

NEW COMMUNITY THANKS ITS HOLIDAY DONORS



Students at St. Rose of Lima Academy in Short Hills collected items for New Community's Toy Drive for the 2021 holiday season. They stand with New Community Board Member and Outreach Coordinator Madge Wilson, center, who organizes the annual toy drive, and Ali Jenkins, back, who helps with pickups. *Photo courtesy of St. Rose of Lima Academy*.

Supporters of New Community and St. Rose of Lima Church generously donated gifts and other goods to families in need during the 2021 holiday season.

New Community Board Member and Outreach Coordinator Madge Wilson coordinated the annual Toy Drive as she has done for many years. She had the following message:

Our children always get excited about Christmas when the first ad appears on television. It was no different this year. When I sent out the Christmas wish list, it was returned with so many wishes. I tried very hard to be sure that the children received all of their wishes and desires.

This was an extraordinary holiday season because the sponsors and donors went over and above to be sure that every child got what they wanted. For that, I am so truly grateful and appreciative of their kindness.

I look forward with great anticipation each year to coordinate the toy drive because it is a joy for me to see those little happy faces and bright eyes sparkle with glee.

I have a motto: "It's not how much we give but how much love we put into giving." Our donors expressed their love for our children.

In addition to the generosity and thoughtfulness of the donations of Christmas gifts for the annual Toy Drive, New Community also had donors that were concerned that our families wouldn't have a Thanksgiving meal together so a collection of turkeys was coordinated by St. Rose of Lima Church, Short Hills, N.J. For more information about the turkey drive, see page 8.

We are deeply grateful to the following groups and individuals for spreading the spirit of joy during the 2021 holiday season:

• St. Paul's Abbey, Newton, N.J. - Brother Bernardo Lee,

CONTINUED ON PAGE 4



New Community Board Member and Outreach Coordinator Madge Wilson, center, accepts donations of presents from Oak Knoll School of the Holy Child instructors Brian Topping and Michele Van Kalsbeck. Ali Jenkins of New Community, left, helped collect the donations from the Catholic school located in Summit. *Photo courtesy of James McEvoy*.



Dr. Sylvia McCray became the director of New Community Career & Technical Institute on Jan. 19.

NEW COMMUNITY CAREER & TECHNICAL INSTITUTE WELCOMES NEW DIRECTOR

She served in the Air Force for five and a half years as a medical technician and has worked in the higher education space, helping students reach their goals. She became the director of New Community Career & Technical Institute (NCCTI) on Jan. 19, a position she pursued because of the organization's mission.

"Looking at the mission of the organization, NCC, and the overall mission of NCCTI, I felt that I wanted to somehow be involved," McCray said. "When the director position was available, I thought about it in relation to where I am in my career and I felt that I had the experience of working in that type of programming and also balancing the fine line of laying out procedures and processes to

CONTINUED ON PAGE 3



AROUND THE NETWORK

MANOR SENIOR HOSTS COVID-19 VACCINE EVENT

anor Senior, 545 Orange St., Newark, hosted a COVID-19 vaccination event on Dec. 28 where 150 individuals received a vaccine. Demand was high with the line stretching around the block from the building entrance. Photos courtesy of Ray Palmer.







THE NEW COMMUNITY CLARION

The New Community Clarion is published as a community service. The editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of New Community Corporation.

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CHECK US OUT ONLINE:

newcommunity.org









OUR MISSION

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

NEW COMMUNITY IS RECOGNIZED AS:

- One of the largest and most comprehensive community development organization in the United States.
- A large-scale deliverer of comprehensive programs and services.
- A leader in affordable housing and economic development.
- A model among nonprofit, social entrepreneurship and CDC communities.
- Having beneficial partnerships on the local, national and global level.

Want to Support New Community?

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

PROVIDING SNEAKERS TO HARMONY HOUSE FAMILIES

I onprofit Loach Palette, Inc. Collected new sneakers to donate to Harmony House, New Community's transitional housing facility for homeless families. Loach Palette, Inc. Founder/CEO Phillip Deloatch and Cofounder Jazmond Linder brought more than 20 pairs of sneakers to the facility on Jan. 22. The footwear ranged in size from 3 to 13, fitting young children up to adults. Loach Palette, Inc. is a nonprofit organization that brings art to children who are missing out on that creative outlet. The group also participates in other activities meant to help those who are historically underserved and excluded. New Community thanks the group for their generosity.



Harmony House Relocation Case Manager Jennifer Wicker-Buchanan, left, accepts a donation of sneakers from Loach Palette, Inc. Founder/CEO Phillip **Deloatch and Cofounder Jazmond Linder.** Photo courtesy of Loach Palette, Inc.

WE THANK OUR JERSEY CARES VOLUNTEERS



lew Community's Emergency Food Pantry accepts volunteers through Jersey Cares each month to help with setup and distribution. The pantry opens the first business day after the 15th of each month at 220 Bruce St., Newark. If you're interested in volunteering, visit jerseycares.org/ calendar and search for "Marketplace in Newark." Thanks to all the volunteers who help make the pantry run smoothly. Photo courtesy of Anibal Alvelo.

RESIDENTS HONOR MARTIN LUTHER KING JR.

Residents of Associates, 180 South Orange Ave., Newark, enjoyed a dinner hosted by Bishop Speight to honor Dr. Martin Luther King Jr. on Jan. 28 in the Community Room of the building. Photos courtesy of Anne Moran.







FAMILY RESOURCE SUCCESS CENTER OFFERS FREE TAX PREP

he Family Resource Success Center, 274 South Orange Ave., Newark, is offering free tax preparation provided by certified IRS preparers beginning on Feb. 8. Services are offered by appointment only Tuesdays from 10 a.m. to 2 p.m., Wednesdays from noon to 5 p.m., Thursdays from noon to 5 p.m. and Fridays from 11 a.m. to 2 p.m. Eligible individuals must call the center and make an appointment at 973-565-9500. No walk-ins will be accepted.

Taxpayers with earned income less than \$54,000 are eligible for the program. For those who are married and filing a joint return, the combined earned income must be less than \$54,000.

Taxpayers filing business income (Schedule C or Schedule E), rental income, 1099B (proceeds from broker and barter exchange transactions such as stocks and bonds) and Puerto Rico or foreign income are not eligible for the program.

See the flyer for the list of items individuals need to bring in order to take advantage of the free tax preparation services.

In addition to free tax prep, the Family Resource Success Center links those seeking assistance with information, referral resources and educational opportunities designed to empower and improve the quality of their lives. The center provides referrals to New Community programs and services, as well as to other agencies in the area.

The center also has many services and referrals available, including financial literacy, benefit screenings, SNAP (food stamps), energy and water assistance, lead abatement, homelessness assistance and prevention, rental assistance, substance abuse services, health care, prescription drug programs, prenatal programs and advocacy, among many others.

The Family Resource Success Center is currently

NEW 60 @ 00 88 COMMUNITY

Family Resource Success Center

274 South Orange Avenue, Newark, NJ 07107 973-565-9500 newcommunity.org

FREE TAX PREPARATION

By Certified IRS Preparers

274 South Orange Avenue, Newark, NJ 07103 (located inside the New Community Health Care Building)

Beginning Tuesday, Feb. 8, 2022. By appointment only. No walk-ins!

Tuesdays: 10 a.m. to 2 p.m. Wednesdays: 12 p.m. to 5 p.m. Thursdays: 12 p.m. to 5 p.m. Fridays: 11 a.m. to 2 p.m.

Items taxpayers need to bring to the VITA/TCE Sites to have their tax returns prepared:

- · Proof of identification (photo ID), Social Security cards for you, your spouse and dependents and/or a Social Security number verification letter issued by the Social Security Administration
- Birth dates for you, your spouse and dependents on the tax
- Current year's tax package if you received one
- Wage and earning statement(s) form: W-2, W-2G, 1099-R,
- Interest and dividend statements from banks (Forms 1099) A copy of last year's Federal and State returns if available
- Bank routing numbers and account numbers for direct deposit
- Total paid to daycare provider and the daycare provider's tax identifying number (the provider's Social Security number or the provider's business employer identification number)
- To file taxes electronically on a married filing joint tax return. both spouses must be present to sign the required forms.
- Medical card
- All Forms 1095. Health Insurance Statements. Forms 1095-A. B or C. Affordable Health Care Statements
- An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number

Who is eligible:

Taxpayers with earned income less than \$54,000 can utilize the VITA

If you are married filing a joint return, your combined earned income must be less than \$54,000.

Who is not eligible:

Taxpayers filing:

- Business Income (Schedule C or schedule E)
- Rental Income (Property Owners who rent or lease apartments/real-estate to tenants)
- 1099B (Proceeds from Broker and Barter **Exchange Transactions)** (Stock and Bonds)
- Puerto Rico or foreign

By appointment only at NCC Family Resource Success Center To schedule an appointment, call 973-565-9500

Our mission is to help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and personal control of their lives to reflect individual God-given dignity and their lives dignity and their lives dignity and their lives dignit led in 1968, NCC is recognized as one of the largest, most co

providing benefit screenings, support and resource assistance by phone Monday through Friday from 9 a.m. to 4:30 p.m. at 973-565-9500. The center is located on the first floor of the New Community Health Care Building, 274 South Orange Ave., Newark.

NCCTI WELCOMES NEW DIRECTOR

FROM PAGE 1

get better operational results."

Prior to joining NCCTI, McCray was the campus director and dean of academic affairs and students for a college in Philadelphia.

"I am thrilled to welcome Dr. Sylvia McCray to New Community," said New Community Chief Operating Officer Fred Hunter. "Dr. McCray is a proven leader and a visionary with a strong commitment to academic excellence, advancement of diversity and student-focused. I think the combination of Dr. McCray's impressive academic credentials, military service and higher education work experience have prepared her well to serve as our new director of NCCTI."

McCray's favorite part of working in higher education is helping individuals reach their potential.

"Really being able to see the empowerment of individuals developing, whether it's students or staff," she said.

McCray says her role in higher education, regardless of the official job title, is focused on the students and their advancement.

"My job is to make sure that every department and process that touches or impacts a student is in the best interest of the student and leads to student success and career development," she said.

McCray's goal is to work to ensure NCCTI is a well-known school in Newark and the surrounding area to help propel it forward.

"I really want NCCTI to be positioned to move to the next level successfully and be able to see all of its hard work continue to pay off and build upon the brand and the reputation of the school as well as NCC itself," she said. "I really look forward to continuing to learn about NCC and look forward to working with our community partners and strengthening those relationships."

McCray lives in the Burlington Township area. Before the pandemic hit, she enjoyed traveling and has visited different countries around the world. She loves anything related to the beach and enjoys doing yoga and hiking.

PROVIDING FOOD TO THE COMMUNI



ew Community holds a monthly Community Food Distribution on the first Tuesday of each month at 220 Bruce St., Newark. On Jan. 4, NCC personnel helped distribute items including bananas and sausage. Community members are encouraged to visit the facility to receive food. No identification is required, but people must sign that they received items. Participants must also bring their own bags and carts to receive food. Photo courtesy of Anibal Alvelo.



NEW COMMUNITY THANKS ITS HOLIDAY DONORS

FROM PAGE 1



Members of Columbia High School in Maplewood contributed to the annual New Community Toy Drive, organized by New Community Board Member and Outreach Coordinator Madge Wilson. Columbia High School instructor Marcia Hicks coordinated donations from the school and arranged for them to be given to New Community for distribution. Photo courtesy of Madge Wilson.



Members of St. Teresa of Avila Catholic Church in Summit contributed to the New Community Toy Drive thanks to Margaret Strong and Theresa Sweeney who coordinated the donations along with volunteers. New Community Board Member and Outreach Coordinator Madge Wilson, third from right, and Ali Jenkins, second from right, picked up the items for distribution. Photo courtesy of Madge Wilson.



Father Nicholas Gengaro of Seton Hall School of Law and the Thomas More Society presents New **Community Board Member and Outreach Coordinator** Madge Wilson with items for the organization's annual Toy Drive. Photo courtesy of Madge Wilson.



A parent from Glenwood Elementary School in Short New Community Board Member and Outreach Hills presents New Community Board Member and Outreach Coordinator Madge Wilson, right, with gifts for the annual toy drive. Photo courtesy of Madge Wilson.



Coordinator Madge Wilson accepts donations from Jeff Wanamaker of the Millburn Fire Department. Photo courtesy of Madge Wilson.

donated Christmas trees

- Mr. Mark Carelli and Family, Maplewood,
- Weichert Realty (The Mill), Maplewood, N.J. - Rebecca Berenson, Coordinator
- Our Lady of Sorrows Parish, South Orange, N.J. – Jonathan Arena and Anne Moore, Coordinators
- Fire Chief Robert Echavarria, Millburn Fire Department, and coworkers
- Frank Consentine, Somerset, N.J.
- St. Helen Catholic Church, Westfield, N.J. - Marilyn Ryans, Coordinator
- Oak Knoll School of the Holy Child, Summit, N.J. - Brian Topping, coworkers and students
- St. Rose of Lima Academy, Short Hills, N.J. - Elizabeth Guarnieri and Dan Solazzi, Coordinators
- Our Lady of the Lake, Verona, N.J. -Barbara Yates, Coordinator
- Notre Dame Catholic Parish, North Caldwell, N.J. - Donna Zarros,

Coordinator

- Seton Hall University School of Law and The Thomas More Society - Father Nicholas Gengaro, Coordinator
- St. Thomas the Apostle Catholic Church, Bloomfield, N.J. - Lorraine McMillian and Judy Nitkowski, Coordinators
- Glenwood Elementary School, Short Hills, N.J.
- St. Teresa of Avila Catholic Church, Summit, N.J. - Margaret Strong and Theresa Sweenev
- Church of the Assumption Catholic Church, Emerson, N.J. - Sandy Johnson, Coordinator
- St. Catherine of Siena Catholic Church, Cedar Grove, N.J. - Brenda Pereira and Denise Parkes
- Meyner and Landis, Counselors at Law, Newark, N.J. - Cindy Oliveira Oswald and coworkers
- Mr. and Mrs. Desfardins, Maplewood, N.J.



A family enjoys their presents from the New Community Toy Drive. Photo courtesy of Madge Wilson.

- Columbia High School, Maplewood, N.J. - Marcia Hicks and students
- Kathryn Grifonetti and Matthew Perricone of the Leonidas Foundation
- Our Lady of Lourdes Catholic Church, West Orange, N.J. - Pat Paxton, Coordinator



FAMILY SERVICE BUREAU OF NEWARK: PROVIDING QUALITY CARE THROUGHOUT THE COVID-19 PANDEMIC

The leadership at Family Service Bureau of Newark (FSB). Executive Director Vito Andrisani and Assistant Executive Director Dametria Wertz, would like to recognize the personnel employed at FSB as they are all essential workers providing Behavioral Healthcare to the Newark community and that of the West Hudson County area. The nationwide honoring of health care providers started in spring of 2020 as the COVID-19 pandemic took hold and forced lockdowns. At that time the staff at FSB did not close services or did it ever throughout; in fact, it continues to maintain safety for all involved and provide services to its consumers.

In March 2020 and subsequently as the pandemic continued and continues, consumers were and are reporting to have tested positive for COVID-19 or that a loved one tested positive. Their anxiety levels rose to extremes that at times escalated into more severe behaviors that required inpatient psychiatric stays. The staff at FSB was able to respond and care for the consumers.

The staff at FSB was told to stay at home for safety reasons as computers were upgraded and equipped technologically to be audio/visual compatible for telehealth. Also, the offices were prepped with shields and sanitized. Nonetheless, the staff did not lose a beat and worked from home through telehealth, so not one day passed that an FSB consumer lost services or did FSB stop service to the community. Now, FSB staff is in office but still operates through telehealth. Telehealth has provided multiple benefits during the pandemic by expanding access to care and reducing disease exposure for staff and consumers.

FSB is open and providing a comprehensive array of services in mental health and addiction in consideration of the Bio-Psycho-Social-Spiritual continuum and

HELP WANTED: NCC IS HIRING

here 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.

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.

provides the necessary treatment and/or resources for those in need.

Family Service Bureau of Newark (FSB) is

located at 274 South Orange Ave., Newark, NJ, 07103. Call 973-412-2056. In Kearny, FSB is located at 379 Kearny Ave. Call: 201-246-8077.

NEW 🐔 😊 🤒 🤐 **COMMUNITY**

New Community Adult Learning Center 563 Orange Street, Newark, New Jersey 07107

(973) 558-5536

www.newcommunity.org/services/adult-learning-center/

Available Courses

English for Speakers of Other Languages

Mondays through Thursdays: 10 AM to 12 PM or 6 PM to 8 PM

Citizenship

Saturdays:

9 AM to 12 PM

Computers - Basic & Intermediate Levels

Saturdays:

9 AM to 12 PM

ABE, Pre-HSE, & HSE (English only)

Mondays through Thursdays: 9:30 AM to 1:30 PM or 5:30 PM to 8 PM

Free Services

Health Screenings

Mammograms, Cholesterol, Blood Pressure, Nutrition, Eye Screenings, etc.

Open Community

Free workshops conducted by private institutions and/or volunteers for the general

Other Services

- · Community organizing
- Community rooms
- · Social services referrals

Cursos Disponibles

Inglés para Hablantes de otros Idiomas

Lunes a jueves:

10 AM a 12 PM o 6 PM a 8 PM

Ciudadanía

Sábados:

9 AM a 12 PM

Computadora – Nivel Básico e Intermedio

Sábados:

9 AM a 12 PM

ABE, Pre-HSE, & HSE (Ingles solamente)

Lunes a jueves:

9:30 AM a 1:30 PM o 5:30 PM a 8 PM

Servicios Gratuitos

Exámenes Médicos Gratuitos

Mamografías, Colesterol, Presión Sanguínea, Nutrición, Examen de la Vista, etc.

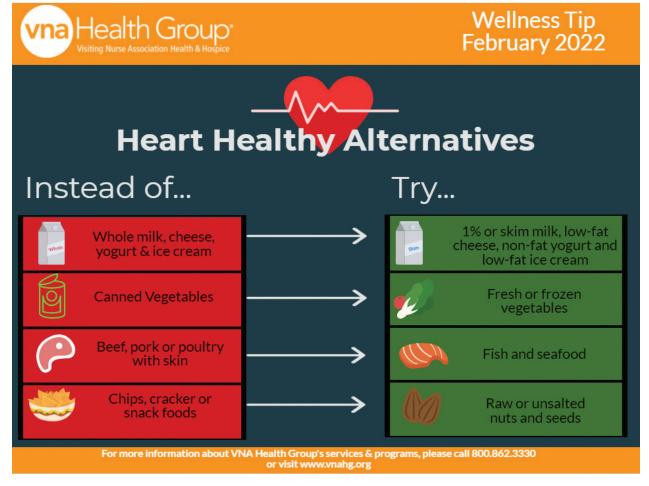
Comunidad Abierta

Talleres gratuitos conducidos por instituciones privadas y/o voluntarios para el publico en general

Otros servicios

- · Organización de la comunidad
- · Sala de reuniones
- · Referidos a servicios sociales

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



EMPLOYEE SPOTLIGHT: MICHAELAH SMITH



MiChaelah Smith joined Family Service Bureau of Newark as an intern and was hired as a full-time clinician. Photo courtesy of MiChaelah Smith.

MiChaelah Smith has served as a mental health clinician at the Family Service Bureau of Newark (FSB) since January 2021. But she got her start at the agency as an intern in September 2019.

Smith was enrolled in the marriage and family therapy program at Kean University's graduate school.

Her professor told her and her classmates about the internship opportunities at FSB and she was accepted. She was the only person among her classmates to stay at FSB as a full-time employee after the internship period ended. She believed it was beneficial for her to remain at the agency.

"I grew up in this community. I am a woman of color. I feel it's very important that you utilize your skills in the place that helped to shape you into who you are today," Smith said. "So I feel

like this is me giving back to the community."

Smith decided to pursue a career in marriage and family therapy after utilizing those services herself following the traumatic loss of close relatives at a young age.

"I felt like when I went to therapy and I processed and explored what happened it helped me immensely and I felt like that would be something that I would be interested in going into," she said.

Now as a mental health clinician, Smith provides clinical therapy to a caseload of 20 to 30 clients per week. She provides therapy in individual and group settings for co-occurring domestic violence, substance abuse, mental health, trauma and other anxiety-related disorders. She also does couples counseling.

"MiChaelah is focused on helping others. She is an FSB success. She started as an intern and now continues as a licensed clinician," said FSB Executive Director Vito Andrisani. "Her ability to always see hope at the end of the tunnel enables her to bring her clients to grow and cope with life's everyday challenges."

Smith's favorite part of her job is helping people.

"The best part is watching my clients progress in treatment in a positive light and even getting them to be discharged because they no longer need services," she said.

Even amid the COVID-19 pandemic, Smith and the other clinicians at FSB have continued to provide needed services to their clients. She gives her clients the option to experience therapy in person or via telehealth.

"It's been challenging because a lot of the clients are very scared about what's going to happen next," Smith said.

Smith has had clients test positive for COVID-19. To ensure a continuation of services, she offers telehealth options.

"We don't want a lapse in services where the anxiety gets out of hand or the other mental illness gets out of hand and they have no access to service," she said. "I want them to know that at any time we can transform this into a telecommunications session."

Smith is grateful that she was given the opportunity to prove herself through her work.

"I always extend my gratitude to New Community and FSB for believing I not only can be an intern, but I can also be a dedicated employee," she said.

Smith lives in Newark with her sister, aunt, niece and cat. In her spare time, she enjoys spending time with family and friends, cooking new recipes, reading and watching documentaries.

SENIOR SPOTLIGHT: ORA HINTON

Orange Ave., Newark.

"Ms. Hinton does the breakfast on Sunday mornings when Bishop Speight has Power of Prayer. She also hosts bingo on first Fridays," said Associates Resident Services Coordinator Anne Moran. "She helps out with her neighbors whenever she can."

Hinton gets up at 4 a.m. to cook a variety of breakfast items on Sundays. The spread can include eggs, bacon, sausage, pancakes, grits, homefries, salmon cakes and coffee. She prepares the breakfast in her apartment and brings it to the Community Room to distribute. Even when COVID-19 cases are high and the typical Sunday event has been canceled, Hinton has made breakfast for a few individuals who look forward to the meal.

She also hosts bingo once a month, as long as the COVID numbers are in check. She always has coffee, gives away a gift basket and sometimes has an additional treat like doughnuts.

"I love helping the seniors," Hinton said. "If somebody needs help or they ask me to do something I do it because that's how I am."

Hinton cared for her parents before their passings and recognizes that older people can get lonely and crave companionship, which is why she has gotten so involved in building activities.

Hinton lived in Newark before moving to Georgia in 2010 to live with her fiancée. She returned to Newark in 2015 after he passed away. She has three daughters, two sons and 11 grandchildren. One of her children lives in Atlanta but the rest are in New Jersey. She also has a sister and brother who live at Commons Senior, 140 South Orange Ave., Newark.

She enjoys living at Associates and interacting with those in the building.

"I like the staff. I get along with everybody," she

said.

When she's not helping with building events, Hinton enjoys bingo and casinos. She has taken bus rides to casinos in the past. She used to take her grandchildren to Disney World every two years. To raise money for the trips, she would sell candy for several months



Ora Hinton cooks Sunday breakfast and hosts bingo for her neighbors at Associates. Photo courtesy of Anne Moran.

at places like barbershops, beauty parlors and supermarkets. The pandemic has put her travel plans on hold for now but she hopes to resume those activities in the future.

SOCIAL SECURITY NEWS: MAKING THE MOST OF AMERICA SAVES WEEK

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

This year, America Saves Week runs from Feb. 21 through 25 with the theme *Building Financial Resilience*. The week is an opportunity for organizations to promote good financial habits and for people to assess their own saving status.

Planning and saving are key to a successful retirement. The earlier you start saving for retirement, the better off you will be. People with a plan are twice as likely to save

successfully. Set a goal, make a plan and save automatically. We encourage you to pledge to save for America Saves Week at www. americasavesweek.org.

Please visit our website for more useful information on ways to help you plan for your retirement at www.ssa.gov/retirement.

You are never too young to begin saving. If you know a younger worker, please help share

our information with them. Younger workers may think they have time to put off saving for their future, but the sooner they begin, the more their money can grow. Visit and share our website for young workers at www.ssa. gov/people/earlycareer where you will find resources that can help you secure today and tomorrow. We also have an infographic that provides helpful information about saving at www.ssa.gov/benefits/assets/materials/retirement/EN-05-10549.pdf.



RUTGERS COMMUNITY HEALTH CENTER: TAKING CARE OF OUR HEARTS, TOGETHER

ebruary is American Heart Month. Heart disease is a leading cause of death in the United States, causing one of four deaths each year. There are many steps you can take to live a heart-healthy life. The U.S. Department of Health and Human Services and National Institutes of Health recommend the following:

Move more. Get at least 2.5 hours of physical activity each week - that's just 30 minutes a day, five days a week. Also, do muscle strengthening exercises two days a week. Can't carve out a lot of time in your day? Try five, 10 or 15 minutes a few times a day. Some physical activity is better than none.

LESLEY LESLIE: NO TEXTING TODAY, **LET'S TALK!**



COVID-19 pandemic and quarantine restrictions have led to increased levels of isolation in children and adults in today's society. Having to

maintain physical and social distancing, while understandable as a health and safety precaution, has contributed to anxiety, depression and loneliness. If you thought we relied on our cell phones too much before, just imagine the disconnect that we currently have to other people now.

Short text messages, abbreviated words and emojis have literally replaced the art of the conversation, at a time where people need to hear from one another. It's not enough to text a quick "hyd" and "ttyl" to a friend or family member that you haven't seen in a long time. As the response will often be just as short and abbreviated with an "OK" or a thumbs up emoji. We can't gather and see one another the way that we used to, so we need to hear from each other. We should make the effort to talk, to listen and to hear.

The impact of isolation on those suffering with mental illness has even further enhanced distancing from others. Think about the number of unprovoked cases of violence that you hear about in the news. How many of you are surprised when you hear that the perpetrator was suffering from mental illness? Doesn't it seem like those cases are occurring more frequently?

We were not created to be alone. We need each other and need to do what we can to help each other. I don't want to give the impression that all the world's problems can be solved with a phone call. But it's a start.

Eat healthy foods. A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Eat vegetables, fruits, whole grains, beans, nuts, poultry and fish. Try including vegetable oils and low-fat or fat-free dairy products. Limit the amount of foods high in saturated fats, sodium, sugar and other sweeteners.

Aim for a healthy weight. Being overweight is hard on your heart. It increases your risk of having heart disease, stroke, high cholesterol, high blood pressure and diabetes. Getting regular exercise and choosing healthy foods will help you achieve and maintain a healthy weight.

Quit smoking. The chemicals in tobacco smoke harm your heart and blood vessels. Quitting is hard, but many people have succeeded, and you can too. Set a quit date and let those close to you know about it. Ask your family and friends for support. Talk to your health provider about tips for success.

Reduce stress and improve sleep. Stress can contribute to high blood pressure and other heart risks. Not getting enough sleep or regularly getting poor quality sleep increases the risk of high blood pressure and heart disease. Try to get seven to eight hours of sleep each night.

Know your numbers. Meet your heart health goals by keeping track of how much you exercise, your blood pressure and your cholesterol numbers. If you have diabetes, track your blood sugars. These numbers have an impact on your heart health. These numbers help your health provider tell you how you are doing.

Schedule an appointment at Rutgers Community Health Center! Our health providers can help you track your blood pressure, assess your cholesterol and help you develop personalized heart health goals. Call us at 973-732-6040.

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

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.

JTGERS Community Health Center

Community is everything.

274 South Orange Ave., 3rd Floor Newark, NJ 07103

973-732-6040 | rchc.rutgers.edu

FAMILY RESOURCE SUCCESS CENTER THANKS THOSE **BRINGING HOLIDAY CHEER**





New Community's Family Resource Success Center Identified the Coleman-Brewer family, left, and the Jones-Smith family, right, as recipients of Walmart gift cards from the Youth Department Mission Project of Good Neighbor Baptist Church in Newark. The church provided the gift cards for the holidays so families could purchase items that they wanted. Photos courtesy of Mary Thomas.

or the 2021 holiday season, the Youth Department Mission Project of Good Neighbor Baptist Church (GNBC) in Newark provided Walmart gift cards for eight families identified by New Community's Family Resource Success Center. The church donated ShopRite gift cards for families in 2020. Before the COVID-19 pandemic, the Youth Department held a meet-and-greet with families in November and a Christmas party in December where they served the families breakfast, had a program with area youth and sent families home with Christmas gifts. We thank Trustee Mary Thomas, Director of the GNBC Youth Department; Rev. Louise Scott-Rountree, Assistant Director of the GNBC Youth Department; and all those who participated for making the holidays a little brighter for area families.

Essex County Sheriff Armando B. Fontoura's Office makes it possible every year for New Community's Family Resource Success Center to provide holiday joy to children of families who call upon the center for help with services. The Sheriff's Office has provided generous donations of toys every year for over 10 years and the 2021 holiday season was no exception. We truly appreciate the partnership, which helps bring smiles to children's faces on Christmas morning.

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PROVIDING FOR HAPPY HOLIDAYS



Parishioners of St. Rose of Lima Church in Short Hills, including members of the Boy Scouts and Girls Scouts, pose during the turkey and food drive held on Nov. 20. New Community Board Member and Outreach Coordinator Madge Wilson, standing in the center, arranged for pickup and distribution prior to Thanksgiving. Photo courtesy of Madge Wilson.

Monsignor Robert Harahan, pastor of St. Rose of Lima Church in Short Hills, and church parishioners hosted a turkey and food drive on Nov. 20 for members of their sister church, St. Rose of Lima in Newark. Participants collected items for the Thanksgiving holiday and New Community Board Member and Outreach Coordinator Madge Wilson collected them for distribution.

The parishioners who organized and participated included coordinator Michael Roberts, retired chief of the Millburn Fire Department; Kathryn Grifonetti, Charitable Initiatives Director of the Leonidas Foundation; and Matthew Perricone, President of the



Retired Millburn Fire Department Chief Michael Roberts stands with New Community Board Member and Outreach Coordinator Madge Wilson at the St. Rose of Lima turkey and food drive on Nov. 20 in Short Hills. Roberts has held a toy drive with the fire department to provide Christmas gifts to the children of New Community and St. Rose of Lima in Newark. Photo courtesy of Madge Wilson.

Leonidas Foundation.

During Roberts' tenure with the Millburn Fire Department, he led a toy drive to support the children of New Community and St. Rose of Lima Church in Newark for the Christmas holiday. Even in retirement, he makes sure that the toy drive is carried out each year. Wilson is involved in the pickup and distribution of many gifts to children during the Christmas season.

New Community thanks the church members for their kindness and generosity.