson has played a key role in assisting about 15 veterans on the brink of homeless find housing at New Community.

"Everyone comes to me. I don't know where to start first," Wilson said with a smile.

It was 2011 when Lawrence was being discharged from the Veterans Administration Hospital in East Orange and had no place to go. He had been temporarily staying at his brother's house for two months and couldn't stay any longer.

A nurse at the VA hospital told him about Wilson. Wilson jumped on the case and in a matter of days, Lawrence was set up with an apartment at New Community, a space of his own that Wilson ensured was properly furnished.

"I had no furniture. All I had was the TV," Lawrence said during a recent visit with Wilson.

"I wanted to make sure you were okay," Wilson said.

Continued on page 3

GOP Debates Prove Fruitless

Editorial

By Monsignor William J. Linder

As I watched the televised Republican presidential debates, I became increasingly disturbed at the thought of Election Day drawing near.

There really must be stricter qualifications for a candidate to throw his or her hat into the ring for the presidential race.

Here's what I would propose (and it has nothing to do with showing one's birth certificate). Presidential candidates should a.) be able to identify what are the vital issues facing Americans today, and b.) articulate a pragmatic plan for how they would address such critical issues.

That's really what it should come down to.

Instead, American voters have watched a group of GOP presidential hopefuls stoop to a new low as their televised exchange spiraled into utterly ridiculous banter—and signaled a painful avoidance of the real challenges facing today's society.

Candidates like Wisconsin Gov. Scott Walker were too busy lobbing one-liners, such as when he said, "Mr. Trump, we don't need an apprentice in the White House. We have one right now." Walker has since pulled out of the race.

And don't even get me started on the fact that Donald Trump has been a frontrunner in this contest and the sign of desperation that reveals.

If voters wanted to sit back and watch a brawl for entertainment value, they could simply head over to Madison Square Garden. Let me be clear, a presidential debate should be something different.

Where was the relevant discussion about preserving public housing? Or any incisive questioning about super PACs and whether they are, in fact, the enemy of democracy? Where was the substantive debate?

The Kennedy-Nixon debates in 1960 remind us of a radically different era. As the first televised presidential debate in the nation's history, the event made the democratic process even more accessible to any citizen who could watch TV. Both candidates came armed with substantive arguments. The end result, aside from Kennedy's victory, was that Americans turned out to the polls in record numbers. Today's GOP debates, in contrast, are fostering a cancer-like cynicism among voters.

Over time, presidential debates have lost much of their practical usefulness, as well as intellectually stimulating luster, but these recent ones have been classic!

The New Community Clarion

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

Editor, Writer and Photographer

Eunice Lee

Graphic Design and Layout

RayZo Marketing Inc.

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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.

New Community

Is Proud To Announce The
Opening Of
The Financial Opportunity
Center
Located Inside The Shopping
Complex Of



See The Story On Page 5
For More Details!

Around the Network

NCC Seniors Score Bargains, Shop For Basics



Seniors from New Community Douglas Homes recently took a trip to Walmart that was organized by Health and Social Services. In addition to scoring bargain deals on items such as kitchen appliances, residents from the senior and disabled adult complex at 15 Hill St. in Newark were able to stock up on basic household necessities. The Department of Health and Social Services interacts closely with NCC's family and senior housing units and promotes an active, healthy lifestyle. For more information, call the department's main office at 973-623-6114.

Photos courtesy of Angeli Martinez.

Nursing Home Honors One Of Their Own For National Bosses Day



Elizabeth Brookins, left, activity director at New Community Extended Care Facility, received recognition from her staff in honor of National Bosses Day in October. Assistant Activity Director Yonette Semple, right, presented Brookins with a plaque that recognizes Brookins for her years of service at the nursing home since 1992. For more information about New Community Extended Care, call the front desk at 973-624-2020.

Photo courtesy of Robert Smolin.

Teaching Fire Prevention From An Early Age At NCC



Firefighters from the Newark Fire Department visited NCC Community Hills Early Learning Center to educate students about Fire Prevention Month. As a special part of the fire department's visit to CHELC, firefighter Najiy Davis, the father of students Zaniyah and Zionyah Davis, read a story during the classroom visit. *Photos courtesy of Nelly Payen.*



Employee Of The Month: Robin Harris



Robin Harris, right, a licensed practical nurse at New Community Extended Care, is able to visit her mother, Cheryl, left, at the nursing home.

Robin Harris says she can easily recall the moment that changed the course of her life.

A licensed practical nurse at the New Community Extended Care Facility, Harris first started working at the nursing home as a home health aide in 1994.

As a home health aide, Harris managed residents' laundry, helped with

cooking and ran errands to the store. As an LPN, her duties advanced to administration of medication, injections and monitoring vital signs, among other responsibilities.

"I like to help people," said Harris, a Newark resident.

Years ago, however, Harris learned a hard lesson that she first needed to help herself.

As a young mother on welfare with four children at the time, Harris said she clearly remembers standing outside on a July day, waiting to cash a check. The heat was beating down on her young kids. Harris never forgot how she felt at that moment.

"It was totally embarrassing," she recalled. "I wanted them to see something positive."

So she decided in 2002 to enroll in the LPN training course offered at the time through NCC's Workforce Development Center.

By December of 2004, she had taken the exam and was back at Extended Care in her new role in 2005. Her salary had tripled as an LPN, according to Harris.

"Robin is a conscientious and competent nurse who helps everyone at New Community Extended Care Facility, including her residents, the staff, doctors and visitors," Robert Smolin, administrator, said.

In early October, Harris' mother, Cheryl, was admitted to the nursing home to undergo rehabilitation. Harris visits her mother often, to check on any needs. "They have a good rehab," she said of her decision to bring her mother to NCC for care.

Harris said she enjoys working closely with the residents of Extended Care. "I like to see the patients do well and get better," she said.

Harris has five children. She enjoys cooking chicken, along with macaroni and cheese, spending time with her grandkids and attends St. John Baptist Church in Newark.

NCC Shines In Commitment To Helping House Veterans

Continued from page 1

Wilson works with NCC's Property Management to ensure that vets quickly find a place to live. So far, most veterans have been placed at two senior buildings in Newark, which offers camaraderie among fellow vets, if they desire to seek it out.

New Community is also continuing to push forward on its project called "A Better Life," a planned supportive housing complex comprised of 21 efficiency apartments and three respite care units for the chronically homeless, including veterans.

As a sign of New Community's long-term commitment to helping homeless veterans, A Better Life will feature a partnership with University Behavioral Health Care, which is part of Rutgers University, to provide comprehensive behavioral and health care services on site.

For Lawrence, NCC's dedication to helping vets came at the perfect time, through Wilson's help, which included finding donated living room and bedroom sets to furnish his apartment at Associates.

"Really, it worked out wonderful. She got everything that I needed," Lawrence said. "Someone was listening, someone cared," he added.

New Jersey has a veteran population of more than 350,000, according to the VA's data from fiscal year 2015.

FAST FACTS ON VETERANS

51 percent of homeless vets have disabilities

50 percent have serious mental illness

70 percent have substance abuse problems

Source: National Coalition For Homeless Veterans



New Community Corporation

St. Joseph Plaza

233 West Market St. Newark, NJ 07103

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

Where the Music Comes Alive

NOVEMBER 2015

Live Entertainment & Music Calendar

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

NOVEMBER 6TH

GREG BUFFORD QUARTET

NOVEMBER 13TH

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NOVEMBER 27TH

MADAME PAT TANDY



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

Three Doctors, Plus NCC's Nursing Director, Call Successful Medical Procedure A 'Miracle'

Continued from page 1



Veronica Onwunaka, right, director of nursing at New Community Extended Care Facility, played a key role in caring daily for Monsignor William J. Linder, left, as well as coordinating the team of medical professionals operating on his leg.

She takes painstaking care to ensure that Monsignor's foot is healing properly because of all that has transpired over roughly a year and a half.

Those closest to Monsignor, also chairman of the NCC board of directors, know that he's been surrounded by a team of medical professionals who, for several months, have been working tirelessly to prevent the amputation of his left leg.

"He should be walking soon," said Dr. Najam Wasty, a cardiologist who specializes in vascular intervention at Newark Beth Israel Medical Center, where Monsignor had his latest surgical procedure. Wasty was one of three doctors, plus Onwunaka, who cared for Monsignor.

After suffering a foot fracture in 2014, Monsignor's recovery became troublesome due to circulatory complications plus his condition as a diabetic, according to wound care specialist Dr.



Dr. Nicholas Guittari, a geriatrician, has been Monsignor's primary care physician for a few years.

Mark Granata, Monsignor's podiatrist.

After Monsignor underwent several procedures that attempted to open the blockages in his injured leg, his foot only got worse, Wasty said. The left foot eventually turned a shade of blue, possibly gangrenous, and his leg was at risk of an amputation above the knee.

"It never hit me until six months (along) that this thing was scheduled for amputation," Monsignor said recently.

The team dug in their heels and became more determined than ever.

Dr. Nicholas Guittari, a geriatrician and familiar face around New Community who serves as Monsignor's primary care physician, helped to connect the team of doctors and also worked closely with Onwunaka.

Granata described Onwunaka—who

accompanied Monsignor to a multitude of appointments, in addition to caring for his daily needs—as playing the role of coach for the team of doctors.

"If every diabetic had her as an advocate, I don't think we'd have many amputations," he said.

The latest procedure, at Newark Beth Israel, was successfully completed in roughly four hours, Wasty said. Using a newer gadget known as a re-entry catheter, the blockages that were preventing blood flow to the left foot were finally opened, going from 100 percent blocked to zero, he said.

Monsignor noted that the team worked together to persevere, even when the outlook was grim.

"It was very easy for them to give up but they didn't...they were determined," Monsignor said. "That's why I still have a leg," he added.

"They're not afraid to try," Onwunaka added. "That is important to give people hope."

For Wasty, Monsignor's endurance through the months-long process left the cardiologist impressed.

"It requires a certain amount of emotional fortitude on the part of the patient as well," he noted.

Monsignor said he was grateful for his entire team, for both their medical expertise as well as their compassion.

"They're wonderful people and they care," Monsignor said.

Pretty In Pink: Raising Awareness Of Breast Cancer At CHELC



NCC Community Hills Early Learning Center observed National Breast Cancer Awareness Month in October by "thinking pink." Students and staff at CHELC donned pink outfits, marched and displayed signs to raise awareness about breast cancer within the school community. According to the American Cancer Society, risk factors for breast cancer (not related to personal choice) include aging, genetic factors and family history, as well as (related to personal choice) alcohol consumption (increases risk) and physical activity (decreases risk). For more information, visit www.cancer.org/fightbreastcancer. **Photos courtesy of Nelly Payen**

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

Stronger Together: NCC Hosts Release Of Report On Economic Impact Of State's CDCs



Staci Berger, CEO of the Housing and Community Development Network of New Jersey.

Agencies like New Community Corporation pack a serious punch when it comes to contributing to New Jersey's economic activity, a recent report shows.

The report, titled "Stronger Together," illustrates how community development corporations across the state have contributed approximately \$12 billion to the state's economic activity over the last 25 years.

Staci Berger, CEO of the Housing and Community Development Network of New Jersey, which produced the report, and elected and community leaders gathered at New Community's headquarters at St. Joseph Plaza to officially release the report and laud the progress of CDCs, specifically in Essex and Union counties. NCC is a member organization of the HCDNNJ.

Richard Rohrman, CEO of New Community, highlighted the major

housing rehabilitation project of the Manor housing units for seniors and families during his remarks as a prime example of NCC's investment in the community.

"New Community is continuing to strengthen the economy of our region with our latest housing rehabilitation project in Newark, which is investing \$15.5 million into significantly improving the quality of life for more than 500 residents living in our New Community Manor property," Rohrman said. "By committing to help the most vulnerable residents, including low-income seniors and the disabled, we aim to ensure that Newark's economic progress is sustainable and includes all members of the community."

Mayor Ras Baraka offered words of praise but also reminded the group "that we have a lot of work to do."

Baraka was joined by other elected officials including state Assemblywoman Sheila Oliver (D-Essex) and Elizabeth Mayor Christian Bollwage, who also gave remarks.

"Our spheres of influence may be in different areas, but we share a lot of common ground," Rohrman said. "Just like all of you, we are in it for the long haul," he added.



Richard Rohrman, CEO of New Community, which is a member organization of the HCDNNJ and hosted the report release event.



Newark Mayor Ras Baraka lauded the work of CDCs, especially in Newark.



Assemblywoman Sheila Oliver (D-Essex) also gave remarks at the event.



Elizabeth Mayor Chris Bollwage praised the work of CDCs in Elizabeth and around Union County.

NCC Announces Opening Of Financial Opportunity Center

New Community Workforce Development Center is proud to announce the opening of a new Financial Opportunity Center (FOC) to serve low to moderate income residents.

The purpose of the center, also called an FOC, is to help individuals and families in need of financial services boost their earnings, reduce expenses and make good financial decisions that lead to asset building through an integrated service model approach.

The FOC will be located inside the Pathmark Shopping Center, at the site currently known as the NCC Family Resource Success Center at 131-185 Bergen St. in Newark. The opening of the new FOC, which will include the hiring of new staff, will serve to rebrand the Family Resource Success Center as a transformed NCC site that's enhanced with an expanded offering of financial services.

The following services will be offered at the FOC:

- Employment services
- Financial coaching
- Public benefits screening
- Job preparation
- Credit counseling
- Financial literacy
- Referral to NCC job training programs such as automotive, building trades, culinary arts, healthcare and retail

Students enrolled in the job training courses offered through NCC's Workforce Development Center will be among the primary targeted audience to receive services at the FOC, according to Rodney Brutton, director of Workforce Development.

"The Financial Opportunity Center will be the bridge to develop quality financial habits in our students and will ensure that they understand that making good financial choices leads to greater stability," he said.

Additionally, employees of New Community and low to moderate income residents of the area can avail themselves of services at the FOC, which opens November of 2015 with five staff members.

The Family Resource Success Center will continue to exist and offer its services, such as NJ Shares, free tax preparation and sewing classes, within the revamped space designed for the FOC. The FOC will be open Monday through Friday from 9 am. to 5 p.m. (with evening hours). The phone number for the FOC will remain the same as the current main number for the Center at 973-565-9500.

Social Security News

Your Savory Recipe For Retirement

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

The gravy is steaming next to the savory stuffing and sweet potatoes. There are four types of pie for dessert — pumpkin, apple, sweet potato, and pecan. Every family has its own unique Thanksgiving dinner traditions but, as we all know, a carefully followed recipe is key to creating a perfect holiday meal.

If you fail to plan, or measure your ingredients poorly, your pie could be a real flop. The same can be said for financial planning and preparing for your future.

Follow this perfect recipe, and you'll be rewarded with a delightful retirement:

First, start your retirement pie with a visit to the Retirement Estimator. Just drop in some simple information and the Estimator uses your past earnings and estimated future earnings to project about how much you'll get when you retire. You can experiment with the recipe and drop in different future earnings and retirement dates until your financial security in retirement is just the way you want it. Visit our Retirement Estimator at www.socialsecurity.gov/retire/estimator.html.

Next, stir in the savings. Social Security replaces about 40 percent of the average worker's pre-retirement earnings. Most financial advisors say you will need 70 percent or more of pre-retirement earnings to live comfortably. To supplement Social Security you'll also need savings, investments, pensions, or retirement accounts to make sure you have enough money to enjoy retirement. If you have a pension from your employer, or a 401(k), IRA, or similar retirement fund, be sure to add that into the mix.

You like to taste while you bake, don't you? Then you'll want to set up an online secure my Social Security account so you can log in anytime to check your reported earnings and projected benefit estimates. If something doesn't seem just right, there's still time to make corrections. So, if your earnings are reported incorrectly, or if you find you need to save more to meet your retirement goals, there's still time to make corrections before your retirement pie is done. You can visit my Social Security online anytime, even on holidays, at www.socialsecurity.gov/myaccount.

After you've added the ingredients of Social Security earnings, personal savings, and any pensions you may have, let the retirement pie bake. When the retirement pie is ready, enjoy it! You deserve a comfortable retirement.

If you need more recipes for a long and healthy retirement, visit us at www.socialsecurity.gov.

SENIOR SPOTLIGHT: Barbara Johnson



Barbara Johnson is the "voice of reason" in her building, says Alisha Chatman-Jenkins, care coordinator at Roseville Senior.

Barbara Johnson loves to get lost in any good, suspense-filled story.

She's part of a book club where she receives a monthly selection of books at Roseville Senior, one of New Community's residences for seniors and disabled adults in Newark, where Johnson has lived for eight years.

"I'm a reader," she said. "I love mysteries."

She also enjoys the thrill of television shows such as "NCIS," "Murder, She Wrote," and "Law and Order."

However, Johnson still finds plenty of time to be involved in the life of her building, according to Alisha Chatman-Jenkins, care coordinator at Roseville Senior.

"She likes to stay busy and is an extremely impactful resident" at Roseville Senior, Chatman-

Jenkins said.

Johnson, 71, is no bookworm when it comes to getting to know her neighbors, however.

"I don't meet strangers," she said. "Maybe it's just my personality."

As the sergeant-at-arms during Tenant Association meetings—where disputes and conflicts are addressed—Johnson's presence helps to maintain order.

"Ms. Barbara is who I call the voice of reason in the building," Chatman-Jenkins said. "When there are problems in the building amongst the residents and everyone is in an uproar, she is the one to calm any situation to where they all can talk to each other as adults."

Born in Baltimore, Md., Johnson moved to New Jersey in 1962 upon graduating from high school. In 1965, she married and moved to Gary, Ind., where she worked on the railroads as a clerk and spent time outdoors, recording numbers on the freight trains and tracking what came in and out of the yard.

"A lot of people didn't know they hired women," Johnson recalled, noting that she was the third African-American hired at the company. She left the Midwest after she and her husband separated and returned to Newark.

At Roseville Senior, Johnson promotes resident participation in meetings, educational workshops and trips, Chatman-Jenkins said.

"All she says to me is, 'Give (me) the time and date and I will do the rest,'" she said of Johnson.



Wellness Tip
November, 2015

Each year, influenza ("the flu") causes 3.1 million hospitalization days and 34.1 million visits to a health clinic. People age 65 and over, very young children and individuals with compromised immune systems are at greatest risk of being hospitalized or experiencing serious complications or even death.

SCIENCE BEHIND THE SHOT

Fact: The flu shot is never 100% effective, but it substantially decreases your risk of contracting the flu. If you do get the flu, your symptoms won't be as serious.

PROTECTING BEYOND YOU

Fact: As with any infectious disease, vaccinating yourself against the flu not only protects you, but others, and the more people protected, the less likely the flu will spread.

STOP
THE
FLU!

HOW MUCH DOES IT COST?

The flu vaccine is free for Medicare Part B beneficiaries. For Medicare Part D and Medicaid beneficiaries, please check your coverage.

OPTIONS BEYOND THE SHOT

Don't like needles? A nasal spray vaccine is available for people through 2 and 49 years of age. Also there are allergy-free vaccines available.

Ask your doctor, nurse or other health professional which vaccine might be best for you. There are more than one vaccine and injection methods available, so be sure to ask.

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

To learn more, please visit www.cdc.gov/flu

Climbing Higher, Former NCC Student Forges Successful Career Path



Wanda Rodriguez first came to New Community to take English classes and is now planning to pursue a master's degree in social work. Photo courtesy of Wanda Rodriguez.

It's been quite a journey for Wanda Rodriguez to get to where she is now.

And she hasn't got plans to stop anytime soon.

Rodriguez is currently in the process of purchasing her first house. In January, she will enroll at Rutgers-Newark to pursue a master's degree in social work—a goal that she's been pursuing, but has eluded her, for a few years.

Her classes will begin in January of 2016.

"If you really want to pursue something, it's a matter of determination," said Rodriguez, 32.

She's come a long way since first walking through the doors of New Community in 2004.

Martina Lopez-Nunez has known Rodriguez for years and first met her when she signed up for English classes at what's now called the NCC Adult Learning Center, where Lopez-Nunez is the program coordinator.

The two women struck up a conversation that eventually grew into a mentorship relationship, according to Rodriguez.

In addition to the English for Speakers of Other Languages class, Rodriguez enrolled in a computer course at the center. She was hungry to gain skills and better her circumstances, having moved to New Jersey from the Dominican Republic just two years earlier.

Equipped through the ESOL class, Rodriguez enrolled at Essex County College, where she earned an associate's degree in early childhood education. Next, she went to Rutgers-Newark to earn her bachelor's degree in social work.

However, it wasn't an easy road, Rodriguez acknowledged. She juggled three jobs to support herself, taking on gigs like cleaning bathrooms

in a municipal building or working at fast food joints, and recalled riding a bicycle to her various responsibilities for several months.

But over time her career progressed, step by step. After landing jobs in early childhood education, Rodriguez was hired to oversee student social work cases at Eastside High School in Paterson. Most recently, she was selected to become director of the high school's daycare center.

"I see a lot of families that need support," Rodriguez said, noting that her current role bridges her passion for the classroom with her interest in social work.

For Lopez-Nunez, Rodriguez's educational and career path over the last 11 years is a testament to the Adult Learning Center's role in helping to build lives and launch careers.

"That is very satisfying," Lopez-Nunez said of serving as a mentor figure and witnessing Rodriguez's progress.

For Rodriguez, the message she said she'd like to impart on young people who find themselves in a similar situation is this: don't give up.

"I try to give them the message (that) you can do whatever you want to do," she said adding, "It's a matter of hard work."

Residents At Orange Senior Get Tips On Fire Prevention, Safety



Members of the Orange Fire Department gave an educational presentation on fire safety and prevention to the residents of NCC Orange Senior.



The presentation was well attended and residents received educational material on fire safety as well as giveaways, such as magnets, pens and bracelets.



Elo Anyaoku, standing far right, a resident of Orange Senior, asks about preventative measure during the question and answer session.



Fire Director Kenneth Douglas urged residents to use precaution around cigarettes.

Ready To Roll: NCC Seniors At Jersey City Take Shopping Trip



Residents of New Community Hudson Senior at Jersey City recently took a trip to go shopping at Walmart and the Plaza at Harmon Meadow in Secaucus, which has a variety of restaurants, movie theater and other services. New Community Health and Social Services works with residents of the NCC senior and disabled buildings—located at Newark, Orange and Jersey City—to maintain an active lifestyle and good quality of life.

As Luck Would Have It



When he was in high school, Jack Holmes Goodwin often astounded his friends with the pool shots he could make. His uncle taught him to play when he was 12, and by the time he got to high school he was a whiz. His extraordinary ability with a cue stick earned him the nickname “Lucky.”

The name didn’t follow him into adulthood; today his friends simply call him Jack. But luck never left his side. He recently survived a heart attack, he says, because of the cardiologists at University Hospital (UH) and the luck that got him there in time.

The East Orange resident began having trouble breathing last December. He had to use three pillows to sleep at night and couldn’t walk up a hill without stopping four or five times to

catch his breath. “I was like the Big Bad Wolf,” he says. “I was always huffing and puffing, especially when I tried to do any kind of exercise.” He continued to feel worse, and finally on New Year’s Day 2015, he asked his friend to take him to University Hospital. He was rushed to the Emergency Room when he told the security guard that he was having difficulty breathing. “It turns out I was having a heart attack and didn’t know it,” he says.

Goodwin’s heart was only working at 20 percent capacity, and he was suffering from congestive heart failure, a condition in which the heart is not able to pump blood through the body as it should. He recovered, and before leaving the hospital he was told about UH’s Healthy Heart Program. The program is designed to help patients with congestive heart failure manage their symptoms, thus reducing their odds of hospital readmission. “I’ve learned so much about caring for myself,” Goodwin says. “I found out that walking and biking are good for your heart, for example, and that it is very important to take your medications on time, and not wait. I’ve also learned to eat a healthy diet.” On his own, Goodwin organized a group of friends from his church, family members and one

Healthy Heart Program member who, together, take a brisk walk around Newark every Sunday morning. He goes rain or shine, but doesn’t expect the others to join him in bad weather. He also rides his bike and looks for the biggest hills he can find. “It’s like a miracle,” he says. “I feel like I’m 21 years old. I’m enjoying my life again because of University Hospital.”

He also has nothing but praise for his UH cardiologist Pallavi Solanki, MD, FAAC, Director of the Advanced Heart Failure and Mechanical Circulatory Support Program at UH. Along with making him feel “safe,” he says, she explains exactly what he needs to know about his condition, in terms he can understand. “I actually enjoy coming to see her,” he says. “How many people do you know who enjoy going to the doctor? I am very blessed.”

And he’s as active as ever, including playing on a team for the American Poolplayers Association. He plays in local tournaments and in Las Vegas, and has a reputation as someone who is hard to beat. “It’s not luck that keeps me winning; it’s strategy,” he says. “But when it comes to my health, I am one lucky guy.”

If you or someone you know is in need of a cardiologist, call 973-972-7400.



UH Cardiologists are Featured in Magazine

Dr. Marc Kalpholz, James Maher and Pallavi Solanki, from University Hospital’s Division of Cardiology, are featured on the cover of the latest issue of MD News magazine. The story, titled “University Hospital Integrates Collaborative Practices, Advanced Technology and Clinical Research,” looks at the many positive outcomes that cardiac patients at UH experience, the hospital’s groundbreaking research and the Healthy Heart Program.

To read the article go to:

<http://viewer.e-digitaledition.com/i/554126-august-september-2015>.

University Hospital’s cardiologists use the latest medical techniques and state-of-the-art technology to treat all forms of heart disease.



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.

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 requirements of each position, visit www.newcommunity.org/human-resources/employment-opportunities.

Extended Care - Housekeeping: Porter
Part Time - 30 hours

Environmental Services: Superintendent
Full Time - 40 hours

Must be skilled in plumbing, carpentry, painting, and electrical. Assume leadership, work diplomatically

to solve repair problems in the building, maintain exterior grounds, and maintenance of boiler room; be responsive to residents and be able to work as a team member with Building Manager and Environmental Services Department.

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.

Harmony House Early Learning Center: Teacher Assistant

Full Time - 40 hours

Participate as an integral part of the teaching team for the purpose of carrying out the program as planned in coordination with the Teacher, taking into account the social, cognitive and health needs of the children.

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 5-7 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. The PM will be required to implement, design and maintain a resident retention program, including, but not limited to, processing reports, conducting daily/annual inspections and monitoring to ensure all safety policies are followed according to Occupational Safety and Health Act (OSHA).

Security: Security Officers

Full Time - 40 hours

Workforce Development: Financial Coach

Full Time - 40 hours

The Financial Coach position offers a unique opportunity for a highly motivated individual to work in a growth-oriented program, Financial Opportunity Center (FOC) that is dedicated to helping low to moderate income families change financial behavior, build assets and become financially stable. FOC provides individualized financial coaching for participants to help them reach target goals including credit score; budgeting; saving; utilization of quality financial services; and asset development. The Financial Coach will work directly with families/individuals in our FOC program to ensure that families reach their educational, financial, and asset goals.

Send your resumes to human.resources@newcommunity.org or fax 973-639-7866.

Quick Turnaround: Rehab At NCC Gets Man Back On His Feet



“I thought in my mind that I would never walk again,” said Wayne Bullock, who underwent rehabilitation at New Community Extended Care Facility.

During the summer, Wayne Bullock was in a world of pain.

But a mere three weeks of physical therapy at the New Community Extended Care Facility made a world of difference for the 57-year-old Newark resident.

“I couldn’t walk, I couldn’t bend,” Bullock recalled. But his progress since then has been remarkable, he noted. “I went from a wheelchair to a walker to a cane,” he said.

After being discharged from Saint Michael’s Medical Center in August, Bullock came to the New Community Extended Care Facility for rehabilitation. Previously, Bullock said he had health issues with his liver that also impacted his

mobility.

“I couldn’t bend my legs but I said, it’ll pass,” he said. But suddenly one day, his legs collapsed, he said.

“My legs were like the scarecrow from the Wizard of Oz,” Bullock said with a chuckle. “I thought in my mind that I would never walk again.”

Staff at Saint Michael’s referred Bullock to Extended Care, where he came into the care of Occupational Therapist Janneth Gallosa.

The next three weeks were marked by intensive rehab sessions—two hours a day for five days a week.

In just the first week and a half, she said, Bullock made “big strides.”

“If I tell him to lift up his leg, he’ll always do it. He won’t argue with me,” Gallosa said.

“That’s why his progress was really fast,” she added.

In addition to his liver condition, Bullock faced other health challenges. At age 35, he went on disability after his lung had collapsed. He had led an active life, having majored in physical education in college and taught gymnastics. Previously, he also worked for Blue Cross Blue Shield as a word processor and worked a side gig teaching a middle school gymnastics squad in East Orange.

Now at home, Bullock said he plans to continue with exercises, such as throwing a ball against a wall, going up steps and walking without the assistance of a cane.

He stride has gotten stronger and his footing surer each day.

“I had to prove to myself I’m going to walk again,” he said. “I started in a wheelchair.”

See more photos on:  
facebook.com/newcommunitycorporation

FAMILY SERVICE BUREAU OF NEWARK

New Program At FSB: Living In Balance

The *Living in Balance* program, sometimes referred to as the LIB program, is a comprehensive and practical guide for conducting group and individual treatment sessions for persons who have a substance use disorder, with sessions dedicated to serve clients who also have a co-occurring mental health disorder. Living in Balance can be used as the core treatment or as an adjunct treatment strategy, depending on the clinical setting, level of care, and type of program. Danya International, Inc., developed the Living in Balance program and published the program with Hazelden Publishing in 2003 as one of the top programs for the treatment of substance use disorders. In 2015, Living in Balance was updated for DSM-5 compliance, and sessions were added to cover rising topics such as chronic pain and opioids, chronic disease management, older adults in recovery, and medication-assisted treatment for substance use disorders.

We here at Family Service Bureau of Newark are excited to begin to implement LIB as Gateway to Freedom's new Substance Abuse Program curriculum in both the Intensive Outpatient Program (IOP) and Outpatient Program (OP): The evidence-based Living in Balance Collection draws from cognitive-behavioral, experiential, and Twelve Step approaches. Living in Balance is a comprehensive recovery program that incorporates a biopsychosocial approach to strengthening neglected areas of an addict's life. Sessions can be easily customized for specific client populations or treatment tracks. Living in Balance views a severe substance use disorder, or addiction, as a "chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences" (National Institute on Drug Abuse 2007).

Addiction is viewed as a biopsychosocial process in which various biopsychosocial factors act as risk or protective factors, thereby increasing or decreasing the likelihood of the onset, maintenance, or relapse of addiction and substance use behaviors (Institute of Medicine 1996). As a result, Living In Balance is likewise biopsychosocial in nature. The Living in Balance program centers on sets of interactive client worksheets that teach, engage, and motivate clients in therapy sessions with a counselor. Each session is devised to be simple for counselors to facilitate, with easy-to-use materials and contain optional relaxation, role-play, or visualization exercises. The Core Program is made up of 12 unique sessions to help clients address life issues that are central to achieving successful recovery. Sessions 1-12 comprise the core of the program and address basic issues commonly faced by clients in early recovery. Session topics are: Definitions, Terms, and Self-Assessment; Alcohol and Other Drug Education; Triggers, Cravings, and Avoiding Relapse; Planning for Sobriety; Alcohol and Tobacco; Spirituality; Sex, Alcohol, and Other Drugs; Stress and Emotional Well-Being; Skills for Reducing Stress; Negative Emotions; Anger and Communication; and Relapse Prevention Basics.

Recovery Management sessions includes the following: Introduction to Self-Help Groups; the Twelve Steps; Sexually Transmitted Diseases; Focus on AIDS; Nutrition and Exercise; Physical Wellness; Problem Solving; Attitudes and Beliefs; Human Needs and Social Relationships; Family Matters; You and Your Parents; Child Development and Parenting Skills; Educational and Vocational Goals; Money Management; Insurance and Consumer Credit; Sexual Abuse; Compulsive Sexual Behavior; Addiction and Loss; Grief: Responding to Loss; Spirituality and Personality; Advanced Relapse Prevention; Medication-Assisted Treatment and Twelve Step Recovery; Chronic Pain and Opioids; Chronic Diseases; and Older Adults.

Also being used in the IOP and OP groups are 10 Living in Balance with Co-occurring Disorders sessions that integrate a client's mental health disorder into their addiction treatment program and help to bring their life into balance. These sessions are facilitated by one of our Mental Health Clinicians whom are actively pursuing their licensure as a Licensed Clinical Alcohol and Drug Counselor (LCADC). Also included with the Core Program is an audio CD of relaxation and visualization exercises and this unique component is an ideal tool to begin each session. Co-occurring

Disorders Sessions focuses on co-occurring disorders topics, including treatment, phases of dual recovery, self-help groups, medication use, relapse prevention, and more. It includes a facilitator guide and 10 client sessions with associated printable client worksheets.

The Co-occurring Disorders Sessions include the following: Effects of Substance Use on Mental Health; What Are Co-occurring Disorders?; Comprehensive Treatment and Medications for Substance Use Disorders; Phases of Dual Recovery; Twelve Steps for Co-occurring Disorders; Mutual Self-Help Groups and Co-occurring Disorders; Important Issues about Mental Health Medications; Relapse Prevention I: Building a Recovery Support System; Relapse Prevention II: Making the Best Decisions; and Seeking Help for Co-occurring Disorders.

The Relaxation and Guided Imagery Audio features soothing narration and music to help clients release tension, breathe deeply, and relax fully. Management of stress and positive ways to handle stressors are an integral part of the recovery process and this is recognized by the focus put teaching clients healthier ways to deal with the everyday stress they are now facing without the use of alcohol and/or drugs which can often be a daunting task when told that the coping mechanism which may have worked for a participant for the majority of their lives is no longer a viable option and that they must now face these uncomfortable feelings and emotions without medicating them.

Living In Balance is a clinically-validated program and this curriculum is listed on the National Registry of Evidence-based Programs and Practices (NREPP). To effectively address biopsychosocial factors, Living in Balance rests on a foundation of evidence-based addiction treatment approaches. These include motivational enhancement therapy, cognitive-behavioral therapy, and others. Living in Balance incorporates key conceptual elements of motivational enhancement therapy and the stages of change model. Through the use of written exercises (such as thought-provoking fill-in-the-blank questions, multiple-choice exercises, and group discussion launchers), Living in Balance seeks to enhance the motivation of clients to move from one stage of change to the next (for example, from precontemplation to contemplation).

Through written and group exercises, Living in Balance supports client efficacy by helping clients to recognize their inherent wisdom and ability to solve problems effectively. Throughout the program, Living in Balance conveys to clients that they have the ability to learn, process information, and carry out treatment plans. Living in Balance exercises and didactic educational sections provide opportunities to point out discrepancies between goals and behaviors and between perceived benefits and consequences of substance use. By pointing out such discrepancies, *Living in Balance* helps to enhance clients' motivation and determination. Central to Living in Balance are cognitive-behavioral therapy elements including functional analysis and skills training and at numerous points in the program, clients are guided through functional analyses in which they identify their thoughts, feelings, and circumstances before and after substance use. Through such exercises, clients and counselors can assess high-risk situations and promote insights into the reasons why clients use drugs. Later, they can identify situations in which clients are having problems coping.

Living in Balance also emphasizes skills training through numerous written and group exercises, role-play exercises, relapse prevention sessions, and homework assignments. Through these exercises, clients are taught craving coping skills (describing cravings, identifying triggers, and coping with cravings), refusal skills, assertiveness skills, interpersonal skills, decision-making skills, and problem-solving skills. Through these cognitive-behavioral techniques, clients learn important interpersonal skills and strategies to help them expand their social support networks and build enduring, drug-free relationships.



New Community Adult Learning Center

Awarded Scholarships Becas Otorgadas (FY 2015-16 Q2)

Name	Program	Attendance %	# of Levels Advanced
Carell Douglas	GED Ms. Delya Holt	100%	3
David Brewster	GED Ms. Delya Holt	100%	2
John Cullen	GED Ms. Delya Holt	100%	2
Alexander Nunez	GED Ms. Roslyn Skyles	100%	2
Daysi Ramirez	ESOL Ms. Victoria Peguero	100%	1

Rules

- At the end of each semester the top 5 students will be selected from our entire program base on their attendance records and their academic improvement (number of levels advanced)
- Scholarships are non transferable or exchangeable for cash and only valid for the following semester
- Only in the event that a student reaches the highest level of education a cash scholarship will be awarded

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

Nuestra Misión ~ Ayudar a los residentes de los centros de las ciudades a mejorar la calidad de sus vidas y a reflejar la dignidad dada por Dios y sus logros personales.

Sometimes Less Is More

By Lesley Leslie



Have you ever noticed how many fast food chains collectively decided to persuade the consumer to purchase larger amounts of food when they frequent their establishments? It happens after you order your food. You are gently encouraged to pay a little more money for a lot more food.

In the Fast Food Industry, they call it “upselling.” They make it appear to be so much of a bargain that you would be foolish not to take advantage of the delicious opportunity. They use phrases like, “for just fifty cents more you can get this.” Or they may say, “for only one dollar more, you can get that.” When it’s all said and done, you end up buying and eating more than you originally planned.

Most health and fitness experts agree that exercise, coupled with a diet that incorporates high protein, fiber and a modest carbohydrate intake, will assist in a healthy lifestyle. Let’s not forget drinking plenty of water. A diet such as this, can even allow for the occasional fast food favorite.

However, if you consider the health risks associated with consuming large amounts of food that are high in fat and sodium, you would understand that in this case, the less unhealthy food you eat, the more likely you are to lead a healthy lifestyle.

Life is short and it is understandable that people don’t want to live their lives constantly denying themselves the treats that they like to eat. However, when you put things into perspective, what you choose to eat or, in this case, don’t eat, can add more years to your life.

Turning Tragedy Into Motivation, GED Student Pursues Goals



Lisandro Rodriguez turned a personal loss in 2012 into his motivation for pursuing his goals.

Despite having a thriving career, Lisandro Rodriguez decided to return back to the classroom to earn his GED at New Community.

Most of his coworkers at the biomedical technology company where Rodriguez has worked for 17 years would likely be surprised to learn that he doesn’t have his GED, he said. “It’s just something for me,” said Rodriguez.

During the summer, he enrolled in the GED class offered at New Community’s Adult Learning Center with instructor Delya Holt. He plans to tackle the four-part exam in pieces, first taking the math section.

“I lack confidence when it comes to tests,” Rodriguez acknowledged. That’s why he came to class hungry to learn and even supplemented the lessons at home with online resources such as tutorials on YouTube. Holt said she noticed Rodriguez’s attentiveness and drive to succeed. “Everything I teach, he absorbs like a sponge,” Holt said. “He is so bright,” she added.

Rodriguez said he hopes to enroll at a college in the future and pursue a bachelor’s degree, possibly in electrical engineering. He admits he’s come a long way from the days of his youth, when he dropped out of Passaic High in the tenth grade.

Bored in the classroom, Rodriguez made an exit and soon found himself running with the wrong crowd and getting into trouble. “I learned my lesson very young,” he said. “There was no excuse for the route that I chose.”

He took a job as a driver for the biomedical company he’s currently employed at and started climbing the ladder. Things were going well for Rodriguez when tragedy struck. On Nov. 6, 2012, Rodriguez’s fiancé died of a heart attack. It was a loss so acute that it forced Rodriguez to reevaluate his entire outlook on life.

He decided to cut out excessive drinking and focused on improving his own health by joining a gym and eating a healthy diet. He cancelled his cable and started frequenting the library instead. “I’m the healthiest I’ve ever been. I’m the most focused,” Rodriguez, 38, said.

It was with that same drive that he recently completed the GED class. “It helped a lot, it really did,” he said.

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Disaster Drill: NCC Extended Care Prepares For Crisis Scenario



New Community Extended Care Facility recently resembled the scene of a mass casualty as part of an emergency disaster drill. *Photos courtesy of Carlos Galley.*



Students from Seton Hall University College of Nursing—who donned fake wounds and blood—as well as staff from Extended Care listened to instructions from Director of Nursing Veronica Onwunaka, center facing group.



Even nursing home residents, assisted by staff, got in on the action and played the role of victims.



The disaster drill was a successful exercise in emergency preparedness.



As part of the role play, nursing students acted as though injured so that Extended Care staff practiced administering first aid and emergency care.



Extended Care staff and SHU nursing students and staff worked in collaboration to execute a realistic educational training session.