



The New Community CLARION

Serving the People of the New Community Network

Volume 38 - Issue 1 ~ January 2021

NCCTI Students Help in the Fight Against COVID-19



New Community Career & Technical Institute Clinical Medical Assistant students Malika Brown, Alicia Anderson, Katherine Novoa, Blessing Durugo and Ashley Kirkland, left to right, are all working in temporary positions at University Hospital to administer COVID-19 vaccines.

New Community Career & Technical Institute (NCCTI) students in the Clinical Medical Assistant (CMA) program have joined in the fight against COVID-19 by accepting temporary positions at University Hospital to administer vaccines to hospital staff members in the facility's Ambulatory Care Center.

NCCTI and University Hospital have a longstanding partnership with the hospital hiring NCCTI graduates to fill a variety of roles. When University Hospital needed temporary workers to administer COVID-19 vaccinations for their staff members, representatives from the Human Resources Department reached out to NCCTI for assistance shortly before Christmas. By Dec. 28, several students had already completed the onboarding process and began their work.

"We are pleased that University Hospital valued the partnership enough to call us," said NCCTI Director Rodney Brutton. "We were one of their immediate sources for candidates for the vaccine rollout."

Director of Talent Acquisition for University Hospital Eileen Rowland-Scheets contacted Brutton about the opportunity to see if any NCCTI students would qualify and have an interest. He immediately reached out to students in the CMA program to see who would be willing and able to apply for the temporary positions. Interested students submitted resumes, interviewed and completed the necessary screenings to start work. Seven students are now administering the vaccines.

Rowland-Scheets said the feedback she has received from the NCCTI students' supervisors has been positive, which doesn't surprise her.

"My team and Rodney work so well together, there is trust and respect that translates into positive outcomes," she said.

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Extended Care Provides 'Amazing Experience' for Couple



Steven and Jessica Johnson have both spent time recovering at New Community Extended Care Facility. Jessica Johnson had such a positive experience at the facility that she insisted her husband recuperate there. Photo courtesy of Jessica Johnson.

Steven and Jessica Johnson have been married for more than 30 years and have shared many experiences together. Due to different circumstances, they both have required stays at a skilled nursing facility, and at different times they have been patients at New Community Extended Care Facility. Both were extremely happy with the care they received.

"We both had an amazing experience," Jessica said. "New Community made me feel like home. They did the same thing for my husband."

Jessica went to Extended Care about five years ago after having surgery to receive physical therapy to regain the use of her legs. She stayed there less than a month, but during that time, she became involved in the facility, participating in activities and attending church services in the chapel. She also made friends with other residents and still keeps in touch with some of them today.

"The therapy was amazing. The place was really nice and clean and warm and welcoming," she said. "I didn't have a bad day while I was there."

When her husband suffered a minor stroke and needed to be placed in a nursing facility in October, Jessica insisted he go to Extended Care.

Because of the ongoing COVID-19 pandemic,

in-person visits were prohibited for everyone's safety. Jessica said it was very difficult for her not to be able to physically see her husband since they had never been separated for an extended period. She said the staff at Extended Care knew what she was going through and helped her through, explaining that he would be discharged when he was ready and able to do well at home. To ease the separation, Jessica and Steven used technology to communicate.

"There were a lot of lonely nights, but we were able to comfort each other through FaceTime and pray together," Jessica said. "He always told me he was comfortable."

Technology has been essential at Extended Care during the pandemic to keep residents connected to their loved ones.

"These last 10 months have been difficult for our residents. It's been difficult for residents not to be able to see their family. Using dedicated facility technology to connect on FaceTime with family has allowed our residents to stay in touch during the pandemic," said New Community Chief Operating Officer Fred Hunter. "Our dedicated staff continues to give their all to serve our wonderful residents."

Steven spent his birthday and Thanksgiving at Extended Care, but after about eight weeks at 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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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.

Merry Christmas!



St. Joseph Plaza, which serves as New Community headquarters at 233 West Market St., Newark, displayed a Christmas tree this holiday season despite the COVID-19 pandemic.

Around the Network

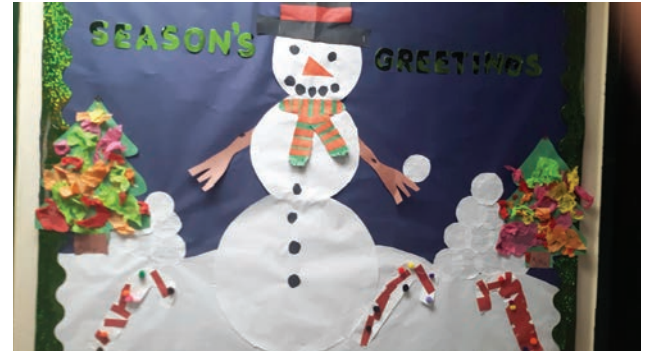
Assistance Ahead of the Holidays

During December, individuals received food from New Community's Emergency Food Pantry and also were able to pick up holiday gifts for their children. *Photos courtesy of Anibal Alvelo.*



Getting in the Holiday Spirit at HHELC

Children at Harmony House Early Learning Center (HHELC) got to make Christmas tree ornaments ahead of the holiday. Staff members also decorated the school for the holidays. *Photos courtesy of HHELC.*



Residents Receive Produce

Residents of Manor Senior, 545 Orange St., Newark, got produce thanks to the Community FoodBank of New Jersey. Each month, residents at NCC senior buildings are provided with food items. *Photos courtesy of Anibal Alvelo.*



Employee Spotlight: Catherine Angus



Catherine Angus works as an instructor for New Community's Adult Learning Center. She teaches English for Speakers of Other Languages (ESOL) Level 2. Photo courtesy of Catherine Angus.

The COVID-19 pandemic has changed many aspects of everyday life. One area that has been significantly altered is education. Instead of gathering in classrooms, many educational institutions, including New Community's Adult Learning Center, have moved classes online. This poses both new challenges and opportunities for instructors and students.

Catherine Angus teaches English for Speakers of Other Languages (ESOL) Level 2 for the Adult Learning Center. She was a bit hesitant to

only interact with students virtually, but she has embraced the changes and has found many positives with the new delivery platform.

"Ms. Angus started to work with us right as the pandemic had started when we had moved all of our classes to distance learning," said Adult Learning Center Director Cristhian Barcelos. "She immediately completed the Google Educator Level 1 certification program and made sure that her students stayed connected and involved in her class. It is a real pleasure to work with a professional that cares so much for her work and students."

Angus always keeps her students top of mind when planning lessons. Her goal is to give them as many opportunities to use and practice their English as possible.

The Adult Learning Center uses Google Meet to conduct classes currently because of the ongoing pandemic. Angus says many of her students access classes on their cell phones. She keeps that in mind when assigning work because the display is much smaller on a cell phone than on a tablet or computer.

"I've been trying to train myself to do more things on my phone so that I can see what they see and how the material is presented to them, trying to keep that in mind when I assign things so that it's not adding an extra level of difficulty for them to access the material," she explained.

Despite the minor hiccups, Angus has seen many advantages to virtual learning. Because the students are already online, Angus is able to share video materials from sources like YouTube, TED-Ed and National Geographic. She also has the ability to provide individualized feedback on students' submitted homework, which is impossible in a traditional classroom with 30 students.

An additional advantage is the ability to reach students that wouldn't otherwise be able to attend class. Angus said she has some students who log onto class from their home health aide sites.

"If they had to physically come to a classroom, they wouldn't be able to," Angus said. "I think that is just monumental that we can now encourage people to continue their studies while they're in a workspace."

The students who are at work are still attentive to their clients. Angus said sometimes they excuse themselves from class to take care of something that needs to be done.

Angus' favorite part of her job is the students, who inspire her.

"I empathize with them about what they left behind and try to really reassure them of their goals that they are setting and that they should feel confident and welcome and able to remake themselves here," she said.

Angus is an immigrant herself. She is Canadian and came to the United States in 1999 when her husband's job relocated to New York. She now lives in Montclair with her husband and 17-year-old daughter who is a senior in high school. Her son, who is 20, is currently attending a university in Canada.

In her free time, Angus enjoys reading and gardening. She also has started doing a lot more baking after being inspired by The Great British Baking Show.

She hopes that the effects of the pandemic on education will ultimately be positive.

"I hope it can be a transformative moment in education," she said. "I think there are a lot of positives to digital learning if it's done right."

Thank You for Donated Items

New Community accepted donations of coats, toys and shoes on Dec. 2 at Resident Services, 220 Bruce St., Newark. The donations were distributed to NCC families in need during the holiday season. *Photos courtesy of Anibal Alvelo.*



NCC Staff Member Participates in LISC Event



New Community Director of Community Engagement Richard Cammarieri participated in the Elevating Newark CommUNITY virtual event Dec. 15, hosted by Local Initiatives Support Corporation (LISC). He provided spoken word, titled A Love Supreme.

The event is an annual celebration of Newark and this year it featured Newark Mayor Ras Baraka, LISC President Maurice Jones and Assemblywoman Britnee Timberlake.

Extended Care Residents, Staff Receive COVID-19 Vaccine

Residents and staff members of New Community Extended Care Facility, 266 South Orange Ave., Newark, received the first dose of the Pfizer COVID-19 vaccine on Jan. 5, thanks to personnel from CVS. Those who were vaccinated will return for their second injection on Jan. 26. There have been no positive cases of COVID-19 among Extended Care residents since June.



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.
- **Occupancy Specialist:** Will be responsible for monitoring and processing housing certification, vouchers and special claims. This includes but not limited to processing applications and background checks in accordance with Federal/State/City policies and regulations. Candidate must be bilingual (Spanish/English speaking) and have work experience in the affordable housing industry and familiarity with HUD and LTC.
- **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 Dietitian:** Responsible for assessing the nutritional care program of the residents in the facility. Assist and prepare the menu for the different menu cycles of the year. Advise administration and food service department as needed on all clinical aspects of each resident diet and oversee issues in the kitchen.
- **Superintendent:** Ensures that the appearance of the property is maintained, troubleshoots, installs and repairs the building.
- **Teacher (Daycare - Group, Infant & Toddler) - Regular Full-Time:** Responsible for providing a teaching model; observing, and contributing to the evaluation of the children. The primary goal of the Group Teacher (GT) is to ensure that the needs of each child in the group are met.
- **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.

Celebrating the Christmas Season

New Community's Youth Services Department hosted the Curbside Grab and Go Breakfast and Gift Giveaway on Dec. 19 for children. The event took the place of the traditional Breakfast with Santa because of the ongoing COVID-19 pandemic, but families still received breakfast and presents for their children, along with an opportunity to see Santa. *Photos courtesy of Youth Services.*



Bringing Holiday Cheer

Essex County Sheriff Armando B. Fontoura's Office makes it possible every year for New Community's Family Resource Success Center to provide holiday joy to children of families who call upon the center for help with services. The Sheriff's Office has provided generous donations of toys every year for over 10 years. We truly appreciate the partnership, which helps bring smiles to children's faces on Christmas morning.



Extended Care Provides 'Amazing Experience' for Couple

Continued from page 1

facility, he was discharged and returned home. The couple was happy they were able to spend Christmas together.

"New Community has given me back my life when I needed it, when I felt down and depressed," Jessica said. "The staff gives you that incentive. They push you. You never feel like you're forgotten about. It's amazing."

New Community CEO Richard Rohrman isn't surprised by Jessica and Steven's experiences.

"The staff and management of the facility have a dedication and empathy for the residents that never ceases to amaze me. Their conduct and dedication through the continuing COVID crisis has been inspiring," he said. "We so appreciate the story that the Johnsons tell and wish them all the best for their health and happiness."

Extended Care Administrator Veronica Onwunaka said Extended Care is committed to delivering high-quality services to help patients thrive.

"Our goal at New Community is to ensure that we can provide the most effective and best care that will help return our residents back to their pre-illness health to make them effective citizens," she said. "Ms. Johnson is a typical example of how effective quality care can help the people that we serve and the community at large."

While Jessica hopes she and her husband don't have to return in the future, she encourages anyone in need of a skilled nursing facility to use Extended Care.

"Extended Care is an amazing place and if I had to have somebody else go into a facility, I will always recommend it," she said.

New Community Extended Care Facility, 266 South Orange Ave., Newark, is a 180-bed skilled nursing facility that serves inner city seniors and disabled adults. The facility specializes in offering customized care for individuals with Alzheimer's disease and dementia. For more information, visit newarknursinghome.org or call 973-624-2020.

Social Security News

Hearings with the Social Security Administration During COVID-19

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

In March 2020, we temporarily closed all of our Social Security Hearing Offices due to the coronavirus pandemic and are not offering in-person hearings. During the office closures, we are providing two flexible, safe and secure hearing options: either a telephone hearing or our new option of an online video hearing.

Additional information on both of these hearing options is available here: www.ssa.gov/appeals/hearing_options.html

What are “online video hearings”?

Online video hearings are a secure way to conduct hearings over the internet, using a free platform called Microsoft Teams. You and your representative, if you have one, can attend the online video hearing safely and securely from any private place with a secure internet connection using a camera-enabled smartphone, tablet or computer.

Like our telephone hearings option, the online video hearings option is not mandatory. We will conduct online video hearings the same way we conduct telephone and in-person hearings. During the hearing, the administrative law judge (ALJ) will swear in all hearing participants and listen to your testimony. You will see the ALJ and representative, if one has been appointed. Other participants, such as vocational/medical experts and interpreters, will join by phone.

What are the technology requirements to participate in an online video hearing?

You and an appointed representative, if applicable, must have access to email and a personal computer, laptop or Android/Apple tablet or mobile device with a secure and private, high-speed Wi-Fi or cellular data connection. The device must have a camera, microphone and speakers. If using a mobile device, you must download the free Microsoft Teams application.

We will send you a link to a user guide that explains how to access and use Microsoft Teams before the date of an online video hearing.

Please read our publication *Online Video Hearings at the Social Security Administration* at www.ssa.gov/pubs/EN-70-10284.pdf for additional information. A short video about online video hearings is available at www.ssa.gov/appeals/hearing_video.html.

Senior Spotlight: Maureen Davenport



Maureen Davenport has lived at Manor Senior with her husband for more than seven years. She enjoys cooking and crocheting and serves as a Floor Captain to help her neighbors. Photo courtesy of Erika Furcal.

Manor Senior resident Maureen Davenport enjoys helping people. She used to work as a nursing assistant, currently serves as a Floor Captain to keep her neighbors informed and likes to share her culinary creations with others.

The COVID-19 pandemic has halted building activities and prevents residents from gathering together, but it hasn't stopped Davenport from bringing joy to her neighbors.

“Ms. Davenport is a gift to those around her. She is like a ray of sunshine on a really dreary day,” said Manor Senior Resident Services Coordinator Erika Furcal. “She has been such a huge help during the pandemic checking on the resi-

dents and sharing food.”

Davenport loves cooking and she shares what she makes with others. She makes everything from beef vegetable soup to homemade pickles and sauces to pineapple upside-down cake with homemade whipped cream.

“Anytime I get anything, I like to share it,” she said.

Even throughout the pandemic, she has continued to cook and distribute items to her neighbors. She also checks on residents and answers their questions by phone to maintain social distancing.

Davenport's neighbors appreciate her sharing her culinary creations with them. She sometimes receives thank you cards.

Davenport has always wanted to make people feel better, even when she was young. She said that was a big reason why she decided to become a nursing assistant. Now that she no longer works in that field, she uses her other talents to bring joy to people.

“If you're good to people, they'll be good to you,” she said. “And it makes you feel better.”

In addition to cooking, Davenport also enjoys crocheting. She makes hats, scarves and muffs.

Davenport grew up in Jamaica, Queens, and moved to New Jersey in 1971. She lived in East Orange before moving to Manor Senior with her husband on Sept. 27, 2013. The couple has been married for 25 years.

While the COVID-19 pandemic has limited social interactions and outings, Davenport keeps busy with crocheting, growing plants and, of course, cooking.

She likes to get creative in the kitchen.

“I cook because you can experiment with different things,” she said. “I always like to think out of the box.”



Wellness Tip
January 2021

Meditation: A simple, fast way to reduce stress

Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health.

The emotional benefits of meditation can include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance



*Breathing example:
a deep inhale through your nostrils (3 seconds), hold your breath (2 seconds), and a long exhale through your mouth (4 seconds).

New Community Thanks Our Holiday Donors



NCC Board Member and Outreach Coordinator Madge Wilson accepts gift donations from the Millburn Fire Department in Millburn, N.J. Photo courtesy of Madge Wilson.



Father Nicholas Gengaro of Seton Hall University School of Law provides NCC Board Member and Outreach Coordinator Madge Wilson with gifts for children. Photo courtesy of Madge Wilson.



St. Rose of Lima Parish in Short Hills provided turkeys for the Thanksgiving holiday. NCC Board Member and Outreach Coordinator Madge Wilson was there for pickup. Photo courtesy of Madge Wilson.

Supporters of New Community and St. Rose of Lima Church generously donated turkeys, gifts and other goods to families in need during both Christmas and Thanksgiving. The efforts were coordinated by Madge Wilson, NCC Board Member and Outreach Coordinator. More than 1,000 gifts were distributed. We are deeply grateful to the following groups and individuals for spreading the spirit of joy during the 2020 holiday season:

- St. Paul's Abbey, Newton, N.J. – Bro. Bernardo Lee and the Monks, Donated Christmas Trees
- Mr. and Mrs. Mark Carelli and Family, Maplewood, N.J.
- Weichert Realty, Maplewood, N.J. – Rebecca Berenson and Coworkers
- Our Lady of Sorrow Parish, South Orange, N.J. – Jonathan and Rita Arena and Parishioners
- Millburn Fire Department – Fire Chief Robert Echavarria and Nicole Verducci, Millburn, N.J. and Coworkers
- Frank Consentino, Gillette, N.J.
- St. Helen's Catholic Parish – Marilyn Ryan, Westfield, N.J. and Parishioners
- Oak Knoll School of the Holy Child, Summit, N.J. – Brian Topping and Coworkers
- St. Rose of Lima Academy – Elizabeth Guarnieri, Betsy Guarnieri, Dan Solazzi and Parents
- Our Lady of the Lake, Verona, N.J. – Ursula Conrad and Parishioners
- Notre Dame Catholic Parish, North Caldwell, N.J. – Donna Zarros and Parishioners
- Seton Hall University School of Law and The Thomas More Society, Newark, N.J. – Fr. Nicholas Gengaro
- St. Thomas Parish, Bloomfield, N.J. – Lorraine McMillian and Parishioners
- Glenwood Elementary School, Short Hills, N.J.
- St. Teresa of Avila Parish, Summit, N.J. – Margaret Strong, Theresa and Parishioners
- St. Catherine of Siena Parish, Cedar Grove, N.J. – Brenda Pereira and Parishioners
- Meyner & Landis, Counsellors at Law, Newark, N.J. – Cindy Oliveira and Coworkers
- Capital One Bank, Union, N.J. – Diane Dacunha and Coworkers
- Mr. and Mrs. Desjardins, Maplewood, N.J.
- Columbia/Maplewood High School, Maplewood, N.J. – Marsha Hicks and Students
- Our Lady of Lourdes Parish, West Orange, N.J. – Pat Paxton and Parishioners
- St. Pius X Catholic Church, Old Tappan, N.J. – Kathryn Grifonette and Parishioners

Thanksgiving Turkey Donations

- St. Rose of Lima Parish, Short Hills, N.J. – Ed Langley and Parishioners

HHELC Receives Donation to Purchase Christmas Gifts



Harmony House Early Learning Center (HHELC) Director Sister Maurice Liguori Okoroji accepted monetary donations from Dr. Kathleen Sternas, an associate professor at the Seton Hall University College of Nursing, to be used to purchase Christmas presents for the children at the center.

Each year, Sternas organizes a group from the College of Nursing to purchase presents for HHELC children and delivers them. Because of the COVID-19 pandemic, her group provided a monetary donation instead.

The children, families and staff members of HHELC are grateful for the generosity of the Seton Hall University College of Nursing community.

Photo courtesy of HHELC.

Rutgers Community Health Center

January is Cervical Health Awareness Month

Take these simple steps to cervical cancer prevention. The National Cervical Cancer Coalition recommends the following:

Vaccinate early. It is recommended that girls and boys be vaccinated at age 11-12. The vaccine produces a stronger immune response when taken during the preteen years. Women and men can be vaccinated through age 45.

Screen regularly. Women should start with a Pap test at age 21 and should be co-tested with a Pap test and an HPV test starting at age 30. A healthcare provider will offer advice on how often a woman should be screened.

Schedule an appointment at Rutgers Community Health Center for your Pap test today! Call us at 973-732-6040.

- Convenient location in NCC's health care building at 274 South Orange Ave., Newark.
- New patients welcome!
- We offer telehealth and in-person visits.
- Due to COVID, we are currently not accepting walk-ins.
- Accepting most health insurances including Aetna, Horizon and many others.

RUTGERS

Community Health Center

Community is everything.

274 South Orange Avenue, 3rd Floor

Newark, NJ 07103

973-732-6040 | rchc.rutgers.edu

Roseville Senior Celebrates the Holidays

Despite the ongoing COVID-19 pandemic, residents of Roseville Senior, 1 South Eighth St., Newark, got in the holiday spirit. Decorations in the building's mailroom, gifts and meals all helped residents celebrate the holidays in a very different year. *Photos courtesy of Gladys Artis.*



Connect with New Community 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



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

Text Support: 973-980-4964

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

Virtual Support Groups are Helping People Connect and Cope

Whether it's COVID-19 survivors or tired parents stuck at home, people across the country are turning to online support groups to cope and connect with others during the pandemic. Every day, new numbers emerge detailing the toll coronavirus is taking on our communities, but there's also an emotional cost. It's not just those who have fallen ill who are seeking support online. Some are joining support groups to help manage fears and anxiety pertaining to the pandemic.

During this time of national crisis, we must manage two things simultaneously: 1) Protect ourselves from the coronavirus and 2) Protect ourselves from anxiety. It's normal to feel anxious and worried during a national crisis. Don't be hard on yourself. Reaching out to relatives and friends who are isolated or in need will boost their spirits and yours. You don't need to do this alone. If you are experiencing an escalation of anxiety, talk to a professional who can help you through this difficult time. Almost all therapists are using telehealth, so you are not limited to professionals in your area, and now with a vaccine, the forecast looks brighter.

Community and connection are incredibly important, especially during times of heightened anxiety and uncertainty. Social distancing, quarantine and isolation can be overwhelming and cause strong emotions in adults and children. Finding ways to cope with stress in a healthy way will make you, the people you care about and your community stronger. 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 and 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 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.
- Evening Groups from 7 to 8 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 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.

HHELC Receives Gifts for Children



Harmony House Early Learning Center (HHELC) accepted donations of presents for the children from James Caldwell High School in West Caldwell.

In a typical year, several of the high school's students would come to HHELC to drop off the donations and play with the children, but because of the ongoing COVID-19 pandemic, the students did not come. Instead, supervisor Jesse Braddell delivered the gifts.

The children, families and staff members of HHELC extend their gratitude to the James Caldwell High School community.

Photo courtesy of HHELC.

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.

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 Giving Fund. We appreciate any amount you can provide, as do our residents, clients and community members.

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

NCCTI Students Help in the Fight Against COVID-19

Continued from page 1

The students can attest to the positive experiences. Malika Brown enjoys working at University Hospital administering the COVID-19 vaccines. She works Monday through Friday from 6:45 a.m. to 3:30 p.m. and is sometimes asked to work Saturday as well.

"I love it," she said, "Some of the patients are so excited to get the vaccine."

Brown decided to pursue the temporary position as a way to gain experience at University Hospital. She plans to apply for a permanent position there once she earns her certification.

University Hospital Human Resources Generalist Jeannette Gil explained that working in the temporary role will give NCCTI students a leg up when they apply for a full-time, permanent position since their work will already be known to hospital staff. She said NCCTI students have traditionally performed well in their roles in the hospital system.

"Throughout the years, I've hired quite a few New Community students and I've received great feedback from the supervisors and managers in regards to the students. That's why we continue to go back," Gil said.

New Community CEO Richard Rohrman said providing students opportunities that lead to successful careers fulfills the NCC mission.

"It is hard to overstate the satisfaction all of us get when sending a new class out into the work world. Their training and dedication will surely open doors for them in such a wide open field," he said. "We need them now more than ever."

Brutton said credit goes to the students and their instructor whose work ensured they were prepared.

"Students had the entry-level skills, work readiness and the professionalism to take advantage of this opportunity as it was presented," he said.

Brown said she is happy staff members at NCCTI have pushed her to pursue her career goals.

"I thank the school for giving me this opportunity," she said. "They're helping me get my foot in the door at University Hospital and I'm grateful for that."

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.



Hold on to TRUTH

By Lesley Leslie

Undoubtedly, the year 2020 will go down in history as a year that so many people will try to remove from their memories. What started out as a year of hope for "perfect vision" or other positive spins on the New Years' resolution focused on "foresight" and promise, turned into a dreadful outlook for a year full of grief, sadness, unrest and political shame.

Death by pandemic and police brutality will leave a scar on the year that passed. Social unrest, racism, political division and a loss of faith in our nation's electoral process will also be synonymous with the year 2020. The truth was challenged at every possible turn as our nation endured an incredible unveiling of issues that were buried or non-existent for some but unbelievably obvious for others.

The truth is that low-income communities were impacted by the COVID-19 pandemic at much greater numbers than other communities because those communities were already severely vulnerable due to pre-existing health conditions and lack of access to quality health care.

The truth is that George Floyd, Breonna Taylor (say her name) and Botham Jean's deaths by police were something that has occurred in African-American life for centuries. These cases, and unfortunately too many others, have been so publicized that it is no longer possible for others to insist that nothing is wrong with our system of national policing.

The truth is that the 45th President of the United States lied repeatedly to the American people as he led the country for the past four years. When the lies were revealed, there were and still are many people who continue to believe and push a dangerous narrative that continues to divide. Do we teach our children that the truth is "fake news" if it contradicts your lie? Do we teach our children that when they lose at something, everyone else has cheated? Do we teach our children to deny the truth and replace it with their opinion? How then do we govern? How then do we learn? How then do we live?

Hold on to the truth, hold on to what is right. Truth be told, we need something to bring our county together again. We can work through anything and have overcome several things but not if we are not willing to face the truth. God Bless America! Happy New Year!

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CLARION

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Spreading Holiday Cheer to NCC Residents

Resident Services Coordinators at Manor Senior, 545 Orange St., Newark, distributed Christmas presents to building residents on Dec. 16 to show appreciation and spread holiday cheer. *Photos courtesy of Erika Furcal.*

