



The New Community CLARION

Serving the People of the New Community Network

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Walk the Walk: NCC's Pledge to Double Down on Social Justice



NCC Founder Monsignor William J. Linder stands with community leaders after the 1967 Newark Rebellion to discuss the development of safe, decent and attractive housing for the Black community. *File photo.*

For more than 50 years, New Community Corporation has walked the walk of social justice, helping residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement. After all, NCC was birthed from the literal ashes of the civil disorders of 1967 by a core group of Black community leaders and White allies, including a young priest named William Linder. Together, they modeled through word and deed the moral principle and reality that Black Lives Matter.

Today, just as in 1967, NCC joins in solidarity with all those who seek justice and an end to police brutality and racism. In these 50 plus years, some things have changed but others have unfortunately remained the same. Newark is on the rise and is a model for peaceful protests. However, the incidents of police brutality, senseless hate crimes and the ravages of COVID-19 throughout the Black community are reminders of systemic racism in our society.

To this end, NCC has pledged to double down on our existing initiatives to close the asset gap and reduce inequality in health care, education, affordable housing and workforce development. We will also lean in with the social justice advocacy groups New Jersey Institute for Social Justice, Newark Communities for Accountable Policing (N-CAP) and others.

Furthermore, we will continue our ongoing support of Mayor Ras J. Baraka's initiatives toward racial and economic equity, including:

- Equitable Growth Advisory Commission
- Civilian Complaint Review Board (CCRB)
- Newark Guaranteed Income Task Force
- Newark 2020

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New Community Prepares for Staff's Return to On-Site Work



Members of New Community's Safe Reopening Committee assess workspaces at New Community Career & Technical Institute (NCCTI) July 9. The committee, tasked with helping department directors in their plans to bring employees back to their desks, conducted site visits throughout the NCC network to ensure social distancing was possible and determine the need for signage. *Photo courtesy of Benjamin Galvez.*

As the COVID-19 pandemic persists nationwide, New Community continues to take steps to ensure its sites are as safe as possible for employees, residents and clients. The Safe Reopening Committee was formed at the end of June to assess sites throughout the network and work with department directors on their plans to bring all employees back to their workstations.

"We are committed to providing the safest environment possible for our employees, residents and clients," said New Community CEO Richard Rohrman. "The Safe Reopening Committee has been an integral part of ensuring each department has what it needs as employees return on site."

The Safe Reopening Committee is comprised of five members: Chief Operating Officer Fred Hunter, Director of Human Resources Benjamin Galvez, Security Operations Manager John Wade, Security Safety Coordinator Obinna Onwunaka and Director of Environmental Services Wayne Gravesande. The committee's goal is to ensure each site has what it needs to welcome employees back in the safest way possible.

The group conducted site visits to assess signage, the ability to practice social distancing and other safety protocols, including the installation of plexiglass around workstations. The committee reviewed each department's plan for bringing employees back on site and provided guidance when necessary. Committee members talked through any issues and also worked with department and program directors to ensure proper sanitation of workspaces and availability of personal protective equipment (PPE), including ordering procedures.

"I think the staff has done a very good job of being responsible and wearing masks," Hunter said. "We're confident that if people continue to

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The New Community Clarion

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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.

Providing Food



Newark Emergency Services for Families (NESF) provided a food donation for the residents of Harmony House, NCC's transitional housing facility for homeless families, July 30. See page 4 for a letter of thanks to all Harmony House donors. *Photo courtesy of Yonette Fredericks.*

Around the Network

NCC Buildings Get High Marks

Under the guidance of the Mayor's Office, the Newark Director for Senior Services is overseeing a letter grade system to rate senior housing buildings in the city in the midst of the COVID-19 pandemic. Douglas Homes, Manor Senior, Roseville Senior and New Community Extended Care Facility all received As, the highest rating, at the time of publication. *Photos courtesy of Fred Hunter.*



Assistant Director of Property Management Priscilla Ordoñez and Superintendent Jose Carmona by the A grade sign at Manor Senior.



New Community Extended Care Facility Administrator Veronica Onwunaka next to the A grade sign at the skilled nursing facility.



Roseville Senior Property Manager Patricia Johnson in front of the A grade sign at the building.

Resident Services Department at Work

Members of the Resident Services Department continue to serve those living in NCC housing during the COVID-19 pandemic. They distribute food and other necessities to those living in senior and family housing. *Photos courtesy of the Resident Services Department.*



Families living in NCC housing received back-to-school items.



Resident Services staff members facilitate the monthly Community Food Distribution July 7.



Residents of Douglas Homes received bags of face masks and hand sanitizer.

Employee Spotlight: Cleveland Smith



Cleveland Smith is a longtime member of New Community's Security Department. He is also a resident of Associates.

Security Officer Cleveland Smith is a familiar face at New Community Corporation. He started working at NCC in 1982 before leaving to care for his mother in 1987. But he returned in 1995 and has been keeping NCC properties safe for the last 25 years.

Smith is currently stationed at Harmony House, NCC's transitional housing facility for homeless families. But he has worked at a variety of properties, including all of NCC's senior buildings.

In addition to being familiar with NCC's residential housing from a security standpoint, Smith also knows what it's like to be a tenant. He has lived at Associates, 180 South Orange Ave., Newark, since 2009.

Smith enjoys his job and serving the community. He particularly likes interacting with people.

"I look for good in everybody," Smith said. "I get along with everyone. I don't have an enemy as I know of. I love everyone and I love the work I do."

Smith monitors those who come and go from Harmony House, answers the phone and completes incident reports. He occasionally goes out in the field and patrols as well.

"I'm trained on what to do. I don't have to be trained over and over again. Anything I don't know or I'm not sure, I always ask. And I like taking notes," Smith said. "When I come to work the next day, I don't have to worry about yesterday because yesterday was taken care of."

Smith's dedication to his work shines through.

"Security Officer Smith has been employed with NCC for over 25 years. He is one of my most dependable staff members, who exemplifies a work ethic that is worthy of recognition and for others to follow," said Security Operations

Manager John Wade.

Smith first came to NCC in 1982. One of his relatives was working as a building manager for NCC and told him about an opening in the Security Department. At the time, Smith was working a different security job in Newark near Military Park and patrolling warehouses along Park Avenue with a security dog.

He also has been involved in other work. He learned the printing trade through an apprenticeship and used to print news bulletins at the Prudential building and worked a printing press on Market Street. He served as the manager of an Amoco gas station on Elizabeth Avenue and worked in a restaurant.

In his spare time, Smith enjoys drawing, painting, reading and writing. He would like to be a professional artist and write a children's book someday. Religion is also a big part of his life. He spends a lot of time reading the Bible and praying. He's also working toward getting more involved in his church and community.

NCC's mission is important to Smith and is one of the reasons he returned and has stayed with the organization.

"New Community is helping anyone in need of help," he said. "And improving the quality of life."

New Community Is Hiring

There are a number of open positions available with New Community Corporation in a variety of departments. To see all job listings, along with descriptions and requirements of each position, visit newcommunity.org and click "Careers." Click "Apply" next to the position of interest to see the full description and then "Apply Now" to complete the application process.

NCC requires job applicants to fill out an online application for consideration. If you have difficulty with the online application process, you can chat with a representative for technical support or check out the Frequently Asked Questions page. For additional information, job seekers can call New Community's main phone number at 973-623-2800.

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

- Building Maintenance Worker
- Certified Nursing Assistant
- Dietary Aide - Part-Time
- Home Friend
- Housekeeping Aide - Full-Time
- HVAC Technician & Building Maintenance
- Licensed Practical Nurse - Full-Time
- MDS Coordinator/ Registered Nurse Assessment Coordinator
- Nursing Home Admissions Marketer
- Plumbers Assistant
- Registered Nurse - Full-Time
- Registered Nurse - Unit Manager
- Resident Services Coordinator
- Superintendent
- Teacher Assistant - (Infant/Toddler) - Floater

NEW COMMUNITY CORPORATION



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Where the Music Comes Alive

Praying that everyone is remaining vigilant as the fight against COVID-19 continues. Social distancing, face masks, washing hands and avoiding large crowds have definitely proven to work.

Avoiding large crowds means we are missing our music! Music has always had the ability to ease our moods, make us reflective, highlight our creative juices, makes us tap our feet, clap our hands, bob our heads and sing.

Which is why we can never accept there can never be live music. Live streaming and YouTube help keep us connected. Until we come back live, continue to follow music wherever and whenever you can.

We will rise again, bigger than ever. Just stay safe and you will see.

**Denise McCoy
Music Coordinator
New Community Corporation**



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

NCCTI Welcomes Students Back to Campus



An Automotive Technician student works on a tire at the NCCTI Training Center.

New Community Career & Technical Institute (NCCTI) opened its classrooms back up to students July 27 after having to suspend in-person instruction in March because of the COVID-19 pandemic. Because of the ongoing health situation, the school currently has several precautions in place to reduce the risk of infection for students and staff members.

Class sizes have been cut in half with just seven or eight students in class at a time. Classes are split into two groups with one group attending in person Monday and Wednesday and the other group attending in person Tuesday

and Thursday. The days that students are not on campus, including Friday, they are completing assignments at home.

To ensure social distancing in the classrooms, desks have been placed six feet apart and students must sit in their assigned seats each day they are in the classroom. Students must wear face coverings while on site and are required to wear both face masks and face shields while participating in hands-on learning activities. NCCTI has signage displayed in its facilities about the new requirements and instructors facilitated a lecture and clinical workshop on proper handwashing. The school has also arranged for cleaning and disinfecting of classroom space after each use.

Resuming in-person instruction is critical for NCCTI students, according to the school's Director Rodney Brutton, because they have to physically perform tasks in order to obtain certification and employment.

"They have to gain and demonstrate through practical assignments and clinical tasks the skills and competencies as it relates to their area of study," he said.

Automotive Technician, Clinical Medical Assistant (CMA) and Patient Care Technician (PCT) students are currently receiving in-person instruction. NCCTI plans to resume its Building Trades Specialist and Culinary Arts Specialist programs in the near future.

The students currently in the CMA and PCT health care programs at the Main Campus began their instruction online in May and are

now on campus for in-person instruction and hands-on assignments. The Automotive Technician students at the NCCTI Training Center are a combination of individuals who started their instruction online in June and those that were enrolled in the program before the pandemic forced NCCTI students out of the classroom in March.

Brutton said NCC's Environmental Services and Finance Departments were instrumental in preparing NCCTI for resuming in-person instruction. Members of the Environmental Services staff disinfected both the Main Campus and Training Center and continue to ensure clean spaces. The Finance Department provided the financial resources needed for the school to purchase equipment, including face shields.

"We're very pleased that the students are back," said NCCTI Director Rodney Brutton. "They are excited about coming on campus and coming back on site to complete assignments."

While the hands-on tasks are an important aspect of the in-person instruction, Brutton said that students are experiencing more than that while on site. Instructors are conducting lectures and reviewing topics before the hands-on learning takes place.

Providing a high-quality education in the safest possible environment is NCCTI's priority.

"We're taking it very slowly," Brutton said. "We're not opening up too aggressively."

The full guidelines for in-person instruction at NCCTI are available on the school's website, newcommunitytech.edu.

Harmony House Thanks Donors, Community Partners



Food donations from places, including World Central Kitchen, have come in to Harmony House. Photo courtesy of Yonette Fredericks.

Dear Donors and Community Partners: Harmony House management and the families would like to take a moment to express our deep appreciation for all the support and aid that have been offered in these unprecedented times. Even during a period of nationwide social and economic unrest, and a statewide quarantine that has disrupted the lives of so many, the various organizations and individuals have taken the time to demonstrate to those most vulnerable in our community that they are not forgotten and that their health and wellbeing matter.

Harmony House is a transitional housing program with the primary goal of helping families move from homelessness to permanent housing and from dependency to self-sufficiency.

With the capacity to house 102 families in individual apartment units and a host of on-site social services, Harmony House provides much more than a shelter. It offers stability to families facing seemingly insurmountable barriers and enables them to restore their lives.

Since the COVID-19 shutdown began in late March 2020, Harmony House has received the following donations from our generous supporters:

- World Central Kitchen, in partnership with Audible, has made over 70 trips to Harmony House. From early May to the end of June, they have delivered 5,580 meals.
- Newark Emergency Services for Families (NESF) has increased its usual monthly donation of perishable and non-perishable goods to a weekly delivery of donations during the shutdown.
- The National Council of Jewish Women in collaboration with the Community Food-Bank of New Jersey continues to support us through their donation of sanitary napkins, totaling 81 boxes annually.

Throughout the year, the following supporters have also been a beacon of support and hope to our families:

- Margaret Strong from St. Teresa's in Summit, N.J., has provided our families with Christmas Gifts for all the children.
- Sally Milad has continuously provided our families with back-to-school haircuts and hairdos for all children year after year.
- Sean Lewis from Calvary Baptist Church in Morristown, N.J., provides Christmas

gifts for our children.

- Ana Osario from Newark Public School has graciously provided toiletry items for men and women, as well as food donations.

These donations have been incredibly important to and gratefully received by our families. The COVID-19 pandemic has generated a crisis with multiple dimensions: an economic catastrophe, a fear for health and life itself and above all uncertainty of what the future holds and how to move forward. Uncertainty and economic fragility already plagued our residents before the pandemic hit, and the current state has only made it that much harder for our residents to get back on their feet. On behalf of Harmony House staff and residents, we truly cannot thank you enough for doing what you can to help.

Amidst all the turmoil, a silver lining can perhaps be found in how the pandemic has brought communities together. All across the nation, everyone from community residents at the grassroots level to large corporations have come together to form relief funds and support networks to ensure that we all come through this crisis whole. I hope that we are able to sustain this momentum even once COVID-19 is a problem of the past and continue to lend each other a helping hand. Altruism and compassion are as much a part of a healthy society as vaccines and businesses.

Sincerely,
Yonette Fredericks
Director of Harmony House

Extended Care Mourns Loss of Director of Social Services



Avril Cunningham worked at New Community Extended Care Facility for 25 years before she passed away in April. Photo courtesy of Marjorie Scarder.

Avril Cunningham always had a warm greeting for those at New Community Extended Care Facility.

ty. She was committed to her job as Director of Social Services, working in her role helping residents for 25 years before she passed away April 7.

"She loved that job so much," said Cunningham's sister Marjorie Scarder. "She was so dedicated to New Community at every level."

Scarder said Cunningham would work late during the week and on weekends to assist residents. And she always had a smile and a kind word to share.

Extended Care Administrator Veronica Onwunaka said Cunningham's passing is a huge loss for the facility.

"I always call her the best social worker in the whole tri-state," Onwunaka said. "She would go above and beyond. She would go to the resident's apartment and clean it up for them, set it up for them, so they would be comfortable when they went home. The love of these residents was a priority in her heart and in everything she did."

Cunningham's kindness extended beyond her work at Extended Care, according to Scarder.

"She was a very kind-hearted person. She would give you the shirt off her back," Scarder said. "She is my younger sister but she acts like she's my older sister."

Scarder is reminded of Cunningham when she sees items Cunningham gave her. Because

Cunningham was such a generous person, Scarder has items throughout her home from her sister.

Cunningham lived in Orange with her adult son upstairs while Scarder lived downstairs. The sisters were very close, with many strangers mistakenly thinking they were twins.

"We were always together. If they see one of us, they're like, oh where's the other?" Scarder said. "I miss her. I cry every time I think of her. It's been so hard."

Cunningham came to New Jersey at the age of 18 from Jamaica and began working in a factory. She decided to go to school and attended Essex County College and Kean University. After obtaining her degree, she worked at a welfare office for a time before finding the position at New Community Extended Care Facility, which she loved.

Scarder said Cunningham was extremely faithful to her job and was even talking about it before she was admitted to the hospital.

"She was sick and she was still thinking about work," Scarder said.

Cunningham leaves behind her son, three sisters and two brothers. Because she passed in the midst of the COVID-19 pandemic and many of her relatives live in New York and Massachusetts, her family plans to hold a memorial service in her honor in April 2021 to coincide with the first anniversary of her passing.

Remembering Extended Care Housekeeping Staff Member



Dehab Teklit worked at New Community Extended Care Facility for about 23 years when she passed away June 19 at the age of 58. Photo courtesy of Fenan Hidrat.

Those who knew Dehab Teklit remember a woman whose smile would light up a room and whose positive attitude and kindness stood out. She was a fixture at New Community Extended Care Facility, working in the Housekeeping Department of the facility for about 23 years

before she passed away June 19 at the age of 58.

Teklit's daughter Fenan Hidrat said Extended Care was her mother's second home.

"She loved it there," Hidrat said. "She loved all of the patients."

Teklit's feelings about New Community showed.

"Whatever she did, she had so much pride in it and she did it with a smile, a smile that is worth a million dollars," said Extended Care Administrator Veronica Onwunaka. "I don't think I ever saw Dehab angry. No matter what the situation was, she had a smile."

That attitude wasn't limited to the workplace. Hidrat said her mother was always willing to lend a hand to her family.

"She was the backbone of our family, not only our immediate family but our entire extended family," Hidrat said. "She was the person that everyone went to. She was just the kindest, most generous person."

Teklit was born and raised in Eritrea, a war-torn country in East Africa. She fled the country when she was a late teen with her sister. The pair traveled on foot for two weeks from Eritrea into Sudan. They remained in Sudan for a few years before moving to Germany. Teklit met her husband there and they had Hidrat. The family immigrated to the United States when Hidrat was 6 months old.

The trio moved to the Bronx, N.Y., and Teklit and her husband worked hard to im-

prove their situation further. They bought a house in West Orange, N.J., after they had a second daughter to provide more opportunities for their children.

"Their tremendous sacrifices are the reason why my sister and I are where we are today," Hidrat said.

While building their life, Teklit and her husband never forgot their family members still in Eritrea. They sent money to support those who were still living in the war-torn country to help them improve their lives.

Teklit and her husband had just celebrated their 36th wedding anniversary in April. Hidrat said Teklit's passing has been a huge loss to her father because she was his best friend and his everything. Hidrat is currently staying with him in West Orange.

Teklit loved being a mother to her two daughters and a grandmother to a 4-year-old girl. She also loved to cook. She always cooked for guests in her home and even prepared traditional food from Eritrea for her younger daughter's wedding in 2017 with 200 guests.

Hidrat said Teklit was her best friend and her passing has been very difficult for her entire family.

"She would literally give you the clothes off of her back. She was so welcoming and non-judgmental and loved everyone so unconditionally," Hidrat said. "My mom was like my hero. She did everything for us and she loved us so much."

Social Security News

Five Reasons to Use *my Social Security*

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

There are countless reasons why you can benefit from using your personal *my Social Security* account. Here are five that highlight why opening an account today can help you and the people you love.

Saving You Time

There's no need to leave your home when using the features of *my Social Security*. You may think you need to speak with a Social Security representative to check your application status, set up or change direct deposit or request a replacement Social Security card. All you have to do is log in or create an account at www.ssa.gov/myaccount.

Security

When you open an account, it prevents someone else from possibly creating an account in your name. And, we use the two-step authentication to verify you are the one logging in to your account. Your personal information is very important to us. You can access your personal information safely and securely using *my Social Security*.

Reassurance

Did you know you can see your entire work history with your personal *my Social Security* account? This allows you to verify if your employers reported your earnings to us correctly. This is very important. Accurate wage reporting will ensure you get the benefits you earned when you begin receiving benefits.

Planning for Your Future

Retirement planning is essential for a secure future. The Retirement Calculator lets you enter the age or date when you expect to begin receiving benefits to generate an estimated benefit amount. If you enter your estimated future salary amount, that will be included when calculating the estimated benefit amount. You can also view your estimated disability benefit on the Estimate Benefits page.

Control

A personal *my Social Security* account gives you the control to conduct your Social Security business wherever and whenever you want without needing to speak with a representative. You can check the status of your claim, get an instant proof of benefits letter or copy of your SSA-1099, and more. And people in most states can request a replacement Social Security card. Check out www.ssa.gov/myaccount and put yourself in control.

Senior Spotlight: Jacqueline Moran



Jacqueline Moran is a floor captain at Associates, where she has lived for two years.

Jacqueline Moran has always enjoyed helping others. She worked for New Community Corporation in the 1970s and now serves as a floor captain at Associates, 180 South Orange Ave., Newark, where she has lived for two years.

Moran was raised in Newark. She held several different jobs, including working for NCC as part of the Home Friends Program. She learned about the program through her grandfather, who was a client. Moran was a Home Friend for about three years, providing light housekeeping and companionship for senior citizens. She enjoyed the work, especially being able to speak with seniors who didn't have family members who were in close contact with them.

"I like helping seniors because some seniors don't have anybody to talk to. And they want that conversation," Moran said. "I like to take the time to talk to them."

Her commitment to serving others is still strong. Moran helps with food box distribution and is a floor captain at Associates, checking on her neighbors and making sure they have their

monthly calendars.

"If something happens, I tell them to contact me, come knock on my door and let me know what's going on," she said. Then she alerts the Property Manager or Resident Services Coordinators.

"Ms. Moran is a very energetic and supportive resident who is always watchful and careful and very loving to everyone in the building," said Associates Resident Services Coordinator Desiree Crespo.

In addition to working at NCC, Moran worked at Newark Airport cleaning airplanes and also had other small jobs. She moved to Anderson, S.C., for a time to serve as a caregiver for her niece's son who has spina bifida. When she returned to New Jersey, she lived with relatives until deciding to get her own apartment. One of her relatives told her about NCC's housing opportunities and she put in an application.

Moran, who is 64, has one son and two grandchildren who live in the southern part of the U.S. She video chats with them often to keep in touch.

Moran is very involved in her church. She is a member of the choir, a missionary and a mother in training. She explained that a mother in the church is a type of mentor for younger members.

"It's for young folks if they have a problem and they need somebody to talk to. You can be like a mother to them by guiding them in the right direction, spiritually," she said.

Moran was instrumental in bringing together a weekly prayer service at Associates.

"That was actually her idea. When we started it to pray for Puerto Rico after the earthquakes, she said we should do this every week and she got residents to come down," Crespo said. "She's always mindful of more events that could be happening in the building. So I'm very grateful for Ms. Moran's help."

In her spare time, Moran enjoys watching television. She likes game shows, Dr. Phil, 20/20, the news, horror movies and spiritual programs.



Wellness Tip
August 2020



Stay Safe This Summer

Summer is finally here!!

While many of us are excited to finally get out of the house, it is still very important to enjoy your favorite outdoor activities safely.

- Wash Your Hands - Be sure to use soap and water for at least 20 seconds, especially after being in public places. If soap and water are not available use a hand sanitizer with at least 60% alcohol
- Stay Hydrated - During the hottest months of the year it is recommended to drink 1 bottle of water every 1-2 hours
- Remain Socially Distant - While on the beach or in other public settings remember to remain at least 6 feet away from others
- Pack A Summer Safety Kit - Before you go, pack hand sanitizer, disinfecting wipes, tissues, clean face masks, disposable gloves, sunscreen SPF 30+, bug spray and plenty of water
- Be Informed - As restrictions are eased stay informed and be diligent in practicing all recommended safety measures

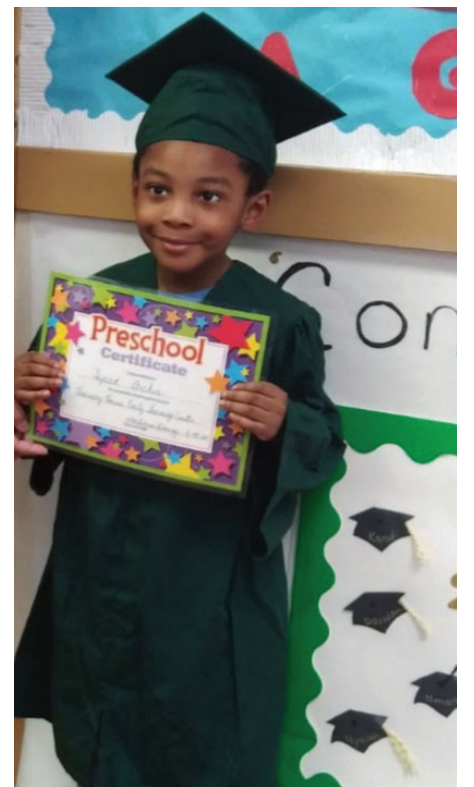
CHELC Students Finish 2020 School Year

Community Hills Early Learning Center (CHELC) held a drive up graduation for students in Pre-K 4 and Pre-K 3 and their families June 16 and 17 to recognize their accomplishments while the school remained closed to in-person instruction because of the COVID-19 pandemic. Photos courtesy of CHELC.



HHELC Students Celebrate End of Preschool

Harmony House Early Learning Center (HHELC) provided preschool certificates and school supplies to its graduating class of 2020 despite having no in-person instruction due to the COVID-19 pandemic. Children dressed in their caps and gowns and received their items at the school. They also celebrated with their classmates at home via Zoom June 18. *Photos courtesy of HHELC.*





COVID-19 Crisis Counseling Services

NJ Hope and Healing Crisis Counseling Program (CCP) at the Family Service Bureau of Newark is available to assist communities affected by COVID-19. We are a neighbor helping neighbor team with staff on-call to provide the following free services:

- Online Support for Stress Management Techniques
- Develop New Coping Skills
 - Compassion Fatigue
- Communication Techniques
 - Resource Linkage



Hours of Operations: Monday to Friday, 9 a.m. to 5 p.m.

Phone Number: 973-272-7488

Email Address: FSBNJHH@newcommunity.org

*Services offered in Bergen, Essex, Hudson and Passaic counties.
Various languages are available.*

**Free services are available
remotely for families,
individuals and youth.**



This program is brought to you by/through NJ Hope and Healing Crisis Counseling Program (CCP). Family Service Bureau of Newark in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, is offering a Crisis Counseling Program (CCP) through a FEMA/SAMHSA grant.

Family Service Bureau

FSB Offers Virtual Stress Management Support Groups

The Family Service Bureau of Newark is offering Virtual Stress Management Support Groups to reduce anxiety and gain control of life's stressors. The program is brought to you by/through NJ Hope and Healing Crisis Counseling Program (CCP). Family Service Bureau of Newark is doing this in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services (DMHAS), Disaster and Terrorism branch through a FEMA/SAMHSA grant. The support groups bring together people who are going through or have gone through similar experiences. A support group provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about anxiety-related disorders or treatments.

It is common to feel stress symptoms be-

fore or after a crisis. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), adults impacted by disaster are faced with the difficult challenge of balancing roles as first responders, survivors and caregivers. They are often overwhelmed by the sheer magnitude of responsibility and immediate task of the crisis response and recovery at hand. They must also take the time to address their own physical and emotional needs as well as those of their family members and community.

Warnings signs of stress in adults may include:

- Crying spells or bursts of anger
- Difficulty eating
- Losing interest in daily activities
- Increasing physical distress symptoms such as headaches or stomach pains
- Fatigue

- Feeling guilty, helpless or hopeless
- Avoiding family and friends

Adults most at risk of experiencing severe emotional stress and post-traumatic stress disorder include those with a history of:

- Exposure to other traumas, including severe accidents, abuse, assault, combat or rescue work
- Chronic medical illness or psychological disorders
- Chronic poverty, homelessness or discrimination
- Recent or subsequent major life stressors or emotional strain, such as single parenting

Adults most at risk for emotional stress include:

- Those who survived a previous disaster
- Those who lost a loved one or friend involved in a disaster
- Those who lack economic stability and/or knowledge of the English language
- Older adults that may lack mobility or independence

As with children and teens, adults also need time to get back into their normal routine. It is important that people try to accept whatever reactions they have related to the disaster. Take every day one at a time and focus on taking care of your own disaster-related needs and those of your family.

For many people, a behavioral health-related support group may fill a gap between treatment and the need for emotional support. A person's relationship with a healthcare professional may not provide adequate emotional support, and a person's family and friends may not understand the impact of anxiety-related disorders or treatment. Whether you are dealing with a chronic illness, emotional problem, life transition or want to enhance your health and well-being, a support group among people with shared experiences may function as a bridge between behavioral health treatment and emotional needs.

This support group will address stress management, including coping strategies, conflict resolution, health and relaxation, and other effective techniques to combat the sources and symptoms of stress. The emotional support derived from support group participation can help reduce stress, which can have a positive impact on health. In addition to providing support, groups will focus on community education and resources available in Bergen, Essex, Hudson and Passaic counties for people dealing with stress related to the coronavirus outbreak.

The group will be facilitated by trained licensed therapists and offered online through Zoom Monday through Friday. The morning group is for Spanish speaking individuals from 10 to 11 a.m. Monday to Friday with meeting code 970 8765 7941. The afternoon group runs from 3 to 4 p.m. Monday to Friday with meeting code 943 0132 5496. The password for both groups is 12345.

Kinship Care – Legal Guardianship

Where?

The Family Service Bureau of Newark
274 South Orange Ave.
Second Floor
Newark, NJ 07103



Meetings are currently being held via Zoom and Google Meet

What is it?

The Family Service Bureau of Newark has a support group for family members that are Newark residents and have legal guardianship, or custody, of their relatives ages 17 and younger. The children must have been placed in kinship care through the Division of Child Protection and Permanency.

What does the group provide?

Bi-weekly virtual support group meetings where family members can discuss the highlights and difficulties of raising and caring for their relatives are held on every other Thursday from 4 p.m. until 5:30 p.m. The families will receive individual family support, case management and referral services in addition to information regarding in-person and virtual summer camps, virtual family activities such as museum walk-throughs in addition to COVID-19 testing sites, food bank and food pantry locations, and renter's grant relief in Newark.

Interested?

For more information, please contact the Kinship Legal Guardianship Program Coordinator Michelle Villa, MSW, LSW at:

mvilla@newcommunity.org
OR
973-286-3181



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

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

Walk the Walk: NCC's Pledge to Double Down on Social Justice

Continued from page 1

As we face the unfolding events of 2020 and the transition to a changed world, we are reminded of our humble beginnings and that success is possible even in the most dire situations when people come together for the common good.

We invite all to join our charge as we embark on this journey for systemic change.

In solidarity,

A. Zachary Yamba
Chairperson, New Community Corporation
Board of Directors

Richard Rohrman
CEO, New Community Corporation

New Community Prepares for Staff's Return to On-Site Work

Continued from page 1

do social distancing, wear their masks and wash their hands, it will certainly reduce the risk."

Part of the Safe Reopening Committee's task was ensuring uniform signage throughout the network. That way employees, residents and visitors are aware of safety rules and guidelines, such as wearing a face covering, using hand sanitizer, staying at least six feet apart from others and adhering to updated capacity limits in spaces like elevators and laundry rooms.

Employees may experience changes to their workstations for additional safety, including plexiglass installation and perhaps facing in a different direction if they share a room with a coworker.

Hunter said it's important to understand that everyone is operating in a changed world.

"Things will not be the same," he said. "Everything you used to do, you have to do differently now. When it comes to meeting with people, assessing clients, following up with folks and having follow-up discussions, it may require phone calls instead of face-to-face meetings or using a larger space to meet with fewer people."

The creation of the Safe Reopening Committee was a proactive approach with the overarching goal to keep the risk of COVID-19 infection low.

"We're just doing the best we can do to keep everyone safe," Hunter said.



Now What Do We Do?

By Lesley Leslie

What a crazy past few months we have gone through. Our world has been united as a result of the COVID-19 pandemic,

commonly referred to as the coronavirus. Searching for a "new" normal, as the old normal seems so far away from what our everyday life has become.

Social distance, six feet apart, face coverings, personal protective equipment (PPE), N95 respirators, CDC, Lysol, hand sanitizer, quarantine, stay at home order, lockdown, unemployment benefits, furlough, George Floyd, Black Lives Matter, protest, curfew, microaggression, systemic racism, Central Park Karen, defund the police, state reopenings, virtual learning, Zoom, Netflix, Disney Bubble, Uber Eats, Door Dash,

touchless delivery, start-up home business and "WE ARE ALL IN THIS TOGETHER" — words or phrases that may forever be associated with the COVID-19 pandemic.

Hundreds of thousands have lost their lives to the pandemic, while millions of lives continue to be impacted by the virus. Relationships have been restored as a result of increased time spent together and mental health issues have spiked, many due to that increased time spent together. What do we do now?

If you are fortunate enough to have lived through this unprecedented time, then you have something to be grateful for. As bad as things may look, the truth is there is someone, somewhere that is worse off than you. Life is still worth living, so each day we should look for something to be grateful for and thank God for it. This attitude of gratitude will help get you through the uncertainty that lies ahead of us. *Be blessed.*

NJ National Guard Assists Extended Care During Pandemic

Members of the New Jersey National Guard provided assistance to New Community Extended Care Facility, 266 South Orange Ave., Newark, from June 10 to July 18. The service members engaged in a number of activities, including janitorial services, sanitizing common areas, making resident beds, distributing food to resident floors, encouraging residents to eat and providing some limited support to Certified Nursing Assistants (CNAs).



Members of the New Jersey National Guard enjoy a meal at Extended Care on their last day at the facility. *Photo courtesy of Fred Hunter.*



Members of the New Jersey National Guard assisted staff members at Extended Care from June 10 to July 18. *Photo courtesy of the New Jersey National Guard.*



New Community Chief Operating Officer Fred Hunter, center, with Lieutenant Cintron and Senior Master Sergeant Butcher of the New Jersey National Guard who supervised the project at Extended Care. *Photo courtesy of Fred Hunter.*



Members of the New Jersey National Guard performed tasks in and around Extended Care. *Photo courtesy of Fred Hunter.*



Extended Care staff thanked members of the New Jersey National Guard for their assistance with a banner on their last day. *Photo courtesy of Fred Hunter.*



Extended Care staff members prepared food for members of the New Jersey National Guard on their last day at the facility. *Photo courtesy of Fred Hunter.*