

# NEW COMMUNITY CLARION



SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK SINCE 1968

## NEW COMMUNITY AND RUTGERS COMMUNITY HEALTH CENTER HOST COMMUNITY HEALTH FAIR



Harmony House Director Yonette Fredericks, left, and Jennifer Wicker-Buchanan offered giveaways and information about New Community's transitional housing facility for homeless families during the Community Health and Wellness Fair. *Photo by Tamara Fleming.*



New Community and Rutgers Community Health Center partnered to host the Community Health and Wellness Fair on Oct. 23 at the New Community Health Care Complex. *Photo by Tamara Fleming.*

New Community and Rutgers Community Health Center (RCHC) teamed up to host the inaugural Community Health and Wellness Fair on Oct. 23 in the parking lot of the New Community Health Care Complex, 274 South Orange Ave., Newark. Around 125 people attended the event, which featured a variety of offerings, including health screenings, COVID vaccinations, health insurance information and fun family activities.

"I think the Health Fair attendees had a chance to not only enjoy themselves for the day but to really see some of the health and housing related resources that are available to them right here on this campus," said New Community Chief Operating Officer Fred Hunter.

As the main partners for the event, New Community and RCHC had several tables highlighting many of their programs and services. Staff and representatives from Family Service Bureau, Harmony House, Extended Care Facility and Property Management/Resident Services were on site to link people to their offerings. RCHC staff and clinical providers were on hand to offer blood pressure screenings and vaccination information.

The Essex County Department of Health was present with its COVID Vaccination Unit and community members were able to get both vaccinations and COVID-19 testing.

"We were able to offer all three vaccine types (Pfizer, Moderna and Johnson & Johnson) for first and second doses, as well as booster shots. Providing a choice of vaccine to our community is enormous in addressing vaccine hesitancy as we work towards increasing the number of community members who are immunized," said New Community Director of Health and Human Services Denise Anderson. "Our community members are the most affected but the least protected against COVID-19. We are doing our part to support changing this and other health inequities."

In addition to health-related activities, the fair also provided

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Lamont Rouse completed the Building Trades Specialist program at New Community Career & Technical Institute before joining the International Union of Painters and Allied Trades. *Photo courtesy of Lamont Rouse.*

## NCCTI GRADUATE BECOMES UNION MEMBER AND ENTREPRENEUR

Lamont Rouse was working at Wendy's when he decided he wanted to further his education and pursue a career in an area other than food service. After doing some research, he found New Community Career & Technical Institute (NCCTI). He originally inquired about computer classes but ultimately decided to enroll in the Building Trades Specialist program. That decision has led to him joining a union and doing construction work with his own business.

While Rouse was considering enrolling at NCCTI, he learned that school personnel help students and graduates find jobs in their area of study. That was a big positive for him and contributed to his decision to enroll.

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VISION, DIGNITY, ACHIEVEMENT

# AROUND THE NETWORK

## HARMONY HOUSE CHILDREN ENJOY EDUCATIONAL HIKING TRIP

Children who live in Harmony House, New Community's transitional housing facility for homeless families, had the opportunity to go on an educational hike at the South Mountain Reservation in South Orange on Oct. 29 thanks to a partnership with Newark Academy in Livingston. Newark Academy Senior Classman Will Crall and Director of Communication Sarah Fischer collaborated with New Community Harmony House Director Yonette Fredericks to arrange for the children of Harmony House to have an opportunity to explore nature while being educated about the various species of plants at the South Mountain Reservation. Harmony House children and staff were joined by Crall, Alexandra Mahoney and several other students of Newark Academy. *Photos courtesy of Alexandra Mahoney.*



## 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.

### PUBLISHER

New Community Corporation  
233 West Market Street, Newark, NJ 07103  
973-623-2800

### EDITOR, WRITER, PHOTOGRAPHER

Michelle Lang  
NCC Director of Communications  
973-497-4413  
mlang@newcommunity.org

### 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.

## CHELC Harvest Celebration



Community Hills Early Learning Center (CHELC), hosted its annual Harvest Celebration on Oct. 29. Students and staff members wore their pajamas or other festive fall outfits and received candy. *Photo courtesy of CHELC.* See page 7 for additional photos.

## NCC RESIDENTS RECEIVE COVID-19 BOOSTER SHOTS

Eligible residents of Douglas Homes, 15 Hill St., Newark, were able to get COVID-19 booster shots in the Community Room of the building on Oct. 28. Newark Emergency Services for Families Inc. (NESF) was on hand as part of the Newark Equitable Vaccine Initiative. *Photos courtesy of Desiree Crespo.*



## CHELC RECOGNIZES BREAST CANCER AWARENESS MONTH

Students and staff members at Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, participated in a walk acknowledging Breast Cancer Awareness Month, which is recognized each October. Everyone was encouraged to wear pink and hold signs as they participated in the annual walk. *Photos courtesy of CHELC.*



## ROSEVILLE SENIOR TEAM LEADERSHIP LUNCHEON

Residents of Roseville Senior, 1 South Eighth St., Newark, were treated to lunch on Oct. 22. Members of the Roseville Senior Tenant Association and Resident Services Coordinator Gladys Artis made plates that residents picked up. Tenant Association Vice President Linda Pearson is pictured preparing the lunch. *Photo courtesy of Gladys Artis.*

# NEW COMMUNITY AND RUTGERS COMMUNITY HEALTH CENTER HOST COMMUNITY HEALTH FAIR

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community-centered offerings, including face painting for kids, music and food. Attendees were also able to win one of 18 baskets through a raffle. The donated baskets included games for kids, kitchen items and sports gear. Nearly 100 bags of food were distributed to families in need.

“This health fair had many behind-the-scenes volunteers which allowed us to secure donations for food, gift bags, food pantry groceries, a DJ and fun activities for the kids,” Hunter said.

Throughout the event, attendees were able to visit with various community organizations including The Leaguers, Helping House, FOCUS Hispanic Center for Community Development and Partnership for Maternal and Child Health. The League of Women Voters was also in attendance offering voting information about ballots and polling places.

“It was so fun to connect with many community partners and residents of our neighborhood in the sunshine,” said RCHC Executive Director Andrea Norberg. “In keeping with our belief that community is everything we are looking forward to holding this event annually and are already beginning to discuss a spring event.”

New Community and RCHC thank the steering committee for its leadership, Essex County for its COVID Unit, Aetna and Amerigroup which were supporters of the event and all community organizations that participated.



New Community Extended Care Facility Administrator Veronica Onwunaka, right, and Assistant Food Service Director Christiana Ibeh provided information about the skilled nursing facility during the Community Health and Wellness Fair. Photo by Tamara Fleming.



COVID-19 vaccines were administered during the Community Health and Wellness Fair, courtesy of the Essex County Department of Health. Photo by Tamara Fleming.



Representatives from Family Service Bureau of Newark (FSB) were on hand at the Community Health and Wellness Fair to educate individuals about the behavioral health services it offers. Photo by Tamara Fleming.



Personnel from Rutgers Community Health Center provided blood pressure screenings during the Community Health and Wellness Fair. Photo by Tamara Fleming.

## NCCTI STUDENTS GET HANDS-ON EXPERIENCE



Students in the Building Trades Specialist program at New Community Career & Technical Institute (NCCTI) have the opportunity to hone their skills in the real world thanks to the school’s partnership with Habitat for Humanity of Greater Newark. Students get to work on live sites as part of the program. Photo courtesy of Yusto Awich.

## HHELIC STUDENTS, STAFF WALK FOR A CAUSE



Students and staff members at Harmony House Early Learning Center (HHELIC), 278 South Orange Ave., Newark, recognized Breast Cancer Awareness Month with a walk around the outside of the school. Photo courtesy of HHELIC.

## THANK YOU FOR YOUR SERVICE

New Community department directors gathered at St. Joseph Plaza, 233 West Market St., Newark, on Oct. 28 to thank Rodney Brutton for his nine years of employment with the organization. Brutton served as the Director of New Community Career & Technical Institute (NCCTI) prior to his resignation.



Rodney Brutton accepts a plaque commemorating his nine years of service to New Community from Chief Financial Officer/Interim Chief Executive Officer Elizabeth Mbakaya.

## CHELC STUDENTS AND STAFF SHOW THEIR SPIRIT

Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, held a Spirit Day Parade in October where children and staff members showed off their pride for CHELC and New Community. *Photos courtesy of CHELC.*



### RESIDENTS GET EDUCATED ABOUT BREAST CANCER



Residents of Associates, 180 South Orange Ave., Newark, gathered in the building's Community Room on Oct. 14 to learn more about breast cancer. Evelyn Fierres from Rutgers Cancer Institute of New Jersey gave the presentation for Breast Cancer Awareness Month. *Photo courtesy of Anne Moran.*

### ENJOYING BREAKFAST WITH NEIGHBORS



Residents of Douglas Homes, 15 Hill St., Newark, enjoyed coffee and breakfast from Dunkin' Donuts in the Community Room thanks to a sponsorship from Aetna. *Photo courtesy of Desiree Crespo.*

## NCCTI GRADUATE BECOMES UNION MEMBER AND ENTREPRENEUR

FROM PAGE 1

When Rouse was halfway through the program, school staff members began helping him pursue employment opportunities. Because of the school's relationships, Rouse was given the option of being connected to a roofers union or painters union. He chose the latter and interviewed with the International Union of Painters and Allied Trades. The interview went well and he was accepted as a first-year apprentice.

"I enjoy working with my hands," Rouse said. "Sometimes it's annoying and sometimes it's aggravating but the fact that I love working with my hands, it keeps me going. Plus it pays well. And it's something productive I'm doing."

As part of the union's three-year apprenticeship program, Rouse earns a \$4 per hour pay increase every six months. Because the union rotates apprentices for opportunities, he also has his own construction business to have work in between union jobs.

Rouse said the education he received at NCCTI prepared him for work in the construction field. The Building Trades Specialist program provides instruction in a variety of areas, including carpentry, electrical, plumbing and finishing. An internship is also part of the program.

"They teach you those things and you can take those things out into the field with you," Rouse said.

According to NCCTI Director Rodney Brutton, Rouse was a very hands-on student who wanted to get out in the field quickly.

"He didn't sit and wait. He was aggressive for his own success," Brutton said. "He challenged us as a school to make it rewarding for him. He brought the best out of us."

Yusto Awich served as Rouse's instructor.

"Lamont is a hardworking guy with a lot of ambition," Awich said. "If he gets a job, he will do it well."

Rouse said he had a great experience at NCCTI.

"They're here to help you find a job. They can't get you a job but they'll help point you in the right direction," Rouse said. "Coming out, I had an opportunity that I wouldn't have had going in. It was a success."

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](http://newcommunitytech.edu) or visit 274 South Orange Ave., Newark.

## HELP WANTED: NEW COMMUNITY IS HIRING

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

NCC requires job applicants to fill out an online application for consideration. If you have difficulty with the online application process, you can chat with a representative for technical support or check out the Frequently Asked Questions page. For additional information, job seekers can call New Community's main phone number at 973-623-2800.

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

is a job of interest.

- Activity Assistant
- After School Program Counselor - (PT Seasonal)
- Building Maintenance Worker
- Carpenter
- Certified Nursing Assistant
- Director of New Community Career & Technical Institute
- Early Childhood Teacher (Abbott)
- Housekeeping Aide - Full-Time
- HVAC Technician & Building Maintenance
- Infection Control Nurse
- Licensed Practical Nurse - Full-Time
- Occupancy Specialist
- Plumber
- Property Manager
- Registered Dietitian
- Registered Nurse - Unit Manager
- Relocation Case Manager
- Resident Services Coordinator
- Security Officer
- Security Officer - Per Diem
- Senior Case Manager
- Superintendent
- Teacher (Daycare - Group, Infant, & Toddler) - Regular Full-Time
- Youth Educator

## FAMILY SERVICE BUREAU: HOLIDAYS CAN BE CHALLENGING FOR THOSE WITH MENTAL ILLNESS

This year Thanksgiving is on Thursday, Nov. 25. Thanksgiving is a national holiday celebrated on various dates in the United States, Canada, Grenada, Saint Lucia and Liberia. It began as a day of giving thanks and sacrifice for the blessing of the harvest and of the preceding year.

Holidays can be a joy-filled season, but they can also be stressful and especially challenging for those impacted by mental illness. A study conducted by the National Alliance on Mental Illness (NAMI) has found that 64 percent of people with mental illness report that the holiday season makes their conditions worse. Sometimes traditions are just too stressful. If one is living with a mental health condition, stress can also contribute to making symptoms worse. In bipolar individuals it can trigger episodes of mania and depression; in

those with other conditions it can trigger heightening of symptomology as well; and in addiction it can cause intensified use.

During this season, Family Service Bureau of Newark (FSB) would like to extend its invitation to the community to reach out to us. Even if symptoms are situational or seasonal our dedicated professionals are here to help as they can. FSB is a social services agency providing a comprehensive array of services in mental health and addiction in consideration of the Bio-Psycho-Social-Spiritual continuum, and provides the necessary treatment and/or resources for those in need. Services provided go from social services to treating mental health conditions and substance use disorders.

**What should I do if I want to refer a person**



**for Integrated Mental Health Services at FSB?**

In Newark, we are located at 274 South Orange Ave. Call us at 973-412-2056. In Kearny, we are located at 379 Kearny Ave. Call us at 201-246-8077.

### NCCTI TO HOST VIRTUAL INFORMATION SESSIONS

New Community Career & Technical Institute (NCCTI) will be hosting informational sessions via Zoom for its two medical classes in December. Anyone interested is encouraged to join in virtually.

The session about the Patient Care Technician (PCT) program will take place on Tuesday, Dec. 14 at 10 a.m.

The session about the Clinical Medical Assistant (CMA) program will take place on Wednesday, Dec. 15 at 10 a.m.

Zoom meeting link, ID and passcode can be found at [newcommunitytech.edu](http://newcommunitytech.edu).

For more information, please contact Aziza Johnson, Student Recruiter/Admissions Representative, at [ajohnson@newcommunity.org](mailto:ajohnson@newcommunity.org) or call 973-824-6484.

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

### Palliative Care vs. Hospice Care

Similar But Different

<p style="text-align: center; margin: 0;"><b>Palliative Care</b></p> <ul style="list-style-type: none"> <li>For patients at any stage of a serious illness who are also receiving curative treatment</li> <li>Comfort care, symptom and pain management, reduces stress, relief of side effects</li> <li>Addresses patient's physical, emotional, cultural and spiritual needs; improved quality of life</li> <li>Provided in the hospital, long term care facility, assisted living or at home</li> <li>Palliative consultations provided by a palliative physician or nurse practitioner</li> <li>Detailed, customized care plan created based on input from patient, family and health care providers</li> <li>Patient's wishes and goals of care discussed as well as treatment options</li> <li>Covered by Medicare, Medicaid and most insurance companies</li> <li>Need doctor referral for palliative care</li> </ul>	<p style="text-align: center; margin: 0;"><b>Hospice Care</b></p> <ul style="list-style-type: none"> <li>For patients facing a terminal illness with a prognosis of six months or less who are not seeking curative treatment</li> <li>Comfort care and symptom management including pain relief that makes the end of life easier to bear</li> <li>Addresses patient's physical, emotional, cultural and spiritual needs</li> <li>Provided to wherever the patient calls home; in rare/select circumstances hospice care can be provided in hospitals or in-patient hospice settings</li> <li>Multi-disciplinary team includes a physician, nurse, social worker, home health aides, chaplain, hospice volunteer</li> <li>Includes arrangement of needed supplies including hospital bed, commode, medications, medical equipment, etc.</li> <li>Covered by Medicare, Medicaid and most insurance companies</li> <li>Need doctor referral for hospice care</li> </ul>
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For more information about VNA Health Group's services & programs, please call 800.862.3330 or visit [www.vnahg.org](http://www.vnahg.org)

## EMPLOYEE SPOTLIGHT: AZIZA JOHNSON



Aziza Johnson serves as the Student Recruiter in the Admissions Department of New Community Career & Technical Institute (NCCTI).

Aziza Johnson has always had a desire to help people. That's one of the reasons why she enjoys working as the Student Recruiter in the Admissions Department of New Community Career & Technical Institute (NCCTI), a role she has served in

since 2017.

Johnson's favorite part of her job is seeing the positive outcomes for students she has helped guide through the admissions and educational process.

"My favorite part is once the students that I help get employment, they come back and they share with us their success stories," Johnson said. "I feel like I take them on as family and we grow a personal connection. I want to see them from point A all the way to Z. And when that happens, that's when I know I did something right."

Johnson recruits students for NCCTI programs, screens applicants, walks them through the admissions and financial aid process and ensures that all necessary documentation is submitted. She also puts forward program start dates, makes sure instructors are aware and prepared for new sessions and ensures students have the necessary equipment.

Her dedication to NCCTI and its mission are

apparent.

"Aziza is a hard worker, very organized, meticulous and has a deep commitment to helping our students," said NCCTI Director Rodney Brutton. "It's a pleasure working with her."

Prior to joining NCCTI, Johnson worked for the Newark Youth One Stop. NCCTI was one of the sites she sent clients to so she was familiar with the school and its offerings. She saw a change in roles as an opportunity for growth and liked that the position required more than just sitting at a desk.

"I have an opportunity now to go out and recruit and go to fairs and engage with students on a one-on-one basis," she said. "That was really appealing to me."

Johnson lives in Essex County with her partner, 9-year-old daughter and almost 2-year-old son. In her spare time, she enjoys being a mom to her two children and a support system for her entire family.

## SENIOR SPOTLIGHT: COMMONS SENIOR VOLUNTEERS

New Community personnel in the Resident Services Department coordinate events and food distributions for residents on a regular basis. They often get assistance from building residents who volunteer to help the staff and their neighbors.

At Commons Senior, 140 South Orange Ave., Newark, Resident Services Coordinator Jill DeRios is grateful for the assistance she receives from more than a dozen residents. Her group of helpers assists with the distribution of food items on the first Monday of each month and food boxes on the third Friday of each month. During the height of the COVID-19 pandemic, they also distributed hot meals to residents' doors.

"They are great," DeRios said of the

volunteers. "They serve without me even asking."

The residents who help include Fred Austin, Hubert Duncan, Ana Gonzalez, Alphonso Harrell, Ernest Hill, Ethel King, Willie May Lee, Isabel Gonzalez Moore, George Moore, Shelia Rodriguez, Delria Seales, Mike Smith and Reggie Williams.

They volunteer to help their neighbors and DeRios who they say provides a lot to all building residents.

"She can't do it all by herself," Hubert Duncan said.

Alphonso Harrell said volunteering allows him to stay busy and he likes helping people.

Ana Gonzalez also enjoys giving back to the



Hubert Duncan, Ana Gonzalez and Alphonso Harrell, left to right, are some of the volunteers at Commons Senior who assist with food distribution.

members of her community.

"I love this building," she said.

## SOCIAL SECURITY NEWS: SIGN UP FOR MEDICARE PART B ONLINE

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

You can sign up for Medicare Part B online! If you're enrolled in Medicare Part A and want to enroll in Part B during the Special Enrollment Period, please visit our Medicare web page at [www.ssa.gov/benefits/medicare/](http://www.ssa.gov/benefits/medicare/).

From there, you can enroll in Part B by completing these forms: CMS-40B (*Application for Enrollment in Medicare - Part B [Medical Insurance]*) and CMS-L564 (*Request for Employment Information*).

You can also fax or mail the CMS-40B and CMS-L564 to your local Social Security office to enroll. You can find the fax number and address for your local office at [www.ssa.gov/locator](http://www.ssa.gov/locator). Please contact Social Security at 1-800-772-1213 (TTY 1-800-

325-0778) if you have any questions.

**Note:** When completing the forms:

- State, "I want Part B coverage to begin (MM/YY)" in the remarks section of the CMS-40B form or online application.
- If your employer is unable to complete Section B, please complete that portion as best you can on behalf of your employer without your employer's signature.
- Submit one of the following types of secondary evidence by uploading it from a saved document on your computer:
  - Income tax returns that show health insurance premiums paid.

- W-2s reflecting pre-tax medical contributions.
- Pay stubs that reflect health insurance premium deductions.
- Health insurance cards with a policy effective date.
- Explanations of benefits paid by the Group Health Plan or Large Group Health Plan.
- Statements or receipts that reflect payment of health insurance premiums.

Please let your friends and loved ones know about this online, mail or fax option.

# RUTGERS COMMUNITY HEALTH CENTER: NOVEMBER IS AMERICAN DIABETES MONTH

Nearly 35 million people in the United States have diabetes. That is over 10 percent of the entire population. Furthermore, one in five adults do not know that they have diabetes. Diabetes can be related to many complications such as kidney disease, blindness and eye problems, heart disease, stroke and nerve damage. It is currently the seventh leading cause of death in the United States.

Type 2 diabetes accounts for 90 to 95 percent of all diabetes cases in the United States. Type 2 diabetes typically develops in people 45 years or older. However, more children, teens and young adults are also developing type 2 diabetes.

### Risk factors for developing type 2 diabetes

There are various factors that put you at risk for developing type 2 diabetes. The most common risk factors are:

- Have prediabetes
- Are overweight or obese

- Are 45 years or older
- Have a family member with type 2 diabetes
- Are physically active less than three times per week
- Have ever had gestational diabetes
- Are African American, Hispanic/Latino, American Indian or Alaska Native

### Can type 2 diabetes be prevented?

Yes. Type 2 diabetes can be prevented or delayed. Following proven lifestyle changes such as losing weight and being more physically active can be effective in preventing or delaying type 2 diabetes, even in high-risk individuals.

### Why is preventing type 2 diabetes important?

Type 2 diabetes is a serious health condition. Type 2 diabetes can lead to other conditions such as heart disease, stroke, blindness and kidney failure. Preventing or delaying type 2 diabetes can also help in reducing your risk of developing these other serious health issues.

### How can type 2 diabetes be prevented?

There are many proven programs and interventions that can help you eat healthier and become more physically active. Making small changes over time can lead to significant improvements in your health and prevent or delay developing type 2 diabetes. Talk to your health care provider to develop a plan that works best for you.

### How can I manage my type 2 diabetes?

Some people can control their blood sugar through healthy eating and exercise. Other people may need insulin or medication to manage their diabetes. It is important to prevent serious complications. Consider quitting smoking and manage your stress. Work together with your health provider to develop and adjust your plan to manage your diabetes.

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 prediabetes. We can also set up referrals to specialists. Call today to schedule an appointment at 973-732-6040.

- Convenient location in NCC's health care building at 274 South Orange Ave.
- 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.

# RUTGERS

Community Health Center

Community is everything.

274 South Orange Avenue, 3rd Floor, Newark, NJ 07103

973-732-6040 | [rhc.rutgers.edu](http://rhc.rutgers.edu)

## LESLEY LESLIE: TOMORROW ISN'T PROMISED



How many times have you made the decision to do something special for yourself and then decided you would wait? You put off your vacation, or you put off

that little weekend getaway. You make the time to do things for other people: your family, friend or your employer. Yet when it comes to you, that time just doesn't seem to happen.

The recent loss of a family friend, a hard worker, dedicated employee, unselfish mother and wife and loyal friend has jolted things into perspective in a way that has caused a personal life shift. You know, the "a-ha" moment when you stop to really think about things and then you begin to do things differently from that point on.

This family friend was an admirable person, but she went to work when she was sick. When she grew too ill to travel to work, she worked from home. She accumulated months and months of vacation and sick time that all went to waste. She just continued to put others before herself and eventually her illness progressed and took her life. She died.

Life is a gift and so are you. While we should always strive to be kind to others, we should remember to be good to ourselves. Don't put off that treat for yourself thinking you will do it tomorrow when today is here and now and tomorrow may not be.

## CHELC HOSTS PAJAMA DAY AND HARVEST CELEBRATION

Children and staff members at Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, dressed up on Oct. 29 for the school's Pajama Day and Harvest Celebration. They wore their pajamas or other festive fall outfits and received candy. *Photos courtesy of CHELC.*



# NEW COMMUNITY



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## CHELC CHILDREN ENJOY VISIT FROM FIREFIGHTERS

Members of the Newark Police Department visited Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, in October. Children got to see a fire truck and the firefighters who serve the community. They also learned about fire safety. Fire Prevention Week takes place each October nationwide. *Photos courtesy of CHELC.*

