

EXTENDED CARE HELPS NEWARK RESIDENT FIND QUALITY CARE FOR BROTHER



Frednitta Gunning stands with her brother Stanley McKoy who is a resident at New Community Extended Care Facility. Gunning moved McKoy to Extended Care in mid-May after being unhappy with his care at a different facility.

Frednitta Gunning of Newark coordinates care and serves as power of attorney for her older brother, Stanley McKoy, who has dementia. She was unhappy with the facility he was in and found [New Community Extended Care Facility](#) when she was researching alternatives. She moved her brother to Extended Care in May and is happy with her decision.

"I was looking for a different level of care for him," Gunning explained. "And a better quality of life."

When McKoy first needed long-term care, Gunning chose a facility in an affluent neighborhood with a high rating. But once he was there, Gunning found the facility unwelcoming and questioned the quality of care being provided.

"I was leaving there every day in tears, just heartbroken that I had put my brother in that predicament," she said.

Gunning researched long-term care facilities closer to home in Newark and found Extended Care. She spoke with Admissions Director Julienne Van-Nooten and toured the facility a few times, including with McKoy, before deciding to move him there.

Since McKoy entered Extended Care in mid-May, Gunning has seen a positive change in her brother.

"To me, he's definitely different here than where he was," she said. "One day I was here, he stood up in the room and he was like, 'I like it. This is pretty nice.'"

She also saw a difference in the way Extended Care staff interacted with McKoy. She said they initiate communication with her brother without her prompting and make sure that he's happy. She said staff members call her with updates about McKoy when she isn't able to be there physically.

"It's important that there's a partnership between family and facility. I'm a school director, so I understand partnership," Gunning said. "I understand that it's a village. You can't do it by

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THE CEO'S CORNER | BY SIMONE GAGNERON



Greetings everyone,

Summer has arrived and our summer programs have kicked off. It is truly inspiring to witness the positive impact we are making in the lives of so many individuals across our community.

We were honored to receive grant money for our summer camp. The Youth Justice Commission, in conjunction with the Governor's Juvenile Justice and Delinquency Prevention Committee, awarded grants

to police departments, schools and nonprofit organizations across New Jersey to expand summer programs for at-risk youth. Our summer camp received \$19,020.35 to enhance our already successful program. Camp began on June 23 and runs through Aug. 15, serving children ages 5 to 13. It's a summer of fun for our campers, who enjoy trips, swimming, sports and STEAM activities (science, technology, engineering, arts and mathematics). We're grateful for the additional support that allows us to continue making memories for the children in our community. [Click here to read more about the grant program.](#)

In June, we celebrated the accomplishments of our students at [New Community Career & Technical Institute](#) and our two early learning centers with graduation ceremonies. We are proud of all you have achieved and wish you great success as you move forward. You are always part of the NCC family and we hope all of you come back and keep us updated with your progress. Congratulations!

We are excited about our upcoming events. On July 24, we will host our annual [Health Fair](#). This completely free community event will include health screenings, food, refreshments and music. Come to the parking lot behind Extended Care from 10 a.m. to 2 p.m. to participate in the festivities.

Our Security and Resident Services Departments will host a Family Movie Night for NCC residents on Aug. 15 from 6 to 8:30 p.m. in the Security parking lot at 220 Bruce St., Newark. The free event will include popcorn, chips, soda and water. Showtime for "A Goofy Movie" will be at 7 p.m.

We're excited to host our 28th Golfing for a Cause on Sept. 29 at Cedar Hill County Club in Livingston. Visit [newcommunity.org/golf](#) for more information about the event and how to participate.

I wish you a joyful and fulfilling summer. We look forward to seeing you at our events and thanks for being part of the NCC family!

Be safe and be well.

Simone Gagneron, CEO

AROUND THE NETWORK

STUDENTS AT COMMUNITY HILLS EARLY LEARNING CENTER ENJOY FUN DAY

Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, held Fun Day for students on June 23. The children enjoyed playing outside, eating sweet treats and cooling off with some water. [Click here to view more photos.](#)



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 and click "[Donate](#)" to give today! We appreciate all support.

SAIF HOSTS FINANCIAL LITERACY WORKSHOPS

The New Community SAIF program (Supportive Assistance to Individuals and Families) hosted the second part of a budgeting workshop on May 28 and a credit workshop on June 17 for clients. The workshops, featuring representatives from M&T Bank, aim to educate clients in financial literacy to help them achieve their financial goals.



M&T Bank Senior Relationship Banker Kimberly Diaz, left, and M&T Bank Universal Banker Erika N. Rogers conduct a budgeting workshop for SAIF clients on May 28.



M&T Bank Universal Banker Erika N. Rogers, left, and M&T Bank Senior Relationship Banker Kimberly Diaz talk about credit during a workshop for SAIF clients on June 17.

NCCTI STUDENTS ENJOY A DAY OF FUN

New Community Career & Technical Institute (NCCTI), 274 South Orange Ave., Newark, hosted a recreation day for all students on May 22 at the NCC Neighborhood Center, 56-68 Hayes St., Newark. The students played basketball and a variety of games. They also enjoyed lunch and time with their peers. [Click here to view more photos.](#)



NCC RESIDENTS EXERCISE WITH OFFICERS

Residents of Orange Senior, 132 William St., Orange, participated in a Zumba class with members of the Orange Police Department on May 8 in the building's Community Room. Photo courtesy of Alisha Chatman-Jenkins.

NEW COMMUNITY HOSTS UNITED FOR FOOD SECURITY

New Community hosted United for Food Security on May 20 in the parking lot of its [Emergency Food Pantry](#) at 220 Bruce St., Newark. The free community event included informational booths for participants to learn about area resources for food and other health related services. It also featured a mobile van from the [Newark Department of Health and Community Wellness](#) where participants could get their blood pressure and glucose levels checked. New Community thanks all of the vendors who participated and the community members who attended. [Click here to view more photos.](#)



EXTENDED CARE FACILITY MAKES RESIDENTS FEEL SPECIAL

Staff members at [New Community Extended Care Facility](#), 266 South Orange Ave., Newark, celebrated Adopt-a-Resident Day on May 15 by giving gifts to those living at the facility. The day is part of National Skilled Nursing Care Week, held from May 11-17, 2025, and is meant to show appreciation for residents. [Click here to view more photos.](#)



NCCTI HOLDS PINNING CEREMONY FOR HEALTH CARE STUDENTS

[New Community Career & Technical Institute \(NCCTI\)](#), 274 South Orange Ave., Newark, held a pinning ceremony on May 21 for students in the Medical Assistant Clinical (MAC) and Patient Care Technician (PCT) programs. The event recognized the hard work the students have put into their studies with pins to place on their uniforms and included light refreshments. [Click here to view more photos.](#)



NEW COMMUNITY CEO ATTENDS CNJG CONFERENCE

New Community CEO Simone Gagneron attended the [Council of New Jersey Grantmakers](#) Conference for the Social Sector on June 18 in Somerset. The theme was “Stronger Together: Philanthropy and Civic Engagement.” Gagneron networked with other attendees at the event, including keynote speaker Dale Anglin (a former NCC employee) who gave a dynamic presentation for [Press Forward](#).



Top Left: New Community CEO Simone Gagneron, [Press Forward](#) Director Dale Anglin and [Victoria Foundation](#) Executive Officer Craig Drinkard, left to right.
Top Right: Director of [Press Forward](#) Dale Anglin gives the keynote address.
Bottom: New Community CEO Simone Gagneron, left, and [Supportive Housing Association of New Jersey](#) Executive Director Kate Kelly.

NCC RESIDENTS LEARN ABOUT AVAILABLE ASSISTANCE

Residents of Douglas Homes, 15 Hill St., Newark, learned about the resources available through [Newark Emergency Services for Families Inc. \(NESF\)](#) during a presentation on May 22. NESF Executive Director Amina Bey spoke with residents about the nonprofit organization’s offerings, including rental assistance and grocery distributions.



FAMILIES COME OUT FOR NCC FATHER-DAUGHTER DANCE

New Community's Youth Services Department hosted the annual Father-Daughter Dance on May 3 at Monsignor William J. Linder Plaza, 233 West Market St., Newark. Girls and their fathers or significant male role models gathered at the event to enjoy an evening of dancing, prizes and quality time together. New Community thanks everyone who participated and hopes everyone had a fantastic night. *Photos courtesy of Youth Services.* [Click here to view more photos.](#)



EXTENDED CARE RESIDENTS CELEBRATE MEMORIAL DAY

New Community Extended Care Facility, 266 South Orange Ave., Newark, hosted a post-Memorial Day Barbecue for residents and staff members on May 30. Participants enjoyed a nice meal and music from a DJ. [Click here to view more photos.](#)



NCC EARLY LEARNING CENTER HOSTS AWARD CEREMONY

Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, hosted an award ceremony for students on June 12. Family members were invited to attend the event where children were recognized in a variety of categories, including Most Curious, Hard Worker, Critical Thinker, Most Energetic and Master Builder. It was a great event that made the children feel special and showcased the skills they've built this school year. [Click here to view more photos.](#)



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yourself. I need them to support me as I support him."

Administrator Veronica Onwunaka said Extended Care's mission is to meet the needs of its patients, their family members and the community.

"It gives us joy to hear and be told that we're living up to the mission and the vision that is the leading force in what we do," she said. "Stories of people being satisfied with the care we deliver only empowers us to do more. And we're happy and glad that we are making an impact in people's lives because that's the whole idea of why this nursing home was built."

Extended Care provides specialized services to support long-term residents with Alzheimer's and dementia to minimize the

progression of their conditions.

While McKoy's memory is fading, Gunning said he still lights up when she and other family members visit. She is hopeful that the care he receives will serve him well.

"I'm looking forward to his time here and just hope he remains happy and supported as best as he can," Gunning said. "It's about his quality of life, whatever that is and whatever that takes as time goes on. Things will change for him as his disease progresses. I make sure I'm ahead of it so I know next steps for him or what else we could do."

For now, Gunning visits McKoy as often as she can and continues to advocate for him. She also recommends Extended Care to others looking for quality long-term care.

She's become familiar with his care team and discovered she had a previous connection with one member whose children attended the school she worked at.

"Look at all these years later, now this woman is caring for someone I love," Gunning said. "I cared for her children and she knew when she dropped them off that they were in a safe place. I feel the same way."

New Community Extended Care Facility is a skilled nursing facility located at 266 South Orange Ave., Newark. It offers long-term care, short-term care, subacute care and Alzheimer's and dementia care. For more information, visit newarknursinghome.org or call 973-624-2020.

FAMILY SERVICE BUREAU OF NEWARK: DON'T NEGLECT MENTAL HEALTH

Let's be real for a second. Mental health still gets treated like that junk drawer in your kitchen: you know it's there, you know it's a mess and you'll do anything to avoid dealing with it until something starts sparking, leaking or mysteriously beeping.

But here's the truth: everyone has mental health.

Mental health is like that Wi-Fi signal in your life – when it's strong, everything runs smoother. But when it's spotty? Suddenly you're buffering through conversations, freezing during work presentations and glitching out during family dinners.

And here's the kicker: taking care of your mental health doesn't have to mean lying on a leather couch while recounting childhood trauma to someone with a notepad and a slow, understanding nod. Sometimes it just means talking to someone before you hit your emotional limit – or taking a nap before you rage-text your boss.

So what can you do? Laugh more. Sleep more. Drink water like it's your job. And when it feels too heavy or too confusing,

talk to someone who's trained to help.

Here at [Family Service Bureau of Newark](#), we're serious about your mental health. Because let's face it: life is hard enough without pretending you've got it all together.

Need someone to talk to, vent to or just sit quietly with while you awkwardly sip tea?

We've got you.

FSB Newark Office: 274 South Orange Ave., Newark, NJ 07103 | 973-412-2056

FSB Kearny Office: 379 Kearny Ave., Kearny, NJ 07032 | 201-246-8077

We're here. No judgment. No pressure. Just help.

NEW COMMUNITY HEALTH FAIR

"HEALTH IS WEALTH"

FREE AND OPEN TO THE PUBLIC!



- Health Fair includes:**
- Free health screenings
 - Free food & refreshments
 - Music & games

Become a sponsor/exhibitor



SCAN THE QR CODE OR CALL EXTENDED CARE TO RESERVE YOUR BOOTH, BECOME A SPONSOR OR MAKE A DONATION: 973-585-9610



JULY 24
10AM-2PM

Parking lot behind New Community Extended Care (near intersection of 14th Ave. and Camden St., Newark, NJ)

RAIN DATE:
JULY 31

Our Mission: To help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.



EXTENDED CARE CELEBRATES EMPLOYEES

New Community Extended Care Facility, 266 South Orange Ave., Newark, held Employee Appreciation Day for staff members on May 20. Administrator Veronica Onwunaka thanked all employees for their hard work and dedication to the facility and those it serves. The staff members enjoyed a hot lunch and time with colleagues.



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vna Health Group
Moving Healthcare Forward

Wellness Tip
June 2025

Protect Your Skin: Strategies for Preventing Skin Cancer

Skin cancer is the most common kind of cancer in the United States. There are 3 main types of skin cancer; Basal cell carcinoma, Squamous cell carcinoma, and Melanoma.

Protecting your skin today may help prevent skin cancer later on.



Use sunscreen with SPF 15 or higher. Apply generously and reapply every two hours, or after swimming or sweating. Make sure to cover all exposed areas of your skin, and don't forget to use chapstick with SPF to protect your lips.



Check your skin for changes regularly. Look for any new or changing moles or spots. Be aware of any itching, scaling, or bleeding. Please seek medical attention if you notice any changes.



Avoid direct sun exposure between 10 a.m. and 4 p.m.; seek shade or limit direct sun exposure during these hours.



Cover up with long sleeves, long pants or a long skirt, a hat, and sunglasses

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

EMPLOYEE SPOTLIGHT: KAREN CARDELL



Karen Cardell is an instructor of English for Speakers of Other Languages at the New Community Adult Learning Center.

Karen Cardell has been an instructor at the [New Community Adult Learning Center](#) for about five years. The onset of the COVID-19 pandemic first brought her to the center, where she currently serves as an instructor for English for Speakers of Other Languages (ESOL) Level 2.

Cardell was a long-time volunteer with Literacy Volunteers of America (LVA), so she had a professional relationship with New Community Adult Learning Center Director Cristhian Barcelos, who also serves as the Director of [LVA Essex & Passaic Counties](#). When COVID-19 forced all classes to be conducted virtually, some of the Adult Learning Center instructors found the platform challenging and Barcelos asked Cardell to fill in temporarily as an online instructor since much of her

volunteer work with LVA was done online. The pandemic had upended Cardell's plans because at the time, she was interning at the Essex County Courthouse after pursuing a master's degree in law and a paralegal certificate. The courthouse shut down because of COVID-19, so when Barcelos offered her the teaching position, she accepted.

"I'm happy that I took the job because it's been a really great experience," Cardell said.

As the ESOL Level 2 instructor, Cardell creates assignments, assesses classwork and homework and administers an exam at the end of the course to see students' improvement. While classes are now held in person, Cardell and the other instructors still use Google Classroom to manage assignments.

Cardell enjoys working with the students and watching them learn and grow.

"I think when everything comes together and the students really get into the class, I think that's my favorite part," she said.

Barcelos is happy to have Cardell as part of his team.

"Ms. Cardell consistently exceeds her responsibilities by staying after class to support students, assisting her colleagues whenever needed and actively encouraging the administration to explore new technologies and improved resources for the program," he said.

Cardell has a bachelor's degree in Latin and

Classics and did an alternate route to earn a teaching certificate. She initially wanted to pursue a master's degree in teaching, but because of a program change, she was unable to get federal student aid for that degree. That's when she switched her major to law.

She previously taught Latin in small tutoring groups in college and served as a substitute teacher in the Montclair public schools. Her experience volunteering with LVA was also helpful for her teaching career.

Cardell enjoys volunteering and began working with LVA after seeing a flyer about the organization. She did both one-on-one tutoring and group sessions to help individuals read and speak English.

She was born and raised in New Jersey and currently resides in Essex County. She enjoys reading, taking her dog to the park and cooking.

Cardell appreciates working for New Community and the opportunities it offers to the community. She said some of her students have moved forward and attended classes at [New Community Career & Technical Institute \(NCCTI\)](#), earning certifications for vocational careers.

"I think that this is a fantastic organization and it provides so many opportunities for everyone. It's really been a pleasure being a part of it," she said. "I'm happy when my students move forward and they succeed. And we've had a lot of successes. It's just a great place to work."

SENIOR SPOTLIGHT: FOSTERENE AUSTIN

Fosterene Austin is a familiar face at New Community Associates. She participates in most building activities, serves as a floor captain, delivers packages to neighbors who have a hard time retrieving them and assists New Community staff members with distributing food boxes.

Austin moved to Associates a little over two years ago. She was living in Jersey City before the move, but the landlord sold the house she was living in. Her brother-in-law lived at Associates and encouraged her to apply to the building. She put in the application and secured an apartment.

Newark isn't new to Austin. She was born in Jersey City but moved to Newark when she was in eighth grade. She later married and had seven children — five sons and two daughters. When her husband passed away, she could no longer afford the house on her own so she sold it and moved back to Jersey City.

Returning to Newark was good for Austin because her doctors are here. She was diagnosed with lung cancer, but after treatment, it's now in remission. She is still monitored by her doctors so it's more convenient to be living in Newark.

Since moving into Associates, Austin has

become very involved.

"She is the floor captain for the eighth floor and she helps out with other residents on other floors by getting their packages and bringing them to them," said Associates Resident Services Coordinator Anne Moran. "She also helps out with the food boxes and commodities."

Austin has always enjoyed helping people so it was natural for her to volunteer at Associates. As a floor captain, she checks on the other residents of the eighth floor. She also cooks for her neighbors.

In her professional life, she worked in homeless shelters and with senior citizens. Most recently, she worked at a homeless shelter in Newark for more than 20 years before being laid off. She served as a residential aid and cook at facilities and assisted residents with daily living skills, did intakes and performed administrative work.

"I like helping people," she said.

Austin's sense of altruism is in every part of her life. In addition to assisting her neighbors, she helps New Community staff, whether it's distributing food for Moran or cleaning the hallway on the floor where she lives.



Fosterene Austin has lived at New Community Associates for more than two years.

She also appreciates the help she receives from Moran and Property Manager Naomi Brown Johnson.

"Some things I might not know, I go to Anne and Anne will help me," Austin said. "Ms. Johnson helps me out, too."

Austin's favorite part about living at Associates is the relationship with her neighbors.

"It's not the building, it's the people," she said.

EXTENDED CARE HELPS NEWARK RESIDENT RETURN HOME

Newark resident Alenda Mills has had positive experiences at [New Community Extended Care Facility](#). She has received short-term care and physical therapy at the facility when needed and most recently returned home on May 8.

Mills was admitted to [University Hospital](#) this spring and medical personnel recommended that she receive in-patient care and rehabilitation in a facility because of knee pain due to arthritis and the possibility of a fall. Mills said her legs and feet were very swollen and she couldn't walk.

She chose Extended Care from the list of options offered to her by University Hospital staff. She first became aware of Extended Care because a late uncle of hers had stayed at the facility. When she used the services, her experience was very positive.

"They take good care of me. From what I see, they keep the rooms clean and keep the patients clean," Mills said. "I always tell them, I don't want to go anywhere else but here. Because they're just like family to me. They're good to me."

Mills has had a few short stays at Extended

Care and recommends the facility to others.

Extended Care Licensed Practical Nurse Maria Cruz said Mills has been a good patient.

"She's happy here. She lets us know what she wants, how she wants it and we make sure she gets it," Cruz said. "And her family's very good."

Mills' sister serves as her home health aide through New Jersey's Personal Preference Program (PPP), which allows qualifying participants to choose their caregivers. Mills said her sister handles her bills, does her shopping and laundry and sometimes cooks for her. Cruz said that while Mills is at Extended Care, her sister visits and calls her often.

Mills is familiar with the health care environment. Before she got sick, she worked at area hospitals and nursing homes making beds, helping feed and dress patients and teaching patients how to make small items like potholders. As a patient, she took advantage of the activities offered at Extended Care, including games like bingo, outdoor cookouts and Friday parties.



Newark resident Alenda Mills returned home on May 8 after a short-term stay at New Community Extended Care Facility.

While she hopes not to need in-patient rehabilitation in the future, if she does, Extended Care will be her first choice.

"No place else but here," she said.

New Community Extended Care Facility is a skilled nursing facility located at 266 South Orange Ave., Newark. It offers long-term care, short-term care, subacute care and Alzheimer's and dementia care. For more information, visit newarknursinghome.org or call 973-624-2020.

SECURITY HOSTS EVENT FOR NCC RESIDENTS

Members of New Community's Security Department hosted a painting event for the residents of Associates, 180 South Orange Ave., Newark, on June 10. The residents painted on provided canvases and had refreshments as they enjoyed time with each other. New Community thanks Janesa Henry, Sgt. Aleta Morse and Sgt. Habeebah Rasul from Security for organizing the activity.



NEW COMMUNITY CELEBRATES MOTHER'S DAY



Commons Senior Mother's Day Luncheon, May 9.



Muffins with Mom at 13th Avenue School, May 9. Photo courtesy of Youth Services.



Associates Mother's Day Celebration, May 9. Photo courtesy of Anne Moran.



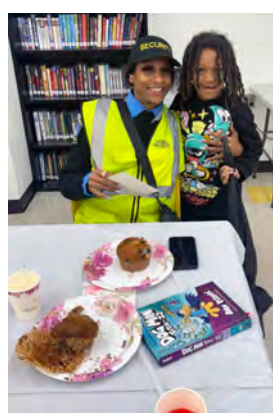
Muffins with Mom at 13th Avenue School, May 9. Photo courtesy of Youth Services.



Muffins with Mom at 13th Avenue School, May 9. Photo courtesy of Youth Services.



Associates Mother's Day Bingo prizes, May 9. Photo courtesy of Anne Moran.



Muffins with Mom at 13th Avenue School, May 9. Photo courtesy of Youth Services.



Mother's Day basket winner at Roseville Senior, May 9. Photo courtesy of Gladys Artis.

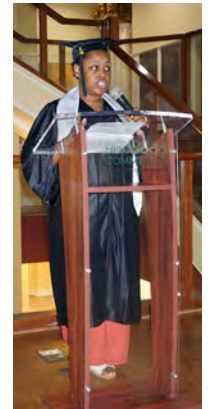


Commons Senior Mother's Day Luncheon, May 9.



NCCTI CELEBRATES THE CLASS OF 2025

New Community Career & Technical Institute (NCCTI) hosted graduation on June 27 at Monsignor William J. Linder Plaza, 233 West Market St., Newark. Students who completed the Automotive Technician, Building Trades Specialist, High School Equivalency, Medical Assistant Clinical and Patient Care Technician programs were honored during the ceremony. Newark West Ward Councilman Dupré Kelly served as the keynote speaker and employer partners [University Hospital](#) and [Newark Community Health Centers Inc.](#) received awards for their ongoing support. Graduates also heard from New Community Interim Board Chairman Edgar Nemorin and CEO Simone Gagneron. [Click here to read more about the ceremony and to view more photos.](#)



NCC EARLY LEARNING CENTER STUDENTS HEAD TO KINDERGARTEN

Community Hills Early Learning Center (CHELC) and Harmony House Early Learning Center (HHELC) hosted a Moving on Ceremony on June 18 at the NCC Neighborhood Center, 56-68 Hayes St., Newark, to celebrate the students graduating from preschool and entering kindergarten in the fall. The children performed for their families and received diplomas. New Community wishes them all a good summer and great success in their education journeys. [Click here to view more photos.](#)



NEW COMMUNITY CELEBRATES FATHER'S DAY



Commons Senior residents enjoyed a Father's Day Luncheon on June 13.



Part of the Douglas Homes Father's Day Luncheon on June 13 included painting.



The men of Commons Senior enjoyed the Father's Day celebration on June 13.



The dads of Douglas Homes were treated to a luncheon on June 13.

RESIDENTS CRUISE TO ITALY VIRTUALLY AT EXTENDED CARE

New Community Extended Care Facility, 266 South Orange Ave., Newark, hosted a Cruise Party for residents on June 27. Patients got to experience life on a cruise ship with a virtual tour of Italy. They enjoyed learning some words in Italian and seeing views of the country. [Click here to view more photos.](#)

