New Community Hosts Grand Opening Of Housing Facility For The Chronically Homeless

New Community Corporation hosted about 100 people Oct. 18 for the grand opening of its new supportive housing facility for the chronically homeless, which is also New Jersey’s first HUD Safe Haven model development.

Called A Better Life, the facility will house chronically homeless individuals, many who suffer from mental illness. They will live in studio apartments at 101 Fourteenth Ave. in Newark that include a private bathroom that is handicapped accessible and a kitchen area with a stovetop, microwave and refrigerator.

We Must Improve Our Treatment Of Puerto Rico

Editorial By Monsignor William J. Linder

When Hurricane Maria made landfall on Puerto Rico Sept. 20, the island hadn’t yet recovered from Hurricane Irma. Maria officially killed 49 people, though the actual number is likely higher, and caused catastrophic damage that has turned into a humanitarian crisis. More than a month later, the majority of the island is still without power and could be without it for many more months.

Residents there are also struggling to get water and food. Images show people waiting in long lines for basic supplies and even drinking water from contaminated sites.

Being without electricity and water is absurd in this day and age. We have to pool all the resources we can to make the people there whole as quickly as possible.

The government’s response to Puerto Rico was much different than what occurred after Hurricane Harvey hit Texas and Hurricane Irma hit Florida. Why? Prejudice. I think we’re treating the people of Puerto Rico like second class citizens.

Our country is better than that. Or it should be.

President Trump visited the island after the disaster but didn’t seem to understand the gravity of the situation. He’s not the one suffering. He lives in the White House, which has much more than the basic necessities.

The president has said the recovery effort in Puerto Rico is more difficult than the mainland United States because it’s an island and it was in poor shape before the hurricanes hit. This should not be an excuse to justify the slow recovery time.

The people of Puerto Rico continue to suffer. Without access to clean drinking water and power, the death toll from Hurricane Maria could grow even higher, which would be a great tragedy.

We have to correct this injustice facing our fellow Americans. If the president can’t, then he has to go.

Extended Care Medical Director Named Top Doctor

Dr. Nicholas Guittari, the medical director of New Community Extended Care, has been named a Top Doctor for 2017 for his commitment to excellence in geriatric medicine by NJ Top Docs, a division of USA Top Docs.

Guittari has always been interested in geriatrics. He grew up with three of his four grandparents having Alzheimer’s disease, which got him interested in the field.

He got his bachelor’s degree from St. Peter’s University in Jersey City and attended New Jersey Medical School. He also completed a two-year fellowship at New York University School of Medicine.

Guittari began practicing medicine in 1991 at Newark Beth Israel Medical Center and started a private practice in 1997.

New Community Founder Monsignor William J. Linder recommended Guittari for the position of medical director at Extended Care. Guittari was his doctor and Linder was impressed with him.

“He takes every patient seriously. He’s an excellent doctor and such an excellent person,” Linder said. “I’m very pleased my doctor is getting the recognition that he deserves.”

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The New Community Clarion

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

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OUR MISSION
To help residents of inner cities improve the quality of their lives to reflect individual, God-given dignity and personal achievement.

New Community is recognized as:

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

National Conference

New Community Workforce Development Center Director Rodney Brutton attended the national Financial Opportunity Center Conference Oct. 3 through Oct. 5 in Saint Paul, Minnesota. He served on a panel to discuss diversifying funding methods to sustain FOC services. Jerrah Crowder, program officer from Greater Newark LISC, also attended along with FOC personnel from Ironbound Community Corporation.

Around The Network

CHELC Recognizes Breast Cancer

Children at Community Hills Early Learning Center participated in a Breast Cancer Awareness Walk Oct. 13 around the Community Hills complex. They wore pink and held signs to commemorate Breast Cancer Awareness Month. Photos courtesy of Nelly Payen.

Dancing At Douglas Homes

Residents of Douglas Homes, 15 Hill St., Newark, spent the afternoon Sept. 29 dancing in the Community Room. It's a new program for the building, which aims to bring residents together for some physical activity and social interaction.
Employee Of The Month: Shanell Sing

Although Shanell Sing isn’t a parent, she knows the ins and outs of caring for and teaching babies and toddlers. She is a floating teacher’s assistant for New Community Corporation’s day care centers, working mainly at Community Hills Early Learning Center in toddler and infant rooms.

When Sing was in high school, she participated in New Community’s Newark Youth Leadership Project (NYLP) and got her first experience with early childhood education at CHELC. It was then that she realized she wanted to pursue a career in that area.

After graduating high school, she worked at Harmony House Early Learning Center for four years as a teacher’s assistant. She then worked at Extended Care for three years as an activities assistant, working with the elderly and Alzheimer’s patients.

She transitioned back to early childhood education in July when she became the floating teacher’s assistant.

In her role, Sing assists teachers with activities that help children gain fine motor skills and language. She also helps clean classrooms and decorate the hallways.

“Anything I can do to lend a helping hand,” she said.

Those walking through the hallways at CHELC can see she has a knack for decorating. She created an underwater scene to hang above the fish tank, a bulletin board that looks like crayons in their box and a welcome board for the facility.

Her work hasn’t gone unnoticed.

“She is a teacher that goes over and above for not only the children in her care, but the parents and the staff. Ms. Shanell never complains when asked to do something and always does it with a smile. On nights that I close the building, Ms. Shanell always makes sure that I’m OK and never leaves until I’m done,” said CHELC Director Gloria Johnson. “If you look at the amazing bulletin boards around the center, it’s due to the amazing work of Ms. Shanell.”

Sing has been a part of New Community since she was a child, attending St. Rose of Lima school for kindergarten through second grade and being part of NYPL. She is grateful to New Community for helping her get her Child Development Associate credential, which she completed Sept. 30. She attended classes for the six-month program on Saturdays, never missing a session.

She hopes to get a bachelor’s degree in education in the future and continue teaching in an early childhood center.

“I love everything about it,” she said of her job. “It doesn’t matter how I feel or what’s going on, when I come through the doors, I forget about everything.”

Sing’s positivity shows when she talks about her job and the kids she works with.

“I don’t have any children so these are my babies,” she said.

Sing lives in Newark with her mother, New Community Human Resources Manager Anna Sing-King; step dad; and two brothers. In her spare time, she likes completing Sudoku puzzles and doing crafts.

New Community Corporation Founder Monsignor William J. Linder and staff members attended the 32nd Annual Saint Vincent Academy Friends in Concert event Oct. 12 at the school, located at 228 West Market St. in Newark, across the street from NCC headquarters. The annual fundraising event featured singing and dancing by SVA students and honored three couples: former Gov. Brendan T. Byrne and Mrs. Ruthi Byrne; Rev. Dr. M. William Howard Jr. and Mrs. Barbara Howard; and Mr. A. Michael Lipper and Mrs. Ruth C. Lipper.
New Community Hosts Grand Opening Of Housing Facility For The Chronically Homeless

Continued from page 1

“This is a group that requires our help. It requires much more than this. This can only just be the very beginning. The issue that we’re facing of homelessness is much larger than this,” Rohrman said. “We’re hoping that by doing this it can be replicated with more and more of this in the city and elsewhere.”

Essex County Executive Joseph DiVincenzo said the county has more than 3,000 homeless people. “So that’s a very, very high number. Being part of the New Community family and being part of this, people that are here will be involved in all the other programs and services that are offered so it’s giving them a second chance and that’s what we should be doing,” he said.

Congressman Donald Payne Jr. said he was delighted to lend his support. “It’s not radical to propose that everyone have a home,” he said. “Our veterans, our citizens are in need and it’s incumbent upon us to do everything we can to eradicate that need.”

Federal Home Loan Bank of New York Community Investment Research and Outreach Specialist Brian Loeb said A Better Life meets people where they are to help them. “These 20 of the most vulnerable people in Newark are going to have a bed. And more than a bed, a place to call home,” he said.

Red Stone Equity Partners Managing Director of Acquisitions Richard Roberts said the solution to homelessness is simple. “It is supportive housing. It is the bricks and mortar with the services on site. Not around the corner, not down the block, not downtown,” he said. “And if we muster the resources and the political will to commit more money, time and energy to projects like this, a problem which harms so many people could be solved.”

New Jersey Housing and Mortgage Finance Agency Executive Director Anthony Marchetta said the Christie and Obama administrations were involved in the completion of A Better Life. “We got half of the resources for this facility from the Sandy Special Needs Housing Trust Fund. That’s a combination of both the state and the federal government,” he said.

University Hospital’s emergency care system will refer individuals for placement at A Better Life. Rutgers University Behavioral Health Care will be providing 24/7 supervision and support for the residents.

Rosemarie Rosati, who recently retired as COO of Rutgers University Behavioral Health Care and was heavily involved in the planning and completion of A Better Life, said, “This program represents the best types of services that I worked to develop over my 38-year career in mental health.”

Continued on page 5
She said the building has been specially designed to serve the chronically homeless. “The services are tailored to engage folks because it’s difficult to just move off the streets to a structured program,” she said.

Former director of the U.S. Department of Housing and Urban Development (HUD) Newark Field Office Diane Johnson served as the emcee of the grand opening. She talked about the many offerings of New Community, including two early childhood learning centers; education and youth services; the Adult Learning Center; Workforce Development Center; New Community Federal Credit Union; Harmony House, a transitional housing facility for homeless families; housing for families in Newark and Jersey City; senior housing in Newark, Orange and Jersey City; Extended Care, a nursing home; the Family Service Bureau, which provides behavioral and mental health services; and the Family Resource Success Center, which links individuals to services they need.

A Better Life is a joint project led by New Community Corporation in collaboration with a number of funders and partnering agencies: New Jersey Housing and Mortgage Finance Agency, an affiliate of the New Jersey Department of Community Affairs; Red Stone Equity Partners; Essex County HOME Program; Newark HOME Program; U.S. Department of Housing and Urban Development; and the Federal Home Loan Bank of New York. Chelsea Construction Company, a subsidiary of New Community, managed the project and Claremont Construction served as the general contractor. The facility was designed by lwdmr Architects.

Drummond was born and raised in Newark and attended West Side High School. She saw a sign posted at the high school about the various programs offered at the Workforce Development Center and upon graduation enrolled in the home health aide program that was offered. She then returned to complete the patient care technician (PCT) program.

Her interaction with a family member pushed her toward health care.

“I used to take care of my great grandmother before she passed away. That’s what made me want to be in the medical field,” Drummond said.

On April 1, 2016, a month after graduating from the PCT program, Drummond decided to relocate to San Antonio with her fiancée. She said it didn’t take long for her to find a job because the credentials she received are transferable. She just had to show her employer the certificate she earned.

Drummond currently works at a memory care and assisted living facility as a patient care assistant. She assists residents with daily routine tasks as needed, including offering help getting dressed and getting to the bathroom. She also checks vitals and sits and talks with residents at lunch.

For more information about Workforce programs and to apply, visit www.newcommunity.org.
Social Security News

Social Security Supports Veterans

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

Supporting veterans and active duty members of the military is a key part of Social Security’s mission. Our disability program has helped countless wounded warriors and their loved ones. Every Veterans Day, the nation collectively honors the brave people who risk their lives to protect our country.

For those who return home with injuries, Social Security is a resource they can turn to for disability benefits. Social Security’s Wounded Warriors website is at www.socialsecurity.gov/woundedwarriors.

The Wounded Warriors website has answers to many commonly asked questions, and provides other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. Benefits available through Social Security are different from those available from the Department of Veterans Affairs; they require a separate application.

Social Security’s expedited process is available to military service members who become disabled while on active military service on or after Oct. 1, 2001, regardless of where the disability occurs.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they’re unable to work due to a disabling condition. Active duty status and receipt of military pay doesn’t necessarily prevent payment of Social Security disability benefits. Although a person can’t receive Social Security disability benefits while engaging in substantial work for pay or profit, receipt of military payments should never stop a person from applying for disability benefits from Social Security.

You can learn more by visiting our veterans page at www.socialsecurity.gov/people/veterans.

SENIOR SPOTLIGHT: Sharon Able

Sharon Able is grateful to be at New Community Extended Care. She credits the facility and its staff with saving her life.

Able, 64, first came to Extended Care after suffering a stroke. She couldn’t walk and said she was also on drugs at the time.

“If it wasn’t for Extended Care, I know I would’ve been dead by now. God has given me another chance,” she said.

She participated in physical therapy at the facility and still does exercises. While she has some lasting effects from the stroke, including shaky handwriting, she’s now able to walk with a walker.

She was able to move out of Extended Care for a time, but came back due to diabetes. She has lived at the facility for a total of a few years.

“Extended Care has been a big help. Nobody likes to be confined in one place, but if I hadn’t been here, I could be dead,” she said.

Able is involved in Extended Care activities and is a social person.

“She’s very helpful and caring with older residents,” said Avril Cunningham, director of social services for Extended Care.

That includes her roommate, who Able said is like her grandmother.

“I get along with everybody,” she said. “I talk with everybody.”

Cunningham said Able is realistic and understood the need to give up her apartment to move to Extended Care. She also said Able worked hard on her recovery. “She kept going,” Cunningham said.

Through it all, Able said she has made an effort to continue to dress nicely, which she said makes her feel good.

Able is from Roselle and has lived in Elizabeth and Orange. She did clerical work for a pharmaceutical company in Union and did phone work for a taxi firm in Roselle.

She is divorced with two sons, two grandchildren and five great grandchildren, all of whom live in Elizabeth.

While Able hopes to get strong enough to move back out on her own, she appreciates Extended Care and all it’s done for her.

“You roll with the punches. You never know how life is going to go,” she said.

**Wellness Tip**

This November, we’re sharing these Home Care and Hospice Triggers in light of Home Care and Hospice Month.

*Home Care Triggers*

When Home Care Can Help

If you experience one or more of the following, you could benefit from home health care:

- History of falls
- Frequent ER visits or hospitalizations
- Frequent calls to the doctor’s office
- Difficulty managing a chronic illness
- Decrease in ability to move around
- Use of 5 or more medications
- Change in your weight or appetite
- Feelings of depression or anxiety
- Difficulty in managing daily activities

*Hospice Triggers*

When It’s Time To Call

Even when there is no cure, there is much healing that can take place. If you have a life-limiting illness and experienced one or more of the following, Hospice can help:

- Frequent Falls
- Loss of Appetite
- Difficulty bathing or grooming
- Increased ER visits or calls to the doctor
- Ongoing pain or discomfort
- Shortness of breath/w/minimal exertion
- Infections that don’t go away or return often
- Feelings of confusion or depression

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

**Save The Date**

NCC 50th Anniversary Gala
March 3, 2018
New Community has a new Security Operations Manager to oversee unarmed security personnel throughout the network. John Wade has 30 years of experience under his belt, spending time in the military and civilian law enforcement.

Wade spend six years in the Air Force, mostly overseas in Europe and Central America. He served as a weapons instructor and security specialist. After leaving the military, Wade spent more than 20 years with the Orange Police Department, rising through the ranks to lieutenant before retiring. He was asked to come back after retirement and served as the deputy emergency management coordinator and the police director.

He is very familiar with New Community. He was born and raised in Newark, graduated from Science Park High School and had family members and friends who lived in NCC’s housing.

“John will be a terrific addition to NCC. He has an extensive background in law enforcement in Essex County and is familiar with Newark and the people in law enforcement here. His background in training and administration brings a high level of organizational skills to us,” said New Community CEO Richard Rohrman. “I am happy to have him and look forward to working with John to further the NCC mission.”

Wade, who started in his role Sept. 18, said he wholeheartedly accepted the position when it was offered.

“My career has centered around different positions to make an impact. That’s what I want to do here, internally and externally,” he said.

As part of overseeing the 90-plus unarmed security members, Wade will be revamping the training programs. He serves as a police instructor part-time at the Essex County College Police Academy and plans to convert the instruction for the security officers and supervisors, increasing their knowledge and improving the image of the Security Department and New Community as a whole.

Wade enjoys teaching, which he has been doing for more than three years.

“I impart some knowledge that helped me survive the scrutiny of my position or spared my life in different situations,” he said.

Wade is also currently a student. He’s working toward a master’s degree in public administration at Fairleigh Dickinson University. He may also pursue a master’s degree in homeland security in the future.

Wade lives in Essex County and has two sons. Currently most of his free time is spent working toward his master’s degree.

“I’m committed to doing it,” he said.

Residents of Hudson Senior, 21-27 Orchard St., Jersey City, were in the Community Room Oct. 17 for a presentation called Know Your Medications. The Jersey City Medical Center Patient Navigation Program led the event, which informed residents about different aspects of their medications, including what types are used for chronic conditions and the safety and side effects associated with them.

Members of the New Community Health and Social Services Department wore pink Oct. 20 in honor of Breast Cancer Awareness Month.
More people in the United States die from lung cancer than any other type of cancer. The good news is, a lung screening can help detect cancer even before a person has symptoms. And when you find cancer early, treatment can be highly successful.

University Hospital is proud to offer Lung Cancer Screening.

Eligibility Requirements:
- 55-77 years of age.
- Asymptomatic — no signs or symptoms of lung cancer.
- Currently a smoker or have quit smoking within the last 15 years.
- Tobacco-smoking history is: 1 pack a day for 30 years OR 2 packs a day for 15 years OR 3 packs a day for 10 years.

State-of-the-Art Low Dose CT Chest Screening
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- Pain-free
- Covered by Medicare and most insurance plans

Appointments Necessary.
For your convenience, evening appointments are available.

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**Discussing The Meaning Of Culture In Newark**

The New Community Social Services Department arranged for Newark Arts to visit each senior building in Newark to hold community conversations that focus on the meaning of culture in Newark and how arts and culture can change the social, civic and economic status of the city’s communities. The visits continue in November.

**Helping Hurricane Victims**

Residents of Commons Senior and Orange Senior pooled their resources to donate bottled water to help the victims of recent hurricanes. The donations were sent to the Newark Police Department, which is collecting items for those affected by the recent hurricanes. Residents who donated to the cause from Commons Senior include Tonya Arthur, Minnie Bloomfield, Hilda Carrol, Seldon Chiles, Ronnie Clark, Willie Cook, Maria Aparecide Cyrek, Carol Davis, John Dillard, Persillia Fletcher, Clemintine Fowler, Lawrence Gordon, Gloria Harreson, York Howard, Rita Hudson, Melanie Lewis, Lillie Little, Allen Livingston, Sandra Nuach, Lilyan Rufino, Delfria Seals, Lana Thomas and Cynthia Yowman. Orange Senior residents who donated include May Boirard, Vernela Francois, John Hitchener, Maple Johnson, Joann Liggins, Anastasie Nervais, Marie Soutien, Gyslaine Sydney, Mr. and Mrs. Walkers, Rose Wittle and John Zuniga.

**Credit Union To Issue Loans To Assist Disabled**

New Community Federal Credit Union has partnered with National Disability Institute to help individuals with disabilities obtain devices they need. Residents of New Jersey and New York can apply for an assistive technology loan and the credit union will issue the loan and collect and report payments.

Assistive technology refers to products or devices that can improve the life of an individual with a disability. Examples include hearing aids, scooters, wheelchairs, computer equipment and home and vehicle modifications.

New Community Federal Credit Union Director Mulu Gebreyesus is looking forward to people taking advantage of this program.

“It’s important to provide an affordable loan to the community that we serve,” she said. “A lot of people need hearing aids and wheelchairs and other devices which they can’t afford. This program will give them an opportunity to get the assistance they need.”

National Disability Institute (NDI) received funding for the program, which is one of 41 nationally, from the U.S. Department of Education. The loans range from $500 to $30,000.

“We’re really lucky that we were able to strike up this collaborative effort with New Community Federal Credit Union because in many states, programs were not able to find a lender to issue and service the loans. That’s important. It creates an opportunity for the person who may be a senior, someone with a disability or a veteran to initiate a relationship with a financial institution in their community,” said Laurie Schaller, manager of financial empowerment at NDI.

Gebreyesus and Schaller first started discussing the possibility of a partnership in December 2015 and NDI began accepting applications for assistive technology loans in March 2017.

Individuals don’t need to have an account with the credit union to apply for the assistive technology loans, however they must watch an orientation video that helps them prepare for the loan application process and create a spending plan. Loan applicants are also required to submit certain documentation, including recent bills and sources of income.

People who may be denied a loan at a bank or credit union could be approved through this program. Schaller said NDI makes sure the loans are affordable for applicants who complete a spending plan because for some assistive technology devices, vendors may charge higher interest rates.

NDI prequalifies applicants and sends the information to New Community Federal Credit Union, which issues and services the loans. The credit union makes the final decision about who is approved. Schaller said nationally, these programs have a 94 to 98 percent repayment rate and NDI guarantees the loans.

New Community Federal Credit Union and NDI have a strong partnership and have collaborated in the past on a project aimed at encouraging credit unions to hire individuals with disabilities.

NDI is currently accepting applications for assistive technology loans. For more information, visit http://bit.ly/NDI-AT-Loan or call 202-449-9521.
At Family Service Bureau of Newark, we encourage social support and recognize the primary role that the elderly play in our society, especially in the lives of many children. The Kinship Legal Guardianship Program was created essentially for kinship caregivers who have taken on the responsibility of caring for their relatives’ children who are unable to live with their biological parents for different reasons.

According to the Foster and Adoptive Family Services of NJ (2017), “the easiest part of becoming kinship parents is making the decision to take in children in need. After that initial decision, one may be unsure of the procedures involved, or wonder if accepting the responsibility of becoming a relative caregiver was the right one.”

Additionally, kinship parents have a hard time dealing with the difficult emotions that come with kinship care and taking on additional responsibility can be stressful, especially for low income families. Therefore, the Kinship Legal Guardianship Program at the Family Service Bureau of Newark (FSB) supports grandparents and other relative caregivers to overcome such emotions and guide them through the emotional process.

During our support groups, grandparents refresh their parenting skills, build a new relationship with their grandchildren, learn how to work with their grandchildren’s school, are linked to community resources, participate in workshops and conferences from community leaders, learn tips for managing money and even find out how to navigate the legal issues.

Our program is open to all Newark resident caregivers and referrals are accepted from schools, community based organizations, faith based organizations, family members and even self-referrals. Through bi-monthly support meetings, family activities, field trips, holiday celebrations, home visits and free assistance services such as food, financial assistance and clothing, families develop skills and gain insights that enable them to become a more stable household.

Our families have had the opportunity to visit several amusement parks and have received free Halloween costumes, toys and winter clothing. They also enjoyed the Thanksgiving celebration and even took a trip to New York City to see the famous Rockettes at Radio City Music Hall for the Christmas Spectacular show. Our families have expressed their gratitude about our services and their need to continue receiving our support. Our program aspires to continue growing and make a difference in the life of our community.

See more photos on: facebook.com/newcommunitycorporation

Carving Pumpkins At Harmony House Early Learning Center

Children who attend Harmony House Early Learning Center got to experience the ins and outs of pumpkins firsthand. The children went to a pumpkin patch to pick out fruits and then spent the morning of Oct. 24 learning about what’s inside a pumpkin. They were able to see, smell, touch and taste the pumpkins after their teachers cut them open. They were also able to eat the pumpkin seeds they collected later in the day once they were roasted.
New Community Adult Learning Center
563 Orange Street, Newark, New Jersey 07107
(973) 558-5536
www.newcommunity.org/services/adult-learning-center/

Free Workshops & Services / Talleres y Servicios Gratuitos

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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.

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.

**Taking It To The Streets**

By Lesley Leslie

Have you noticed the number of angry drivers on your way into work or school in the morning? It really makes you wonder how so many people can appear to have had a “bad day” so early in the morning, just as the day has begun.

Perhaps a lack of sleep is the culprit? Studies have proven that an insufficient amount of sleep can make a person irritable.

Maybe it has something to do with misplaced anger towards someone else? Unresolved personal issues can lead to significant distress or unhealthy behaviors if left unresolved for too long.

Or maybe, just maybe you have not been able to manage your time in the morning because you wake up late every day. You are not allowing yourself enough time to get to where you need to go because you waste time doing things that are not a priority. So you find yourself rushing out the door and everything that happens from that point on is somehow everyone’s attempt to make you late. Sound familiar?

You bring whatever you may have experienced that morning before you left your house, right into the car and inevitably onto the highways, byways, off roads and in the case of those of us who live in urban cities, you take it to the streets!

People often forget that the vehicles we drive every day are thousand-pound machines capable of destruction, if not handled or driven properly. With the growing number of vehicular deaths caused by drivers under the influence, or by drivers who are distracted by cellular phone usage, it is important that we make a conscious effort not to add to those vehicular death numbers.

Drive safely!

**Learning To Recognize Breast Cancer**

Residents of New Community Associates, 180 South Orange Ave., learned about the importance of early detection when it comes to breast cancer. Zelia Desouza, community outreach coordinator for New Jersey Medical School visited the Community Room to discuss how to conduct a self breast exam and the signs to look for that require a doctor’s visit. The presentations are done throughout the community through a partnership with Rutgers and University Hospital.

**Medical Director Named Top Doctor**

Continued from page 1

Guittari spends three to four days a week at Extended Care, overseeing the care provided to residents. He’s sometimes at the facility on weekends and is available as needed.

In addition to being the Extended Care medical director, Guittari leads the geriatric department at Newark Beth Israel Medical Center and is also the facility’s director of hospice.

He very much enjoys his work. His favorite part?

“The old people. They’re the best,” he said. “They have a different perspective on life. They teach you time is finite and to make the most of what you have. Things aren’t always guaranteed.”

Veronica Onwunaka, administrator at Extended Care and director of Health and Social Services for New Community, said Guittari is a special medical professional.

“If you need an angel as a doctor, Dr. Nicholas Guittari is the one to ask for. He is a special gift from heaven, one of a kind. I am honored to have him as our medical director,” she said.

Guittari lives in Essex County with his wife and three daughters, ages 14, 17 and 19. He met his wife, a nurse, at Newark Beth Israel. They’ve been married 21 years and work alongside each other often.

NJ Top Docs invites doctors to complete a qualification questionnaire and then an internal group of members reviews applications anonymously and determines who will be designated a Top Doctor.
Senior buildings throughout the New Community network held Q&A Medicare Open Enrollment Sessions for those with questions about their current health plans. Those covered through Medicare can make changes to or add additional benefits to their plan during open enrollment, which runs from Oct. 15 to Dec. 7. The goal was to make sure residents remembered the open enrollment period so they have a health plan that’s providing the coverage they need. Sessions will continue into November.