Community Hills Early Learning Center (CHELC) received the green light for in-person summer camp this year after going virtual in 2020 due to the COVID-19 pandemic. CHELC and Director of Youth Services, Edward Morris successfully held summer camp June 28 through August 21 for forty-five students ranging in ages 5-13.

Of course summer camp was different than all the others with the addition of wearing masks, and social distancing however, NCC Youth Services Department diligently made it happen. During the 8-week summer in-person camp, campers explored a variety of subjects and activities.

The program focused on Science, Technology, Engineering, and Mathematics (STEAM) which consisted of 2 components: Robotics with an emphasis on computer coding, dance and theater.

With Robotics and coding, students gained an understanding of engineering with regards to building, designing, and controlling robots and simple machines utilizing VEX IQ Systems.

Theatre classes introduced camp participants to reading and writing scripts, musical arrangements, and using art to develop props for an end of camp production.

NCC camp also provided participants with field trips to Bronx Zoo, Statue of Liberty, RPM Raceway, Liberty Science Center and Point Pleasant Beach. During every field trip campers, camp counselors and staff followed all CDC guidelines.

Although this year’s NCC Camp had minor changes to ensure the safety of everyone involved, we think it’s safe to say that all participants thoroughly enjoyed themselves. Not only were campers pleased, parents were too. Tanisha, a parent, had this to say about the program "NCC Camp is the one place my son Tashad ALWAYS wants to go to. He is a homebody and rarely wants to leave the house, especially since the pandemic.

CONTINUED ON PAGE 4
AROUND THE NETWORK

BREAKFAST OF CHAMPIONS AT ASSOCIATES

Residents of Associates take delight in their “Breakfast of Champions” event on July 23. Bishop Speight, who frequently hosted this event also hosts bingo for residents. Photos courtesy of Anne Moran

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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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.

Spots Available for 2021-2022 School Year
Community Hills Early Learning Center (CHELC) is now enrolling for Pre-K3 and 4 year olds. Registration is open year-round, and school year ends in June. The required documents for registration consist of birth certificate, up-to-date shot record, and 3 proofs of address. For more information call (973) 621-0852.

ORANGE SENIORS FIRE UP THE GRILL
Orange Senior residents enjoyed a summer cookout hosted by Sister Pauline & Property Manager, Alisha Chatman. A resident, Mr. Gerald Moses, took over the grille with sausages, hotdogs, and hamburgers to go along with their delicious sides. Photos courtesy of Alisha Chatman

NEWARK EMERGENCY SERVICE EVENT
Douglas Homes attended their Newark Emergency Service event, hosted by NESF. Residents received information about NESF services and programs while dancing and enjoying music. Photos courtesy of Clesia Thompson

NCCTI STUDENT GETS HANDS ON EXPERIENCE
New Community Career & Technical Institute (NCCITI) programs are known for being experiential and interactive. Alia Hines, right, Patient Care Technician (PCT) student had the opportunity to demonstrate a pulse oximetry on NCCITI Director, Rodney Brutton. The PCT program is 825 hours, it’s a combination of classroom instruction, hands on training, and work based learning activities.

VISION, DIGNITY, ACHIEVEMENT
fast learner, gave of herself to help her classmates, and always came to school with a smile" said NCCTI Director Rodney Brutton.

In the beginning of her journey to achieving one of the most important goals of her life Eddy said "It was really hard, I was working a lot, sometimes working nights and then having to come to class in the morning" Eddy said. "I would go from doing school stuff with the kids, then to class, and then come home to study," she said. "No matter what I always had to be a mom, and that was hard but I knew I couldn't give up."

While completing the program, Eddy had a number of challenges, both personal and financial, but she persevered.

After attaining her national certification she aggressively began looking for opportunities. NCCTI staff assisted with updating her resume and off she went. She was able to secure a wonderful job with NASP through her own efforts and determination. There she works as a Medical Assistant.

Now that her children are all in school, Eddy is now preparing to start nursing school beginning with online courses.

Eddy’s work has led to a long term partnership with NASP and Rehabilitation Center, in such a way, they are now looking to recruit graduates directly from NCCTI.

“This partnership is all thanks to Eddy doing a wonderful job representing herself and the institution in a professional manner,” said Brutton.

Now financially stable, Eddy is saving to buy a home to share with her family. She is also working with our financial coach, Tamara Brown, to help meet her home ownership goal. Eddy also spoke about one of her best moments at NCCTI that made her want to keep going,” during phlebotomy class I was the only student allowed to draw blood from Dr. Seham” she said.

When I passed that test, and they were helping me with my resume, I already had letters of recommendation from personal doctors, my own personal doctor.” She said "They saw me working hard.” She also added “I couldn’t wait around for something just to happen, I had to make something happen for myself and my babies."

Her Supervisor and Regional Director of North American Spine & Pain, Brian Fornataro, also had nothing but great things to say about her, “Eddie is very determined to get the job done, she is proactive in seeing issues and fixing them” he said. "She is always willing to give a helping hand and be a mentor to new additions to the team."

Fornataro also spoke about future partnership with NCCTI, working on building the community in Newark, establishing internship opportunities, as well as being a guest speaker at NCCTI. We look forward to joining forces with NASP and enhancing the Newark community.

Eddy’s story speaks to how NCCTI provides opportunities for graduates to start careers, and not simply jobs. Long-term success, retention services, and continued professional growth are key components to our work and Eddy epitomizes the school’s efforts in this area.

To any current student or anyone aspiring to achieve success in any NCCTI program Eddy shared “stick with it,” she went on to say “I’ve always had it hard, even when I had my first son, I went from nothing to having a good job, then I lost it.”

Eddy always worked hard because she knew her children looked up to her, and she never wanted to let them down. "At one point, I went from just having little jobs here and there" she said "I had a job working at Chipotle, making ten dollars an hour” said Oviedo.

She stressed how important her consistency was to her now success, "When I first met Rodney, I was pretty much broke, but in the last three years I was able to save twenty thousand dollars, and I only graduated two years ago."

“AETNA ICE CREAM EVENT AT ASSOCIATES

Associate residents were in for a sweet treat on August 26. Aetna and staff members helped residents build their ice cream bowls with sprinkles, cherries and whipped cream. Photo courtesy of Anne Moran.

NCCTI FEATURED IN LISC PORTRAITS OF IMPACT

Students from New Community Technical Institute had the opportunity to record a short clip for Local Initiatives Support Corporation (LISC) Bridges Program. The students highlighted, Janice and Andrew are high school sweethearts, and now parents of four. NCCTI and NCC Financial Opportunity center have both assisted the couple in their uphill journey to professional and financial success. Photo courtesy of Michelle Lang.
Tashad gets so excited to see his friends and the staff. He comes home and talks about his day and always mentions the counselors. He also mentions how cool Mr. Morris is, and because he likes the Cowboys, that makes him even more cool!"

Another parent, Brandy Harvey shared about her and her son Blake's camp experience. "The camp was fun and easy for Blake, he loved it. The staff was amazing and always friendly, and even with it being just a short time for Blake it was like he didn't miss a beat." Harvey added "I also like how there were still daily activities and trips for the kids, even with it being the pandemic it felt like a normal camp" Brandy said.

One more parent, Jasmine Floran said "The summer camp was great, no complaints. Cameron enjoyed it and it was a blessing during the pandemic for working parents."

"I was also pleased with the camp doing everything they could to follow CDC guidelines while still making sure the kids had a great time," Jasmine said.

Overall, and as you can see from the pictures, parents and campers, NCC Camp 2021 was a hit. Camp was held at the NCC Neighborhood Center, 56-68 Hayes Street. We provided services to children ages 5 - 13 from June 28 to August 19. Parents can go to our website on March 1, 2022 to sign up for next year's camp. The NCC After School Program will run from September 7, 2021 through the end of the school year at the NCC Neighborhood Center, applications will be available on our website at www.newcommunity.org for additional information contact Ed Morris (973) 242-7934.
Behavioral Health issues are brought health and addiction. and guilt brought on by stigma of mental the intense weight of any feelings shame with cravings, suffer from trauma, and feel there is a job of interest. Most importantly, the professionals at FSB driven by substance use and misuse. driven by mental health and at other times with co-occurring disorders at times At FSB it is understood that some struggle conditions and substance use or misuse. any struggles presented by mental health journey to sobriety to help overcome and establish a network of support. connect with other people in recovery monitoring. Through treatment one can psychiatric evaluation and medication monitoring. Through treatment one can connect with other people in recovery through support groups and group therapy and establish a network of support. Everyone will travel along the same journey to sobriety to help overcome any struggles presented by mental health conditions and substance use or misuse. At FSB it is understood that some struggle with co-occurring disorders at times driven by mental health and at other times driven by substance use and misuse. Most importantly, the professionals at FSB will understand what it’s like to struggle with cravings, suffer from trauma, and feel the intense weight of any feelings shame and guilt brought on by stigma of mental health and addiction. Behavioral Health issues are brought on by mental, physical, and psychological disease, and therapy is crucial in helping those in recovery understand the emotional triggers of his or her condition and how to develop new, healthy coping mechanisms. It can also help individuals see flaws in thinking and behaviors that may lead to negative decisions related to drugs and alcohol, and how to positively alter those thoughts and behaviors so that they become more productive and healthier. Effective therapy can additionally reduce a person’s chances of relapsing and can help them get back on track if relapse occurs. There are countless therapy options available through rehab programs, which is extremely important as no single treatment is appropriate for everyone. The goal of therapy in the rehabilitation process is to help consumers change their attitudes, beliefs, and behaviors concerning substance abuse and mental health struggles by cultivating a healthy lifestyle. At FSB this is done through evidence-based practices. It is aimed to overcome addiction and persistent mental health issues without help. The healing environment of Outpatient Treatment offered at FSB allows for the support needed to make a successful recovery. Behavioral Health Treatment includes individualized treatment plans to help consumers identify and overcome the underlying issues concerning their specific condition. While the main priority of therapeutic intervention is to help consumers overcome addiction and mental health struggles; those attending treatment will also learn the necessary tools for building a productive, healthy, and happy life. FSB is located in Newark at: 274 South Orange Avenue – Phone: 973-412-2056 In Kearny at: 379 Kearny Avenue – Phone: 201-246-8077any individual can start their personal journey in recovery. FSB offers a professional setting and therapeutic services in counseling, psychiatric evaluation and medication monitoring. Through treatment one can connect with other people in recovery through support groups and group therapy and establish a network of support. Everyone will travel along the same journey to sobriety to help overcome any struggles presented by mental health conditions and substance use or misuse. At FSB it is understood that some struggle with co-occurring disorders at times driven by mental health and at other times driven by substance use and misuse. Most importantly, the professionals at FSB will understand what it’s like to struggle with cravings, suffer from trauma, and feel the intense weight of any feelings shame and guilt brought on by stigma of mental health and addiction. Behavioral Health issues are brought

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 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
- Clinician - Part-Time
- Clinician - Full-Time
- 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: LEARN ABOUT NATIONAL RECOVERY MONTH

September is National Recovery Month. Family Service Bureau of Newark (FSB) joins the national recovery community in its 31st year of celebrating the gains made by those living in recovery. “National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives” (SAMHSA).

FSB is a Behavioral Health Agency that is New Jersey State licensed to treat Mental Health and Substance Use Disorder; All at FSB are happy to congratulate all those who today enjoy life thanks to having engaged in recovery from mental health issues, substance abuse, as well as the associated lifestyle. The message we would like to send to the community is: “Reach Out – Help is out there.” By calling FSB in Newark at 973-412-2056 and in Kearny at 201-246-8077any individual can start their personal journey in recovery. FSB offers a professional setting and therapeutic services in counseling, psychiatric evaluation and medication monitoring. Through treatment one can connect with other people in recovery through support groups and group therapy and establish a network of support. Everyone will travel along the same journey to sobriety to help overcome any struggles presented by mental health conditions and substance use or misuse. At FSB it is understood that some struggle with co-occurring disorders at times driven by mental health and at other times driven by substance use and misuse. Most importantly, the professionals at FSB will understand what it’s like to struggle with cravings, suffer from trauma, and feel the intense weight of any feelings shame and guilt brought on by stigma of mental health and addiction. Behavioral Health issues are brought

Wellness Tip September 2021

Eat & Drink Healthy
Make healthy choices— like fruits, vegetables, whole grains, lean meats, low-fat dairy products, and water.

Move More, Sit Less Throughout the Day Being active can help you prevent, delay, and manage chronic diseases, improve balance & stamina, reduce risk of falls, and improve brain health.

Get Regular Checkups Visit your doctor for preventive services, not just when you’re sick. This can prevent disease or find it early, when treatment is more effective.

Don’t Use Tobacco
If you use tobacco, take the first step towards quitting by calling 1-800-QUIT-NOW for FREE help.

Know Your Family History
Share your family health history with your doctor, who can help you take steps to prevent chronic diseases or catch them early.

Be Aware of Changes in Brain Health
Everyone’s brain changes as they age, but dementia is not a normal part of aging. Let your doctor know if you have questions about memory or brain health.
EMPLOYEE SPOTLIGHT: SCARLET VASQUEZ

Scarlet Vasquez recently rejoined the NCC team as an Administrative Coordinator for FSB for both Newark & Kearny locations. In 2008 Vasquez made the decision to further her education, not knowing over a decade later, she’d be back, “I hope this lasts many years to come,” she said.

In that role, Vasquez oversees the overall administrative operation of the Family Service Bureau. Maintaining open coordination between upper management, assisting with the maintenance of policy and procedures, administrative implementation of new initiatives, and grant research and writing is only a brief description of her work at NCC.

“Scarlet is always a team player,” said FSB Executive Director, Vito Andrisani. “She keeps a positive work attitude and transfers her positive attitude to everyone in the office” Andrisani said.

Moving to the United States from the Dominican Republic, Vasquez said “I know that higher education plays an important role if I want to grow professionally”. She attended Essex County College, and Rutgers School of Public Affairs and Administration (SPAA) where she obtained her A.S in Accounting, and BA/MPA in a dual program at Rutgers. “I know this new degree will give me the opportunity to professionally help the people in our community who are facing so many challenges,” said Vasquez, as she is currently pursuing another Master Degree in Social Work.

Exercising, and healthy eating are very important to Vasquez, “I work out five days a week” she said. “Sometimes I have the opportunity to educate women from my church about eating healthy”.

“I sing at my church and other churches where I am invited to sing,” said Vasquez. However, what she loves most is spending it with her husband and son, in Hamburg, Sussex County where they now live.

Vasquez is committed to helping others at church and work and says “I understand that at FSB we are a team and I am glad we work as one”. “It feels great to come to work and love what I do. That’s my motivation to give my best self”.

EXTENDED CARE: END OF THE SUMMER BASH

On Friday August 27, Extended Care hosted an end of summer cookout for their residents. This was very special for residents since they haven’t been able to partake in as many events as usual due to the pandemic.

Due to the summer weather, which was ninety degrees, the cookout had to be moved inside. Residents and staff were still able to enjoy one another, food and music.

The DJ played “oldies but goodies” music that they could identify with from the 70’s era. Many of the residents found their groove as they stood up to dance, moved to the beat in their wheelchairs and waved their hands in the air to show off the good times that they were enjoying. Photos courtesy of Madge Wilson.

SOCIAL SECURITY NEWS: YOUR SOCIAL SECURITY’S REPRESENTATIVE PAYEE PORTAL

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

Millions of Americans who get monthly Social Security benefits or Supplemental Security Income payments need help managing their money, and may need a representative payee.

A representative payee is a person or an organization we appoint to receive and manage a person’s benefits.

Representative payees must know the beneficiary’s needs to decide the best use of benefits for their care and well-being. To help with this responsibility, representative payees can now receive, save, email, and print a benefit verification letter for a person they represent using their own my Social Security account, at www.ssa.gov/myaccount.

Many representative payees are responsible for completing an annual form to account for the benefit payments they receive and manage. Representative payees can fill out the form and return it to Social Security by mail, or conveniently file it online at www.ssa.gov/myaccount/rep-payee.html.

Please visit www.ssa.gov/payee if you have questions about representative payees.
RUTGERS COMMUNITY HEALTH CENTER: SEPTEMBER IS HEALTHY AGING MONTH

Healthy Aging Month is a national observance aiming to highlight the positive aspects of growing older.

This is a great time to promote activities and approaches to encourage all aspects of healthy well-being for individuals 45 years and older. There are many things you can do such as staying active, engaging with your friends and community, eating healthy, taking care of your mental health and managing your health conditions and medications.

**Staying active.** Regular physical activity is key to healthy aging. Aim to exercise for 45 minutes a day. Make exercise a daily activity by selecting a consistent time to exercise. Track your activities using a fitness tracker.

**Eating healthy.** Various studies have shown that healthy eating can reduce your risk of heart disease, high blood pressure, diabetes and some cancers. Review nutrition labels and select foods with limited added sugars and reduced sodium. Include a variety of fruits and vegetables in your daily meals.

**Managing health conditions and medications.** Talk to your health care provider about your medications. Consider switching to healthier beverage options such as water instead of soda or sweetened drinks or coffee with fat-free milk instead of cream or whole milk. Review all current medications with your health care provider to make sure dosages are correct and to address drug interactions.

Rutgers Community Health Center cares for patients of all ages. Our health care providers are highly experienced in treating and managing a wide variety of conditions including diabetes and high blood pressure.

Call today to schedule an appointment at 973-732-6040.

- Convenient location in NCC’s health care building on 274 South Orange Avenue.
- New patients welcome!
- Open for walk-ins.
- We offer telehealth and in-person visits.
- Accepting most health insurances including Aetna, Horizon and many others.
- We also offer CDL visits.

**NEW COMMUNITY MONTHLY FOOD DISTRIBUTION**

Every month, New Community serves the Newark community by holding multiple food distributions. Residents and nonresidents are able to participate and receive fresh fruits, vegetables, and other non-perishable food items. NCC is always open to volunteers to help sort and hand out food items, if you're interested in getting involved please visit www.newcommunity.org for more info. Photo courtesy of Anibal Alvelo.

**BINGO WITH BBQ AT ASSOCIATES**

Residents at Associates had a night of bingo and BBQ on August 26. Thanks to Bishop Speight for regularly hosting this event, many residents were in attendance, and ready to win some BINGO! With a full table of prizes, good food, and dessert, it’s safe to say that this event just might be a fan favorite. Photo courtesy of Anne Moran.

LESLEY LESLIE: THROW DOUBT OUT!

Have you abandoned the goals that you set for yourself earlier this year, or years past? Have you been discouraged by a few unexpected occurrences that life threw your way?

Perhaps it was the recent death of a family member or close friend. Maybe the loss of a job or favorite pastime has put a damper on your mood, which in turn has made it difficult for you to dream big. It’s hard for you to “see yourself” happy or “see yourself” in a better place.

Did you know the role that doubt plays in unfulfilled or unrealized dreams? While an argument may be made that a poor environment, lack of opportunity and a lack of resources are what lead to unfulfilled dreams. Doubt: a lack of confidence or uncertainty of belief or opinion that often interferes with decision-making, is the greatest contributor to one’s failure.

When you think about some of the most successful people in the world, there are those who came from disadvantaged beginnings. People like Venus and Serena Williams, Lebron James, Denzel Washington, Tyler Perry, or Oprah Winfrey. Growing up in public housing, being raised by a single parent, experiences with homelessness, inadequate education, mental and physical abuse, all contributors to failure. However, even products of these circumstances have defied the odds. The one thing that these successful people have in common, is that they believed they could and would succeed. They didn’t allow doubt to dictate their future.

Believe in yourself, no matter what things look like, no matter what may have happened to you. Revisit those goals you set for yourself and pursue them again. You can do it, no doubt about it.

app on your smartphone. Set a goal by signing up for a local 5K walk or run. Better yet, set a weekly day to go walking with a partner.

**Engaging with your friends and community.** Loneliness and isolation has increased during the COVID-19 pandemic. Maintain healthy and positive relationships with friends and family. Consider joining a peer group to gain support from people going through similar experiences with medical conditions or life transitions. Become a volunteer with a community organization that shares your values and goals.

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For the past 11 years, the annual National Council of Jewish Women (NCJW) Essex Back 2 School Store has enabled New Community’s children and other agencies in Essex County financial need to “shop” for free clothing, sneakers, school supplies, and personal care items in a one-day-only “store” set up for them in the Livingston, NJ area. With the assistance of NCJW/Essex and volunteer personal shoppers each child was escorted through the store-like space to select clothes, winter items, sneakers, socks, undergarments, backpack and school supplies. Because of the pandemic, they couldn’t have a traditional B2SS this year, instead the first ever NCJW/Essex Mobile Back 2 School Store was introduced. Madge Wilson, the coordinator for this New Community project, ensured that each family received school supplies for the school year. Photos courtesy of Madge Wilson & Anibal Alvelo