



The New Community CLARION

Serving the People of the New Community Network

Volume 37 - Issue 9 ~ December 2020

Former NCC Security Supervisor, Now Newark Police Officer, Returns to NCC as Task Force Officer



Quawee Williams grew up in New Community housing and became a member of NCC's Security team. In 2019, he left NCC to become a Newark Police Officer. He has since returned as an NCC Task Force Officer on the days he isn't working for the city.

Quawee Williams has a long history with New Community. He grew up in NCC housing, worked for the organization's Security Department for seven years and has returned as a Task Force Officer after achieving a career in law enforcement with the Newark Police Department.

Williams joined NCC as a Security Officer in 2012 and was promoted to Supervisor. In his seven years with the department, he worked every shift and at every site. He resigned from his role with NCC Security in September 2019 to become a Newark Police Officer. While he was excited for the opportunity and his next chapter, he was sad to leave New Community.

"I loved it here. I loved the people, the community," he said. "New Community was a great stepping stone for me. The transition, the training, the people I've interacted with, everything prepared me for the next level."

Williams entered the Police Academy in September 2019 and officially became a Newark Police Officer on Feb. 3, 2020.

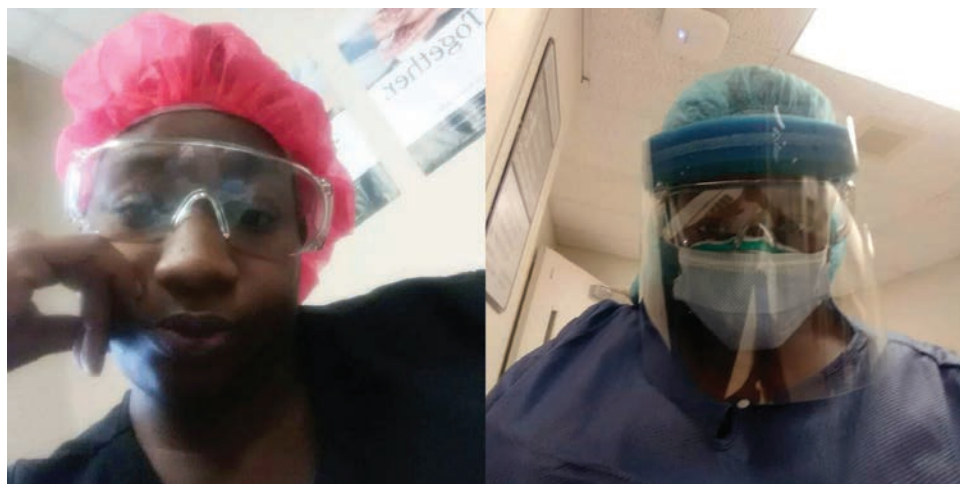
He decided to return to New Community as a Task Force Officer to serve as a role model, showing others that they can achieve their career goals.

"I just want to change the mind for some of the kids that feel as though they don't know where they want to go in life or what they can do in life," he said.

NCC Security Operations Manager John Wade encouraged Williams to pursue becoming a police officer and helped him prepare for the transition. He is happy to have Williams back at NCC.

Continued on page 11

NCCTI Helps Students with Financial Literacy and Industry Specific Skills



Kaitlin Brant graduated from the Patient Care Technician program at New Community Career & Technical Institute and quickly obtained employment. Her work with the Financial Opportunity Center helped her improve her credit and increase her savings. Photos courtesy of Kaitlin Brant.

In addition to providing affordable post-secondary education that leads to nationally recognized credentials, New Community Career & Technical Institute (NCCTI) also operates a comprehensive Financial Opportunity Center (FOC), which helps educate students in the

area of financial literacy. Students learn about credit, budgeting and saving and are provided with tools to help them improve their financial situation.

So far in 2020, the FOC helped 80 clients achieve credit score increases and assisted with over 40 job placements, even in the midst of a global pandemic.

"NCCTI's work extends beyond providing quality training services and connecting students to good careers. It also entails sharing valuable tools and educational services to help them make wise financial decisions," said NCCTI Director Rodney Brutton.

Kaitlin Brant is one graduate who benefited from NCCTI's offerings. She enrolled in the Patient Care Technician program, which she completed in 2019, and took advantage of the financial education the FOC provides.

Financial Coach Tamara Brown gave a presentation in Brant's class about what credit is and how to boost your score. During the presentation, Brown mentioned the LISC Twin Accounts, which is a credit-building tool for low- to moderate-income individuals. Participants receive a \$300 loan which is put in a locked savings account until the loan is paid off. Participants must make 12 on-time monthly payments, which are matched, so at the end of the 12-month period, they have a total of \$600 and an increased credit score since they have a year's worth of on-time payments.

Brant was eligible for the LISC Twin Accounts and successfully participated in the program. She has seen her credit score increase with her participation and also from paying off her student loans.

Continued on page 7

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.

Publisher

New Community Corporation
233 West Market Street, Newark, NJ 07103
973-623-2800

Editor, Writer, Photographer

Michelle Lang
NCC Director of Communications
973-497-4413
mlang@newcommunity.org

Check us out online:
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.

**Youth Services
to Host Curbside
Holiday Event
for Children
Saturday, Dec. 19**

Breakfast & gifts!

**See page 5 for
details!**

Around the Network

HHELC Honors Veterans

Harmony House Early Learning Center (HHELC), 278 South Orange Ave., Newark, honored and celebrated service members on Veterans Day, Nov. 11. Teachers and students wore clothing with military fatigues and walked around the building for the federal holiday, which was originally called Armistice Day, commemorating the end of World War I. In June of 1954, the name was changed to Veterans Day. *Photos courtesy of HHELC.*



NCC Residents Receive Turkeys, T-shirts

Residents of Roseville Senior, 1 South Eighth St., Newark, received turkeys for Thanksgiving and T-shirts from the City of Newark on Nov. 23, before the holiday. *Photos courtesy of Gladys Artis.*



NCC Security Issues Parking Permits

Representatives from NCC's Security Department have been issuing parking permits for NCC residents and employees near the parking lot outside its headquarters at 220 Bruce St., Newark, to increase safety during the COVID-19 pandemic. NCC residents and staff members are able to obtain the permits on specific days and at specific times. For more information, please contact NCC Security at 973-623-3766. *Photo courtesy of Anibal Alvelo.*



Employee Spotlight: Ashley Oaks



Ashley Oaks serves as the Relocation Case Manager at Harmony House, New Community's transitional housing facility for homeless families. Photo courtesy of Ashley Oaks.

Ashley Oaks began working at Harmony House, New Community's transitional housing facility for homeless families, in February as the Relocation Case Manager. In that role, she helps families in their search for permanent housing. This includes looking for available housing options, helping families fill out housing applications and serving as their advocate by speaking with potential landlords.

Oaks' favorite part of her job is helping families move into permanent housing.

"Once I see that they achieve their goals, it lets me know that I'm actually doing my job,"

Oaks said.

Her work is paying off and getting attention. "She has gone above and beyond to assist our residents in finding affordable housing," said Harmony House Director Yonette Fredericks. "She is an excellent team player and is always willing to help out wherever needed. She is always reliable, dependable and follows through with all that she does for her peers, clients and supervisors alike."

Although Oaks is a relatively new member of the team, she was familiar with Harmony House and relocation assistance prior to her arrival. She was previously employed at Newark Renaissance House as a case manager working with women and children. Part of her job was helping families find transitional housing. She referred a number of clients to Harmony House while employed there. She was also a senior site monitor in a halfway house where she helped individuals transition from incarceration to independent living.

Funding issues led to the end of both of Oaks' positions so she was looking for work after the holiday season last year. With her knowledge of Harmony House and her skill set, the Relocation Case Manager role was a good fit.

Oaks always wanted to work in the social services field. She has a bachelor's degree in psychology with a concentration in clinical social work. She enjoys helping people.

When the COVID-19 pandemic hit in March, Oaks' job became more complicated because of the effect on housing and employment. She has

clients who are receiving unemployment benefits which landlords do not consider steady income. Because landlords are not currently permitted to evict tenants, there are also fewer available housing opportunities.

Oaks tells her clients not to give up. She doesn't either. She provides clients with job leads as well as potential housing opportunities. She gets notified any time Section 8 housing becomes available and provides applications to clients. In addition, she does her own internet research to find housing opportunities for clients. She also has a relationship with Catholic Charities, which can provide financial assistance for security deposits and the first month's rent.

"A lot of the clients appreciate it because a lot of them think they're on their own," Oaks said. "I tell them to come to me. That's what I'm here for."

In addition to her full-time work at Harmony House, Oaks also has a part-time weekend job at Sierra House in East Orange, where she assists women and children. It is a behavioral health role, but because the case manager doesn't work on the weekends, Oaks will help clients in that way, including assisting with applications.

Oaks also hopes to earn her certification as a Certified Alcohol and Drug Counselor (CADC). She has completed the required courses and just needs to pass the exam.

Oaks is a resident of East Orange. When she's not working, she enjoys spending time with friends and listening to all different types of music.

NCC Financial Coach Advises Nonprofit on Closing the Racial Wealth Gap

New Community Financial Coach Tamara Brown shared her knowledge with employees of Norwescap, a nonprofit organization that serves the low-income population of Hunterdon, Warren, Morris, Somerset and Sussex counties. She participated in the corporation's Agency Training Day on Nov. 5 via Zoom.

Norwescap, which is headquartered in Phillipsburg, has started replicating the Financial Opportunity Center model, which New Community operates, in the five counties it serves and asked Brown to participate in the training day to discuss frontline strategies to help close the racial wealth gap in the U.S. Norwescap's mission is to strengthen communities by creating opportunities that improve the lives of low-income individuals and families.

Brown, who works with clients at NCC's Financial Opportunity Center, shared the ways she helps clients improve their credit scores, increase their savings and achieve their financial goals.



Financial Coach Tamara Brown, shown here with a Financial Opportunity Center client, recently spoke to employees of Norwescap, a nonprofit organization that serves the low-income population of Hunterdon, Warren, Morris, Somerset and Sussex counties. File photo.

Prepping Turkeys for Distribution

New Community distributed turkeys to NCC families for Thanksgiving ahead of the holiday. Members of Resident Services and Home Friends helped with the distribution. Photo courtesy of Anibal Alvelo.



NCC Family Appreciates Clothing Donations

NCC Families Resident Services Coordinator Anibal Alvelo distributes donations to individuals living in the family units. One of those recipients is Markeda Williams who received pants and tights for her daughters in October.

Williams wrote to Alvelo expressing her gratitude for the assistance. "We moved here from being in multiple shelters and since day one when I met you, you've been so welcoming and passionate about what you do," she said. "Due to COVID, my funds have been very low, but every time I feel like I'm hitting rock bottom you come through for me and I want to thank you so much for everything."

We thank the individuals who donate items for our residents. Your generosity is much appreciated.

Photos courtesy of Anibal Alvelo.



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:** Performs a variety of maintenance duties relating to repair, cleaning, painting, plumbing, carpentry and electrical at assigned property location. Also provides general duties related to cleanliness and appearance of interior and exterior area of assigned property.
- **Certified Nursing Assistant:** Provides personal care and related services, functioning under the direction of the Licensed Practical Nurse.
- **Clinical Director:** Under the direction of the Family Service Bureau Executive Director, the Clinical Director will be responsible for overseeing and developing the Clinical aspects of both the Newark and Kearny sites to include supervision, evaluation and scheduling.
- **Clinician, Part-Time and Full-Time:** Under the direction of the Clinical Supervisor, the Clinician will be responsible for the provision of direct clinical services to children, adults, families and co-occurring populations at the Family Service Bureau office located in the Kearny and Newark offices as needed.
- **HVAC Technician & Building**

Maintenance: Installs and maintains all aspects of temperature control systems throughout NCC properties. Will also install and maintain HVAC systems and work on fuel supply lines, air ducts, vents, compressors, evaporators and piping.

- **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:** Establishes and maintains the Unit's identified census goals, clinically evaluates all residents admitted to the Unit and formulates 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. Also undertakes income certifications, rent collection, leasing and working with household residents.
- **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:** Organizes, directs and supervises 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:** Ensures that the appearance of the property is maintained, troubleshoots, installs and repairs the building.
- **Task Force Officer:** Secures 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.
- **Teachers Assistant - Virtual Learning:** Provides virtual learning support by facilitating the delivery of online materials to and from the students and monitoring student behavior while at the center.
- **Virtual Instruction Support Staff:** Provides virtual learning support by facilitating the delivery of online materials to and from the students and monitoring student behavior while at the center.

NCC Youth Services to Host Holiday Event for Children

New Community's Youth Services Department will be hosting the Curbside Grab and Go Breakfast and Gift Giveaway Saturday, Dec. 19 from 8 a.m. to noon at the New Community Recreation Center, 56-68 Hayes St., Newark. The event is free to all children ages 3 to 13, but families must register online by Dec. 13 to participate. Registration can be found at newcommunity.org. Once registration is completed, families will be contacted with an arrival time. Late arrivals will have to wait until the end of the event to receive their breakfast and gift.

This event takes the place of NCC's annual Breakfast with Santa since it is much safer to host during the ongoing COVID-19 pandemic. Social distancing will be maintained and face masks worn during the event for everyone's safety.

There is a maximum of three children per family and children must be present at the event to receive breakfast and a gift.

For more information, please call 973-242-7934.



Curbside Grab and Go Breakfast and Gift Give Away

Saturday, December 19, 2020

8:00 a.m. - 12:00 p.m.

**New Community Recreation Center
56-68 Hayes Street, Newark**

This event is FREE to children ages 3-13!!

Registration is required to participate

Register online at www.newcommunity.org

Last day to register is December 13

For more information, contact

NCC Youth Services at (973) 242-7934



Social distancing will be maintained & face masks worn

Social Security News

Top 10 Sites of Social Security for 2020

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

Our online services often allow you to do business with us without visiting a local office or calling. Here are our top 10 webpages of 2020:

1. Open your own personal *my Social Security* account, where you can verify your earnings, get future benefit estimates, obtain benefit verification letters, update your Social Security information if you receive benefits and more, at www.ssa.gov/myaccount. We continue to add new features to make doing business with us easier than ever.
2. Need answers to your Social Security related questions? Our Frequently Asked Questions page is the authoritative source at www.ssa.gov/faq.
3. Our hub for Social Security news and updates is our blog at blog.socialsecurity.gov. You can use social media to easily share these informative articles with friends and family.
4. You can complete and submit our online application for retirement benefits in as little as 15 minutes at www.ssa.gov/retirement.
5. You can conveniently apply for disability benefits online at www.ssa.gov/benefits/disability.
6. Access our publication library — we have online booklets and pamphlets (including audio versions) on key subjects at www.ssa.gov/pubs.
7. You can learn everything you need to know about Medicare at our dedicated page at www.ssa.gov/benefits/medicare.
8. There's no need to call or visit a local office when you use our online services page at www.ssa.gov/onlineservices.
9. There are times when you may need to fill out a form and submit it to us. You can find what you need easily at www.ssa.gov/forms.
10. Reporting Social Security fraud is a key part of preventing it. You can help stop scammers at www.ssa.gov/antifraudfacts.

We care about giving you easy access to the information you need from us. Please feel free to share these pages with your friends and family.

Senior Spotlight: Lillie Little



Lillie Little spent two years at New Community Extended Care Facility after an illness. Before that, she spent many years living at Commons Senior. Photo courtesy of Barbara Maybanks.

Lillie Little is grateful for the support she has received from New Community over the years. She was a longtime resident of Commons Senior before an illness sent her to the hospital and then to New Community Extended Care Facility. She lived at Extended Care for two years before being discharged in November.

Over the course of her time at Extended Care, Little said she made great progress, going from being in a wheelchair to using a walker.

"I got excellent care from the nurses and the whole staff," she said.

Extended Care was able to provide physical therapy and other services that helped Little's health improve.

"Lillie Little was an exceptional resident who understood that when God gives a second chance, you use it to praise and glorify Him through acts of kindness and showing gratitude to those who contributed to your recovery," said Extended Care Administrator Veronica Onwuna-

ka. "For Ms. Little to be home today in her own living quarters, cooking for herself and making informed decisions unassisted is more of a miracle and we believe she will continue to thrive and enjoy her recovery. We here at New Community Extended Care wish her well."

Little is now living with close friend Barbara Maybanks in Newark. She is very thankful for Maybanks' kindness.

"The average person is not going to take you into their home like she did," Little said. "She's truly a friend."

Little was born in Georgia but moved to Newark as a young child and has been a city resident ever since. She went to school in the city and had several different jobs as an adult, including in the nursing and cosmetology fields. Her favorite job was in nursing because she got to help people.

Community service was a large part of Little's life. She served as a district leader, worked for the Board of Elections and helped get people out to vote. When she lived at Commons Senior, she helped gather donations for various causes.

While living at Extended Care, Little participated in building activities like bingo, board games and arts and crafts. Unfortunately, when the COVID-19 pandemic hit, those gatherings became unsafe and had to be stopped.

The pandemic also ended some other practices Little had become accustomed to, but she understood the changes were necessary to reduce the risk of virus transmission. She encourages everyone to follow recommendations like wearing a mask and washing hands.

"Do anything there is to extend life, not only for yourself but other people also," she said.

Little knows Extended Care staff members risked their own health to provide essential services to the residents, including laundry, maintenance and food services.

"The love and care that they gave me there, I really appreciate every one of them," she said.



Wellness Tip
December 2020

Key Times to Clean Your Hands:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage
- ***COVID: Before putting on and removing mask**



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

NCC Residents Enjoy Thanksgiving Meals

At Roseville Senior, 1 South Eighth St., Newark, Resident Services and members of the Tenant Association prepared and passed out Thanksgiving meals to residents on Nov. 25. The City of Newark also donated meals for the residents. Residents who were unable to leave their apartments had the meals delivered to their doors. *Photos courtesy of Gladys Artis.*



Support New Community Corporation 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 pro-

vides 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.

NCCTI Helps Students with Financial Literacy and Industry Specific Skills

Continued from page 1

"I was able to boost my credit from fair to good. And this is starting off with me not even knowing what credit was," Brant said.

In addition to the LISC Twin Accounts, Brown offers other tools to her FOC clients. She holds educational workshops, which are now virtual because of the ongoing COVID-19 pandemic. She shares resources about how to dispute incorrect information on credit reports and talks with clients about their financial goals and how to achieve them. The FOC also helps with job placement so clients can obtain higher-paying positions.

After graduating from NCCTI, Brant was hired at St. Joseph's University Medical Center in Paterson as a Patient Care Assistant. She was previously working at Checkers Restaurant and received a significant hourly wage increase when she switched jobs. That along with an increased credit score helped Brant to move to a nicer apartment.

"Kaitlin was steadfast in her commitment to improve her credit. Her hard work paid off when she was able to access better housing," Brown said. "Kaitlin is a pleasure to work with and the skills she learned will continue to open doors for her in the future."

NCCTI also provides the Bridges to Career Opportunities program with support from

LISC, which includes a period of "contextualized bridge training." The instruction focuses on industry-relevant material to teach and reinforce academic skills in a way that more readily prepares students for their future careers. Brant and her classmates participated in the program by learning computer skills specifically for health care workers.

Brant is grateful for everything she has learned from NCCTI.

"The knowledge that Ms. Tamara gave us, teaching us about credit and financial literacy, plus the education that the school provided for us, that together is enough to help us thrive and move up another step within the world," she said.

Brant plans to share the knowledge she has learned with others, including her young daughter.

"I have a lot of friends who really don't understand credit because they don't really teach it in school," she said. "With the knowledge that I have, I just want to move forward with it, learn more about it and spread it to anybody who doesn't know about it."

In addition to the FOC, Brant also utilized the services of the Family Resource Success Center while enrolled at NCCTI, including free tax preparation and other benefits that she was eligible for.

"The school helped in every way possible and I really appreciate them for that," Brant said. "I would really urge and suggest students take advantage of the opportunities."

Brant recommends NCCTI, saying the programs are short-term, graduates often launch a successful career and students can improve their financial standing.

"Kaitlin is one of many who benefited from our Financial Opportunity Center," Brutton said. "We thank our funding partners: Greater Newark LISC local office, LISC national office, Citi Foundation and Capital One Bank. NCC's success is directly related to their confidence in our work."

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.

NCC Offers Monthly Community Food Distribution

New Community holds monthly Community Food Distribution on the first Tuesday of each month at 220 Bruce St., Newark. 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.*



Independence360 Provides Thanksgiving Baskets to Harmony House Residents

Independence360, a comprehensive program developing vocational, life and social skills and personal development for adults on the autism spectrum and with behavioral and related disabilities, provided Thanksgiving baskets to residents of Harmony House, New Community's transitional housing facility for homeless families.

The group collected donations from Oct. 26 to Nov. 23 to fill 10 baskets with the ingredients to make a full Thanksgiving dinner and fill the pantry with nonperishable food items. Three Independence360 staff members dropped off the baskets Nov. 23 and their clients participated virtually with Harmony House families via Zoom. In previous years, Independence360 clients brought the baskets to Harmony House to see families pick them up in person. The ongoing COVID-19 pandemic prevented that from being safe.

Photos courtesy of Lumane Metellus, Independence360 Whippy Supervisor.





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

During the COVID-19 Pandemic Emotional Resilience is Vital

As you may know, 2020 continues to be a tumultuous year. The COVID-19 pandemic showing no signs of abating, social unrest, economic uncertainty and natural disasters have impacted us all. These are unprecedented times. We need to work extra to manage our emotions well. Expect to have a lot of mixed feelings. An infectious illness outbreak such as COVID-19 can be stressful to you, your loved ones and your friends. It is natural to feel overwhelmed, sad, anxious and afraid. According to the U.S. Department of Health and Human Services, stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco or other drugs

During the coronavirus pandemic, many are tempted to fear, anxiety and perhaps even despair. Some have lost their precious lives, some have lost those whom they love, some have suffered. You can also find moments of hope and resilience all around us despite the uncertainty. The Family Service Bureau of Newark, an affiliate of New Community Corporation, is offering a Crisis Counseling Program (CCP) for residents of Bergen, Essex, Hudson and Passaic counties. The program is brought to you by/through NJ Hope and Healing Crisis Counseling Program (CCP) free of charge.

Family Service Bureau of Newark 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 is offering emotional support through virtual support groups. 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.

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, compassion fatigue, 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 a trained licensed therapist 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
- 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 family 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 supportive 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.

NCCTI Director Participates in Virtual Conference

New Community Career & Technical Institute (NCCTI) Director Rodney Bruton participated in the Fourth Annual Building a Culture of Health in Newark Virtual Conference. The three-day conference was organized by Believe in a Healthy Newark. Bruton participated on Oct. 26, the final day, titled Recovering from the Economic Impact of COVID-19. He spoke during a breakout session about workforce development, along with Della Walker Jr., Director of Newark 2020 for the Newark Alliance. Craig Drinkard, Deputy Director of Victoria Foundation, served as the moderator for the session.



New Community Career & Technical Institute Director Rodney Bruton speaks during the Fourth Annual Building a Culture of Health in Newark Virtual Conference on Oct. 26.

Connect with NCC on Social Media

New Community Corporation stays connected through social media accounts on Facebook, Twitter and Instagram. Follow us on these platforms to see more photos and information.



@NewCommunityCorporation



@NewCommunityCor



@newcommunitycorp



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

<p style="text-align: center; color: #e67e22;">Available Courses</p> <p>English for Speakers of Other Languages Mondays through Thursdays: 10 AM to 12 PM or 6 PM to 8 PM</p> <p>Citizenship Saturdays: 9 AM to 12 PM</p> <p>Computers – Basic & Intermediate Levels Saturdays: 9 AM to 12 PM or 12 PM to 3 PM</p> <p>ABE, Pre-HSE, & HSE (English only) Mondays through Thursdays: 9:30 AM to 1:30 PM or 5:30 PM to 8 PM</p>	<p style="text-align: center; color: #e67e22;">Free Services</p> <p>Health Screenings Physicals, Mammograms, Cholesterol, Nutrition, etc.</p> <p>Open Community Free workshops conducted by private institutions and/or volunteers for the general public</p> <p>Other Services</p> <ul style="list-style-type: none"> • Community organizing • Community rooms • Social services referrals
<p style="text-align: center; color: #e67e22;">Cursos Disponibles</p> <p>Inglés para Hablantes de otras Idiomas Lunes a jueves: 10 AM a 12 PM o 6 PM a 8 PM</p> <p>Ciudadanía Sábados: 9 AM a 12 PM</p> <p>Computadora – Nivel Básico e Intermedio Sábados: 9 AM a 12 PM o 12 PM a 3 PM</p> <p>ABE, Pre-HSE, & HSE (Ingles solamente) Lunes a jueves: 9:30 AM a 1:30 PM o 5:30 PM a 8 PM</p>	<p style="text-align: center; color: #e67e22;">Servicios Gratuitos</p> <p>Exámenes Médicos Gratuitos Físicos, Mamografías, Colesterol, Nutrición, etc.</p> <p>Comunidad Abierta Talleres gratuitos conducidos por instituciones privadas y/o voluntarios para el publico en general</p> <p>Otros servicios</p> <ul style="list-style-type: none"> • 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.

NCC Residents Appreciate Donations



Residents of NCC's family housing units benefit from those who donate items like coats, shoes, clothes and toys. Thank you to our generous donors! *Photos courtesy of Anibal Alvelo.*

Former NCC Security Supervisor, Returns to NCC as Task Force Officer

Continued from page 1

"Quawee Williams was one of my dependable supervisors when he worked on the Security side of the house," Wade said. "As a former law enforcement executive, coaching him in joining the ranks of the Newark Police Department was my pleasure. Welcoming him back, as a Task Force Officer and a product of NCC, was a no brainer."

Williams returned as a Task Force Officer in November. He works overnight shifts for NCC when he's not working as a Newark Police Officer. He mainly responds to emergency calls.

"I'm happy that I can work for others and just be someone that can lend a helping hand in any situation and be a listening ear for those that need it," he said.

Williams still lives in the area and has a young daughter.

He is grateful he had the opportunity to grow with New Community, launch a law enforcement career and return to serve the organization and its residents once again.



Hard to Spread the Holiday Cheer

By Lesley Leslie

The holiday season is upon us and the end of what many consider to be an incredibly difficult year is about to be realized. As we look back on the months that have comprised 2020, there is so much widespread pain associated with this year, that it's really hard to find something to celebrate.

Our country has not dealt with the plaguing issue of racial discrimination that has persisted in our judicial system, political system, educational system, health care industry, housing market, etc. Enter the coronavirus, a pandemic experienced around the world that has impacted lives totaling in the millions. It has become the figurative scab that has been ripped off the wounds that have not been addressed for years and years in this country. The pandemic has revealed the issues that many have been protesting, complaining and living with for generations.

Innocent Black men and women being killed at the hands of the police, who are sworn to protect and serve, is not a new thing. Low-income children receiving sub-standard education with little community resources is not a new thing. Uninsured immigrants and poor people dying at alarming rates, due to lack of health care access, is not a new thing. What is new is that the coronavirus does not discriminate. The lives lost due to this virus have been the lives of the rich and famous, as well as the poor and the common. The virus has been a great equalizer and the year 2020 has provided a clear vision of the issues that plague our country.

So, what should we do as we count down the last days of 2020? How do we end this year? We end it with hope! We end it with prayer! We end it with Thanksgiving! Hopefully, we really examine ourselves and begin to treat one another with kindness. Hopefully, we begin to treat others the way that we want to be treated. Hopefully, we begin to address those wounds that racism and discrimination have caused our nation. We owe it to our children's children.

Non Profit Org.
US Postage
PAID
Permit # 5780
Newark, NJ

12

CLARION

Volume 37 - Issue 9 ~ December 2020

Harmony House Early Learning Center Celebrates Halloween

Harmony House Early Learning Center (HHELC), 278 South Orange Ave., Newark, celebrated Halloween on Oct. 30. Children and teachers dressed up in costume and teachers handed out goodies to the students. *Photos courtesy of HHELC.*

