



The New Community CLARION

Serving the People of the New Community Network

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Former CWEP Volunteers Are Now NCC Employees



Denise Felix, left, and Tracey Coleman, right, both volunteered at the Family Resource Success Center through the Community Work Experience Program (CWEP) before landing permanent positions with New Community.

New Community provides volunteer opportunities for individuals in the Community Work Experience Program (CWEP), which is a core work requirement for public assistance in the state of New Jersey. Two CWEP workers recently found permanent employment at NCC because of their work ethic

and commitment to the mission.

Both Denise Felix and Tracey Coleman volunteered at the Family Resource Success Center before becoming NCC employees. Family Resource Success Center Director Joann Williams-Swiney said she saw that they would benefit NCC and help fulfill its mission: to help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.

"These are two young ladies that understand that hard work and determination can take you a long way," Williams-Swiney said. "They both just simply embody the mission as we hope all of our employees do."

Felix began volunteering at New Community Career & Technical Institute (NCCTI). While there, she saw the flyer for free tax preparation offered at the Family Resource Success Center. She had been a tax preparer for many years and often volunteered to help others with their taxes. Felix went to Williams-Swiney to see if she could be involved in the tax preparation program. She

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New Community Raises Minimum Hourly Wage

New Community Corporation is pleased to announce an increase to its minimum hourly wage, which took effect on March 1. The new minimum wage is \$12.75 per hour, up from \$12 per hour. Compensation and benefits for NCC employees covered by collective bargaining agreements will continue to be negotiated through collective bargaining outside of this announcement.

"There is a movement in the state and in the country to increase the minimum wage. We are taking a proactive approach to address employee compensation," said New Community CEO Richard Rohrman. "NCC is again raising its minimum wage up to \$12.75 per hour. This is far ahead of mandated minimum wages."

The minimum wage in New Jersey rose to \$11 per hour Jan. 1, 2020. The federal minimum wage is \$7.25 per hour and has not increased since July 2009.

"When combined with paid sick time, vacation, holidays, a 401(k) plan with employer match and medical benefits with low employee contributions, we are way beyond the initiatives being debated today," Rohrman said. "New Community takes its responsibility to those who deliver our mission on the front lines very seriously and we will never wait to be regulated into doing what is right."

NCCTI Graduate Now NCC Employee and Celebrity's Personal Chef



Paula Moore graduated from the New Community Career & Technical Institute Culinary Arts Specialist program. She works as a cook at Extended Care and is a personal chef for a local celebrity.

and has been employed at Extended Care, NCC's skilled nursing facility, as a cook for a year. She recently started a second job as a personal chef for a local celebrity.

"I'm so thankful for everything," Moore said. "Because this has been quite a journey."

Moore, who was born and raised in New York, had moved to Florida about 15 years ago and stayed after her mother became ill. When her mother passed nearly six years ago, she felt lost. When she was involved in a car accident in August 2018, she said it became clear to her that she had to return north. She replaced her car and drove to New Jersey with her son, who turns 12 in June.

The pair was placed at Harmony House, New Community's transitional housing facility for homeless families. Moore's cousin offered her a job managing a restaurant, so she decided to enroll in NCCTI's Culinary Arts Specialist program so she could earn her ServSafe certificate.

Although the job with her cousin fell through, Moore continued going to class because she enjoyed the course. She excelled and

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Save the Date!

**NCC's Annual
Golf Event will
be July 27 at
Hackensack Golf
Club in Oradell**

See page 12 for more

Paula Moore is well on her way to a successful career in the culinary industry. She graduated from the Culinary Arts Specialist program at New Community Career & Technical Institute (NCCTI) in August 2019

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 views of New Community Corporation.

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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:

- One of 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 nonprofit, social entrepreneurship and CDC communities.
- Having beneficial partnerships on the local, national and global level.

Happy Birthday!



Residents of Douglas Homes who celebrated a birthday in February enjoyed cake and ice cream Feb. 26 in the Community Room of the building, 15 Hill St., Newark. In addition to the February babies, other residents were encouraged to attend the event to celebrate with their neighbors.

Around the Network

Coming Together Over Hot Chocolate

Residents of Manor Senior, 545 Orange St., Newark, got together in the Community Room of the building Feb. 19 for a Hot Chocolate Social. Participants enjoyed a cup of hot chocolate with marshmallows and cookies, along with the company of their neighbors.



Residents Have Fun Exercising

Representatives from WellCare visited Gardens Senior, 265 Morris Ave., Newark, Feb. 10 for a Zumba class in the Community Room. Residents learned some exercises and got some healthy snacks, including fruit smoothies. *Photos courtesy of Denise Felix.*



Planting Flowers at Associates

Members of the Newark Police Department and Home Depot hosted a flower planting event for the residents of Associates, 180 South Orange Ave., Newark, Feb. 13 in the building's Community Room. *Photos courtesy of Anne Moran.*



Employee Spotlight: Dametria Wertz



Dametria Wertz serves as the Program Manager/Compliance Director for New Community's Health and Human Services Department.

Dametria Wertz has a long history with New Community. She grew up in NCC because of her relatives' employment with the organization. Upon completing graduate school, she came to work at New Community and has been part of the Health and Human Services Department since 2016.

Wertz's grandmother was the first female sergeant for NCC's Security Department and then transferred to its Social Services Department, which is now called Resident Services. A few years later, Wertz's mother started working in the department as well. So as a child, Wertz spent a lot of time at 220 Bruce St., Newark. When she was a little older, she volunteered for the department.

"I spent my time going on trips with the residents, volunteering at events and helping in the food pantry up until I went away for college," Wertz said. "Helping others is a theme in my family, so it was only natural that I would do the same."

Wertz earned a bachelor's degree in Biology from Arcadia University in Pennsylvania and a master's degree in Public Administration with a concentration in Health Care Administration from Kean University. While at Kean University, she had an assignment to complete a five-year

strategic plan for a company. She chose NCC affiliate Family Service Bureau, a mental health and substance abuse treatment center. Her stepfather worked at FSB at the time and helped her get an interview with Arti Kakkar, who was the Executive Director of FSB then.

That connection led to Kakkar offering Wertz a job in 2014 through a grant FSB received from FEMA, which provided funds so personnel could get the word out about counseling services provided for victims of Hurricane Sandy. Wertz also consulted for the Fabulous Me conferences, which FSB held for young women in the area. She officially became an NCC employee in 2016 as Assistant Program Manager with the Health and Human Services Department at Harmony House, NCC's transitional housing facility for homeless families. From there, she was promoted to Program Manager/Compliance Director for the Health and Human Services Department. Her main focus now is FSB.

"Dametria is the kind of worker everyone wants in the department to be successful," said Kakkar, who now serves as NCC's Chief of Health and Human Services. "Quiet, focused and determined, she will ensure that the program is implemented correctly and is up to standards at all times. She is a big advocate for our residents and clients and an asset to NCC."

In her role, Wertz completes many reports, including those about productivity, compliance and treatment plans. She also assists with grant applications by conducting research and writing proposals. But her favorite part of her job is interacting with clients.

"I am proud of every single resident

that worked hard to better themselves and get out of Harmony House. I am proud of every single resident that's still working towards that goal," Wertz said.

At FSB, she is happy that clients are able to find the help they need in an understanding environment.

"In many minority cultures, you don't talk about your problems with strangers," Wertz said. "It is a stigma that needs to be eliminated and seeing a clinician that looks like them and can relate to their culture can help break that stigma and have that person open up more to therapy."

Wertz likes to learn and has taken full advantage of educational opportunities.

"As an African-American and knowing that many African-Americans during slavery weren't allowed to get an education makes me more inclined to honor them by learning as much as I can," she said.

The Essex County resident enjoys visiting museums in her spare time to continue learning.

Wertz takes the NCC mission to heart in her work and hopes clients know they can accomplish their goals.

"Even if they do not have family or friends in their corner, there will always be someone rooting for them at NCC," she said.

NEW COMMUNITY CORPORATION



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Tribute to Sarah, Carmen, & Dinah

& Other Great Women of Jazz



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 Hiring

There are a number of open positions available with NCC. To see all job listings, visit 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.

As of publication, the following positions were available.

- After School Program Counselor - (PT Seasonal)
- Certified Nursing Assistant
- Clinical Supervisor
- Diesel Technician Instructor
- Exterminator - Maintenance Worker
- Licensed Practical Nurse - Full-Time
- Maintenance Worker
- Maintenance Worker - Part Time
- MDS Coordinator/Registered Nurse Assessment Coordinator
- Nursing Home Admissions Marketer
- Plumbers Assistant/Maintenance Worker
- Receptionist
- Registered Nurse – Unit Manager
- Superintendent
- Teacher Assistant - (Infant/Toddler) - Floater
- Therapist

New Community Celebrates Black History Month



Children in NCC's after school programs enjoy learning an African dance from representatives of Heavenly J Dance Studio Feb. 28.



Residents and staff members of Extended Care dressed up for the facility's Black History Celebration Feb. 28.



CHELC students hold signs for their Black History Month Celebration Feb. 28.



Commons Senior Resident Services Coordinator Jill DeRios serves food to residents during the building's Black History Celebration Feb. 7.



Jordin Stancil-Malcolm reads a poem she wrote at the Black History event at the NCC Neighborhood Center Feb. 28. After School Program Coordinator Jenifer Pineda looks on.



A resident of Commons Senior provided African items to display during the building's celebration Feb. 7.



Community Hills Early Learning Center (CHELC) children participate in the school's Black History Month Celebration Feb. 28.



Residents of Associates enjoyed a dinner Feb. 28 in honor of Black History Month hosted by Bishop Speight. Photo courtesy of Anne Moran.

Saniah Manning dressed as Michelle Obama for the Black History event at the NCC Neighborhood Center Feb. 28. Photo courtesy of Edward Morris.



NCCTI Graduate Now NCC Employee, Celebrity's Personal Chef

Continued from page 1

was hired as a cook for Extended Care during her second month in school, a job she still has today.

In February, she started a second job as a personal chef for a local celebrity, a position NCCTI personnel recommended her for. She hopes the opportunity will further her career and help open more doors. Moore's goal is to one day own her own business with "the works" — restaurant, lounge, catering company and food truck.

"I'm proud of myself because when I came here, I literally had nowhere to go and I was placed in Harmony House, took the schooling through NCC, employed by NCC and got another job through NCC," she said. She also moved from Harmony House into her own apartment March 1. "Everything's falling into place. It's really lining up. So now it's my opportunity to really get the ball rolling."

Lead Culinary Arts Specialist Instructor Jonathan Butler believes the future is bright for Moore.

"I'm not surprised at Paula's success in this industry. She was a wonderful student," Butler said. "She's just going to keep growing."

Moore said Butler and Samuel Gaddy, Culinary Arts Specialist Assistant Instructor, were supportive from the first day of class and encouraged her. Now that they're colleagues, Moore said the support and encouragement continues.

Before enrolling at NCCTI, Moore's professional experience consisted of bookkeeping and accounting in the banking and finance sector. The school helped her find her passion and she plans to use her financial experience to help propel her when she's able to start her own business.

NCCTI Director Rodney Brutton said the Culinary Arts Specialist program played an integral role in Moore's educational and professional growth in the food service industry.

"Paula loves to cook and her passion for serving others comes out in the quality of her food presentation. As a student in our Culinary Arts program, she served as a leader and always made herself available to support her classmates," he said. "We're confident Paula will represent NCCTI in a very positive light as she continues to progress."

Moore plans to stay working at Extended Care preparing meals for residents in addition to her personal chef responsibilities. She enjoys cooking for others.

"The thing that makes me happy is when I put a plate down in front of someone and they clean the plate," she said. "I like when that plate is cleared because it shows that they enjoyed what they ate and they're satisfied."

NCCTI is an accredited post-secondary career and technical institution that offers the following programs: Automotive Technician, Diesel Technician, Building Trades Specialist, Clinical Medical Assistant, Patient Care Technician, Community Healthcare Worker, Culinary Arts Specialist and Business and Computer Technologies. NCCTI also operates a comprehensive Financial Opportunity Center and Bridges to Career Opportunities Program sponsored by the local and national Local Initiatives Support Corporation (LISC) offices. For more information, call 973-824-6484, log onto newcommunitytech.edu or visit 274 South Orange Ave., Newark.

Promoting Heart Health with Wear Red Event

New Community's Resident Services Department hosted its annual Wear Red Event Feb. 21 at Douglas Homes, 15 Hill St., Newark, for the men and women of NCC. February is American Heart Month and the event highlighted cardiovascular disease and ways to reduce the risk. Attendees enjoyed a heart-healthy meal prepared by Culinary Arts Specialist students at New Community Career & Technical Institute and health screenings. They also wrote down changes to their daily lives that they plan to make to increase heart health. Their words were displayed on the wall for all to see.

Resident Services would like to thank the following groups for their support and participation: American Heart Association, American Stroke Association, Bishop Speight, Guardy's Pharmacy, Paparazzi Jewelry and Assurance Wireless.



Margaret Cammarieri of the American Heart Association and American Stroke Association speaks to the NCC residents in attendance.



Resident Services Coordinator Anibal Alvelo, second from left, with residents at the event. Photo courtesy of Anibal Alvelo.



Resident Services Director Donnette Burrowes-Williams and Bishop Speight, who provided the opening prayer, at the Wear Red Event.



Guardy's Pharmacy provided health screenings for participants, including taking their blood pressure.



Resident Services staff members show off their red in front of the wall where residents' pledges for a healthier lifestyle are displayed.



Paparazzi Jewelry was at the Wear Red Event selling heart-themed jewelry to participants.



Extended Care Administrator Veronica Onwunaka speaks during the Wear Red Event about staying healthy.



Social Security News

Get Your Social Security Benefit Statement

By S. Belcher
Assistant District Manager
Springfield Avenue, Newark, NJ

Tax season is approaching, and we have made replacing your annual Benefit Statement even easier. The Benefit Statement, also known as the SSA-1099 or the SSA-1042S, is a tax form we mail each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from us in the previous year so you know how much Social Security income to report to the IRS on your tax return.

If you live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and get an instant, printable replacement form using your personal *my Social Security* account at www.socialsecurity.gov/myaccount. A replacement SSA-1099 or SSA-1042S is available for the previous tax year after Feb. 1.

If you already have a *my Social Security* account, you can log in to your account to view and print your SSA-1099 or SSA-1042S. If you don't have access to a printer, you can save the document to your computer or email it to yourself. If you don't have a *my Social Security* account, creating one is very easy to do and usually takes less than 10 minutes.

If you're a non-citizen who lives outside of the United States and you received or repaid Social Security benefits last year, we will send you form SSA-1042S in the mail. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI) benefits.

With a personal *my Social Security* account, you can do much of your business with us online. If you receive benefits or have Medicare, your personal *my Social Security* account is also the best way to:

- Request a replacement Social Security number card (in most states and the District of Columbia).
- Get your benefit verification letter.
- Check your benefit and payment information.
- Change your address and phone number.
- Change your direct deposit information.
- Request a replacement Medicare card.
- Report your wages if you work and receive Social Security disability insurance or SSI benefits.

Visit www.socialsecurity.gov to find more about our online services.

Most Social Security services are available online by visiting www.socialsecurity.gov, and by calling Social Security toll-free at 1-800-772-1213 or 1-800-325-0778 TTY.

Senior Spotlight: Shelly and James Ivery



Shelly and James Ivery have been married for six years and are residents of Gardens Senior.

Shelly and James Ivery are well-known residents of Gardens Senior, 265 Morris Ave., Newark. They help with food distribution in the building and serve as floor captains, checking in on their neighbors and distributing information.

James has lived at Gardens Senior for about 20 years. He's originally from Georgia and moved to New Jersey in 1957 after he graduated from high school. Shelly was born in Detroit and moved to New Jersey when she was a child. She lived in Montclair before moving in with James 12 years ago. They met through Shelly's father, started dating and got married six years ago. They're celebrating their sixth anniversary on March 14.

Both Shelly and James have children from previous relationships, along with grandchildren and great-grandchildren.

James was a gravedigger for 32 years at Hollywood Cemetery in Union. He retired in 2010. While the job was difficult at times, James enjoyed it.

"I was used to hard work because I was in construction and truck driving before I got there," he said.

After he retired, James focused on a hobby

that he loves — fishing. He mainly goes to Cape Cod in Massachusetts, which he's been doing for 20 years. He learned to fish from his grandfather.

"When I was a kid he used to go fishing and I would follow him. I learned everything from my grandfather," James said. "Ever since then, I got into it."

He travels with friends and Shelly to go fishing in the ocean off Cape Cod. They catch a variety of fish, including sea bass, blackfish and striped bass.

"It's relaxing," Shelly said of fishing.

When the couple returns, they share their catch with neighbors in the building and freeze some to eat at a later date.

Shelly and James serve as floor captains on both the second and tenth floor of Gardens Senior. The couple lived on the second floor until an electrical fire happened in their apartment about three years ago. After the fire, they moved to the tenth floor.

Although the couple lost everything in the fire, they are grateful they weren't harmed.

"Thank God we still got our lives. That's the main thing," Shelly said. "Things are material and can be replaced."

Their positive attitude and willingness to help others really shines through. Gardens Senior Resident Services Coordinator Denise Felix said Shelly assists a fellow resident who doesn't have family members that visit keep his apartment clean. She also cooks for him.

"She's doing it from her heart," Felix said.

Felix added that Shelly and James are a team, working together to help other residents. Because James uses a walker, Shelly will often do the heavy lifting on food distribution days.

Shelly and James spend most of their time together and like it that way.

"We just enjoy one another's company every day," Shelly said. "We're just plain and simple people."



Wellness Tip
 March 2020

Traumatic Brain Injury

Traumatic brain injury (TBI) is a major cause of death and disability in the United States. A TBI is caused by a bump, blow, or jolt to the head that disrupts the normal function of the brain.

Below you will find simple tips to help you and your family avoid a TBI.

- **Buckle Up! Wear a seat belt every time you drive or ride in a car.**
- **Never drive while under the influence of alcohol or drugs.**
- **Wear a helmet, or appropriate headgear, when -**
 - Riding a bicycle or motorcycle
 - Playing sports
 - Horseback riding
 - Skiing or snowboarding
 - Whenever recommended by an instructor
- **As you age, talk to your doctor about your evaluated risk for falling.**
 - Ask your doctor or pharmacist to review your medications to see if any may make you dizzy or drowsy.
- **Have your eyes checked at least once a year, and be sure to update your glasses if needed.**
- **Do strength and balance exercises to improve your coordination.**

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

New Community Residents Strut Their Stuff

Residents of Roseville Senior and Gardens Senior participated in a Valentine's Day Fashion Show at Roseville Senior, 1 South Eighth St., Newark, Feb. 13. They dressed in their Valentine's Day best and showed off their model walks, along with some New Community staff members from their buildings.



Former CWEP Volunteers Are Now NCC Employees

Continued from page 1

passed the necessary test and began volunteering at the Family Resource Success Center for tax season. The days she wasn't preparing taxes, she continued volunteering at NCCTI.

When tax season was over, Williams-Swiney successfully got Felix an extension so she could continue to volunteer through CWEP as she searched for permanent employment. So Felix volunteered at the Family Resource Success Center full-time. She loved the work.

"I love everything about the Resource Center and what they do to help people," Felix said. "For me, helping people, that was just so gratifying that I was doing something that was really making a difference in people's lives."

During her job search, Felix saw an opening for a Resident Services Coordinator with NCC. She applied and after meeting with Resident Services Director Donnette Burrowes-Williams, she was offered the full-time job at Gardens Senior, which she started in July 2019.

"Denise is a vibrant, energetic and funny individual who's easy to work with. Her bubbly personality quickly transcends to her residents and they love her for that because she puts a smile on their faces every time they enter her office," Burrowes-Williams said. "Denise is very passionate about her work and goes above and beyond to ensure the Gardens Senior residents' health is intact, they receive services that are beneficial to their needs and most importantly utilizing resources that will improve their lives. Denise is a great addition to the Resident Services team."

Felix, who lives in Newark with her young-

est daughter who is 13, has experience with seniors. She's been a home health aide and a certified nursing assistant (CNA).

"I love seeing the seniors happy. I love making a difference in their life," Felix said. "I really love coming aboard and helping them and advocating for them. A lot of them need that."

While Felix was volunteering at the Family Resource Success Center, she helped train Coleman, who also came to New Community through CWEP.

"Denise helped Tracey grow," Williams-Swiney said. "Denise grew out into her present position and Tracey kept growing until she reached the point where everyone noticed the hard work she was doing and she landed a job at New Community."

Coleman started volunteering at the Family Resource Success Center in June 2019. She, like Felix, assisted community members with a variety of services, including utility assistance, shelter placement and back rent payments.

When her six months with CWEP was coming to an end, Coleman began searching for jobs within NCC online. She saw an opening for a Retention Specialist at NCCTI and applied for the position. She met with NCCTI Director Rodney Brutton and was offered the job, which she accepted. She officially became an employee in February.

As a Retention Specialist, Coleman follows up with NCCTI students who have missed class to see what might be going on and encourage them to return. She also reaches out to graduates

to see if they have found employment or need assistance in that area. The transition was smooth because she was already helping NCCTI students while volunteering at the Family Resource Success Center.

Because her current position is part-time, Coleman will still spend time volunteering at the Family Resource Success Center. Her goal is to eventually find a full-time position, but she loves her job, especially the connections she's able to make with the students.

"It makes them want to come to school," Coleman said. "And that's what we're trying to do, get them in and out so they can be in a work environment."

Coleman has seen a lot of positive changes in her life recently. She was at St. Rocco's Emergency Family Shelter before getting an apartment for herself, her two toddler sons and their father.

"First I got my apartment. Then I got the job. And everything just started falling into place and I was so happy," she said.

Brutton said NCCTI staff members look forward to working with Coleman.

"We're pleased to have Tracey on board," he said. "She's someone who understands NCCTI."

While Coleman hopes her position within NCC will expand to full-time, she is enjoying her new role. She gets excited coming to work each day.

"People are like, 'Why are you so happy?' Because I love my job," Coleman said. "When you love doing something, you're just going to be happy every day."

Community Food Distribution Available Monthly

Members of the community are able to receive food items at 220 Bruce St., Newark, on the first Tuesday of each month from 10 a.m. to 4 p.m. or until supplies are depleted. The first distribution took place Feb. 4. Interested individuals do not need to show identification, but they must sign off on receipt of food items. Participants must also bring their own bags or carts to receive items. *Photos courtesy of Anibal Alvelo.*



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NCC
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Free Tax Preparation Available for Eligible Community Members



The Family Resource Success Center, 274 South Orange Ave., Newark, is offering free tax preparation provided by certified IRS preparers from now through April 15. Eligible individuals must call the center and make an appointment at 973-565-9500.

Taxpayers with earned income less than \$54,000 are eligible for the program. For those who are married and filing a joint return, the combined earned income must be less than \$54,000.

Taxpayers filing business income (Schedule C or Schedule E), rental income, 1099B (proceeds from broker and barter exchange transactions such as stocks and bonds) and Puerto Rico or foreign income are not eligible for the program.

The Family Resource Success Center is open Monday through Friday from 9 a.m. to 5 p.m. but times for tax preparation vary. Call 973-565-9500 to make an appointment.

Valentine's Day Celebrations at New Community



Community Hills Early Learning Center (CHELC) hosted a Valentine's Day celebration Feb. 14. Students wore red and pink to celebrate.



Hudson Senior residents celebrated Valentine's Day Feb. 14 with a party in the Community Room. *Photo courtesy of Resident Services.*



Residents at Commons Senior had the opportunity to get their nails done during the building's Valentine's Day celebration Feb. 14 in the Community Room.



Orange Senior residents enjoyed a treat for Valentine's Day Feb. 14. *Photo courtesy of Alisha Chatman.*



Left: Children at Harmony House Early Learning Center (HHELC) exchange gifts for Valentine's Day Feb. 14. *Photo courtesy of HHELC.*

Right: Parents received roses from their children at HHELC in honor of Valentine's Day Feb. 14. *Photo courtesy of HHELC.*



Children in Room 2 of CHELC show off their red and pink for Valentine's Day in front of a table full of goodies Feb. 14.



Douglas Homes residents celebrated Valentine's Day Feb. 14 in the Community Room of the building.



Commons Senior residents enjoyed a hot meal during the building's Valentine's Day celebration Feb. 14.

Marking Wear Red Day



Resident Services staff members showed off their red outfits for National Wear Red Day Feb. 7. The day is designated to recognize cardiovascular disease, particularly in women and promote heart health. *Photo courtesy of Donnette Burrowes-Williams.*

Seton Hall Students Assist at HHELC

Seton Hall Community Health Nursing students complete some of their clinical rotations at Harmony House Early Learning Center (HHELC). They provide health education to the children, read them stories about health and health care, help take children's heights and weights and assist teachers with daily activities. The Seton Hall students learn about the growth and development of children firsthand and they help the HHELC children develop social skills and gross motor skills. The time Seton Hall students spend at HHELC helps them prepare for their future careers in nursing. *Photo courtesy of Kathy Sternas.*



Family Service Bureau

Employee Assistance Program: Help is Available

Very often we find that good, hard-working employees are struggling to finish their assigned tasks. More than that, you see employees engage in unprofessional conversations that directly affect their work. Often with time, the uncharacteristic behaviors get overpowering, leading to faulty judgments and behaviors, usually contradicting the belief system of one's own work ethics. This and such behaviors are not foreign to any work environment. Yet sometimes there is no assistance available in such situations where an employee can get a listening ear to identify possible causes of the change in a safe, non-judgmental environment.

NCC's Family Service Bureau of Newark is one such place where professionally trained and licensed mental health/addiction therapists are available to assist employees. Professional thera-

peutic and confidential services for NCC employees and family members are available five days a week, at no cost to them. Presenting problems ranging from anxiety, stress, mental illness, addictions and dysfunctional familial relationships can be addressed in a non-judgmental environment in various settings like individual, family or group therapy.

In addition to providing assistance in resolving personal triggers leading to behavioral changes, at FSB we are looking for ways to help employers maximize employee attendance and efficiency as well as develop positive working relationships amongst personnel. We provide staff with user-friendly solutions that optimize their efficiency and effectiveness.

Through our Employee Assistance Program, FSB provides the following services:

Brief strength-based individual, family

and/or group therapeutic services for a myriad of problems like marital and family difficulties, alcohol and drug abuse, stress and anxiety, depression, eating disorders, dependent care concerns and parenting problems.

Customized trainings through the Employee Assistance Program to respond to a range of personnel issues. Professionals are available to provide customized trainings on location to assist management and staff in the performance of their jobs. Topics may include but are not limited to time management, stress management, anger management, substance abuse awareness, cultural sensitivity, team building and conflict resolution. We recommend at least two hours for most.

For further information, or to access these services, please call Family Service Bureau at 973-412-2056.

Celebrating Diverse Cultures at HHELC

Families were invited to participate in Cultural Diversity Day at Harmony House Early Learning Center (HHELC) Feb. 28. Children and their relatives dressed in traditional attire and shared information about their country of origin. Families also prepared food that represented their culture to share. Parents were also able to share information about their jobs in HHELC classrooms related to STEAM (Science, Technology, Engineering, Art and Math) that day.





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

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

Enjoying the Classics

Associates, 180 South Orange Ave., Newark, held an Oldies But Goodies Day Feb. 14 in the building's Community Room. Residents enjoyed music from the past and had the opportunity to purchase hot dogs, drinks and snacks.



Photo courtesy of Donnette Burrowes-Williams.



Priority

By Lesley Leslie

Hello reader, I am writing this month's article in the form of a letter, as this month, it is my desire to appeal to the women readers on a more personal level.

With that said, would you be willing to participate in an exercise with the author of this monthly article? A question was recently posed that I thought would make an interesting discussion during Women's History Month. I thought the question about priorities would be more meaningful if it were illustrated through an exercise.

Hold your right hand straight out in front of you at eye-level. Now, wiggle your fingers and spread them out. Think about how important your hands are to you. Imagine all the things your hands and fingers permit you to do each and every day. Then name the top five priorities in your life and assign each priority to one of your fingers. (Stay with me.)

If you are a single woman in your twenties or your thirties, maybe your top five priorities are your (1) job/career, (2) family, (3) God/faith, (4) health and (5) friendships. However, to my married, female reader who may be in her forties, fifties or older, your priorities may honestly, be very different given the stages of your life. Perhaps your top five priorities are (1) your children, (2) your husband, (3) God/faith, (4) elderly parents and (5) grandchildren.

If you are like me, you neglected to list yourself as a priority in your earlier years, nor did you list yourself as a priority in your later years. Think about that for a moment. As women, we have become so used to sacrifice that sometimes we don't even know when we are doing it.

As a woman of faith, I believe that God should be our number one priority at every stage of our lives. However, it is my hope that the next time you look at your hand, you will think about this little exercise and remember how important you are as well! Then hopefully you will say to yourself, "I will make ME a priority!"

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CLARION

Volume 37 - Issue 3 ~ March 2020

SAVE THE DATE

Monday, July 27, 2020



Monsignor William J. Linder
24th Annual Golfing for a Cause



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