



CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Volume 35 — Issue 11 ~ December 2018

Better Life Open House Highlights Programs And Services



New Community CEO Richard Rohrman discussed the many years and entities involved in making sure Better Life became the facility it is today.

New Community Corporation and Collaborative Support Programs of New Jersey (CSPNJ) hosted an open house at Better Life Nov. 15 to showcase the various programs and services offered to the community.

Better Life, which is located at 101 Fourteenth Ave., Newark, has three distinct programs at the location. The first floor houses the Better Life Engagement Center, which connects the homeless to services and offers a place for homeless individuals to come for help getting documents, help with a search for permanent housing and jobs, referrals to detox if requested and meals. Also on the first floor is Essex County Wellness Respite Services, which is a hospital diversion program that offers 10-day stays to individuals in crisis who are dealing with mental health or substance abuse issues. CSPNJ runs both programs on the first floor. On the second floor of Better Life, there are 20 apartments for formerly chronically homeless individuals. Rutgers

University Behavioral Health Care provides the services for those residents, though they also work with CSPNJ and are welcome at the downstairs Engagement Center. New Community Corporation owns and manages Better Life, providing property management, security and maintenance.

NCC CEO Richard Rohrman explained that Better Life took 10 years to complete, but it represents great partnerships, both in the construction phase and the services provided.

“Monsignor’s vision and New Community’s vision have always centered on dignity. Dignity for everybody. All of us, at some point in our lives, got a boost from someone,” Rohrman said. “We’re just here to give folks the boost they need. And we’re just pleased to have so much activity going on.”

Better Life Recovery Center Manager Shareatha Webster told the open house attendees that the reason for the facility is the vision of New Community Founder Monsignor William J. Linder.

“Because he took action, it allowed a partnership to be formed,” she said. “When vision meets purpose, it creates an explosion. As a result of this, we have the Engagement Center today, we have respite services and the 20-unit studio apartments.”

CSPNJ Chief Operating Officer Mark Duffy praised staff members at Better Life and explained that the majority of CSPNJ employees have experience with mental illness, which helps them connect with and better understand those they serve.

“Because of New Community Corporation we have this gorgeous building and we have these wonderful partners who come together to produce a very vital service and also

Continued on page 4

New Community Workforce Development Center Graduates Find Success At University Hospital



Ariellen Orense graduated from the New Community Workforce Development Center Clinical Medical Assistant program in July and landed a job as an ambulatory care technician at University Hospital. She’s currently continuing her education and hopes to become a registered nurse.

When students enroll in programs at New Community Workforce Development Center, the goal is to provide them with an education and the skills necessary to obtain a job in their career of choice with a family income supporting wage. Solid training supported by employer partnerships help make that happen. Three recent Clinical Medical Assistant (CMA) graduates have started their careers at University Hospital, one of the employers with which New Community Workforce Development Center has a relationship.

University Hospital is in very close proximity to Workforce and is visible from the health care classrooms, which is one of the reasons the school looked to develop that relationship. The hospital also is an anchor institution and has a well-known brand and reputation in Newark. And most importantly, it offers quality career opportunities.

Continued on page 4

Joy To The World!

Holiday Message By
NCC Director of Mission
Frances Teabout

For most of us, Thanksgiving marks the beginning of the holiday season which extends through the start of the new year. During this time, we celebrate with family and friends; eat and drink to our heart’s content; and use all of our cash and credit to make sure “Santa” shows up at our house. Christmas carols can be heard in the malls and on the radios: Jingle Bells, All I Want for Christmas, Joy to the World!

Unfortunately, while absorbed in the culture of consumerism that pervades our society, we often forget about those who are less fortunate than we ourselves, and those who might be experiencing tragedy during this season.

In the United States, the richest country in the world, over 40 million people live in poverty and the number of homeless individuals continues to grow. The working poor (people who work every day but do not make a livable wage) continue to struggle. There are families camped out at our borders hoping for a new life in America and many people already here, who are praying for better days to come. But their cries get lost in the jingling of bells and for them, there is no joy.

The issues faced by the poor and disenfranchised cannot be solved by a doll under the tree or a tin can of Christmas cookies. We must collectively strive to create a more just society. That begins with creating effective poverty reduction policies and programs, addressing social and economic inequality as well as holding political figures accountable for representing the people who put them in office.

We often feel powerless and think we can’t make a difference. But there are many ways each of us can bring joy to someone else. Visit an elderly relative or friend. Go to a nursing home and sit with a patient who never has visitors. Forgive someone you have been angry with for years. Volunteer at a food bank. Read a book to a child. Pray for the thousands of people whose homes were destroyed in the California wildfires. There are plenty of things — some large, some small — we can do to make a difference and spread joy.

As we celebrate this holiday season and transition to a new year, let us strive to uplift and empower the downcast and to remember that we are our brothers’ and sisters’ keepers. Joy is reciprocal and contagious. When you give it to others, you receive it in return. Joy to the World!

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.

Publisher

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

Editor, Writer and Photographer

Michelle Lang

Graphic Design and Layout

RayZo Marketing, Inc.

Sign-up for the e-clarion.

Visit www.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:

- 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.

Learning About Diabetes



Iris Novas Cooney, community health ed consultant for Horizon Blue Cross Blue Shield of New Jersey, visited Commons Senior, 140 South Orange Ave., Newark, Nov. 14 to talk about diabetes with residents. She explained complications, including how a small cut on the bottom of the foot could become an infection for someone with diabetes, and ways for those with diabetes to manage the condition.

Around The Network

CHELC Celebrates Halloween With Harvest Parade

Students at Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, wore their pajamas to school Oct. 31 and celebrated Halloween with a Harvest Parade. The children received candy from staff members. *Photos courtesy of Nelly Noel.*



Residents And Staff Celebrate Halloween

New Community residents and staff members celebrated Halloween Oct. 31 by dressing up in costumes and getting together for small celebrations. *Photos courtesy of New Community Health and Social Services.*



Residents and staff members show off their Halloween costumes at Manor Senior.



Assistant Director of Social Services Donnette Burrowes-Williams, Security Operations Manager John Wade and Home Friends Coordinator Giselle Oviedo, left to right, on Halloween.



A resident at Associates dressed up as a disco dancer for Halloween.

Wearing Pink For A Cause

New Community Health and Social Services Department recognized Breast Cancer Awareness Month Oct. 26. Staff members wore pink outfits and encouraged building residents to do the same.



New Community Health and Social Services Department staff members show off their pink in recognition of Breast Cancer Awareness Month.



Residents and staff members of Associates, 180 South Orange Ave., Newark, wore pink Oct. 26 in honor of Breast Cancer Awareness Month. *Photo courtesy of Anne Moran.*



Roseville Senior Care Coordinator Gladys Artis, left, stands with residents of the building, 1 South Eighth St., Newark, who wore pink for Breast Cancer Awareness Month. *Photo courtesy of Gladys Artis.*

EMPLOYEE OF THE MONTH: Haydee Paez



Haydee Paez started out as an intern at Family Service Bureau of Newark in 2008 and now serves as Clinical Supervisor.

Haydee Paez has spent the last decade working at Family Service Bureau of Newark (FSB), an affiliate of New Community Corporation. She started out as an intern at the facility, which offers behavioral and mental health services, and now oversees interns in her role as Clinical Supervisor.

Paez has developed training for interns, which includes going through scenarios they will encounter throughout their career as clinicians.

“We discuss boundaries, ethics, everything that is involved in being a counselor,” she said. “Once they leave here, they have to use their judgement. So I teach them how to develop those skills so in their careers, they’re able to function appropriately.”

In addition to her work with interns, Paez serves as a program manager for grants, which means she’s in charge of collecting data and writing and submitting reports. She also has a small caseload of clients that

she serves as counselor.

“Haydee is highly professional, ethical and a team player at FSB. She goes above and beyond for the mission. She is a great support and works hard to ensure all services, goals and the mission are always on point,” said FSB Executive Director Manuela Garcia. “She is a great clinician, supervisor and colleague. She does so much for her staff, the clients and for all of us at FSB. We appreciate all her hard work and dedication to the field and it is a pleasure working with her.”

Paez credits “divine intervention” with bringing her to FSB 10 years ago. She was looking for a site to do her internship and saw a small slip of paper on a university bulletin board for social work that said FSB was looking for clinicians. She decided to call the number and explained she was a student in search of an internship. After a phone conversation, she was invited to become an intern.

“When I was reading NCC’s mission, I was like, ‘This is what I want. This is what I’m looking for.’ And I was so excited,” she said.

After completing the FSB internship and graduating, Paez continued working at FSB part-time for two years before coming on board as a full-time clinician. From there, she was promoted to a supervisory role.

This is a second career for Paez. She worked for 25 years as an administrative assistant at Kean University, where she completed her bachelor’s degree. She completed her graduate studies at Alliance Graduate School of Counseling at Nyack College in Nyack, N.Y.

When her children had grown, Paez decided

to continue her education for her own satisfaction. She chose to work toward a bachelor’s degree in psychology because she wanted to help people and found individuals in her life coming to her for advice. After achieving her bachelor’s degree, she decided to continue on in the field of family counseling.

Paez was born and raised in Colombia where she was a bilingual secretary. She came to the United States in 1981 with her daughter, who was 7 at the time. The pair joined her husband who had come to the U.S. the year before. They have since all become citizens.

In addition to her daughter, who is a physician’s assistant, Paez has two sons, a lawyer and an IT technician, and a stepson who just retired from the Navy after 25 years of service. She has been married for 47 years.

“It’s been a blessing and a pleasure to work all these years. I keep FSB in my heart,” Paez said. “It’s a commitment for me. Being a counselor is like a calling to help others. That’s how I see it.”

Her favorite part of her job is being able to make a difference.

“I’m here to make a difference, not only in the life of a client, but in the life of the people. That’s my goal. That everyone feels that this is a safe environment where they can come and talk to me and that I’m available,” Paez said.

In her spare time, Paez enjoys exercising to relieve stress and reading mysteries and counseling books to stay up to date in her field.

Diesel Technician Students Visit United Airlines



New Community Workforce Development Center Diesel Technician students with United Airlines representatives.

New Community Workforce Development Center Diesel Technician Training Program students visited United Airlines Ground Service Equipment Division on Nov. 14. The visit and tour was arranged by Shanequa Wilson, Senior Administrator/HR Department with United Airlines.

Students had the opportunity to ask questions, tour the facility and witness actual assignments technicians are tasked with completing. United Airlines representatives made the point they are not looking for mechanics. They are looking for technicians. That’s one of the driving themes instructor Monica Perry speaks about.

“It was encouraging to see the training we provide aligns closely with what United Airlines is looking for,” said New Community Workforce Development Center Director Rodney Brutton.

NEW COMMUNITY CORPORATION



St. Joseph Plaza
233 West Market St., Newark NJ 07103
(973) 242-8012
www.ncc50th.org
www.newcommunity.org

Where the Music Comes Alive

DECEMBER 2018

Live Entertainment & Music Calendar

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

DECEMBER 7TH

BIG BRUCE & THE MESSENGERS

DECEMBER 14TH

LYNETTE SHEARD

A JAZZY CHRISTMAS @ ST. JOSEPH PLAZA

DECEMBER 21ST

UNFINISHED BIZZNESS

CLASSIC R&B

DECEMBER 28TH

CARRIE JACKSON

PRE NEW YEAR'S EVE CELEBRATION



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

Better Life Open House Highlights Programs And Services

Continued from page 1



Open House attendees had the opportunity to see one of the upstairs apartments at Better Life.

a community where people are members of it," he said.

James Shipman of Rutgers UBHC was responsible for filling up the apartments on the second floor of Better Life. While the need for supportive housing is great, it wasn't that easy to fulfill all the requirements necessary, which included reviews by Rutgers UBHC, NCC and the Newark Housing Authority.

"Today I'm happy to say we have 100 percent occupancy upstairs. It's amazing. You had people who were on the street, the subway, wherever they were being homeless," he said. "And it's just a great feeling to know they have been successfully housed

today."

In addition to an apartment, Better Life residents receive support services from Rutgers UBHC. Shipman explained that staff members sit down with each client to develop an individual recovery plan and work with them on their issues. Residents are also encouraged to visit the Engagement Center and utilize the services CSPNJ provides. CSPNJ personnel also helped some residents secure documents they needed during the application process that they were missing.

Those who come to Better Life aren't just getting an apartment, a meal or access to services. They also are able to make connections with people going through similar experiences and they often volunteer their time to help ensure the Engagement Center keeps operating smoothly.

Jarell Mann is a resident at Better Life and also a staff member. He shared his story with those at the open house, saying he was lost before entering the facility. When he saw what was happening at the Engagement Center, he decided to give back.

"It gave me purpose and inspiration. You never know what true service is until you really start giving back," he said. "It's truly been a better life."

Open house attendees were able to tour the Engagement Center, respite area and an apartment on the second floor. They were also able to speak with staff members and ask any questions about operations.



New Community staff members attended the Better Life Open House Nov. 15. From left to right: Environmental Services Project Manager Ronda Lawrence, Certified Occupancy Specialist Priscilla Ordonez, Asset Manager Sammy Gebreyesus, CEO Richard Rohrman, Environmental Services Director Wayne Gravesande, Chief of Health and Human Services Arti Kakkar and Program Manager Dametria Wertz.



CSPNJ Chief Operating Officer Mark Duffy thanked New Community for the opportunity to provide vital services to the community.

New Community Workforce Development Center Graduates Find Success At University Hospital

Continued from page 1

New Community Workforce Development Center Director Rodney Brutton said, "The relationship with University Hospital adds value to our post-secondary career and technical school."

He explained that because of the relationship, Workforce personnel know the licenses and certifications the hospital recognizes and work closely with students to ensure they meet the requirements to be considered for jobs.

University Hospital also sees the relationship in a positive light.

"University Hospital has a long tradition of community involvement. From employee volunteer efforts to partnership investments with other nonprofits, we are deeply committed to leading, collaborating and advocating to measurably improve the health of Newark and reduce disparities in targeted populations," said University Hospital Chief Administrative Officer Annette Hastings. "We are committed to addressing needs that may go beyond our role as the leading acute care facility in the area. Our partnership with New Community Workforce Development Center is indicative of that commitment."

Graduates who have benefited from the relationship are happy to be employed and are enjoying their work. Tasmiah Gary, Ariellen Orense and Abiba Sylla all went through the Workforce CMA program and work as full-time ambulatory care technicians (ACTs) for University Hospital. Sylla started work in the summer and Gary and Orense became employees in September.

ACTs work with outpatients and do a variety of tasks including taking a patient's temperature, blood pressure, pulse, height and weight. They also do

clerical work like scheduling appointments.

Before enrolling at New Community Workforce Development Center, Orense was in nursing school but couldn't afford to continue. She left school and took a job managing a restaurant but she wasn't happy. She decided to become a CMA to start her career in the medical field while continuing her education to become a registered nurse and is happy with her decision.

"I really love it," she said. She also felt prepared for her job, thanks to CMA instructor Dr. Seham Abouelhassan. "Dr. Seham taught us a lot. You could tell that she really cared about her students and really wanted us to do our best," Orense said.

Gary was working at Dunkin Donuts when she heard about the opportunities at New Community Workforce Development Center and decided to enroll. She's happy that she did.

"I feel so grateful. When I hear other people's stories, how it took them three years to get in here, I feel very appreciative and very grateful to be here at University Hospital," Gary said.

Abouelhassan is very proud of her students for working hard and achieving their goals. She said the Workforce program prepares the students clinically for the tasks they perform on the job.

"Nothing was new when they went there," she said.

University Hospital staff has found the graduates well prepared for their new roles.

"What is different about these new hires is that they came with a firm knowledge of the work and expectations. It was clear they were well trained and prepared on not just the subject matter but on the soft skills needed in the workplace," said University



Jarell Mann explained to those in attendance how coming to Better Life changed his life. He is a resident and now a staff member at the facility.

Hospital

Assistant Business Manager Lauren Singh. "It was an easy transition thanks to the program."

Brutton said the graduates' hard work, the work of their instructor and the relationship with University Hospital all contributed to their success.

"Much credit is extended to our lead CMA instructor, Dr. Seham Abouelhassan. Dr. Seham ensured Tasmiah, Ariellen and Abiba had the requisite administrative and clinical skills to be of value for the University Hospital Ambulatory Care Center," Brutton said. "The Workforce Center's goal is to be a primary source for UH when they look to fill outpatient and inpatient job openings. We are extremely appreciative of the partnership."

New Community Workforce Development Center is an accredited post-secondary career and technical school that offers the following programs: Automotive Technician, Building Trades Specialist, Business and Computer Technologies, Clinical Medical Assistant, Culinary Arts Specialist, Diesel Technician and Patient Care Technician. The school is currently accepting applications for all programs. Visit www.newcommunity.org to fill out an application or call 973-823-6484 for more information.

New Community Hosts LISC Employees From Throughout U.S.

New Community Corporation hosted a group of about 60 new employees of Local Initiatives Support Corporation (LISC) Nov. 7. The employees, who were from various parts of the country, got an overview of what NCC offers during a luncheon at St. Joseph Plaza, 233 West Market St., Newark. They then toured New Community Workforce Development Center main campus at 274 South Orange Ave., Newark, to see the facility and

hear about its work with the Financial Opportunity Center (FOC) and with the Bridges to Career Opportunities (BCO) programs that LISC helps fund. Finally, they got to see the Automotive Training Center, 210 West Bigelow St., Newark, and learn more about the Automotive Technician, Diesel Technician and Building Trades Specialist programs offered.



New Community CEO Richard Rohrman welcomes LISC employees at St. Joseph Plaza and provides information about what NCC offers.



Greater Newark LISC Program Officer Jerrah Crowder talks about the different LISC initiatives taking place at New Community Workforce Development Center.



NCC Financial Coach Tamara Brown, center, explains to the LISC employees how she assists New Community Workforce Development Center students and community members with their financial goals.



Lead Automotive Technician Instructor John Zacheus discusses the Automotive Training Center with LISC employees in a classroom.



New Community Workforce Development Center Student Recruiter Aziza Johnson talks about the various programs the accredited post-secondary school offers to visiting LISC employees.



NCC Director of Mission Frances Teabout gives an overview of all the services New Community provides to visiting LISC employees.

NCC Founder Recognized At Mass Celebrating Deceased Priests



Family members, friends and worshippers gathered at Cathedral Basilica of the Sacred Heart for a mass recognizing archbishops, bishops and priests of the Newark Archdiocese who passed away during the last year. *Photo courtesy of Catholic Cemeteries of the Archdiocese of Newark.*

Monsignor William J. Linder, the founder of New Community, was among those celebrated at a mass offered for deceased archbishops, bishops and priests of the Newark Archdiocese at Cathedral Basilica of the Sacred Heart in Newark Nov. 6. Cardinal Joseph W. Tobin, the Archbishop of Newark, led the mass which recognized 16 individuals who passed away during the last year. Catholic.

Cemeteries of the Archdiocese of Newark invited family members and friends of the deceased archbishops, bishops and priests to the mass and hosted a dinner reception for them immediately after. Family members in attendance were asked to place a rose in a vase recognizing their late loved one during the mass.



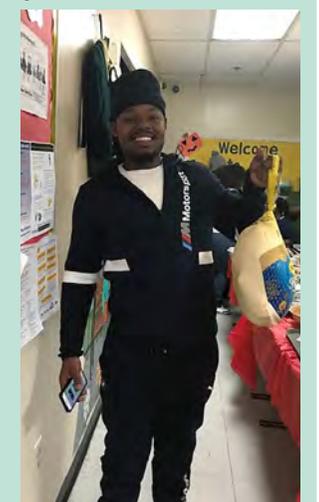
Roses were placed in a vase for each individual. New Community CEO Richard Rohrman, left, carries a rose recognizing NCC Founder Monsignor William J. Linder. *Photo courtesy of Catholic Cemeteries of the Archdiocese of Newark.*



Cardinal Joseph W. Tobin, Archbishop of Newark, delivers the homily at the mass for deceased archbishops, bishops and priests at Cathedral Basilica of the Sacred Heart. *Photo courtesy of Catholic Cemeteries of the Archdiocese of Newark.*

HHELC Families Enjoy Thanksgiving Food

Harmony House Early Learning Center (HHELC) hosted its Family and Friends Brunch Nov. 21. HHELC staff members cooked dishes that the families enjoyed. Through the generosity of students, faculty, staff and administrators of Seton Hall University College of Nursing, School of Health and Medical Science and Medical School, HHELC was able to raffle off 10 food



baskets and turkeys for families. *Photos courtesy of HHELC.*

Social Security News

Understanding Social Security Disability Benefits

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

Disability is something most people don't like to think about, but the chances that you'll become disabled probably are greater than you realize. Studies show that a 20-year-old worker has a one-in-four chance of becoming disabled before reaching full retirement age.

Social Security pays disability benefits through two programs:

- The Social Security Disability Insurance (SSDI) program and;
- The Supplemental Security Income (SSI) program.

Social Security Disability Insurance is funded through payroll taxes. Social Security Disability Insurance recipients have worked for years and have made contributions to the Social Security trust fund in the form of Social Security taxes — either FICA (Federal Insurance Contributions Act) for employees or SECA (Self-Employment Contributions Act) for the self-employed.

SSI is a means-tested program, meaning it has nothing to do with work history, but provides payments to people with disabilities who have low income and few resources. Social Security manages the program, but SSI is not paid for by Social Security taxes. Social Security pays benefits to people who can't work because they have a medical condition that's expected to last at least one year or result in death. Federal law requires this very strict definition of disability. While some programs give money to people with partial disability or short-term disability, Social Security does not.

It's important that you know which benefits you may be qualified to receive. You can read more about Social Security Disability Insurance at www.socialsecurity.gov/pubs/EN-05-10029.pdf and more about SSI at www.socialsecurity.gov/pubs/EN-05-11000.pdf.

When you apply for either program, we'll collect medical and other information from you and make a decision about whether or not you meet Social Security's definition of disability. In addition to meeting our definition of disability, you must have worked long enough — and recently enough — under Social Security to qualify for SSDI benefits.

The amount needed for a work credit changes from year to year. In 2018, for example, you earn one credit for each \$1,320 in wages or self-employment income. When you've earned \$5,280, you've earned your four credits for the year. In 2019, you earn one credit for each \$1,360 in wages or self-employment income. When you've earned \$5,440, you've earned your four credits for the year.

To see if you meet the requirements for disability benefits, visit www.socialsecurity.gov/planners/disability/qualify.html.

Social Security covers millions of people, including children, wounded warriors and people who are chronically ill. And this is just a part of what we do. Remember, you can also apply for retirement, spouse's, Medicare or disability benefits online at www.socialsecurity.gov/forms/apply-for-benefits.html.

SENIOR SPOTLIGHT: Gloria Harrison



Gloria Harrison has lived at Commons Senior for 21 years. Photo courtesy of Gloria Harrison.

Gloria Harrison has spent more than two decades living at Commons Senior. She moved to the building when she retired from the Newark Public School system, where she served as a teacher's assistant for many years. She worked with special needs students in a variety of buildings throughout the city.

"I worked at so many of the different little schools," she said. "I loved it. I love working with children."

Harrison was born and raised in Jersey City. After she finished school, she got married and moved to Newark. She worked at Babyland on South Orange Avenue as an attendant to the infants. After enjoying that experience, she decided to take some courses and became a TA, which she did for the remainder of her

career.

Harrison is one of 11 children and says the majority of her family members worked in education. Some of her younger relatives have continued that tradition and serve as teachers and principals, some right in Newark.

After retiring from the school system 21 years ago, Harrison moved to Commons Senior, 140 South Orange Ave., Newark, where she has lived in the same apartment. She likes the atmosphere of the building and that it's quiet, particularly at night.

"She's a nice, kind, lovable lady," said Commons Senior Care Coordinator Jill Derios. "When she's able, she participates in the building activities."

Harrison is a member of the Advisory Board for Commons Senior and has been involved in building happenings for many years. This year she hasn't been able to do as much because of her health, but she tries to participate in functions.

"I help out where I can, when I can," she said.

Harrison has two living sons and a daughter who is deceased. She has 10 grandchildren, a host of great-grandchildren and a great-great-grandchild on the way.

At the age of 86, Harrison is grateful to have family members close by. Her children and grandchildren help her get around in their cars and visit her often.

In her spare time, Harrison likes to draw and decorate for the holidays. She puts up decorations in her windows, a skill she brought from her time in the classroom. She used to decorate the entire floor, but decided to stick to her own windows and door this year. She also used to sew and make clothes.

When she's in her apartment, Harrison likes to watch television, particularly tennis and golf.

"Plus I can watch the children in the community schools. I'm right in the middle of all of them," Harrison said. "I sit here looking out the window and laugh to myself. I enjoy it."

vna Health Group
Visiting Nurse Association Health & Hospice

Wellness Tip
December 2018

Prevent the Spread of Germs



Wash Hands

Washing your hands is the best way to avoid a cold. When germs are on our hands, they can easily make their way into our body when we touch our eyes or mouth. Be sure to wash before meals or preparing food and after you use the bathroom.



Cover Nose and Mouth

Cough or sneeze into a tissue or the crook of your elbow to avoid spreading germs to others. Try not to cough or sneeze into your hand as you'll just spread those germs to the next thing you touch.



Disinfect your Space

Use a disinfecting wipe to wipe down high-traffic spots in your home, especially if a family member is ill. These areas can include doorknobs, computers, phones, TV remotes, and light switches, among other things.



Stay Home when Sick

Going to work, school or out in public when you are sick can risk getting others infected. Although you may be able to handle being sick, it might not be so easy for others with a weak immune system. Listen to your doctor and rest until you feel better!



Get your Flu Shot

Getting your flu shot will reduce your risk of getting the flu by 40 - 60 percent. This also reduces the risk of spreading infection to others. Flu season starts in October and ends in May with the peak activity between December and February.

Withum Hosts Thanksgiving Dinner For Harmony House Families

Accounting firm Withum hosted a Thanksgiving dinner for the residents of Harmony House, New Community's transitional housing facility for homeless families, Nov. 20 at St. Joseph Plaza. Volunteers from Withum cooked the meal, which consisted of traditional Thanksgiving foods, and served the guests in attendance.



Volunteers from accounting firm Withum cooked and served a Thanksgiving meal to residents of Harmony House, NCC's transitional housing facility for homeless families. Here they pose with NCC CFO Elizabeth Mbakaya, second from right.



NCC Founder Honored With Lifetime Achievement Award

Greater Newark LISC posthumously honored New Community Founder Monsignor William J. Linder with the Lifetime Achievement Award at the New Jersey Neighborhood Achievement Awards Nov. 1. The award "recognizes an individual for significant

contributions to community development and neighborhood revitalization over the span of an entire career." NCC CEO Richard Rohrman accepted the award during the event, held at the New Jersey Performing Arts Center.



Greater Newark LISC Executive Director Rhonda Lewis, New Community CEO Richard Rohrman and Victoria Foundation Associate Director Craig Drinkard, left to right, at the New Jersey Neighborhood Achievement Awards. Rohrman accepted the Lifetime Achievement Award for the late Monsignor William J. Linder. Photo courtesy of Greater Newark LISC.



New Community CEO Richard Rohrman addresses the crowd at the New Jersey Neighborhood Achievement Awards. He accepted the Lifetime Achievement Award for the late Monsignor William J. Linder, NCC founder. Photo courtesy of Greater Newark LISC.

Workforce Accepts Bank Of America Check



New Community Workforce Development Center staff members and students accept a check for \$25,000 from Bank of America Financial Center Lending Officer Carlos Velez Nov. 27.

Bank of America presented New Community Workforce Development Center with a check for \$25,000 to support the accredited post-secondary career and technical school's programs. Bank of America Financial Center Lending Officer Carlos Velez brought the check Nov. 27, as part of Giving Tuesday. Giving Tuesday falls on the Tuesday after Thanksgiving and is a movement, now in its seventh year, to create an international day of charitable giving at the beginning of the Christmas season.



University Hospital — Helping Newark Thrive



University Hospital Chief Administrative Officer Annette Hastings, front right, and UH Administrative Assistant Ingrid Roman, front left, at the event.



More than 200 University Hospital employees and family members participated in the Making Strides of Newark Breast Cancer Walk.



The University Hospital corporate team gets ready to walk in Making Strides of Newark.



The streets of Newark were filled with participants of Making Strides of Newark, which raised money for breast cancer research.



University Hospital Interim Director of Marketing and Communications Brooke Tippens, left, and Johnny Young at the Making Strides of Newark event.

At University Hospital, your heart health is important. Our Healthy Heart Program provides heart failure patients with hands-on healthcare guidance to help you live a full, independent, and comfortable life. A multidisciplinary team of experts, including cardiologists, advance practice nurses, dietitians and pharmacists, work hand-in-hand to create a holistic and personalized plan for your continued care.

The Healthy Heart Program aims to give heart patients the knowledge and support to manage symptoms at home. A social worker helps ensure that you have the necessary financial and social support to take full advantage of the program, and a care coordinator helps patients plan out a personal at-home care strategy.

You'll get valuable advice on nutrition from a registered dietician, and even learn how to prepare heart-healthy meals so that your symptoms can be managed from the inside out. At the same time, our pharmacists will design a medication regimen to help your heart work as efficiently as possible.

There are free group education workshops on Thursdays from 10 am - 11 am. For more information, contact us at (973) 972-1182 or healthyheartprogram@uhnj.org.

University Hospital also knows that cancer patients need more than treatment — you also need peer and family support and opportunities to educate yourself on cancer-related issues. Rutgers Cancer Institute of New Jersey at University Hospital, the only National Cancer Institute-designated Comprehensive Cancer Center in the state, provides free groups and programs for sharing questions, feelings and concerns in a supportive atmosphere. Groups are led by a licensed clinician social worker. Patients, families and friends can also learn about valuable

resources and community services that can help you take the reins on recovery and stress management. Groups are held on Wednesdays.

University Hospital hosts health events that are free and open to the community. In October, University Hospital provided free breast and cervical cancer screenings to under- and uninsured women through its See, Test and Treat program. This event, funded by the CAP Foundation (the philanthropic arm of the College of American Pathologists), resulted in more than 70 women getting screened by a physician and receiving their results the same day. Follow-up appointments were also scheduled as needed. Another 100 people participated in workshops, interactive activities and demonstrations. In October, 56 uninsured women received free mammograms along with a hot breakfast and breast cancer education workshops.

Lung cancer screenings are also available on an ongoing basis for adults aged 55 to 77 who currently smoke or have quit smoking in the last 15 years and have an extensive tobacco-smoking history. Our CT chest screenings are fast, pain-free and covered by most Medicare and health insurance plans. Appointments required. For more information, call 973-972-9694.

University Hospital also offers free smoking cessation classes for individuals and groups led by certified tobacco treatment specialists. For more information about the Smoking Treatment Program, contact us at 973-468-5252 or at smokefree@uhnj.org.

These efforts are all part of University Hospital's greater commitment to helping Newark residents thrive.

New Community Celebrates Thanksgiving



Residents at New Community Associates enjoyed a Thanksgiving dinner Nov. 20 thanks to Bishop Spieght.



Douglas Homes held its Thanksgiving celebration Nov. 16. Photo courtesy of Donnette Burrowes-Williams.



There was a drink station at the Gardens Senior Thanksgiving celebration Nov. 15.



Food was plentiful at the Gardens Senior Thanksgiving celebration Nov. 15.



Orange Senior Property Manager Alisha Chatman-Jenkins serves residents a Thanksgiving meal she cooked Nov. 16.



Roseville Senior residents pose with Care Coordinator Gladys Artis, right, in front of Flaming Grill in Linden, where they went for a Thanksgiving buffet Nov. 16. Photo courtesy of Gladys Artis.



Orange Senior Care Coordinator Sister Pauline Echebiri helps residents fix their plates at the building's Thanksgiving celebration Nov. 16.



Manor Senior employees and volunteers helped prepare and serve Thanksgiving food to residents Nov. 16.



New Community CEO Richard Rohrman, Chief of Staff Kathy Spivey, Human Resources Manager Anna Sing-King, HR Assistant Brenda Buesing and Corporate Receptionist Toshia LaBerth celebrated Thanksgiving at St. Joseph Plaza Nov. 20.



New Community Senior Leadership members enjoy a Thanksgiving dinner with NCC CEO Richard Rohrman, right, during the Senior Leadership Meeting Nov. 14.



Residents at Manor Senior enjoyed a Thanksgiving luncheon Nov. 16.

Family Service Bureau

Sean's Recovery With The Help Of FSB



The Family Service Bureau of Newark has helped Sean with substance abuse treatment and counseling.

Sean is a 37-year-old African-American man and a native of Essex County. He has spent his whole life in his hometown. Like many teenagers, Sean began experimenting with marijuana and became a frequent user of smoking; however it was not until his late 20s when he began using heroin. Around this same time, Sean became involved in a relationship that turned abusive. The relationship came to a sudden end when Sean was arrested after defending himself from his abuser. Upon his release from prison, he was referred to the Family Service Bureau of

Newark for substance abuse treatment.

While the transition back into society was not easy, Sean did not use heroin again. Instead, he actively participated in his treatment, attending groups and individual counseling since early this year. During his time at the Family Service Bureau of Newark, Sean has found stable housing and regained employment and he now works to serve his community.

Though there is a strong stigma against counseling within the African-American community, Sean has been open to the support and growth that counseling has provided for him. Sean has rebuilt his relationships with his family members and friends and he has started to develop a better understanding of what a healthy relationship looks like.

During his time in counseling, he has faced some recent losses, which has been challenging for him to cope with. Despite these losses, Sean continues to find ways to be a positive person and maintains his recovery. He has been able to see the benefits of attending counseling as he has learned to use it as a form of support in order to prevent himself from relapsing.

Cheyenne's Success



Cheyenne, who has been raised by her grandmother since she was 1, has utilized the services of the Family Service Bureau of Newark and is thriving.

Cheyenne is an 18-year-old female and recent high school graduate. She has been raised by her grandmother since she was 1 year old along with two other sisters ages 16 and 14. In June 2017, Cheyenne participated as a Juvenile Female Ambassador. She took an important role by leading in the planning and organization of the Celebration of Womanhood Conference held by Family Service Bureau of Newark and funded by the New Jersey Governor's Juvenile Justice and Delinquency Prevention Committee. She contributed on the research and exploration of different topics such as cyberbullying and domestic violence. By participating in this event and taking such an important role, Cheyenne was able to practice her social and communication skills because she wants to become a real estate agent.

Cheyenne has also been attending biweekly support meetings along with her two sisters and grandmother who is an active member of our Kinship support group to strengthen the relationship between grandmother and grandchildren. By learning more about community resources, navigating the legal system, participating in several informative workshops and attending several field trips, Cheyenne's family has benefited from all types of services and they have expressed their gratitude about the program and their need to continue receiving our support.

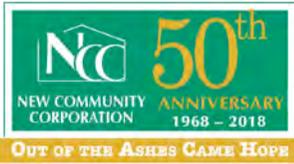
"I have learned to give people more knowledge and a chance to interact with other families and learn new things about different programs," Cheyenne said. "I honestly thank everyone who has helped my family and others."

Programs like these aspire to continue growing and making a difference in the lives of more families in our community. Both services help the community and grandparents be able to better understand and support the needs of today's society. Family Service Bureau appreciates all the help it is given via the Greater Newark Holiday Fund to make these services better prepared to help with the basic needs of the people we serve.

CHELC Thanksgiving Celebration

Community Hills Early Learning Center (CHELC) held its Thanksgiving Luncheon Nov. 20. Students got to eat lunch at tables in the hallways and parents, who brought food items for the event, enjoyed lunch upstairs.





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.

Before The New Start

By Lesley Leslie



“Out with the old and in with the new.” This is a common phrase that comes to mind as we approach the end of another calendar year. The phrase suggests that in order to move forward, a person should first let go of something old, with the promise or expectation of gaining something else: the new thing!

The start of a new year suggests all sorts of possibilities for someone but often begins with a renewed sense of commitment. Be it a new job, a

new gym membership/diet or simply a personal commitment to do things differently in hopes of better results.

One suggestion before that new start for the new year might be to finish or complete something that you may have abandoned earlier in the current year. Could it be a home improvement project you started in the spring? Or what about that novel that you started during the summer and you never picked it up again? Think about the goals you set for yourself this year and consider where you are with them. Go back and finish what you started, before you start something else. Then embrace the new year with all that it has to offer.

Happy holidays and have a blessed New Year!

Harmony House Residents Receive Thanksgiving Baskets



Independence360 representatives, Withum volunteers and representatives from Harmony House stand with the 10 Thanksgiving baskets donated Nov. 20.



Independence360 Whippany Supervisor Cassandra Flanagan, left, explains the contents of the Thanksgiving baskets to a Harmony House resident who came to get the donation.

For the sixth year in a row, Independence360, a program serving adults with autism and related developmental disabilities, organized a donation of 10 Thanksgiving baskets to Harmony House, New Community’s transitional housing facility for homeless families. Representatives from Independence360 and accounting firm Withum brought the baskets to Harmony House Nov. 20.

Withum donated the turkeys for the baskets and Independence360 and its clients provided the laundry baskets and all the other items inside, which was enough for recipients to make an entire Thanksgiving meal. The baskets also included laundry detergent for recipients.

Independence360 Whippany Supervisor Cassandra Flanagan coordinated the efforts for the donations and made sure Harmony House was available to receive the baskets the Tuesday before Thanksgiving, giving residents time to prepare a meal at home for the holiday.



Follow Us on
Instagram and Twitter
@NewCommunityCorp



The New Community Clarion
233 West Market Street
Newark, NJ 07103
www.newcommunity.org
www.NCC50th.org

Non Profit Org.
US Postage
PAID
Permit # 5780
Newark, NJ

NCC Halloween Party Draws Hundreds

Nearly 300 children came out for the annual NCC Halloween Party Oct. 27 at the NCC Neighborhood Center, 56-68 Hayes St., Newark. New Community Youth Services hosted the event. *Photos courtesy of Edward Morris.*

