



CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Volume 36 — Issue 3 ~ March 2019

NCCTI Students Participate In Gov. Murphy Press Conference And Will Benefit From Paid Apprenticeship Program



New Jersey Gov. Phil Murphy announces grant money being awarded to Sansone Auto Mall for its apprenticeship program as New Community Career and Technical Institute students and staff look on. Students in the NCCTI Automotive and Diesel Technician programs will have the opportunity to be paid apprentices with Sansone.

Students and staff members of New Community Career and Technical Institute (NCCTI) were invited to participate in a press conference held by New Jersey Gov. Phil Murphy where he announced grant money being allocated for paid apprenticeship programs.

One recipient of the Growing Apprenticeships in Non-Traditional Sectors (GAINS) grant is Sansone Auto Mall, which hosted the press conference Feb. 11 at its Chrysler Jeep Dodge RAM dealership in Avenel.

NCCTI has a longstanding partnership with Sansone Auto Mall and some of its Automotive and Diesel Technician students will benefit from the apprenticeship program.

“Classroom and practical instruction at our Training Center will be combined with related training and automotive assignments at Sansone Auto Mall,” said NCCTI Director Rodney Brutton. “Our students will be paid and have more direct access to a quality career opportunity.”

New Community CEO Richard Rohrman sees the apprenticeship program as a way to help NCCTI students both further their careers and allow them to more easily complete training.

“At NCC, we know the value of an internship as part of a well-rounded automotive or diesel technician’s training. They are a part of our program already but now the students will be able to earn as they learn. It really helps our students who have to struggle with supporting themselves during training,” Rohrman said. “I can’t overstate the value this has.”

Murphy explained at the press event that Sansone is receiving \$440,000 to create 35 apprenticeship opportunities in the coming year. He said 13 entry-level Sansone employees will benefit, as well as 22 others, which will come from other programs like NCCTI. Overall, \$2.8 million were awarded through the GAINS grant program to seven entities. Apprentices will receive a minimum of \$15 per hour to start.

“The auto industry is one of the largest in New Jersey but right now there’s a national shortage of certified techs and mechanics, a gap that is expected to balloon to 25,000 over the next few years,” Murphy said. “These apprentices will receive hands-on training under the guidance of experienced auto technicians and diesel mechanics right here at Sansone Auto Mall.”

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Essex County Wellness Respite Services Helps Those In Crisis At Better Life



Essex County Wellness Respite Services Program Manager Kenisha Bakayoko, Wellness Associate Melanie Nascimento and former guest Donald Williams, left to right, complete a puzzle, which is one of the activities respite guests participate in during their 10-day stay.

Dealing with mental health issues like anxiety and depression or substance abuse issues can be overwhelming and even debilitating. For individuals in crisis, hospitalization has been the traditional course of action. But now, thanks to New Community Corporation and Collaborative Support Programs

of New Jersey (CSPNJ), people have a new option: Essex County Wellness Respite Services.

Respite services are available to people in crisis for short-term stays at Better Life, located at 101 Fourteenth Ave., Newark. There they learn skills to cope with their issues and have a place to relax and reset to get back on their feet.

Respite guests stay at Better Life for 10 days. They sleep in their own private room on the first floor of the facility, which has a bed, a chest of drawers and a closet. Guests have access to the Respite Living Room, which has a television and computers, and Kitchen, which is fully equipped with an oven, a dishwasher and a coffee machine. The Kitchen also has a TV and phone line for guests to use. They participate in one-on-one sessions with staff members for one hour per day during their stay and also do a variety of other activities like art therapy which can be done in groups. They do other group activities as well, including movie night on Fridays and family meal night on Sundays, where staff members and guests cook dinner as a group.

New Community Corporation owns and manages Better Life and CSPNJ runs the respite program, as well as the Engagement Center, which is also on the first floor of the facility and is open to homeless individuals Monday through Friday from 9 a.m. to 5 p.m. and Saturdays from 10 a.m. to 3 p.m.

NCC CEO Richard Rohrman sees the respite program as another way to improve the lives of community members.

“The respite program at Better Life is a critical piece in intervening in someone’s life at a time of crisis. It can be the net that catches someone in a free fall. We are very excited at NCC to have this ability added to our comprehensive health and housing related initiatives,” he said. “Health and housing have to work hand in hand for better outcomes for those in need. Better Life is a prime example of how partnerships work to create better outcomes for clients.”

Former Respite guest Donald Williams was having issues with anxiety. At the time he was

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The New Community Clarion

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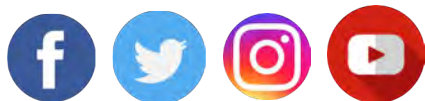
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OUR MISSION

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
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New Community 2019 Spring Festival

Saturday, April 27
7 p.m. to Midnight
St. Joseph Plaza
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Newark, NJ 07103

Around The Network

Connecting The Homeless To Resources

Representatives from Harmony House, New Community's transitional housing facility for homeless families, and the Family Resource Success Center participated in the 2019 Essex County Project Homeless Connect Day Jan. 29 at the Essex County Branch Brook Park Roller Skating Center. The free event connects homeless individuals to services available to them.



Harmony House Director Yonette Fredericks at the table for the transitional housing facility at the 2019 Essex County Project Homeless Connect Day.



Harmony House Senior Case Manager Pleasure May-Mishoe shows off some of the giveaways offered at the 2019 Essex County Project Homeless Connect Day.

Learning About Cervical Cancer

Residents of Associates, 180 South Orange Ave., Newark, learned about cervical cancer during a workshop Jan. 30. Erica Alvarado, an educator from University Hospital, came to the building's Community Room to discuss steps women can take to reduce their risk of getting cervical cancer and screenings they should get to ensure early detection.



University Hospital Educator Erica Alvarado speaks with residents of Associates about cervical cancer.



Participants in the workshop received bags and pamphlets of information from University Hospital Educator Erica Alvarado.

Celebrating Lunar New Year

Resident of Hudson Senior, 21-27 Orchard St., Jersey City, celebrated Lunar New Year Feb. 3 with a party in the Community Room of the building. *Photos courtesy of Sandy Le.*



EMPLOYEE OF THE MONTH: Sonia Garcia



Sonia Garcia has been an intensive case manager for Supportive Assistance to Individuals and Families (SAIF) for four years.

Sonia Garcia is passionate about helping others and it shows throughout her career. She currently serves as an intensive case manager for New Community's Supportive Assistance to Individuals and Families (SAIF) program.

SAIF is a two-year program that serves families who have received public assistance for four years or more and are approaching the limit of their benefits. Intensive case managers meet with their associates and help connect them to resources such as housing, job training programs and permanent employment.

"My favorite part of my job is advocating. I love to advocate," Garcia said. "I love to call other agencies. I love to get new information, be open to giving information and receiving information."

Garcia has had many associates become successful during her four years working at SAIF. Program Director Jackie Andrews said Garcia makes a difference in the lives of her associates and her coworkers, sometimes tidying up work spaces and providing snacks.

"I conduct yearly program surveys from clients. The questions are general but several mentioned how she helped them," Andrews said. "She's very caring, conscientious and focused. And she accepts criticism and training."

Garcia is constantly looking to grow professionally. She started working in the school system as a lunch food manager. She worked her way up, serving as a personal aide for special education children, a teacher's aide, a teacher's assistant and a substitute teacher. She moved on and worked for five years for a substance abuse program, for both inpatient and outpatient clients.

She decided to work for SAIF to get back to intensive case management, which she had some experience with, and the mission of New Community resonated with her.

"I wanted to see what it was like to work for New Community because I had heard so much about New Community and I had looked them up on the internet," Garcia said. "They help people. That's the key word for me."

Garcia enjoys motivating clients. She said she has

had clients who have earned their GED, some who have secured good jobs and others who have attended college. She has helped others get themselves out of bad situations, including one woman experiencing domestic violence who she referred to a safe house.

Garcia graduated from Essex County College in 2006 with an associate's degree in early childhood education. She earned a bachelor's degree in social work (BSW) from Rutgers University in 2010.

Garcia has been a survivor of endometrial cancer for 19 years. She lost both her parents to cancer. Her mother died from breast cancer and her father from lung cancer. She participated in the Making Strides of Newark Breast Cancer Walk in October with colleagues from New Community.

She is a resident of Essex County and has a 29-year-old daughter and a granddaughter who will turn 1 in August. Family is very important to Garcia and she loves spending time with her daughter and granddaughter. Also in her spare time, Garcia likes to shop and work out at the gym.

Garcia has strong faith, putting God first in her life.

"I always put God first no matter what. My faith wavers sometimes so I tell myself, let your faith be bigger than your fear," she said. "I just ask God to continue to keep me healthy, continue to let me wake up every morning so that I can come to work and do the things that I need to do. And just continue to live life."

NCCTI Hosts Visitors From Hawaii



Parents And Children Together (PACT) Director of Strategic Initiatives Dawn Kurisu, PACT President/CEO Ryan Kusumoto, PACT Chief Operating Officer Kim Gould, New Community Career and Technical Institute Director Rodney Brutton, Greater Newark LISC Senior Program Officer Judith Thompson-Morris, New Community CEO Richard Rohrman and Greater Newark LISC Program Officer Jerrah Crowder, left to right.

Representatives from Parents And Children Together (PACT), an organization in Hawaii that has been providing social services to the state's most vulnerable residents since 1968, visited New Community Career and Technical Institute (NCCTI), the Financial Opportunity Center and the Bridges to Career Opportunities programs Jan. 28. The group toured NCCTI and its Training Center and met with students and staff members, including NCCTI Director Rodney Brutton and New Community CEO Richard Rohrman.

The visit was facilitated by Greater Newark LISC, which provides funding for the Financial Opportunity Center and Bridges to Career Opportunities programs.

NCCTI is an accredited career and technical institute offering the following programs: Automotive Technician, Diesel Technician, Building Trades Specialist, Clinical Medical Assistant, Patient Care Technician, Culinary Arts Specialist and Business and Computer Technologies. For more information or to enroll, visit www.newcommunity.org or call 973-824-6484.

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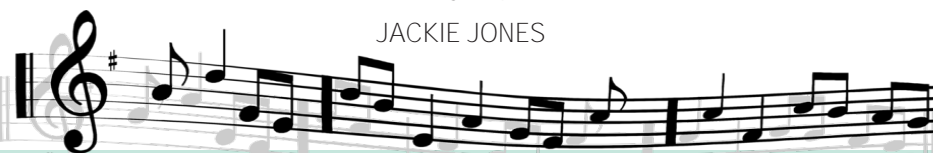
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SARAH VAUGHN BIRTHDAY TRIBUTE

MARCH 29TH

JACKIE JONES



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

NCCTI Students Participate In Gov. Murphy Press Conference And Will Benefit From Paid Apprenticeship Program

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NCCTI Automotive Technician student Anton Douglass, left, with Gov. Phil Murphy at the press event.

When they complete their training, they'll add 35 more names to our already impressive total of industry recognized professionals ready to take the next step in their careers."

Rohrman is happy the administration is placing a high value on apprenticeship programs.

"The governor really gets it when it comes to the need to have viable alternatives to a college education," Rohrman said. "Students' skills are so varied and we need a trained workforce that values all their skills."

NCCTI students will be selected for the Sansone apprenticeship program based on attendance, their skill sets and competencies. They also must receive a recommendation from their instructor.

"Our students are really excited about the

opportunity," Brutton said.

Commissioner of the New Jersey Department of Labor and Workforce Development Robert Asaro-Angelo said the goal of the New Jersey Apprenticeship Network, which was created in 2018, is to pair employers with workers and training providers who can learn specialized skills.

"The Department of Labor has put more than \$7.5 million in competitive grants on the table to help eligible businesses, nonprofits and government agencies develop or grow apprenticeship or pre-apprenticeship programs," he said.

Recipients of the GAINS grants announced Feb. 11 were ApprenticeIT, Employers Association of New Jersey, Interplex, Montclair State University, New Jersey Community College Consortium, New Jersey Manufacturing Extension Program and Sansone. In total, the seven entities received \$2.8 million.

NCCTI is an accredited post-secondary career and technical school that offers the following programs: Automotive Technician, Diesel Technician, Building Trades Specialist, Clinical



Automotive Technician student Stephanie Pichardo, New Community Board Member Diane Johnson, Diesel Technician student Ingrid Simeon, NCC CEO Richard Rohrman and NCCTI Director Rodney Brutton, left to right.

Medical Assistant, Patient Care Technician, Culinary Arts Specialist and Business and Computer Technologies. Those interested in enrolling should call 973-824-6484 or visit www.newcommunity.org. The school is located at 274 South Orange Ave., Newark, with the Training Center that houses Automotive, Diesel and Building Trades programs located at 210 West Bigelow St., Newark.



New Community Career and Technical Institute Director Rodney Brutton, New Community CEO Richard Rohrman, NCCTI Student Services Coordinator and Case Manager Ronald Prysock, left to right, and NCC Board Member Diane Johnson, third from right, with NCCTI Automotive and Diesel Technician students at the press conference.



NCCTI Lead Automotive Technician Instructor John Zaccheus, New Community CEO Richard Rohrman and Gov. Phil Murphy, left to right, at the press event.

Understanding Fair Housing

Representatives from New Jersey Citizen Action visited Manor Senior, 545 Orange St., Newark, Feb. 5 to provide information to residents about fair housing practices and what to do if they or someone they know is facing housing discrimination under on the 1968 Fair Housing Act. Bilingual Community Educator Mariela Santana led the presentation and Fair Housing Intake and Outreach Coordinator Candace Harper provided input.



Hands-On Culinary Arts Training

Students enrolled in the Culinary Arts Specialist program at New Community Career and Technical Institute (NCCTI) get hands-on experience working in the commercial kitchen at New Community Extended Care. Under the direction of Jonathan Butler and Samuel Gaddy, students learn food safety and create various types of cuisine. Upon graduation, students are ready to work in commercial kitchens and obtain their ServSafe certification. If you're interested in enrolling in any of NCCTI's accredited training programs, call 973-824-6484 or visit www.newcommunity.org.



Extended Care Celebrates The Life Of Elizabeth Brookins



New Community CEO Richard Rohrman remembered how Elizabeth Brookins always put a smile on his face.

Family, friends, residents and coworkers gathered at Extended Care Feb. 7 to celebrate the life of Elizabeth Brookins, who served as the Director of Activities at the nursing home for more than 26 years. Brookins passed away Jan. 4.

More than a dozen people spoke about Brookins, what she meant to them and how she will be missed. A common theme was her big smile and kind personality and how she could be found at the nursing home more than just Monday through Friday, oftentimes running the store in the lobby of the building that sold snacks.

"Every time I came into Extended Care, Ms. Liz was in the store. I got the most wonderful smile, the most wonderful hello, the most wonderful how are you and she meant it. No matter what I was going through at the time, she just put a great big grin on my face," said New Community CEO Richard Rohrman. "She was just wonderful. And I'm going to miss her."

New Community Chief of Staff Kathy Spivey read the Prayer of St. Francis, explaining how Brookins embodied the message through her actions.

"She touched my life, your life and all the lives of the residents here," Spivey said.

NCC Director of Mission Frances Teabout spoke about how one of the ways people experience the love of God is through others.

"Let us share the love of God with others so when our day comes, people can say they experienced the love of God through us just as today we are saying that we experienced it through Ms. Liz," Teabout said.

NCC Board Member and Outreach Coordinator Madge Wilson spoke about how Brookins was dedicated to New Community, often spending nights and weekends at Extended Care.

"If you ever came to the nursing home on different holidays, you'd see every floor of this building decorated so beautifully, and that we will miss," Wilson said.

Extended Care Administrator Veronica Onwunaka said Brookins was an inspiration to her and motivated her to go to work every day, even if



NCC Chief of Staff Kathy Spivey related the Prayer of St. Francis to how Elizabeth Brookins lived her life.



NCC Board Member and Outreach Coordinator Madge Wilson talked about how Elizabeth Brookins was dedicated to Extended Care and loved to decorate the facility.

she was tired, because Brookins was ever present at the nursing home.

"Our character can go a long way to encourage other people. Because we never know who is watching," she said. "So let's live our lives loving one another, serving people and doing the best we can because that's all it takes."

Father Beatus Kitururu, who led the mass portion of the event, also spoke about Brookins and how she was a staunch advocate for spiritual service. He said she insisted that preachers visit the nursing home and also that they started services at the designated time to ensure all residents who wanted to participate would be able to attend.

"I'm a priest, but she was giving me spiritual examples. She was an example to me," he said. "She was dedicated. I'm happy that she insisted that we come here and give spiritual service."

Representatives from area churches also talked about her warm smile, dedication to the residents and kindness.

A Rutgers New Jersey Medical School student shared a story about how she came with five classmates to volunteer at Extended Care around Halloween and Brookins gave each of them a bag of candy at the end of the day.

"It was the simplest thing but it brightened all of our days up. And I know every single one of those students remembers it," she said. "It's just a little shining example of what a kind person she was."

Retired Director of Human Resources for New Community Cecilia Faulks knew Brookins as an employee, but also on a more personal level because four of her relatives have been residents of Extended Care.

"She was a very dedicated person and I really appreciated her," Faulks said. "And she was a top notch employee."

Brookins planned many parties for Extended Care and enjoyed dancing. Part of the evening included a dance from the daughter of Yonette Semple, who is taking over the role of Director of Activities.

Extended Care is accepting donations in Brookins'



Extended Care Administrator Veronica Onwunaka shared how Director of Activities Elizabeth Brookins was an inspiration to her.



NCC Director of Mission Frances Teabout told those in attendance that they should strive to live their lives as Elizabeth Brookins did: with love.



Father Beatus Kitururu said Elizabeth Brookins served as a spiritual example to him.



Extended Care Administrator Veronica Onwunaka, left, welcomed Elizabeth Brookins' sister Genetta Williams to the event.



Elizabeth Brookins loved to dance. Part of the celebration of her life included a dance.



Extended Care had a plaque made in memory of Director of Activities Elizabeth Brookins.

name. The money will go toward purchasing tablecloths for the SR Room to make sure it's decorated seven days a week. Those interested in donating can call Extended Care at 973-624-2020.

Social Security News

Social Security's Resources For Women

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

March is Women's History Month. It's a time when we reflect on the achievements and contributions of our nation's remarkable women. Many of these heroes might be people close to you: mothers and daughters, aunts and grandmothers. Each of them plays a special role in our lives as they provide love and support.

Social Security plays an important role in providing economic security for women. Nearly 55 percent of the people receiving Social Security benefits are women. In the 21st century, more women work, pay Social Security taxes and earn credit toward monthly retirement income than at any other time in our nation's history.

Women face greater economic challenges in retirement. First, women tend to live longer than men. A woman who is 65 years old today can expect to live, on average, until about 87, while a 65-year-old man can expect to live, on average, until about 84. Second, women often have lower lifetime earnings than men. And, third, women may reach retirement with smaller pensions and other assets than men.

Today, women have challenging choices to make. Some may spend their entire adulthood in a career or job outside the home. Some may work for a few years, leave the labor force to raise children and eventually return to work. Others may choose not to work outside the home. Whether they work, have worked or have never worked outside the home, women should understand how Social Security can help them and their families.

If you've worked and paid taxes into the Social Security system for at least 10 years and have earned a minimum of 40 work credits, you may be eligible for your own benefits. Once you reach age 62, you may be eligible for your own Social Security benefit whether you're married or not and whether your spouse collects Social Security or not. If you're eligible and apply for benefits on more than one work record you generally receive the higher benefit amount.

We have specific information for women at www.socialsecurity.gov/people/women that you can easily share with friends and family. Giving this gift of knowledge can change the life of a woman you care about.

SENIOR SPOTLIGHT: Sadie Gray



Sadie Gray is a long-time resident of New Community housing. She spent 32 years living at Manor Family before moving to Associates in 2016.

Residents of Associates know Sadie Gray as a person who loves to cook and feed others. They might not know, however, that she's been sharing food with New Community residents for decades.

Before moving to Associates, 180 South Orange Ave., Newark, Gray lived at Manor Family, 72 Hayes St., Newark, for 32 years. She has always enjoyed cooking and providing others a taste. Now at Associates, she participates in potluck style get-togethers with neighbors and friends in the building.

"I enjoy coming down to the Community Room at nighttime," Gray said. "I bring food down and other people bring food and we laugh and talk."

Gray's caring personality shows.

"She's a good person. She tries to help other people the best way she can," said Associates Resident Services Coordinator Anne Moran. "Sometimes she comes to the office to check on me and make sure I'm OK. And she loves to feed people."

Moran received a pie for her last birthday from

Gray, which isn't unusual. Gray attends physical therapy for arthritis each week and said she gives everyone at the office a pie.

"That's what I love doing. I love giving," she said.

Gray was born and raised in Chase City, Va. The 84-year-old was one of seven children and has a twin brother with whom she's still very close. They are the only two living siblings. Even though her twin lives in Virginia, she said he calls her two or three times per day.

Gray moved to Newark in 1955 after graduating high school to follow her twin brother. He retired in 1999 and moved back to Virginia, this time to South Hill, which is about 30 minutes from their childhood home of Chase City.

Gray was married and had four children, two boys and two girls. Her oldest daughter passed away, but her other children live close by and she sees them often. Her daughter lives in Newark, one of her sons lives in Irvington and the other son lives in East Orange. She has seven grandchildren.

"They visit all the time," she said.

Gray raised her family and held a few jobs in her younger years, including working at an optometrist office and doing domestic work.

She moved to Manor Family in 1983 where she lived alone for 32 years. She moved to Associates April 1, 2016. She enjoys her home.

"It's nice and quiet and the tenants are nice and friendly. And I like that it has a security guard," Gray said. "I love it here."

She participates in various building events when she can, including zumba.

Gray said she loves to cook in her apartment, dance and sing. She is a member of her church choir, singing there every first and third Sunday.



Wellness Tip
March 2019

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body, which causes the brain to bounce around or twist in the skull. This creates a chemical change in the brain and sometimes stretching and damaging brain cells.



Signs of a Concussion

- Nausea
- Balance Problems or Dizziness
- Double or Blurry Vision
- Sensitivity to Light and Noise
- Fatigue or Drowsiness
- Changes in Sleep Patterns
- Seizures
- Trouble Comprehending and/or Concentrating
- Depression
- Irritability, Nervousness, or Sadness
- Feelings of Being "Just Not Right"
- Not Recognizing People or Places



Signs and symptoms generally show up soon after the injury. However, some symptoms can take several hours to appear and can evolve days later. If signs or symptoms worsen please visit the emergency department immediately.

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

Remembering NCC Employee And Extended Care Resident Joyce Bates



Joyce Bates worked for New Community's New Start Program for 17 years and was a resident of Extended Care. Photo courtesy of Crystal Bates.

New Community lost a long-time member of the community with the passing of Joyce Bates Jan. 20 at the age of 64. She was an NCC employee for 17 years and lived at

Extended Care for the last several years of her life.

Her only daughter Crystal Bates said Joyce loved working with New Community and was very involved. She said her mother wrote a column in the Clarion called Grandma's Corner, drawing from her own experiences as a grandmother, and was one of the coordinators for the parade New Community used to organize. It was at the parade in 2012 that Joyce had her first stroke and her health began to deteriorate.

Because of Joyce's strong connection to New Community, Crystal felt comfortable with her moving to Extended Care.

"She had been with New Community for such a long time," Crystal said. "This was one of the reasons why I did not mind putting her in Extended Care when it came time for us to decide on a nursing home. Because I kind of felt like that was family."

While at Extended Care, Joyce became an advocate for residents. Extended Care Administrator Veronica Onwunaka said she positively contributed to the nursing home.

"She spoke out for everyone. She didn't just look out for herself alone," Onwunaka said. "She advocated for other people to ensure that we provided the best quality care that would benefit everyone."

Crystal said her mother was vocal about situations she believed needed to be changed. She said Joyce was good friends with New Community Founder

Monsignor William J. Linder, who also lived at Extended Care, and spoke with him about her ideas until his passing last June.

"She was a take charge person. She had a very strong personality, a very loving personality," Crystal said of her mother. "Wherever she went, she made friends."

Joyce was born in Jacksonville, Fla., but moved to Newark when she was 4 years old and never left. She graduated from Peshine Avenue Elementary School and Weequahic High School. She attended Essex County College and Rutgers University, where she earned a bachelor's degree in social science.

Before coming to work at New Community, Joyce worked with the Urban League of Essex County, the United Community Corporation and Newark Beth Israel Medical Center, where she served as outreach coordinator for teen parenting and boarder babies prevention programs.

"She was known for teaching outreach to the community as well as teaching workers within New Community and outside of New Community at neighboring agencies," Crystal said.

Crystal said many of Joyce's former coworkers attended the funeral and sent their condolences for her loss.

"She touched anybody that she met," Crystal said. "And I didn't know she was as loved as she was."

Essex County Wellness Respite Services Helps Those In Crisis At Better Life

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living in a shelter that had closed and he came to Better Life after someone told him about it, not knowing respite services were available.

"Before I got here, I wouldn't even get on the bus because it gets too crowded. Then when I was here, I started getting on the bus a little more," Williams said. "They taught me about breathing techniques and taught me how to kind of block out a lot of things. They gave me all kinds of tools. And if one way doesn't work, they'll start another. And they go on like that until they find something that works."

Williams didn't want to leave the facility when his 10 days were up, but he opted for follow-up services, which lasts an additional 30 days. The first seven days of that period, Respite staff members call the former guest every day and for the remaining three weeks, they call twice a week. The calls are meant to see how the individual is doing and ensure that they're continuing to work on their wellness.

Even though his stay and follow-up services have ended, Williams still keeps in touch with respite staff and continues to come to the Better Life Engagement Center. He also keeps in touch with some of the other respite guests he met during his stay.

Essex County Wellness Respite Services Program Manager Kenisha Bakayoko said the main goal is to stabilize the crisis of the guests, offer an alternative to hospitalization and provide them with skills to help them cope with future issues.

While hospitals stabilize patients in crisis with medications, Bakayoko said respite services

stabilize through skills.

"If you're not a danger to yourself or others and you're just having a hard time, you have a lot going on and you need a place to just reset and relax and get those skills that we sometimes lose when we're in crisis, this is the place to come to," she said.

The program accepts individuals who self identify as being in crisis and guests must have mental health or substance abuse issues to be approved. Five respite guests can be accommodated at one time. Essex County Wellness Respite Services opened in September. In its first five months, it served 69 guests.

Bakayoko said the majority of people who call are accepted into the program. Those who aren't are usually experiencing homelessness but don't have a mental health or substance abuse issue. In those cases, callers are referred to the Better Life Engagement Center resource specialist who can refer them to local shelters. Callers who are actively using substances are encouraged to go to detox before entering the respite program.

Essex County Wellness Respite Services has a team of seven: the program manager, a senior coach and five wellness associates. A staff member is on site 24 hours a day, seven days a week. The wellness associates are peers, meaning they have experience in the areas that guests are struggling with.

"The skills that we teach here we actually use ourselves," Bakayoko said. "We're not telling you to do a mindfulness practice and then say, 'OK no, I'm not going to use that.'"

Guests meet with staff members for one hour

per day during their stay. Times for sessions are flexible, which means guests are able to continue working or going to school for the 10 days.

"We have sessions as early as 9 a.m. and we do them as late as 8 p.m. We have people that are working full-time jobs and still coming to our services. Some people that are in school," Bakayoko said. "You can still do what you need to do."

Some guests are homeless, but respite staff members explain to them before they enter the program that they are not permitted to stay past the 10 days. That means if they don't find stable housing or a place to go, it will result in them going back on the streets.

"We just try to connect them as much as possible," Bakayoko said, explaining that staff members provide support, motivation and help filling out applications. "The majority of them get connected."

Individuals who complete the 10-day respite program are allowed to return after a 60-day holding period if they find themselves in crisis again.

"We want to be very therapeutic but we don't want them to feel super attached to us like, 'Oh I can't live without respite.' Because that's not the goal," Bakayoko said. "The goal of respite is to give you the skills you need to stabilize you and get you back moving forward."

If you or someone you know identifies as being in crisis and suffers from mental health issues or substance abuse, call Essex County Wellness Respite Services at 862-229-1401 to complete the 40-minute intake process.



'Familiar Faces' Come to Town

A University Hospital patient felt his new medication wasn't working so, based on long-standing experience, he was preparing to visit the Emergency Room to get it corrected. But instead, he first called his new community chaplain, Anita Osei who convinced him to call his physician directly and avoid the Emergency Room.

This episode marked a small but important early victory for University Hospital's new "Friendly Faces" initiative to visit patients in their community in order to empower them to better manage their medical care and connect them with needed social services. Launched in February, the program works with frequent Emergency Room visitors who are screened by patient navigator Connie Munoz who then assigns suitable candidates to Osei or the other community chaplain, Angela Brooks-Wright. Project oversight is managed by Rebecca Nazario, Director of Ambulatory Care Services.

"We are excited about expanding the provision of care outside of the walls of our hospital and into the Newark community," said Ray Brandes, UH Vice President for Population Health. "University Hospital is committed to doing better for our most vulnerable patients. Through this comprehensive approach, we will take into account the real world impact of local social and economic conditions and how those factors impact our patients' medical needs."

The goals of "Familiar Faces" are to improve health outcomes, lessen dependency on emergency services as a primary resource for medical attention and improve access to primary care services.

"We know how difficult it can be after you get discharged from the hospital to just get back on your feet and to live a healthier life," said Brooks-Wright. "We assess their situation after they tell us their story and help them set any health goals. Sometimes this goes beyond the hospital setting, it might be something in the community they need help with, like housing or finding a primary care physician."

For others, it can be as simple as finding someone to listen them.

"One of our patients was sexually abused by her father since she was 10 years old," said Brooks-Wright. "There was always drugs and alcohol in the home. The dysfunction became part of her normality and she has been physically abusive to men and women. She told Anita, 'If you can't find me, it's either because I'm in the hospital or I'm in jail.'"

"That's the environment that a lot of our patients are in. But she became comfortable with Anita and talking to her. She said thank you for listening because you're the only one that ever listened to what I had to say."

The patients initially enrolled in the program range in age from 19 to 61, are equally divided between men and women and experience a range of medical conditions. One was homeless and another has been "couch-hopping" without a permanent residence. Two did not have phones.

"There are a lot of emotional components when it comes to physical illness and I think as chaplains we are able to gain their trust," said Osei. "They open up with us. Our patients will let us into places that they may not allow the physician or the social worker or



ANGELA BROOKS-WRIGHT



REBECCA NAZARIO



ANITA OSEI



CONNIE MUNOZ

the nurse. We come in in a different role and the level of expectation is different."

The chaplains will each take on 15 to 20 patients at a time and work with them for three months.

"We do what we do because that's our passion — to help everyone that we touch," said Munoz.

"It's very rewarding to go home and say to ourselves, today, we were able to take care of this patient and it feels good.

"Do we look forward to the next day?" she added. "Yes, we do, because we want to know who else we can help. It's not a job, it's a passion."



MARCH 2019

NATIONAL NUTRITION MONTH

Cooking Demonstrations with Chef Jenny in The Bistro

Schedule of Events:

No Bake Energy Bites
Thursday, March 12 – 10:30 am
Edamame Guacamole with Veggies
Thursday, March 21 – 2:30 pm
Build Your Own Trail Mix
Thursday, March 28 – 2:30 pm

DR. SEUSS READ ACROSS AMERICA DAY

8:30 am – 10:30 am

MAR 1 Read your favorite Dr. Seuss book to young Newark students at Spencer Miller Community School 66 Muhammad Ali Avenue or Park Elementary School 120 Manchester Avenue

12:00 pm – 2:00 pm

MAR 5 New Community Corporation 180 South Orange Avenue
Educational session for Colon Cancer Prevention and Early Detection by Erica Alvarado, Health Educator

WOMEN'S WELLNESS SUMMIT IN PARTNERSHIP WITH THE NEWARK BOARD OF EDUCATION

FREE ~ 7:30 am – 2:00 pm
MAR 13 New Jersey Medical School, Rosemary Gellene Room, 185 South Orange Avenue, Newark
Workshops and screenings lead by an all-female team of doctors and educators. Free breakfast, lunch and giveaways. Call to register, 973-972-0496

6TH ANNUAL DIGESTIVE DISEASES:

MAR 15-16 New Advances, A Continuing Medical Conference Philadelphia, PA – The Westin Philadelphia
Featuring Dr. Pylsopoulos. To register and learn more go to GlobalacademyCME.com/DDNA

ASK THE EXPERT – sponsored by the American Liver Foundation as part of Liver Cancer month. Led by **Nikolaos Pylsopoulos, MD, PhD, MBA, FACP, AGAF, FAASLD, FRCP (Edin)**

MAR 25 Professor of Medicine
Chief of Gastroenterology and Hepatology
Professor of Physiology, Pharmacology and Neuroscience
Rutgers New Jersey Medical School
Medical Director, Liver Transplantation
University Hospital, Newark, NJ
MSB, B-610, 4:00 pm – 6:00 pm

WOMEN'S HISTORY MONTH PEARLS OF WISDOM DAY – WEAR PEARLS

MAR 29 1:00 pm Wear Your Pearls for a group picture and special "pearl" dessert in the Bistro Cafe
Submit your "Pearls of Wisdom", a valuable, wise and helpful piece of advice on any subject to donohucm@uhnj.org by March 13

COLON CANCER AWARENESS DAY

Wear Blue in recognition – Bistro Cafe

11:00 am – 11:30 am Registration
11:30 am – 12:00 pm Wear Blue Day Photo - Everyone Welcome
12:15 pm - 1:00 pm Colon Cancer Screening Education Presenter Dr. Luis Alzate- Duque
MAR 29 Academic Medicine Fellow Trivia Give away
1:15pm- 2:00pm Colon Cancer Screening Education Presenter Dr. Dhavani Doshi Assistant Professor of Medicine, Rutgers New Jersey Medical School – Division of General Internal Medicine Trivia Give away

SAVE THE DATE

UH's Community Health and Wellness Festival
May 4, Spencer Miller Elementary School

NJ Sharing Network – 5K Walk and Races
May 19, Long Branch
June 2, New Providence

Join the UH team. A contribution is never required for participation.

PRE-REGISTRATION REQUIRED FOR ALL EVENTS



To Attend



To Volunteer

UNIVERSITY HOSPITAL
Newark, New Jersey

NCCTI Automotive Technician Graduate Furthers Career At Volvo Dealership



Jalen Thompson graduated from the New Community Career and Technical Institute Automotive Technician program in 2017. He has been working at Smythe Volvo in Summit for two and a half years. *Photo courtesy of Jalen Thompson.*

Jalen Thompson turned his love of cars into a career thanks, in part, to New Community Career and Technical Institute (NCCTI). The Automotive Technician program provided him with the skills he needed to secure a job as a car technician at Smythe Volvo in Summit.

Thompson completed the Automotive Technician training program in 2017. He worked for Advance Auto Parts before gaining the necessary knowledge to become a technician at a dealership.

The classroom instruction paired with the hands-on training portion of the Automotive

Technician curriculum prepared Thompson for his current job, which he has held for two and a half years.

“The instructors that we had were really good. They knew what they were doing,” Thompson said. “Mr. Winston [Thomas] had a ton of experience and he knew about almost every car. The instructors definitely help you know about the basic theory of cars.”

Although Thompson was nervous about starting a job at a dealership, he said the training he received prepared him well.

“I don’t think I would have been able to do it without going to that program,” he said.

Thompson stood out to NCCTI staff members.

“Jalen is a well spoken and well prepared young man who took advantage of an opportunity that was presented with Volvo,” said NCCTI Director Rodney Brutton. “He had good attendance, good practical hands-on skills and was destined to be a very good automotive technician.”

Lead Automotive Technician Instructor John Zaccheus said Thompson was focused and knew the material.

“He was a very good student,” Zaccheus said. “He came to school every day and he liked to play a leadership role when the other students needed help in class.”

In addition to providing theory and hands-on instruction in various areas of study, NCCTI offers job placement assistance, which Thompson said is important.

“If you don’t have the experience, it’s hard for somebody to take your word for how you work on cars,” he said.

Since completing the Automotive Technician program, Thompson has recommended NCCTI to those who are interested in furthering their careers through training, including his girlfriend who enrolled in a health care program after his suggestion.

“It’s definitely a helpful program,” Thompson said. “I want to thank all the instructors and staff members that helped me along the way.”

NCCTI is an accredited post-secondary career and technical institute that offers the following programs: Automotive Technician, Diesel Technician, Building Trades Specialist, Clinical Medical Assistant, Patient Care Technician, Culinary Arts Specialist and Business and Computer Technologies. Those interested in enrolling should call 973-824-6484 or visit www.newcommunity.org. The school is located at 274 South Orange Ave., Newark, with the Training Center that houses Automotive, Diesel and Building Trades programs located at 210 West Bigelow St., Newark.

Celebrating Black History

Residents of Commons Senior, 140 South Orange Ave., Newark, celebrated Black History Month during an event Feb. 13. They learned facts about prominent African-Americans in U.S. history and enjoyed a hot lunch.



Seniors Celebrate Valentine's Day



Hudson Senior residents attended a Valentine's Day party Feb. 14 in the Community Room of the building, located at 21-27 Orchard St., Jersey City.



Manor Senior Resident Services Coordinator Lourdes Fuentes serves a resident during the Valentine's Day celebration.



Residents of Manor Senior, 545 Orange St., Newark, celebrated Valentine's Day in the Community Room Feb. 14.

Family Service Bureau

Family Crisis Intervention Unit Helps Youth And Families

The Family Crisis Intervention Unit (FCIU) handles cases in which the behavior of a juvenile under the age of 18, their parent, guardian or other family member constitutes a behavioral issue, a threat or conflict with that juvenile. Examples of some cases have involved parent/child conflict, conflict within the home setting, mental health or behavioral issues, as well as patterns of unauthorized absences from the school. FCIU services consist of eight counseling sessions including the initial assessment, which is free of cost to the youth and their family. The goal during this time is to help the individual and/or family gain insight into their behavior through skill-building and reinforcement of positive behaviors both in and out of counseling.

February was National Teen Dating Violence Awareness and Prevention Month, and Family Service Bureau took this time to inform juveniles

about the importance of engaging in healthy relationships. According to the Centers for Disease Control and Prevention 2018, dating violence can have a negative effect on health throughout life. Victims of teen dating violence are more likely to experience symptoms of depression and anxiety. They might also engage in unhealthy behaviors, such as using tobacco, drugs and alcohol. Teens who are victims in high school are at higher risk for victimization during college. (Teen Dating Violence. (2016, February 03). Retrieved February 01, 2017, from <https://www.cdc.gov/Features/DatingViolence/>)

Because of information such as this, Family Service Bureau is currently engaged with 12 Newark Public Schools from the Central, West, North and East wards to provide in-school counseling. Services within the schools differ from individual counseling to groups with youth that may be dealing with similar behavioral or

mental health issues. As the 2018-2019 school year progresses, each learning facility has begun to tailor counseling services to the needs and demands of their students.

We are currently in the process of working with a school that would like to engage their athletic teams in anger management and team skill building groups. We continuously encourage each school to think outside the box with different ways in which the school district and Family Service Bureau can assist the youth of Newark together. In 2018, FCIU helped 274 youth/families in the city of Newark through brief crisis counseling and we expect that number to grow in 2019.

If you are seeking mental health services for a youth who may be in need, please do not hesitate to contact Family Service Bureau of Newark for more information. The phone number is 973-412-2056.

National Wear Red Day Event Promotes Heart Health

New Community Resident Services, in conjunction with the American Heart Association | American Stroke Association, held the National Wear Red Day event for the men and women of NCC Feb. 22 at Associates, 180 South Orange Ave., Newark. Residents from all eight NCC senior buildings

attended and wore red to raise awareness about heart disease, particularly in women. February is American Heart Month.

The event included information about how important it is for individuals to be in tune with their health and not ignore or hide symptoms

they may be experiencing. Attendees also learned how to choose healthier food and drink options and got tips about how to prepare food in a more heart healthy manner. They learned some exercises as well and enjoyed a heart healthy lunch.



American Heart Association Director of Community Impact Margaret Cammarieri talks to attendees about the importance of talking to medical professionals and their family members about changes in their health.



Healthy Living Coordinator for the Newark YMCA Michael Porter leads attendees in stretching exercises at the National Wear Red Day event.



Attendees wore red for the event.



American Heart Association Intern Emily McEvoy conducts an exercise with attendees to help them choose healthier food options.



Those who attended the National Wear Red Day event were able to get their blood pressure checked by representatives from Guard's Pharmacy.



Members of the NCC Resident Services Department with American Heart Association Director of Community Impact Margaret Cammarieri, second from right.



New Community Adult Learning Center

563 Orange Street, Newark, New Jersey 07107

(973) 558-5536

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

Available Courses

English for Speakers of Other Languages

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

Citizenship

Saturdays:
9 AM to 12 PM

Computers – Basic & Intermediate Levels

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

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

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

Free Services

Health Screenings

Physicals, Mammograms, Cholesterol, Nutrition, etc.

Open Community

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

Other Services

- Community organizing
- Community rooms
- Social services referrals

Cursos Disponibles

Inglés para Hablantes de otras Idiomas

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

Ciudadanía

Sábados:
9 AM a 12 PM

Computadora – Nivel Básico e Intermedio

Sábados:
9 AM a 12 PM o 12 PM a 3 PM

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

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

Servicios Gratuitos

Exámenes Médicos Gratuitos

Físicos, Mamografías, Colesterol, Nutrición, etc.

Comunidad Abierta

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

Otros servicios

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

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

Nuestra Misión ~ Ayudar a los residentes de los centros de las ciudades a mejorar la calidad de sus vidas y a reflejar la dignidad dada por Dios y sus logros personales.



I Know You Are...But What Am I?

By Lesley Leslie

Are you argumentative? Do people ever tell you that your behavior

is childlike? Maybe a bit immature? Do you have to have the last word in a discussion or argument? Why do you think that is? Many experts believe one's desire to get in the "last word" has everything to do with a person's ego. The last word gives that person a sense of power. You feel like even though you may not be right, you are still the winner because you said the last thing. So in your mind, you are right because you ended the discourse on your terms.

When you take the time to think about it, only if you take the time to think about it, you will see that the person you have been arguing with doesn't see things the same way that you do. That person may actually feel like you care more about winning than you care about them. They may feel like the friendship or relationship that the two of you have is not as valued to you as your ego is. So who really wins in a case like that?

There's really a better way to communicate with the people that you care about. Sometimes that last word that you get in can be the word that hurts the most. Let's be better stewards of our words and remember that they can hurt as much as "sticks and stones."

New Community Is Hiring

There are a number of open positions available with New Community Corporation in a variety of departments.

To see all job listings, along with descriptions and requirements of each position, visit www.newcommunity.org and click "Jobs at New Community." Click "Apply" next to the position of interest to see the full description and then "Apply Now" to complete the application process.

NCC requires job applicants to fill out an online application for consideration. If you don't have internet access, you can use computers New Community has designated for job application purposes. Those are located at NCC headquarters, 233 West Market St., Newark, NJ 07103, and at Extended Care, 266 South Orange Ave., Newark, NJ 07103. For additional information, call 973-623-2800.

As of publication, the following positions were available. The site is continually updated, so check back often to see if there is a job of interest.

After School Program Counselor - (PT Seasonal)

Certified Nursing Assistant

Exterminator - Maintenance Worker

Head Maintenance Worker

Job Developer

Laundry Aide

Licensed Practical Nurse - Full-Time

Maintenance Worker

Maintenance Worker - Part Time

Resident Services Coordinator

Teacher (Daycare - Group, Infant, & Toddler) - Regular Full-Time

Youth Educator

New Community 
Career & Technical Institute
Life-Changing Careers Are Here



Follow Us

@NewCommunityTech

CHELC Children Enjoy Valentine's Day

Children at Community Hills Early Learning Center, 85 Irvine Turner Boulevard, Newark, enjoyed Valentine's Day Feb. 14 with a dance party. The students got to play with balloons, eat fun snacks and dance to music.



CHELC students celebrated Valentine's Day and 100 days of school at the party Feb. 14.



Photo courtesy of Michelle Chatman.



CHELC teachers at the Valentine's Day party.

