



The New Community CLARION

Serving the People of the New Community Network

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NCCTI Graduate Has High Aspirations in Medical Field



Sakirudeen Hamidu graduated as a Clinical Medical Assistant from New Community Career & Technical Institute. He's now working at RWJBarnabas Health Medical Group. Photo courtesy of Sakirudeen Hamidu.

Sakirudeen Hamidu has always had a passion for helping the sick and decided he wanted to make it his career. He graduated from New Community Career & Tech-

nical Institute (NCCTI) in 2019 and now works at RWJBarnabas Health Medical Group. He hopes to continue his education through med school.

Hamidu began his studies in Ghana, West Africa, where he was born and raised. When he came to the United States in 2018, he knew he wanted to pursue a career in the medical field in this country. He was living with his cousin at the time and spoke about his goals. His cousin, who is a nephew of New Community Board Chairman Dr. A. Zachary Yamba, suggested NCCTI and brought him to the school.

When he saw the facility and learned more about the Clinical Medical Assistant (CMA) program, Hamidu decided to enroll to take the first step in his medical career.

It was a decision Hamidu is happy he made. He graduated from the CMA program and began working at RWJBarnabas Health Medical Group in October 2019. He is a medical assistant and works out of three doctors' offices: in Newark, Clark and Edison. As part of his job, he checks patients in and out, checks their vital signs, takes

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Former Intern Now a Supervisor at NCC



Flavia Pinheiro currently serves as the Home Friend Program Coordinator and Food Pantry Representative for New Community Corporation. She started as an intern and served as a Resident Services Coordinator before being promoted.

When Flavia Pinheiro was attending Seton Hall University, she didn't know a summer internship would lead to a full-time job. But that's what happened.

In the summer of 2016, Pinheiro interned at Douglas Homes, 15 Hill St., Newark, under

the supervision of the Resident Services Coordinator at the time, Luz Toro. She participated in the internship for the experience, not knowing it would serve as training for her future position.

Pinheiro graduated from Seton Hall University in May 2017 with a major in Social and Behavioral Science and a minor in Social Work. For three months before graduation, she interned at Spectrum Works in Secaucus, a nonprofit organization that provides job training for young adults with autism. When Pinheiro graduated, Spectrum Works hired her for a part-time position. When not working there, she babysat.

She was looking for full-time work when she saw a job opening at New Community. She reached out to Director of Resident Services Donnette Burrowes-Williams and landed the job of Resident Services Coordinator at Associates, 180 South Orange Ave., Newark, in October 2017.

Then in December 2018, Burrowes-Williams asked her to consider taking on the role of Home Friend Program Coordinator and Food Pantry Representative following a resignation.

Pinheiro accepted the role on an interim basis. After about one month, she took over the position permanently.

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NCC to Offer Employees New Retirement Savings Plan with Match

Beginning March 1, New Community Corporation will offer employees a new 401(k) retirement savings plan with an employer match up to 3 percent of the employee's salary. This marks the first time NCC employees have been offered a plan with the organization providing matching funds.

"This is a tremendous forward movement for us and it's something that we had wanted to do for quite some time," said New Community Board Chairman Dr. A. Zachary Yamba. "We hope it will be very beneficial to the employees because we value their work. We value their connection to NCC."

New Community CEO Richard Rohrman said the new plan provides an additional benefit to employees and shows that the organization values their work.

"The employees who interact with and work with our clients are who power NCC forward as we gain momentum for our next 50 years. Our mission has to be demonstrated by how we treat them. The 401(k) plan with a match from NCC has been a goal of mine for some time and fully supported by our Board," Rohrman said. "It's the icing on the benefits plan. Medical coverage, vacation time, sick time, personal time, substantial minimum wage increases and now the 401(k) match represent an investment in our workforce that will translate into the delivery of quality services by a workforce that is being treated with dignity and appreciation."

The 401(k) plan will be administered through the Employers Association of New Jersey (EANJ) and managed by Benefit Consultants Group (BCG). Employees are eligible to participate in the plan after one year of employment with New Community.

The goal of the plan is to help employees save more for their retirement by offering them the benefit of an employer match.

"The trick is to save early and save as much as you can," Rohrman said.

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 views of New Community Corporation.

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newcommunity.org



OUR MISSION

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

New Community is recognized as:

- One of 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 nonprofit, social entrepreneurship and CDC communities.
- Having beneficial partnerships on the local, national and global level.

Happy New Year!



Douglas Homes, 15 Hill St., Newark, hosted a Black and White New Year's Party Dec. 31 in the Community Room of the building. Residents were encouraged to wear black and white for the event. The room was also decorated with black and white items. *Photos courtesy of Clesia Thompson.*

Around the Network

Residents Enjoy Free Hair Styling

Residents of Orange Senior, 132 William St., Orange, have the opportunity to receive free hair styling twice a month in the building's Community Room. Tranell Smith, who works at a salon in Maplewood, visits the building and provides washes, styling and trims to interested residents. She is friends with a building resident's niece, which is how she got involved.



Seniors Come Together for Ice Cream

Manor Senior residents enjoyed a sweet treat Jan. 8 in the Community Room of the building, 545 Orange St., Newark. Resident Services Coordinators Erika Furcal and Guadalupe Cepeda coordinated an Ice Cream Social for residents, which included different flavors. It was a way for people to get out of their apartments and interact with their neighbors.



Learning Stress Management Tips

Residents of Commons Senior, 140 South Orange Ave., Newark, got a lesson in stress management during a workshop Jan. 28. UnitedHealthcare Health Educator La-Kisa Hines came to the Community Room of the building to give a presentation about stress management to residents. She discussed the potential causes of stress, possible symptoms and ways to cope with stressful situations. Attendees got involved by sharing some of their own experiences with stress and how they dealt with it.



Employee Spotlight: Maureen Cooper



Maureen Cooper is the instructor for the all-inclusive High School Equivalency class at the Adult Learning Center.

If you walk into Maureen Cooper's class at the Adult Learning Center, you could hear her talk about fractions, sentence structure, history or what makes up an atom. That's because she teaches an all-inclusive High School Equivalency class to help students prepare to take one of three high school equivalency exams: the GED, HiSET and TASC.

Cooper's class meets Monday through Thursday from 9:30 a.m. to 1:30 p.m. where she teaches English, math, social studies and science to a group of students at various levels. She has some students focused on obtaining a high school diploma while others are hoping to improve their English. She even has one student who had never been to school before enrolling in her class.

With a room full of students with a variety of skill levels, Cooper has to adjust her lessons accordingly.

"I can't run a class where some people are at a high school level and some people are at a low level and give them the same exact thing," she said. "I have to do, in some cases, independent plans for certain people."

Her dedication shows.

"Ms. Cooper's outstanding commitment to her students is an inspiration to us all," said Adult Learning Center Director Cristhian Barcelos. "She is the first one to come in and the last one to leave the school, and I have been told that her dining table is always covered with students' work."

Cooper took a nontraditional route to become an educator. She graduated from college with a theater degree and was an actress, working at Hunterdon Hills Playhouse, a dinner theater in Hampton, N.J. She was in a comedy show that took inspiration from Saturday Night Live, The Three Stooges and Monty Python. She also did extra work in films. After she had children, she stepped back from acting and started substitute teaching. She realized she was good at teaching because she was creative, able to come up with lessons and had the ability to control the classroom. She returned to Ramapo College and graduated after two and a half years, ready to teach. She worked for Paterson School 21 for 11 years teaching an all-inclusive third-grade class, which meant she taught every subject and had the same children all day.

After she retired, she began volunteering for Literacy Volunteers of America (LVA). Since she is a

certified teacher, she was asked to teach a class. She taught ESL classes for LVA and Berkely College and then Barcelos asked if she would be interested in teaching for the NCC Adult Learning Center.

Cooper has been an instructor at the Adult Learning Center for about two years. She enjoys her job and helping her students realize their potential.

"The absolute favorite part of my job is when somebody calls me and tells me they passed the GED," Cooper said. "I get so excited."

She also likes to help students realize that they have the ability to learn. She said some of her students have felt stupid in past academic settings because they haven't picked up concepts as quickly as their peers. It's gratifying for her when her students understand the concepts in her class that they have struggled with in the past.

Cooper lives in Bloomfield with her dog, who she rescued last year. She has two grown daughters and is divorced. When she's not at work, she tutors her niece and participates in the arts. She attends pottery classes and started a craft club with other women in her area. She goes to the theater often and enjoys watching dance performances.

New Community Is Hiring

There are a number of open positions at New Community Corporation. To see all job listings, visit www.newcommunity.org and click "Jobs at New Community." Click "Apply" next to the position of interest to see the full description and then "Apply Now" to complete the application process.

NCC requires job applicants to fill out an online application. NCC has designated computers for job application purposes at NCC headquarters, 233 West Market St., Newark, NJ 07103, and at Extended Care, 266 South Orange Ave., Newark, NJ 07103. For additional information, call 973-623-2800.

As of publication, the following positions were available.

- After School Program Counselor - (PT Seasonal)
- Case Manager
- Certified Nursing Assistant
- Clinical Supervisor
- Diesel Technician Instructor
- Driver
- Exterminator - Maintenance Worker
- Food Service Director
- Housekeeping Aide - Full-Time
- Licensed Practical Nurse - Full-Time
- Maintenance Worker
- Plumbers Assistant/Maintenance Worker
- Receptionist/Administrative Assistant
- Registered Nurse - Unit Manager
- Retention Specialist
- Teacher Assistant - (Infant/Toddler) - Floater
- Therapist

NEW COMMUNITY CORPORATION



St. Joseph Plaza
233 West Market St.
Newark, NJ 07103
(973) 623-2800
www.newcommunity.org



Where the Music Comes Alive

FEBRUARY 2020

Live Entertainment & Music Calendar

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

FEBRUARY 7TH

THE STORM BAND

FEBRUARY 14TH

JAMES GIBBS III

"A LII SUMTHIN VALENTINE"

LIMITED SEATING & DINING - ABSOLUTELY NO RESERVATIONS

FEBRUARY 21ST

ANONYMOUS

FEBRUARY 28TH

CLOSED



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

HHELC Remembers Kobe Bryant and Daughter Gianna

Harmony House Early Learning Center (HHELC) held a remembrance Jan. 30 of basketball great Kobe Bryant and his 13-year-old daughter Gianna who died in a helicopter crash in California Jan. 26. Students and staff members wore yellow and purple, the colors of the Los Angeles Lakers NBA team, where Bryant spent his entire basketball career, which spanned 20 seasons. HHELC students and staff members observed a 24-second moment of silence in honor of Bryant's jersey number 24. Bryant, 41, and his daughter were riding in the helicopter along with seven others when it crashed, killing all on board.



NCCTI Graduate Has High Aspirations in Medical Field

Continued from page 1

their medical history, draws blood and conducts in-office tests including rapid strep and flu tests.

"Once you find yourself doing what you want, there is nothing to complain about," Hamidu said.

While he enjoys his work, Hamidu is continuing his education. He is currently taking prerequisite courses at Essex County College at night and hopes to transfer to Rutgers University to pursue a premed bachelor's degree. Though he hasn't decided what area of the medical field to specialize in, he is interested in the area of cardiology.

"Sakirudeen is bright and has a wonderful future in the health care field," said NCCTI Director Rodney Brutton. "He brought his prior educational experience with him to NCCTI and his willingness to share his knowledge to enhance the learning experience of his classmates should be applauded."

Hamidu said the environment at NCCTI was a perfect fit for him. He said his instructor, Dr. Seham Abouelhassan, was exceptional, making sure students understood the topics and providing a warm and welcoming classroom.

"When I had to speak in class, she made me

comfortable," Hamidu said. "She helped me a lot."

Abouelhassan said Hamidu was one of her best students.

"Sakirudeen has proved to be responsible, punctual and meticulous, always willing to learn and showed great potential in both academic and practical skills," she said. "Sakirudeen is diligent and motivated to achieve his goals. He has a pleasant personality and he gets along with others so his classmates liked and respected him. I know that he still has more ambitions and I know he will be fulfilling them soon."

Working a full-time job and going to school isn't easy, but Hamidu is used to juggling school and work. When enrolled at NCCTI, he attended class during the day and worked a night shift. After finishing a shift, there was no time to sleep. He would shower and go right to school. Though it was a difficult schedule, he said it was what he had to do to fulfill his goal.

"I tried to be consistent and just sacrifice and go to school," he said.

The hard work paid off and with the help of NCCTI staff members, Hamidu was able to secure full-time work in his field of study.

"I just came to this country. I didn't have any job experience. They helped me with my resume," Hamidu said. "And they helped me with getting my job."

NCCTI provided Hamidu with a recommendation and guidance prior to his interview, which helped him get hired.

Because of his positive experience, Hamidu recommends NCCTI to his friends and anyone interested in continuing their education.

"NCCTI has been a great start for me," he said.

NCCTI is an accredited post-secondary career and technical institution that offers the following programs: Automotive Technician, Diesel Technician, Building Trades Specialist, Clinical Medical Assistant, Patient Care Technician, Community Healthcare Worker, Culinary Arts Specialist and Business and Computer Technologies. NCCTI also operates a comprehensive Financial Opportunity Center and Bridges to Career Opportunities Program sponsored by the local and national Local Initiatives Support Corporation (LISC) offices. For more information, call 973-824-6484, log onto newcommunitytech.edu or visit 274 South Orange Ave., Newark.

NCC Board Chairman Receives Steward of the Dream Award

New Community Board Chairman Dr. A. Zachary Yamba was selected to receive the Steward of the Dream Award, which embodies the vision of the late Rev. Dr. Martin Luther King Jr. and honors recipients for their contributions to the African-American community. Yamba received the award at the annual Rev. Dr. Martin Luther King Jr. Celebration Reception and Performance at the New Jersey Performing Arts Center (NJPAC) Jan. 16.

"It's really a great honor for me to be given this award, especially in connection with an individual like Dr. Martin Luther King who is such an inspiration for all of us in this country," Yamba said. "I never thought of what I did in any way rose to the level of being called the Steward of the Dream."

The event marks the 23rd of its kind. It is a partnership between NJPAC and the Newark Branch of the National Association for the Advancement of Colored People (NAACP).

NJPAC President and CEO John Schreiber said, "Our organizations have been proud to recognize leaders in our community who extol and exemplify the ideals and principles espoused by the late Dr. Martin Luther King Jr."



New Community COO Fred Hunter, Board Chairman Dr. A. Zachary Yamba, Board Member and Outreach Coordinator Madge Wilson and CEO Richard Rohrman, left to right, at the annual Rev. Dr. Martin Luther King Jr. Celebration Reception and Performance at NJPAC Jan. 16. Yamba received the Steward of the Dream Award at the event. *Photo by Kasi McKoy Studios.*



New Community Board Chairman Dr. A. Zachary Yamba speaks at the annual Rev. Dr. Martin Luther King Jr. Celebration Reception and Performance at NJPAC, where he received the Steward of the Dream Award. *Photo by Kasi McKoy Studios.*



The Steward of the Dream award presented to New Community Board Chairman Dr. A. Zachary Yamba at the annual Rev. Dr. Martin Luther King Jr. Celebration Reception and Performance at NJPAC Jan. 16. *Photo by Kasi McKoy Studios.*

NCCTI Staff Members Host Open House

New Community Career & Technical Institute (NCCTI) hosted an Open House Jan. 21 at its Main Campus for individuals to learn more information about the accredited post-secondary school's offerings. Prospective students were able to see the Main Campus, ask questions and start the application process. NCCTI hosts an Open House on the third Tuesday of every month. Its next Open House will be held Feb. 18 from 10 a.m. to 1 p.m. at 274 South Orange Ave., Newark.

NCCTI is an accredited post-secondary career and technical institution that offers the following programs: Automotive Technician, Diesel Technician, Building Trades Specialist, Clinical Medical Assistant, Patient Care Technician, Community Healthcare Worker, Culinary Arts Specialist and Business and Computer Technologies. NCCTI also operates a comprehensive Financial Opportunity Center and Bridges to Career Opportunities Program sponsored by the local and national Local Initiatives Support Corporation (LISC) offices. For more information, call 973-824-6484, log onto newcommunitytech.edu or visit 274 South Orange Ave., Newark.



NCCTI Student Recruiter Aziza Johnson speaks to participants at the school's Open House about its programs and offerings.



NCCTI Community Healthcare Worker Instructor Wanda Johnson speaks with a prospective student during the Open House who is interested in the program.



NCCTI Financial Aid Manager Alisia Hughes discusses the financial aid process with prospective students at the Open House.



Right: An overview of the NCCTI Open House. Prospective students learned about all the accredited programs available from Student Recruiter Aziza Johnson.

Left: NCCTI Registrar Ramona Galley-Tapia explains the process of attendance and counting students' hours during the Open House.



Social Security News

This New Year, See What You Can Do Online at SocialSecurity.gov

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

Are you looking for new ways to save time this new year? Social Security offers many of its services online by signing up for a secure *my Social Security* account.

Once you create an account, you can review your work history and see an estimate of your future Social Security benefits. We recently made several enhancements and introduced new features to *my Social Security*.

With your personal *my Social Security* account, you can also:

- Estimate future benefits with a *Retirement Calculator* that allows you to compare different retirement dates and include future earnings estimates (NEW).
- Request a replacement Social Security card.
- Check the status of your Social Security application.

If you already receive benefits, you can:

- Get a benefit verification or proof of income letter.
- Set up or change direct deposit.
- Change your address.
- Request a replacement Social Security or Medicare card.
- Get a Social Security 1099 form (SSA-1099).
- Opt out of certain mailed notices (NEW).

The Message Center is a secure, convenient portal where you can receive secure, sensitive communications. The Message Center now allows you to opt out of receiving some mailed notices. You can now choose to receive the annual cost-of-living adjustments and the income-related monthly adjustment amount online. Unless you opt out of receiving notices by mail that are available online, you will receive both mailed and online notices.

All of these features can help you save time by doing business with us online. Create a *my Social Security* account today at www.socialsecurity.gov/myaccount.

We also offer many other online resources at www.socialsecurity.gov/online services. Let friends and family know they can access them from the comfort of their home or office and on the go from their mobile phone.

Senior Spotlight: Sherman Gibbs



Sherman Gibbs has lived at Manor Senior for about two and a half years.

If you walk into the Manor Senior Community Room when an event is happening, you're very likely to see Sherman Gibbs participating. The 63-year-old lifelong Newark resident likes to stay involved in building activities and remain active.

"I participate in everything," Gibbs said. "I like the people here. I like the building."

Gibbs moved to Manor Senior about two and a half years ago after becoming disabled. He was working as a street vendor when he started falling for seemingly no reason. He went to several doctors who prescribed medication and gave him a cane, but nothing helped. Finally, one doctor recognized he was suffering from a collapsed spine and ordered emergency surgery. Now Gibbs can stand and walk with the assistance of a walker.

He is grateful for the increased mobility and takes advantage of it.

"I'm a person that gets out. And I couldn't do it for so long because I was hurt. Now I take every opportunity that I can to go out and do something," he said.

Gibbs encourages others to do the same, whether it's participating in building activities or

walking around the block.

"Sherman is a very inspiring resident," said Manor Senior Resident Services Coordinator Erika Furcal. "I love the way he brings out the best in people and I'm really glad we met."

Gibbs had a very interesting job earlier in his career. He worked for a company that incinerated items that needed to be disposed of, including illicit drugs, counterfeit goods and money that was no longer in circulation. Agencies including the Drug Enforcement Administration (DEA); the Federal Bureau of Investigation (FBI); and the Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF) brought items for disposal. He originally worked security at the company but his work ethic was recognized and he was promoted. He enjoyed his job because he helped remove harmful items from the streets. Though he did say the worst part of the job was burning the money.

Gibbs' position was eliminated and he was laid off, along with many others. After that, he became a street vendor selling a variety of items. When he moved to Manor Senior, he could no longer do that work and had a lot of extra inventory that he shared with his neighbors.

"When I first came here, I had a lot of merchandise left over from when I used to be a vendor and I just gave it out," he said. "Hats, gloves, scarves, jewelry."

Gibbs enjoys singing. When he was younger, he was in an acapella group with his brother and three others called The Soulful Uniques. The group came in second place in a performance at Showtime at the Apollo.

A positive outlook on life has kept Gibbs happy. He said just because a person has physical limitations doesn't mean he or she can't enjoy life.

"Just because you're disabled, you don't have to sit back and feel sorry for yourself when you still can get out and do things," he said.



Wellness Tip
February 2020

Love Your Heart!

Get a Good Night Sleep

Sleep is an essential part of keeping your heart healthy. If you don't sleep enough, you may be at a higher risk for cardiovascular disease no matter your age or other health habits. 7 to 8 hours of sleep a night is recommended.

Stay Physically Active

Aim for 30 minutes of moderate intensity exercise a day, 5 days a week. Also, if you sit at a desk for work, make sure you get up and move around for a few minutes every hour. Research has suggested that staying seated for long periods of time is bad for your health no matter how much exercise you do.

Eat Heart Healthy

Try eating more fruits, vegetables, whole grains and lean, low-fat protein. Also, limiting your intake of salt as well as high sugar foods and beverages can lower your risk for heart disease.

Avoid Secondhand Smoke

Of course, to live a healthy lifestyle you shouldn't smoke. But did you know studies have shown that the risk of developing heart disease is about 25 to 30 percent higher for people who are exposed to secondhand smoke at home or work?

Don't Stress

High stress levels can be a contributor to heart attacks. Dedicate 10-20 minutes a day to relax and de-stress through meditation, yoga, deep breathing or another relaxing activity you enjoy.

NCC Mourns Loss of Harmony House Maintenance Worker



Terrence Dhainy was working as a maintenance worker at Harmony House when he passed away Jan. 7. Photo courtesy of Marlon Dhainy.

The New Community family recently lost longtime maintenance worker Terrence Dhainy. He was an employee at Harmony House, New Community's transitional housing facility for homeless families, for

more than seven years when he passed away Jan. 7 at the age of 64.

His loss has had a big impact.

"Mr. Terrence was a man of principles and peace. He was always able to speak his mind when things were not in line with his beliefs but he did it in a respectable manner. Mr. Terrence showed pride in his work and was an absolute joy to work with," said Harmony House Director Yonette Fredericks. "We have lost a great man but he will always be remembered. May his soul rest in peace."

New Community was a big part of Terrence Dhainy's life, according to his son Marlon Dhainy.

"He loved his job and the people that he worked with were not just his coworkers. He spoke of them as if they were his family," Marlon said. "He could not wait to show off his cooking skills to them with his cook-up rice and pepper pot."

Terrence was born in Guyana and spent most of his childhood living with his grand-

mother, aunts and uncle. He enjoyed school as a child and after completing his studies at St. Anthony Roman Catholic School, he joined the Guyana Police Force. While on the force, he attended Government Technical Institute where he studied electric installation. He left law enforcement to pursue other jobs and moved to the United States in 2010.

Throughout his life, Terrence enjoyed helping people. He led the Guyana Boy Scouts and was always looking out for others.

"He was a very loving, kindhearted, friendly and hardworking person," Marlon said. "Even in his last days, he was worrying about other people."

Terrence leaves behind a wife, five children, nine grandchildren, a mother, a sister, two brothers, a daughter-in-law, many cousins, other relatives and an abundance of friends.

"We should all find comfort in the years of memories we were given through the time we all spent with him," Marlon said. "A lifetime worth of laughter, smiles and stories."

HHELC Holds March for Cervical Cancer Awareness

Students and staff members at Harmony House Early Learning Center (HHELC) wore teal and marched around the exterior of the school Jan. 14 to draw attention to cervical cancer. January is Cervical Cancer Awareness Month and teal is the color for the movement. Nearly 13,000 women in the United States are diagnosed with cervical cancer each year, but the disease is preventable with vaccination and appropriate screening.



Free Tax Prep Available at Family Resource Success Center

The Family Resource Success Center, 274 South Orange Ave., Newark, is offering free tax preparation provided by certified IRS preparers from now through April 15 on Tuesdays from 10 a.m. to 3 p.m., Wednesdays from 2 to 6 p.m. and Thursdays from noon to 5 p.m. Eligible individuals must call the center and make an appointment at 973-565-9500.

Taxpayers with earned income less than \$54,000 are eligible for the program. For those who are married and filing a joint return, the combined earned income must be less than \$54,000.

Taxpayers filing business income (Schedule C or Schedule E), rental income, 1099B (proceeds from broker and barter exchange transactions such as stocks and bonds) and Puerto Rico or foreign income are not eligible for the program.

See the flyer at right for the list of items individuals need to bring in order to take advantage of the free tax preparation services.

In addition to free tax prep, the Family Resource Success Center links those seeking assistance with information, referral resources and educational opportunities designed to empower and improve the quality of their lives. The center provides referrals to New Community programs and services, as well as to other agencies in the area.

The center also has many on-site services available for visitors, including financial literacy, benefit screening, SNAP (food stamps), energy and water assistance, lead abatement, homelessness assistance and prevention, rental assistance, substance abuse services, health care, prescription drug programs, prenatal programs and advocacy, among many others.

The Family Resource Success Center is open Monday through Friday from 9 a.m. to 5 p.m. and welcomes walk-ins. It is located on the first floor of the New Community Health Care Building, 274 South Orange Ave., Newark. The phone number is 973-565-9500.



**New Community
Family Resource Success Center**
274 S. Orange Avenue, Newark, NJ 07107
973-565-9500

www.newcommunity.org

FREE TAX PREPARATION

By Certified IRS Preparers

274 South Orange Avenue, Newark, NJ 07103
(located inside the New Community Health Care Building)

Beginning Tuesday, Jan. 28, 2020

Tuesdays 10 a.m. to 3 p.m.

Wednesdays 2 p.m. to 6 p.m.

Thursdays 12 p.m. to 5 p.m.

Items taxpayers need to bring to the VITA/TCE Sites to have your tax returns prepared

- **Proof of identification** (photo ID), Social Security Cards for you, your spouse and dependents and/or a Social Security Number verification letter issued by the Social Security Administration
- **Birth dates for you, your spouse and dependents on the tax return**
- Current year's tax package if you received one
- Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers
- Interest and dividend statements from banks (Forms 1099)
- A copy of last year's Federal and State returns *if available*
- Bank Routing Numbers and Account Numbers for Direct Deposit
- **Total paid for daycare provider and the daycare provider's tax identifying number** (the provider's Social Security Number or the provider's business Employer Identification Number)
- To file taxes electronically on a married filing joint tax return, both spouses must be present to sign the required forms.
- Medical Card
- All Forms 1095, Health Insurance Statements. Forms 1095-A, B or C, Affordable Health Care Statements
- Proof of identification. An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number

By Appointment only at NCC Family Resource Success Center
To schedule an appointment, call (973) 565-9500



Our Mission

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

Celebrating Dr. Martin Luther King Jr. with Jazz, Spoken Word

Spirit of Life Ensemble celebrated the life and work of Dr. Martin Luther King Jr. Jan. 17 at St. Joseph Plaza with jazz and spoken word. This was the 10th year for the event, which included spoken word by poets Rashad Wright and Zayed Muhammad. The program opened with all patrons singing the Negro National Anthem.

The event also served as the kick-off of the 2020 Friday Night Live Music at St. Joseph Plaza, 233 West Market St., Newark.

Friday Night Live Music runs from 7 to 11 p.m. with no cover charge. Patrons must make a food or beverage purchase. Call 973-242-8012 or visit St. Joseph Plaza on Facebook for more information.

St. Joseph Plaza is also available for rent as a venue space for private events. For information about availability and pricing, call 973-623-2800.



St. Joseph's Plaza patrons listen to the words of Zayid Muhammad from Newark Communities for Accountable Policing (N-CAP) during the Jazz/Spoken Word Celebration of Dr. Martin Luther King Jr. Jan. 17. *Photo courtesy of Denise McCoy.*



Dwight West performs during the Jazz/Spoken Word Celebration of Dr. Martin Luther King Jr., held Jan. 17 at St. Joseph Plaza. The event kicked off Friday Night Live Music at St. Joseph Plaza for 2020. *Photo courtesy of Denise McCoy.*

NCC Participates in Essex County Homeless Connect Day

New Community had three tables at the 14th Annual Essex County Project Homeless Connect Day, held Jan. 31 at the Branch Brook Park Roller Skating Center in Newark. The day-long event provides Essex County's most vulnerable residents with an opportunity to receive and learn about various social and health-related services at a one-stop, central location. Representatives from Harmony House, New Community's transitional housing facility for homeless families; Resident Services; and the Family Resource Success Center were in attendance. Visitors to the three NCC tables received literature about NCC programs and services, food items and clothing. Dozens of agencies were on hand at the event at more than 80 booths throughout the skating center.



Learning to Cook



Residents of Douglas Homes, 15 Hill St., Newark, participated in a cooking class Jan. 23 in the Community Room of the building. Resident Services Coordinators Fallon Barnes and Clesia Thompson organized the event. *Photo courtesy of Clesia Thompson.*

Happy Birthday!

Douglas Homes, 15 Hill St., Newark, held a celebration Jan. 29 for residents who had a birthday during the month of January. The residents enjoyed cake and ice cream, along with their neighbors who also participated in the festivities.



Douglas Homes residents who celebrated their birthdays in January.



The birthday cake Douglas Homes residents enjoyed during the celebration. *Photo courtesy of Fallon Barnes.*

Family Service Bureau

Equality Equation

“People always say that I didn’t give up my seat because I was tired, but that isn’t true. I was not tired physically... No, the only tired I was, was tired of giving in.” Rosa Parks, 1955.

Most of us know the historical event that was sparked off by Rosa Parks in 1955 for equality and social justice. Today, 65 years later, although a lot has changed, the world still sees movements demanding a review of these core basic rights. While there are several forums and movements that aim to bring more awareness and knowledge to the forefront of invisible deep-rooted inequality, I would like to focus on the month of March, which is nationally recognized as Women’s History Month.

This recognition started as International Women’s Day in 1911 and was turned into a full week of distinguishing “unsung and unno-

ticed women’s contributions that led to building America” by Former President Jimmy Carter in 1980. In 1987, and every year following that, U.S. presidents have issued an annual proclamation for designating the month of March as Women’s History Month.

During the month, we see women being honored and recognized for their contributions and supported across the nation and hopefully in their everyday lives in their homes, places of work and in all the various roles they play — daughters, friends, sisters, mother and wives. The equality, or the lack of it, needs to be recognized and addressed at all levels and all of us can contribute to bringing equality to the forefront in our daily lives.

Relational therapy is available for couples and families at Family Service Bureau of Newark, where you can share in a non-judgmental

therapeutic environment how to resolve issues to enhance personal relationships.

However, one recognition that stands taller than any other is recognition by itself. Maya Angelou’s beautiful quote — “You may not control all the events that happen to you, but you can decide not to be reduced by them” — speaks loudly to the respect a person must have for her own self before demanding it from others. Respect in relationships, places of employment and all roles is essential for all. However, as responsible and aware people, it is upon all of us to see how we may be carrying invisible beliefs and actions that condone inequality.

At Family Service Bureau of Newark, licensed clinicians are available to help in building self-esteem, health communication and safe health choices for your wellbeing. To learn more, please call 973-412-2056.

Kinship Care – Legal Guardianship

Where?

The Family Service Bureau of Newark
274 South Orange Ave.
Second Floor
Newark, NJ 07103



What is it?

The Family Service Bureau of Newark has a support group for family members that are Newark residents and have legal guardianship, or custody, of their relatives ages 17 and younger. The children must have been placed in kinship care through the Division of Child Protection and Permanency.

What does the group provide?

Monthly support group meetings where family members can discuss the highlights and difficulties of raising and caring for their relatives are held on the third Wednesday of each month. The children are invited to come as there are activities for them such as crafts and games. The families will receive individual family support, case management and referral services.

Interested?

For more information, please contact the Kinship Legal Guardianship Program Coordinator Michelle Villa, MSW, LSW at:

mvilla@newcommunity.org
OR
973-286-3181

Learning More About Social Security

Social Security Administration Public Affairs Specialist Jari-ta Walker visited residents of Douglas Homes, 15 Hill St., Newark, Jan. 23 to discuss programs and answer any questions. She talked about the agency’s expanded office hours, how to recognize Social Security scams and how residents can set up an online *my Social Security* account, among other topics.

For more information about Social Security, see the *Social Security News* column on page 6.





New Community Adult Learning Center

563 Orange Street, Newark, New Jersey 07107

(973) 558-5536

www.newcommunity.org/services/adult-learning-center/

Free Workshops & Services / Talleres y Servicios Gratuitos

Eye Screenings (AVS) Examen de la Vista	Wednesday, February 5 th , 2020 9:30 AM to 12:30 PM
Health Screenings Exámenes de Salud	Tuesday, February 18 th , 2020 10 AM to 1 PM
Health Screenings Exámenes de Salud	Tuesday, February 25 th , 2020 10 AM to 1 PM
Creative Writing Composición	March 9, 10, 11, & 12, 2020 Monday, Tuesday, Wednesday, & Thursday 5:30 PM to 8 PM

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.

Something Told Me To...

By Lesley Leslie



Can you recall a time when you started to do something and then for some reason, you changed your mind? Or you were set to go somewhere but later felt a strong prompting not to proceed with your plans? When asked why you suddenly changed your mind, a reason

that many offer up is a common phrase we have come to know as "something told me." You can't quite pinpoint what or who it is for certain, but you know that something or someone provided a sense of direction regarding a move that you were about to make. This "feeling" has nothing to do with the senses that are common to us: smell, hearing, sight, touching or tasting. This feeling,

this existence, this presence is different and it often appears as a voice.

Allow me to offer an explanation for this experience that one might easily dismiss as a mere coincidence. "Something told me" is just another name for God the Father. We are God's creation and He communicates to His creation all the time. Although we can't always explain what occurs when we hear from God, and although others might not believe us when we try to explain, there is something profound to be said about the experience.

One certain way to know for sure that you are hearing from God is to spend time getting to know Him. In doing so, you will develop a relationship that is so personal that you will be sensitive to His voice when He speaks to you. Prayer, reading the Bible, meditation on His Word and fellowship are just some of the ways to build this special relationship. Try it! Something tells me ... you'll like it!

Former Intern Now a Supervisor at NCC

Continued from page 1

"She was an employee who was committed and dedicated to the New Community mission and she built a long-lasting rapport with the residents," Burrowes-Williams said. "Flavia showed tremendous growth and was thus promoted to Home Friend Program Coordinator for which she kept the same momentum and tenacity going with her staff and residents making sure that our inner-city residents improve the quality of their lives."

The Home Friend Program provides services, including light housekeeping and small errands, to seniors 60 years and older residing in Newark's Central Ward that have Medicare only. Pinheiro manages the program and makes sure the six full-time Home Friends are providing appropriate services to the 44 clients currently in the program. She also conducts an initial assessment of clients and yearly reassessments to ensure they are still eligible to participate.

Pinheiro manages New Community's Emergency Food Pantry by accepting the allocations that come in. She also manages volunteers that come monthly, ensures clients are eligible before servicing them and oversees the distribution process.

Pinheiro's favorite part of her job is getting positive feedback from the people being served.

"When the clients call and are grateful for the service, I think that's the most rewarding part of it," she said.

Pinheiro is appreciative to have moved up within New Community.

"I enjoy what I do. It's very rewarding," she said. "And I really do thank Donnette, especially for seeing the potential."

Burrowes-Williams is happy with the decision to promote Pinheiro.

"Flavia is a hard worker, she makes work fun and always has a smile on her face," Burrowes-Williams said. "She's an employee you can count on to get the job done."

Pinheiro was born in Portugal and moved to Newark when she was 2.5, where she has lived ever since. She remains fluent in Portuguese and also knows Spanish at an intermediate level, which allows her to help with translations for the Resident Services Department.

She has relatives in Portugal, including grandparents, aunts, uncles and cousins. She enjoys going back to her home country for visits.

In addition to traveling, Pinheiro likes to go hiking in Pennsylvania and Ramapo and enjoys shopping. She currently lives in Newark with her husband.

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CLARION

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Commons Senior Celebrates Martin Luther King Jr.

Residents of Commons Senior, 140 South Orange Ave., Newark, celebrated Martin Luther King Jr. with a luncheon in the Community Room Jan. 13. Residents helped prepare items for the meal and Resident Services staff members served the food.

