



CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Volume 33 – Issue 10 ~ November 2016

'OUT OF THE ASHES CAME HOPE': NCC FOUNDER RELEASES MEMOIR



New Community Founder Monsignor William J. Linder released his new book "Out of the Ashes Came Hope." From left: Craig Drinkard of the Victoria Foundation, co-author Gilda Rogers and Richard Rohrman, CEO of New Community. "Out of the Ashes Came Hope" is now available on Amazon.

It was an evening filled with celebration and camaraderie.

Longtime New Community employees rubbed elbows with former colleagues and community development leaders on an occasion that felt much like a reunion.

The event that drew such a dynamic crowd of more than 100 people was the long-awaited release of Monsignor William J. Linder's new book, "Out of the Ashes Came Hope," which officially debuted October 27, 2016, at an author

talk and reception.

"Here it is, finally! It was about 20 years in the making," CEO Richard Rohrman said of Monsignor's book to the crowd gathered at St. Joseph Plaza. Every month, Rohrman said, New Community impacts the lives of more than 42,000 people who need housing, early childhood education, workforce development and health care.

"That's really Monsignor's legacy," said Rohrman.

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Financial Aid Now Available For NCC's Post-Secondary Vocational Programs



Vocational training has now become more affordable than ever at New Community Workforce Development Center.

The Center, located at 274 South Orange Ave. in Newark, is now able to offer financial aid, in the form of Pell grants, to applicants of the following post-secondary vocational programs:

- Academic Enrichment
- Patient Care Technician (includes: Certified Home Health Aide, EKG Technician and

- Phlebotomy Technician)
- Certified Medical Assistant (includes: Direct Care, Medical Billing and Coding, EKG Technician and Phlebotomy Technician)
- Automotive Technician
- Building Trades
- Culinary Arts
- ShopRite Partners-In-Training

Each program provides students with real hands-on training as part of their classroom learning experience. The Pell grants, which are awarded based on financial need, give students an opportunity to gain marketable skills in high-demand fields—such as automotive and health care—without having the cost of tuition present a barrier, according to Rodney Brutton, director of Workforce.

The Workforce Development Center is approved to administer Title IV Pell grants from the U.S. Department of Education and VA

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A Story Of Hope

Editorial By

Monsignor William J. Linder

There are many different reasons to write a book.

Perhaps you're a subject matter expert who wants to share knowledge. Or maybe you're passionate about a cause and want to promote your beliefs among the wider public. Or perhaps you have experienced something so profound that you feel compelled to share those meaningful experiences.

I have always considered myself a student.

My life has been one long lesson in learning. That is what moved me to begin writing a book more than two decades ago.

It gives me great pleasure to share my personal journey and detail the beginnings of New Community in my memoir titled "Out of the Ashes Came Hope." It is the thread of hope that weaves together my story. With the help of co-author Gilda Rogers, I desired to write down the story of how God led me to the extraordinary people who would help build a new community that would come to be known by three white letters, circumscribed within a little green house: NCC.

Before those green and white emblems began to dot Newark's Central Ward, there were many late night discussions, battles fought in Trenton, sweat poured and fervent prayers prayed. Many people wanted to see the dream of New Community grow wings and take flight.

One of the first people that I was privileged to meet was Joe Chaneyfield. Back then, I was a newly minted priest and Joe liked to joke and call me "Padre." We forged a bond in the trenches—figuratively in the work of community development as well as literally in digging the sewer line behind Queen of Angels—and our bond was as brothers.

I admired and benefited from Paul Ylvisaker, an urban planner and educator who encouraged me to pursue graduate studies. As the state's first commissioner of Community Affairs, Paul possessed a great deal of knowledge and also championed the issues important to New Community. His expertise greatly assisted us as a nascent community development corporation with grand visions to provide housing, childcare, healthcare and workforce development.

Madge Wilson, a board member of New Community, has enthusiasm that is simply boundless. Her service expanded from Babyland to areas such as serving homeless veterans and nursing home residents. Just recently Madge was honored as Volunteer of the Year by the Health Care Association of New Jersey, a well-deserved award.

Out of the ashes, these individuals and others brought hope to a seemingly hopeless Central Ward. My hope is that this book will help elevate your perspective on the power of hope. Because hope is the most spontaneous prayer that exists.

The New Community Clarion

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

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Eunice Lee

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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.

Extended Care Has A New Website, But Did You Know...



New Community Extended Care Facility has a new website (www.NewarkNursingHome.org), but did you know that...

- You can read testimonials from local residents who have received excellent care at the skilled nursing facility on the website
- Watch a video for details about the nursing services and amenities provided
- Learn more about how Extended Care earned a five star rating from Medicare.gov
- Email the Admissions Office to arrange a visit or tour (rnobles@newcommunity.org).

New Community Extended Care Facility is located at 266 South Orange Ave. in Newark. In addition to the new website, you call us for more information at 973-585-9610 (admissions) or 973-624-2020 (front desk/24 hour security).

Around the Network

Election Day: Cast Your Ballot On November 8



Remember to vote on Tuesday, November 8, 2016! Polls are open from 6 a.m. to 8 p.m. The Democratic presidential candidate is Hillary Clinton, former U.S. secretary of state, New York senator and first lady. The Republican presidential candidate is businessman and television personality Donald Trump. In addition to the presidential race, New Jersey voters will weigh in on two ballot measures. The first public question is about whether voters support allowing the state legislature to pass laws allowing casinos in northern New Jersey. For the second public question, voters can decide whether to support the dedication of all revenue from gas taxes to transportation projects. To contact the Essex County Board of Elections, call 973-621-5070.

City Of Newark Films Auto Training Program



Lights, camera, action: Students and staff from New Community Workforce Development Center's Automotive Training Program recently participated in a video shoot organized by the City of Newark. The video will highlight New Community's program as a model of job training programs in Newark that prepare residents to work in the fast-growing sectors of transportation, logistics and distribution, according to the city. Photograph on the right: Ronald Prysock, center, a job developer at New Community Workforce Development Center, is interviewed alongside Frank Smallwood, left, by Alturrick Kenney, right, both of the City of Newark.

Former Nursing Director Becomes New Head Of Five Star Nursing Home



New Community congratulates Veronica Onwunaka on her promotion as the new administrator of the Extended Care Facility. A familiar face at NCC, Onwunaka, a registered nurse and former director of nursing, has worked at New Community for 25 years. "Veronica's long history with New Community Extended Care Facility shows her dedication to residents at the nursing home," CEO Richard Rohrman said.

"Her expertise as the longtime director of nursing will enhance her ability to lead the five-star rated facility into the future," he said.

Onwunaka's passion is to provide excellent nursing care and her three priorities now are to (1) continue to develop ways to improve the 180-bed capacity skilled nursing center in order to maintain its current five star rating with the Centers for Medicare and Medicaid; (2) implement new techniques to enhance Extended Care's relationships with hospitals, community health organizations and the general public in order to raise the profile of Extended Care regionally; and (3) create new

methods to enhance employee morale, promote teamwork and foster a collaborative environment. Beverley Spencer, RN, BSN, LNC, HN-B, has been hired as the new director of nursing.

Employee Of The Month: Angela Hall



Angela Hall began working at Harmony House in 1989.

Angela Hall has been part of Harmony House since before its doors formally opened to the community.

Back in 1989, two months before New Community welcomed families into Harmony House, Hall was hired as a youth worker and underwent weeks of intensive training.

Twenty five years later, she remains a pillar of the 102-unit transitional housing facility for homeless families. Earlier this year, Hall transitioned from her role as the longtime youth coordinator to become a case manager. She said that she took on 10 cases at the beginning of 2016 and continues to coordinate the after school program for Harmony House youth.

“What I admire about Ms. Hall is her work ethic,” said Lisa Chavis, senior case manager at Harmony House. “She has longevity, is thorough, committed to the children, consistent when carrying out her duties,” Chavis added.

Tanya Coleman said that Hall has provided her with counseling when she faced

challenges while raising her 12-year-old son, Shakiy, who is autistic.

“She goes above and beyond,” said Coleman, 47, a resident at Harmony House. “She can laugh with you but when it comes to her job, it’s serious.”

For Hall, expanding her duties from a youth coordinator to case manager meant broadening her efforts from helping a child reach his or her full potential to working with a family, and its complex dynamics, to achieve its collective goals.

Once a family is referred through the county welfare office to Harmony House, case managers such as Hall conduct an initial intake to assess the family’s situation, collecting information on their demographics, education, employment plans and barriers that may prevent the family from reaching its goals.

“There’s no mold or directions on how to assist them,” Hall said. “I let them go their way but I also give suggestions so they have another alternative to try if what they do doesn’t work,” she added.

Most residents know Hall for her kind but no-nonsense attitude, according to Kbrina Blount, who lives at Harmony House with her 17-month-old son Lonnie.

“She’s like another mother,” said Blount, 23. “She’s nice but she tells it like it is—no sugar coating.”

Born and raised in Newark, Hall attended 13th Avenue School, 14th Avenue School and graduated from West Side High. She later pursued her education at DeVry University and Robert Morris University. Having grown up a few blocks from 278 South Orange Ave. in Newark, Hall said she feels a strong connection to working in her hometown.

“I’m helping my neighbors,” Hall said. “I’m still a part of this community and I’m able to assist my fellow families.”

Prior to working at Harmony House, Hall worked with mentally and physically handicapped individuals at the North Jersey Developmental Center, first in the kitchen and then in resident living as a human services assistant. She then worked with adolescent boys in Newark who were wards of the state and resided in a group home.

Harmony House Mothers Get Health Education



Carla Bonheur is a young mother who lives at Harmony House, New Community’s transitional housing facility for homeless families. Recently, Bonheur and other female residents of Harmony House participated in an educational workshop organized by medical students from Rutgers New Jersey Medical School that focused on reproductive health. The med students shared information and resources, offered blood pressure and blood glucose screenings and provided a complimentary healthy lunch. The group of medical students, which aims its outreach at young mothers, will be holding workshops at Harmony House twice a month. Bonheur is pictured in the left photograph holding her seven-month-old son Jeremiah. Harmony House is located at 274 South Orange Ave. Newark and is a 102-unit, apartment-style facility for homeless families who stay, on average, between six to nine months and receive case management and supportive services before transitioning to permanent housing. For more information, call Harmony House at 973-623-8555.



New Community Corporation

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NOVEMBER 11TH

CLARENCE CONOVER & THE MPACK BAND

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NOVEMBER 25TH

CLOSED – PRIVATE EVENT



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

Financial Aid Now Available For NCC's Post-Secondary Vocational Programs

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Education Benefits from the U.S. Department of Veterans Affairs.

All of NCC's vocational programs—from healthcare to customer service—emphasize a holistic approach to helping individuals reach self-sufficiency. As part of the programs, students will receive case management, participate in life skills and job readiness workshops, financial literacy and receive follow-up from Workforce staff on their progress as they secure a permanent job.

Many graduates have successfully completed their training at New Community Workforce Development Center and moved on to permanent employment. Here are a few examples:

- Tashera Taliaferro, a graduate of the Building Trades Program, works at AeroFarms as a Machine Tech 1. She was hired in April 2016 at the indoor farming company's Newark site, where she inspects and maintains equipment and machinery inside the vertical farm which produces more than 250 varieties of leafy greens.
- Ashton Merritt, a graduate of the Automotive Technician Training Program, works as a full-time laborer at FAPS, also known as Foreign Auto Parts Service, at the Port of Newark. He was hired in September 2015 just weeks after he completed the automotive program. At FAPS, Merritt works on vehicles that end up getting shipped all across the globe.
- Todd Anthony was enrolled in the Culinary Arts Specialist Program in 2015 when he ended up landing a job offer. Anthony received a job offer from New Community Extended Care Facility to work in the kitchen of a 180-bed capacity skilled nursing center.
- Three young women—Mizani Drummond, Qaneisha McCree and Shamella Hughes—successfully completed the Certified Home Maker/Home Health Aide Program and were soon hired by Caring People Home Healthcare Agency.

The Workforce Development Center also attained candidacy status with the Council on Occupational Education, a national accrediting agency.

“Attaining accreditation is a major accomplishment for New Community Workforce Development Center,” Brutton said. “This validates our curriculums are aligned with industry standards, employers are supporting our work, and graduates are getting jobs,” he said. The Workforce Development Center is required to be in compliance with over 150 institutional standards and criteria.

Workforce Development Center operates under a Certificate of Approval from the New Jersey



Department of Education, Private and Vocational School Unit. For more information on financial aid or details related to the training programs, call Workforce at 973-824-6484.

Academic Enrichment

Gain skills: Academic subjects covered including math, social studies, language arts and science and achieve literacy skills.

Future employers: Students will receive entry level job placement assistance.

Certifications: Earn high school diploma or equivalent.

Allied Health (Patient Care Technician and Certified Medical Assistant)

Gain skills: Pursue training to become an EKG technician, homemaker/home health aide, medical assistant or phlebotomy technician.

Future employers: Newark Beth Israel Medical Center, Allied Care, Caring People Home Healthcare Agency and more.

Certifications: Certified Home Health Aide, Phlebotomy Technician, EKG Technician, National Certification Medical Association (NCMA) and National Center for Competency Testing (NCCT).

Automotive Technician

Gain skills: Get both hands-on experience in vehicle repair and maintenance and learn theoretical concepts in the classroom.

Future employers: Autoland, Sansone Automall, Gensinger Volkswagen, FAPS and more.

Certifications: 31 industry-recognized credentials pertaining to steering and suspension, brakes, electrical systems, heating/air conditioning and hybrid maintenance.

Building Trades

Gain skills: Get both hands-on experience in basic carpentry, electricity and plumbing and learn theoretical concepts in the classroom.

Future employers: AeroFarms, Aerotek, TAI Specialty Construction and more.

Certifications: OSHA-10, National Center for Construction Education (NCCER).

Culinary Arts

Gain skills: Learn to select and develop recipes, prepare and cook dishes, and understand food safety and sanitation.

Future employers: Gourmet Dining LLC, Legal Sea Foods, Theatre Square Grill at NJPAC, Canterbury Village, New Community Extended Care and more.



Certifications: ServSafe certification and food handler's license.

ShopRite Partners-In-Training

Gain skills: Learn how to operate ShopRite's computer-based systems and store operations procedures, cashiering, customer service and food service training.

Future employers: One of several area ShopRite stores or other supermarket retailers.

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

'Project Green Thumb' Illustrates Agency's Profound Impact In Numbers

Not-For-Profit Touches More Than 40,000 Lives In August 2016

By Tony Tolles and Frances Teabout

New Community Corporation provides a wide array of services and programs to help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.

So, how are we doing? How many lives do we impact? What areas are they in?

CEO Richard Rohrman decided that we ought to try and find out.

We asked our department leaders to keep track of how many lives we touch at New Community for the month of August. We recognized that the survey would not be perfect and would inevitably include some duplication. However we also believed the exercise would provide a window into what New Community is all about and how many lives we touch.

As a not-for-profit community development corporation, too often our focus is on how we get funding or what problem can we solve today. We rarely find the time or inclination to see what effect we have on people's lives and how many people we serve.

So we decided to launch a new initiative that would reveal how many lives are touched by New Community.

Dubbed as "Project Green Thumb," the initiative kicked off with a presentation by Frances Teabout, director of Mission, to senior management and department heads at the monthly First Thursday meeting. She urged her colleagues to keep track of how many "touches" or interactions they had with external contacts in August (touching another employee did not count, with the exception of the Human Resources Department).

The results may astound some readers but will be no surprise to those who are familiar with New Community's work.

In a single month, New Community touched over 42,000 lives.

That's right, more than 42,000 people received vital services through our five-star rated Extended Care Facility, a skilled nursing facility; Family Service Bureau, which provides mental and behavioral health services; transitional housing for the homeless at Harmony House; Adult Learning Center and many, many more.

When we initially calculated the numbers, there was some skepticism regarding whether the figures were accurate. Luckily we had a way to check. New Community's Security Department keeps a log of everyone who enters at just four locations throughout the entire NCC network. In August, they had almost 12,100 visitors sign in. And they had the individual sign-in sheets to prove it.

In some cases, we counted the same person who lives in New Community's affordable housing and sends his or her children to the early learning center while also being trained as an automotive technician. That's one person being touched by New Community three times (and counting the child adds an additional touch).

But that's exactly the point: New Community provides services to help the whole person and not just one aspect of his or her life.

When we talk about "touching" people's lives at New Community, we are not talking about a brief or superficial encounter. New Community's driving mission is to improve the quality of life of residents in need.

Moving forward, we remain committed to that goal and will continue to strive to turn 42,000 into 50,000 and then 75,000.

Tony Tolles is special assistant to the CEO of New Community and Frances Teabout is director of Mission.

BY THE NUMBERS

- With more than 500 employees at NCC, the Human Resources Department contributed almost 1,400 touches of employees and their immediate families.
- In our 1,800 units of housing we touched more than 4,500 lives.
- Over 1,300 adults received training and intensive case management from our literacy, SAIF and workforce development programs.
- More than 1,500 people visited the Priory for weddings, anniversaries, Friday night jazz and other special events. Annually, that figure translates into more than 18,000 – enough to fill the Prudential Center.
- Through our early learning centers, Youth Services, food pantry and Home Friends visits, we reached more than 2,500 people to help meet their individual needs.
- More than 1,400 people received skilled nursing care at the Extended Care Facility and visiting physician programs.
- Our credit union has 3,550 members and interested parties.
- New Community's website received more than 3,000 visits, and via various communications platforms, including the monthly Clarion newsletter and digital eClarion, more than 12,000 people keep in touch with happenings at NCC.

Source: Project Green Thumb



A file photo of graduates from the Allied Health Training Program at the New Community Workforce Development Center.

job at Newark Beth and said that it has changed her life. A former Avon cosmetics salesperson, Danso said she's now determined to advance professionally in the medical field.

If you're not going to do it well, "it's better you don't do it at all," she said.

Abu-Gyebi credited the Workforce Development Center with connecting her to her current employer, submitting an application and preparing for the interview. "They helped me in almost every way," she said.

Allied Health Grads Score Jobs At Newark Beth Israel Medical Center

About a month after Ernestina Adu-Gyebi graduated from the Allied Health Training Program at New Community, she started her first day of work at Newark Beth Israel Medical Center as a nurse assistant.

Previously, 31-year-old Adu-Gyebi worked as a home health aide and interacted with one patient at a time in a home setting. At Newark Beth, it's a much faster pace. She cares for multiple patients—checking their vital signs or helping them with daily activities such as washing or going for short walks—and also assists nurses with their duties.

"I get to help so many people out," she said.

"I'm learning so much."

Abu-Gyebi is one of several graduates from New Community Workforce Development Center's Allied Health Care Training Program that have been hired at Newark Beth, according to Colleen Murphy, the hospital's assistant director of human resources.

Upon completing her training at NCC, Abu-Gyebi earned certifications for Phlebotomy Technician, EKG Technician and Home Health Aide from the National Certification Medical Association and National Center for Competency Testing.

Another graduate, Ruby Danso, also landed a

Social Security News

Supporting Our Wounded Warriors

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

Every Veterans Day, the nation honors the brave men and women who risk their lives to protect our country and the freedoms we cherish. Social Security honors veterans and active duty members of the military every day by giving them the support they deserve. A vital part of that is administering the Social Security disability program.

For those who return home with injuries, Social Security is a resource they can turn to for disability benefits. Social Security's Wounded Warriors website is at www.socialsecurity.gov/woundedwarriors.

The Wounded Warriors website has answers to many commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. Benefits available through Social Security are different from those available from the Department of Veterans Affairs and require a separate application.

The expedited process is available to military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they're unable to work due to a disabling condition.

Active duty status and receipt of military pay doesn't necessarily prevent payment of Social Security disability benefits. Although a person can't receive Social Security disability benefits while engaging in substantial work for pay or profit, receipt of military payments should never stop someone from applying for disability benefits from Social Security.

Learn more by visiting www.socialsecurity.gov/woundedwarriors.

With over 80 years of experience and compassionate service, Social Security is proud to support our veterans and active duty members of the military. Let these heroes know they can count on us when they need to take advantage of their earned benefits, today and tomorrow.

See more photos on:  
facebook.com/newcommunitycorporation

SENIOR SPOTLIGHT: Maurice Jervis



Maurice Jervis has been a resident of New Community Orange Senior since the complex opened in 2003.

For Maurice Jervis, expression is a form of art. A longtime resident of New Community Orange Senior, Jervis memorizes poems and occasionally recites original poetry during special events.

While Jervis talks in a soft measured tone, his message always speaks volumes.

"He is very open and says his mind in matters of importance, especially during resident meetings," said Sister Pauline Echebiri, care coordinator at Orange Senior. "He is a gentle senior with a Christian spirit," she added.

Jervis, 79, is a regular presence not only at Tenant Association meetings but also at educational presentations, social activities and a weekly yoga class for seniors and disabled adults. He was one of the first residents to move into 132 William St. in Orange when the complex first opened in 2003. Jervis said that he appreciated both Echebiri and Property Manager Faye Harvey for "efficiently" handling matters at Orange Senior. "I think NCC is doing a good job," he said.

Prior to retiring in 1995, Jervis worked as

an insurance salesman—for about 10 years at American Life Insurance Company in Guyana and then eight years at Prudential's offices in Roseland. Born in the capital city of Georgetown in Guyana, Jervis briefly studied accounting before starting his career in the insurance industry. He also devoted 24 years to performing in the Guyana Police Force Military Band. He played both alto saxophone and clarinet but said he preferred the way the saxophone delivers each note.

"I like the alto for expression," he said.

The band aimed to improve relations between citizens and the police force and performed classical and semi-classical music at ceremonies such as the opening of parliament and Armistice Day events, he said.

Jervis first settled in Brooklyn, New York, when he moved to the U.S. in 1986. He then moved to Newark, however he and his family were displaced after an apartment unit upstairs caught fire. His upstairs neighbor died in the fire, according to Jervis. His family experienced some setbacks after water damaged their possessions. Later he moved to Orange, then to East Orange and eventually settled back in Orange, where he remains an active member of the Seventh Day Adventist Church of the Oranges.

In his free time, Jervis enjoys watching boxing and basketball and reading.

"I firmly believe that the cultivated mind is the measure of a man; education is not confined to the classroom or up to a certain age. True education values character more than any other requirement," he said.

Jervis is the father of eight grown children—six daughters and two sons—who live in scattered locations that include Guyana, New York, Maryland, West Orange, East Orange and Plainfield.

vna Health Group
Visiting Nurse Association Health & Hospice

**Wellness Tip
November 2016**



Get Vaccinated

The best way to prevent the flu is to get vaccinated every year, which will reduce your risk of getting infected by 50-60%.



Stay Away from Sick People

If you know someone who is sick, it is best to distance yourself until they are well again. The flu can spread from person to person.



Wash Hands Often

Kill germs by washing your hands often with soap and water. If soap and water is not available, use an alcohol-based hand rub.

Prevent the Flu

The flu is a contagious respiratory illness that infects the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. Use these tips to prevent infection.



Cover your Nose and Mouth

Cover your nose and mouth with a tissue or your arm when you cough or sneeze. Throw the tissue in the trash after you use it.



Clean Your House

The flu virus can "live" on some surfaces for up to 24 hours. Routine cleaning of surfaces can reduce the spread of the virus.



Stay Home if Sick

If you experience flu-like symptoms stay home until you are feeling better to prevent infecting others.

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

*Source: CDC

‘OUT OF THE ASHES CAME HOPE’: NCC FOUNDER RELEASES MEMOIR

Continued from page 1



“Out of the Ashes Came Hope” is a 197-page memoir of Monsignor William J. Linder’s life work serving inner city residents.

In a video recording shown at the event, Monsignor described the driving force behind establishing New Community.



My Story: How Short Term Rehab At NCC Helped Me

Jessica Searight says that New Community Extended Care Facility exceeded her expectations by a longshot.

After slipping and falling on black ice last winter, Searight said she broke her ankle and suffered pain from herniated disks in her back.

“I came in here and I needed the therapy. I couldn’t walk,” Searight, 50, said. “I had no idea this place was as amazing as it is,” she added.

After spending a week at the hospital, Searight came to New Community Extended Care, where she underwent rehabilitation therapy that helped her regain strength in her left leg, which had become weak.

“Some days you don’t feel like doing anything but with the spirit of the people here, you can’t help but get out,” said Searight, who moved from Brooklyn to Newark in 2014. Extended Care staff described Searight as “a very positive person.”

“They helped me strengthen my legs as well as my mind,” she said.

“People needed to control their lives. I think it’s important to us—we’re not going to be content until we feel that we really have a say and a control over our lives,” Monsignor said. “You don’t have to worry about good things just happening in your own life. It’s good things happening in everybody’s lives and you’re part of it. That, I think, is the joy of living,” he added.

Guests arrived at a red carpet affair at the headquarters of New Community for an author talk led by Gilda Rogers, co-author of Monsignor’s memoir. Attendees socialized during a reception in the back room of St. Joseph Plaza, took photos on the red carpet and enjoyed jazz music, a personal favorite of Monsignor’s. New Community’s founder was unable to be present due to a personal emergency.

Before Rogers read passages from the book, Craig Drinkard, who penned the forward, shared personal insights about Monsignor. “We go from knowledge to appreciation and from appreciation to love,” said Drinkard, associate director for operations at the Victoria Foundation, a longtime community partner and financial supporter of New Community. “It makes you love him that much more,” he said of Monsignor.

Rogers described the two-year process of researching, interviewing and writing the memoir with Monsignor as “a pilgrimage.” Journeying over the historical terrain of New Community’s founding with Monsignor, who began his ministry in Newark in 1963, was eye-opening, she said.

“It was revealed to me what it means to be a servant of God,” Rogers said. She also read the names of the other founding board of directors of New Community: Willie Wright, Timothy Still, Elma Bateman, Arthur Bray, Monsignor Thomas Carey, Joseph Chaneyfield, Bob Curvin and Kenneth Gibson. Bateman was in attendance at the event.

“The founding members of New Community were social change agents,” Rogers said.

To purchase and pick up a paperback copy of “Out of the Ashes Came Hope” at New Community, call Helen Abraha at 973-497-4400, or order online at Amazon (hardback, paperback and ebook available).



Dr. A. Zachary Yamba, a board member of New Community, lauded Monsignor’s work in Newark for more than five decades.



Cecilia Faulks, left, who is with her husband Leroy, was the first employee hired by New Community.

CELEBRATING YEARS OF DEDICATION



New Community’s Department of Environmental Services gathered together recently to celebrate the retirements of two staff members. Evelyn Maldonado, first row third from left, and Rupert Clement, first row fourth from left, celebrated their time at NCC with colleagues over dinner and dessert at 1 South Eighth St. in Newark. Maldonado, who works in housekeeping, has been employed at New Community for 16 years and started off working at the former Priory Restaurant. Clement was the superintendent of New Community Manor Senior and worked there for eight years. Best wishes to you both in your retirement!

Breathe Easy!

We're becoming a

TOBACCO-FREE

Campus!



Beginning

November 17, 2016

No butts about it! For the good health of our patients, staff, students and community, University Hospital and the entire Newark Campus of Rutgers Biomedical and Health Sciences will be tobacco-free, including the use of electronic smoking devices, by **November 17, 2016.**

We understand that giving up smoking is difficult, so we're happy to provide you with lots of support, helpful resources and FREE Smoking Cessation Programs in the upcoming months.

Thank you for helping us create an AIR OF RESPECT for our environment and each other.



Law School And Beyond: NCC Parent Passes Bar, Builds Legal Career



From left: Shannon Murray, sister; Tyana Murray, Deborah Walker, mother. Front center is Tahyae Fisher.

Tyana Murray admits there were times when she wanted to quit law school. And perhaps she might have—had she not already come so far.

As a single parent, Murray embarked upon the formidable task of pursuing her law degree while also raising her young daughter, Tahyae Fisher, who attended NCC's Community Hills Early Learning Center in Newark since the age of six months.

"It was definitely a struggle trying to keep it all together," Murray said. "You need to know how to deal with the cards dealt to you and still prevail through it all," she said.

Murray successfully took the LSAT, the admissions test for law school, but that was only the first of many hurdles she faced. Due to her family obligations, Murray wanted to attend school locally but ended up getting waitlisted at the Rutgers University School of Law. After weighing her options, she decided to enroll

at Northeastern University School of Law, more than 200 miles away in Boston.

"I always knew I wanted to be a lawyer," said Murray, who became a mother around the time she graduated from New Jersey City University. "Once I had her, it was bigger than me," she said of her daughter, Tahyae, now 5.

Immediately, Murray mapped out a plan to navigate three years of law school while raising her daughter. She needed a lot of help and leaned on her mother, Deborah Walker, who primarily cared for Tahyae before and after the school day at CHELC. Murray also enlisted the support of other family and friends to fill the gaps.

At the beginning of her first year, Murray hopped a bus from Boston to Newark every weekend to visit her daughter. But soon, the papers and readings started to pile up, so she saw Tahyae every two weeks. "I was very grateful for the school," Murray said of CHELC, which provided a center of stability for her daughter while Murray was far away. On occasion, CHELC teachers even styled her daughter's hair, she noted.

Meanwhile at her own school, Murray couldn't help but feel that she was always trying to catch up to her peers. "I was going into a field where everyone was so smart," she said. "I was going in with a disadvantage."

She sacrificed a social life so that she could not only concentrate on her studies but save financially. "I can't splurge money on trips," Murray said. "My money is going back home for food and daycare."

Then in 2014, between her second and third year, Murray suffered the loss of several close relatives in a matter of months. Further, she was torn between the demands of law school and her role as a mother. "It was taking a toll on me emotionally and physically," said Murray, who described suffering from weight and hair loss as well as depression.

Her only option, she decided, was to buckle down and work even harder. Hemanth Gundavaram, an associate teaching professor at Northeastern, said it

clearly paid off for Murray.

"I thought that she was very motivated, very hard working. Really paid attention in class," he said. While Murray started off as a "good student," her remarkable progress was what Gundavaram noticed. "She made some of the biggest gains I've ever seen," he said.

At the end of the course, he said he selected Murray to be his teacher assistant for legal writing because she was "such a perfectionist" and had made great strides as a writer and researcher. All the law students who received help from Murray raved about her, Gundavaram said. Law school "seemed like it was very important to her," he said.

In May of 2015, Murray was one of six members of her class to receive the Denise Carty-Bennia Memorial Bar Award, which aims to expand opportunities for minority students. When Murray received her law degree on May 22, 2015, she and Tahyae crossed the stage hand in hand.

But the challenges weren't over. She studied for the bar exams in New Jersey, New York and North Carolina—all places that she may end up practicing law—and passed the New Jersey bar exam on her second attempt. (She found out she passed on her birthday on May 17.) Murray was sworn in as an attorney on June 3, 2016. "It was definitely a great feeling, a humbling feeling," she said. Murray is now a law clerk for Judge Neil N. Jasey at the Superior Court of New Jersey Essex Vicinage Family Court.

Born in Jersey City, Murray graduated from St. Mary High and attended college at Spelman University for three semesters before transferring to NJCU, where she graduated with a degree in criminal justice in January of 2012. She currently splits her time between Newark and Burlington and also works part time at Wendy's. Cheryl Mack, director of CHELC, noted during Tahyae's moving-on ceremony in June that the entire school community was "so proud" of Murray's accomplishment. In September, Tahyae started kindergarten at North Star Academy.

Murray said she has surmounted many challenges and overcome failures. She remains undeterred and plans to take the North Carolina bar exam again in early 2017. She wants to practice family or criminal law and has a passion for fighting against wrongful convictions.

"I don't have a plan B," she said. "I stuck with plan A."

presentation was organized by AHA in coordination with New Community's Department of Health and Social Services.

"You're going to be more aware," Cammarieri said. "Every little bit that we do helps."



New Community residents are participating in an initiative where they check their blood pressure at least twice a month.

American Heart Association Educates NCC Residents On Healthy Eating



Linwood Alston prepared a healthy lunch featuring chicken, fish and vegetables, courtesy of Alston's Catering Service.



Margaret Cammarieri demonstrates how to perform simple exercises that include leg and arm movements while seated.

A surprising amount of salt sneaks into lots of different foods.

One way for consumers to educate themselves is to regularly read nutrition labels at the supermarket, according to Margaret Cammarieri, regional vice president of Multicultural Initiatives and Health Equity at the American Heart Association.

"If salt is the first thing" on a product label, she said, "then that is too high in salt."

As part of the AHA's campaign dubbed Check. Change. Control. Newark Healthy Living Initiative, Cammarieri recently gave an educational healthy eating presentation to residents of New Community

Commons Senior. Afterwards, the seniors and disabled adults who attended enjoyed a healthy lunch compliments of Alston's Catering Service.

Throughout her presentation, Cammarieri reminded residents of the campaign's motto—Check. Change. Control.—to reinforce the importance of checking one's blood pressure at least two times a month.

Checking your blood pressure, and seeing whether it may be too high, can prompt actions to change your behavior and, ultimately, control your health. The initiative is locally sponsored by the Healthcare Foundation of New Jersey and the

Wellness Fair Champions Health Education, Resources At New Community

NCC Employees Receive Bio-Metric Screenings, Flu Shots, Healthy Snacks



Horizon Blue Cross Blue Shield of New Jersey offered blood pressure screenings.



Jenny Craig offered a variety of healthy snacks.



Toshia LaBerth, receptionist at St. Joseph Plaza, prepares healthy snacks such as celery and peanut butter and vegetables with ranch dip.



Financial Coach Victor Silva, left, provides information on NCC's Financial Opportunity Center.



Director Joann Williams-Swiney, left, provided information to employees about the Family Resource Success Center.



Newark Community Health Centers provided information on Open Enrollment at their sites in Newark, Irvington, Orange and East Orange in November.



The American Heart Association is spearheading a blood pressure awareness initiative at NCC called "Check. Change. Control."



NCC's Family Service Bureau of Newark provides mental and behavioral health services to children, adults and families.



Staff from New Community Extended Care Facility visit more than 20 vendors participated at the Wellness Fair.



William Robinson, Deborah Bradley, and Julio Arroyabe of the Workforce Development Center sample healthy food from 4 Seasons Cafe in Newark.



Extended Care Dietitian Franco Ferrante, right, gathers information from a representative of AXA Equitable.



Anna Sing-King, manager of Human Resources, throws punches as part of a cardio boxing workout.



New Community's departments of Human Resources and Mission hosted the 2016 Employee Wellness Fair at St. Joseph Plaza.



Aetna, which is the insurance provider for NCC employees, also provided resources at the event.

NCC Welcomes Longtime Mental Health Expert As New Executive Director Of FSB



Manuela Garcia joined New Community's Family Service Bureau after 14 years at the Mental Health Association of Essex County. Photo courtesy of Manuela Garcia.

For many years, Manuela Garcia has been a strong advocate for individuals with mental health challenges.

As the new executive director of New Community's Family Service Bureau, Garcia brings a wide range of professional experience. She's equally at ease providing intensive in-home counseling to multi-lingual-cultural children as she is training corrections officers and their supervisors, or delivering a presentation on the importance of prevention, intervention and collaboration and how it helps clients from relapsing and returning to jail helps to decrease recidivism. This training was

held in Washington, D.C.

"Manuela brings a wealth of experience and knowledge in the fields of mental and behavioral health to New Community's Family Service Bureau," Richard Rohrman, CEO of New Community, said. "I believe that Manuela can contribute greatly to FSB's success and improvement and I'm pleased to welcome her to NCC," he said. Garcia's duties at FSB officially started on September 26.

Prior to joining FSB, Garcia, a Licensed Clinical Social Worker, worked at the Mental Health Association of Essex County for 14 years. Starting as a team leader, Garcia supervised 13 case managers. She then moved up to become the association's program director for Collaborative Justice Services, which aimed to improve services for individuals with serious mental health issues in the criminal justice system. Since 2012, she served as program director of Assisted Outpatient Treatment Services and developed, from the ground up, a program called Involuntary Outpatient Commitment, which assigns community-based mental health services and intensive case management to those who are court ordered into such treatment.

Her time at MHA, from 2002 to 2016, played an important role in Garcia's professional development. "They really helped me grow," she said. During that time, she became something of an expert on the dire need for both mental health training and services inside corrections facilities. She wants to see more group homes and structured

living facilities created in communities to help individuals with mental health issues that often end up in jail instead.

Garcia has worked in the field of mental health for more than 20 years, with one of her first positions as an intern at Bellevue Medical Center in New York City, where she assisted with the admission of patients in the psychiatric emergency room.

As a supervisor, Garcia said her motto is to strive to be "firm, fair and flexible."

She has big hopes for the future of FSB, but first Garcia is tackling. "There's a lot but I know we can do it and our goal is good to great" she said.

Growing up, Garcia wanted to become a doctor but when she became medically ill during college, her life took a different course. A social worker at the hospital suggested Garcia consider the profession of social work instead. In 1995, Garcia graduated from St. John's University with a bachelor's degree in psychology and earned her master's in social work at Rutgers University in 2000. She grew up in the Ironbound section of Newark and is fluent in Spanish and Portuguese, and proficient in American Sign Language.

In her free time, she enjoys traveling, running and spending time with family, friends and godchildren.

Easy On The Salt

By Lesley Leslie



Are you "heavy-handed" when it comes to adding seasoning to your food? Do you add salt to your food as you are preparing it and again after you finish cooking?

What about adding salt to your food that has been prepared at a restaurant? Do you pick up the salt shaker and sprinkle salt on your food before you even taste it? If you answered "yes" to any of these questions, please continue reading.

Salt is a mixture of sodium and sodium-chloride and we obtain most of the sodium in our diet from our salt intake. While increased amounts of salt can be dangerous to one's health, it does actually serve a useful purpose in the human body. Did you know that your nerves use salt to produce impulses and your muscles need salt in order to be able to contract? Given that sodium attracts water, your body also uses salt to regulate the amount of fluid in your blood, organs and tissues.

Many physicians will agree that individuals

need only consume approximately 500 milligrams (mg) of sodium daily to maintain fluid balance and a stable internal environment. However, most of us consume much, much more: close to six times as much, or 3,200 mg of sodium daily. Health organizations such as the American Heart Association and the Institute of Medicine encourage individuals not to exceed 1,500 mg of sodium per day.

You probably already know that a high salt diet can raise blood pressure and high blood pressure can lead to heart failure. But did you also know that you position yourself to be at a higher risk for stroke? A diet that is high in salt can also adversely affect major organs in your body such as your brain and your kidneys.

Keep in mind that most processed foods, including canned foods, have a considerable amount of salt already added to them to ensure preservation. Take another look at that salt shaker in your pantry or on your kitchen table and think again before you add any more to your food. Ever heard the saying, "Everything that glitters, is not gold?" Well just be mindful, "Everything that taste good may not be good for you!" Take it easy.

Online Giving Is Easier Than Ever!



New Community has upgraded its online giving to make it easier than ever to support the work of one of the largest community development corporations in the United States.

Check out our new giving page at: newcommunity.networkforgood.com

Network For Good provides secure online transactions that make giving quick and convenient. After you contribute, you can share with friends and family on social media so they can learn about the causes you care about.

With the holidays around the corner, we hope that you will take a moment to consider giving to New Community to partner with us in our mission to help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.

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Pink Power: Raising Breast Cancer Awareness At NCC



Spreading hope: Students from Community Hills Early Learning Center celebrated October as Breast Cancer Awareness Month. Photos courtesy of Cheryl Mack.



Students and staff marched to promote awareness about finding a cure for breast cancer, which is the second leading cause of cancer death among women.



Early detection is key: If breast cancer is found early, while in the localized stage, the five-year relative survival rate is 100 percent, according to the foundation.



Screening: Breast cancer can be diagnosed through multiple tests—mammogram, ultrasound, biopsy and MRI, according to the National Breast Cancer Foundation.

CHELCC students also recognized the many survivors who beat breast cancer. More than 2.8 million women in the U.S. are survivors today.

