



CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Volume 36 — Issue 8 ~ August/September 2019

New Community Hosts 25th Annual Golf Classic



The first of two Withum teams stands with NCC Environmental Services Project Manager Ronda Lawrence, left, and NCC CFO Elizabeth Mbakaya, second from left. Withum served as the Platinum Sponsor of New Community's 25th Annual Golf Classic.

The weather was beautiful for New Community's 25th Annual Golf Classic July 1, held at Cedar Hill Golf and Country Club in Livingston. Proceeds from the event benefit Harmony House, NCC's transitional housing facility for homeless families; the Monsignor William J. Linder Scholarship Fund; and NCC's youth and education programs.

"The annual Golf Classic is an opportunity to spend some fun time with our many dedicated friends and supporters. It has become something we all look forward to and it is a chance for us to remember the people who we impact and rededicate ourselves to the NCC mission," said New Community CEO Richard Rohrman. "Thanks to all who came out to

support us and thanks to the NCC team who worked so hard to make it happen."

The event's Platinum Sponsor was Withum Audit Tax Advisory. Hole-in-one sponsors were Palmer & Cay, Ferry Carpet and NCC Board President Dr. A. Zachary Yamba.

Participants enjoyed an outdoor barbecue before an afternoon on the golf course. They then returned for an evening reception that included a cocktail hour, dinner and silent auction with a variety of items including purses, jewelry, sports memorabilia and artwork.

Board President Yamba welcomed attendees to the reception and thanked them for their support of New Community, which he called "a very vital organization not only within the City of Newark and the County of Essex, but in terms of our mission." He explained that the services NCC provides become even more important as government pulls back financial support for programs.

He asked attendees to spread the word about the good work NCC does.

"We have to live up to the dream that Monsignor Linder had after the riots in 1967. We have to keep that dream alive," Yamba said. "Because the needs keep growing and we are here to make sure that dream and that support that he so dearly lived for, and died for, continues to thrive."

During the reception, supporters heard from Kima Young, who has benefited from Harmony House, NCC's transitional housing facility for homeless families. Young, who has been living at Harmony House for nine months, became homeless after she was evicted because her landlord wasn't paying the mortgage on the property even though she was paying rent. She received a voucher to stay at Harmony House and currently resides there with her 15-year-old special needs daughter.

"Harmony House isn't your typical shelter. It feels like home," she said. "And it offers so much to its residents."

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NCCTI Offers Paid Apprenticeship Opportunities to Automotive and Diesel Students



Director of Automotive Workforce Development of the New Jersey Coalition of Automotive Retailers (NJ CAR) Breanna Datello Esquilin speaks about paid apprenticeship opportunities available to New Community Career & Technical Institute students in the Automotive Technician and Diesel Technician programs. NJ CAR received a \$1 million grant from the New Jersey Department of Labor which it will use to pay NCCTI students for their work.

New Community Career & Technical Institute (NCCTI), in partnership with the New Jersey Coalition of Automotive Retailers (NJ CAR), Newark Mayor Ras Baraka's Office and the Newark Alliance, is offering paid apprenticeship opportunities in the automotive and diesel technician fields.

In addition to receiving classroom and hands-on instruction at the NCCTI Training Center, students will have the opportunity to receive industry specific training at area dealerships while being paid at least \$15 per hour for their work.

"NCCTI is on the cutting edge of establishing apprenticeship opportunities in the automotive and diesel sectors," said NCCTI Director Rodney Brutton. "We are proud to partner with NJ CAR, the city of Newark and the Newark Alliance for this initiative."

NJ CAR, a nonprofit organization serving franchised new car and truck retailers throughout New Jersey, received a \$1 million grant from the New Jersey Department of Labor to provide paid apprenticeships. The organization identified NCCTI as a feeder program for Essex County.

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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.

Summer Camp Fun



Photo courtesy of Edward Morris.

New Community Summer Camp was a fun time for campers, ages 5 to 13. Camp this year ran from June 24 to Aug. 16. See page 11 for additional camp photos.

Around The Network

Learning Healthy Recipes

Resident Services Coordinator Gladys Artis of Roseville Senior, 1 South Eighth St., Newark, leads a Healthy Cooking Class in the building's community room each month to teach residents healthy recipes. During the July 30 session, participants learned to make a chickpea salad.



Environmental Services Celebrates Summer

The Environmental Services Department of New Community held its Summer Bash June 28 outside department headquarters. Employees enjoyed an afternoon of camaraderie and food.



Bingo!

United Healthcare sponsored a bingo event June 28 at Hudson Senior, 21-27 Orchard St., Jersey City. Residents of the building came to the Community Room to enjoy the games and the chance to win prizes. Photos courtesy of Resident Services.



EMPLOYEE OF THE MONTH: Madelyn Rosa Reyes



Madelyn Rosa Reyes serves as the receptionist at Harmony House, New Community's transitional housing facility for homeless families, a role she has had for nearly two years. She enjoys assisting residents with their needs as part of her job.

Madelyn Rosa Reyes does more than answer phones in her role as receptionist of Harmony House, New Community's transitional housing facility for homeless families. In addition to fielding phone calls for the facility, Reyes updates the roster for the office and Security personnel; sets up paperwork for client intake, orientation and assessment with the Family Service Bureau of Newark; and assists clients.

Reyes' favorite part of her job is helping Harmony House residents. She makes copies for clients, connects them with case managers, helps them fax, provides proof of address, assists in the computer lab and even helps clients with resume writing at times.

"Ms. Reyes continues to be the go-to person in the office. The staff and clients respect her and count on her to provide them with information," said Harmony House Director Yonette Fredericks. "She is more than the receptionist; she is the voice and face of Harmony House. It is truly a joy to work with her on a daily basis."

Reyes has been working at Harmony House for nearly two years. A friend told her about the open position. She was unemployed at the time and looking for work so she applied for the job and got hired.

Before working for New Community, Reyes was a cashier in a store at Newark Airport. She left that job and is happy serving in her role at New Community Corporation. She believes in NCC's mission: to help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.

Many phone calls come in to Harmony House with callers inquiring about how to access New

Community's transitional housing.

"I have to let them know the process to go through Essex County Welfare and get a referral," Reyes said.

She also said she gets calls from people who want to rent an apartment at Harmony House because they think the facility is an apartment complex. So she must explain to them the purpose of the space and direct them to New Community's Property Management Department.

Reyes grew up in the Dominican Republic. She moved to Newark with her family when she was 12 years old and attended Dr. William H. Horton Elementary School and Newark Tech High School. She is the middle child, with an older brother and a younger brother. Her parents still live in Newark.

Members of her father's side of the family still live in the Dominican Republic and Reyes goes back there for vacation periodically.

"Around February, March is the best time," Reyes said because it's a nice break from New Jersey's winter weather and there is no snow.

Reyes lives in North Newark with her boyfriend and 10-year-old stepson. In her spare time she likes to go to the gym, run in the park and spend time with her stepson.

Congratulations Spring Scholarship Sweepstakes Winners!



Sarah Rolon, who won the iPhone; Lois Bey, who won the Ultra High Definition TV; and Tony Tolles, who won the Apple Watch stand left to right with their prizes after the Spring Scholarship Sweepstakes drawing.

New Community Corporation held its first Spring Scholarship Sweepstakes this year with the drawing held Aug. 16. Three winners took home prizes.

Lois Bey took first place, a Sony 60-inch 4K Ultra High Definition TV with HDR; Sarah Rolon won second place, a 64 gigabyte Apple iPhone XR; and Tony Tolles received the third place prize, an Apple Watch Series 4.

Proceeds from the sale of raffle tickets benefited the Monsignor William J. Linder Scholarship Fund, which NCC Founder Monsignor 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.

Congratulations to the winners and thank you to everyone who participated to support the Monsignor William J. Linder Scholarship Fund.

NEW COMMUNITY CORPORATION



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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 Hosts 25th Annual Golf Classic

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Young has taken advantage of the support New Community provides, including Family Service Bureau, which provides mental health services. She described a community feel at Harmony House and said NCC offers events for families, particularly around the holidays.

Young is unable to work because of health issues, but receives Social Security income. With the help of her Harmony House counselor, Young has put in applications for apartments for disabled residents and is hoping to be accepted in the near future.

“I feel very fortunate to have a roof over my head and thank New Community and Harmony House for that,” Young said. “I thank each and every one of you for your support of Harmony House and other New Community programs. The services provided make a real difference in people’s lives. We very much appreciate it.”

The Golf Classic also included a 50/50 raffle. Robert Shawah Sr. won the prize and generously donated it back to NCC.



The second of three teams organized by NCC Board President Dr. A. Zachary Yamba with NCC CFO Elizabeth Mbakaya, third from left, and NCC Environmental Services Project Manager Ronda Lawrence, third from right.



The third of three teams organized by NCC Board President Dr. A. Zachary Yamba with NCC CFO Elizabeth Mbakaya, center.



The Goldman Sachs team with NCC CFO Elizabeth Mbakaya, third from right, and NCC Environmental Services Project Manager Ronda Lawrence, second from right.



NCC Board President Dr. A. Zachary Yamba, left, stands with his team and NCC Environmental Services Project Manager Ronda Lawrence, second from left, and NCC CFO Elizabeth Mbakaya, third from left.



The Arthur J. Gallagher team with NCC Environmental Services Project Manager Ronda Lawrence, second from left, and NCC CFO Elizabeth Mbakaya, second from right.



The Ferry Carpet team with NCC CFO Elizabeth Mbakaya, second from left, NCC Environmental Services Director Wayne Gravesande, right, and NCC Environmental Services Project Manager Ronda Lawrence, second from right.



The Palmer and Cay team with NCC Environmental Services Project Manager Ronda Lawrence, left, and NCC CFO Elizabeth Mbakaya, second from left.



The Philadelphia Insurance team with NCC Environmental Services Project Manager Ronda Lawrence, left, and NCC CFO Elizabeth Mbakaya, second from left.



The Aetna and USI team with NCC CFO Elizabeth Mbakaya, third from left, and NCC Environmental Services Project Manager Ronda Lawrence, third from right.



NCC Board President Dr. A. Zachary Yamba talks to the participants of the 25th Annual Golf Classic during the evening reception.



The first place team, Arthur J. Gallagher, accepts the prize from NCC Board Member Diane Johnson, second from left, and NCC CFO Elizabeth Mbakaya, right.



Harmony House resident Kima Young shared her story during the evening reception.



The second Withum team stands with NCC Environmental Services Project Manager Ronda Lawrence, third from left, and NCC CFO Elizabeth Mbakaya, third from right.

See more photos on page 5



Jose "Joe" Rodriguez worked at New Community for nearly 33 years before his retirement in January. He passed away Aug. 10 at the age of 84. Photo courtesy of Anne Marie Ventura.

Many who are part of the New Community network know the name Joe Rodriguez. He served as the executive chef for the organization for nearly 33 years. He passed away Aug. 10 at the age of 84.

Rodriguez retired this past January, working well beyond the age when people typically retire.

"He was a hard worker. And he loved New Community, that's for sure," said daughter Anne Marie Ventura. "He liked the work and he liked the people. He made a home there."

NCC's late founder Monsignor William J. Linder hired Rodriguez to be the chef to oversee the

Remembering Longtime NCC Executive Chef Joe Rodriguez

opening of the Priory Restaurant. About five years later, Rodriguez was transferred to Extended Care where he remained for the rest of his NCC career. He oversaw the meals prepared for the nursing home residents in addition to preparing meals for NCC special events and several schools NCC served.

"It isn't often that you see the dedication that Joe Rodriguez brought to NCC every day for almost 33 years," said New Community CEO Richard Rohrman. "I never heard a harsh word come out of Joe's mouth. He was truly part of the NCC fabric. Every meal that Joe produced was important. He will be missed by all of us."

Ventura said Rodriguez loved to cook, even when he wasn't working. She said he would cook for his family and for parties hosted by family members and friends.

"I'm looking through all his things and behind every little paper, there's a menu," she said.

In addition to his love of cooking, Rodriguez enjoyed helping others. He fed the homeless at his church, Immaculate Conception in Elizabeth, about once a month and spent Thanksgivings cooking turkeys for those in need.

"Joe loved his job and cooking was a passion of his," said New Community Board Member and Outreach Coordinator Madge Wilson. "He exuded a little ray of sunshine each time that I saw him. He was an exceptional and extraordinary person."

Ventura said Rodriguez was a good father and was dedicated to his family. He was very close with his

wife who passed away in 2015. Rodriguez leaves behind three daughters and eight grandchildren.

"He was a real family man. He just always wanted to make us happy and he was very generous. He was always there for us," Ventura said. "He was a funny guy but he was very strong willed and very religious."

Rodriguez was in the seminary for a time.

"He really had some strong Catholic values and he instilled them in all of us," Ventura said.

Rodriguez had great respect for Monsignor Linder, who often made requests for his food.

"My dad made some amazing soups and pastries," Ventura said. "And Father Linder would put his orders in."

Rodriguez also had a strong work ethic, rarely taking time off. He would even travel to work in a snowstorm to make sure food was prepared at Extended Care.

Even in retirement, Rodriguez continued to cook. He planned a July 4 barbecue with his family that included king crab legs, clams casino, spare ribs and fried chicken. He wasn't feeling well when the day came, but the family pitched in by following his instructions and pulled everything together.

"He was very proud to show off his food and also that we helped him," Ventura said.

New Community will host a Memorial Mass in Rodriguez's honor Sept. 27 at 4 p.m. at St. Joseph Plaza.

New Community Hosts 25th Annual Golf Classic

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The third place team stands with NCC Board Member Diane Johnson, third from left, and NCC CFO Elizabeth Mbakaya, right.



NCC Board President Dr. A. Zachary Yamba's team came in second place. They stand with NCC Board Member Diane Johnson, second from left, and NCC CFO Elizabeth Mbakaya, right. Yamba is in the center.



Blake Lebrew accepts his award for Closest to the Pin during the NCC 25th Annual Golf Classic. He stands with NCC Board Member Diane Johnson, left, and NCC CFO Elizabeth Mbakaya, right.



Participants bid on items during the silent auction available at the 25th Annual Golf Classic.



Michael Pintabone of Withum stands with Harmony House resident Kima Young, who shows off the purse Pintabone purchased for her during the silent auction.



Social Security News

Communities Fighting Fraud

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

Older people are at a greater risk of fraud and other forms of financial exploitation. The United States Postal Service has seen an increase in mail fraud and is promoting community strength and fraud awareness as a way to prevent abuse. Social Security agrees. You can help your more vulnerable loved ones fight fraud.

You or a loved one might receive an advertisement in the mail, but it could be from a private company or even a scammer. United States law prohibits people or non-government businesses from using words or emblems that mislead others. Their advertising can't lead people to believe that they represent, are somehow affiliated with or endorsed or approved by Social Security.

Scammers commonly target people who are looking for Social Security program and benefit information. If you receive misleading information about Social Security, send the complete advertisement, including the envelope it came in, to:

Office of the Inspector General
Fraud Hotline

Social Security Administration
P.O. Box 17768
Baltimore, MD 21235

Community can simply mean your family unit. The more you know about what your loved ones are exposed to, the better you can protect them.

We also receive reports where someone pretending to be a Social Security employee has contacted members of the public. The intent of this type of call may be to steal your identity and/or money from your bank accounts. They may state that your Social Security number will be suspended or they may demand immediate payment. The caller generally asks you for personal information such as your Social Security number, date of birth, your mother's maiden name or your bank or financial account information. You should not provide any of this information to these individuals.

It's possible that a Social Security employee may contact you to follow-up on a previous application for Social Security benefits or to follow-up on other business you initiated with Social Security. Remember, Social Security employees will never threaten you or demand any kind of payment in exchange for services.

It's important that you report any and all fraud. This can only strengthen our communities and your family. You can report Social Security fraud at oig.ssa.gov/report.

SENIOR SPOTLIGHT: Willie Hall



Willie Hall, a lifelong Jersey City resident, has lived at Hudson Senior for about seven years. He enjoys playing poker and pool in the Community Room of the building.

Willie Hall has spent his entire life living in Jersey City. When he became a senior citizen, he decided he wanted to stay in the city he called home so he put in an application for Hudson Senior, New Community's senior building in Jersey City. When an apartment became available, Hall moved in and has been a resident in the building for about seven years.

"I don't think I could live anywhere else but Jersey City," Hall said. "I was born and raised in the Lafayette section and from there I moved over to Montgomery Street downtown. And then from there, I moved up to Roosevelt Avenue. And after that, I stayed up in the Heights."

He now resides at Hudson Senior, 21-27 Orchard St., Jersey City. Hall said the building

is in a good location in McGinley Square with many shopping opportunities. He also said Journal Square, which is a major hub in the city, is only about 10 blocks away.

Hall participates in some of the activities at Hudson Senior. Every Friday night he plays poker with a group of friends in the Community Room of the building. He also enjoys playing pool with some of his neighbors.

"He's an outgoing person. He likes to play poker and pool in the Community Room," said Hudson Senior Property Manager Sandy Le. "He also likes to help people."

Hall is 74 years old. He's divorced and has three children and two grandchildren. One son lives in Toms River, one son lives in Clifton and his daughter lives in Colorado. Though there is quite a distance between him and his children, who are all in their 40s, Hall sees them occasionally and keeps in touch.

In his younger years, Hall did a variety of work, including loading trucks, driving trucks and working for a company driving a taxi in Jersey City.

He says Jersey City has calmed down over the years from the way it used to be. The rents, however, have increased dramatically with many who work in New York moving into the area. The higher cost of living is one of the reasons Hall decided to move to Hudson Senior.

"I've never seen rents this high. It's crazy," he said.

Hall enjoys the quiet of Hudson Senior, which he said lets him sleep as long as he wants. When he's not in the Community Room or out of the building, he enjoys looking at Facebook to see what's happening in the world.



Wellness Tip
September 2019

Tips For Healthy Aging

As we age, we need to be sure to make choices about our lifestyle, health care, personal pursuits that will help guide us toward a healthy and active life.

Adopt and Maintain Healthy Habits and a Positive Lifestyle:

It is advised to avoid cigarette smoking and to have no more than one alcoholic beverage in a 24-hour period. As you age, it is important to maintain a healthy weight. This can be done with a balanced diet and by exercising regularly using a combination of weight-bearing, aerobic, and balance activities. Getting regular medical checkups can help to maintain good health and with early detection of any health issues. It can also be helpful to resolve intergenerational conflicts or stressors.

Keep Yourself Stimulated:

Find hobbies and interests you can enjoy with passion, particularly social activities. Engage in adult educational activities to challenge and sharpen your mind. Identify your physical limitations, such as difficulty walking or problems with balance. Start a discussion about these limitations and safe ways to overcome them with your doctor. Don't forget to utilize nearby resources such as community support and local senior centers.

Maintain Good Health As You Age:

It is important to choose a doctor who is knowledgeable in the medical care of older adults and a healthcare system that easily makes appointments and cares for the elderly. Communicate your goals of care to your family/caregiver and physician. Be sure to take steps to avoid falls, head injuries, and medications that cause confusion (either over-the-counter or prescription).



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

Recognizing Senior Leaders

The Resident Services Department held a luncheon July 19 at Roseville Senior, 1 South Eighth St., Newark, to recognize the members of leadership in each of New Community's senior buildings. *Photos courtesy of Resident Services.*



NCCTI Offers Paid Apprenticeship Opportunities to Automotive and Diesel Students

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Chief Administrative Officer and Veteran Coordinator for Sansone Auto Group Rich Liebler talks about what makes a good employee for dealerships during the NCCTI Information Session.



District Service and Parts Manager for the Northeast Region for Isuzu Commercial Truck of America Bill Croll, center, speaks with a Diesel Technician student about the opportunities available to him in the field. NCCTI Diesel Technician Instructor Monica Perry looks on.

"NJ CAR looks forward to the opportunity to work with NCC to help develop and connect NCC talent to the dealerships throughout the region offering good paying jobs and rewarding careers as automotive technicians," said NJ CAR President Jim Appleton. "Car dealerships are uniquely local businesses and the jobs they offer come with great pay, benefits and, most importantly, can't be outsourced to the Sun Belt or shipped overseas."

The funding is part of an expansion of

apprenticeship opportunities in the state of New Jersey. These types of programs lead to life-sustaining wages, clearly defined career pathways and lifelong self-sufficiency. Gov. Phil Murphy held a press conference in February announcing \$2.8 million in grant money for apprenticeship programs statewide. NCCTI staff members and students participated in that press conference, held at Sansone Auto Mall.

To highlight the paid apprenticeship opportunities, NCCTI hosted an Information Session July 31 at its Training Center, where automotive and diesel instruction takes place. Prospective students, as well as newly enrolled individuals, learned more about the Automotive Technician and Diesel Technician programs the accredited school offers and how they would have the opportunity to earn money for their work while still attending classes.

NJ CAR Director of Automotive Workforce Development Breanna Datello Esquilin spoke to attendees about the grant money for the paid apprenticeship opportunities and explained the skills they learn at NCCTI are and will be in high demand.

"Over the next seven years, New Jersey new car dealerships will need 12,500 new bodies to replace those leaving or retiring. There's only about 1,200 students in the state of New Jersey enrolled in some kind of automotive training program," she said. "If you can master this trade, the opportunities available to you are limitless."

Rich Liebler, who helped start the Automotive Technician program with New Community and Ford Motor Company, also spoke at the Information Session. Liebler previously owned Hillside Auto Mall on Route 22 and currently serves as Chief Administrative Officer and Veteran Coordinator for Sansone Auto Group. He explained that technicians can quickly rise on the pay scale by completing on-the-job training and

could make \$91,000 per year in five years.

He also told attendees not to get intimidated by the size of the textbooks.

"What you're getting here is an overall knowledge of the automobile. But don't let it overwhelm you to think that you can't do it. Because as you come to me, I train you a little piece at a time," Liebler said. "You run into a level where you don't want to go further, that's fine."

Students in the Automotive Technician and Diesel Technician programs are eligible for paid apprenticeship opportunities after they have learned some basic skills and have a good attendance record. Brutton said that usually takes about four and a half months. The hours worked at the apprenticeship also count toward the program hours since it is related training.

New Community Career & Technical Institute is an accredited post-secondary school 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. Those interested in enrolling or learning more should visit newcommunitytech.edu or call 973-824-6484.



NCCTI Director Rodney Brutton speaks during the Information Session, explaining the programs the accredited post-secondary school offers.

Extended Care Helps New Mother Return to Son



Valarie Dickerson spent more than three months at Extended Care after an amputation, participating in therapy and learning how to use a prosthetic. Photo courtesy of Valarie Dickerson.

Becoming a mother is never easy, but imagine facing serious health issues, the recent loss of your child's father and a diagnosis of a rare disorder for your child. Those are the challenges Valarie Dickerson had when she was pregnant and shortly after giving birth to her son.

Dickerson is a diabetic. She says she wasn't managing her condition as well as she should have and that led to health problems. She started having amputations in 2014 when she had to have

a toe removed. Her health worsened, especially after a fall in February 2019, and she decided to have part of her right leg amputated.

The decision wasn't easy. Dickerson's son was only 6 months old at the time and the only family she had were her cousins. She had experienced the loss of her mother in 2016, just four days after the death of her son's father's mother. Her son's father passed away in December 2017, before she even knew she was pregnant.

She found out about her pregnancy in February 2018, which was a surprise. At 5 months pregnant, Dickerson was told her son had Dandy-Walker Syndrome, a rare congenital brain malformation involving the area of the back of the brain that coordinates movement. The condition often causes developmental delays. Dickerson said children with Dandy-Walker can have other conditions as well, including ADHD and autism.

"But you look at my son, you can't tell there's anything wrong with him," she said.

Dickerson gave birth in August 2018 and said he is the love of her life. She said he was the main reason she decided to have part of her leg amputated earlier this year.

"He's my motivation. He got me through all of this," Dickerson said of her son.

After the amputation, Dickerson went to Kessler Institute in West Orange but decided to transfer to New Community Extended Care to be closer to her family members who live in Newark. She is very close with her cousins, who took care of her son while she was recovering.

She praised Extended Care and said she would recommend the facility to anyone in need.

"They help you with everything," Dickerson said of Extended Care staff members, who even helped her put in housing applications. "They're so pleasant, so nice."

At Extended Care, Dickerson underwent physical therapy and staff members helped her with the wound from the amputation. She also learned how to walk with a prosthetic during her stay. She plans to continue coming to Extended Care for outpatient therapy for as long as it's necessary.

"I want this to be 100 percent," Dickerson said.

Dickerson's positive attitude was inspirational for other patients and staff members at Extended Care.

"Through her actions, she shows that in every situation there is hope and life is what you make it," said Extended Care Administrator Veronica Onwunaka. "You cannot crumble down because things have just happened to you. For me, she's an inspiration because no matter how my day is going, when I think about her, I pick up courage. When you have faith and have a positive attitude, even when the going is very rough, you can always overcome."

Dickerson was discharged from Extended Care in August. She said since the amputation she feels so much better. At 40, she is beginning a new chapter in her life.

"Sometimes I miss my leg," Dickerson said. "Then I have to realize, that was the problem I was having."

NCCTI Welcomes Emerging Leaders

New Community Career & Technical Institute (NCCTI) hosted a group of individuals who are part of the Emerging Leaders Council, a new initiative launched by Local Initiatives Support Corporation (LISC). The new council is made up of people from throughout the country that come from a variety of industries and backgrounds. The group toured the main campus of NCCTI June 28 with Director Rodney Brutton, along with Greater Newark LISC Program Officer Jerrah Crowder.

NCCTI is an accredited post-secondary career and technical school. For more information, visit newcommunitytech.edu or call 973-824-6484.



NCCTI Director Rodney Brutton, center, discusses the variety of services provided by New Community Corporation and NCCTI.



Greater Newark LISC Program Officer Jerrah Crowder, second from right, discusses the relationship New Community and LISC have had over the years.

NCCTI Hosts Open House for Health Care Programs

New Community Career & Technical Institute (NCCTI) hosted an open house for its two health care programs — Clinical Medical Assistant and Patient Care Technician — Aug. 13 at its Main Campus, 274 South Orange Ave., Newark. Prospective students learned about the two programs, the certifications received and the numerous employers they would be connected to.

NCCTI is an accredited post-secondary school 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. Those interested in enrolling or learning more should visit newcommunitytech.edu or call 973-824-6484.



Graduating Patient Care Technician student Denayah Reese shared her experience in the program to prospective students at the NCCTI Open House Aug. 13. PCT Instructor Maha Koltowski and NCCTI Director Rodney Brutton look on.



Prospective students for the Clinical Medical Assistant and Patient Care Technician programs participated in an open house at NCCTI.

Children Get Free Back-to-School Shopping Spree

New Community families participated in the 11th annual Back 2 School Store July 28 at the Joseph Kushner Hebrew Academy in Livingston. The event was organized by the National Council of Jewish Women Essex County (NCJW/Essex). Hundreds of children from throughout Essex County got to shop at no cost with a personal shopper for back-to-school supplies, including clothes, shoes, backpacks, books, coats, hats and gloves. New Community Board Member and Outreach Coordinator Madge Wilson organized a group from NCC and St. Rose of Lima Church to participate.



Extended Care Hosts Annual Health Fair

New Community Extended Care Facility, 266 South Orange Ave., Newark, hosted the annual New Community Health Fair July 26. The free event included vendors providing information about health related services and food for attendees.



Family Service Bureau

Kinship Legal Guardianship Program

Are you currently caring for underage relatives in your home because they cannot live with their parents? Were the children placed with you through the Division of Child Protection and Permanency (DCPP)? Are you a Newark resident? Would you like to have people you can turn to for support, resources and assistance? If so, why not join the Family Service Bureau of Newark's Kinship Legal Guardianship Program?

The Kinship Legal Guardianship Program is a community-based program provided by Family Service Bureau of Newark that offers services to families in need. Each year the Kinship program looks to enroll families with the goal that these families can gain insight and develop skills that enable them to become more stable as a family. The Kinship Program meets these goals through monthly support meetings, home visits and supportive services. The program serves as a resource to assist kinship families in developing a network of kinship and maintaining relationships with other families who can provide support and guidance.

The Kinship Program supports grandparents and other relative caregivers in order to allow their children to remain within their extended families and communities. The program is open to relative caregivers living in Newark. Referrals are accepted from any source, including self-

referrals, family members, schools, community-based organizations, DCPP, faith-based organizations and Family Service Bureau.

Support is provided to the caregivers, as well as their family, through New Community Corporation programs. Available services include family advocacy, case management, supportive counseling and crisis intervention, linkage with community resources, legal services, support groups, workshops and training, family activities and family support.

The Kinship Program has served a number of eligible families since July 2007, all of whom have been eligible for and received support, resources and assistance.

Kinship families are often headed by a grandparent, older sibling, aunts/uncles, cousins or a close friend of the family. The length of the stay in the program is 15 months. There is no cumbersome paperwork requirement, just your contact information and any identifiable needs. During the period of enrollment in the Kinship Program, families are assessed for self-sufficiency and stability.

If you are currently a caregiver and are interested in the Kinship Program, please contact Program Coordinator Michelle Villa at 973-286-3181 or 973-412-2056 for more information.

Rutgers Community Health Center Distributes School Supplies

Rutgers Community Health Center (RCHC) held a school supply giveaway Aug. 7 at its facility on the third floor of the NCC Health Care Complex, 274 South Orange Ave., Newark. The event was part of National Health Center Week.

RCHC is a Federally Qualified Health Center that offers care to patients regardless of ability to pay. RCHC is open Monday through Friday from 8 a.m. to 5 p.m. For appointments, call 973-732-6040. *Photos courtesy of Rutgers Community Health Center.*



Better Life Community Day Celebrates One Year of Service

Collaborative Support Programs of New Jersey (CSPNJ) hosted Better Life Community Day at the Better Life Engagement Center, 101 Fourteenth Ave., Newark, July 19 to commemorate one year of being in operation. Organizations including New Community, Covenant House New Jersey and Newark Emergency Services for Families joined CSPNJ to provide visitors to Better Life information about what they offer to homeless individuals. *Photos courtesy of Anna Kapolka.*





New Community Adult Learning Center

563 Orange Street, Newark, New Jersey 07107
(973) 558-5536

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

Available Courses

English for Speakers of Other Languages

Mondays through Thursdays:
10 AM to 12 PM or 6 PM to 8 PM

Citizenship

Saturdays:
9 AM to 12 PM

Computers – Basic & Intermediate Levels

Saturdays:
9 AM to 12 PM or 12 PM to 3 PM

ABE, Pre-HSE, & HSE (English only)

Mondays through Thursdays:
9:30 AM to 1:30 PM or 5:30 PM to 8 PM

Free Services

Health Screenings

Physicals, Mammograms, Cholesterol, Nutrition, etc.

Open Community

Free workshops conducted by private institutions and/or volunteers for the general public

Other Services

- Community organizing
- Community rooms
- Social services referrals

Cursos Disponibles

Inglés para Hablantes de otras Idiomas

Lunes a jueves:
10 AM a 12 PM o 6 PM a 8 PM

Ciudadanía

Sábados:
9 AM a 12 PM

Computadora – Nivel Básico e Intermedio

Sábados:
9 AM a 12 PM o 12 PM a 3 PM

ABE, Pre-HSE, & HSE (Ingles solamente)

Lunes a jueves:
9:30 AM a 1:30 PM o 5:30 PM a 8 PM

Servicios Gratuitos

Exámenes Médicos Gratuitos

Físicos, Mamografías, Colesterol, Nutrición, etc.

Comunidad Abierta

Talleres gratuitos conducidos por instituciones privadas y/o voluntarios para el publico en general

Otros servicios

- Organización de la comunidad
- Sala de reuniones
- Referidos a servicios sociales

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.



Body Brain Freeze

by Leslie Lesley

Are you super busy, all the time? Do you constantly find yourself running from one place to another, one project to another? Have you over-committed yourself to such an extent that your body is suffering the consequences of your decision to do yet another thing? Maybe it's body aches that you are experiencing, recurring headaches or maybe you're cranky or short-tempered lately. While the body provides signs that it is being overworked, such as the few examples mentioned, we often disregard those early signs of fatigue and continue to push ourselves to the limit. In many cases, a "busy" lifestyle or consistently fast-paced routine that doesn't incorporate an adequate amount of rest can be extremely detrimental to one's overall health.

Imagine the way you respond when you have experienced a "brain freeze." You stop in your tracks and take a moment to settle yourself. A brain freeze

can occur when an ice-cold substance like ice cream hits the back of the throat, causing blood vessels to expand and contract rapidly. The sensation results in a temporary but painful headache in the forehead area. If you've ever had a brain freeze, you know that it's a memorable experience! Now imagine if you experienced a brain freeze every time your body was overworked and in need of rest? Chances are, you would give your body the rest it needed. It would be very hard to disregard or ignore such an alarming signal.

Talk to your family about your need for "down time." Maybe this time you don't have to volunteer to pick up all of the decorations needed for the family function? Certainly, there are other family members that can help out? Why not let one of your other colleagues take the lead on the next labor-intensive group project at work? Share the workload, don't take on more than your body can handle. Do you have a few personal days coming up? Take them! Give some thought to taking a real mental health day. Your body and brain will thank you for it!

NCC Summer Camp

Children in NCC Summer Camp enjoyed a variety of activities, including trips, swimming, arts and crafts and STEAM activities (incorporating science, technology, engineering, art and mathematics). Camp ran from June 24 to Aug. 16. We hope to see the kids back next year for another summer of fun! *Photos courtesy of Edward Morris.*



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New Community

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NCC Hosts Farmers Market for Essex County Seniors

New Community hosted a Farmers Market organized by Essex County Executive Joseph N. DiVincenzo Jr., the Board of Chosen Freeholders and the Essex County Division of Senior Services Aug. 9 next to Commons Senior, 140 South Orange Ave., Newark. Senior citizens who met the income and residency requirements received a voucher of \$25 to purchase fruits and vegetables at the market. NCC's Resident Services Department coordinated with the county to host the event and the county provided transportation for the seniors.

