



# CLARION



## NCC CORPORATE OFFICES RENAMED IN HONOR OF FOUNDER



A new sign displays the updated name of New Community's corporate offices at 233 West Market St., Newark. The building is named Monsignor William J. Linder Plaza in honor of New Community's late founder.

A plaque commemorating the new building name and remembering New Community's late founder Monsignor William J. Linder can be found inside New Community's corporate office location at 233 West Market St., Newark.

New Community has renamed its corporate office location Monsignor William J. Linder Plaza in honor of its founder. There is a new sign in front of the building, located at 233 West Market St., Newark, and a bronze plaque inside displaying the new name.

Monsignor Linder founded New Community in 1968 along with members of the community following the 1967 Newark Rebellion. The mission was to help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement. That goal has remained unchanged for more than 53 years. As an organization, NCC has helped countless individuals and families at all stages of their lives with services ranging from housing and shelter to childcare and education to nursing home care and mental health services.

"This dedication of the plaza in the memory of Monsignor Linder is just a small token of our appreciation and affection for all that he did for the City of Newark and its residents. Clearly this in no way reaches the magnitude of his deep commitment and sacrifice for the City of Newark," said New Community Board Chairman Dr. A. Zachary Yamba. "We want to make sure that people who pass by or come to this building for functions will remember Monsignor Linder and what he meant to the City of Newark."

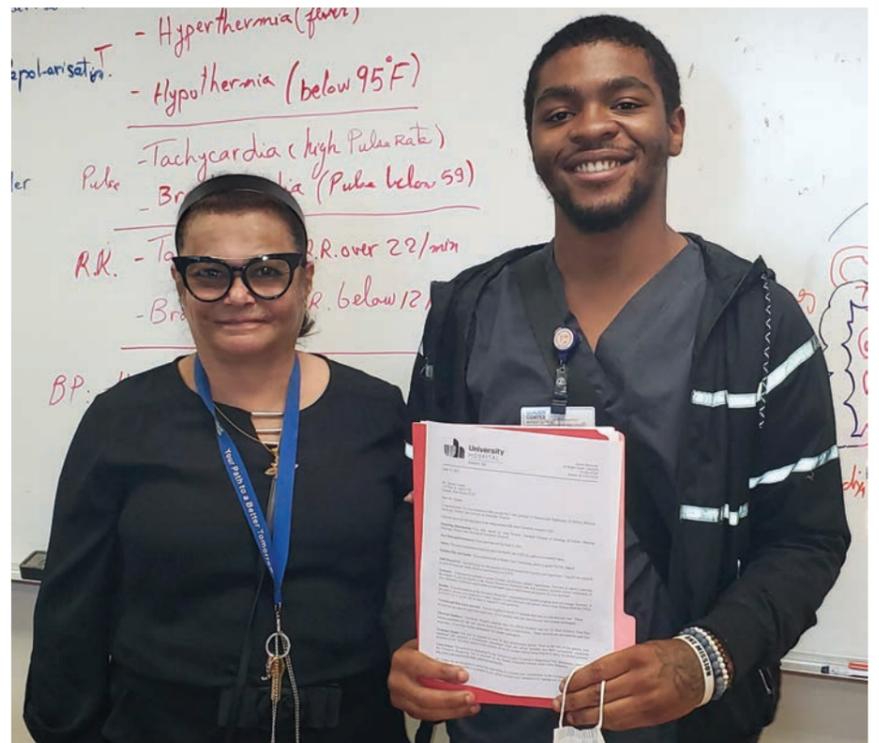
New Community Chief Financial Officer/Interim Chief Executive Officer Elizabeth Mbakaya believes the naming is appropriate.

"Monsignor Linder worked tirelessly to ensure that New Community was successful and lived up to its mission. Having his name at our corporate offices is a fitting tribute to recognize all he did for the organization and the people it serves," she said.

New Community Director of Mission Frances Teabout believes the name will serve as inspiration.

"Monsignor William J. Linder Plaza will not only stand as a memorial to Monsignor Linder and many others who worked tirelessly to fulfill our mission, but it will also serve to constantly remind us and future generations of the importance of helping others improve their lives," she said.

Monsignor Linder served as New Community's CEO until 2013 when he transitioned to the chairman of the Board of Directors. He served as the board chairman until his passing on June 8, 2018.



Quajen Coates shows off his offer letter from University Hospital alongside New Community Career & Technical Institute Patient Care Technician Instructor Dr. Maha Koltowski. Coates works full-time as a Patient Care Technician at the hospital.

## NCCTI GRADUATE BEGINS MEDICAL CAREER AT UNIVERSITY HOSPITAL

Quajen Coates didn't know he wanted a career in the medical field, but after studying at New Community Career & Technical Institute (NCCTI) he has plans to pursue a nursing degree. Coates graduated from the Patient Care Technician (PCT) program at NCCTI and currently works in that role in the oncology unit at University Hospital in Newark.

Coates first learned about NCCTI from his guidance counselor at KIPP Newark Collegiate Academy, located on Littleton Avenue in Newark. He graduated from high school in 2018 and had been working a variety of jobs including at moving companies

## AROUND THE NETWORK

### NEW COMMUNITY HUDSON SENIOR HOSTS COVID-19 VACCINE EVENT

New Community is committed to helping residents get vaccinated to prevent COVID-19 infection. The organization has partnered with other entities to bring vaccines to residential buildings. Hudson Senior, 21-27 Orchard St., Jersey City, hosted a vaccine event on Dec. 9 where building residents and members of the community at large were able to receive a vaccine in the building's Community Room. *Photos courtesy of Tram Duong.*



### 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.

## Want to Support New Community?

You can make a difference in the lives of inner city residents by making an online donation. Visit [newcommunity.org](http://newcommunity.org) and click "Donate" to give today! We appreciate all support.

### DECORATING FOR THE HOLIDAYS

Residents at Douglas Homes, 15 Hill St., Newark, set up Christmas trees in the communal spaces of the building on Dec. 2 to get in the holiday spirit. *Photos courtesy of Desiree Crespo.*



### HOLIDAY PHOTO SHOOT FOR NCC RESIDENTS

Residents at Associates, 180 South Orange Ave., Newark, enjoyed a holiday photo shoot that included a makeup artist, photographer and costumes thanks to Assemblywoman Shanique Speight and Bishop Speight. The pair hosted the event in the Community Room at Associates on Dec. 9. *Photos courtesy of Anne Moran.*



### THANK YOU, VOLUNTEERS

New Community holds a monthly Community Food Distribution on the first Tuesday of each month at 220 Bruce St., Newark. On Dec. 7, Miss New Jersey Earth 2021 Teni Bello volunteered to distribute items. Community members are encouraged to visit the facility to receive food. No identification is required, but people must sign that they received items. Participants must also bring their own bags and carts to receive food. Those interested in volunteering can find the opportunities through Jersey Cares at [jerseycares.org](http://jerseycares.org). *Photo courtesy of Anibal Alvelo.*

## NEW COMMUNITY HOSTS NEWARKWOW MOBILE UNIT



New Community was happy to host the NewarkWOW (Workforce on Wheels) Mobile Unit outside the health care building at 274 South Orange Ave., Newark, on Dec. 6 and 7.

The mobile unit transports workforce professionals from NewarkWORKS throughout the City of Newark to provide information and resources on various programs, employment opportunities and support services available to Newark residents.

Services offered include:

- Job placement

- Vocational and occupational training for adults and youth
- Work readiness and life skills training
- Adult Basic Education training and High School Equivalency
- Career counseling
- Summer youth employment opportunities
- Supportive services and resource information

More information about the program and events can be found at [nlwdb.org](http://nlwdb.org).

## CELEBRATING THE HOLIDAYS AT NEW COMMUNITY



NCC employees at Monsignor William J. Linder Plaza and the Annex celebrated the holidays with a party on Dec. 16.



Residents of Orange Senior, 132 William St., Orange, celebrated their birthdays at the building's Christmas party on Dec. 17. Photo courtesy of Alisha Chatman-Jenkins.



Commons Senior, 140 South Orange Ave., Newark, held a Christmas luncheon on Dec. 16 for residents. Photo courtesy of Jill DeRios.



Staff members enjoyed a holiday party at New Community Extended Care Facility, 266 South Orange Ave., Newark, on Dec. 10. The building held a separate celebration for residents on Dec. 15.



Left: Residents of Douglas Homes, 15 Hill St., Newark, celebrated the holiday season with a party and gift exchange on Dec. 17. Photo courtesy of Desiree Crespo.



Right: Pearl Nickerson, left, celebrated her 97th birthday and Jameelah Martin, right, celebrated her 91st birthday during the Orange Senior Christmas party on Dec. 17. Photo courtesy of Alisha Chatman-Jenkins.

## PROVIDING FOR NEW COMMUNITY FAMILIES

New Community's Resident Services Department receives donations of a variety of items including toys and clothes and distributes them to families. Families are able to come to department headquarters at 220 Bruce St., Newark, to look through the items and choose what they can use. For the second year, Resident Services received donations from Amy Madison and Alina Gioielli of Mountain Lakes during the holiday season. *Photos courtesy of Anibal Alvelo.*



## NCCTI GRADUATE BEGINS MEDICAL CAREER AT UNIVERSITY HOSPITAL

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and landscaping. When the COVID-19 pandemic hit, he wasn't sure what to do. He reached out to his former guidance counselor who provided him with several options. One of them was enrolling at NCCTI.

"NCCTI was a definite option for me and it seemed like the best program possible with something that was needed in my life at the moment," Coates said.

Before he enrolled, Coates learned his grandfather had been diagnosed with cancer and he wanted to educate himself to be able to help in any possible way. He decided to join the PCT program to be able to care for his grandfather.

"Unfortunately I wasn't able to even show him the skills I learned or help him out because he died about a week before I graduated. But it opened up more for me because that's what gave me the idea to take it as far as I can," Coates said. "It started out as me just wanting to help him out and now it opened up the door for me to be in the medical oncology space."

Prior to his graduation in May 2021, NCCTI personnel helped Coates get a job as a patient sitter at University Hospital. In that role, he did one-on-one interventions with patients. During his shift, he would sit with a patient, watch TV and play games with them and speak with them. He found the job beneficial because he was able to get used to the hospital setting and interact with patients.

Once Coates graduated, University Hospital promoted him to Patient Care Technician. He does a variety of tasks for patients and nurses, including helping patients to the bathroom, feeding them, cleaning and drawing blood.

"I enjoy it a lot," he said.

He now has aspirations to become an

Assistant Director of Nursing. He's currently working to start prerequisite classes at Essex County College so he can get an associate's degree in nursing and progress from there.

"I am so proud of Mr. Coates and all our students graduating from NCCTI," said NCC Chief Operating Officer and NCCTI Interim Director Fred Hunter. "Our graduates are leaving school with the knowledge needed to be successful in their chosen program area."

Coates felt prepared to enter the workforce after graduating. Because of the pandemic, he participated in a hybrid program where he had in-person instruction two days per week and conducted the rest of his learning on the computer. He said this schedule was beneficial because he does computer work as part of his job and was grateful for the additional practice.

PCT Instructor Dr. Maha Koltowski believes that Coates has a bright future ahead.

"He was attentive and hard-working," she said.

Coates is happy with his current path and attributes his success to NCCTI.

"I want to thank the staff. They really changed my life," Coates said. "Everybody showed a tremendous amount of love and gave me so much hope doing this program at a time that was hard for me. They were just so loving. They made me want to come to school every day. I'm just appreciative of them."

He is also working to pay it forward. His supervisors asked if he knew of any other NCCTI graduates looking for work. He reached out to Koltowski to see if anyone needed assistance getting connected to University Hospital.

"I'm more than willing to help because they helped me so much and I just want to be a

bridge," Coates said. "Somebody had to help me so there's nothing wrong with reaching back. I want to help."

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: NCC 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.

The site is continually updated, so check back often to see if there is a job of interest.

# FAMILY SERVICE BUREAU OF NEWARK: STARTING THE YEAR OFF RIGHT

As 2022 gets going let's be reminded that "Life's not about expecting, hoping and wishing. It's about doing, being and becoming." Mental health and addiction struggles can be overcome. At FSB these hurdles are considered within the context of the consumer's life situation. We believe in providing fast access to treatment, personalized treatment, access to treatment through medication, effective therapy to facilitate a more functional lifestyle and coordinated care through referral services when needed.

Coming to FSB should be considered as the start of a journey to improve the past and not so past. Occurrences of mental health or addiction issues can be overcome through the empowerment of the consumer to take control and responsibility for their life.

Some pointers as adapted from the National Mental Health Association/National Council for Community Behavioral Healthcare can be learned at FSB:

- **Get help when you need it.** Seeking help is a sign of strength, not a weakness. It is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction to move on to lead a full, rewarding life.
- **Break up the monotony.** Our everyday routines make us more efficient and enhance our feelings of security and safety, but a little change of pace can perk up a tedious schedule.
- **Set realistic goals.** Aim high, but be realistic and don't over-schedule. Life is more enjoyable and will provide a tremendous sense of accomplishment and self-worth as you progress toward a goal. So, what is your 2022 New Year's resolution? Make it realistic so that you attain it.
- **Learn how to deal with stress and quiet your mind.** Stress is part of life. Learn coping skills, learn to identify stressors and label them. Try meditation or simply take 15 minutes out of the day to reflect and plan your everyday life.
- **Finally, take care of your body.** Taking care of yourself physically can improve your mental health and help develop strategies to cope with cravings of addiction if that is your struggle. For 2022, eat nutritious meals, avoid smoking and vaping, drink plenty of water and exercise. It helps decrease depression and anxiety and improve moods. And remember to get enough sleep to allow the body to restore energies spent every day.

The leadership at Family Service Bureau of Newark (FSB) wishes the community a happy and prosperous 2022. "Never underestimate the power you have to take your life in a new direction."

Executive Director: Vito Andrisani

Assistant Executive Director: Dametria Wertz

Director of Clinical Services in Newark: Karl Roman, LCSW, SAP

Director of Clinical Services in Kearny: Christina Ward, LCSW, LCADC

FSB reminds the community that it is open 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. Family Service Bureau of Newark (FSB) is located at 274 South Orange Ave., Newark, NJ, 07103. Please call 973-412-2056 for the Newark location. The Kearny location address is 379 Kearny Ave., Kearny, NJ 07032 and the phone number is 201-246-8077.



**New Community Adult Learning Center**  
563 Orange Street, Newark, New Jersey 07107  
**(973) 558-5536**  
[www.newcommunity.org/services/adult-learning-center/](http://www.newcommunity.org/services/adult-learning-center/)

<p style="text-align: center;"><b>Available Courses</b></p> <p><b>English for Speakers of Other Languages</b> Mondays through Thursdays: 10 AM to 12 PM or 6 PM to 8 PM</p> <p><b>Citizenship</b> Saturdays: 9 AM to 12 PM</p> <p><b>Computers – Basic &amp; Intermediate Levels</b> Saturdays: 9 AM to 12 PM</p> <p><b>ABE, Pre-HSE, &amp; HSE (English only)</b> Mondays through Thursdays: 9:30 AM to 1:30 PM or 5:30 PM to 8 PM</p>	<p style="text-align: center;"><b>Free Services</b></p> <p><b>Health Screenings</b> Mammograms, Cholesterol, Blood Pressure, Nutrition, Eye Screenings, etc.</p> <p><b>Open Community</b> Free workshops conducted by private institutions and/or volunteers for the general public</p> <p><b>Other Services</b></p> <ul style="list-style-type: none"> <li>• Community organizing</li> <li>• Community rooms</li> <li>• Social services referrals</li> </ul>
<p style="text-align: center;"><b>Cursos Disponibles</b></p> <p><b>Inglés para Hablantes de otros Idiomas</b> Lunes a jueves: 10 AM a 12 PM o 6 PM a 8 PM</p> <p><b>Ciudadanía</b> Sábados: 9 AM a 12 PM</p> <p><b>Computadora – Nivel Básico e Intermedio</b> Sábados: 9 AM a 12 PM</p> <p><b>ABE, Pre-HSE, &amp; HSE (Inglés solamente)</b> Lunes a jueves: 9:30 AM a 1:30 PM o 5:30 PM a 8 PM</p>	<p style="text-align: center;"><b>Servicios Gratuitos</b></p> <p><b>Exámenes Médicos Gratuitos</b> Mamografías, Colesterol, Presión Sanguínea, Nutrición, Examen de la Vista, etc.</p> <p><b>Comunidad Abierta</b> Talleres gratuitos conducidos por instituciones privadas y/o voluntarios para el público en general</p> <p><b>Otros servicios</b></p> <ul style="list-style-type: none"> <li>• Organización de la comunidad</li> <li>• Sala de reuniones</li> <li>• Referidos a servicios sociales</li> </ul>

\* Weekdays and Saturdays courses are 9, 10, and 21 weeks long depending on the selected course.



**Wellness Tip**  
January 2022

Practice Mindfulness

**Feeling Stressed?**



Practicing mindfulness for as little as 10 minutes a day can alleviate symptoms of stress, including headaches, upset stomach, muscle tension, anxiety, lack of focus and difficulty sleeping.



**Download an app**



Grab your mobile device and search mindfulness in your app store or play store. There are a number of free apps out there that can help you be more mindful.

Practice Deep Breathing

Deep breathing is one of the best ways to lower stress in the body. When taking slow, deep breaths, you send a signal to your brain to relax and calm down. The brain tells this to the rest of your body, helping you relax and combat stress symptoms.

Practice Meditation

Often times we get caught up worrying about what is to come in the future, or hold onto things that happened in the past. Meditation can help us live in the present without worry of past or future. The key to mindfulness through meditation is to let thoughts come and go without judgment.

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: ROSA MARISOL RAMIREZ



Adult Learning Center instructor Rosa Marisol Ramirez, left, with her 2018 computer class. Photo courtesy of Rosa Marisol Ramirez.

Rosa Marisol Ramirez has been an instructor at the NCC Adult Learning Center since 2008. She teaches English for Speakers of Other Languages (ESOL) and computers to adult learners of all ages.

Ramirez has been an educator since 1998 when she began teaching math at Essex County College. During her tenure there, she also taught computers and a GED class. When she had her son in 2005, she took a break from teaching to be with him and returned to the profession by teaching computers at the Adult Learning Center. She then had the opportunity to teach ESOL as well.

While she hadn't formally taught English before, Ramirez could relate to her ESOL students. She came to the U.S. from Ecuador without knowing English so she understands the challenges of learning the language.

The best part of teaching for Ramirez is making an impact.

"My favorite part is the difference you can make to your students as a teacher," she said. She is always encouraging her students to try their best and not give up, even when things get difficult. She tells them she is their coach, there to push them and guide them.

"Ms. Ramirez's unwavering commitment and dedication are an inspiration for us all," said Adult Learning Center Director Cristhian Barcelos. "She always finds a way to encourage her students to stay in class and motivates them to complete all the work."

When the COVID-19 pandemic forced the Adult Learning Center's classes to be conducted virtually, Ramirez said the transition was challenging, particularly for her computer classes.

"It's a little hard when you are trying to teach how to use the computer when you are through the camera," she said. "It's not the

same as when you are in the class and you can see what they are doing wrong."

But she used her prior experience to work through it and teach her students, who range in age from 20 to 77. She also has seen some positives come from virtual learning. Because classes can be done from anywhere, she now has students who wouldn't have enrolled in the classroom, including mothers who can't leave their children.

"It's a new way to learn," she said.

Ramirez didn't set out to become a teacher but she is happy with the profession. She was an architect when she came to the U.S. and was enrolled in English classes at Essex County College to learn the language. Her mother knew a staff member who told her the school was looking for a math teacher. Ramirez applied for the position and was accepted and hasn't looked back since.

"I was preparing myself to try to get a job in the architecture area but this door was open to me and then I kept it," she said.

Ramirez lives with her husband and 16-year-old son in Newark. She is a Jehovah's Witness and likes to talk to people about the Bible and God in her free time.

## SENIOR SPOTLIGHT: ROBIN WILSON

Robin Wilson is a familiar face to her neighbors and staff members at Manor Senior, 545 Orange St., Newark. She has lived in the building for nearly four years and is a member of the Tenant Association.

Wilson was born and raised in East Orange where she spent the majority of her life. After the death of her husband in 2011, she moved to Raleigh, N.C. for a change of scenery and to start over. She decided to move back to Essex County to be closer to her family, particularly because she was having difficulty walking and needed that support system.

Once she moved to Manor Senior, Wilson became involved in the Tenant Association and building activities.

"I enjoy being around my neighbors," she said. "They're very friendly."

As a member of the Tenant Association, Wilson is an advocate for those living in

the building. She said members of the association bring tenant issues up to building management and provide assistance.

"I speak up for them and it feels good to help them," she said. "I like helping people. I always did."

Wilson worked at a senior living facility in Jersey City prior to retiring. She was a medical receptionist, did medical records and worked the front desk during her tenure.

"Ms. Wilson's magnetic personality and her wonderful sense of humor create a welcoming environment for those around her," said Manor Senior Resident Services Coordinator Erika Furcal. "Her willingness to step up and help when needed is such a delight. It is such a pleasure working alongside Ms. Wilson to make Manor Senior feel more like home."

Wilson, 61, has two daughters and three grandchildren. She keeps in touch with them



Robin Wilson has lived at Manor Senior for nearly four years. Photo courtesy of Robin Wilson.

frequently, participating in video calls and having them come in person on days when visitors are permitted.

In her free time, Wilson enjoys walking, watching movies, reading, cooking, spending time with her neighbors and babysitting.

## SOCIAL SECURITY NEWS: NOT READY TO RETIRE? YOU CAN STILL APPLY FOR MEDICARE ONLINE

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

Did you know that you can apply for Medicare online even if you are not ready to retire? And it takes less than 10 minutes! There are no forms to sign and usually no required documentation. We'll process your application and contact you if we need more information. To apply for Medicare and find other important information, visit [www.ssa.gov/benefits/medicare](http://www.ssa.gov/benefits/medicare).

If you want to start receiving Medicare at age 65, you must apply for Medicare no earlier than three months before your 65th birthday and no later than three months after that

birthday. We refer to this six-month window of opportunity to apply for Medicare as your initial enrollment period.

Some Medicare beneficiaries may qualify for Extra Help to pay for the monthly premiums, annual deductibles and co-payments related to the Medicare Prescription Drug program. You must be receiving Medicare, have limited resources and income and reside in one of the 50 states or the District of Columbia to qualify for the Extra Help. For more information on Extra Help, visit [www.ssa.gov/benefits/medicare/prescriptionhelp](http://www.ssa.gov/benefits/medicare/prescriptionhelp).

You may also want to read these publications:

- Apply Online for Medicare — Even if You Are Not Ready to Retire at [www.ssa.gov/pubs/EN-05-10530.pdf](http://www.ssa.gov/pubs/EN-05-10530.pdf)
- When to Start Receiving Retirement Benefits at [www.ssa.gov/pubs/EN-05-10147.pdf](http://www.ssa.gov/pubs/EN-05-10147.pdf)

Help a friend or family member by sharing this information. Our programs are here for those who need them.

# RUTGERS COMMUNITY HEALTH CENTER: JANUARY IS CERVICAL HEALTH AWARENESS MONTH

Getting a regular pap test or HPV test is one of the best ways to maintain cervical health. Pap tests can find precancer before it turns to cancer. Over the past 40 years, cervical cancer rates have had a significant decrease because of increased screening with Pap tests.

## What are my screening options?

There are two options available for cervical cancer screening. The two tests are called a Pap test and an HPV test. The Pap test helps detect precancer in the cervix. These precancer cells may become cancer if they are not treated correctly. The other test is

called an HPV test. This test detects the human papillomavirus (HPV), which can cause cervical cells to change and may lead to cancer.

## Where can I get cervical cancer screenings?

Both the HPV and Pap tests can be done at your primary care office.

## When should I be screened?

You should start to get your Pap test starting at age 21-29. Depending on your results and risk factors, your health provider may recommend waiting three years for your next test.

If you are 30 years and older, your health provider may recommend several options. These may include Pap test only, HPV test only or both tests. Depending on the testing recommendation, you will need to be retested every three to five years.

And if you are 65 years and older, your health provider will recommend what your options are and this may include discontinuing screening.

It is important to talk to your health provider and discuss your personal risk factors to make the best decision.

## What are some risk factors for cervical cancer?

Almost all cervical cancers are caused by HPV. HPV is quite common and most people get it at some point in their lives. For most individuals, HPV will go away on its own. However, if it does not clear up on its own, it may cause cervical cancer.

Other risk factors for developing cervical cancer are:

- Smoking
- Having HIV or other immunocompromised condition
- Using birth control pills for more than five years

- Giving birth to three or more children
- Having several sexual partners

## How can I reduce my risk of getting cervical cancer?

The best thing you can do to prevent getting cervical cancer is to get vaccinated and have regular screening tests. The HPV vaccine protects against viruses that cause cervical, vaginal and vulvar cancers. The HPV vaccine is recommended for preteens ages 11 to 12 years but can be given starting at age 9. The vaccine is also recommended for everyone through age 26 if they have not already been vaccinated. It is important to speak with your health provider about any questions you may have in reducing your risk factors and the HPV vaccine.

Rutgers Community Health Center offers comprehensive primary care services including Pap and HPV tests. We care for patients of all ages and are accepting new patients. 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!
- 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: GET UP AGAIN



Have you given up on that business idea that you have been working on for what seems like forever? Are you so disappointed that things didn't work out the way

that you wanted, that you simply can't bear the thought of another attempt? Are you worried about how other people will view you if you continue to hold on to your dream that they believe is a waste of time? How many times are you willing to try, try again?

Did you know that some of the most successful people in the world literally failed many, many times before they succeeded in what made them successful? Albert Einstein is believed to be one of the most intelligent people in the world and he changed the world's approach to physics. Few people know that he didn't start speaking until he was 4 years old.

Oprah Winfrey is one of the wealthiest women in the world with her very OWN television channel. She is internationally known for her television talk show success, but she was fired from her very first job in the television industry.

NBA sports legend Michael Jordan is arguably the greatest basketball player of all time. Not only did he revolutionize the game of basketball with his high scoring and his "one of a kind" moves on the court. He forever changed the product endorsement game for athletes in every conceivable sport after teaming up with the athletic shoe company Nike. Who would ever believe that Michael Jordan was cut from his high school basketball team?

The examples above provide you with a small glimpse of successful people who continued to pursue their dreams, goals and purpose, even after experiencing a setback, obstacle or failure. Hold on to your dream! Take another swing at that project! If at first you don't succeed...try, try again! Believe in yourself and keep it moving!

## LEARNING ABOUT BRAIN HEALTH

Associates, 180 South Orange Ave., Newark, hosted the Aging & Brain Health Alliance at Rutgers University-Newark in its Community Room on Dec. 14. Building residents learned about Alzheimer's disease and how to reduce the risk through brain-healthy habits and lifestyle choices. *Photo courtesy of Anne Moran.*



## NCCTI TO HOST AUTOMOTIVE VIRTUAL INFO SESSION FEB. 9

New Community Career & Technical Institute (NCCTI) is hosting a virtual information session via Zoom for its Automotive Technician program. Details are below.

### Automotive Technician Zoom Information Session:

Wednesday, Feb. 9, 2022 at 10 a.m.

Join Zoom Meeting:

<https://us06web.zoom.us/j/87304529676>

Meeting ID: 873 0452 9676

Passcode: Auto

If you're unable to participate in the information session, please contact Aziza Johnson, Student Recruiter/ Admissions Representative, at [ajohnson@newcommunity.org](mailto:ajohnson@newcommunity.org) or call the school at 973-824-6484.

# NEW COMMUNITY



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## BRINGING HOLIDAY CHEER TO CHILDREN

New Community's Youth Services Department hosted the Holiday Breakfast and Gift Giveaway on Dec. 18 at the NCC Neighborhood Center, 56-68 Hayes St., Newark. Children received a holiday present, to-go breakfast and photos with Santa. The free event took the place of the traditional Breakfast with Santa as a safer way to celebrate amid the ongoing COVID-19 pandemic. *Photos courtesy of Edward Morris.*

