



CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Volume 36 — Issue 4 ~ April 2019

Remembering Trish Morris-Yamba: A Champion Of Women And Children



Trish Morris-Yamba, the wife of NCC Board President Dr. A. Zachary Yamba, was a champion of women's and children's causes. *Photo courtesy of Dr. A. Zachary Yamba.*

Newark and the community at large lost a dedicated champion of women and children with the passing of Trish Morris-Yamba March 8 at the age of 80. She was the wife of New Community Board President Dr. A. Zachary Yamba.

Morris-Yamba was heavily involved in the Newark Day Center, which aims to train the poor to help themselves, and its Greater Newark Fresh Air Fund. She worked for the Newark Day Center for 32 years and continued to be involved with the organization during her retirement.

The Greater Newark Fresh Air Fund sends inner-city children from the Greater Newark area to camp, where they can enjoy the outdoors and participate in activities like swimming. Morris-Yamba was heavily involved in the process to make sure children had positive experiences. Yamba said at one time she worked with an airline that would take the children to the Bahamas for a day.

"It was a great treat for the kids," Yamba said.

In addition to her work at the Newark Day Center, Morris-Yamba was the founding president of the Early Childhood Coalition of Newark and she founded the CHEN School, a collaborative preschool sponsored by the Council of Higher Education in Newark.

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Renovations Continue In NCC Family Housing Units



Patricia Uhunmwangho shows off the renovated kitchen in her Commons Family townhouse.

done with just minor touch-ups left. All family units will be completed by the end of 2019.

"We are very excited to be coming close to finishing an aggressive five-year program of renovating a total of 1,169 units in five properties that include both senior and family housing," said New Community CEO Richard Rohrman. "In partnership with our residents, these properties will remain in outstanding condition for many years to come."

Patricia Uhunmwangho lives in a two-story Commons Family townhouse with three bedrooms and one and a half bathrooms. Her unit received new bathrooms, complete with new toilets, sinks and a new bathtub; new kitchen cabinets and countertops; new flooring throughout the unit; new doors to the rooms and closets; and new paint.

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Spring Scholarship Sweepstakes Supports Monsignor Linder Scholarship Fund And Offers Prizes

New Community Corporation will be selling raffle tickets as part of its first Spring Scholarship Sweepstakes. Supporters of New Community are encouraged to buy the raffle tickets for the chance to win prizes while also helping to bolster the Monsignor William J. Linder Scholarship Fund.

Proceeds from the sale of raffle tickets will benefit the scholarship fund, which NCC Founder Monsignor William J. Linder established to help families send their children to Catholic high schools. The goal is to provide young people a good educational foundation and encourage them to continue on to college.

Children and parents have expressed their gratitude over the years, saying the scholarships allowed for them to attend a school they otherwise wouldn't have been able to afford. The scholarship fund remains in place in Monsignor Linder's memory to continue to help young people get a head start on pursuing their dreams.

Those who purchase raffle tickets will have the chance to win one of three prizes. **First place will be a Sony 60-inch 4K Ultra High Definition TV with HDR and second place will be an Apple iPhone XR.** The third place prize will be announced at a later date.

Raffle tickets for the Spring Scholarship Sweepstakes will go on sale beginning April 11. Tickets will be sold for \$1 each.

The drawing for the winners will take place during Jazz Night Friday, May 24 at 10 p.m. at St. Joseph Plaza, 233 West Market St., Newark. You do not need to be present at the drawing to win a prize.

Raffle tickets for the Spring Scholarship Sweepstakes will be sold up until the drawing May 24. If you're interested in purchasing tickets or would like additional information, call 973-623-2800.

No substitution of the offered prizes will be made and no cash will be given out in lieu of prizes. Winners do not need to be present at the drawing.

We at New Community hope you participate in the Spring Scholarship Sweepstakes to support the Monsignor William J. Linder Scholarship Fund and wish you luck in the drawing!

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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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.

Health Care Education



UnitedHealthcare Licensed Sales Agent Luis Mena speaks to residents of Manor Senior about available health care products.

Representatives from UnitedHealthcare visited Manor Senior, 545 Orange St., Newark, March 5 to discuss medical coverage. The residents in attendance had the chance to ask questions and play bingo for prizes.

Around The Network

Learning About Colon And Lung Cancers

Residents of Associates, 180 South Orange Ave., Newark, learned about colon cancer and lung cancer during a presentation March 5 made possible by University Hospital and Rutgers Health. Dr. Luis Alzate-Duque of Rutgers New Jersey Medical School led the presentation. He talked about the risk factors of both types of cancers, the symptoms and screenings available. Attendees enjoyed light refreshments and had the opportunity to sign up to receive an at-home colon cancer screening kit.



Extended Care Hosts Ash Wednesday Mass

Father Beatus Kitururu led mass at Extended Care, 266 South Orange Ave., Newark, for Ash Wednesday March 6. Residents and staff members participated and received ashes. *Photos courtesy of Sister Elizabeth Lima.*



Valentine's Day Brunch

Residents of Roseville Senior, 1 South Eighth St., Newark, enjoyed a Valentine's Day Brunch Feb. 26 in the Community Room.



EMPLOYEE OF THE MONTH: Jill DeRios



Resident Services Coordinator Jill DeRios has worked at New Community Corporation for five years.

Jill DeRios started working at New Community Corporation five years ago as the administrative assistant at Extended Care before making the move to the Resident Services Department. She has served as the Resident Services Coordinator at Commons Senior for a year and a half.

Her journey to her current role began when she was laid off from her position in a home energy assistance program, located at a church on Orange Street in Newark. She decided to fill out an application for a job with New Community and was brought in for an interview for a receptionist position. That position was filled with someone else, but she was asked if she would be interested in an administrative assistant position instead. DeRios was a bit hesitant because she had no experience in that area, but she agreed to the interview and was hired on the spot by the late Betty Lawson, former administrator of Extended Care.

After Lawson's passing, DeRios remained at

Extended Care and helped out wherever she was needed, doing filing and shredding, helping with mail and assisting in the laundry room. She then worked under the subsequent administrators, Robert Smolin and Veronica Onwunaka, before moving to the Resident Services Department.

DeRios decided she wanted to be part of Resident Services to closely help the seniors living in NCC housing. When an opening became available, she jumped at the chance to apply and got the job.

Resident Services Director Donnette Burrowes-Williams has seen great growth in DeRios since joining the department.

"She accepts constructive criticism very well and uses it to make changes in her daily routine working with the residents. She's funny and finds joy in what she does daily for the residents and is a team player. Jill is dependable and can be depended upon to get the job done," Burrowes-Williams said. "Jill takes her mistakes as a learning tool for improvement instead of looking at it as a failure. Her positive attitude makes her successful on the team. I look forward for continued growth in her daily duties as assigned which will contribute to the overall success of the department."

As a Resident Services Coordinator, DeRios has many responsibilities. She keeps track of residents who have gone to the hospital, updating their condition in the files and visiting them if they are admitted. She also conducts home visits where she notes any issues with the apartment and fills out a form noting the wellness of the resident. Residents who are frail or often hospitalized receive more wellness visits.

DeRios also assists residents who come to the office

for services. She helps residents fill out applications for food assistance and other social service agencies and also makes calls for medical transportation.

She sets the monthly calendar with the other Resident Services Coordinator in the building, Delonie Barthelemy, which includes workshops and trips, and participates in ongoing trainings. DeRios also keeps residents' information up to date, including the vial of life forms that provide emergency personnel with emergency contact information and a list of the medications the resident takes.

DeRios enjoys providing workshops and gatherings for the senior residents.

"My favorite part of the job is reaching out to the community partners," she said. "And also reaching out to different companies who come in and do the wellness presentations for our seniors."

DeRios grew up in Newark as part of a large family with five sisters and seven brothers and is still very close to her living relatives.

"Family means everything to me. I love my family," she said. "I love the activities, I love the gatherings, I love the road trips."

In addition to her biological family, DeRios is very close to the girlfriends she has had since childhood.

"We've been together 50 something years. The same girls," DeRios said. "We go to each other's houses and we decide what we're going to cook. We've been doing that for so long."

DeRios said her spare time is spent with family and friends and shopping outings.

"ShopRite, Walmart, family and friends. That's my spare time," she said.

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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.

Renovations Continue In NCC Family Housing Units

Continued from page 1



Patricia Uhumwangho is very happy with the upgrades to the bathroom of her Commons Family home.

“It really looks like a new apartment,” she said. “They did a good job. I love it.”

Uhumwangho shares the townhouse with her four children and says her favorite changes were the kitchen cabinets and the toilets.

Mozella Collins lives in a two-bedroom, one-bathroom Commons Family apartment with two of her grandsons. She is very pleased with the upgrades her home has received.

“I love what they’ve done and how they’ve fixed it,” she said.

Collins received a new oven, cabinets and countertops in her kitchen, a completely renovated bathroom, new flooring throughout the apartment, new brighter lighting, new paint, new molding and new covers for the electrical sockets.

All family units of Commons Family and Gardens Family will receive upgrades during the renovation process, which is meant to ensure the homes stay available as affordable housing.

“It is so important to preserve this housing for

Newark residents. Rental units that serve residents that need rental assistance the most are disappearing in cities where growth and gentrification make it more financially attractive for owners to remove units from subsidized housing programs,” Rohrman said. “In New Jersey, for every 100 families that would qualify for this housing, there are only 33 units available. This means that 67 percent of vulnerable households are not being housed in a way that allows them to avoid being severely housing cost-burdened.”

Each NCC housing unit is evaluated before renovations begin to determine the scope of work. Some units have newer appliances, for example, and therefore will not have them replaced during the project. All units will receive new bathrooms, which includes new tubs, sinks, toilets, medicine cabinets, floors, hardware and light fixtures. All units will also receive new entry doors, room doors and closet doors and be completely painted. Most units will receive new flooring and renovations in the kitchen, including new cabinets and light fixtures.

Changes will be made to the exterior of properties as well to increase the curb appeal. This will include new lighting, roofs, gutters and shrubs.

Residents do not need to move out of their homes while the renovation project is completed. Work is done during the day and the unit is livable and returned to residents each evening. Residents should keep in mind that minors, those under 18 years of age, cannot be present in the home when work is being completed.

While the process can be disruptive, both Uhumwangho and Collins said the end result made the inconvenience worth it.

“It was taxing but very rewarding in the end,” Collins said. “Just to see the brightness of the coloring and the love they put into it, it was well worth it.”

Any residents with questions regarding the renovation project should contact their property manager.



The bathroom in Mozella Collins’ Commons Family apartment was completely renovated.



Mozella Collins shows off the new oven and kitchen cabinets in her Commons Family apartment.

Rutgers Community Health Center Opening At NCC Health Care Complex And Accepting New Patients

Rutgers Community Health Center (RCHC) will be opening soon on the third floor of the New Community Health Care Complex at 274 South Orange Ave., Newark. RCHC is a Federally Qualified Health Center that provides comprehensive primary care with integrated behavioral health services for patients of all ages, regardless of ability to pay. The health center will offer same-day walk-in appointments for sick and well-care visits.

RCHC will be open Monday through Friday with extended hours. For more information, call 973-732-6040.

Buy Through AmazonSmile And Help New Community

Amazon offers a way for you to donate to New Community without spending additional money. It’s through AmazonSmile, which automatically takes a percentage of your qualifying purchases and donates it to NCC.

Simply type in smile.amazon.com in your browser (either on a desktop computer or a mobile device), log on with your Amazon account and choose “New Community Corporation” as your charity. Then shop through Amazon as you normally would.

The AmazonSmile Foundation will donate 0.5 percent of the purchase price from your eligible

AmazonSmile purchases to New Community, at no additional cost to you. The purchase price is the amount paid for the item minus any rebates and excluding shipping and handling, gift-wrapping fees, taxes or service charges.

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Longtime NCC Employee Ruth Reeves Takes On Role Of Controller



Ruth Reeves, who has worked in the Finance Department of New Community for more than 18 years, became the organization's controller March 1.

New Community's new controller has a familiar face. Ruth Reeves, who has worked in NCC's Finance Department for more than 18 years, was promoted March 1 to the position.

Reeves has worked her way up in the department since starting her employment with New Community in December 2000. She began as an intermediary accountant for housing and commercial real estate properties. When her supervisor retired about seven years later, she was promoted to a supervisor role. She was promoted again in 2014 to accounting manager, a position she held until her promotion to controller.

As controller, Reeves has many responsibilities. She monitors bank accounts to detect any fraudulent activity, approves checks, supervises accountants, conducts audits and works on financial reports for the NCC Board of Directors and outside agencies that provide grants and subsidies to the organization. She also monitors the financial performance of New Community, oversees the preparation of annual

operating budgets, manages the preparation of payroll, communicates financial metrics to senior management and provides leadership and support to finance staff.

New Community CFO Elizabeth Mbakaya was happy to promote Reeves.

"She is hard working and always ready to go the extra mile. She is a team player and has vast knowledge of NCC," Mbakaya said. "I think it is a good idea to promote from within if we have someone on our team who is competent and has the skills instead of bringing in someone from outside. She will have a short learning curve given the complexity of NCC."

Reeves' entire career has been in the finance and auditing sector. Her inspiration for that field came from Ellen Johnson Sirleaf, the first female president of an African nation. When Reeves was in high school in Liberia, Sirleaf was the Finance Minister of the country. Sirleaf came to visit Reeves' high school as part of a program that brought influential figures to speak to students. Sirleaf's presentation had a profound impact on Reeves.

"I watched her and when we saw her she was motivated and she was intelligent. In a field of men, this was a woman who was a shining star. I said I wanted to be like Ellen Johnson Sirleaf," Reeves said. "She was the Finance Minister, she was an accountant. So in high school, that's what I decided. So when I went to college, I did accounting."

After graduating from college, Reeves became a bank examiner for the Central Bank of Liberia, which was an auditing position. She worked there for six years and was promoted to the role of authorized signer. She came to the United States after she left Liberia to attend a training and was unable to return because of war. After coming to the U.S., Reeves

continued working in the field of accounting.

Prior to her employment with New Community, Reeves worked at NJPAC as a temporary employee on a contractual basis. When she found out NCC was offering a permanent role, she decided to interview and was asked to join the team as quickly as possible.

Reeves embraces the New Community mission and finds her role satisfying because of it.

"Just knowing what NCC does to help the downtrodden, the forgotten people, the underprivileged people, just knowing I'm a part of that whole process, it brings gratification to me," she said.

She also enjoys helping other accountants in the department with training, guidance and instruction.

Reeves lived in Newark for about 10 years. She moved to Piscataway, where she currently resides, in 2001. She has been married to her husband for 32 years. The couple has two adult children: a 31-year-old daughter and a 28-year-old son. Their daughter is pursuing a master's degree in occupational therapy in Nebraska and stays with them when she's on break. Their son lives in Delaware.

In her spare time, Reeves enjoys being involved in her church and entertaining family and friends. She was ordained as an elder in her church in November 2018.

She sees a connection between her service with church and New Community.

"I'm grateful to God for Monsignor Linder's vision. And because of his vision, today we have this beautiful legacy. And this is a legacy that can go on for many generations," Reeves said. "NCC has done a beautiful job looking out for the poor. And I am more than delighted to be a part of this organization."

Employer Representatives Visit NCCTI



New Community Career and Technical Institute Diesel Technician Instructor Monica Perry, second from left, speaks with representatives from County Concrete Corporation.

Representatives from County Concrete Corporation and staff members from Newark Works, the city's One-Stop Career Center, met with New Community Career and Technical Institute (NCCTI) Diesel Technician and Automotive Technician students March 21 about internship and employment opportunities with County Concrete Corporation.

County Concrete Corporation has a large fleet of diesel engine vehicles and heavy equipment that requires daily maintenance and repair. NCCTI graduates, through the partnership established by Newark Works, will have an opportunity for jobs.

County Concrete Corporation offers living wage jobs, medical benefits



Representatives from County Concrete Corporation, staff members from Newark Works and New Community Career and Technical Institute staff and Automotive Technician and Diesel Technician students in the school's Training Center.

and a pension program. NCCTI values the partnership with County Concrete Corporation and Newark Works.

NCCTI is an accredited post-secondary career and technical school that offers the following programs: Automotive Technician, Diesel Technician, Building Trades Specialist, Clinical Medical Assistant, Patient Care Technician, Culinary Arts Specialist and Business and Computer Technologies. Those interested in enrolling should call 973-824-6484 or visit www.newcommunity.org. The school is located at 274 South Orange Ave., Newark, with the Training Center that houses Automotive, Diesel and Building Trades programs located at 210 West Bigelow St., Newark.

Social Security News

Traveling? You Can Still Access Social Security Online Resources

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

Now that the weather is beginning to warm, you might be planning a vacation or trip. Social Security is here for you when you're traveling, whether it's just a state away or when you're overseas.

Our online services page directs you to a wide variety of useful links at www.socialsecurity.gov/onlineservices/.

Through our online services, you can:

- Apply for Social Security benefits
- Get your *Social Security Statement*
- Request a replacement Social Security card
- Appeal a decision
- Find out if you qualify for benefits

Some of these features require you to have a *my Social Security* account, which is something everyone should have no matter what stage they are at in their working life.

And if you receive Social Security benefits or Medicare, you can create or log in to your personal *my Social Security* account to:

- Get your benefit verification letter (includes Medicare and SSI)
- Check your information, benefits and earnings record
- Change your address and telephone number
- Start or change your direct deposit
- Request a replacement Medicare card
- Get a replacement SSA-1099 or SSA-1042S for tax season
- Report your wages if you work and receive Disability Insurance benefits or Supplemental Security Income (SSI)

Create a *my Social Security* account today at www.socialsecurity.gov/myaccount/ to take advantage of these easy-to-use features. Also, share our online services page with friends and family, who might not know how easy and secure our website is.

SENIOR SPOTLIGHT: Carlos McMillan



Carlos McMillan is the president of the Resident Council at Extended Care.

Carlos McMillan has always enjoyed helping others and he continues to serve those around him as a resident of New Community Extended Care. He was elected president of the facility's Resident Council last summer and holds monthly meetings to address residents' issues and concerns.

As the leader of the Resident Council, McMillan said, "I make sure that the residents' rights are being kept up and that the relationship between the resident and the aide is always cordial."

To achieve those goals, he calls Resident Council meetings once a month, which are open to everyone living at Extended Care. There are also monthly meetings for activity planning and menu planning.

McMillan's leadership style has gained the respect of the Care Team at Extended Care.

"Mr. McMillan is a strong advocate for the residents. He listens to the concerns and issues of the residents and he communicates it to the administrative staff," said Extended Care Administrator Veronica Onwunaka. "Mr. McMillan is a part of our resolution team and is not afraid

to tell his co-residents when they are wrong. He believes that neutral respect and working together is best for everyone."

In addition to his role as president of the Resident Council, McMillan is a volunteer member of the National Patient Advocate Foundation. The mission of that organization is to bring patient voices to health system delivery reform.

"I always was for all people's rights. Even before I came to this country. I worked in several organizations in Trinidad," McMillan said.

McMillan was born and raised in Trinidad. He moved to the United States in 1985, settling in Brooklyn. He then spent five years living in Newark before moving to Georgia for a job. From Georgia, he moved to Queens for another job opportunity. While living in Queens he underwent surgery and something went wrong. Afterward he was no longer able to walk and had to seek care.

Extended Care wasn't the first facility McMillan came to. He was at Green Hill in West Orange and another facility in Orange that he called deplorable before researching other options and moving to Extended Care.

McMillan's seven children live in the East Orange area, which was one of the reasons he chose to move to Extended Care. His children come to see him often. He has a brother in Brooklyn and two sisters and a brother in Trinidad. His wife is deceased.

McMillan, who is 68, worked in consumer electronics repair in his younger years. He said it was a hobby that he turned into a job. He said the work combined two things he likes to do: working with his hands and helping people.

McMillan had to stop doing consumer electronics repair because of the onset of Parkinson's disease. But he is happy to be able to continue to help others in his role on the Extended Care Resident Council.

"I like living here because I get an opportunity to do what I'm basically trained to do," he said.

VNA Health Group
Visiting Nurse Association Health & Hospice

Wellness Tip
April 2019

Stress Management

Stress management training can reduce the degree and intensity of your current stress reactions as well as help you develop skills for preventing additional, harmful stress reactions.

Stress management skills include:

<p>Relaxation through deep breathing techniques, relaxation imagery, tension-relaxation contrasts, cue-controlled relaxation, and biofeedback</p>	<p>Cognitive Techniques: Review your attitudes and values, restructure your thinking, set goals, use positive imagery, rehearse mentally</p>
<p>Behavioral Changes to better manage interpersonal situations and distress—Check your assumptions, share your expectations with others</p>	<p>Relationship Review: Review past hurts, forgive, communicate feelings, listen, reward</p>

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

Honoring Black History Month

Orange Senior, 132 Williams St., Orange, held a Black History Month celebration in the Community Room Feb. 27. Residents shared information about prominent African-American individuals, including Jackie Robinson, President Barack Obama and Sen. Cory Booker. They also enjoyed a meal.



St. Patrick's Day Potluck

Residents of Manor Senior, 545 Orange St., Newark, held a potluck for St. Patrick's Day March 15 in the Community Room. *Photos courtesy of Essence Vines.*



Remembering Trish Morris-Yamba: A Champion Of Women And Children

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Women's empowerment was another area Morris-Yamba was passionate about. She was a founding member and vice chair of the National Congress of Black Women. She also chaired its metro-Newark chapter. Yamba said she helped install various chapters of the group.

He explained that Morris-Yamba helped women professionally and politically, supporting women who were running for public office and influencing public policy.

"It didn't matter what level office they were seeking. She would go to their rallies and support in whatever way she could. Whether it's at the local level in New Jersey, whether it's in Washington, whether it's in Atlanta, she would get up and just go," Yamba said.

Yamba said he asked her if she would run for office, but she declined.

"She said, 'No, I like to support women's issues, women's causes and open doors for them.' Especially some of the younger people because she said we need young people in the pipeline," Yamba explained.

Although Morris-Yamba was busy with her advocacy work, Yamba said she was always present for their children and their events and made time to attend some of his professional functions as well. Yamba served as the president of Essex County College for 30 years so they both had very active professional lives.

"We never got in each other's way," he said. "We supported each other. I went to some of her functions and she went to some of mine."

Many saw Morris-Yamba as a mother figure because Yamba said she took people under her

wing throughout her life. He said he believed her drive to help others was nurtured by her mother who was very active in the community when Morris-Yamba was young, organizing softball games for neighborhood children and being very active in church organizations.

Newark served as the base for Morris-Yamba's advocacy work, but her influence spread much farther than the city limits. In addition to her work with the National Congress of Black Women, she served as the host of "Black Spectrum," a public affairs show that aired on NBC for many years.

Morris-Yamba was an active member of Alpha Kappa Alpha Sorority, Incorporated, which aims to study and help alleviate problems concerning girls and women in order to improve their social stature and to be of service to all mankind. Yamba said his wife loved being part of the sorority and several relatives, including two granddaughters and nieces, are carrying on in her footsteps as members.

Morris-Yamba was a longtime member of Bethany Baptist Church in Newark and served on several boards, including the Bethany Christian Academy, Newark Emergency Services for Families and the Community Advisory Board of Thirteen/WNET.

The loss of Morris-Yamba will be felt by those close to her personally, throughout Newark and beyond. The work she did throughout her life, however, will continue and will serve as a positive influence on women, children and society at large.

"We're going to miss her. No question about that," Yamba said.



A Personalized Approach To Advanced Wound Care

The Wound Care Center at University Hospital is setting the standard of care for those patients suffering with wounds. Our aim is to improve their quality of life through a comprehensive, multidisciplinary treatment approach to healing and symptoms management. These symptoms include pain, infection, odor, exudate, anxiety and depression. Working in partnership with your referring physician, our team will design a treatment plan to promote long-term healing and health. Our process begins with a comprehensive consultation with an advanced wound care expert that includes:

- Conducting a thorough medical history focused on health problems that may contribute to non-healing wounds, such as diabetes, peripheral vascular disease and autoimmune disorders.
- Assessing lifestyle factors to learn about diet, daily activities, physical activities

MEDICAL CONDITIONS

The Wound Care Center at University Hospital offers a continuum of treatment options for:

- Non-healing wounds associated with a variety of underlying medical conditions, including: Venous Disease, Diabetes, Neuropathy, Arterial Disease, Autoimmune Disease, Arthritis, Immobility, Blood Disorders, Lymphedema, and Chronic Inflammatory Conditions
- Post-operative Wounds
- Wounds Caused by Cancer, Chemotherapy or Radiotherapy
- Palliative Wound Care

DIABETIC LIMB SALVAGE - MULTIDISCIPLINARY APPROACH

The Foot and Ankle Service at University Hospital's Wound Care Center offers an experienced team of vascular, orthopedic, podiatric and

plastic and reconstructive surgeons and the comprehensive, multidisciplinary approach you need to recover from a severe diabetic limb condition. All of our surgeons have advanced, fellowship training in their specialty.

We offer all of your care under one umbrella and collaborate with your endocrinologist or primary care doctor to provide an integrated approach to create a treatment plan that will manage your condition most effectively.

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www.uhnj.org

NCCTI Building Trades Graduate Now Owns Construction Business



Yusto Awich successfully completed the Building Trades program at New Community Career and Technical Institute in 2017 and now owns his own construction business.

Students of New Community Career and Technical Institute (NCCTI) earn certifications in their field of study and are well prepared for jobs after graduation. While many graduates obtain employment from others, some branch out on their own. Yusto Awich is one of those students. He completed the Building Trades Specialist program in 2017 and today he owns and operates his own general construction business.

Awich owns Pafya General Construction in Newark, which he started last August. He always knew he wanted to open his own business and enjoyed the building trades and construction industry.

This is a second career for Awich, who served as a New York City school teacher for about 10 years, teaching biology and sciences. He took an early retirement and decided to pursue a building trades career.

Awich lived in Newark and saw that New Community had an accredited school. He also heard about the institution through the New Jersey Department of Labor and Workforce Development, which he became involved in after his early retirement from teaching.

He is happy he signed up for classes at NCCTI. "The school is great. It's probably one of the

best. I don't think that any offerings anywhere else would be different from what we have," Awich said. "It gave us a real hands-on experience of what to do. I think it's a wonderful place to attend if you're willing and ready to learn something. You'll get all you want to learn."

NCCTI Director Rodney Brutton said the goal is to prepare students for successful careers, whether it's being an employee or a business owner.

"The scale and scope of our Building Trades program really enables our graduates to not only pursue opportunities in an apprenticeship program and other construction careers, but also ensures they have the skills and competencies to start their own construction businesses," he said. "Our curriculum is multifaceted. It's based on acquiring the necessary competencies and it's very hands-on, very practical."

Awich also liked the fact that the class size was small.

"You get the full attention of your instructor and everything that is happening, every topic that is discussed," he said.

William Robinson serves as the Building Trades instructor for NCCTI. Awich said he was very knowledgeable and helpful.

"Even after I left the school, he was still there able to assist me with any information that I wanted," Awich said of Robinson. "And he's very personable with the students. If you're willing and ready to learn, he'll help you out in whatever you want to start."

Robinson said Awich was a very good student who helped his peers if they found the work challenging.

"He was a dedicated, hardworking student and always on time for class," Robinson said. "He asked some challenging questions. He always put my brain to work."

To help him launch his business, Awich attended several small business classes. There he learned the process and registered Pafya General Construction with the state of New Jersey.

Pafya General Construction offers construction services that include painting, framing, electrical, flooring, tiling and plumbing. Awich mainly works in residential buildings and also does bathroom renovations and kitchen cabinet installations. He does much of the work himself and hires people to help with jobs when necessary, including NCCTI students on occasion.

Right now, Awich said he gets jobs through word of mouth from clients. He currently works with a company that owns 56 homes that calls him when work is needed. He said it's good experience because he is able to work and he can use the company as a reference for future prospective clients.

While Awich also worked in maintenance for another company, he said his training from NCCTI really helped him launch his business.

"We covered everything," he said. "We did everything that is necessary for somebody to branch out."

Brutton said entrepreneurship is a career path for students in the Automotive Technician, Building Trades Specialist and Culinary Arts Specialist programs that NCCTI encourages.

"Yusto was able to take advantage of all of the services provided through the career and technical institute and utilized these resources to create his own business," Brutton said.

Pafya General Construction can be reached at 718-844-0305.

NCCTI is an accredited post-secondary career and technical school that offers the following programs: Automotive Technician, Diesel Technician, Building Trades Specialist, Clinical Medical Assistant, Patient Care Technician, Culinary Arts Specialist and Business and Computer Technologies. Those interested in enrolling should call 973-824-6484 or visit www.newcommunity.org. The school is located at 274 South Orange Ave., Newark, with the Training Center that houses Automotive, Diesel and Building Trades programs located at 210 West Bigelow St., Newark.

Volunteering At New Community

Representatives from Palmer & Cay, a specialty insurance brokerage and risk management firm, visited New

Community Feb. 26. They volunteered at the Family Resource Success Center and Extended Care before meeting with New Community

CEO Richard Rohrman. If you're interested in volunteering with New Community, call Michelle Lang at 973-497-4413.



New Community CEO Richard Rohrman, left, with the volunteers from Palmer & Cay as they enjoy lunch at the Extended Care cafeteria.



Pam Headden, left, and Bill Passarotti of Palmer & Cay talk with a resident at New Community Extended Care.



Palmer & Cay CEO Jack Cay, Family Resource Success Center Mature Worker Yvonne Prather, Kelly Gruninger and Denisse Cabanilla, left to right.

Family Service Bureau

Assisting Those Impacted By Child Abuse

April is Child Abuse Prevention Month in New Jersey and it is important to reflect on the voice and message that we, as a community organization, provide for society's victims of child abuse. This topic has been addressed for decades and each day dedicated workers come together to create a network of support for survivors and their families to heal from tragic experiences. Emotional, physical, sexual and psychological are the most common forms of child abuse, along with neglect and abandonment. Child abuse is very traumatic and it is well documented that, left untreated, being a victim usually causes mental health issues. The effects of abuse can cause problems and stress in one's daily life. Reports show that victims of child abuse may suffer from depression, anxiety, Post Traumatic Stress Disorder and, in some cases, even thoughts of and attempts at suicide. This is also true for victims' family members and loved ones.

However, even though individuals and families go through the reporting process, oftentimes many do not seek counseling afterward. Families may experience shame,

blame and guilt. These feelings and emotions often cause disturbances in everyday life. Families may feel alone and may believe that they can't trust anyone or any agency with the confidentiality and sensitivity necessary to help move past their difficult events. However, such counseling is a vital step toward building a healthy state of mind since there is substantial evidence that people with histories of childhood abuse and neglect suffer from profound and pervasive psychiatric disturbances during adulthood (McCord; Roesler & McKenzie; McCauley et al.; Widom, Levitan). This is especially true for those who do not get follow-up treatment, which often leads to additional and more complex mental health issues.

According to rewire.news.com, under New Jersey law, the child protection agency must show a child's "physical, mental or emotional condition has been impaired" or is in "imminent danger of becoming impaired" as a result of a parent's failure to exercise a "minimum degree of care...by unreasonably inflicting or allowing to be inflicted harm, or substantial risk thereof." Family Service Bureau (FSB) would like to

highlight our services and offer our full support.

FSB's mission is to preserve, support, strengthen and enrich family life through prevention, intervention and community education programs. FSB works with families, children and individuals to realize their full potential. We offer comprehensive services to youth, families and individuals who live and work in Essex and West Hudson counties. Our Outpatient Department services both our Newark and Kearny offices and offers services for children. FSB provides group therapy and individual therapy. Bilingual services are also available at both of our locations.

For the month of April and in honor of Child Abuse Prevention Month, FSB will be participating in a few Essex and Hudson County Community Fairs. We look forward to supporting different events to discuss how we work with the children of both Essex and Hudson counties.

For more information, call our Newark office at 973-412-2056 or our Kearny office at 201-246-8077.

CHELC Students Enjoy St. Patrick's Day Celebration

Community Hills Early Learning Center (CHELC) celebrated St. Patrick's Day March 15 with a parade and holiday themed decorations. *Photos courtesy of Gloria Johnson and Michelle Chatman.*



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

Nutrition Nutrición	Wednesdays, April 17 th through June 5 th , 2019 9 AM to 10 AM
Immigration 101 Inmigración 101	Wednesday, April 24 th , 2019 9:30 AM to 12 PM
Mammograms and Pap Smear Mamografía y Papanicolaou	Wednesday, May 1 st , 2019 9 AM to 1 PM
Health Screenings Exámenes de Salud	Monday, May 6 th , 2019 9:30 AM to 1 PM
Eye Screenings (AVS) Examen de la Vista	Tuesday, May 14 th , 2019 9:30 AM to 1 PM
Creative Writing Composición	June 10, 11, 12, & 13, 2019 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.



Hindsight Is 20/20

by Leslie Lesley

*"If I knew then,
what I know now..."*

Do you ever wonder what your life today might have been if you had made one or two different decisions during your young adult life? Maybe you've considered what might have happened if you had gone away to college. What could have happened for you if you pursued that job opportunity that everyone convinced you that you weren't qualified for? Or what about that really nice girl that you liked but your friends told you that she was "too plain" for you? So you dated and married the popular girl in school, even though you knew that although she was pretty, she was also very selfish and kind of mean.

There comes a point in everyone's life where you think back on your younger self and mull over

what you could or should have done differently. Oftentimes, we wish we could go back and do it all over again, believing that if there were such a thing, we would not make so many of life's mistakes. While hindsight affords one the ability to see things, it's a vision that occurs AFTER something has already happened. Although 20/20 vision is considered the best eyesight possible — perfect vision — it doesn't help you "see" how your past decisions can impact your future life. Living through the experience, good or bad, makes you the person that you are.

While criticism surrounding your past decisions can be made, if the information you know NOW was not available then, you can't be faulted for a decision made without that information or knowledge. However, as you grow and mature, you make better decisions because you know more and you know better. Don't beat yourself up because of your past. Change is still possible and it begins with you today!

Award Winning Chili

Helen Abraha, who works in the Extended Care kitchen, took second place in City of Bayonne Second Annual Chili Cook Off, held March 1 at the Marist High School Gymnasium in Bayonne. Photos courtesy of Helen Abraha.



Black History Celebration

Residents of Associates, 180 South Orange Ave., Newark, celebrated Black History Month with a light lunch in the Community Room Feb. 28. They also shared poems and information related to the month-long celebration.



HHELC Celebrates Students' Cultures

Harmony House Early Learning Center (HHELC) held its annual Cultural Diversity Day Feb. 26. Parents and grandparents were invited attend the event and share their background, what types of foods they

traditionally eat and different styles of dress. The children participated with songs and facts about prominent African-Americans in celebration of Black History Month. Guests enjoyed foods from around the world.

