Fabulous Me Conference Teaches Young Women To #FightLikeAGirl

Five-time world and international boxing champion and founder of the foundation El Saber Es Poder/Knowledge Is Power Mia St. John gave to 220 girls ages 11 to 17 during the 2017 Fabulous Me: Celebration of Womanhood conference hosted by the Family Service Bureau of Newark, an affiliate of New Community Corporation. Her daughter Paris St. John – a singer, songwriter and mental health advocate – also addressed the Fabulous Me attendees, telling them they don’t have to be perfect.

“What you really want is to accept yourself,” she said.

That message was a main theme of the seventh Fabulous Me event at Seton Hall University: #FightLikeAGirl.

“The goal for our 2017 Womanhood Conference is to promote, empower, teach and support of the foundation El Saber Es Poder/Knowledge Is Power to offer programs for addicts, the homeless and those suffering from mental illness.

That was the message five-time world and international boxing champion Mia St. John gave to 220 girls ages 11 to 17 during the 2017 Fabulous Me: Celebration of Womanhood conference hosted by the Family Service Bureau of Newark, an affiliate of New Community Corporation.

St. John struggled with alcohol and drug addiction at a young age, overdosing at age 13. She also dealt with bullying and mental health issues including obsessive compulsive disorder, panic disorder, general anxiety disorder and an eating disorder. Despite those difficulties, she graduated college and was a very successful boxer. The 49-year-old who has been sober for 28 years retired 11 months ago after a 20-year career with a win in New Zealand.

She experienced great tragedy in her adult life, however. “Two and a half years ago, my son committed suicide. And my son was also an addict and had schizophrenia,” she said.

To honor his memory, St. John started the foundation El Saber Es Poder/Knowledge Is Power to offer programs for addicts, the homeless and those suffering from mental illness.

Her daughter Paris St. John – a singer, songwriter and mental health advocate – also addressed the Fabulous Me attendees, telling them they don’t have to be perfect.

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 Political Leaders Shouldn’t Demand Loyalty

Editorial By
Monsignor William J. Linder

Former FBI Director James Comey testified that President Trump demanded loyalty and called for an end to the investigation into former National Security Adviser Michael Flynn’s connections to Russia. That’s disturbing. Since when do we pledge loyalty to a person? Adolf Hitler did that with the German Army. We’re a democratic country here, not fascist. We pledge allegiance to and respect for the country, not an individual leader. That’s ridiculous.

When Trump made his demand for loyalty, Comey said he would give him honesty. That’s a good answer. We ought to get more officials to make that pledge. Instead he got fired.

The sad part about the whole situation is that some members of the Senate accept Trump’s actions as a fact of life. Demanding loyalty from the director of the FBI is not OK. The head of the FBI reports to the attorney general, not the president. And that person is responsible for overseeing investigations into violations of federal law, which could include investigating the president.

After all, the FBI discovered the connection between President Nixon’s campaign and the men who broke into the Democratic National Committee headquarters. That led to the Watergate scandal and Nixon’s resignation.

Trump kept talking about possible tapes of his conversations with Comey, but then tweeted he didn’t record those talks. If tapes did exist, then this whole dispute between the two would be over.

Comey said he was worried Trump would lie about their conversations, so he documented the interactions – something he never did with President Obama.

During his testimony, Comey admitted leaking that information to the press. He gave notes he took about his meetings with Trump to a friend, a Columbia Law School professor, to hand over to the media.

Trump is angry that Comey released information about their private interactions and his lawyer plans to file a complaint with the Department of Justice. But a conversation with the president isn’t classified. It seems anything the administration doesn’t want people to know about gets classified.

There are too many classified documents. We need to be more open. We can’t classify everything as state secrets. The people have a right to information, unless its release is going to cause harm.

I haven’t met a political leader that I would give allegiance to like I would my country. And Trump certainly isn’t someone I would pledge loyalty to. I’m glad Comey stood his ground. He may be out of a job, but he did the right thing.

Golfing For A Cause At NCC’s 23rd Annual Golf Outing

Golf Outing Co-Chair and NCC Board Member Dr. A. Zachary Yamba, second from left, with his foursome and NCC Outreach Coordinator and Board Member Madge Wilson and NCC CEO Richard Rohrmann, center.

Supporters of New Community Corporation spent a day driving and putting at the Montclair Golf Club in West Orange for the 23rd Annual Golf Outing.

After a sunny day on the course, participants enjoyed a dinner and reception where they heard about the real purpose of the day: supporting NCC educational programs, the Monsignor William J. Linder Scholarship Fund and Harmony House, NCC’s transitional living facility for homeless families.

Lovelene Glaude, program assistant at the New Community Workforce Development Center, shared her experience with Harmony House. She lived there with her son for nine months and got access to resources that helped her both personally and professionally. She currently lives in an NCC apartment complex and hopes to buy a home in the future.

“I want to thank everyone that has contributed to NCC,” she said. “Because if it wasn’t for you, I don’t know where I would be.”
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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• 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.

Latest Building Set For Completion This Summer

A Better Life, New Community Corporation’s housing project for the chronically homeless at the corner of 14th Avenue and Camden Street in Newark, is on its way to be completed this summer. The building exterior is nearly finished, lighting is being installed, painting has been done and cabinetry is up in the units.

The exterior of A Better Life is nearly complete.

Work continues for A Better Life, which will house chronically homeless individuals.

Lighting gets installed inside A Better Life.

Cabinetry has been installed in units of A Better Life.

Extended Care Celebrates Summer

To kick off the summer season, New Community Extended Care Facility held a Pre-Memorial Day BBQ May 26. Residents enjoyed a hot lunch and socializing. Music was provided by DJ Ronnie.

Steven Foster and Marvin Moore at the Pre-Memorial Day BBQ.

Jannette Basley, left, and her mother Vivian Basley enjoy their drinks at the BBQ.

Longtime resident April Gordon especially enjoyed the music at the event.

Dorothy Mair and David Allen Jr. ate and socialized at the Pre-Memorial Day BBQ.

Workforce Development Center Gets $20,000 ShopRite Grant

The New Community Workforce Development Center trains individuals to become associates at ShopRite supermarkets. File photo.

The New Community Workforce Development Center thanks ShopRite and Wakefern Food Corporation for a $20,000 grant presented at the ShopRite LPGA Classic June 2. The money will help support Workforce Development’s ShopRite Partners-in-Training Program, which provides individuals with the necessary skills to become associates at ShopRite supermarkets.
Employee Of The Month: Martina Nuñez

Martina Nuñez serves a critical role at the Adult Learning Center. Photo courtesy of Martina Nuñez.

Marta Nuñez has many responsibilities as the program coordinator at the New Community Adult Learning Center, but her favorite part of her job is helping people.

She assists in ways you might expect, like helping students register for classes, ordering supplies and supervising teachers and volunteers, but there are other ways as well. For example, raising money to provide toys for children or winter clothes for immigrants not used to the cold weather of the Northeast.

Nuñez came to the U.S. in 1999 from the Dominican Republic and got married. She went to the Hispanic Development Center, the previous name of the Adult Learning Center, to take English classes. That’s where she met Geri Mulligan, the director at the time. Mulligan offered her a job and she began providing clerical support to the center in 2002. A few years later she became the program coordinator and has been in that role ever since.

“I thank Geri Mulligan for giving me this opportunity,” Nuñez said.

Although Mulligan is retired and living in Tennessee, Nuñez said they still keep in touch, sending each other Christmas cards each year.

Her good working relationship hasn’t been limited to her first boss, however.

“Through all of the directors, Martina has always been the right hand. She has adapted to each way of working,” said current Adult Learning Center Director Cristhian Barcelos.

In the Dominican Republic, Nuñez worked as a paralegal at Pellerano and Herrera, a leading law firm in that country. She served as the company president’s assistant.

When she arrived in the U.S. she didn’t have a good grasp of English, but she has come a long way since her first class and now helps others get the education they need.

“It’s great to have her here. No matter what, she will always put the agency and the needs of the students first,” Barcelos said.

Nuñez also makes family a priority. She lives in Colonia with her husband and 6-year-old daughter who is growing up bilingual, speaking English and Spanish.

In her spare time, Nuñez enjoys spending time with her daughter and reading, particularly books by Joel Osteen.

Nuñez finds her position fulfilling. “The most important thing for me is the opportunity to help people,” she said.
Anna Sing-King, Human Resources manager for New Community, also addressed the crowd, explaining how NCC changed her life. She was referred to the organization when she was an unemployed 24-year-old with a 4-year-old child. After receiving training, she filled a temporary file clerk position. She impressed her supervisor and got an opportunity to fill a receptionist position in the HR Department.

“Since I have been with New Community, I have grown personally and professionally,” she said. “I and have girls understand the importance of growing up comfortable in today’s society,” said Family Service Bureau Executive Director Manuela Garcia. “Also at the same time learn the values of leadership, independence, creativity, prevention and learn additional skills to be a successful woman in today’s world and be able to #FightLikeAGirl.”

Girls not only attended the event but some participated in the planning and hosting as well. Junior Female Ambassadors, girls ages 15 and older that show leadership skills, are groomed to be the hosts of the event.

Rashidah Babb, 15, of Hillside High School has attended the Fabulous Me conference since she was 12 and was a Junior Female Ambassador (JFA) this year. Her takeaway from this event was, “To be yourself and love who you are.”

She plans to return again next year. “I love coming here,” she said. “It’s a good experience to make friends.”

Bringing girls together is another purpose of the conference. “The idea behind this is to promote bonding of young females across socioeconomic class and race. There are a lot more similarities than differences,” said NCC Chief of Health and Human Services Arti Kakkar. “Fabulous Me brings 200-plus girls together under one roof to share ideas and learn leadership skills.”

Girls participated in breakout sessions that covered topics such as cyberbullying, STDs, teen pregnancy and domestic violence.

JFA Tameka Jackson-Bright, 15, of Newark Arts High School took a lot away from her first Fabulous Me conference, including using breathing techniques to calm down and not to let anyone control her. “My favorite part was the boxer and the boxer’s daughter talking about expressing yourself,” she said.

To end the conference, members of Rutgers SCREAM Theater used improvisation to showcase dating violence in various forms. Actors from the university performed a skit that included two couples in unhealthy relationships. The performance was interactive, with attendees asking questions to the actors while they were in character.

Organized by the Family Service Bureau, the Fabulous Me conference is funded by a grant from the New Jersey Governor’s Juvenile Justice and Delinquency Prevention Committee, administered by the New Jersey Juvenile Justice Commission under the state Attorney General’s Office. The conference is co-sponsored by the Department of Marriage and Family Therapy at Seton Hall University.

Singer, songwriter and mental health advocate Paris St. John tells the girls to accept themselves as they are.

Continued from page 1

Family Service Bureau of Newark Executive Director Manuela Garcia welcomes participants to the seventh annual Fabulous Me conference.

Junior Female Ambassadors Tameka Jackson-Bright, left, and Rashidah Babb, both 15, welcome girls to the Fabulous Me conference.

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Platinum sponsors for the event were Claremont Construction, Withum Tax Services, Wells Fargo Insurance Services and Ferry Carpet. NCC would also like to thank longtime supporter Tony Lolo, vice president of Ferry Carpet.

Yamba reminded the crowd that Monsignor Linder, who was traveling June 27 and unable to attend the Golf Outing, was the driving force behind all the good work New Community has done over the past 50 years and thanked everyone for their continued support.

More photos on page 9.
Children at the Harmony House Early Learning Center, 278 Orange Ave., Newark, participated in the annual Moving On Ceremony June 23. Parents looked on as the children sang songs, told the story of “The Very Hungry Caterpillar,” explained what they wanted to be when they grew up and as the class of 2017 received their certificates. HHELC Director Sister Maurice Liguori Okoroji served as the mistress of ceremony and teacher Mufidah Spears led the children in the various presentations. The theme of the day was “Ready for a Whole New World.”

Families got to see the children enrolled in the Community Hills Early Learning Center, 85 Irvine Turner Boulevard, Newark, participate in its annual Moving On Ceremony. The event was held at the New Community Neighborhood Center June 23. The children received their diplomas on stage for everyone to see.
Social Security News

Social Security And Medicare Are Lasting Sources Of Independence

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

In July, communities everywhere celebrate our nation’s independence with fireworks, family and friends. A strong community also creates independence as we help each other recognize our full potential.

Social Security has been helping people maintain a higher quality of life and a level of independence for over 80 years. And Medicare has been doing the same for over five decades. Most people first become eligible for Medicare at age 65. For many older Americans, this is their primary health insurance and without it, they might not enjoy an independent lifestyle.

Medicare can be a little confusing to newcomers so we’ve broken it down into segments.

• Part A (Hospital Insurance) helps cover inpatient hospital care, skilled nursing care, hospice care and home health care. Most people get Medicare Part A premium-free since it is earned by working and paying Social Security taxes.

• Part B (Medical Insurance) helps cover services from doctors and other outpatient health care providers, outpatient care, home health care, durable medical equipment and some preventive services. Most people pay a monthly premium for Part B. Some high-income individuals pay more than the standard premium. If you don’t enroll in Medicare Part B during your initial enrollment period and then decide to do so later, your coverage may be delayed and you may have to pay a higher monthly premium for as long as you have Part B.

• Part C (Medicare Advantage) allows you to choose to receive all of your health care services through a provider organization. This plan includes all benefits and services covered under Part A and Part B, usually includes Medicare prescription drug coverage and may include extra benefits and services at an extra cost. You must have Part A and Part B to enroll in Part C. Monthly premiums vary depending on the state where you live, private insurer and whether you select a health maintenance organization or a preferred provider organization.

• Part D (Medicare prescription drug coverage) helps cover the cost of prescription drugs. Many people pay a premium for Part D. However, people with low income and resources may qualify for Extra Help to pay the premium and deductible. If you don’t enroll in a Medicare drug plan when you’re first eligible, you may pay a late enrollment penalty if you join a plan later. You will have to pay this penalty for as long as you have Medicare prescription drug coverage. To see if you qualify for extra help visit www.socialsecurity.gov/prescriptionhelp.

Even if you decide not to retire, you should apply for Medicare. You can apply in less than 10 minutes using our online Medicare application. Visit www.socialsecurity.gov/medicare to learn more about applying.

SENIOR SPOTLIGHT: Frances Hubbard

Frances Hubbard loves to learn. Whether she’s reading books, crocheting patterns or having one of her grandsons show her new ways to use her cell phone, she enjoys acquiring knowledge.

The 83-year-old has lived at New Community Hudson Senior, 21-27 Orchard St., Jersey City, since 2009. She participates in a variety of activities, including Zumba, Pokeno and bingo. She also enjoys trips off site that Hudson Senior offers, like to Walmart and going out to dinner.

“Every time we have something, she goes and she volunteers. She’s willing to be there for the seniors. If they need help, she helps them,” said Hudson Senior Building Manager Sandy Le.

Hubbard likes to keep busy. “I like to be in a lot of activities,” she said. “Seniors thrive better when they’re socializing and not just staying in their rooms.”

Frances Hubbard was born in Belize City and was part of a large family. She grew up with nine brothers and two sisters.

She met her husband in Belize, though he was born in Guyana. The pair married and spent time in Belize before moving to Florida. Hubbard’s husband had family in New York so they moved to Manhattan for a year. She didn’t like it there and decided to move to Jersey City after spending Christmas with her husband’s family there. She never left.

Hubbard and her husband had five biological children and one adopted daughter and lost two sons who were stillborn. She now has 17 grandchildren and seven great-grandchildren.

Her husband, who worked for MetLife, died in 1981 at age 51 of Lou Gehrig’s disease, or ALS. Hubbard’s oldest child was 15 and the youngest was 7 at that time.

Hubbard worked throughout her life. She was a licensed practical nurse until she retired. She lived with her son from 2000 to 2009, when he decided to move in with his girlfriend. Because the rent for the apartment was more than she could afford, Hubbard moved into Hudson Senior.

She attributes her lasting health to a positive attitude. “I was always the life of the party,” she said. “I have a happy-go-lucky spirit. I never got upset about anything.”

Hubbard is always interested in conversations with people of all ages and has stressed the importance of education to her children, grandchildren and great-grandchildren.

“I’m proud of the life I’ve lived,” she said.

Wellness Tip
July 2017

What to Drink to Stay Hydrated

Water is the best way to hydrate your body! Bring a bottle of water with you wherever you go. You can even spruce it up by flavoring it with fruit or mint!

If you’re engaging in physical activity, sports drinks like Gatorade or Powerade are packed with the electrolytes your body needs to recover.

Eating fruits like watermelon, grapefruit and grapes, among others, will also keep you hydrated.

Avoid sugary drinks like soda and limit caffeine. Caffeinated drinks such as coffee, iced tea and colas act as diuretics, which will pull extra fluid from your body.

Drinking alcoholic beverages will make you dehydrated and cause you to urinate more fluid than consumed.

For more information about VNA Health Group’s services & programs, please call 800.862.3330 or visit www.vnahg.org
Monsignor William J. Linder Scholarship Recipient Earns Bachelor’s, Lands Job With ExxonMobil

S teed Amegbor moved to Newark as a

ear, New Community Corporation board

member and outreach coordinator, stands with Steed

Amegbor after his graduation from Stevens Institute of


Monsignor William J. Linder Scholarship Recipient Earns Bachelor’s, Lands Job With ExxonMobil

S teed Amegbor moved to Newark as a

teenager knowing very little English. With the

help of the Monsignor William J. Linder

Scholarship, he successfully completed high school

and went on to earn a bachelor’s degree from Stevens

Institute of Technology. Now he’s heading to Texas to

become a mechanical engineer for ExxonMobil.

In 2010, Amegbor moved to Newark from Togo,

West Africa. It was his junior year of high school

and his knowledge of English was limited. He received the

Monsignor William J. Linder Scholarship to attend St.

Benedict’s Preparatory School in Newark, which he

says was extremely helpful.

“There’s no way I could’ve possibly afforded

the financial burden of St. Benedict’s without the

scholarship,” Amegbor said.

Getting an education through St. Benedict’s and

attending the church helped Amegbor meet people

who helped him through the transition and served as

a moral guide.

“It doesn’t sound like much, but those things were

really helpful. They made a big impact on me,” he

said. “Coming here, I didn’t know what to expect.

They gave me all the tools I needed. I’m very grateful

for that.”

When Monsignor Linder hears success stories like

Amegbor’s he feels proud. “It proves what we can do

in education if we put our mind to it,” he said.

Amegbor wanted to make Monsignor Linder proud

by achieving academic success.

“I’m sure he felt that he wasn’t wasting his money,”

Amegbor said. “It was important to me to give him

that gratification.”

Amegbor said New Community also helped his

mother so he could focus on his education.

“The only thing I had to worry about was school.

They gave me that foundation just to focus on school

and not worry about anything else that was going on at

the time,” he said.

That solid foundation allowed Amegbor to

graduate from St. Benedict’s in 2012. He then went to

Stevens Institute of Technology in Hoboken where he

completed a five-year program. He earned his bachelor’s degree in mechanical engineering May 24.

This month he’s moving to Texas where he will be

a mechanical engineer for ExxonMobil in Beaumont.

Amegbor applied for the position while at Stevens.

He said the company comes to the college each year

to recruit talent. The hiring process took about three

months with a total of seven interviews. Amegbor

traveled to Texas for the final phase.

The future looks bright for this young man who

in seven years became fluent in English, earned a

high school and college degree and secured a full-
time mechanical engineering job at a major global

company.

Monsignor Linder Scholarship Recipients Graduate High School

S even young people completed their

high school education at Catholic

institutions this year thanks to the

Monsignor William J. Linder Scholarship.

The list includes this year’s valedictorian

of Saint Vincent Academy in Newark: Chikama

Onwunaka. She is heading to Rensselaer

Polytechnic Institute in Troy, N.Y., to study

biomedical engineering. She said without the

scholarship, she wouldn’t have been able to

attend Saint Vincent Academy and pursue her

academic interests.

Her two sisters also graduated at the top

twenty-five percent of their classes at Saint Vincent Academy: Chioma Onwunaka was also valedictorian and

Chiamaka Onwunaka was salutatorian. Their

mother is Veronica Onwunaka, Extended Care administrator for New Community Corporation.

“I want to say thank you to everyone that

helped me achieve my goals and contributed

to my educational expenses. It really did influence me,” Chikama Onwunaka said. “My major is really to do good and help other people: people who don’t

have access to what I’m fortunate enough to have.”

Maryana Okoye also graduated from Saint Vincent Academy with honors. She became a scholarship recipient after her mother’s death in 2015. She said the

scholarship played a huge role in her completion of high school and helped ease the financial burden of her father who is also raising her three brothers.

Okoye called Monsignor Linder inspiring. “What he does for students and the city of Newark in general is really, really great. I just really hope that God

continues to multiply his blessings,” she said. “He really gives.”

She is going to attend Rutgers-Newark to major in biology. She will be taking the pre-med track, though she’s not sure what type of doctor she will be yet.

Mitch Matara got his diploma June 3 from Saint Peter’s Preparatory School in Jersey City. He will be attending the University of Notre Dame in Indiana in the fall to study finance. He plans to start working after completing his bachelor’s degree, but said he might go back to

school to further his education with a JD or MBA at some point.

Matara has deep connections to NCC. He has been a lifelong member of St. Rose of Lima Church in Newark and his father previously worked for

New Community.

“Considering that I’ve known Monsignor Linder my whole life, it meant a lot to be able to go to the same school that he went to,” Matara said. “With

the scholarship, my parents did not have to be financially burdened because of that decision.”

Sibonai Ruthie Gphereyusus attended Saint Vincent Academy and will be enrolled at William Paterson University in September. She plans to

major in computer information technology.

She said the scholarship helped her family
tremendously because her younger sister is also attending a private school. Her parents both work at New Community. Sibonai Gphereyusus works as an

asset manager and Helen Abraha does work for the dietary program at Extended Care while going to school part-time.

“The scholarship motivated me to do the best

that I could. When you have a scholarship, you

have to show them thank you so much for this. Not

just a thank you note, but doing something with

the money that they gave you,” she said.

Continued on page 11

Natasha Wisdom graduated from Christ the King Preparatory School June 17. Photo courtesy of Natasha Wisdom.

Monsignor William J. Linder Scholarship poses with scholarship recipients Chikama Onwunaka, Sibonai Ruthie Gphereyusus and Maryana Okoye (left to right) who received their diplomas from Saint Vincent Academy June 4. Photo courtesy of Madge Wilson.

Byron Simmons graduated from St. Benedict’s Preparatory Catholic High School June 4. Photo courtesy of Michelle Simmons.

Photo courtesy of Natasha Wisdom.
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Rutgers, The State University of New Jersey
Celebrating Workforce Development Graduates

Excitement was in the air at St. Joseph Plaza June 23 as New Community Workforce Development students lined up in caps and gowns to receive their diplomas. Families were in attendance to recognize the graduates of Academic Enrichment, Certified Medical Assistant Program, Construction Building Trades, Culinary Arts and Patient Care Technician.

Workforce Development Director Rodney Brutton served as the master of ceremonies and pointed out that many of the graduates not only completed the programs, but also had jobs lined up.

One was Culinary Arts graduate Shoneequa Sprinkler, who landed a job as a prep/line cook at an upscale restaurant on Staten Island.

New Community CEO Richard Rohrman told the graduates to take on each new challenge with confidence and to be a positive influence to those around them.

Academic Enrichment graduate Shadajah McNeil embodied that sentiment. She said she enrolled when it was difficult for her to find a job to support her two children. The hard work and effort she put in paid off. She’s now happily employed at NJ Transit.

“To my kids, never give up on your dreams. You can do anything you put your mind to,” she said. “To NCC, thank you for helping me and believing in me. You rock!”

Essex County Freeholder Wayne Richardson, who was born and raised in Newark, served as the graduation keynote speaker. He had a message of hope, telling graduates that this step in their lives opens doors and provides more opportunities to be successful.

“The sky’s the limit. There’s nothing you can’t do,” he said.

Visit the New Community Workforce Development Center Facebook page for more photos.

Golfing For A Cause At NCC’s 23rd Annual Golf Outing

Continued from page 4

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Visit the New Community Workforce Development Center Facebook page for more photos.
The elderly are considered the world’s treasure for witnessing significant events throughout the years and valued as a blessing of enrichment for younger generations due to their significant experience and wisdom. However, today’s elderly are facing new challenges with the new technology era and facing great amounts of stress by experiencing medical problems, financial difficulties, social and family isolation, constantly worrying about loved ones and taking care of grandchildren.

A New York Times article by Tara Parker-Pope discusses the findings by researchers at the Harvard School of Public Health (2008) which suggests that “strong social ties, through friends, family and community groups, can preserve our brain health as we age and that social isolation may be an important risk factor for cognitive decline in the elderly.”

At Family Service Bureau of Newark, we encourage social support and recognize the primary role that the elderly play in our society, especially in the lives of many children. The Kinship Legal Guardianship Program was created essentiality for kinship caregivers who have taken the responsibility of caring for their relatives’ children who are unable to live with their biological parents for different reasons.

According to the New Jersey fact sheet for grandparents and other relatives raising children (2005) and the 2000 U.S. Census Report, “There are 127,263 children living in grandparent-headed households in New Jersey and 63,514 of these children are living there without either parent present.” Most caregivers have taken on the task of not only raising their own children but that of their relatives as well. Therefore, taking on additional responsibility can be stressful, especially for low income families.

The Kinship Legal Guardianship Program at the Family Service Bureau of Newark (FSB) supports grandparents and other relative caregivers so that children and siblings can remain within their extended families and communities. During our support groups, grandparents refresh their parenting skills, build a new relationship with their grandchildren, learn how to work with their grandchildren’s school, are linked to community resources, participate in workshops and conferences from community leaders, learn tips for managing money and even find out how to navigate the legal issues.

Our program is open to all Newark resident caregivers and referrals are accepted from schools, community based organizations, faith based organizations, family members and even self-referrals. Through bi-monthly support meetings, family activities, field trips, holiday celebrations, home visits and free assistance services such as food, financial assistance and clothing, families develop skills and gain insights that enable them to become a more stable household. Our families have expressed their gratitude about our services and their need to continue receiving our support.

Last year, our families had the opportunity to visit iPlay America, an indoor amusement park, for Halloween and received free Halloween costumes. They also enjoyed a Thanksgiving celebration and even took a trip to New York City to see the famous Rockettes at the Radio City Music Hall for the Christmas Spectacular show. Our program aspires to continue growing and making a difference in the lives of our families.

New Community’s annual beautification project Spring Up helped brighten up the exterior of many properties, including Associates, Commons Senior, Douglas Homes, Gardens Senior, Manor Senior, Roseville Senior, the NCC Healthcare Complex and St. Joseph Plaza. Members of the Department of Environmental Services visited each site in June to lay down mulch and plant flowers.
Maturity as they react and respond to the different lifetime. A wise person will grow in grace and many consequences and occurrences in your "occurrences." Let's call these, all. We didn't do anything to cause those issues to deal with that we really did not bring about at there are the issues that we find ourselves having made. Let's call those, "consequences." Then result of poor decisions that a person may have those issues that we must deal with are a direct for the things that we say and for the things that we do. While we may say and do those things as a result of something that may have been said or done to us, we are still responsible for our actions. We have to use sound reasoning and judgement whenever we respond to consequences and occurrences in life. There is so much that can be said about the freedoms that are afforded one be said about the freedoms that are afforded one as an American citizen of this great country, the United States of America. As we celebrate the birth of American independence for the USA, a country where we have the right to say whatever we want to say. Does that mean we should?

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At The End Of The Day...

By Lesley Leslie

T here are so many issues that one will encounter on a daily basis during the course of one’s life. Many of those issues that we must deal with are a direct result of poor decisions that a person may have made. Let’s call those, “consequences.” Then there are the issues that we find ourselves having to deal with that we really did not bring about at all. We didn’t do anything to cause those issues or resulting circumstances. Let’s call these, “occurrences.”

If you live long enough, you will encounter many consequences and occurrences in your lifetime. A wise person will grow in grace and maturity as they react and respond to the different events in their lives. Dealing with consequences that you caused, as opposed to dealing with circumstances that occur through no fault of your own, takes sound reasoning, sound judgement and leads to personal growth and development.

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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-GED, & GED (English only)
Mondays through Thursdays:
9:30 AM to 1:30 PM or 5:30 PM to 8 PM

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-GED, & GED (Ingles solamente)
Lunes a jueves:
9:30 AM a 1:30 PM o 5:30 PM a 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

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

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.
Seton Hall University honored New Community Corporation Chief of Health and Human Services Arti Kakkar with its Humanitarian of the Year Award. The honor was part of the Many Are One Alumni Awards Gala, the university’s annual black tie event that celebrates the good work of past graduates.

“Because of her dedication to individuals and families in need in Newark, N.J., her history in working with underserved communities in India and her service to Seton Hall University as an adjunct professor, we are so proud to have presented Arti with the Humanitarian of the Year Award at the 2017 Many Are One gala,” said Viannca Vélez, associate director of alumni engagement at Seton Hall University. “Arti exemplifies what it means to be a servant leader. We are happy to call her a Seton Hall Pirate.”

Kakkar received the award June 9 and in her acceptance speech talked about the 16 years she has spent with New Community, starting as a family therapy intern while enrolled at Seton Hall. She said NCC helped her find her purpose.

“Through New Community, I have been able to get to my personal achievement, be real and live my purpose in life. The people I work with every day – my colleagues and the families I work for – continue to give me hope. The hope gives me the courage, the focus and the persistence to either find the way or make one,” she said.

New Community CEO Richard Rohrman said, “Arti has done great work at NCC over the years. She progressed from intern to Chief of Health and Human Services. Many people have felt the benefit of Arti’s commitment, compassion and perseverance.”

Kakkar hopes the award does more than simply honor her.

“Getting this award gives me hope that there will be more collaboration between Seton Hall and NCC departments to enhance our services as well as the education of the students at SHU,” she said.

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