



OUT OF THE ASHES CAME HOPE

CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Volume 35 — Issue 3 ~ March 2018

New Community Celebrates Its 50th Anniversary



New Community Founder Monsignor William J. Linder received a standing ovation as CEO Richard Rohrman helped him make his way to the front of the ballroom at the New Community 50th Anniversary Gala March 3. The event honored NCC's five decades of service as well as Monsignor Linder for his vision for the organization.

New Community staff, residents and supporters gathered to celebrate New Community Corporation's five decades of service and honor Founder Monsignor William J. Linder at the 50th Anniversary Gala March 3.

Guests dressed in suits and gowns enjoyed a cocktail reception, formal dinner and dancing at the Hilton Meadowlands in East Rutherford. Music was provided by Kit McClure Band, an all-female big band.

"The 50th Anniversary Gala was such a wonderful night. We honored Monsignor Linder for his leadership and vision and Madge Wilson and Newton Richards for their long service as members of our Board of Directors," said New Community CEO Richard Rohrman. "It was also a much deserved opportunity to thank the New Community family and staff who make us who we are, and support us every day. It was good friends, good food, good music and an all-around good time."

Claremont Construction Group Inc., which has been associated with New Community for decades, served as the Anniversary Sponsor for the event. The company has been instrumental in many NCC projects, including the recent completion of A Better Life, New Community's newest facility to serve the chronically homeless,

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Reflecting On 50 Years Of New Community

Editorial By
Monsignor William J. Linder

Thank you to everyone who participated in the celebration of New Community Corporation's 50th anniversary. When I founded New Community, I never dreamed we'd be here this long.

At the time of our founding in 1968, no one had any faith in nonprofits. Growing so large and to the point where we were doing international work amazed me. It was really interesting and worthwhile.

I think the key now is to maintain this organization, making sure it's going to last. So many people need someone to care about them and that won't change. We need to keep developing, keeping our mission in mind.

New Community has grown and changed over the years. When we started, I never dreamed of a nursing home. The creation of Extended Care grew from the people expressing the need for such a facility. That kind of adaptability is part of the reason for New Community's longevity.

Another reason New Community has lasted for 50 years is because so many of the people we cared for became part of the organization. We have developed so many good friends over the years.

My hope for the future is that we continue in our mission and let the mission grow according to whatever the need is.

And that someone will be here celebrating 100 years of New Community.

Cardinal Tobin Visits New Community Extended Care



Cardinal Joseph W. Tobin, the Archbishop of Newark, right, leads mass at the Extended Care chapel.

Residents of New Community Extended Care got a special visit Feb. 16 when Cardinal Joseph W. Tobin, the Archbishop of Newark, conducted mass in the nursing home's chapel.

New Community Founder Monsignor William J. Linder invited Tobin to see the nursing home chapel, which is dedicated to Pope Francis and is getting expanded, by sending him a letter. Tobin accepted the offer.

Tobin introduced himself to residents with words from Genesis, the first book of the Bible.

"You might remember when Joseph comes and says, 'I'm Joseph, your brother.' That's my name. I'm your brother as a disciple of Jesus. I'm your brother as a sinner who's found mercy with the Lord," he said.

During his sermon, Tobin spoke about the reason for fasting during Lent.

"We fast because it connects us with God and connects us especially with our brothers and sisters who are without," he said.

He also encouraged everyone to think about others and not just themselves, at this time of year and always.

Many residents came down to celebrate mass with Cardinal Tobin, filling the hallway outside the chapel. To ensure everyone heard his words, staff members set up a microphone and speaker in the hallway. Following mass, Cardinal Tobin also addressed residents in the Activity Room.

He talked about growing up as the oldest of 13 children in Detroit and how his mother reacted when he became a cardinal.

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The New Community Clarion

The New Community Clarion is published as a community service. The editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the view of the newspaper.

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OUR MISSION

To help residents of inner cities improve the quality of their lives to reflect individual, God-given dignity and personal achievement. New Community is recognized as:

- The largest and most comprehensive community development organization in the United States
- A large-scale deliverer of comprehensive programs and services
- A leader in affordable housing and economic development
- A model among non-profit, social entrepreneurship, and CDC communities
- Having beneficial partnerships on the local, national, and global level.

Management Training



Certified REAC Inspector Eric Hodge talks to a group of New Community building managers and superintendents about what to expect from inspections of NCC properties.

New Community building managers and superintendents participated in a training workshop Feb. 5 at New Community Workforce Development Center, 274 South Orange Ave., Newark, where they learned about Real Estate Assessment Center (REAC) inspections, what inspectors are looking for regarding how buildings are kept and what to expect from the process.

Around The Network

Be Mine Bingo

Residents of Roseville Senior, 1 South Eighth St., Newark, celebrated Valentine's Day Feb. 14 by playing Be Mine Bingo. Care Coordinator Gladys Artis organized the fundraiser and awarded prizes, including T-shirts and candy.



Roseville Senior Care Coordinator Gladys Artis shows off the Valentine's Day decorations she set up to accompany Be Mine Bingo.



Free Blood Pressure Checks

Residents of Gardens Senior, 265 Morris Ave., Newark, were able to get their blood pressure checked for free Feb. 13 thanks to volunteers from Rutgers who conducted the screenings and provided participants with their results and suggestions for improvement when needed. Several lucky residents also received raffled off ShopRite gift cards as part of the event.



Learning About Heart Health

Associates, 180 South Orange Ave., Newark, hosted a Coffee Break/Heart Health Workshop Feb. 8 where residents were encouraged to wear red and come to the Community Room to learn about ways to live a lifestyle that promotes heart health. WellCare provided the information. *Photos courtesy of the Health and Social Services Department.*



Employee Of The Month: Sharlene Jackson



Sharlene Jackson serves as the program coordinator for the after-school program at Thirteenth Avenue/Dr. MLK, Jr. School for New Community.

Sharlene Jackson knows Thirteenth Avenue/Dr. MLK, Jr. School inside and out. She graduated from the traditional public school, which serves children in preschool through eighth grade, and watched her four children attend as well. Now she serves as the school operations assistant for the Newark Public School System, as well as the program coordinator for the after-school program New Community runs out of the building.

Jackson helps plan activities for the 30 third-graders that are part of the free after-school program, which runs from 3:30 to 6:30

p.m. on school days. She makes sure the program offers a variety of different activities, including dance, music, cooking, arts and crafts and gym. Children also have set time to do homework Monday through Thursday, with help available to them.

“We’re reinforcing what they learn during the school day,” Jackson said.

Activities aren’t limited to the school building, however. Jackson works with New Community Director of Youth Services Edward Morris on trips for the children, which have included outings to the

circus, Medieval Times and the 26th Annual African-American Children’s Book Fair in Philadelphia.

This is the fourth year Jackson has been working for New Community as the after-school program coordinator. She began working at the school in 2001 as a per diem aide and was promoted three years ago to school operations assistant. During her tenure, the principal recommended her to Morris.

He’s glad she did.

“Ms. Jackson is one of the reasons why the Family Friendly Center at Thirteenth Avenue

School is successful. She always makes the needs of the students a top priority,” Morris said.

Jackson had previously worked in day care and started working as an aide while she was finishing school. She now has a degree in accounting and enjoys her position in operations.

Her favorite part of being the after-school program coordinator is the children.

“I love the kids,” she said. “I just like to see the kids happy.”

Jackson was skeptical about taking on the role of program coordinator for New Community’s Youth Services Department because she had never done a job like that before. But she’s glad she accepted the position.

“It’s like another home for me besides Thirteenth Avenue,” she said. “NCC is there for me and I’m there for them.”

Jackson volunteers at many events that are part of Youth Services, including the father/daughter dance, breakfast with Santa and Halloween celebrations.

She is also very committed to Thirteenth Avenue School, which educated her and her children.

“I really love the school. I want to make sure everything is right,” she said. “This is what I love to do.”

She’s not the only one who likes giving back to her alma mater.

“A lot of kids come back to volunteer. You can’t get rid of them,” she said with a laugh. “It’s good they want to come back and be part of the school.”

Active Shooter Training



Security Operations Manager John Wade leads a training session at Community Hills Early Learning Center (CHELC) to prepare staff members of CHELC and Harmony House Early Learning Center (HHELC) for an active shooter situation.

Staff members of Community Hills Early Learning Center (CHELC) and Harmony House Early Learning Center (HHELC) participated in a training session Jan. 31 at CHELC, 85 Irvine Turner Boulevard, Newark, to prepare for an active shooter situation. Security Operations Manager John Wade led the training, which goes along with the emergency plans he reworked for the day care centers.



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

New Community Celebrates Its 50th Anniversary

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and the current renovation projects at four of NCC's Newark properties.

"What they did for us, especially with this event, they're spectacular," Monsignor Linder said of Claremont. "More things wouldn't happen in New Community if it wasn't for them."

Rohrman provided a welcome message and thanked everyone in attendance for their support and dedication to New Community's mission.

Monsignor Linder also provided remarks, commenting that he was happy to be present to see New Community reach the 50-year milestone.

Mistress of Ceremonies Diane Johnson, retired

field office director for the U.S. Department of Housing and Urban Development and a consultant for NCC, talked about the many offerings of New Community, which provides services to inner city residents of all ages, from day care to a nursing home.

Current board members Newton Richards and Madge Wilson received plaques recognizing their five decades of service to New Community.

A highlight of the gala was the presentation of a video showcasing Monsignor Linder and stories from those who know him well. It also featured several people who have directly benefited from

New Community's services.

Withum provided the Cocktail Reception Sponsorship for the gala. Ferry Carpet, Newark Cabinets, PharmScript, Prudential, PSE&G and Silva's Mechanical Services served as Platinum Sponsors. Gold Sponsors included Gensinger Motors, Jasinski, Medline, National Foundation of Affordable Housing Solutions Inc., Sandy Hill Foundation, TD Bank and Wells Fargo. New Community thanks all sponsors for their contributions, which made the 50th Anniversary Gala possible.



Claremont Construction Group Inc. served as the Anniversary Sponsor for the 50th Anniversary Gala.



Diane Johnson was the Mistress of Ceremonies for the 50th Anniversary Gala. She talked about how New Community serves residents in inner cities of all ages.



Newark Central Ward Councilwoman Gayle Chaneyfield Jenkins, whose father Joe Chaneyfield was an original New Community Board Member; NCC CEO Richard Rohrman; and retired HUD Field Office Director Diane Johnson at the NCC 50th Anniversary Gala.



Withum was the Cocktail Reception Sponsor at the 50th Anniversary Gala.





New Community Board Member and Outreach Coordinator Madge Wilson accepted an award recognizing her five decades of service to NCC from Diane Johnson and New Community CEO Richard Rohrman.



New Community Corporation Founder Monsignor William J. Linder addresses the crowd at the 50th Anniversary Gala.



New Community Board Secretary Newton Richards was recognized for his five decades of service to NCC. He shows off his award with New Community CEO Richard Rohrman.



New Community CEO Richard Rohrman gave the welcome message at the 50th Anniversary Gala and thanked everyone for their participation and support.



Social Security News

Your Contributions

Help Millions

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

Seeing taxes taken out of your paycheck can be confusing when you get your first paycheck. But understanding how important your contribution is can help. Your taxes are helping millions of Americans — wounded warriors, the chronically ill and people with disabilities — as well as protecting you and your family for life. You can take pride in knowing you're making an important impact with each paycheck.

By law, employers must withhold Social Security taxes from a worker's paycheck. While often referred to as "Social Security taxes" on an employee's pay statement, sometimes the deduction is labeled as "FICA" which stands for Federal Insurance Contributions Act, a reference to the original Social Security Act. In some cases, you will see "OASDI" which stands for Old Age, Survivors and Disability Insurance.

The taxes you pay now translate to a lifetime of protection — for retirement in old age or in the event of disability. And if you die, your family (or future family) may be able to receive survivors benefits based on your work as well.

Because you may be a long way from retirement, you might have a tough time seeing the value of benefit payments that could be many decades in the future. But keep in mind that the Social Security taxes you're paying can provide valuable disability or survivors benefits now in the event the unexpected happens. Studies show that of today's 20-year-olds, about one in four will become disabled, and about one in eight will die before reaching retirement.

If you'd like to learn a little more about Social Security and exactly what you're building up for yourself by paying Social Security taxes, take a look at our online booklet, How You Earn Credits, at www.socialsecurity.gov/pubs/10072.html.

If you have a friend who lost a parent when they were a child, they probably got Social Security survivors benefits. Social Security helps by providing income for the families of workers who die. In fact, 98 of every 100 children could get benefits if a working parent dies. And Social Security pays more benefits to children than any other federal program. You can learn more at www.ssa.gov/benefits/survivors/.

Do you prefer videos to reading? Check out the webinar, "Social Security 101: What's in it for me?" The webinar explains what you need to know about Social Security. You can find it at www.socialsecurity.gov/multimedia/webinars/social_security_101.html as well as on YouTube at <http://www.youtube.com/watch?v=5hkLaBiavqQ>.

Social Security is with you through life's journey. You can learn more at <http://www.socialsecurity.gov>.

SENIOR SPOTLIGHT: Jose Torres



Douglas Homes resident Jose Torres helps distribute breakfast and lunch to those who need to vacate their apartments during the renovation project happening in the building.

Jose Torres enjoys helping fellow residents at Douglas Homes. He helps distribute food to those in need from the food pantry, serves as an interpreter for Spanish-speaking residents when needed and is ensuring residents who need to vacate their apartments during renovations get breakfast and lunch.

"He is a very helpful and caring individual towards his fellow residents," said Douglas Homes Care Coordinator Luz Toro. "Currently he is assisting Social Services during the renovations by making coffee and tea and distributing breakfast and lunches for the residents that are waiting in the Community Room while their apartments are being renovated. Mr. Torres also volunteers when we receive commodities and food bank distribution."

Torres was born in Puerto Rico and moved to the United States when he was 6 years old. He was raised in Hoboken before moving to Jersey City, where he spent 30 years.

After he lost his job and the rent became too high for him where he was living in Jersey City, Torres needed to move. The secretary of his cardiologist overheard him talking about his situation and referred him to New Community because she knew the building manager at Douglas Homes at the time.

Torres was reluctant to move to Newark, but after visiting, he decided to give it a chance. He applied and

moved into his apartment six years ago. He's glad he did.

"It's not a bad area. Ninety-eight percent of the people are nice," he said. "I'm happy."

Torres was an assistant supervisor for a garment company in Secaucus, did work in construction and a warehouse and was an assistant funeral director for 10 years.

He is also a veteran. He volunteered for the U.S. Army and served in the Vietnam War.

Torres said those who fought in Vietnam were the worst ever treated. It saddens him when he sees other veterans struggling.

"I see so many homeless veterans," he said. "I don't think any veteran should be homeless."

Torres, who turned 61 in January, has three children: a daughter and two sons. His oldest son followed in his footsteps by joining the military. He is currently a member of the U.S. Army and did two tours in both Iraq and Afghanistan.

"Every time he was at war I would pray and wait for him to call," Torres said. "Then I knew how my parents felt."

Two years ago, Torres had knee replacement surgery that was done improperly and left him in a wheelchair for about a year. After a second surgery, he regained the ability to walk, but he experiences pain every day.

Because he has seen the effects of drugs, Torres doesn't take all the painkillers he's prescribed.

"I'm afraid to get addicted," he said. "I've had too many friends die of drug addiction."

Though he has physical limitations, he remains optimistic.

"I thank God I'm still alive," he said. "And at least I can walk now."

Torres likes to play pool and loves swimming in his spare time.

He enjoys living at Douglas Homes because he's close to the majority of his family who reside in downtown Jersey City and he feels a sense of camaraderie with his neighbors.

"We look out for each other on the floor," he said.



Wellness Tip
March 2018

5 Signs you're not getting enough sleep

The National Sleep Foundation recommends adults get an average of 7-9 hours of sleep each night. If you display these signs & symptoms, you may not be getting enough sleep.



Fatigue & Sleepiness

Some of the obvious signs of sleep deprivation are excessive sleepiness, yawning, irritability and daytime fatigue.



Trouble Concentrating

Lack of sleep negatively impacts both short and long term memory, hindering your ability to remember new information. Additionally, your concentration, creativity and problem solving skills also aren't up to par.



Irritability & Moodiness

Sleep deprivation is proven to increase irritability. Not getting enough sleep can leave you short-tempered and emotional which can later lead to anxiety and depression.



Risk of Heart Disease

Lack of sleep can lead to a series of heart issues including high blood pressure and an increase in chemicals linked to inflammation which can lead to heart disease.



Changes in Weight

Sleep deprivation causes a chemical imbalance, causing our brains to have trouble regulating how much food we have consumed. This can lead to serious weight gain or weight loss.

A Life Of Activism And The Arts: Elma T. Bateman



Elma T. Bateman was a lifelong Newark resident who loved the arts and was very involved in her community. She was one of the original members of the Board of Directors for New Community Corporation and served the organization for 35 years. She died Feb. 12 at the age of 91.

Daughter Celeste Bateman said her mother served as a voice for the people during her time with New Community.

“She was a parent with children who had to

live in these apartments that New Community was designing,” Celeste Bateman said. “She knew that families needed, for example, storage space. They needed a livable space.”

Celeste Bateman explained that her mother would argue on behalf of “the little people” and sometimes got frustrated that change wasn’t happening quickly enough. In the end, Elma T. Bateman did bring about positive change in the city.

“She was just such a shining example of how one person can make a difference. It’s a cliché but it’s true,” Celeste Bateman said.

Elma T. Bateman spent much of her childhood trying to find decent housing. She moved with her mother and siblings from one tenement to the next. That experience greatly influenced her work with New Community. She didn’t want others to endure the same struggles.

“She was seriously committed not only to the vision of NCC but more importantly to the delivery of all our services in a generous and dignified manner. She wanted New Community to be a cut above the rest of other nonprofit groups,” said New Community Board of Directors Secretary Newton Richards. “She was really a voice. And she showed a lot of admiration to staff members who strive to achieve excellence.”

Cecilia Faulks, New Community’s first full-time employee who is now retired, knew Bateman from Queen of Angels Church, where they were both parishioners before its closing. She said Bateman’s family was one of the first to move into New Community housing.

“In the early years, she was very involved in New Community and living in New Community homes and the beautification of those homes. Making sure it was kept up, planting shrubbery,” Faulks said. “She was always a very active member with the organization.”

The arts was another very important part of

Bateman’s life. She was involved in productions at Queen of Angels Church and held poetry readings at her home.

“Elma and the late Arthur Wilson formed their own club and named it ‘Almart.’ They would rent buses to take parishioners to see Broadway shows,” recalled New Community Board Member and Outreach Coordinator Madge Wilson.

Celeste Bateman said her mother also loved to host card parties, carrying on the tradition of playing bridge from her own mother.

She described her mother as very generous.

“Anybody that needed money, she was always there with a check or cash to help them out,” Celeste Bateman said. “She felt like, ‘I can’t take money with me to the grave. Might as well share it with people now.’”

Celeste Bateman says she is following in her mother’s footsteps by getting involved in the city. She currently serves on the Newark Community Economic Development Corporation.

“We have all these fabulous developers, construction workers, architects, designers, engineers that have fabulous, wonderful ideas. But do they live and work in Newark? See the perspective of people in Newark? I’m that voice,” said Celeste Bateman. “And I learned that from Elma T. Bateman.”

Faulks described the funeral for Bateman as a real celebration of life.

“It was very uplifting with a band and people getting up to sing. It was just refreshing and left a smile on your face,” Faulks said.

Elma T. Bateman was married to the late William Allen Bateman and had three children: William F., who preceded her in death in 1983; Celeste; and Felicia. She also leaves behind sister Bennie O. Fields; son-in-law Carter Mangan, Sr.; and two grandsons: Jamil A.C. Mangan and Carter Mangan, Jr.

Free Tax Preparation Available



Site Coordinator Adela Miller, left, helps Roshell Mason, right, prepare her taxes at New Community Family Resource Success Center.



Marie Woodard, right, meets with Site Coordinator Adela Miller, left, regarding her tax returns as part of the free tax preparation program offered at the Family Resource Success Center.

New Community Family Resource Success Center is offering free tax preparation at 274 South Orange Ave., Newark. The service is available by appointment only for taxpayers with earned income less than \$54,000. The combined earned income of those who are married and filing a joint return must be less than \$54,000. Appointments are available Tuesdays from 10 a.m. to 3 p.m., Wednesdays from 2 to 6 p.m. and Thursdays from noon to 5 p.m. Call 973-565-9500 to schedule an appointment.

Celebrating Têt Lunar New Year

Residents of Hudson Senior, 21-27 Orchard St., Jersey City, celebrated Têt Lunar New Year Feb. 16 in the Community Room of the building. Participants ate traditional foods, played games and enjoyed conversation, all in celebration of the Year of the Dog.



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Celebrating Black History Month

Throughout the month of February, New Community celebrated Black History Month, which recognizes the achievements of African-Americans. The first celebration of Black History Month in the United States took place in February of 1970 at Kent State University. Six years later, President Gerald Ford made Black History Month a national observance during the celebration of the United States Bicentennial.



Residents of Associates, 180 South Orange Ave., Newark, enjoyed breakfast each Friday in February thanks to Bishop Speight who provided food in the Community Room in honor of Black History Month.



Orange Senior, 132 William St., Orange, held a Black History Month celebration Feb. 28. Residents gathered in the Community Room for lunch and conversation. *Photo courtesy of Alisha Chatman.*



Community Hills Early Learning Center, 85 Irvine Turner Boulevard, celebrated Black History Month Feb. 26 and 27 with student presentations. Some children dressed like prominent African-Americans and others wore traditional African clothing. *Photos courtesy of Nelly Payen.*

Celebrating Different Cultures

Students at Harmony House Early Learning Center, 278 South Orange Ave., Newark, got to learn about the cultures of some of their classmates during Cultural Diversity Day Feb. 23. Children's family members provided information about their cultural background. Some wore traditional clothing and others discussed food and traditions.

Pre-K students put on a presentation about George Washington Carver, who was born into slavery and later went on to become a botanist and inventor. He discovered many ways to use peanuts, which the children discussed.



Family Service Bureau

Nutrition And Its Importance On Your Overall Well-Being

Proper nutrition and hydration are key components in improving both mental health and substance abuse disorders. “It helps with the healing process because it may help restore physical and mental health and improve the chance of recovery. Macro and micronutrient deficiencies can lead to symptoms of depression, anxiety and low energy, all of which can lead someone to start using drugs or alcohol or trigger relapse.” (Today Dietician Vol.16 P. 44)

The Family Service Bureau of Newark works with both mental health and substance abuse disorders with children and adults and has been ensuring our clients are healthier. Any client referred for psychiatric evaluation is required to have a complete physical examination including all standard blood work, EKG and pregnancy test. It is very common to have coexisting disorders

with the population we serve. The Centers for Disease Control and Prevention reported that 68 percent of clients who suffer from a mental health and or substance abuse disorder have a coexisting mental health disorder.

Additionally Family Service Bureau is educating the community and has been working with Rutgers’ New Jersey SNAP-Ed (Supplemental Nutrition Assistance Program-Education) and has been able to have them participate in a few of our events. The purpose of SNAP-Ed is to assist limited resource families and youth or NJ SNAP participants in making behavior changes and acquiring the knowledge, skills and attitudes necessary for them to achieve nutritionally sound diets, and to contribute to program participants’ food security and their ability to improve their family’s, as well as their own, diets and nutrition.

Also, Family Service Bureau works with the local ShopRite and will refer clients to the nutritionist on site. This is a free service in which the nutritionist assists the community in the importance of eating healthier. Most of the ShopRite stores have this service and it is a great way to teach Medical Nutrition Therapy (MNT). There is an urgent need that people in the community, including clinicians, service providers, policy makers and clients, give the high level of importance to proper nutrition and its role in mental health and substance abuse disorders.

Family Service Bureau of Newark will continue to educate the staff, clients and community with the above mentioned providers to encourage better eating habits.

Cardinal Tobin Visits New Community Extended Care

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New Community Board Member and Outreach Coordinator Madge Wilson, Extended Care Administrator and Director of Health and Social Services Veronica Onwunaka, NCC Founder Monsignor William J. Linder, Cardinal Joseph W. Tobin and Father Philip Waters, left to right, during the cardinal’s visit to Extended Care.

Tobin was named a cardinal under the leadership of Pope Francis and sees him occasionally. He said he would inform Pope Francis that Extended Care has a chapel dedicated to him.

“I see him from time to time and I’m going to tell him that your building here has a chapel dedicated to him,” Tobin said about Pope Francis. “And I’m going to say to him if you’d really like to come see Newark, you can come and you can have mass here.”

Monsignor Linder was happy Cardinal

Tobin came to Extended Care.

“The visit was fantastic. And it did so much for the morale of the place. So many people really got excited about it,” Linder said.

Tobin and Linder spent about 10 minutes talking before the mass began. Linder said, “You can see why he gets along so well with the pope.”

Extended Care Administrator and Director of Health and Social Services Veronica Onwunaka was honored to host Cardinal Tobin at the nursing home.



Cardinal Joseph W. Tobin, the Archbishop of Newark, meets a resident of New Community Extended Care.



Cardinal Joseph W. Tobin, the Archbishop of Newark, left, meets with New Community Founder Monsignor William J. Linder before leading mass at the Extended Care chapel.

“The visit to us brought peace, healing, hope. Most importantly it brought this aura of God’s presence in our facility. And it has left a lasting legacy that will never, ever be forgotten,” she said.



New Community Adult Learning Center

563 Orange Street, Newark, New Jersey 07107

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

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Computers – Basic & Intermediate Levels

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

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

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Other Services

- Community organizing
- Community rooms
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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

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Comunidad Abierta

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

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- Organización de la comunidad
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- 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.

You Can Say It

By Lesley Leslie



Is it hard for you to admit when you are wrong about something? Do you struggle with saying the words, “I’m sorry” or “I apologize”? Have friends or family members ever told you that you always have to have the last word in any discussion or conversation? Well then, maybe it’s time you stopped to consider that you might need to make some adjustments in your persona. After all, not everything you do is correct! Even the most well-intentioned person makes mistakes every now and then and when they do, they should be able to say so.

Some people believe that a true sign of maturity and personal development in a person occurs when they are able to recognize and admit their faults. While others have said that the individual acknowledgement means nothing if you don’t also make it a point to verbalize that admission. In other words, you gotta say, “I’m sorry.”

Think about how you felt that last time someone said or did something that hurt or offended you. Now try to remember how you felt when they made things right with you. Did it make a difference to hear the words?

In this era of text messaging, digital messaging and emoji messaging, some things are still better when they are said!

Getting Cold For A Cause



NJ SHARES Development Director Barbara Gomes, New Community Family Resource Success Center Director Joann Williams-Swiney and NJ SHARES President and CEO Jim Jacob, left to right, at the Ice House for the “Cool Down for Warmth” event. Photo courtesy of NJ SHARES.

New Community Family Resource Success Center Director Joann Williams-Swiney participated in the “Cool Down for Warmth” event Feb. 1 meant to bring attention to the issue of people needing help paying their heating bills and raise money for the cause. World-renowned ice carver Ed Jarrett built an Ice House at Prudential Center’s Championship Plaza in Newark for the event. Volunteers sat inside the structure and raised money and awareness.

The event marked the 20th anniversary of NJ SHARES, which provides assistance to those in need of help paying their gas and electric bill, and raised more than \$220,000. New Community is an authorized provider agency for NJ SHARES.

Extended Care Job Fairs

New Community Extended Care is looking for registered nurses, licensed practical nurses, certified nursing assistants and dietary aides. To help in that search, the New Jersey Department of Labor is hosting two job fairs: one in East Orange March 20 and the other in Newark March 21. Both job fairs will run from 10 a.m. to 2 p.m.

On-site interviewing will be conducted by Extended Care staff at both job fairs. Those interested in pre-applying for open positions should visit www.newcommunity.org and click on Jobs at New Community.

The East Orange job fair will be held Tuesday, March 20 at 50 South Clinton St. on the second floor from 10 a.m. to 2 p.m.

The Newark job fair will be held Wednesday, March 21 at 990 Broad St. from 10 a.m. to 2 p.m.

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Wearing Red To Learn About Heart Health

The New Community Department of Health and Social Services, in conjunction with the American Heart Association | American Stroke Association, hosted an EmPowered To Serve - Healthier Living presentation and workshop at the National Wear Red Day event held Feb. 23 at Manor Senior, 545 Orange St., Newark. New Community residents and staff members

wore red to the event to raise awareness about heart disease, particularly in women. Each year, one in three women die of heart disease and stroke. But 80 percent of cardiac events can be prevented with education and lifestyle changes. February is American Heart Month.

The event focused on ways to recognize and lower the risk for heart disease, stroke and hypertension/high

blood pressure. Activities included chair exercises, a lunch menu from Simple Cooking with Heart recipes, a cooking demonstration and an opportunity for participants to get their blood pressure and glucose levels checked.



AHA|ASA Ambassador Jessica Elicin, MPH, World Dance Fitness Instructor, led chair exercises as a part of the National Wear Red Day event at Manor Senior.



Assistant Director of Health and Social Services Donnette Burrowes-Williams talks to participants at the National Wear Red Day event.



National Wear Red Day participants learned about heart healthy ways to eat during The Simple Cooking with Heart™ Cooking Demo by AHA|ASA Ambassador Amarilys Olivo from the Garden of Worker Bees, Newark.



American Heart Association | American Stroke Association Regional Vice President of Multicultural Initiatives and Health Equity Margaret Cammarieri explains the proper way to get your blood pressure checked.



Attendees at the National Wear Red Day event had the opportunity to get their glucose levels checked.



It was a sea of red at Manor Senior Feb. 23 for the heart health event. Director of Health and Social Services Veronica Onwunaka addresses the crowd.