

NEW COMMUNITY CLARION



SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK SINCE 1968

NEW COMMUNITY CELEBRATES CAREER OF RETIRING CEO



Retiring New Community CEO Richard Rohrman, left, accepts an award from Chief Financial Officer Elizabeth Mbakaya and Chief Operating Officer Fred Hunter during a retirement celebration in his honor. *Photo by Lloyd G. Holmes.*



Members of the New Community Board of Directors present retiring New Community CEO Richard Rohrman, third from left, with a check totaling \$35,000 for the newly created Richard Rohrman New Community Fund for First Time Home Buyers, which will offer grants to help with down payments and closing costs for first time home buyers. *Photo by Lloyd G. Holmes.*

New Community hosted a celebration for retiring CEO Richard Rohrman on May 20 to commemorate his 26-year career with the organization and thank him for his leadership. Because of the ongoing COVID-19 pandemic, a small group, including members of his family, close friends, colleagues and NCC supporters, gathered at St. Joseph Plaza to celebrate him. The event was also live streamed for those who were unable to attend in person.

New Community Board Chairman Dr. A. Zachary Yamba congratulated Rohrman on his extensive career and called him the base of the organization.

“Monsignor [William J. Linder] was the founder, the visionary, but you also need people who are nuts and bolts type people to make the organization work. And Rich was that person,” Yamba said. “And when he became the CEO, he carried New Community to other heights.”

New Community Board Member Diane Johnson, who served as the emcee of the event, reiterated that sentiment.

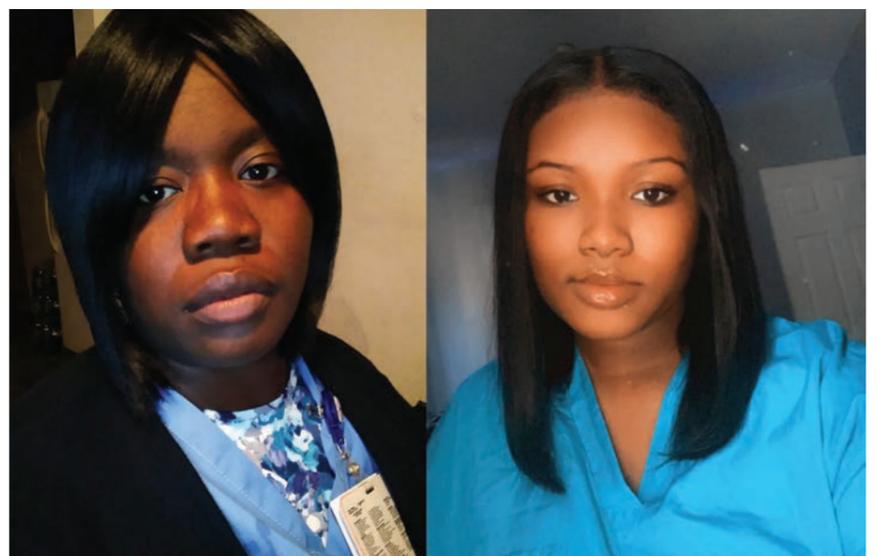
“The founder may have taken it from ashes to hope. But I know that Richard Rohrman has taken it from hope to reality,” she said. “Richard is someone who has been dedicated and committed and passionate about not only the legacy, but has taken us forward. Under his leadership, we have done very, very well.”

Johnson talked about the rehabilitation of several Newark properties that took place under Rohrman’s leadership that ensures the affordable housing units will be available for many years to come. She also said there are new projects in the works that were started with Rohrman at the helm.

Newark Central Ward Councilwoman LaMonica McIver represented the City Council at the event, bringing a resolution from the council and speaking on their behalf.

“I want to tell you congratulations and thank you for everything that you have done, continuing the legacy of New Community and all of the hard work, working for our residents, the programming,

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Lavel Chambers, left, and Denayah Reese, right, both graduated from the New Community Career & Technical Institute Patient Care Technician program in 2019, started their careers at Clara Maass Medical Center and are furthering their education to take their careers to the next level.

NCCTI GRADUATES PURSUE ADDITIONAL EDUCATION TO FURTHER CAREERS

An education at New Community Career & Technical Institute (NCCTI) opens the door to a career in desirable industries. But it can also provide an important stepping stone to additional education and an enhanced career. Two women have taken full advantage of their NCCTI education and earned certifications and are now working toward additional degrees in their field.

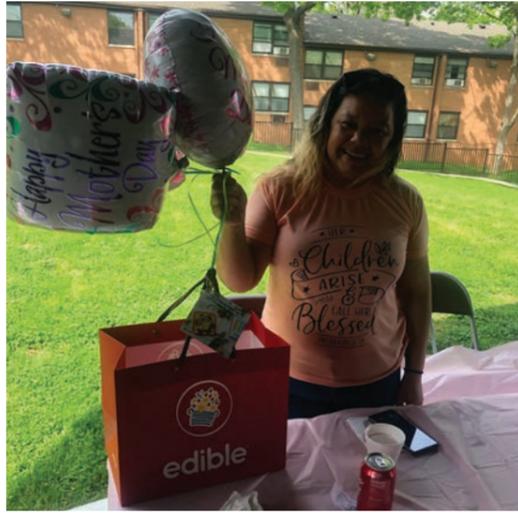
Lavel Chambers and Denayah Reese were classmates in the Patient Care Technician (PCT) program at NCCTI. They completed the program in 2019 and both found employment at Clara Maass Medical Center. Both women have worked at the facility since getting hired, throughout the ongoing COVID-19 pandemic. Now they are both enrolled in classes at Essex County College where they

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AROUND THE NETWORK

SECURITY AND RESIDENT SERVICES CELEBRATE MOTHER'S DAY

Members of New Community's Security and Resident Services Departments celebrated Mother's Day on May 7 at their headquarters at 220 Bruce St., Newark. *Photos courtesy of Janesa Henry.*



THE NEW COMMUNITY CLARION

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OUR MISSION

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

NEW COMMUNITY IS RECOGNIZED AS:

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

NCC Summer Camp Returns In Person

New Community is offering its annual summer camp in person for 2021. Camp runs from June 28 through Aug. 20. Visit newcommunity.org for more information and to register.

ENJOYING A PIZZA PARTY

Residents of Roseville Senior, 1 South Eighth St., Newark, were treated to a pizza party the first weekend of May. Allison James, the founder and executive director of Girls; Live, Love, Laugh, Inc., donated the pizza for the residents. The mission of Girls; Live, Love, Laugh Inc. is to permit every girl between the ages of 6 and 16 years old in the city of Newark and neighboring communities a chance to live, love and laugh out loud through core workshops on leadership and career development, education, communications, health and wellness, bully prevention, time management and civic engagement. The organization also does a lot of community work to give back to the residents of Newark. *Photos courtesy of Gladys Artis.*



NCCTI STUDENTS HONE THEIR SKILLS

New Community Career & Technical Institute (NCCTI) offers hands-on training to its students in all programs. Students in the Automotive Technician program have the opportunity to work on vehicles at the NCCTI Training Center, located at 210 West Bigelow St., Newark. Anyone interested in pursuing a career in the areas of study offered at NCCTI is encouraged to apply at newcommunitytech.edu. The accredited school offers open enrollment for the following programs: Automotive Technician, Diesel Technician, Building Trades Specialist, Clinical Medical Assistant, Patient Care Technician, Community Healthcare Worker, Culinary Arts Specialist and Business & Computer Technologies.



NCCTI GRADUATES PURSUE ADDITIONAL EDUCATION TO FURTHER CAREERS

FROM PAGE 1

are pursuing additional degrees to advance in the area of nursing.

Chambers plans to enroll in a licensed practical nurse (LPN) program and then obtain her bachelor's degree and become a registered nurse (RN). Reese hopes to become an RN and ultimately a nurse practitioner (NP), which is an advanced practice registered nurse who is trained to assess patient needs, order and interpret diagnostic and laboratory tests, diagnose disease and formulate and prescribe treatment plans. An NP requires a master's degree.

"Lavel and Denayah are examples of how NCCTI's Patient Care Technician program serves as a starting point for our graduates looking to continue to pursue a career in health care. They are examples of staying true to the concept of career growth, moving up the career lattice," said NCCTI Director Rodney Brutton. "The sky is the limit for Denayah and Lavel because of their strong work ethic, their commitment to succeed and willingness to grow professionally."

Their experience at NCCTI launched their careers and opened their eyes to the potential in the health care field. They received compliments from their instructors and their Clara Maass coworkers that encouraged them to pursue additional education.

Both Chambers and Reese credit their instructors at NCCTI with helping them succeed on the job.

"The hands-on training was an A+ for us," Chambers said. She explained that when she first started working at Clara Maass, she immediately had to draw blood and perform EKGs, two of the skills she learned at NCCTI, without any on-the-job training.

In addition to the mechanical workings of phlebotomy and EKGs, Reese said PCT Instructor Dr. Maha Koltowski also taught students about bedside care.

"She taught us how to properly go in and talk to the patient. She taught us how to clean them," Reese said. "Everything she taught us helped."

Chambers works as a nurse's aide in the intensive care unit (ICU) at Clara Maass Medical Center. Her job responsibilities include drawing blood, taking blood pressures and temperatures, cleaning and repositioning patients and transporting patients to other units. She has worked throughout the COVID-19 pandemic and has seen many COVID-positive patients.

Reese is a nursing assistant on the cardiac floor at Clara Maass Medical Center. She takes vital signs of patients, EKGs to check their hearts, draws blood, transfers patients to the operating room and discharges patients, which is her favorite task.

"My favorite part of my job is seeing the patients go home because I know that my coworkers and I did a great job caring for the patient," she said. "I love to see them go home. I like to see them get into the car with their families and hug them. It's a good feeling inside."

Both women entered the health care field because of their experiences as children with family members. Chambers went to work with her mother, who served as a home health aide, as a child and remembered seeing her mother help those that needed assistance.

"To see the love and compassion that she had for her patients, I wanted to do the same thing," Chambers said. "And then I want to pursue more education because she never finished going to nursing programs. So I'm trying to live for both of us."

Reese cared for her grandmother when she was younger and helped other older relatives as well. Now she is furthering her education because she wants to make an even greater impact on patients.

"I have a passion for this deep down. I feel like I'm not at work, I'm at home. Like I leave home to go to my real home," Reese said.

The commitment and enthusiasm for the field shined through when they were students at NCCTI. Both women attended class regularly, even amid some difficult circumstances. Chambers was working an overnight shift at FedEx while in the PCT program, which meant she left work at 6 a.m., took her children to school and then went straight to NCCTI for a full day of instruction. Reese had just turned 18 when she enrolled and was caring for a young son. But both were dedicated to earning their certifications.

"Lavel Chambers and Denayah Reese were good listeners in class. They were hard-working ladies with humble spirits. Both were attentive to the reviews at the end of the module, and they never got bored repeating the review more than once or twice. They were always following my coaching," said PCT Instructor Dr. Maha Koltowski. "I kept telling them they have to further their careers because they are able and it is worth it."

Both women agree that pursuing degrees is worthwhile and are excelling. Chambers has been inducted into the National Society of Leadership and Success, the nation's largest leadership honor society, and is on track to graduate from Essex County College with an associate's degree early. Reese plans to begin the nursing program at Essex County College in the fall of 2022.

They each have families to tend to as well. Chambers has been married for 13 years and has four children ranging in age from 3 to 10. Reese has a 4-year-old son.

NCCTI staff members take an interest in students, understanding their circumstances and helping them on their path. That type of attention is welcomed by

students.

"Everyone at NCCTI is caring and has compassion for everyone," Reese said. "I didn't think that they would actually take the time to care what my name was or anything. They came to the class every day making sure everyone was OK. And then the other resources helped too to actually get to school and stay in school."

Resources including financial coaching, transportation vouchers and food assistance are accessible to NCCTI students to help them on the road to success. They are able to access those resources after they finish their program as well.

Students in NCCTI programs can expect to remain in contact with school personnel long after graduation.

"We as a school follow up and track our graduates to see how they're doing. We have retention services to see if they have any career growth," Brutton said. "It's that holistic approach to helping our students, not only while they are here but as they transition into the workforce and remain in the workforce."

Chambers and Reese are great examples of NCCTI fulfilling its mission to improve the quality of life of all students through education and occupational training in a community that fosters life-long learning.

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 & 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.

NCCTI GRADUATE RECEIVES AWARD

New Community Career & Technical Institute (NCCTI) graduate Sariah McCoy received the May 2021 Helping Hands Award from University Hospital for her work at the organization's Ambulatory Care Center. McCoy completed the NCCTI Clinical Medical Assistant program before becoming an employee at University Hospital, which is one of NCCTI's employer partners and hires its graduates on a regular basis.



NCCTI maintains partnerships with employers in all areas of its instruction: Automotive Technician, Diesel Technician, Building Trades Specialist, Clinical Medical Assistant, Patient Care Technician, Community Healthcare Worker, Culinary Arts Specialist and Business & Computer Technologies. Those interested in enrolling should fill out an application at newcommunitytech.edu, call the school at 973-824-6484 or visit the main campus at 274 South Orange Ave., Newark.

NEW COMMUNITY CELEBRATES CAREER OF RETIRING CEO

FROM PAGE 1



New Community Board Chairman Dr. A. Zachary Yamba talks about retiring CEO Richard Rohrman's long career and accomplishments with the organization. Photo by Lloyd G. Holmes.



Rev. Louise Scott-Rountree attended the event representing Newark Mayor Ras Baraka and city residents. She stands with retiring New Community CEO Richard Rohrman. Photo by Lloyd G. Holmes.



Newark Central Ward Councilwoman LaMonica McIver presented a resolution from the City Council and thanked retiring New Community CEO Richard Rohrman for his work in the city over the course of his career. Photo by Lloyd G. Holmes.



Retiring New Community CEO Richard Rohrman addresses the audience at his retirement celebration, explaining what his career at NCC has meant to him. Photo by Lloyd G. Holmes.



The family of retiring CEO Richard Rohrman enjoys the celebration. Left to right: Andrew Rohrman, Joanne Rohrman, Richard Rohrman, Elizabeth Rohrman and Stuart Miller. Photo by Lloyd G. Holmes.



New Community Board Member and event emcee Diane Johnson shows the crowd the sign renaming the East Africa Room the Richard Rohrman Conference Room. Photo by Lloyd G. Holmes.

everything," McIver said. "New Community is literally an enterprise. We would not be able to be the city that we are without New Community and so I'm thankful for you from day one."

Rev. Louise Scott-Rountree spoke on behalf of Newark's mayor at the event.

"As I stand here today on behalf of the mayor of this great city, Ras J. Baraka, and over 300,000 residents, I say thank you. Thank you for your perseverance when you could've turned your back and said I'm done," she said.

New Community Chief Operating Officer Fred Hunter and Chief Financial Officer Elizabeth Mbakaya presented Rohrman with an award depicting NCC's footprint as a collage.

"Most of us see Rich as more than just our CEO. He's a mentor, he's inspiring, he's a leader, he's a partner and a trusted friend," Hunter said. "As a CEO out in front, you can easily put yourself out there constantly. But it was never about Rich. It was always how to make New Community better. Well, Rich, we all want to say job well done."

In addition to being an advocate for affordable housing, Rohrman has also been passionate about promoting homeownership. To help individuals who face challenges with down payments and closing costs, Yamba announced the creation of the Richard Rohrman New Community Fund for First Time Home Buyers. Board members presented Rohrman with a check in the amount of \$35,000 raised as a start for the fund. Money received in support of this initiative will be awarded as grants to qualifying first time home buyers from the service areas of Newark, Orange and Jersey City to help offset

down payments and closing costs.

Johnson also announced the renaming of the East Africa Room in St. Joseph Plaza. It is now known as the Richard Rohrman Conference Room and will showcase photos of Rohrman and his work over the years.

New Community Board Member and Outreach Coordinator Madge Wilson read a congressional record that Congressman Donald Payne Jr. submitted honoring Rohrman's retirement.

In addition to the in-person remarks, attendees had the opportunity to view a tribute video produced ahead of time which included New Community employees from various departments, board members, family members and friends.

Rohrman was very appreciative of the event and remarks. He said his time at New Community has greatly impacted his life.

"This has just been an incredible, enriching experience for me to be a part of New Community for these 26 years," Rohrman said. "I've had the opportunity to meet and become friends with people of such different backgrounds and nationalities and with such different life experiences. It's just given me a great respect of people for their kindness, their openness and their perseverance."

Rohrman recalled first coming to New Community when he was in his late 20s and being part of a building boom for the organization. He said having grown up in a suburban community and attending Catholic schools for his education from grade school through college provided him with a much different experience than the individuals who were being served by New Community.



Victoria Foundation Co-Executive Officer Craig Drinkard, New Community Board Member and Outreach Coordinator Madge Wilson and retiring CEO Richard Rohrman at Rohrman's retirement celebration. Photo by Lloyd G. Holmes.

"Monsignor opened my eyes to a much different reality than I had lived. He just showed me what he and New Community were doing to change the city of Newark and they were just working at such a feverish pitch. And I'm just so grateful that I was able to work so closely with Monsignor and learn from his vision and his deep passion for the people of Newark," Rohrman said. "And then again much later, after experiencing this initial building boom, I was able to work again with so many talented, hardworking people to renovate the same housing and restructure NCC and set it up for its future."

The event live stream and the tribute video are available for viewing at newcommunity.org, as well as New Community's Facebook page and YouTube channel.

For more photos from the event, visit newcommunity.org or New Community's Facebook page.

HELP WANTED: NEW COMMUNITY IS HIRING

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

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.

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
- Clinician - Part-Time
- Clinician - Full-Time
- Food Service Manager
- Housekeeping Aide - Full-Time
- HVAC Technician & Building Maintenance
- Infection Control Nurse
- Licensed Practical Nurse - Full-Time
- Porter - Full-Time
- Registered Dietitian
- Summer Camp Aftercare Worker
- Summer Camp Counselor
- Teacher (Daycare - Group, Infant, & Toddler) - Regular Full-Time

FAMILY SERVICE BUREAU: FSB OFFERS A VARIETY OF RESOURCES

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, has been offering throughout the pandemic a Crisis Counseling Program (CCP) through a FEMA/SAMHSA grant.

As our nation and state heal every day more and more, the NJ Hope and Healing program begins to wind down. Family Service Bureau of Newark would like to provide the community with helpful resources to continue the services they need. NJ Hope and Healing at Family Service Bureau of Newark is a neighbor helping neighbor program that provides crisis support to those affected by COVID-19. This also includes sessions on grief for those that lost a loved one and resource linkage.

FSB also offers free virtual workshops on topics such as stress management, compassion fatigue, self-care and a Spanish support group.

Resource Guide

- Family Service Bureau of Newark – fsbaccess@newcommunity.org
274 South Orange Ave., Newark, NJ 07103 – 973-412-2056
379 Kearny Ave., Kearny, NJ 07032 – 201-246-8077
- Harmony House Transitional Shelter – 973-623-8555
- New Community Corporation Family Resource Success Center – 973-565-9500
- Division of Senior Services – 973-395-8400
- Division of Family Assistance and Benefits – 973-395-8000
- Domestic Violence – 800-572-7233
- Child Support Hotline – 877-655-4371
- Child Abuse/Neglect Hotline (State Central Registry Hotline) – 877-652-2873
- Foster Care Information – 877-653-6783
- Family Help Line (for stressed parents) – 800-843-5437
- Teen Pregnancy Hotline – 800-843-5437
- NJ FamilyCare – 800-701-0710, 800-701-0720 (TTY)
- NJ Supplemental Nutrition Assistance Program (SNAP) Hotline – 800-687-9512
- NJ Housing Resource Center – 877-428-8844
- NJ WorkAbility – 888-285-3036

- Division of Training and Employment – 907-395-8600, 973-395-8400
- Addictions Hotline of NJ – 800-238-2333
- Division of Addiction Services – 609-292-5760, 609-292-6735 (TTY)
- Division of Mental Health Services (DMHS) – 800-382-6717
- Commission for the Blind & Visually Impaired Hotline – 877-685-8878
- Division of the Deaf and Hard of Hearing (DDHH) – 800-792-8339 (V/TTY)
- Division of Disability Services (DDS) – 888-285-3036, 609-292-1210 (TTY)
- PPMD (Postpartum Mood Disorders) Hotline – 800-328-3838
- PAAD - (Pharmaceutical Assistance to the Aged & Disabled) – 800-792-9745
- Family Support Organization of Essex County – 973-395-1441
- Essex County Family Justice Center – 973-286-3890
- Bloomfield Division of Human Services – 973-680-4017
- Mental Health Association of Essex County – 973-509-9777
- YMCA Emergency Shelter, 600 Broad St., Newark – 973-624-8900
- Goodwill Rescue Mission Inc. – 973-621-9560
- Newark Emergency Services for Families – 973-639-2100
- PATH-Homeless Case Management – 973-266-4481
- Safe House Shelter for Victims of Domestic Violence – 973-759-2154
- Bloomfield Church on the Green Food Pantry – 973-743-1796
- Apostles' House Food Pantry – 973-482-0625
- Elmwood United Presbyterian Church Food Pantry – 973-699-1039
- St. Joseph's Church Food Pantry – 908-656-1436
- Pierre Toussaint Food Pantry – 973-792-5790
- United Community Corporation Food Pantry – 973-642-0181
- Church Women United Food Pantry – 973-373-5930
- New Hope Baptist Church of East Orange Food Pantry – 973-678-6710
- Bethel Rehoboth Food Pantry and Meal Center – 973-566-9100
- Catholic Charities Food Pantry – 973-266-7966
- El Club del Barrio Food Pantry – 973-624-4222

vna Health Group
Visiting Nurse Association Health & Hospice

Wellness Tip
June 2021

Stay Hydrated
Fill up on water regularly to remain hydrated.
If you're thirsty, you're not hydrated.

Limit Sun Exposure
10 a.m. – 4 p.m. is when the sun is at its fiercest.
Seek shade before you need relief.

Apply Sunscreen
Use SPF at least 30 minutes before sun exposure and reapply liberally every couple hours (at least).

Avoid Bugs & Ticks
Mosquitoes are attracted to places with entrapped, still water.
Ticks prefer thick undergrowth and tall grass.

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

EMPLOYEE SPOTLIGHT: PRISCILLA ORDOÑEZ



Priscilla Ordoñez joined NCC's Property Management Department in 2016. Photo courtesy of Priscilla Ordoñez.

Priscilla Ordoñez always wanted to work for a nonprofit organization in Newark, where she was born. She got her wish in 2016 when she joined New Community as an occupancy specialist in the Property Management Department. Since that time,

she has been promoted to Assistant Director of Property Management and most enjoys helping NCC residents.

Although Ordoñez wasn't raised in Newark, she has fond memories of the city from when she was a child.

"I know that Newark has a rich culture. We have a lot of musicians that came out of Newark. We have the civil rights movement," she said. "As a child going through Broad Street, it pretty much rivaled Fifth Avenue when I was a kid."

Over the years, she had heard many negative comments about the city and decided she wanted to make a difference in the lives of its residents. She knew about New Community and its long history in Newark and put in a job application with the

Property Management Department. She is happy that the organization gave her the opportunity to come on board. She previously worked in the financial industry.

"I wanted something different where if I'm going to make money for a company, then let it help people and not make other people richer," Ordoñez said. "And I saw the qualities that New Community had in helping others. To have something like this as a beacon of hope was really impressive to me. I just said hopefully if they do accept me, I will try to make a difference when I'm here."

Ordoñez has done that in the course of her work over the last five years. Director of Property Management Hector Torres describes her as a team player who is dedicated to helping the department run smoothly.

"Priscilla has demonstrated a strong work ethic and is more than willing to assist and work with all our staff regardless of what may be needed or required," he said. "During the Tax Credit syndication process for the four sites (Commons, Douglas, Gardens and Roseville), Priscilla dug in and helped, processed, obtained verifications and stayed late into the night to make sure she did her part to make the transition as smooth as possible. Every day Priscilla works in various areas with our property managers and resident services coordinators as well as with other NCC staff. During the pandemic, she came to work every day and without hesitation always filled in when there were extended absences at the sites. We have a really good group in our management department and Priscilla always demonstrates a consistent work ethic, attendance and dedication

to her job responsibilities."

As the Assistant Director of Property Management, Ordoñez helps manage 11 New Community properties. She ensures work orders are completed, ensures grounds are kept looking nice, works to fill unit vacancies, works with property managers to ensure their training and certifications stay up to date, ensures annual recertifications are completed and maintains communication with Property Management staff and those in other departments.

Ordoñez serves as the backup when property managers are out for an extended period, which happened with the COVID-19 pandemic. When property managers are out, she works at their site for half the day and then returns to department headquarters to work on other tasks like housing applications.

She also relays important information from the city, Centers for Disease Control and Prevention and the Newark Housing Authority regarding changing guidelines related to the pandemic.

Ordoñez has high standards and aspirations for the department.

"My personal goal is that we are as competitive and as giving and as expansive as we can possibly be compared to the other affordable housing that's out there," she said. "And make sure that New Community continues to honor its mission, which is very important."

In her spare time, Ordoñez enjoys swimming, watching and playing tennis, reading, hiking and gardening.

SENIOR SPOTLIGHT: YVETTE CANNADA

Yvette Cannada has been a resident of Hudson Senior for two years but she's no stranger to Jersey City. She has lived in the city for more than 30 years and finds the area desirable.

"Everything is very convenient here," she said. "I just walk downstairs and I've got all kinds of shopping to do. I don't have to go far."

Cannada also enjoys the atmosphere at Hudson Senior. She said the tenants and staff members are all very nice.

Hudson Senior Property Manager Sandy Le said Cannada also fits that description.

"She's very friendly and she's willing to help people," Le said. "When COVID started, she would help me and check on the tenants."

These days, Cannada spends much of her time in her apartment because of the ongoing COVID-19 pandemic. She was able to get vaccinated against the virus at Hudson Senior, which she is grateful

for, but she isn't comfortable resuming all her normal activities yet.

Cannada was born and raised in Vietnam with a French father and a Vietnamese mother. She came to the United States in 1975 and moved to Mississippi with her then-husband. They then moved every two years because he was a pilot. They divorced in 1989 and she has lived in New Jersey ever since.

She has one son and one adult grandson. Her son lives in Mississippi. They keep in touch with phone calls and text messages.

Cannada, who is now 67, is retired. She spent nearly 30 years working for Fidelity Investments on Wall Street as a reorganization clerk, taking care of accounts when companies merged. After suffering a fall, she went out on disability and then retirement kicked in.

She is hopeful that the pandemic will soon be



Yvette Cannada has been a resident of Hudson Senior for two years. Photo courtesy of Yvette Cannada.

behind us and that building activities at Hudson Senior will resume.

"I can't wait for the activities to come back," she said.

SOCIAL SECURITY NEWS: CHECK THE STATUS OF YOUR SOCIAL SECURITY BENEFITS CLAIM ONLINE

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

If you applied for Social Security benefits, or have a pending reconsideration or hearing request, you can check the status online using your free personal *my Social Security* account. If you don't have an account, you can create one at www.ssa.gov/myaccount to see the following information about your claim:

- Date of filing.

- Current claim location.
- Scheduled hearing date and time.
- Re-entry numbers for incomplete applications.
- Servicing office location.
- Publications of interest, depending on the claim and current step in the process.

Use your personal *my Social Security* account to check the status of your application or appeal at www.ssa.gov/myaccount.

If you have questions about retirement, disability, Medicare or survivors benefits, as well as Supplemental Security Income, visit our webpage at www.ssa.gov/benefits.

RUTGERS COMMUNITY HEALTH CENTER: JUNE IS MEN'S HEALTH MONTH

June is Men's Health Month! It is time to raise awareness about health issues that impact men and boys. The COVID-19 pandemic has been challenging and as we slowly return to more normal lives, now is a good time to invest in your health and wellbeing. Remind your son, husband, partner, father, grandfather, brother and friends to take care of themselves. Rutgers Community Health Center is committed to promoting men's health and here are some health tips for men and boys:

Talk to your health provider about stress. Stress can arise from many factors including finances and jobs. Stress is also a contributing risk factor for heart disease. There are many ways to manage and reduce stress in your life including getting regular exercise, taking up a hobby or talking to a

loved one or health provider about your stress.

Schedule an appointment with your health provider. Schedule your annual check-up today. Studies have shown that men are less likely to see their health care provider when compared to women. Going to a health provider for regular annual check-ups is important and allows men and boys to stay healthy and strong.

Watch your weight. Men tend to gain weight as they enter midlife. The weight gain tends to be around the middle or stomach area. Carrying extra weight around your middle is a risk factor for developing heart disease and diabetes.

Make sure to get important health screenings. Health screenings are important, even if you are feeling healthy. The most important health screenings for men are the following:

- **Cholesterol screenings** should be done every five years for men aged 20 or older. You may need more frequent screenings if you have risk factors for heart disease.
- **Diabetes screenings** should begin at age 40. If you are overweight or diabetes runs in your family, your health provider may recommend screening earlier.
- **Blood pressure monitoring** is an important part of screening for heart health. High blood pressure usually has no symptoms and can't be detected

without measurement.

- **Colon cancer screenings** should begin at age 50. Your health provider may recommend screening earlier if you have risk factors for colon cancer.

Schedule your appointment today! Rutgers Community Health Center provides comprehensive primary care health services for men and boys. 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.
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LESLEY LESLIE: I SEE WHAT YOU'RE SAYING



As the nation slowly begins to return to "in-person" living, there are some positive things that may be taken away from the recent COVID-19 health

pandemic. Virtual communication, albeit not always that easy to manage, has been a formidable alternative option for human interaction. Virtual conference calls for work purposes, virtual instruction for educational purposes and even those virtual calls for personal purposes have been a tool to connect and reconnect.

Before the pandemic, many relied on text messaging and emails to communicate, as there really was not an emphasis to talk with one another. After a year of quarantines, curfews and shut-downs, cabin fever took hold and we began to yearn to reconnect. There was a desire to "see" friends and family and not just communicate with them.

The virtual platforms, including the cellphone face-to-face features, functioned as a vehicle to bring people together while they were apart. There was just something to be said for the ability to see and speak to your loved ones during such a tumultuous time. Virtual calls brought people together even if sometimes we chose to turn the camera off because we did not want anyone to see how we looked at the moment.

The weekly Zoom call that started out as a way to check in on my own siblings during the pandemic has become a family ritual, one that may never have been conceived had it not been for the reality that COVID-19 created.

NCC ASSISTS WITH NEWARK FOOD DISTRIBUTION EVENT

The City of Newark hosted a citywide food distribution event on May 5 along Bruce Street near 14th Avenue, right in the heart of New Community's footprint. Seven hundred boxes of food, which included items like chicken, potatoes and milk, were given away. Newark residents were able to drive up or walk up to receive the items. Members of New Community's Resident Services Department made sure that their residents were aware of the event and assisted them in receiving food items. *Photos courtesy of Anibal Alvelo.*



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HHELC STUDENTS ENJOY A DAY OF GARDENING

Harmony House Early Learning Center (HHELC), 278 South Orange Ave., Newark, held a Gardening Day on May 26 where staff members and students planted a garden in the courtyard. *Photos courtesy of HHELC.*

