



The New Community CLARION

Serving the People of the New Community Network

Volume 37 - Issue 7 ~ October 2020

Victoria Foundation Grant Helps Harmony House Families



Harmony House Director Yonette Fredericks with families who each received a \$100 ShopRite gift card as part of a grant from the Victoria Foundation Fund meant to support homeless families during the COVID-19 pandemic. *Photo courtesy of Yonette Fredericks.*

Thanks to the Victoria Foundation Fund, the residents of Harmony House, New Community's transitional housing facility for homeless families, have received additional support during the COVID-19 pandemic.

New Community applied for and received a \$10,000 grant from Victoria Foundation to support its work at Harmony House during the pandemic.

The Victoria Foundation Fund provided the grant money to New Community in May to purchase food and supplies for Harmony House, expand mental health care and buy cleaning supplies.

The grant money helped with the purchase of a variety of food and supplies, including personal protective equipment (PPE), for Harmony House and each family was provided with a \$100 ShopRite gift card so they could purchase items they wanted and needed.

"We chose the gift cards to ShopRite because it gives them a choice," said NCC Chief Financial Officer Elizabeth Mbakaya. "Harmony House has received a lot of support throughout the pandemic. But having their own choice was more powerful than getting them food and distributing it or buying them something that we think they want."

Harmony House families received the gift cards toward the middle of the month when other assistance like the Supplemental Nutrition Assistance Program (SNAP) may be depleted.

"We waited until the middle of the month when clients really need food the most. They came in handy," said Harmony House Director Yonette Fredericks. "The families are really appreciative of it."

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,

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New Community Career & Technical Institute Building Trades Graduate Finds Success as Solar Panel Technician



Terrell Williams recently completed the Building Trades Specialist program at New Community Career & Technical Institute (NCCTI) and is now a solar panel technician for Solar Energy Systems. *Photo courtesy of Terrell Williams.*

New Community Career & Technical Institute (NCCTI) helped launch Terrell Williams into a career as a solar panel technician, even amid the COVID-19 pandemic.

After graduating from high school, Williams entered the workforce because he didn't want to take on the high debt associated with attending college. After several years, however, he decided to pursue additional education to increase his earning potential.

"I wanted to explore a trade school option to see if I could find an affordable one," Williams said.

After doing online research, Williams found NCCTI which was conveniently located for him since he lives in Newark.

"When I looked on the website and saw the programs and saw it costs an amount of money that would be more reasonable and could be paid off, I decided to go there," he said.

That decision has paid off. Williams completed the Building Trades Specialist program in the spring, where he learned the basics of carpentry, electrical and plumbing, and then opted to take a short solar panel installation course through Ironbound Community Corporation (ICC). He started working as a solar panel technician for Solar Energy Systems at the beginning of June where he installs solar panels on commercial buildings full-time.

NCCTI Director Rodney Brutton said Williams is one of the school's many successes.

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The New Community Clarion

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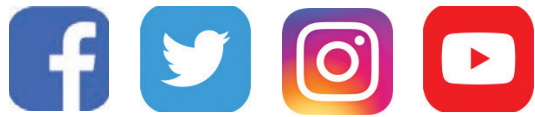
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newcommunity.org



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.

Roseville Senior Labor Day Cookout



Residents of Roseville Senior enjoyed a cookout for Labor Day Sept. 7 thanks to their neighbors who organized and hosted the event outside the building. *Photo courtesy of Gladys Artis.*

Around the Network

Learning to Make Pizza

Residents of Douglas Homes, 15 Hill St., Newark, learned how to make pizza during the building's cooking class Sept. 16, held in the Community Room. *Photos courtesy of Fallon Barnes.*



Game Day at Roseville Senior

Residents of Roseville Senior, 1 South Eighth St., Newark, participated in card games and Pick Up Sticks in the building's Community Room Sept. 22. Participants received snacks and were able to enjoy the company of their neighbors. *Photos courtesy of Gladys Artis.*



Donated Sofas Put to Good Use

Katrina Plant, a resident in NCC's family units, received sofas donated from a family in Plainfield for her and her family's home. *Photos courtesy of Anibal Alvelo.*



Employee Spotlight: Ron Manning



Ron Manning serves as the custodian at Community Hills Early Learning Center. He has worked at New Community for eight years. Photo courtesy of Gloria Johnson.

Anyone who has visited Community Hills Early Learning Center (CHELC) has seen Ron Manning's work. He serves as the custodian of the building, keeping it clean and lit, as well as tending to the needs of the students, teachers and staff.

Manning is passionate about maintenance work and puts the children first in his work at CHELC.

"I always make sure this building is up to

standard for the kids when they first walk in and when they walk out," he said.

His work is noticed and appreciated by his colleagues and the students.

"Mr. Manning is a dedicated and loyal worker and will go above and beyond to do what is asked of him," said CHELC Director Gloria Johnson. "He is a jack of all trades and a team player. He will help the teachers whenever they need his assistance. The children in the building get excited when he walks in the classroom and they call him by name. This is due to his interaction with them. If I had to say two words about him, it would be hard worker."

Manning first started working at New Community in October 2012. For his first year of employment, he worked in and around Commons Senior and Commons Family. He was then transferred to CHELC and has been there ever since.

The change in post was positive for Manning. He enjoys interacting with the children and seeing them grow over the years they attend classes at CHELC.

"When kids come in and they talk to you about your work and you can explain it to them and they get a big kick out of it, that's my favorite part," he said. "I get to see children from the beginning to the end. I see children come in from infant, from arms, and then when I turn around, they're graduating, they're walking out."

The COVID-19 pandemic has changed the

cleaning portion of Manning's job and made it more critical. He has been up to the challenge and continues to sterilize and sanitize the building daily.

"During the pandemic, Mr. Manning was in the building almost every day making sure everything was in place prior to us opening," Johnson said. "We received a clean bill of health from the Office of Licensing which stated that our building was well maintained and in perfect condition to open due to the work that he put in."

Manning arrives at CHELC at 6 a.m. to ensure the building is ready for the staff and students each day.

"It is my pleasure to come in for them every morning and have these rooms up and ready and running for them," Manning said. "I get to sterilize and sanitize. I know each day that I go home I've done something to keep someone else's children safe just like I want my children to be safe."

Manning lives in East Orange with his wife and three children, ages 20, 16 and 13. When he's not at work, he enjoys watching movies, working at his church and participating in sports.

Manning appreciates that Johnson allows him the room to be creative in his role as custodian. For example, he recently repainted the second floor of CHELC with new accent colors.

"I thank New Community for this opportunity because they did hire me and made all that I'm doing here possible," he said.

Help Wanted: New Community Corporation Is Hiring

There are a number of open positions available with New Community Corporation. To see all job listings, along with full 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.

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:** Will perform a variety of maintenance duties relating to repair, cleaning, painting, plumbing, carpentry and electrical at their assigned property location.
- **Certified Nursing Assistant:** The C.N.A. will provide personal care and related services, functioning under the direction of the Licensed Practical Nurse.
- **Home Friend:** Will provide free light household chore services to qualified senior and disabled adults.
- **HVAC Technician & Building Maintenance:** Will install and maintain all aspects of temperature control systems throughout NCC properties.
- **Licensed Practical Nurse - Full-Time:** Provides direct nursing care to residents and supervises the day-to-day nursing activities performed by nursing assistants in accordance with current federal, state, local standards, guidelines and regulations that govern

the facility and as may be directed by the Administrator and/or Director of Nursing to ensure the highest degree of quality care is maintained at all times.

- **MDS Coordinator/Registered Nurse Assessment Coordinator:** A Registered Nurse designated by the facility to determine the resident's acuity level and document in the resident's medical record.
- **Nursing Home Admissions Marketer:** Will establish and maintain the Unit's identified census goals, clinically evaluates all residents admitted to the Unit and formulate relationships with hospitals, insurance companies and other major referral sources.
- **Plumbers Assistant:** Provides general plumbing services throughout NCC properties. Also responds to plumbing related work orders and emergency calls.
- **Property Manager:** Responsible for property management in affordable housing buildings and properties.
- **Registered Nurse - Full-Time:** Provides direct care and supervision of all nursing services to ensure that each resident's needs are being met in accordance with their medical/nursing plan of care, which is based on a comprehensive assessment and in accordance with current nursing standards of practice, federal, state, local and facility

standards, regulations and guidelines.

- **Registered Nurse - Unit Manager:** Will organize, direct and supervise the daily functioning of the residents care unit in accordance with the current federal, state and local standards and regulations that govern the facility; as directed by the Administrator and the Director of Nursing to ensure the highest degree of quality care is maintained.
- **Superintendent:** To ensure that the appearance of the property is maintained, troubleshoot, install and repair the building. Buildings include, but are not limited to; grounds, boilers, steam and hot water.
- **Task Force Officer:** The primary purpose of this position is to secure premises and personnel by patrolling property; monitoring surveillance equipment; inspecting buildings, equipment and access points, permitting entry and enforcing all laws and ordinances on NCC property.
- **Teacher Assistant - (Infant/Toddler) - Floater:** The Teacher Assistant is an integral part of the teaching team for the purpose of carrying out the program as planned in cooperation with the Teacher, taking into account the social, cognitive and health needs of the children. This position will be shared on an on-call basis between both Early Childhood facilities.

Victoria Foundation Grant Helps Harmony House Families

Continued from page 1



Harmony House families each received a \$100 ShopRite gift card as part of a grant from the Victoria Foundation Fund supporting homeless families during the COVID-19 pandemic. Harmony House Director Yonette Fredericks handed out the gift cards to residents. *Photos courtesy of Yonette Fredericks.*

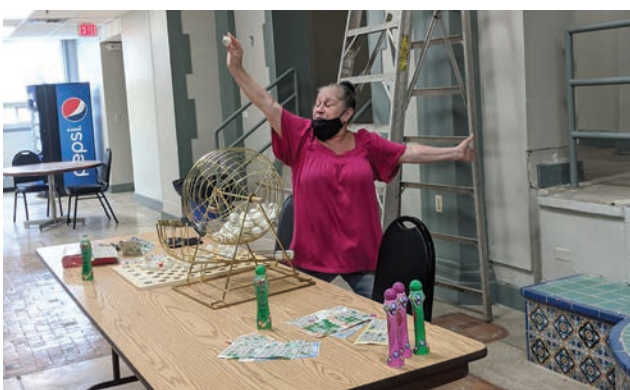
Harmony House offers stability to families facing seemingly insurmountable barriers and enables them to restore their lives.

Victoria Foundation's mission is to improve the lives of children and families in Newark and to protect water resources and preserve open space statewide.



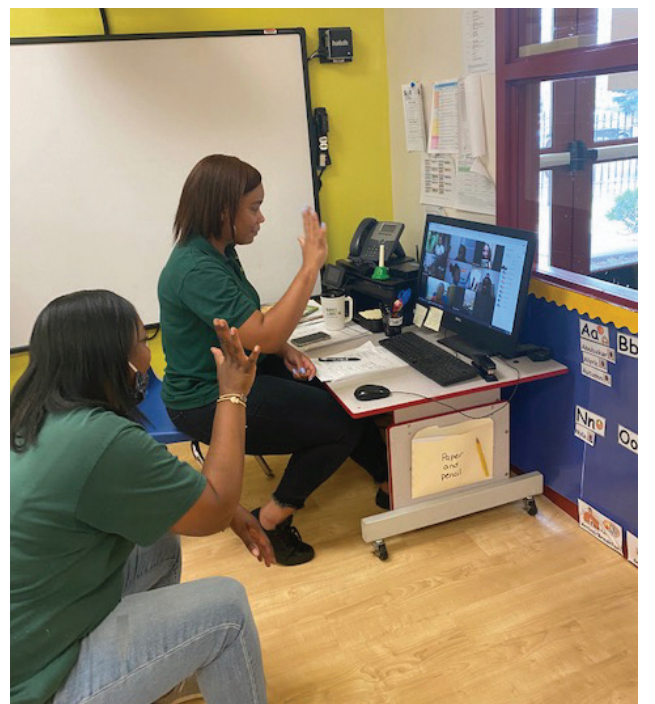
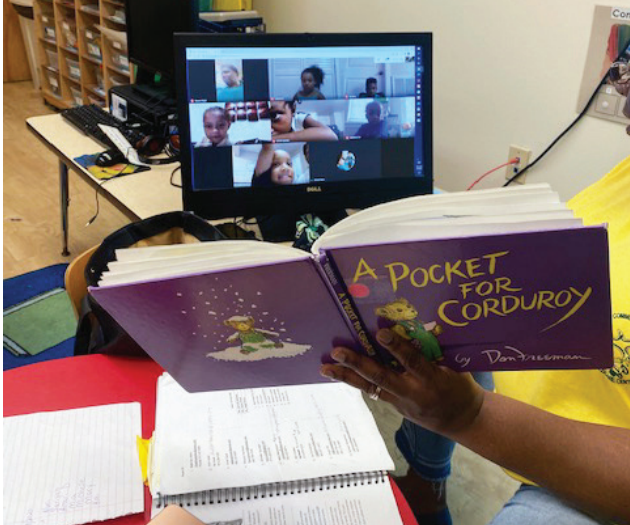
Douglas Homes Hosts Bingo for Residents

Residents of Douglas Homes, 15 Hill St., Newark, participated in bingo in the building's community room Sept. 11. Participants wore masks and remained socially distanced for the activity. *Photos courtesy of Clesia Thompson.*



CHELC Welcomes Children Back in New Way

Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, began the new school year Sept. 8, but in a different way because of the ongoing COVID-19 pandemic. Infants and toddlers are attending school in-person but the older children are participating in virtual learning. Teachers providing virtual instruction are in the classroom interacting with their students through devices. The school is now registering additional students. See the flyer on page 9 for more information. We hope everyone has a great school year! *Photos courtesy of CHELC.*



Social Security News

Social Security Can Help with Your Plan for Achieving Self Support

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

If you rely on Supplemental Security Income (SSI) payments or Social Security Disability (SSDI) benefits and want to start working or return to work, we can help. A Plan for Achieving Self-Support (PASS) is a rule under SSI to help people with disabilities return to work. If you receive SSI or could qualify for SSI after setting aside income or resources so you can pursue — or achieve — a work goal, you could benefit from a PASS.

How does a PASS help someone return to work?

- We base SSI eligibility and payment amounts on income and resources (things of value that the individual owns).
- PASS lets a disabled individual set aside money and things he or she owns to pay for items or services needed to achieve a specific work goal.
- The objective of the PASS is to help disabled individuals find employment that reduces or eliminates SSI or SSDI benefits.

You can read all about the PASS program at www.ssa.gov/pubs/EN-05-11017.pdf.

The plan must be in writing, and Social Security must approve it beforehand. To start, contact your local Social Security office for an application (Form SSA-545-BK) or you can access the form at www.ssa.gov/forms/ssa-545.html.

There are many people who can help you write a PASS, including a Ticket to Work service provider, a vocational counselor or a relative. Social Security's Ticket to Work (Ticket) program supports career development for SSDI beneficiaries and SSI recipients who want to work and progress toward financial independence. The Ticket program is free and voluntary. Please call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. to 8 p.m. ET to learn more about the Ticket program.

Your job isn't just a source of income — it can be a vehicle to independence or a beginning to fulfilling your dreams. Let Social Security's PASS help you achieve your goals.

Senior Spotlight: Alphonso Harrell



Alphonso Harrell has lived at Commons Senior for more than three years. *Photo courtesy of Delonie Barthelemy.*

Alphonso Harrell, who has been a resident of Commons Senior for more than three years, enjoys helping his neighbors and assisting the Resident Services Department with food distribution and other projects.

"Mr. Harrell is an incredible person. If there is ever something to be done, you can definitely count on him to assist. Mr. Harrell looks forward to assisting Resident Services with the Community Boxes every month," said Resident Services Coordinator Delonie Barthelemy. "During COVID, Mr. Harrell and a few others stepped up to assist with bringing lunches to the residents' doors. Mr. Harrell is a huge supporter of Resident Services, and we appreciate him and everything he does."

In addition to helping distribute food in the building and carrying it to his neighbors' apartments, Harrell will also visit the nearby ShopRite to pick up items for fellow residents.

Prior to moving to Commons Senior, Harrell was in a Newark shelter for approximately

eight months. He is very happy he was able to move to his current residence.

"I've been here now going on four years," he said. "I feel better since I got my own place instead of staying in the shelter."

Harrell was born in Fort Myers, Fla. and moved to New Jersey when he was about 13 years old. He briefly lived in Linden with an aunt and then moved to Newark when his parents got an apartment with his uncle in the city. He's lived in Newark ever since.

Harrell dropped out of high school when his oldest child was born so he could work to support his family. His father helped him get a maintenance job in the Newark Federal Building. After a time, he was promoted to assistant supervisor.

After that job, Harrell worked as a mechanic supervisor at a chemical plant in Kearny where he set up machines for liquid detergent.

"I had to work to make money to take care of what I had to do," Harrell said. "I'm blessed now. I did everything that I had to do."

Harrell has five children, though one has passed away. He has 14 grandchildren and 12 great-grandchildren. His family is geographically spread out with one daughter in North Carolina, another daughter in Pennsylvania and a son in Florida. His two youngest daughters live in nearby East Orange.

Before the COVID-19 pandemic hit, Harrell would participate in Commons Senior events and Community Room activities like bingo, card games and pool. He hopes to be able to return to those activities sometime soon.

Harrell, who is 64, is happy with where he is in his life. He's grateful he was able to provide for his family. All of his children graduated from high school, which was important to him. They are all adults now and on their own.

"I don't have to worry about them," he said. "They take care of themselves."



Wellness Tip
October 2020

Breast Cancer Awareness

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include:

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.



If you have any signs that worry you, see your doctor right away.

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

HHELC Holds 9/11 Remembrance

Harmony House Early Learning Center, 278 South Orange Ave., Newark, held a remembrance on Sept. 11 to commemorate the 19th anniversary of the 9/11 attacks. Teachers and students participated in a walk to remember the victims and heroes. *Photos courtesy of HHELC.*



Extended Care Discharges Patient Home to England

New Community Extended Care Facility, 266 South Orange Ave., Newark, recently discharged David Collins. He went home to England to be with his family members. It was a proud day for both his family and the staff members of Extended Care.

Photo at right: David Collins, center, was discharged from New Community Extended Care Facility in September and headed home to England. Photo courtesy of Adalberto Diaz.



Info for Food Pantry Participants



A representative from UnitedHealthcare was on site for the opening of NCC's Emergency Food Pantry Sept. 16 to provide health care information to participants. Photo courtesy of Anibal Alvelo.

NCCTI Building Trades Graduate Finds Success as Solar Panel Technician

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"Terrell is a smart young man with an eagerness to learn and a commitment to putting in the work. Those attributes and characteristics allowed him to get the opportunity with Solar Energy Systems," Brutton said. "It was beyond a pleasure having Terrell as a part of our Building Trades program."

While Williams was skeptical at first that he would be able to learn the basics in the three areas of carpentry, electrical and plumbing, he felt prepared upon completing the program at NCCTI and recommends the school to others.

"In my head, I thought it was going to be impossible to teach all these things in this short period of time, but they ended up teaching us all the basics," Williams said.

Williams had the opportunity to participate in the solar panel course because New Community is part of the Newark Financial Opportunity Center (FOC) network, which includes NCC, ICC and the Urban League of Essex County. The Greater Newark LISC office provides funding support and technical assistance to all the FOCs in the network. Organizations in the network share their program information with each other and invite participation.

"We really appreciate the partnership with ICC and our FOC agencies for the work they do and for creating this wonderful opportunity for Terrell," Brutton said.

At just 24 years old, Williams is well on his way to a successful career in a growing in-

dustry.

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

HHELC Starts 2020 School Year

Harmony House Early Learning Center (HHELC) opened for the school year Sept. 8 with some changes because of the COVID-19 pandemic. The building is open for infants and toddlers while the older children are participating in virtual learning. Children's temperatures are checked upon arrival and other safety measures are also in place. Pre-K teachers are providing virtual instruction through devices from the classroom. We hope all the children and teachers have a great school year! *Photos courtesy of HHELC.*



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



Virtual Info Session
Wednesday, Oct. 21
at 11 a.m. via Zoom



What: NCCTI Virtual Information Session

When: Wednesday, Oct. 21 at 11 a.m.

Zoom Meeting ID: 986 4462 7031 **Passcode:** 683471

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

Financial aid available for those who qualify!

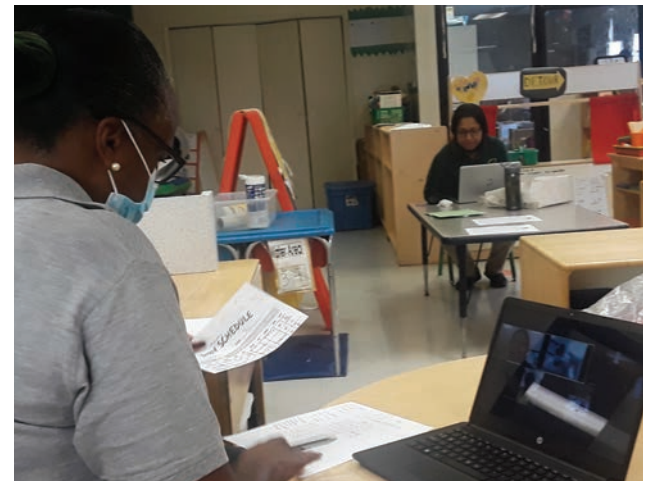
For more information, call
973-824-6484 or visit
newcommunitytech.edu

NCCTI

274 South Orange Ave., Newark, NJ 07103
973-824-6484, 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).



Food Distributions for Manor Senior Residents

Residents of Manor Senior, 545 Orange St., Newark, received food Sept. 3 and Sept. 17 as part of the monthly food distributions in the Community Room. *Photos courtesy of Anibal Alvelo.*



Community Hills Early Learning Center

85 Irvine Turner Boulevard
Newark, New Jersey 07103

Tel: 973-621-0852 | Fax: 973-624-8303
www.newcommunity.org

ATTENTION PARENTS!

**SPOTS ARE AVAILABLE FOR
THE 2020-2021 SCHOOL YEAR**

PRE-K 3 AND 4-YEAR-OLDS

**At Community Hills Early Learning Center
85 Irvine Turner Boulevard
Newark, NJ 07103**

For more information, call 973-621-0852

Required Documents:

Birth Certificate

Shot Record

3 Proofs of Address

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

Family Service Bureau

The Interplay of COVID-19, Domestic Violence, Substance Abuse and Mental Health

By Vito Andrisani, Director of Family Service Bureau

At Family Service Bureau of Newark (FSB) located at 274 South Orange Ave., Newark and 379 Kearny Ave., Kearny, topics like domestic violence, substance use disorder and mental health are treated routinely; nonetheless, the challenges brought on by the results of combating the novel virus COVID-19 have revealed an interplay of these three scourges more than ever. The Centers for Disease Control and Prevention (CDC) has noted that the unprecedented stress of the pandemic could breed a lack of safety in homes where violence may not have been an issue before. Intimate partner violence not only presents its unique challenges but a higher risk of chronic anxiety, depression, post-traumatic stress disorder and risky substance use behav-

iors. It has become obvious that the fear of the unknown during this period of social distancing and quarantine can lead to an individual "self-medicating" symptoms of anxiety and depression or overwhelming stress, which consequently may result in substance use disorders such as alcoholism or other drug use or even mental health concerns stemming from an excessive amount of daily and unusual challenges.

Services offered through social service clinics, such as FSB, that treat behavioral health challenges, can help people cope with social factors that put people more at risk for becoming victims of violence, or at times perpetrators of violence or in developing unhealthy strategies to cope with unnerving events such as reports

of people dying due to COVID-19 or harsh realities of not being able to pay for utility expenses or even groceries due to job loss or strained finances. In addition, they may be disconnected from social support systems. Through behavioral health treatment, one receives personal social support, as well as direction toward entities that help in accessing resources to overcome situational difficulties.

During difficult times such as the present, it is important to be able to recognize characteristics of domestic violence or other abuse, mental health issues and/or problematic substance use. Domestic violence is abuse in a home setting of cohabitation such as a marriage, immediate family or close relations. Physical violence may be the easiest of the abuses to recognize, but emotional and psychological abuse are just as dangerous. Examples of such abuse are humiliation, excessive control, shaming, emotional neglect, etc. These and other similar behaviors may cause psychological trauma, including depression, chronic anxiety and post-traumatic stress disorder. This type of abuse is associated with situations of power imbalance. Group therapy can help recognize these characteristics and move toward a solution to the situation. Through available services, the abused individual becomes able to find a voice to advocate for self and resolve the power imbalance existing in an abusive relationship. What is also available through a clinic such as FSB is the ability to treat disorders like depression and anxiety. This is done by regularly talking to a counselor and also through medical evaluation for medication to stabilize possibly a chemical imbalance or moods and symptoms brought on by chronic or situational events.

Resulting from stressful situations and of seeming despair is also the want to alleviate and make better the feeling brought on by the situation. A strategy that often finds its way to being a quick solution to a frustrating situation is to, for example, have a drink (alcohol) or take, without medical advice, a medication that eases the frustrating feeling. A lot of people often hear about addiction/substance use disorders but fail to identify with having the problem until it is out of control. The development of an addiction is gradual and is due to many and diverse factors in everyday life. Causes of all types of drug use are influenced by a person's biology, their social environment, situational occurrences, beliefs and values. It is important to understand that addiction starts with moderate use. That little at a time becomes more and more until it is unmanageable and intervention such as is possible at FSB is required to start to again live in a functional manner.

Drug addiction is not just marijuana, cocaine, crack, heroin or other drugs sold on the streets illegally. A drug is also a legal substance,

Continued on page 11

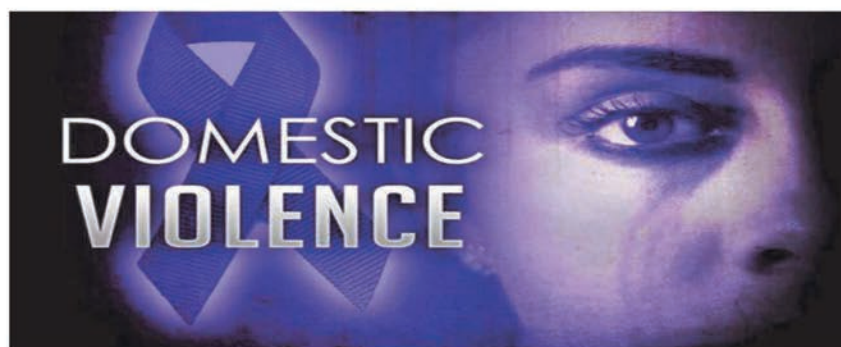


Empowerment Group

For Survivors of Domestic Violence & Abuse

COME JOIN US ...

LOCATION: FAMILY SERVICE BUREAU OF NEWARK
274 SOUTH ORANGE AVENUE NEWARK, NJ (2ND FL)
TIME: TUESDAYS AT 11 AM



Topics Include:

- Introduction to Treatment/ Case Management
- Safety
- PTSD: Taking Back Your Power
- Detaching from Emotional Pain (Grounding)
- Asking for Help
- Taking Care of Yourself
- Compassion
- Red and Green Flags
- Creating Meaning
- Community Resources
- Setting Boundaries in Relationship
- Coping with Triggers
- Healthy Relationships
- Healing From Anger



"Servicios ofrecidos en Inglés y Español"

Family Service Bureau of Newark

Main Office
274 South Orange Avenue
Newark, NJ 07103
973-412-2056
973-484-3452 Fax

West Hudson Office
379 Kearny Avenue
Kearny, NJ 07032
201-246-8077
201-955-6165 Fax

www.newcommunity.org



The mission of Family Service Bureau is to preserve, support, strengthen and enrich family life through prevention, intervention and community education programs which assist families, children and individuals to realize their full potential. The Family Service Bureau of Newark is an affiliate of New Community Corporation.



New Community Adult Learning Center
563 Orange Street, Newark, New Jersey 07107

(973) 558-5536

www.newcommunity.org/services/adult-learning-center/

Free Workshops & Services / Talleres y Servicios Gratuitos

Nutrition Nutrición	Wednesdays October 14th through December 2nd, 2020 9 am to 10 am
Immigration Workshop 101 Taller de Inmigración 101	Thursday, October 22nd, 2020 11 am to 12:30 pm
Prevention Health with focus on Cancer/Medicaid Literacy Medicina Preventiva con Enfoque en la Alfabetización del Cáncer y Medicaid	Tuesday, October 27th, 2020 1 pm to 2 pm
Flu Shot Vacuna Contra la Gripe	Wednesday, October 28th, 2020 9:30 am to 3 pm
Food Demo & Nutrition Demostración de Alimentos y Nutrición	Tuesday, November 10th, 2020 12 pm to 1 pm
Mammograms and Pap Smear test for adults without health insurance Mamografía y Papanicolaou para adultos que no posean seguro medico	Wednesday, November 11th, 2020 9 AM to 1 PM

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Oil, Water and Faith

By Lesley Leslie

Have you grown exhausted trying to make a new partnership or old relationship work, when every attempt to do so has failed? Are you constantly “butting

heads” with your supervisor at work because the company’s mission and goals don’t really align with your personal beliefs? It’s like you are “water” and the other person(s) can be considered to be “oil.”

You know what they say about oil and water, they just don’t mix! There is a natural tendency for oil and water to separate. So comparatively speaking, they are very different and they cannot exist together or be mixed with each other successfully. Imagine you are that container and the water inside represents your potential. Then you add a cup of oil to that container. Given that we know oil is less dense than water, the oil will al-

ways float to the top of the water, creating a surface layer of oil. Now imagine yourself trying to develop, grow and flourish in this environment. It will be nearly impossible, as the oil will always hover over you and stunt your growth. So, what do you do?

When you find yourself in a circumstance or situation where the potential for growth no longer exists, turn to your faith for new direction and new meaning. While change is inevitable, first look in the mirror to see if it’s you that needs to change or it is the circumstance that you are in. After the time of reflection has passed, make your move. Create a plan for yourself that includes setting goals and surrounding yourself with individuals that are like-minded. Build a support circle, even if it is small, of people who you respect that will encourage you, challenge you and hold you accountable for your actions. Have faith in God and in yourself that you can turn things around. While oil may cause you to slip and fall, faith will help you get up and keep striving.

The Interplay of COVID-19, Domestic Violence, Substance Abuse and Mental Health

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such as alcohol, an opioid painkiller, medications such as Xanax (benzodiazepine) and others obtained through a doctor for true medical purposes. Nonetheless, substances when abused can lead to a condition that actually affects the brain and the individual can no longer resist the need and urge to use the substance, no matter the harm that the use causes. At a behavioral health clinic such as FSB, one can seek guidance to see if they present with a substance use disorder. An individual can schedule an appointment for evaluation and be assessed to see if treatment is needed. Treatment is individualized according to what drives the behavior of a specific person. Treatment will consist of meeting with a counselor individually, in a group or both. Please call FSB in Newark at 973-412-2056 or Kearny at 201-246-8077 to seek treatment.

During the COVID-19 pandemic, treatment for domestic violence, substance use disorder and mental health has been made easier through telehealth. Telehealth is talking to a counselor or having a group by staying in a private setting of the individual’s choosing, for example, the home, and participating through something similar to a chatroom. It can also be done simply by phone. However, live in-person sessions and treatment is still an option at FSB as long as we follow social distancing guidelines and wear masks.

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 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.

Providing Food to the Community

New Community held its monthly Community Food Distribution Sept. 1 at 220 Bruce St., Newark. The first Tuesday of each month, community members are encouraged to visit the facility to receive food. No identification is required, but people must sign that they received items. Participants must also bring their own bags and carts to receive food. *Photos courtesy of Anibal Alvelo.*

