

# NEW COMMUNITY CLARION



## EXTENDED CARE WELCOMES VISITORS BACK TO SEE LOVED ONES

When COVID-19 hit New Jersey in March 2020, visitation at New Community Extended Care Facility ceased for everyone’s safety. More than a year later, the facility has been able to resume indoor visitations, allowing loved ones to meet and even hug if both resident and family member are fully vaccinated.

Extended Care has remained free from COVID-19 since October 2020 and it continues to take precautionary measures and frequently tests residents and staff members for the virus. In addition, the facility has arranged for the distribution of vaccines to residents and staff members to further reduce the risk of infection.

Because of the progress, the facility submitted a plan to resume indoor, in-person visitation, which was approved. Extended Care welcomed visitors back on April 12, with protocols in place for the safety of residents, staff and visitors.

“The balance between keeping everyone in the Extended Care Facility safe and the need for people to have human interaction is so difficult,” said New Community CEO Richard Rohrman. “Both compete equally in our residents’ well-being. I think the leadership and staff at the facility have navigated this with the utmost thoughtfulness and compassion as demonstrated in the facility being COVID-free for so long. Thanks to the cooperation amongst staff, residents and families, I think the outcome is better than anyone could have expected.”

Visits are by appointment only and limited to 30 minutes once per week. Only two people are allowed to visit at one time and the visit must occur in a designated area. Temperature screenings are conducted for all visitors.

Despite the limitations, families are happy to be able to be close to their loved ones again. Maria Mendez was apart from her 92-year-old mother Maria Torres for an extended period, which she said has taken a toll. Torres has been a resident at Extended Care since 2019 and has had several strokes.

“Emotionally it’s affecting me because I want to see my mom,” Mendez said of restricted visitation. “Because I feel like I can help with her recovery.”

Before the pandemic, Mendez would visit her mother every day in her room and bring her food. While she is happy to be able to be close to her mother once a week, she hopes that one day soon she will be able to go to her mother’s room and remove her mask so her mother can read her lips to understand her better.

“I understand that they really need to take care,” Mendez said. “But it’s really hard.”

New Community Chief Operating Officer Fred Hunter is happy the facility has been able to reunite families.

“Our Extended Care Facility residents have been wanting to resume visitation with family and friends for a year and I am glad to see the day come that they can have visitors,” he said.

Because Mendez and Torres have both been fully vaccinated, they are able to hug each other during visits, which has been positive for the pair.

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With an easing of COVID-19 restrictions, Maria Mendez has been able to visit her mother, Maria Torres, at New Community Extended Care Facility in person. Photo courtesy of Adalberto Diaz.



A partnership between New Community Career & Technical Institute and Habitat for Humanity of Greater Newark allows Building Trades Specialist students to help build homes on active worksites.

## NCCTI PARTNERSHIP WITH HABITAT OF GREATER NEWARK GIVES BUILDING TRADES STUDENTS REAL WORLD EXPERIENCE

New Community Career & Technical Institute (NCCTI) provides its students with a variety of hands-on practical skills and is always looking to enhance those educational opportunities. To that end, the accredited school has partnered with Habitat for Humanity of Greater Newark to offer its Building Trades Specialist students the opportunity to hone their skills on active worksites building homes for others.

Building Trades students began working at Habitat of Greater Newark sites in March. They visit a site each Wednesday as part of their regular instruction. Habitat of Greater Newark offers a safety orientation and provides students with hardhats and the tools and materials that are needed to complete tasks associated

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## AROUND THE NETWORK

### NEW COMMUNITY FAMILIES CELEBRATE EASTER

The Resident Services Department prepared and distributed Easter baskets to families living in New Community housing ahead of the holiday. *Photos courtesy of Anibal Alvelo.*



### 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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#### 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:

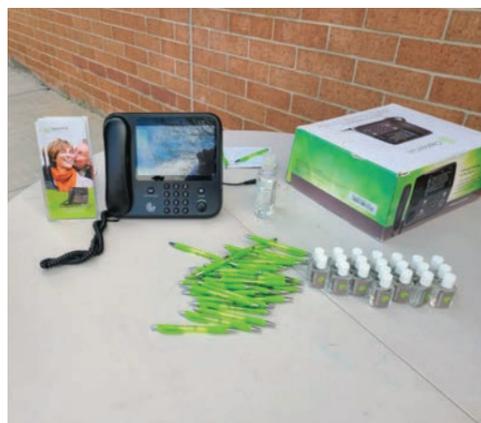
- One of the largest and most comprehensive community development organization in the United States.
- A large-scale deliverer of comprehensive programs and services.
- A leader in affordable housing and economic development.
- A model among nonprofit, social entrepreneurship and CDC communities.
- Having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

## Log On!

New Community will be celebrating the career of retiring CEO Richard Rohrman on May 20 with a live streamed event at 1 p.m. Visit [newcommunity.org](http://newcommunity.org).

### HELPING NEW COMMUNITY RESIDENTS CONNECT

New Community residents who have difficulty hearing were provided with free CaptionCall phones to assist them. John Russo came to the Resident Services Department at 220 Bruce St., Newark, to hand out the phones, which provide captions on a large screen. *Photos courtesy of Anibal Alvelo.*



### NEW COMMUNITY SENIORS RECEIVE EASTER BASKETS

Assemblywoman Shanique Speight arranged for Easter baskets to be distributed to residents at Associates, 180 South Orange Ave., Newark. *Photos courtesy of Anne Moran.*



### MONTHLY FOOD DISTRIBUTION TO NEW COMMUNITY RESIDENTS

Residents of Manor Senior, 545 Orange St., Newark, received food on March 4 as part of the monthly distribution at New Community senior buildings. Representatives from the Resident Services Department make sure the residents receive the items each month. *Photos courtesy of Anibal Alvelo.*

# NCCTI PARTNERSHIP WITH HABITAT OF GREATER NEWARK GIVES BUILDING TRADES STUDENTS REAL WORLD EXPERIENCE

FROM PAGE 1

with residential construction. This includes carpentry skills, framing out rooms, installing sheetrock and painting.

In addition to the real world training available on an active construction site, the students also benefit from sharpening their soft skills.

“The students learn the importance of teamwork, punctuality and taking direction from senior leaders,” said NCCTI Director Rodney Brutton. “If you are an entry-level carpenter, you have to take direction from a journeyman.”

The partnership is also beneficial to Habitat of Greater Newark, which receives assistance with constructing homes for recipients and helps train the future workforce.

“We are so pleased to be partnering with New Community Career & Technical Institute (NCCTI) to train the next generation of workers in the skilled trades. Being able to deliver a quality home at an affordable price is extremely important to the Habitat of Greater Newark mission and we could not do that without the contributions of our partners in the skilled trades,” said Habitat of Greater Newark Chief Executive Officer Jeffrey J. Farrell. “NCCTI’s students will learn a lot from our Construction Manager Rick Casaretto and our Site Supervisor Alphonso Richards, and we hope to see NCCTI graduates back on our worksites as trained professionals in years to come.”

Theodore Brown is a Building Trades Specialist student who says working on the Habitat of Greater Newark site each week has been a good experience.

“It’s awesome,” he said. “It has taught me a lot.”

The experience has been so positive that Brown is considering staying with Habitat of Greater Newark after he completes the program at NCCTI.

Building Trades Instructor Yusto Awich previously volunteered with Habitat for



The partnership between New Community Career & Technical Institute and Habitat for Humanity of Greater Newark gives Building Trades Specialist students the opportunity to do a variety of tasks needed to construct a home, including working on flooring.

Humanity in Maryland and suggested that his students could benefit from a partnership with the organization. He and Brutton reached out and the timing worked out well because Habitat of Greater Newark was looking for volunteers for a site in Livingston. Even when that project ends, NCCTI looks forward to continuing the partnership at new sites with new students that enroll in the program.

In addition to the actual construction of a house, Awich said his students have participated in a variety of jobs, including landscaping, cutting down trees using chainsaws, making benches out of pallets, masonry, fixing stairs and using concrete. He accompanies his students to the Habitat of Greater Newark site each week, overseeing their work and participation in projects.

“It’s a broader experience and it’s a real exposure to house construction,” Awich said.

NCCTI provides transportation to and from the Habitat of Greater Newark site each Wednesday, where students work from 9:30



Building Trades Specialist students at New Community Career & Technical Institute gain real world experience at Habitat for Humanity of Greater Newark worksites. They take direction from a professional site supervisor and use the tools on site.

a.m. to 1 p.m.

Brown said it’s a privilege to work with Habitat of Greater Newark and recommends the NCCTI Building Trades Specialist program to anyone interested in the field.

“I feel it’s helping me a lot,” Brown said. “I’m not yet perfect but I’m getting it little by little.”

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

## PROVIDING FOOD TO THE COMMUNITY



New Community distributes food items to community members on the first Tuesday of each month at 220 Bruce St., Newark. Residents of Essex County are invited to come to the location beginning at 10 a.m. to receive the items. Recipients are asked to sign for the food and bring their own bags and/or carts. Distribution continues while supplies last. *Photo courtesy of Anibal Alvelo.*



## TRAINING FOR CULINARY CAREERS AT NCCTI

New Community Career & Technical Institute (NCCTI) trains students in the Culinary Arts Specialist program in a full commercial kitchen. Graduates are connected to a variety of employer partners in the food service industry. NCCTI offers open enrollment and encourages interested individuals to apply online at [newcommunitytech.edu](http://newcommunitytech.edu). Those interested can also call the school at 973-824-6484 or visit the main campus at 274 South Orange Ave., Newark.

## HHELC CELEBRATES WEEK OF THE YOUNG CHILD

Harmony House Early Learning Center (HHELC), 278 South Orange Ave., Newark, celebrated the annual Week of the Young Child April 10-16. Each day the students engaged in different activities as directed by their teachers. The purpose of the Week of the Young Child is to “focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.” *Photos courtesy of HHELC.*

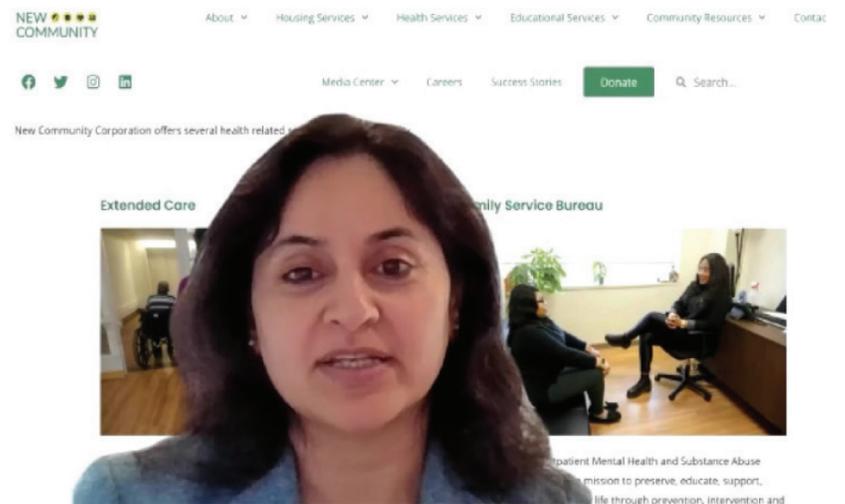


## NCC CHIEF OF HEALTH AND HUMAN SERVICES PARTICIPATES IN PANDEMIC SOLUTIONS GROUP PANEL

New Community Chief of Health and Human Services Arti Kakkar served as a panelist during a virtual event held by the Rockefeller Foundation Pandemic Solutions Group on April 22 with the topic Maximizing Equity and Efficiency of Community Vaccination Sites.

In addition to Kakkar, panelists included Dr. Noha Aboelata, Founder and CEO of Roots Community Health Center; Chris Covino, Director of Cybersecurity for the City of Los Angeles; Ann Lee, Co-Founder and CEO of CORE (Community Organized Relief Efforts); and Dr. Sujal Mandavia, Chief Medical Officer of Carbon Health.

The group discussed best practices to ensure equity in the distribution of the COVID-19 vaccine, including outreach methods, accessibility and challenges in various communities.



## EXTENDED CARE WELCOMES VISITORS BACK TO SEE LOVED ONES

FROM PAGE 1

Vaccinations were offered to all residents and staff members at the facility and many took advantage of the opportunity.

“When comparing the vaccination percentages, you can see a higher number of Extended Care residents that have been vaccinated than the rest of the community,” Hunter said.

Being fully vaccinated has allowed loved ones to have the physical contact that has been absent for more than a year.

“Seeing families now visit their loved ones and for those who are vaccinated actually having a touch with each other brings such a smile to my face because I can only imagine how it feels to touch your loved one again,” said Extended Care Administrator Veronica Onwunaka. “That gratitude that we’ve been able to maintain the safety of

our residents and now vaccinated families are able to hold their loved ones and hug them really means a lot to us. And I want to keep it going.”

To help make it possible to carry on with in-person visitation and ensure the safety of residents, staff members and visitors, Extended Care continues its vigorous testing schedule to ensure that any incident of COVID-19 is caught early and contained.

Staff members continue to keep families informed about their loved ones as they have throughout the pandemic. Mendez said the staff always keeps her updated about her mother and has been nice and patient whenever she calls.

“I have good communication with the nurses. That’s the part that’s really helping me because I’m keeping in touch with the

people that work here. I can call any time,” Mendez said. “I ask them to give my mom the camera and they give me a chance to see her with the camera.”

While interacting through a screen offers a level of comfort during a tumultuous time, it doesn’t compare to a face-to-face meeting and a hug between a mother and daughter. Mendez is grateful to be able to have that closeness with her mother again and hopes to be able to do it more often in the future.

*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](http://newarknursinghome.org) or call 973-624-2020.*

## HELP WANTED: NEW COMMUNITY IS HIRING

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

NCC requires job applicants to fill out an online application for consideration. If you have difficulty with the online application process, you can chat with a representative for technical support or check out the

Frequently Asked Questions page. For additional information, job seekers can call New Community's main phone number at 973-623-2800.

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

- Building Maintenance Worker
- Certified Nursing Assistant
- Food Service Director
- Food Service Manager
- Housekeeping Aide - Full-Time
- HVAC Technician & Building Maintenance
- Infection Control Nurse
- Licensed Practical Nurse - Full-Time
- Porter - Full Time
- Registered Dietitian
- Security Operations Manager
- Teacher (Daycare - Group, Infant, & Toddler) - Regular Full-Time

## FAMILY SERVICE BUREAU: OFFERING A VARIETY OF SERVICES IN ESSEX AND HUDSON COUNTIES

At Family Service Bureau (FSB), the populations served are children and adults. Children ages 5 to 17 receive treatment through our Family Crisis Intervention Unit (FCIU) and through our Mental Health Clinicians. Adults receive treatment for substance abuse and mental health according to the need of the consumer. Services are delivered by professional clinicians with fully licensed supervisors. Consumers are referred to FSB by all social services organizations, the criminal justice system, the Division of Child Protection and Permanency, local hospitals, private wellness, health and medical practices, grassroots foundations, churches and walk-ins are always welcome. FSB does provide services to anyone without any insurance regardless of status.

For mental health services, FSB offers individual mental health counseling, couple's counseling, substance use standard outpatient and intensive outpatient treatment, psychiatric evaluation and continued psychiatric follow-up with medication monitoring. For these services, Medicaid and out-of-pocket costs are accepted. FSB does utilize a sliding fee scale to help keep the out-of-pocket cost at a minimum based on income. If you are a Newark resident in need of services and do not have insurance or cannot pay the out-of-pocket cost, please call the Newark location to inquire about any available funding. Through the Kearny location, mental health services can be funded through our Mental Health Fee for Service program opened to the uninsured that are 21 years old and older. The services consist of group and individual sessions, medication monitoring and psychiatric evaluations. A nominal fee, if possible \$5, is collected for each session.

For substance abuse services, FSB is proudly serving Essex County and Hudson County Drug Court as well as consumers referred by Essex and Hudson County Probation and NJ State Parole. Through the Essex County STEPS Program and also the Hudson County STEPS Program full services

are provided to county residents that have no insurance regardless of their status at no cost to the consumer. FSB provides substance use disorder and co-occurring clients with intensive outpatient and standard outpatient care through individual and group counseling. The STEPS programs are funded by the counties of Essex and Hudson - Department of Health and Human Services Office. To inquire about the programs, please email [fsbaccess@newcommunity.org](mailto:fsbaccess@newcommunity.org). In Essex County, call 973-412-2056 and in Hudson County, call 201-246-8077 to complete an initial telephone screening.

Additional services provided at FSB are parenting and anger management groups. FSB provides three programs for survivors of domestic violence. The youth-based domestic survivor program is funded by the Essex County Youth Services Commission and is open to Essex County residents between the ages of 12 and 17 years old. Our adult-based domestic survivor

program is funded by the State of New Jersey Department of Law and Public Safety and is open to Essex and Hudson County residents who are 18 years of age and older. Finally, Victims Intervention and Prevention, funded by the State of New Jersey Department of Law and Public Safety, is a program specifically for those who are currently homeless.

For presentations regarding FSB, the leadership, Vito Andrisani or Dametria Wertz, under the guidance of Arti Kakkar, welcome all invitations to your group of choice.

Family Service Bureau offers behavioral health services in Essex and Hudson counties. The Newark office is located at 274 South Orange Ave., Newark and can be reached at 973-412-2056. The Kearny office is located at 379 Keary Ave., Kearny and can be reached at 201-246-8077. To inquire about FSB's services, please email [fsbaccess@newcommunity.org](mailto:fsbaccess@newcommunity.org).

 **vna Health Group**  
Visiting Nurse Association Health & HospiceWellness Tip  
May 2021

### ACTING F.A.S.T. IS KEY FOR A STROKE

<h1 style="font-size: 2em; margin: 0;">F</h1>  <p style="font-size: 0.8em; color: white; text-align: center;">Ask the person to smile. Does one side of the face droop?</p>	<h1 style="font-size: 2em; margin: 0;">A</h1>  <p style="font-size: 0.8em; color: white; text-align: center;">Ask the person to raise both arms. Does one arm drift downward?</p>	<h1 style="font-size: 2em; margin: 0;">S</h1>  <p style="font-size: 0.8em; color: white; text-align: center;">Ask the person to repeat a simple phrase. Is the speech slurred or strange?</p>	<h1 style="font-size: 2em; margin: 0;">T</h1>  <p style="font-size: 0.8em; color: white; text-align: center;">If you see any of these signs, call 9-1-1 right away.</p>
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For more information about VNA Health Group services & programs, please call 800.862.3330 or visit [www.vnahg.org](http://www.vnahg.org)

## EMPLOYEE SPOTLIGHT: ELVIA ORTEGA



Elvia Ortega has worked for New Community as a Home Friend for nearly three years. She enjoys helping senior citizens in Newark. *Photo courtesy of Giselle Oviedo.*

Elvia Ortega has been a New Community employee since July 2018 when she joined the organization as a Home Friend. Home Friends visit clients who are 60 years or older and help them with tasks such as

cleaning, laundry and grocery shopping.

Ortega works with eight clients, who she serves on weekdays between the hours of 8:30 a.m. and 4:30 p.m. She enjoys serving her clients.

“I feel good when I help the seniors,” she said. “Sometimes they can’t do something like the laundry or clean the house and I feel good when I do that for them. I feel happy.”

Home Friends Program Coordinator Giselle Oviedo said Ortega is very proactive and determined to make a positive impact on all her clients.

“Elvia pays very close attention to detail when it comes to her duties especially working with our clients,” Oviedo said. “She is able to recognize changes in their daily activities, likes/dislikes and health creating a trustful and friendly relationship. Her clients are open and cooperative to receiving services, share their concerns and guide us to better assist them. That plays a major role in the services we provide where

we identify the problem and fill the gap to better, healthier and happier living. Elvia is a team player that is always ready to assist her fellow coworkers. I can say she is an asset to the Home Friends Program and NCC as a whole.”

Ortega lives in Newark with her husband and two sons, ages 7 and 2. Free time is in short supply, but when she has it she cleans her apartment, does laundry, goes to the supermarket and sometimes goes to the mall with her family.

Before joining New Community as a Home Friend, Ortega worked a job preparing food but she decided to make a change to a position that she believed would be more fulfilling. She’s happy with her decision.

“I love my job now,” she said.

The New Community Home Friends Program is funded by the Essex County Division of Senior Services to provide in-home services to seniors and the disabled of Essex County who only receive Medicare.

## SENIOR SPOTLIGHT: ROBERT WOODARD

Robert Woodard is originally from North Carolina but he moved to Newark when he was a child and has stayed in the city ever since. He moved into Douglas Homes seven years ago where he keeps busy creating artwork.

Woodard uses painting as a way to keep his mind sharp and tries to paint every day. He paints a variety of subjects, including people and landscapes. His mother was an artist and he picked up his skills by watching her.

“Everyone is born with a talent,” he said. “They just have to find where it’s at.”

He is keeping most of his paintings for now and hopes to have enough to sell at a later date.

While Woodard is keeping his artwork, he shows off his paintings to others, including Douglas Homes Resident Services Coordinator Clesia Thompson.

“Robert Woodard is one of our more independent residents here at Douglas Homes. Whenever you see Robert coming in or going out he will always greet you with a smile and a warm welcome,” she said. “In meeting Robert I learned that he is a retired contractor, an avid lover of fish and a definite artist. In my office, I have a lot of different artwork featured on the walls. Once Robert came in and viewed the works almost a year ago he has never stopped painting. Weekly I am allowed the pleasure of viewing one of his newest works. It is an honor to introduce all of NCC to our in-house artist, Robert.”

Woodard was an auto picker before retirement, loading trucks with windows and doors for delivery. Now, in addition to creating art, he also enjoys doing contracting work on houses and working on cars. His father was a mechanic and introduced him to that type of work.



Robert Woodard has lived at Douglas Homes for seven years. He enjoys painting, which he tries to do every day. *Photo courtesy of Robert Woodard.*

Staying active is important to Woodard. He enjoys spending time outdoors, riding his bike and walking around parks.

“I’ve got to keep busy,” he said. “If I didn’t, I’d go crazy.”

## SOCIAL SECURITY NEWS: UNEMPLOYMENT INSURANCE FRAUD AND SOCIAL SECURITY

BY AMMY PLUMMER, SOCIAL SECURITY DISTRICT MANAGER, SPRINGFIELD AVENUE, NEWARK, NJ

Scammers are using the COVID-19 pandemic as an opportunity to file fraudulent unemployment claims, often using someone else’s identity. Scammers may even use the identity of someone who is receiving or applying for Supplemental Security Income (SSI) benefits.

SSI applicants and recipients who begin receiving — or appear to begin receiving — State Unemployment Insurance (UI) benefits could appear to be ineligible for SSI benefits. They could even appear to

be overpaid because of an unemployment claim filed in their name.

These UI fraud schemes are widespread and affect most states. The United States Secret Service is investigating more than 500 claims in over 40 states related to unemployment fraud.

At Social Security, we’re taking steps to verify whether SSI applicants and recipients are victims of UI fraud. We will not reduce or terminate your payments due to a

fraudulent unemployment claim filed on our behalf. If you suspect you may be a victim of fraud, report it to your state fraud hotline at [www.dol.gov/agencies/eta/UIIDtheft](http://www.dol.gov/agencies/eta/UIIDtheft). You may also report suspicions of fraud to your local unemployment office.

Remember that scammers always look for a chance to exploit your fears. Don’t fall for their tactics — and guard your personal information. Please share this information with your friends and family — and let’s help each other stay vigilant.

# RUTGERS COMMUNITY HEALTH CENTER: WOMEN'S HEALTH EQUALS BETTER HEALTH

Rutgers Community Health Center is recognizing Women's Health Week in May. This is a great time for girls and women to make their health a priority and take care of themselves. Remind all the women in your lives — daughters, mothers, grandmothers, partners and friends — take care of their health, especially during the ongoing COVID-19 pandemic. This is especially important for women with health conditions such as diabetes, hypertension, obesity, cardiovascular and respiratory conditions and women 65 years and older. According to the U.S. Department of Health and Human Services' Office on Women's Health, here are some steps women can take to care for their body and mind.

## LESLEY LESLIE: STILL GOT SOME DREAMS



It has been a little more than a year since the coronavirus changed our world forever. We could talk about the tragic death tolls and near-death experiences because of the

pandemic. However, so much negative attention has been given to the virus. The overwhelming sadness has made it hard to spotlight some of the good things that have also occurred over the past year.

The mandated quarantines started out as one of the most dreadful directives forced upon individuals and their families. Working from home and attending virtual classes was not the easiest thing to do. However, many adjusted to the changes and found that it could be something manageable, in some cases, even preferable. Working parents appreciated the quality time that they were able to spend with their children. They enjoyed not having to travel back and forth to the office every day. They didn't miss the morning and evening traffic, or the road-rage associated with that daily commute grind. Money saved in tolls, gas and lunch was reallocated for household responsibilities and family fun nights.

Then there were those who decided to go back to school (albeit virtually). Or those budding entrepreneurs who finally started their own business, from home but a business just the same. Marriage relationships and long-lost friendships were rekindled because people had nothing but time to consider what was important. With so many lives being lost, people just didn't want to take their loved ones for granted. COVID-19, amidst all its destruction, caused people to love again, dream again and in so many cases start again. Now it is up to us to try again. Whatever we didn't get right the first time, let's try again. Hold on to your dreams and try again!

**Talk to your health provider about stress.** Stress impacts many women, especially during the COVID-19 pandemic. If you feel that stress is getting in the way of your daily activities, talk to your health provider.

**Develop and maintain a plan to care for health conditions.** If you have a health condition such as asthma, diabetes, hypertension or obesity, schedule an appointment to develop a plan to understand and manage your symptoms.

**Maintain a healthy weight.** Maintaining a healthy weight is important to your overall health. The COVID-19 pandemic has impacted many individuals' daily activities such as regular exercise and healthy eating. Our health team can help you with your weight goals.

**Take care of your mental health.** Mental health is essential to overall well-being. More than one in five women in the U.S. experienced a mental health condition in the past year, such as depression or anxiety. Talk to your health provider about how to treat these conditions, so you can live well.

**Practice good sleep habits.** Good sleep habits can improve your mental health and physical health. They can also boost your immune system. Follow a routine for going to sleep. Be consistent going to bed and getting up — even on weekends. Try to get at least seven hours of sleep each night.

**Monitor alcohol intake.** Drinking too much alcohol or using drugs can affect your mental health, physical health and relationships. Some people who misuse alcohol and drugs become addicted. Addiction is a disease and it can be treated.

**Look out for your lungs.** Try to quit smoking and vaping. Smoking weakens your lungs and puts you at a much higher risk of having serious complications. Our health team can help you develop a plan to quit smoking.

**Schedule your annual physical with your health provider.** It is important to schedule and maintain your annual physical with your health provider, even if you are feeling healthy. Your health provider will make sure that you are on track with your health screenings, such as pap smears and mammograms.

Schedule your appointment today! Rutgers Community Health Center provides health services for girls and women. Call us at 973-732-6040.

- Convenient location in NCC's health care building at 274 South Orange Ave.
- 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 Ave., 3rd Floor,  
Newark, NJ 07103

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## NCCTI INTRODUCES STUDENTS TO TRADE UNIONS



In addition to providing students with a high quality education, New Community Career & Technical Institute (NCCTI) also helps connect students to employers and trade unions in their industry of study. Those enrolled in the Building Trades Specialist program recently visited the United Union of Roofers, Waterproofers and Allied Workers Local 4 to learn more about the organization and how to become a member.

## THANK YOU FOR YOUR SERVICE

New Community recognized the long career of Anna Sing-King who worked in the organization's Human Resources Department and served as Executive Assistant to the CEO before her resignation. New Community CEO Richard Rohrman presented Sing-King with a plaque commemorating her 26 years of service. *Photo courtesy of Benjamin Galvez.*



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Newark, NJ 07103  
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Permit # 5780  
Newark, NJ

# NEW COMMUNITY



May 2021 | Volume 38 - Issue 5

## CHILDREN LEARN ABOUT FIRE SAFETY

Students at Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, got a visit from one of the city's fire companies on April 16. The visit was part of the Week of the Young Child, which is an annual event celebrating early learning, young children, their teachers, families and communities. *Photos courtesy of CHELC.*

