

NEW COMMUNITY CLARION



FOUR DECADES OF SERVICE: MADGE WILSON CONTINUES TO FULFILL NEW COMMUNITY'S MISSION



Madge Wilson has been employed at New Community for more than 41 years. Here she is with the late Monsignor William J. Linder, founder of New Community, at his 80th birthday celebration.



Madge Wilson, center, was presented with a service award during New Community's 50th Anniversary Gala in 2018 by current Board Member Diane Johnson and New Community CEO Richard Rohrman.

It's extremely rare to find an individual who has dedicated more than four decades of their career to one organization. But anyone familiar with New Community knows Madge Wilson who has been a constant at the organization for more than 41 years.

Wilson met the late Monsignor William J. Linder, founder of New Community, at Queen of Angels parish in 1962 where he was first assigned after graduating from the seminary and becoming an ordained priest. After he and other community members started New Community in 1968, Wilson became involved. She was one of the founding members of Babyland Nursery, which provided childcare services, in 1969. After New Community constructed housing, Wilson officially joined NCC as an employee in 1980, becoming a member of the Property Management Department as a manager for family and senior housing. She previously worked for the Newark Housing Authority from 1964 to 1980 so she had experience in that area.

Over the last four decades, Wilson has helped people in more ways than just through her official job responsibilities. While working in the Property Management Department, she began the annual Christmas drive, which she still does today. She arranges for the collection of holiday gifts for children from a variety of sources, including Catholic schools, churches and individual donors, and distributes them to families in need connected to New Community and Saint Rose of Lima Church, where she has been a member since 1974, when Monsignor Linder began serving as pastor there. She also distributes donated turkeys to families in need for Thanksgiving to ensure they have a festive holiday meal.

Wilson works with the National Council of Jewish Women Essex County (NCJW/Essex) to ensure New Community and Saint Rose of Lima families are able to participate in the organization's annual Back 2 School Store, which takes place each summer. It provides school supplies, shoes, clothing, winter coats and toiletries to county residents in need who are identified by area organizations.

In addition to the annual events, Wilson also helps New Community residents furnish their apartments if necessary. She will arrange for pick up and drop off of donated furniture to make the units truly feel like home.

CONTINUED ON PAGE 3



Samad Sharrief completed the Automotive Technician program at New Community Career & Technical Institute to launch his career in vehicle repair. After learning that the school began offering a Diesel Technician program, he enrolled to increase his earning potential. Now he has a higher paying position as a diesel technician. *Photo courtesy of Samad Sharrief.*

NCCTI GRADUATE EXCELS AS DIESEL TECHNICIAN

New Community Career & Technical Institute (NCCTI) helps its students launch careers in sectors that provide living wages for them and their families. One of those students who is enjoying success is Samad Sharrief who is currently employed as a diesel technician.

Sharrief first enrolled in the Automotive Technician program at NCCTI, which he completed in 2017. To increase his earning potential, he returned to NCCTI as part of its first Diesel Technician class, which he completed in 2019. Sharrief is now working as a diesel technician for Penske in Dayton, N.J., where he performs preventive maintenance and repairs on trucks as well as smaller vehicles.

"Samad is a talented technician. He came to NCCTI with a great attitude to learn and an innate ability to work with his hands," said NCCTI Director Rodney Brutton. "Samad refined his mechanical skills in both our Automotive and Diesel Technician

CONTINUED ON PAGE 4

AROUND THE NETWORK

NEW COMMUNITY FAMILIES BENEFIT FROM FOOD DISTRIBUTION

New Community's Resident Services Department helped spread the word about a food distribution event along Bruce Street in Newark organized by MERCYworldwide that was held on June 19. NCC families were able to receive food very close to their homes. MERCYworldwide stands for Maximizing Efforts for Relief Care and Youth and the organization's goal is "bringing mercy and transforming lives through acts of kindness and compassion." *Photos courtesy of MERCYworldwide.*



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:

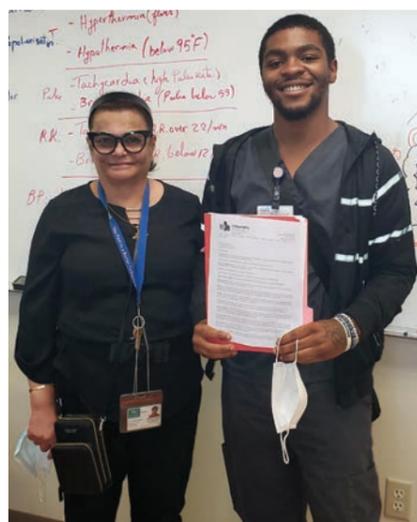
- One of the largest and most comprehensive community development organization in the United States.
- A large-scale deliverer of comprehensive programs and services.
- A leader in affordable housing and economic development.
- A model among nonprofit, social entrepreneurship and CDC communities.
- Having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

NCCTI DIRECTOR PARTICIPATES IN REENTRY WEBINAR



New Community Career & Technical Institute (NCCTI) Director Rodney Brutton served as a panelist in the New Jersey Business & Industry Association (NJBI) webinar Why Reentry Employment Makes Economic Sense for Business, which was

conducted via Zoom on June 22. Brutton discussed the training opportunities at NCCTI available for formerly incarcerated individuals, specifically in the automotive and diesel technician fields. Former Gov. Jim McGreevey moderated the discussion on behalf of the New Jersey Reentry Corporation (NJRC).



NCCTI GRADUATE GETS EMPLOYMENT OFFER FROM UNIVERSITY HOSPITAL

New Community Career & Technical Institute (NCCTI) helps connect its graduates to employment opportunities to begin their careers. Those connections with employer partners often lead to job offers for graduates. Patient Care Technician graduate Quajen Coates is one such graduate. He returned to NCCTI to show staff members, including Instructor Dr. Maha Koltowski, his employment offer letter from University Hospital.

HHELC STUDENTS ENJOY A FUN FRIDAY

Students at Harmony House Early Learning Center (HHELC), 278 South Orange Ave., Newark, enjoyed the weather on June 18 by eating a picnic lunch outside by the school playground. They also wore their tie-dye shirts for a fun Friday. *Photos courtesy of HHELC.*



THANK YOU FOR YOUR SERVICE

New Community department directors gathered at St. Joseph Plaza on June 9 to thank Arti Kakkar for her nearly 19 years of employment with the organization. New Community CEO Richard Rohrman presented her with a plaque commemorating her years of service. Kakkar served as Chief of Health and Human Services prior to her resignation in June.



RETIRED MEMBER OF NEWARK POLICE DEPARTMENT NOW NCC SECURITY OPERATIONS MANAGER



Derek White joined New Community as its Security Operations Manager on June 1. Photo courtesy of Derek White.

New Community's Security Department has a new person at the helm. Derek White joined the NCC family as the Security Operations Manager on June 1. White was a longtime member of the Newark Police Department, retiring after about 31 years of service, and he also has experience supervising unarmed security guards for a company in New York.

"We are very happy to have Derek White join New Community as the new Security

Operations Manager," said New Community Chief Operating Officer Fred Hunter. "Derek is a retired lieutenant from the Newark Police Department and brings his vast knowledge of law enforcement and public safety."

During his tenure with the Newark Police Department, White worked in several investigative units, including robbery squad, the sexual assault unit and internal affairs. He also worked patrol, the taxi unit and the executive protection unit. After retiring from the department, he made the move to a security company in New York as a supervisor.

White applied to the position with New Community to bring him closer to home. He hopes to make a difference in his new role.

"My intentions are just to use my knowledge and the experience that I've gotten from the police department and from life in general and try to make some type of impact as far as making things safer and also continuing what my predecessor started," he said. "My goal is to just keep the positivity going."

White has a long history in Newark, both personally and professionally. His grandfather came to Newark in the 1950s and operated a cleaners business in the city, his father served

as a Newark police officer for 26 years, his mother taught in Newark for 28 years and his sister is currently a teacher for the Newark Public Schools.

White was born in East Orange and lived in Newark until he was in first grade. His parents then moved to Plainfield, where he attended elementary school and junior high school. He graduated from Seton Hall Prep for high school and attended a couple of years of college, but wasn't excelling. His father gave him the application for the police exam and encouraged him to pursue a career in law enforcement, which he did.

He started the police academy in October 1989 and finished in March 1990. He officially retired from the Newark Police Department in February 2020.

White is currently a Newark resident and has been in the same home since 1996. He is familiar with New Community from his time in the city and working in the police department. His mother's aunt also lived at Gardens Senior for a time.

In his spare time, White likes to travel, ride his bicycle and go to the gym. He has a son and a stepdaughter.

FOUR DECADES OF SERVICE: MADGE WILSON CONTINUES TO FULFILL NCC'S MISSION

FROM PAGE 1

Since becoming an NCC employee, she has worked to help secure housing for military veterans, many who have been on the brink of homelessness. She has worked with members of the Veterans Administration Hospital in East Orange and Lyons to ensure veterans have a safe place to go upon discharge.

Wilson said she came to New Community to work for the people who needed it most and that goal hasn't changed.

"There were so many poor people and that's who I try to help, poor people that need help," she said. "I said when I came to work for New Community that I would never leave and that I just wanted to be able to help people. To make a difference in their lives. And I've done that."

Now Wilson serves as New Community's Outreach Coordinator and is a long-time member of the organization's Board of Directors. At 88 years old, she has no plans to retire.

"I'm staying busy and that's what keeps me going," she said. "My satisfaction is helping people. That's my mission."

Her hard work and dedication are well-known to New Community residents, staff members and fellow board members.

"Madge Wilson is one of those rare individuals. She's an embodiment of what NCC stands for, which is service and commitment to the community from the young to the elderly," said New Community Board Chairman Dr. A. Zachary Yamba. "But more importantly, she does it with such grace and joy that it's really a testament to her deep and abiding faith in people."

Wilson has had her own set of personal trials, including health challenges, but she has never let anything stop her from serving others.

"After Monsignor Linder, there is no one who encapsulates the NCC mission more than Madge. She has worked tirelessly for the people of Newark every day for over 41 years. Madge works one-on-one with people and it is incredible to think of the sheer number of people Madge has impacted over this long life of service to others. From children to seniors she has been there for everyone," said New Community CEO Richard Rohrman. "Madge was also dedicated to helping Monsignor Linder through his health issues and went to the Extended Care Facility every night after work until late to be with him so that he always had company. She is the definition of kindness. You could not ask for a better person to be on your side than Madge. I have been lucky to have known and been inspired by my friend for 40 of these years."

Wilson has been recognized on numerous occasions for her work by other organizations as well. She was honored as an Essex County Legend by the Essex County Division of Senior Services in 2010, received a letter of recognition from President Barack Obama in 2011, was named Volunteer of the Year for her efforts on behalf of long-term care residents by the Health Care Association of New Jersey in 2016 and received the Saint Vincent Academy Woman of Distinction Award in 2017.

While she is grateful for the accolades, Wilson said she doesn't expect or need recognition. She simply wants to do the work that needs to be done to fulfill New Community's mission: to help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.

"The love that I have for New Community is unspeakable," she said. "This is my home."

NEW FOOD SERVICE DIRECTOR BRINGS WEALTH OF EXPERIENCE



Nelson Gibson joined New Community as its Food Service Director on June 7.

New Community has a new Food Service Director stationed at Extended Care Facility. Nelson Gibson joined New Community on June 7 and has jumped right into the role. He comes with an extensive background in food service and hopes to make a positive difference in the lives of Extended Care residents.

"Nelson Gibson has worked in the nursing facility food service area for over 15 years and we are pleased with his addition to our Food Service Department at Extended Care," said New Community Chief Operating Officer Fred Hunter.

Extended Care Administrator Veronica Onwunaka is also happy with the decision to bring Gibson on board.

"He is making such a great impact with his professionalism and his commitment to what we are doing. He is showing that he is a doer, not an observer," she said.

CONTINUED ON PAGE 7

FSB EMPLOYEE PROMOTED TO EXECUTIVE DIRECTOR



Vito Andrisani was promoted to Executive Director of Family Service Bureau (FSB) on May 15. He previously served as the Site Director for FSB's Kearny location and Administrator of both Newark and Kearny locations. *Photo courtesy of Vito Andrisani.*

Family Service Bureau (FSB) has a new Executive Director with a familiar face in the agency. Vito Andrisani first joined FSB as the Site Director for the Kearny location in January 2020. Several months later, he became Administrator of both the Newark and Kearny locations. He was then promoted to Executive Director of FSB on May 15.

"Vito Andrisani brings his mental health and counseling expertise to Family Service Bureau," said New Community Chief Operating Officer Fred Hunter. "As the new Executive Director, we look forward to him building on an incredible program already providing vital services in our community."

Andrisani has been a counselor since 1999 and has worked with a variety of clients, ranging in age from 5 to 81. He worked with children in group homes and was a teacher's assistant in special education where he worked with behaviorally challenged students. He worked with schizophrenic adults and behaviorally challenged adults, as well as those dealing with substance abuse.

"I've been director of a methadone clinic, I've been director of outpatient, I've been director of detox," Andrisani said. "I've worked in every level of care from detox to residential and then residential mental health as well as residential substance abuse."

That variety of experience is beneficial in his current role with FSB, which provides outpatient services in behavioral health, including mental health and substance abuse. Andrisani is responsible for designing the programs at FSB.

"We need to have a mental health and a substance abuse program based on evidence-based practices, which means you're doing the same thing every day that has already been proven to work," he explained.

Andrisani believes that it's important to treat the whole person since oftentimes mental health issues and substance abuse are co-occurring. He is also a champion of New Community's mission statement to help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.

"I have a strong belief that if we don't take care of the human being first, what we're trained to do is not going to be successful. It's not going to last," he said.

In addition to designing the programs for FSB, Andrisani hires and schedules staff, coordinates ongoing training, ensures regulations and grant rules are followed and networks with referral sources.

Prior to his career in counseling, Andrisani was attending medical school and became a freelance photographer in Italy. He has photographed Jermaine Jackson and even had a chance encounter where he was able to photograph Pope John Paul II at an airport. He gave up freelance photography because the lifestyle wasn't conducive to starting a family, which he wanted.

Andrisani grew up in Paterson and lives in Passaic County with his wife, son and daughter. While he gave up freelance photography, he still enjoys taking photos and has passed along some of his knowledge to his son, who received his first camera at age 2. Now that he's 10, he takes photos with his own equipment and uses his sister as a model.

Throughout his experiences, Andrisani has always enjoyed talking with and learning about people and their lives, which he brings to his work as a counselor and supervisor.

"People are very challenging," he said. "They present differently for different reasons."

NCCTI GRADUATE EXCELS AS DIESEL TECHNICIAN

FROM PAGE 1

training programs, which has led him to this wonderful opportunity with Penske as a diesel technician. We are proud of Samad and he is certainly one of many shining stars at NCCTI."

Sharrief decided to pursue a career in vehicle repair because he has always been interested in cars and was good with his hands. He worked at a bike shop when he was 10 years old and learned how to fix bicycles, mopeds and dirt bikes.

"I always enjoyed working on stuff," Sharrief said. "The fact that I could do what I like and also make a decent amount of money doing it was what drew me in."

Sharrief attended a vocational high school where he was first introduced to an automotive program. He was unable to finish the program, however, because he started it during his senior year. After high school, he attended Union County College for about a year but left in order to work to make money. He realized after entering the workforce that without an additional degree or certificate, it would be difficult to earn a living wage.

His mother showed him an article about NCCTI's Automotive Technician program and he decided to inquire about it. When he called, the new class was starting the next day. School personnel encouraged him to bring his required documents that day and he was able to be in class right away.

Sharrief did well in the program and upon graduation, he worked as an automotive technician for Toyota at Sansone Automall.

"Samad was a very good student. He was diligent. He came every day," said Lead Automotive Technician Instructor John Zaccheus. "He's full of respect."

When Sharrief learned that NCCTI was offering the Diesel Technician program, he decided to return to school to increase his earning potential. Those working in the diesel industry have the opportunity to earn higher salaries than those in automotive.

Being certified as both an automotive and diesel technician has helped Sharrief because he is more attractive to employers since he is able to work on a greater variety of vehicles. His additional certification led to him finding employment that offered a higher wage, which is beneficial, especially since he is married and has two children.

Even while he was enrolled at NCCTI, Sharrief was able to work in the industry thanks to connections the school provided. While it wasn't always easy being in class during the day and working in the evening, Sharrief was grateful to have the opportunity to gain experience and earn a paycheck.

"Everything was relatable to what I was learning. And going straight to work from school, we would do things we just learned

about," he said.

Sharrief is now making a good salary and is part of the International Association of Machinists and Aerospace Workers union.

"It was a great experience," he said of NCCTI.

Sharrief said he got support from school personnel beyond what is typically expected. If he was late to class, even by five minutes, he would get a phone call to see where he was.

"You could be late every day and they'll call you to make sure you get to school," he said.

Sharrief hopes more people take advantage of the programs NCCTI offers to improve their financial situations and ultimately their lives.

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.

NEW COMMUNITY EMPLOYEE ACCOMPLISHMENTS

New Community employees are excelling both on the job and in their spare time and we're happy to highlight these accomplishments. If you or a staff member has an accomplishment to share, please email Director of Communications Michelle Lang at mlang@newcommunity.org.

- **Dr. Jacqueline Andrews, Director of Supportive Assistance to Individuals and Families (SAIF):** Jacqueline Andrews earned her Doctor of Psychology from the University of Arizona Global Campus on April 5, 2021. She said, "It's really true determination and hard work that pays off."
- **Vito Andrisani, Executive Director of Family Service Bureau of Newark (FSB):** Vito Andrisani was promoted to the role of Executive Director of FSB on May 15, 2021. He previously served as the site director of FSB of Kearny and Administrator of FSB of Newark and Kearny. *Learn more about his journey on page 4.*
- **Samuel Gaddy, Food Service Manager:** Samuel Gaddy was promoted to Food Service Manager from Culinary Aide.

Learn more about his more than 15-year career with New Community on page 6.

- **Rev. Dr. Frances Teabout, Director of Mission:** Frances Teabout earned her Doctorate of Ministry from Drew University on May 14, 2021.

If you're looking to join the dedicated team of employees, New Community has open positions available in various departments. 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.

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
- Carpenter
- Certified Nursing Assistant
- Clinician - Part-Time

- Clinician - Full-Time
- Director of Health and Human Services
- Housekeeping Aide - Full-Time
- HVAC Technician & Building Maintenance
- Infection Control Nurse
- Licensed Practical Nurse - Full-Time
- Plumbers Assistant
- Porter - Full-Time
- Registered Dietitian
- Relocation Case Manager
- Security Officer
- Security Officer - Per Diem
- Summer Camp Aftercare Worker
- Summer Camp Counselor
- Summer Camp Program Assistant
- Superintendent
- Teacher (Daycare - Group, Infant, & Toddler) - Regular Full-Time

FAMILY SERVICE BUREAU: THE EFFECTS OF COVID-19

In March 2020, the State of New Jersey understood that issues of mental health and substance abuse and misuse would be on the rise as a result of the anxiety produced by the devastating effects of the pandemic and shut-down and that there was a need to combat the deadly outcomes of the COVID-19 pandemic. The New Jersey Division of Consumer Affairs enacted waivers so that more clinical providers could deliver treatment via telehealth and means of telecommunication. Medicaid followed in that direction and by doing so there would be no shortage of clinicians available to provide treatment.

Family Service Bureau of Newark (FSB), a Medicaid outpatient provider of mental health and substance abuse treatment, quickly made itself ready to handle a situation that at first was thought to last months at the most. Soon that became more than one year and counting. During this time, FSB evolved to become fully capable to treat its hundreds of consumers virtually. This was possible due to the dedication of clinicians working both from home and from the office while allowing the consumer to stay safely at home.

On June 18, it was announced that New Jersey has met its vaccination goal ahead of schedule, an endeavor that actually started with the first vaccination being administered not too far from FSB at University Hospital in Newark.

Now as shut-downs are safely being lifted, the challenge is becoming to be again ready to provide services in-office, while still following safety precautions. To this point,

clinicians at FSB come into the office every day to be able to provide services on-site as well as virtually from the office. During the pandemic, FSB successfully not only provided therapy but also aided the general public of Essex, Hudson, Passaic and Bergen counties through the NJ Hope and Healing initiative following a neighbor helping neighbor model to provide comfort to those affected in any way by COVID-19.

Results of actions taken during 2020 for FSB have been an expansion in scope and scale of services delivered, challenging traditional models of everything from

treatment delivery and reimbursement to ethics, specifically confidentiality. At FSB it is safe to say that telehealth has facilitated positive delivery of treatment for chronic mental health and substance abuse disease. As evidenced by consumer positive progress, the delivery of telehealth services has proven to be successful and has made a case to not be eliminated from the treatment toolkit of FSB.

FSB continues to schedule new consumers in need. You can make an appointment by calling the Newark office at 973-412-2056 or the Kearny office at 201-246-8077.

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

DRINK DO'S AND DON'TS FOR DEHYDRATION

Drinking water helps lower your body temperature and replace the fluid you lose through sweating. It should be drunk before you get to the stage of feeling thirsty.

**Health experts recommend drinking half a gallon a day.*

So-called 'energy drinks' contain caffeine or other stimulants, and are not an appropriate rehydration fluid.

Other drinks, such as soft drinks, coffee, or alcohol-containing beverages, are no substitute for water.

Sports drinks contain carbohydrates and electrolytes and are useful if exercising in hot weather. Oral rehydration solutions such as Gastrolyte and Hydralyte are also suitable.

**Sports drinks contain a lot of sugar - be careful if you are diabetic.*






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

EMPLOYEE SPOTLIGHT: SAM GADDY



Sam Gaddy was recently promoted to Food Service Manager after more than 15 years working at New Community.

Sam Gaddy is a familiar face in the New Community Food Service Department. He has worked there for more than 15 years and was recently promoted within the department.

Gaddy got his start at New Community as a student in the Culinary Arts Specialist program. He completed the program under the instruction of Jonathan Butler, who still serves as the Lead Culinary Arts Specialist Instructor for New Community Career & Technical Institute (NCCTI). When Gaddy was finishing the program, Butler's assistant at the

time had left and he agreed to take Gaddy on as his new assistant. Gaddy has been a part of the department ever since.

Serving as a Culinary Aide for the culinary arts program and for New Community Extended Care Facility was fulfilling for Gaddy. Then the opportunity presented itself for him to apply for the Food Service Manager position. He was promoted to that role on June 1.

In his new position, he is still helping culinary students and preparing meals for Extended Care residents as well as serving Community Hills Early Learning Center and Harmony House Early Learning Center for its summer program. He is responsible for taking inventory, ordering and participating in supervisory duties with the Food Service Director.

Gaddy said he has stayed at New Community for so many years because of the students and the residents he serves.

"I love fresh minds. Because they're easy to mold and shape into what you want them to be as far as doing the program. And a lot of them have actually really taken that on and moved on and became something much more. And that does make you proud to see," he said. "And through the years, I've gotten to know so many of the residents that are really great people."

Gaddy's commitment to his job shines through.

Even during the height of the COVID-19 pandemic, he never missed a day of work. He said he knew the residents needed him.

"It's just natural for me because I'm a very caring person. I'm a caregiver," he said. "When I leave here, if there's no natural disaster going on, I can relax. But if there's something coming up and I'm off and there's a hurricane or anything, I think about these residents. And living nearby makes it easier for me to get to them."

Extended Care Administrator Veronica Onwunaka said Gaddy is an asset to the facility.

"He has shown a willingness to take up the role of management," she said. "He has actually surprised me with the level of loyalty that he is showing toward this company and the dedication he's putting in trying to make sure that everything is going well in the kitchen."

Cooking has been a part of Gaddy's life since he was a boy when his mother taught him different recipes. He also gained on-the-job cooking experience at places that include Medieval Times and Marriott.

Gaddy lives in the area with his wife, daughter and stepson. In his spare time, he enjoys going fishing and listening to music, two activities that let him wind down and relax after a long day or week of work.

SENIOR SPOTLIGHT: DILBERT WINTZ

Dilbert Wintz was born in Guyana and lived there for much of his life. He moved to the United States in 1992 at the age of 52. Now at age 81, he is settled at Orange Senior, where he has lived for the past seven years. He enjoys the atmosphere in the building and the company of his neighbors.

"We live as one, brothers and sisters together. Most everybody is the same age," he said. "There are people from all different countries. I have friends from Jamaica, friends from Haiti. All about. You tell them about your country and then they tell you about their country. And we pass the time as neighbors."

In addition to spending time with friends in the building, Wintz participates in any building activities that take place. Although the COVID-19 pandemic halted gatherings, Wintz hopes to take part again once they resume.

"Mr. Wintz is a very good man. He's very supportive of everything we do in this building," said Orange Senior Resident Services Coordinator Sister Pauline Echebiri. She explained that he often helps distribute food boxes from the Community FoodBank of New Jersey to building residents.

While dealing with the COVID-19 pandemic has been difficult, Wintz said Orange Senior residents have received help throughout the health emergency. He said the seniors have been encouraged to stay home for their safety and the building's air conditioning makes that easier when the weather gets hot.

"I love the facilities," he said. "I can't complain."

Wintz likes to walk for exercise outside. He even takes the bus once or twice a month to Penn Station to walk around that area.

He also says the building staff, including Resident Services Coordinator Sister Pauline Echebiri and Property Manager Alisha Chatman-Jenkins, do their job well and ensure the residents have what they need.



Dilbert Wintz has lived at Orange senior for the past seven years. Photo courtesy of Alisha Chatman-Jenkins.

"They take care of things that need to be addressed," Wintz said.

SOCIAL SECURITY NEWS: SOCIAL SECURITY LETS YOU CHANGE YOUR DIRECT DEPOSIT INFORMATION ONLINE

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

The most convenient way to change your direct deposit information with us is by creating a *my Social Security* account online at www.ssa.gov/myaccount. Once you create your account, you can update your bank information from anywhere.

We are committed to protecting your personal information, so we take steps to verify who you are. If you already have an

account, we verified your identity when you created your personal *my Social Security* account. If you can't remember your username or password, don't worry. At the sign-in screen select *Forgot Username* or *Forgot Password* and follow the simple but secure steps to reset them.

When you are ready to change your direct deposit, we highly recommend that you do

not close your old bank account until you have seen your Social Security deposit show up in the new bank account.

We always strive to put you in control by providing the best experience and service no matter where or how you decide to do business with us. Remember, you can do much of your business with us online at www.ssa.gov/onlineservices.

RUTGERS COMMUNITY HEALTH CENTER: TOP TIPS FOR MANAGING ASTHMA

Summer is here! And it is important to manage your or your child's asthma, especially during the summer months. Asthma is a disease that affects your lungs. It is estimated that approximately 25 million Americans have asthma. Asthma is also a leading chronic condition in children with an estimated 5 million children under 18 years of age diagnosed with the condition.

If you have asthma you may experience wheezing, chest tightness, breathlessness and nighttime coughing. Asthma can be controlled by avoiding triggers, taking medication and creating an action plan. According to the American Lung Association and the CDC, here are top tips for managing asthma.

Identifying and avoiding asthma triggers.

LESLEY LESLIE: SPRING BACK SUMMER



The summer is upon us, and the states have started reopening as COVID-19 protocols and precautions have begun to relax. Restaurants are permitted to have

indoor dining again and recreational and amusement facilities are welcoming patrons back into their establishments. Schools have slowly started repopulating with in-person instruction for students and businesses have started bringing their staff back to the office. Staff that choose to return to work, that is.

This past year has changed the way that people live their lives. Having to adjust to extraordinary amounts of grief, loss and stress, many people are choosing not to return to life "as they knew it". Quarantine time forced us to slow down and reflect on things that were important. For some, being home with family round-the-clock allowed relationships to blossom or be rekindled. For others, the solitude led to creative juices being stirred up that would not have had the chance in an otherwise daily, busy existence. Entrepreneurs young and old created businesses from their homes during the pandemic, businesses that they were passionate about. So much so, that the thought of returning to that 9 to 5 job was not something they were willing to do.

How many of you have adopted the philosophy in the phrase, "Life is Short, Live it to the Fullest!" More and more studies are showing that career changes are on the upswing as people have really considered their health, well-being and happiness. "Doing what you gotta do to get by" has taken a back seat to "living a purpose-driven life", particularly for those individuals that survived COVID-19. This summer is a time to rejuvenate and spring into your new destiny. Godspeed!

Common asthma triggers can include outdoor air pollution, tobacco smoke, dust mites, pests, mold and cleaning and disinfection products. It is important to identify your or your child's asthma triggers and learn how to avoid them. Your triggers may be different from another person's triggers.

Playing and exercising outside in the summer.

Air pollution, hot and humid weather and certain pollen are common asthma triggers during the summer. Check the air quality before going outside and consider an alternative activity if pollution levels are high. It may also be best to exercise outdoors in the morning before pollution levels increase or limit time outdoors.

Enjoying barbecues, campfires and fireworks.

Smoke from these popular summer activities may be triggers for your asthma. If you are attending a barbecue, try to stay upwind or away from the direction of the smoke. If you plan to attend firework displays, try to enjoy and watch from a distance. Or consider alternative activities such as glowsticks or LED light displays.

Staying healthy and getting your vaccines.

Colds, flu and the coronavirus will make your asthma worse. It is important to get annual flu shots and COVID vaccines to help you stay healthy. Use a mask and wash your hands if you come in contact with an individual who is ill.

Taking asthma medications as prescribed. Your health care provider may prescribe asthma medication that prevents symptoms and asthma attacks. It is important to take them as prescribed. Some people may need to take long-term control medications daily. You need to take them daily, even if you or your child isn't experiencing symptoms.

Developing and following your Asthma

Action Plan. Everyone with asthma needs a personalized Asthma Action Plan. Your health care provider will help you create a plan that works for you. The plan will help you or your child prevent and control asthma attacks. Rutgers Community Health Center health care providers can help develop your plan.

Rutgers Community Health Center is available to help you care for your or your child's asthma. Our health care providers are highly experienced in diagnosis, treating and care for children and adults with asthma. Call today to schedule an appointment 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.
- We also offer CDL visits.

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NEW FOOD SERVICE DIRECTOR BRINGS WEALTH OF EXPERIENCE

FROM PAGE 3

One of the first projects Gibson is taking on is building a new four-week cycle menu for Extended Care residents. The menu will include three well-balanced meals per day that fit into guidelines for different therapeutic diets. He plans to take residents' input into account and make adjustments accordingly.

"Sometimes in a setting like this, the only thing you have choices over is what you eat for the day. And if I can make that pleasurable and enjoyable for the residents here, then I feel like I've done my life's work, so to speak, and what I came here for," Gibson said.

In addition to crafting the menu for residents, Gibson is also in charge of managing staff and ordering for Extended Care, NCC's early learning centers and summer programs and the New Community Career & Technical Institute Culinary Arts Specialist program.

Gibson became involved in food service after high school. He was living in Piscataway and enrolled in a culinary program at Middlesex County College, which he enjoyed. He continued his education at New York Restaurant School, where he earned his culinary degree. From there, he worked in corporate dining for 16 years as the executive chef to the CEO of AT&T in Bedminster.

He didn't feel fully fulfilled so he took the advice of a friend who was a dietician and accepted a position as a supervisor at a nursing home in East Orange.

"It kind of filled that void because you got to see what you were doing and how it made a difference for people," Gibson said. "I was raised by my grandparents. Every resident reminded me of my grandparents and I wanted them to be treated with respect and dignity."

Gibson was laid off due to the COVID-19 pandemic after serving as the Food Service Director at St. Joseph's Healthcare and Rehab Center for 17 years. In his job search, he said he was looking for a long-term opportunity where he could make a difference in people's lives.

"I'm not the kind of person that jumps from job to job," Gibson said. "I want to be in a place where I can make a difference and see the difference that I'm making."

Gibson lives in East Orange with his wife of three years. He has four sons ranging in age from 19 to 30. In his spare time, he enjoys camping, bowling and motorcycle riding.

He looks forward to growing his career at New Community.

"I'm enjoying my time here so far," he said.

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NEW COMMUNITY



July 2021 | Volume 38 - Issue 7

EARLY LEARNING CENTER STUDENTS MOVE ON TO KINDERGARTEN

Children in New Community's two early learning centers celebrated the end of preschool with their teachers and families. Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, held a drive up graduation on June 23 where families could celebrate with the children. Harmony House Early Learning Center (HHELC), 278 South Orange Ave., Newark, held a Moving On Ceremony outside for children and their families on June 24. We wish the children all the best in kindergarten! *Photos courtesy of CHELC and HHELC.*

