



# The New Community CLARION

Serving the People of the New Community Network

Volume 37 - Issue 6 ~ September 2020

## New Community Corporation Summer Camp Goes Virtual for 2020



Kaleb Martinez participates in a STEM session during New Community Corporation's free virtual summer camp. *Photo courtesy of Tecia Martinez.*

When the COVID-19 pandemic made it impossible to run New Community Corporation's annual summer camp in the traditional way, staff members began working on an alternative to engage children in activities safely. The result was a virtual camp for children ages 5 to 13, which ran four days a week from July 22 to Aug. 27. The virtual camp was free for families and served more than 50 chil-

dren. Funding was provided through the New Jersey Governor's Juvenile Justice and Delinquency Prevention (JJDP) Committee and administered through the JJC.

Children participated in a variety of activities, including photography; STEM (science, technology, engineering and mathematics); Zumba; arts and crafts; music appreciation; group discussions; and virtual field trips. For the virtual field trips, the younger children got to experience a zoo by viewing live cameras showing the animals. Older children were exposed to a variety of museum exhibits with their virtual field trips.

The virtual camp ran Monday through Thursday from 9 a.m. to noon via Zoom. Children were provided with a science kit and a camera for the program. Activities were taught by traditional camp staff and outside vendors, including a photography teacher and Zumba instructor.

The response from parents has been positive. Two of Tecia Martinez's children participated in the virtual camp: Madisyn, 11, and Kaleb, 6. She was very pleased with what was offered and believes it was a great alternative to the traditional camp.

"They're still becoming engaged with other kids and they're meeting other children that they may not have actually socialized with when they're physically at camp," she said. "You don't want your kids to just sit there and sleep all day or just try to stay in front of the screens all day because you can't think of anything else to do. This is still making them think."

Putting together a virtual camp quickly was a challenge, but New Community Corporation staff knew it was important to provide activities in some form and give children the opportunity to interact with their peers.

"This summer was very challenging for everyone, especially the chil-

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## NCCTI Plans Next Session Start for November



New Community Career & Technical Institute is recruiting students for its programs, including Automotive Technician. Precautions are in place to reduce the risk of COVID-19.

New Community Career & Technical Institute (NCCTI) is accepting applications for the start of its next session, slated to begin in November. The school is planning to begin the Automotive Technician, Clinical Medical Assistant (CMA) and Patient Care Technician (PCT) programs at that time.

The school continues to take precautions amid the ongoing COVID-19 pandemic. The two medical classes will begin online for six weeks before beginning a hybrid schedule with students in the classroom two days per week and completing independent assignments remotely on the other three days. The Automotive Technician program will be the standard in-person training with limited enrollment.

"NCCTI has methodically and strategically begun offering our programs to interested applicants while keeping in mind the challenges COVID-19 presents," said NCCTI Director Rodney Brutton. "As such, we are looking to enroll students for our Clinical Medical Assistant, Patient Care Technician and Automotive Technician programs in November. Students will begin their coursework online and then transition to in-person instruction for hands-on assignments. NCCTI will ensure all guidelines are adhered to, which includes face coverings, temperature checks, social distancing and limiting the number of students in class."

To ensure social distancing in the classrooms, desks are 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

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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 views of New Community Corporation.

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#### OUR MISSION

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

#### New Community is recognized as:

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

### NCC Food Pantry



Resident Services Coordinator for Families Anibal Alvelo helps prepare food for the August opening of NCC's Emergency Food Pantry, located at 220 Bruce St., Newark. It opens the first business day after the 15th of each month and requires 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. Recipients must also bring their own bags or carts. *Photo courtesy of Anibal Alvelo.*

## Around the Network

### Providing Food to the Community

New Community offers Community Food Distribution the first Tuesday of every month from 10 a.m. to 2 p.m. while supplies last. To receive food, individuals must sign for the items and provide their own reusable bags and carts. The distribution takes place at 220 Bruce St., Newark. Pictured is the distribution held Aug. 6, which was rescheduled because of Tropical Storm Isaias. *Photos courtesy of Anibal Alvelo.*



### Manor Senior Residents Pick Up Food

Resident Services staff members distributed food to those living in Manor Senior, 545 Orange St., Newark, on Aug. 20. Residents came down to the Community Room of the building to receive the commodities. *Photos courtesy of Anibal Alvelo.*





## Employee Spotlight: Nkechi Okoroji



**Nkechi Okoroji serves as the Third Floor Unit Manager at New Community Extended Care Facility. Photo courtesy of Nkechi Okoroji.**

**N**kechi Okoroji decided to become a nurse because she enjoyed helping people. She became the Third Floor Unit Manager at New Community Extended Care Facility more than two years ago and oversaw the facility's COVID-19 unit during the height of the pandemic in New Jersey.

Extended Care Administrator Veronica On-

wunaka said Okoroji was deeply committed to providing the best care possible for her patients during a time of great uncertainty.

"When you think about passion for the job of caring, when you think about the spirit of loving and caring for people, when you think about dedication to service of the poor, then you think about a great nurse. And that great nurse is a hero among us. That nurse is Nkechi Okoroji," Onwunaka said.

Okoroji moved to New Jersey from Nigeria in 2011 and became a certified nursing assistant (CNA). She then continued her education and earned her bachelor's degree, becoming a registered nurse (RN).

The decision to pursue a career in the medical field came from Okoroji's desire to make a difference in people's lives.

"I love to help people," she said. "Even before I became a nurse, I liked to make people feel better."

Okoroji joined Extended Care in April 2018 as the Third Floor Unit Manager. As a unit manager, she assesses patients, monitors their medications, schedules transportation to medical appointments with a CNA or other staff member and reports any medical changes to the patients' doctors.

Her favorite part of the job is helping patients return home.

"The best thing

that happens to me is when I discharge my patients home and they look me in the eye and tell me thank you. And all their family members call to say, 'I'm so grateful,'" Okoroji said. "That always makes me happy."

Okoroji was the unit manager overseeing Extended Care residents who had tested positive for COVID-19, which was challenging. She worked long hours making sure patients got out of bed for a hot shower and walk to help them breathe. She would also arrange for video calls with family members of the very sick since visitors were not permitted.

Despite the challenges of overseeing the COVID-19 unit, Okoroji was dedicated to serving those under her care.

"You go to work, you know you're walking into a risk. But you can't help it. Because somehow somebody has to save these people," Okoroji said. "You do the best you can do. You just keep going."

Extended Care became free of COVID-19 on June 19 and Okoroji is hopeful that it stays that way. Patients and staff members are tested for the virus weekly.

Okoroji lives in Essex County with her husband and daughter. In her spare time, she enjoys watching movies and catching up on sleep.

## New Community Is Hiring

**T**here 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](http://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
- Home Friend
- HVAC Technician & Building Maintenance
- Licensed Practical Nurse - Full-Time
- MDS Coordinator/ Registered Nurse Assessment Coordinator
- Nursing Home Admissions Marketer
- Plumbers Assistant
- Property Manager
- Registered Nurse - Full-Time
- Registered Nurse - Unit Manager
- Superintendent
- Teacher Assistant - (Infant/Toddler) - Floater

### NEW COMMUNITY CORPORATION



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### Where the Music Comes Alive

Praying that everyone continues to remain vigilant as the fight against COVID-19 continues. Although we are all missing the live music series, I am beginning to become used to writing my feelings about the lack of the live music scene, or should I say temporary pause of live music? Have you experienced or participated in any live music? Musicians, have you been performing and what is the climate like? I have always been so excited watching the performers at St. Joseph Plaza get the drums and horns ready, the vocalists preparing those fine instruments and the sound check. And I have developed such a beautiful relationship with our piano tuner.

Not sure if I feel virtual, Facebook or streaming is the way. I'm aware we cannot gather yet, however, I'd like to hear from you this month. Reach out to me at [dmccoy@newcommunity.org](mailto:dmccoy@newcommunity.org) to tell me your thoughts!

Please remember to wear your mask, wash your hands, keep social distance and stay safe!

Denise L. 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.



## New Community Corporation Summer Camp Goes Virtual for 2020

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Children who participated in New Community Corporation's virtual camp got to do a variety of experiments as part of the STEM session. Photo courtesy of Edward Morris.

dren. The virtual camp was a chance for them to make that social and emotional connection with one another during a time when they might not be able to have personal connections," said Youth Services Director Edward Morris. "We wanted to engage them in a fun and interesting way and at the same time, hopefully, teach them some new skills."

Youth Services collaborated with Harmony House, New Community Corporation's transitional housing facility for homeless families, to ensure its residents participated in the virtual camp.

Beverly Jackson, a resident of Harmony House, signed up her daughter, Diana Bryant, and was pleased with the results.



Zumba was a big hit for New Community Corporation's virtual summer campers. Photo courtesy of Edward Morris.

Bryant, who turned 14 over the summer, enjoyed her virtual camp experience.

"I liked all three sessions that we got every day. I liked STEM, I liked Zumba. I liked everything," she said. "The camp was very cool."

Morris and Chief of Health and Human Services Arti Kakkar were happy New Community Corporation was able to provide a free, quality camp to young people during the pandemic.

"STEM experiments really brought the kids to the class on time, ready to engage," Kakkar said. "For the younger kids, we could see parents being a part of it, which I think is a beautiful thing and great bonding for them. Our goal was to engage kids by teaching photography, STEM, Zumba, music appreciation and arts and crafts without putting any stress on the parents."

Martinez believes that goal was accomplished.



There were a variety of activities for children with New Community Corporation's virtual summer camp, including arts and crafts and STEM. Photo courtesy of Edward Morris.

"It was definitely a blessing to have them participate," she said. "They really enjoyed it. And I enjoyed it."

Kakkar also praised the staff for being flexible and working through a new method of providing services.

"I think Mr. Morris and his team have done a great job considering the situation we found ourselves in with the pandemic," Kakkar said. "We had dedicated staff working with the youth, keeping them occupied and enjoying learning."

Funding was crucial to providing a positive summer experience during a difficult and stressful time.

"This wouldn't have been possible without financial support," Kakkar said.

## NCCTI Plans Next Session Start for November

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Students in the Patient Care Technician (PCT) program at New Community Career & Technical Institute remain socially distanced in the classroom. The school plans to start a new session in November.

requirements. The school has also arranged for cleaning and disinfecting of classroom space after each use.

NCCTI will be holding a Virtual Information Session Sept. 22 at 10 a.m. for individuals interested in learning about the school's programs, application process and

general procedures. The event will take place via Zoom with meeting ID 403 803 3720. The password to join the meeting is 9q37gQ.

For additional information about the Virtual Information Session, see the flyer on page 8.

NCCTI resumed instruction for its Building Trades Specialist and Culinary Arts Specialist programs Sept. 8.

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

## Support NCC Today

New Community Corporation's programs and services positively impact people at all stages of their lives. From early childhood education to affordable housing for individuals, families and senior citizens to mental health services to long-term care, NCC touches members of the community where they need it.

Harmony House, NCC's transitional housing facility for homeless families, not only provides a safe and stable environment, but also connection to resources to empower families. Many Harmony House residents have enrolled in New Community Career & Technical Institute (NCCTI) and received nationally recognized credentials that have led to careers in in-demand industries.

Every day, NCC works to fulfill its mission to help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.

Consider helping us fulfill our mission by providing a monetary gift that will help support the important work that we do. Simply visit [newcommunity.org](http://newcommunity.org) and click "Donate" at the top of the homepage. From there, you can make a one-time donation or a recurring monthly gift through PayPal for Giving. We appreciate any amount you can provide, as do our residents, clients and community members.



## Longtime Member of NCC Property Management Retires



**Muobo E Enaohwo, left, accepts a plaque commemorating her 30 years of service to New Community Corporation from Director of Property Management Hector Torres. The department held a small surprise retirement party for Enaohwo at St. Joseph Plaza Aug. 28. Photo courtesy of Benjamin Galvez.**

**M**uobo E Enaohwo, who spent 30 years working in the Property Management Department of New Community Corporation, retired Aug. 31. She spent time at each of NCC's properties over the course of her career and trained many of the property managers before they started working in their assigned buildings.

Enaohwo enjoyed her time at NCC.

"New Community is part of my family," she said. "I liked my job. I liked my tenants. I liked what I was doing."

NCC CEO Richard Rohrman has known Enaohwo for her entire tenure with the organization.

"Muobo is the best of NCC," he said. "I have known Muobo for the 30 years that she has worked so hard to provide housing and services to our residents. Her first position was in the management department as an administrative assistant. Then came assistant manager, manager, senior manager and a stint as assistant director. Muobo was always there through the ups and downs over the years. Dependable, hard-working and she had a firm grasp on the NCC mission. Thank you Muobo and enjoy the relaxation that you have earned many times over."

Enaohwo became a member of the Property Management team after she went to NCC's employment center looking for work. She was initially referred to an opportunity working with children at another organization. She told personnel she preferred working with adults, so she was then referred to NCC's Property Management Department, where she was hired in 1990.

She served as the administrative assistant under three directors of Property Management before being promoted to assistant property manager, property manager and senior property manager. In 2006, she was placed at Commons Senior to oversee that building and the Commons Family units. At the time, there were a lot of vacancies, issues with individuals living in units without being on the lease and back rent due. Enaohwo was tasked with resolving the issues and remained in that role for 10 years.

In 2016, Enaohwo became the Assistant

Director of Property Management, but she was asked to return to Commons in 2017 to resolve additional issues there. She spent the remainder of her NCC career at Commons Senior.

As a longtime member of the Property Management team, Enaohwo had a variety of responsibilities. In addition to collecting rent, she made sure recertifications were done on time to ensure tenants were able to keep their subsidies, she conducted interviews with potential tenants to fill vacancies, she did unit inspections to ensure apartments were kept in good condition and she oversaw staff members.

Enaohwo also embraced NCC's mission of improving the lives of individuals. If she was meeting with a resident about recertification and found out the person needed assistance, she would inform the Resident Services Department to provide additional help.

"She often tried to assist residents in various ways with the intention to always provide them with something they didn't have or share knowledge or ideas that they didn't think about; to provide them a better outcome in some way," said Director of Property Management Hector Torres. "I found Muobo to always be caring and genuine. Where she could help she would. If she couldn't provide it, she found a source that could provide what the resident needed."

After three decades with NCC, Enaohwo decided it was time to retire. She plans to move to Texas with her husband to be closer to family. She has three children (two sons and a daughter) and four grandchildren.

## NCFCU Facilitates COVID-19 Grants for Local Businesses



**Akwaaba Gallery, 509 South Orange Ave., Newark, is one of the recipients of the COVID-19 Small Business Recovery Grant Program. The New Community Federal Credit Union (NCFCU) helped several local businesses apply for the grants. Photo courtesy of Laura Bonas Palmer.**

**T**he COVID-19 pandemic has had a devastating impact on small businesses throughout the country. Assistance to those businesses has sometimes come in the form of grants. The New Community Federal Credit Union (NCFCU), as a member of the Federal Home Loan Bank of New York, participated in the COVID-19 Small Business Recovery Grant

Program, helping local businesses apply for and get approval for grants.

"The NCFCU appreciates the Federal Home Loan Bank of New York for allowing us to provide financial assistance to local small businesses in their time of need," said NCFCU Director Mulu Gebreyesus.

One of those small businesses is Akwaaba Gallery, an art gallery located on South Orange Avenue in Newark's West Ward. Laura Bonas Palmer runs Akwaaba Gallery, which she owns with husband Ray Palmer, Senior Property Manager of Manor Family for New Community Corporation.

When the COVID-19 pandemic hit, Akwaaba Gallery was forced to close as were many local businesses. The gallery had only been open for a little more than a year and did not qualify for the Paycheck Protection Program (PPP). Bonas Palmer heard about the possibility of a small business grant and contacted Gebreyesus to learn more. She submitted the necessary documentation and was approved for the grant.

The funding is for the operation of the gallery. Although Akwaaba Gallery closed to the public on March 16, Bonas Palmer explained that she set up a new show in the space and shared it with the public virtually. The virtual show was available online and showed photographs of the

art on display on the gallery walls. People were able to browse the show online and purchase pieces as if they visited the gallery in person. Bonas Palmer said people are still buying art despite the current economic climate.

Akwaaba Gallery reopened July 22 with visitors required to wear masks and maintain social distancing. Hand sanitizer dispensers are also installed in the space. The virtual show is still up in the gallery for visitors to see in person. Bonas Palmer expects to hang the next show in September for an October opening. Visitors should RSVP for the October show to ensure social distancing can be maintained.

In addition to general operations, Bonas Palmer plans to use some of the grant money to help kickstart a reading and arts club for children in the neighborhood around Akwaaba Gallery, including those that are a part of NCC.

"My vision is to get the kids engaged in the arts and make them feel like what's happening in Newark, what's happening in the neighborhood is for them as well," she said. "They'll come in, they'll see the art that's on the walls. Maybe sometimes we might have artists come in and talk to them."

She also plans to purchase books for the children to help them build their libraries and

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## Social Security News

### 3 Ways to Use Social Security Online

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

**T**here are many online sources for Social Security information, but you need to make sure you're getting the right information. By using [www.ssa.gov](http://www.ssa.gov), you know that what you're reading and watching is approved by our experts and specifically created for you. Here are three of our resources where you can find valuable information about your Social Security benefits.

**Our blog** – Stay informed about our latest news, retirement planning tips and other helpful information. Our blog at [blog.ssa.gov](http://blog.ssa.gov) features messages direct from our Commissioner, as well as information from expert contributors. From there, you can also connect with us on Facebook, Twitter, LinkedIn, Instagram and YouTube, where you can watch our popular videos.

**my Social Security** – You're in control with many services available online through *my Social Security*. Creating a secure account will help you conduct Social Security business from home. With your personal *my Social Security* account, you can:

- Estimate your future benefits with our Retirement Calculator to compare different dates or ages to begin receiving benefits.
  - Check the status of your Social Security application.
  - Review your work history.
- If you already receive benefits, you can also:
- Get a benefit verification or proof of income letter.
  - Set up or change your direct deposit.
  - Change your address.
  - Request a replacement Medicare card.
  - Get a Social Security 1099 form (SSA-1099).

You may also be able to quickly request a replacement card online with a *my Social Security* account, if you meet certain qualifications listed at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

**Frequently Asked Questions** – Do you have to pay taxes on Social Security benefits? How do you apply for Social Security retirement benefits? What is your full retirement age? Discover the answers to your Social Security related questions at our Frequently Asked Questions page at [www.ssa.gov/faq](http://www.ssa.gov/faq).

With so many services available online, we are here for you when your schedule allows. Be sure to tell friends and family about all the business they can do with us from the comfort of their home at [www.ssa.gov](http://www.ssa.gov).

## Senior Spotlight: James Moultrie



**James Moultrie has lived at Orange Senior for 19 years. Photo courtesy of Alisha Chatman.**

**L**ongtime Orange Senior resident James Moultrie can often be found helping out in the building. He volunteers to assist with the distribution of food boxes to residents each month, assists with cleanup and even helps his neighbors with their tailoring needs since he has known how to sew since he was a child.

"Mr. Moultrie is a good man, he cares about people and he is always ready to help the residents and staff here at Orange Senior," said Orange Senior Resident Services Coordinator Sister Pauline Echebiri. "He helps with handing out the food boxes to the residents every month and also in cleaning and putting the recyclable boxes out to the dumpster. If any of the residents have a broken wheelchair or walker, Mr. Moultrie helps

them to fix it. I thank God for Mr. Moultrie and pray that God will continue to bless him."

Moultrie has lived in the City of Orange since he was a child and has no plans to move. He likes his neighbors and the area.

"Where we live here in Orange, you don't have to go far. Everything is here," he said. "You can take the bus two or three blocks or you can walk to ShopRite. You've got McDonald's."

While he has a son, daughter-in-law and three grandchildren in Texas, Moultrie doesn't want to get acclimated to a new place or be a burden to his family.

"I don't want to deal with a new area," he said. "When you move, people have to know you and see you. I prefer staying here and finishing my time here."

Moultrie, who is 80, worked as a master carpenter, helping to construct commercial buildings floor by floor. After a fall on the job, he retired from that work. He still has tools in his apartment and builds items for himself, including glass enclosures for his electronics.

"I'm pretty handy," he said.

Residents who need clothes hemmed or taken in or out can also reach out to Moultrie since he knows how to tailor clothing.

"Since I was a young boy, my parents taught me how to sew," he said. "That's what I do now. I sew for everybody in the building."

Moultrie is a self-described workaholic who likes to stay busy. He enjoys helping Orange Senior staff and residents and when he's not doing that, he will rearrange the furniture in his apartment.

While Moultrie can't believe how quickly time goes by, he is happy with where he is and hopes to be able to see his grandchildren grow up and get married.

"That's my goal for now," he said.



Wellness Tip  
 September 2020

### 6 Tips For Healthy Aging

#### Eat & Drink Healthy

Choose healthy food, such as - fruits, vegetables, whole grains, lean meats, low-fat dairy products, and drink plenty of water.



#### Do not Use Tobacco!

If you use tobacco, take the first step towards quitting by calling 1-800-QUIT-NOW for FREE help.



#### Know Your Family History

Share your family health history with your doctor. This can help you take steps to prevent chronic diseases or catch them early.



#### Move More!

According to the CDC, being active can help you prevent, delay, and manage chronic diseases; improve balance and stamina; reduce risk of falls; and improve brain health.

#### Get Regular Checkups

Visiting your doctor for preventive services, can prevent disease or find it early, when treatment is more effective.



#### Be Aware of Changes in Brain Health

Everyone's brain changes as they age, but dementia is not a normal part of aging. See your doctor if you have questions about memory or brain health.



For more information about VNA Health Group's services & programs, please call 800.862.3330 or visit [www.vnahg.org](http://www.vnahg.org)



## NCC Offers Leadership Development Program



Assistant Director of Property Management Priscilla Ordoñez, Security Capt. James Massey and Accounts Payable Supervisor Angela Williams, left to right, participated in the NCC Leadership Development Program.

Fifteen New Community Corporation department leaders participated in the NCC Leadership Development Program during the month of July. The program was a collaboration between NCC and the Rutgers University Office of Continuing Professional Education (OCPE). NCC's Human Resources Department worked with the OCPE to tailor the leadership program for NCC supervisors and directors with the goal of enhancing their leadership and managerial skills.

Participants were members of NCC's Environmental Services, Finance, Property Management, Resident Services and Security departments.

The program consisted of four courses, each lasting four hours: Employee Engagement (with an emphasis on increasing engagement), Performance Management (which taught practical tools and skills to improve employee confidence and performance), Emotional Intelligence (which is the ability of an individual to recognize

their own and other's emotions and understand their effects on the workplace) and Giving & Receiving Feedback.

NCC was slated to host the program in person, but because of the COVID-19 pandemic, classes moved online. They were still interactive, however, with an instructor and facilitator running the courses with participants engaging in the sessions.

"I enjoyed the training," said Program Manager/Compliance Director Dametria Wertz. "The presenter was very upbeat and kept everyone engaged."

Assistant Director of Property Management Priscilla Ordoñez agreed that the training was beneficial.

"We explored many angles and principles of what good leadership is and it provided tools on how to keep staff and oneself motivated," she said.

NCC hopes to continue collaborating with the OCPE to provide additional training to its employees.

## NCC Director of Community Engagement Moderates Panel



NCC Director of Community Engagement Richard Cammarieri, bottom right, moderates a panel discussion entitled *White Fragility: A Conversation of Allyship*. The panel participants were Mark Katz, top left, Tobie Stein, top right, and Becca Zimmerman, bottom left.

New Community Director of Community Engagement Richard Cammarieri moderated a virtual panel discussion Aug. 24 entitled *White Fragility: A Conversation of Allyship*. The event was part of the New Jersey Performing Arts Center (NJPAC) True Diversity Film Series, done in partnership with PSEG. The discussion was based on a film of author Robin DiAngelo reading from her book, "White Fragility: Why It's So Hard for White People to Talk About Racism."

The panel consisted of Mark Katz, Tobie Stein and Becca Zimmerman. Katz is a John P. Barker Distinguished Professor of Music at the University of North Carolina at Chapel Hill and Founding Director of the hip hop cultural diplo-

macy program, Next Level. He is the author of "Build: The Power of Hip Hop Diplomacy in a Divided World." Stein is a two-time Fulbright Specialist and a member of the Diversity Scholars Network at the National Center for Institutional Diversity, University of Michigan, and a member of the American Sociological Association. Zimmerman is a two-time Fulbright Specialist and a member of the Diversity Scholars Network at the National Center for Institutional Diversity, University of Michigan, and a member of the American Sociological Association.

The virtual panel discussion was held via Zoom and a recording can be found on the NJPAC Facebook page or on the New Community Corporation Facebook page.

## NCFCU Facilitates COVID-19 Grants

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have individuals come and read to them periodically.

In addition to the grant NCFCU facilitated, Akwaaba Gallery also received a small arts-related grant from the City of Newark. Bonas Palmer plans to use some of that grant to help with the reading and arts club as well.

Bonas Palmer said she had the idea for an art gallery for nearly a decade before Akwaaba Gallery opened. She had contemplated purchasing a property in downtown Newark but ultimately decided on the current space in the West Ward.

"A lot of people questioned why I would even consider putting a gallery in the West Ward," Bonas Palmer said. "My response to that has always been why not? Art is for everyone."

That mindset permeates in the way Bonas Palmer runs Akwaaba Gallery. Akwaaba means welcome and Bonas Palmer always wants people to feel accepted in the space. There is no charge

for visitors to enter the gallery and view the artwork. She encourages people of all ages to come inside.

The pandemic and forced closing of the gallery for four months has been difficult, but Bonas Palmer is grateful for the grant money the gallery has received and is optimistic about the future.

"It's challenging, but I think it's going to work itself out," she said.

Gebreyesus is glad NCFCU has been able to help local small businesses like Akwaaba Gallery with the COVID-19 Small Business Recovery Grant Program.

"NCFCU is proud that we were able to assist a few local businesses in applying and getting approved for the grant up to \$10,000," she said.

Akwaaba Gallery is located at 509 South Orange Ave., Newark. For more information, visit the gallery's website at [akwaabagallery.com](http://akwaabagallery.com) or call 917-260-9122.

## Connect with NCC on Social Media

New Community Corporation has an active presence on social media. Follow us on Facebook, Twitter and Instagram to keep up with our news and events, see additional photos and connect with us.

We look forward to having you join our online network!



@NewCommunityCorporation



@NewCommunityCor



@newcommunitycorp



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



# Virtual Info Session

## Tuesday, Sept. 22

### at 10 a.m. via Zoom



**What:** NCCTI Virtual Information Session

**When:** Tuesday, Sept. 22 at 10 a.m.

**Zoom Meeting ID:** 403 803 3720    **Password:** 9q37gQ

**Why:** Learn more about NCCTI's accredited post-secondary programs

**NCCTI offers the following programs:**

- Automotive Technician
- Diesel Technician
- Building Trades Specialist
- Clinical Medical Assistant
- Patient Care Technician
- Community Healthcare Worker
- Culinary Arts Specialist

**Program Requirements:**

- Must be at least 18 years old
- Have a high school diploma or equivalent
- Provide proof of citizenship or Green Card

**Required Documents:**

- Birth Certificate
- High School Diploma or Equivalent
- Social Security Card
- Valid State ID

**Apply now at [newcommunitytech.edu](http://newcommunitytech.edu)!**

**Financial aid available for those who qualify!**

For more information, call  
**973-824-6484** or visit  
**[newcommunitytech.edu](http://newcommunitytech.edu)**

**NCCTI**  
 274 South Orange Ave., Newark, NJ 07103  
 973-824-6484, [newcommunitytech.edu](http://newcommunitytech.edu)

***Our Mission:*** To improve the quality of life of all students through education and occupational training in a community that fosters life-long learning.

New Community Career & Technical Institute is an accredited postsecondary career and technical institution with the U.S. Department of Education, N.J. Department of Education, N.J. Department of Labor, U.S. Veterans Administration and the Council on Occupational Education (COE).





## 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](mailto: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

### Stressed at Work? FSB Offers Support Groups for You

The Family Service Bureau of Newark is offering **Virtual Workplace Stress Support Groups** to reduce the risk to health associated with stress in the workplace. 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.

Work-related stress is now generally acknowledged as a global issue in all professions

and all workers. Stress exists in all phases of our life. Surely it is not always bad, however, if not tactfully handled, it can lead one's mental state to depression. Job stress is commonly defined as the harmful physical and emotional responses that occur when the demands of the job exceed the capabilities, needs or resources of the worker. According to the Centers for Disease Control (CDC) National Institute for Occupational Safety and Health (NIOSH), studies show that employees who feel they have little control over their work in one way or another report higher stress levels. Stressful working conditions also are associated with increased absenteeism, tardiness, disability claims and other factors that reduce a company's productivity and competitiveness. Studies and surveys indicate that one-fourth of the workforce view their jobs as the number one stressor in their lives and that workers wildly perceive job stress as being on the rise. Stress can

come from many different sources. A few of the common stressors include:

- Job security fears
- Pressure to meet rising or unrealistic expectations
- Lack of control or input
- Inability to disconnect from work due to emails, texts
- Conflict with coworkers, managers
- Lack of job satisfaction

Stress can build over time, becoming cumulative. While one or two of these things alone may not affect a worker's performance much, when the stress begins to build, it becomes a hindrance to performance, attitude and engagement. Whether you are going into work or working from home, the COVID-19 pandemic has probably changed the way you work. Fear and anxiety about this new disease and other strong emotions can be overwhelming, and workplace stress can lead to burnout or compassion fatigue. How you cope with these emotions and stress can affect your well-being, the well-being of the people you care about, your workplace and your community. During this pandemic, it is critical that you recognize what stress looks like, take steps to build your resilience and manage job stress, and know where to go if you need help.

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 health care 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.

#### NEW JERSEY HOPE AND HEALING

The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential and available.

Join Us on Zoom Monday to Friday

- Morning Groups from 10 to 11 a.m. "Spanish Speaking"

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## Newark New Start

*The program provides assistance to at risk mothers and babies in need, with the hopes of eliminating the number of infants who are left in hospital pediatric wards by mothers who are unwilling or unable to care for their children.*

#### PROGRAM SERVICES

- Assistance with securing infant supplies
- Referrals for substance abuse/mental health treatment
- Parenting Classes and Workshops
- Life Skills Training
- Referrals to health care providers and other social services

#### PROGRAM ELIGIBILITY

- Essex County Resident
- Comply with case plans
- Need support in caring for an infant

#### FOR MORE INFORMATION PLEASE CONTACT

Angela Potts, Program Coordinator

973-286-2825

apotts@newcommunity.org





**New Community Adult Learning Center**  
 563 Orange Street, Newark, New Jersey 07107  
**(973) 558-5536**  
[www.newcommunity.org/services/adult-learning-center/](http://www.newcommunity.org/services/adult-learning-center/)

Available Courses	Free Services
<p><b>English for Speakers of Other Languages</b>              Mondays through Thursdays:              10 AM to 12 PM or 6 PM to 8 PM</p> <p><b>Citizenship</b>              Saturdays:              9 AM to 12 PM</p> <p><b>Computers – Basic &amp; Intermediate Levels</b>              Saturdays:              9 AM to 12 PM or 12 PM to 3 PM</p> <p><b>ABE, Pre-HSE, &amp; HSE (English only)</b>              Mondays through Thursdays:              9:30 AM to 1:30 PM or 5:30 PM to 8 PM</p>	<p><b>Health Screenings</b>              Physicals, Mammograms, Cholesterol, Nutrition, etc.</p> <p><b>Open Community</b>              Free workshops conducted by private institutions and/or volunteers for the general public</p> <p><b>Other Services</b></p> <ul style="list-style-type: none"> <li>Community organizing</li> <li>Community rooms</li> <li>Social services referrals</li> </ul>
Cursos Disponibles	Servicios Gratuitos
<p><b>Inglés para Hablantes de otras Idiomas</b>              Lunes a jueves:              10 AM a 12 PM o 6 PM a 8 PM</p> <p><b>Ciudadanía</b>              Sábados:              9 AM a 12 PM</p> <p><b>Computadora – Nivel Básico e Intermedio</b>              Sábados:              9 AM a 12 PM o 12 PM a 3 PM</p> <p><b>ABE, Pre-HSE, &amp; HSE (Ingles solamente)</b>              Lunes a jueves:              9:30 AM a 1:30 PM o 5:30 PM a 8 PM</p>	<p><b>Exámenes Médicos Gratuitos</b>              Físicos, Mamografías, Colesterol, Nutrición, etc.</p> <p><b>Comunidad Abierta</b>              Talleres gratuitos conducidos por instituciones privadas y/o voluntarios para el publico en general</p> <p><b>Otros servicios</b></p> <ul style="list-style-type: none"> <li>Organización de la comunidad</li> <li>Sala de reuniones</li> <li>Referidos a servicios sociales</li> </ul>

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

## Extended Care Remains COVID-19 Free



New Community Extended Care Facility has remained COVID-19 free since June 19, 2020. The facility could not have reached this milestone without the cooperation of residents, families and staff.

Staff and residents continue to be tested weekly according to guidelines from the Centers for Disease Control, the Centers for Medicare and Medicaid Services and the New Jersey Department of Health.

Family visitation has been going well and Extended Care staff thanks all for their patience and cooperation.

Families should continue to call 908-346-3391 to make an appointment and reach the Social Worker if need be.

## FSB Offers Workplace Stress Support Groups

Continued from page 10

- Afternoon Groups from 3 to 4 p.m.

Please call 973-272-7488 to talk with trained staff or for further information about our crisis counseling program from 9 a.m. to 5 p.m.

### FAMILY SERVICE BUREAU (FSB) OF NEWARK'S OUTPATIENT SERVICES

We are a private, nonprofit organization with licensed outpatient facilities located in Essex and Hudson counties. FSB has many services available to assist you and your families in maintaining overall health. Our services focus on your mental health, which is described as a psychological state of well-being, characterized by continuing personal growth, a sense of purpose in life, self-acceptance and positive relations with others. Our multidisciplinary team of psychiatrists, psychiatric nurse practitioners, licensed mental health and other mental health care professionals all work together to deliver compassionate and support care in an environment that respects dignity and independence.

If you or someone you know is struggling with their mental health, call us today to schedule an appointment. We offer telehealth/telemedicine video visits.

Please call 973-412-2056 for more information about our outpatient services.

## Guard Your Mind

By Lesley Leslie



The country is still reeling from the effects of the COVID-19 pandemic, with additional positive cases being reported every day. The economy has suffered,

the medical industry has been stretched to the limit and the already marginalized and vulnerable low-income community has felt the brunt of the national crises. In spite of this, life goes on and families have made what appear to be the necessary adjustments to survive.

Schools have enhanced their virtual learning platforms and businesses have perfected their "work from home" schedules for many of their employees. Life has gone on and people, in many cases, though not all, are doing what they need to do to live. From hand-washing multiple times per day to wearing face masks and limiting contact with the public, we are getting through this pandemic. However, it has taken a toll on the mental health of our nation.

People are surviving but they are living in an increased state of stress and anxiety. They fear death, sickness, homelessness and unemployment and that all impacts a person's mental health. As a result, we need to protect our minds the way that we go about protecting our physical bodies. The mind works better when the body has had sufficient rest, so we should not deprive the body of sleep. The mind works better when the body is healthy, so we should eat well, exercise, pray and meditate. The mind works better when the heart is not carrying around hurt, bitterness and unforgiveness, so we should make peace with the past and talk to someone about the brokenness we may be experiencing; maybe a friend, a religious leader or a professional Mental Health Therapist can help with those matters of the heart.

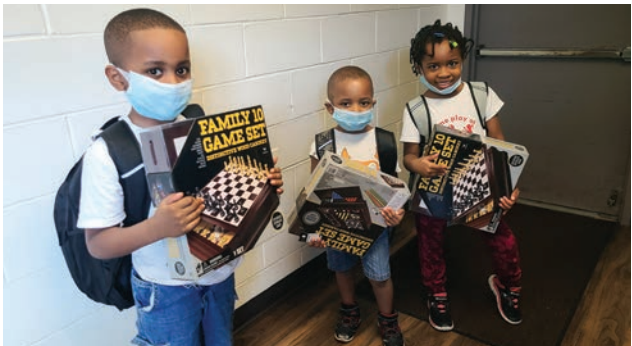
These are unprecedented times that we are living in and we need to be more than just "strong" to survive. We also need to be mentally fit, so the mind has to be free from those negative thoughts and images that bring about stress, fear and anxiety. Think about it...



## NCJW/Essex Back 2 School Store Goes Mobile for 2020

**T**he Essex County division of the National Council of Jewish Women (NCJW/Essex) had to reimagine its 12th Annual Back 2 School Store for 2020 because of the ongoing COVID-19 pandemic. Instead of setting up a one-day pop-up shop for students to choose items with a personal shopper, volunteers and partner agencies worked together to safely distribute back-to-school items.

New Community, which has identified children to participate in the Back 2 School Store for many years, accepted donated items and distributed them to families in July. Families received backpacks stuffed with school supplies, calculators, board games, colorful face masks and socks. NCJW/Essex hopes to distribute additional items to families in October.



Children show off the items they received from the NCJW/Essex Back 2 School Store. *Photo courtesy of Giselle Oviedo.*



NCJW/Essex received many donations for the 12th Annual Back 2 School Store. *Photo courtesy of NCJW/Essex.*



Above: NCC Family Resident Services Coordinator Anibal Alvelo with a family that received items from the NCJW/Essex Back 2 School Store. Right: NCC Family Resident Services Coordinator Anibal Alvelo with two boys who received supplies from the Back 2 School Store. *Photos courtesy of Anibal Alvelo.*



Volunteers organize boxes of donations for the NCJW/Essex Back 2 School Store. *Photo courtesy of NCJW/Essex.*

