

# NEW COMMUNITY CLARION



## RETIRED NEW COMMUNITY CEO RECEIVES LIFETIME ACHIEVEMENT AWARD FROM LISC GREATER NEWARK

**R**ichard Rohrman, who retired from his role as Chief Executive Officer of New Community in 2021, was one of four recipients of the Lifetime Achievement Award at the LISC Greater Newark 2022 NJ Neighborhood Achievement Awards, held on March 31 at Monsignor William J. Linder Plaza (formerly St. Joseph Plaza) and live-streamed for virtual participation.

LISC Greater Newark describes the Lifetime Achievement Award as an honor that “recognizes an individual for significant contributions to community development and neighborhood revitalization over the span of an entire career.”

New Community Board Chairman Dr. A. Zachary Yamba presented Rohrman with the Lifetime Achievement Award at the event.

“Rich’s life’s work is intertwined with New Community Corporation. He has been part of the movement. He stayed the course. He’s been faithful. And his leadership is indelibly imprinted in all of us,” Yamba said. “We are thrilled that LISC chose to honor him.”

New Community Chief Financial Officer and Interim Chief Executive Officer Elizabeth Mbakaya echoed that sentiment.

“We are so happy to see Rich’s hard work and dedication to the community recognized by LISC in this way,” she said.

Victoria Foundation Co-Executive Officer Craig Drinkard served as the chair of the 2022 LISC Greater Newark Local Advisory Committee and spoke about the Lifetime Achievement Award honorees. He said he considers Rohrman a friend.

“Sir, you taught me how to block out the outside noise and stay focused on your mission. You were steadfast and you said, ‘I know what I need to do. I need to block out the noise to get us where we need to go.’ And you did it,” Drinkard said. “The next leader that comes into this organization is poised to take it into the 22nd century because of your leadership.”

When Rohrman accepted his award, he spoke fondly about his time at New Community.

“It’s been a really rewarding 26 years here at New Community, working in community development. It’s enriched my life more than I can really say. It’s been an experience for me that really has formed my thoughts and formed my life and I wouldn’t give it up for anything. It’s been a terrific experience,” he said. “It’s really been an honor working here and working with the dedicated staff at New Community.”

Rohrman also acknowledged the other recipients of the Lifetime Achievement Award, thanking them for their work and saying he learned from each of them.

The three others who received the Lifetime Achievement Award at the event also recently retired from their leadership roles. The honorees were Wayne Meyer, former President of New Jersey Community Capital (NJCC); Raymond Ocasio, former Executive Director of La Casa de Don Pedro; and Joseph Della Fave, former Executive Director of Ironbound Community Corporation.



Retired New Community Chief Executive Officer Richard Rohrman accepts the Lifetime Achievement Award at the LISC Greater Newark 2022 NJ Neighborhood Achievement Awards on March 31. Photo by RSMC Photography.

## NCCTI GRADUATE USES CERTIFICATION TO RETURN TO MEDICAL FIELD



Denise Jones completed the Clinical Medical Assistant program at New Community Career & Technical Institute and was quickly hired as a Certified Clinical Medical Assistant at Newark Community Health Center. Photo courtesy of Denise Jones.

**D**enise Jones has always been passionate about helping others. She worked as a nursing assistant for 25 years before becoming a substitute teacher for seven years. When the COVID-19 pandemic hit and closed schools, she decided she didn’t want to continue working as an educator. Instead, she enrolled in school herself and thanks to New Community Career & Technical Institute (NCCTI), she is now working full-time at Newark Community Health Center as a Certified Clinical Medical Assistant.

Jones has lived in Newark for 13 years and was familiar with New Community before enrolling at NCCTI. She knows several people who became licensed practical nurses (LPNs) through an

## AROUND THE NETWORK

### THE NEW COMMUNITY EMERGENCY FOOD PANTRY IS OPEN FOR THOSE IN NEED

Essex County residents in need of food assistance came to the New Community Emergency Food Pantry on March 16 at 220 Bruce St., Newark. The Emergency Food Pantry opens each month from 10 a.m. to 2 p.m. on the first business day after the 15th of the month and remains open while supplies last. Those interested in volunteering with the pantry are encouraged to do so through Jersey Cares by visiting [jerseycares.org](http://jerseycares.org). *Photos courtesy of Anibal Alvelo.*



### 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.

## 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.

### RESIDENTS KEEP THEIR MINDS ACTIVE

Residents of Douglas Homes, 15 Hill St., Newark, participated in Brain Games in the building Community Room on March 7 thanks to Horizon Blue Cross Blue Shield of New Jersey. *Photos courtesy of Desiree Crespo.*



### LEARNING HOW TO EAT TO PREVENT CANCER

Residents of Associates, 180 South Orange Ave., Newark, participated in a workshop titled Eat for Cancer Prevention in the building's Community Room on March 10. Speaker Evelyn Fuentes, Community Cancer Control Specialist, Rutgers Cancer Institute of New Jersey, Cancer Health Equity, Community Outreach & Education, led the discussion about how what we consume can play a role in the development of cancer. *Photo courtesy of Anne Moran.*



### FAMILY SERVICE BUREAU OF NEWARK PROVIDES INFORMATION AT ESSEX COUNTY COLLEGE WELLNESS FAIR



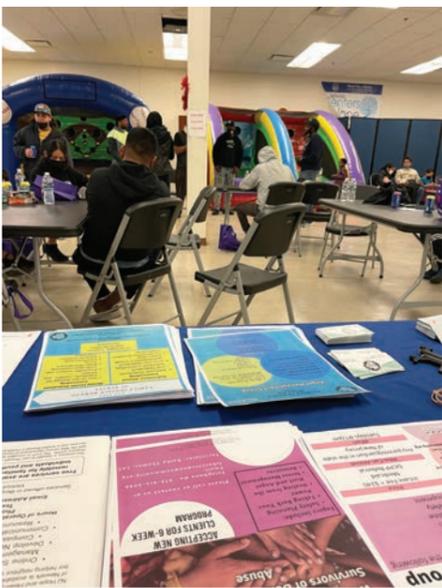
Representatives from Family Service Bureau of Newark (FSB) attended the Essex County College Wellness Fair on March 29, hosted by the Office of Student Development and Counseling: Career Services. The Wellness Fair was hosted to bring awareness regarding different organizations within the community and the services they provide for mental health, disability and other services within the community. *Photo courtesy of Dametria Wertz.*

## REACHING OUT TO THE HOMELESS OF ESSEX COUNTY

Representatives from Harmony House, New Community’s transitional housing facility for homeless families, and Family Resource Success Center participated in Essex County Project Homeless Connect Day on March 25 at the Essex County Branch Brook Park Roller Skating Center in Newark. The annual event included health screenings, giveaways, haircuts, public assistance, mental health services, employment services and veteran services. New Community Board Member and Outreach Coordinator Madge Wilson donated clothing, shoes, handbags and accessories for event participants. *Photos courtesy of Yonette Fredericks.*



### FSB OF NEWARK PARTICIPATES IN FAMILY EVENT



Representatives from the Family Service Bureau of Newark (FSB) participated in Gaming with the FELLAS on March 26 at the Vince Lombardi Center in Newark. FELLAS (which stands for Fathers Empowered to Learn, Lead and Achieve Success) is a program that is part of the Partnership for Maternal and Child Health of Northern New Jersey. FSB provided flyers and information for event participants about the agency’s various programs and services. *Photo courtesy of Dametria Wertz.*

### SENIORS LEARN EXERCISE TECHNIQUES



University Hospital and the City of Newark held an exercise event at Douglas Homes, 15 Hill St., Newark, on March 11. Residents in attendance learned exercising techniques and got to practice the moves. *Photo courtesy of Desiree Crespo.*

## NCCTI GRADUATE USES CERTIFICATION TO RETURN TO MEDICAL FIELD

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LPN program the organization previously offered. Those individuals spoke highly about their experience so she inquired about educational opportunities in the medical field. She decided to enroll in NCCTI’s Clinical Medical Assistant (CMA) program in June of 2021.

Jones was the oldest student in her class at age 52, but that didn’t discourage or intimidate her. She brought her knowledge from serving as a nursing assistant and learned the additional skills necessary to complete the CMA program. She passed the certification exam in early February and quickly found a job at Newark Community Health Center.

“It was the very first job I applied to and they hired me right away,” Jones said.

As a Certified Clinical Medical Assistant, Jones performs the initial intake of patients, inputting vitals, medical history and the reason for the visit into the computer. She then directs patients to an examination room to wait for the doctor and provides any additional tasks requested by the doctor or nurse.

Jones says her time at NCCTI prepared her well for her new position. She gives much of the credit to CMA instructor Dr. Mamdouh Sorial.

She explained that Sorial makes sure everyone in the class understands a topic before moving on to the next one so that no student is left behind.

“He is one of the best instructors,” she said. “I love how he pays attention to detail. And he really cares.”

Sorial saw the potential in Jones and believes she will be successful in this new phase of her career.

“Ms. Jones is a great person and she has the power of success. Since day one she showed the desire and the effort to pass the class and to get certified as a medical assistant and start a new career,” Sorial said. “She has all the characteristics of a successful student and now as a professional medical staff.”

NCCTI Director Dr. Sylvia McCray is glad that Jones had a positive experience at the school.

“I am extremely pleased to hear that NCCTI was very helpful to Ms. Jones,” she said. “We are proud of her accomplishment and wish her well in her future career endeavors.”

Jones has always been passionate about health care. There are many doctors and pharmacists in her family, which introduced her to the field.

“I’ve always loved the health field. I like to help people,” she said. “I care about people and I like to see people get better.”

After serving as a nursing assistant for 25 years, Jones needed to make a change since the job was taking a toll on her body. That’s when she made the switch to substitute teaching. But when the COVID-19 pandemic closed schools, she realized that she wanted to reenter the medical field. Since her certifications had expired, that meant returning to school.

She is happy to be a graduate of NCCTI.

“It was a good learning experience,” she said of the school. “I’m proud to say that I went there and the experience was a great one.”

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.

## NCCTI WELCOMES NEW HEALTH CARE STUDENTS

New Community Career & Technical Institute (NCCTI) hosted an orientation on March 30 for the students in the new Clinical Medical Assistant (CMA) class. The students had the opportunity to meet the school's director, Dr. Sylvia McCray, their instructor, Dr. Mamdouh Sorial, and other staff members.



## CELEBRATING ST. PATRICK'S DAY

Residents of Associates, 180 South Orange Ave., Newark, dressed in green for St. Patrick's Day and enjoyed games of bingo, along with corned beef and cabbage and potatoes. The event was thanks to Bishop Speight who provided the food and entertainment in the building Community Room on March 17. *Photos courtesy of Anne Moran.*



## NCCTI STUDENTS GET HANDS-ON INSTRUCTION

New Community Career & Technical Institute (NCCTI) offers hands-on learning opportunities in all of its accredited programs. Those in the Building Trades Specialist program learn from instructor Yusto Awich and have the opportunity to use equipment and supplies at the NCCTI Training Center, located at 210 West Bigelow St., Newark. For more information, visit [newcommunitytech.edu](http://newcommunitytech.edu).



## RETIRED NEW COMMUNITY CEO RECEIVES LIFETIME ACHIEVEMENT AWARD FROM LISC GREATER NEWARK

FROM PAGE 1

"It's really a terrific group of dedicated people that are receiving these honors," Rohrman said.

LISC Greater Newark Executive Director Jorge Cruz explained the organization's goals for the event.

"Our focus is really centered on building on local, equitable ecosystems and particularly ecosystems that are working towards equity for all," he said. "We are recognizing those honorees who, from our standpoint, are the best of the best when it comes to ecosystem

builders."

In addition to the Lifetime Achievement Awards, LISC Greater Newark also presented the Transformative Project Award to Avi Teylas of Makerhoods, the Exemplary Private Partner Award to Tomas Porturas of Wells Fargo Bank and the Rhonda A. Lewis Community Inspirational Advocate Award to Kaleena Berryman. The event also included a tribute to Rhonda A. Lewis, who served as the Executive Director of LISC Greater Newark before her passing in 2020.

## SENIORS ENJOY BINGO



Residents of Douglas Homes, 15 Hill St., Newark, enjoyed playing bingo in the building Community Room on March 9 thanks to UnitedHealthcare, which provided supplies and prizes. *Photo courtesy of Desiree Crespo.*

## FAMILY SERVICE BUREAU OF NEWARK: MENTAL HEALTH SERVICES CAN RENEW SENSE OF EXISTENCE

During the month of April, we are reminded to move forward and there is light at the end of the tunnel. In spite of change being scary at times, it brings on personal growth and in the long run personal happiness. In April we say things like “April showers bring May flowers” or “Out with the old, in with the new.” In keeping with this theme at Family Service Bureau of Newark (FSB), we’d like to remind the community that through mental health wellness we can renew our sense of existence. At times it may feel that all doors are shut for us; yet suddenly we realize that if only we take advantage of life opportunities and are adaptable to change, greater and better horizons await.

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. During this season, Family

Service Bureau of Newark (FSB) would like to extend its invitation to the community to reach out and enjoy the weather change.

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.

### HAPPY BIRTHDAY!



Residents of Commons Senior, 140 South Orange Ave., Newark, celebrated Rita Hudson’s birthday, which was on March 3. She moved to Commons Senior on March 1, 2006 and is part of the building’s Tenant Association. She has been calling the numbers for bingo every Wednesday for the past eight years and has only missed five games due to illness. Photo courtesy of Jill DeRios.

**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; color: #e67e22;"><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; color: #e67e22;"><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; color: #e67e22;"><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 (Ingles 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; color: #e67e22;"><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 publico 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.

### 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.

**Wellness Tip**  
April 2022

Avoid Stress,  
Relax

**Be an Optimist**

If you start to feel your stress levels rising, try surrounding yourself with positive thoughts. Listen to your favorite music, talk to a friend who lifts your spirits or watch a funny video. Try your best to react to negativity in a positive way.

**Get a Good Night's Sleep**

Lack of sleep will leave you feeling exhausted and on-edge. Your body needs time to recover. Ensure you get a good night's rest. 7-9 hours of a full night's sleep is recommended.

**Live Healthy**

Eat healthy meals, avoid smoking, limit alcohol and keep up with exercise. Stay on track by doing activities you enjoy and limiting food that may be hazardous to your health. Your body manages stress easier when it is fit!

**Relaxing Activities**

Take 15-20 minutes to sit quietly and reflect through a relaxing activity. This could be through breathing exercises, meditation or yoga. Notice how you feel afterwards. Just a few minutes each day can help you wind down and alleviate stress.

For more information about VNA Health Group services & programs, please call 800.862.3330 or visit [www.vnahg.org](http://www.vnahg.org)

## EMPLOYEE SPOTLIGHT: LINDA WASHINGTON



Linda Washington has worked as a case manager at Harmony House for more than 15 years.

Linda Washington enjoys working with and helping people, which was the reason she decided to study sociology and pursue a career in case management. She has worked as a case manager at Harmony House, New

Community’s transitional housing facility for homeless families, for more than 15 years.

Prior to earning her bachelor’s degree in sociology, Washington worked as a mail handler for the United States Postal Service for 14 years. She left that position to go back to school and upon graduation, found the opportunity at Harmony House. She became a New Community employee on Nov. 1, 2006.

In her role as a case manager, Washington meets with clients, conducts workshops and completes necessary trainings, all with the goal of helping clients improve their situations.

“The main objective is to have them move into permanent housing because they are homeless,” Washington said. “We try to work out a plan that’s going to work for each individual to move forward, be it employment, schooling or whatever the case may be.”

Her favorite part of her job is assisting her clients.

“Knowing that I was able to help somebody along the way to move from point A to point B,” she said.

Washington’s work stands out to Harmony House Director Yonette Fredericks.

“Ms. Washington has demonstrated a strong commitment towards assisting the clients of Harmony House assigned to her caseload with obtaining their goals,” Fredericks said. “Ms. Washington, passionate about her advocacy, is able to connect the clients to much-needed resources as they transition to self-sufficiency. Her service at Harmony House and her dedication to the core of social services continues to be unwavering.”

Washington lives in Hudson County. She is married with two adult children. In her free time, she enjoys traveling, particularly internationally.

## SENIOR SPOTLIGHT: ELAINE AVANT

Before the COVID-19 pandemic, Elaine Avant could often be found in the Orange Senior Community Room participating in activities and socializing. She has been a resident of the building for about eight years and always takes part in building events.

The pandemic paused gatherings for residents’ safety but with increasing vaccination rates and decreasing case numbers, some activities have resumed. Avant is happy about that. Before the pandemic, she enjoyed many activities, including bingo and movie nights.

“She is very supportive of our activities in this building, and she always helps other seniors with little errands such as checking their mail and grocery shopping,” said Orange Senior Resident Services Coordinator Sister Pauline Echebiri.

Avant said she likes to assist her neighbors.

“If they want me to check the mailbox or go to the store, I do it. It makes me feel good,” she said. “Because I can give in my little

building.”

Avant was born and raised in New Orleans, La. She moved to New Jersey in 1954 with her husband and has been residing in the Garden State ever since. Before moving to Orange Senior about eight years ago, she lived in Newark and for a brief period in South Jersey, which she didn’t enjoy. She is happy to be back in the northern part of the state. She has eight children: five sons and three daughters. Her husband is deceased.

While Avant spent much of her time raising her children, she did work in her younger years cooking for staff members and students at a daycare facility in Newark associated with Queen of Angels parish. She said she was a good cook but she no longer does it often.

In her free time, Avant likes to play bingo and cards. She also is an avid walker, with people calling her the roadrunner. Before the pandemic, she would walk for three miles in the park. Now she enjoys sitting in the courtyard area of Orange Senior when



Elaine Avant has lived at Orange Senior for about eight years. Photo courtesy of Alisha Chatman-Jenkins.

the weather is nice.

Avant praised the Orange Senior staff members, including Property Manager Alisha Chatman-Jenkins and Echebiri.

“If you have any kind of problems you can go to the manager or social worker and they take care of it,” Avant said.

## SOCIAL SECURITY NEWS: PLAN FOR YOUR FUTURE DURING FINANCIAL LITERACY MONTH

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

Financial Literacy Month is focused on educating people about the importance of planning for a secure financial future. Every April, we like to remind you that Social Security is a vital part of any financial plan. We have online tools to help you understand your potential Social Security benefits and how they fit into your financial future.

You should periodically review your Social

Security Statement using your personal *my Social Security* account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). Your Statement is an easy-to-read summary of the estimated benefits you and your family could receive, including potential retirement, disability and survivors benefits.

Our Plan for Retirement tool in your personal *my Social Security* account allows you to check various benefit estimate

scenarios. You can compare the effect different future earnings and retirement benefit start dates have on your future benefit amount.

Please let friends and family know they can take steps to improve their financial knowledge by signing in to their secure *my Social Security* account. If they don’t have an account, they can easily create one at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

# RUTGERS COMMUNITY HEALTH CENTER: NATIONAL INFANT IMMUNIZATION WEEK IS HERE

National Infant Immunization Week (NIIW) is from April 25 to May 2 this year. It is a yearly observance to highlight the importance of infant immunizations. Immunizations protect babies from vaccine-preventable diseases such as measles and whooping cough. It is important to stay on track with your child's well-child visits and routine recommended vaccines.

The ongoing COVID-19 pandemic continues to disrupt many families' lives. It has also meant that children have missed or delayed their regular checkups and vaccinations. Vaccinations are critical to

ensuring children stay healthy. The CDC and American Academy of Pediatrics recommend that infants and children stay on track with their well-child visits and routine vaccinations. The CDC recommends checking with your health care provider to make sure that your child's vaccines are all up to date.

Most parents choose to protect their children through vaccines. Giving babies the recommended vaccinations by age 2 is the best way to protect them from 14 serious childhood diseases such as measles, mumps, chickenpox and polio. Vaccines are highly effective and help protect individuals, families and communities by preventing the spread of vaccine-preventable diseases. They prevent illnesses, hospitalizations and death and they are safe. Vaccines are constantly monitored and as new information and science becomes available, vaccine recommendations are updated and improved. Talk to our health providers about any questions that you have about vaccines for your child and the recommended schedule.

The Rutgers Community Health Center cares for infants and children. Our team

is here to offer well-child visits and recommended vaccinations. Schedule your child's appointment today! Our health providers are looking forward to taking care of your child and family. Call us at 973-732-6040.

- Convenient location in NCC's health care building at 274 South Orange Ave.
- Accepting new patients.
- Walk-ins welcome!
- We offer telehealth and in-person visits.
- Accepting most health insurances including Aetna, Horizon and many others.

**RUTGERS**  
Community Health Center

*Community is everything.*

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

973-732-6040 | rchc.rutgers.edu

## LESLEY LESLIE: TAKE A HIKE



Stress on the job getting you down? Pressure and responsibilities at home have you overthinking things? Do you just need to clear your head and focus on something else for a moment?

Well, gas prices are certainly too high to suggest taking a long drive to ease some tension. Paying to fill your gas tank might make you more upset or stressed.

You can take in the scenery and get some fresh air by getting outdoors and taking a long walk though. By now, you probably have heard all the health benefits associated with walking. You already know that walking can help burn calories, lower your blood sugar levels, ease joint pain and strengthen the muscles in your legs. However, there are more benefits associated with walking that many people don't often consider.

Walking has also been known to help improve your mood. Studies show that walking can help reduce anxiety, depression and a negative mood. There is something to be said for temporarily removing yourself from an environment where you feel overwhelmed, stressed or anxious. While walking can fulfill the suggested daily recommended exercise, it also provides the opportunity to take a mental break from whatever your day is presenting you with.

Maybe you use the latter portion of your lunch break to walk outside your work location. Or you may want to take a break from your workstation after two or three hours of staring at your computer screen to rest your eyes and stretch your legs. You could add some music to your walk or even coordinate the walk break with a friend or fellow coworker. Now you're walking and talking.

The next time you start to feel a little overwhelmed or stressed, head for the exit and take a walk. It may be just what your mind needs.

## GIVING TO HELP THE PEOPLE OF UKRAINE



New Community Board Member and Outreach Coordinator Madge Wilson collected items to send to the people of Ukraine who are in need because of the current conflict.

"On Feb. 24, I received a call from a friend of NCC, Dennis Durkin of Roseland, N.J.," Wilson said. "He asked me to get donations for the people of Ukraine who had lost everything but the clothes on their back and they needed help. So I immediately went to our NCC employees asking for donations."

Wilson collected a variety of items including diapers, warm coats, jackets and personal hygiene items. Durkin picked up the donations on March 17 and took them to New York to be shipped to Ukraine.

## PROVIDING FOOD TO THE COMMUNITY

Food is available to community members in need on the first Tuesday of each month at the site of the New Community Emergency Food Pantry, 220 Bruce St., Newark. No identification is required, but people must sign that they received items. Participants are encouraged to bring their own bags and carts. *Photo courtesy of Anibal Alvelo.*



# NEW COMMUNITY



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## CHELC CELEBRATES DR. SEUSS AND READING

Students and staff members at Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, took time to celebrate Read Across America Day, which is Dr. Seuss' birthday, March 2. The children dressed up as the Cat in the Hat and other Seuss book characters and even enjoyed green eggs like in the famous book Green Eggs and Ham. It was all an effort to instill a love of reading. *Photos courtesy of CHELC.*

