



OUT OF THE ASHES CAME HOPE

CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Volume 35 — Issue 5 ~ May 2018

Recognizing NCC's Administrative Professionals



New Community's administrative professionals enjoyed an event in their honor April 25, Administrative Professionals Day.

New Community's administrative professionals took part in a celebration of the work they do April 25 at St. Joseph Plaza.

The event, which took place on Administrative Professionals Day, was all about thanking the employees and giving them a chance to relax.

New Community CEO Richard Rohrman thanked the employees for their hard work and for being the face of the organization to the public.

"You really carry New Community's name

and New Community's mission. And you transfer that to the people you see," he said. "You really are the first impression that many people have of New Community and I want to thank you for the great job you do representing New Community."

As a token of appreciation, employees received gift cards to a variety of places, including AMC, Buffalo Wild Wings, Bed Bath & Beyond, Chipotle, Taco Bell, Burger King, Best Buy and Uber.

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Workforce Development Center Open House Set For May 22



New Community Workforce Development Center offers several post-secondary programs, including Automotive Technician. Attend an Open House event May 22 to learn more. File photo.

New Community Workforce Development Center is hosting an Open House for those interested in its post-secondary programs Tuesday, May 22. Three sessions are being offered. The morning session begins at 10 a.m. and the afternoon session is at 2 p.m. There will be a special session for high

school students and their parents at 6 p.m.

At the Open House, participants will be able to tour the facility, located at 274 South Orange Ave., Newark; meet instructors in the various subject areas; and hear about other support services provided.

"We invite you to come learn about our programs and hear directly from program staff and current students the added value of joining our school," said New Community Workforce Development Center Director Rodney Brutton.

New Community Workforce Development Center is an accredited post-secondary career and technical school offering the following programs: Automotive Technician, Building Trades Specialist, Clinical Medical Assistant, Culinary Arts Specialist and Patient Care Technician.

New for the upcoming session starting July 23, New Community Workforce Development Center will offer a Diesel Technician program and a Microsoft Office User Specialist (MOUS)

Continued on page 11

Higher Education Should Be Accessible To All

Editorial By
Monsignor William J. Linder

Last month, Gov. Phil Murphy proposed a state budget that includes money set aside to make community college free for New Jersey residents. I'm overjoyed the governor is interested in doing this.

The more educated our population is, the better it is for all of us. It makes democracy work better and it makes our economy work better. I don't think everyone understands that.

Murphy has set aside \$50 million in his proposed budget for community college. He plans to set aside \$45 million to pay for community college tuition for families with household incomes below \$45,000 a year. The remaining \$5 million would go to the 19 community colleges in the state, which would help them handle additional students.

The governor estimates 15,000 students could attend community college tuition free by January. Ramp-up to make tuition free at community colleges for all New Jersey residents, regardless of income level, would take three years, according to Murphy.

There's no reason people should be held up from continuing their education because of money. That's not what's important to our society. Education is what's important.

The plan will no doubt face opposition from those who want to preserve their position and think elitism is good for us. My hope is the proposal will prevail and members of the New Jersey Legislature will include Murphy's plan in the state budget they send to his desk by June 30. That way more of New Jersey's young people have the ability to continue their education.

Colleges at all levels are getting more expensive, including community colleges. If changes aren't made, people's salaries will be worth less and less. It's hard for society to advance if people are spending all of their money educating their children.

I congratulate Murphy on becoming the 56th governor of New Jersey and for putting forth this progressive plan to provide universal access to higher education.

While his proposal is a good beginning, it shouldn't be the end of the conversation. Hopefully there can be a similar program for four-year colleges.

Our goal as a nation has to be to create a more just society and education for our children is a good step in the right direction.

The New Community Clarion

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

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OUR MISSION

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

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

Preventing Health Care Fraud



Charles Clarkson, left, speaks with residents of Associates about potential Medicare fraud. Photo courtesy of Anne Moran.

New Community Associates, 180 South Orange Ave., Newark, hosted a presentation regarding Medicare fraud in the Community Room for residents April 10. Charles Clarkson, Esq., from Jewish Family Services of Middlesex County spoke to seniors on behalf of Senior Medicare Patrol of New Jersey. That program helps Medicare and Medicaid beneficiaries prevent, detect and report health care fraud.

Around The Network Diabetes Education

Representatives from United Healthcare visited Commons Senior, 140 South Orange Ave., Newark, April 10 to discuss diabetes and how to manage the condition. Residents gathered in the Community Room where they learned about indicators for diabetes, steps they can take to reduce their risk and ways to manage it (including lifestyle changes like diet and exercise). Participants also were able to ask questions and enjoyed healthy snacks and small giveaways.



Taking Time For Exercise

Orange Senior Care Coordinator Sister Pauline Echebiri leads Exercise for Health in the community room of the building, 132 William St., Orange, for residents twice a month. The event includes chair exercises, brief standing exercises and walking. Echebiri also takes residents' blood pressure both before and after they exercise.



Connecting The Homeless To Resources

New Community participated in the 12th Annual Essex County Project Homeless Connect Day April 18 at the Branch Brook Park Indoor Roller Skating Center in Newark. The event showcased vendors in the Essex County area that provide various services for the homeless population. It also included health screenings, food, giveaways, haircuts, mental health services and employment services, among other things. Representatives from Harmony House, New Community's transitional housing facility for the chronically homeless, were on hand to discuss the facility and the additional services New Community offers.



Harmony House Director Yonette Fredericks, left, speaks with a woman at the 12th Annual Essex County Project Homeless Connect Day. Photo courtesy of Yonette Fredericks.



Harmony House Senior Case Manager Lisa Chavis writes down information for a woman at the 12th Annual Essex County Project Homeless Connect Day. Photo courtesy of Yonette Fredericks.

Employee Of The Month: Faye Harvey



Faye Harvey is the property manager for New Community Associates. She has worked for NCC for 14 years.

Faye Harvey began her career at New Community 14 years ago as a customer service representative at the New Community Federal Credit Union. She transferred to Management in 2012 and currently serves as the property manager at Associates.

She decided to make the switch to Management because she wanted a new challenge while also still interacting with the public.

“I love being with people. I wanted to be with people and help out,” she said. “This job is gratifying. I like what I’m doing.”

As a property manager, Harvey collects rent from tenants, creates work orders for apartment repairs and ensures problems in the building are taken

care of. She is responsible for recertification of tenants each year, making sure their paperwork is up to date. She also conducts monthly resident meetings along with staff from the Health and Social Services Department.

“Faye is always supporting her coworkers, gets assignments completed on time and she is methodical in performing the day-to-day operation at the property where she is assigned,” said Director of Management Fonda Porter.

Harvey first came to the United States from Trinidad with her husband and four children in 2001. The couple chose to move for their children’s education. All four of the children went to college and are currently working.

The family moved to Newark in July 2001 and Harvey got a job as a senior customer service representative for BP in Passaic in September 2001. She worked there until February 2004 when she joined New Community.

Harvey’s favorite part of her job is serving the people.

“I just look forward to coming to work, dealing with them and helping out,” she said.

She enjoys feeling connected to New Community’s mission: To help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.

When she’s not at work, Harvey is often still helping others. She’s in charge of the clothing pantry at her church, which is in Newark and is open one Saturday per month.

She also loves gardening, painting, upholstery and furniture. And she sometimes sews her own clothes.

CHELC Celebrates World Book Day



Author Karen Elise Wormack reads her book, *The Adventures of Prissy and Missy ‘Travel Abroad’*, to students at Community Hills Early Learning Center April 23.

In observance of World Book Day April 23, Community Hills Early Learning Center hosted Karen Elise Wormack, author of the book series *The Adventures of Prissy and Missy*. The series follows multicultural cat sisters. Wormack, who is a Newark native, read children *The Adventures of Prissy and Missy ‘Travel Abroad’*, which follows the girls to various countries. Wormack previously visited CHELC four years ago and shared the first book in the series, *The Adventures of Prissy and Missy ‘Sleepwalk Affair’*. Wormack is a creative artist, writer, poet, lyricist, designer and president of House of the Guilded Scribe, LLC, Independent Book Publishers.

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NCC Emergency Food Pantry Receives Donation



Children of Cummins Sales and Services employees show off the cards they made to accompany the donation of nonperishable food items to benefit the NCC Emergency Food Pantry.



New Community Home Friends Coordinator Giselle Oviedo, who also runs the NCC Emergency Food Pantry, collects cards children made to give to the recipients of the food.



New Community Home Friends Coordinator Giselle Oviedo, who is in charge of the NCC Emergency Food Pantry, explains how the collected food items will be used.

The New Community Emergency Food Pantry received donations from Cummins Sales and Services in Kearny April 26. Cummins, which deals with diesel and natural gas engines and related technologies, is committed to giving back to the community and decided to hold a food drive to benefit the NCC food pantry after learning about it from the United Way of Essex and

West Hudson.

Cummins collected food March 19 through April 26 for the cause and donated the nonperishable items to the food pantry. April 26 was National Take Our Daughters and Sons to Work Day so Cummins employees' children were on hand to help pack up the donated food and learn about where it was going and who it was going to help.

The NCC Emergency Food Pantry, located at 220 Bruce St., Newark, is open from the 16th to the end of each month from 10 a.m. to 2 p.m. Those in need must bring a valid New Jersey ID and/or proof of residency, proof of income (employment, unemployment, Social Security award letter, etc.) and a birth certificate for each child under the age of 18.

Recognizing NCC's Administrative Professionals

Continued from page 1



New Community CEO Richard Rohrman, left, thanks the administrative professionals of NCC.

New Community Chief of Staff Kathy Spivey told the group to make sure they use the gift cards to get something for themselves.

"We understand that you have stressful times but today is giving you that opportunity to think about you," she said, adding that when you take care of yourself, you're able to be more effective.

New Community Director of Mission Frances Teabout spoke at the event about how to reduce stress and live a balanced life. She gave three Rs to help with that goal: recall, reflect and relax. She asked employees to recall a time in their life that was stress-free, and think about the goals they had at that time. Then she told them to reflect on the reason some of those dreams or goals didn't come true and determine if they could still be possibilities. Finally, Teabout told the group to relax and enjoy life because we only have limited time in this world.

"Since our days are short and they are numbered, we should use them in positive ways and we should live every day to the fullest," she said. "And so that is our challenge to you: That you relax and enjoy life because we only go around one time."

The event included relaxation tips and exercises aimed to calm. Participants got to color, which is a stress-reducing activity. They watched a few videos aimed to entertain and ended with lunch and cake.

New Community's Human Resources Department organized the event and HR Manager Anna Sing-King served as the day's host.



Migdalia Serrano, administrative assistant for Family Service Bureau, selects a gift card from HR Benefits Coordinator Leslie Andujar, right.



New Community Director of Mission Frances Teabout encourages employees to reduce stress and live life to the fullest.

Employees Recognized

Helen Abraha (Corporate Office), Amalia Aldana (Adult Learning Center), Peggy Barnes (Environmental Services), Deborah Bell (SAIF), Deborah Bradley (Automotive Training Center), Clara Brown (New Start), Tangula Brown (HHELC), Brenda Buesing (Human Resources), Delores Bynum (Extended Care), Trudiann Clement (New Community Federal Credit Union), Adalberto Diaz (Extended Care), Jada Fitzgerald (Management), Manuela Garcia (Management), Lovelene Glaude (Workforce Development Center), Janesa Henry (Security), Lawrence Iben (Extended Care), Toshia Laberth (Human Resources), Savadogo Maurice (Extended Care), Madeline Miller (Extended Care), Jeanette Morales (Environmental Services), Nelly Noel (CHELC), Martina Nunez (Adult Learning Center), Marilyn Rodriguez (Family Service Bureau), Debbie Rohrman (Corporate Office), Dianette Roman (Family Service Bureau), Madelyn Rosa Reyes (Harmony House), Migdalia Serrano (Family Service Bureau), Aliya Wadood (CHELC) and Patricia Washington (Corporate Office).



HR Manager Anna Sing-King, left, leads the group in a stress-reducing exercise.



New Start Office Clerk Clara Brown, standing, introduces herself to her colleagues in attendance.

Biking For Cancer Research at CHELC

Community Hills Early Learning Center held its 14th annual Trike-A-Thon April 20 to benefit St. Jude Children’s Research Hospital. Children brought bikes to school and were able to ride them around the center’s parking lot or their classroom. Parents also came out for the Trike-A-Thon, some helping their children navigate on their bikes. Money raised through the event goes toward children’s cancer research.



NCC Staff Members Help Those In Need

Members of the New Community Health and Social Services staff took time out of their day to distribute extra ready-to-eat snacks and milk the NCC Emergency Food Pantry received from the Community FoodBank of New Jersey. The items were given out to those in need around Newark Penn Station April 13. Items included Pop-Tarts, peanut butter crackers, milk and ready-to-eat chicken and rice. *Photos courtesy of Donnette Burrowes-Williams.*



Home Friends Coordinator Giselle Oviedo, who also runs the NCC Emergency Food Pantry, offers a man some food.



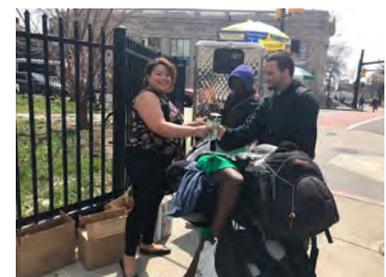
Assistant Director of Health and Social Services Donnette Burrowes-Williams helps a man.



Assistant Director of Health and Social Services Donnette Burrowes-Williams and Douglas Homes Care Coordinator Luz Toro with two individuals who received snacks and milk.



Associates Care Coordinator Flavia Pinheiro with recipients of the snacks.



Douglas Homes Care Coordinator Luz Toro hands out food.

Social Security News

Social Security Honors The Nation's Heroes On Memorial Day

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

On Memorial Day, we honor service members who have given their lives for our nation. Social Security acknowledges the heroism and courage of our military service members, and we remember those who have given their lives to protect our country. Part of how we honor these heroes is the way we provide Social Security benefits.

The loss of a family member is difficult for anyone. Social Security helps by providing benefits to protect service members' dependents. Widows, widowers and their dependent children may be eligible for Social Security survivors benefits. You can learn more about Social Security survivors benefits at www.socialsecurity.gov/survivors.

It's also important to recognize those service members who are still with us, especially those who have been wounded. Just as they served us, we have the obligation to serve them. Social Security has benefits to protect veterans when an injury prevents them from returning to active duty or performing other work.

Wounded military service members can also receive expedited processing of their Social Security disability claims. For example, Social Security will provide expedited processing of disability claims filed by veterans who have a U.S. Department of Veterans Affairs (VA) Compensation rating of 100 percent Permanent & Total (P&T). The VA and Social Security each have disability programs. You may find that you qualify for disability benefits through one program but not the other, or that you qualify for both. Depending on the situation, some family members of military personnel, including dependent children and, in some cases, spouses, may be eligible to receive Social Security benefits. You can get answers to commonly asked questions and find useful information about the application process at www.socialsecurity.gov/woundedwarriors.

Service members can also receive Social Security in addition to military retirement benefits. The good news is that your military retirement benefit generally does not reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at www.socialsecurity.gov/retirement. You may also want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/planners/retire/veterans.html.

Service members are also eligible for Medicare at age 65. If you have health insurance from the VA or under the TRICARE or CHAMPVA programs, your health benefits may change, or end, when you become eligible for Medicare. Learn more about Medicare benefits at www.socialsecurity.gov/medicare.

In acknowledgment of those who died for our country, those who served and those who serve today, we at Social Security honor and thank you.

SENIOR SPOTLIGHT: Gertrude Oliver



Gertrude Oliver has been living at Extended Care since December.

Lifelong Newark resident Gertrude Oliver has been staying at New Community Extended Care Facility since December. The active member of the nursing home hopes to return to her apartment with the help of family and staff.

Oliver worked as a licensed hairdresser in Newark on Thursdays, Fridays and Saturdays and was an assistant at a day care center in the city where she watched children and made sure they had what they needed throughout the day, including coats during outside playtime.

Late last year, Oliver got very sick and her children brought her to Newark Beth Israel Medical Center. She was referred to Extended Care and moved into the facility at 266 South Orange Ave., Newark, in December 2017.

When she came to the facility, Oliver was very dependent on staff members. But over time, she has gotten stronger and even assists other patients now.

Licensed Practical Nurse Maria Cruz calls Oliver one of her success stories.

"When everybody was giving up, I didn't," Cruz said. "When she came, we did everything for her. Now she does everything herself, with supervision."

Oliver said she likes to keep busy and help others. If a neighbor needs help opening an item, she's there to assist. She's often out of her room as well, walking the halls or participating in group meetings where residents discuss current events, do arts and crafts, exercise and drink coffee and juice together.

She has a list of exercises to keep her strength up, which she does daily. She sometimes participates in physical therapy and lifting weights as well.

Oliver still likes doing hair and enjoys dancing. She studied jazz, tap and ballet and danced at Newark Symphony Hall for special occasions in her younger years.

Now at 66, Oliver may not be as fast as she once was, but she still keeps active and is happy to report she hasn't fallen since coming to Extended Care.

"I like to have fun. I like moving around," she said. "I like keeping busy."

Oliver has a son who lives in Kearny and a daughter who lives in Newark. She also has two grandchildren.

While she doesn't mind accepting help, Oliver said, "I don't want to be dependent on my son and daughter."

She also doesn't want to be depended on Extended Care. She's thankful to be at the facility, but she is working toward getting released and returning to her apartment on Dayton Street.

Cruz said Extended Care staff members are working with Oliver with that goal in mind.

"Her plan is to go home. We're helping to make sure she gets home safely," Cruz said.

vna Health Group
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Wellness Tip
May 2018

6 ways to control

Blood Pressure



Exercise Regularly

Just 30 minutes of exercise each day can lower your blood pressure by 5 to 8 mm Hg. Exercise can help avoid developing hypertension and bring your blood pressure down to safer levels.



Eat Healthy

Eat a diet rich in whole grains, fruits, vegetables and low-fat dairy products. If you have high blood pressure, skimping on saturated fat & cholesterol can lower your levels by up to 11 mm Hg.



Reduce Sodium

Even a small reduction in the sodium in your diet can improve your heart health and reduce blood pressure by about 5 to 6 mm Hg if you have high blood pressure.



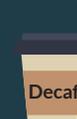
Quit Smoking

Each cigarette you smoke increases your blood pressure for many minutes after you finish. Stopping smoking helps your blood pressure return to normal.



Reduce Stress

Chronic stress contributes to high blood pressure. Take time to try to relax by meditating, yoga, deep breathing or doing something you enjoy.



Cut Back on Caffeine

The role caffeine plays in blood pressure is still debated. Caffeine can raise blood pressure up to 10 mm Hg in people who rarely consume it.

Adult Learning Center Student And Volunteer Hopes Accounting Job Is In Her Future



Gloria Orjuela emigrated from Colombia to Canada and then to the United States. She has taken classes at the New Community Adult Learning Center and serves as a volunteer there.

When Gloria Orjuela left Colombia with her husband and daughter, she didn't know she would end up in New Jersey. The trio emigrated to Canada and became a family of four there before moving again to the United States.

In Colombia, Orjuela earned a bachelor's degree and had 12 years of experience in accounting. She also took English classes in her native country to help with the transition from Colombia to Canada. Once she moved to Calgary, Canada, she entered a government program that provided training and work placement. She became a financial accountant for a company there.

Six years after moving to Canada, her husband was offered a job in his field of electrical engineering in the United States. The couple made the decision to move once again and start a new chapter. Orjuela's husband moved first and she followed 10 months later with their two daughters. The family currently resides in Bloomfield.

Once the move was complete, Orjuela went to the library to find adult education programs to improve her English and work toward getting a job in

the United States. She found Literacy Volunteers of America and started an ESL program. She also participated in the Language Exchange program at the Bloomfield Library, which involves English-speakers who want to learn Spanish and Spanish-speakers who want to learn English. It was there she connected with Cristhian Barcelos, who serves as the executive director of LVA and the director of the New Community Adult Learning Center.

Orjuela enrolled in the GED class through the Adult Learning Center. Her goal is to get what she needs to work in accounting again.

"I want to improve my English and be able to know the style of education the United States has. With that, take the GED test and go to college and have other opportunities in my career," she said.

Her experience at the Adult Learning Center was very positive.

"My teacher was so amazing. She was really professional," Orjuela said. "She was not only teaching subjects, but she was teaching me how to have great emotional intelligence."

Sometimes there are low expectations with community programs, but Orjuela said the Adult Learning Center offers quality education and she would recommend it.

"If you want to achieve more, be able to work as a team and help others, this is a fantastic opportunity," she said.

Not only was she a student, but Orjuela also volunteers at the Adult Learning Center, doing general office work like answering phones, data entry and making labels. For her, it's important to volunteer.

"You show your performance of work and you help people who need your help," she said.

Barcelos is happy to have Orjuela as a volunteer. He said she's always helping people, whether she's doing office work, proctoring and timing exams or helping students who have fallen behind. He called her dependable, helpful and responsible.

"Everything she does is great," he said. "She's wonderful to have."

Orjuela's ultimate goal is to work in accounting again, but for now she wants to find a job, perhaps in finance. She is a Canadian citizen and is able to work in the United States through NAFTA.

She lives in Bloomfield with her husband and two daughters, ages 12 and 6.

She works hard at volunteering and learning as much as she can each day with the hopes of achieving her goals.

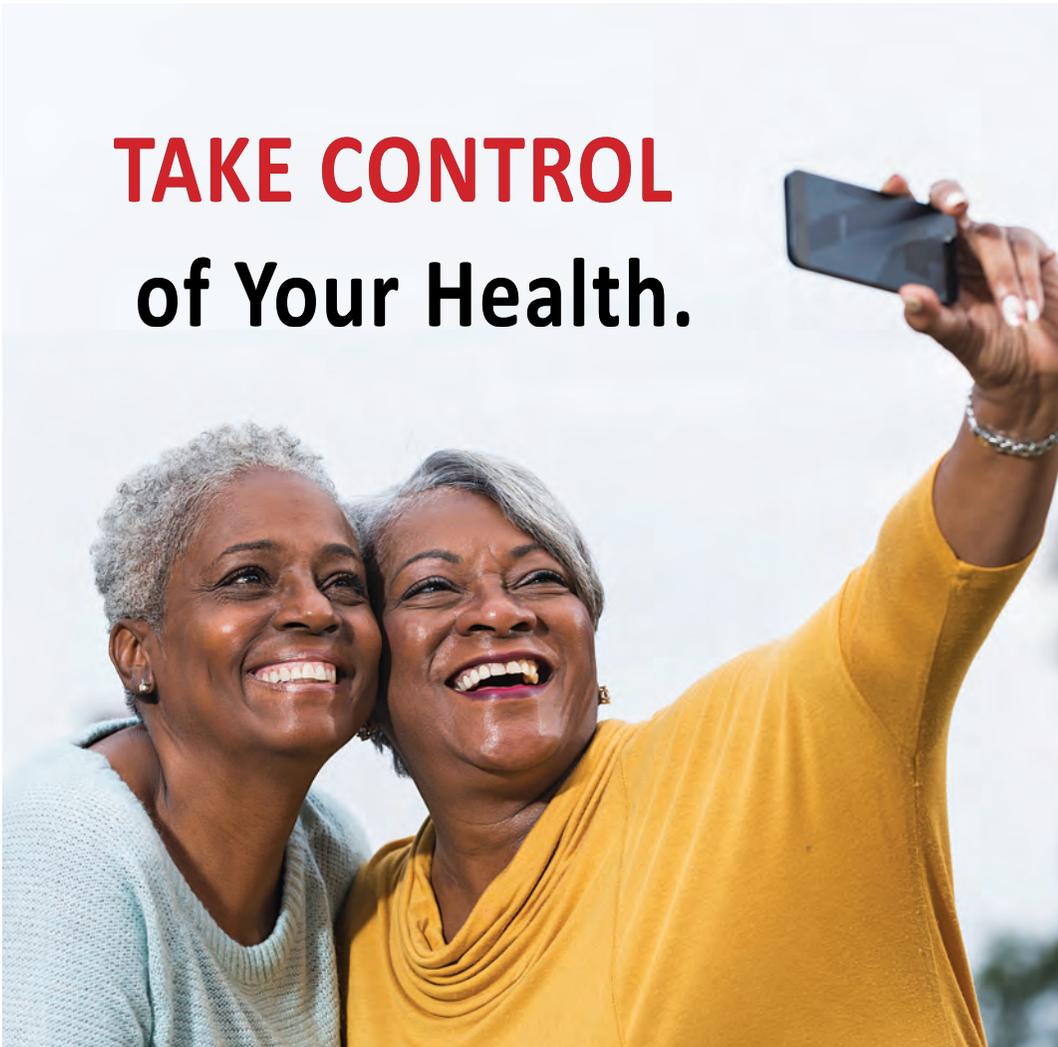
"The key to success is to do your best every single day," she said.

CHELC Students Raise Awareness About Autism

In recognition of Autism Awareness Month, Community Hills Early Learning Center held a parade April 19. Students and teachers held signs and wore shirts to recognize the condition and express their support for those with autism. The parade was held during the Week of the Young Child. Photos courtesy of Aliya Wadood.



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Credit Union Member Helps Others After Overcoming Struggles



Rev. Dr. Miles S. Callender, AAS, BSW, CSW, MSW, Ph.D., at the window of New Community Federal Credit Union with NCFCU Director Mulu Gebreyesus.

Miles Callender has completed an impressive amount of education: two associate degrees, two bachelor's degrees, two master's degrees and a doctorate. He currently works at Bethel Counseling Services in Newark as a substance abuse and mental health specialist. But it wasn't always obvious that he would end up on this path.

What's not surprising is that Callender entered a career path helping others. From the time he was young, he looked up to people who were making a difference in the world. He met Martin Luther King Jr. a week before his assassination and took part in the Walk for Understanding that took place after his death. He was 6 at the time.

New Community Founder Monsignor William J. Linder was Callender's pastor at one time. His whole family attended Queen of Angels Church until its closing.

"That's the history I come from: social justice, civil rights and to advocate for the less fortunate," Callender said.

He spent 15 years in the military, serving in the Army, Army National Guard, Army Reserves

and United States Marine Corps. He received an honorable discharge from all.

Callender lived at New Community Gardens Senior, 265 Morris Ave., Newark, for a time until he was removed from the building about 15 years ago for substance abuse. While he was a resident, he opened an account at New Community Federal Credit Union. He remained a credit union member even after his departure and still uses its services today.

"Even in my worst state, they were always very, very supportive," Callender said of New Community personnel. "Mulu always said, 'Miles, you're living beneath your potential. Just stop doing the drugs.'"

Mulu Gebreyesus is the director of the New Community Federal Credit Union. She always encouraged Callender to get sober and he has. Once he was free of drugs, he was able to focus on education, which has led to multiple degrees and certifications.

Callender has an Associate of Applied Science degree, Bachelor of Social Work, Master of Social Work, a Doctor of Theology (Th.D.) and a Ph.D. in theology and ministry. He has studied at Essex County College, Eastern Bible Institute and Seton Hall University. He is a Certified Social Worker, Licensed Certified Social Worker and Licensed Substance Abuse Addiction Specialist. He is a member of the national social work honor society Alpha Delta Mu. He also has a certification in anger management and is an

HIV specialist.

"The first time I met Miles as a young man, he did not take any directions or follow anyone's rules other than his own. Today Miles has accomplished the goals he has set for himself, and that made him an exemplary within his community," Gebreyesus said. "Miles' achievements show that one can dream and make the dream come true with hard work and dedication."

In addition to meeting his own goals by completing his education, his career in social work is very fulfilling to him.

"It's in giving that we receive. And that's why social work is so gratifying," Callender said.

He uses his own past experiences to help with his work as a substance abuse counselor, though he said disclosure of his past is only necessary when it helps the client.

Callender is happy to be drug free and helping others but hasn't forgotten all his experiences.

"I'm not ashamed of my past," he said. "Those that don't acknowledge their past are doomed to repeat it."

New Community Will Be At Essex County Job Fair

Representatives from New Community Corporation will be at the Essex County Job Fair to help recruit for open positions within the network.

The job fair will take place Thursday, May 24 from 10 a.m. to 3 p.m. at the Essex County College Gymnasium, 303 University Ave., Newark. The event is free and open to the public. Pre-registration is available until May 18 online at www.essexcountynj.org or in person at the Essex County One-Stop Career Center located at 50 South Clinton St., Second Floor, East Orange. On-site registration is also available at the event.

In addition to employers at the job fair, other services will be provided, including assistance with health screenings, foreclosure and homelessness prevention, heating and rental assistance and more. For additional information, call the Essex County Department of Economic Development, Training and Employment at 973-395-8415.

To see the open positions New Community is looking to fill, visit www.newcommunity.org and click on Jobs at New Community. You can see details about the positions and apply directly online.

NEW COMMUNITY CORPORATION

NCC 50th Anniversary 1968-2018




SUMMER

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56-68 Hayes Street • Newark, New Jersey 07103
Telephone: 973-242-7934 • Fax: 973-242-7935

Campers will be participating in the Summer Food Service Program, which is a federal program of the Food and Nutrition Services, United States Department of Agriculture. This program provides all children 18 years of age and under with the same free meal in accordance with a menu approved by the state agency.

Family Service Bureau

May Is Mental Health Awareness Month

According to the National Alliance for Mental Illness (NAMI), “every year millions of Americans face the reality of living with a mental health condition, as one in five U.S. adults will experience a mental health condition in their lifetime. However, everyone is affected or impacted by mental illness through friends and family.” May as Mental Health Month (MHM) was started 68 years ago by Mental Health America to raise awareness about mental health conditions and related issues in the United States.

Also, we can’t forget about youth. According to the Centers for Disease Control (CDC), for youth between the ages of 10 and 24, suicide is the third leading cause of death. More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease combined. It results in approximately 4,600 lives lost each year. Each day in our nation there are an average of over 5,400 suicide attempts by young people in grades 7-12. Four out of five teens who attempt suicide have given clear warning signs. Kids who are bullied are more than twice as likely to consider suicide, according to a recent study in the Journal of the American Medical Association. (Information courtesy of kids.gov, nimh.nih.gov, samhsa.gov, cdc.gov, AMA.)

In recent years, attitudes toward mental health issues appear to be changing. Negative attitudes and stigma associated with mental health have reduced and there has been growing acceptance of mental health issues and support for people with them.

As a mental health provider agency, Family Service Bureau encounters many individuals and families on a daily basis seeking treatment and understanding of mental illness. With two locations in Newark and Kearny, many of our clients seek treatment for depression, anxiety, ADHD, bipolar disorder, schizophrenia and substance use disorders. While the same services are provided at both locations, for many years the Kearny location has provided treatment for more chronic mental health issues. Conversely, Newark clients tend to address the same issues that may be intermittent or temporary depending on the trigger for the situation.

FSB Executive Director Manuela Garcia is working to make both Newark and Kearny a Stigma-Free Zone with the local agencies and officials and is hoping both municipalities become a Stigma-Free Zone by this time next year.

When you or someone you love is dealing with a mental health concern, sometimes it’s a lot to handle. It’s important to remember that mental health is essential to everyone’s overall health and well-being, and mental illnesses are common and treatable. Yet, people experience symptoms of mental illnesses differently. With May dedicated to the education of mental illness, let us join in using the hashtag #riskybusiness to bring awareness to symptoms in a nonjudgmental way. If you or anyone you know identify with any of these symptoms and would like to speak to someone in confidentiality, please contact Family Service Bureau at 973-412-2056 to schedule an intake appointment.

TAKE ACTION to raise awareness of mental health and help eliminate the stigma of the disease so recovery can begin. Not sure where to start? Find resources listed below. Most offer FREE educational sessions and print materials. Host an awareness event, post information on your website, send a blast to your parents and student groups.

DOING NOTHING is not an option.

The steps you take may just be the ones that help save a life.

Mental Health Resources

www.rememberingtj.org
www.2ndfloor.org
www.ifred.org
www.mindingyourmind.org
www.erikaslighthouse.org
www.attitudesinreverse.org
www.sptsusa.org
www.activeminds.org
www.apa.org/helpcenter/wellness
www.nami.org
www.nimh.nih.gov/index.shtml
www.samhsa.gov/children
www.americanspcc.org/facts-teen-suicide
www.mentalhealth.gov

NCC Hosts Candidate Forums For Residents

New Community residents got to hear from members of their community running for office during the month of April. Associates, 180 South Orange Ave., Newark, hosted candidate forums for races taking place in the city. NCC residents gathered in the Community Room of the building where candidates answered questions.

Board of Education candidates Marcus Allen, Denise Cole, Che’ Colter, Yambeli Gomez, Khalil Hannah, Dawn Haynes, Jameel Ibrahim, Yolanda

Johnson, Johnnie Lattner, Omayra Molina and Asia Norton participated in a forum April 3 ahead of the April 17 election.

Candidates running for city council in the Central Ward answered questions for NCC residents April 10. Cezre Adams, Rafael Brito, Anthony Diaz, Rashon Hasan, Shawn McCray, LaMonica McIver and Basil Parker were in attendance. Newark voters cast their ballots for council members May 8.



Candidates running for the Newark Board of Education participate in a candidate forum at Associates April 3. Photo courtesy of Joel Conaway.



Central Ward City Council candidates respond to questions from NCC residents during the candidate forum at Associates April 10.



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 (Inglés 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 público en general

Otros servicios

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

Advice About Small Businesses



Rising Tide Capital Credit to Capital Program Coordinator and Business Coach Fred Dominguez, Greater Newark Enterprises Corporation Business Specialist Al Alvarez and U.S. Small Business Administration Lender Relations Specialist Claudia Yarborough (seated left to right) discuss what it takes to start and run a small business. New Community Financial Coach Tamara Brown, right, moderated the panel discussion.

The New Community Financial Opportunity Center invited three speakers to discuss ways in which individuals can start their own small businesses. The Small Business Workshop was held April 24 and was open to students in New Community Workforce Development Center programs, NCC residents and employees.

Al Alvarez, business specialist with Greater Newark Enterprises Corporation; Fred Dominguez, Credit to Capital program coordinator and business coach with Rising Tide Capital; and Claudia Yarborough, lender relations specialist with the U.S. Small Business Administration spoke to attendees about the steps they should take when starting their own business and various resources available to them. They also answered questions and handed out literature. Financial Coach Tamara Brown organized the event and moderated the panel discussion.

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.

May We Go Green

by Leslie Lesley



When you think about the month of May, what are some of the traditional celebrations that come to mind? There's Mother's Day of course and the ever popular celebration of Older Americans.

The month of May also recognizes or brings awareness to various causes such as foster care, lupus and high blood pressure, to name a few. For those Clarion readers who may be sports enthusiasts, May is also National Bike Month. How many of you knew that May is also National Salad Month? That's right, the celebration of salad! What better way to kick off the summer season than by starting it off with a month long commitment to eat healthier? You know, experts say it takes about 30 days to develop a new habit.

So with health and well-being in mind, this Clarion

literary contributor would like to issue a challenge to all of the Clarion moms as we look forward to the annual Mother's Day celebration. Would you join me and consider having at least one salad per day for the entire month of May? Husbands and children, instead of the regular bouquet of flowers for mom this year, why not consider giving mom a gift of greens? You know, lettuce, kale and spinach? Mom's commitment to the "Salad Challenge" will be that much better if she is supported by those who love her.

Moms, so that your challenge doesn't become something boring or monotonous to your palette, consider enhancing your salad by adding veggies like baby corn, cucumbers, tomatoes, mushrooms or carrots. Or even add a touch of sweetness to your salad by tossing in a few toppings like strawberries, mandarin oranges or maybe some blueberries or cranberries. A couple of pieces of grilled chicken or salmon to finish it off can really spice up your salad and turn it into a festive, savory entrée with texture, flavor and crunch! Take the challenge mom, go green in May and have a blessed Mother's Day!

Workforce Development Center Open House Set For May 22

Continued from page 1

program. The school will also be offering evening classes for its Clinical Medical Assistant, Patient Care Technician and Microsoft Office User Specialist programs starting with the July session.

All programs offer industry recognized credentials. Financial aid is available for those who qualify and there are no residency restrictions.

For more information about the Open House and to RSVP, call Student Recruiter/Admissions Representative Aziza Johnson at 973-639-5633 or email ajohnson@newcommunity.org.

To complete an application online, visit www.newcommunity.org.

The mission of New Community Workforce Development Center is to improve the quality of life of all students through education and occupational training in a community that fosters life-long learning.

Non Profit Org.
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Newark, NJ

CHELC Students Learn From Newark Firefighters

Members of the Newark Fire Department visited Community Hills Early Learning Center April 17 to discuss fire prevention and what to do in case there is a fire. The children learned about smoke detectors, to dial 911 in an emergency and to stay low to the ground if there is smoke. They learned about all the gear firefighters must wear when entering a burning building and not to be afraid of firefighters who might look scary with all their equipment. The children also got to see a fire truck up close. The event took place during the Week of the Young Child.

