

NEW COMMUNITY CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK SINCE 1968

NCC PARTICIPATES IN NEWARK EQUITABLE VACCINE INITIATIVE



Essex County Executive Joseph DiVincenzo, United Way of Greater Newark President and CEO Catherine Wilson, New Community Chief Operating Officer Fred Hunter, University Hospital President and CEO Dr. Shereef Elnahal, Newark Department of Health and Community Wellness Director Dr. Mark Wade and IHOP Multi-Franchise Owner and Cornbread Co-Founder Adenah Bayoh, left to right, at the kickoff to the Newark Equitable Vaccine Initiative. Photo by RyArMo Photography Studio.



Women check in for their vaccination appointment during the Newark Equitable Vaccine Initiative kickoff on March 23. Representatives from New Community and the Urban League of Essex County were on hand to assist those receiving vaccines. A tent was set up in the parking lot of the IHOP on Bergen Street in Newark where individuals received vaccines and those involved in the initiative spoke about the importance of educating and vaccinating minority communities in the city.

New Community is one of the community organizations working to ensure residents of color have access to COVID-19 vaccines through the Newark Equitable Vaccine Initiative. The initiative kicked off on March 23 with a community vaccination event in the parking lot of the IHOP on Bergen Street.

New Community's Health and Human Services Department was instrumental in helping to ensure the event's success. The department's community health workers (CHWs) registered individuals for vaccine appointments prior to the event and were on site to help check in vaccine recipients, alongside representatives from Urban League of Essex County, which was a partner with NCC in executing the plan for the day. Event participants also received information about free COVID-19 crisis counseling that is available through Family Service Bureau of Newark (FSB). New Community's Security Department provided transportation for NCC residents who had vaccine appointments at the event.

"This is another in the list of cooperative efforts between government, business and the nonprofit community to get those who face challenges vaccinated," said New Community CEO Richard Rohrman. "The level of cooperation and shared urgency has been something that is encouraging and shows us what we are capable of as a unified group. We were happy to be able to transport people to the event. This initiative is another much needed avenue to help us reach our shared goal of vaccinating as many residents as possible."

NCC Chief Operating Officer Fred Hunter attended the kickoff event and spoke about how New Community serves a large population of people of color and has made vaccine education and distribution a priority.

"There are many different areas of New Community that are instrumental in getting the message out about the importance of getting folks vaccinated," he said.

In addition to helping with the community vaccination event,

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NEW COMMUNITY

NEW COMMUNITY LAUNCHES NEW BRAND

New Community has launched its new brand identity. The rebrand reflects the desire to humanize the brand and highlight its flagship service offerings of affordable housing, education/workforce development, quality health care and 360 degree social services in a post pandemic world.

"The COVID-19 pandemic and the corresponding economic crisis are devastating underserved communities and we wanted to ensure we were positioned to increase our impact and highlight the core services that will increase in demand as we begin life post pandemic," said New Community CEO Richard Rohrman. "People are looking to trusted brands to provide them with safety and security in these testing times. We are excited to do right by our community and employees with bold messaging and an inspiring new logo that takes us into the future and makes it clear how we can help those in need."

"New Community has had over 60,000 service interactions since the start of the pandemic year and the need for services continues every day. We understand the current environment and the competitive nature of grants and funding in this economy and want to make sure we are positioned internally and externally to continue our work well into the future," said New Community

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VISION, DIGNITY, ACHIEVEMENT

AROUND THE NETWORK



CELEBRATING WOMEN AT EXTENDED CARE

Staff members and residents at New Community Extended Care Facility, 266 South Orange Ave., Newark, celebrated International Women's Day by dressing in purple and enjoying some treats. *Photos courtesy of Yonette Semple.*



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.

Save the Date!

New Community will be celebrating the career of retiring CEO Richard Rohrman on May 20 with a live streamed event at 1 p.m.

LOOKING TO THE FUTURE

Harmony House Early Learning Center (HHELC), 278 South Orange Ave., Newark, held Career Day on March 24 where children shared what they want to be in the future. Some children wore costumes depicting their career of choice and others dressed down for the day. The teachers also got in on the fun. *Photos courtesy of HHELC.*



HAPPY BIRTHDAY!

Residents at Associates, 180 South Orange Ave., Newark, who celebrated their birthdays in February and March gathered in a socially distanced way on March 12 for a recognition of the milestone. The cakes were donated and Resident Services Coordinators Desiree Crespo and Anne Moran organized the small event in the building's Community Room. *Photos courtesy of Anne Moran.*



VACCINATING EXTENDED CARE STAFF MEMBERS AND RESIDENTS

Staff members and residents at New Community Extended Care Facility, 266 South Orange Ave., Newark, received their first dose of the Moderna COVID-19 vaccine on March 9 thanks to the City of Newark Department of Health. Members of the Department of Health came to the facility to administer the vaccines to those individuals who had not yet been inoculated.

NEW COMMUNITY HELPS YOUNG WOMAN ACHIEVE DREAM OF AUTOMOTIVE CAREER



Maa Efia Nyarkoa Ampiaw completed the Diesel Technician program at New Community Career & Technical Institute. She is now working as an automotive technician at Bridgestone-Firestone in Linden. Photo courtesy of Jermaine Luke.

Maa Efia Nyarkoa Ampiaw has always been interested in cars and decided she wanted to become a professional technician. The road to that career path has taken some time, but thanks to New Community and her hard work, she has achieved her goal.

Ampiaw first came to the United States from Ghana in August 2017. She moved to Newark with her grandfather and enrolled in New Community's Adult Learning Center. After successfully completing English for Speakers of Other Languages (ESOL) Levels 1 and 2 and the High School Equivalency (HSE) course, she enrolled in the Diesel Technician program at New Community Career & Technical Institute (NCCTI), where she learned the skills necessary to become both a diesel and automotive technician.

She graduated from the program in March 2020 just as the COVID-19 pandemic took hold on the area. Despite that challenge, Ampiaw began her job search and didn't give up. Her persistence paid off. Staff at NCCTI helped arrange an interview with Bridgestone-Firestone and she was hired as an automotive technician at the Linden location in January 2021.

"Maa Efia is a very hardworking and determined young lady who epitomizes what New Community can provide through our organizational comprehensive services," said

NCCTI Director Rodney Brutton. "She earned her high school diploma through our Adult Learning Center, received excellent vocational skills training through our Diesel Technician program and was able to connect to a nice job opportunity with Bridgestone-Firestone Automotive Repair Center to start her career in the automotive and diesel industry."

In her role, Ampiaw has a variety of responsibilities, including fixing tires and performing oil changes. She enjoys the work and the atmosphere at her job.

"If you don't understand something, they are there to help and you learn more," she said. "Everybody helps each other."

Staff members at Bridgestone-Firestone are happy to have her on board.

"Maa has been a wonderful addition to our team here at Firestone in Linden, N.J. She has a terrific attitude which makes it easy to work with her," said Store Manager Shane Allen. "Maa is dependable, punctual and very eager to learn, all attributes which will bring her success now and throughout her career in the automotive industry."

The world of professional technicians is dominated by men, but that hasn't stopped Ampiaw from pursuing her dream. She is the only female at her current job, but she hopes more women enter the field if they are passionate about it.

"Sometimes it's tough because everywhere you look, there are guys," she said. "I pray that it will change. When I was at NCCTI, there were four females. I had three in my class and one in the auto class."

Ampiaw's advice for others is for them to follow their dreams and work hard.

"Whatever you're doing, give it 100 percent," she said.

She has followed her own advice. Maureen Cooper was her instructor at the Adult Learning Center, teaching an all-inclusive HSE class, and knew Ampiaw could accomplish her goals.

"Maa Efia entered my classroom with a friendly smile and a whisper but by the end of the

class session, she was a strong positive force," Cooper said. "When she returned for the second session, she was on a mission; get her HSE Diploma, get a skill and get a good-paying job. It was never a question of if, just when."

Brutton believes that this is the first step in what will be a successful career for Ampiaw, citing her work ethic and mechanical skills that she learned from NCCTI instructors John Zaccheus and Winston Thomas.

"The opportunity at Bridgestone-Firestone is just the beginning of Maa Efia's long-term career in the automotive repair industry," Brutton said. "She's destined for greatness."

Ampiaw is grateful for the education she received at both the Adult Learning Center and NCCTI. She also took advantage of New Community's Financial Opportunity Center where Financial Coach Tamara Brown helped her set and achieve financial goals. Ampiaw recommends New Community programs and services to others.

"I really thank them for helping me achieve my dream," she said. "And they're still there for me no matter the circumstances."

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 and 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 or visit 274 South Orange Ave., Newark.

The Adult Learning Center serves students 16 and older and out of the school system with a comprehensive array of day, evening and Saturday educational programs in order to prepare them for a vocational or college education. For more information, call 973-558-5536 or visit newcommunity.org. The school is located at 563 Orange St., Newark, but classes are currently being conducted via Google Meet because of the ongoing COVID-19 pandemic.

NEW COMMUNITY LAUNCHES NEW BRAND

FROM PAGE 1

Board Chairman Dr. A. Zachary Yamba. "Our last logo brought us tremendous success and we believe this one will do the same."

As a part of the brand refresh, New Community has also launched a new tagline ("Vision, Dignity, Achievement"), new logo, new colorway and bold key messaging. The new logo features the words "New Community" in the beloved "New Community Green" partnered with four icons that represent the organization's core service areas in vibrant shades of blue and yellow, that inspire and bring positive energy. The assets are already in use on New Community's website and social media pages and will be rolled out with merchandise, building signage, vehicles and pole banners in the coming months.

The original NCC logo features the outline of a house and a deep shade of green that has become synonymous with New Community. The new brand assets and key messaging were developed with this in mind and evolved during a nine-month process that involved research, focus groups, board input and work with a consulting firm.



NCC EMERGENCY FOOD PANTRY PREPS FOR CLIENTS

Each month, the New Community Emergency Food Pantry serves residents of Essex County by providing a variety of food to those in need. The Emergency Food Pantry, located at 220 Bruce St., Newark, opens the first business day after the 15th of each month and remains open while supplies last. The food pantry requires a valid New Jersey ID and/or proof of residency; proof of income (employment, unemployment, Social Security award letter, etc.); and a birth certificate for each child under the age of 18. Photos courtesy of Anibal Alvelo.

NEW COMMUNITY PARTICIPATES IN NEWARK EQUITABLE VACCINE INITIATIVE

FROM PAGE 1

New Community, with the assistance of area pharmacies and the City of Newark Department of Health, has offered vaccines to residents and staff members at its senior housing buildings and skilled nursing facility. Education surrounding the vaccines for residents and staff members is ongoing.

“Vulnerable seniors in our nursing home and senior buildings were vaccinated in their homes,” Rohrman said. “The Newark Health Department has been outstanding.”

New Community Chief of Health and Human Services Arti Kakkar emphasized the importance of education and accessibility.

“When it comes to disparities in health, it is important to note for future endeavors why it exists because that needs to be addressed. When it comes to vaccination efforts, we need to make it easily accessible for Newark residents to be able to meet the vaccination goals set by the county and the state,” she said. “For successful implementation of a vaccination program, I strongly believe we need to address the hesitancy around the vaccines by community education, which we are doing with our community health workers, and also address emotional issues and anxiety that we are addressing through our crisis counseling support through FSB.”

Data supports the assertion that increased education and access to vaccinations for communities of color are important to help put an end to the COVID-19 pandemic. At the time of the kickoff event, Newark Mayor Ras Baraka said that less than 5 percent of the Newark population had been fully vaccinated.

“With something like this, we’re providing access to people to get the vaccination, particularly in neighborhoods where people are more likely to die from COVID-19,” Baraka said. “These communities are three times more likely to succumb to

the coronavirus and 10 times less likely to take the vaccine, which is why this event is extremely important.”

Funding for the Newark Equitable Vaccine Initiative comes from a \$1 million grant from the Rockefeller Foundation to United Way of Greater Newark.

“The Newark Equitable Vaccine Initiative leverages Newark’s best resources for building equity and increasing access to the community,” said United Way of Greater Newark President and CEO Catherine Wilson. “It brings together local health care providers, community-based organizations, small business owners, clergy, elected officials and concerned citizens all working together to coordinate on distribution, connect residents with providers, share resources and promote accurate health information.”

Having a group of entities working together to help to educate and vaccinate the community will hopefully increase vaccine participation.

“No one organization, no one government can do this alone,” said Essex County Executive Joseph DiVincenzo. “I want to see everyone engaged in this.”

Dr. Shereef Elnahal, president and CEO of University Hospital, told those in attendance that he and his staff have seen firsthand the devastating effect COVID-19 has had on communities of color. Because infections continue, he said the efforts of the Newark Equitable Vaccine Initiative are vital to fighting the virus.

“This pandemic is not over and its impact on Black and brown people has not ended,” Elnahal said. “We have to do this. We have to start now and we have to work together.”

Adenah Bayoh, IHOP Multi-Franchise Owner



New Community Chief Operating Officer Fred Hunter addresses the crowd during the kickoff of the Newark Equitable Vaccine Initiative.

and Cornbread Co-Founder, allowed her Bergen Street IHOP location’s parking lot to serve as the kickoff event location. She was born and raised in Newark and volunteered at University Hospital when she was 12 years old. She said the initiative is personal to her and very important.

“I would shut down IHOP if I had to to make sure more people in the community get vaccinated,” she said.

Personnel from Rite Aid and Newark Community Health Center were on hand to administer vaccines throughout the day of the kickoff.

Rite Aid Division Vice President Margherita R. Cardello said the pharmacy is happy to be a part of the Newark Equitable Vaccine Initiative to increase access to information and vaccinations.

“It’s only possible with community groups and businesses working together seamlessly for the greater good,” she said.

EXTENDED CARE NURSE PRACTITIONER RECEIVES OPTUM SUPERHERO AWARD



Ann Marie Matos, who serves as a nurse practitioner at New Community Extended Care Facility, 266 South Orange Ave., Newark, received the Optum 2020 SuperHero Award on March 24 at the facility.

According to Optum, the SuperHero Award recognizes individuals who:

- Positively influence teammates and customers (clients, claimants) through their daily interactions
- Support Optum’s aspiration to improve

experiences and outcomes for those we serve — one person at a time — while helping to reduce the total cost of care

- Demonstrate our cultural values of integrity, compassion, relationships, innovation and performance
- Take initiative, display resilience, support innovation and creativity

Extended Care Administrator Veronica Onwunaka said Matos deserved recognition because of her commitment to the facility,



its patients and staff members throughout the COVID-19 pandemic.

“As an administrator and employer, I must say she is the most caring, kind-hearted, knowledgeable, committed, empathic, loving, team builder and humble person that myself, my residents, families and staff have ever been in contact with. We will emphatically state that she is and continues to be the reason most of us survived the pandemic,” Onwunaka said. “She was there and actively in the forefront fighting with us. We will forever remain grateful to this special nurse.”

HELP WANTED: NEW COMMUNITY CORPORATION IS HIRING

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

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

- Administrative Coordinator
- Building Maintenance Worker
- Certified Nursing Assistant
- Clinician - Full-Time
- Clinician - Part-Time
- Clinician/Crisis Counselor
- Food Service Director
- Food Service Manager
- Housekeeping Aide - Full-Time
- HVAC Technician & Building Maintenance
- Licensed Practical Nurse - Full-Time
- Occupancy Specialist
- Porter - Full Time
- Property Manager
- Registered Dietitian
- Security Operations Manager
- Teacher (Daycare - Group, Infant, & Toddler) - Regular Full-Time

FAMILY SERVICE BUREAU: ADDICTION AND TREATMENT FOR SUBSTANCE ABUSE DISORDER AT FSB

Substance abuse issues continue to deeply impact communities across the state. To overcome these challenges, Family Service Bureau of Newark (FSB) is committed to providing services in Newark and Kearny. The goal at FSB is to help people heal from the negative consequences which come with addiction. Being an approved co-occurring provider through a combination of exceptional medical and psychological care and engaged with community partnerships, FSB provides best practice modalities and approaches for recovery support that serves individual needs in an integrated way.

Due to the COVID-19 pandemic, in March 2020, FSB was quick to launch counseling services virtually through telehealth. The Chief of Health and Human Services, Arti Kakkar, confidently guided FSB leadership to continue the provision of services to the community although the threat of COVID-19 loomed. The services expanded rapidly and continue to serve the community well. The evidence-based approach allows for a more accessible solution that integrates with the rest of a community member's life and delivers superior outcomes so that maladaptive behaviors do not escalate.

Addiction is a complex condition in which there is uncontrolled use of a substance despite harmful or deadly consequences. People struggling with addiction have an intense focus on using a drug of choice to the point where the person's ability to function in day-to-day life becomes impossible. Because of addiction, an individual who is a pillar to the community rapidly becomes a burden for society. The addicted individual continues to use substances even when he or she knows it is causing or will cause problems. Through therapy at FSB offered through individual and group modality at an ASAM Level 1 (Standard Outpatient) and 2.1 (Intensive Outpatient) the afflicted individual is afforded the possibility to process these issues in a safe, non-judgmental, professional setting.

The science teaches us that individuals with a substance use disorder develop distorted thinking and behaviors. Unpredictable changes in the brain's structure and function in combination with behaviors practiced in order to uphold an addiction cause the individual to have intense cravings, changes in personality and abnormal reactions to otherwise normal situations, along with maladaptive behaviors specific to the individual. Brain imaging studies show changes in the areas of the brain that relate to judgment, decision making, learning, memory and behavioral control. These factors are greatly impacted according to an individual's stage of development, hence, lasting devastating

consequences for young adults.

Repeated substance use can cause changes in how the brain functions, therefore, the use of medication assisted treatment (MAT), which is acceptable at FSB, has become instrumental in correcting such change and, in turn, this brings the individual towards a corrective emotional experience through talk therapy conducted by clinicians at FSB. These changes can last long after the immediate effects of the substance wearing off, or in other words, after the period of intoxication. Therefore, time is the best predictor of successful recovery from addiction. The intense pleasure, euphoria, calm, increased perception and sense and other feelings that are caused by the substance are at first regulated through MAT and gradually corrected by allowing the individual to process the change towards a positive and healthier lifestyle.

The feeling induced by specific substances are different for each substance and often match an emotional void in a person's life. A substance use disorder leads to building up a tolerance to a substance, leading to a need for larger amounts of the substance in order to feel the physical and emotional effects. People of all status report to start taking drugs for a variety of reasons, including, to just feel good, to feel pleasure, to relieve stress or actually intensify pleasure, to improve intellectual performance in the case of students and finally curiosity and peer pressure or experimenting. Once

physical dependence sets in or pleasure recall in the brain, tolerance build-up follows.

In addition to substances, people can also develop addiction to behaviors, such as gambling, food, video gaming, social media, shopping and pornography. At FSB, these issues are treated through Cognitive Behavioral Therapy. People with substance use and behavioral addictions may be aware of their problem but not be able to stop even if they want to and try to. The addiction may cause physical and psychological problems as well as interpersonal problems such as with family members and friends or at work. Alcohol and drug use is one of the leading causes of preventable illnesses and premature death not only in New Jersey but nationwide. At FSB, effective treatments for addiction are available. The first step is recognition of the problem. The recovery process can be delayed when a person lacks awareness of problematic functioning. Although interventions by concerned friends and family often prompt treatment, self-referrals are always welcome and encouraged at FSB.

Family Service Bureau of Newark (FSB) is located at 274 South Orange Ave., Newark and at 379 Kearny Ave., Kearny. The phone number for the Newark location is 973-412-2056 and the phone number for the Kearny location is 201-246-8077. Topics like domestic violence, substance use disorder and mental health are treated routinely.



Wellness Tip
April 2021



Reduce your exposure to allergy triggers:

- Stay indoors on dry, windy days.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.



Take extra steps when pollen counts are high:

- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night.
- Avoid outdoor activity in the early morning when pollen counts are highest.



Keep indoor air clean:

- Use the air conditioning in your house and car.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.



Try an over-the-counter remedy:

Several types of nonprescription medications can help ease allergy symptoms. They include:

- Oral antihistamines
- Decongestants
- Nasal spray



Seasonal Allergies

NIP THEM IN THE BUD



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- Use the air conditioning in your house and car.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.



Take extra steps when pollen counts are high:

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EMPLOYEE SPOTLIGHT: FRANCES DAVIS



Frances Davis has served as a teacher at Harmony House Early Learning Center for seven years. *Photo courtesy of Frances Davis.*

Frances Davis is a seasoned early childhood education teacher with 23 years of experience in early learning centers serving children ages 3 months to 5 years old. She has been working at Harmony House Early Learning Center (HHELC) for seven years and currently serves as a teacher to children

ages 2.5 to 3 years old.

“I like working with children,” Davis said. “I like to nurture them, engage with them, interact with them as they’re learning and exploring and using their imagination.”

A strong educational foundation is important for young children and Davis makes sure that her students learn their letters, numbers and colors so they are prepared for pre-K.

Davis does more than work well with the children, however. HHELC Director Sister Maurice Liguori Okoroji said she pitches in to ensure the center runs smoothly.

“Ms. Frances Davis has been rendering extra help in different capacities at the daycare,” she said. “She assists with food service whenever the food service person is out. Also, she helps with the health screenings in the morning whenever the family advocate is absent. What baffles me is that she does all this extra work without complaining or giving excuses.”

Davis starts her day at 8 a.m. by preparing

for her class and welcoming parents and students as they arrive.

“I greet them with smiles on my face on a daily basis,” she said.

Davis said it’s important to connect with the families as well as the students.

“It takes a village to raise children. We’re not their first teacher. We’re their second teacher so we work with the parents,” she said. “If we’re doing one thing, we want them to do that at home so that way it’s the same.”

Davis’ favorite part of her job is seeing the smiles on the children’s faces.

Davis lives in Newark. She has two daughters, ages 28 and 26, and took in two foster children that her daughter has since adopted.

In her spare time, Davis enjoys reading, listening to music and spending time with her grandchildren.

She enjoys the atmosphere at HHELC.

“The staff is loving and kind,” she said. “They come together.”

SENIOR SPOTLIGHT: EDNA HILL

Edna Hill has been living at New Community Extended Care Facility for several years. She is currently the oldest resident in the facility at the age of 97.

She enjoys being a resident at Extended Care, which is located at 266 South Orange Ave., Newark, saying that everyone is very kind.

“They’re wonderful people that live and work here,” she said.

Hill enjoys spending time in the activity room with her neighbors. She is not able to use her hands well or walk so she is not able to physically participate in many of the activities, but she often watches others play cards.

“Edna Hill is somebody who is always very happy and enjoys life,” said Extended Care

Administrator Veronica Onwunaka. “She is thankful no matter what and makes people feel relaxed and appreciated.”

Hill is originally from Florida and moved to Newark after getting married. Her husband couldn’t find a good job in the Sunshine State and decided to look north. The couple relocated to Newark when he found work and Hill has remained in the city ever since.

The couple had six children, three sons and three daughters. Hill said her children still live nearby. Her husband, who she loved very much, is deceased.

Hill is happy that she currently resides at Extended Care.

“I like it here,” she said. “It’s a nice place to live.”



Edna Hill is currently the oldest resident at New Community Extended Care Facility at 97 years old.

SOCIAL SECURITY NEWS: NEW FACT SHEETS ADDED TO YOUR ONLINE STATEMENT

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

Your *Social Security Statement* tells you how much you or your family can expect to receive in disability, survivors and retirement benefits. It also provides a record of your earnings history and other valuable information. And now it’s even better!

We’ve added new fact sheets to accompany the online *Statement*. The fact sheets are designed to provide clear and useful information, based on your age group and earnings. They can help you better understand Social Security programs and benefits.

The new *Statement* fact sheets cover the

following topics:

- Retirement readiness for workers in four age groups.
- Workers with non-covered earnings who may be subject to the Windfall Elimination Provision and Government Pension Offset.
- Social Security basics for new workers.
- How people become eligible for benefits (for people who have not earned enough work credits).
- How additional work can increase your

future benefits.

- Medicare readiness for workers age 62 and up.

The best way to get access to your *Statement* and the new fact sheets is by using your personal *my Social Security* account. If you don’t have a personal *my Social Security* account, be sure to create one at www.ssa.gov/myaccount.

To learn more, visit our *Social Security Statement* webpage at www.ssa.gov/myaccount/statement.html. Please share these resources with your friends and family.

RUTGERS COMMUNITY HEALTH CENTER: NATIONAL INFANT IMMUNIZATION WEEK IS HERE

National Infant Immunization Week (NIIW) is April 24 to May 1 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.

COVID-19 has disrupted many families' lives and 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 – even during the COVID-19 pandemic.

As some schools and programs in the area continue to re-open and the coming warmer weather, there will be more opportunities for socially distanced in-person activities. The

CDC recommends checking with your health care provider to make sure that your child's vaccines are all up to date. Health providers, including Rutgers Community Health Center, can safely see babies and children, even during the pandemic. Our health center has implemented recommended procedures to prevent the spread of COVID-19 and make sure that all patients and staff are safe.

Most parents choose to protect their child 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 help protect individuals, families and communities by preventing the spread of infectious diseases. They prevent illnesses, hospitalizations and death and they are safe. Vaccines are constantly monitored and as new information and science become 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., Newark.
- New patients welcome!
- We offer telehealth and in-person visits.
- Due to COVID, we are currently not accepting walk-ins.
- 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: MENTAL SPACE



Many news outlets have run stories on the one-year recognition that the nation has been living with the COVID-19 pandemic. Many people lost their lives

due to the coronavirus and we have seen that many others have taken their lives due, in part, to the virus. The mental health of our nation has been stretched beyond measure. People are really having a hard time coping.

The pandemic has brought attention to so many issues that have plagued our county for a long time. Mental health is one of the issues that we just have not dealt with on the level that it deserves. Not only are adults struggling with mental health but there seems to be an increasing number of young people in need of help.

While it may be normal for youth to experience anxiety about school or even deal with short periods of depression, when those symptoms persist, it may be time to seek professional assistance. The emotional well-being, social well-being and psychological well-being of an individual help young people adapt to change, develop healthy relationships and successfully navigate the complexities of life.

You cannot really determine what is going on with the young people in your life if you do not talk with them regularly. Get a sense of what they are watching and listening to. Do not overlook their changes in behavior, friends and appetite. Invite them to exercise with you and include them in your prayer time. Let them know that you are willing to seek help for them and that it is OK to get that help.

HHELCELEBRATES DR. SEUSS



Harmony House Early Learning Center (HHELC), 278 South Orange Ave., Newark, celebrated Dr. Seuss and his children's books as part of the annual Read Across America Day. Children got to dress up like the Cat in the Hat and heard the story. *Photos courtesy of HHELC.*

HAPPY ST. PATRICK'S DAY!

Teachers and students at Harmony House Early Learning Center (HHELC), 278 South Orange Ave., Newark, dressed in green for St. Patrick's Day on March 17. *Photos courtesy of HHELC.*



NEW COMMUNITY

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REMEMBERING THOSE LOST TO COVID-19

New Community Extended Care Facility, 266 South Orange Ave., Newark, held a Memorial Mass on March 26 to remember the residents and staff members who passed away from COVID-19. Father Beatus Kitururu led the mass, which included participation from Extended Care staff members and residents, including Administrator Veronica Onwunaka. NCC Board Member and Outreach Coordinator Madge Wilson was also in attendance. To ensure that family members could participate, Extended Care live streamed the event. *Photos courtesy of Extended Care.*

