

Newark Dedicates 14th Avenue at Jones Street to Late NCC Founder Monsignor Linder



Newark Council Vice President and Councilman at Large Luis A. Quintana, NCC Board Member Diane Johnson, NCC CEO Richard Rohrman, Newark Central Ward Councilwoman LaMonica McIver and NCC Board President Dr. A. Zachary Yamba, left to right, show off the street sign dedicating 14th Avenue at Jones Street to NCC Founder Monsignor William J. Linder.

Newark officials and New Community employees gathered at 14th Avenue and Jones Street June 14 for an afternoon ceremony dedicating 14th Avenue to NCC Founder Monsignor William J. Linder, who passed away last June.

A new sign reads “Monsignor William J. Linder Way” to commemorate the work he did in the area and for the people in the community.

“The street dedication ceremony was such a fitting way to memorialize

Monsignor Linder’s incredible contributions to the city and its residents,” said New Community CEO Richard Rohrman. “Fourteenth Avenue cuts through the very heart of NCC and this came at a time of a major renovation and investment in the housing which will keep his legacy intact for many years to come. Councilman Quintana sponsored the city council resolution and the council approved it. We are all appreciative of the council and administration’s support.”

Council Vice President and Councilman at Large Luis A. Quintana hosted the event. He called Monsignor Linder a visionary who deserves the recognition.

“He had vision for the city of Newark. Some people have come to Newark, made it in Newark and left Newark. Monsignor never left Newark,” Quintana said.

Central Ward Councilwoman LaMonica McIver said the dedication was fitting.

“It’s a pleasure for me to be here to honor someone who has been so legendary in our city, who has put so much work and effort into the city, especially the Central Ward because we are the home of the largest New Community developments,” she said. “I think it’s a good way to remember the work that he has done.”

New Community Board President Dr. A. Zachary Yamba said that while Monsignor Linder may not have wanted a street dedicated to him, it’s a special honor that highlights the legacy he left behind.

“Clearly when you look around the city of Newark, definitely the Central Ward, the footprint of Monsignor Linder is everywhere. So we are happy that Councilman Quintana has taken the leadership role in naming this corner in his honor,” Yamba said.

North Ward Councilman Anibal Ramos Jr. talked about all the services

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NCC Hosts Memorial Mass for Founder Monsignor Linder



Monsignor Edward G. Bradley, center, speaks during the Memorial Mass honoring NCC Founder Monsignor William J. Linder. Father Josephat Kato Kalema, left, and Father Beatus Kitururu look on.

Family, friends and colleagues gathered at St. Joseph Plaza June 7 for a Memorial Mass honoring New Community Founder Monsignor William J. Linder. The event was in commemoration of the first anniversary of

his passing. Monsignor Linder passed away June 8, 2018.

“The mass was a beautiful remembrance and an opportunity to reflect on Monsignor Linder’s extraordinary story. He was a doer and also had a heart big enough for us all,” said New Community CEO Richard Rohrman. “It was truly moving.”

Father Philip Waters, Dean of Deanery 20 overseeing eight parishes, delivered the homily at the Memorial Mass, as he did for the funeral mass last year. He talked about the vision Monsignor Linder had for Newark and his accomplishments.

“He bequeathed to all of us, I think, a great legacy. A legacy of love, a legacy of service, a legacy of imagination and a legacy of prayer,” Father Waters said. “And so it’s good that we can come together and remember him.”

Monsignor Edward G. Bradley, Director of the Office of Ministry to Retired Priests, also talked

about Monsignor Linder’s legacy.

“What he’s done has remained and now continues to grow for those who follow in his footsteps,” Monsignor Bradley said. “What a beautiful life to have lived, be able to hand on.”

Father Josephat Kato Kalema, Pastor of the Parish of the Transfiguration, spoke about how Monsignor Linder accepted everyone.

“Whether you were white or black, short or tall, spoke English or not, he was always very welcoming,” he said.

New Community Board President Dr. A. Zachary Yamba said those at NCC are working to carry out the legacy Monsignor Linder left.

“We have to make sure that we remain faithful to the mission. Let us keep it in our hearts,” Yamba said. “But more importantly, do the work that he asked us to do.”

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The New Community Clarion

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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.

Discussing Bullying



Essex County College Professor Louise Layton leads a discussion about bullying at Commons Senior.

Essex County College Professor Louise Layton gave a talk about bullying to residents of Commons Senior, 140 South Orange Ave., Newark, June 7. She discussed how to recognize bullying and what to do in those situations.

Around The Network

Orange Senior Celebrates Those Over 90

Residents of Orange Senior, 132 William St., Orange, celebrated residents who are 90 years old and older at an event June 20. Ten residents were recognized, including two married couples. UnitedHealthcare sponsored the event, providing a cake for those in attendance. Resident Services Coordinator Sister Pauline Echebiri gave each resident a gift to celebrate their milestone.



Celebrating Fathers

Residents of Commons Senior, 140 South Orange Ave., Newark, celebrated Father's Day with a barbecue June 13. Men (and women) of the building enjoyed a hot lunch in the Community Room.



Enjoying Breakfast Together

Residents of Hudson Senior, 21-27 Orchard St., Jersey City, celebrated the first day of summer with breakfast together in the Community Room of the building June 21.



EMPLOYEE OF THE MONTH: Linda Studivant



Environmental Services Office Manager Linda Studivant has worked for New Community Corporation for more than 35 years.

Linda Studivant is a fixture in the New Community Environmental Services Department. She will celebrate 36 years working in the department this August. She sees New Community as a family and enjoys helping people, which is why she has stayed with the organization.

Studivant came to work at New Community in 1983 after graduating from Essex County College with an associate's degree. She had an interview with then Director of Human Resources Cecilia Faulks and was offered the position of receptionist in Environmental Services. From there, she was

promoted to administrative assistant and then office manager, which is her current role in the department.

The close knit feel of New Community has kept Studivant with the organization.

"I had lots of opportunities to go, even to make more money, but it was like a family. You don't want to leave your family," Studivant said. "And plus I enjoy assisting people. That's my nature. I get enjoyment out of that."

As the office manager, Studivant is responsible for general office procedures, including payroll for 90 employees. She works closely with the property managers to prepare for various inspections, ensuring any necessary work orders are delivered to the person responsible and completed. She also fields calls, along with Data Entry Manager Jeanette Morales, from NCC residents and employees.

"Linda is part of the glue that keeps our department together. She has been with New Community Corporation for over 35 years," said Environmental Services Project Manager Ronda Lawrence. "She is one of the voices on the other end of all the calls coming into Environmental Services. She's always willing to help people and lend a listening ear."

Studivant was born in Virginia and moved to New Jersey with her parents when she was 6. After graduating from high school, she worked in a factory for a printing company for about two years.

She found the work tedious and dirty and realized she didn't want to do that type of work long term. That's when she decided to attend Essex County College.

She's glad that decision led to her career at New Community. Studivant's favorite part of her job is helping people. But helping others isn't limited to her working hours.

Studivant's brother resides in a nursing home. In her spare time, she visits him and brings him and his roommate outside food. Sometimes she throws small parties for her brother and his friends. She also befriends other nursing home residents who may not have family members who come visit and brings them items to brighten their day.

Studivant lives in Linden. She has one daughter and one grandson, who live near her in Rahway. She loves to cook and do interior design work. She helps her girlfriends with interior design and even worked on the space in the Environmental Services office.

Studivant believes New Community is heading in the right direction and looks forward to the completion of the renovation project on NCC properties, which is greatly improving the residential units and grounds.

"Now I think they're having pride in where they live and they're helping to keep the place clean too," she said.

NJ CAR Visits NCCTI to Discuss Partnership



NCCTI Lead Automotive Technician Instructor John Zaccheus, NCCTI Diesel Technician Instructor Monica Perry, New Jersey Coalition of Automotive Retailers Director of Automotive Workforce Development Breanna Datello Esquilin, NCCTI Automotive Technician student Stephanie Pichardo and Sansone Auto Group Chief Administrative Officer and Veteran Coordinator Rich Liebler, left to right.

Breanna Datello Esquilin, Director of Automotive Workforce Development for the New Jersey Coalition of Automotive Retailers (NJ CAR), visited New Community Career and Technical Institute June 17 to discuss the proposed partnership with the Automotive Technician and Diesel Technician programs at NCCTI. NJ CAR would provide training support and paid apprenticeships with participating New Jersey dealerships.

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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.

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The sign “Monsignor William J. Linder Way” now appears at the intersection of 14th Avenue and Jones Street.



New Community CEO Richard Rohrman speaks at the street dedication.



New Community Board President Dr. A. Zachary Yamba provides remarks at the street dedication.

New Community provides to the residents of Newark, including affordable housing and job training.

“None of this would be possible if it wasn’t for a visionary leader. And that visionary leader was Monsignor Linder,” Ramos said. “So the city owes him a great deal of tribute.”

Newark Deputy Mayor of Employment Rahaman Muhammad called the work Monsignor Linder did, along with others, in creating and building New Community immeasurable.

Muhammad said Monsignor Linder “came here to make sure that those Newarkers who were going to reside in this ward benefited from the rebuilding of the city itself. We’re proud that this street is being named after Father Linder.”



Newark Council Vice President and Councilman at Large Luis A. Quintana hosts the street dedication.



Central Ward Councilwoman LaMonica McIver says it the street dedication is a good way to remember NCC Founder Monsignor Linder.

NCC Hosts Memorial Mass for Founder Monsignor Linder

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New Community Board Member and Outreach Coordinator Madge Wilson was close to Monsignor Linder for many years said she appreciates all that she learned from him.

“Monsignor taught me how to give,” she said. “I just thank Monsignor Linder for all that he did for others and all that he did for me and may he rest in peace.”



Father Philip Waters delivers the homily during the Memorial Mass honoring NCC Founder Monsignor William J. Linder. Father Josephat Kato Kalema looks on.



New Community CEO Richard Rohrman brings up items for communion during the Memorial Mass honoring NCC Founder Monsignor William J. Linder.



New Community Board Member and Outreach Coordinator Madge Wilson talks about how Monsignor William J. Linder taught her so much during the Memorial Mass in his honor.



New Community Board President Dr. A. Zachary Yamba speaks about the legacy Monsignor William J. Linder left behind.

NCCTI Students Get Tips from Employer

Coleen Murphy, Assistant Director of Human Resources for Newark Beth Israel Medical Center, visited the Patient Care Technician class at New Community Career and Technical Institute June 18. She shared the skills and expectations for PCT graduates interested in applying for a job at Newark Beth Israel. Murphy also conducted mock interviews with the students. NCCTI has a wonderful partnership with Newark Beth Israel Medical Center, with several graduates currently working at the facility.

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NCCTI Patient Care Technician students stand with PCT Instructor Dr. Maha Koltowski, fourth from left; Newark Beth Israel Medical Center Assistant Director of Human Resources Coleen Murphy, fourth from right; and NCCTI Financial Aid Manager Alisia Hughes, right.



Newark Beth Israel Medical Center Assistant Director of Human Resources Coleen Murphy conducts a mock interview with Patient Care Technician students at New Community Career and Technical Institute.

NCC Welcomes New LISC Employees



New Community Career and Technical Institute Director Rodney Brutton, left, discusses the accredited post-secondary school and the other services New Community provides to new employees of Local Initiatives Support Corporation.



New Community CEO Richard Rohrman welcomes new employees of Local Initiatives Support Corporation to NCC during a luncheon at St. Joseph Plaza.



Dozens of new employees of Local Initiatives Support Corporation toured New Community. Here they pose with several staff members at the NCCTI Training Center.

New Community hosted dozens of new employees of Local Initiatives Support Corporation (LISC) June 12. The individuals from throughout the country learned about the services New Community provides, its history and its relationship with LISC.

“NCC and LISC have been partners since the 1980s. They have supported us with tax credit investments for housing construction, consulting to strengthen the organization and funding our

Financial Opportunity Center, to name a few,” said New Community CEO Richard Rohrman. “They have been there for us and the relationship continues to grow. They are true reliable partners with a strong sense of mission.”

The visit was part of a three-day new hire orientation at LISC headquarters. The orientation is done two times per year, in the fall and spring. NCC hosted a group in November 2018 for the first time. The guests were served lunch at St. Joseph Plaza, NCC’s headquarters, and then took a tour of New Community Career and Technical Institute (NCCTI), both the main campus and the Training Center.

“We are so grateful to NCC for sharing their amazing work and time with our new staff during their recent site visit to Newark. In partnership with LISC, NCC continues to provide clear pathways to change for community residents,” said LISC President and CEO Maurice A. Jones. “It was an excellent opportunity for LISC staff from across the country to see first hand the success of NCC’s comprehensive approach and a great time was had by all.”

NCCTI works closely with Greater Newark LISC, the local office of the national nonprofit organization that provides a variety of support to community development corporations. LISC provides funding and technical assistance for the Financial Opportunity Center (FOC), a relationship that began in 2015. The FOC helps community members better their financial situations. LISC also offers financial support and technical assistance for the Bridges to Career Opportunities (BCO) program for NCCTI, which helps students learn basic skills as they relate to their field of choice. Both the FOC and BCO are LISC models.

“The success of NCCTI’s FOC, BCO and career and technical programs is directly related to our partnership with Greater Newark LISC,” said NCCTI Director Rodney Brutton. “In the last several years, we’ve been able to expand course offerings, build greater capacity to our career and technical programs and help hundreds of clients improve their financial standing.”

The positive work being done with students at NCCTI has drawn attention from LISC



Greater Newark LISC Program Officer Jerrah Crowder, right, talks about the services New Community Career and Technical Institute offers while giving new LISC employees a tour of its main campus.



As part of the tour, new LISC employees were able to see the Patient Care Technician class in action at New Community Career and Technical Institute. PCT instructor Maha Koltowski talks about the course to the visitors.

NCCTI Students Earn OSHA Certification



Students in New Community Career and Technical Institute’s Automotive Technician program, sponsored by Ford Motor Company; Building Trades Specialist program; and Diesel Technician program completed an Occupational Safety and Health Administration (OSHA) Safety Training Session June 18 at the NCCTI Training Center, 201 West Bigelow St., Newark.

The session was facilitated by OSHAMissionNY, a certified OSHA training provider. Each student received an industry recognized credential, which employers recognize and accept.

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leadership members, who have toured the FOC and NCCTI Training Center and have been impressed with the services being offered to the unemployed and underemployed.

“As well accustomed to NCC as I am, visiting routinely to work with our partner as a Newark 2020 community hub and a LISC Financial Opportunity Center and Bridges to Career Opportunities Center site, I learn something new and awe-inspiring every time,” said Greater Newark LISC Program Officer Jerrah Crowder.

New Community is happy to serve as a model for LISC employees.

“Our work with LISC is a true and practical example of what a solid partnership consists of,” Brutton said.

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Social Security News

Celebrating Independence Day

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

July 4th brings family and friends together, as well as neighbors, to celebrate that we're all part of a community. Everyone pitches in, combining their resources — great food, music and displays — to lift our spirits.

Social Security has been helping people maintain their independence for over 80 years. In that time, we've made it even easier for you to access the programs and benefits you might need. Today, applying online is a fast way to get those crucial benefits.

Here are some of the benefits you can apply for:

- Retirement or Spouse's Benefits — You must be at least 61 years and 9 months old and want your benefits to start no more than four months in the future. Apply at www.socialsecurity.gov/retireonline.
- Disability — You can apply online for disability benefits. Apply for Disability at www.socialsecurity.gov/disabilityonline.
- Extra Help with Medicare Prescription Drug Costs — Some people need assistance with the cost of medications. Apply for Extra Help at www.socialsecurity.gov/i1020.
- Medicare — Medicare is a national health insurance program administered by the U.S. federal government that began in 1966. You should apply before your 65th birthday at www.socialsecurity.gov/retireonline.
- Supplemental Security Income (SSI) — SSI is a federal income program funded by general tax revenues designed to help aged, blind and disabled people who have little or no income. You may be able to apply online if you meet certain requirements. See if you can apply online for SSI at www.socialsecurity.gov/benefits/ssi.

Social Security provides benefits for millions of people, including retirees, wounded warriors, children and people with disabilities who cannot work. Find the help you or your family needs at www.socialsecurity.gov/benefits.

We need you to let loved ones know about the ways we may provide benefits. By sharing our resources with friends and family, you can help create independence for them at www.socialsecurity.gov/online services.

SENIOR SPOTLIGHT: Alice Sewell



Alice Sewell has lived at Manor Senior for 16 years. She serves as a floor captain and is involved in the activities of the building.

Alice Sewell likes being involved in the activities at Manor Senior, which has been her home for the past 16 years. She works in the kitchen for building events and helps clean up afterward. She also serves a floor captain for the fifth floor.

"Most everything that goes on around here, I help out with it," Sewell said. "It gives me something to keep my mind occupied."

As a floor captain, Sewell distributes literature to her neighbors. She said she sees those on her floor often so she would know if there was an issue to report. In addition to helping with parties and gatherings, Sewell also participates in activities like the support group that takes place in the Community Room.

"Ms. Sewell is a wonderful person who is

caring and always very helpful," said Manor Senior Resident Services Coordinator Lourdes Fuentes.

Sewell is from Elizabeth City, North Carolina. She moved to New Jersey in 1974 to be close to her late mother who had moved north previously. She lived in East Orange before moving to Manor Senior with her late husband in 2003. After he passed away in 2007, Sewell stayed in the building.

Her favorite part about living in Manor Senior is the people.

"I get along with the residents," she said. "I don't socialize with everybody, but the majority of the people."

Sewell still has some family in North Carolina, but she hasn't returned to the state since 1993 when her father passed away. She hopes to take a trip down to her home state at some point.

Sewell has one son, six grandchildren and four great-grandchildren. Her son lives close by, as do two of her grandchildren.

For a few years in the early 1980s, Sewell worked in a distribution warehouse for Revlon. She packed up the company's items in boxes for the job.

In her spare time, Sewell enjoys participating in arts and crafts and watching movies. She participates in Game Day and Movie Day at Manor Senior, which are held on alternating weeks in the Community Room.

At 65 years old, Sewell said she plans to stay at Manor Senior, which has very reasonable rent. She said she gets along with the majority of her neighbors.

"There's some nice people in here," she said.



Wellness Tip
July 2019

Summer Safety.

Summer is finally here!! This means the opportunity to spend more time with friends and family enjoying the beautiful weather and the great outdoors. Here are a few tips to help you have a happy and health summer season!

Use Sunscreen!

Each year, nearly 5 million Americans are treated for skin cancer. The use of sunscreen can help prevent skin cancer and prevent or delay aging of the skin caused by sun exposure. If you are going to outside for more than 30 minutes always be sure to -

- Apply sunscreen to all exposed skin 20 to 30 min. before going outside
- Reapply every 2 hours, even if the label says "all-day" protection
- Use the recommended SPF 30 or higher

Avoid Tick Bites

If you are planning an outdoor activity, especially those in a heavily wooded area, it is important to follow a few simple precautions to protect yourself from tick bites.

- Wear long sleeved, light-colored clothing, with tightly woven fabric
- Stay in the center of trails, avoiding overgrowth
- Upon returning home immediately check yourself and your clothing for ticks
- Use mosquito/tick repellent, even in your yard

Stay Hydrated

Water is important to the body at all times, but especially in warm weather. The main way the body releases heat is through sweat. This sweat cools the tissue beneath but also reduces the water level in our body. It is typically recommended for adults to drink 8 - 8oz. glasses of water a day*. However, this should be increased during periods of extreme heat or physical activity.

* unless against prior medical advice

Celebrating CHELC and HHELC Students Moving On to Kindergarten

Students, family members and friends celebrated the accomplishments of children heading off to kindergarten in the fall with a Moving On Ceremony June 14 at Community Hills Early

Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark. Students from CHELC and Harmony House Early Learning Center participated in the event, titled “The World is a Rainbow.”





WIC Program Gives Nutritional Prescriptions and Support



WIC Director Susan Stephenson-Martin, MS.

Keeping the pantry well-stocked can be a challenge, especially for expectant mothers and those with children under the age of 5. Enter the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). This service operates across America, helping over 7 million people monthly, including 53 percent of all infants. The Rutgers New Jersey Medical School (NJMS) clinic assists around 4,580 of the eligible participants — and that number continues to grow.

As WIC Director, Susan Stephenson-Martin explains, “We offer supplemental foods, and education about nutrition breastfeeding. We screen for iron blood levels and to assess whether clients are anemic. And we can give referrals for HIV testing, pregnancy testing and lead testing.” The staff also guides patients toward accessing assistance with dentistry, domestic abuse, age milestones and childhood cognitive or learning disabilities.

WIC works with clients who are low-income and also at nutritional risk. “They come in every three months and receive nutrition education each time,” Stephenson-Martin says. “We examine their height, weight and blood through a finger-prick test. We look at whether their weight fluctuated and assess pre-existing conditions like

preeclampsia or gestational diabetes, along with issues like pica or excessive vomiting. Then we can use medical data and interview questions to determine a specific food prescription.”

Obesity and anemia remain the most common challenges at the Rutgers clinic. “In the urban environment, there can be excessive lead in the water or paint, which can reduce iron absorption. High-iron foods tend to be fish, liver, red meat and dark green leafy greens — foods children may not want to eat — and ones a lot of low-income people might not have access to. So we might suggest fortified cereals.”

Whatever their individual prescription, clients receive a WIC check that indicates the types and amounts of groceries they can access for free. “Mostly that’s grains, dairy, vegetables and proteins like beans and peanut butter — the USDA MyPlate, if you will,” Stephenson-Martin says. “We’ve just started to offer yogurt too. Clients are very excited about it!”

The Rutgers program also includes a lactation consultant on its 13-person team and has been an integral part of increasing breastfeeding not just in Essex County, but across the state. That’s especially important for non-Hispanic blacks, who struggle with a higher rate of infant mortality: 8.8 deaths per thousand people versus just 2.7 for Caucasians. In the Newark area, those rates decrease for African-American babies who are breastfed — a phenomenon researchers are still exploring.

WIC will extend its scope even further this spring, explains the program’s medical director, Hanan Tanuos, MD: “We’re opening another satellite clinic in the department of pediatrics. It will be very easy to serve the children while they’re already here and not require another visit.”

Stephenson-Martin adds: “The synergy between Rutgers NJMS, a state school, and WIC, a state program, is wonderful. Physicians are servicing clients, the medical school is training doctors and dentists, and we’re one of the outpatient clinics at the grassroots level able to provide supplemental help. We’re another way to assist the community in which Rutgers resides.”

Get more insight into this valuable program at <http://njms.rutgers.edu/departments/pediatrics/WIC.cfm> and watch this short video: http://bit.ly/NJMS_WIC.

You can visit the WIC program on Mondays and Thursdays at the OB/GYN clinic at the Ambulatory Care Center, 140 Bergen St., Newark.



National Nurses Week

University Hospital celebrated National Nurses Week, one of the biggest events of the year, with a host of events, treats and honors. The theme for 2019 National Nurses Week, sponsored by the American Nurses Association, was “4 Million Reasons to Celebrate.” Nicole Sardinas, Director of Education and Professional Development, and her team organized this year’s UH celebration.

Assemblywoman Mila Jasey, a public health nurse, visited UH to present a Joint Legislative Resolution recognizing National Nurses Week.

This year’s festivities got underway with a Kick Off Breakfast and reception with a welcome from Chief Nursing Officer Carl Kirton, DNP, RN, MBA, followed by an afternoon tea reception for Certified Nurses.

Stacy Rose Rosales, a work and life balance

coach, delivered remarks on “Wellness and Mindfulness” at a nurse leader luncheon. The festivities concluded with a keynote address by Dr. Edna Cadmus, RN, of the Rutgers University School of Nursing.

Unit-based celebrations were held for the night shift nurses.



Former Harmony House Resident Finds Success at Extended Care



Tamika Muhammad, standing center, enjoys her job as an activity aid at Extended Care. She lived at Harmony House with two of her children for a year and a half.

Tamika Muhammad is in a good place. She enjoys her job, has her own apartment and is looking forward to the future. But her situation wasn't always so positive.

Muhammad found herself in need of transitional housing after she had to leave a violent living situation. She moved to Harmony House, New Community's transitional housing facility for homeless families, with her two minor children, ages 16 and 4. She also has a 23-year-old.

When she first arrived at Harmony House, Muhammad was ashamed and down. After getting over the initial shock of losing everything, she realized she had to accept her circumstances and work toward a better future.

"Once I understood what was going on and the obstacles I could beat, I was fine," Muhammad said. "Everything happens for a reason."

Muhammad worked for the Boys and Girls Club after-school program for 20 years but decided she wanted to change jobs so she could be home with her

children, particularly her youngest who is 4 years old. She saw an opening at New Community Extended Care for an activity aid and applied. She went to the facility and provided her resume, cover letter and references and was granted an interview. She got the job and has been working at the nursing home since November 2018, in a 9 a.m. to 5 p.m. role.

"I love being here," Muhammad said. "I don't call them my patients. I call them my elders. I learn from them as much as they learn from me."

Her positive attitude, bright smile and willingness to work make her a good employee, according to Extended Care Administrator Veronica Onwunaka.

"The way she's able to get residents to relate to her, even the very confused ones, is what makes her very unique. I see her as a positive addition to the future of New Community," Onwunaka said. "I trust her and I'm glad that she's with us."

Muhammad didn't tell her coworkers she lived at Harmony House when she first started working at Extended Care. But she is no longer embarrassed about her journey.

During her stay at Harmony House, which lasted a year and a half, Muhammad put in many applications for apartments. She was eventually accepted for an apartment in the Vailsburg section of Newark, where she currently resides. She is grateful for Harmony House, which provided a safe place for her and her children in their time of need and allowed them to stay at the facility until she had secured permanent housing.

"Ms. Tamika Muhammad has shown an astronomical degree of resilience in overcoming barriers," said Harmony House Director Yonette Fredericks. "Through it all, she has been able to persevere and accomplish her goals as it related to obtaining permanent housing."

Muhammad said the families at Harmony House should view their stay as a temporary part of their journey and not the end.

"It's a pit stop to get yourself together," she said of Harmony House. "It was a help for me to get me back on my feet. And that's what I used it for."

Muhammad credits her family for raising her with discipline, principles, humbleness and gratefulness, all of which helped her move forward.

She said she has a better understanding of life now and doesn't take anything for granted.

"You never know when you could lose everything," she said. "I'm just grateful and thank NCC for being there for me and my family."

NCC Residents Celebrate Father's Day

The Resident Services Department held a Father's Day BBQ for the male residents of New Community senior buildings June 14 at Douglas Homes, 15 Hill St., Newark. Attendees enjoyed a hot lunch that included hamburgers and hot dogs; free haircuts; and the company of friends and neighbors. Bishop Speight served as the guest speaker for the event.

Sponsors included ShopRite Village Super Market, WellCare Health Care Plans, Horizon NJ Health, UnitedHealthcare, Guardy's Pharmacy, Councilwoman LaMonica McIver and Kolby's Barbershop & Salon which provided the free haircuts. There were also resident donations from Hudson Senior, Manor Senior and Douglas Homes. Resident Services thanks everyone for their contributions, which made the Father's Day BBQ a success.



Bishop Speight, the guest speaker for the Father's Day BBQ, accepts a gift of gratitude from Resident Services Coordinator Donnette Burrowes-Williams.



Men who attended the Father's Day BBQ were able to get free haircuts.



Members of the Resident Services Department stand with Bishop Speight, standing center, at the Father's Day BBQ.

Family Service Bureau

FSB Clinical Director Chosen for State Independent Peer Review



Benjamin-John Gonzalez became the clinical director of Family Service Bureau in January. Photo courtesy of Benjamin-John Gonzalez.

Family Service Bureau welcomed Benjamin-John Gonzalez as its clinical director at the start of 2019. In that role, he is responsible for the oversight of clinical operations under the executive director.

"I pretty much set the clinical standards for the department based on our agency policies and regulations, laws and ethics," he said.

Gonzalez explained that there are three main goals: ensuring safety for clients, staff, volunteers and guests; ensuring the services rendered to clients are safe; and as a training center, making sure staff members pursuing their licenses have the competencies to become independent practitioners.

"Ben has been with us since January and brings in his ideas for integrated behavioral health services for NCC's population. Along with a strong foundation of regulations and laws, he strives to enhance existing programs to provide more comprehensive services," said New Community Director of Health and Human Services Arti Kakkar. "It's great to have someone with so much energy and passion for this work on our team."

Gonzalez had heard about New Community's reputation before coming to work at FSB. He saw a job posting for the clinical director position and decided to apply.

"I love nonprofits. I have heart and a passion for helping nonprofits," he said. "Especially right now with the opioid epidemic."

In addition to his work at FSB, Gonzalez has a consulting company that he formed in 2017 that helps start-up agencies become licensed and accredited. It also helps companies take remedial action and provides consultations regarding mergers and acquisitions.

In June, Gonzalez was selected to conduct the Independent Peer Review for the New Jersey Department of Human Services, Division of Mental Health and Addiction Services. The Independent Peer Review is necessary for New Jersey to be eligible to receive federal funding called block grants. The peer review Gonzalez was chosen for is done by an addiction specialist in the field also working in a licensed facility.

Gonzalez submitted a request for proposal (RFP) for the role. He said it is very competitive because it is open to the whole state. This isn't his first time being selected. He has done six Independent Peer Reviews since 2007.

"I was humbled and honored to be selected again," Gonzalez said. "I'm excited about it."

The review itself is a two to three day process where Gonzalez will visit the assigned site and evaluate the care from screening to discharge. He said he focuses on the facility's strengths and also on areas where there could be some improvement. He communicates his recommendations to the leadership at the facility.

"We pass the knowledge in order to enhance and maintain a certain standard of quality care where the clients and target population we serve are better served," Gonzalez said.

Gonzalez didn't originally set out to enter the field of mental health and addiction. He attended medical school, but left after he fell in love to get married. Later, when he was deciding what direction he wanted his career to go, his wife at the time was working in pediatrics at a hospital.

"She showed me the newborns who were born from mothers of addiction. They were born with birth defects and I thought that that was my calling," Gonzalez said. "I felt that I could help prevent this from happening. And that seemed to be where my passion started. And it hasn't stopped since."

Gonzalez has lived in Westampton, N.J. since 2001. Though he has a long commute, he said it's worth it to help the clients and make a difference.

"I believe New Community's values and its mission aligns with my own personal values," Gonzalez said. "I see the opportunities that we could create here, the partnerships that we already have and the things we could do moving forward."

Extended Care to Host Health Fair July 26

New Community Extended Care Facility, 266 South Orange Ave., Newark, is hosting its annual Health Fair Friday, July 26 from noon to 5 p.m. in the parking lot behind the building. All members of the community are invited to attend this free event.



JULY 26
12:00-5:00PM 2019

NEW COMMUNITY
HEALTH fair



GERIATRIC HEALTH



INSURANCE INFO



CHILDREN'S HEALTH



IMMUNIZATION INFO



GAMES & ACTIVITIES



FREE FOOD

@NEW COMMUNITY
EXTENDED CARE
266 South Orange Ave
Newark NJ 07104

FOR KIOSK OR TO RSVP:

ADALBERTO DIAZ:
ADiaz@NewCommunity.org or 973-585-9604
RHONDA NOBLES:
RNobles@NewCommunity.org or 973-585-9610
ANN HOPE:
AHope@NewCommunity.org or 973-585-9614

FOR AD IN OUR JOURNAL:
ADALBERTO DIAZ:
ADiaz@NewCommunity.org or 973-585-9604

DONATIONS ARE
WELCOME



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

Fisicos, 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

*Weekdays and Saturdays courses are 9, 10, and 21 weeks long depending on the selected course.

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.



Use the Filter

by Leslie Lesley

Have there been times where someone called you “rude” during a discussion, when you thought you were just being honest with them? Do your conversations occasionally end with someone accusing you of not having a filter? What do you think they mean by that?

When a person is described as having “no filter,” he or she typically says exactly what is on their mind. They don’t really consider their language or comments, although it may be offensive, insensitive or politically incorrect. That person doesn’t care about the other person’s feelings when they “speak their mind” or “tell it like it is!”

Consider the literal, primary definition of a filter — a device containing such a material, especially one used to extract impurities from air or water. Now imagine if you will, how you might have used a filter in the past? Certainly images of a brewing pot of coffee initially come to mind. However, you

might also visualize a water filter, an HVAC filter for your air conditioner, a vacuum cleaner filter, a photograph filter, an air filter or an engine oil filter for your car, just to name a few. How would those items work without the benefit of their filters? You probably would never be able to drink that favorite cup of coffee again, huh?

If you can imagine how important it is to use a filter in each of the aforementioned examples, then contemplate how necessary it is to apply a filter to the thoughts that come into your mind on a daily basis. That mind filter extracts or holds back the impurities that could be spoken via your vocal vessel (your mouth). The filter is the difference between you telling someone that they “look like a hot mess” or that you “don’t think their outfit really suits their body type.” You can utilize your filter by asking yourself if the first thought that comes to mind and subsequent comment will unnecessarily upset or hurt the person that you are speaking to. If the answer is yes, then apply the filter. Choose your words carefully. Words are very powerful. They have the ability to build up and they can also tear down.

NCCTI Awarded ShopRite Grant



New Community Career and Technical Institute Director Rodney Brutton, center, accepts a grant of \$20,000 from Wakefern COO and President Joe Sheridan, left, and Wakefern Executive Vice President Chris Lane. Photo courtesy of Steven Hildner.

New Community Career and Technical Institute (NCCTI) Director Rodney Brutton attended the ShopRite LPGA Classic community luncheon June 7 to accept a grant from ShopRite in the amount of \$20,000.

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

Rutgers Community Health Center Now Open

Rutgers Community Health Center (RCHC) is open and accepting new patients! Our skilled team of staff can offer pediatric care including vaccines, women’s health services and adult care including preventive care and screenings. We can also help you manage your chronic diseases such as hypertension, asthma or diabetes. Our care team includes mental health providers and social workers who can offer integrated behavioral health services to you or your family member. We also offer same-day walk-in appointments for sick and well-care visits.

RCHC is excited to be working together with the New Community Corporation family. We look forward to future projects together as we serve the residents of Newark. Look out for new and exciting events in the coming months!

RCHC is a Federally Qualified Health Center and we offer care to patients regardless of ability to pay. We are located on the third floor of the New Community Health Care Complex at 274 South Orange Ave., Newark. RCHC is open Monday through Friday with extended hours. For more information, call 973-732-6040.

Shop Amazon Smile and Benefit New Community

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You shop. Amazon gives.

Newark Fire Department Visits CHELC

Members of the Newark Fire Department visited Community Hills Early Learning Center (CHELC) June 5 for a fire prevention program. The children learned fire safety tips, got to see the firefighters' gear and equipment and were able to get up close to a fire truck.

